



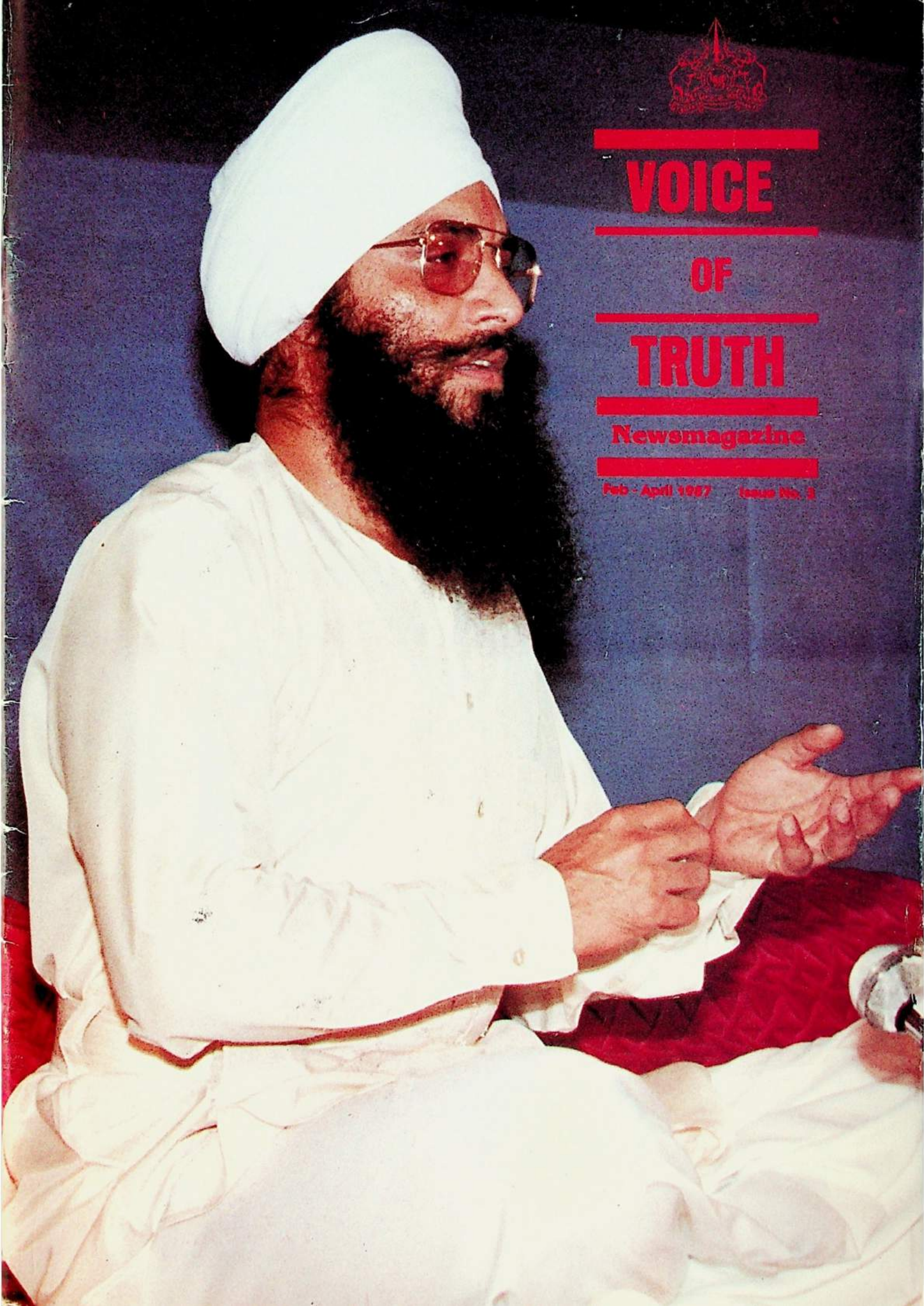
VOICE

OF

TRUTH

Newsmagazine

Feb - April 1987 Issue No. 3





FOUNDER/PATRON
MAHRAZ DARSHAN DAS

VOICE OF TRUTH
NEWSMAGAZINE

**Sachkhand Nanak Dham
International**

Regd. Society No. 109 - India
Regd. Charity No. 515484 U.K.

11 CHURCH HILL ROAD
HANDSWORTH
BIRMINGHAM B20 3TN
Tel: 021 - 554 2422

Correspondence Address:

**Sachkhand Nanak Dham
International**

London Office
36 Rayners Lane
South Harrow
Middlesex HA2 0UB
Tel: 01- 423 3280

Editorial Co-ordinator
Managing Editor
DAS IQBAL SINGH

Head of Editorial Team
DAS MADAN ANAND

ISSN 0950 - 4087

Copyright © 1986

VOICE OF TRUTH

Newsmagazine

ALL RIGHTS RESERVED

Voice of Truth Newsmagazine, does not take any responsibility for the opinion and expressions expressed in the magazine.

contents

Editorial and Editor's View	4
Message - Das Dharam Foundation Day	5
Message - General Secretary, U.K.	6
Path of the Master	7
A Glimpse of <i>Hazur Mahraz Jee's Life</i>	8
Glossary of Sachkhand Nanak Dham	9
Enrich Your Daily Language	9
Satsang - Hazur Mahraz Darshan Das Jee	10

Feature Articles

Living with Love	13
Bhakti - not Selfishness, but surrender	14
God within a Veil	14
There is One God	15
The Day of Dharam	17

Reports:

Satsang - Southall	18
Satsang - Chatham	18
Satsang - Southall	19
Satsang - Reading	21

Poems:

Das Manjit Sodhi	23
Das Madan Anand	23
Das Rani	24
Das Jenny	25

News:

Youth

Press release - Cycle Trek (India)	26
Charity Walk in aid of Dr. Barnado	27
Charity Walk in aid of Holy Trinity School	28

Das Conference	29
Stop Press	29
4th Anniversary of Sachkhand Nanak Dham in U.K.	30
Mahraz Jee's Birthday	30

Interviews:

Mrs. A. Railton and Holy Water	31
John Kensit	32
Das Surinder Bains	33

Letters

What the Papers Say!	35
	36

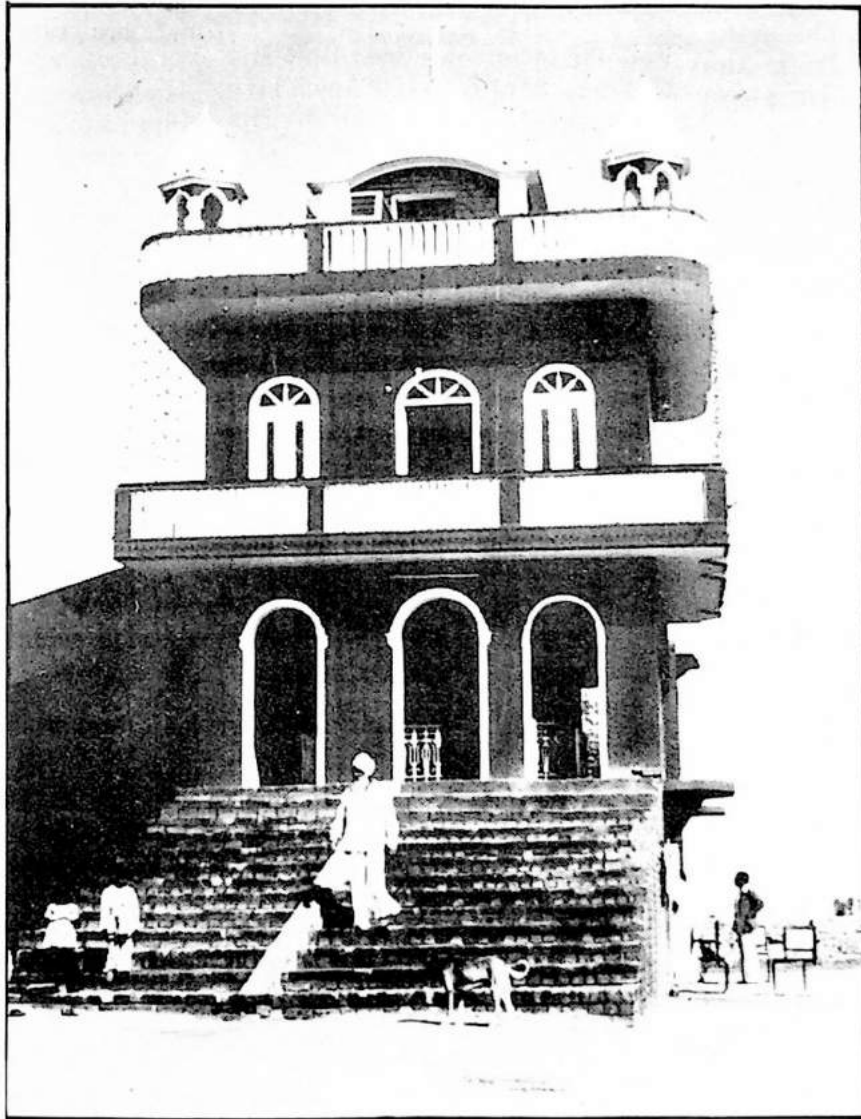
Health:

Vegetarianism	37
Vegetarian Cooking	38
Arjoi Niradhar	39

COVER TITLE:
HAZUR MAHRAZ DARSHAN DAS JEE



*Nanak Naam Chardi Kala
Tere Bhane Sarbat Da Bhala*



*Sachkhand Nanak Dham
International
New Delhi - India*

EDITORIAL

It is a great pleasure and an encouragement for the editor of your magazine to receive such a good support with your contributions to this magazine. This issue contains a lot of your contributory material. The editorial board would like many more contributions from the devotees expressing their views and opinions.

We are sure, there is tremendous talent lurking within the mission that can be tapped. They can write articles, poems, experiences, and even ask questions which could be answered in this magazine.

Many a time Mahraz Jee has at the conclusion of His Satsangs asked you to voice your approval and disapproval of the facilities organised by His Sewa Committees at His Satsangs. This magazine could be one.

You would have noticed that His Holiness Mahraz Jee nowadays finds time at the end of His Satsangs to entertain His Satsang's asking Him questions which helps the questioner to quell any misconceptions or misunderstanding he/she might have. Mahraz Jee has enjoyed such sessions as they encourage a

healthy growth of spiritual knowledge, a fearless social exchange and enlighten the ones in spiritual darkness.

In the same vein, we would request the readers to feel free to write to us expressing their views. This helps us to understand what your needs are as regards the magazine and it also shows us our pitfalls. This helps us to improve the subsequent magazine and also feed your needs.

Editorial Board.



Editors' View

Humanity today is crying out for help. It's hurt, injuries, lacerations, wounds, inabilities, sighs, cries, heartaches, and lamentations can be seen and heard right across the globe. Open any newspaper, or magazine, look at television or listen to the radio, we see humanity crying for help. Whatever the time of the year, there is always a need to feed, clothe and shelter the needy and the uncared for.

There is no dearth of good Samaritans working untiringly, unendingly to do what is needed to be done. The world produces enough to feed, clothe and shelter and living across the globe, yet in this technological age there is perpetual hunger and dire need. There must be something vital missing in the chain that we, having advanced so much, cannot

get to grips with human problems. Politicians blame simple economics and tallying the books. What today's world needs today is not only love, but a realisation of one's duty and obligation towards one's fellow human beings from whichever part of the globe they come. A Spiritual awakening and God realisation is the way to service and self sacrifice in this cause. This is how one can achieve "Sarbat Da Bhala".



At Sachkhand Nanak Dham our prime aim and objective is to encourage and enhance the work and spread of the mission to people and places untrod by us yet. To achieve this aim, we all have to work selflessly, untiringly and endeavour to reach those people who are seeking spiritual knowledge, service to humanity

and belief in the Oneness of God. We have to start training our future generations, to one day take over the mantle and maintain the spread and service of Sachkhand Nanak Dham - Das Dharam's mission as stipulated by Hazur Mahraz Darshan Das Jee.

To this end we have to endear ourselves to the teachings of Hazur Mahrazjee and strive forward under his guidance.



"DAS DHARAM IS THE MESSAGE OF THE ALMIGHTY SUPREME LORD."
- Mahraz Darshan Das



FOUNDER/PATRON MAHRAZ DARSHAN DAS

Das Dharam Foundation Day

16th Feb, 1980

**BEST WISHES TO ALL OUR READERS ON THE
7th ANNIVERSARY CELEBRATION
OF
DAS DHARAM DAY - 16th FEBRUARY 1987**

Message



Message from Das Manmohan Singh General Secretary - U.K.

*Nanak Naam Chardi Kala
Tere Bhane Sarbat Da Bhala*

THIS magazine is for you - the reader - a platform where you can voice with confidence your opinions, suggestions, ideas and problems.

Our mission can best grow effectively if we, the members, communicate successfully with each other and those still to come.

Ladies, your views will be welcomed and valued.

We also hope for material from the teenagers. We look forward to your contributions.

The mission is spreading very quickly, internationally. We would like to hear from those members abroad who have ideas and articles to contribute.

So much has been achieved in 1986.

Let us make this year even better.

PATH OF THE MASTER

Q. Is God married?

Ans. - God is not married. He is not the Father, nor the Mother. He is *Light or Sound*.

God is the sound of the world.

Q. But it is said God is both light and sound?

Ans. - The voice of the Perfect Saint is the sound of God. The light of God is His entire creation.

Q. Is He super?

Ans. - He is not super, but Supreme Power.

Q. What does God want worship, respect or devotion?

Ans. - God does not want prestige, respect, worship, devotion or money.

He wants LOVE - TRUE LOVE.

Q. How do you explain True Love?

Ans. - True love means loyalty. Loyalty, in the living human beings to God is True Love.

