

Nanak Dham

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THE POWER OF LOVE

THE ENTIRE UNIVERSE revolves under God's Will. A person who accepts His Will, will be absorbed in the divine light.

Messengers of God claim that until and unless you establish the true divine light in your hearts, your soul will not merge with Him. Your present search for God takes the form of penance, prayers, bathing at sacred ponds and charitable acts. Yet you forget to search or look within. Much greater treasures are to be found within your body.

You are constantly searching for ways and avenues to improve your life and better yourself. Yet despite years of toil, peace of mind is still beyond your grasp. If you were to put the same effort into knowing and meeting with God then all your aspirations and desires will be fulfilled. You will free yourself from all doubts, suspicions and false cravings.

The benefit to be gained from a messenger of God is the opportunity of remembering God in earnest. Only the truly blessed are granted the opportunity of engaging in this union. Within the congregation of a Master you can receive Naam. Only through Naam will you find release from this prison, the body.

Accumulated material wealth, whether through deceit, murder or other selfish reasons will certainly not accompany you to your true home, Sachkhand. You should endeavour to harvest a crop that you can take with you when you depart from this physical plane.

If there is a treasure or gem that will accompany you to your true home, then it will be Naam. The rest will remain behind. Wise men are not distracted by worldly gain, but receive Naam and reap a true harvest.

Even this body will not accompany you in death. You will have to vacate it like a rented property and return the body back to its elements, the earth, water and fire. Do not think of this body



Mahraz Darshan Das

simply as an earthen puppet or a bag of skin and bones. This body is a complete universe. Enter it sometime and take a look. Brahma, Vishnu, Mahesh, Ganesh and other spiritual planes exist within the body.

The Masters state that if you cannot bear the radiance of a single sun which exists outside of you, then how will you bear the intensity of the twelve suns which radiate within you? Only when you are able to bear this radiance will you merge with Him.

This body is the living temple of God. You have constructed many temples of bricks and mortar and demolished even more, but your body is the only true temple of God. Only God can truly make or break this temple of yours.

Sacrifice your arrogance and pride. Seek the shelter of a Master.

Your mind hinders your progress. Do not consider the mind to be a small power. It is a descendant of Bhrama; a resident

of Trikoti, which cannot easily be subdued. It is like a monkey that never settles down.

Unity with God cannot be revealed or physically shown. The Masters are not much unlike yourselves. They come into the world and live, work and perform all the tasks, rituals and rites as you do.

In the past some Masters have wielded a sword. Time or a period in time may dictate the use of a weapon, but it also demands love simultaneously. Our weapons are truth, doing good for others, attending the congregation of a Master, contentment and sacrifice. There are no weapons greater than these. If the occasion demands another weapon, then it shall be considered.

The Masters show anger and vent this not at you, but at your deeds. There is a difference between your anger and that of your Master. They are only concerned for your welfare and the consequences of your acts. You

were sent to do something useful, but have fallen by the wayside. They see the waste. God made you. You have not even tried to understand why.

You are taught to know God by only one name. If Christians, Sikhs, Hindus, or Muslims recite the name of their God, does this mean that whoever does not recite that particular name, will not be blessed by God? If God is one, then why this conflict and division?

In your self-righteousness, you point a finger at others proclaiming their guilt. You are unaware that three fingers of the accusing hand point back judging you at the same time. Hence, your guilt is multiplied threefold.

If you are determined to perform evil deeds then do so to such an extent that God Himself will seek you out to change your ways. On the other hand, if you are performing righteous deeds then let the weight of your deeds rock His very throne.

In previous Satsangs, I have stated that breaking somebody's heart is a crime. If you cannot say a kind word or feed your hungry neighbour then what use is your donation at a temple. Do you feel that it is more important to pray than it is to love your fellow man?

Nothing is hidden from a Master. He knows everything. You are the blind ones. God's beloveds are aware, conscious and knowledgeable of their disciples. The Masters protect you from prying eyes. If the Masters will not cover and protect the sins and sinners of the world, then who will?

Although you recite prayers, with your eyes closed, your mind revolves around all your surreptitious plans and ambitions of fulfilment. This is not praying. It is a betrayal of God. True prayer is not hours long, but an instantaneous selfless cry or beseeching to God.

Editorial

TWO OF THE MOST significant days in the Sachkhand Nanak Dham calendar are the 11th November, Shaheedi Diwas, and the 7th of December, Mahraz Jee's birthday.

Shaheedi Diwas, the day of martyrdom of Mahraz Darshan Das, will be commemorated at all Deras including Birmingham and Darshan Darbars around the world. It is a time when most of us in the Mission look back in sorrow at the senseless loss of a teacher who came for all humanity. The same question will arise again: Where do we go from here? This is especially true of the editorial team which found itself in great difficulty due to the sudden and untimely death of the Editor, John Kensit. Our working life is still in chaos as we have not yet fully adjusted to the forced change to some aspects of our routine.

However, a lot has happened during the last few months to suggest a change for the better. Maharani Pali Darshan Das, the patron and head of Sachkhand Nanak Dham, paid two visits to the UK. Maharani Jee's visit in March worked as the spiritual tonic that the Mission's followers have been craving for. There is an air of serenity and reassurance that everything is at last taking a turn for the better.

