

# Nanak Dham

APRIL 1989

VOL 3 ISSUE 3

## TRUE SERVICE

**Once in a lifetime man is given the chance to meet and serve his Lord and Master.**

Service can be defined in four ways. The first being of a physical nature, performed through menial, physical work.

Next is mental service, performed by the mind. This takes the form of remembering him, by repeating his name continuously.

I have said previously that man breathes approximately 24,000 times in 24 hours. Every breath can be used as a timer for repeating his name or Naam.

The third kind of service is donation, which can take the form of food, money or time, but only when given freely.

### Love

The last service is serving your master by repeating the Naam he has given you, which is also called the service of love. The Master does not hunger for anything except love.

Through faith and this love your Lord will answer your call of distress.

Temples, churches and all stone buildings are made for the comfort of man, but the true house of God is the body of man, which is constructed by God, the master builder.

True servants are recognised by their informality and even truer gift of love.

True service can only be



Mahraz Darshan Das

**"Man is shown the true path when he truly appreciates it. He does not want lovers, but beloveds."**

forthcoming from an individual when God so wishes and not before.

Our Lord does not want your material gifts, but he wants love and the revival of the spark of life, which has been extinguished within you. In order to rekindle that spark of life within you, he gives you the responsibility of his love, respect, faith and trust.

Yet time and time again you try and gain this love through outward rituals, rites and vestments, but if you really seek him, look for him

within yourself.

Just look how loyal the Lord is to his children. Generations and entire lives have been wasted in useless pursuits, yet he still gives his love.

You are given the freedom to honour and call upon him in whatever way your faith dictates.

There is only one way of destroying the ego and that is through the shelter of a Master.

Man was granted service through hardwork and courage, but against this is pride and ego.

Whenever man performs any kind of service with pride then that service cancels itself.

The most important gift granted to man is that he should remember God after he is born.

You hunger with aspirations, but you do not want to sacrifice anything to fulfil these aspirations.

### Unity and Peace

The message of Sachkhand Nanak Dham is one of unity and peace. It is also one of granting life and not the taking of life.

I have given you a slogan: "Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala," which has God's blessing.

This mission has also given its followers a uniform and asked them to mark their forehead with tilak. These symbols are a sign of surrender to the will of God and are worn by people, who are willing to assist others in need.

You are given the choice to go, see and listen to anyone, but you must rise above all differences and then you will attain everything.

\* These are the main points of a satsang first delivered by Mahraz Darshan Das at the Havelock Centre, Southall on 22nd June, 1986.

OPINION

# RISEN FROM THE DEAD

The controversy stirred up in the media and outside at Easter among Christians about the words spoken by the Anglican Bishop of Durham, serve to remind us yet again how easy it is to upset people in matters of faith, as has also happened recently in the Muslim community over The Satanic Verses controversy.

Talking of the resurrection of Jesus Christ in a late night religious programme broadcast by Tyne-Tees Television on Easter Day, the Bishop, the Right Reverend Dr David Jenkins said: "I don't think it means a physical resurrection. It means a spiritual resurrection, a transforming resurrection, a real resurrection. Because the experiencing, which enabled people to know that Jesus was alive beyond death, must be

more than the revival of a corpse. To know he is alive in eternity must be more than the encountering of a ghost."

Where he really challenged the traditional view among Christians, the Bishop said: "I am pretty certain the disciples did not think of it as a physical resurrection."

Other bishops and theologians hold such views, but many have been careful not to spell them out so clearly in public. Doubts about the literal interpretation of the resurrection and virgin birth, as well as the miracles of Jesus may be widely debated among theological students, but many ordinary Christians and more conservative religious leaders take great exception to such views expressed by religious leaders.

The Bishop of Manchester, the Right Reverend Stanley Booth-Clibborn, backing the Bishop of Durham said on BBC radio on Easter Monday that Christians should learn to live with their differences of opinion. "Church leaders and preachers are wrestling with their faith in the light of modern knowledge. There is a strong tendency for people to be upset, if their accepted views are challenged."

On the other hand people in positions of leadership in the church were urged to have regard to the "frailty of some of the weaker brethren" by the Tory Party vice-chairman, Sir Hal Miller, MP for Bromsgrove.

We know that Mahraz Darshan Das told us that a soul never dies.

But while we are on earth we have a very earthbound view. We sometimes cling hold to apparent miracles, which some of us may believe we have experienced. These miracles must not be a substitute for faith, but rather an encouragement, which lead us on to a real faith to help us through adversity and opposition.

