Issue No. 1

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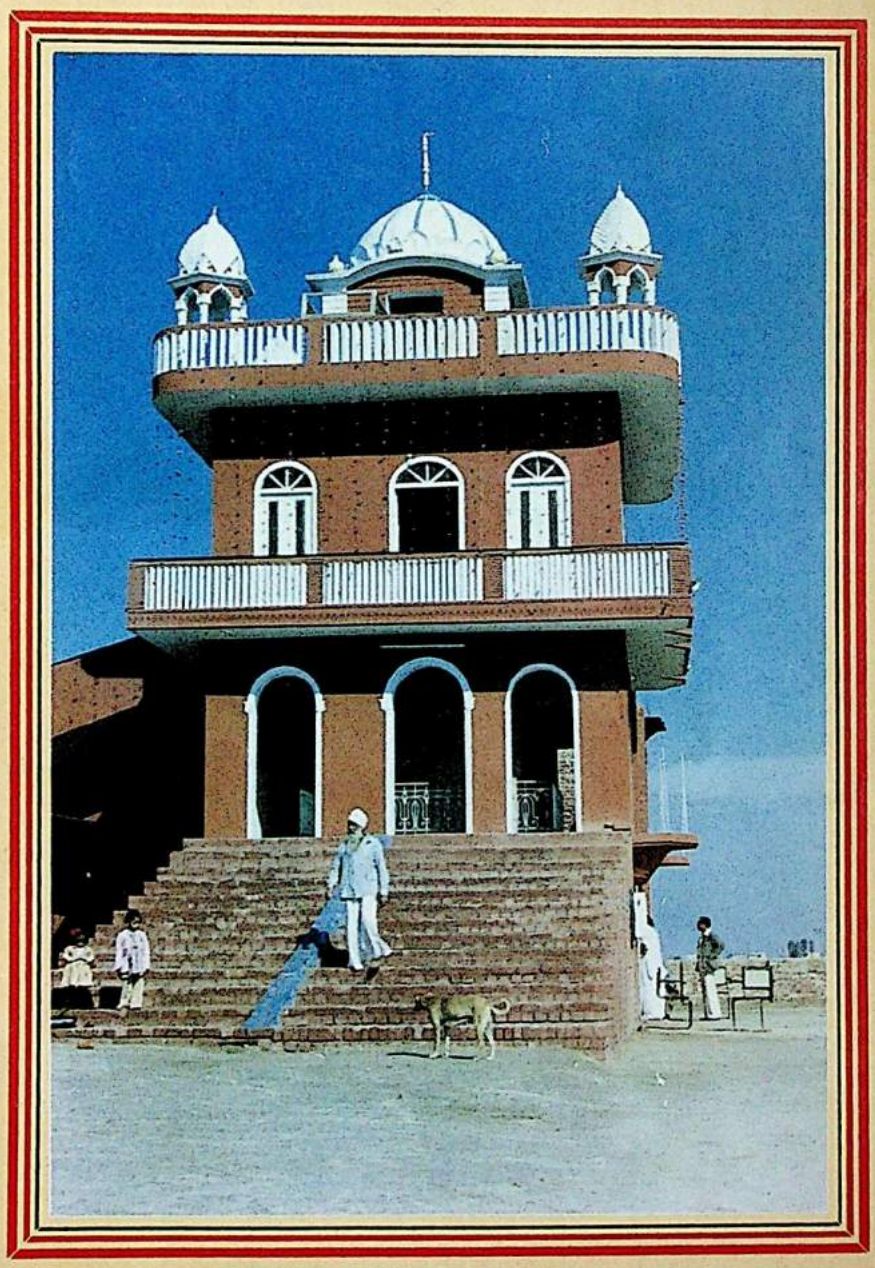
NEWS MAGAZINE

VOICE OF TRUTH

Nanak Naam Chardi Kala
Tere Bhane Sarbat Da Bhala



SACHKHAND NANAK DHAM
INTERNATIONAL

FOUNDER/PATRON MAHRAZ DARSHAN DAS

NEWSMAGAZINE
VOICE OF TRUTH

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INTERNATIONAL

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INTERNATIONAL

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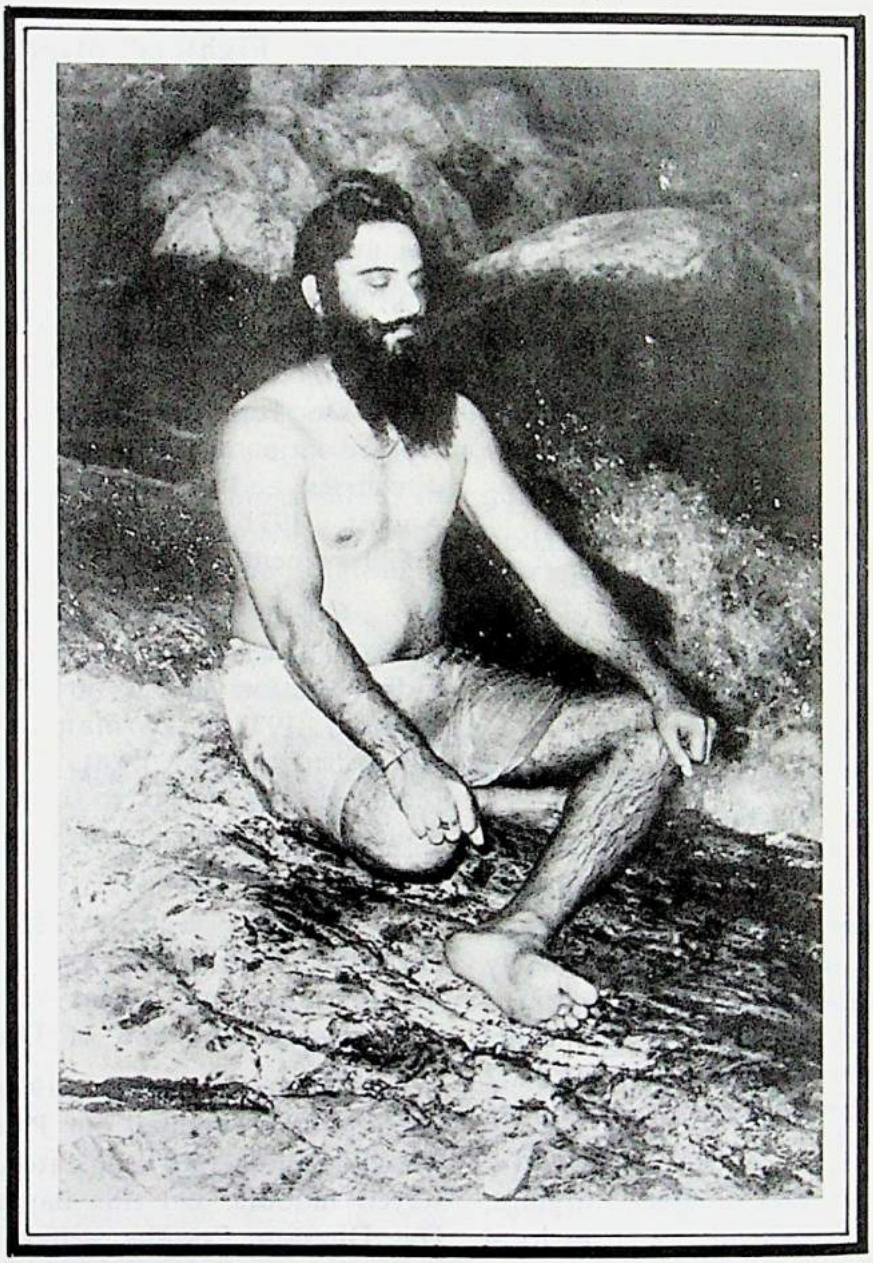