During her July visit, Maharani Jee met members of the Mission in private at the Dera in Birmingham. She blessed members of the congregation whilst taking due note of the worries and anxieties expressed by many over the state of affairs existing within the Mission. She worked tirelessly by holding meetings and workshops with the various local and regional committees in trying to instil a sense of oneness and purpose of duty so that Mahraz Jee's Mission may continue to serve mankind.

Maharani Jee has promised to visit the UK on a more regular basis and stated that everything is working out as Mahraz Jee intended.

PLEASE NOTE NANAK DHAM'S CHANGE OF ADDRESS.

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ARTIFICIAL INTELLIGENCE

WE NOW ARE in a dilemma about technological terms. Computers and computer programmers are at a technical forefront and heated debates are taking place as to whether man should be designing computers that have the ability to think.

Computer Science has evolved to such an extent that it is now possible to mimic the human brain's method of processing information through Neural Networks. The debate is about whether this kind of research is morally sound.

Computer programmers have developed what is known as smart systems which react with their environment. The lifetime experiences of Doctors, Scientist, and Scholars are being programmed into these computers.

In short, we now have the capability to program computers to encapsulate the intellect of a doctor for example. Thus, the computer would have the ability to diagnose.

This system is already in place in a leading heart hospital and is being used to diagnose the probability of the likelihood of a subject suffering a heart attack. The computer can even recommend immediate admittance to hospital.

We are now building computer-based systems that have the ability to learn AI (artificial intelligence).

This of course fuels another debate: Is it possible or will it be possible for a machine to think, or do these systems merely mimic thought? Will a machine eventually develop a consciousness, or be religious?

My opinion is, if a computer has the ability to learn, then thought is possible. The super powers are using this technology to model the world economy to give them a strategic economic advantage.

Is this morally sound? It seems this would put third world countries without access to this technology at a distinct disadvantage.

Neural Networks have the potential to completely revolutionize the way in which we depend on technology.

It may be the case that in future we will converse with computers seek their expert advise, rather than humans. A life times experience and expertise can be embodied within a Neural Network.

What then if man becomes too dependant on the experience and possibly, many life-time experiences stored in a computer?

These systems can help mankind to no end if used in the right way. The other side of the coin is the potential to make the human thought process obsolete.

Dennis B Murrain.

POISONED TO LIVE

HHEART ATTACK victims could be saved thanks to a drug derived from the venom of a South American tree viper.

Two thousand patients tested in a four year trial of the drug, called Rampiril, showed that deaths from heart failure can be reduced by one in four.

Rampiril belongs to a class of drugs which dilates the blood vessels, and is being dispensed under the name hyperfenhan.

Results of the UK-based study entitled AIRE were announced by Professor Stephen Ball, from Leeds University, at a major

cardiology conference in Nice, France.

Professor Ball revealed that deaths of high risk patients were reduced by 27% when a five milligram dose of the drug was administered within a few days of an attack. Patients receiving the drug must take it throughout their lives. They are also less likely to develop severe heart failure, suffer another heart attack or have a stroke, it was claimed.

Drug regulatory authorities in the UK are being approached by Professor Ball to allow Rampiril to be prescribed to heart attack victims.

Service of Thanksgiving

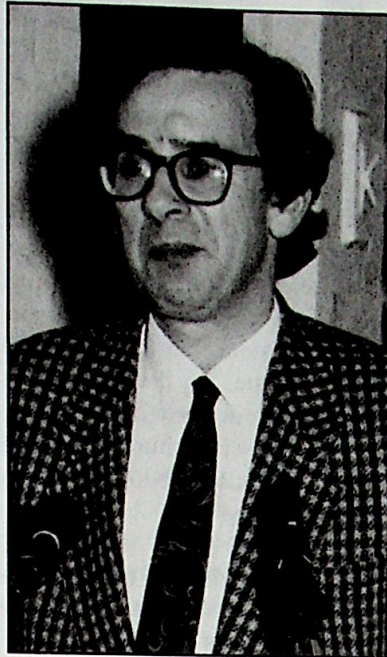
God is in my head;
And is my understanding.
God is in my eyes;
And in my looking.
God is in my mouth;
And in my speaking.
God is in my heart;
And in my thinking.
God be at mine end;
And at my departing.

So began the thanksgiving service in memory of Das John Kensit at St Bride's Church, Fleet Street on the 28th of September.

The service was attended by over 150 guests. The extract from a moving tribute by Mr Brian Weatherly, Editor - Commercial Motor, Reed Business Publishing conveys the love and high esteem in which John was held by all those who knew him: "Whenever I read a story that needs legal checking the chief sub-editor is told: 'Kensit this story.' Equally to be told by a chief sub: 'It's all right, it's been Kensited,' is to be reassured. Even if John is no longer with us the habit has continued and I'm sure that his successor won't be offended if I say we've no plans to drop the verb Kensit."

Das Lachman Das, Baba Jee from Sachkhand Nanak Dham International made the following address in memory of Das John:

**"Listen my friend to my humble request;
Now is the time to serve the saints of God.
Depart from here with possession of Naam;
In the next world may you get your blessed abode.
Days and nights are running out of your life;
Meet the Guru who may ease your strife.
In the ocean of evil and the superstitious world;
Only the spiritually enlightened can swim.
Who is roused by the essence of Naam;
Knows the untold tales of God.
Cultivate for what you have come;
God dwells in the heart of the Guru.
Get thy blessed abode of peace and happiness;
No more cycles of death**



**and birth to go through.
Omniscience and the people's Benefactor;
Fulfil the desire of my mind, please.
Nanak, too, begs for the comfort;
Which could make him the dust of the Saint's feet.**

These are the closing passages of the Sikh night prayer. They encapsulate the essence of a disciple's yearning for the shelter of a Master and exalt the glory of Naam, through which although life comes to an end, the soul continues its journey.

