



**HUMAN BODY  
THE LIVING  
TEMPLE  
OF GOD**

*Mahraz Darshan Das*

Human Body

**THE LIVING TEMPLE OF GOD**

By Mahraz Darshan Das

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**SACHKHAND NANAK DHAM**

CSC-8, Pkt. E-18, Sector-3, Rohini,  
Delhi-85 Ph. : 7173935

## PREFACE

The current of spirituality which the founder of this mission Mahraz Darshan Das Ji generated among the masses he came in touch with is beyond and above than any great gratefulness which the Ist generation of Sachkhand Nanak Dham am ever pay to this great personality .

This charismatic magnetic personality of Mahraz Darshan Das infused the spirit of dedicatedness, devotedness to the service of humanity which our present society can never forget his love for universal brotherhood, his love for the nation, his love for the weaker section of the society down-trowden is matchless . The Religious movement his Holiness started is endless and we have to carry on the same lamp to the darker side of the life which he left us to do. I appeal my hith and kin, ~~w~~ears and dears, young and old followers of Nanak Dham to learn from his teaching. He was a dynamic Spiritual Leader who brought Bhakti and Shakti together and set-up the many living examples which were known as the living miracles to the society. He was the Ist saint who was given recognition in his own life time by the people. From such an international figure I request my people to follow the path of truthfulness with the same boldness. I hope this book will be immense usefulness to the seekers of truth.

By Mahraz Tarlochan Darshan Das.

## LOVE AND ANGER

Anger does not destroy others, but oneself. Messengers of God explain that anger is the most toxic poison within man. It disorients him from uniting with God. Wealth, on which you depend, does not go with you when you die. Nor does this body, made of dust go with you. Despite this you are constantly striving to collect that which is worthless and soiled. This body is like rented property, which you will have to vacate one day.



### महाराज दर्शन दास जी

Nothing is possible without the Master. Once you have accepted shelter and Naam from a Master, serve him and recite Naam, which will connect you with him. A telephone is useless until it is connected to the network, only then are you

## **LOVE AND ANGER**

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All relationships and power are built around wealth. If you were to become destitute and poor, then all these relationships and power would fade away. Messengers of God remind us instead of forging false relationships and accumulating worthless resources. You should seek true relationships and look for priceless treasure.

This true relationship and priceless treasure is the shelter of a Master. Not everyone is granted this jewel.

Those, who were once proud, became humble and changed into true humans when they accepted the shelter of Master. This could not have been possible through prayers, charitable deeds or pilgrimages. Guru Amar Das Jee explained that he wasted 63 years of his life on pilgrimages to holy shrines, performing various religious rituals. Peace of mind and unity with God were denied him. He explained that he was given the shelter of a Master, to whom he gave of himself in selfless service for 12 years. This pleased the Master, who blessed him. "Through this blessing I attained peace and became one with God," he said.

### ***Nothing Without the Master***

Nothing is possible without the Master. Once you have accepted shelter and Naam from a Master, serve him and recite Naam, which will connect you with him. A telephone is useless until it is connected to the socket, only then are you

able to communicate across the world.

Masters are constantly at one with God and are therefore able to show you the way and free you from this suffering. Unless you travel within yourselves or follow your Master by reciting Naam, nothing of value is gained.

Nothing is possible without Naam. Some people having accepted Naam do not make use of it or rather become embroiled in worldly matters. In this state of confusion they are of little use in this world or the next.

### *The Master, the Water Carrier and the Dog*

A woman used to go to a Master and had been given Naam. Once her husband asked to go with her. On meeting the Master he said that he could not accept Naam because he would not be able to recite it. Instead he asked for some form of service, which he could handle and perform without failure. He said this would also be a constant reminder of the Master. Because he was pleased with the man, the Master gave the man the duty of drawing water from the river and carrying it to the Master for his bath.

12 years later the Master decided to test the man to see if his yearning had developed and whether the man longed to meet with God. The Master created a fierce storm while the man was drawing water from the river. The man was unable to bring the water for his Master in time.

As the man approached the Master with the water, he was told that he had arrived later than usual and he had not carried out his services properly. The man was told that all his years of service had come to nothing and that he would have to start from scratch once again.

In anger the man threw down the container full of water and spoke of the cold, heat and hardships that he had to endure to accomplish his task. Angry with his Master, he promptly turned his back and left the Master.

On his way home just as he passed a beautiful building he heard a voice calling to him. Looking back he noticed a dog, who seemed to be beckoning him. Coming closer he was surprised to hear the dog speak.

"Where are you going?" asked the dog. The man then related his story to the dog who listened carefully.

The dog carried out in alarm: "What do you think you are doing?"

The dog then told the man that he, the dog, in his previous life had served a Master, whom he had snubbed and walked out on.

"The rewards of my service are this beautiful house, a kind Master who pampers me and looks after me well," said the dog. "But the result of my having snubbed my Master is this life, as a dog."

The dog advised the man to go back, because there was still time to seek the Master's forgiveness. This he did and continued to serve his Master to the end of his days.

### ***Love and Devotion***

Service which has been given to you by your Master is true service and should be carried out to the letter. The power of Naam is complete when you are employed in any service for your Master.

Even after being given Naam and doing his service, if you are still poisoned by anger and all the other passions of deceit, then you are simply wasting your time. To be truly useful you must shed everything. It would be a mistake to think that Master are hungry for wealth or worldly attachments. They only hunger for your love and devotion to Naam.

Love your Master as well as those around you. But if you love your Master and not those around you, then you will gain very little from Him. A lot can be learned from sim-

ply associating with his congregation.

When you are cooking meals at home, think of the task you are going to perform. First calm yourself, clear your mind of all distractions and think of your Master. Good thoughts and a positive energy will pass into your meals, which in turn will be passed onto whoever eats those meals.

But if you are focused on tensions and distractions while you are preparing meals, then negative energy will be passed on. Energy can be passed on through association and will effect other people.

Master are not influenced by your outward appearance, but they look within you. When love erupts from within then differences between you and me no longer exist.

### **REWARD**

Master are not obliged to reward years of service. When a Master is pleased, he can accept the service of a single moment . They single out people within whom they perceive a yearning and love, which will grow.

These people are drawn to follow them and are nurtured. For those you have loved have attained God.

The cycle of life and death comes to an end through Naam. Some people come to me and say that they are ardent followers of their faiths and follow all the prescribed rituals. Despite this they are still subject to all the hardships and sufferings of the world. To this my reply is that God does not exist in these

things. God exists in people and in their service.

Therefore it is important to go to the physician and get the right prescription. Peace of mind and freedom can only be attained from the shelter and Naam of a Master.

I am not advising that you should abandon prayers. What I am saying is that when you have met a Master then all prayers come to an end. God is known by many different names and yet He is one.



Unless you given through Naam, you will gain nothing. Pure Naam resounds within you, yet you seek it outside yourself. You will come to know and taste it when you attain the shelter of a Master and speak his language. When the soul begins to speak the language of the Master then it will attain freedom.



## *THE TRUE BATTLE*

This human form has been granted to us through God's blessing. It is a mirror of His glory. Your form has been created with His love.

The Lord's knowledge virtues and image are embellished within this pure form. When you forget God. Then you become susceptible to all the suffering that you have to endure.

God is pure because He is above all attachment. He is outside the cycle of life and death. The entire universe was created by Him.

We must take an oath or at least make a commitment to meet with God. Although you have been created through the purest of means. You must also endeavour to live a pure clean life. God like opinions, form life and qualities must also become a part of you.

You let your mind wander and become attached to useless pursuits which result in you squandering this life. Despite the fact that this human form has been made and granted to you by God, not by some ordinary craftsman.

Messengers of God know that He is mother, father, brother and treasure. Everything in this universe is His. Therefore anyone who accepts God's Will is pure while non-believers are unpure.

Messengers also state that God is their caste and creed. The castes and creeds that you believe in are the creation of man and are linked to the kind of work various people did.

It stands to reason that when you are associated with and work for a Master you also acquire his caste and creed with God.

These questions and conflicts based on religious strife between Hindus, Muslims, Christians and Sikhs do not exist in the house of God. He created the human form and it is this, which is the true caste and creed of man.

Other arguments are useless because of their divisive nature. Reason dictates that the true path of caste and creed is that which is associated with God.

If you nurture love for God and accept his Will, then your form will become like his. There is no foundation for doubt because we are all made in his image.

All true men of God and religions have concluded in one form or another that you are all one God Almighty is one despite his numerous names. He asks for one thing only that you remember him.

Master state that you are all foreigners here and will one day have to return to your true homes. The house of God from where you were sent, but are now separated from because of your deeds.

Peace of mind happiness and joy cannot be yours when you are separated from and are forgetful of God. This peace, happiness and joy will be yours when you associate with a Master. But this association comes only through God's blessing.

I have said before that this body fashioned by God out of earth is not yours. God will recall the body's true lodger one day. This lodger is the soul (Atma).

God has been called the most courageous, the pure, the benefactor and the redeemer. Deeds and rewards should be your true friends. Other worldly gains will not be of benefit to you nor will they stand as your witnesses in the after-world.

All you have to remember is that you must keep the Lord in your mind. He will be your only true ally and witness.

At your end no one will go with you.

Devotion and acceptance of Master are deeds performed by the courageous. The weak of heart and cowards will certainly not associate with Master. This path is for the strong and courageous.

Masters state that through the acceptance of your Master and recitation of Naam you will become like your Master.

Guru Arjun stated, "If every pore of the body were to become a tongue ever then the glory of God could not be praised or described. If all the ocean were to become ink and all the trees quills. God's praise and glory cannot be written".

God has no form. He is the purest of the pure. He lives everywhere and is in everything. Despite being searched out he cannot be found. Whenever God has been found, it is through this human form. Only through this pure body fashioned by God has He been found.

The entire universe was created through his will and blessing. The body is his. We should love him and denounce all forms of strife and conflict. These should not be stored in the body either.

The Master Farid states that if someone wishes you evil then instead of wishing him the same. Bow at his feet and return home because in this lies your salvation and unity with God.

The only way of uniting and freeing yourselves from this destruction is to take and recite Naam. They are indeed lucky who have taken this golden opportunity to accept and recite Naam in their life. Endeavouring to unite with God while living.

Pure is he who does not wish ill on others. Pure is he who fights for the weak against injustice. The pure do not

differentiate between good and bad. When you are immersed in love then good and evil does not exist.

Pure is he who follows the Master, who eats what is naturally given to him and no meat. The pure embrace their enemies.

They battle daily with their true enemies, which are anger, lust envy, avarice and ego. Battle against bad deeds that separate you from God.

You should search for Naam, which will clear all doubts and suspicions. This is for your benefit.



## **FOLLOW THE TRUTH.**

The Creator of the Universe from whom man has become detached can only be realised through the shelter and Naam of a Perfect Spiritual Master. But the greatest hurdle between the soul and God is the mind.

The day is spent running about while the night is spent sleeping. Within a day's 24 hours very little time is spent truly remembering God, despite the fact that you attend religious festivals, go on pilgrimages and give alms. It is equally difficult to remember Him because of the burden of our evil deeds and passion.

The simplest method of realising Him is to love His creation and to speak the truth. Whether you join the congregation and have received Naam from a Master or not does not matter at this point. Your ultimate aim should be to follow truth and not falsehood. False living never brings you joy and happiness.

Some people have been given Naam by a Master and have not truly reaped the benefits. This is due to your not completely accepting the rules and principles of your Master.

Messengers of God have complied with the will and duty of God, which they urge their followers to accept. The first things that you are urged to

accept from a Master is Naam. Each in his own time has proclaimed the message from the one God.

You have been given a slogan: "Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala". It is the necessity of this age. Although you may have heard it before, it is being brought to you with renewed power from Sachkhand Nanak Dham. It is not being enforced on you, but it should be a labour of love:

## **FOLLOW YOUR FAITH**

Do not waste the hours granted to you. Use them wisely, even if you remember Him for an instant, He will reward you because He lives within you.

Sachkhand Nanak Dham is a spiritual Centre where your needs are fulfilled. I do not claim to be God. What I state is that you are God and that you should endeavour to meet with yourself. Learn to love one another.

No Messenger of God stops people from following their religion or faith. Rather they urge you to truly follow your faith. Only when your faith is broken and not rewarded, do they ask you to follow them. The fault does not lie with the religion or the faith but with the person, who is directed by the Master.

Our eternal search is for humanity, from which rewards are sought. The message is the same eternal message. Consider for an instant, if Hinduism was the answer to all our needs what was the point of Christianity and Islam which followed? There is nothing here, which states that there will be no more religions or faiths, because God in His wisdom introduces new ways to suit the needs of new times.

In order to know Him attain the shelter and Naam of a Master.

The joy, happiness and peace of mind that you should have attained through this body is still as elusive as ever. Everyone of us has been given all the faculties and elements to work with. When these are taken away from us then our life comes to an end. You are indeed lucky to have been granted this human form, but you will be luckier still, if you can now meet with your maker while in this form.

Take full advantage of this form. Cast aside your evil

deeds, which are temporary and of a destructive nature. Although these are testy morsels, they are empty. If you want to be filled, then turn towards Him. Remember Him.

