

Nanak Dham

16th AUGUST 1988.

Vol 2 ISSUE 6

LOVE

The True Form Of God

Man was made in the image of God, yet he suffers perpetual separation from God. Constantly the soul cries out and seeks ways of merging with God.

Within the body the soul is a constant companion to the mind's waywardness, which is a hindrance to the progress of the soul. This relationship only lasts for as long as the soul is tied down by its earthly confinement.

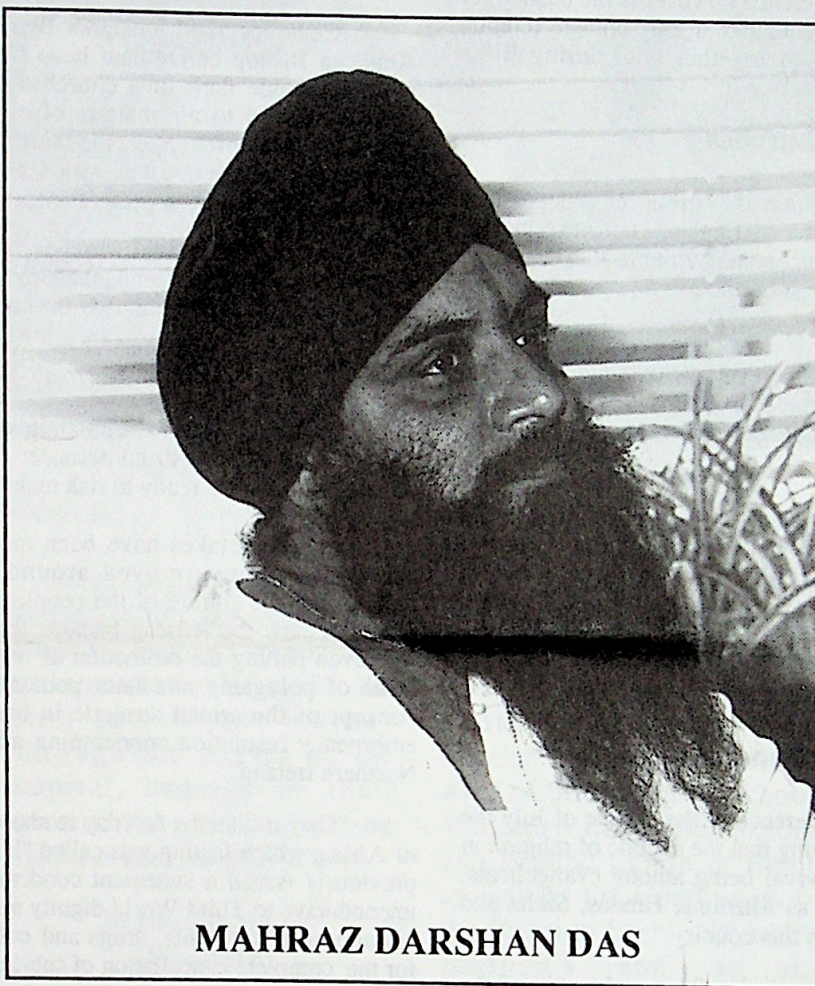
Temple of Living God

Although the body is known as the temple of the living God, you fail to acknowledge it as such because you have no true principles. You are burdened with false man-made religions, ideologies and needs. If you follow God's principles, only then will you truly recognise the truth.

Once your soul has recognised the truth, it becomes courageous and bold, moulded by God's fire that no mortal fire can destroy.

You have been given a golden opportunity to seek the treasures of God's kingdom in this human form. Yet you continue to seek your happiness and needs outside this form, which in the end will turn to nothing but ashes.

Seek not the shelter of God, but seek His grace in the form of contentment so that



MAHRAZ DARSHAN DAS

you have the power to endure His hardships.

I say to you, worship Him and learn to respect others, even your enemy. Then He will make you immortal in the eyes of the world and free you from your body.

Perfect Master

To seek His grace, you must seek the shelter of a Perfect Master, which is your God given birthright. For instance love is within everyone but not everyone is a lover.

Love, as it gets older, becomes a virtue for it is the true form of God.

This virtuous relationship of love has been transformed

into Sachkhand Nanak Dham. Its Master's relationship is with your soul, your darkness and enlightenment, but not with any of your worldly possessions

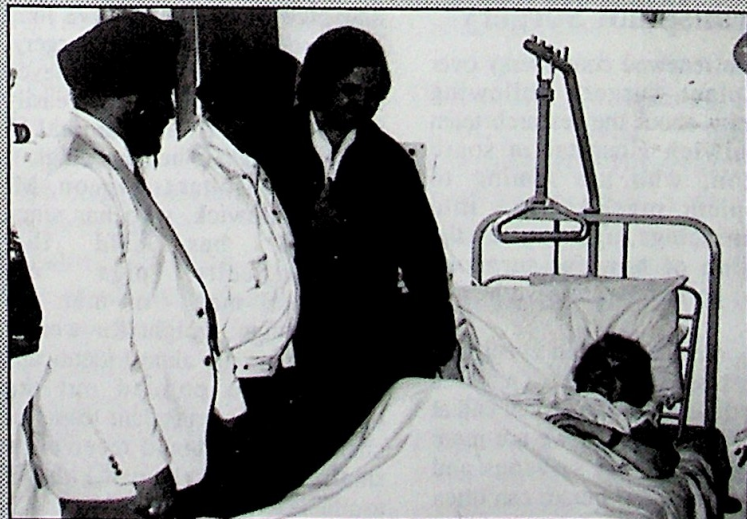
Accept the shelter of a Perfect Master for his knowledge is your priceless treasure. If you follow his teachings then he will not make you suffer, but will give you bliss to be attained through Naam, which has been in existence since the beginning.

Therefore follow our words, which show you the path to contentment so that you no longer have the need to see or sit with us. All that you seek will be obtainable from within yourself.

He is merciful, kind and forgiving. He acknowledges your love, but not your immorality. While knowing this, He says that you should change your ways and become virtuous.

