

Sant Marg Q and A

Dassan Dass

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Introduction

Conversations with Dassan Dass about the path (marg)
of making a heart into a Sant (enlightened soul).

1. Welcome

Dearest Dassan Das ji

you are inspiring 24 hrs a day, you are spiritually charged giving energy and articles brighter
than the sun.

thanks.

Dust Of Your Feet. Harjit.

REPLY: Dhan Dhan Shree Paar Braham Parmesar
Dhan Dhan Baba Ji
Dhan Dhan Dus Patshahian
Dhan Dhan Shree Guru Granth Sahib Jee
Dhan Dhan all the Sants and Bhagats, Braham Gyanis of all ages

We are indebted to you for your love to the Akal Purakh and us, and we very humbly thank you
all for giving so much greatness to us, but the real greatness goes to the Guru (whatever you feel
and accept as the Guru – Shri Guru Granth Sahib jee, ten Gurus and Akal Purakh infact they are
all Gurus they are all same there is no difference between them) and we are only just a humble
servant - sevak, chakkar and naokar of you all, and your seva is our supreme religion (param
dharam)

kaho nanak sabh teri wadyaee

koi nao naa jane mera –

Nanak teaches: It's all YOUR greatness

May no one know my name.

We are just a nimana sevak, not a sant, just your humble sevak.

Whatever we are and where ever we are is due to Baba Jee, it is only His Gur Kirpa and nothing else, all the praise goes to Him.

Thanks again, Dassan Das

TELL US SOMETHING ABOUT YOURSELF

We are an engineer by profession, married and have two kids – grown up med students, met Baba ji in August of 2000, and since then have been going in his sangat. We always said that there is so much to share that we will keep on sharing with you all. The most important thing for us is that we have had complete realization of Akal Purakh and we are jivan mukt, and are continuously drinking atam ras.

SERIOUSLY MOVING ON THE SANT MARG

Whatever we have learned and done under the Hukum is all being told to the Sangat through these messages. Those who take it very seriously and do whatever is being told through these messages, will be well on their way to spiritual achievements, this Gyan is not available in any books or Dharam Granths in such simple words – this is all Braham Gyan, whatever He is telling us to write we are writing for the seva of Sangat, however, everything happens is supported by the complete truthness of Gurbani and nothing else, it may not be wrong to say that Gurbani has come true to this sevak, Jap Ji has come true, Sukhmani has come true, and what more is there to say.

WHY DO YOU WRITE 'WE' INSTEAD OF 'I'

There is no "I" it is haume (ego), "me, mine, I" is all ego. "Us, ours, we" is a way to delete the feeling of "I" from your mind - there is a jyot inside you which is akal purakh's jyot - har tudh men jyot rakhi taan tu jag me ayea - so when we say "i" me mine we leave out that jyot and just consider our body only, we need to recognize the soul and the jyot in the soul - so there are two very important things which we ignore and we give recognition to this flesh and blood body - panj tat tu upji deh - which will go back to these panj tats when we are dead, but the jyot will remain for ever. So start serving the truth by recognising the akal purakh ki jyot inside you and give preference to him - this will help you kill your haumme a great deal. Stop saying me mera menoo - and say sadha sanoo aasi instead.

We have a full blown jyot inside us, we have seen it and see it all the times the param jyot puran parkash, at night time when we close our eyes to sleep, there is no darkness in our eyes, we see puran parkash in our eyes when they are closed. And akal purakh's and guru's charans are saturated in our hirda so how can we ignore them so we call ourselves we and not i, we also have one sun's parkash in our hirda with gurkirpa. So all these divine gifts are more than we to us.

REAL SADH SANGAT

THIS MIND USED TO PRAY FOR THE REAL SADH SANGAT OF BRAHMGIANIS.

Sadh ka sang wadbhagi paiye sadh ki seva naam dhiaye
sant sang anter prabh ditha naam prabhu kaa laga mitha –

Your prayers have been heard by the akal purakh ji
– birthi naa jaye jan ki ardaas –

this is the real ardaas, we wish everybody does that ardaas – people go to the gurudwara with demands – and no body does the real ardaas – which is pray for naam daan and accept all your misdeeds. Your purple karma ke ankur have risen, your punn karam have risen, so thank akal purakh a zillion times – gur kirpa hoi taan gurparsadi naam prapat hoyea.

We have to build a real relationship between us. That of a pure Sadh Sangat in order to help you attempt and achieve the real objective of Jivan Mukti.

2. The Path

You don't really need to read any book to achieve the Jivan Mukti. All you need is a Gurparsadi Naam under the protection (Chattar) of a complete saint (Puran Sant – Puran Braham Gyani – A Param Padvi) – who can give you Naam Daan and with His blessings your journey to Sach Khand will become very easy.

THE PATH

There is no logic on this marg (path) – the only logic is shardha (trust) and vishvaas (faith) – complete commitment to the guru – complete surrender to the guru –and that is what gurbani says – most people don't even understand the difference between gurmanter and naam – 99.99 percent of the sangat is dwelling just in Dharam Khand or below it. They are forgetting the Mool Manter and are being dragged in to confusion by the normal preachers of the time – the preachers themselves don't have any spiritual progress (kamai or bhagti) so they don't know how and what is the right interpretation of Gurbani .

TRUST AND FAITH (Shardha and vishvaas)

Shradha and vishvaas, that is what bhagti is all about, these two things will take you to the highest level, your simran and other things will help you only if you have these two things in yourself. Jiske ridey vishvaas prabh ayea tat gyaan tis man pargatayea. And there is no depth or any dimensional boundaries for these two things, so more deeper shardha and vishvaas you have more rewarding it will be, so never let your vishvaas and shardha get shaken, you will find many distractions in your way, which will try to shake your vishvaas and shardha, but at such a time just stay focused on the guru's bachans and you will overcome it, many a times guru will also do something to distract you from your vishvaas and shardha, to find out how much and how deep is your love for god and him, and these are very critical moments you have to survive these moments, the best tip we can give you is listen to whatever guru says and say – “sat bachan” (True words). This will never let any distraction into you. You don't have complete gyan, and the guru has the puran gyan, because he has achieved the ultimate and sitting at a param padvi atal awastha - so nothing can rock him down, the puran gyan for puran bhagti is guru's property only, and he is the one who can give you the gyan, that is why gurbani says - guru bina gyan na hoi, guru bina ghore andhaar, guru bina kine naa payea, bin satgur bhagat na hoi, bin satgur naam naa paye, es bhagti nu sur nar muni jan lochde jo bin satgur payee naa jaye - all these folks, devi devte are in karam khand only (we will talk about this at another time). Anyway the bottom line is shardha and vishvaas and follow guru ke bachan, because they are amrit bachans.