Q. What do you recommend us to read?

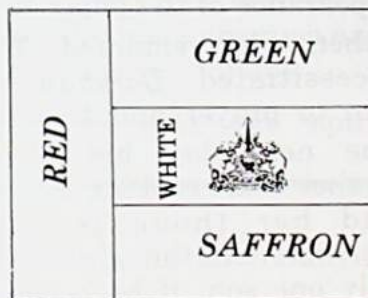
Ans. - If you want to read, then read yourself. Traverse within.

Q. Flag of Sachkhand Nanak Dham consists of four colours, what do they stand for?

Ans. - Sachkand Nanak Dham's flag is four coloured with the coat of arms on

white colour and is hoisted at all the Dera's.

Four colours are red, Green, White and yellow, as shown in the diagram



Red: Red colour is given to human beings by the Almighty Supreme Lord. It represents the praise of 'Das'.

Green: Green colour is

bestowed by the Lord of grains. It stands for prosperity and joy.

White: White is the colour of Lord's robe. It is the symbol of Peace.

Saffron: Saffron is the colour of the cloak of Brahma and Vishnu. It is the symbol of Sacrifice.

Coat of Arms:

Coat of Arms imprinted on white background of the flag.

- (a) *Elephant* : represents the Lord Ganesh,
- (b) *Lion* : represents King,
- (c) *Sabre* : symbol of Power,
- (d) *Rosary* : Symbol of Devotion.

**God shows man the true path
when man is ready and
desirous to tread upon it.**

**Doubt not the words of the
Holy Master, where doubt
creeps, there nothing
flourishes.**

- Mahraz Darshan Das

A GLIMPSE OF HAZUR MAHRAZ JEE'S LIFE

The year was 1973. Hazur Mahraz Jee was nineteen years old. During this period most of Mahraz Jee's time was spent at Batala at the abode of his Sewak Shri Sudharshan Tulli. Here Mahraz Jee used to give his audience *sangat*. In those days, when Mahraz Jee sought solitude, he would go into a *samadhi*.

One day Shri Tulliji had the opportunity to witness a strange event. Mahraz Jee got into his room and bolted the door from the inside. A day passed, two days went by, on the third day he was found in the state of *samadhi*. To start with he had light meal, but later on he neither emerged nor did he send any message.

On the fourth day this information was relayed to Mahraz Jee's mother, who with her entire family arrived.

Everyone's face showed signs of anxiety. The mother's emotional state and her maternal love overpowered her self control, peeping into the room she couldn't see any signs or movement of him.

Everyone was deeply concerned about Hazur Mahraz Jee. On the other hand there were worries about the effect. This would have on the emotional state of his mother. After sometime as if a miracle, a folded piece of paper was seen to appear on the door.

On unfolding it the following message from Mahraz Jee was found. This message on the piece of paper brought a sigh of relief to one and all present. When his mother returned home, she mentioned the appearance of the paper to his father, who remarked 'What necessitated *Darshan* to turn to prayer and Devotion.' The next day his worried mother while cooking the meal had her thoughts about *Darshan*. She thought she had only one son, if he became a priest or a monk then what would happen to the continuance of the family tree. Suddenly a voice was heard. 'Mother give me some food. At the beginning, mother thought this is to be illusion, but when she heard the same voice again she was astounded. In her confusion, she picked up a chapati and proceeded to the door, but suddenly stopped and said 'Son! come in'. An answer came forth. 'No dear mother, give it to me out here'. After accepting the chapati from his mother he asked for some sugar.

After having his meal, Hazur MahrazJee came into the house and paying respect he bowed and touched his mother's feet. He was followed into the house by Shri Tulliji During their conversation, Shri Sudharhsanjee, talked about the strange incident that occurred at his house prior to MahrazJee's coming out of his

room. He said 'We heard the sound of horses hooves from the room. It seemed as if lots of horses were galloping in the room'. Everyone was scared and petrified. Soon MahrazJee appeared at the door and everyone was taken aback (surprised).

On emerging, Mahraz Jee said, "Now I will go home as I have been granted Godly instructions not to take up devotion *samadhi* by upsetting my parents. He got onto his motorbike and drove towards home with Shri Sudharshanji on the passenger seat. On the way he met his father, stopped the vehicle and paid his respects to him. His father said 'Babaji! have you come out?' (since that day his father calls him Babaji.) MahrazJee nodded his head. Daddy spoke again, 'Go home, your mother is extremely worried about you.'

After talking to his father, MahrazJee immediately got home. His mother clasped him to herself. Tears of joy were rolling down her cheeks. At this MahrazJee said 'I have been granted permission by God that I should not go into Godly devotion at the expense of causing pain to my parents.' This gave his mother tremendous comfort and solace.

Das Man Singh (India)

Glossary of Sachkhand Nanak Dham

Sachkhand

Sachkhand is a Sanskrit word. It is made up of two words.

Sach

Means True, or permanent, imperishable and also means abiding.

Khand

Means region or realm.

Sachkhand

Thus means the true and

imperishable spiritual region presided over by the Abiding Master. This is our real home.

Nanak

Mahraz Darshan Das Jee calls the Almighty Supreme Power, the 'Divine Light' - 'Sound', as Nanak, who has numerous forms and yet beyond form. One who has numerous names, and yet beyond name.

He is also the spiritual

emperor of Kalyug, as Raja Bal Bawan was the ruler in Satyug, Ram in Treta and Krishan in Dwaper.

Dham

Is a Sanskrit and Hindi word. It means region, home and abode.

Thus Sachkhand Nanak Dham means The True and imperishable region, the abode of the Abiding Master, the Almighty Supreme Lord.

Enrich Your Daily Language

Das Dharam

Das

Is a Sanskrit and Hindi word. It means servant. Not slave. God created man. Man is slave to his stomach and made other men his slaves. We are all the **servants** of the Supreme Lord - Our God, in the service of mankind.

Dharam

Is the Sanskrit and Hindi word. It means promise. Promise we made to the Lord that on earth we will love and help the mankind He created.

Das Dharam

Das Dharam is the message of the Almighty Supreme Lord.

Adi:

Is a Sanskrit word and means primal, first.

Agyanis:

Is a Sanskrit and Hindi

word and means ignorant persons; those who have not received spiritual enlightenment.

Avatars:

Is a Sanskrit and Hindi word and means incarnations.

Birha:

Is a Sanskrit and Hindi word and means separation, intense longing, pain of one who has been separated from the beloved.

Dharamsalas:

Is a Hindi word and means free guest houses endowed by religious bodies.

Jyoti:

Is a Sanskrit and Hindi word and means light; flame.

Karma:

Is a Sanskrit and Hindi

word and means; action, reaction; the law of action and reaction.

Lobh:

Is a Sanskrit word and means greed.

Nad:

Is a Sanskrit word and means Inner music; Inner melody; sound; Word.

Parshad:

Is a Hindi word and means anything sanctified or blessed.

Sansar:

Is a Hindi word and means the world.

Simran:

Is a Hindi word and means repetition; remembrance.

SATSANG

HAZUR MAHRAZ DARSHAN DAS

ਨਾਨਕ ਚਿੰਤਾ ਮਤਿ ਕਰਹੁ ।
ਚਿੰਤਾ ਤਿਸੁ ਹੋ ਰੋਇ ॥
ਜਲ ਮਹਿ ਜੇਤ ਉਪਾਇਅਨੁ ।
ਤਿਨਾ ਭੋ ਰੋਜੀ ਦੇਇ ॥

*Nanak Chinta Mat Karoh
Chinta Tis He Hoye
Jall Mahe Jant Upayan
Tin Bhi Roji Deye*

THESE verses were uttered by the Second Spiritual Lord, Siri Guru Angad Dev Jee Mahraj.

He compassionately explains to the human form that we, human beings should leave our worries to the Almighty Supreme lord. He, Himself will clear the way and look after you as He looks after the creatures that live in water. He will give you, your share and protect you. If you want freedom from worries and achieve contentment and happiness in life, then you should take the refuge of a Perfect Saint - obtain *Naam -- Masters' Word*. Hence meditate upon it, by withdrawing the concentration at the eye centre, the centre between the two eyes.

The Spiritual Master delivers the message, saying, "... as a mother nourishes and feeds a child with milk, similarly, the Supreme Lord has bestowed upon us the 'Divine Elixir' that drips at the tenth door, -- the spiritual tenth aperture situated at the eye centre - which our soul has been yearning for ever since it its separation from the Supreme Lord.

The message for our suffering

and yearning soul, as delivered by the Perfect Saints is - to free itself from the shackles of the evil tendencies of the worldly pleasures and the pleasures of the tongue - consuming animal flesh and alcohol and thus free itself from 'CHAURASI', the whirlpool of 84,00,000 cycles of births and deaths.

We are suffering in, unending miseries and worries, exhaustively, we all wonder day and night - worries for our sons and daughters, relatives and friends, separation, divorce, litigation, business and suffering in anguish from various diseases and pains. We are all worried sick. Worry is likened to a furnace in a crematorium. Man, encircled by worries forgets about the outside world in which he lives -- shuns his responsibilities, duties and work. Thus, lost in worries, forgets his real aim in life.

Mahraz Jee says, "..... cast off your worries and remember the Almighty Supreme Lord who is Omnipresent. Water, land and space is full of His presence -- attach your mind with one, so that you can understand, the importance of this human form.

ਤੂੰ ਕਾਹੇ ਡੋਲਹਿ ਪ੍ਰਾਣੀਆ ।
ਤੁਧੁ ਰਾਖੇਗਾ ਸਿਰਜਣਹਾਰ ॥
ਜਿਨਿ ਪੈਦਾਇਸਿ ਤੂੰ ਕੀਆ ।
ਸੋਈ ਦੇਇ ਆਧਾਰ ॥

*Tu Kahe Doleh Praniya
Tudh Rakega Sirjanhar
Jin Padaisi Tu Kiya
Soee Deye Adhar*

Mahraz Jee says, "O being do not be unsteady, do not worry, be steadfast, for the creator will protect you. He even provides food for the insects, that live in stones and rocks. O being, entangled in clutches of worries, do not waste this human birth, understand its true worth. Give up your worries -- He will give your share. He is the creator, the Giver of All, the Abiding Master, the Supreme Lord, the Master and the Owner of this Universe.

ਦਯਾ ਕਰੋ ਕਿਛੁ ਮਿਹਰੂ ਉਪਾਓ ।
ਫੁਬਦੇ ਪਾਥਰ ਤਾਰੈ ॥

*Daya Karo Kushi Mehar Upawo
Dubdeh Pather Tare*

There are two examples, before us that illustrates - *Dubdeh Pather Tare* floating the sinking stones.

The first illustration concerns, Shri Ram Chander Jee, son of King Dasarath and God-Incarnation of Treta Yug (the Silver Age). At the time of His conquest of Lanka, a bridge was constructed across the sea, by floating stones that otherwise would have sunk but, for His mercy and kindness.

To explain this point, from a different angle, the second example is taken from the life of Shri Guru Nanak Dev Jee, the Spiritual Emperor and the Supreme Lord of Kalyug (the Iron Age).

People like, Kooda, who became known as Kooda Rakshash. Rakshash means devil. Wali Kandhari, Malik

Bhago, Sajan Thag and Bhumia Chor are all referred to as 'stone-hearted' (Pather) on the basis of their evil tendencies. Their appearance was human, but because of their evil deeds, had become evil, stone-hearted, thus their association with the devil.

Most kind and merciful Shri Guru Nanak Dev Jee, even, saved the stone-hearted people (Dubdeh Pather Tare), who were sinking in the ocean of evil existence.

The Almighty Supreme Lord is full of kindness and mercy. Surrender yourself to the Lord. Give up your burdens and worries to Him. He will look after and protect you. Be His - take one step in Love and Devotion towards Him and He will take ten steps towards you in Kindness and Mercy.

Our evil tendencies and hostilities will only end by taking refuge of a Perfect All Powerful Master. Otherwise, this body, made up of five elements, will continue to fire in the fire of miseries and worries, thus waste away this valuable human form.

The Saints explain in The Divine Hymns that this human form is so valuable and sacred that:- He dwells in every heart.

Thirty three crore (33,000,000) god and goddess are engaged in the service of this human form. Everything is within this body and can be obtained therein. Not knowing the Truth, fools search for Him outside. If you want to meet the Lord, look no further, but traverse within your own body and you will meet Him, there. On the contrary, we do not search within ourselves, but spy on others and comment on subjects about which we know

very little.

Know thyself, by traversing within.

ਮਧੋ ਸਾਧੁ ਜਨ ਦੇਹੁ ਮਿਲਾਇ ।
ਪਵਿਤਰ ਪਰਮ ਪਦੁ ਪਾਇ ॥

*Madho Sadhu Jan Deh Milaye
Pawitar Param Pad Paye*

Mahraz Jee explains, Lord Thou have given this sacred birth, in this, if we do not remember and understand that every state and everything is Thine kindness and mercy and is according to Thine Will, then our birth is worthless.

All the Divine Hymns are composed by Saints. It befits the Saints. But we worldly beings - can only recite but cannot practice, we can only say but cannot act. In other words we do not practice what we preach.

The devotee, requests, 'Master, Giver of all, give us either suffering or happiness, or whatever pleases Thou. We will happily accept with reverence and love'. This is the state of devotees. The Saints are accustomed to it.

Once Kabir Sahibs' house was on fire. People rushed to help and saved whatever they could from the flames. He collected all his belongings which had been saved by the people and threw back into the fire. At this incident, Loi Kabir Sahib's wife posed a question - 'Swami, why did you throw the belongings, saved by the people, back into the fire.'

To this Kabir Sahib replied, 'Loi, One who burnt it today will burn it tomorrow, as well. For these saved belongings, He would have to return to the act again. Let Him destroy everything so that He won't have to return again. It will be

re-built. The Lord is merciful. He, who is giving today, will also give tomorrow. One, who is providing the daily bread, have faith in Him, He will provide it tomorrow and the day after.'