MAHRAZ DARSHAN DAS

HAZUR MAHRAZ DARSHAN DAS

- A DEDICATED LIFE

Hazur Mahraz Darshan Das Jee was born in the village of Batala, Punjab, India on 7th December, 1953, in a very poor Brahmin family. His father's name is Pandit Jagan Nath and mother's name is Chanan Dei, From early childhood he came in direct contact with the evils of society. Seeing this, within his heart a feeling of revolt set in. Even now whenever he sees a hungry deprived person, his heart cries out and he gets down to help them remove their miseries.

Mahraz Jee was born with small locks of hair on his head, that on closer inspection looked like a seven headed snake. This remarkable feature attracted the attention of many Yogis and Saints. They paid homage to the small boy whilst on their way to visit the Kandh Sahib Temple.

As a small boy Mahraz Jee attended the local school to receive his basic education. During this time he suffered a severe head injury and lost a lot of blood. Aware of the finiancial burden medical costs would place on his parents, he merely bandaged the wound. Inevitably he fainted and when asked by the local doctor, "why did you endure so much pain?" he replied, "I did not want to impose further hardship on my parents."

Inspite of his mother's urgings, Mahraz Jee refused to attend any of the local temples. He did however pay great attention to his father's teachings. In particular, his love of the Motherland and nationalistic ideals, stem from his father's brief, but memorable childhood encounter with Freedom Fighters prior to India's independence.

At the tender age of 13 years he had his first spiritual revelation. He chose to reject the call because he felt he lacked both age and knowledge. When he was 17 years old and working in the city of Jullundur, he received another visitation. This time Mahraz Jee accepted the call of duty.

On 15th August, 1971, Mahraz Jee started his mission through spiritual discourses and healing services. Now 15th August, 1971 is celebrated as Day of Enlightenment ("Jyoti Diwas").

On the 15th June, 1973, he established a permanent centre at Batala in Punjab, India. Mission spread further and on 30th January, 1977, a permanent centre was established at Loni, Distt. Ghaziabad, U.P., India. He continued to heal the sick and profess His divine message of Love, Peace, Unity and Sacrifice.

His first visit to U.K. was on 23rd December 1979 which was for less than a fortnight. His subsequent visit was a year later towards the end of December 1980.

On 16th February, 1980, the day the Solar Eclipse engulfed our Planet Earth, the whole of India was in a state of distress and stayed indoors. On this day he inaugurated Das Dharam. For the welfare of masses he gave us a slogan "NANAK NAAM CHARDI KALA, TERE BHANE SARBAT DA BHALA", meaning Do something good for somebody in your life.

□

EDITORIAL

Nanak Naam Chardi Kala
Tere Bhane Sarbat Da Bhala

Your duty bound Das, a low and humble servant in the huge congregation of Sachkhand Nanak Dham: on behalf of fully dedicated team engaged in the service of humanity and spreading the message of Love, Peace, and Unity; presents to you the first edition and Issue no. 1 of Newsmagazine, the voice of **TRUTH.**

As things stand, this duty has been entrusted to Das Manmohan and me, unworthy as we are, by the Master-Hazur Mahraz Darshan Das Jee.

I am sure this issue will be followed by many more and will provide the readers with insight into the service of humanity.

With Hazur Mahraz Darshan Das Jee's blessings and co-operation, contribution and understanding from you, the readers, we will grow from strength to strength in spreading the message of Love, Peace and Unity.

DAS IQBAL SINGH

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
Is the Almighty Supreme Power or Light. Nanak is spiritual emperor of Kalyug. Nanak is the first of the ten Sikh Gurus.

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

Thus SACHKHAND NANAK DHAM means The True and imperishable spiritual region, the abode of the Abiding Master -Nanak, the Almighty Supreme Light.

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 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.

PROGRAMME GUIDE

SACHKHAND NANAK DHAM INTERNATIONAL

Reg. No. 109 (India) Charity Regd. 515484 (U.K.)
11 CHURCH HILL ROAD, HANDSWORTH, BIRMINGHAM B20 3TP

DAILY PROGRAMME MONDAY TO SATURDAY

'AARTI", Lamp waving ceremony at "GADDI" the Seat of Holy Master "PATH" - Recitation from Scripture	2.00 p.m.
"LANGAR", Partake in Holy Master's Free Kitchen	2.15 p.m.
"KIRTAN" Hymn Singing	5.45 p.m. to 6.30 p.m.
"SATSANG", Holy Message	6.30 p.m.
"GADDI BHUGTAN", Communicating with congregation in person (Baba Jee)	After Holy Message
"AARTI", Lamp waving ceremony at "GADDI' the seat of Holy Master	After communicating with congregation in person.
"LANGAR", Partake in Holy Master's Free Kitchen	For one hour.