You are indeed fortunate that in this open space, you are praising God. Should you not be able to take advantage of this situation, then you are truly unfortunate.

Your living body is a temple where God resides, whom you search for outside yourself.

Messengers of God have clearly stated that what you sow, you shall reap. Therefore sow righteousness and Naam. You will then reap just rewards. Look within yourself and all will be revealed. God has granted you a body, with which you must help others and know yourself.

If your love is boundless, then that which you seek will automatically come to you. God, Himself will come to you if you try to find Him. Have faith.

Suffering and joy have been companions since time immemorial. Freedom from these can only be attained when you attain the shelter and Naam from a Master.

If you have received Naam, instead of the angel of death. Your Master will come to collect you at your end. It is your right because your Master has pledged to keep you safe.

The greatest revolutions have been stirred up by Messengers of God. Evidence of this is shown by the way you bow your heads at places where these people have sacrificed themselves.

I have often been asked why holy men and Masters are time and time again born in India. To answer this I have said that in India there are four essentials: sins, acts of charity, prayers and love. All these things abound in India in almost unimaginable proportions. But it would be foolhardy to imagine that God only comes to India. Whenever and wherever



there is a need, God comes in the form of man to free the suffering.

Freedom cannot be attained by force, but through other means. The message is for people to accept the principals of Sachkhand Nanak Dham . If they wish to arm themselves, then they should arm themselves, with truth and contentment, attend the congregation of a Master, do something good for others and sacrifice. When you are armed with these virtues, then God's blessing will know no bounds.

Whatever is taking place in the universe is being directed by God. Therefore you should all unite, become one in mind, body and spirit, praise His glory by whatever name you know Him. For He is the Almighty and Omnipresent God.

### ***SEEK A MASTER***

Your right is your God. Naam is your treasure. Recognise your rights and stand up for them. Go and unite yourselves with the God, who knows no bounds, who is unfathomable. My message to you is to go and seek the shelter and Naam of a Master and recognise yourself. Recognise this abode, which is the footstool of God.

Like God, Naam already reverberates within the body. Naam can be defined in two ways: Varn Atmic and Dhun Aatmic is the form of Naam, which constantly reverberates within our body and cannot be described. Written or spoken. Varn Atmic is the form of Naam . which can be written and spoken.

The shelter of a Master is the shelter of God. There is no difference between the two. God's glory has been revealed through Masters. Whenever He decides to come on earth, God takes the form of a man, who is a Master.

If there is anything you want to give to God, then give Him your Naam and love. Transfer your love and time spent

reciting Naam to Him and you will be justly rewarded.

A Master is ever watchful and protective towards His followers. But you must understand that the true Master is your Naam and not the body. Through this Master you can release yourself. Your eyes are opened when you meet with a Master.

You are very fortunate when you come into contact with a Master. It is no accident when this happens. They are in fact servants, who give their services free. Even so you never fully take advantage. Take a firm grip and acknowledge your one Master. Know his name. If your Master cannot give you what you want, then none else will perform the task. Confirm your faith to such an extent that should your Master send you to hell, even there he will create a heaven for you.

Do not follow blindly. Learn and question the person you are going to follow to your satisfaction. You will find Masters in all faiths, but your meeting with one is ordained by God. As is your bird. Suffering and joy is of your making. Should the occasion arise when you do meet with a Master, then accept his shelter and Naam.



## *LOVE ONE ANOTHER*

MESSENGERS OF GOD have constantly explained that unity with God is impossible unless you accept the shelter of a Master. All humanity originates from the same source and yet this same source is known by different names.

The soul prays for release by remembering and praying to God saying: "Oh Lord, bring me into contact with a person, on whom I may sacrifice myself by following his path, accepting your principles and attaining freedom."

It would be wrong to imagine that now is not the time to remember God and follow His principles. It would be equally wrong to imagine that there will be time enough to remember when you are older.

Messengers explain that even remembering God for an instant or during the time taken to blink an eye can secure your release. This task is difficult to perform because remembering God and reciting his Naam can only be performed by someone, who is blessed by him.

### *ACCEPT GOD'S WILL*

You may realise that although this key of Naam has been attained, it is important to recite Naam, and to do good works. Occasionally your thoughts wonder what it is that you must do to attain peace of mind and happiness?

I have explained that Naam and good works can only be performed by those people, who are blessed by God and the Master. But the crux of the matter is accepting His will. Those people, who accept a Master's shelter and accept God's will, attain peace of mind, happiness and release from the noose of the cycle of life and death.

There are various types of service that people perform. One type is simply paying lip service. This takes the form of

praising a Master, if your wishes are fulfilled, and denouncing him should they remain unfulfilled. The second form is serving the Master with physical service by assisting in tasks like helping the congregation, cooking in the kitchens and helping to clear the site. The third form of service is making financial donations and finally the fourth form of service is giving your mind to the Master and accepting his Will.

### *Four stages of Naam*

Some people ask about the different stages of Naam? Well, there are four stages of reciting Naam. You begin to recite Naam by using the tongue and saying the Word. Once this comes naturally, the larynx takes over and Naam begins to resonate there, which later is taken over by the heartbeat and then Naam begins to be recited with every heartbeat. Finally, when Naam becomes a part of your natural rhythm, it is recited with every breath you take.

No stages have been prescribed for God's Will. The entire universe revolves under His Will without question. That is why I have constantly urged you to accept God's Will. Even if you cannot do this, your Master will encourage and support you in your endeavours. Messengers of God are forever praying and pleading on your behalf in his house.

### *Sacrifice*

Messengers of God state that you should sacrifice yourselves. The sacrifice that they ask for is not of your lives or heads, but sacrifice of your pride.

That faith is true, which brings you happiness, whether it is Hinduism, Islam, Christianity, Sikhism or Humanitarianism. Do not accept that which does not bring you happiness. I have never promised any of my followers that after death you will gain something. Instead what I have urged is, that you should grasp this opportunity to meet with God in this

life. Recently when talking to some people I stated that I cannot make any promises about the past, but what I can do is to show you the Way now. That way is to accept the shelter and Naam from a Master.

If he accepts any service, He may accept one moment's service. But on the other hand if he refuses, He will not accept a hundred years of service. You do not want to accept your rightful inheritance, but want instead worldly attachment. Do not follow the path steered by your mind. Instead follow your soul's yearning, which is to meet with its Master.

They speak gently with great humility and serve humanity. If your Masters have these qualities, then you should endeavour to accept these qualities as well. You may not be able to put on the shoes of the great Masters, but you can accept and follow the path and principles laid out by them.

I have never urged you to leave your families, friends or relatives, nor have I urged you to leave your employment. On the contrary you are free to go and do what you like. If traditions, rites and rituals are followed by the Masters then they also urge you to follow them.

One of the most important messages given to you is that you should accept any relationship, which is based on truth. Do not accept any false relationships, whether they are with your mother, father, sister, friends or foe or even with a Master.

You are more concerned with the problems in someone else's house. Your concern should be with your house, which is being burgled. Your body is the true house of God. This house, which He prepared through His mercy and love, manifests His glory to such an extent that whenever God comes on earth, He takes the form of man.

How do you know that your Master is a true Master?

Distance is of little consequence between a true Master and his follower wishes to see his Master, he should appear to him. A Master is one who without being asked, clears your path. The Master I am referring to here is not the physical body of a person, but on the contrary it is Naam, which is your true Master.

There is no difference between God and the Master . So those people, who sing His praise. remember Him and accept His will. Shall surely attain freedom.

Master explain that if a body cannot love, feel and serve others, it is only fit to be burned. This body is a shell, which has be devoted to loving His creation and not worldly attachments. It is said: "Those who love shall attain God". This body ultimately is dust to which it will one day return.

Therefore whether you do something or not, it is important to remember Him. He seeks to gain nothing from you. Whether He wants to give or take, He will not make it known. He is the giver and taker, the generator and the destroyer.

His message to you is love one another, unite and rise above differences of station and religious strife. Love is the greatest message. To attain love is to attain God. He is the one and Almighty God of all creation.

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## ***THE POWER OF LOVE***

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

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

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

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

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

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

Even this body will not accompany you in death. You will have to vacate it like a rented property and return the

body back to its elements, the earth, water and fire. Do not think of this body simply as an earthen puppet or a bag of skin and bones. This body is a complete universe. Enter it sometime and take a look. Brahma, Vishnu, Mahesh, Ganesh and other spiritual planes exist within the body.

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

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

Your mind hinders your progress. Do not consider the mind to be a small power. It is a descendant of Bhrama; a resident of Trikoti, which cannot easily be subdued. It is like a monkey that never settles down.

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

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

The Master show anger and vent this not at you, but at



your deeds. There is a difference between your anger and that of your Master. They are only concerned for your welfare and the consequences of your acts. You were sent to do something useful, but have fallen by the wayside. They see the waste. God made you. You have not even tried to understand why.

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

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

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

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

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

Although you recite prayers, with your eyes closed, your mind revolves around all your surreptitious plans and ambitious of fulfilment. This is not praying . it is a betrayal of

God. True prayer is not hours long, but an instantaneous selfless cry or beseeching to God.

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

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

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

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

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

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

tenth door of ascension at the forehead between the eyes.

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

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

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

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

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

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## ***UNITE WITH GOD.***

Namdev, a spiritual Messenger from God, explained that all aspects of life have four seasons or principles. The four principles are mercy, truth contentment and Naam while the seasons of man are Birth, Childhood, Manhood and Death.

Our soul's relationship with God is similar to that of a bride with the groom. The method of uniting the soul with God is nurtured in the forehead, which is known as the third eye.

I have stated many times that your true Master resides there and assists you in your material and spiritual endeavours. No matter where you are in the world, your God and Master will come to your aid.

You have to cross the planes within your body, starting from the soles of your feet, working up to your forehead in order to meet with your Master and God. The power or soul that lives within you is part and parcel of the Supreme Power.

### ***Enlightened Beings***

People who accept the message are rewarded with spiritual and material peace of mind.

We have never been told about other enlightened beings, but have been deluded by power hungry people.

Mould your bodies so that you are able to appreciate hardships without difficulty. If you are only intent on enjoying the good times, how will you overcome hard times?

Your children are yours and you will have to take responsibility for their suffering and hardships. God will bless you by giving you strength and reveal His existence.

You step backwards instead of forwards simply because you have not travelled within yourselves. In order to frighten the evil within you, you require the might of Naam. Once the

power of Naam has infiltrated your body then all your illusion will be overcome.

Everybody spends a long time cleansing the outside of their bodies, but we never think about washing and cleansing inside our bodies. You die daily by committing bad deeds and live in constant fear. Why not overcome this death forever and arm yourself with the weapon of love?

If God is going to meet you then he will do so because of your truth and intentions. If your intentions are good then your relationships will also be good. But bad intentions will only meet with dire results.

God is never cross with anyone. But if he is cross with anyone, it is with his sons and daughters who are devoted to Him. These true sons and daughters accepted torture and death as His Will. All that is being revealed to you is to give you strength, unity and love.

True religion or faith is one that sacrifices itself for the sake of another. A nation is great which sacrifices itself for the sake of another nation. Messengers of God give His message and sacrifice themselves. For others. For whom are you going to sacrifice yourselves?

First nurture love, that is the path for you. Help the poor who are not related to you directly. Help those whom others reject. He will bless you.

Give birth to righteous children by abstaining from eating fresh. Your offspring are affected by the food you eat. Have you ever asked why your children are prone to disease and other ailments?

### *God's Beggar*

We call ourselves human beings, but do not practise true principles. If He can reside in you when you practise His

laws, will He also not recognise your faults? A beggar comes to you for alms, so why do you not become God's beggar? Beg from God. Wake up and recognise the truth. Do not cooperate with falsehood, hatred and division. A person that walks in the path of truth is a true Messenger.



## ***YOUR WAYOUT***

MESSENGERS Of God state that if you wish to unite with God or release yourself from this cycle of life and death then you must seek the shelter of Perfect Spiritual Master. Some people are under the impression that success in life can be attained without the shelter of a Master.

During his-life time a Master will never proclaim himself to be one. Your Guru can also be the slogan or Naam, which is given to you by the Master. Through the meditation of this Naam, the glory or power released within you can be termed your Satguru(true guru).

Years can be wasted going on pilgrimages, bathing at holy ponds, being charitable and reading from the scriptures yet unity with God is ever elusive.

### ***CONQUERING the Mind***

Naam is the only way with which to breakdown the barriers created by the mind. Your mind has the power to make friends or enemies. It involves us in religious conflicts and national strife. It seduces us with worldly matters resulting in our wasting this short period, granted to us through His blessing.

Whenever you try to suppress the mind with force, rather than submitting it to your will, it will re-emerge forcefully and much more rampantly. Should you want to conquer your mind then I urge you to seek the shelter of a Master where you can attain Naam, with whose help the mind will automatically submit.

This human form will not be granted to you time and time again. When you finally make up your mind, only then can you unite with God. Should you falter on the way then you will once again be thrown into the cycle of life and death. Despite this knowledge you still persist in pursuing a path of

destruction.

