

NANAK DHAM

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REALIZING GOD

GOD'S MESSENGERS have constantly stated that until you accept the shelter of a Perfect Master, you will not be able to unite with God, who is also known by numerous names. All humanity was created through His glory.

They explain that those of us who have forgotten God will have to endure the suffering of hell, which exists in the form of suffering that confronts man in his lifetime. Most of us believe that the time for remembering God is when you are old, which unfortunately is not the case. Remembering God is not dictated by age.

It is a fact that God can be remembered in an instant, but I have mentioned on many occasions that reciting His name can only be achieved if it is willed by God Himself. If you truly wish to remember Him then you must accept a Perfect Master's shelter and attain His Naam, the Word.

Some people despite having received Naam and performing service question their validity. They still yearn for something that will bring them happiness and peace of mind.

Naam can only be recited when certain principles are also accepted. Firstly, I have explained that Naam can only be recited if you are blessed by your Master or God. But where the Will is concerned, there are no principles because whosoever accepts the Will of God and practises and obeys his Master to the letter, will surely attain happiness, peace of mind and release from the cycle of life and death.

There are four forms of service. The first one is verbal whereby you recite His Naam. The second form is physical whereby you render manual service, doing whatever manual work is required. Third is in the form of finance, whereby you

offer donations to be used for the good of the congregation and those less fortunate than yourself. Finally, there is the service of the mind, where you offer your mind to the Master and accept His Naam.

Although there are four forms of service, any one of them could be acceptable to your Master.

STAGES OF NAAM

One question that is constantly asked is how do we recite Naam. The first stage of reciting Naam is through verbal repetition. The second stage is achieved when the sound is accepted by the larynx and verbal repetition becomes redundant. The third stage is achieved when the sound becomes part of your heartbeat. Lastly, the sound becomes the essence of your being and is repeated with every breath you take. This is the final stage, one of union with God.

A true follower is one who relinquishes his pride. He will not be worried by what the world will say about him. But at the same time if you do not love your Master's followers then how will the Master love you. If you wish to follow a Master then you must first love His congregation.

If people are unwilling to love their fellow members, what benefit will they attain? To those people I have only one thing to say: They should forget this place altogether. This place belongs to those who follow all the rules and regulations of the institution and its Master.

A dharam (religion) is true if you can achieve happiness and peace of mind from it. Whether it is Hinduism, Christianity, Islam, Sikhism or Humanitarianism.

I have told you before, I make no promises that after death you will attain anything. But what I

have earnestly stated is that you should unite with God while you exist in a human body. This time and space is important and one from which you can benefit. Go to a Perfect Master and attain the treasure of Naam. Follow the true path, which is not for the faint-hearted, but for the brave because it is an extremely difficult path to follow.

You do not pursue what will really benefit you, but instead follow the path chosen by your mind. The mind is a follower of vice and creates a divide between your soul and God. Do not follow the mind because it is an enemy against whom you should defend yourself. Follow not your mind, but the voice of your soul, which for centuries has been separated from God.

They walk in humility, speak gently, give generously and pray for the welfare of all humanity. They will not divulge to anyone your deeds. These are the virtues of a Master. If He is endowed with these qualities, then we should endeavour to attain them also. If you cannot become like the Master, then at least accept His principles.

You have never been directed to leave your employment, relatives, friends or worldly affairs. You are free to go anywhere you wish. If a Master has to fulfil all worldly affairs and responsibilities, then surely you must also fulfil yours. One directive I do affirm is that you should honour and form a true relationship, not a false one with your Master.

You are indeed fortunate to have been blessed with life. You have a responsibility to stand up against all injustice.

You have been created from the earth. What a shame and weakness it would be if you become bogged down in illu-



Mahraz Darshan Das

BIRMINGHAM DERA 11th November, 1993

MAHARANI PALI DARSHAN DAS' SPEECH ON SHAHEEDI DIWAS

ALTHOUGH THIS day has been recorded in history's finest verses, it suppresses us like melancholic dark, rain-soaked clouds. Each heart aches and cries out for the founder of Das Dharam, Mahraz Darshan Das, even though we know He is ever-present with us. On this day He departed to the sweet realms of Sachkhand, taking with Him two followers from His congregation: Baba jee Satwant and Das Chacha Joga Singh.