SUNDAY

"AARTI" Lamp waving ceremony at 'GADDI' the Seat of Holy Master	12.00 noon
"LANGAR", Partake in Holy Master's Free Kitchen and 'Kirtan', Hymn Singing	2.15 p.m.
"SATSANG", Holy Message	2.00 p.m.
"GADDI BHUGTAN" Communicating with congregation in person (Baba Jee)	
"AARTI", Lamp waving ceremony at "GADDI", the Seat of Holy Master.	

MONTH OF JUNE 1986

DATE	DAY	SAMAGAMS
1st June	Sunday	Mahraz Darshan Das Jee - Liverpool.
6th June	Friday	Kirtan/Mushaira - Derby
7th June	Saturday	
8th June	Sunday	Das Baba Jee - Leamington Spa
14th June	Saturday	
15th June	Sunday	'Sangrand' - Birmingham First day of the months.
21st June	Saturday	
22nd June	Sunday	Das Baba Jee - W. Ealing.
28th June	Saturday	
29th June	Sunday	Das Baba Jee - Eastham

(SUBJECT TO ALTERATIONS)

CELEBRATIONS FOR 1986

ਮਹੀਨਾ	ਸੰਗ੍ਰਾਂਦ	ਪੂਰਨਮਾਸ਼ੀ	ਮੱਸਿਆ
MONTH	SANGRAND *	Full Moon	New Moon
MAAGH ਮਾਘ Jan	ਮੰਗਲ 14 TUESDAY	ਸ਼ਨੀ 25 SATURDAY	ਸ਼ੁਕ੍ਰ 10 FRIDAY
PHAGGAN ਫਗਣ Feb	ਬੁਧ 12 WEDNESDAY	ਸੋਮ 24 MONDAY	ਸ਼ਨੀ 8 SATURDAY
CHETAR ਚੇਤਰ Mar	ਸ਼ੁਕ੍ਰ 14 FRIDAY	ਬੁਧ 26 WEDNESDAY	ਮੰਗਲ 10 TUESDAY
VAISAAKH ਵੈਸਾਖ April	ਐਤ 13 SUNDAY	ਵੀਰ 24 THURSDAY	ਬੁਧ 9 WEDNESDAY
JETTH ਜੇਠ May	ਬੁਧ 14 WEDNESDAY	ਸ਼ੁਕ੍ਰ 23 FRIDAY	ਵੀਰ 8 THURSDAY
HAARH ਹਾੜ June	ਐਤ 15 SUNDAY	ਐਤ 22 SUNDAY	ਸ਼ਨੀ 7 SATURDAY
SAAWAN ਸਾਵਣ July	ਬੁਧ 16 WEDNESDAY	ਸੋਮ 21 MONDAY	ਸੋਮ 7 MONDAY
BHAADON ਭਾਦਰੋ Aug	ਸ਼ਨੀ 16 SATURDAY	ਮੰਗਲ 19 TUESDAY	ਮੰਗਲ 5 TUESDAY
ASSOO ਅਸੂ Sep	ਮੰਗਲ 16 TUESDAY	ਵੀਰ 18 THURSDAY	ਵੀਰ 4 THURSDAY
KATAK ਕਤਕ Oct	ਸ਼ੁਕ੍ਰ 17 FRIDAY	ਸ਼ੁਕ੍ਰ 17 FRIDAY	ਸ਼ੁਕਰ 3 FRIDAY
MAGHAR ਮਘਰ Nov	ਐਤ 16 SUNDAY	ਐਤ 16 SUNDAY	ਐਤ 2 SUNDAY
POH ਪੋਹ Dec	ਸੋਮ 15 MONDAY	ਮੰਗਲ 16 TUESDAY	ਸੋਮ ਬੁਧ 1 31 MON WED

*SANGRAND - FIRST DAY OF THE INDIAN MONTH

Month	Date	Day	Celebrations
January	14	Tue	First day of the month 'Maagh'.
	30	Thu	Foundation Day - Loni Dera.
February	12	Wed	First day of the month 'Phaggan'.
	16	Sun	Foundation Day Das Dharm.
March	14	Fri	First day of the month 'Chetar'.
April	13	Sun	First day of the month 'Vaisaakh' and festival of Vaisaakhi.
May	14	Wed	First day of the month 'Jeth'.
June	15	Sun	First day of the month 'Haarh' and Foundation Day Batala Dera.
July	16	Wed	First day of the month 'Saawan'.
August	15	Fri	'Jyoti Diwas' - Day of enlightenment.
	16	Sat	First day of the month 'Bhaadon'.
September	1	Mon	Foundation Day Birmingham Dera.
	16	Tue	First day of the month 'Assoo'.
October	17	Fri	First day of the month 'Katak'.
November	1	Sat	'Diwali' - Festival of Lamps.
	16	Sun	First day of the month 'Maghar' and Birthday Guru Nanak Dev Jee.
December	7	Sun	Birthday Hazur Mahraz Darshan Das Jee.
	15	Mon	First day of the month 'Poh'.

1986

	January	February	March	April
Monday	. 6 13 20 27	. 3 10 17 24	. 3 10 17 24 31	. 7 14 21 28
Tuesday	. 7 14 21 28	. 4 11 18 25	. 4 11 18 25 .	1 8 15 22 29
Wednesday	1 8 15 22 29	. 5 12 19 26	. 5 12 19 26 .	2 9 16 23 30
Thursday	2 9 16 23 30	. 6 13 20 27	. 6 13 20 27 .	3 10 17 24 .
Friday	3 10 17 24 31	. 7 14 21 28	. 7 14 21 28 .	4 11 18 25 .
Saturday	4 11 18 25 .	1 8 15 22 .	1 8 15 22 29 .	5 12 19 26 .
Sunday	5 12 19 26 .	2 9 16 23 .	2 9 16 23 30 .	6 13 20 27 .

