

# SERVE HUMANITY

MAHRAZ DARSHAN DAS



DHAN  
DARSHAN

**NANAK NAAM CHARDI KALA  
TERE BHANE SARBAT DA BHALA**

**SERVE HUMANITY**

**MAHRAZ DARSIAN DAS**

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## **PREFACE**

**Hazur Mahraz Darshan Das Ji dedicated his whole life in spreading the message of GOD which is equally important even for today. He emphasized on the moral values of life and tried to uplift the moral of the society. We have compiled Hazur Mahraz Darshan Das's Message, unique in its comprehensiveness and scope, in this book SERVE HUMANITY, which laid foundation for the inauguration of glorious age of peace on earth and good will among men.**

**Today meterialism has gone deeper into our minds, that's why we have forgotten GOD. If we try to forgo our worldly desire and concentrate ourselves in devotion to the GOD, we will be able to implement the divine message of Hazur Mahraz Darshan Das Ji in our life. Then our life will be full of peace and happiness. We hope, this book will be helpful in achieving these goals.**

**DAS SHYAM  
(Gen. Secretary)**

## ACCEPT HUMANITY

MESSENGERS OF GOD state that wherever the Lord is that place blossoms and becomes a site of joy, peace and goodwill. This place is the human body, which is parched without Naam. It is devoid of joy and peace.

They have always emphasised the need for the shelter of a Master and Naam, through which all your aspirations and needs are fulfilled. This body has been suffering the consequences of bad deeds committed over many births and is separated over many births and is separated from God. Union with God will be as a result of your good deeds.

You are quite content to wallow in worldly attachments, which are of no benefit to you here or in the hereafter. Rather than travelling inwards you seek Him outside yourselves.

Messengers of God have through the ages revealed the simplest path that you must follow to unite with God. Today you can unite with God through giving. You are not being asked to give finance or your worldly possessions but your service, through which you can meet with God.

### *God has not changed*

True peace that you all yearn for is acceptance

of God's Will. The essence of suffering and joy is contented happiness. That which you are truly looking for is a personal and true confidant. You have not really searched out this one being. There are a number of things that hold you back from searching for your confidant. Some of you do not wish to rise up and realise your potential. You are therefore committing a crime against yourselves.

This life-line, which has deluded past and present seekers for truth, in fact lies with a true Spiritual Master, who is at one with God and will unite you with Him. Everything in the universe is directed by Him and runs in accordance with His Will. God has not changed any of the timetables which He started, but you have changed to suit yourselves and prevailing times. God has not changed.

God will forever bless, forgive and show mercy no matter how evil or good you may be. Instead of shunning evil doers and those not accepted by society, God befriends and embraces them.

God is not touched by emotional turmoil. He is beyond all aspects of the human predicament. He is so small that He can manifest himself in a grain and at the same time swallow the universe. He is formless and yet He has revealed Himself in

numerous forms to his beloved's.

If God does have a need, it is for this human life. He is the guardian of each one of us after we are born. You are in the habit of making public all that you do for other people, but you will never hear from God extolling his deeds for people.

Messengers of God were asked to raise themselves. He said: "Awake! Perform your duty!" If God is truly within you, then you are Him. If after committing a small crime you accept a little suffering, then you become God-like. On the other hand if you perform a little good and share it, then you also will become God-like. Accepting both as the Will of God is the ultimate aim.

The place is pure and in full blossom where your Master is residing. It is known as Sachkhand, where your Naam is being repeated, where your feet bless the earth and your congregation gathers.

His glory, praise and commendations cannot be yours until you give up pursuit of your personal glory, praise and commendations. I have never promised you that I will show you God. For the last 14 years all that I have emphasised is that you should perform good deeds, accept Naam and profit from it. Accept the will of your Master and you will be transformed. You will become Him. God is not



shown or revealed. He is made.

### *Cleanse this temple*

My message to you is that the deeds, which separate you from God should now be given up. Because you have not really recognised the true potential of your human life, you are suffering the consequences.

You must first recognise the fact that God is the creator of the universe and you will one day have to return to Him. The method that you require for returning to God is that you should wake up. Stand up. Make sacrifices to cleanse this temple of the living God. The present time has need of you.

There is nothing higher than promise. No other being has achieved the bliss or peace, which only this human body is given. The honour and exaltation that this body has been granted, is not extended to any other form.

Today you are ready to kill or die for your interpretation of the honour of your religion. Man is the only created being who does this. If you look at messengers of God, you will see that they did not sacrifice themselves for any religion, faith or sacred place. However whenever they did sacrifice themselves it was for man's suffering. When man is suffering, God comes as man on this earth.

History reveals this.

Although you are taught that you must accept your particular faith or religion, your acceptance of humanity is more important. Love, service and sharing with your fellow human beings is the true religion. It's like money, which can be used for doing good and bad. Human life has the same purpose you can either use it for good or evil. The knowledge of this division comes from your Naam, true path and pure thoughts.

Messengers of God come to give you something and not take anything away. There are many mystics, but only one Master who is one with God. There is only one, who truly earns from good deeds and performs them. His message is one of love and peace. It is for the benefit of this human life.

Scriptures were revealed by Masters for mankind, to impart true knowledge to man. They were not revealed to create friction and strife in the name of religion. Do not follow that faith, or go to any place of worship, which reaches you to hate and despise others, or to break up your unity, even if he is from your own faith. Do not go to that place, mystic, leader or Master, who destroys your unity, which God has given you.

God in His bounty gathered you, who were broken and scattered from many births because of many bad deeds. He recreated you in the form of man once again. In a sense once this human form has become one with God, there is no need for exterior adornment. Whether it is a scripture or a place of worship, or any place, where man is not valued, then do not go to such places. Think of this as a message of God. Scriptures will give you nothing nor will places of worship. Faith teaches you to make a promise and to love. It shows you the true path. In fact the true meaning of faith is the making of a promise and fulfilling it.

The God, who you are seeking outside yourselves, is in fact there within you. If you can imagine, there are 77,000 pores on your body. If you have accepted Naam from a Perfect Master then one repetition of Naam is reverberated through each of those pores.

You should now endeavour to put right your suffering. If you do not know the way, then you should ask somebody. Asking is no crime, but forgetfulness is. Love is fathomless. Repeating and knowing Naam is also fathomless.

The message of Sachkhand Nanak Dham is that you should stand up against anyone who creates friction, strife and wars amongst you. Sacrifice

yourselves where there is love, peace and unity. Pull down the flags of religions and sects and put up the flag of promise. Followers of Sachkhand Nanak Dham should become examples for other people to see.



## PURE LOVE

We are detached from the Lord, who gave us birth and sent us here to earth. The joy, peace and happiness of Naam is lost. It is through Naam that the soul unites with the Lord.

This message of Naam has constantly been given by messengers of God, who came on earth to show us the True Path. But Man distorts this true message and creates division by religions and clans.

Guru Arjun pleads: "O Lord, we are detached from you due to our bad deeds take pity, bless us and show us the path to union." There are four points of the compass: North, South, East and West. Four qualities: Pity, Truth, Contentment and Naam. Four religions: Hinduism, Islam Christianity and Sikhism. There are castes and also 8,400,000 cycles of life and death, at the end of which human life is granted.

To cleanse this form of life, the messengers of God shows the Path or the tenth door, where our Lord resides. The only division between the Lord and the soul is a curtain as thin as the inner peel of the onion. Unless this curtain is drawn open at the eye centre, there is no way of meeting the Lord.

Guru Sahib also pleads for the blessing of the holy nectar, which will bring peace of mind, strengthen the soul, destroy the mind's waywardness and generate the soul's yearning to reunite with the Almighty.

The mind's habit is one of loss and the habit of the soul is one of profit. That profit is the form of the Lord's Naam. This means that unless we attach our soul with the Lord's Naam, we can expect no peace of mind.

All our searching for the Lord is outside ourselves, but the Lord can only be truly found within the body. He can only be realised with peace and love.

Although we forget Him, He always remembers us and grants us that which fulfils our needs.

All teachings, scriptures and messengers of God remind us that we should not forget Him because He is our Lord. Even if we do forget Him, we shall still carry on living, but without true happiness or peace of mind. Most of our messages are of a spiritual nature, while others are related to our daily lives and needs.

### ***Union with God***

We should pave the way to God. We yearn

for union with God, which I can state you will not attain on your own. The energy you put into trying to attain this union should instead be diverted to the right diet where most of our problems lie. The right diet will eliminate the majority of our problems. Use this energy for other aspects of your life and seek contentment within. Then the True Path will be opened to you.

Messengers of God do not come and ask you to leave your families or worldly affairs, but simply come to awaken the humanity within you. This humanity is to love and serve His creation and not only those who are related to you.

Someone once asked me: 'What do you deem important, Dharam (promise) or responsibility?' To this I replied that our relationship is one of Dharam. Where your responsibilities lie I will not interfere. But if you call upon our relationship of promise, then I will be always ready.

What the Lord or your Master gives you during this relationship is with the best intentions for you, because He is aware of your needs. Even during times of trial and tribulations, these tests He only gives to His loved ones.

During these cold months, we heat our bodies through various means, but the heat required for the heating of our soul is Naam, His Remembrance,