We are gathered here to bid a final farewell to Das John Kensit, who came to Birmingham in 1985 to see a Holy Man, Mahraz Darshan Das. The occasion today is filled with sadness but at the same time, we should be rejoicing because Das John is finally reunited with the Father.

He was indeed blessed because in his lifetime, Das John accepted the shelter of a Master and received Naam. He is now liberated and free from the malice and deceit of the world.

Some of you here may be wondering whether any state of liberation exists? I think that the following short parable will clarify the issue positively.

Suppose, someone came to an unborn baby and said: "You can not stay here long. In a few months you will be born or, as you may think of it, die out of your present state." The baby might stubbornly say: "I don't want to leave here!

I'm loved and happy. I don't want to be what you call born or, what I call die, out of this place."

But he is born. He does die out of his present life. And what does he find? He feels beneath him strong loving arms. He looks up into a beautiful face, tender with love. The face of his mother. He is welcomed, cared for and says: "How foolish I was. This is a wonderful place to which I have come."

Then he goes on to enjoy the delights of childhood. He grows into youth with its excitement and romance. He marries and knows the love of his wife and children. The years pass, with the strength of manhood, the achievements of middle-age, the joy and wonder of life are his. Then he becomes an old man and someone says: "You are going to die, or we call it, be born out of this place into another." And he might remonstrate: "But I don't want to die. I have my loved ones. I love this world - the dawn and sunset, the moon and the starlight. I like to feel the warmth of the fire on my face when the cold weather comes and to hear the crunch of snow beneath my feet on a winter's evening. I don't want to leave this world. I don't want to die."

But in natural course he does die. What happens then? Is God, the Creator, suddenly going to change His nature? Can we not assume that the departed will once again feel loving arms beneath him and once again look up into a strong glorious face more lovely than that first face he saw so long ago? Won't he soon be exclaiming: "Why, this is wonderful. Here I want to remain forever."

Does this not make sense?"

Baba Jee then recited the Arjoi. This was followed by a number of well chosen hymns sung by the choir. The programme ended with a vegan buffet in keeping with John's conversion to vegetarianism, where the guests gathered to exchange personal anecdotes and stories.

John was a very special person and as Mr Weatherly put it succinctly: "That's all I ever got from John. All the very best."

Disaster in India

THE RECENT Earthquake in Maharastra, India measured 6.4 on the Richter Scale and up to 6.5 as claimed by other experts.

Tremors were felt in the whole of South Indian an approximate 450 miles radius from the epicentre. They were felt in Bombay, Madras, Gujerat, Andra Pradesh and Madha Pradesh, re-awakening fears of the 1967 earthquake when hundreds died. The unofficial death toll for the present disaster is in the region of 30,000 with hundreds injured and thousands made homeless.

Rescue attempts have been hampered by heavy rainfall. Relief and Rescue work has been made further difficult by inexperienced, disparate groups, party activists, louts and sight-seers.

The British government has sent in 40 tons of relief supplies, but the demand may soon outstrip the supply.

Funds are being raised by the general public in response to the Indian Prime Minister's appeal. Around the world the media and other organisations are staging their own fund raising efforts.

Relief aid, doctors, volunteers and foreign aid is on the move and the masses have been mobilised in rebuilding the stricken area.

Nanak Dham would like to convey its own message of condolences to the many families afflicted and the government of India. We must all dig deep into our pockets and hearts for some measure of compassion and aid for families, who have a long and hard struggle ahead of them to rebuild their lives and come to terms with their enormous loss.

There are numerous appeals around the world. If there is one in your area then please give generously.

A DEADLY KIND OF ECSTASY

by David Moller

AFTER BRIAN MOSS returned to his Liverpool home at five one October morning in 1991, his mother Vera heard strange noises coming from his room. Rushing in, she found her 20-year-old son writhing on the floor in convulsions. "Call an ambulance," she screamed to her husband. Then she tried to help her son.

"Sweat was pouring off him in buckets, and his body felt as if it was on fire," she recalls. "He kept convulsing, then he fell unconscious, and foam started coming out of his mouth, mixed with blood."

The ambulance crew, unable to revive Brian, rushed him to Walton hospital. His parents followed by car, only to be taken aside in the casualty department and told the horrific news: "Your son died on his way to hospital."

Brian Moss was a victim of Ecstasy, the so-called "fun" drug that has already claimed at least 15 lives in Britain and damaged hundreds of others. Possession of this illegal Class A drug - the "most dangerous" rating - can lead to up to seven years' imprisonment. Yet it is now taken regularly by an estimated 500,000 young people out for a good time at night-clubs and "raves" around the country. One recent survey of 800, 14- and 15-year-olds in the north-west found that six per cent of them have used it.

Easy Access

Ecstasy comes as white tablets or multicoloured capsules, each costing from £12 to £30 and sold under such names as Love Dove, Disco Biscuit, Big brown One, Dennis the Menace, Triple X. Says Detective Chief Superintendent Derek Todd, Drugs Co-ordinator for South East regional Crime Squad: "I've never come across a drug that has been marketed as successfully as Ecstasy. Most drugs are an inner-city problem, but Ecstasy seems to be everywhere - even in the far north of Scotland."