Refrain from non-vegetarian diet and alcohol. Free yourself from pleasures of the tongue and subdue the evil tendencies. If you can free yourself from these, then comprehend that nothing is higher than your form. You do not have to go to perform rituals.

Various sanctified foods such as 'ladoo' barfi and kadha' (names of Indian sweets) are your own tastes. The food that is offered as offering to the Lord, represent your own tastes and not of the Lord. His, only taste, is your Devotion and Love. LOVE IS GOD. His taste, His sweetness, His happiness and His Will abides in only ONE - that is LOVE and LOVE IS GOD.

ਮਿਠ ਬੋਲਤਾ ਜੀ ਹਰਿ ਸਜਣੁ ਸੁਆਮੀ ਮੋਰਾ ।
ਹਉ ਸੋਮਲਿ ਥਾਕੀ ਜੀ, ਉਹ ਕਦੇ ਨਾ ਬੋਲੈ ਕਾਉਰਾ ॥
ਕਉੜਾ ਬੋਲਿ ਨਾ ਜਾਨੈ, ਪੁਰਨ ਭਗਵਾਨੈ ।
ਅਉਗਣ ਕੋ ਨ ਚਿਤਾਰੈ ॥

Mith Boledaji, Hari Sajan Swami Mora
Hao Samale Thakeji,
O Kade Na Bole Kaora
Kaoda Bole Na Jane, Puran Bhagwane
Aawgun Ko Na Chitare

One who reminds not of evil attributes. One who speaks not bitter. One who utters Divine Melody. And by gazing whose face, happiness and a state of bliss is achieved. T is the sign of a PERFECT MASTER.

ਤੋਰਾ ਮੁਖ ਸੁਹਾਵਾ ਜੀਉ ਸਹਜੁ ਪੁਨਿ ਬਾਣੀ ।
ਚਿਰ ਹੋਆ ਦੇਖੇ ਸਾਰਿਗ ਪਾਣੀ ॥
ਧਨੁ ਸੁ ਦੇਸੁ ਜਗਾ ਤੂੰ ਵਸਿਆ ।
ਮੇਰੇ ਸਜਣ ਮੀਤ ਮੁਰਾਰੇ ਜੀਉ ॥

*Tera Mukh Suhawa Jio, Sehaj Dhun Bani
Chir Hoa Dekha Sareng Pani
Dhan So Desh Jahan Tu Wasiya
Mere Sajan Meet Murare Jio*

Lord, thine face is a

and gracious as the sound of the Divine Melody. Thine face is serene, gracious and beautiful and is linked to Holy Water. Gazing, one is inebriated and love emanates. A state of bliss is established. Blessed is the country and the place where Thou reside.

ਸਾ ਧਰਤ ਭਰੀ ਹਰਿਆਵਲੀ, ਜਿਥੇ ਸਤਿਗੁਰ ਬੈਠਾ ਆਏ ॥
ਤਹਿ ਬੇਕੁੰਠ ਜਨ ਸਾਧ ਪਗ ਧਰੇ ॥

*Dharat Peyee Hariyawali
Satguru Bhetha Aaye
Teh Baikunth Jahan Sadh Paag Dhare*

Blessed is the place where a Saint sets HIS LOTUS FEET for it becomes PARADISE. It becomes Heaven. It takes the form of Sachkhand. Nothing ever lacks there and loss does not occur.

Therefore, to meet the Supreme Lord and to merge in Him, the easiest and simplest way is through our human form, which the Lord has bestowed upon us.

The Supreme Lord, is not Sikh, Hindu, Muslim or Christian. He is beyond these differences. The Universal Self is merely Universal Self. He is the Supreme Father. He is beyond doubts. He is Perfect Lord. He is Creator, the Supreme Lord - One who loves all. The essence of the Supreme Lord is incorporated within every living being.

The only way to meet the Supreme Lord is by taking refuge of a Perfect Saint. We have been given this human form, therefore we should leave our evil ways and should remember the emanation of the Supreme Lord. By contemplating and meditating know:- *What have we come here for? What should we do? (In this human form on this earth).*

ਸੰਤ ਕੋਰਤ ਸੁਨੋ ਮੇਰੇ ਭਾਈ ।
ਤਾਕੀ ਮਹਿਮਾ ਕਥਨ ਨ ਜਾਈ ॥

*Sant Kehat Sunoh Mere Bhai
Uaa Ki Mehima Kathan*

Praise of the Saints is esteemed high. The Lord says, "the word of the Saints is not uttered in vain." GOD can deny. But the Saint in His 'MAUJ' - WILL can change the course of destiny. The Word of the Saint, is unalterable, if uttered, in 'Sehaj Awastha' - the state of 'Oneness' with the Supreme Lord.

Henceforth, Hazur appeals to all living beings, to take the refuge of a Perfect Saint, thereby, obtain the Master's Word - NAAM - (Mantra) and meditate upon it.

Within the body, the mind is soiled by all the evil tendencies. We suffer from various sensuous pleasures and passions. To free ourselves from these, we must take the refuge of a Perfect Saint, a Perfect Spiritual Master, who is free from all these tendencies.

The abiding Master Nanak Patshah. The Supreme Soul. The Supreme Lord. The Supreme Creative Power. The Wonderous Lord 'Allah' - the Lord of Muslims and Ishwar' the Lord of Hindus is, He Himself.

ਹੁਦੁ ਬਲਿਹਾਰੀ ਤਿਨ ਕਉ ਮੇਰੀ ਜਿੰਦੁਤੀਏ ।
ਜਿਨ ਹਰਿ ਹਰਿ ਨਾਮੁ ਆਧਾਰੋ ਰਾਮ ।
ਗੁਰਿ ਸਤਿਗੁਰਿ ਨਾਮ ਦ੍ਰਿੜਾਇਆ ਮੇਰੀ ਜਿੰਦੁਤੀਏ ।
ਬਿਖੁ ਭਉਜਲੁ ਤਾਰਨ ਹਾਰੋ ਰਾਮ ॥

*Hao Balihari Tin Kao Meri Jinduriye
Jinh Hari Hari Naam Adharo Ram
Guru Satguru Naam Dridaeya
Meri Jinduriye
Bhekhu Bhaojaal Taranharo Ram*

In this verse, the soul is referred to as JINDURIYE - life. As long as the soul is in the body, human being is alive. Soul is not the body.

Mahraz Jee explains, 'O soul,

you are under the sway of the mind, you have forgotten your Lord. Remember Him and contemplate on Him, only He can free you from the snare of the mind and no one else.

Since ancient times, Exalted Souls and Saints, preached to the soul, to free itself. Beloved devotees who listen to the message and practice the teachings, attain salvation. But those who do not adopt the teachings of the Saints, to save them, God will have to come to this earth, yet again.

It would be a great mistake to think, that God has come down to this earth but, once, and that He will never come again. Many a time, God came down to this earth. He did come, He has come, He will be coming and He will come.

ਆਦਿ ਸਚੁ ਜੁਗਾਦਿ ਸਚੁ ॥
ਹੋਭੈ ਸਚੁ ਨਾਨਕ ਹੋਸੀ ਭੈ ਸਚੁ ॥

*Add Sach,
Jugad Sach, Hai Bhee Sach
Nanak Hosi Vi Sach.*

He is true, today: As He was, yesterday, and will be tomorrow.

It is said, that only Guru Gobind Singh Jee and Guru Nanak Dev Jee are GOD, and that there is no one else, and no other can come again. Then, a question arises:-

What of those who came before them? Why were they sent? No, this is not right. They were the Lords of their own time. They were the rulers of their own time, that's why - they were sent. According to our respective time, we all need the Lord, the ruler of our own time.

Contd. on page 34

Lessons learned from Mahraz Jee are gifts from God indeed.

With patience and kindness
He shows us the way.

We learn about life by the
Grace of this Holy Man. How
truly blessed we the
congregation are.

I learned a lesson from
Mahraz Jee about living life
with love.

And the light from **glittering**
crystals could never match the
light of new knowledge which
shone for me.

The Bible tells a tale of a man
who truly gave and forgave -
as God would wish us to do.
This story can be found in the
New Testament, Luke, chapter
15.

This man was a father too --
he had two sons.

The family made their living
from the land. The father had
a fine farm, prosperous and
successful.

The elder son worked faith-
fully by his father's side.

He worked hard and looked
forward to the day when his
inheritance would one day
make part of the farm his
own.

But the younger son was
restless and bored. He could
not settle to the disciplines of
working life. He longed for
other things. Finally he could
resist the call of adventure no
more.

"Father" he said "Give me
now what is rightfully mine."

The father would not stand in
his way, though he knew that
there was pain and suffering
ahead for his son. Sadly he

LIVING WITH LOVE

complied.

Gaily the younger son went on
his way. Freedom at last, he
thought. No ties to bind him,
money in his pocket, what
more could a young man
want.

The bright lights of the city
beckoned him on. He quickly
found companions to help him
spend his wealth.

Day after day he followed
whichever whom he chose.
Lavishly he wine and dined.
As long as his money lasted
there was no end to his desire.
He **drank** deeply of all the
pleasures of life.

Until at last all of his wealth
was gone. Then did he
understand how true his new
friends were. They left him
quite alone.

He had nothing left at all.
Very quickly he was homeless
- without family, friends,
money or work ... everything
was gone.

He had squandered his
wealth, abandoned his family,
lived only for himself. Only
now did he understand the
error of his ways.

How he grieved for all he had
lost. How he longed for home.

As each day passed in greater
sorrow, his repentance grew.

He had only one desire now.
To return to his home. If he
could just see his father again,
beg him to take him back,
perhaps there was a chance
that he could somehow undo
the wrongs he had done.

Uncertainly he made his way
back. He struggled against his
own fear as he approached his
father's door. Would he be
only driven off in anger?

How could he have known just
what was to come.

His father was overjoyed!

He ran to meet his long-lost
son. He welcomed him with
loving arms. He urged those
in his home to cook a
homecoming feast.

Neither son could believe what
they saw.

The younger son cried at his
father's feet.

"Why do you welcome me so?
I have wronged you so terribly
-- wasted everything of yours
that was mine. What right
have I to approach you again?"

His father smiled and the
warmth of his welcome told
all.

"You are my son" he said
"What is done is done. I
forgive, I forgive."

But the elder son was enraged.

"Why have you done this?" he
cried, "I have stayed all this time
by your side. I obeyed and was
faithful to you. Yet when have
you ever arranged such a feast for
me?"

His resentment was clear.
"This wastrel you treat in a

Bhakti - not Selfishness but Surrender

THIS happened during the Satsang of Hazur Mahraz Darshan Das Jee at Gillingham (Kent) on 27th June 1986 organised by the Sewa Committee Medway Towns.

All the congregation were listening to the preachings of Hazur Mahraz Jee with great interest and intent. During the discourse, His Holiness said a (*udbooth*) which laid stress on the fact that if any *satsangi* went unto a Sant, or a Mahatma or a Guru with love to seek for anything then he should be in His presence with a feeling of total Devotion. He should not approach Him with any feeling of selfishness, because these Saints are

normally linked to beyond the boundaries of timelessness.

The past, present and the future can be altered by them according to their desire.

Hence a selfish person should not come into Sant Sharan nor should he profess an untruthful faith in Him. People with truthful intent, honest thoughts and truthful feelings are the ones for whom the company of Sants and Holy men is really worthwhile, because such people are not interested in what they receive from these Sants and Seers, but in what they can sacrifice for them.

- Das Man Singh ■

Living with Love

way that you never treated me. Why, Why?"

Patiently his father explained. He smiled lovingly at his elder son and spoke to clear his jealousy and bad feeling.

"Son, you are always with me. We share together constantly." He spread his hands before him "And all that is mine -- is yours."

"But this your brother was lost -- and now is found.

"Forgive him with me and welcome him home. Let us show him only our love. This was do we help him grow."

He embraced his elder son and urged him to understand:

"Love always forgives -- and then forgives again."

Surely this message has

meaning for us all.

Our unloving side wants to strike out at those who let us down. When hurt we can criticise, reject, condemn. In anger we look for revenge.

But these are selfish ways and God asks us to put our selfish selves aside.

We must learn to bless instead and wish our brother well. We must learn to pass over the pain and go on as if nothing unpleasant occurred.

God holds no grudges and we must learn to do the same. In this lies true gain.

Mahraz Jee teaches us that love forgives -- and forgives again. ■

- Das Jenny

God - within a veil

As I woke up I looked at the clock on the wall. The clock struck 9 o' clock in the morning, this goes back to February 1982. It was winter, I opened the window. The sun hadn't yet risen in the sky. For the past two days it had been drizzling at intervals. It was cloudy. I got up and had a bath. After bath I prepared to wash His Holiness Mahraz Jee's clothes. I normally finish washing Mahraz Jee's clothes prior to His waking up. One of Mahraz Jee's habit is that, after waking up He would not let me wash His clothes, this would create an accumulation of dirty clothes. After finishing the laundry I would then get into the kitchen to prepare the meal for Mahraz Jee so that when Mahraz Jee woke up, He could have His bath and follow it with His meal.

I was very surprised when one day as I was busy washing the laundry, Mahraz Jee woke up, I went to prepare the bathroom for Him, when Mahraz Jee spoke, "You are always washing clothes, haven't you got anything better to do." I replied, "Mahraz Jee what should I do, Look at God's doing. It is now three days since the sun shone in its glory. All these clothes are still damp and wet. There aren't any clothes to wear, what shall I do?"

At this Mahraz Jee said, "It's alright! If you feel that you are fed up with me, I will build a separate hut for myself, I will dwell there in it."

I suddenly replied, "Mahraz Jee you yourself preach that you are not God, today you have accepted."

Mahraz Jee replied, "Maharani Jee, you are very simple and naive, whatever I may be I am still a Fakir (Seer). You carry on with your work, what do you want out of such things?"