Those of us, who met Mahraz Darshan Das, must remember how he dealt with our problems and quickly passed on to other matters. He met us at our point of need, but at the same time did not give us more than we needed to continue with our lives, standing on our own feet. A child must not be spoonfed by his mother for ever, or otherwise he will not grow up properly and be able to stand alone.

# ACCIDENTS AND DISASTERS

**God is in charge. He has also given us freedom.**

In recent months there seem to have been more accidents and disasters than usual. The secular press and many ordinary people, who do not normally talk about God, have been led to talk of acts of God and the wrath of God.

Air, sea, road and rail accidents, Armenian cities in ruins after an earthquake, the Alaskan oil slick disaster, cyclones hitting coastal areas of Bangladesh and the Caribbean, droughts in Africa and elsewhere with many other strokes of ill fortune, must tell us something about the way in which we live in this world.

It is not for us to say which individual was or is to blame for these disasters, although we should all try to learn from these catastrophes and try to prevent the suffering that they cause from happening again.

Many accidents that happen and are blamed on God are in reality the result of mistakes or culpable wrongdoing by many unknown people. To blame them on some hapless driver or signalman or even drunken captain can often miss the true culprit.

Our lives are increasingly complex. Millions of us travel around the world by air every year without any bigger disaster than waiting at the airport for our flight. Are we expecting too much from the modern technology that has made all this possible?

Our almost insatiable appetite for fast cheap travel has made this the age of the jumbo jet. To many of our forebears it would be truly

amazing to see such massive pieces of heavy machinery suspended between earth and sky apparently by the magic of human ingenuity and the strength of tons of metal. Apart from being targets for terrorists, reports are becoming more common of parts of wings being torn off in mid-air and sections of fuselage blowing out thousands of feet up, to say little of an engine stopping high above the Pacific. There is a lot of money tied up in the international travel business and we can be sure a lot will be done to allay our fears about safety, but are we trying to do too much?

Air inspectorates with powers to enforce safety standards and equipment to screen all hold baggage before it is loaded on to aircraft could be sensible, but there are so many ways disasters can happen that human error or malice cannot be totally excluded, to say little of mechanical failure and fatigue after years of trouble-free flying.

## Environmental Disasters

We are changing the climate of our world to a measurable extent. Although we are conscious of what we are doing, we only alter our lifestyles and habits to a moderate extent so as not to particularly inconvenience ourselves.

Competition has even crept into environmental matters with two international conferences last month, one on Saving the Ozone Layer in London and another only a week later in Holland at the Hague, which our Prime Minister refused to attend, reportedly because she was annoyed that it was designed to

upstage the earlier conference in London.

Only a year or so ago before Prince Charles announced he had banned CFC aerosols in his household, many of us did not really know about the ozone layer or CFCs that are having such a harmful effect on it and the stability of our climate. Tough new plans have been agreed to combat the 'greenhouse' effect with a total ban on the production of a range of CFC industrial gases in the EEC by the year 2000. Companies will have to stop using CFCs in refrigerators, but meanwhile we all want refrigerators that are full of CFCs to keep our food fresh and safe.

Prince Philip has launched a £35 million appeal by the World Wide Fund for Nature to protect the planet's millions of species. The destruction of the tropical rain forests and the changes in the world's climate make it a race against time, with the possibility of up to a fifth of plant and animal species disappearing by the century's end.

A treaty that is being drawn up by the United Nations and world conservation groups will oblige countries to protect their species and provide them with compensation for doing so. Although when details of the draft convention on biological diversity emerged in London the Duke of Edinburgh said it would not "make a blind bit of difference". The director general of World Wide Fund International, Mr Charles de Haes said there was "a lot of hypocrisy" by countries signing treaties but not implementing them, although it could be important.

Now Green issues are fashionable politically and the

Green Party is contesting all 78 mainland UK seats in the European Parliament elections in June, where nine green MEPs from West Germany and Belgium already sit. The nine are expected to rise to about 15 after June, following the wave of green success in Europe, especially in the French local elections.

## Lessons to learn

We should all watch, listen and learn from what happens about us whether a travel disaster or environmental waste and pollution. It is not alarmist for us to remember the Chernobyl disaster or to reflect that although it only took ten seconds to shut down Britain's oldest commercial nuclear power plant at Berkeley in Gloucestershire, it will take 100 years to pull it to pieces and even then the radioactive waste will have to be stored safely for ever.