	May	June	July	August
Monday	. 5 12 19 26	. 2 9 16 23 30	. 7 14 21 28	. 4 11 18 25
Tuesday	. 6 13 20 27	. 3 10 17 24 .	1 8 15 22 29	. 5 12 19 26
Wednesday	. 7 14 21 28	. 4 11 18 25 .	2 9 16 23 30	. 6 13 20 27
Thursday	1 8 15 22 29	. 5 12 19 26 .	3 10 17 24 31	. 7 14 21 28
Friday	2 9 16 23 30	. 6 13 20 27 .	4 11 18 25 .	1 8 15 22 29
Saturday	3 10 17 24 31	. 7 14 21 28 .	5 12 19 26 .	2 9 16 23 30
Sunday	4 11 18 25 .	1 8 15 22 29 .	6 13 20 27 .	3 10 17 24 31

	September	October	November	December
Monday	1 8 15 22 29 .	. 6 13 20 27	. 3 10 17 24	1 8 15 22 29 .
Tuesday	2 9 16 23 30 .	. 7 14 21 28	. 4 11 18 25	2 9 16 23 30 .
Wednesday	3 10 17 24 . .	1 8 15 22 29	. 5 12 19 26	3 10 17 24 31 .
Thursday	4 11 18 25 . .	2 9 16 23 30	. 6 13 20 27	4 11 18 25 . .
Friday	5 12 19 26 . .	3 10 17 24 31	. 7 14 21 28	5 12 19 26 . .
Saturday	6 13 20 27 . .	4 11 18 25 .	1 8 15 22 29	6 13 20 27 . .
Sunday	7 14 21 28 . .	5 12 19 26 .	2 9 16 23 30	7 14 21 28 . .

LETTERS

Dear Newsmagazine,

I am eleven years old and my name is Keir MacKenzie. I would like to tell you my experiences with Mahraz Jee.

I have been involved with the mission for about three months and they have been the most strange months I have ever been through.

The first time, I went to see Mahraz Jee I thought I might faint or get ill because of his power and because I knew that people do sometimes. I was a bit worried.

But when he came in I lost all my fears and let myself enjoy what was happening. Later on I went up to see Him at the front His face and His eyes when I looked at them - I felt a nice feeling running through me.

I think my life will be completely different from now on because Mahraz Jee has given me a very different attitude to life. I feel more fulfilled and I feel as if I am going to go into life with a more positive attitude.

It is going to be hard for anyone to stick to the vegetarian diet, but if your attitude is right you should be able to complete this task.

Your sincerely
Keir Mackanzie

TRUTH NOTHING BUT THE TRUTH
PERSONAL EXPERIENCES

In relation to SACHKHAND NANAK DHAM if you would like to share your personal experiences with our readers, or have a true interesting and exciting story to tell; please fill the card below in BLOCK CAPITALS and return to it today.

To

NEWSMAGAZINE
VOICE OF TRUTH
36, Rayners Lane, South Harrow, Middlesex HA2 OUB.

Mr./Mrs./Miss/Ms. .....

Address .....

.....

..... Postcode .....

Tel: .....

PATH OF THE HOLY MASTER

Q. Mahraz Jee, what does Sachkhand Nanak Dham, provide to people belonging to other religions?

Answers:

SACHKHAND NANAK DHAM is a spirtual centre where beings receive all kinds of happiness. Its teaching is:

'Khatri, Brahman, Sudra, Vaisu
Updesh Chahu Verna Kau Sanjha'

Accordingly for every human form. Teaching of humanity is propagated here. One who desires to follow the path of spirituality is initiated with the Holy Word (NAAM) which leads on the path of spirtuality.

One who does not want to follow, nevertheless returns finding healing for his ailments or is endowed with worldly possessions.

The teaching for a Hindu is, be a true Hindu; for a Muslim, be a true Muslim; for a Sikh, be a true Sikh; and for a Christian, be a true Christian. No one is forced to do anything.

Sachkhand Nanak Dham fosters brotherhood unity and love amongst all human beings in a practical way. It does not make barriers such as caste, creed, high or low.

For the unity of mankind Sachkhand Nanak Dham is always ready to offer and make every sacrifice, thereby, making others aware that their selfish interests are ruining their own lives.

The message of Sachkhand Nanak Dham to every religion, schism and nation is to go hand in hand with each other, and to keep aloof from the curse of hatred, jealousy, criticism and antagonism.

A DAY AT THE DERA

By DAS SHIRLEY

Do other people notice the love that flows when you visit the Dera. It is there and I feel it's even coming from the building itself as well as from the people who volunteer their services.

Mahraz Darshan Das has created a unity that needs to be taken into the cities themselves and by His Grace it will succeed. The names of these people I don't remember, their faces I will never forget. The young man that was told he would never walk again now only has one stick as he quickly moves doing his duties. My friend who looks after all our shoes tells me if I lose my ticket again I will not get mine back. I always mislay it and he always finds my shoes out of the hundreds that are in row and does this with a smile and a joke. I will try to remember his name but I know his love will never be forgotten. My other friend whose heart is sometimes heavy with family problems, he never shows this, only smiles and goes on with his duties. He told me once that he can forget his problems once he is at the Dera and then finds the strength to go back and face them.

My little friend whose name I know well but would not appreciate my telling you. She has great knowledge about the Almighty and shares this with everyone. The ladies in the Langar house preparing the food, whose smiling faces showing once more the love of God in their duties. The servers in the Langar Hall ready to serve whoever needs food again with love.

I stand and watch, this is proving to be very difficult. Everyone greets you with 'Nanak Naam Chardi Kala, Tere Bhane Sarbat Da Bhala' and then enquires how you are, how your family is keeping and once more you find yourself talking to yet another smiling face.

Yesterday was special, it was Das Dharam's Foundation Day and there were many people from all over England to celebrate this. The winds were bitterly cold but the hearts of these lovely people were warm with love and I was proud to be amongst them. These gentle Asians who are so kind to me always wishing me well and ready to talk about my family.

In the Hall the people were gathering sitting in every available place. The Master was there watching over us all making sure everyone had seats. He gave a very long speech and again I wish I could understand the language. But then I decide my soul must surely understand it and one day my brain might! So sitting with the other English people I was content to look and listen and feel his love flow over us.

It was a beautiful day at the Dera and I know everyone felt the same. St. Paul put the words beautifully: May their hearts be encouraged as they knit together in love, to have all the riches of assured understanding and the knowledge of God's mystery. I hope one day more understanding may be gained.

Nanak Naam Chardi Kala,
Tere Bhane Sarbat Da Bhala.

AARTI

OM JAI JAGDISH HARE, SWAMI JAI JAGDISH HARE

DAS JANOH KE SANKAT, DAS JANOH KE SANKAT
SHEN MAIN DURE KAROH, OM JAI JAGDISH HARE

JO DHIYAWEH PHAL PAWEH, DUKH BINSE MAAN KA
SWAMI DUKH BINSE MAAN KA,
SUKH SAMPATI GHAR AAWEH, SUKH SAMPATI GHAR AAWEH,
KASHT MITHEH TANH KA, OM JAI JAGDISH HARE.