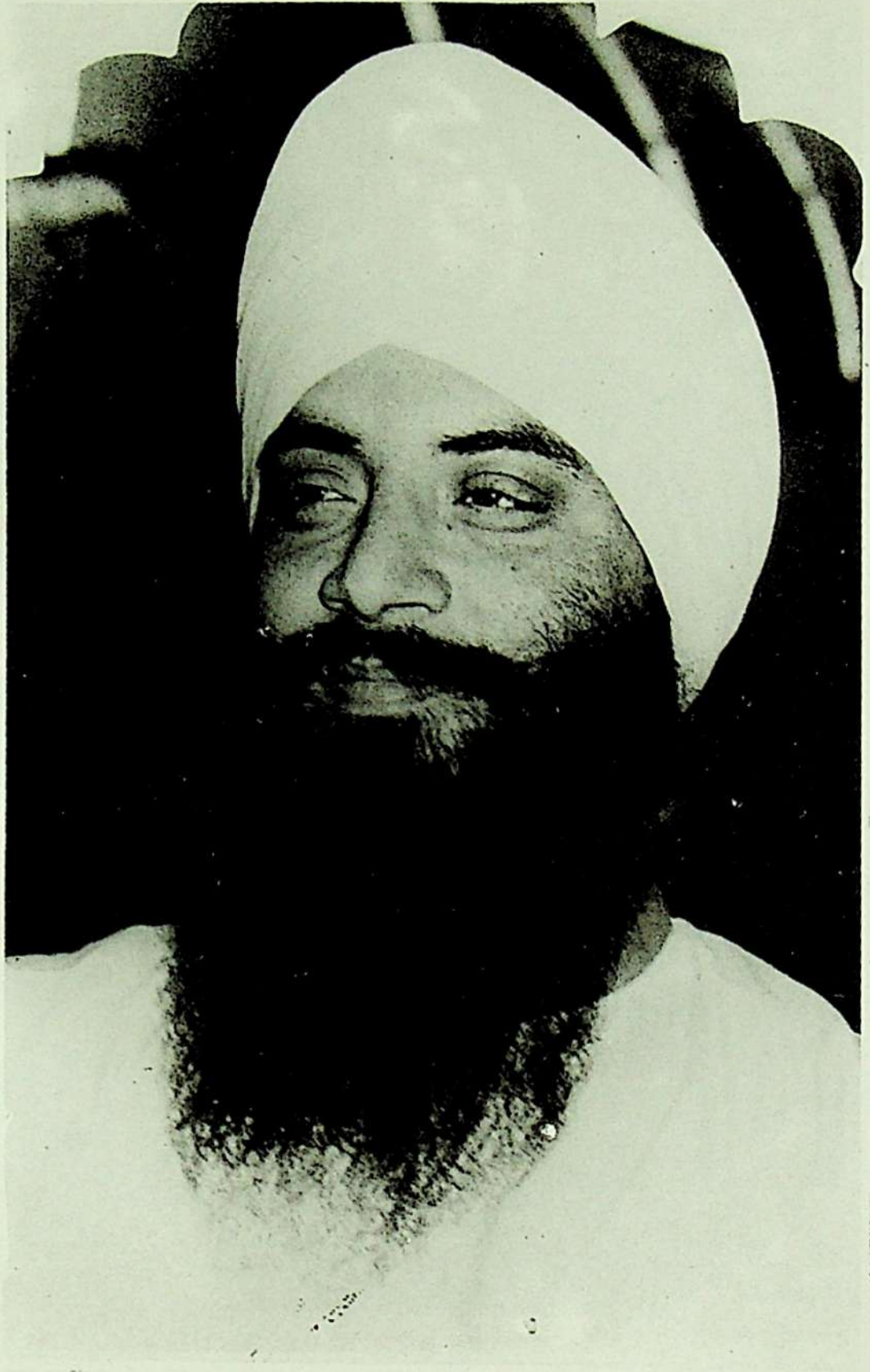


हुजूर महाराज दर्शन दास जी





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हुजूर महाराज दर्शन दास जी

His Love, His Yearning. When your soul has acquired the Lord's warmth, then none of these outside worldly cold spells will disturb you.

### ***Pure Love***

As water has no permanent stain, similarly Love has no stain, if it remains pure. When it becomes a sin or is seen as a sin then it does not retain the qualities of water. Water cleanses everything. Similarly pure Love can change the whole mould or way of life of an individual.

Live and enjoy life in the world and in your families, but do not forget Him. This way of life is not for cowards, but for those with brave hearts, those who accept a living death.

Those who are blessed can remember Him. How can you recognise this blessing which is within your hands? God has given you this birth and Dharm (promise): "I have given you life and will receive you at your end."

His message is a simple one: "O Man, leave your bad deeds and turn to devotion. I am your creator. Know me for there is no one who will accept you except I. Remember me during your suffering and devotion. Nothing is hidden from me and I have rights to everything.

Everything is known to me. For as long as

you fail to recognise me, O Man, I keep an account of everything you do. But when you remember me, I forget and put a cover over your failings.”

For example, an ordinary man has no records kept about him by the police, but everything about a convict is known.

He does not need to intercede in what you are doing, because He knows that ultimately your end is in His hands. Your indifference or devotion makes no difference to Him for God is God, but if you remember Him there is always the path of union with Him.

If you give something in His name with a true heart, then He will return it one hundredfold. But it would be wrong to assume that if you give Him one sin, He will return it one hundredfold. He and His messengers are store keepers of good and not suffering. Good emanates from Him, but suffering is of your own creation. He gives you His Love, truth and Unity, which gives you the strength to raise yourselves up.

### ***God's names are many***

God is One for everyone, but His names are many. Because of this there is confusion of our own creation. We hunger for false honour, prestige and profit. We fail to recognise our True Path.

Messengers of God simply ask us to remember Him, who will protect us from the cold, even if we are without clothes. This is only, if He wills it.

*In the scriptures of Sachkhand Nanak Dham, under the section "Yashwanti Niradhaar"* we have said: "Our skins whether black or white and clothes of many colours are of no significance. But the clothing blessed by God is simply the skin on our bones. Clothes are given to you as a blessing to hide your organs and not for fashion."

The body itself is given to you for devotion and to follow the True Path.

"Do not follow falsehood, but first before anything else recognise yourself and what you are doing."

Many ways have been devised to unite the soul with the Lord, but this union can only take place when one meets and takes the shelter of a Perfect Spiritual Master or when He Wills it. This happens when He is pleased with our deeds.

We have stated before that when the Lord is pleased with our deeds, it is not He, but His messenger that meets you.

### ***The Easiest Path***

Someone asked us some time ago: "What is

the most difficult path?”

I replied that the most difficult path is that upon which one decides to tread. You will be faced with difficulties and problems whether it is a worldly path or a path to God.

Some say that the path to God is the most difficult. If you ask me, the path to God is the easiest. Stand anywhere and call out to Him and He will answer your call. But call out with a true heart.

***We shall not stay here for long***

We sometimes state to people close to us that we shall not stay here for long. With our going we will not bring you any suffering or take anything away with us. We are here having left our followers behind in India. Do you imagine that what they yearn for or pray for is not being fulfilled. They are receiving everything.

What they are receiving today is the Truth. They are realising that the path that they have accepted is the fulfilment of their worldly and spiritual needs. Today they have realised the power of their Master and of the slogan, “***Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala***”.

When we are no longer here, what help will those people offer to us who have not helped us today? For that matter, what will those people gain

or realise that have not done so now when we are here?

So ask yourselves for blessing from the Lord whether we are here or not, whether you come here or do not. There will be many who will divert you from your true destination or True Path, but only one who will show you the True Path.

We have stated many times that it is not doing wrong that is really evil, but it is the instigation of another to commit the wrong act that is the worst of the two evils. If you want to say something against someone, then do so in front of the person concerned and not behind his or her back.

If I were to say to you: "Come follow me because I will give you God", that would be evil of me. Do not follow someone, if he says that, for we have said to you in many Satsangs that God can only be attained through Naam.

We have never said to you that we will show you God. What we have said is that He can be attained through Naam and that you yourselves can attain the qualities of God. Who is He, what is He? We have never revealed Him to you. What we have said is that we have named Him, "Nanak". His name is great, because we have seen Him.

Many will try to lead you astray with words.



Do not get confused. Do not follow us blindly, after all you are human beings, not animals beings, not animals being driven by man wielding a stick.

### ***The Lord's Work***

At the age of 17 years, when He revealed Himself to us, we simply asked Him for His protection and to reveal the Truth in front of people. It is the Truth, which messengers of God reveal to the people of the world. This Truth is not false because that, which you do not know is false, and that which is known is the Truth. These messengers have done, are doing and will carry on doing the Lord's work.

If you have made up your mind that we are bad, then simply do not follow us.

Leave us, what is the point of following?

### ***Talks of Death***

Our closest followers do not know some of the things we do or are going to do. If you ask, it is possible that we may reveal to you what we have accomplished, but not what we intend to do. To betray this secrecy is to incur death.

Someone in Southhall asked us sometime ago: "*What is it that you intend to do in the future.*"

To this we replied: "*Be brave, have faith,*

*recite Naam. It may be possible then that the scenario of our death is seen by your eyes."*

What are we going to do? We have a few days more in which to play and be happy amongst you. We have to mingle with you, that is why we cannot tell you of our end. If that end is revealed, then you will not let me alone.

### ***Forgiveness***

Sahib reveals that when the Lord forgives someone, his whole life is vastly improved. He comes to cleanse the unclean, His loved ones. His messengers come to pry you away from evil. They do not teach evil.

If we look at the world today, we are troubled by worldly events of wars and conflicts, but are unaware of Him. Who is He? When do we attain Him? How can we realise Him? Elder beckon people to safeguard their own faith during religious strife. Politicians use this for their own benefit.

People cry out that their kith and kin or religions are in danger. On the contrary, it is your leadership that is in danger. It is your position that is in danger, not your faith. You die in the throes of revenge. If there is anything dangerous in the world. Then it is Man who seeks vengeance.

Man is not loyal. He scorns Him and

reproaches Him when he does not get his own way. The Lord is flexible. He adapts Himself to your way of thinking or faith. What you see in front of you will be a reflection of your inner feelings or faith.

The message is remembering Him or the revision of His Naam. His service and the service of His creation. Happiness and peace of mind can be attained through Him when you recognise yourselves. The question that you need to ask yourself is: How do I attain these goals? You must find the Way yourselves.

He revealed Himself to us only once and we still retain Him as He is. We do not reproach Him for anything that He sets in front of us. Take an example of the incident at the Loni Dera in India, which we built with our own hands. We cooked for people there and fed them. We did not reproach Him when He brought the day, on which we incurred the wrath of violence. We thanked Him instead and said: "*By accepting Me, give Me the strength to withstand this wrath of violence.*" It may be that by taking the little that we had, He has given us something even more valuable.

We have further said: "O Lord, if you had not done what you have, it is possible that we may not have had the energy or resolve to join your service

as we have now.”

We generally tend to think that if someone else has not achieved something, then we should not attempt it either. But if you can do something, you must come forward, and do your best for the Lord. He will protect and secure you.



## NAAM THE TRUE PATH

All of us are suffering separation from our original source, loving supreme God due to our deeds (karma). Undoubtedly, we feel something missing and there is constant feeling of loneliness and unquenched thirst in our heart. According to our own understanding, all of us try different methods and struggle for state of God Realisation. There are different ways e.g. Jnana Yoga, Karma Yoga, Bhakti Yoga for quenching this undefined thirst but, simplest method is following the path of Sant-Mat by surrendering one's self in the shelter of the perfect Master, Huzoor Maharaj ji had described in Barah Maha :

*Kirat Karm Ke Bichhre  
Kar Kirpa Melhu Ram,  
Char Kunt Deh Dis Bhrame  
Thak Aaye Prabh Ki Sam II*

(G.G.S. Page-133-36)

O'Supreme Master, we are suffering separation from you due to our deeds (Karmas). We have been now exhausted and helpless. We have been wandering in all directions like vagabonds. There is none except you to help us. Kindly bless us with your Mercy, Grace and love so that we may

surrender ourselves in your guidance and may emancipate our soul from the vicious cycle of birth-death and rebirth.

We pray God to shower His Grace, Mercy and Love on all us.

Today is the first day of "Jaishtha" month. We have to follow the example of that farmer who, in spite of scorching heat of sun, keep on ploughing his fields, sows the seeds, waters it and looks after and enjoys the fruits of his labour. If by chance, the crops are destroyed, the farmer is very sad and blames himself for his erroneous labour or wrong method of sowing the seeds. In the same way we, all living creatures, have been suffering for ages. We follow different schemes to remove this suffering. Suddenly there is craving of the soul for its Lord, there is inexplicable unquenched constant feeling of loneliness in our heart. The desire for getting children, comforts of life or riches is not the real cause of this loneliness. We should not try to escape this loneliness by attaching ourselves to various persons and worldly objects but we must try to make some effort for God Realisation, so that our soul may return to its original Home and meet its Lord and we may be able to cut the chains and bounds of all types of desires, doubts, miseries and troubles which have been torturing us since

many birth-cycles. Keep on repeating the “Naam-Simran” at all times, God will bless you with His Grace and fruit of your hard work.