WISDOM

BRAHAM GYANI AHAM BUDH TYAGAT – for a saint (bhagat) there is no wisdom of his own, he surrenders his mind – budhi – wisdom to the Guru and takes His Budhi – wisdom.

TESTS

There is a test every second for you when you are moving on Sant Marg, even after achieving the ultimate you still have tests, He will continuously watch you and make sure if your love for Him has increased or diminished because there is no limit to the Love for Him, it has to be unlimited (beant) like Him.

(To over come the tests remember this :)

1. Akal Purakh and the Guru at Number One no matter what happens – honor His words.
Prabh ka simran sabh te oocha
2. Sangat at Number Two – Seva of the Sangat – langar – shoes – cleaning and whatever you can do.

3. Your own family comes later.

Don't give up since there will be a lot of distractions from all sides to derail you , keep committed and keep on moving.

ATTACHMENT

There are other tests you may have to go through – like Moh of the family. This doesn't mean you ignore them, give them everything they deserve and they are entitled to you because this is your responsibility, so start treating them as your sangat too, then your moh will be converted to love and you will never have difficulty in getting out of moh. You will be able to get over these Panj Doots (5 Thieves)once you get the Gurparsaadi Naam and you go in Smadhi, so don't worry about it.

FIVE THIEVES

Panj Doots don't go away over night, it is the constant practice for a long time that will bring the Panj Doots to your service under your control, it is the Naam Ki Seva Atut Kamai of Naam Simran that will bring these five enemies under your control, indulging in undue discussion will definitely drain your Amrit out unless you have reached a state of completeness, Param Padvi, Jivan Mukti, Braham Gyanta. It is the Smadhi Abhyaas and using the spiritual cleaning process in Smadhi will bring peace inside and will drive the Doots out, it is the Gur Kirpa that will bring these Doots under your control, and nothing else, however, in common day life, forgiveness is the weapon to remain peaceful and nirlep from Krodh, forgive the person who is hurting your ego, in Bandgi there is no Maan and Apmaan, no respect and disrespect, that is why Nindya or Ustat are same for a Sant Purush. Once you reach the stage of Param Padvi, then these Doots serve you; and so a Braham Gyani rules over these Doots and not the Doots rule over him, and so was Dassam patshah Ji. Your anger ridden uncle made a mistake by saying Guru Gobind Singh Ji had anger to be able to fight. He made a mistake by comparing himself to the Dassam Patshah Ji, Guru Sahib Ji were engaged in the diminishing of the crime from the society, that was His destiny, that is why He is known as Dusht Daman, infect every Sant does it, and every one's service is different, the Sant takes the poison out of you and gives you Amrit, infect the Sant drinks your poison and gives you Amrit, and by doing so He removes the criminal or even dangerous elements like Panj Doots, desires etc from your inside, he cleans you up from these deadly viruses, for that matter why would the Almighty create the earthquakes and other disasters on the earth, one good example in sikh history is the attack and demolishing of the Akal Takhat, to correct the society, so the understanding of these facts and Gyan is very important in order to remain unaffected by such situations.

COMPARING YOURSELF TO THE GURUS

Again Dassam Patshah has been a unmatched spiritual power, so comparison with Him will be a mistake, for that matter comparing yourself with anyone or any Bhagat is kind of a Dargahi Crime, so abstain from doing so.

DASVANDH (tenth)

You need to give daswandh of earnings and of time to the Guru to become unattached (nirlep) from maya, this is mandatory according to the divine laws, there is no other way that you will be able to get out of maya without giving dasvandh to the Guru.

SURRENDER

You have to completely surrender yourself to the Guru – TAN MAN DHAN SABH SAOP GURU KO.

You need to give everything to the Guru then only He will give you Naam Amrit – the highest Amrit.

BECOME THE DUST

You have to become Sagal Ki Reena; everybody's Charan Dhoor; you have to become a Dassan Dass – slave of the slaves, lowest of the lowest, neechan ke att neech, bishta key kirey key bhi dass, and calling yourself a king and so on is totally opposite, so how can you expect to remain calm, this is how He teaches you, better take a lesson, and be humblest of the humblest in the actual day life.

IN A MESS

If you are true to the Guru than the Guru will take you out of every such situation, that is what we learned and followed, a full and complete commitment and belief in the Guru. There is no other way for sure to save you out of such mess.

INTERNAL DISCIPLINE

Internal discipline (anderli rehat) is the real thing. Try to clean yourself up internally, and do simran and Sangat.

ONE RELIGION

Braham Gyan (God's Knowledge) is same, divine laws don't change they are same in every religion, there is only one religion and that is Akal Purakh Himself.

3. Guru

DOUBTS

Doubt (Dubidha) was a reason for obstructions in your way as you have accepted you have been having trouble doing Simran. But now you should be doing better and better. Even during the Guru's times people were in such Dubidha, lots and lots of the people didn't believe the Gurus, otherwise all Sikhs would have become Jivan Mukti. **THIS IS THE BIGGEST DUBIDHA SIKHS ARE CURRENTLY IN, AND ONE CAN'T GET JIVAN MUKTI IF YOU ARE IN THIS DUBIDHA.** Consider Shri Guru Nanak Dev Ji - their mother and father never believed Him until the last moment, that too because being the parents of the Puran Sant Puran Braham Gyani - Akal Purakh's Roop, they had to get Jivan Mukti so that was when Guru Sahib's mata ji got enlightened just by accidentally touching his feet, and so His father got the Gyan as well. Guru Patshah Ji's wife and her parents had the same problem. This why it is said in the Gurbani - **BANI VIRLE KE GHAR JAYE - KOTAN ME NANAK KOI NARAYEN JEH CHEET** - in ten millions there is one person who knows the value of **NAAM RATTAN - LIKE ONLY A JEWELLER CAN KNOW THE VALUE OF A DIAMOND.**

ONE GOD DIFFERENT EMBODIMENTS (SAROOPS)

Nirgun saroop (No Embodiment) - param jyot puran parkash (Supreme Light) - mansarovar - complete silence - in braham khand where there is no other naam.

Sargun saroop (All Embodiments) - in all of us and all his creations. har tudh me jyot rakhi taan tu jag me ayea ... O Lord you placed your light in me when I came to the world.

Gyaan saroop (Divine Knowledge Embodied in The holy Scriptures) - Shri Guru Granth Sahib ji

And a Satguru / Braham Gyani is His Roop (The one who Knows God one on one , has no more ego and only God's Light blazes through them. That FORM of God is a God-conscious human being) - that is why

Gurbani says on page 273-

breham giaanee sabh srisatt kaa karathaa || ...