We cannot reimburse the loyalty of both these faithful servants, nor can we wipe away the tears of their families. Only words of comfort can be exchanged; reminding us that both brought joy and happiness to the congre-

gation. The foundation of Das Dharam has been strengthened by their sacrifice and will always be remembered.

Festivals shall forever be held to honour the martyrs. This shall be the final sign of those martyred sons of the nation.

We remember Mahraz Darshan Das and His disciples as martyrs. Nothing can touch those who sacrifice themselves for the sake of their nation, their religion, truth and their Guru. Those who live for others, teach them how to live and give life cannot die. They live forever and become immortal. Mahraz Darshan Das once stated in His sat-sang: "Those who face up to their suffering become

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SACHKHAND NANAK DHAM: GOD'S BLUEPRINT

EVERY YEAR about this time Nanak Dham goes to print earlier than usual to be ready for the Satsang celebrating Mahraz Darshan Das' birthday on the 7th December, which incidentally, is also Maharani Pali Darshan Das' birthday. His birth and subsequent death was ordained by God, Whom He called 'Nanak'.

Like the true and loyal emissary that Nanak knew Him to be, Mahraz Jee, as He is affectionately addressed, the Founder of Sachkhand Nanak Dham, diligently went about laying down the foundations to a divine structure here on earth; following Nanak's, God's, blueprint to the letter.

With that blueprint came many souls in their present guises especially chosen to assist in building this Divine Shelter, Sachkhand Nanak Dham, for mankind on earth.

He forgot and forgave us our many sins that were weighing heavily against us in this life and possibly many lives to come. He took them away from us in a stroke and secured them onto His shoulders when He gave us Naam, the Word, thereby not only making us worthy, but also wiping our slate clean and granting each of us a chance to be part of His personal crew in building this Divine Structure.

He also came with the knowledge that He would not be physically alive to see the final stages of Nanak's House. That is why He left its completion in the hands of trusted followers, who would be led by Maharani Jee in His absence.

As with everything of Divine Ordination, nothing is ever done for only one reason, but for many reasons that can be addressed at the same time. Nor is

anything or anybody in any given situation ever overlooked or never anticipated. Everything and everybody's action and reaction is known hundreds, thousands and even millions of years before by God. Including the soul that is resident in a mere micro-organism today, but is destined to be regarded as a Messiah by His followers some 200 maybe 300 millions years on in time when the soul has evolved in a living physical form we recognize and call human or dub him with a title that will place Him far above ordinary people, as 'King of kings'.

Nothing is ever left to chance by God, Nanak, Whomever/Whatever your perception of Him is. So it should be of no surprise to you to know that the success of this mission is certain, regardless of the shenanigans many of Mahraz Jee's then so called loyal followers are today employing within Sachk-hand Nanak Dham.

Under various pretexts they cloud the main issues, for reasons known only to themselves, with many audacious claims and platitudes while deliberately ignoring not only the lessons, instructions and guidelines that Mahraz Jee laid down during His mission building period, but the purpose of our existence and most importantly, our duties here on earth within the mission.

When we are in spirit we beg God incessantly for release from this cycle of life and death, or at least be given a chance to prove our worth. On our promise to prove ourselves worthy we are born into the physical world ever-so-eager to be a shining example in spite of the labours of our sins, that follow us from one life to another; that lie ahead of us and as yet to be over-

come. Unfortunately our values change as we progress through various stages in life in that we usually end up back in spirit begging yet again to be given another chance.

More often than not most people's labours are cast in the normal everyday mundane settings. Seldom is there an opening for so many to work collectively on a Divine Project. Yet to actually be chosen by someone of Mahraz Jee's calibre to be a founder member of His working party in building a structure of this magnitude surpasses all expectations.

After countless centuries of begging for a chance to make good we have been given a unique opportunity to finally break away from the cycle. We should not waste this chance to prove our worth because there are others only too willing to take our place. As with everything to do with God we are at liberty to decline this offer at any time we wish. If that is the case then we should do so by all means, it is our democratic choice. However, we should not make it difficult for those who wish to persevere in a world full of sceptics, who are forever looking for something more meaningful.