### *Droplets of Naam*

There should be no dispute regarding the many names of God, for He is One and the same. There is only one God with whom all of us have to join to become one with Him. A single drop of water, when it returns to the ocean becomes one with the ocean and is indistinguishable from its source, but the ocean cannot return to the drop of water and be called the ocean. Therefore it can be concluded that we are all droplets of Naam, who will one day merge with the Supreme Soul and become one with Him.

Naam is the only way of releasing worry. On many occasions I have mentioned that some people receive Naam from a Master and do not recite or profit from it. You then return to the Master saying that you have gained nothing despite having Naam. It is like fetching a medicine from the doctor's and leaving it in the cabinet while you are ill. How will the illness be cured when you have not taken the doses of medicine as prescribed?

After you have received Naam you must learn to speak the truth, do good for all, attend the congregation of a Perfect Spiritual Master, be contented and sacrifice. If you do not bring about a change in your lifestyle then what is the use of going to the Master time and time again.

### *Look for the Good*

You have been granted a life span of 60 to 70 years. Do not simply waste it away. If you do not want to follow the path of the Master after attending his congregation, it would be wiser to simply stay at home. If you have received Naam and accepted the shelter of a Master, then make your belief so firm that you will want for nothing. If you have accepted the shelter of a Master, then do not look at his bad



deeds, but learn from the good that he teaches, which will benefit you more.

Masters are your shelter and wish to take you to the furthestmost realms without asking for anything in return.

### *Path of the Master*

I am not urging you to leave your families, employment or anything else. If there is anything that you are urged to leave behind it is your bad deeds and thoughts. You have tried all other ways of accumulating wealth, joy and peace of mind, which still elude you. Why not instead try the path of the Master, where your wishes are fulfilled.

God desires nothing from us. He is the provider and gives you everything. What is it that you can give to Him?

Messengers of God come to free you. However you did not follow that path that they were showing you. Instead you accepted their way as a form of religion and belief. Unity with God is very difficult without a Master. God resides nowhere but within your body. All your aspirations and ambitions will be fulfilled when you meet with a Master.

The blessing and assistance that a Master can give you cannot be given to you by anyone else. Therefore seek out a Master who can fulfil your every desire. When you are aware that there is only one God. Why are we searching for smaller Gods?

All the worries that trouble you will cease after attaining Naam. No real joy is possible without it. People without Naam are like animals who come to satisfy their stomach's needs and depart. That is why attaining Naam is essential and it can only be granted through the shelter of a Master.



## ***A GOD GIVEN JEWEL.***

MESSENGERS of God constantly remind us that the only path to everlasting peace of mind is through Naam, which reverberates in our body 24 hours a day. They also explain that in order to truly understand, know and listen to this sound we must attain the shelter of a Perfect Spiritual Master.

Naam has been known by various names in different religions, but the point is that there should be no arguments about Naam, because it is God-given and available to all.

Naam is described as a precious jewel, which is hidden in our body. The only way to find this treasure is through the shelter and guidance of a Master, who knows the true value of this jewel. Through this association with a Master, the soul oppressed by the mind begins to revive.

From the beginning the soul has united with the Supreme Soul. This body has been given us to remember and search for Him, but through our bad deeds this valuable time is simply wasted away.

### ***We are all Beggars***

Although the glory of God is described in the scriptures, He, Himself cannot be found there. He can be found through the help and guidance of a Master. In front of God we are all beggars. Despite our prayers some of our desires are not fulfilled and we fail to ask or delve into the reasons for our failure. If you have common sense, you should ask for the cause of this sorrow and a prescription would be given to you by a Master.

The cause of all human suffering is as a result of the soul's detachment from God. Yet despite this fundamental truth, we try and wash away our sins at holy ponds and rivers. One Messenger by the name of Suthre Shah proclaimed that all rosaries are mere wood, all sacred ponds mere water and

without Naam, the glory described in the scriptures are mere stories.

All Messengers of God have described this body as the temple of the living God. When our eyes are closed, all that we can see is darkness. Similarly unless we seek within, all that we can see is darkness. A divine lamp illuminates this body, which can only be seen through Naam.

### *Devote time to Naam*

Naam can only be attained from a living Master. But once you have attained Naam, it is necessary, to devote time to it. Unless a shop is open and closed on time, no profits will be reaped, similarly you will not benefit, unless you devote time to Naam.

Guru Nanak, remembering God, stated: "Whom should I pronounce good or bad when, You reside in all? Whose caste or creed should I ask, when all are your own forms?" Guru Nanak clearly says that we should look at ourselves before finding faults in others.

God Almighty is the everlasting, immortal force which created the universe. Messengers come on earth to show mankind the true path. They urge us to meet with God in this life, whilst we are alive. This path is not for cowards or the faint-hearted, but the brave. You must forego worldly prestige, because God does not work with conditions. He is above conditions and also raises us above them.

Messengers of God do not advise us to detach ourselves from our worldly relations. What they do emphasise is that we should continue to observe our customs, traditions and live within our families, whilst remembering Him. They first practise what they preach.

Life can seem like an eternal prison from which we can be freed through the shelter and Naam from a Master. Messengers describe three planes, hell, Heaven and Paradise. We

undergo the pleasure or pains of Heaven or pains of Heaven or Hell in this life, but Paradise is achieved through the shelter of a Master.

If you are going to denounce anything, then denounce yourself. What use is your knowledge, intellect or wealth, if it will benefit no one? Greatness comes from distributing knowledge, intellect and wealth to all those less capable, even those who are not your own. Messengers accept people, who are outcasts of society.

If you wish to attach yourself to God, then recognise yourself and love everyone. Once we attach our fortune to God, our profits will rise day by day. Some people would argue that we only get what is written in our fate, but in order to promote your faith seek the shelter of a Master, perform your duties, which are to remember Him, associating with holy people, speaking the truth, being contented and reciting Naam.

Whether someone listens or not, Messengers of God continue to proclaim his message. Those, who do listen and try to follow the teaching, one day realise love for God. When your inner self is awakened, all darkness withers away. Noble virtues are developed through association with noble people. You should endeavour to associate with the kind of company, which will bring you peace of mind and soul.

*God is nothing, but....*

Lord Krishna says: "God is nothing, but a man who is great. Meditation is nothing, but power. Work nothing, but a duty. Love is nothing, but happiness, then you will have to love me and everyone else."

A Messenger is like a candle because as it burns and melts, the candle gives light to others, while it consumes itself. Similarly Messengers of God come on earth and give happiness to others, whilst they themselves accept suffering.

## *LIVE FOR OTHERS*

My message to all followers of Sachkhand Nanak Dham is that anyone can join or come into the sister mission of Das Dharam. As members of Das Dharam I urge you to attend the gathering of Sangrand celebrated once every month.

If you look at the way that people celebrate festivals at our centre in India, it is very different. They start making arrangements from the beginning of the month, making new clothes to wear during the festival. It is a unique feeling of joy and happiness.

Some people who only attend once a year start preparing well in advance and over the year make wishes of all sorts, that they are going to see Maharaj Jee, do service like moving earth and bricks, washing the utensils, bedding and many other deeds. They are giving whatever kind of service they can perform.

Here unfortunately we have not had the opportunity of doing such service. Perhaps one day you may get the opportunity, where open gathering are held for the benefit of the congregation. This place is not a temple, mandir, mosque or church. It is also your house. God's house. The same for everyone. There is no question of religion, community, caste or colour. Everyone is welcome and has the right to come here.

After sometime you will not have this opportunity. So while this opportunity lasts, whether I am here or not during the Sangrand festival, those who come from afar and cannot come every week, make sure that you attend during sangrand. Take away Jal (holy water), eat langar (food) and prashad, which will free you from your suffering.

This is a Darbar, a holy gathering place. At Loni Dera people take away the soil as a blessing. The bus stops about one kilometre from the Dera, followers start bowing from

that place and work their way towards the Dera. There was a time when there were hardly any animals there, let alone people, as it was overgrown like a jungle. But it is all changed there now.

If not everyday, then pledge one day at least, when you will attend and perform service with your mind, body and soul.

Members of Das Dharam should not give in to differences of any sort. Speak no evil of others. Speak the truth. Do good for others. Attend the congregation and be contented. You will be rewarded with joy and happiness.

Those of you, who have joined Das Dharam, are urged to stand up and not shy away from your responsibilities. If you are shy of wearing your uniform and tilak, then stay at home and do not come here at all. God resides in your homes as well.

I am giving you an order that as many people, who can come into this fold should do so. You are not being forced, but this much I can say to you, that some day you will be sorry that you did not accept this principle. I am not saying that I am God. This you will see for yourselves. You may even tell your children of your regret at this missed opportunity. What have we done? Why didn't we understand?

It is like I used to say in Batala, you will seek me and I will not be found. You will chase after me and you will not catch me. Now it is just like that. Those people are now weeping. I simply go to the Dera, give my message and return. We used to celebrate the Sangrand Satsang there, now I have left that as well. I have given the Holy seat to some else. You will not get these opportunities again so try and establish within yourselves, truth, contentment, service for others, sacrifice all that you can and come into the mission, if you wish to make your life a happy one.

Recite the slogan, "Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala," with humility and faith. Whenever you are sending a message first of all write the slogan down. Let time show you that which will come to pass. It is the time of the Supreme Power. It is the power of the time. The name is still that of Nanak, but say it with faith.

It is a form of clothing, something that is used to cover the body. Do not fear.

The money that you donate is being spent here on you. Not like you used to think that holy men come to England, collect money and take it back to India. Things are bought and established here, simply to wipe away any doubts that you may have. It is entirely up to you whether you wish to donate. I will not urge people to go and take collections from individual houses nor will it ever happen.

Before I started building the Dera in Delhi, all that I had was one room to live in. people used to ask me: "Mahraz jee, what will happen here? Who will come here?" all that I used to say to them was: "Only time will tell!"

One day it so happened that I prepared the chappati and vegetables on an earth pan and fed a few followers. After we had finished eating, someone asked: "Mahraz Jee, today you have cooked and fed us. Will there ever be a day when people will come to eat langar here?" On that day I gave my followers a promise: "So long as the earth lasts, langar will be prepared and people will come to eat."

There was a day when I did not have a blanket to pull over myself. But today, if a thousand people turned up at Loni Dera, even they can be accommodated. Here as well, stay as long as you like, the Dera will and is making arrangements to accommodate your needs. If you have a demand, then come and let it be known to the committee.

If you have a need, a real need, then the Dera will come to assist you in your hour of need, whether it is in terms of finance or man power. If you have lost everything and gambled away your life and are seeking funds to finance your next escapade, then we have no finance. For that you will only be given Naam. When I have considered that this person has learnt his lesson and is on the right track, then he will be rewarded.

Therefore do something for somebody in your life. Live for others. That's why these rules and regulations are being established so that you have the right to ask where the money is being spent? Whether langar is being distributed?

It would please me, if those families who come from near and far, eat their evening meal here at the Dera. It is after all your money, but the main reason is that you may come to realise what satisfaction is truly like after eating langar. You have eaten everything else and as a result gained nothing but ill-health, so why not eat langar and overcome all these illnesses?





## *A TRUE DISCIPLE*

TODAY WE are celebrating the day of Vaisakhi, which is the beginning of the month of Vaisakh. In India on this day Maharaj Guru Gobind Singh Jee created and established an order through which this human soul gains honour in the House of God.

This day is celebrated by most farmers in India because they are reaping the rewards of the past six months' labour. Sweets are distributed and thanks giving prayers are offered for the harvest and for future harvests as well as for spiritual guidance.

Guru Gobind Singh explains that whenever there is a surge in suffering and oppression in the world then God incarnates Himself on Earth. The Lord came into this world in the form of Guru Nanak. Travelling to the four corners of the compass, he spread His message and left behind a message like an ocean through which even the animals attained salvation.

Guru Arjun Dev Jee States: "We have been separated from you because of our bad deeds. Having exhausted all avenues, I have come beseeching the shelter of such a person through whom I can attain freedom."

He further explains that this month can only be joyous, if you get the rewards of your labour. If for example, the harvest is a poor one, the farmer is very disappointed and begins to curse himself, the fields and sometimes even God. He feels that God has not blessed him, or that the rains did not come in time and his labour has been wasted.

Similarly the soul within this body is also waited. For it to flourish and grow, Guru Arjun Dev Jee explains, it needs the shelter of a perfect Spiritual Master or to have accumu-

lated wealth by reciting Naam.

If you have not visited or met a Spiritual Master, no holiday or event is joyous to you. That is why Messengers of God explain to us the benefits of Naam.

On this day Guru Gobind Singh baptised five Singhs. He gave them principles and said: "The principles are important to me rather than the Sikh (Disciple)."

Guru Gobind Singh explained that if a person recites God's name, lives under the principles of his Master, shares in the Master's joy and suffering, accepts suffering as His Will and is contented, then he is a true disciple or Das.

He gave them five symbols: Kachcha - Breeches, Kara - steel bracelet, Kanga - comb, Kaese - unshorn hair and Kirpan - sword. These symbols were no ordinary symbols .

Guru Gobind Singh explained that in this dark age God developed the thought to bring about the salvation of humanity. "In order to bring about this salvation I have taken on the appearance of a mystic with unshorn hair does not belong to any one community, caste or tradition, it is in fact a very ancient tradition and is the garb of a mystic.