The God-conscious being is the Creator of all the world.

The God-conscious being lives forever, and does not die.

The God-conscious being is the Giver of the way of liberation of the soul.

The God-conscious being is the Perfect Supreme Being, who orchestrates all.

The God-conscious being is the helper of the helpless.

The God-conscious being extends his hand to all.

The God-conscious being owns the entire creation.

The God-conscious being is himself the Formless Lord.

The glory of the God-conscious being belongs to the God-conscious being alone.

O Nanak, the God-conscious being is the Lord of all. ||8||8||

<http://www.sikhitothemax.com/Page.asp?SourceID=G&PageNo=&ShabadID=942&Format=2>

SATGURU

“gian dhaian kich karam na jana sar na janaa teree
sabh te vadhaa satgur nanak jin kal rakhee meere.”

Akal Purakh Is Saying ‘Hey Nanak! The Satguru Is The Highest’

That means Satguru is the greatest. Nanak Patshah was a Roop of Nirankaar he was a Puran Satguru

“dhan nanak teree vadee kamaee,
sidh bolan subh bachan,
dhan nanak teree vadee kamaee”

Indeed guru nanak patshah was the one who brought the mool manter and so much braham gyan on this earth from dargah, so no match with his contributions to uplift the souls on this earth. He is the one who made bhagti so easy and so easy to achieve jivan mukti on this earth, he should always be praised for that, and he did that by unbelievable walking over 82, 000 miles - nobody else could do it. Guru nanak is dhan dhan, guru gobind singh is dhan dhan, guru granth sahib ji is dhan dhan and all the patshahis are dhan dhan who gave us so much of braham gyan that we can become jivan mukt by following their Primal Words (turqi bani).

SATGURU NANAK

SOME SAY THAT SATGURU NANAK DEV JI WAS THE FIRST ONE TO GET TO SAHKHAND, THE ONLY SATGURU THE WORLD HAS SEEN AND THAT THE WORLD WILL SEE. AND THAT NAAM ONLY CAME WITH GURU NANAK MAHARAJ, AND THAT ALL PAST BHAGATS WERE ACTUALLY BLESSED BY GURU NANAK MAHARAJ IN A SPIRITUAL FORM.

Only a fully enlightened soul who has a Puran Jyot Parkash and is a Sada Suhagan is the one who makes it to Sach Khand and higher khands; and Guru Nanak Patshah Ji was no doubt the one in the Braham Khand (God Realm) ; He was Nirankaar Roop Puran Sant Satguru; that is for sure is true. But Naam only came to Guru Nanak Patshah Ji looks untrue; there have definitely been Sants, Bhagats and Braham Gyani in all ages before Guru Nanak Patshah's arrival in this world, and even after His departure from the world, so other theories are untrue, Sant Kabir a nd lot of other Bhagats were Shree Ramanand's disciples; and for sure Sant Kabir was a Puran Sant Satguru, a Puran Braham Gyani and was for sure a Sach Khand and Braham Khand Vaasee; a nd so are the other Bhagats whose Bani has been included in the Shree Guru Granth Sahib Ji. Do you think that Mohammad and Jesus got to the heights of spirituality without Naam ? sounds absurd; the laws of divinity don't change with time, they were there right from the Aad (Primal Beginning) and will remain for ever. To be honest and absolutely truthful to you and we hope you believe us this time; spending time and efforts in knowing and trying to get an answer to such questions is just a waste of time and effort, and will not do any good to you in anyway, you will rather get trapped in the doubts and distractions, and will not bring you closer to the Almighty.

DID ANYONE GET TO SACH KHAND BEFORE GURU NANAK MAHARAJ?

How could Jesus reach the heights of spirituality without love ? That is true for other Bhagats and Sants. Gurbani says: Har Jug Jug Bhagat Upaayea (God sends his saints in every Age); these kind of thoughts prevailing in the minds of the sikh masses bring the duality and hatred in us; it fills ourselves with ego and doubts; we are nobody to measure anybody's spiritual levels, we should not be engaged in measuring and judging the others for their spiritual levels, whosoever he may be, every Bhagat is different, every sant's bhagtee is different, so what is the point of getting involved in such thoughts and discussions, We guess you are so by nature, and you need to work on yourself to stop asking such questions which are not going to help you, naam simran is the only thing that will help you at this stage, naam simran is the only thing which will answer all your questions.

SAME JYOT IN ALL THE SAINTS

It is the same Jyot in all the Bhagats and Sants, whosoever it might be. The only difference is the extent of purity of the Jyot, the extent of the brightness of the Jyot, the more brighter the Param Jyot is the higher the spiritual level is, and there is no limit of this purity, it is like a deep sea – mansarovar without any dimensions, whose depth or boundaries are beyond the imagination of a human mind. So whether it is Guru Nanak Patshah or it is Jesus Christ or Shree

Rama or Shree Krishna, the Jyot is same, and this is the most important thing to understand. The Guru Sahibans have lead us to the Bandgi of Dhan Dhan Paar Braham Parmesar: Pooja Akaal Ki, whereas some of the Hindu Devtas have lead the masses to their worship, therefore the Guru Patshahian's Jyot probably was much more pure than others. Guru Sahibans have not preached their own worship, they preached Ik Oankaar Satnaam Dhan Dhan Shree Paar Braham Parmesar's worship.

NEED FOR SATGURU & SATNAAM

For a normal person this spritual journey can be commenced but can't be completed with out the blessings of Akal Purakh Himself - and Gurkirpa of a Puran Sant Satguru - Bin Satgur Bhagat Na Hoi - Bin Satgur Kine Naa Payea - Bin Satgur Mukh Naa Hoi. In order to accomplish your journey to Sach Khand you need to have a Gurbarsadi Naam and Puran Sant Satguru is the only one who is capable of giving you the Gurbarsadi Naam - Satgur Sikh Ko Naam Dhan De - Naam Amolak Rattan Hai Pure Satgur Paas. It is well defined in the Mool Manter that the True Naam - Sat Naam is Gurbarsadi.

GURBANI

The entire Gurbani is just the praise of Akal Purakh, Naam, Sants, Bhagats, Sadh, Braham Gyani and nothing else. The Naam Rattan resides in SACH KHAND (the heart of a saint is where God resides hence is sach khand) and can only be brought on this earth by a person who reaches SACH KHAND and becomes abhed(absorbed) with Akal Purakh and becomes His Roop and he can only by a Puran Braham Gyani - a Puran Sant or A Puran Sadh, that is what our Gurus were that is what they did, the divine rules can't change with time, they remain forever , bhagti doesn't change in a yug, it stays the same.