Mahraz Jee's birth into the world many years ago was the advent of God's Divine Promise to man so this year let us celebrate

Editorial

WHO IS RESPONSIBLE ANYWAY?

THE JAMES BULGER case has caused an uproar on every strata of British society.

It has fuelled heated debate as to who should be held responsible for the inhuman actions of the murderers of the two-year old.

Earlier this year the toddler was abducted by two ten-year old boys from a Shopping Mall in Liverpool. He was marched two miles to a railway track and brutally battered to death. His body was then placed on the track where it was cut in half by a train.

On Wednesday 24th November, 1993, after a trial lasting fourteen days, the boys were convicted for murder and detained indefinitely at Her Majesty's pleasure.

Unfortunately, the reasons for the murder are still not clear. What drove the two boys to murder and who should be held responsible for their actions?

The mother of one of the boys would like to blame everyone, but herself. She blames the teachers for not reporting her son to the police for consistently playing truant and the police for not keeping truancy in check.

A member of parliament tried to lay the blame on the church for not teaching the difference between right and wrong. The church retorted by blaming the government for lack of clear commitment to education.

Still, others would like to blame single mothers for all the ills of society.

Surely the final responsibility for children must not only be the parents, but the community as a whole.

His birthday, and Maharani Jee's with renewed resolution to earnestly continue the construction of the mission as He envisioned.

The success of the mission has been foretold so it is inevitable. It is foolish to waste your energy on a pointless exercise when

the reward you gain can be eternal simply by following the blueprint of this Divine Project as laid down by Mahraz Jee to its successful completion.

Be wise. Do not allow stupidity to be your downfall. *Seems logical to me* ■

Patrick Hubert

Please note **NANAK DHAM'S** change of address.

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BODY & HEALTH**THE SOUL'S PHYSICAL HOME**

WHEN GOD ordains that a soul be incarnated in human form its first home will be in a foetus in the pre-natal cocoon of its physical mother. Until its physical birth as a baby and subsequent growth into adulthood, or a stage when it can fend for itself, its physical welfare will be dependent on its designated parent(s), guardian(s) or itself (in extreme cases). Either way, whatever stage the incarnated soul is at in its physical home, its well-being can only be catered for with proper nourishment until its allotted time on earth has run out and its physical home is no longer of any use to it, thereby leaving it no alternative, but to vacate it and return to its natural home in the spirit world.

The greatest thing that the host parent can do for the embryo is to be physically fit so that the foetus can develop a strong home, its body, for its physical birth and for its life. If that is achieved

the new born baby will inherit a formidable constitution on which whoever rears it can build on.

The baby's physical future will largely depend on the diet it is given during its formative years. With a well-balanced diet and proper exercise the soul in a human body should exist trouble-free throughout its life-span, barring accidents or the intake of impure substances. The absence of a good diet and exercise will render the body weak, frail and 'diseased'. It will be unable to defend itself against the invasion of infections. The condition of the human body can determine its physical appearance which, in turn, can affect its mental attitude.

Access to a well-balanced diet and proper exercise will keep the body fit and healthy. The shape will be in proportion to its height while its density and weight will be

partly dependent on its chassis, frame or skeleton. By adding or deducting either diet or exercise or both, the body can be brought to various peaks of performance and size according to the individual's preference. Its stature will be proud, upright, strong and full of energy.

The lack of either a well-balanced diet or exercise or both, can result in the opposite in that the body will be unfit and unhealthy. The shape will be disproportionate to its height and its density and weight will be either over or under (fat or thin) and therefore would not appear suitable on the skeleton. Its stature maybe bent, weak and lacking energy.

The body's physical appearance is changeable and the degree of alteration will largely depend on a person's disposition. If we are satisfied with our physical home we may be able to find it eas-

ier to attain peace of mind while coping with our earth-bound labours that destiny has mapped-out for each and everyone of us.

Another important reason why we should adopt a healthy attitude is to provide a place fit enough for God, or your Perfect Spiritual Master to reside in. Like a sitting tenant that cannot be evicted from his abode, He is ever resident in your temple - at the centre of the forehead just above the eyes. Those who have been granted insight describe it as Their link with God. Others simply call it the 'third-eye'.