There is no point in having the hair of a mystic, if the inside is not cleansed.

Guru Gobind Singh came as God incarnate, his father Guru Tegh Bahadur served him in the capacity of a disciple at the end and accepted his order. "Go my father and sacrifice your head." This was done for the benefit of other people. Guru Tegh Bahadur Sahib accepted the command of a child.

Guru Gobind Singh said: "I have come from the place with seven peaks. These peaks do not represent any mountain range. Above the seven peaks is my throne. Where is this? It is above pride and ego, a place where these two evils

cannot enter. It is at the eye centre. If you wish to meet me, then seek me at the eye centre.”

But what are these seven peaks? There are two eyes, two nostrils, one mouth and two ear passages. When all these passages are blocked from any outside sensation then everything becomes calm and silent, as it is when reciting Naam. He says that I am to be found above these seven peaks and when the eye centre is opened, that person loses all pride and ego.

Guru Gobind Singh said: “My throne is above these peaks or powers.” The power of Mahesh resides in the right eye and his wife, Oma, resides in the left eye. On the tongue resides the power of Sarasvati. In the nostrils the power of Laxshmi and right at the top, in the brain, is the Spiritual Master.

Guru Gobind Singh said that it is the power of Narsingh, which has been brought down to this Earth ‘Nar’ means man and ‘Singh’ means lion. He inspired men to have the strength and heart of a lion.

Guru Gobind Singh explained that he was talking about himself and not any other person. He was talking about the garb and attire that he had been granted.

Take the other symbol, for instance, the bracelet, or the circular blade worn by Nihangs. Guru Gobind Singh explained that he took this from Lord Krishna, who carried a circular blade on his finger and used it to fight the power of evil and save His beloveds. So Guru Gobind Singh took the essence of the blade and incorporated it in the steel bracelet worn by Sikhs today. It represents the protection of the innocent.

Guru Gobind Singh explained that he had come to brink the poison created in this world and therefore the Lord created and established the order of the pure.

He said: "I have come to vanquish suffering and liberate you. To enable you to live and enjoy life without fear of persecution. Thus you will also have honour and prestige in the house of God."

### *A New Path*

Whenever a new power descends onto this Earth, the power creates a new path. It does not take much notice of past rituals and beliefs. Guru Gobind Singh baptised his disciples with a mixture of sugar and water mixed with a double-edged sword. This had not been done before.

Today something new will be established once again. Let us see what God creates and sets in motion. Time alone will tell.

"In this new brotherhood," Guru Gobind explained, "there will be no differences of caste or of any other sort/ they will live as one family and have one constitution with one voice.

"Working within the brotherhood is the power of Shiv. This power which resides in heaven, where the seven-coloured lamp is alight. This power will work on the earth."

Whenever armies were created in ancient times they wore breeches. Until recent times whenever armies went to war they used to wear shorts.

The sword represents power and also the power of Chandi or Kali (destruction). Chandi means sword.

The bracelet represents equality and the protection of the innocent.

Guru Gobind Singh said: "The power of the five disciples will work on this Earth as it did in ancient times. Those disciples who rise above, lust, anger, envy, greed and ego shall work on this Earth." He was not talking about people, but angles.

He was teaching us to destroy these five emotions, because until we get rid of these there is no point in outward appearances. All these principles concern the inner being rather than outer appearances.

On this day Guru Gobind Singh baptised his disciples. On the gate he had written: 'If you have the desire to love, then hold your head in your palm and come to me.' It means set aside your own needs, set aside your differences and then come to me.

He then created four divisions: Khalsa, Sahejdari, Singh and Nihang.

Khalsa means God, who has no doubts, who tells no tales and has no tales to tell, who has no sins or good deeds, who does not distinguish between you and me, He is just. He is Khalas meaning Pure. He is above everything, the Almighty and omnipresent.

Khalsa represents those who sacrifice their needs and go forth in battle. But the battle here is with the one who is our greatest enemy, namely the mind. What in essence is Khalsa? It is Naam.

The Khalsa division created by Guru Gobind Singh went forth into villages and homes to preach the message of their Gurus. They would also urge people to attend the Guru's court (Darbar).

People who were divided, destitute and dispossessed were given hope through the recitation of the scriptures and given a new lease of life, like Messengers of God who go from place to place and give their message.

Messengers of God create and live by their own rules. Whatever it is that they have come to do, they will do, because they are aware of what will happen in the future. You on the other hand do not and only look to what is happening

today. Messengers of God take into account what is happening today. but they also look to the future and decide what must be done today, which will bring happiness in the future.

You think of developing your businesses or homes and families. Similarly Messengers of God think in these terms but on a much larger scale. They know our past, present and future. In order to keep you moving, they give you principles, which will perfect your past, present and future.

The second division was that of Sahejdari, the people who were unable to carry weapons and go into battle. They worked in the commercial sector, and were businessmen, who financially assisted Guru Gobind Singh.

So this division of Sahejdari were people who would work in the field of commerce and send goods and finance to the Darbar.

To do battle on the battlefield he created the Singh (lion) division. They were dressed in the same attire and weapons as that of Guru Gobind Singh himself and were taught the skills of war.

The last category was that of the Nihangs. This division represents those who knew no bounds in the past or the future. These people were directed to go into villages and towns and liberate people, who were oppressed.

### *Four States*

Guru Gobind Singh also explains that a human being has four states. The first one is that of a tyrant. The second is of a human. The third is of a devotee and the last God. If you truly look at your state, on the one hand you are being charitable, offering prayers and alms, but on the other hand you are committing sins at the same time.

We also have four virtues, mercy, truth, contentment and Naam and we have four religions, Hinduism, Islam, Chris-

tianity and Sikhism.

We went further and constricted these religions into our own immediate racial and regional communities. Therefore we no longer do anything that will go against the grain of the community or region. Was there any one single community, relation or clan in Guru Gobind Singh's creation?

So he explained that we must be merciful to others. Speak the truth for ourselves and others. Be contented in what passes and in the decision of your Master. Whatever he does is beyond reproach.

Lastly recite the Naam has been given to you. Naam is not something that is questionable. We used to pray before and now have to recite Naam. If people praying for many years still are envious, jealous and angry, then of what use is that prayer?

As Guru Gobind Singh explained, a Khalsa is one who does not speak evil of others, for they must be true and pure in their hearts. They see everyone else as themselves.

Doctors see the body as a mass of flesh and bones. If you develop a sore, nobody wants to see it. If the body develops an illness, people are reluctant to sit by you, but God states: "I am within you."

Recognise yourself first and then speak to another.

### *Cleanse Yourself*

Clean yourself and others will naturally follow. If there is good in you, then you will naturally attract others with good in them. If you have Naam, his beloveds will naturally come to you.

The principles were written during Guru Gobind Singh's time, that those people who do not take out one tenth of their income for the Guru shall be residents of hell. Those

who take out one tenth of their income for the Guru are true disciples. He goes even further and states that a disciple will never be happy, nor will he profit in his work or be trustworthy, if he makes excuses or is reluctant or hesitant in offering one tenth of his income to the Guru.

Today and then, after the programme is over, prashed is offered to the congregation and Guru Gobind Singh states that anyone giving or receiving prashad should first wash his hands and distribute equal amounts to all people.

If people are rich, they are urged to help and assist those people who are not well off. He states that if you cannot do that, then whenever a Guru's disciple comes to you, treat him with great honour, respect and with the humility, just offer him glass of water. Then your attitude will be acceptable to me.

Guru Gobind Singh stated that if you take on people from the Guru's congregation into your employ, then your work and profits will multiply and grow considerably. At the same time you must also speak in a kind manner.

Further he stated that when you have accumulated wealth and knowledge, share it with others. Use the money or knowledge to start someone else off in business. If, for instance, the person you helped was deceitful or dishonest, then think of the giving as a donation. your Guru will automatically make up that loss.

A disciple should not house any evil or thoughts of harm towards another disciple. They are all equal. It is easier said than done. No person can do this easily. But if you live under the shelter and will of the Guru, then everything is possible.

If with faith, before you start anything, you call upon the name of your Guru, then it will be fulfilled and there will



be no shortcoming or loss.

### *Seek the Master's Blessing*

Whoever has accepted a Guru or is a disciple of a Master must always seek the Master's blessing before starting anything and make a small offering. Even before getting out of bed, seek his blessing for the day because remembering him will benefit you in the long run.

Whenever you are being charitable or are thinking or giving something, then do not think of it as leftover. If it is surplus and you are giving it just to get rid of it, then you will gain nothing out of it. Whenever giving, give it earnestly out of what you need and not out of what is leftover.

Always give when celebrating any even, Guru Gobind Singh states that one will not gain honour, if one does not give on a Holy day.

Always attend any event organised for a congregation at your Guru's place. It is not enough to make, celebrate and eat at home. It must be with the congregation. Cook, celebrate and eat with them and be happy.

When you go into the congregation, do not see people with evil thoughts in your heart, but see everyone as equals.

Those people shall not find happiness, who live off the earnings of a daughter or sister. Instead give to them. This principle was in force then, but today we all work. Some people today do live off their daughters or sisters earnings. What will they gain? What will he gain out of his prayers or devotions? Nothing!

This rule is applicable today, because it is God's rule and not man-made. I am not saying that you should all leave your jobs. It is your decision. I am simply relating God's rule

A woman, who cannot remain in her husband's house, will never find true shelter anywhere else.

During Guru Gobind Singh's reign there were lots of prostitutes. It is forbidden for a Master's or Guru's disciple to go to a prostitute. It used to be accepted during those times that a widow would eventually end up as a prostitute in temple, where she would ply her trade on behalf of the priests and the money would be sent to the regional Lords.

Guru Gobind Singh's rules state: "He cannot be called a Sikh, who covets another's woman.

He is great and honourable who accepts other woman as sisters and mothers.

It is acceptable to sustain a true relationship with one's wife and no other.

He will not attain happiness, who deceives his guests."

If you look at the principles mentioned above, and say that you are a true Hindu, Muslim, Christian or Sikh, then you are making a mockery of the principles. Truly you have only learned the ABC, compared to the whole list of principles



## ***A WEAPON FOR THE MODERN WORLD.***

A saint comes to earth with a message from God, urging unity amongst mankind. He never comes to separate or cause divisions. Maharaz Jee left no doubt about the meaning of His message to our troubled times.

### ***Love And Friendship***

“In today’s world I tell you there is nothing equal to love and friendship.”

“Love each other and make a brotherhood amongst yourselves, because there is no weapon more powerful than love.”

With love even poisonous snakes become intoxicated. The enemy throws away his weapon. There is nothing equal to truth and love.

### ***The Right Path.***

“You have to choose your own path. If you chose the right path, you will shine like stars. But if you choose the bad path, you will be pushed to the dark where there is no return. Those who want to meet God will do so. Their lifestyle changes automatically, and people call them mad.”

### ***Everything Is God’s***

Everything is God’s, nothing is ours. Money is not ours, the body is not ours, the mind is not ours. Then what does God want from us. He only wants love, which we can give to others.

### ***Suffering***

“God only gives suffering to His loved ones, not to the others. The father only tells off the own children never the next door children. Suffering is good for you. It will clean you inside. We wash clothes to make them clean. The differ-

ence is that clothes are dirty on the outside, we are dirty on the inside, through crime and sin.”

### ***Reward***

“Without giving anything, you can’t expect to have anything, you can’t expect to have anything.”

“God sent us to do good deeds and remember Him.”

“If the son is good, then the father gives him everything. But if the son is bad, then he receives nothing.”

“We should make up our minds. If we do bad deeds, then the time will be very bad.”

“If we do good deeds, then the times will be very good and we shall have everything.”

### ***Rich Treasure***

“When pearls, diamonds and jewels are buried under the earth or deep under the water, they never lose their sparkle.”

“Worms cannot eat these gems, nor do they rot, disintegrate or corrode.”

“Like these jewels, the kingdom of God never becomes dull. It is full of everything.”



## ***HONOUR IN GOD'S HOUSE***

HOLY MASTERS state that whoever has a mighty Master cannot be harmed in any way. If you do not commit any sins, then you need not fear anything in this life or the afterlife. To overcome fears of life and death you need to attain Naam, through which all suffering comes to an end. This message of the Masters is for humanity alone and no one else. Masters do not come to give us material riches, but instead come to liberate us.

Treasures from a Master are very difficult to attain. Our gifts given before worship are no guarantee that whatever ask for will be given. It is not an exchange mart where one item is exchanged for another. Gifts or donations we give are things that belong to Him and are simply being returned to Him.

What you must consider and ask is: "Where are we going? What is our main objective in life?" You must weigh the gains and losses. If you ask for something from Him, then ask for something that will help you overcome suffering. Masters are important envoys. They can reduce oncoming suffering to trifling proportions.

When will you attain the treasures of his house? Only when you turn yourself over to his agents and relinquish all bad deeds. If you give love, then love is returned tenfold.

### ***Recognise Yourself***

I have urged you to recognise yourself first. You should seek, know and overcome your own shortcomings before looking at someone else. You will truly come to know who you are, when you attain the shelter of a Perfect Master. God resides within us and yet we go to seek Him outside ourselves. Why do you not seek him within yourself?