Now your bhagati has increased gurbani is coming inside you – jiske ridey vishvaas prabh ayea tat gyaan tis man pargtayea – this is an excellent sign, now when you listen gurbani more and more deeper meaning of the gurbani will start to flow inside you – gurbani is amrit too – but we have to stir it to get amrit from gurbani – it is a mansrover of braham gyan – sarvar ander hira moti so hansan ka khana – the hans – sant will keep on retrieving these gyan ke moti from gurbani and a manmukh will just keep on reading it and keep on doing path and path and path – it is no use reading gurbani if you don't bring it into your karni and understand it – the amrit is these priceless jewels of gyan which are hidden in gurbani and whosoever reterives them he becomes a braham gyani others just keep on fighting on fake issues of dharam. So we have to

concert our efforts on naam and tat gyan.

All the brahm gyan is from gurbani only, there is nothing outside gurbani, the only difference is that it keeps on coming inside you as you move along, the gurbani has come from sach khand, and one can't understand it completely unless he reaches that level, even at sach khand level it will be difficult to explain it completely, it can be explained in better terms, but not completely – it is unlimited mansarover of braham gyan whose depth and boundaries are limitless. We have repeatedly explained that guru granth sahib ji is akal purakh's gyaan saroop – infect we are undermining the Granth by saying it is just the Guru – because it is actually God's Form – pothi parmashwar kaa thaan sadh sang gobind gun gao puran braham gyan – it is paar braham ki deh.

GURU

The word Guru means who takes away darkness of agyanta (ignorance of God) from your mind and brings in light of gyan (divine wisdom).

GURU GOBIND SINGH JI

Ek pita ekas ke hum barak – dassam patshah ji's unlimited contribution to uplift the society is unquestionable. He was nirankaar roop – a puran braham gyani a puran khalsa and we are all proud to be following his path of truth and serving the truth. You should all take him as your role model and try to become like him.

GOD THE FORGIVER

He is PARAM DYALOO –VERY KIND so don't worry, the moment you accepted your fault or sins, He forgives you the same moment. HE IS DANA DINA – BAKSHAN HAARA.

MEETING THE BRAHM GIANI

Baba ji's biggest blessing is SatNaam which has already been given to you, so it is your devotion and love which is pulling you to come and see him, but he is always with you, however, it doesn't mean that you shouldn't come to see him.

Brahm gyani ka daras wadbhagi payye - your visit will be a an incredible gift for you. You are very lucky to make up your mind to visit Baba ji and get his blessings. We will give you a very warm welcome, you must never have seen sach sangat before.

It is all Baba ji's kirpa and paar brahm parmashwar's kirpa only – bhag hoa gur sant milayea prabh avinaasi ghar me payea – sant sang anter prabh ditha naam prabhu kaa lagaa mitha – esa sant milawo mo ko kant jina ke paas – gyan anjan gur dia agyaan andher binaas har kirpa te sant bhetyea nanak man pargas - all this gurbani is coming true for you all. Baba ji's sangat is just beyond description, you must not have seen a sangat like him, when we are sitting in his sangat it is like sitting in dargah, there are no doots around you in his sangat, you get a complete concentration of mind and body and soul, his bhagti is very pure and extremely high, every second he is in the hukam of shri akal purakh ji, he gives puran gyan for puran bhagti and helps you through your bhagti at every step. Bhagti can't be done without puran gyan.

There are several people who can see the divine sangat sitting around us – souls of saints and sadhus from sach khand - in our sangat, can see a lot of parkash all around, most people get darshan of guru nanak patshah and guru gobind singh patshah ji. We had darshans of the gurus several times, once vishnu was in front of us for well over an hour or so but we didn't bow to him as Satguru is higher than him. Many a times our soul leaves to go in sach khand, there are just incredible number of instances happening with us, will keep on sharing more and more with you.

MEDITATION CLASS

Dandaut Bandhna (greeting the Guru by lying on your belly) should be physically done when you enter the Gurudwara, that will help more and more. Anytime and every time you go to gurudwara you should do dandaut bandhna, and dust shoes, and you should give the same teachings to the kids as well. This will be a great help in making these kids the humbleness. And also at the end of the simran session daunaut bandhna will be very beneficial.

Sit down with closed eyes and doing Sat Naam Waheguru will be more beneficial (than just WAHEGURU WAHEGURU. it doesn't need to go with the breath, just do it silently in the mind, doing Simran in mind will help a lot more, your mind becomes to start pure – read the article on Ajapa Jaap.

There is nothing wrong in chanting, but the Sangat will benefit more with internal practice. Again not just Waheguru but Sat Naam Waheguru.

Again Simran is done internally only, with the tongue it is not Simran it is Jaap - Simran is the most rewarding and powerful.

If you are doing kirtan, then chant – dhan dhan paar braham parmashwar – several times then ‘sat naam shri sat naam’ and ‘sat naam waheguru’ either at the beginning or at the end of the kirtan.

“WAHEGURU” KIRTAN AT AMRITVELA

It is great seva, keep it up. We will suggest you to follow this sequence - ek oankaar sat naam (for few minutes), sat naam waheguru (for few minutes), dhan dhan paar braham parmashwar (for few minutes), jaaps when singing along with sangat on harmonium. We have explained the difference between naam and gurmanteer in one of the articles, sach khand vich sat naam da sikka hai, waheguru can take you to at the most to karam khand then you will move further only if you have sat naam, sat naam is the key to the dargah. Waheguru is not naam it is just akal purakh's praise - it means dhan dhan only and when we say sat naam waheguru - means sach naam dhan dhan hai. Sat naam is the destination - the origin and nirgun saroop of akal purakh and you are sargun saroop and you have to merge from sargun into nirgun to the origin to obtain jivan mukti. jivan mukti is in sach khand only. Again for the seva of sangat it is good but you should concentrate on simran - sat naam waheguru at the amritvela.

KUNDALINI YOGA

The third eye will open by guru's kirpa only (not through position (asans) and breathing techniques), and sat naam will help you, you should not even think about it, and same is true with kundalini rising. Once you are blessed with gurparsaadi naam by Baba ji. Your progress should be much faster, we even didn't know when our dassam duaar opened, so please don't think about these things and just concentrate on simran - for more understanding please read the article on ajapa jaap again. Just do simran in a sukh assan (comfortable position) only.