It is hardly surprising to learn that high-flying city dealers and brokers as a group are neurotic, heavy-smoking and anxiety-ridden. That they are likely to drink five bottles of wine or 30 whiskies a week, according to a study by Manchester Polytechnic and Manchester School of Management, shows the measure of the problem caused by such unnatural lifestyles that go with high earnings. The survey concluded that among the causes of stress were an "unsupportive" working environment, job insecurity and lack of career development.

In every field of endeavour we must learn from our mistakes and those of others, if we are going to do something worthwhile with our lives. □

# V A I S A K H I

Vaisakhi, the 13th of April every year, is the first day of the month Vaisakh, one of the months in the Punjabi calendar.

At this time of year one of the most important harvests, the wheat harvest, should be ready to cut. Every year Vaisakhi is celebrated by farmers because the crop is ready. The farmers symbolically cut at least part of the crop on Vaisakhi. They are celebrating because the six months hard labour on this crop is coming to an end.

Even before Guru Gobind Singh Jee all the other Gurus celebrated Vaisakhi when their followers carried their offerings to them, symbolising their thanks for the harvest.

## The Khalsa Panth

In 1699 Guru Gobind Singh Jee chose Vaisakhi as the day when he formed the Khalsa Panth at Anandpur in the Punjab. The Khalsa Panth means "The Pure Path". Guru Gobind Singh Jee wanted to put new spirit into the people to face the enemy.

He appeared on the platform before his followers with an unsheathed sword in his hand and asked for someone from his congregation who would be prepared to sacrifice his head. A man eventually came forward to obey his master's order. He went behind the curtains with Guru Gobind Singh Jee and the



Guru Gobind Singh Jee

congregation heard a sound, which they thought was the man having his head chopped off.

Guru Gobind Singh Jee came before his congregation again, a sword dripping with blood in his hands. He asked for another person to come forward. Another came up to him and went behind the curtain

with him. This happened three more times.

When five men had gone behind the curtain with Guru Gobind Singh Jee most of the congregation had fled, worried at what Guru Gobind Singh Jee was doing. They went to complain to his mother about him.

Meanwhile Guru Gobind Singh

Jee came back to the front of the stage before the remaining congregation followed by the five faithful men, who were now wearing a special uniform. The five men were from five different castes.

Guru Gobind Singh Jee prepared some amrit (holy water) and a bird sipped some of it, only to die immediately.

When his mother saw this she put some sugarcandy in the bowl of amrit. Guru Gobind Singh Jee gave this amrit to the five men, who all drank from the same bowl and the remains in the bowl was drunk by Guru Gobind Singh Jee himself. This symbolic act by Guru Gobind Singh Jee removed the difference between the Guru and the chela (true follower), bringing the true followers to the same level as himself. The Guru turned himself into a disciple. For the first time the Master sat at the feet of his disciples.

When his followers sipped the amrit from the common vessel, they were joined in eternal brotherhood and cast away the barriers of caste and creed. Guru Gobind Singh Jee gave special identity to his followers then by giving them the five K's of the Khalsa (Pure): Kaese, long hair; Kara, a steel bangle, usually worn on the right wrist; Kachcha, special shorts; Kirpan, a curved sword; and Kanga, a comb in the hair to keep it tidy. The Khalsa believed in one God, said prescribed prayers daily and did not worship idols or images, but must help the needy and protect the poor.

## Brief Thoughts

### A Teetotal Pub

The biggest shake-up in the history of public houses is in prospect following the Monopolies Commission report on the supply of beer.

The report says that the big six national brewers should be forced to sell two-thirds of their tied public houses, through which brewers have been controlling pubs in this country since the 18th century. The report says that tied houses are against the public interest and make it hard for new brewers to break into the market.

Although the Government has not yet announced how it will act on the report, which would require legislation to limit each brewer to 2,000 pubs, it is said that no sudden surplus of pubs is likely to come onto the market. The brewers are likely to set up separate enterprises to own their excess pubs. These enterprises would be likely to be formed as

retailing and leisure companies and then be spun off as separate concerns.

Brewing industry analysts even expect some of the big companies to sell their breweries rather than to sell their pubs, which they consider to be valuable retail outlets. This would possibly mean that only 3,000 or so pubs would come on the market, if legislation along the lines of the report was eventually passed. This would reduce the likelihood of prices tumbling for licensed premises.