It is only through the shelter of a Master that you will come to know your true vocation or path. But a meeting with a Master is arranged by God when He is passed with your deeds. So meeting a Master is like meeting God and meeting God is like meeting a Master. There is no difference between the two. Unless and until you journey inwards to seek and meet him, you will not know yourself.

Some of you, although you have attained Naam, do not recite it. If you cannot do this then at least follow one of the messages given by your Master. If you seek something then seek the Master's knowledge. Do not turn your back on your Master and his teachings know truly, his shelter and always remember him. You must strive to rise above all man-made differences and recognise him.

He does not belong to any one in particular.

I have said on many occasions that you should cleanse yourselves. Bathe before you sit to recite Naam. God himself has nothing to do with this cleansing process. He is always clean and pure. This cleansing of the body is for your good and purity. He gave us this body so we are duty bound to look after it. It is our duty. It is just as important to cleanse the outside as well as the inside. It is there that God resides.

Find a friend or nurture the kind of friendship that will assist you in this life and in the afterlife. If there ever was a friend, then he is your Master and Naam. No one else will accompany you after your death but Naam.

At the same time it is your Master, who will meet and come to embrace you at death's door. This teaching is taught and proclaimed at Sachkhand Nanak Dham.

People who have attained Naam are sometimes told beforehand that their time is near. God is omnipresent and omnipotent, no matter where you are when you seek His help,

He will answer your call because He is not far from you.

*New Path, New Love*

Today you require a new path, a new love. You will get this when you go and search for it. Whenever there is a need to free mankind from suffering, God in one form or another comes to free mankind. He then sets something new into motion and disregards the orthodox past.

I urge you to follow the true path, which offers equality. Do not follow those people who preach inequality and disunity. Know the truth.

Masters are not Hindus, Muslims, Christians or Sikhs. They are Masters and regard everyone as equals. Your need is to be united with one of God's beloveds, who is devoted to Him and is His friend. That person can only be a Perfect Master. So a person, who has the shelter of a Master and his Naam, will know no suffering.



## ***THE DEFEAT OF SUPERSTITION***

God's message comes to us through His anointed ones who give us strength to relieve us from fears and superstitions. These fears and superstitions are concoctions of our hearts and not of our minds.

Our battle is with God, if we fight with Him only as His children. Then our superstitions will be beaten and our wrongdoing will grow. All the religious rituals, rites and practices within each society have been given to us through the joy and happiness of our forefathers, but not from their sufferings.

These rituals, rites and practices are used during our times of suffering to ask for favours from God.

So we must ask a question, what is the reason for our sufferings? Our sufferings result from our ignorance of God's laws, which are given to us through His Messengers.

The way to God is not by disguise, illusion or superstition but only through love. On a personal level most of us are weakened by our hearts desire for personal gains, which are simply illusions.

In order to relinquish our illusions and superstitions we must seek the shelter of a perfect Master, who will unite us with God through His blessing.

### ***Suffering Souls***

Within our bodies our minds create illusions as a result of which our souls suffer. So our souls are constantly yearning for some kind of relief and freedom. This freedom comes in the form of a perfect Master, as a result of which our souls start true service and remembrance of God.

Finally through this association the mind is subdued. The soul is enlightened and at peace.

If we should be hungry, then we should hunger for His



vision, which will bring honour into our lives.

In the field of your body use the mind as a ploughman and it will grow hungry. When this hunger has seen the service of a perfect Master, it will hunger for His vision for ever. This vision will make the mind go into a trance when you can chain it with God's love. This is His true form.

Love and affection with our loved ones cannot reach out to us after death. But if we have the same kind of love and affection for God, then He will reach out to us even after death. Therefore as you sow, so shall you reap.

In other words our suffering are linked with the results of our past deeds. So the deeds in this life will pave the way for our next life. The separation from God is also linked with our past deeds. *God's Embrace*

God does not have any relationship with you, whether you are good or bad, a thief or a saint. It is only when He wants to that He will embrace you, even if you have totally forgotten Him.

As we have said on many occasions before, the true form of God is love. No matter in what form or name you call upon Him, if you do so with love He will make Himself known to you.

So we are urged to sow the true seed in the field of good deeds. This will be sown through the perfect Master in the form of Naam should be watered with love and given the shade of unity, which will bring honour and peace into your life.

Man prays: "Oh, Lord, be merciful and kind. Put me on the true path so that I may unite with you and serve at your feet for ever.



## ***LOVE THE POWER BEHIND ME***

### ***GOD IS MY BELOVED***

'God is my beloved', he once said 'The only difference between you and me is that I have completed my link with God. If is your earnest wish, you can complete that link too . Then all that is mine will be yours. There is a story that sums up this teaching well. It tells of an incident which took place in India not very long ago. Mahraz Jee sent a message to one of his close followers, Das Ashok, who lives in England now.

Das Ashok was in Punjab at the time. Mahraz Jee was in Delhi. The message said , "Come at once, We will play Kabbadi" Kabbadi is a team sport, competitive wrestling, which requires controlled breath and great strength and skill.

Everyone required to play was assembled. Mahraz Jee told Ashok that he would captain one side and Ashok the other. He asked the men assembled to make their choice.

Ashok laughs as he remembers; "Everyone wanted to play on Mahraz Jee's side. A few remained with me.

Mahraz Jee said this wasn't fair. He insisted that more men come on my side. But they were the weaker ones. We were a sorry lot.

But suddenly I thought, though Mahraz Jee is there, He has told me 'I am always with you.' I bowed to Him and said 'Nanak Naam Chardi Kala Tere Bhane sarbat da Bhala.' Then I approached him for His blessings.

Maharaz Jee said; 'Why are you coming to me, you are the opposition' I said, 'You are my Guru, I have come for your blessings.' .Mahraz Jee laughed and patted on my head and said, ' Alright.

The match started. The competition was fierce, but in

the end Ashok's team won easily.

After the match Maharaz Jee said, " We should be ashamed, they are the weaker side, but they have won.

### ***MY BODY IS NOTHING***

He said, "There is a lesson here, my team thought they would win because they had Mahraz Jee on their side. But my body is nothing. Ashok lived by my rules. By saying the slogan, 'Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala that gave him the power. It is the power and his faith in it, which has won the match for him."

Mahraz Jee then further illustrated this point by telling of an incident involving Lord Ram and his followers. There was a river, which Lord Ram and his followers wanted to cross. They had nothing to help them at all, so Ram wrote his own name on a stone, and holding it with both hands, He put it in the water. It sank. He invited one of his followers to do the same. The devotee wrote the name of Ram on his stone, and with reverence and true faith put it in the water. The stone floated across the river. Mahraz Jee said, "you can't float the rivers of life just thinking that God is on your side. "God himself can't do anything for you, without you. It's the faith that makes things work. For this devotee, with his belief, even the stone floated across the water."

### ***THE POWER***

"Similarly the power is not Me physically. It is in the faith of My followers and their belief in My Name. Don't love My body, love the power behind me." Mahraz Jee went on, "It is not the body that is important. It's your soul. It is the devotee's true faith and will power that can bring God before them. This is why God comes to earth in troubled times-because His devotees pray for Him.". 'If you wish, you can create anything for others.' Mahraz Jee said, "My Name is greater

than Me."

**LOVE THE POWER BEHIND ME:**

There are parallels to these teachings in the Bible story of the Roman centurion who was concerned for his ill servant. This story is described in the gospels of St. Matthew and St. Luck.

When the centurion heard of Jesus, he sent a message, asking if he could come and heal his servant. So Jesus went with the Messengers who were sent, followed by a multitude. But when He was not far from the house, the centurion sent friends to say, "Lord, do not trouble yourself, you need not come yourself. I am not worthy to have you under my roof just say the word and I know my servant will be healed. I too am a man who has authority with soldiers under me. I say to one 'Go ' and he obeys, to another 'come and he will come."

Jesus marvelled at these words. He said, "I tell you not even in Israel have I found such faith. It will be done as he believed."

When the friends of the centurion returned home, they found the servant completely healed.

We can best honour Mahraz Jee by putting His own teachings into practice. He told us, "Don't love my body, love the power behind me." and when asked, "What is it that is most pleasing to God?" He replied, "That you should love His human beings."



## ***A PERFECT SPIRITUAL MASTER***

When the Lord is pleased with a human being. He brings him into contact with a Perfect Spiritual Master.

From time to time these Masters come to free man from his ignorance and to unite him with his fellow men through new ideas, so that man can recognise the true path.

When the Lord gives man this knowledge, it is usually through the smallest of jolts. God's mercy is above every good and bad deed of man.

If you wish to meet and worship the Lord, you can do so in the same way that you would meet anybody else. His image will appear to you according to your own faith and your image will change in proportion to your faith.

### ***Give to God***

People often ask: "What has God given me?"

What you should be asking is: "What have I given to God?" If you have given something to God then you have every right to ask for something in return.

The colour that unites us all is red. It circulates through us and other living creatures in the form of blood. Certain characteristics of man however raise him above all other creatures in the world. Despite this man is further divided by colour, religion, class and by your deeds.

As the fragrant scent of a flower cannot be restricted, your good deeds will bring you just rewards.

Man is born with a talent that is not taught. Similarly Masters are born and not made.

The Lord does not have one name alone. He is known by many names and yet he remains One. I have stated on many occasions that there are two Lords; one supreme and one super. One spiritual and one physical. The spiritual is never

born, but the one who is physical comes as a man.

### *Peace and Harmony*

Your first duty is to conduct your own homes in peace and harmony before you try to conduct anybody else's life.

Rather than contemplating many births, simply ask for one birth, which can be spent in the service of a Spiritual Master.

Remember Him because there is nothing without Him.

He does not force anyone to worship Him. You worship and pray to Him because of your own weaknesses.

Some time ago someone came to me and said: "Bless me for I am a sinner."

To this request I replied: "My Lord tells me to love the sinner, but not the sin. If you are a sinner then I shall love you, but if you are going to commit further sins then there is no room for you here."

The Lord is merciful to the sinner because he has committed bad deeds. When the load of sins has become too heavy to carry, the Lord comes to the sinner in one form or another.

The Lord reminds the sinner that He will be there when the sinner reaches out with a pure heart.



## ***RISE UP***

GURU NANAK SAYS THAT IF THERE IS AN ENEMY IN THIS WORLD THEN IT IS THE MIND. The mind is responsible for making friends enemies and enemies friends. Unless and until we control the mind we shall not be able to curb our bad deeds. It is also responsible for acts of vengeance.

The mind is responsible for creating a barrier between the soul and God. Penance of every kind is performed to control the mind, but to no avail. There is one sure way of controlling the mind and that is his remembrance and the shelter of a spiritual Master.

All vengeance is vanquished when your thoughts and attention are directed to the one pure source.

You have many ways in which to find comfort in your life. But only God can grant the gift of life, which can continue for many cycles. To sustain a healthy life, control your diet and thoughts.

If you are going to collect anything then do so by remembering him and say: "Oh Lord, may this collection be of use to you and not me. But when it is needed then may I gladly turn it over to you."

The name of God is not something that should be kept to oneself, but it must be shared with others.

### ***I met God***

I met God and have since spread his name. His word or Naam is given to you and shared through the Gaddi.

Everything that you have made in life has been given to you by him. Now there is not a new God, but the same one who was in the beginning and is today, who will give you what you want.

Today the message of Sachkhand Nanak Dham is one of sharing and, as you share, it will grow bigger. You have been given the chance to improve your lot. When he showers his blessings then recognise the truth of who and what he is. Whatever I have gained is through his blessing and Naam. Why do you not do the same and improve your lot? When you begin to nurture and live what is taught then you will find peace of mind and happiness.

### *If I am Wrong*

There is one need today and that is his shelter. As you come here, listen to his voice and message . if I am wrong then let me know in front of a thousand people, but if you are wrong then accept it before a thousand people. For you do not know in what form he is going to forgive you.

Look at the name God has given to this centre, which is Sachkhand Nanak Dham. take the initials SND. they also mean Satguru Nanak Dev and can be the name of this centre. In another form it can be a social centre, a national centre and also a centre of deeds, where good deeds are taught.

If you take the initials of Das Dharam, DD, they can stand for Din Dayal (another name for God). The initials also stand for my name, Darshan Das. It can also stand for Doshman (enemy) and Dost (friend). Here enemies are befriended.

### *Duty to Guide and Save*

Learn to relinquish vengeance. I have been given the duty to guide and save, but not to drown you. You will only begin to fear me when you start doing evil deeds and not until then.

I urge you not to get into that state where you have to lower your head in shame.



*Sachkhand Nanak Dham* is like an open book, which anyone is welcome to read. Perform whatever duty you can in the time given to you. There is no material fee that you have to give. The only free that is required is one of love.

Cleanse yourself and remember your Naam, so that when you do remember me from a thousand miles away I shall be there.

Learn to conquer the mind with love. Put your trust in him and do not become despondent. He gives us everything, but gives us the credit. He is never far because we are his children. He is the giver, the Master. Rise and stand up. Your honour is my happiness and my honour is your happiness.

If you believe you are being misguided then stop coming here. What you get here is patriotism, love of humanity, respect and belief in God. This is your devotion and your strength.