4. The Truth

RECOGNISE THE TRUTH

You are listening to the absolute truth (these articles) , you are enlightened to recognize the truth, and you are moving on a path of truth, that is all it is about - sat naam, everything else is perishable, sat naam is chaar yugan ka sachha tirath, this is the real tirath when you travel to sach khand, not the ath sath tirath (external places of pilgrimage). You will be realizing yourself to realize him, because he is inside you covered by a dark sheet of andh agyaan (blind ignorance) by panj doots (5 thieves). Now that dark sheet has started to perforate, when truth goes inside that is what happens, the doots start to run away, they can't stay before sat naam, no evil can survive before sat naam it is unlimited power.

TRUTHFUL PERSON

A truthful person will always tell you the truth.

MOOL MANTER

ek oankar satnam karta purakh nirbahu nirvair akal moorat ajuni saibhan(g) gurprasad ||

Mool manter is upto gurprasaad.

The Mool Manter is beyond description, the entire Gurbani contained in Shri Guru Granth Sahib is the detailed description of the Mool Manter only - Mool Manter is Beej Manter - and - Beej

Manter Sarab Ko Gyan. There is a continuous flow of Gurbani through all ages and time which means that the description of the properties and qualities of the Akal Purakh, Sants and Bhagats are a continuous function, it never stops, it is infinite because it is the description of infinite, there is no end to the description of the infinite. The only thing you all need to understand is that the Sat Naam is Gurparsadi, and if you accept and understand that and have complete belief in it - Puran Shardha Te Vishvaas - Jiske Ridhey Vishvaas Prabh Ayea Tut Gyan Tis Man Pargatayea - then if you are able to get the Gurparsadi Naam then your journey to Sachkhand can be very easy one, and this can't be achieved without the Sangat of a Puran Sant Satguru, Braham Gyani, Param Padvi, Jivan Mukh, who is authorized by Akal Purakh to give Gurparsadi Naam to Sangat.

The ones who are blessed with the Gurparsadi Naam are very lucky, and those of you are not yet blessed with Gurparsadi Naam should pray for getting the Gurparsadi Naam. And if you are lucky enough and if your prayer comes from the true heart and also if your deeds - Karni is good, and have Purble Karma Ke Sanjog, then you might meet a Puran Sant Satguru who might bless you with Gurparsadi Naam, hold your hand and give you Jivan Mukti - salvation - Bhag Hua Gur Sant Milayea Prabh Avinasi Ghar Me Payea - Esa Sant Milawo Mo Ko Kant Jina Ke Paas - Sant Sang Anter Prabh Ditha Naam Prabhu Ka Laga Mitha - Sarab Nidhan Nanak Har Rang Nanak Paie Sadh Ke Sang - Sadh Jana Ki Mango Dhoor Nanak Ki Har Locha Poor - Sant Japawe Naam - Satgur Sikh Ko Naam Dhan De - Naam Amolak Rattan Hai Pure Satgur Paas - Satgur Maha Purakh Paras Hai - Sat Purakh Jin Janyea Satgur Tis Ka Nao - Satgur Sat Purakh - Satgur Nirankaar - Braham Gyani Aap Parmeshwar - Braham Gyani Aap Nirankara - Braham Gyani Mukh Jugt Jee Ka Data - Braham Gyani Puran Purakh Vidhata- Ram Sant Dohe Ek Hai - Nanak Sadh Prabh bhed Naa Bhai - Sadh Ki Upma Tre Gun Te Door-Sadh Ki Shobha Ka Nahi Ant-Sadh Ki Shobha Sada Beant - Braham Gyani Gurparmeshwar Ek Hi Jaan. So only Braham Gyani, Puran Sant, Puran Sadhu Pargatyeo Jyot is capable of giving Gurparsadi Naam to Sangat. Gurbani is full of these Shaloks and Braham Gyan which prove this verdict about Gurparsadi Naam and where will you get it.

DUST OF THE SAINTS FEET

“Hum santan kee ren piaray hum santan kee ren”

This is from the Primal Lord (turqi bani) try to understand its true meaning, look at the humbleness of shree akal purakh ji, he is saying that he is the charan dhuli of sants that is how much he loves a sant, all his dealings are with the sants, and what does sant do - sant japawe naam, sant's love for him is without boundaries and this love is sat naam.

If we want to become like Him then we will have to bring all the qualities of his to ourselves - and this is the height of humbleness.

HOW DOES SATNAAM SIMRAN GO FURTHER THAN WAHEGURU GURMANTR ?

Gurbani's braham gyan (divine wisdom) is naam simran (to remember the Naam)–

prabh ka simran sabh te uncha ..remembering God's naam is the highest...sukhmani.

“Waheguru” is not the Naam of akal purakh. And we have said that in above text as well. It is very important to understand the mool manter, which says “sat naam” is gurparsaadi. And also gurbani says –

kirtam naam kathe tere jihva sat naam tera para purbla

...My tongues describes you with praise Names (Allah, Waheguru, Gopal, Ram etc meaning god is Great, God is Wonderful, God the Protector, God the Cherisher and so on)

but the name “Sat” (, the SAT NAAM meaning TRUTH) is your Primal Original name (chosen by Yourself).

Guru Arjun Dev Ji.

And also

“jap man sat naam sada sat naam”

..o my mind meditate forever on the name “SAT” , the SAT NAAM.

Guru Ram Das Ji

“Wahe guru” is gurmanter and is given by Panj Pyare nowadays. But because panj pyare (nowadays are not brahmgiannis like the original punj pyaray) they don't have Sat naam (havent reached the highest consciousness). So they can't give “sat naam” to sangat. Only a puran sant braham gyani who is at param padvi (highest God consciousness – Truth) - and abhed (absorbed in Truth) in Akal purakh can give sat naam, not only that he has unlimited spiritual powers and can institute you in smadhi – karam khand (realm of Grace ..sant prasad) very soon.

To understand these things, as well as what is naam simran and what is japna – read our article on ajapa jaap – that explains the stages and their rewards. Read all the articles and understand them with open mind (http://www.satnaam.info/index.php?option=com_content&task=view&id=58&Itemid=14) The question of how can only be best answered if you forget everything done so far, and without any doubt and dubidha, with full commitment and belief – puran shardha and vishvaas – and pray for getting the gurparsaadi naam, and if one is lucky one will get it, and then one has to follow the gyan – and do simran then only the question of how will be answered. Unless one tastes it how can one know how it can happen ?

RECEIVING GURPRASADI NAAM

Disciple : “Thank you to Baba Jee and the Satnaam sangat for the wonderful experience of the weekend. We feel wonderful and blissed out.”

Dassan Das : Naam ki daat is the highest daat which one can get from a puran sant – je wad app te wad teri daat, jisdi keemat kahi naa jaye keemat daee naa jaye, there is no value for this naam, it is the anmolak rattan hira – it is akal purakh's para purbla naam – kirtam naam kathe tere jihva sat naam tera para purbla – it is the aad jugadi naam of akal purakh, which was instituted by himself – aapi ne aap sajyeo aapi ne rachyeo nao fir dui kudrat saaj ke kar assan ditho chao.