In previous discourses (Satsangs) also, I had explained this point that every master grants the payment or result of one’s hard work undoubtedly. Whatever time you devote for “Simran” its boon, reward is surely granted to you. But if we forget God and attach ourselves to various materialistic things, and participate in cut throat competitions for our selfish progress and interest or if we are busy in murdering each other under the pretext of religion, we can never realize God and can never enter His Kingdom.

Today there is the sorest need of releasing our soul from many evils and five great enemies i.e. lust, anger, pride, greed and attachment. All these evils have enslaved our souls for ages. Now the question arises about the correct and proper methods which can guide us. Which is that suitable method? Which is that laboratory, where one can get the true guidance? Surely that is the protection, the shelter and the guidance of a perfect Master and initiation of “Naam-Simran”. Without these two things, we are living like animals. Our precious moments of life are being wasted.

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As the precious stones, inspite of being buried underground for a long period are not discoloured or devalued, similarly a person who is truly attracted by the love of God and becomes His devotee never finds any change in his true eternal devotion and does not lack any thing because God has His abundant Grace and infinite treasure of every thing for every one. We feel lack of some particular thing due to our own weaknesses, doubts and insincere feelings. We have infinite treasure of precious things, many strange regions within ourselves. But the key to this door is with saints. Only they can guide us on this journey. The strange kingdom of God is within everyone but, the key to this inner door i.e. the proper method by which contact with divine light, divine sound can be made, is with the Perfect Master only. God has wondrous, strange colourful treasures of various precious thing and a panorama of change scenery for us but it is hidden within ourselves. It never exhausts. Except Love and devotion for God, nothing is true, eternal and pious in this world. Except true devotion for God, all attractions and desires fade away and are worn and torn with time. The example is that such a person who has constant burning desire for getting his own child and prays from door to door. In spite of all



his earnest efforts if he is not blessed with a child, he will not take interest in any thing. But suppose if he is blessed with a child, he will lead his life for fulfilling some goal. Unluckily if his child proves to be an unworthy person, he will be disinterested in everything. On the other hand if a person has started some business and the business is flourishing, the person will enjoy the success. The worldly, sorrows and desires push us on the swing of the success and failures to face the upward jolts. These are the temporary changing colours. Then what kind of colour do we need?

Messengers of God are advising us to dye our hearts, minds and souls in the true colour of Love and devotion for God, which never fades away and which can be obtained only by the grace, mercy and guidance of a saint.

Only love and devotion for God is true and pure in this world. A person whose heart, mind & soul are dyed in this colour, he is also purified. Go and take shelter of some saint and praise Almighty God so that your heart, mind and soul may be dyed in this eternal, immortal, blissful colour.

Those persons, who have taken guidance and shelter of a perfect master have been initiated by the Master and have been doing "Naam Simran"

regularly, are very lucky, great and praiseworthy persons because they have followed the right path. In my previous discourses (Satsang) also, I have requested all of you to trust the Perfect Master truly and to follow his guidance faithfully, if we do not trust and believe the words of the Master, we are still wandering and wasting our time in useless doubts. We are so much doubtful by nature that we would not easily believe God's words even though. He appears before us and declares that he is God. Though stone is not God, but by developing complete faith, one can get, God's Holy glimpses (Darshan) even through a stone also. No body has and no body can define the shape, figure, size, colour and dress of God. Only by true faith, trust, devotion and love one can realise God. For developing these qualities, one has to take guidance from saints. The saints are the incarnation of God himself.

*Paltu Prithme Sant Jan Duje Hain Kartar II*

*(Kundalian Paltuji)*

*Kabir Sewa kau Dui Bhale*

*Eak Sant Eak Ram*

*Ram Jo Data Mukat Kao,*

## *Sant Japave Naam II*

The saints come on this earth to initiate us with 'Naam simran' and God grants us freedom from the vicious circle of birth-death and rebirth. You can judge yourself about the various method adopted by you for God realization. Generally people go to temples, Gurudwaras and Church and follow many rites and rituals for materialisation of various desires. In spite of all these methods, we are still suffering. Luckily, if we are blessed with the Master's grace, his Holy guidance, we do not trust them we are still doubtful about them. If some one excites us, we believe him very easily.

He can be a wrong person. For all these reasons we cannot progress on the path of spiritual evolution. We are still at that point from where we had started. We should not deviate ourselves from the right path. Why to bother about the other people and why to ape them blindly? If we are the followers of the right path, even the wrong-doer would follow our path after some time. We have to think about ourselves and not about the other person, obstacles or about some opposition. I have already advised you not to waste your time by picking up the pebbles of your way or by removing obstacles. One should not be afraid of all these hurdles. There is a need

of strong shoes i.e. of some Saint's grace, mercy and guidance which would help you to traverse on your path, keep on following your path, no body can harm you. One day you will surely get true happiness and eternal Bliss

*"Sache Marg Chaldean Ustat Kare Jahan"*

While following the right path, do not be afraid of criticism, different opinions and back-biting. Regarding this point, the first Guru Shri Guru Nanak Dev ji Says :-

*Koi Aakhe Bhutna Ko Kahe Betale,*

*Koi Aakhe Aadmi Nanak Vechara,*

*Bhea Diwana Sah Ka Nanak Baurana*

The people Have not spared criticism even the incarnations of God. What are we as compared to those incarnations? The public addresses those people as 'Mad persons', who have direct link with God, or who want to achieve God-realisation or whose minds are dyed in the colour of love and devotion for God. The critics call themselves as the only wise on this earth. In the present era, if we want to attain realisation of God, we have to take shelter of a Master.

Generally people think that they will get

according to the things given by them or they will have to give according to the things taken by them. These thoughts do not let us to take some practical step. All of these are our personal thoughts and suppositions. The achievement of something and giving something to someone on our behalf do not balance each other. After taking shelter of a Master, whatever we get, it is due to the grace and mercy of the Master. For example if a beggar comes to your place and says "You owe me some money so give me the money", will you give him the money which has been earned by you with hard labour? This is your own free will, whether you want to give some thing to some one or not. But we know the reality that we do not owe any thing in this world. so how do we have a right to give some thing to some one?

Even the Holy 'BANI' describes :-

*Bin Ditt Kichh Hath Na Aae II*

Without making the payment, we can not buy any thing from the market. But this is also said:-

*Tan Dhan Tera, Tu Prabh Mera,  
Hamre Vas Kichh Nahi.*

"O God you are the master of, owner, of our

body, mind, heart and property. We do not owe anything.”

Kabir also says :-

“ *Kabir Mera Mujh Meh Kichh Nahi JO Kichh Hai So Tera.*

*Tera Tujhh Kau, Saupte, Kia Lage Mera II”*

We regard ourselves to be the master of worldly, things but we do not own anything. The real Master is God. So while surrendering everything to God, how can we repent and feel sad?

The deep meaning of these lines is an advice to us for taking shelter of a Master, for getting initiation to “Naam Simran”, for doing ‘Simran’ and for getting the Eternal Bliss during the remaining moments our life-time. Some times people get the initiation of ‘Naam’ but do not practise the ‘Simran’ and if we ask them do their duty of Simran regularly, they ask for the blessings of our grace and mercy. Up to some extent this point is correct.

It is said in ‘GURBANI’ :-

*Se Simre Jin Aap Simrae. Nanak Ta Ke Lagau Pae II*

*(Sukhmani Sahib)*

i.e. without God’s grace and mercy and without the

Master's help, no body can sit daily for doing the duty of 'Simran'.

*Simran Se Lagae Jin Aap Daeala, Nanak  
Jan Ki Mange Rawla II*

*(Sukhmani Sahib)*

But this doesn't mean that we should become lazy and should not make any effort on our behalf. We should sit in meditation and practise 'Simran' as a regular duty. Some efforts have to be made by us also. Try to link your self with God, try to evolve spiritually by doing the duty of 'Simran' with full concentration and regularity. The saints and the Masters try to arouse our misguided souls by reminding us the real purpose of our birth as a human being on this earth, by giving the real purpose of our birth as a human being on this earth, by giving us God's message of 'Naam Simran'. They do not miss their duty whether some one listens to them sincerely and practises the message in one's life regularly or not. But they tell us, that God helps those, who help themselves :-

As a person churns up milk to get butter from it and throws away the waste material, similarly those persons are praise worthy who have churned up their desires and have been successful to give up

the evils and have tasted union with God. They relish the butter of God's love and grace.

According to the demands of present busy era, I do not ask you to follow rites and rituals or certain yoga practises, but, I advise you to love each other. Try to live untedly. Unity is strength. Nothing is superior to Love. Try to love everyone. The saints come on the earth to teach us to follow unity and love. We should not divide ourselves into different castes, creeds and religious sects. We should follow the path of love. Love is the most effective instrument to win any creature. We should follow the preachings of saints practically. If you want betterment in every aspect, follow the path of love and unity. In India, even snake is won over by the snake charmer's love & sweet music. A spring of love can flow in our hearts if, we follow the path of 'Truth'. If you have committed some error, better you admit your mistake and weakness, and if someone has been wicked to you, try to forgive him. Leave the rest to God. God will shower His grace upon you.

Once again, I am quoting an example that once the first Guru, Shri Guru Nanak Dev ji with his disciples Bala and Mardana, were going to Jabalpur. On the way, they met a traveller. He asked Guru



Nanak Dev ji “ Where are you going towards this particular direction?” Shri Guru Nanak Dev ji said, “We are going just for a pleasure trip”. The traveller said, “Do not go to this direction because there lives devil Kauda. He is a cannibal. He will fry you and eat you. Your lives are endangered. Try to save your lives, “ Shri Guru Nanak Dev ji said,”I do not possess any valuables, he can not snatch any thing from me.” The mythical story tells us that first of all ‘Mardana’ went to the Devil Kauda and asked for food. The Devil imprisoned him and made the preparation of frying him. Mahraz Ji explains this story in some different way. He says that Mardana went to the Devil’s hut and asked about his name and occupation. The Devil said” I am a Devil, My name is Kauda. I loot the valuables from people and afterwards fry them and eat them,” Mardana said, “Due to deeds, you have been transformed to Devil. Do not you long to lead noble life? The Devil said, “If I happen to meet God’s devotee, God’s true son, I would change the path of my life”. Mardana said, “My Guru is that deserving person come with me to take blessings from my Guru”. The Devil said, “Why should I go to your Guru? He should come here, Mardana got angry. He said, “You have been committed sins, so, you have to go to my Guru”. The Devil was

enraged, so he imprisoned Mardana and ask him to call his Guru to save him. It is said that if an earnest call is made whole heartedly, even God appears before the Devotee. Mardana prayed earnestly to his Guru to save him from that predicament. Without any delay Shri Guru Nanak Dev Ji reached the Devil's cottage and asked what was he busy in. The Devil said, "If you have some power, if you are a true saint, try to release this person. Shri Guru Nanak Dev ji said." I do not want to show any power and I am not in favour of any fight". The Devil said, "Your disciples call you God". The respected Guru Ji said, "leave aside the argument of the incarnation of the God on the earth. Tell me why do you follow this devilish path? The Devil replied that he was earning money for his family and relatives. Shri Guru Nanak Dev said, " If by chance, you are entrapped in some trouble, will your relatives and family members help you ? The Devil answered in positive. Shri Guru Nanak Dev ji asked the Devil to call his relatives and family members there and asked them would they go to prison with Kauda ? " would they share his suffering if Kauda was punished ? All of them showed their helplessness and refused to accompany or share Kauda in his misery Shri Guru Nanak Dev ji said, "Now tell me what is your opinion

? Kauda was stunned. He was sad, sorry and repented for his deeds. He said "O God, show me my path", Shri Guru Nanak Dev ji advised him to remember God and to practise 'Naam Simran' and to spread this message to other people also. The devil said that he was an unworthy person, a sinner, he would not be able to do this noble duty. Shri Guru Nanak Dev Ji explained him that a sincere repentance by a sinner and his true promise to follow the good path was quite sufficient proof of change of heart. Even God forgives such persons who realise their errors and promise never to repeat those errors again. But a person does not admit his wrong doings and keeps on committing sin, none in this world, and not even God forgives him. In this way, when the devil Kauda sincerely repented for his sins, he was transformed to a kind person.