- Maharani Pali
Darshan Das Jee

THERE IS ONE GOD

ਸਤਨਾ ਜੀਆ ਕਾ ਇਕੁ ਦਾਤਾ,
ਸੇ ਮੇ ਵਿਸਰਿ ਨਾ ਜਾਈ।

**SABNA JIO KA EKO DATTA
EVERY LIVING BEINGS
GOD IS ONE - THERE IS
ONE GOD**

All the religions speak of the same truth. No matter what religion we belong to, but the truth remains that *we are all one*. There is One Father and we are all, children of the same Father - The Almighty - Supreme Lord Our God.

In the vicious web of confusion we have, entangled ourselves in sects, denominations, religions, doctrines, creeds and communities as a result we find ourselves divided and subdivided.

Knowingly, man pretends to be ignorant refusing to identify himself and to accept the Truth - that our Father, the Supreme Lord Our God is One.

Writing of religious scriptures, texts and vedas only unite us with the Truth. The Truth is
(a) There is One God - the Almighty Supreme Lord
(b) Our yearning Souls.

SOULS AND THE LORD (Supreme Soul)

Ever-since the souls separated from the Lord, its sole effort has been to merge into the Lotus Feet of her husband, the Supreme Lord. But this in fact proved difficult. The ways that we followed proved to be dead ends and the so called religious leaders or priests whom we followed proved to be lacking and we were left stranded. They

acquired their knowledge merely by reading the scriptures and by practicing dogmatic rituals and vain ceremonies. They were not enlightened - but posed as one.

Only a Spiritual Master can lead us onto the path that leadth unto the light.

Only a Perfect Saint or a Proficient Master can unite the yearning Soul with the Supreme Lord. Because He, Himself is One with the Supreme Lord Our God. He traversed within. He knows the inner most. He can lead us within, to meet the Highest of High - The Almighty the Supreme Lord, for He is One with Him.

Now the question arises - where is the Lord our God, and what do we have to do to meet Him?

In SATSANGS i.e. Spiritual Discourses, Hazur Mahraz Darshan Das Jee says, The Supreme Lord our God is within our human body. He is not to be found outside - people in vain retire into the forests and mountains, but if He was there, the animals and beasts that inhabit the forests and mountains would have found Him - in the past. But the Truth is that He is within. our body and we must seek Him, within this body. Guru Amar Das Jee says, 'Within the body He Himself resides.' This body is truly the Hari Mandir. Hari Mandir means

Lord's Temple.

In order to meet the Lord we have to traverse within - where no one ever travels alone, but with the Satguru i.e. Abiding Master. It is through a Perfect Saint who is wholly merged in God that we can know the path and meet the Lord rejoice in Supreme bliss.

Now the question arises - if God is within our body then why does the soul not meet with Him? What is the hindrance?

We have spent our life going to Temples. Gurudwaras, Mosques and Churches and listen to the readings of the scriptures that say the Lord and the soul both resides in the human body.

How surprising is, the fact, that we do not try to find out, why the soul can-not meet the Lord while residing in the same body. On the contrary, we search HIM outside and get involved in dogmatic rituals. Imparted in Temples, Gurudwaras, Mosques and Churches is the knowledge of the Supreme Lord, the Soul and of how to meet with the Lord.

Religions were founded with a view to impart knowledge of how to meet with the Lord. We, instead of trying to meet with the Lord, kept the Truth of the scriptures to one side and formed divisions and differences of Hindus, Muslims, Sikhs, Christians and Jews

amongst ourselves. Ignoring the Truth, we went a step further, with poisonous minds - created differences and divisions of high and low, caste, colour, creed and schisms.

To take us out of the barriers, divisions and differences of schisms, caste, colour and creed and to lead us unto the LIGHT, to show us the TRUTH repeatedly God, Incarnates. Today, once again these discriminations and differences have encircled us and we can only come out of this vicious circle, if God incarnates in the form of a Sant Satguru, on the face of this earth and leads us on a new path to meet the Lord.

Now, if there is a need, it is only of a Sant Satguru, who within Himself, is one with the Supreme Lord and who can assure us that He would lead us, on the True Path to meet our Lord. Many learned scholars delivered lectures and address the masses, but with all their learnings they can not traverse within: How can they take us within? One who could not overcome himself, one who himself indulged in bestial cravings; how can he free us? Therefore, we must only search for a Sant Satguru who is united with the Supreme Lord our God. The honest and earnest search for a Perfect Spiritual Master now lies with us.

Sachkhand Nanak Dham is the refuge of our time. It is different and unique, there is no war of differences and discriminations. Love, Services and Duty for the Spiritual Master and His congregation rules the hearts of everyone. *Sachkhand Nanak Dham* welcomes you from any

walk of life. Here, there are no dogmatic rituals, no differences no discriminations, a dense of freedom prevails to worship the Supreme Lord, the Creator of all.

SACHKHAND NANAK DHAM

Perhaps, this name, is new to the world, but the teachings and message remains the same, which was delivered since *Satyug* - Golden Age; *Treta* - Silver Age; *Dwapur* - Bronze Age; *Kulyug* - Iron Age. The teachings and the message of this Spiritual Abode is for our suffering and yearning Soul, that has separated from her consort - the Almighty Supreme Lord. Bhagat Ravi Das says:

ਯੁਗ ਜਨਮ ਬਿਛੁੜੇ ਥੇ ਮਾਧੁਰੀ
ਇਹੁ ਜਨਮੁ ਤੁਮਾਰੇ ਲੇਖੇ ।
ਕਹਿ ਕਹਿਦਾਸ ਆਸ ਲਗਿ ਜੀਵਦੀ ।
ਚਿਰ ਨਹਿਦੀ ਦਰਸਨੁ ਦੇਖੇ ।

*Bahut Janam Bishade Theh Madho
Ekh Janam Tumhare Lekhe
Kahe Ravidas Ass Lage Jiwas
Chir Bhayo Darshan Dekhe*

Every being knows that this human form has been given to him to meet the Lord. But knowingly, beings pretend to be ignorant and thus waste this valuable life span by indulging in wordly pleasures. Perfect Saints and Spiritual Masters teach us through Spiritual Discourses, not to waste this human life in vain pursuits, but to know its importance and remember the Lord.

Sachkhand Nanak Dham brings Mankind closer by removing the barriers, differences and divisions created by our society. It bestows them with a spirit to lift themselves above the differences and unite in the

greatest realm of Spiritual Love. It gathers its followers from all walks of life and they are living in perfect harmony because *Sachkhand Nanak Dham* treats Man as Human Beings and considers Human Beings as great. No importance is given to the differences and discriminations of schisms, caste, colour and creed. No Human Being is low, it is the evil deed that is low.

Let no one ask of caste or sect; if anyone worships God, He is liberated.

ਜਤੀ ਆਜਤੀ ਜਥੇ ਨਨ ਕਹੰਦੇ
ਜੇ ਜਥੇ ਤਿਸ ਕੀ ਗਤੀ ਹੰਦੇ ।

*Jati Ajati Jaape Jan Koye
Jo Jaape Tis Ki Gati Hoye*

As God dwells in all creatures none is to be despised. The barriers and discriminations created by high and low, rich and poor, schisms, caste, colour and creed were removed by the Spiritual Masters and the scriptures hold the Truth. But in this short period of time people have forgotten the teachings of the Spiritual Masters and follow the few opportunist. Thus they are led astray and have once again fallen victim to the discrimination.

Hazur Mahraz Darshan Das Jee felt the pulse of our time and has given us a medicine in the form of a slogan *Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala* which can be obtained from the Spiritual Abode known as *Sachkhand Nanak Dham* whose sole endower is His Holiness Hazur Mahraz Darshan Das Jee. To fulfil the Spiritual Mission and for the service and well-being of all

Contd. on page 34

THE DAY OF DHARAM

February 16th, sees the day when Hazur Mahraz Jee laid the foundation of Das Dharam. It was on 16th February, 1980, the day when the solar eclipse engulfed our planet earth, the whole of India was in a state of distress and stayed indoors, that Hazur Mahraz Jee inaugurated and laid the foundation of Das Dharam at his Loni Dera, Dist. Ghaziabad, Utter Pradesh, India.

On this day throughout the world, wherever there are devotees and followers of Das Dharam, they will gather together to celebrate this auspicious day in the calendar of *Sachkhand* Nanak Dham - Das Dharam. Everyone will thank the Lord Almighty for putting Hazur Mahraz Jee amidst us to lead us through the treadmill of this world, showing us the true path, explaining the true essence of being born and our true Dharam, ie to be true human beings and humanity being our true pursuit and also sans caste, colour, creed or denomination, sans - malice, hatred, jealousy, sin etc. sans - all that makes life unhappy and sad. His devotees will with full vigour and vim indulge in self sacrifice as explained by Hazur Mahraz Jee in the service and welfare of others. What is Das Dharam ? In

simple words it is made up of two words - *Das* and *Dharam*

Das : Is a Sanskrit and Hindi word. It means servant. Not slave. God created man. Man is a slave to his stomach and make other men his slaves.

We are all the servants of the Supreme Lord - our God, in the service of mankind. *Dharam* is a Sanskrit and Hindi word. It means promise. Promise we made to the Lord that on earth we will love and help the mankind He created.

Das Dharam : *Das Dharam* is the message of the Almighty Supreme Lord.

Hazur Mahraz Jee has always stressed that *Das Dharam* is established for *LOK BHALAI* ie Well being of all, serving the people for the welfare of humanity. So that we don't forget our duty Hazur Mahraz Jee gave us the slogan, '*Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala*' which means, do something good for somebody else in your life.

Individual spiritual regeneration is important but higher still is the collective spiritual awakening - a new dimension in the pursuit of ultimate love and global peace and harmony which is propagated by *Das Dharam* .

Five fundamental principles on which the foundation of

Sachkand Nanak Dham - Das Dharam was laid are as follows:

a. *Sach*: Always speaks the truth.

b. *Sidak*: Be contented in whatever you have and remember The LORD and thank Him for giving us this day.

c. *Sadh-Sangat*: Attend Perfect Master's congregation .

d. *Sarbat Da Bhala*: Welfare and well being of all. Do something good for somebody in your life.

e. *Shahabat*: Sacrifice of *one's* passions and instincts i.e. lust, anger, greed, attachment and ego.

Mahraz Jee stresses that if, man wants to attain peace of mind then he should refrain from non-vegetarian diet and abstain from consuming alcohol and hard drugs. Thereby, adhere to the above mentioned **five principles**.

Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala

Hazur Mahraz Jee's Satsang on 9th July 1986 - Southall

*Nanak Naam Chardi Kala
Tere Bhane Sarbat Da Bhala*

This life that God has given us has been created as a temple of God. God has entrusted us with a great responsibility to look after the proper functioning of this body, physically, mentally and spiritually. To get to this life it has been through 8,400,000 forms. For the maintenance of our body God has created vegetation which is the main food for all his creation. God has given us only one religion and that is the Oneness of man with God. The other higher religion is "Love and Truth". Man is the only animal which is highly developed and organised intellectually and spiritually. He has been endowed with Love, Devotion, Understanding and Truth.

One cannot cast away the shadow that constantly follows a man, nor change the course of a river so that it can get back to its source. God has created man to love one another in complete truthfulness. Truth is purity and purity is truth and these cannot be changed.

"Whatever you are, that is I,
Whatever I am, that is you"

This is the voice of a true devotee of God. He sees himself in God and God in himself. It is the essence of God which is present in everyone of us irrespective of his occupation or position in life.

Do not waste your life as life is only granted to us once. **Waisting it is waisting a creation.** The entire universe is the creation of God and its activity, maintenance and preservation is part of God, whether it be an iota, an atom or the massive outer space. He cares for everything. The sanctity of life must be loved and respected. If you wish to attain something in

life, then you have to search for it and dedicate yourself to its attainment.

In search for the Infinite, self satisfaction and contentment, then your search has to be within yourself and your God.

HAR HAR - names for Shiv, Vishnu, Brahma and Mahesh.

HAR HAR (MAHADEV) exclusively for Shiv, who is both the creator and the destroyer (through death and destruction).

Mahraz Jee called God as Ajar, Amar, Akal, Ek On Kar, Satnaam etc.

NIRBHOW - He is fearless. He is all fearless. He is everywhere. He is omni-present.

NIRBHAIR - He is friendly towards all. He is not an enemy of anyone. He loves everyone. He resides in the poor, needy and criminals whom he cares for. They always seek his favours. He is not with those who only pray to Him for their selfish need and greed. Put all your attention and faith in His search.

Kaam, Krodh, Lobh, Moh and Ahankar are the enemies of man. It is because of these that man is constantly suffering. Once man is able to get rid of these evils, then he frees himself of them, then he finds, true happiness, peace and contentment.

*Nanak Naam Chardi Kala
Tere Bhane Sarbat Da Bhala*

Hazur Mahraz Jee's Satsang On 1st August, 1986 - Chatham

*Nanak Naam Chardi Kala
Tere Bhane Sarbat Da Bhala*

Mahraz Jee explained that we humans are so busy performing various acts and actions in search of God. We get so engrossed in ourselves, in our worldly needs that we tend to get caught in the vices of eating meat, drinking alcohol etc. the joys of the flesh and in that of the mind, such as in pride, ego etc., and hence lose track of our real aim in life of being one with God.

We are reminded of our duties to God and His mankind through:

UPDESH: The teachings of the great Seers and Leaders.

SANDESH: The message from God which is passed on to

mankind through his Prophets and Messiahs. People are vaguely interested in those things which give them self praise and applause from others.

Great teachers have taught us of the oneness of God. He is the only father and we all are His children, brothers and sisters to each other to love each other as we love ourselves.

Respect women, give women their proper place in society, do not treat them as inferior beings, treat them as partners.