MAAT PITA TUM MERE, SHARAN PADOON MAIN KIS KI,
SWAMI SHARAN PADOON MAIN KIS KI,
TUM BIN AUR NA DUJHA, PRABH BIN AUR NA DUJHA,
AAS KAROON MAIN KIS KI, OM JAI JAGDISH HARE.

TUM PURAN PARMATAMA, TUM AANTAR YAMI,
SWAMI TUM AANTAR YAMI,
PAR BRAHM PARMESHWAR, PAR BRAHM PARMESHWAR,
TUM SAB KE SWAMI. OM JAI JAGDISH HARE.

TUM KARUNA KE SAGAR, TUM PALAN KARTA,
SWAMI TUM PALAN KARTA,
MAIN MURAKH KHALKAAMI, MAIN SEWAK TUM SWAMI,
KIRPA KARO BHARTA, OM JAI JAGDISH HARE.

TUM HO EK AGOCHAR, SAB KE PRANPATI,
SWAMI SAB KE PRANPATI,
KIS BIDH MILUNH DAYALUH, KIS BIDH MILUNH DAYALUH,
TUM KO MAIN KUMTI, OM JAI JAGDISH HARE.

DINA BANDHU DUKH HARTA, THAKUR TUM MERE,
SWAMI RAKSHAK TUM MERE,
APNE HATH UTHAO, APNI SHARAN LAGAO,
DWAR KHARA MAIN TERE, OM JAI JAGDISH HARE.

WISHE WIQUAR MITAO, PAAP HAROH DEWA,
SWAMI KASHT HAROH DEWA,
SHARDHA BHAKTI BRADHAOH, SHARDHA PREM BRADHAOH,
SANTAN KI SEWA, OM JAI JAGDISH HARE,
JAI JAGDISH HARE, SWAMI JAI JAGDISH HARE.

DAS JANOH KE SANKAT, DAS JANOH KE SANKAT,
SHEN MAIN DURE KAROH, OM JAI JAGDISH HARE.

ENRICH YOUR DAILY LANGUAGE

AARTI :
It is a Hindi word and means Lamp waving ceremony: ceremonial worship; Esoterically, the intense pull of the soul towards Shabd.

ATMA:
It is a Sanskrit and Hindi word and means soul; spirit.

DHAM:
It is a Sanskrit and Hindi word and means Abode; region; house.

DARSHAN:
It is a Sanskrit and Hindi word and means the vision or sight, particularly of some saint or Holy person or a Perfect Master or Holy Master.

GURU:
It is a Sanskrit word and means one who imparts knowledge and gives light; Spiritual Teacher; Holy Master. Holy Word is our Real Master.

HAZUR
It is originally an Arabic word. It is used in addressing Kings, Perfect Masters and Holy Masters and high personage. It is a term of respect.

SANGAT:
It is a Sanskrit and Hindi word and means true association. Association with a perfect Master. A congregation addressed by a perfect Master for delivering the true message is called Satsang.

PARAMATMA
It is a Sanskrit and Hindi word. It means Supreme Soul: God, Lord.

HAVE YOU READ THIS!

1. Sachkhand Nanak Dham, U.K. is situated in a comparatively low lying area of Handsworth-Its address is:

   SACHKHAND NANAK DHAM
   Dera Mahraz Darshan Das Jee
   11, Church Hill Road,
   Handsworth
   Birmingham B20 3TP

   Telephone No. 021- 554 2412

3. Enquiry Office operates for the service of the congregation; hence congregation is requested to avail this facility and not wander about.

4. (i) Anyone entering Dera must refrain from eating meat, fish, fowl, mammals, reptiles and eggs.

   (ii) One must refrain from consuming alcohol and narcotics.

5. Holywater (Jall/Amrit) can be obtained from "Jall Ghar" and anyone taking Holywater will have to observe rule no. 4 (i) and (ii).

6. Everyone must partake in 'Langar' (Holy Master's free kitchen) before sitting in main Hall to listen to Spiritual Message.

7. No one is permitted to bring offerings in kind i.e. milk, sugar, flour, fruits, candies, almonds, flowers, and rumalas etc. Instead cash donations and offerings are welcome. For simple reason that cash can be utilized in a wider service than items and secondly items require storage.

8. Congregation is requested not to prostrate and bow or touch His Holiness' Lotus feet; but simply utter "Nanak Naam Chardi Kala , Tere Bhane Sarbat Da Bhala."

9. Whenever followers of Sachkhand Nanak Dham . meet or greet each other they should utter with reverence and love "NANAK NAAM CHARDI KALA, TERE BHANE SARBAT DA BHALA."

10. Members of the congregation who want to talk to Hazur Mahraz Jee in person should register their name at enquiry office as soon as they enter the centre.

11. Donations can be made at (i) the enquiry office and receipts can be obtained (ii) Gaddi in main hall, (iii) while paying homage to Shri Guru Granth Sahib (iv) Nishan Sahib (White and Saffron flag posts)

12. Congregation can offer their prayers at

    i. 'Gaddi' Seat of Holy Master.

    ii. 'Darbar Sahib' Court of Holy Master.

    iii. 'Nishan Sahib" Flag of Holy Master.

13. Devotees must put 'Tilak' (red sindhur mark) on their forehead at the eye centre.

14. Sewaks on duty wear
    1. Men - White Uniform
    2. Ladies - rusty colour uniform

15. For your local regional activities get in touch with your Local Regional Committee. For information contact enquiry office.

16. For Satsang programmes either of Hazur Mahraz Darshan Das Jee or Baba Jee contact London Office.

Photo by: I.M.E.

MULTIFAITH PEACE PILGRIMAGE

NEWS

RESUME OF MULTIFAITH PEACE PILGRIMAGE

From London Office Das Iqbal and Das Manmohan accepted the invitation. Our active participation helped the organisers of **London People of faith for peace** to arrange Multi-faith Peace Pilgrimage on 3rd May, 1986 at Peace Pagoda Battersea Park, London.

Sewa Committee - West London (formerly Middlesex) turned out in full strength to participate and serve the pilgrimage.