We commit sins, but, do not admit them. Some times our soul and heart curse us for our action but, we ignore the right path and do not practice good deeds. We should realise our mistakes, we should be aware of evil and good, we should be able to differentiate between vices and virtues. Some times our truth, our realization of our errors can do good for some one else. If you

go to a saint and some one criticises the saint, you blindly follow the critic and leave the true path. You may get some thing from the saint, the other fellow might not have got anything from there. The saints teach us to follow the true Path to go back to our Real Home. But this Path is individual . Each one has his own Karmas or destiny to go through, in which no one else can interfere. Each one has his own achievements on the Path according to the individual's relationship with the Master, his effort, faith, Love, devotion and past Karmas. Our progress depends upon our reception power of the Saint's teachings and its practical use in our life. We can understand this story from the example of a man who invest one rupee in business and faces loss, where as the other man invest fifty paise in business and enjoys a large profit. Everything depends upon our mind, which always finds some excuses to create dissensions, so we have to be on guard against this subtle enemy. Try to go with in yourself through meditation. Try to experience the golden aura, the Radiant light of God by your soul within this body. You should be careful before selecting your path. Do not follow anyone blindly. Only choose any Perfect Master's Path according to your peace of mind and liking.

I know about my own path. I know what I have achieved during these twelve years by serving the needy people. Now suppose, if someone tells me that my path is not the right one, I shall never agree with him. God is one, so why to raise the issue of differentiation of Path?

Now, the topic of God's presence is also disputable. Generally people think that God is hiding Himself in temples, mosques or Gurudwara. But, it is not correct. Had it been like this, the priests of these holy places could have easily realised God. I have addressed God by the Holy Name of 'Nanak' and have given the following slogan for the welfare of the masses :-

*'Nanak' Naam Chardi Kala, Tere Bhañe Sarbat Da Bhala,* meaning "Do something good for some body in your life". During the period of 1971 to 1980, I did not utter any other word except 'Dhan Nanak'. But when I was ordered, I gave the present slogan. I could have given some other slogan but whatever the present era required, the suitable slogan according to the present need was given. God can be addressed by different names. God is manifested in everything, in different forms and in different ways. How can one imprison God? Had it been possible to imprison God, the

previous wise people, different saints could have done it so. One can realise God with one's faith, love, devotion by purifying our minds and hearts, by giving up evils. It is a bitter truth. One has to mould one's self like pure gold to realise God's Radiant light and connecting one's self with the unstruck inner sound current. This bitter truth can be digested by such person only who feel the presence of Omnipotent, omnipresent God everywhere and who have made inner progress by doing 'Naam Simran', and meditation.

God grants miseries and troubles to those people whom He Loves very much. None except his true devotee, can tolerate the turmoils of life, we see that a father has every right to scold his son but he doesn't scold the neighbour's son. Similarly God put his devotees to tests to purify their souls. Even history tells us that all saints and prophets like Jesus, Socrates, Moses, Mohmmad Sahib, Shri Guru Nanak Dev ji and Shri Guru Arjun Dev ji, Shri Guru Teg Bahadur ji and young sons of the tenth Guru had to sacrifice their lives for the sake of God's order and his love. Many people come to me and complain, "Maharaj ji, we have never harmed any one, we do good for others, still we are facing miseries. Why does it happen so?" I try to explain

them that the turmoils of life cleanse our Karmas (deeds) to chasten our soul. Like dirty clothes, all of us need this cleansing process. Our minds and hearts are full of vices. Kaal always tries to pull us away from the right path and attach us to the worldly desires. We were sent by God on this earth, we should purify ourselves in order to reach our real father's (God's), Eternal Home. We shall not be allowed any entry to that Eternal Home if we remain wicked or do devilish deeds. In all living creatures, God's divine light is flowing. Some current is thriving in every living creature, Even Kabir says :-

*Awal' Allah Noor Upaya, Kudrat Ke  
Sabh Bande,*

*Eak Noor Te Sabh Jag Upjea, Kaun Bhle  
Kaun Mande II*

God is one. But, why is there such trouble and disagreement in the name of religion? all of our doubts and discrepancies can be removed, if, we are completely devoted, linked and associated with God. One should have unfaltering love humility and devotion for God. But we are still bothered by the remarks and criticism of people. The mere recitation of any holy scripture is not sufficient, the main thing is the true transformation of one's heart and one's

habits. We should not do back biting. We should not be jealous of some one's progress. For God and saints all human beings, castes, creeds, religious sects are equal. The saints want to promote unity and love amongst all human beings. all of us are God's children. We are all the servants of the supreme Lord, sent on this earth by almighty God to serve mankind. We have to praise the almighty Supreme Divine light of God for his kind grace and mercy. But alas! our thoughts, our inner feelings, our heart and mind are not pure. Generally all of us are living for fulfilling our selfish motives. The human body is a priceless gift bestowed on man through the Lord's grace. We should not waste his precious opportunity in vain pursuits. We should take shelter and guidance of some Perfect Master to get chance of merging back in the Lord.

I do not assure you that all of you are going to realise the God very easily. For attaining the bliss of God realisation, one must have true craving for Him. One should be ready to pay the price and make the sacrifices needed to achieve this end. Some people demand for miracles? I ask them what purpose will be solved by showing the miracles. For example, if a child shown sweet from distance, but is not allowed to touch it, is not told from



where can get it, what will the child do ? Similarly if a person gets Holy glimpses (Darshan) of God once but, he does not know where does God live, then how can one realize Him? What profit will you get from this revelation ? If, I say, God is Divine Light and Divine Sound, what will you get by being inquisitive ? Try to love each other, respect and trust each other. If some one has cheated you, forgive him because God sees everything but waits for the judgement.

Once a thief wanted to attempt burglary in a house. So he knocked at a door. The door was opened and he was asked who he was. the thief pretended that he was 'Sewak' of Nanak from Kartarpur and he wanted a shelter for that night. Luckily the residents of that house had great respect for Guru Nanak Sahib, so they gave him warm welcome. It is said that if a disciple of one's Master visits one's place, one should respect him as his Master. By washing the disciple's feet and by tasting the "Charnamrit", one's bond of sins is cut off. Thus the thief was trusted, was served dinner and was given a nice bed . The residents of that house were asleep but, the thief couldn't sleep because he was planning to commit the theft. On getting the proper chance he broke the lock of an almirah,

carried the box of ornaments under his arm and tried to run away from that house stealthily.

But as soon as he reached the main gate of the house, he was nervous on seeing a big lock at the door. The box of the ornaments fell on the floor and produced a noise. The master of the house woke up and asked the thief what his need was? He recognised the box also but ignored it. The thief said that he wanted to go outside for discharging excrement and ablution. The master gave him the box of jewellery and allowed him to go outside. The thief disappeared from the place. In morning, on finding the jewellery box missing, the mistress of the house raised hue and cry and passed sarcastic remarks that the disciple of a Guru had committed the theft. She asked if it was an honourable act of a disciple. The husband didn't want to defame his Guru. So he told his wife that he had given that jewellery box to the stranger himself. On hearing this explanation the wife didn't utter any word.

After some time, on the eve of "Baisakhi", the husband took some offerings and went to have holy glimpse (Darshan) of the Guru. As soon as the Guru Sahib saw him, he embraced him and said, "Brother, you kept my honour and name, I shall protect your honour", and blessed him with the

salvation from the vicious cycle of birth and rebirth. I want to explain this theory to you that go on doing your duty, keep on helping the needy persons without worrying for the reward of your actions. Leave the result of your action in the hands of God. Do not waste the precious movements of your life in useless thoughts and worries, about the advantages and disadvantages of your service, done for other people. You should do something for some body selflessly.

All of us are busy in rearing up our children, in educating them, in arranging the marriages of our children, in helping our relatives. But after some time when the children are settled in their lives, they don't express any gratefulness for our effort. They do not realise the value of the sacrifices made by their parents, struggles faced by them. They express that it was parent's duty to rear them up. They feel no extraordinary, special effort was made by their parents. Rather they demand their share in the property and wealth of their parents. We don't want to give anything to such type of greedy, selfish, ungrateful children. On the other hand if the children are good, obedient and grateful, we give them every thing. In the same way try to become worthy children of God, so that when the need arouse, you

should be able to ask God to grant you your deserving share. But for this, you will have to become worthy child of God by doing "Naam Simran", by developing contact with almighty God, by following the inner Path by meditation.

By following the right path, you can demand your right from God. But if we are entangled in the net of various desires and enjoyment of the flesh on one hand and ask for the bliss of God Realization on the other hand, we can not get both the things together because the two are poles apart. For proving our worth, we have to abstain ourselves from the enjoyment of the flesh, non-vegetarian food and drinks. We can overcome our weaknesses by developing strong will-power, by doing our "Simran" regularly. If we are not ready to make all these sacrifices, we can never ask God to grant us some share from his spiritual property. God does not grant any spiritual thing to unworthy children. He does not want us to waste our intuitive and supernatural powers in worldly affairs. These powers should not inflate our ego.

Try to become the worthy child of God, than ask for your share from him. He has an abundant treasure of everything Never develop want of faith and love for the master and God. Try to become

true children of God by attending regularly to your meditation with love, faith and humility, by serving other people selflessly, by doing your duty honestly. We have to face many ups and downs, many hurdles in life according to our past Karmas. None but we ourselves are responsible for all these sorrows, miseries and turmoils of life. But the protecting hand of the master and God is always there to guide us, so we should bravely face and fight the battles of life. Never deviate from the right path because the devotion to the Master and God proves a veritable rock where one's tempest tossed boat finds refuge.