Live on Vegetarian Diet. No religion or religious teacher preaches to kill to eat, or destroy life. Life is for sharing, e.g. if you pile up earth in one spot, the

Satsang Chatham

end product is a pile of earth, no use to anyone, but if you spread the same earth around and sow seeds in it then you will get crops for consumption for others, some use is made of the pile of earth. Similarly spread the gospels of the prophets for the benefit of the people.

We always say that god abides within us, does He? God is purity and truth. Are we all? The day he begins to reside in us, that will be the day a new life and thought dawns within us, that day we will begin to **discard** our baseness, our greed, our follies, our pride and ego etc. and we will give birth to love, truth and brotherhood within us and work for this.

Today our sufferings are due to our turning away from purity and truth and turning to the needs of the flesh and enhancing our ego. We have diminished our feelings of meekness service, love and affection.

Prophets always point to us the way to God Almighty who promises truth, love, compassion, self-satisfaction and trust. Today we are too engrossed in Self gratification, rather than contributing to the teachings of prophets, love of God and needs of our brethren. A human is not a devil or an ogre. If we look into the good

If sorrow befall us, we should accept them as God's Will.



God is desirous of true lovers and not who profess love.

qualities of people, however remote, we won't have too many devils in this world.

He enunciated :

1. To seek goodness in others.
2. Do good to somebody everyday.
3. Never tell a lie.
4. Always speak the truth.

Man has to learn to find for himself as long as he is on this earth, but he needs God's protection all through his life. We cannot do one without the other.

In this modern world we have to learn to discard the practice of caste, colour and creed in order to practice love for humanity and speak the truth. Love of humanity and truth is the only true and everlasting religion.

He who has ridden your body with ailment knows the true cause of it. He is the only one to provide the remedy too. In the modern world we are too hasty **to seek a quick remedy to all our ailments for instance we look**

to quick and fast food to satisfy our hunger. We do not care for the end results so long as they provide us with temporary relief from our sufferings, even if we have to be dependent for the rest of our lives. We have to have Shakti (Inner Strength) to believe in our prayers and in God for cure. **Prayers are a permanent remedy for our ailments as we are in constant touch with our Maker who cares for us and will provide us with the remedy to our ailment. God is Great.**

We only seek Him for our selfish needs and greeds. If we didn't have selfish demands on God, we wouldn't even bother to think of Him, as we do with our friends in life. we must always try and endeavour to think of Him in times when we have no selfish needs and greeds.

*Nanak Naam Chardi Kala
Tere Bhane Sarbat Da Bhala*

Salient Points of Mahraz Jee's Discourse on 21st Sept. 1986

Venue:
Community Hall,
Southall.

Date : 21st September 1986

That Sadhana (innate love) is the highest form of prayer.

To be in touch with God Almighty we need the company and guidance of a true master. We are too deeply engrossed in petty frictions of caste, creed and colour and religious difference that we have no time left for His Sadhana.

God being One and Universal,

you can pray to Him, anywhere and wherever you wish to. You need to possess, feel and show true love towards Him. He is One and Complete. Whenever we receive our rewards or punishments, we receive these due to our own actions or Karmas. The only way to reach God is through His remembrance and His Naam. Wherever, however, whatever we are, the only ultimate truth is that we should realise that Death is the end of life.

We must always remember that

Southall

God is in love with us. If we do not realise this, then we are the culprits who do not love Him. The only way to reach Him, is by creating true feelings of Love, and true relationship with Him. Our worldly attributes and love of matter are a hindrance in our desired goal to love and reach Him.

God is the provider of everything to everyone. Oh Man ! try and understand, try and seek Him, try and love Him for He is the only one Whom we ultimately need. We enjoy the falsehoods of life, false pride, false respect, false social standing, but we are ashamed of our duties towards true service, true company of honest good people, we are constantly worried and feel false shame about what our social compatriots and what our relations would feel and say about our true relationship with God and His people. If you haven't done anything wrong on this earth, then why do we have to go seeking remedies to our wrongs. We shouldn't be scared of anything, not even death.

We can achieve greatness through complete, total and utter faith in Him, Always perform good deeds that we are not ashamed of.

Whatever our state in life, we are all actors in life, come to perform our acts. In the end it is only a few feet from the surface of the earth that we are laid in.

The love with which a gardener tends his flowers, we do not show that love and care when we pluck his flowers. Similarly, God who tends for us, feels for us. He doesn't think of us as members of different castes or creeds, but as His creation.

We have to learn to love and

pray to Him. His Naam is the greatest asset a person can have. The Lord says, 'Oh Man ! if you want to see me and meet me, then do so when you are alive and not after your death. It is through your good deeds and actions, love and service to humanity, your pursuit of the truth that you can come closer to me. My Naam, my Gurbani is the essence and bliss which my Sants, Saints and Seers preach.'

As a drink of water quenches your thirst, so does the wisdom and companionship of His Sants and Saints quench our thirst for Him. To achieve God let your actions and deeds be such that even God appreciates what we do. God is within us, but is not resident there. He is there, we have kept him in veil to visualise and see Him. To this end we must try to eradicate and destroy the evil thoughts and actions that lie within us.

There is nothing or no-one in this world that has been constantly remembered, apart from his Naam. Our body is made up of five elements: earth, air, water, fire and ether.

Always try to develop the feeling and desireability of being a lover of humanity. Do not doubt or suspect others. One who is always and perpetually praising himself, how can he ever find a fault in himself? If you develop and incalculable human qualities and goodness in others.

you will and can see similar qualities and goodness in others.

Your need now, in this world is to remember God. Pray to Him sincerely, and learn to understand what and who you are. Do an introspection of yourself. When you have done this then God Himself will show

you the way. He will be there positively. if you do not your ownself, then you cannot understand other or God.

We should seek the knowledge of God. He is the creator, you are all His children. You can consider yourself otherwise. Once you have created your relationship with god, then be in love with Him, after that God will do whatever you wish of Him. Following Him is the only way in life.

Oh Man ! don't be evil, be loving and affectionate. He says, 'I have created you and everything around you and all you need, you need to know me, love my creation, I will provide you, give you and bring you to my Abode.'

Man is Man and God is god, truth is truth, but the feelings and desires are yours. If you really love Him, then you can feel Him within you, the way you want to.

You can think and feel the way other people lead their lives, but have you ever thought how and in what way you have led your life. Judge yourself before you judge others.

DAS DHARAM is the message of the Almighty Supreme Lord.

Dharma knows no restrain, nor slavery, It is free and full of freedom.

Necessity leads to far cries,

Ego drives to war

Love of sacrifice .

We beseech thee, O Lord, to bless the entire earth with peace.

Spiritual Discourse (Synopsis)

Hazur Mahraz Jee's Satsang on 21st November 1986

Venue:
Alfred Primary School,
Wokingham Road,
Early, Reading.

Date: 21st November 1986

Expounding on the *Naam* Mahraz Jee said that this is the very word we are all in search of. It has been explained by the Saints of the past and the present, that *Naam* is the only Holy Word which leads us, and shows us the way to **Eternal** Abode. Unless and until we do not get *Naam* and meditate on it, we cannot hope to reach God. There is more in *Naam* than in anything else. It is the link that a saint or a Holy person has with God. It is this link that they pass on to us. In *Naam* one finds bliss, joy, happiness and achievement. All Saints are light, for they spread His LIGHT, and remind us of Him. Their light merges into the Eternal light called God.

We are all engulfed by our demands, desires and ego. We spend this life span of 70 or 80 years in these pursuits. We do not wish to see or meet Him due to our engrossed life. Whenever we pray to God, direct or through His Saints, for anything, if those prayers are not accepted or answered then we do not blame our '*Vish Karma*' (evil Deeds) but blame God who we feel He hasn't listened to, or answered

them.

Further He explained that animals feed themselves just to satisfy their hunger and not their greed. They will not destroy anything more than their need. They do not hoard. Man on the other hand is a hoarder, and spends his life in collecting, possessing and hoarding, even this wealth and acquisition doesn't help Him, or provide the happiness, the contentment he is perpetually seeking for. We seldom remember God for His generous bounty granted to us, but attribute it to our endeavours.

God, Mahraz Jee said, is always there to listen to our pleas and prayers and even grant them, but have we ever asked ourselves if we truly and honestly love Him, remember Him, thank Him and meditate instead of demanding for more from Him. Remember God is the final and the Eternal one, to whom we return to. He is always there to greet us. His Saints are the people who are there to guide and lead us to Him. Whenever we think ourselves as a part of God (which we are), perform our Simran, meditate on the *Naam*, and always remember Him, then there is no reason why we cannot reach and attain Him.

Man, O Man, you are His

light, look and peep into yourself, meditate on what is within you. Once you know that Inner Self, then you will know what you are and what your relationship with God is. If you truly love Him, then there is no reason why you should be unhappy or discontented. Never think that there is no God. He has been, He is and He will be always, for He is Ever and Always. He is the provider, He is the Giver, and you are the recipient. He is always there, all you have to do is to probe within you, to seek and find Him.

Dharam is our promise. It is our promise to God. *Dharam* is also a kind of promise to your friend which binds you to honour it. *Dharam* is your promise to your God which you honour and fulfil.

Naam is God's message, which has been given to us from one age to another, or one Era to another Era, (when we love Him we can ask of Him, beg of Him). *Naam* is the only key to attain Him. Our failure to reach Him and achieve anything in life is because we haven't been steadfast and resolute in our desires in our resolutions and in our vows. God wants us to be active, responsible, dutiful and to activate others to tread on His path.

Those who destroyed humanity. to achieve their greatness have nobody to pray or praise them, but those who gave their lives for peace, happiness and well-being of humanity have their memories enshrined in our thoughts to this day.

Their words and actions even today are reminders and guides.

Whatever **Karma** we perform in our lives, they are the ones that carve our future lives. we have to seek the guidance of the Seers and Saints who proclaim His **Naam** to help us.

God is not hungry for matter, material, or wealth. He is hungry for your love for Him, and for His humanity. We should pray to Him to help us perform good deeds and actions, for it is through these Karmas that we can reach Him. He is Datta. He is the Giver, we should try to be good receivers, recipients of His great joyful bounty. You should try to correct and rectify what your actions are and thoughts are today, rather than tomorrow, for it is now, rather than tomorrow that you have to mend and correct your ways and paths.

God says remember me Once, and I will remember you many folds. Our problem is that if we do not get what we ask of God, then we do not wish to know Him, because of too many Saints and Sants there is too little devotion left within us, similarly there is less and less truth left. We do not know which path to tread on. There are very few true Saints or Sants or Fakirs today. We should try and find them. If we only pray to or remember God just as a mere fallacy, then God never comes

near us.

God is light (sight) and He is also sound (voice) and He is found in both.

The essence of all this is that you are His Human beings and will stay as His beings.

Always receive **Naam** from His Sants and Saints. Do **Simran** (meditation) of His **Naam**.

If you misuse your five senses then your mental outlook becomes depraved. If you use these five senses in their true perspective, then the result is one of greatness and bliss and peace. We have to cleanse our inner-most thoughts and feelings.

Everything on this earth changes. The only two things that never change and unalterable are:

- (1) The time of your birth.
- (2) The time of your death.

These are pre-destined and pre-ordained.

Man is a slave to his stomach, not to his devotion, nor to his God.

If you cannot adopt the path of God, then there is no need to waste your time on it, accept what He has to Give you.

Saints are born, no-one is made a Saint, **Dharam** has been born (created) for Spreading **God's** goodness and graciousness, and not for causing unhappiness. Truth has no questions, and Lie has no answers. Even God, if you **aren't** mine, or cannot become mine, **please** listen to me, try and make me Thine.

God has never sought your accord, but always **accords** you your wishes.

God has never disowned His devotees. He has always

accepted them for whatever they are. Whatever bliss or happiness that is not yours, it is the result of your deeds of the past births. He is full of blessings and benevolence.

God has given you the five senses and a brain to collate them. So don't lead your life with a blindfold on your eyes or lead it in blind faith. Follow the true light and the true path. Look for His path, Love God and have true and steadfast faith in Him. He accepts all forms of true love. He wants you to accept Him.

He is not your fears, He is your happiness,

He is the Giver, and does never ask.

Mine is the only message of God, it is up to you to accept it or reject it. All I say to everyone is to adopt the path of Love, good deeds and actions, service to others (humanity) and learn to provide happiness to others.

Learn to give to others than be quick to accept,

Learn to love and love truthfully, that is the only way to true happiness.

Even Jesus Christ said, 'Love Thy Neighbour (enemy) as much as you love yourself'.

God doesn't have any animosity towards you, why then do you feel uneasy about Him and His creation? Why do you wish to be farther from Him?

In the end Mahraz Jee said,

"You should be steadfast and resolute in your aims to travel on the path shown by God. Show me the way and I will follow it whatever hardships and mishaps come my way. Give me the strength to face with courage, joy and without the fear of death, for I know you are always with me." ●

Poems

*Truth is the essence of belief,
And the way of life,
Thank the Lord for what we have,
And appreciate the gift of life.
Take that gift everyday,
Praise our Lord in every way,
Help those in need, and
Help those not in need.
Following ones passions and instincts,
Is the way to deceive oneself.*

*So in life, to find peace,
Never say anything untrue.
Give thanks for what you have,
Help all those you can, and more.
Sacrifice your passions,
For what you know is right.
That way you will live,
In peace, this life and forever.
The way to happiness is,
Through your deeds in life.*

Manjit Sodhi

Simple Truth

*Truth is an enigma,
Everyone believes in it.
Few trust and follow it,
Lots twist it to suit their ends.
Witnesses swear by it,
Priests preach it.
Teachers teach it,
Mystics search it.
Scientists try to prove it,
Wrong doers detest it.
Toddlers speak it,
Saints and Seers summ it.*



*What is truth in reality?
No-one knows.
Is it a statement or a fact?
I have heard it said,
Truth is not easy to know,
Nothing is higher than truth.
Always speak the truth,
Truth never fails.
Truth always triumphs,
Truth is the Path to success.
Truth is the ultimate,
It is the only path to GOD.*

*Some say truth is ever pervading
Everlasting, and eternal.
Ever aspiring life.
Seeks self purification,
And total Devotion,
Truth demands to be told,
And not with held.
That the path of truth,
Is strewn with difficulties.
Yet truth has it's own reward,
One step of course,
It is not truth anymore.*

- Das Madan



HAPPINESS

Everybody, everywhere,
Seeks happiness it's true.
But finding it and keeping it,
Seems difficult to do.
We think that happiness is,
Found in the places where wealth is.
So we keep on searching,
In places of pleasure.
Unaware that happiness is,
Just a state of mind.
Within the reach of everyone,
Who takes time to be kind.
For in making others happy,
We will be happy too.
For happiness you give,
Returns to shine on you.