Doctors do not yet know why the amphetamine-based drug has such harmful effects on some people, while leaving others unscathed. What is known is that it causes heart rate, body temperature and blood pressure to rise, with potentially lethal effects on anyone with a heart or blood-pressure disorder.

"Several youngsters have died

from heatstroke," says Dr John Henry, consultant physician to the National Poisons Unit at Guy's Hospital in London. "The last thing any Ecstasy-user should be doing is dancing continuously and generating excessive heat."

Adds Mr Jeremy Booth, Accident and Emergency Consultant at the Chelsea & Westminster Hospital in London: "One of Ecstasy's dangerous peculiarities is that its effect is not dose-related, it depends on the individual's metabolism and the way the drug affects their hypothalamus, the organ that regulates the body temperature."

Even those who have taken Ecstasy on a previous occasion without ill effects may suddenly develop a violent reaction to it. Receptionist Collette McCarthy, 21, had apparently already tried the drug when she went to a rave party in a south London warehouse. Suddenly she collapsed on the dance floor and lapsed into a coma. In hospital, she was found to have severe liver damage and, despite a liver transplant, died just over a fortnight later without regaining consciousness.

Developed by German doctors at the end of the last century, Ecstasy was marketed as an appetite-suppressant for soldier in the First World War. It began appearing in Britain in the late 1980's imported from illicit factories in mainland Europe. Last year, 68 per cent of all customs seizures of Ecstasy came from The Netherlands, Belgium and France.

There is also evidence that since 1989 it has been made in Britain: two unlawful laboratories have already been successfully prosecuted and a third case is pending. "It can be made in fairly make shift conditions, in small industrial units or even in people's homes," says Detective Chief Superintendent Todd. "It doesn't require great expertise, and those who make illegal drugs are not bothered about quality control."

Ecstasy is promoted, misleadingly, as the "perfect" drug, with no side-effects, no bad trips. For youngsters eager to dance all night, the adrenalin rush it provides, giving a feeling of almost limitless energy for some six hours, is immensely appealing. So is the light-headed euphoria it induces. "It give you a complete buzz, as if your whole body is tingling," enthuses one user. "You

feel loving and tactile. The first time I took it, I wanted to hug and kiss everyone."

Group Identity

The drug has its own culture and its own music - powerful and insistent, hurtling up to 160 beats a minute. On the dance floor figures, dripping with sweat, work themselves into a gyrating state of hypnotic oblivion known as "getting cabbage".

Nowhere is the atmosphere more frenetic than at the mass gathering known as dance, rave, warehouse or pay parties, held in marquees pitched in fields, or in empty factories and warehouses. Organizers range from incorporated companies to shadowy young entrepreneurs, some with criminal records, who charge up to £50 for entry and can make as much as £150,000 from one event. And the venues are usually kept secret until the last minute, making them notoriously difficult to police.

Exclusion Zone

In his two years commanding specially formed Midlands Police Pay Party Unit, Detective Chief Inspector Alan Burrell personally attended illegal raves. "Once a party of about 4,000 ravers is up and running, there's not alot the police can do except surround and contain," he says. "If you barge in to search for drugs and make arrests, you could provoke a riot with serious injuries."

Although organizers provide the site and the sound system, many send a front man to run the rave and take the rap for any charges of trespass, forced entry or criminal damage. In particular, those organizers who condone drugs are careful to distance themselves from any personal repercussion by subcontracting the supply to dealers, who might pay a few thousand pounds for the privilege of getting into the rave with their supplies unscathed, or being allowed to hide them at the venue before hand.

While security staff search party-goers for drugs before entry, often their main function is to protect the market of dealers already allowed on site - or give them time to dump their wares should police arrive. DJs may even broadcast a warning when undercover police are suspected on the dance floor.

As a result, conviction against

both organizers and dealers are hard won. One coup came in November 1988, when police stormed a rave on a riverboat moored at Greenwich in south-east London. Cries of "Old Bill! They're raiding the boat!" rang out, and within minutes the deck was littered with Ecstasy and other drugs.

But the police managed to secure enough evidence against Robert Darby, a 26-year-old rave organizer who doubled as an east London youth leader, to send him to prison. He is currently serving a six-year sentence for conspiracy to permit premises to be used for the control and supply of drugs for rave parties.

Lethal Cocktail

An increasing worry is the extent to which Ecstasy is being mixed during manufacture with other drugs such as LSD, heroin or even Ketamine, a veterinary anaesthetic, so that unwitting youngsters run the risk of building up dependence. One Glasgow dealer admitted: "Half the time I don't know exactly what I'm selling. I do know that I wouldn't touch any of it myself. Most people at the raves are so eager to get a high that they don't care what they're taking - and neither do I."

Perhaps the most poignant cases concern those who have had little contact with any form of drugs. Clare Leighton was a quite, home-loving 17-year-old school-leaver from Cannock, Staffordshire, when she accepted a single Ecstasy tablet in a Manchester night-club in July 1989. An hour and a half later, she collapsed on the dance floor. Recovering, she remained for two more hours, then staggered out of the club and collapsed again.

Her father Melvin, informed of events by some of Clare's friends, rushed to Manchester Royal Infirmary. He was stunned to hear that his daughter was suffering from drug-related injuries. She was a sensible girl who didn't smoke and rarely had a drink.