You are one out of the millions who have been blessed with the GURPARSAADI NAAM when Baba Ji were in His top Smadhi.

The sangat was sitting in Puran Parkash, it was dhan dhan kirtan, this is what happens when you meet a true sant – tan man seetal hoye – this is the pehchaan of a puran sant there is no other way to know a puran sant– because braham gyani ki gat braham gyani jane – your feelings and a change in yourself just by listening to the words brings a change in yourself when you meet a puran sant, and you have done it just over the phone, now imagine if you come over here what can happen ! One of the panji who came became a suhagan (bride) of akal purakh – she went into smadhi – she was instituted in karam khand – her jyot has been ignited – her bhagti account have been opened in the dargah. So it was a wondeful day – you folks gor gurparsaadi naam and this panji became a suhagan.

AMRIT VELA

HOW DO YOU MANAGE TO GET UP AT 12:30 AM? MY KIDS DONT STOP SCREAMING UNTIL 10:30 PM!! SO HAVE ONLY BEEN MANAGING TO GET UP AT ABOUT 4AM SO FAR -- WHICH IS GREAT AND I THANK GURU JI FOR THAT GIFT AND MAY IT CONTINUE AND GET BETTER.

We do have children but they are grown ups, they are doing thir medicine degrees now. But we do have a full time job, you are right when you say waking up at 12:30 am ? Infact you are doing good getting up at 4:00 am, but getting up earlier will be more beneficial, and don't worry about less sleep, now when you do simran you will get so much spiritual energy that you will not feel tired at all, no matter what time you wakeup, whatever time you get to sleep, your sleep will be complete, you will feel as if you have slept long hours.also your kids will start to become more and more sober and they will start to go to sleep earlier. All your sleep defficiency will be compensated by simran. We used to do the same thing, and never felt lethargic during the day, no yawning at all during the day, feel absolutely fresh all the time, this is what cosmic energy - spiritual energy does - and as you said you felt power in your head you will feel that power all over slowly and slowly - infect this power you guys are feeling is the naam amrit going inside you, this feeling will continue to increase, and then slowly and slowly your body and soul gets

more and more cleaner from inside, more energy you will get inside, so when you go to sleep at night just do ardas inside your hirda that please wake me up at 12:30 or whatever time - and he will wake you up. Now since you folks have been blessed with gurparsadi naam you have also been put under the protection of at least one sant - and this sant will be always with you in his suksham dehi (astral body). When you do simran for 2 hours you are sitting on earth, in the third hour your simran will go in dargah and in 4, 5, and so on hours your simran will be in dargah, so try to go beyond 2 hours in the morning, at least 2 and half hours if you can, for fast progress. We used to sit in for 4-6 hours. Now our bhagti is complete and also our rom rom (every hair and cell) have become sat naam - physically every bit of body is reciting sat naam - and we feel this spiritual energy all the time in each and every cell of our body, so we don't sit in long smadhi anymore - actually at this level you are 24 hours in smadhi with open eyes, walking, talking, sleeping, and whatever you are doing will always be in smadhi.

SIMRAN EVERYDAY

Keep one thing in mind you have to do simran everyday, don't miss a day - morning and evening - evening can be less time but will help you a great deal, and doing simran doesn't take any physical effort while driving, walking, sitting, standing, doing something not requiring any brain work, so try to do it on a 24 hrs basis. This will prevent any bad thoughts entering your mind, and you will remain truthful in the day time.

TOUCHING THE SKY

IN SOHILA, GURU JI SAYS ONLY THE BRAHMGIANI IS CARRIED ACROSS ... 'TARIO BRAHMGIANI' , REALISING GOD IT IS LIKE TRYING TO TOUCH THE SKY WITH YOUR HAND WHILE STANDING ON THE GROUND

That is what is - dohan sirian ka aape swami – He (the Brahmigiani) is the one who ties both ends, brings amrit on earth from dargah in a continuous stream and gives it to the sangat. Exactly Baba ji's presence in dargah and on this earth makes that happen, when he was giving you naam sitting so far away just over the phone he was in a top smadhi and giving you that

highest amrit which you said you felt in your head. This is just unlimited power, but it depends on you how clean are you from inside, more cleaner more amrit, dehi (body) is like a pot which is inverted, with a lot of dirt around it and holes in it – janam janam ki mail and panj doot are the holes, so we have to turn it upside down – by stepping forward on this marg with gurkirpa, then it will be cleaned as you move forward and do simran, the more you do the more rewarding and enjoyable it will be, the mind will become more and more under control, the doot holes will start to fill, and eventually the pot will start holding the amrit, then slowly the pot will be filled with amrit, pot – dehi will become pure mind will be under complete control, no doots business around you, that is when the amrit will start to overflow from the pot, this is the point when – panj doot tudh vas kite kaal kanth ko maryea – then you will be jivan mukt. During this process you will go through smadhi, sun smadhi and so on. It is hard to tell everything in one short note, and there is so much to tell you, which we will keep on as we progress.

So with the agami anant apaar and beant kirpa of the guru and akal purakh you folks have realized the divine knowledge – tat gyan, so you are not in dharam khand anymore – you are now in saram khand – you know what needs to be done and how it can be done, so you should be concentrating all your efforts on simran – don't miss a day – if you do so then it takes more time to collect amrit and you are left behind – it is like missing a lecture one day and next day it becomes difficult to understand the lecture, so no break – morning and evening. If you have to take a break for some time from your seva at gurudwara then you can do that too. If the simran is in mind very good, if it is in hirda better so when you sit for simran concentrate on mind and hirda.

BELIEVE IN NAAM

Naam will answer all your questions, just believe in naam and stay away from all distractions, we have already spoken about distractions, these distractions come when negative mind works, and doots come in to play - now when you have start bhagti these doots are getting upset on you so they will try to distract you more and more, but you have to be persistent in your efforts to win over these doots, and naam simran will do that, infact some people see these doots in the form of giant demons when they leave the body - kaam doot resides in lower portion of your body, krodh in stomach, lobh and moh in heart chest area and ahankaar in the head, so they have to leave your body and stay below your feet to serve you and naam will do that. So concentrate all your efforts on naam simran.

5.Simran

ARE WE REJECTING THE WARRIOR SIDE?

ON SANT MARG WHERE DOES SHASTR VIDEEA (KNOWLEDGE OF WEAPONS) AND DASAM GRANTH FIT IN?