SOMEBODY CARES

*Sombdy cares and always will,
The world forgets but God loves you still.
You cannot go beyond his love,
No matter what you're guilty of.
For God forgives until the end,
He is your loyal faithful friend.
Though we try to hide our face,
There is no shelter nor any place.
That can escape His watchful eye,
Whether on earth or in the sky.
He's ever present and always there,
To take us in His tender care.
To heal the wounds,
And mend the breaks.
When all the world around forsakes,
Somebody cares and loves you still,
And God is that someone who always will.*



FAITH

*It's easy to say, we trust God,
When life is radiant and fair.
But the test of faith only comes,
When there are burdens to bear.
For our claim to faith in the sunshine,
Is really no faith at all.
For when roads are smooth and days are bright,
Our needs for God are so small.
And no-one discovers the fullness.
Or the greatness of God's love.
For the faith to endure whatever comes,
Is born of sorrow and trials.
And strengthend only by discipline,
So be not disheartened by troubles.
For trials are the building blocks,
On which a fortress of faith is built,
So lets all be secure on God's ageless rocks.*

- Das Rani



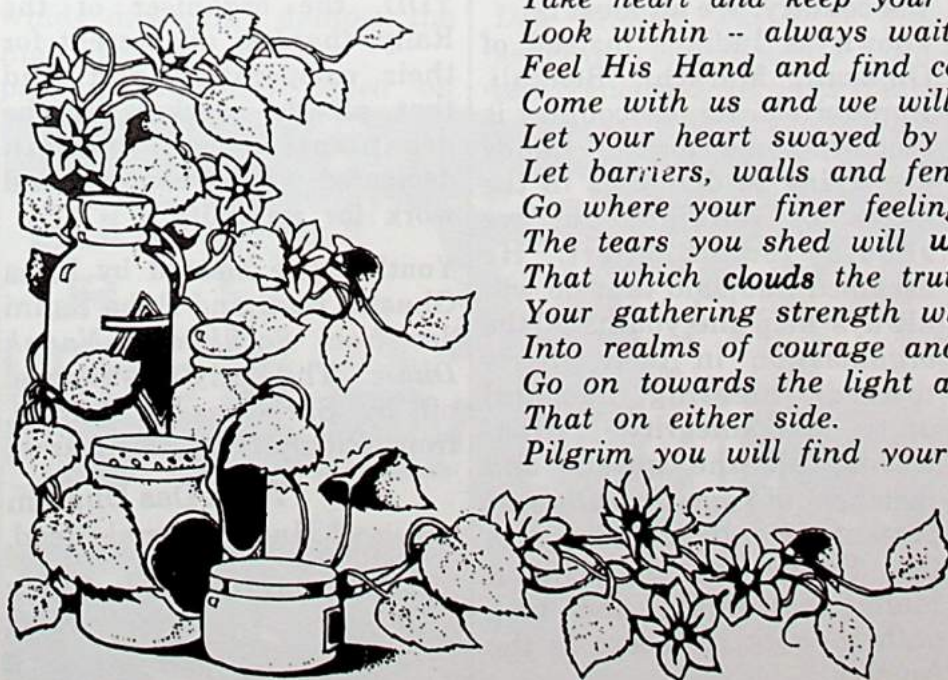
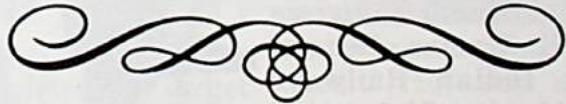
So take this journey if you will
Deep within thyself
Into a silent sea
Of knowledge, light and love
Which is thy God within.
Those who understand
Will let you go with fondness.
Those who don't
Must be firmly placed behind.
Sing as you pass, with joy
That these new shores
Are shown at last to thee.
You fear to go alone
But one these false pillars
With their sweet songs of selfishness
Have been seen for what they are
And passed by with quickened steps,
Then, and only then, will Truth
By thy companion evermore!

In the mountains - there the air is pure
Ring of mist suspend in ether crystal clear
Peace shimmers through the waiting soul
And on for everyman and all eternity.

I have a mountain here for you
At the highest point within your heart.
Look up with joy and smile as you ascend.
Discard the chain which held you bound below
Leave it lying gently folded on the earth.

Come quickly now, Here my truth is subtle
Only in this silence is it found.
Far below the **tremouring** tambourine,
The honeyed cup and sweetened meat,
We are alone now, thee and me.

Raise your eyes and with steadfast gaze,
Accept at last this further truth
You have spent this string of days
Turning from till now.
Accept my gift -- you fear it, but,
Its what you need
And must accept for us to be as one.



Very few there are who understand
Very few there are who follow
Very few who strive as you are **striving**.
Take heart and keep your faith with God.
Look within -- always wait within,
Feel His Hand and find courage there.
Come with us and we will lead
Let your heart swayed by inner promptings.
Let barriers, walls and fences down,
Go where your finer feelings lead.
The tears you shed will **wash away**
That which **clouds** the truth.
Your gathering strength will lead you
Into realms of courage and endurance undreamed.
Go on towards the light and ignore
That on either side.
Pilgrim you will find your way.

Das Jenny

A *Shanti March* was organised by *Yuwa Das Dharam International Regd.* at Rajghat for peace in Punjab. At this occasion 31 youths of the organisation proceeded from Rajghat to Amritsar on bicycles. A *Shanti-Sabha* was also held on the occasion which was attended to by political, religious and social workers.

Shri Anand Sharma, M.P., President Youth Congress (I), Chief Guest, Ram Chander Vikal, M.P., Kaushal Kishore Sharma, President Bhartiya Nav Yug Narman Samaj, Swatantra Yadav, General Secretary of Youth Congress (I), U.P., K. Kumar, General Secretary, Indian Railways Porters & Vendors Union. and many more participated in the meeting and expressed their views on the matter. They also praised the work of the organisation in regard to the national unity and integrity.

The meeting was presided over by Shri Madan Lal Gangohari, Joint Secretary, Indian Youth Congress. In his address, the Chief Guest Shri Anand Sharma said that a handful miscreants have created danger to our leaders who had fought for years together. He said that we have to fight these elements not by force but peacefully. He praised the work done by *Yuwa Das Dharam International Regd.* and said that this organisation is rendering its services to national unity and integrity not only in India but abroad too. He further emphasised the need to forget

ॐ परमात्मा
अपनी धरती पर शान्ति की बौद्धार कर दे
महाराज दर्शन दास



Cycle Track

the castism and religionism and to work for the unity of the country. We all must be known as Indians instead of Gujarati, Marathi, Bengali, Punjabi etc. As our country is secular, some foreign hands are trying to divide us in the name of religion, but we should remain alert. He assumed and said that he will always help the youths of the organisation in their efforts towards creating national unity and integrity. Afterwards, all the guests and members of *Yuwa Das Dharam* present paid their homage to the Father of the Nation Mahatma Gandhi and took oath to work for peace in the country.

Das Brij Mohan, President, YDD, the organiser of the Rally, thanked all present for their co-operation and said that all the workers of the organisation will remain dedicated to the country and work for its unity.

Youths were blessed by Baba Ghasita Ram and Baba Sahni Jee from *Sachkhand Nanak Dham*. The Rally was flagged off by Shri Anand Sharma, from Rajghat to Amritsar.

Yuwa Das Dharam
International Regd.

- Das Ashok Gupta
(Secretary)

Venue:

Trinity School, Trinity Road, Gravesend Kent.

Dat: 7th Sept. 1986

Time: 1.30 p.m.

Organisers: Yuwa Das Dharam, Gravesend Kent.

Members of Yuwa Das Dharam along with the members of local committees were present at the Fair and were supervised by staff from London Office. Mrs. Mavis Edeson representing local branch of Dr. Barnado's Home was also present.

The participants in the walk began their arduous task after the chanting of Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala five time. The inspiration that prompted the organisation of Yuwa Das Dharam's Charity Walk to help Dr. Barnados Home was one that emonated from the teaching of Hazur Mahraz Jee's teaching of Universal Love and Brotherhood of Mankind and of doing Something for Somebody everyday.

To bliss this occasion, even the sun peered from behind the canopy of the dark clouds in the sky and smiled for a few moments. The dull, dark and windy day didn't dampen the high spirits of the participants, they toiled on

**Y
U
W
A**

**CHARITY WALK IN AID OF
DR. BARNADO**



regardless. Each and every volunteer completed the target set for them with vigour and had quite alot stamina left for more. To see the performance of a three years old and of (modesty prevents me from mentioning the age) the oldest was a sheer joy.

Das Shirley was kept busy serving refreshments constantly encouraging participants

and herself going round the circuit. Hot and cold drinks and refreshments were served in abundance.

To see the atmosphere packed with smiling and cheery faces of the sewaks whether walking or serving or cheering was a bliss in itself. Here one realises that in reality, influence is Mahraz Jee's teachings on His sewaks.



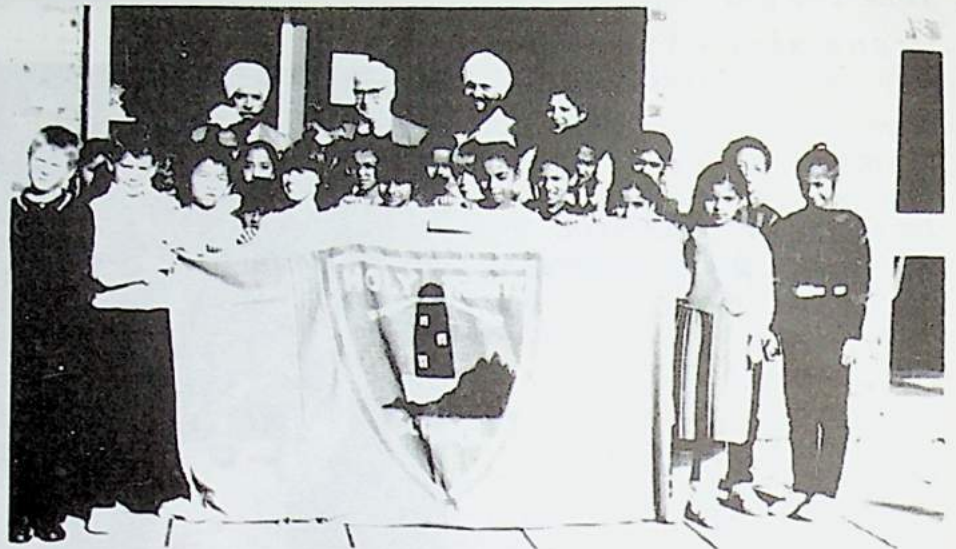
Contd. on page 29

CHARITY WALK IN AID OF HOLY TRINITY SCHOOL

THE success of the sponsored walk by the *Yuwa Das Dharam - Kent Division* prompted the ladies to participate in yet another similar project to be organised by *Yuwa Das Dharam - Kent Division* under the guidance of London office.

Thus, on 4th October 1986, they organised a sponsored walk and a fair to raise funds for the Trinity School. In spite of the school halls being booked on that particular day, one part by an Indian Wedding reception and the other by a music and ballet dancing group rehearsals.

Despite the dull beginning to the afternoon, the spirits of all the volunteers and the participants were never dampened. They worked hard, full of enthusiasm to make the day a great success. Everything went according to plan. The love and understanding shown by the participants



Devotees of Mahraz Jee at Holy Trinity School.

brought the young people from both the halls to participate in the activities. At the conclusion of the day, everyone present, every participant, and volunteer was treated to **sumptuous** entertainment of eatables.

The grand effort raised £260 - towards the school funds. I

believe this is the first time that someone has raised funds for the school.

The staff from the London Office and the organisers of the sponsored walk and Fair were at Gravesend to present the cheque to the Headmaster of Trinity School.



*The essence of
pleasure and
pain lies in
happiness and
bliss*



*In adversity
help your
enemies as
well.*

The sparks of inner joy and happiness were evidents on everyone's face, thus providing the glory of God in man's actions. Even the sun couldn't resist showering its golden rays on everyone towards the end of the walk. It had to peep out of the clouds.

The conclusion of the day's efforts and achievement was brought by the Sewaks when everyone present was entertained to sumptuous refreshments in the school hall. The hunger and appetite built from the walk was enough to burn the extra calories consumed from what those well presented food trays had to offer. Everyone made a meal of the food they were offered.

All in all, never had so much joy and happiness been generated for the lot by the

few.

A day to remember and thanks to the organisers.

STOP PRESS

A delegation from the Mission left for Holland on 3rd February 1987. Mahraz Jee's Dutch followers were delighted to be able to attend satsangs and receive the message from Baba Jee and his companions in their own country.

At the request of the congregation in Kenya Mahraz Jee, sent a delegation in early February to deliver his message and further the cause of the mission. The team will be present in Kenya on the Foundation Day of Das Dharam.

DAS CONFERENCE

In the wake of the tremendous success of the first Das Conference, the demand for a similar second one was requested by the delegates from various Sewa Committees. To comply with this request a hurried 2nd Das Conference was called.

The response was extremely good even at the short notice that the Sewak Committees were given.