★ These are the main points of the satsang or discourse repeated at the July sangrand, the monthly festival held at the Birmingham Dera on July 16th. This discourse was first delivered by Mahraz Darshan Das on July 17th, 1987.

Hospital Visiting



See centre pages

OPINION

The Lambeth Conference and Religion in Britain

The most encouraging aspect of the Lambeth Conference attended by over 500 Anglican bishops, who have been meeting together at Canterbury from all around the world, is that their discussions appear to have been frank, open and sincere, even when some bishops have clearly agreed to differ with each other on such subjects as women priests and women bishops.

Some have argued that the real intellectual and spiritual problems facing Anglicanism were deliberately glossed over at the Conference, which they said was therefore something of a non-event

Maybe compromises have been made for the sake of unity, avoiding some serious debates where disagreement might have been even more apparent.

Possibly the real value of the Conference however is the chance for the bishops to meet together for three weeks like a long college reunion when they could have serious discussions together both during Bible studies and more informally.

Independent Churches

The worldwide Anglican Communion is a group of independent churches that have grown from the Church of England, but nevertheless have many different backgrounds. It is interesting to note that there are more church-going Anglicans in Nigeria alone than in Britain and North America put together.

The bishops meet together every ten years at the invitation of the Archbishop of Canterbury to discuss their problems at the Lambeth Conference and to seek strength and guidance from each other and the Holy Spirit.

Although the Archbishop of Canterbury is important, there is no sense in which he can lay down the law for the other churches or bishops, who attend the conference. The possibility that in the future the Archbishop of Canterbury may not even come from the United Kingdom itself was rejected by the Conference, but an Irish Archbishop who is a U.K. citizen, personally loyal to the throne, is still conceivable.

Report on religion in England and Wales

To mark the beginning of the Conference in the middle of July the Press Association published a report showing that the decline of religion in Britain has halted, with the strongest revival being among evangelicals, house church groups and ethnic groups, as Muslims, Hindus, Sikhs and black-led churches tend to be referred to in this country.

The figures given by the Press Association for membership of the different religious groups are interesting, showing Anglicans at a low level because the figures do not include nominal Anglicans, who would call themselves C of E when admitted into hospital, but who would not normally go to church except for weddings and funerals. On this basis it shows that there are approximately 2 million Muslims in this country, while there are approximately only 1,559,000 practising Anglicans, with Catholics numbering some 4,100,000, Methodists 1,346,000, Baptists 158,000 and black-led churches some 100,000. The report says there are approximately 400,000 Jews, 300,000 Hindus and 300,000 Sikhs in England and Wales.

Brief Thoughts

Transplant Surgery

The renewed controversy over transplant surgery following publicity about the research team at Dulwich Hospital in south London, who are aiming to transplant pigs' kidneys into human beings, again raises the question of how far surgeons should go in order to save human life.

Should the surgeon eventually say, enough is enough? Our lives on earth have to come to an end at some time, although we are more than grateful that surgeons and other doctors and nurses can often stop someone from dying for a few more years by using their skills.

For years surgeons have been

using pig skin to help burns to heal and pigs' heart valves have long been used in human heart surgery. Most diabetics use insulin retrieved from pigs. Pigs are the most easily available comparable animal in size and weight to human beings.

The consultant surgeon, Mr Michael Bewick, who has since resigned, has said that physiologically pigs "are horizontal men - or men are vertical pigs: weight for weight their kidneys are almost identical." He has also pointed out the difficulties for transplant teams of choosing who should receive the small number of human kidneys available.

"Human organ transplants are not going to solve the problem

when you have 20,000 to 25,000 people a year, who want a new heart. It means you need that many healthy young people to die every year and leave their hearts," Mr Bewick said.

His team's development of a filter, similar to a dialysis machine, that would appear to remove the proteins that attack foreign organs when transplanted into a body, could open very wide possibilities for the surgeons. This is why they applied to the Home Office for permission to carry out research on cross-kidney transplants in animals and are looking for £500,000 funding for the three-year project. After that a "human guinea pig" would be the next stage in the research, then moving on from

kidney transplants to heart and liver transplants.

Mr Bewick said the National Health Service could save up to £100 million a year on renal dialysis alone, if the project proved feasible.

If one believes that animals are subservient to man and ultimately exist for the benefit of man, then using their organs for transplant surgery may be a logical extension of killing animals as food for human beings.

Now that many of us believe that it is both unnecessary and wrong to kill animals for our food, it must also be logical for us to question whether it is right to use animal organs in surgery to prolong our lives.

Deep Longing

These figures confirm that the native British people are less committed or involved in their religion than people of immigrant backgrounds, whether from Ireland, the West Indies, Africa or Asia.

The Bishop of St Albans, the Right Reverend John Taylor, says however that people today are much more willing to advertise themselves as Christians. "There is a deep longing in British Society for a reversal of the trend of permissiveness, violence, and rejection of traditional standards and it is now only the church that seems to stand in the breach."

Britain is indeed more open to religious thought and discussion than it has possibly ever been before, although it would be folly to think that religion is the most burning topic of debate when most ordinary people meet together, as it might have been in the past.

Catholics like Monsignor Bruce Kent of CND and the quick-witted Anglican Bishop of Durham have raised the level of debate on religious matters outside their own churches even when they are misrepresented, by being prepared to air matters of concern outside the cloisters of their churches. They often upset the faithful inside the churches, who sometimes see no need for the debates, which seem to strike at the roots of their faith, although such leaders repeatedly affirm their faith in Jesus Christ.

Mistakes

Sometimes major churches like the Church of England and the Roman Catholic church appear almost more political than religious, but they have a spiritual foundation that cannot allow them to forget their purposes in the world.

Dr Runcie, the Archbishop of Canterbury, said at the opening service of the Lambeth conference: "A church will never learn from its mistakes unless it is ready to risk making some."