Nothing is preventing you to get yourselves trained in using weapons, if you like so. But remember dassam patshah never used his asters (weapons) for a piece of land. But sant marg doesn't mean to follow a sant - what it means is that you are moving on a path that will make you a sant. And all bhagti marg's are sant marg's only. We don't have to attach ourselves with the body of Baba ji, but we have to attach ourselves with pargatyee jyot (the manifested light of the Supreme within)- sat naam, that is what he says, don't attach yourselves to my body, but attach yourselves to naam amrit - the body is just made of five elements and will go back to these elements, but sat naam will prevail for ever. So we all need to attach ourselves to sat naam.

All you are looking for is jivan mukti, and once you become a jivan mukt then you can help others to move on sant marg and achieve jivan mukti - and this is mahaparupkaar, what can be more rewarding than helping some one become a sant and jivan mukt ? This is the biggest service of the sangat, nothing can beat this seva and this is sat naam ki seva. And jivan mukti is not just your jivan mukti it is 21 kulan ki daat - your coming 21 generations will get jivan mukti. And at that stage if you get a hukam to pick up your asters to protect the truth who knows ? You might do that - it all depends upon hukam - sixth patshahi and dassam patshahi had that hukam so they were blessed with asters too to meet the hukam, however, all the other patshahi's never had any hukam to pickup asters so they didn't. It was with akal purakh's hukam guru teg bahadur ji worshipped for over 28 years to get the birth of dusht damman - dassam pita and that was all in hukam. And for that matter every thing is in hukam - hukme ander sabh ko bahar hukam naa koi - jive jiv hukam tive tiv kaar - jive jiv hukam tive tiv howna - jo tudh bhawe sai bhalikaar - your asking of these questions and our answering these questions is also all in hukam. There are no two sants or bhagats alike. Everybody's bhagti is different. So your bhagti will be unique too.

CURRENT MOMENT

Never look at the past, don't think of future and capture the current moment, that is the one of the most important attribute of a sant. And current moment is the hukam - do sat karam only in current moment and stay clean become a puran sachyara, and if you do that you are in hukam, and puran sachyara then you are jivan mukt - hukam boojh param pad paaee. If all your actions and reactions of the current moment are sat karams then you are done, you will achieve stability of your mind - you will win over your mind and panj doot will be in your control, and that is what you want to do - dine sache raatin sache - sada hi sache.

If you can become a puran sachyara in one day, become in puran hukam in one day, get tat gyan in one day, and so with gurkirpa, you can achieve jivan mukti in one day, and we have whole life in front of us. So we have to become a puran sachyara, come under puran hukam, by winning our mind – infact eliminating mun and budhi – braham gyani aham budh tyagat, man beche satgur ke paas – is the key and if you can do it then all your gyan inderey are directly connected to param jyot and you will become under puran hukam. That is all the game we need to play. The path is very simple but seems complicated, and when you have some one like Baba ji holding your hand and guiding through the entire process then it becomes real simple, the only thing to watch is distractions – bharams, dubidha which shake the belief – just a golden rule to over come all kind of distractions – whenever something happens to you which prompts you to raise a doubt or a question in your mind about guru and sangat, take for granted that is a test for you – test to evaluate your love for guru and akal purakh, at that time just say dhan guru – 5 times, mera guru pura 5 times and your distraction will disappear.

GREATEST SEVA

Naam ki seva (doing naam simran, helping others to do it to) is the highest seva so please keep it up, you are doing a great seva by bringing your other family members into this.

THANK GOD

It is all guru's and akal purakh's agami anant apaar and beant kirpa – hamre kie kichu naa hoe kare krawe ape aap – we are just the followers of his hukam – everything is taken care by him – tera bhana mitha lage – sabh kuch tere vas agam agochra – so let us thank him and the guru for providing the opportunity to serve the guru, paar braham and the sangat.

DAILY NITNEM ROUTINE AND SANGAT

When you start your simran please start with namaskaar (palms together greeting) and dandaot bandhna (lying flat greeting) in your mind to – Akal purakh, Baba ji, Das patshahian, Guru Granth sahib ji, all braham gyanis, sants, bhagats and the sangat – and then start your ardaas as follows:

Hum maha paapi hain pakhandi hain kami hain krodhi hain lobhi hain mohi hain ahankaari hain, kirpa kar ke sadhe guneh baksh de – hum paapi wad guneh gaar tu bakshan haar – kirpa ka mere ghar aa (mind) – hum bhikhan bhikhari tere tunijhpat hai data – kirpa kar sadhe te – sadhe panj doot vas karde – ek man ek chit karde – garibi ves hirda bana de – man te hirda pavitter karde – esi bhagti te seva le ke es dehi da guldasta ban jaye – sadha sees sada sada tere te guru de charna te rahe, kot brahmand de charna di dhool bana de, bishta de kire da bhi dass bana de, dassan dass bana de, sat naam di seva karye yugan yugan tak, neechan de neech bana de, nimane bana de – smadhi di daat baksh de – visar naahin dataar apna naam deo

Or in English :

I am a great sinner and hypocrite.

I am so full of lust, anger, greed, attachment and pride.

I am the lowest of the low.

I am a great offender and traitor.

I fully accept all of my misdeeds.
You are the Merciful Forgiver.
Be Kind and forgive all of my faults and sins.

I make mistakes with each and every blink and at each and every moment,
Please show your grace and bless me with good thoughts and Guru's wisdom.
Bless me with Naam, Service and loving devotion.
You Yourself please colour me with Your Love.

Nothing happens because of me,
You Yourself are the Doer of everything.

And then start your simran.

Prabh ka simran sabh te uncha – so continue simran in the morning hours until you need to get ready for going to work and so on. You have done enough of nitnem already, so concentrate on simran, that is the highest service to the akal purakh at this stage of yours – you can play the nitnem on cd in the evening hours, and continue simran as well as listening the gurbani, but devote all of the morning time on simran. Reading and listening to the gurbani is rewarding, listening to kirtan is also rewarding, but the highest rewards will be from simran. Please read first ashtpadi of sukhmani and you will know what are the rewards of simran – prabh ke simran anhad zhunkaar – the vibrations you feel in your body is anhad zhunkaar – *prabh ke simran trishna bujhe – prabh ke simran sabh kuch sujhe – prabh ke simran hoe so bhala - prabh ke simran sufal phala – prabh simrat kichu boghan naa laage – prabh ke simran andin jaage – prabh ke simran udhre mucha* and so on – the rewards are just incredible !