The object of this being two fold, one to execute the official business of Sachkhand Nanak Dham - Head Office with its Sewak Committees - by providing them with an opportunity to express their views upon the work of the Dham, exchange and discuss their ideas with His Holiness

Hazur Mahraz Jee and create an atmosphere wherein every member present be able to express his/her feelings without fear. Secondly, it was meant to be a social event to foster and enhance familiarisation amongst the Sewak Committee members, comment and bond the love, affection, understanding of the common cause of expanding our mission's activities and taking it to people and places unventured. Mahraz Jee gave His usual blessings and spoke about His mission's activities. Every avenue was opened and every opportunity was given to the Sewaks present to say what they felt and this opportunity was very well grabbed by most of the Sewaks present. The Conference provided the

necessary impetus it was organised for. It injected new zeal and determination in its Sewaks to work twice as hard in the cause of *Sachkhand Nanak Dham - Das Dharam*.

Ours being a spiritual, and a humanitarian society based on the Principles of *Sach, Sidak, Sadh Sangat, Sarbat Da Bhala* and *Sahadat*, we must advance the cause of the mission, by practising and preaching them to one and all.

The Sewa Committees were then feasted to Langar hoisted by the West London Sewa Committee.

The day activities concluded at about 9.30 p.m.

4th ANNIVERSARY CELEBRATION OF SACHKHAND NANAK DHAM IN U.K.

Sachkhand Nanak Dham (U.K.) celebrated its 4th Anniversary on 31st August 1986. The growing size of the congregation necessitated a bigger and a wider place - what better than a huge canopy in the middle of lush green Handsworth Park, Birmingham. A massive congregation attended the celebrations. Sewaks from U.S.A. Canada, Holland, Germany, India, Kenya and not forgetting various cities throughout U.K. The Chief guests on this day were the Deputy Lord Mayor and Lady Mayoress of Birmingham. In his speech the Deputy Lord Mayor congratulated the Sachkhand Nanak Dham organisation on its contributions to the local life in Handsworth and Birmingham



the practical way in which Sachkhand Nanak Dham was involved in the needs of the

local people. The rest of the programme ensued as was organised.

7th DEC. 1986 - MAHRAZ JEE'S BIRTHDAY

The day dawned with uncertainty in the atmosphere, a greyish sky with mist and insistant drizzle which could have dampened any spirit to step out of doors, but not that of the devotees of **MahrazJee**. Nothing would have prevented or stopped the devotees, not even thunder, rain or storms to pay their homage to **MahrazJee** on his birthday. Every devotee trekked to Birmingham in whatever mode of transport they could go.

The celebrations started with Kirtans by various groups. The group 'INTERNATIONAL' entertained the congregation with their melodious rendering of songs of praise for His Holiness. The

congregation listened spell-bound to all their rendering.

Hush developed as **MahrazJee** emerged and walked through the congregation to the dais. Imagine the number of Sewaks who wanted to touch his reverent feet. At the insistance of everyone present the afternoon's proceedings took off with Hazur **MahrazJee** performing the ceremony of cutting his birthday cake thus respecting the local custom. He is in truth and practice a true humanitarian. There was that gleam, joy and joviality that goes with such occasions.

The proceedings started with speeches, poetry recitations and music to hail the birthday

of Hazur **MahrazJee**

MahrazJee in reply to these thanked everyone for their sentiments.

MahrazJee's followers paid Him their personal homage.

This is the man, the master, who has physical and spiritual prowess to work for the people, for humanity in the service of God, for whose mission he has been accorded this birth.



MRS. A. RAILTON & HOLY WATER

This story is about a lady who has a double hernia. You may remember that I told of her experience to His Holiness a few months back at Das Ashok's house.

This article has been prepared by me, as the lady has problems with reading and writing. Nothing has been written without her knowledge and consent.

My name is Mrs. A. Railton, I am 52 years of age and I live in Huyton which is in Liverpool.

I have prepared this article so that everybody who reads it can understand that 'YES' the Holy water that is Blessed by His Holiness Darshan Das has the power in it which can relieve pains and also can relieve distresses of all kinds. It puts clear a confused and uneasy mind, or if you feel down it will pick you up and restore confidence. You must have a little faith, as time progresses, and still taking the Holy water, you will notice results, this will then develop your little faith into a much stronger faith.

Everything in this article is true, and I would like anybody who is in any kind of pain at all to read this article, as I have experienced that the Holy water really does work, this is my experience:

Up until ten years ago I was a fit and healthy lady and never had any health complaints, I led a normal life and used to work as a barmaid in our local Public House. It all began ten years ago when my appendix burst, I was taken into hospital and the doctors operated on me. This appendix operation was the beginning of the downfall in my health. From that time on

my health has deteriorated tremendously, my health complaints have included:

Bronchial Asthma

7 Ulcers

The removal of the Gall Bladder

A bad heart

2 muscles removed from my stomach

Most important of all is that I have suffered from a **double Hernia**.

I had the Hernias 8 years ago, and it is through these that I have experienced the most pain. I had to stop working, as it proved too much for me. This was the time when my health was deteriorating rapidly. The Social Security classed me as an invalid, therefore, I received a special invalidity allowance.

I could not go to the shops, nor could I do any housework at all. For the housework, I had to rely on family friends and relatives. If I walked further than three hundred yards then I would have a blackout and collapse.

The doctors had given me an option which they told me to consider. They said that I could have a major operation and take the risk of death, or to suffer with the constant pains, day and night, for the rest of my life. I chose the latter, as I suppose I did not want to die. I knew that if I had the operation then I would most certainly die.

My life was a nightmare until I got talking to one of His Holiness' followers. He listened as I told him of my pains and problems. I told him that I would do anything to get rid of the pains. Then this follower said to me that the pain could be relieved. He showed me a bottle with Holy water in it, and said by taking the Holy water and by uttering the slogan:

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

the pain will disappear.

At first I thought he was joking, how could water take away such severe pain? As he gave me the Holy water he emphasised the fact that when I take the Holy water I must take it with faith.

I was given the Holy water in mid-May 1986, and by the end of the same month I was completely relieved of my pains. Since then I can do anything a normal person can do. I can walk long distances, I can run around in the park with my grandson, I can do all the housework, which I haven't done for eight years. I have just finished decorating four bedrooms in my house and I am about to start on downstairs.

I have no pains at all although my stomach is still very large, this is because of the Hernias. Even until now, I have only seen a photograph of His Holiness and not seen him in person, but still I know that His blessings are with me.

This article is to inform all the people who read this, that God's blessings are with everybody, but His Holiness Mahraz Darshan Das is a method, a way of bringing this blessing to light.

So get up and go, as I am sure that everybody has some sort of problem maybe a disability or maybe you just want peace of mind, so go and receive your blessings from His Holiness. From Him you will receive something that you also will appreciate all through your life.

■
- Das Lalit

JOHN KENSIT

JOHN KENSIT has the heart to stand up for Mahraz Jee Darshan Das Jee.

One of the Master's most enthusiastic followers, he defends his Holy Man wherever he goes.

A lawyer in publishing, John, who lives in the East End of London, has worked in the cynical world of Fleet Street newspapers for 13 years.

Yet now he wears the mark of Mahraz Jee and the mission of Sachkhand Nanak Dham, the tilak, every working day.

From where does such courage spring?

From a heart that was literally made whole by Mahraz Jee Darshan Das.

John tells his own story best. "I wasn't looking for an Indian Holy Man" he says, "I stumbled into the Master's path."

"Last year I had very bad pains in my chest. After taking tests, my doctor told me that I had been through a heart attack and must go to hospital."

"There I was given a series of complex tests in which the technicians thread a wire and tube into the heart and actually took pictures."

"As a result I was told that I must have a triple by-pass operation. The doctors showed in the pictures where the blockages were. They said that there were three places in

my heart which would need to be by-passed."

"I didn't have much time - the doctors told me the waiting list was only 6 weeks long."

John was very worried about what he had been told. The operation would take four hours under anaesthetic. That meant a long recovery period. He was very concerned about the length of time he would have to stay away from work.

Yet it seemed that he had no choice.

He had asked if changing his diet or doing more exercise would help his condition, but was told that neither of these things would be enough.

The hospital doctors advised John to visit his own doctor before making his decision.

So John did so, little realising just where that visit would lead him.

He said: "I went to see Dr. John Davies, my homeopathic doctor, in Gravesend, and I shall never forget his words.

"He said 'There is one man in the world who can heal you.'"

John remembers how he listened intently to what he was told. "He told me that This man could look into my soul. He didn't tell me His Name, only that He lived in Birmingham. He said that at this time, He was out of the country. Dr. Davies said I would have to think about becoming a vegetarian.

"Then in the middle of January last year, I went back to see Dr. Davies. I wanted to tell him that I was planning to go to an interview for another job.

"He wrote a name on a small card, with an address and telephone number. On another card he wrote a slogan which he said I should try to remember.

"The name was *Mahraz Jee Darshan Das*.

"The slogan was

*Nanak Naam Chardi Kala
Tere Bhane Sarbat Da Bhala*

"On the 14th January I went to work in the morning. In the evening I took the train to Birmingham."

"During the journey I repeated the slogan over and over, until I was sure that I knew it by heart."

"When at last I arrived at the Dera, I saw all these people sitting cross-legged on the floor. It was an unusual sight for me. I had never been to a temple before."

"After a short time, I was taken to a small room. I knelt in front of Mahraz Jee and he gave me *prashad*."

Since that day, John has never been back to hospital.

The operation that he was told was so desperately necessary has never taken place.

John Kensit's faith in His Holy Master has **made him whole**.

Contd. on page 34

INTERVIEW

DAS SURINDER BAINS

SEEING is believing for Das Surinder Bains.

She sees clearly now. She sees the world with healthy eyes. And her inner sight is clear and certain too.

Surinder knows without a shadow of doubt to Whom she owes her health and happiness.

"I owe my sight to Mahraz Darshan Das Jee" she says.

Surinder, of Granville Road, Gravesend, knows first hand the horror of a gradual blindness. For many years she searched desperately for help as her eyesight failed.

When she was just twenty years old she was a young beautiful girl with a full life unfolding before her. A loving husband, a lovely child and another soon to be born -- there were many blessings.

Surinder was skillful at sewing and was happy to be able to help the family income. Life held promise in every way.

But a shadow crept stealthily into this happiness, The sight in Surinder's left eye began to fail. Bad headaches suddenly developed. She was often ill. She became exhausted with constant sneezing. This was just the beginning of a suffering which went on for years and years.

"I went to doctors and hospitals here, in Maidstone and then in London" she said. "I had many eye tests, X-rays, scans and blood tests. But no-one knew what was wrong."

"They all said 'Sorry, we can't help you!'"

"I went to homeopathic doctors and hospitals. I tried acupuncture too.

"But they too said 'Sorry!'"

"I was told I was lucky the blindness hadn't affected both eyes. I had to give up sewing. I was very sad. I used to cry a lot."

Surinder went to India to look for help. She was there for five months. She saw many specialists -- took many tests -- tried many tablets. But nothing changed. No-one knew the reason for her blindness, no one was able to help.

It was now almost ten years since the nightmare had begun.

Back home again, Surinder accepted that she had lost the use of her left eye completely and tried to make the best of her life.

"Then my right eye began to fail too! I was desperate. I had five children and I was almost blind."

Yet another possibility was mentioned. Surinder had been to see Holy Men,, both here and in India. She had become a vegetarian and followed their prayers, as they had instructed her to do. There had been no change in her condition.

But now a family relation suggested that Surinder contact the followers of a

Mahraz who lived in India at that time.

"They told me to go to see a Baba Jee (Kulwant Singh) at Eastham -- which I did."

"I sat before him and he said 'Do you believe in Guru Nanak?' I told him I do. He looked into my eyes and told me that there was an obstruction on the nerve. He gave me some powder and told me to put a little on my eyes every day. He gave me some Amrit too and told me that each morning I should put some on my eyes, drink a little and say 'Dhan Darshan, Give me light.'

"Even now, five years later, I still do this every day."

The miracle unfolded slowly, slowly, but surely.

Day by day Surinder's eyesight returned.

Nearly six months after that first meeting with Baba Jee Kulwant Singh, Surinder met Mahraz Darshan Das Jee in Birmingham at the house of a follower.

"I was surprised by his youth," she said. "But it was obvious that He was someone special." But so overawed was she that it took many meetings before she found the courage to speak to Him.

After two years Surinder stood in line at the Gaddi and asked Mahraz Jee if she could give up her glasses for good.

"He said: 'Okay. leave the

"I gave up all my medicines on that day" he says. "I don't want or need check-ups. "I know everything will be alright.

"Some people have told me that they would rather have had the operation because of what I have had to give up -- *meat and drink*.

"But these are not difficult for me. My family never drank at all when I was growing up." He laughs "I have had a tea and fruit juice party for my friends. It was a great success.

"I am now learning Punjabi too. Mahraz Jee **told me** that this would be a blessing -- and it has been already. Our teacher is very good and the lessons are very enjoyable."

John is now a dedicated follower of Mahraz Jee and is anxious to help the work of the Mission in whatever way he can.

For some time he has been the President of the Chalk Committee. Using his own word processor, he has regularly sent newsletters to many of the English speaking followers of the Mission, giving them details of forthcoming satsangs and meetings.

"**Because of my job, I suspect** that my contribution to the Mission will be something to do with writing and publicity" he says.

Whatever happens, John Kensit is here to stay at *Sachkhand Nanak Dham*.

He says with a smile "*For someone who stumbled into Mahraz Jee's path, I can't now see myself ever not involved with this Mission.*"

Das Surinder Bains

glasses!" Surinder's healing was complete.

Now she sews again for a living. She look after her five children and for three years she has done duties for the Mission, first making langar in the kitchens and then taking duties during Satsangs.