## THE KEY TO GOD

THE easiest and simplest way of knowing God is through this human body and while in this human form to attain the shelter and Naam of a Perfect Master .through devotion, good deeds and repetition of Naam you will unite with Him.

Our souls are entangled in material illusion and seek freedom from it. The shelter of a Master is like the cool shade of a tree on a hot day. Our body is defined by its muscles, blood, veins and so on. But spiritually it is defined as the temple of God.

God in His wisdom created all matter before us, from the very tiny and delicate ant to the unfathomable universe. Everything has its own beauty and uniqueness. Whenever we perceive ugliness, it is of our own making.

We do not realise the true value of our body and soul. The scriptures state that spirits and angels yearn for this human body because only through this human body can we attain shelter and Naam and come to know God.

Naam is the true diet of the soul and not of the mind. Whether we recite this Naam or not the

Master is duty bound to free us from material attachment. This is even true if one becomes the mortal enemy of the Master.

Do not sacrifice or lose your link with God. If you do wish to lose something, then lose your attachment, anger, greed and lust or some other bad habit.

The true religion for man is humanitarianism. It is the only way forward once we relinquish all outward rites and rituals, when we truly recognise others as human beings and not as Hindus, Muslims, Christian or Sikhs. Then and only then will man recognise the light of true religion.

Masters hold the keys to God's store-house and they give freely without asking the receiver what he has to offer or give in return. For in reality he is the Lord incarnate, in human form who comes to show man the true path.

If one believes that one's life runs according to one's fate, then it must also be said that fate has written on it the shelter and Naam of a Master. It could be in this lifetime or a subsequent one.

If you are going to pray then why not earnestly pray for union with Him, which can be achieved through Naam.

If you are going to direct your thoughts and action then do so in the direction of your Master. By doing this your burden will become lighter and as you do His work, he in turn will do your work. His blessing is multifold and is something that he will never take back from you.

There is nothing that pleases the Master more than the love you offer him. He in turn responds to your devotion of love and not towards other outward things.

Peace and contentment comes when you accept and attain Naam from a Master. You are shown the path to the Master when God is pleased with your deeds. God is pleased when you truly remember Him with your heart and soul.

I have stated on many occasions that when Naam is recited it passes through four different stages. The first one involves reciting Naam with the tongue. Next it passes deeper in to the throat and then the heart. Last of all with every breath that you take, which is natural rhythm, constant throughout the day and night.

When you do find a Master then serve him by doing a service that you enjoy doing if you cannot do this, then ask from him something that will help to make your life great. He holds the keys



to God's store and again is duty bound to grant you your wish. He is here to free you and not enslave you.

You are already enslaved by your worldly attachments. To free you from this attachment the Master bestows upon you the treasure of Naam is your key to freedom. Use it wisely towards greatness and freedom by subduing the mind and awakening the soul. Use it to chase away the thieves from the temple and welcome the Master into your body.



## LOVE THE TRUE FORM OF GOD

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

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

### *Temple of Living God*

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

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

You have been given a golden opportunity to seek the treasures of God's kingdom in this human form. Yet you continue to seek your happiness and needs outside this form, which in the end will turn

to nothing but ashes.

Seek not the shelter of God, but seek His grace in the form of contentment so that you have the power to endure His hardships.

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

### ***Perfect Master***

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

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

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

accept the shelter of a Perfect Master for his knowledge is your priceless treasure. If you follow his teachings then he will not make you suffer, but

will give you bliss to be attained through Naam, which has been in existence since the beginning.

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

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



## RECOGNISE YOURSELF

MESSENGERS of God say that ,mankind practises numerous rituals to find God. They further explain that if you are going out to search for God, you should first seek the shelter of a perfect Master and attain the gift of Naam.

The most important practice is to recognise yourself. We are told that God is omnipresent and yet we cannot see Him. He can only be see when we search for Him tirelessly.

I have said on many occasions that before you begin to search for God, search yourself out first and know what you want to become? What do you require? And why do you require what you ask for? When you have found within yourself the answers to these questions, then His assistance will automatically be with you.

What is the point of gathering in holy places when you cannot sit together with your neighbours? Start at home or closer still, the home which is your body.

### ***God Not Disguised***

If the road to God were through detachment,

then people and animals who lead solitary lives would have reached Him. All the animals in the seas would have reached God, if the road to him was through bathing. Priests who pray constantly would have reached God, if that was the way, as opposed to you who pray only in times of need.

God is not disguised today. He cannot be found in any rituals. He will be with you when you are ready and at one with Him. Do not for a minute imagine that He will come to you, if you have abandoned your duties to your loved ones and instead spend time offering prayers. Your suffering comes from ignorance of the true path.

The light of the entire universe is buried within your body. this light can be released through the blessing of the Master. Your ignorance and imagined freedom through rituals is vanquished by the knowledge gained from within. Messengers of God clearly state that what you seek outside is already there within you.

There are two ways forward, one has a theoretical basis while the other is practical. Theory states that all humanity is suffering which is a fact, but at the same time a practical way out is through Naam.

You work according to your needs, but messengers of God work according to the needs

of the time. You believe that you cannot live without the world, but can live without God. you forget that people who come to know God's Will and live within it are known to the world. Your method of calling on God is your own, but you must learn to approach Him with a true heart. He will hear you.

There is no need to get disillusioned. God's generosity knows no bounds. The older and deeper your relationship grows, so does His generosity.

### ***Love begets Love***

Your relationships are built on personal needs and never mature, while relationships build on truth last forever. Love spread by you will be returned by others. Love begets love. Do not speak ill of others. Do not see the evil others do: if you do see someone doing wrong, then do not divulge it to others. Do not listen to evil, but instead turn to good things.

When God comes to earth He comes in a human body, whose character is unique. He introduces a distinct message in His own way. Despite hearing His message, your behaviour after meeting Him will be the same as it was before.

Try to achieve and gain power through devotion to God's light.



## True Giving

We should seek the shelter of Perfect Spiritual Master and cleanse ourselves with the dust of His divine feet.

We have always been instructed by holy messengers that we should give to others: giving in a way that strengthens our souls and which will release us from the 8,400,000 cycles of life and death; giving that will bring everlasting joy into our lives.

We elaborated on giving at a Satsang in East Ham in this way: True Giving is when you give with joy and faith to God. It is His devotion.

His remembrance can take place anywhere that is acceptable to Him. For example when someone known to you is very ill and you intercede on his behalf, ask God to restore his health in return for your life. A mother will do this for her child, a friend for a friend, a father for his son, simply out of sheer love. So this giving (or cry from the heart, or yearning, or beseeching) can be described as True Giving.

Giving gifts of money or clothing for example are acceptable and does please God, but only when done through a Perfect Spiritual Master. In India on the banks of the Ganges, you will find many priests



when you go bearing alms. They direct your actions and how your offerings should be made, but even after all the giving, you do not find True joy or peace of mind.

The True giving is devotion, which will unite us with the Lord. This True Giving takes the form of Naam, which can be attained from a Perfect Spiritual Master. After profiting from this Naam - then give.

### ***Pride and the Mind***

We are devoted to this world and are steeped in pride. This can only be eradicated when we remember Him or in other words, find shelter and attain Naam from a Perfect Spiritual Master.

We have explained about the state of the mind on many occasions that the mind stands like a wall between our souls and the Lord. Due to this our souls are yearning for the release from bondage. Almost all the different methods of devotion in the world are directed to the subjugation of the mind, how to overcome and teach the mind. Unless and until the mind can be controlled, our soul cannot unite with the Lord.

We bathe in sacred ponds, devote ourselves to service, donate to charities and pray in our different ways for the release of our souls.

All these services are easily done, but to unite with Lord is very difficult. This can be made easy through a Perfect Spiritual Master, who shows you the True Path.

The question is about the True Path, through which one eventually finds praise in the world. There are many who have walked on this Path and are remembered, such as Shri Ram Chandar Jee Mahraj, Krishna Mahraj Guru Nanak, guru Gobind, Mohammed, Socrates, Jesus Christ, Mahatma Buddha. Mansur, Sammas Thabraz, Muni Bal Bhawaan Jee, Vashist, Visvhamiter Thund Rikhi are a few of the many, who are remembered in our scriptures, but only a few prominent names come to mind.

The suffering and hardship endured by them are a part of our oral and written history, which we have not seen ourselves. As testimony of their faith for example Guru Sahib states that if you follow the True Path then the pilgrimage of 68 sacred ponds in India will automatically be granted to you. It would be wrong to assume that one will attain great wealth or children. What you will attain will be peace of mind and the shelter of a Perfect Spiritual Master. The benefit of this pilgrimage will be the shelter of a Perfect Spiritual Master, through whom the union between the soul and the Lord can take place.

We have mentioned before that when the Lord is pleased with us. He blesses us. So what is this blessing? This blessing comes in the form of the shelter of a Master, through whom we are given the True Path. This path does not urge us to leave our worldly duties, our home, friends or families, not does it create conflicts or wars.

This True Path is solely dependent upon you, whether you wish to accept it. For it only teaches you how to remember Him, by accepting the Path shows to you by your Master and by accepting His True principles.

### ***Truth and lies***

You do not follow the Path of Truth. Even if you do speak the Truth, you only do so for your own sake and then you reproach yourselves as to the consequences. On the other hand no matter how many lies you speak, you have no qualms about doing so.

There are only two sides, one is the Truth and the other is lies. Truth belongs to God, but lies also belong to God. Then if we question who creates Truth and lies, the answer is God. Then you may well ask where does our fault lie? The fault can be described like this, when you make butter, the milk with which you started no longer has any value. Similarly when you take the Truth out of lies, lies

have no value at all.

Truth is death and lies are life. Yet you do not wish to die, but want to live. To this end you continue to breed hatred and jealousy, creating conflicts. Your life is gratified with this rubbish and you seek contentment in it. If you bring forth any Truth out of this then it is only of yourselves. If you ever look within your true self, you will surely be frightened by what you see, you regret what you see.

So do stop looking at yourselves through someone else's eyes. Look within, with your own eyes and you will be frightened by the sight. Your very being will rise up and ask for forgiveness from the Lord. At night when you have just gone to sleep you think back about what you have been doing during the day. The results of your actions have been destructive not only for other people, but also for yourself and your children.

Love is a very great power and so is truth. Recently someone commented that the fear that they used to have is no longer there. To this we replied that this fear has two forms. One takes the form of your weaknesses, when you overcome your weaknesses or are forgiven for them then one of your fears is eliminated. But the fear that comes of Love will never diminish. Even when you are faced with death or when everything that you have is being destroyed. Through this very Love, God is without

fear and enemies.

Those who have churned the Truth out of Love can enjoy peace of mind and True joy. So those who wish to enjoy the benefits must also accept the fear that comes out of Love. The Lord does not punish, but instead reprieves you from punishment and suffering. He forgives our sins, but does not create them. He gives you happiness and good qualities. He creates wishes within you and fulfils those wishes Himself, because He is the bountiful Lord, who has given and will continue to give.