By the time Clare died 36 hours late, the drug had affected every organ of her body and she had suffered massive internal bleeding.

Even when Ecstasy doesn't kill, it can do enormous harm. After 23-year-old Julian Rossiter of Liverpool took a single tablet, he suffered several hours of fits and internal bleeding before going into a four-day coma. When his parents went to visit

him in hospital, they found Julian howling almost like a wild animal, in convulsions so severe that his feet almost touched the back of his head. A year later, he still suffered from constant exhaustion, memory loss and a tendency to get words jumbled.

Michael Day, mental health services manager at Scunthorpe Community Health Care Trust, recalls six young people who were hallucinating and hearing voices after taking Ecstasy at raves on Humberside. After they were discharged from hospital, their families claimed their personalities had changed. Says Day: "They are suffering from drug-induced psychosis, very similar to schizophrenia, and it seems the symptoms can recur in spite of medication."

Downward Spiral

Despite dealers' claims, regular users do develop tolerance to the drug. Says Mr Jeremy Booth of the Chelsea & Westminster Hospital: "Each dose has to be greater than the previous one to achieve an equal 'high', so regular users are soon caught in a vicious circle of ever-increasing dosages, and may be tempted to experiment with other drugs, such as cocaine or heroin. But while the highs cease to get higher, the lows often get worse."

In one study of 89 Ecstasy-users in London, 40 per cent said they suffered paranoia, and many reported depression and irritability after use.

Says one former user whom I met at a Narcotics Anonymous meeting: "Although I haven't touched Ecstasy for more than a year now, I'm still not as confident as I use to be. It opened up the insecure side of my personality, which should have stayed dormant. I'd definitely not recommend anyone to take it-not even once."

One highly effective campaigner against Ecstasy is Phil Cooper, a streetwise 43-year-old former drug addict from Liverpool. In his talks to some 100 schools a year, he stresses the sheer uncertainty of taking the drug, passing round various capsules, demonstrating how easily they can be opened and the contents tampered with, and inviting the pupils to say what they think they have tried: flour, sugar, talcum powder, sherbet, even cocaine.

In fact, none is a drug, but it makes the youngsters realize that

when they buy from a dealer, they haven't a clue what they are getting. "It could be brick dust-or something that could wreck your life." Cooper tells them. "And there's no consumers' association to help you out. If you complain after a bad purchase, you will meet either a blank stare or a knife at your throat."

Red Light.

Sadly, no one can give precise advice on how to spot that a youngster is taking Ecstasy. Some parents may notice the mood swings, weight loss, sleeplessness and washed-out look associated with other drugs. Other may pick up warning signals from their children's sweat-drenched clothing.

For partying youngsters, doctors offer this advice:

If someone becomes ill and you believe they have been taking Ecstasy, try to calm the victim down. Take them somewhere quiet and get them to take slow, deep breaths. Give them something to drink-preferably water with a pinch of salt, but not a stimulant, which includes tea and coffee, as well as alcohol. Above all, if they collapse, vomit badly or have a fit, lie them in the recovery position-turn the victim on their side with uppermost arm and leg bent to support the body. Tilt the head well back, making sure the airway is clear and they are not choking: call an ambulance immediately.

Parents are unlikely to be on hand when Ecstasy attacks their youngsters. They may not even be awake. One morning last November, Janet Wood of Winchfield, Hampshire, went into the bedroom of her 20-year-old son Ben. He was dead in bed.

"You only need one go for Ecstasy to be fatal," says his distraught father Jeremy. "Ben tried it because he was an adventurous, impressionable boy, fit and full of fun. He had great plans and ideals, with his whole life in front of him. He shouldn't have died."

If you know a young person who goes to clubs, or raves give him or her this article. It may save a life.

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From Page 1

THE POWER OF LOVE

I have sometimes mentioned to my close followers that if they truly come to understand the scriptures, then they will want for nothing. The scriptures belong to the Masters and not to any one group of people. They herald from God; are true and of heaven. You will understand the scriptures thoroughly when they are revealed to you by a living, Perfect Spiritual Master.

Just as you would be asked for your credentials or references when seeking employment, similarly your soul will be asked for its spiritual credentials, Naam. Without Naam you will not be allowed in or find release. This is not a story, but a fact that was true yesterday, is true today and will forever be true.

Analyse your own experiences. Despite your reciting from the scriptures you do not perceive the light. The Masters also recite from the same scriptures, but the difference lies in their knowledge and wisdom. Both of you carry the same lamp, but the strength of the lamp can only be comprehended in the dark.

The scriptures are an ocean of light. What value has you little lamp when compared to the ocean of light? You may be able to sense a calm when reciting prayers, but you only seek petty gain. Your joy and sorrow is a reflection of what you gain or lose.

True happiness is gained in the shelter of a Master. Seek the shelter of someone who is fully immersed in God's Will. Go where there is only one message, of love.

Ultimately, we are all destined to enter God's house. There it will not matter who you are. You will all have to enter through the one and only gate. This final gate is the tenth door

of ascension at the forehead between the eyes.

Messengers of God are retailers of Naam. They profess this glory through their Satsang which is an explanation of pure knowledge. I have explained about the purity of the body and knowledge. But the shopper will only take with him what he desires. This life is of continuous cycles. You should seek the shelter of a true Master through whom the cycle will come to an end.