This section has been created to promote the health and maintenance of your physical home, your body. The physical identity that is you and how others see and know it until death comes, thereby terminating your stay on earth and the start of your return journey home.

Patrick Hubert

A WORLD CREED?

Despite negative and hostile media coverage there is an unprecedented rate of conversion to Islam in Britain. What is ironic is that most converts are women, notwithstanding the widely held belief that Islam treats women as second-class citizens.

The rapid rate of conversion is prompting speculation that Islam will become an important religious force in Britain. It is estimated that in the next 20 years the number of British converts will be greater than or at least equal to the immigrant Muslim community. At present the Muslim community numbers about 1.5 million. The figure includes about 20,000 new converts.

There are various reasons for women converting to Islam in this country:

Most converts are former Christians who are attracted to the discipline and security of Islam. They are mainly disillusioned by the deep crisis within the Anglican and Catholic Churches and despair at the gradual decay of their own society, caused by a rise in crime, family breakdown, drugs and alcoholism. Others have found an appeal in Sufi mysticism or converted through marriage.

The majority of converts come from middle-class backgrounds and are usually well educated. This accentuates the intellectual appeal of Islam.

The formal initiation into Islam is relatively simple. The prospective convert bathes, dons clean garments and

recites the shahada, the testimony to God, in the presence of witnesses.

However, life as a Muslim can prove to be problematic for most new converts. They are often rejected by their families and friends and are perceived as being unpatriotic or even traitors to their own sex, in the case of women.

The term 'Muslim women' brings to mind images of women who are slaves to men and desperate to be westernized.

Muslim women challenge such stereotypes and are anxious to distinguish between genuine Islamic values and cultural behaviour. They claim that the oppression of women is a political and not religious issue.

Female converts are quick to point out numerous verses in the Koran that support women's rights and lament about the few that seemingly do not. They feel that the more orthodox believers cling to these few without any regard for the rest.

Those accused of betraying their own sex compare the status of women in Islam with what they see as an identity crisis:

Women in the west try to copy men in an effort to be equal and thus, from a Muslim woman's viewpoint, womanhood has no basic value.

Whatever the reasons for conversion, Islam seems to have finally shed its image as a purely eastern religion and is winning over converts in the western world which has always viewed it with suspicion and hostility.

Sanjiv Syal

Letters

To: The Editor, Nanak Dham,
26 Kingston Road,
SOUTHALL, Middlesex, UK.

Dear Nanak Dham,

I would like to take this opportunity to thank all the people at the temple in Birmingham for praying for me when I really needed it.

Since my last visit to the temple on the 16th August, I have been back into hospital for another operation for the removal of a bone out of my leg. Before my sister Beryl brought me to the temple the outlook on my life was very

grim.

My surgeon now tells me things are looking much better. He said it is too good to believe that I have a blood supply now and new growth of tissue which he thought would not be possible.

I had had 30 or more operations on my leg before I came to the temple. My surgeon said that over the next six years I would be having operations to remove bone. He even said at one stage that I

may have to have it amputated.

But thanks to Maharani Pali Darshan Das, I have been told now that I will be keeping my leg. I would also like to thank Santosh for all her help.

PS: My son also sends his thanks to all of you for helping his mom.

*Nanak Naam Chardi
Kala Tere Bhane Sarbat
Da Bhala.*

Linda Brown

YOUTH DONATION TO INDIAN EARTHQUAKE APPEAL

THE ASSISTANT High Commissioner of India Mr Panday, in a speech at the Dera in Birmingham on 11.11.93 said that although the recent earthquake in southern India registered 6.4 on the Richter scale it wreaked great devastation and created havoc.

"It is necessary to support and aid people now who were maimed and made homeless by the earthquake."

Mr Panday confirmed that the government of India had pledged that 30,000 houses will be constructed by the 26.1.94 to house the homeless.

"One conservative estimate for the project," he said, "was around 900,000,000 rupees."

"Although aid was coming from across the world," Mr Panday



Mr Panday Receiving a Cheque for £4001

enthused, "the largest proportion of aid and funds were being collected and donated by Indians living in England."