Sewa Committee - East London gave their full support by turning up in good number and participated till the very end.

On 3rd May, 1986 by 08.00 a.m. pilgrims started gathering at the London Peace Pagoda, Battersea Park, London. Prayers from major faiths were offered before setting off at 09.15 a.m. 10 monks from the London Peace Pagoda wearing ceremonial robes, chanting mantras and beating drums led the pilgrimage through the streets of London.

En-route pilgrims visited seven religious places for prayers. Journey was long and tiresome for few but followers of Das Dharam helped the pilgrims in every possible way even free soft drinks were provided throughout the pilgrimage.

Pilgrimage ended at St. Mellitus Anglican Church - Hanwell at 06.15 p.m. In the adjoining Hall free food and hot drinks were provided to nourish the pilgrims, by London Office of Sachkhand Nanak Dham International and finally Das Iqbal thanked the pilgrims and everyone present. •

SPIRTUAL DISCOURSE

by MAHRAZ DARSHAN DAS JEE

Venue:
Southall Community Centre
Merrick Road, Southall
Middlesex.
Dated 18th May 1986.

The morning dawned with greyish sky, followed by intermittent sunshine.

At the appointed hour members of the West London Sewa Committee and Universal Peace Organisation began to descend upon the Centre to undertake their duties from officials. The brooms and dustpans were found before the van arrived full of paraphenelia. Everyone was eager to help empty it. The cooks with their menus and ingredients were ready in the kitchen. The rolls of matting were laid in the hall. The electronic engineers got to work to create an aura of music. Within minutes the hall rung with the sound of pre-recorded KIRTAN SANGEET. (RECITATION SET TO MUSIC). The banners proclaiming Mahraz Jee's message appeared round the auditorium.

The pre-recorded Kirtan sangeet bringing love, affection and reverence for the Master began pouring into the centre in anticipation of receiving the Master on his arrival. By 1 p.m. every one on duty was at his post. The worshippers arrived in large numbers, hall was packed. Live kirtan commenced by Das Rajinder, Das Jaswinder and Das Iqbal.

The atmosphere in the lobby and the dinning hall was full of good fellowship, where one could feel the air full of the joys of meeting ones loved ones with exchanges of social and spirtual news. Das Balwinder Singh and Das Harbans Komal commenced the second session of Kirtan (RECITATION) They sang three hymns exalting the Almighty.

MAHRAZ JEE'S HOLY MESSAGE

Man is so deeply engrossed in the accumulation of wealth that he has lost peace and tranquility. To achieve this he needs the company and guidance of saints and holy people. We are always reminded of the only Name we need to know "God". The only thing that can provide us salvation is this 'Naam'(Holy Word)as long as there is life in our .body or else there is nothing. Everything is within us, all we need to do is to try to unrevel our true self. We delve into frivolous activities to promote conceited self satisfaction. The only true satisfaction comes from our association with "God".

God is the creator of all life, He is not the destroyer. Man is the only destroyer. No religion teaches us to kill or destroy. All saints preached the sanctity of life (human and animal). Man only looks for peace or satisfaction when he loses his faith in God. The nature of God is that he is always blessing everyone, and He never disappoints anyone. Man looks to God for instant solutions and answers to his prayers. He emphasised on the necessity to create and build social and spiritual relationship with each other and above all with God.

We should always try to grapple with the meaning of the words of a saintly person, rather than his actions. Good and truth always truimph. God is ever active in getting things done through the actions of man.

Man is quick at making promises to God, but very slow at fulfulling them. When

we are in trouble or in dire need, we pray to God for our salvation. We make promises to God in return for answers to our prayers, once these are answered, we try to forget our promises or physically do not have the power and, therefore, break them.

Man has never ever asked God to cease giving His bounties to him, as He has already endowed him with enough, but is constantly begging for more and more from Him. The arrival of saints on this planet is to remind us that we are human and of our relationship with God.

Das is a servant, whose sole service is to humanity and to God. He is not a servant or a slave to another human or to a religion or faith. Be a follower only when you are sure within yourself. **Man's greatest religion is truth.** Forgiveness and kindness in the name of doing good to others especially those in need is true service. Never try and injure any one physically or mentally through your actions.

MASTER WHO MINGLES AMONGST HIS CONGREGATION:

As soon as Mahraz Jee started communicating with the congregation in person and listening and solving their problems, the queue of people on both sides of the aisle grew.

The Master's congregation was eager to meet Him and tell Him of their problems and malaises. The Master as ever so polite, patient, attentive and cheerful, always ready to heal aches, pains and sufferings of His flock and grant them salvation from their sufferings.

The eagerness of His congregation to meet Him draws Him closer to them than the cup of tea or glass of water that His devotees bring for Him to quench His thirst.

At times devotees would stand with a cup of tea or a glass of water but huge congregation will not even leave Him for a minute to occasionally drink tea or water.

With a cup of tea in his hand MASTER joined the troupe of Hymn singers on the stage of the auditorium treating the congregation to a 'Mushaira' (exposition of his Lyrics through recitation, song and music.

Everyone bubbled with a sense of joy and satisfaction.

REPORT

YUWA DAS DHARAM

KENT DIVISION

By Das Pummie

With the blessing of Hazur Mahraz Ji a Youth Wing has been set up in the Kent area and from April 1986 our Club has been reorganised and our new name is Yuwa Das Dharam, Kent Division. We are being handled by the Chief Co-ordinators of the Youth Section, Das Iqbal Singh and Das Manmohan Singh.

Since our transformation the club has begun to proceed very successfully as we now have direct contacts with the London Office. We now have better communication links with adult members of Das Dharam. This link has encouraged our members to take greater steps towards the mission as they now feel that they are treated with respect and equality, whereas, before they were just children.

New projects have been given to us and targets set for the year 1986 by our Chief Co-ordinators from London Office. With their co-operation and understanding we will achieve targets set.

We have begun our monthly meetings with the Chief Co-ordinators, who are a great help to all members. Their understanding and full co-operation is providing our members with the determination to proceed further, as unity is our only path to succeed in this mission.

TO BRING UP CHILDREN IS NOT DEED, BUT DUTY.

- MAHRAZ DARSHAN DAS

REPORT

NEW GROUP OF SACHKHAND NANAK DHAM IN KENT

John Kensit

As one of the newest groups of Sachkhand Nanak Dham our Committee was appointed only this Easter. We are very much at the stage of new discoveries both individually and as a group.