Many mistakes have been made throughout history as Christian missionaries have moved around the world, sometimes virtually discounting the culture of the people to whom the missionaries had gone. However now the African bishops for example have made their presence felt, even putting the ordination of women in the shade, as they raised the issue of polygamy and later persuaded the Conference to endorse the concept of the armed struggle in certain circumstances, leading to the emergency resolution condemning all violence "in the circumstances of Northern Ireland".

They initiated a fast day to show solidarity with the suffering people of Africa, which fasting was called "body prayer". 50 African bishops had previously issued a statement condemning the dominant profit motive as uncondusive to Third World dignity and saying that many of the poor were "disappearing into jails, drugs and coffins." A Kenyan bishop had asked for the complete cancellation of sub-Saharan debts.

Archbishop Tutu of Cape Town told the bishops towards the end of the fast day that all their names were engraved in the palms of God's hands and continued: "Be aware of your breathing and of your heartbeat. And then be aware of nothing Silence, deepening silence, in the presence of God."

Let us pray that the talk of schism will not now close minds to truths that may not even have been discussed at the Conference, but which we know are so near at hand.

PEACE PILGRIMAGE



Brother Daniel leading the peace pilgrims.

The annual Peace Pilgrimage through the streets of London by the London People of Faith for Peace attracted people of many different faiths to walk together as witness to their aspirations of peace through faith.

The pilgrims started gathering together at 7 am on Saturday the 25th June by the Buddhist Peace Pagoda in Battersea Park on the south bank of the river Thames. While the pilgrims were assembled together around the Pagoda they offered prayers together from their various faiths, before they set out on their zigzag course towards

Neasden north London.

The Buddhist monks responsible for the London Peace Pagoda led the procession of pilgrims for the first part of the journey through the streets of the capital, dressed in their ceremonial robes, chanting mantras and beating drums.

Many Places of Worship

As the day wore on the pilgrims visited many places of worship, where they took short rest and refreshment, offering further prayers for peace, love and unity.

The pilgrimage that was organised by Brother Daniel

of the Westminster Interfaith Programme visited Saint Mark's Coptic Orthodox Church in Kensington, the Sikh Gurdwara in Shepherds Bush, St Francis of Assisi, Notting Hill, The West London Synagogue at Marble Arch, Christ Church School, Willesden Lane, the Mosque and Islamic Centre in Brent, as well as the Community of the Bahai in Brent, before the journey's end at the Swaminarayan Hindu Temple in Neasden.

Throughout the pilgrimage members of Sachkhand Nanak Dham provided soft drinks to refresh the walkers, as they progressed on the long and tiring journey, together with the fine spread of hot food for a free lunch, which was enjoyed by more than 100 pilgrims, who gathered at Christ Church School, NW6.

Those who walked all the way to the Swaminarayan Hindu Temple in Neasden are to be congratulated on their perseverance.

Final refreshments were provided there and speeches were given by Brother Daniel and Das Madan Anand of Sachkhand Nanak Dham.

The Battersea Peace Pagoda was built some four years ago by Buddhist

monks, who are responsible for maintaining it in its tranquil setting on the south side of the Thames.

Westminster Interfaith Programme

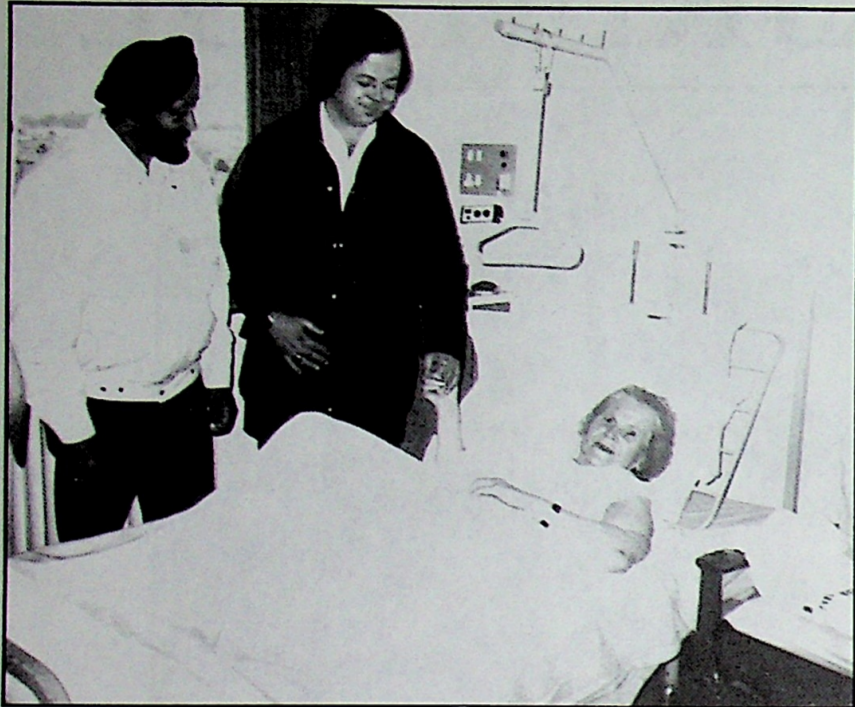
The Westminster Interfaith Programme was started in Southall by the Roman Catholic diocese of Westminster to establish links between different faiths. It also organises other interfaith events, when all major faiths are represented. One such event was the Celebration of Light and Life, which was held in the Hall of Westminster Cathedral on the 1st of May this year, when an address was given by Cardinal Hume.

Sachkhand Nanak Dham has co-operated quietly with the Westminster Interfaith Programme for a few years now and it is hoped that this co-operation will grow in the future, not only on such annual events as the London People of Faith for Peace pilgrimage but in many other ways on a more regular basis.



Taking refreshment at Christ Church School, Willesden Lane.

HOSPITAL VISITING



Mahraz Darshan Das always encouraged us to do something for somebody else.

When He was with us we spent a lot of time listening to what He told us, but now is the time when more of us could put into practice what He told us.