Rise above your differences of race, religion and creed. You will have to rise up against those people who create difference to consolidate their own power. Know them. Wake up. For when you accomplish this task, then will God accept you.

There is no devotion in dying before your time without a good reason. Death while protecting someone or during devotion is acceptable to God. Sachkhand Nanak Dham stands for unity and raises its voice and message to proclaim the truth.

The time has come to rise up.



## *TRUE SERVICE*

Once in a lifetime man is given the chance to meet and serve his Lord and Master.

Service can be defined in four ways. The first being of a physical nature, performed through menial, physical work.

Next is mental service, performed by the mind. This takes the form of remembering him, by repeating his name continuously.

I have said previously that man breathes approximately 24,000 times in 24 hours. Every breath can be used as a timer for repeating his name or Naam.

The third kind of service is donation, which can take the form of food, money or time, but only when given freely.

### *LOVE*

The last service is serving your Master by repeating the Naam he has given you, which is also called the service of love. The Master does not hunger for anything expect love.

Through faith and this love your Lord will answer your call of distress.

Temples, churches and all stone buildings are made for the comfort of man, but the true house of God is the body of man, which is constructed by God, the Master builder.

True servants are recognised by their informality and even truer gift of love.

True service can only be forthcoming from an individual when God so wishes and not before.

Our Lord does not want your material gifts, but he wants love and the revival of the spark of life, which has been extinguished within you. In order to rekindle that spark of life within you, he gives you the responsibility of his love, re-

spect, faith and trust.

Yet time and time again you try and gain this love through outward rituals, rites and vestments, but if you really seek him, look for him within yourself.

Just look how loyal the Lord is to his children. Generations and entire lives have been wasted in useless pursuits, yet he still gives his love.

You are given the freedom to honour and call upon him in whatever way your faith dictates.

There is only one way of destroying the ego and that is through the shelter of a Master.

Man was granted service through hard work and courage, but against this is pride and ego.

Whenever man performs any kind of service with pride then that service cancels itself.

You hunger with aspirations, but you do not want to sacrifice anything to fulfil these aspirations.

### *Unity and Peace*

The message of Sachkhand Nanak Dham is one of unity and peace. It is also one of granting life and not the taking of life.

I have given you a slogan: "Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala," which has God's blessing.

This mission has also given its followers a uniform and asked them to mark their forehead with tilak. These symbols are a sign of surrender to the will of God and are worn by people, who are willing to assist others in need.

You are given the choice to go, see and listen to anyone, but you must rise above all differences and then you will attain everything



## TRUTH

MESSENGERS of God show us the path of service which is made clear to only a few people. This service is not one of money or material things, but of service to God through Naam. He is known through Naam.

The blessing of God's Messengers is related to His blessing. The spiritual path is shown to man through the benevolence of these Messengers, but the Master of the entire universe is God Almighty Himself.

He has no caste or creed, religion or nation. He is all powerful and omnipresent.

You must follow the true path of Naam and in order to enlighten your soul you must remember and recite Naam. The soul is nourished through Naam. The mind is fed by evil things. The soul has been soiled by the mind. As a result it has to face an onslaught of continuous hardship and suffering.

To rekindle the flame within you, you must seek the shelter of a perfect Master because his knowledge starts from the third eye and above.

Firstly, learn to trust someone in your life. Then respect yourself and others. Love is what you get in return.

The scriptures do not teach us to fight. The scriptures are packed with so much power that when you recite them they bring unlimited calm and peace in your life. The words that we recite are more valuable than jewels. We do not appreciate their true value. Instead we grow thorny trees, which cause injury not only to us, but to others as well.

### *First Recognise Yourself*

The greatest virtue of a Messenger of God is that he speaks with compassion and even embraces outcasts of society. He amends their ways. But you must recognise yourself

first.

God's essence is established in every pore, but he does not live there. He lives within you, but does not reside there all the time. He resides among His beloved's. But there can only be one beloved among hundreds and thousands.

I have said on many occasions that a pride of male lions does not roam the forests alone. No mountain produces diamonds. They are found deep in the ground. No gathering of saints exists. Saints live with their disciples and not with other saints.

True service can only consist of speaking the truth, doing good for others, attending the congregation of a true Master, contentment and sacrifice.

Truth constitutes the message of the Messenger and not his body. A Guru is not the Guru's body, but is the eternal light, which sends out God's message. That which gives you true knowledge is the Guru.

The place from which you gain knowledge or the place that you revere and which begins to kindle your faith, becomes your God.

There can be no question of dispute because all scriptures speak of the same things. Arguments and disputes on religion are the pastimes of the ignorant.

All conditions associated with God enlighten man's life. You must understand these conditions, think and reap the benefits from them.



## *A PRACTICLE LIFE*

The Lord has given us a golden chance to meet Him while in this human body. Sometimes we feel a yearning and loneliness, which urges us to unite with Him.

To sustain the body good deeds and good food are required. Bad deeds drain you spiritually and bad food drains your strength.

The soul yearns for that nutrition, which will bring it happiness and satisfaction. Union with the Lord is a matter of living a practical Life. This practical life comes through good deeds. We come to reap the results of our past deeds.

What are good deeds? It is the earning of true Naam, true honest work, true love, true charity, true prayer, true worship and true remembrance. These virtues are of benefit at the time of our death.

Messengers of God come with pre-planned schemes of things and are even aware of the form their deeds will take. These Messengers are of the purest form and cannot be soiled by any worldly impurities.

My Lord says, "I know how to employ others, but I do not employ myself. I have your knowledge and none of my own, because I only do what you ask me. But what I say has never been forced upon you."

He never forces His ideas on you, but you have always forced your ideas upon Him. He has always revealed Himself to you, but you have never truly recognised Him. He always moulds Himself to your needs. You on the other hand never mould yourself to His ways.

### *A REKINDLED FIRE*

A fire can be rekindled from hot embers. Similarly sometimes when you meet with a Messenger of God, you sup-

press your natural feelings. These feelings resurface when you are away from your Master. This is when you become slave of your mind and believe that what you are doing are great deeds. On the contrary they are precisely the opposite, because you do not have His image in front of your deeds and knowledge. When you do have His image before your deeds and knowledge then His will takes over.

When you are truly immersed in Him, then you will not remain what you are today. You should not let pride and vanity take over when you think you feel the Lord within you. You should seek Him in humility when you know He is not with you.

If you do not ask the Lord to stand by you, then ask Him to stand behind you to bless and guide you. The purest of places is where a Master sits with his congregation.

Union with God can be attained through the Naam and shelter of a perfect Master. Without this Naam and shelter the human body cannot be considered to be fulfilled.

According to the teaching of Sachkhand Nanak Dham a soul cannot enter the house of God without Naam Sachkhand is divided into three parts; Nanak the name of God. Sachkhand is his truth and home. Dhan is his light and glory, which is spreading everywhere. Sachkhand is in every heart that has acquired Naam.



## ***HELP YOURSELF***

GURU Arjun Dev Jee states that when the soul meets with her husband, Almighty God, then all differences and bodily suffering cease. Freedom from the cycle of life and death is attained, when this happens the soul can truly be called a Sikh or learner.

The normal definition of Sikh is a disciple or one who obeys. A further definition is one, who while living in this body unites with God. A Sikh does not have any outward sign or form of dress.

The proper attitude of a Sikh is that he should accept Him as truth and receive His message with joy and happiness in whatever form that He chooses to appear. Even if this means that the disciple will be ruined. A Sikh also is the beloved of God.

Messengers of God whenever they come to this earth proclaim God's true message, which is Naam. Once they have given Naam, they urge us to recite it.

Every nation, state and people have different way of life, form of dress and diet. But what everyone forgets is to question: Why are we here? What is our purpose in life? The reason we are all disillusioned with life is because we are intent on finding only happiness in life. If we attain happiness we are content, but if we do not then we are sad. Therefore you begin searching anew.

Messengers of God conclude that unless you accept the Will of God, no endeavour will bring you joy or peace of mind. Time can be set for doing personal things, but there is no time for treading on the true path.

The knowledge of the true path can only be attained



from a true Master and only then does the soul become a servant (Das) or a Sikh. This is a spiritual message, but the other message given to you is for your social well-being, which comes through my personal practical experiences of life, which I share with you.

### *Overcome Personal Weaknesses*

You must first overcome your personal weaknesses and then you will attain something from God. You will truly be blessed when you accept and walk in the footsteps of your Master during times of great hardship or joy.

Their greatest message is that you should try and help yourselves. If you realise that something is not good for you then why do you not try to improve the situation.

To cover the body we have clothes. To cover the mind, recitation of Naam and to cover money, donation. Clothing is for covering our nakedness and to cover money, donation. Clothing is for covering our nakedness and not for fashion. Naam can be Ram, Ram and also Mara, Mara (Death, Death). Donation should not only be made to your immediate family, but more so to the very needy and desperate.

My Lord states: "Oh Man, turn your back once and for all on your crimes and I will take you into my embrace."

Why do you regard God as a weak being and have such low regard for His blessing? Is it because He constantly moulds Himself to fulfil your needs? He has granted you every facility. He is the Lord of joy and suffering. God is both Lord and disciple.

Only after Naam has been attained does one truly become great and find contentment and peace of mind.



## LEARN TO LIVE

Masters have always explained that man is constantly seeking one aspiration, which occasionally is kindled within you. That aspiration is unity with God. All of us desire to merge, meet and see God.

You are constantly striving to achieve this through various methods, which do not diminish your material desires, but to the contrary your desire is constantly frustrated. In reality your desires and religious austerities fan the flame of your pride and suppressed emotions. Material and spiritual desires exist within us all.

God does not frighten you, but instead teaches you a lesson of love. He dismantles your false desires and gives you true desires. He has never asked you to leave everything and come to Him.

My Master says: "When you are truly prepared to come to my house, only then will I clear your path and show you the way through my guide."

Without the Lord you may be able to secure happiness, but not real peace of mind and contentment. This body is the true house of God. In order to be truly content all that you need to do, is remember God and not, as you do. Stumble from one place to another.

What you should be asking yourselves here is. Why do I come to this place? Have your desires been fulfilled and if not, then what is the reason. This unfulfilled desire, is it because the fulfilled factor is not here or is it because you have not been able to complete the desired relationship of fulfillment? Faith is built on the intensity of your desire.

If you believe that God is the source of your unhappiness, then why do you pray for happiness and lose your faith. If you have accepted his will, why complain? Accept your unhappiness as his gift. On the other hand, if God gives

you happiness. Why then do you proclaim that it is of your doing? It is a result of your wisdom, fate or kismet.

Even at your worst, God has only had one relationship with you and that is as your father and mother. Regardless of how evil you are, God has never in retribution snatched your meal from your plate. But you do. If your child has displeased you, you will turn the child out. God has never turned anyone out of his home.

Is it not ironic that whether man is committing a good or bad deed, he remembers God first and seeks his blessing.

The time is high to recognise yourselves. Turn yourselves away from your destructive ways. There are all kinds of struggles and strifes, religious, national, international, racial and personal. The religion of an alcoholic is alcohol. An alcoholic is not recognised by the religion of his birth, caste or creed. All that passers-by are going to say is: "There lies an alcoholic."

You on the other hand, have been given one religion. Which is humanitarianism. Remember God and fulfil the promises made with him. Your religion is the promise, but you can accept any faith. Your deed is your caste.

Think today of what you have come to take from here. Take that which will not bring you back here time after time, but that which will bring me to you time after time. You are destroying yourselves by praying and defacing yourself by rubbing your foreheads on sacred ground.

My message to you is that you should with humility remember God in any form and he will answer your call. I have written this couplet In my diary: "To turn around and humble yourself in the face of adversity is honourable for man and not a crime." A person who does not turn or humble himself In the face of adversity is a criminal.

## **What is love?**

What is love? There is one love which you have for your offspring and another for your pride, which is the most dangerous form. This love to preserve one's pride and honour creates rifts and strife between people and nations learn to love and spread love, which will unite man with man. God teaches you the lesson of love and not of the sword. You are humbled by love and not the sword.

How can you fall in love with God, whom you have not seen or known? First learn to see him, then love him. But when you have tasted this love, then you become totally detached. This does not mean that you leave your family, go off to holy men and become mystics. Holy men turn round and leave behind them all their bad deeds and desires.

Make your body the temple of God. Make your body your religion and faith. Detach yourselves from your bad deeds, religious bigotry. Stand firm in your true desire. Which will release you from your death and free you from the cycle of life and death.

Wake up and stand firm. Remember your promise and your true home. Why are you dispassionate, not suffering the pangs of separation from your true home? Why do you hide and destroy yourself.

They will be happy, who have accepted the shelter of the beloved, seen and received his Naam. God is your true shelter and friend. Whenever he desires, God comes to earth in the form of man. He is complete as your saviour, all that is required of you is the recognition of his completeness. He comes to teach you how to live your life to the full, rather than letting life pass you by.

So learn to live and achieve something this day.

## **TRUE HAPPINESS.**

We are soiled with bad deeds committed over generations and are striving to release ourselves in whatever way we can. Despite our striving we never attain the happiness. This can only be attained through the grace of God.