When god is pleased, he guides you to the congregation of a Master. Through his congregation you receive Naam. By reciting Naam the cycle of eternal suffering comes to an end.

Sometimes, despite being in the congregation of a Master some people gain nothing. It is not for lack of trying, but because they are not yet ready. Those truly blessed will gain. When you go through His door, your Master will be there. He is always with you.

He is considered poor, who is without Naam. You have come on earth to acquire a treasure which is priceless and infinite. True wealth is gained through love that is borne from within.

Love is the greatest power, for he who has truly loved will unite with God. Love is God. The entire world including you have forgotten this. Why not go and seek out that which you are trying to find, which is Naam, in the congregation of a true Master.

These are the main points of a Satsang by Mahraz Dasrhan Das held at Rookery Road Infants School, Handsworth Birmingham in 1982.

O ye faithful, let us unite and come to a common ground - the ground of Divinity - and worship none else but God and consider not anyone else on par with Him, for none can equal Him.

Koran

Understanding Arthritis

THE CAUSES of arthritis range from infection after injury to the onset of old age.

Two of the most common forms are osteoarthritis and rheumatoid arthritis. A third common form is gout which causes deposition of crystals of uric acid in the joints.

Rheumatoid arthritis affects women more than men and its cause is unknown. The tissue, tendons and ligaments of the affected joints become inflamed. Some of the symptoms include swelling, stiffness, pain and sometimes there is numbness in the hands, loss of weight or appetite, fever or a general sense of being unwell. The feet and fingers are usually the first parts to be affected; then the wrists, shoulders, knees and ankles.

Osteoarthritis is most common in men over 50. The shock absorbing cartilage between the bones of a joint (synovial membrane) suffers chronic inflammatory change with irreversible damage to the joint as the bones rub together and wear down. The muscles and ligaments are also weakened.

The causes of arthritis are not clearly understood, but specialists believe factors such as injury, ageing and heredity to be relevant. Certain forms are believed to be associated with the breakdown of the immune system which may be triggered off by an allergy or viral infection.

Injury may cause damage to a joint and impair its efficiency thus, leading to a greater degree of wear than normal. Age wears out the joint surface, particularly those joints that have borne the weight of the body for many years - the hips and knees. Heredity factors such as insensitivity of the joint or abnormal muscular action which may cause impaired movement and mechanical derangement of the joint.

Arthritis is diagnosed through blood tests and X-rays. Treatment varies according to cause. Specific drugs are used to treat gout; antibiotics in cases of infection and anti-inflammatory drugs and painkillers for rheumatoid arthritis. However, most drugs have unwanted drawbacks.

Replacement of joints such as the hip joint has proved to be

relatively successful in relieving pain and restoring movement.

The safer and more natural treatments prescribed by practitioners of herbal medicines lay greater emphasis on diet and regular exercise.

A whole food, vegetarian diet with plenty of salads and lightly cooked vegetables is recommended. Foods to be avoided include dairy products which may cause allergies; acid fruits such as oranges, grapefruit,

lemons, strawberries, rhubarb, tomatoes, spinach, tea, coffee, alcohol, salt, sugar and food containing additives.

There is much research in progress to establish the causes and to find cures for the various forms of arthritis. But in the long run, common sense should prevail and if you do suspect something is not right then consult your doctor. It is possible to slow down or even stop the degenerative affects of these common ad crippling conditions.

Penny's Pantry

Egg-Free Vegetarian Cookery for All

VEGETABLE PASTA AND SAUCE

Ingredients

- 450 gms/ 1 lb wheeled wheat pasta shells
- 75 gms/3 oz (US 1/3 cup) butter or margarine
- 1 large onion (peeled and sliced or diced, to preference)
- 3 stalks of celery (cut into strips)
- 2 large carrots (peeled and cut into strips)
- 1/2 red pepper (de-seeded and sliced)
- 1/2 green pepper (deseeded and sliced)
- 1 medium or small can of sweet corn

Method

Cook the pasta in a pan of boiling water. Add salt according to taste.

Meanwhile melt the butter in a heavy skillet, frying pan or wok, and add all the prepared vegetables. Frying gently for 10 minutes - stirring frequently until all the vegetables soften.

When the pasta is cooked and ready, drain and rinse with hot water and add to the pan together with the white sauce (see pasta sauce below) and mix all the ingredients together.

Cook for a further 2 minutes. Season to taste and serve at once. If desired; sprinkle grated cheese and chopped parsley to garnish before serving.

PASTA SAUCE

THICK CHEESE AND CREAM SAUCE

Indegriants

- 1 (170 gms/6oz) tub of cream
- 75 g/3oz (US 3/4 cup) grated cheese
- 4 tablespoons (US 6 tablespoons) of milk, pinch of salt, pepper, oregano
- 1 tablespoon plain flour

Method

Put the cream into a small pan and heat. Bring gently to the boil. Add the cheese and stir until the sauce is smooth.

Blend in the milk and add seasoning to taste. To make it thicker, add a tablespoon of plain flour.

Serve immediately..

Religious Education Survey

IT SEEMS that everyone is confused about the purpose of religious education in schools. John Paton, the secretary of state, wants children to be able to distinguish between right and wrong. Right wingers in his party claim that Christianity is being diluted by teaching about other faiths. A number of head teachers are concerned about mixing RE with moral education.

However it seems that the problem is not about the wrong things being taught, but RE being taught often poorly or not at all.