The slogan, "Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala," which He encouraged us to repeat so often, both as a greeting and as a defence against the problems we meet in the world, concludes with the words, "Sarbat Da Bhala". These last three words mean do something good for the benefit of others. That is the essence of what He urged us to do. Maybe hospital visiting is something you could do as service for the community.

Regular Visiting

Last year some members of the mission in west London discussed with Mahraz Darshan Das the possibility of the mission becoming involved in regular hospital visiting as a way of helping others.

With the approval of Mahraz Jee letters were written to the Hospital Administrators of some hospitals in west London offering the services of mission members.

After consultations with Ealing Hospital some members of the mission were accepted as regular visitors at the hospital.

When they started visiting the patients in some of the wards at Ealing Hospital on 3rd October last year, little did they know that the body of Mahraz Darshan Das and the fatally wounded Baba Jee Satwant Singh and Chacha Jee would be taken to that same hospital a few weeks later in November.

The body of Mahraz Darshan Das was allowed to lie in the hospital chapel last November to enable many to pay their respects.

The hospital visitors from Sachkhand Nanak Dham continued their hospital visits every Saturday and Sunday afternoon ever throughout the time of their deepest grief. Recently more mission members have joined the team so there are now nine or so regular visitors to the hospital from the mission.

There are other visitors to the hospital apart from the patients' relatives and friends. During the week people on a Manpower Services Project spend three days every week in the hospital befriending the patients. In addition chaplains from various denominations, priests from a Hindu temple and a Sikh gurdwara and members of the Polish community and the Salvation Army visit patients, as do the Hospital League of Friends. We hope that as a result of these activities there is not much time for the patients to feel lonely.



Listening Agency

A good hospital visitor should not intrude, or get in the way of the hospital staff, but know when a patient might appreciate a chat on any subject that the patient may choose.

Many friendships have been made when visitors provide a listening agency to anybody who wants to talk to them. The busy nursing staff do not always have time to talk to a patient, but the hospital visitors can sometimes fill that gap. If visitors are committed, this builds up the trust that makes for real friendship.

When visitors arrive at the hospital they put on official hospital badges and report to the nursing staff in each ward to check it is convenient for them to walk round talking with the patients.

They move from bed to bed, whether just to show a smile or to have a chat or go on an errand for a bed-ridden patient.

It is usually more important for the visitor to listen than to speak.

Ealing Hospital

Mrs Pam Sall, a Senior Nurse Manager at the hospital, has been overseeing the visitors' activities and says the visitors have helped a lot of people. "They are very conscientious. They are courteous and always ask permission before visiting a ward."

The work visitors do is complementary to the help provided by the state social services and can be especially helpful for patients, who may be homeless or without a family outside.

Mrs Sall also spoke of the good use to which the hospital was able to put the money that was donated to the hospital after Mahraz Jee, Baba Jee Satwant Singh and Chacha Jee were admitted there last year.



Mrs Pam Sall, Senior Nurse Manager

Diabetic children were provided with audio tapes. Asthmatic children were given portable nebulisers, allowing them to stay at home and avoid asthmatic attacks.

The visitors were first given access to the orthopaedic wards, but now visiting has been extended to acute medical wards. The visitors do not, however, have access to the accident, maternity, mental and paediatric wards, nor to the intensive care and acute surgical units.

The visitors are awaiting further developments and other opportunities for service in Ealing Hospital or elsewhere.