"I am happy to be here and being presented with a cheque by the children, a gift of your combined efforts," he confirmed and

promised, "on behalf of the Indian government and the victims of the earthquake, I would like to thank you and promise you that the funds will be sent to the appropriate authorities and utilised where it is absolutely necessary."

Children's Story

I Am The Laziest

ONE WARM summer evening a passer-by chanced upon six boys idly passing time under a tree in the park. As he went on his way it struck him as odd to see a group of boys not involved in a noisy or energetic form of activity.

Each time the passer-by walked through the park during the next four days the boys were more or less in their same idle positions under the same tree.

"Six of the laziest boys I have ever seen," thought the passer-by. In an effort to generate some activity in the boys the passer-by offered to give each boy a penny if they were playing a game of their choice when he passed by the next day.

"That is too much like hard work," said one boy. Those who bothered to reply merely grunted in agreement.

The stranger, still trying to inject some activity into

them, added: "Then I will give this sixpence to the laziest one."

Five of the boys immediately got up onto their feet and rushed to the passer-by with their hands outstretched saying: "I am the laziest, I am the laziest!" Each in his own way trying to impress how lazy he was and claim the sixpence for himself.

One boy remained where he was, leaning against the tree with his hands in his pockets in apparent disinterest.

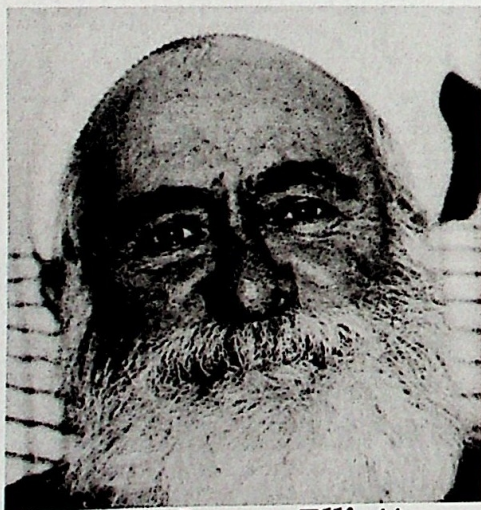
"Why are you not trying to claim this sixpence?" asked the passer-by.

"That is because I am too idle to move from this tree," said the boy.

"Then this sixpence surely belongs to you," said the stranger moving toward the boy. "Because you are indeed the laziest. Here you are."

"Thank you sir," said the boy, "please put it in my pocket!"

BABA GEORGE PASSES AWAY



Baba George Elliott

WE SADLY report that Baba George Elliott passed away on Saturday morning at 6.00 am at Stone House Hospital, Dartford, Kent.

A former Franciscan brother, Baba George was a favourite with the young children during Sangrand. He was always at his happiest when he was in the centre of a group of children. A simple man of simple logic whose belief in Mahraz Darshan Das was total and unwavering, he spent the last

year or so in hospital care. He will be sadly missed not only by the children of Sachkhand Nanak Dham, but by all who knew him.

His comfort and joy is that he has returned home to be with his Master, Mahraz Jee. Details of the funeral arrangements can be obtained from the Birmingham Dera.

• Next issue we shall be paying a special tribute to baba George.

NANAK DHAM

Egg-Free Vegetarian Cookery for All

VEGETABLE DAL

Ingredients

- 50 grams whole moong dal [soak in water for 2 hours]
- 100 grams of tomatoes, finely chopped
- 1 bunch of spinach leaves, finely chopped
- 1/4 bunch fenugreek leaves, finely chopped
- 2 potatoes, chopped
- 1/2 aubergine, chopped
- 5 okra, chopped
- 1 tablespoon of ghee
- 1 onion, finely chopped
- 1/4 tablespoon turmeric
- 1/4 tablespoon cumin seeds and pepper
- 1/2 tablespoon red chilli powder
- 2 carrots, grated
- 3 stalks of cabbage leaves, finely chopped

Grind to paste

4 green chillies, 1 piece of ginger, 2 pieces of cinnamon, 3 cloves of garlic, 1/2 tablespoon cumin seeds roasted, 1/4 cup mint leaves, 3 cardamoms, 3 cloves, 5 peppercorns & 1/2 cup coriander leaves.