It will be interesting to see what happens. Some enterprising businessmen may even be able to buy an old public house and turn it into something a little different. What about a teetotal public house or is that a contradiction in terms? Why not? Some pubs could be conveniently converted into teahouses or icecream parlours where people of all ages could go for refreshment without alcohol. Fashions change. With imagination such a business proposition could well be feasible and popular as a meeting place in the future.

**He who has the ability to forgive and the power to speak the truth - He is the only person who is God's beloved.**

Mahraz Darshan Das

## The Budget

While we should be thankful that the Chancellor of the Exchequer has given a further boost to the campaign for lead-free petrol by reducing the duty on it and making the price advantage against 4 star petrol about 10p per gallon, despite the petrol companies almost simultaneous price increases, we find it almost incomprehensible that he did not increase the duty on tobacco and cigarettes.

Many smokers were surprisingly but genuinely looking to the Chancellor to make a further increase in tobacco duty and thus encourage them to give up the habit that they know is bad for their health. For many that would have been all they needed to finally resolve to give up their costly addiction. The BMA had called for a 24p rise on the price of every

packet of 20 cigarettes in the Budget.

The Chancellor's special responsibility is of course an economic one, which we do not propose to examine in detail here, but it must be folly to examine the need to raise revenue in isolation without considering the greater public good.

Smoking does of course cost the resources of the state dear in increasing the demands on the NHS for treating many tobacco induced illnesses, such as various respiratory diseases, cancer and heart complaints. If the duty on tobacco were to be put up a lot, the total revenue from it could eventually be reduced, but would that matter alongside the considerable savings which would flow to the NHS. More important would be the improved health of millions, who could contribute in many ways to the prosperity of all.

# PENNY'S PANTRY

Vegetarian Cookery for All

## Date and Nut Cake

### Ingredients

12 ounces chopped dates and nuts  
 1/2 pint apple puree  
 1 1/2 teaspoons of bicarbonate of soda  
 3 tablespoons of milk  
 12 ounces of plain flour  
 6 ounces margarine  
 6 ounces sugar  
 2 teaspoons of ground cinnamon

### Topping

1 dessert spoon of sugar  
 1 dessert spoon of chopped dates  
 1/2 teaspoon of cinnamon

Line a cake tin about 8 inches by 5 inches with greased greaseproof paper and light the oven, Gas 5 (375°F 190°C).

Rub the fat finely into the flour and add sugar, cinnamon, dates and nuts. Mix in the apple puree.

Dissolve the bicarbonate of soda in the milk and add to the mixture, stirring well.

The mixture should be a soft, dropping consistency. Add more milk, if it seems too stiff.

Put into the tin and bake in the middle of the oven for an hour and a half.

## Parsnip cakes.

### Ingredients

One large parsnip  
 One onion  
 One tin of chick peas  
 Garlic clove  
 Breadcrumbs  
 Seasoning

### Method

Peel, wash and cut the parsnip into chunks. Simmer the parsnip in water with the chick peas until tender and then strain.

Peel the onion. Chop it and add it to the parsnip with the strained tin of chick peas. Add seasoning and the crushed garlic clove. Mash everything well together.

Shape into individual portions, coat in breadcrumbs and fry until brown on both sides.

## Veggie Books

Two handy books for vegetarians and those who are interested in vegetarianism have just been published by the Vegetarian Society.

The Vegetarian Handbook provides a practical guide to living as a vegetarian in the United Kingdom. It provides a list of products suitable for vegetarians such as beverages, biscuits, cheese, confectionery, cooking aids and body care. Another list gives the names and addresses of shops and suppliers, county by county.

One section explains many of the pitfalls of vegetarianism, a mini encyclopaedia of information relevant to vegetarianism arranged alphabetically. There are two glossaries of additives listed by name or number, explaining whether they come from an animal, synthetic, ovo-lacto-vegetarian or veggie origin.

It provides a list of organisations, who seem to the Vegetarian Society to have the same goal in mind - what they describe as "a saner, safer place to live for all things", which they admit is by no means comprehensive in such areas as animal rights, environment, gardening and growing, health, vegetarianism and diet.

A final short section on facilities for vegetarians gives a few details of such places as schools and residential homes that cater for vegetarians. The book costs £2.99.