Recent reports from Her Majesty's Inspectors suggests that in one third of primary schools, RE is confined to assemblies. In the remaining two thirds the work is mainly poor.

The Rev. Dr John Gay, director of Culham College Institute, which promotes church involvement with education, says: "Schools are ignoring the subject rather than ignoring Christianity. In many it is taught superficially, and in others it is not taught at all."

A recent poll by The Independent newspaper, to ascertain the attitude of parents to RE produced the following results:

Only 6% of people interviewed wanted Christianity to be taught as opposed to an overwhelming 85%, who wanted all faiths to be taught to children at school. The 'don't knows' constituted 1% with 'only own faith to be taught' making up the remaining 12%.

The poll also produced the following findings as to the main purpose of teaching RE in schools:

38% of the parents want their children to learn history and other cultures; 20% want their children to acquire religious belief; 36% want then to learn a moral code and 6% did not know.

What is clear is that all the groups concerned with RE being taught in school need to sit down together and work out an RE syllabus that will meet with the parents expectations.

Children's Page

The Fairy's Revenge

ONCE, WHILE watching his sheep on the marshlands outside Rome, an old shepherd was playing on his flute. He played so sweetly that a lovely fairy came to listen to him.

She was so charmed by the music that she asked the shepherd: "Will you marry me and play to me in the castle under the earth?"

"Yes, Yes, my lovely lady," replied the shepherd.

She put a ring on his finger and in an instant, he changed into a handsome young man, dressed in princely robes.

"But, first I must go to Rome and bid farewell to all my friends," he said.

The fairy gave him a golden coach drawn by 12 magnificent white horses. As he rode in state to Rome, he was met by the young queen of Italy, who invited him to her palace.

The shepherd during the banquet saw that he had won the queen's heart and resolved to marry her. He dreamt of becoming the king of Italy and letting the fairy go.

When he found time to be alone with the queen, he knelt down, took her hand into his and said: "Marry me dearest and I will help you govern Italy."

But as soon as the words came to an end, he turned into an old, ugly and ragged shepherd.

"What is this horrible beggar doing here?" Screamed the queen. "Whip him and kick him out of the palace." She ordered.

The sentence was duly carried out. The miserable shepherd went back to the marshlands to find the fairy. But she never returned. He remained a shepherd, playing his flute on the marshlands of Rome, thinking of what could have been.

The Emperor and the Figs

A VERY long time ago, an old man was planting a fig tree. An emperor seeing this asked him what he was doing.

The man replied that he might live to eat the fruit of the tree one day. But even if he did not, then his son would enjoy the figs.

"Well," said the emperor, "if you do live to eat the fruit of this tree, come and tell me." The old man promised to do so.

He lived for a long time and saw the tree grow to bear fruit, of which he ate.

Packing some of the finest figs in a basket, he set off for the palace. On arrival, he explained his errand to the guards and was taken before the emperor.

The emperor was so pleased that he accepted the figs and in return ordered that the basket be filled with gold.

When the old man returned home, his neighbour's wife on seeing his good fortune, persuaded her husband to take a basketful of figs to the emperor. She was hoping that the emperor would reward her husband with gold too.

But the emperor ordered the man to stand in the middle of the court and had him pelted with the figs.

When the man arrived home later and told his wife of his misfortune, she consoled him saying: "Ah well, thank your lucky stars they were figs and not coconuts!"

Letters

The Editor, 5 Maxwell Avenue,
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A Treat to Democracy

It is with deep regret that we see certain evil elements within human nature come to the surface.

Fascism is abhorrent to any human being, with the exception of scared, nervous and dissatisfied people who hide behind the banner of nationalism. The kind of people who would rather blame others for their misfortune or lack of ambition. The kind of people who are jealous of their own shadow and persecute others because they are different.

My father fought in World War II against the Nazi war machine and was injured by shrapnel which almost killed him. Now the same country which sent its sons and daughters to war is allowing fascists into the government.

With this recession it is quite easy for people to become despondent and easily persuaded to believe that things would be

better for them if immigrants where repatriated, but this is not true at all. The world is going through a recession and it is quite easy for evil elements to manipulate people for their own benefit.

Sir Winston Churchill and all the service men and women who gave their lives to conquer this evil would be greatly saddened, if not insulted.

The present government should ban such elements of society which threaten democracy itself.

With modern technology it is no longer possible to dupe nations with lies and deceit. People of the world are much more informed.

Great Britain as a nation depends on the international community for its very own survival. It would be foolhardy to think that any nation could survive alone. I am not trying to create panic, but I do feel that any chance of such hate becoming organised will only lead to isolation and destruction of the fabric of our

society.

The east-end of London has always been the first stopping place for immigrants: The French, the Jewish community to name but a few. We as a people should not expect others to change their identity in order to make us feel secure.

What stands out about any nation, is the enduring spirit of tolerance and compassion plus the culture of the people.

The American Red Indians, Australian Aborigines, African Zulu, these are some icons of a people, distinctly marked by their cultures and traditions.

We, as a democratic society should impose some method of protecting this freedom that many less fortunate countries are struggling to achieve.

Hate begets hate and violence begets violence. We are all on this planet together and are morally bound to speak out against injustice, prejudice and bigotry.

Jokes! Jokes! Jokes!

What do you get when you cross an elephant with a kangaroo?
Thumping great holes in Australia.