My Lord states, "When you have truly recognised your time and have accepted the right congregation of a Perfect Spiritual Master, then I will give your name immortality for eternity."

follower once asked me, "Why is it that a few people who accept your shelter sometimes lose their happiness?" I replied that the Master never asks anything in return for what he has given. But if one accepts the shelter of the Master and follows his teachings then one becomes immortal. But others leave and become dissatisfied, because of their own weakness and personal needs. Then they begin to blame the Master for their own shortcomings.

I have explained on many previous occasions that a Master will never forsake his follower, even if the follower becomes his mortal enemy. True happiness comes from helping others. But there is only one who can carry the burden and suffering of the others and that is a true Spiritual Master. You too have been given this life for the service of others.

Think of Sachkhand Nanak Dham as a sturdy roof. Become its pillars. Otherwise, through its teachings become a roof yourself which can take the brunt of all that life can throw at you, so that others can take shelter under you. Become so sturdy that not only does your name gain fame, but also the name of those taking shelter under you.

My Lord states, "Whenever I have sent my Messengers on earth or have come myself, I did not come to oppress, but to free you from oppression by giving you the knowledge

of how to overcome."

Some faith have a belief that on judgement day, the dead will be raised from their graves. To this my Lord states, "I have not come to raise the dead, instead all I have raised living human beings. "

you know how to respect human beings but you do not become humble yourselves. If you cannot honour the prestige that He has bestowed upon you, then you will not be able to live honourable with riches bestowed upon you. Instead the riches will be used for dishonourable deeds.

Messengers of God do not ask you to worship them, on the contrary you are urged to do those things that are good and acceptable not only to you, but to God. Through this He will bestow honour upon you.

You too can attain honour, but you need to first recognise yourself and then learn to perform good deeds

God is not something to be frightened of because God is true happiness. So whenever he takes birth in the form of a human, he is so charismatic and handsome that people are automatically drawn towards Him.



# WAKE UP

## THE HUMAN BODY

is known by various names in the same way that God is also known by various names. Strife and conflict is none the less created over the various names of God, although they refer to the same one being.

Peace still eludes us despite performing penance's, prayers and other religious rites and rituals. You come into the world alone and empty-handed and you leave this world alone and empty-handed. If you have not attained anything while living, what will you attain after your death? Try and strive for peace and happiness while living.

Messengers of God plunder the house of God to fill your homes, while you plunder other people's homes to fill your own. The Lord is not fear, but happiness. A guru is the source of man's virtue and knowledge. It is not a mistake for a man to follow a guru.

You have been given this living body to remember Him. Messengers of God do not come to create conflict, but rather to show you the true path. God saves you from catastrophe and does not teach the path of anger. Those who are full of anger are cowards. The children of God save you from such cowards and their anger.

My Lord states: "When you have decided to do so and are ready to walk towards my house then I will clear your path of all calamities and be with you at every corner." Try to learn to walk alone the true path.

Religious history teaches us that Messengers of God create a brotherhood of love. They create unity and welcome everyone. Today these brotherhoods have been divided by caste, wealth and other worldly values. Religious brotherhoods are no longer religious. They have lost respect. Their

teaching is such that they seek destruction of other and themselves.

Brave beings and souls were once created out of these religious brotherhoods, but sadly today they teach us to exterminate brave beings.

God out of mercy gives you the treasure of Naam. But you count your donation before giving, which makes it not a gift, but a kind of tax or fine.

Sachkhand Nanak Dham believes in one almighty God, who is omnipresent. If you wish to follow and believe in the God then you are welcome, but not if you persist in your superstitious beliefs and rituals.

My Lord states: "I have come to rekindle and not extinguish the light in you."

If there is one thing that I ask of you, it is that after all your work is done, find a moment to remember Him. Simply ask: "O Lord, whatever your face, vision or name, if you are God, then assist me."

No scriptures have described His form. All his images are created through our faith and individual vision. The Lord is not your enemy, but your friend.

You try and consolidate your own respect by demeaning others. Messengers of God by protecting your respect become your saviours. Break down all walls in order to seek true happiness and peace of mind. He helps those that other men despise.

Do not repair and furnish stone temples built by your own hands, but instead cleanse and, furnish the house of God, which he built with his own hands and in his own image. He resides in this body, which is the living temple of the living God.



Your own temple is being eroded and yet you are intent on saving one which is build of bricks and mortar. Your first duty is to mend your own temple, this body.

Messengers of God do not come to destroy or enslave anyone, but come to free and calm you. They do not enforce the lowering of heads, but give you strength to hold your head up high. Wake up.

They do not come to create corpses, but to create brave beings. A new vision and love is created to overcome orthodox and fanatical ideas. Wake up.

Seek the shelter of a Master not only for your own sake, but for the sake of your children.



## ***OUR RELATIONSHIP WITH GOD.***

OUR SUFFERING results from our failing to acknowledge the Will of God and continuing to do bad deeds.

His message has consistently been: "I am the Lord and you are my children. You are the receiver and I am the giver." Therefore we must obey and remember the one and only true God. All rights have been given to us by him, to do good deeds for others.

It is ironic that although we regard ourselves to be his children, as we are in one sense, we have not found out where God, our father lives. Even with this state of affairs, He accepts any relationship that you wish to have with him. He comes to give you honour and asks for nothing in return.

He does not come to ask you to pray, but instead rewards you for the prayers that you have made. Do nothing for him apart from becoming a good person and he will accept you. He has always loved the poor rather than the rich.

Messengers of God come to drink the poison of the earth whether that poison is made of lies or truth. God does not dictate or rule by the sword. He gives you your fundamental rights, but it is your fault if you do not use them properly. There are no defects in His gift.

He comes to you truly but once in a lifetime in the form of a Spiritual Master. Through this relationship you learn how to perform good deeds and then how to share with others.

I have come to show you the true path, which you have forgotten. This path is one of Humanitarianism, which means work, earn and share with others. Whatever is left over after sharing is yours, but not the other way round.

He moulds others into his image and does not destroy.

Whenever you fall apart you do so because of your own deeds: He comes to give you life and teach you how to truly live. Do not forget or leave him for he is your true anchor. Everything else in the world will be forgotten and disappear.

God promises that if you do not forget him, he will protect you from birth to death and clear all difficulties in your path.

My Lord states: "If you are my light, then I am your Master. If you do not understand and recognise the truth, you will simply fade away. Remember me and you will shine for ever. Your glow will be for the world and I will be yours.

"You help my children and I shall protect you. I ask nothing from you except the true love of loyalty. This will show when you accept all difficulties as my Will. That is true loyalty."

The Lord states: "Call me once and I will return your call tenfold. I do not let you go, no matter how far you go astray. Now you have come under the command of lies, materialism and knowledge. Only when you have lost everything, will you remember me. Then you will recognise my true value.

"You have begun to value me against your emotional and material possessions, but you have forgotten the value of my mercy. I know everything that you do, whether you do good or bad, you are given concessions until a certain time. If within that time limit you turn back and recognise your true worth, I shall take you in my embrace.

"Your pigtail is in my hand and, if you do not turn back, whenever I will I shall pull upon it. This life is like a circus, in which everything is lost and gained including me.

"There is no relationship between you and me, but I will accept any relationship that you wish to have with me. To do this you will have to sacrifice a lot in life."

God only lives in you when you do good deeds. If he were permanently living within you, you would not commit any bad deeds.



## **BIRTH**

I have been in the service of God for 17 years, I was born on the 7th December, 1953.

The scriptures inform us that whenever humanity begins to suffer God sends His Messenger. Even though the Messenger is in His form, he none the less remains God's obedient servant.

God's true religion is based on truth, contentment, mercy and helping the poor, regardless. Naam of God is the form of humanity and true religion.

Speaking the truth is higher than prayer and worship. We are constantly seeking the truth, which cannot be seen but it has a form. True humanity is to recognise the spiritual and the material to form friendship and loyalty to true love.

God can be recognised through the grace of a Perfect Spiritual Master whose religion is only the truth. What is the point of bowing at holy places, when your heart is not clean?

Whatever I have come to do, it will be done. This is not for you to do. I have come to show you the true path but not to enforce a rule on you. It is entirely upto you whether you wish to follow, though if you do not it will not be enforced upon you.

This is Sachkhand Nanak Dham and is an independent body bringing together Hindus, Muslims, Christians, Sikhs and others.

To take away the right of another human being is against the law of God. He helps those people, who having set aside their own rights are fighting and standing up for the rights of others.

All Messengers give their followers the weapon of love, with which to conquer the world. Wear the attire of love.

with which you can bring peace not only to yourself but to others as well. If you are at fault then admit them for this admittance is not cowardice but bravery.

Have pride in God and he will be proud of you. Recognise the truth. You can acquire anything in this world but not life itself. Because for man this life is a golden opportunity to make his link with God.

If you celebrate birthdays with true feeling then each and every day will be a unique day. I, myself am sad because I was thinking that another day has been taken away from my service of God.

In a way it is also a sad day for you because another day has been taken away from our association. This service and assistance that you give me. If it were turned around and you assisted yourselves then you would not be wanting.

Finally, do not forget your promise that you made with God which was to remember Him, to serve and love his creation and give to others in His name.

'Nanak Naam Chardi Kala - Tere Bhane Sarbat Da Bhala' has been give to overcome your suffering and enlighten you spiritually



## **REMEMBER HIM**

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

The message of Naam has constantly been given by Messengers of God, who come to earth to show us the truth Path. But Man distorts the true message and creates division by religions and clans.

There are four points of a compass: North, South, East and West. Four qualities: Mercy, Truth, Contentment and Naam, Four religions: Hinduism, Islam, Christianity and Sikhism. There are four castes and 8,400,000 cycles of life and death, at the end of which human life is granted.

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

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

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

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

During these cold months, we heat our bodies through various means, but the heat required for the heating of our soul is Naam, His remembrance, His love and His yearning.

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

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

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

"Everything is known to me. For as long as you fail to recognise me, O Man, I will keep an account of everything that you do. But when you remember me, I forget and conceal your failings."

#### Storekeeper of God

If with a true heart you give something in His name, then He will return it one hundred fold. He and His Messengers are storekeepers of good and not suffering. Good emanates from Him, but suffering is of your own creation. He gives you His love, Truth and Unity, which gives you the strength to raise yourselves up.

In the scriptures of Sachkhand Nanak Dham, in the book, "Jaswanti Niradhar", I have said: "Our skins, whether black or white, and clothes of many colours are no significance. but the clothing blessed by God is simply the skin on our bones. Clothes are given to you as a blessing to hide your organs and not for fashion."

the body itself is given to you for devotion and to follow the True Path. Do not follow falsehood, but first before anything else recognise yourself and what you are doing".



## THE PATH

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

I have never said to you that I will show you God. What I have said is that He can be attained through Naam and that you yourselves can attain the qualities of God. Who is He:? I have never revealed Him to you . What I have said is that I have seen Him.

Many will try to lead you astray with words. Do not get confused . Do not follow me blindly, after all you are human beings and not animals being driven by a man wielding a stick.

### The Truth

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

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

People cry out that their kith and kin or religions are in danger. On the contrary it is your leadership that is in danger. It is your faith. You die in the throes of revenge. If there is anything dangerous in the world, then it is a man who seeks vengeance.

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

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

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



## SEARCH

The mystic Kabir said that you must find a Master, that is one who can truly employ you or one who can direct you. He is the Messenger of God, who shows you the true path and gives you Naam.

You are born with the positive power of Naam, but when you have found the shelter of a Master, he then gives you the negative power of Naam.

The connection of the negative and the positive results in the rejuvenation of your soul and the beginning of your spiritual journey.

God is one, but his image changes from time to time. Today you have created God, according to your knowledge and image. You destroy and rebuild him according to your whims. If you know you are good. Deeds and persuade others to do the same.

### BROTHERLY LOVE & UNITY

Similarly the message of all Messengers of God is brotherly love and unity. You must stand up for others, who cannot do so for themselves. If you know your hunger, then also be aware of the hunger of others. Satisfy others, as you would satisfy yourself.

Although you freely offer gifts to your Master, in return he offers you a blessing in God's name, it is this blessing, which works through God's will.

Time today dictates that through great forethought and logic you should recognise yourself and seek the true Master, who can bestow the truth upon you.

Without a Master you are powerless to overcome your bad habits and you are forever at a loss, Man has continued neglecting himself for life after life. That is why he is at a loss.

What is this neglect? It is the neglect of family life and detachment from God.

You feel no shame when committing bad deeds, but you always feel shame when doing good.

### SEARCH WITHIN

Before you go in search of someone else, first search within and know yourself and then everything will come your way. The message of the Masters is that your problems will come to an end when you meet a Perfect Spiritual Master. He will nourish you from head to toe and take you into his embrace.

These Masters go through great tribulations and trials, but never bring suffering to others. If you become immersed in God's Will then you will be known as a human being. You must strive to make your life great, but if you wish to maintain your life as it is then forget the True Path.

But if you have decided to follow and accept HIS Will, then take strength and be courageous to overcome the trials and tribulations, which you will encounter in your life.



## **NAAM THE TRUE PATH**

**MAN PURSUES** a wasteful path resulting in his detachment from God. There is only one thing that will accompany man at the end of his days and that is God's Naam. Naam can only be attained from a Perfect Spiritual Master.