The International Vegetarian Travel Guide 1989-1990 lists hundreds of guesthouses, hotels, cafes, restaurants, pubs and youth hostels that make provision for vegetarians first in a UK and Ireland section, county by county and town by town and then in a less detailed overseas section. It also gives details of special interest holidays suitable for vegetarians such as art and craft, birdwatching and nature, boating and watersports, camping, cycling, skiing, walking and health centres. This costs £3.99.

If you cannot obtain copies from your local bookshop or health food store, you can obtain more information from the Vegetarian Society UK Limited, Parkdale, Dunham Road, Altrincham, Cheshire, WA14 4 QG. Telephone (061) 928 0793.

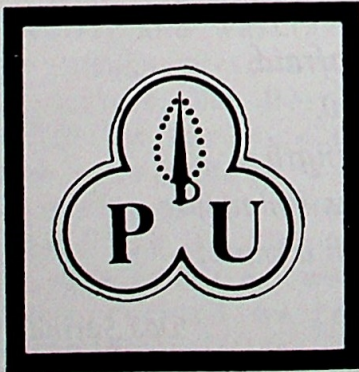
**True Love and Pure Love require no payment. They ask nothing in return. They only know how to help each other.**  
 Mahraz Darshan Das



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# CHILDREN'S PAGE & for those not so young

## HELPING THE WOUNDED

Vaisakhi is celebrated in many different ways by many different people in India. Most important Vaisakhi heralds the beginning of the year in the Punjab in northern India.

Guru Gobind Singh is remembered in particular in the Punjabi month of Vaisakh, which always starts on Vaisakhi, the 13th April, for the formation of the 'Khalsa Panth' or the 'Brotherhood of the Pure'. He not only re-kindled the spirit of unity and brotherhood among the down-trodden, but also cast aside the barriers of caste and suspicion.

One story in particular demonstrates this principle well.

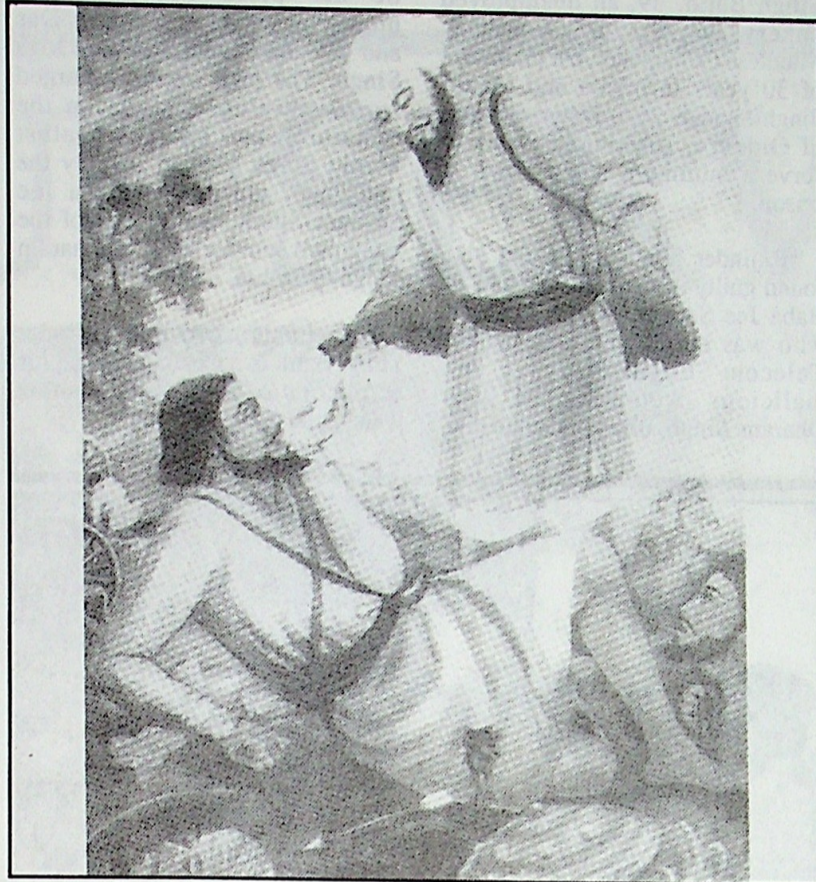
From time to time Guru Gobind Singh fought at the head of his armies in opposition to the Mughal suppression and tyranny.