What did the big telephone say to the little telephone?
You're too young to be engaged.

Why do firemen wear red braces?
To hold their trousers up.

What do you call a woodpecker with a broken beak?
A head banger.

What did the grape say when an elephant trod on it?
Nothing. It just gave a little wine.

WOMEN IN 'MAD COW' SCARE

LAST MONTH a major health alert was sparked off by claims that hundreds of women could be at risk from a human version of 'Mad Cow' disease.

Reports claimed that the Department of health was launching an appeal to track down around 300 patients. It is feared they are at risk of contracting Creutzfeldt-Jakob Disease (CJD) after receiving NHS fertility treatment. There have been four recent fatal casualties in Australia of the disease for which there is no known cure.

Health secretary Virginia Bottomley has ordered that all patients thought to be at risk should be traced. Her department has written to all doctors in the country, warning of the danger.

A co-ordination centre together with a telephone advice line and counselling service has been set-up in Sheffield.

The treatment for infertility involved the use of the drug hPG, obtained from the brains of dead bodies, in the late 1960's and 1970's. The treatment, a technique pioneered in Birmingham by Prof. Wilfred Butt was suspended in 1985. Professor Butt was quoted

last year saying he treated between 150 and 200 women in his clinic. He is claimed to have said that little was known of the virus at the time the women were treated:

"There was no method of actually detecting it in those days. Whether the virus was harboured in the hormone when people died is an unknown factor."

"The women will now be approaching an age at which there is an incidence of Alzheimer's disease, which was very difficult to distinguish from the symptoms of CJD," said Professor Butt.

Infertile women were injected with the hormone gonadotrophine. The hormone was extracted from the pituitary glands (situated in the brain) of corpses claimed by pathologists to be physically fit for use. The hormone was used to stimulate the ovaries of the patients.

Chief Medical Officer, Dr Kenneth Colman claims that there is a very slim chance of the women developing the disease. He denied there were any cases in Britain. "No cases are known to have occurred in women treated in the U.K. but reports from Australia indicate that CJD has occurred in four women who were treated there

with hPG for infertility," he said.

"This treatment was used in a few hospitals in the U.K. Unlike Australia, where 1,500 women were treated, only about 300 women were treated here."

However, the Today newspaper claims that a middle-aged woman treated in the 1970's had the disease.

Most treatments were carried out at the Jessop Hospital for women in Sheffield. Some treatments were also carried out at The Chelsea Hospital for women, Birmingham and Midland Hospital for women, Bristol Royal Infirmary, Addenbrooke's Hospital, Cambridge and a Dundee Hospital.

CJD Symptoms include dementia, blindness and deafness. It is related to bovine spongiform encephalopathy (BSE).

The incubation period for the virus can be up to 20 years. But once the symptoms appear, death usually follows within a year.

A 24-hour freephone help-line is available on 0800-979 797 to anyone concerned due to having received the treatment.

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 the Satsang at 2pm.

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

The OCTOBER Sangrand will be held on Sunday 17th &

The NOVEMBER Sangrand will be held on Tuesday 16th

SANGRANDS 1993

**October 17th Sunday
November 16th Tuesday
December 16th Thursday**

SHAHEEDI DIWAS, the day of martyrdom of Mahraz Darshan Das, will be commemorated on Thursday 11th November 1993.

Mahraz Jee's birthday will be celebrated on Tuesday 7th December 1993.

DOWRY - A LIVING HELL

A RECENT programme revealed in graphic detail the horrors of infanticide related to the dowry system as practised by both the rich and the poor in the remote corner of Rajasthan, India.

Girls, who unfortunately are thought of as being a liability and debt inducers are killed in order to alleviate future financial hardship on families already languishing in the throes of poverty.

Even in towns where education and intellect is the rule of the day, dowry still remains very much part and parcel of the Asian matrimonial system.

Originally, the dowry was a source of security for the bride, who, chose her husband, instead of the man doing the choosing. Gold and silver made up the bulk of the dowry which could be used as collateral to secure loans should the family fall on hard times.

Unfortunately, a dowry is demanded by the groom's family as

a price for securing a bride today. 'Honour', a virtue that has become steeped in the psyche of the Asian culture must be satisfied in both houses to save face and also secure an agreement. As a result of the system untold misery, debt and even death awaits many women from unscrupulous husbands and their families.

A much more insidious form of dowry exchange and manipulation, coupled with child propagation seems to have reared its ugly head here in England.

Women, already burdened by the scourge of the dowry, also have to run the gauntlet of a biased and racist immigration law and its manipulations/manifestations.

Immigration laws are highly stacked against any immigrant, especially women, who often have to be strip-searched, on entry into the United Kingdom. Should entry be on the grounds of marriage, then 'leave of stay' is granted on the grounds that the marriage does not break-up within a year. If the

marriage should break-up within the stated time limit, then the said person must return to their country of origin.

Many cases have come to light where brides from India have fallen foul not only to the grooms' families, but also to the immigration trap. There is no compassion for their plight.

To add misery to this unjust system, children born to these girls are kept by the groom's family and the young mothers returned to India to further suffer the unbearable pangs of separation from their children. Surely this unjust and highly deplorable system must be brought to an end. The misery, sense of rejection and the unacceptance of remarriage reaps its own vengeance on the young naive girl.

In the long run it is fundamental duty of each and every right-thinking human being to speak out, reject and help to eradicate this pernicious practice.

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