### ***Living Testimony***

He does nothing for His personal gain. The deeds of His messengers are a living testimony. They and their loved ones endure suffering and by example set the course of the True Path. They show you the True Path and then give you the right to follow it. This Path is very difficult to follow and yet at the same time it is an honourable one. Not everyone can follow, especially those with a weak mind and a weak heart.

Those who follow this Path have to endure great hardship and suffering, therefore you will have to find a compromise within yourself to enable you to endure the hardships. So that your soul can remember the Lord and attain freedom from this

world and the cycle of life and death. Messengers of God come to give a message, whether someone listens or not they will continue to do so. For it is a Complete and True Message.

Just take a look at our history, even today we follow the teachings of previous messengers, as laid down in the holy scriptures such as the Guru Granth Sahib, the Bible, the Koran and the Gita. The words therein are complete and true. Even today, if we truly follow the True Path, we will have to accept a living death. But most of us choose not to follow. Instead we have caused divisions of hatred between communities and religions, in whose names we become martyrs, which benefits neither the martyr nor God.

The time ahead is going to one of great hardship so our message to you is simply is that if you are remembering the Lord, sacrifice everything willingly. Sahib has said that we honour God's messengers and the people who attain the shelter of a Perfect Spiritual Master

This fervour of sacrifice should be directed towards your weaknesses, such as your ego, lust, avarice and attachment to worldly things or when you forget somebody else's good deed. The rewards of one sip of water can change the mould of one's life. But we still continue to drink water

by the mouthful and spit it out, without realising that His True quality is proportionate to just one sip of water.

Therefore you should adopt the qualities of sacrifice because you yourselves will have to pave your way forward. He will assist you. You will have to find the Path and whatever sacrifices you may have to make on the way, you should do so willingly.



## TRUTH IS GOD

We are the Lord's offspring and through His love He has given us a body, which He was blessed with the gift of blood. That is why human life is regarded as pure. If man then proceeds to kill and eat something that has been killed or shed the blood of another human being, then it is regarded as impure.

The gift of human life is bestowed upon us by Him is unfathomable and priceless. This life is blessed to enable us to realise Him. It is also for the service of His creation and thus to attain salvation. Higher and richer treasures can also be found in this body.

If we decide and are determined to seek within ourselves then we can attain salvation, but at the same time, if we slip and fall by the wayside, then we are once again exposed to the cycle of life and death.

Messengers of God have always shown us the simplest way to unite our soul with God, through the human form.

Whatever prayers, pilgrimages and rituals we perform, they have nothing to do with our soul, but instead become the strength of our mind or ego, which only serve to fire the delusions of our mind.



This is why Man is constantly reminded to seek the shelter of a Perfect Spiritual Master. Our own appeal to you has always been to seek the shelter of such a Master, through whom the soul gains strength. Here the soul gains nourishment and strength, becoming strong enough to be able to unite with the Supreme Soul. This Way can be described as the Way of devotion. Other forms of devotion by man and saints are through rituals, by leaving homes, work, wives and children, by going to mountain tops, hanging upside down or by sitting on burning coals, which are outward personal devotion, which are of no benefit to anyone else.

Saints and Messengers of God do not ask us to detach ourselves from rituals or various customary practices, but instead they teach us, to adapt ourselves like the waterfowl, who whenever they want can leave their wet world with dry wings.

While living in this world we sometimes wonder and ask ourselves what have we achieved, gained or built and then we become sad. The fact that we have done so much and met so many people, denies us true friendship and peace of mind. That is the time we start to think of God.

Then we start to reproach Him for our own shortcomings, because our children have not turned out like we wanted, our businesses have failed. But

the true fact is that every step that we have taken is outside God's Will and for our personal selfish reasons. If we want to step back into His fold and Will, then we must seek the shelter and revise the Naam of a Perfect Spiritual Master. Only then will truth, contentment, unity and service awaken within us. The soul can then seek out its true goal and break the web of worldly attachment to attain shelter and service at the feet of God.

Guru Nanak explains further that we have not overcome our minds, but have performed other acts of charity and rituals. No through is put into overcoming the mind. The mind spins a web of attachments, which are not of our offspring, but simply a web of through. These are constantly on the run, day and night thinking up new schemes and ideas, making and breaking friendships, enemies and other attachments. All these are our outward thoughts. Even then, God who is fearless and without enemies, resides in this body from time immemorial.

We have on many occasions stated and explained about the mind it is the only protagonist between the soul and God. To defeat the mind you must do so with patience and love. Sometimes we have to be forceful in our ways. For example force is used to combat enemies at the country's borders. Similarly we must fight with our mind.

We must on occasions follow what our mind says, but not to the extent of totally ignoring it. Only to the extent that the end result is contentment.

The mind also has a shelter, as we have explained previously and as Guru Amar Das Jee states, "O mind! You are a resident of Trikoti (the third eye), Brahma's offspring. You are no ordinary power. Recognise yourself. you have attached yourself to perishable things, which will only give you short lived happiness, joy and peace of mind."

To achieve everlasting happiness, joy and peace of mind, we must seek the shelter, attain and revise the Naam of a Perfect Spiritual Master.

Allah, Ishvar, Rab are names in different languages given by various messengers through love to the one and only power of Creation or God. Similarly God has given you the opportunity to give Him a name in love and accept him and free yourselves of all outward attachment. Break the walls built by the mind separating the soul from Him and attain salvation or liberation.

After further verses from the Amrit Kirtan Mahraz Jee continued. Look, once again the verses explain that without Naam we cannot unite with God, nor attain salvation.

As we have explained in earlier Satsangs, there is no set way of union with the Lord. No saint or

messenger of God promises us that He will unite us with God. They instead show us the Way, through which we ourselves can unite with God.

We have explained that no one has taken God by the arm and displayed Him to others, that this is Him, no more no less.

Instead these Master blessed us with the strength to accept the good qualities of God and leave our evil ways. To leave evil we need strength and courage. To attain good we need just as much strength, courage, patience and contentment. This also applies to giving and taking. As we have said previously, it is a simple task to take something, but very difficult to give something. The strength in the giver and the taker is the same.

In the end all messengers ultimately show us the way of accepting God's and the souls good qualities. These we have explained on many occasions to be pity, (compassion ) Truth, Contentment and Naam. Even if we decide to accept these qualities one at a time, we can attain our highest goals.

There are words which we listen to, but ignore and never try to accept as a part of our lives. We must strive to accept and make everything a part of our lives. As we have explained before, we have habits for eating, sleeping, walking and wearing

clothes. Similarly we must make it a habit to remember God's Naam.

We sometimes put constraints on Naam and only recite it early in the morning, but the rest of the day is spent unwisely. It would be better, if we remember Him constantly while walking sitting, working and eating. Then God himself will do your work.

We sometimes think, "Let me do my work and "God His," because His light is everywhere, no matter what we do. Unless we come to terms with Him, we cannot truly benefit.

The scriptures urge us to ask. They urge us to ask for something that will provide for our every need and defeat out evil ways. If you do ask, what will you ask for? Ask for Naam. If you attain Naam then God Himself will come home.

We are constantly asking for little things one after another. As Guru Nanak explains, God will provide us with whatever we ask for.

But the question we must ask ourselves is that which we have acquired before. If that has not satisfied us, brought peace, happiness, contentment or love then what shall we gain with our next request.

Why do we not ask for that ultimate or final item, with which all our expectations are fulfilled

and we with which are also able to give and benefit others? What the scriptures and Guru Sahib have pointed out is that we should not ask from the Lord directly, but instead ask through a Master. You should ask through a Master because his rights extend to God. He is able to extend your request to God on your behalf like an advocate.

It is like going to somebody's house for assistance. If you are known well to the householder, then with respect he will extend all kinds of hospitality to you. But if you are not known, he will simply say he does not know you and not give you any assistance.

Similarly the door to this house, the body or the temple of God is locked. As Jesus said, "Knock and it shall be opened." So the tenth door of our body is locked, where the Lord resides. To gain entrance we must seek the shelter of a Perfect Spiritual Master, through whom we can journey within ourselves. If we are not known, then we cannot travel through the spiritual realms.

When we look at ourselves we find ourselves, deluded by our worldly realms and reproach God. Asking what has He done for us or given us?

If we consider the gift of blood, it acts as a purifying agent. When we spill this blood or kill our enemies, we think they are no more. We defile

ourselves and our relationship with God.

That is why we stress that you attain Naam and journey inwards with your Spiritual Master. There ask what you will from your Master and He is duty bound to fulfil your wish. Like the request of a child, the parents are duty bound to provide for the needs of the child by whatever means possible.

Our father is God and it behoves us to be His dutiful children. When on earth, we get the opportunity of meeting with a Spiritual Master, who is the reflection of God and of His Power.

In another way, uncles and aunts sometimes take on the responsibilities of parents and bring up children with or without the parents.

Perfect Spiritual Masters are like us. They live in the same world and societies, go through with the customary rites, but the only difference is that they have a direct link with God. Even they have not shown or described Him or His face or facets. But they have described Him in a Word, whether it is Waheguru, Allah or Ishwar. All these names are spoken out of love. Whether it is Ram Ram or Mara Mara (sounds like Ram if repeated fast). He can be met.

Therefore prepare yourselves with love, truth and unity. Seek the shelter of a Perfect Spiritual

Master and attain His Naam, with which all suffering will come to an end. Then problems in life come and go, but these have nothing to do with deeds in our past life, but are associated with our diet and lifestyle.

If we believe that suffering is due to deeds in our past life or destiny, then this can also be erased.

As Guru Sahib explains, the words of a Master are like a seal of approval, which enters into the house of God, if the one at the receiving end has true faith and remains contented.

If we simply ask for the sake of asking, we do receive, but it is devoid of contentment. This is why we must be contented and constantly remember our God and raise our standard of life, above enemies, hatred and jealousy. As a result we and others will in turn find peace.





## SHELTER

Lord has granted a life of about sixty or seventy years in this body, within which we stray from the harvest of good deeds and the seed, which is Naam. Instead during our lifetime we are constantly seeking false materialistic, perishable needs. Guru Arjun pronounces that the only way of overcoming these hurdles is the shelter of a spiritual Master and Naam.

We justify our rewards by the effort that we put into it. Similarly this life is the reward for effort. The soul, aware of the fact that its span of life within the body is very short, is constantly seeking ways of release and contemplating on the Lord. Throughout the ages messengers of God have defined and categorised the nourishment of the soul and ways of improving our life.

The simplest way of release from the hurdles and bonds of this world is Naam and the shelter of a spiritual Master.

### *Our Death*

Sahib explains that whatever it is that we own or have, it will remain here at our end. This body made of dust, which is rented to us will also return to dust. We are not advocating that you should leave your families, friends and foe to become saints or recite the name of God. You should be free like the

bee, which sips honey from a pot without getting its wings wet or like the duck, which departs from its watery world with dry wings. What we are stating is that while living in this body in the world, you too should be in a position, where you can detach yourself from worldly attachments. Not that you become so entangled and attached to this world that dying itself becomes a time of long suffering. To the extent that you pray to the Lord to let you die peacefully, would it not be a shame that you had to pray to live and pray to die?