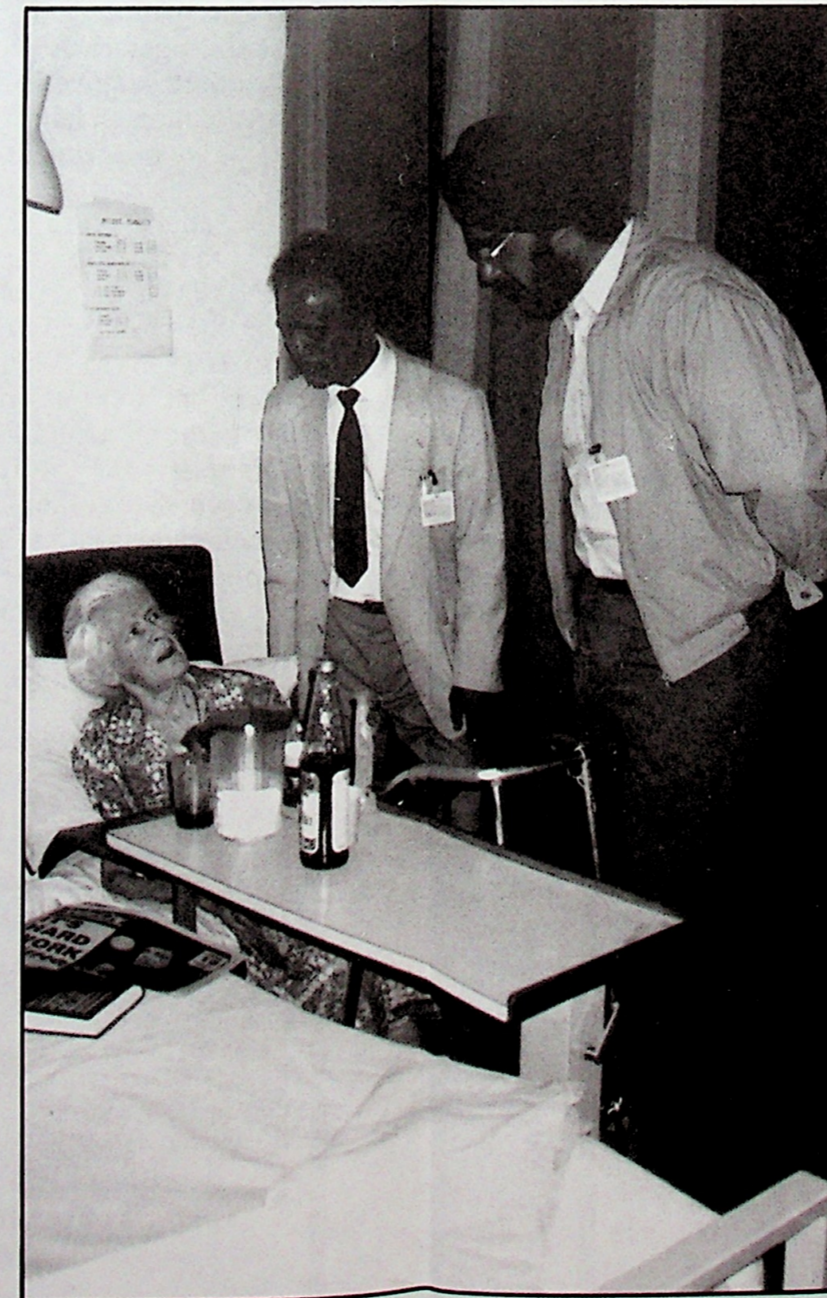
Visiting Other Hospitals

If you would like to be a part of a team of hospital visitors in one of your local hospitals, gather together a team of willing visitors and write to the Hospital Administrator at the hospital offering your services.

The credentials of the team will be examined and then individual visitors will be interviewed by the hospital to see whether they are suitable to be given freedom to walk around the wards. Once accepted they will be given instructions on how to carry out their duties in the hospital.

This kind of service does not often receive much publicity, but everybody involved is convinced that this community service is very worthwhile for all concerned.

Just two people talking or one listening to the other talk, can be a tonic to them both, whether or not one is called a visitor and the other is called a patient.



Brief Thoughts

Remembering for the Future

The Holocaust

The recent conference on the impact of the Holocaust in Europe on both Jews and Christians was a timely reminder to remember the living as well as the dead and build defences against the malice of demagogues and falsifiers more than forty years on from the worst evils of the Nazi death camps in Europe. The word Holocaust, which literally means "whole burnt offering", tells a lot about the Nazi gas ovens where millions met their deaths.

Never again must innocent men, women and children die in their millions because of their race, colour or creed at the whim of some bloodcrazed tyrant whether of left or right, like Stalin or Hitler or more recently Idi Amin or Pol Pot.

The organiser of the conference, a committed Christian, Dr Elisabeth Maxwell, who was born into a French Protestant family living in a Jewish area of Paris and who is the wife of the Daily Mirror Publisher, told the Jewish Chronicle before the conference: "The disinformation about the Holocaust going on all over Europe is obscene. The only way to fight it is to inform accurately and to keep in people's minds what the Holocaust really meant."

Genocide

Antisemitism and other forms of hateful intolerance are still rife. The horrific memory of Auschwitz and Treblinka has not prevented genocides taking place in other parts of the world, such as in Cambodia.

The conference was deliberately timed to take place just before the 1988 Lambeth Conference of Anglican Bishops to ensure that the subject was debated by the bishops.

The memory of the Holocaust must be a permanent challenge to complacency and indifference. Its lessons must be used to emphasise the need to understand and respect all faiths and all people.

Dr Littell, a minister of the United Methodist Church in America, said that "given certain conditions you are going to have genocide.

"In Germany the crisis year was 1923. The signs were all there then and by 1938 it was too late."

He pinpointed 15 danger signals, the first of which is the conspicuous growth in the size and influence of terrorist movements and parties. These guidelines form a delicate sensor, which will reflect changes in the levels of intolerance and the erosion of freedom.

South Africa

In the aftermath of the banning in South Africa of the film Cry Freedom, which Nanak Dham very strongly recommended in March of this year, one is inevitably led to ask how South Africa would stand up to the tests put forward in the conference about the Holocaust referred to above.

It might be surprising that the South African Publication Division, which is responsible for censorship there, ever said the film could be shown. The film does not make people feel aggressive however, although it clearly portrays injustice.

Richard Attenborough, who made the film, said: "I don't think they are prepared to allow South African citizens to know the truth."

Donald Woods, the white editor, whose experience of meeting the black freedom fighter, Steve Biko, is shown in the film said that the South African government have tried to discredit the film, but failed because it is a true story.

Nelson Mandela's 70th Birthday

On 18th July Nelson Mandela celebrated his 70th birthday in a South African prison. He has spent some 26 of those 70 years in prison cells for fighting the system of racial discrimination known as apartheid and for upholding the African National Congress. Special campaigns around the world for his release and the freedom of other political prisoners of apartheid continue.

What has driven Christian leaders like the president of the World Alliance of Reformed Churches, the Reverend Alan Boesak to say in South Africa: "There are difficult days ahead of us" ?

What made the Archbishop of Capetown, Desmond Tutu, the 1984 winner of the Nobel Peace Prize, say these words? "We are on the march. Beware those of you who are in the way of it get out of the way We do not seek to drive white people into the sea. We hope that all our white brothers and sisters in South Africa will share what we are seeking. All we want is a new South Africa where black and white can live happily march with us on the freedom march."

Was the British Labour MP, Paul Boateng, right to speak in a similar vein when representing the World Council of Churches in South Africa? "Racism is a gaping wound in the body of Christ; you have sought to inflict that wound on this land and these people. But we tell you this - and tell you this in the name of the world church: P.W Botha is no match for Jesus Christ. We shall overcome."

While these leaders were speaking earlier this summer in a church service in Soweto's Regina Mundi Church, police reinforcements were on standby across the road from the church.

Love, peace, unity and sacrifice is the only way to overcome.

Film Review

Good Morning Vietnam

In recent years we have been given a number of films attempting to relate experiences of the Vietnam war. More recently we have had films on the subject emphasising a moral rather than a patriotic view point. Films such as Platoon, Hamburger Hill and Full Metal Jacket have been successful in bringing home the injustices of a war, in which for the American soldier at any rate, objectives and rationality were not on the same plain.

This year sees the release of 'Good Morning Vietnam', a movie with yet another perspective, offering a much more humane look at the Vietnam war from the eyes of a disc jockey in the American forces (played by Robin Williams).

Hilarious and Sad

The film presents the plight of the Vietnamese much more successfully than any of its predecessors on the subject. It is filled with hilarious as well as sad moments. The performance by Robin Williams as the DJ. around whose experiences the film is based is utterly irresistible.