During these encounters many brave soldiers fell on both sides. Some died, but many lay wounded under the scorching sun. One man by the name of Bhai Ghanaiya, who had taken the Guru's words to heart, could be seen in the midst of all this suffering, not fighting with a sword but with water skins, tending to the wounded of both sides.

He would take the wounded soldier's head gently and pour water into his mouth. This he did with all the soldiers, whether they were Mughals or Singhs.

News of Bhai Ghanaiya's deeds quickly spread. The wounded were naturally very pleased about his help to them, but a number of Singh

### THE STORY OF BHAI GHANAIYA



Bhai Ghanaiya giving water for the wounded

soldiers took exception to the fact that he was also serving water to the Mughal soldiers.

The matter was brought to the attention of Guru Gobind Singh, who asked to have Bhai Ghanaiya brought to him.

"Is it true that you have been serving water to everyone, friend and foe alike?" he asked.

"Yes," replied Bhai Ghanaiya meekly, "you have said that your true disciples must help everyone. When I walk in the battle fields I

can see no difference in the wounded, whether they are Mughals or Singhs."

Guru Gobind Singh looked at the accusers and then at the accused. He smiled and said: "I am more than pleased with you. Surely that is what a true follower of mine must do, help those in need, regardless of where they may come from."

As Bhai Ghanaiya turned to go, Guru Gobind Singh called him back and said: "When you are tending the

wounded and giving them water, take this ointment and see to their wounds properly."

With a water skin over one shoulder and a bag of ointment and bandages on the other, Bhai Ghanaiya spent his time honouring his Guru's words and comforting the wounded, friend and foe alike.

### COMPETITION

1. In what month of the year does the Punjabi month, Vaisakh, begin?
2. In what year did Guru Gobind Singh form the Khalsa Panth?
3. What did Guru Gobind Singh give to Bhai Ghanaiya for the wounded?
4. Who did Bhai Ghanaiya treat alike?
5. What did Bhai Ghanaiya carry over his shoulders?

Anyone under 15 years old can enter. Please write your name, address and birth date on your entry.

Send your replies to the Editor at 5 Maxwell Avenue, Handsworth, Birmingham B20 3TN. The first all correct reply read after the 28th May 1989 will be sent £5.

### APOLOGY

Nanak Dham would like to apologise that last month's story about Guru Nanak was incorrect.

The needle was handed to Koron Badshah, a king, not to Duni Chand, as stated in our story.

## WORD SEARCH

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Find the words listed below inside the box. They are to be found in any straight line in the box, whether forwards, backwards, upwards, downwards or diagonally. How long will it take you to find them all?

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| Abode     | Honest          | Separate  |
| Allah     | How             | Simran    |
| Anguish   | Joy             | Sire      |
| Ask       | Kind            | Society   |
| Batala    | Learn           | Spiritual |
| Care      | Life            | Temple    |
| Destiny   | Light           | Thoughts  |
| Divine    | Lord            | Toil      |
| Diwas     | Lotus           | Unseen    |
| Esteem    | Mind            | Vedas     |
| Father    | Mother          | Vice      |
| Formless  | Naam            | Vision    |
| Freedom   | New             | Wish      |
| Gospel    | Nice            | Why       |
| Great     | Omen            | Yours     |
| Gurbani   | Pagan           |           |
| Hardships | Rejoice         |           |
| His       | Saint           |           |
| Holiness  | Sarbat da bhala |           |

# MURDER TRIAL VERDICTS

The murder trial resulting from the killing of Mahraz Darshan Das, Baba Jee Satwant Singh Panesar, and Das Joga Singh (Chacha Jee) at Dormer's Wells School on 11th November, 1987 ended at the Old Bailey last month when both defendants were found guilty of murdering Mahraz Darshan Das and were jailed for life.

The Recorder of London, Sir James Miskin, QC, the judge in the case at the Old Bailey, said they had taken part in a "disgraceful and pre-planned slaughter". The court had heard that they were both members of the International Sikh Youth Federation and had gone to the school armed with a sawn-off

shotgun, a pistol and .38 revolver together with spare ammunition.

In passing the life sentences the Judge recommended that Rajinder Singh Bath, 39, an unemployed bakery worker of Southall, Middlesex should serve a minimum of 30 years in prison and Manjit Singh Sunder, 26, a factory worker of Oldbury, Birmingham should serve a minimum of 20 years in prison.