You have heard stories or may have actually seen some people dying, for whom you prayed to the Lord to grant death, as you can no longer bear to see that person suffering. How simple and peaceful is the death of a person who has Naam. It is not the simplest of tasks to break free from this cage.

Many spiritual people could not break free from these bonds, even after performing great penance's and prayers. But you are simple people of this world, who have created many bonds and fetters for yourselves within which you suffer. So what is your life, where do you have to pray for life and death? This is no life. Try and release yourselves or break free while living.

We have stated in previous satsangs that Mohammed Gaznabi was not contented and did

not find peace and joy, even after attacking India 17 times. He died seeking peace and joy. He took nothing with him Nor will you. But the one thing that will go with you, as explained by messengers of God is Naam and the shelter of a spiritual Master.

The wealth gained from reciting Naam is yours. It has no weight. Nobody can steal it from you. Nobody is going to tax you for it. Masters who give you Naam, ask for nothing in return. Once you have Naam, even if you become mortal enemies of the Master's He will not break the link. The Master's duty is to receive his disciple at the end.

All your relationships are ones of giving and taking. Even when one of your relations has quarrelled with you, you still meet him and regard him as a relative. Similarly the Master's relationship is with your soul, no matter how tarnished it is. A master will embrace it like the tarnished souls of Kodha Rakshassh, Bhumia Chor, Sajan Thug or like the beloved and pure Bhilni, Arjun or Hanuman.

You can soil the body but not the soul.

The Lord has granted you the power of reasoning.

Messengers of God take on the burdens of others and suffer in their place. They never ask you to suffer instead. You are made aware. You must try and release yourselves from your burdens.

When you have attained the same qualities as messengers of God, then you may say and do what you want. You will be forgiven.

You reveal other people's weak points, but not their good points. This is the reasoning of man. You know how to attain the things you want, but you do not think what the Lord requires of you. You have the means to attain almost everything in life, but you do not have the thought of God with you.

When you have even the smallest thought of Him, you will find contentment with the smallest of things. You will not become angry. You will not feel or be wanting. Messengers of God came and were stoned by people, they were tortured and were never left in peace.

Looking back in history you will find that people did not worship them when they were alive. People spoke against them during and after their lifetimes and further divide them into two categories.

### **Two Lords**

Worshippers of Ram praise Him and those of Ravan praise him. Other scholars will question the very deeds of these powers and their benefits to man. The Sikh worshippers of Nanak praise Him and others praise Him not.

This division of Good and bad is a part of Him, whether one accepts this or not, His blessing will constantly remain. His prayer and His lesson is one. It is Love. But with whom? With the Lord who is our creator? Or His messenger who meets us in our life time?

Once we mentioned during our satsang that there are two Gods. One of earth and one of heaven. For truly there are two. Nobody can say that there is only one God. It is true that messengers of God have said:

*"Everybody's God is one,  
So let me not forget you."*

To who did that apply? It applied to the Lord of Guru Nanak. People at that time had chosen many Lords and so it is today.

Even today we state that there are two Lords. One is He, that is the Master of creation and the other He, who comes to earth in human form and fulfils His promise. He, who shows Man the true path.

Whether it is the Lord Himself incarnate on earth or someone who came on earth and then became the Lord. Or through great penance and

hardship became the Lord and reached His people or the people, who accepted His teachings. The Lord is still divided into two.

### ***One God***

We have stated that there is one God.

Who is He? It is He, who is giving something to you through me. If you look at yourselves now and as you were before, you still have different Gods. If you look at the Sikhs, they will state that all that they have is Gurus. Hindus accept Ram and Krishna and no one else. The Muslims accept Mohammad as theirs and the Christians accept Christ and no one else. We remain divided and all this for Man. Why is this so?

Places of worship and the scriptures were made for Man. But as Guru Sahib explains the Lord for Man is different and He, who controls and feeds the tiniest of creatures is different. Judge for yourself.

If you look at Vishnu's abode, His power worships the sun. Ram is the offspring of the sun. Karan was also regarded as the offspring of the sun. Krishna also worshipped the sun. Why? This is the cycle of the Lord.

The superstitions which cloud your mind are of no significance to the Lord or His messengers.

They will come and go leaving behind a message, but nobody remembers those who criticise others.

Someone who is constantly criticising will never find contentment. For he is always seeking new ways of creating friction between people for his personal benefit. What good will you reap from such a person?

We cannot claim any responsibility for God's actions. Whether the rain has come or not. Whether the sun has risen or not. So what is difference between now and yesterday? Some of you here were born under the light of oil lamps. Is there a change in your thinking or your appearance? No! The thinking has changed. The faces of people born under the light of an oil lamp and those under a light bulb are the same. Both have the five elements of creation.

At our end nobody will accompany us. That which will accompany us has already been mentioned to you earlier. We could go on and on giving examples, but the peace and joy that you seek can only be attained from the shelter of a spiritual Master and Naam.

If you do not find it now, then you will be given the opportunity in your next life or the next. If you are going to accept or have accepted someone then there is not question of good or bad.

If you now consider yourselves to be good, why did you not think like this before. What made you good today? This knowledge that you have gained where did it come from? Why did you not have it before? This knowledge comes to you when you have attained Naam.

### ***Mending a Broken Heart***

Now you hunger whilst you did not before, because you did not know the power of Naam. You had never been on this path before. Now you have become wise. You want to reach God, recite Naam and attain the shelter of a Master. When you were not wise you did not care the least. Now after attaining Naam, if you still do not sit to recite and profit from it that must surely be the greatest of shames. This is the way of the unwise, who are blind even while they have sight. You are deaf because you do not listen to good things. You think of taking and treading on people, but you never think of taking and uplifting them. You perform the tasks, which are of benefit to you alone and not to others. You go where you are likely to gain something in return, but not where you gain nothing. You say words that break another's heart, but no words to mend a heart. Time is spent defiling, but none to build. Your attitude is, if I am alright then everything is fine. If only you would take the time to ask about a broken



heart.

What is the hurt of that heart? It is not wanting any worldly things. But the hurt is the separation from God. The message of His messengers has been about attachment and completeness in Him. This message will remain for ever.

Sitting yesterday, thinking to ourself, we were saying to the Lord that the time span of separation is becoming too long and said: "Bless us according to the time".

"The sigh of Love is His Loyalty".

So loyalty is His religion. Fulfil those promises that you have made to Him. That promise that you have made to Him. That promise is that "I will remember you and love your children of your creation. In every deed I will accept you in my heart. I will accept your word in everything that I do. I will close my own thoughts and accept your Will."

You may well ask yourself, if my thoughts were constructive, why have I not succeeded before? So make an effort to attain Naam. Then gain from that Naam is such a way that you are able to rise above this life.

Sahib reveals that without the Lord there is nothing. There has not been nor will there be. Everything that you do without the Lord will not

be fulfilled. With the Lord's blessing or that of His messenger unsuccessful jobs come to fulfilment. In the Lord's house there is a delay, but not for ever. Even your wildest wishes are fulfilled. But you must have contentment and accept the truth in Him.

### **Shelter**

We were talking to someone yesterday, who raised the question of shelter. We said that you cannot expect anything from someone, who is seeking shelter. If you have been granted this life, then make it a point of becoming somebody's shelter. Think of becoming somebody's shelter. If you decide to seek a shelter and do not find it in one place, then you will seek it in another. Learn to be a shelter, but of whom? Become the shelter of your fellow man the Lord does not seek your shelter. Instead He is shelter.

Therefore learn to become the shelter for His children, whether they are good or bad. These people are not specially chosen. Give shelter to the needy and those who have no shelter: Not some saintly person. Feed the hungry. Clothe the naked. Help the needy.

It would be wrong to assume that we should help someone we know on the premise that, if I help him then one day he will return the help given.

Just help someone, whether he will be of assistance to you or not.

If we consider His Messengers, they have never thought in terms of giving for reward. They came to give a message and after they left their message took effect.

Sahib explains that the meeting with Lord is the acceptance of the Lord. Remember Him. Not to see Him.

Like the example of Guru Gobind's father Guru Tegh Bahadur ; who recited Naam for 26 years and 6 months before His birth and Lord Ram's father, who did penance while standing on one leg for 6,000 years. Both did it to welcome the birth of the Lord in their houses in human form. Mata Ganga, Guru Arjun Dev's wife , walked 52 miles to ask for the boon of the children.

Try and acquire that power. Not to see the Lord, but to accept Him. Not to ask of the Lord, but to give to Him. When we give to Him, He will in return reward us. He certainly will give. He is concerned and gives only when the time is right. Before the time is right, He gives us nothing.

We are constantly striving to acquire things before the right time. It is when we start worrying and fretting for things before the right time that we break our yearning and stray away from Him. Then

we start to do everything within our own power to acquire whatever it may be. But when the time is right, He grants us our just dues.

These messages are given to you so that you may rise above small things, suspicion and superstition. Seek the shelter of a spiritual Master and attain Naam. The message of peace and joy for this month is through the shelter and Naam from a spiritual Master.

When we were travelling in the car yesterday a poet on a tape said: You constantly ask what my wishes are. "You will loose nothing, if you come to me."

You should ask the reason for giving this example. It is that whether you tell of your wishes to the Lord or not, He will one day come and meet with you. Once in a lifetime the Lord incarnate, in human form meets with you. This is evident in scriptures and in history. Some people do not immediately accept Him. They seek Him after He is gone and then feel sorry for themselves. Others accept Him at the time and do not have to seek or feel sorry for themselves. Because they take on their own duties.

It is very difficult to be an employee. But it is easy to keep servants. Being an employee is the most difficult. Messengers come as employees

or servants and remain contented in their state. They depart after completing their term of employment and during their term keep no servants. Whoever came to them, has been taken higher and higher.



## FREE LIKE A BEE

The Lord has granted us a life of about 60 to 70 years, which is maintained by performing good deeds and by remembering His name.

Hurdles and obstacles encountered by the soul and body can be overcome through the shelter of a perfect master and attaining his Naam.

While living in this human form the soul realises that, if this life is wasted, then the soul will not unite with God. Therefore it yearns for the shelter and Naam of a perfect master through whom it can attain freedom.

All material things will be left behind when we die. This body, which is like a rented house, will also be left behind.

### *Enjoy Life..*

I do not urge you to leave your family, homes or anything to become saints. Instead my message to you is that while in this human form, you should enjoy life to the full, but at the same time have courage to detach yourselves from all human failings and recognise who you are.

You should be free like a bee, which sips honey from a pot without getting its wings wet or like a duck, which departs from its watery world with dry wings.

You must strive for this position, where you can detach yourself from worldly attachments. Do not become so entangled in material illusions that you have to pray for your own birth and death.

Only items of any value that will go with you when you die are the time spent in association with a Master and his Naam.

The wealth gained from reciting Naam is yours and is priceless. It is given freely to you by your master. He does not ask for anything in return for this gift. Even if one of his followers becomes a mortal enemy of the Master, he is duty bound to forgive and free that follower from his failings.

You have access to all material things and are still not satisfied. But when you have recognised who you truly are, then you will begin to find satisfaction in the smallest of things.