It has been most successful at the American box office and has launched Williams to superstardom. It is due to be released in this country very soon.

We highly recommend this film for its honest portrayal of the strain that war and its prejudices put on relationships between people on opposing sides. ♦

Smoking and the Law

Another battle was won earlier this summer in the war against smoking and the harm that it can do.

The American widower who won £220,000 damages from a cigarette company for the death of his wife, a heavy smoker, from lung cancer, succeeded in proving to a jury that cigarettes killed his wife, although it also held that she was partly to blame for her condition thus reducing the damages.

In Britain such a claimant would have much more difficulty in proving his case.

Cynically one might say that a few such judgements a year might only add a penny to the cost of a packet of cigarettes. Damages in this country are very low by international standards.

Now that the Government Health warnings are on cigarette packets it is very difficult to argue that a sufferer from smoking did not know that his suffering could be caused by smoking. It can be argued that smokers know they are harming themselves and go on regardless. In contrast the suffering of people who have been effected by their workmates smoking could provide a very interesting case.

A study published in the British Medical Journal last month and carried out by doctors at the world Health Organisation and Uppsala University found that the risks of stillbirths for older women double if they smoke.

PENNY'S PANTRY

MACARONI AND WALNUT CASSEROLE

Ingredients

- 5 ounces of macaroni
- 1lb or one large tin of tomatoes.
- 1 small onion
- 1 bay leaf
- 4 ounces of cheese, grated
- 6 ounces of chopped walnuts

Method

Cook the macaroni in boiling salted water until tender. Drain.

Chop, core and skin the tomatoes and put into a saucepan with the bay leaf, the grated onion, salt and pepper. Simmer gently into a puree.

Remove the bay leaf. Grease a dish and fill with alternate layers of macaroni, tomato puree, cheese and nuts. Bake in the oven Gas 6 (200°C 400°F) for 25 minutes.

SCOTCH PANCAKES

Ingredients

- 6 ounces of plain flour
- 2 teaspoons of cream of tartar
- 3 ounces of sugar
- 1/4 pint of milk
- 1 teaspoon of bicarbonate of soda

Method

Mix the flour, cream of tartar and sugar together. Dissolve the bicarbonate of soda in the milk and add to the flour mixture, beating well.

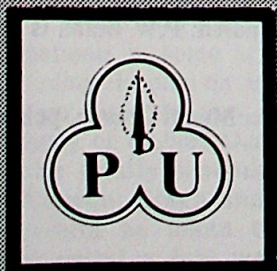
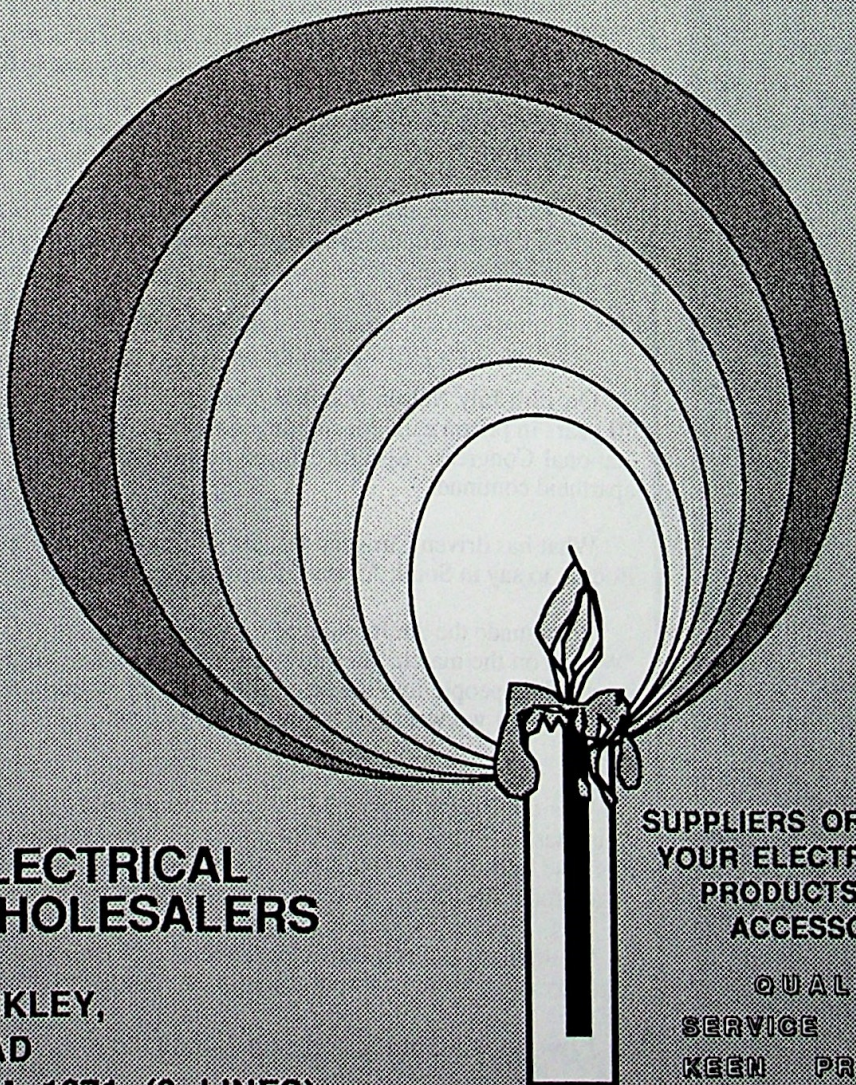
Drop spoonfuls of the mixture into a greased griddle and cook gently for a few minutes until bubbles appear.

Flip the pancakes over for another few minutes. Serve hot or cold with butter.