Method

1) Remove the husks of moong dal. Add 2 cups of water in pressure cooker. Add dal, vegetables, spinach and fenugreek leaves. Cook. Cool, mash and strain the mixture in a collander.

2) Heat ghee in a vessel. To it add cumin seeds and saute the onions for five minutes. Add tomatoes and stir for five minutes. Add ground paste, chilli powder, turmeric, salt and grated carrots. Add the strained dal. Boil for five minutes.

Continued from page 1 col 3

sions and forgot God. Through wrong actions, you continually weave circles which will eventually entangle you and cause you suffering. I am not encouraging you to set aside your responsibilities, but am emphasizing that you detach yourself from them. Be like a swan that leaves the pond with dry wings. Do not sink in your responsibilities.

WAKE UP

The human body is the true abode of God and is recognized as the highest form. He blessed it with so much love that whenever God comes on earth, He takes the form of man. You are asleep despite being awake. Wake up and cleanse your body.

Only a Perfect Master can take us across this impasse. A Perfect Master is one who is truly fulfilled and can be beckoned at any time. He protects you and is with you always. In His shelter you should accept His Will. Without seeking anything in return, He assists you and is at one with God.

The body is not the Perfect Master. His Naam is the Perfect Master. That which you recite, whose presence and features are forever etched on your mind, heart and soul. Your very being rejoices at the sight of Him [Naam].

NO DIFFERENCE

You will not release yourself from suffering until you have totally immersed yourself in Naam. There is no difference between God and the Perfect Master.

If this body and flesh does not yearn for love then it is worthless and is only fit for the pyre. Love is used for realizing God and not for worldly attachments. He who has loved shall attain God. This yearning can only be realized in the shelter of a Perfect Master.

Try to remember God twenty-four hours a day. He does not seek anything from us, nor can we give him anything in return. Should He decide to give or take something from us, He does not reveal it. He sends us forth and also decides when we return.

This knowledge can be

attained from a Perfect Master because I have stated that a Master will reveal to His follower when it is time to return or when a problem is about to rear its head. This is when a Master comes to His follower and strengthens him, to combat or face up to his responsibility. I am asking you to wake up and recognise yourself. God's message to you is love one another, unite, cast aside differences of caste, colour and religion. Humanity has only one face. When you have yearned for and gained love, that is the realization of God ■

The main points of the Satsang delivered by Mahrax Darshan Das at Loni Dera (near Delhi) on the 23.2.82.

SACHKHAND NANAK DHAM INTERNATIONAL GENERAL INFORMATION BOARD

SACHKHAND NANAK DHAM 1993 & 1994 Dera Programme

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Birmingham Dera, 11 Church Hill Road, Handsworth, Birmingham B20 3TN.
[021 554 2422]

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[excluding Thursday.] SATSANG.....7 pm [1900hrs]
Sunday ARJOI.....12 pm [1200hrs]
SATSANG.....2 pm [1400hrs]

Free food/langar is served daily to everyone at the Dera

SANGRAND

Wednesday 15th December
Friday 14th January

1994

Friday 14th January
Saturday 12th February
Monday 14th March
Wednesday 13th April
Saturday 14th May
Wednesday 15th June
Saturday 16th July
Tuesday 16th August
Friday 16th September
Monday 17th October
Wednesday 16th November
Thursday 15th December

SHAHEEDI DIWAS,
the day of
martyrdom of
Mahrax Darshan Das,
will be commemorated
on
FRIDAY
11th **NOVEMBER,**
1994.

MAHRAZ JEE'S BIRTHDAY
will be celebrated
on
WEDNESDAY
7th **DECEMBER,**
1994.

Regional Programmes SATSANGS

The 1st Sunday of every month
Time: 9.30am [0930hrs] - 12 Noon
[1200hrs]

at
Holy Trinity School
Holy Trinity Road
[Off Wellington Street]
GRAVESEND

Kent &

The 1st Sunday of every month
Time: 2.00pm [1400hrs] - 6.00pm [1800hrs]

at
Dormers Well's High School
Dormers Well Lane
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For further details check with Reception at the Dera, Birmingham

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