Messengers of God are never recognised when they are here on earth, instead they are hounded, stoned and tortured. It is only when they are no longer with us in physical form that people begin to realise their mistakes and cry for forgiveness.

I have stated on many occasions that there are two Gods. One is the Master of the Universe and the other takes birth in human form and shows others the True Path. But in truth there is only one

God, who works through His messengers and fulfils their followers needs.

You must fulfil the promise that you have made with God, which is to remember Him and His children, also remember, obey and follow His teachings. With the Lord at your side even the worst calamities are overcome, when there is contentment and faith in Him.

### ***Shelter Others***

Learn to shelter others. These can be anyone, not necessarily your own family, but those in hardship and need. Feed the hungry. Clothe the naked. Shelter the shelterless. Carry on doing good deeds and expect nothing in return, for your God knows what you are doing.

Do not strive to see your God, but strive to be at one with Him. Strive to give and not to ask for things in return. He knows everything and gives you what is justly yours when the time is right.

Whether you realise your need or not, He promises to meet you at least once in any human life. Messengers of God come as employees or servants and remain contented in their state. They depart after completing their term of employment and during their term keep no servants. But whoever comes to them freely, is taken higher and higher.





## STOP PRAYING

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

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

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

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

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

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

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

through the shelter and Naam of a Master.

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

All illusion therefore are man-made. The only illusion created by God is one between the soul and Himself.

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

### ***Correct Diet***

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

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

You know and realise everything, but the thing that you aspire to has already been granted to you through your fate.

Rather than rising above this, you become

further enmeshed in your personal needs and desires. My advice to you is to recognise yourself more than you recognise me.

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

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

### ***God does not change***

Do not say that God has changed, on the contrary it is you who have changed. The only thing that changes with Him is His language.

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

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

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

"When you try to fulfil your aspirations

without me, you will lose your peace of mind.”

So the message from and for His beloved's is one of peace.

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

### ***True Religion***

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

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



## FREEDOM

### *How to be freed from your bondage*

Most people accept the Power of God to be omnipresent and eternal. Yet at the same time we concoct various ways of seeking and uniting with Him. In this day and age, there is only one way of uniting with God and that is the shelter and Naam of a Perfect Master.

During the midday heat, people seek shelter in some cool place. Similarly the soul is suffering under the heat of the mind. Therefore the soul seeks freedom under the shelter of a Master. Like the shelter of a cool place, the congregation of a Master is the shelter of God.

We know the body to be the temple of God. Doctors diagnose illnesses through our biological organs and their altered functions. But messengers of God diagnose our illnesses by our separation from God.

He is beyond all known forms, but appears in one form or another when His loved ones beckon Him. He also accepts any relationship or name that we give in love. Those who do not know Him reproach Him for their failures. I say to you that God made everything beautiful and nothing is out of shape.

If you follow God's laws you will surely succeed because His laws are pure.

***Do not ask "Why"?***

We forget Him when we are happy, but remember Him and pray continuously during our troubled times. The only difference between you and I is that we do not ask why, when doing His work. I simply get my orders to do the work myself and get others to do it. If you leave aside the question why, then you will succeed in your life.

The holy scriptures are the Master's praises of God. We only accept what our limited knowledge understands. We amend the true meaning of the scriptures to suit our individual needs.

To enter the Kingdom of God we must attain the treasure of Naam from a Perfect Master. His duty is to unite the soul with God, even if one becomes the Master's mortal enemy, he will perform his duty without hesitation. We forget our duty, although we owe everything to God.

If you want to forget then forget your bad thoughts, which are the source of your unhappiness. I say to you, forget everything, but do not forget God. For He is the source of love, unity, brotherhood and sacrifice.

Although He is known by different names,

there is but one way of reaching Him and that is through this human body. there is no holy scripture, no religious place or sacred form greater than this human body. there is only one true religion, which is humanity.

### ***Two Gods***

Today we are lost in the dark. The only source of light is the shelter and Naam of the Perfect Master. Through this light you will come to recognise that there are two Gods. One who is unborn, stable and unchanging, the Master of Creation. The other is the Perfect Master incarnate.

Man is born with his fate already written, in which is shown the meeting with a Perfect Master. But rest assured that your time will come when you will meet the Perfect Master.

We are constantly asking for worldly things from God. Why is it, that we do not ask for Him Himself? Surely He will be of much more benefit to us than any worldly things.

The scriptures show us the path for seeking a Perfect Master, yet we do not follow the guidelines of the scriptures. We pray to Him without love in our hearts, but when you truly begin to love instead of praying then you will come to know Him.

### ***Truth is God***

Those who love His creation always think of giving, without any thought of return. For love is sacrifice. Love is truth and truth is God. The true relationship of the soul with God is love and love unites the soul with God. Leave your worries to Him and in return accept the shelter and Naam of a Perfect Master.

The Perfect Master does not expect anything from us, simply because we have nothing of our own to give him, except our sins. Our sins can only be exchanged for love with someone, who is present and that someone is the Perfect Master because he is HE.

Seek a Perfect Master and accept his Naam. Follow what the Master says, if you cannot follow then ask him to fulfil your needs. Your Master and God will not make a slave out of you, because you are already a slave to your own needs. The Perfect Master always comes to free you from your bondage.





## FORGET HIM NOT

Our bad deeds have estranged us from our Father, the Supreme Soul. We are suffering as a result. We must find a way to overcome our suffering.

Why is it that we have not been able to find or meet Him, when we regard ourselves as His children?

He comes to grant you honour. He does not come to take anything away from you. He does not come to be worshipped Himself, but rewards you for your worship.

Do not meditate. Do not pray. Do not perform any act of charity. If you want to give Him something, then become an honest person. In return He will readily accept you.

### ***Be honest***

He loves your poverty, not your riches. If He loved your riches, all the rich people would have owned Him.

Time and time again I have appealed to you to try and perform good deeds, to become an honest person. If you do not try to be honest, then you have no right to condemn others.

Messengers of God come to earth to drink the poison of the world. It may be the poison of

truth or the poison of lies. They leave behind their everlasting memory.

From time to time I have said that you will not follow the path that I am giving you. Not will I force it on you. This is because you have needs, but I have none of your needs. You have need of God, but I do not need God, because I am God's messenger. I am not God.

If you wish to come here, then come to light a lamp. Enlighten yourself and enlighten others. If someone does not like the rays of the lamp, he has no right to extinguish the lamp.

God does sometimes cleanse you when His spirit enters your body, but He Himself does not reside in your body, he only come to recite in your body, when you perform good deeds.

God does not enforce His own laws or rules. He only gives us His fundamental rights. If you do not take full advantage of these rights, you cannot blame Him for the result. There is no shortcoming in His blessing.

All messengers came with one true message. I have not come here to be worshipped, but have come to show you the right path, which you have forgotten.

This path is one of humanitarianism, which

means earn a good living and then share it with others. It is only taught by a spiritual Master.

### ***The Instigator***

you do not truly understand who your Master is and what power He possesses. I am the instigator, but only God is the Creator. This is because I have come to know Him. This is the time to perform good deeds. Refrain from all superstitions and remember Him. Do not be lost under the weight of religions, castes, creeds or anything else, because they are nothing.

God is not a nation and no nation is special in God's eyes. God is one. If you become a zero and join the one, then you will increase in value. No matter how many zeros are joined, the one still remains one.

My Lord and Master says that He is not blind to any of your deeds. He keeps an eye on everything that you do. He is knowledgeable and knows everything. He gives and assists you within a fixed time, whether you are committing good or bad deeds. If you realise your mistakes within that time and rise above your deeds, then He will gladly accept you into His bosom. If you do not realise your mistakes, remember that He holds the cord to your lifeline, to which He has easy access.



# GLOSSARY

<i>ABHYASA</i>	<i>Practice.</i>
<i>AHIMSA</i>	<i>Doctrine of non-violence.</i>
<i>ANANDA</i>	<i>Bliss.</i>
<i>ASHARAM</i>	<i>Place of religious retreat.</i>
<i>AWAAZ</i>	<i>Voice.</i>
<i>BHAKTI</i>	<i>Devotion.</i>
<i>BRAHMAN</i>	<i>Merged with the Creator.</i>
<i>CHAKARA</i>	<i>Circle/channel of power.</i>
<i>DARSHAN DAS</i>	<i>Founder of Sachkhand NanakDham &amp; Our Beloved Perfect Spiritual Master.</i>
<i>TARLOCHAN DARSHAN DAS</i>	<i>Present Holy Master Of Shkhand Nanak Dham.</i>
<i>DAS</i>	<i>Servant of Humanity.</i>
<i>DERA</i>	<i>Hermitage/Centre.</i>

<i>DAAL</i>	<i>Curried Lentil.</i>
<i>DHARAM</i>	<i>Duty.</i>
<i>GADDI</i>	<i>Chair used by Spiritual Master for Satsangs.</i>
<i>GHEE</i>	<i>Clarified butter.</i>
<i>GRANTH SAHIB</i>	<i>Holy Book of the Sikh.</i>
<i>GURU</i>	<i>Master/Teacher.</i>
<i>GURU NANAK</i>	<i>Name of the Lord " The Al Mighty"</i>
<i>KARMA</i>	<i>Law of cause and effect.</i>
<i>KIRTAN</i>	<i>Hymn singing.</i>
<i>JAL</i>	<i>Holy water.</i>
<i>LANGAR</i>	<i>Community Meal.</i>
<i>MANTRA</i>	<i>Audible words.</i>
<i>NAAM</i>	<i>'Word ,or 'Logos' .</i>
<i>PANDIT</i>	<i>The Wise/Hindu Priest.</i>
<i>PITAJI</i>	<i>Father.</i>
<i>PRANA</i>	<i>Life Currents.</i>
<i>PUJA</i>	<i>Devotional service.</i>
<i>SACHKHAND</i>	<i>Such means true or permanent.</i>
	<i>Khand means region or</i>

	<i>realm, True realm of the Supreme Creator.</i>
<i>SADHU</i>	<i>Holy Man.</i>
<i>SANGAT</i>	<i>Congregation.</i>
<i>SANSKRIT</i>	<i>Ancient language of India. Classical texts are written in Sanskrit.</i>
<i>SATNAM</i>	<i>God's name is true.</i>
<i>SATSANG</i>	<i>Being in the presence of Spiritual Master.</i>
<i>SEVA</i>	<i>Voluntary work.</i>
<i>SHAKTI</i>	<i>Power.</i>
<i>SWAMI</i>	<i>Title given to Indian Holy man or Monk.</i>
<i>TILAK</i>	<i>Mark on forehead to denote the 'third eye' centre.</i>
<i>VEDAS</i>	<i>Holy Scriptures.</i>
<i>YASHWANTI NIRADHAR</i>	<i>Holy Scriptures of Sachkhand Nanak Dham.</i>

DHAN  
DARSHAN

**"I have not come to rule nation,  
I have not come to rule kingdom,  
I have come on this earth  
to rule over your hearts."**

**(MAHRAZ DARSHAN DAS)**