**MAHRAZ DARSHAN DAS
CAME WITH ONE AIM,
ONE MESSAGE
AND ONE BANNER
OF HUMANITARIANISM,
LOVE, PEACE, UNITY
AND SACRIFICE
WITH THE BELIEF IN
ONE ALMIGHTY GOD.**

**BEST WISHES TO ALL ON
THE DAY OF ENLIGHTENMENT OF
MAHRAZ DARSHAN DAS**



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CHILDREN'S PAGE

Say Whatever You Think

This month we are not publishing the article prepared for us by the main contributor to this page, who has even been preparing puzzles and articles for us while she has been busy working for exams, because we want to involve more of our young readers in the page and we wish to learn from you yourselves what would really interest you.

We think that many of you like puzzles, because most of the letters we have received from you have been your entries to our competitions. We would, however, really like to hear from you whoever you are and wherever you may be, so that we may know what you think about how we can make the children's page more interesting and exciting to read for both you and your friends.

Millions Outside

This paper is really meant for the millions of people outside in the world who at present do not read it and have possibly not even heard of Mahraz Darshan Das. Those of us, who were privileged to meet Him, know He was a truly great man.

Mahraz Jee did not found this newspaper to provide publicity for Himself, but he founded it so that His message for the world could be sent out across the globe.

Contributions

Those of you who are reading this paper probably know something already about Mahraz Jee's teachings. We would really like to hear from you with your ideas and contributions, whatever they may be. Please do not be put off by anybody or even your own fears that you may have about your English or spelling. We can do our best to try and correct both your grammar and spelling.

None of us who work on this paper at present are in any sense professional journalists, working for the paper in our spare time.

Lots of people say they would like to write about something or other. It had not occurred to us, however, that we would work on a newspaper in the way we are now doing before Mahraz Jee asked us to do so. We would almost certainly not even have written a letter to this paper ourselves, if Mahraz Jee had not asked us to become involved with it.

Mahraz Jee has the power to change our lives in a way that we would not have conceived to be possible before we met Him. He has done it already for us on this paper

and He can change your life too, if you want Him to do so.

We are going to give you a £5 prize during the next few months for the best contributions that we receive and are able to publish on the children's page. Send us your ideas and contributions, short articles, stories that you think would be of interest to your friends, your own original jokes, cartoons, thoughts about God, Mahraz Jee or other people, or just short letters for publication on any subject that you think is relevant to Mahraz Jee's mission. For the time being at least this will be instead of giving you prizes for winning our competitions, as we have done in the past.

There are no prizes for adult contributors, but anyone who is under 18 will be entitled to this small prize to show that we believe that young people have a vital part to play in this paper.

At the moment we do not have a lot of space in the paper and therefore we would ask you to kindly limit letters for publication to about 150 words to make editing them easier and any articles for publication should be limited to a maximum of about 500 words.

When you feel inspired to write, please do so, whatever it may be and send it to the Editor, Nanak Dham, 5 Maxwell Avenue, Handsworth, Birmingham, B20 3TN. If you want to be eligible for the £5 prize, write your date of birth on your contribution as well as your name and address.

Happy writing.

CHIVVY

Grown-ups say things like:

Speak-up,
Don't talk with your mouth full,
Don't stare,
Don't point,
Don't pick your nose
Sit up, say "please,"
Less noise,
Shut the door behind you,
Don't drag your feet,
Haven't you got a hankie?
Take your hands out of your pockets,
Pull your socks up,
Stand up straight,
Say "Thank you,"
Don't interrupt,
No one thinks you're funny,
Take your elbows off the table.

CAN'T WE MAKE UP OUR OWN MIND UP ABOUT ANYTHING?

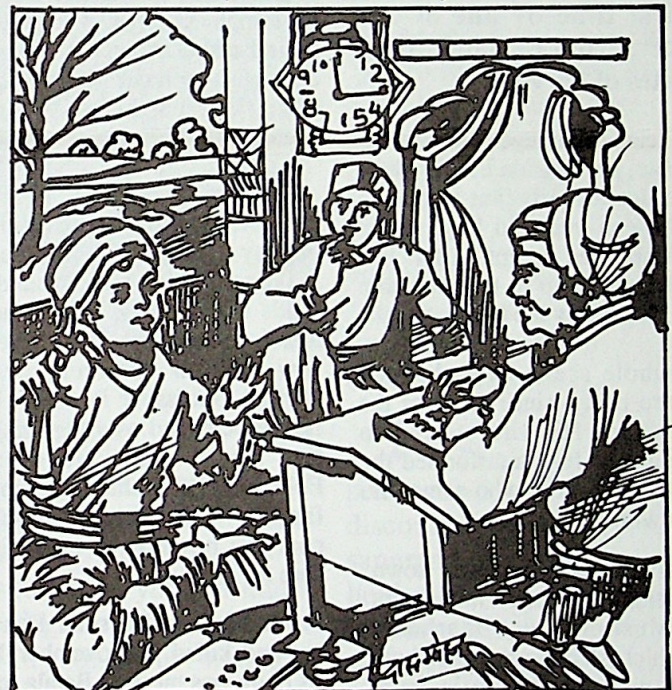
WORD SEARCH

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

Find the hidden words

SPOT THE DIFFERENCE

(There are ten)



PILGRIMAGE TO BATALA



Monument to a Muslim faqir at Batala near where Mahraz Darshan Das had his first revelation as a thirteen year - old boy.

As we celebrate the seventeenth anniversary of the Day of Enlightenment (Jyoti Diwas) of Mahraz Darshan Das on 15th August, 1971 at Jalandhar in the Punjab, we look at Mahraz Jee's home town of Batala also in the Punjab, recently visited for the first time by one of our members from England. Here he writes of his visit:

With tears in my eyes I stood near to the site, just outside Batala where Mahraz Jee had His first revelation as a thirteen year-old boy, which He did not then accept. I felt like someone going up to the mountain where Moses saw the burning bush.

The whole scene overwhelmed my entire being, since this was the place where His life started to change and in turn transformed the lives of many more who came into contact with Him.