Rajinder Singh Bath was also found guilty of the manslaughter of Baba Jee Satwant Singh Panesar, who was employed as a British Telecom Engineer, and the malicious wounding of Das Dharam Singh Bhambra, who has

recovered from his gunshot wounds.

A week after the trial began Manjit Singh Sunder changed two of his pleas and admitted murdering Mahraz Darshan Das and the manslaughter of Das Joga Singh. The jury were discharged from returning verdicts on the remaining two charges against Manjit Singh Sunder, namely the charge of murder of Baba Jee Satwant Singh Panesar and of the attempted murder of Das Dharam Singh Bhambra.

It is understood that Rajinder Singh Bath is appealing against his conviction of murdering Mahraz Darshan Das.



**Qawwali Singing Group**

The Sachkhand Nanak Dham Qawwali Singing Group performed at a charity show in London last month.

The show was held at University College London. The group's manager, Das Harjinder Singh, introduced the group, saying a few words about Mahraz Darshan Das and explaining how the group was set up by Mahraz Darshan Das from members of Yuva Das Dharam, the youth group of Sachkhand Nanak Dham.

The performance went very well and ended with the joyously clapping audience asking for encores. Many of the audience were surprised by the singing of devotional Islamic Qawwali songs by a group of non-Muslim youths.

## Letters

Nanak Dham, 5 Maxwell Avenue,  
Handsworth, Birmingham B20 3TN

### LETTER FROM AMERICA

#### First Impressions

Although this is not my first visit to America, it is significantly different from any of my previous visits to this part of the world. There are two reasons for this: first unlike any of my previous visits, which were holidays, this time it is for the purpose of seeking permanent residence within the USA. Second and most important my association with a Perfect Spiritual Master in Mahraz Darshan Das means that I view life in a different perspective than I have done before.

First impressions for anyone visiting this country are its vastness

and its long and never-ending four or five lane 'freeways'.

When one looks around, it is not hard to believe that this is the richest country in the world. One may wonder what effect that may have on the people and on society as a whole.

It would be fair to say that America is the land of consumers. Commercial enterprise rules the land. One is continually being bombarded by heavy advertising, whether on TV, radio, newspapers, billboards or wherever you go. It would seem that every company wants you to know that their product is bigger, faster, better value for money than that of their competitors. This form of psychological influence is used to great advantage by those wanting to gain political offices. It is also used to great effect to sell religion on the air waves. TV and radio evangelists

are plentiful and many preach the Bible on TV stations, asking for donations from the viewers, generating incomes of tens of millions of dollars in a year.

Any person who has a passing knowledge of "The Science of the Masters" or who has experienced the shelter of a Perfect Spiritual Master can see the five perversions or passions of the mind: lust, anger, greed, attachment (to the material world) and ego, all of which thrive under these conditions. Often after having achieved the goal of financial riches, people realise an emptiness within and turn to hard drugs to further satisfy their mind, which then leads to entanglement with crime and violence.

It is astonishing that with all the money in the country, homelessness and starvation are widespread.

Although violence is very

## PROGRAMME AT THE DERA

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

Arjoi is at 2pm.

On Sunday Arjoi is at 12 midday and Satsang is at 2.00pm.

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

The April Sangrand will be held on Thursday 13th April, 1989.

### SANGRANDS 1989

|      |           |           |
|------|-----------|-----------|
| May  | 14th 1989 | Sunday    |
| Jun  | 14th 1989 | Wednesday |
| Jul  | 16th 1989 | Sunday    |
| Aug  | 17th 1989 | Thursday  |
| Sept | 16th 1989 | Saturday  |
| Oct  | 17th 1989 | Tuesday   |
| Nov  | 16th 1989 | Thursday  |
| Dec  | 15th 1989 | Friday    |

Mahraz Jee's Shaheedi Diwas will be commemorated on Saturday, 11th November 1989

Mahraz Jee's Birthday will be celebrated on Thursday, 7th December 1989

## 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, 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.

apparent here, I would have to say that for the majority of people, hearing of violent incidents on the daily news is their only encounter with violence. While for others because of the neighbourhoods they live in or because of their lifestyle, violence plays a regular role in their lives.

This is also a country of immense natural beauty with warm and friendly people, who are a pleasure to meet and make friends with. Everything depends on ones perspective and approach to life in the USA.

Das Hardip Singh

**Wealthy is he who does good deeds, not he who has material wealth.**  
Mahraz Darshan Das