We have been meeting virtually every Thursday evening this year at Chalk near Gravesend in the home of two of our members, Geoff and Shirley. We have been able to discuss together what we have been discovering and what we do not understand, as well as getting to know each other as friends.

Sometimes we have been very privileged and Mahraz Darshan Das Jee has come to see us. Other times Manmohan, Iqbal and a few others from head office, Birmingham and London have' joined us and explained some aspects of the mission.

Our meetings are very informal and many of us have come to regard them as the most important date in our busy diaries every week. We experience great healing, friendship and love when we meet. Sometimes one might regard our discussions as a form of group therapy, when we can be honest with each other about any problems we may be experiencing (and we are experiencing problems) through which I believe we are learning how best to help other people and ourselves in the future.

Although most of us were born in England with English parents and have Christian backgrounds from different churches, I think our little gatherings might have more in common with the early Christians than what we have experienced before in our churches or outside. We are learning so much of the fundamental message of Christ, which we have so often lost before through arguments over dogma and repeated forms of worship that we have sometimes lost the essential vitality.

Some of us are involved in our churches while others are not. There is in fact a diversity in our backgrounds, occupations and personalities, which should eventually make effective as a group, although these differences can cause problems now, which will be overcome with God's help. Some Christian people have always met in house groups especially again in recent years, whether to study the Bible, pray or hold services. I think however in the modern times our situation is unique, because we also have what Darshan Das gives us and he actually visits us in person. One might say at the risk of being accused of arrogance that we have been given the missing key to unlock the door.

We experience new riches every time at both satsangs and Sangrands beyond our imaginations, Many of us have taken Naam. Most of us cannot understand any Punjabi, although some of us are starting to have lessons. The essential message at satsangs comes through however, whether Punjabi speaking friends give us a short translation or just from the atmosphere of love, which we

can all feel.

I had never heard of the Adi Granth (the Sikh scriptures) before January this year and had a long search through London bookshops before I even found anyone else who had heard of them. I have now found a copy in English, which I look forward to studying, although I understand the version I have might not be a good translation. I have found that since January my times have been so full that I have done little reading. We are, however, starting a little library of relevant books to borrow and study, although as yet we have no books about Darshan Das and his mission.

I do not know what the future holds, but I have no doubt that coming into the mission has enriched all our lives, for which we are very grateful to all who have helped us, but especially to Mahraz Darshan Das Jee. What we do in future is in the hands of God.

If anyone wants to join in our little gatherings and activities, perhaps you would telephone me or contact head office in London. I have an answering machine to take messages, if I am not at home on (01) 515 7456. We may have meetings in London as well as Kent in the future.

Nanak Naam Chardi Kala
Tere Bhane Sarbat Da Bhala.

GOD THE GIVER HAS NUMEROUS NAMES EVEN THOUGH HE IS ONE.

- MAHRAZ DARSHAN DAS

THOUGHTS

To lift your eyes to Heaven
When all men's eyes are on the ground
Is not easy.
To worship at the feet of the angels
When all men worship only fame and riches
Is not easy.

But most difficult of all
Is to think the thoughts of the angels
To speak the words of the angels
And to do as angels do.

Seek every opportunity to do good. Depend not on fortune but conduct. Deserve success and you shall command it. Be slow to promise and quick to perform. If everything could be done twice, it would be done better. Idleness rusts the mind. Write injuries in dust but kindness in marble. One never loses by doing good turns. Good beginings make good endings.

If a good man thrives, all thrive with him. By entertaining good thoughts you will keep out evil ones. An hour in the morning is worth two in the evening. We never know the worth of water till the well is dry. Eat to live but do not live to eat.

- DAS GEOFF

INTERVIEW

BY DAS JENNEY MACKENZIE

Hundreds of people now come to the Dera in Birmingham each month.

They return many times, drawn by the love and message they find there.

Of these followers of the mission of Hazur Mahraz Darshan Das, so many have an inspiring story to tell.

So many speak of lives transformed, of personal healings, of dreams fulfilled - and each one wants to share with others the news of how these changes have taken place.

One man whose life changed dramatically on meeting Mahraz jee, is Das Baba Jee George, an Englishman who first came to the Dera two years ago.

At 60 years now, Baba Jee George's life is a song of faith, love and commitment to the ideals of the mission and to Mahraz Jee.

Of Mahraz Jee he says, "That man is pure love."

And of his own life, "My life now is for humanity and the Holy Master. But the joy and contentment he now feels came into his life only recently and in a startling way.

In earlier years, Baba Jee George travelled extensively, visiting 29 different countries as a member of the merchant navy. He also worked as a successful chef in Australia for 24 years, returning to England in 1979.

"I had always enjoyed good health" he said. "But in 1982 I had an industrial accident. A ramp that I was standing on collapsed under a 200 killo crate and I fell heavily, badly damaging my spine.

"I had become a virtual cripple almost overnight. From then on I had to wear a steel plate brace around my body and a neck collar. I was very bound, and to walk I had to use two walking sticks.

"Many treatments were tried, but nothing worked. I was always in pain. After two years of this I was getting very discouraged."

At this time Baba Jee George was lodging with an Indian family, Nirmal and Gurdish Helaith and their children, in Pelham Road, Gravesend. It was they who helped Baba Jee George to find an end to his suffering.

"I have to thank my Indian sister Gurdish - her love and kindness was complete. On 4th April, 1984, she asked me to come and see Mahraz Jee at her home.

"When I first saw the Holy Master, He spoke to me in perfect English. "Mr. George," He said, "You have a damaged spine. Sit by my chair with your back against this cupboard."

Baba Jee George described his deepest impression of that evening. "It was the time that the Holy Master looked at me," he said. "He never spoke another word to me, but in the 10 minutes that He looked at me, I could feel a warmth that doesn't normally come from people."

"I listened to the whole Satsang that first evening. Despite the language difference, I felt then, as I always do, that in my heart I understood what He said.

"I felt pure love for Mahraz Jee. But still I had no hint of what was to come and I felt no compulsion to see Him again.

"It was Gurdish who asked me to come to the Dera and I went to please her."

Of the people Baba Jee George met one week later at the Dera he had this to say: "I was welcomed so warmly. My feeling was that Mahraz Jee's love for everyone was with all the Sangat. Their love was complete."