Set in the middle of newly sown paddy fields was a brick monument to the Muslim faqir, Bharholey Shah, which stands erect and bold about a quarter of a mile from Batala town centre. Over-shadowed by the brick construction and a huge tree the whole site acquires a solemn and overpowering silence, occasionally pierced by crows and birds.

Our bodies were sweating as we drew nearer to the holy site, during the early part of the day, already hot enough to make the ground unbearable for our bare feet. The hot summer winds cooled by the water in the paddy fields brought pleasurable relief from the heat.

It would have been a day not much unlike this, when Mahraz Darshan Das as a boy of thirteen, was out cutting fodder for His father's milking yaks. The boy graced by God was given a message, which was meant for the world. A message of love, peace, unity and sacrifice.

Batala Dera

This Muslim monument lies within sight of Batala Dera, which Mahraz Jee established in 1973.

Batala Dera today is a far cry from those heady days in the 1970s when people in their hundreds frequented it. Happiness, joy and singing filled their hearts, as each came with a dear wish to meet Mahraz Jee and have their earthly and spiritual needs fulfilled.

The Dera was attacked in 1986 by extremists, but it still retains its beauty despite the derelict buildings, which are surrounded by fields and animals. Ever since the attack visits to the Dera have been few and far between, because District Gurdaspur in which Batala lies, is regarded as a high risk area by the Indian Government. Followers of Mahraz Jee and His family, who live in Batala, still continue however to maintain and care for the site.

After Mahraz Darshan Das was shot and killed in November 1987, His body was taken to Batala for the funeral. Today the Dera walls where the funeral pyres reduced the last mortal remains of Mahraz Jee and Das Joga Singh to ashes are fenced off for posterity.

It is not easy as anyone who has lost someone close to them will know, to visit either the grave or monument to the loved one without emotion. Accompanied by my companions we entered the gates of the Dera and passed further into the main compound, which showed both signs of destruction and continued maintenance.

As we moved slowly, I was given a vivid description of the events associated with certain items: "This tap was used for holy water. This room was where the very first satsangs were held. Here the scriptures were kept and there Mahraz Jee used to sit in front of a

log fire." I tried hard to imagine in my mind's eye what it would have looked like and a vivid picture formed in my mind, which quickened my heartbeat.

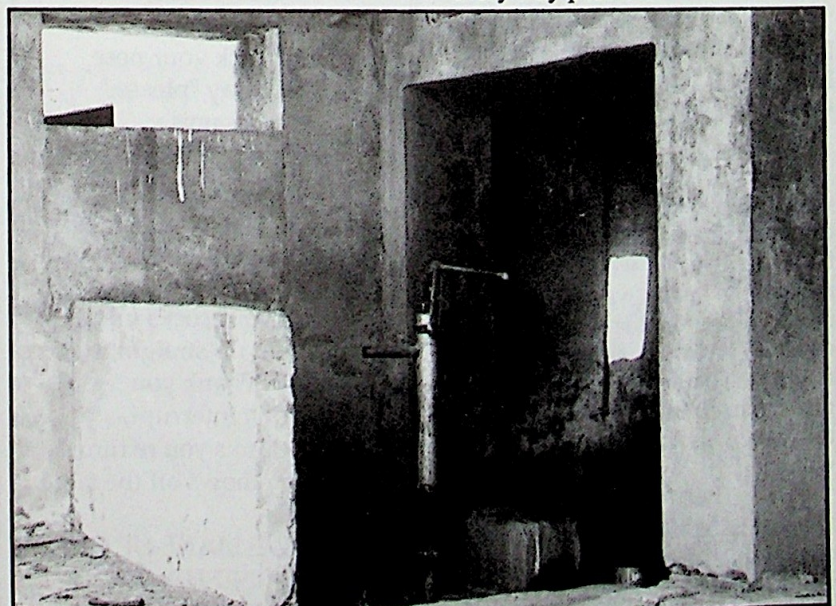
Going through another doorway, we came out into a much larger, greener compound where bigger functions used to take place. Standing there one gets the feeling of being insulated against all the adversities of the world, remembering only the humble beginnings associated with this site.

My Mecca

As I sat on the moped to take us back to Mahraz Jee's house I felt mentally elated and satisfied that at least once during this life I had now made my pilgrimage to my Mecca.

About a hundred yards down the road from the Dera is a row of eucalyptus trees separating the town dump from the paddy fields. Riding pillion on Das Mohinder Singh's moped my state of elation knew no bounds when he said, "Mahraz Jee used to state that once you cross the dumping area and the tree line towards the Dera you enter heaven."

I came back from Batala wiser and



The tap in Batala Dera from which holy water was drawn.

PROGRAMME AT THE DERA

Free food (langar) is served to anyone at the Birmingham Dera, 11 Church Hill Road, Handsworth, Birmingham B20 3TN every day.

Satsangs are held daily at the Birmingham Dera at 7p.m Monday to Saturday (excluding Thursday)

Arjoi is held at 2p.m.

On Sunday Arjoi is held at 12 midday and the Satsang is held at 2.00p.m after Arjoi.

The September Sangrand will be held between 10a.m and 7p.m at the Birmingham Dera on Friday 16th September.

The dates for the other Sangrands this year are:

Sunday, 16th October.

Tuesday, 15th November

Thursday, 15th December.

Subscription Rates

If you would like to make sure you receive your copy of Nanak Dham every month by post (U.K. only) for the next year together with a copy of the Nanak Dham magazine that is published from time to time, please write to the Subscription Manager of Nanak Dham, 5 Maxwell Avenue, Handsworth, Birmingham, B20 3TN, enclosing a cheque for £10 made payable to Nanak Dham.

wealthier, not in any materialistic way but spiritually in my mind. Having confronted the simpler and literally down to earth way of life that people generally follow there, I believe such a pilgrimage is an experience everyone in the west should live through.

I am sure nobody from the west will lose anything other than his or her emotional and mental hangups, but will return wiser with respect for the land, its people and their ideals, which in essence are God's Humanitarianism.

I came back more resolute than ever that His message and the message of His maker should be made available to the world in every way possible.