Mahraz Jee has been to Surinder's home many times. Her house reflects His Presence everywhere. Her family too reflect a wonderful warmth and welcome which draws the Mission followers back again and again.

"I have given my life to Mahraz Jee" says Surinder.

"I know that He is a messenger from God. Of that I am 100 per cent sure."

And she urges others to enjoy

Contd. from page 16

There is One God

Humanity. He laid the foundation of *Das Dharam* and it came into full form and started working on 16th February 1980 with Mahraz Jee's blessings. Now 16th February is recorded and celebrated as '*Das Dharam Day*' and followers from all over the world gather together at our various centres to celebrate, this day of days, that is recorded in GOLDEN letters in the history of *Sachkhand Nanak Dham Das Dharam*.

Sachkhand Nanak Dham is the need of our times - it lifts us above the various differences and discriminations created by our society of schisms, caste, colour and creed and frees us to follow the path that leads us unto the Supreme Lord our God.

the benefits of joining His Mission.

"I want to share what I see with others. Mahraz Jee's a Naam has great power and gives you inner sight.

"Mahraz Darshan Das Jee has given me new life and light."

Contd. from page 12

Mahraz Jee's Satsang

Whoever, is the ruler of the time, we have to pay our homage and reverence. We have to show our gratitude.

We should, all traverse within ourselves and find the Supreme Lord; rather than entangle ourselves in the outward doubts and confusions created by various differences.

God belongs to everyone. You are all His Beings. He made you and it is He who sent you here.

ਸਭਨਾਂ ਜੀਆਂ ਕਾ ਇਕ ਦਾਤਾ ।
Sabhna Jio Ka Ek Datta

Every living beings God is one.

Since the Lord, the Giver of all, is One. Therefore, we are all One. We should keep away from the various differences created by caste, colour, creed, communities and so called schisms. We should remember and contemplate on Our God the Father, the Most Exalted, The Creator, The Almighty Supreme Lord.

In doing so, we will make our human form worth living and this will enable us to rise above the worries and meseries and thus attain happiness and bliss.

*Edited in English by
- Das Iqbal Singh*

Letters

Dear Editor,
Firstly may I take this opportunity to wish you and your readers a belated happy New Year.

Well done, and hearty congratulations on the publication of this extremely interesting and informative magazine. It is the future of our younger generation for it adds new meaning to life and encourages us to help others and do good deeds. This reminds me of a thought I once read:

"I asked God for all things,
So that I may enjoy life,
Instead, he gave me life
So that I may enjoy all things".

May this magazine continue in its success under the blessings of Hazur Mahraz Darshan Das.

Mr. Bilkhu

Dear Editor,
I was particularly impressed with the 2nd magazine which I thought more interesting than the first. I think all readers are interested in what other members are doing. The article about Das Kulwant going to Canada for instance was one way of spreading the mission. It would be nice to see more letters from readers with their opinions, suggestions, experiences and problems. I would like to see more interviews with people who have been in the mission a long time, for instance, I would like to know how the Dera in Delhi was set up, how Mahraz Jee came to England and how his long standing followers came to join him. Best wishes for the future.

PAM KHULLAR

Dear Editor,

I feel whilst the main content of the magazine is meant to be of the Spiritual basis, it might be helpful if some of the articles made a greater attempt to widen the perspective, so as to appeal to the others on the periphery of Spiritual life.

As the magazine is written in English and given the hectic pace of western life, perhaps more concessions in the format of the magazine could be made to appeal to this end. Having read some of the American Evangelical magazines, I feel there is possibly something to be learned from their presentation i.e. effective use of photographic material. Nevertheless, the basis of a high quality Spiritual magazine is obviously there and I wish the team every success.

JOHN AUST

NAIROBI - KENYA

Sachkhand Nanak Dham Sewa Committee Nairobi Kenya is celebrating Das Dharam Foundation Day on Sunday 15th February, 1987, although this committee has been in existence for a very short period, their dedication to Das Dharam is very evident. The Nairobi Sewa Committee has sent us the following invitation to their celebrations.

"On behalf of Our Sewa Committee and Sangat of Kenya, we invite you all to join us in the celebration of the 7th Anniversary of Das Dharam Foundation Day on Sunday 15th February."

Signed Das Sukhdev Singh
(Col).
Nairobi Sewa Committee.

Editor's Note

Dear Readers,

Many times, Mahraz Jee has at the conclusion of his satsangs asked you to voice your approval or disapproval of activities of facilities of his sewa committees organisation at the satsangs at his suggestions and complaints table.

In the same vein, we would request the readers to write to us (in the language you feel you can) expressing your opinions, views, suggestions and criticisms of this magazine. This will help us to understand our shortcomings and pitfalls and also realise the needs of our readers.

Remember, it is your opinions and your help which will keep this magazine refreshing and alive, so, please pick up your pen and write.

Editor

WHAT THE PAPERS SAY!

Sunday Mirror - 7th Sept, 1986

HOLY HEART MAN'S 'CURE'

HEART patient John Kensit believes he has been miraculously cured by an Indian holy man.

After a simple meeting and nightly prayers, Mr. Kensit has cancelled plans for a triple by-pass operation which surgeons said was needed to save his life.

Father-of-two John, 45, a lawyer, who lives in East London, has also stopped taking pills and medicine since meeting

Mahraz Darshan Das eight months ago.

He said last week that he now feels fit and healthy, and added: "I

By ALAN BURNS
Medical Editor

only very occasionally get a small pain in my chest, but not enough to take any medicine.

"I have become a vegetarian, and I do not drink alcohol or smoke."

John, legal adviser to a publishing organisation, went to see the holy man—whose Sachkhand Nanak Dham society has

5,000 followers in Britain—in Birmingham while on the waiting list for surgery at London's St. Thomas' Hospital.

He recalled: "Mahraz Darshan Das touched my hands, then recited a prayer and told me to repeat it each night."

A Harley Street heart specialist commented: "I think it would be wrong to put too much credence on an Indian holy man."

'Holy man cured me' — heart patient

Newham Recorder Thurs - Sept 18, 1986

A HEART patient is claiming that he has been miraculously cured by an Indian holy man.

After meetings at Trinity Hall, Manor Park, and saying nightly prayers, John Kensit cancelled plans for a triple by-pass operation which surgeons said he needed to survive.

Father-of-two John, 45, a lawyer from Poplar, has also stopped taking pills and medicine since meeting holy man Mahraz Darshan Das eight months ago.

The holy man has hundreds of followers in Newham and holds weekly meetings at Trinity Hall. His Sachkhand Nanak Dham

society has more than 5,000 followers in Britain.

He does not seek publicity, but his followers speak of the "miracle cures" that seem to happen daily. John met him while awaiting surgery at London's St. Thomas' Hospital.

John said: "He touched my hands then told me to repeat a prayer each night. I would have been very sceptical had someone told me all this. But it has actually happened to me."

Doctors are sceptical about the "cure" but John added: "I am the odd man out at these meetings, but something great has happened to me."

IN this day and age where man has begun to seek self realisation and rationalising one's actions and one's associative actions, the trend towards causing less pain and suffering to humanity and animal kingdom is emerging with force and vigour. Man is now changing his habits realising that he can nourish his body with fruits, vegetables and cereals as much as he could with meats. By adopting vegetarian diet, he is decreasing the need to kill and slaughter animals for food.

I would not endeavour to try to give religious or moral arguments or quotes from various religious scriptures, but lay out specifically the reasons I think be-fit being a vegetarian.

1. On Ethical and Moral Ground

No religion propogates the killing or taking of life, animal or human for fun or feeding.

Man has no right to deprive other animals of their life.

Man has rationally removed capital punishment and hanging from its statutes.

2. For Health Reasons

Looking at animal kingdom, one wonders that all meat eating animals eat vegetarian animals. It is never the other way round. A vegetarian animal would never eat a dead carcase even if it was starved.

All meat eating animals are aggressive and awe inspiring. All vegetarian animals are docile, loving and affectionate. What one does not understand is why doesn't a flesh eating

animal eat the flesh of another meat eating animal? May be it's unplatable or indigestible.

If in the animal kingdom these things happen, one wonders why when man the highest form of life on this planet with an acute sense of reasoning, understanding and assessment, does he have to destroy life to satisfy his taste buds. Vegetarian diets are beginning to prove healthier and life prolonging than the use of meat. It is produced without causing pain, distress and death.



3. Civilised Man

A man being a rational, highly developed (mentally and intellectually) animal, one who has ventured into the realms of unknown where other forms of life haven't yet ventured, can be an agent in causing pain, and agony and death to provide a table with meat dishes. Civilised man is an animal lover and especially in Western Oriented Societies, the love of keeping and breeding pets is a great joy and comfort. How many old aged people have only but the company of animals?

Man will feed his pets even at the expense of keeping himself herself hungry. Then one does not find a rational answer to the question, "When man is such a great lover of animals, when he is willing to risk his own life for his pets, does he have to produce animals for food, whom he tends, feeds and cares so lovingly, and yet has to destroy or kill them for monetry rewards. Would he have done the same with his pets? Where is the law of 'Sanctity of Life' in this Case?"

One wonders what contradictions can there be in laws, for if a man kills or injures another man, the injured party can get a redress in law, Similarly, law will punish a man for injuring, or being cruel, or destroy his pet or other person's pets. Yet there is no punishment or redress for hundreds of those animals that are slaughtered (killed) every day to adorn the dining tables. One is baffled that a rational, and civilised society can let this go unpunished. How can a civilised man even think of feeding on an innocent animal killed to be a tasty nugget for someone's taste buds? Has he never thought that if it were his pets slaughtered and laid before him as a meal, would he then make a meal of it?

What is this law of the civilised man?

4. Economics

Even on an economic basis the production of animals and to fatten them for the table needs alot of grains and

cereals. We feed these animals hundreds of killos of grain to produce a few killos of meat, which meat will feed only a few people. Is this justifiable? when that grain could feed hundreds of hungry mouths around the world who are begging to be given one meal a day rather than three. Where is the rationality and reasoning of economics gone?



Is one to understand that economics are more important than letting millions of people go hungry and die of famine and starvation? To produce a few pounds of meat at the expense of hunger and starvation for others is neither rational economics nor morally justifiable.

VEGETARIAN COOKING

INDIAN restaurants and take aways are growing everywhere in the metropolitan city of London. More and more people are beginning to enjoy the delicious, spicy and exotic Indian food. Lets try our expertise on cooking vegetable pulao that makes impressive meal.

8oz long grain rice, washed, soaked in cold water for 30 minutes and drained.

1 pint plus 2 tablespoons light vegetable stock or water

1 tea spoon salt

3fl oz vegetable oil

3 medium sized onions, thinly sliced

4 large carrots, scraped and slices

1 large green pepper, white pith removed seeded and sliced

6oz frozen petits pois, thawed

1 tea spoon ground cumin

1 tea spoon turmeric

1 tea spoon ground corianders

1 tea spoon garam masala

tea spoon hot chilli powder

tea spoon saffron threads dissolved in 1 tea spoon of hot water.

Put the rice in a saucepan.

Pour over all the water and add salt. Place saucepan over the heat and let it boil. Cover the saucepan reducing the heat to low limit and let it simmer for approximately 20 minutes, until all the liquid has been absorbed. Then, remove the pan and set aside.

Heat the oven at 350° F

Now, heat the oil in a large pan, then add onions, carrots, green pepper and petit pois. Cook them for approximately 5 to 7 minutes until onions are soft, stir them while cooking.

In another bowl, pour cumin, coriander, turmeric, garam masala and chilli with 2 table spoons of water mix them until a paste is formed.

Now, add paste to the frying pan and stir well. Cook the mixture for 3 minutes, stirring

frequently. Remove the pan from the heat.

Arrange one half of the rice on the bottom of a fairly large heavy casserole. Cover with vegetable mixture. Spread half of the remaining rice over the top of the vegetable mixture. Stir the saffron into the remaining rice, mixing well. Spread the saffron rice of top of the casserole mixture.

Cover the casserole and place it in the oven. Bake for 20 minutes. Take the casserole from the oven and serve.

.....

There are various types of pulao the flavouring is usually done with onions and a garam masala. All pulao can be coloured by a weak solution of food colouring or by adding ground turmeric or saffron, used sparingly.

Vegetable Mornay

Ingredients:

3oz Vegetable margrine or Butter

3oz Flour

4oz Cheese (grated)

1 pint Vegetable Water

1lb vegetable desired

Pinch of Mustard

Seasoning as desired

Some milk

Method:

Cook the desired vegetables.

Melt the margrine or butter, add the

flour, beat well. Remove a pint of vegetable water from the cooked vegetables, mix the milk to get the right consistency and boil.

Whisk the beaten margrine and flour into the boiling liquid. Add cheese and seasoning. Pour this sauce over the vegetables. Sprinkle with cheese and brown in a hot oven.

Remove from the oven and it is ready to serve.



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

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

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

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

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

ARJOI NIRADHAR

HEY DATTA!

**PEHLI UPMA TERI DATTA,
DOOJI TERI KHUDAI.**

**TEEJI TERI OAT AASRA,
CHAUTHI REHNUMAI.**

**PANCH GHARON SO TERA MAAN,
PANCHAM SANJH JAGAI.**

**MAIN NEECH TERE DAS KO DASA,
DHAN NANAK SABH TERI WADIYAE.**

*Nanak Naam Chardi Kala
Tere Bhane Sarbat Da Bhala*

*Nanak Naam Chardi Kala
Tere Bhane Sarbat Da Bhala*

*Nanak Naam Chardi Kala
Tere Bhane Sarbat Da Bhala*

*Nanak Naam Chardi Kala
Tere Bhane Sarbat Da Bhala*

*Nanak Naam Chardi Kala
Tere Bhane Sarbat Da Bhala*



**Life is granted to
everyone, but few know
how to live?**

**Contemplating on the
Lord, serving the poor
and destitute is to
attain the Lord.**

- Mahraz Darshan Das