It was after Satsang that Mahraz Jee asked Baba Jee George to come to his office. His memory of that time is crystal clear.

"Tears came to my eyes when He looked at me and smiled. There was such warmth. He said: "Mr. George, what can I do for you?"

"I said, 'Master, if it is your will, you can make me better.'

"Mahraz Jee said: 'Mr. Gorge, I can and will heel you - but it is you that has to believe it. If you do not, I cannot help you.'

"This felt absolutely right to me. I wasn't within 10 feet of Mahraz Jee and he didn't touch me, yet I knew the truth of his words.

"I said: 'I do believe Master."

When Baba Jee George got back to his home in Gravesend that evening, he went to his room and took off the steel brace and neck collar to prepare for bed.

"I didn't feel any different," he said, "But I went to the bathroom taking all my medicines with me, and threw the lot down the toilet.

"I put my sticks in the corner of the room.

"That night for the first time in two years I had a peaceful night's sleep, free from pain.

"The next morning I felt completely fit. I never needed to take up those sticks again.

From that day forward, Baba Jee George felt that he had experienced even more than a physical healing.

"This experience completely changed my outlook on life. From that time I felt I could love all humanity. I had tried to before, but it just wasn't in me enough.

"But if you trust the Holy Master 100 per cent, as he loves you, so you automatically love Him."

It was this commitment and devotion which enabled Baba Jee George to become Baba Jee in February 1985.

He said: "When I was made Baba Jee I felt I had achieved what I was always looking for, peace of mind and a deep love of humanity which I have felt ever since.

"A Baba tries to set an example by his actions and striving after perfection.

"Everyone should strive to do the same."

And the most urgent message which Baba Jee George feels he has to convey to others ....

"If you strive after perfection, you must follow a Perfect Living Master.

"To me Mahraz Jee is the Perfect Living Master!"

I.M.E.

PRESENTS

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POEM

Open your eyes to see the world,
And let someone see into yours.

Open your hearts and give out your love,
To fill it with love from others.
Speak to others with your words,
True and sincere,

That you hope in return to also hear;
And for every stone on your path you stumble,

Feel no anger, hate nor bitterness,
But remember God's words so humble,

Nanak Naam Chardi Kala,
Tere Bhane Sarbat Da Bhala.

DAS SATINDER KAUR

VEGETARIAN COOKING

BY
DAS JASWINDER (BABY)

In Western world lacto-vegetarians find choice of delicious and tasty dishes limited as eggs, animal fats and meat extracts are so freely used in cooking various delicacies.

Cake is one such delicacy consumed practically by everyone. Therefore, now I would like to share my baking ideas with all of you. In this issue, we will bake plain cake (NO EGGS).

PLAIN CAKE WITHOUT EGGS:

INGREDIENTS:
6 oz Plain flour; 6 oz self-raising flour
9 oz soft margarine; 9 oz caster sugar
6 oz marvel powder milk,
1 table spoon vanilla essence
½ level tsp. baking powder,
1 level tsp. bicar. soda
½ pt. fresh milk.

METHOD:

1. Heat oven 325°F or Gas mark 3½.
2. Grease and line a baking tin or 2-7" round tins.
3. Cream margarine and caster sugar until well mixed the mixture looks creamy.
4. Sieve flour, bicar. soda, baking powder. Add these and marvel milk and vanilla essence to creamy mixture. Mix well.
5. Add fresh milk and obtain a fine consistency.
6. Put the mixture into tins and bake in the centre of oven for 25-30 minutes or until golden brown.
7. Decorate as desired.
8. For 2 round cakes - you could sandwich them together with jam or with butter icing.

OPTIONAL

If you require to add dessicated coconut, add about 3-4 oz to the top mixture and cook. If you require to add glace, cherries - wash the sweet syrup from the cherries and cut cheries in halves and add to the mixture and cook.

HEALTH

BY DAS IQBAL SINGH

In our social circle it is apparent that we vegetarians do not pay any attention to our daily balanced diet. Sheer ignorance on our part results in vitamin deficiency and under nourishment.

This can easily be controlled, if we try to learn the very basics of nutrition. Vegetarian diet is very healthy and perfect for aspirants to follow the Path of the Holy Master. A healthy body is essential for a healthy soul and sound mind.

This reminds me of my visit to my client who is a Doctor while talking on vegetarian diet he said, "heart disease, the cause of more than one half of the deaths in the Western world could be prevented through vegetarian diet." Further he said this fact is mentioned in the Medical Journal.

This is probably one of the reasons - why more and more people in West are turning vegetarians.

Chart below will provide first lesson in the basics of nutrition.

VITAMINS	WHAT IT DOES	VEGETARIAN SOURCES
Vitamin A	Eyesight; Healthy skin; Hair; Teeth; Gums; Helps repair body tissues and normal growth in children.	Carrots; Leafy Greens; Veg; Fruits; Milk; Butter and Fortified Margarine.
Vitamin B12	For Red Blood Cells; Bone Marrow; Nervous system.	Soya Beans and Milk
Vitamin C	Collagen - necessary for body structure; helps recovery/ Healing; Teeth; Gums and Bones	Citrus fruits; Tomatoes; Green Veg. Potatoes.
Vitamin D	Teeth & Bones	Sunshine
Vitamin E	Red Blood Cells	Wholegrain cereals; Wheatgerms, sunflowers seeds Lettuce, Apples; Carrots; Cabbage; Peanuts.
Biotin	Energy	Dried Milk; Green Veg; Nuts and Cauliflower.
Folic Acid	Red Blood Cells; Functions of Intestinal Tract	Green Veg; Fruits; Milk; Dried Fruit.

SACHKHAND NANAK DHAM - DAS DHARAM

Founder/Patron Mahraz Darshan Das

"DAS DHARAM is the message of the Almighty Supreme Lord."

16th February, 1980 Mahraz Darshan Das

Five fundamental principles on which the foundation of Sachkhand Nanak Dham - Das Dharam was laid are as follows:-

a. Sach: Always speak 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. Sahadat: 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.

MAIN ADDRESSES

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'GOD IS ONE'
BUT
WHY IS THERE SUCH TROUBLE AND DISAGREEMENT IN THE NAME OF RELIGION?

MAHRAZ DARSHAN DAS