All our religious endeavours strengthen our soul, through which we are shown the path to a Master and eventual union with God. In other words when God is pleased with our worldly deeds He then creates the circumstances, through which we are brought into contact with a Master. In the shelter of a Master we attain Naam. Through reciting Naam we are united with God.

Naam is not written. It does not belong to any one people or language.

Despite the many names of God, He is still only one and the same being. Naam in fact is great, for it listens to your plea through love. Great is he on whom you bestow true love and not him, who is only remembered by any name.

Everything is written in your fate. Written also is His Naam the time of His meeting. Whether this takes one lifetime, or two or more is dependent upon you. We do not know in what image He will meet with us.

He is one and constantly gives. His beloved first set aside their needs and help others in aspiring for theirs. His beloved's suffered on our behalf so as to free us. Did God ever take reprisals against their executioners? He belongs to all of us and knows no differences. He belongs more to those people who love Him, who are loyal and true to Him.

He has everything to give us. But we try to give to Him and pursue the wrong path altogether. God is not related to you. Even if you do not believe in Him, it will not matter to Him.

You are Human and made of five elements. He created you for himself and He is yours. Therefore you must endeavour to become one with Him.

Sometimes your thoughts are so mean that you would wish to take away the very breath out of another person. Vengeance leads to destruction. Set these thoughts aside.

Follow the paths set for you by a Spiritual Master. When you follow this path and do good deeds then you yourselves become Gods.

When your thoughts are cleaned then God will become clean for you. Your thoughts are reflected within you and on your features.

You always do things that please you as individuals, but never for others. This is done because you fear death. The day you take your life in your palm, death will not come to you, instead you will have attained life.

I was asked: "What is Truth and what is a lie". I replied, "Life is a lie and death is Truth."

For you life is having satisfaction in these two states. Some people are satisfied living a lie while others are satisfied living the truth, even if it results in their deaths.

When you are finally contented everything will come to you. If you have attained the shelter of a spiritual Master then ask from him that which you do not have.

Messengers of God do not ask you to pray. They never teach people hatred. You are human beings, men, who endeavour to do great things. You must attain great things. Some women are more than a match for men and attain greater heights.

Through our emotions we hinder the growth of our children. Rather than giving them life we stifle the breath out of them. We extinguish the light of ambition in them. We never

chastise them for doing bad deeds, but always question their good endeavours and aspirations.

Messengers of God state that you should accumulate His wealth, through Naam. Other things like your body are fallible and will turn to dust. Perform the kind of deeds that will bring you honour. Our fear of this life and death will come to an end when you meet and attain Naam from a perfect spiritual Master.

You are given tools to do and become great. If you do get the chance then recognise yourselves. Find yourselves because you are your future.



## LEARN TO GIVE

MESSENGERS OF God have always told us to give to others, a process which strengthens our souls and releases us from the cycle of life and death. True giving is when you give with joy and faith to God. It is devotion to God.

For example, when someone known to you is ill and you intercede on his behalf, ask God to restore his health in return for your life. A father or mother will do this for their child or a friend for a friend, simply out of sheer love. So this giving or crying from the heart can be described as True Giving.

The donation of gifts of money or clothing for example are acceptable to God, but only when done through a Perfect Spiritual Master. True giving is that which unites you with God. It takes the form of Naam, which can be attained from a Master. After profiting from Naam - then give.

Man is devoted to this world and steeped in pride. This can only be eradicated when you remember God. In other worlds find the shelter of a Master and attain Naam from him. The soul yearns for release from the bondage of the mind, which stands like a wall between the soul and God. Almost all methods of devotion are directed to the subjugation of the mind or how to overcome and teach the mind.

Unless and until the mind can be controlled, the soul cannot find release and unite with God. This can be made easy through a Master, who shows you the true path.

The question is about the true path through which one eventually finds praise in the world. There are many that have walked on this path, who are remembered in our scriptures, but only a few prominent names come to mind. The suffering and hardships endured by them are a part of our oral and written history, which we have not seen ourselves.



God's blessing comes in the form of the shelter of a Master, through whom we are given the true path. This true path does not encourage us to leave our worldly duties, our homes, friends or families, nor does it create conflicts or wars.

This true path is solely dependent upon you, whether you wish to accept it or not. For it only teaches you how to remember God, by accepting the path shown to you by your Master and by accepting his principles.

### Truth And Lies

There are only two sides, one is the Truth and the other Lies. Truth belongs to God, but lies also belong to God. You may well ask, where does our fault lie? This fault can be described like this: when you make butter, the milk with which you started no longer has any value. Similarly when you take the Truth out of lies, lies no longer have any value.

Truth is death and life is a lie. Death is not something you wish for. You desire life. To this end you continue to breed hatred and jealousy, creating conflicts. Your life is gratified with this rubbish and you seek contentment in it. If you bring forth any Truth out of this, then it is only of yourselves. If you ever look within your true self, you will surely be frightened by what you see. You will regret what you see.

So stop looking at yourselves through someone else's eyes. Look within, with your own eyes and you will be frightened by the sight. Your very being will rise up and ask for forgiveness from the Lord.

Love is a very great power and so is Truth. Those who have churned the Truth out of Love can enjoy peace of mind and True joy. So those, who wish to enjoy the benefits, must also accept the fear that comes from Love.

The Lord does not punish, but instead reprieves you from punishment and suffering. He forgives our sins, but does

not create them. He gives you happiness and good qualities. He creates desires within you and fulfils those desires Himself because He is the bountiful Lord, who has given and will continue to give.

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

Those who follow this path have to endure great hardship and suffering. You will have to find a compromise within yourself to enable you to endure the hardships. So that your soul can remember the Lord and attain freedom from this world and the cycle of life and death. Messengers of God come to give a message, whether someone listens or not. They will continue to do so. For it is a complete and true message.

The time ahead is going to be one of great hardship, so my message to you is simply that if you are remembering the Lord, sacrifice everything willingly. This fervour of sacrifice should be directed towards your weaknesses such as your ego, lust, avarice and attachment to worldly things.

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

## *SHELTER.*

During this month of Baisakh, the farmers reap rewards of the last six months. Tied up with this harvest are all the future hopes and aspirations.

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

We justify our rewards by the effort that we put into it. Similarly this life is the reward for effort. The soul, aware of the fact that its span of life within the body is very short, I constantly seeking ways of release and contemplating on the Lord. Throughout the ages Messengers of God have defined and categorised the nourishment of the soul and ways of improving our life. This simplest way of release from the hurdles and bonds of this world is Naam and the shelter of a spiritual Master.

### OUR DEATH

Sahib explains that whatever it is that we own or have, it will remain here at our end. This body made of dust, which is rented to us will also return to dust. We are not advocating that you should leave your families, friends and foe to become saints or recite the name of God. You should be free like the bee, which sips honey from a pot without getting its wings wet or like the duck, which departs from its watery world with dry wings. What we are stating is that while living in this body in the world, you too should be in a position, where you can detach yourself from worldly attachments Not that you become so entangled and attached to this world that

dying itself becomes a time of long suffering. To the extent that you pray to the Lord to let you die peacefully, would it not be a shame that you had to pray to live and pray to die?

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

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

We have stated in previous Satsangs that Mohd. Ghaznavi was not contented and did not find peace and joy, even after attacking India 17 times. He died seeking peace and joy. He took nothing with him Nor will you. But the one thing that will go with you, as explained by Messengers of God is Naam and the shelter of a Spiritual Master.

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

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

beloved and pure Bhilni, Arjum or Hanuman.

You can soil the body but not the soul. The Lord has granted you the power of reasoning. Messengers of God take on the burdens of others and suffer in their place. They never ask you to suffer instead. You are made aware. You must try and release yourselves from your burdens. When you have attained the same qualities as Messengers of God, then you may say and do what you want. You will be forgiven.

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

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

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

## TWO LORDS

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

This division of good and bad is a part of Him, whether one accepts it or not, His blessings will constantly remain. His prayer and His lesson is one. It is Love. But with whom? With the Lord who is our creator, or His Messenger who

meets us in our lifetime.

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

Everybody's God is one,  
So let me not forget Him.

To whom did that apply? It applied to the Lord of Guru Nanak. People at that time had chosen many Lords and so it is today. Even today we state that there are two Lords. One is He, that is the Master of creation and the other He, who comes to earth in human form and fulfils His promise. He who shows man the true path.

Whether it is the Lord Himself incarnate on earth or someone who came on earth and then became the Lord or through great penance and hardship became the Lord and reached His people or the people, who accepted His teachings. The Lord is still divided into two.

### ONE GOD

We have stated that there is one God.

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

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

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

The superstitions which cloud your mind are of no significance to the Lord or His Messengers. They will come and go leaving behind a message, but nobody remembers those who criticise others.

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

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

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

If you do not find it now, then you will be given the opportunity in your next life or the next. If you are going to accept or have accepted someone then there is no question of good or bad. If you now consider yourselves to be good, why did you not think like this before. What made you good today? This knowledge that you have gained where did it come from? Why did you not have it before? This knowledge comes to you when you have attained Naam.

## MENDING BROKEN HEART

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

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

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

## THE SIGH. OF LOVE IS HIS LOYALTY

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



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

Sahib reveals that without the Lord there is nothing. There has not been nor will there be. Everything that you do without the Lord will not be fulfilled. With the Lord's blessings or that of His Messengers unsuccessful jobs come to fulfilment. In the Lord's house there is a delay, but not for ever. Even your wildest wishes are fulfilled. But you must have contentment and accept the truth in Him.

### SHELTER

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

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

It would be wrong to assume that we should help someone we know on the promise that, if I help him then one day he will return the help given. Just help someone, whether he will be of assistance to you or not.

If we consider His Messengers, they have never thought in terms of giving for reward, they come to give a

message and after they left their message took effect.

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

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

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

We are constantly striving to acquire things before the right time. It is when we start worrying and fretting for things before the right time that we break away our yearning and stray away from Him. Then we start to do everything within our own power to acquire whatever it may be. But when the time is right, He grants us our just dues.

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

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

You should ask the reason for giving this example. It is that whether you tell of your wishes to the Lord or not. He

will one day come and meet with you, once in a lifetime the Lord incarnates in human form, meets with you. This is evident in scriptures and in history. Some people do not immediately accept Him. They seek Him after He is gone and then feel sorry for themselves. Others accept Him at the time and do not have to seek or feel sorry for themselves. Because they take on their own duties.

It is very difficult to be an employee. But it is easy to keep servants. Being an employee is the most difficult Messengers come as employees or servants and remain contented in their state. They depart after completing their term of employment and during their term keep no servants. Whoever come to them, has been taken higher and higher.



## *THE TRUTH WITHIN US.*

Messengers of God state that without the name of God our lives are worthless and our tongues taste savourless things.

'Oh Lord, make silent all our worthless talk, which creates friction, enmity and suffering. Give us the strength to recite your name.'

We must accept His Will, which we have forgotten recognise His gifts, Respect and love Him, who in his glory granted us this life in Human form. He gives freely, therefore we should not doubt His wisdom. He gave us in the beginning. He gives us today and will do so in the future.

Rather than change ourselves we try to change God Himself. We continue experimenting outside ourselves but never within. We try to accept God

outside ourselves, but fail to establish Him within ourselves.

### TRUE RELATIONS

whenever Master come to this earth they bring with them unity, gives them by God. Within that unity they inspire truth, which lives for all times. In their teaching, they do not ask you to leave your families, work or homes. Instead they urge you to forge true relationships and remember your maker.

From within yourselves nurture the strength to soften your speech and love which creates unity not disunity. He attaches with us through our respect for Him, but becomes detached because of our bad deeds.

This human body is the only way in which to know God. He states that I live within this body, but I do not establish myself in it. I am established with my beloved, who have

accepted me. They seek me and not the world.

Places of worship have been constructed for your personal benefit and not God's. I was once asked by someone "What has God given Me?"

I replied, 'God has not given you anything. On the other hand what have you given God? If you wish him to be yours, then you will have to give of yourself.'

'You have no need of knowledge or deeds. Your only need is a true Spiritual Master. He will free you from this world.'

The soul desires to be free, but is constantly cornered by the mind. It can attain freedom when the soul accepts and recites Naam, given by a Master. The soul prays for the shelter of the Lord and states, "Oh Lord, bless me. Up until the time I am blessed I am without shelter. You are my one and only shelter through which I seek unity and know that I will become whole."

We break ourselves away from God and seek attachment to the thoughts of others, families and work. Therefore in order to find, know and recognise God, you must seek the shelter of a Perfect Spiritual Master.

Masters do not enforce His rule but give you the message, which you are free to accept or not. Whenever you seek is within this body, seek know and recognise the truth.

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## **THE KEY TO GOD**

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

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

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

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

Naam is the true diet of the soul and not of the mind. Whether we recite this Naam or not the Master is duty bound to free us from material attachment. This is even true if one becomes the mortal enemy of the Master.

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

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

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

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

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

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

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

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

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

When you do find a Master then serve him by doing a service that you enjoy doing if you cannot do this, then ask from him something that will help to make your life great. He holds the keys to God's store and again is duty bound to

grant you your wish. He is here to free you and not enslave you.

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