Understanding sukhmani is more important than mechanical reading and for that you will have to listen to it – but in the end – sukhmani sukh amrit prabh naam – the real sukhmani is the naam amrit and you have that already going inside you. But we will definitely suggest you to listen to sukhmani, you don't need to follow your nitnem schedule very strictly – just listen to whatever

bani you feel from inside you should be listening today – we listen bani for gyan ke moti – and that is the thing you should be looking from listening to gurbani.

SIMRAN TOGETHER

One thing more it will be beneficial for all of you if you can meet couple times in a week and sit down for an hour and do simran together and share your experiences with each other. This will be of tremendous help – at least twice a week – in the evening hours. And if both the families can't meet then at least all the members of one family should do the evening simran together and if possible in morning also do it together. This way you will create your own sangat and will enjoy the benefit of the sangat in the house.

One thing in mind when you folks get together – avoid discussing household matters, concentrate on sat naam and sifit salah (praises) only. It will be good if you folks can share your experiences with us also, need not be very elaborate but just a feel of what you folks are experiencing. One thing very important and is the next step to follow after you stabilize on your simran at amritvela, is to relieve yourself from the effect of the past life and previous lives so for that please read the article on spiritual cleaning process and follow that practice.

6. Amritvela

BABA JI'S NITNEM

Baba ji himself doesn't even know how to read Gurmukhi – isn't it amazing he can't read Gurmukhi and he is a param padvi (supreme soul) – because he took the gyan (wisdom) – prabh ka simran sabh te uncha – and did simran, listened to the gurbani and took all the priceless jewels from gurbani and brought them into his karni (deeds). And that is what he tells us to do, Guru nanak has said – padh padh gadda laddye – (reading and reading one just loads his cart with books - asa di vaar). There is no use just reading gurbani IF WE don't collect the gyan ke moti (pearls of wisdom) and do what Baba ji has done. This is another durbidha (illusion) most sangat is in. Reading gurbani and kirtan is for gyan – otherwise it is just pleasure for the ears (kani ras) only. Naam is the atam-ras (spiritual bliss) and that is what you need for reaching the sach khand.

STRUGGLING DURING SIMRAN

We remember when we started early morning simran. First day it was 30 minutes next day 45 minutes and so on took couple weeks to go to longer hours, so you are doing good keep it up. God has brought you to this level he will definately help true servants to come up to him.

Seva you are doing is great keep it up, but do dandaut bandhna (prostrate lying on belly) when you go to Gurudwara and also dust the shoes and put the dust on your forehead. If there is langar do the cleaning of dishes. And while doing seva keep on reciting “sat naam waheguru” inside you at all the times.

We will ask Baba ji (and we will pray too) to help you in your efforts, it might be too much in the beginning for you to sit for early and long hours, so you can start later and then slowly when you start getting the energy and more anand you will go to longer hours, ardaas helps a lot, so keep on praying – apni seva aap le (Dear God, You Yourself please come and do this seva) – humre kiye kichu naa hoi kare karawe aphi aap (if I do it then it doesn’t work out, You Yourself are the Doer Lord), and the ardaas we wrote yesterday. Just keep on reciting satnaam inside you all the time. One thing more you don't need to sit cross legged, you can sit in sukh-assan (any comfortable position) on a chair or sofa so that your body feels comfortable, and sometimes you might feel like you have gone to sleep, but actually you don't go to sleep, you will go in deep meditation, and even if you go to sleep it doesn't matter, after a nap again pray ardaas and start again, as we have said these kinds of problems can be very easily over come by ardaas.

Also you can call Baba ji any day (or email me dassandass3@yahoo.com) , don't feel hesitant to call him (or email me), we fill you up with spirituality when you talk/email us, tell us your difficulties and we will remove them.

REAL SIMRAN

FINALLY FEEL THAT WE ARE ACTUALLY DOING AKAAL PURAKH'S SIMRAN.....IT IS A PHYSICAL FEELING AS WELL AS A SPIRITUAL ONE.

Eventually sat naam will go into every bit of your body, keep it up and up, do the ardaas suggested above, that is the real ardaas. Laughing and tears during simran is all great don't suppress these actions – rang hasse rang vich rowe chup bhi kar jawe – this laugh and tears are very innocent ones – this show the preet with guru and akal purakh – tears are vairaag – they clean you up from inside, so that is a very good sign you are moving fast on the naam marg – when you get such feelings and your body starts to feel internal vibrations like tickling as you said that is anhad jhunkaar – this happens when amrit comes to you – and causes these kinds of actions.

WAKING UP

Akal purakh is very kind on you, he is waking you up and you have done a great start so keep it up, don't look back just keep on capturing the current moment – sat karam – seva simran and parupkaar, and you will make it. Just stay away from distractions

GIRLFRIEND

A GUJRATI FRIEND HAS BEEN GOING TO HARE KRISHNA TEMPLE, RADHASOAMI SAT SANG, MOSQUE, MOTIVATIONAL COURSES AND EVEN SIKH MEDITATION CLASSES - HE IS LOOKING IN ALL DIRECTIONS. HIS PROBLEM IS THAT HE HAS A GIRLFRIEND WHO HE HAS A PHYSICAL RELATIONSHIP WITH, BUT SHE WONT COMMIT. BUT HE CANNOT LET GO OF HER, HE HAS BECOME A SLAVE TO HER WHIMS, WHAT WOULD YOU SAY TO SOMEONE IN HIS SITUATION. TELLING HIM ABOUT MAYA HAS MADE NO DIFFERENCE.

Looking in all directions is not going to help him at all he needs to concentrate on one thing only – as far as we know radha soami might be a good place to go but some of the people we know have been going to radha soami satsang for 22 years and no gains, only a puran sant can help you, if you are looking for help, or the person who has done more kamai (spiritual labouring) than you can probably be of some help. For the time being, this gyan about Maya will not go into him, and he might be in true love with her, but if the girl is not committed to him then she might not have a true love for him, it is a difficult situation to handle – so if he can concentrate on naam there is a possibility that later on he might understand your words from gurbani. If kaam is his problem then that can be eliminated by concentrating on simran.

(NOTE : We helped him by talking to him through his hard time. In the end he went and did a positive thinking course in London, on which he spent thousands of pounds and many months. At the end of it he stopped feeling sorry for himself, stopped complaining and crying, and accepted responsibility. I told him that this was what I had been explaining to him for free! He replied, "I didn't get it until the course people drilled it into me and shook me out of my old belief system." He approached his girlfriend with a new attitude and now they are happily married. He has also got naam from the Radhasoami guru as that was one of his girlfriend's family's concerns. Last time I saw him I asked him how his simran was going, but his mind was totally absorbed into yet more maya ...making money ..no time for simran. My conclusion was that if your mind is crying for maya, then telling you about naam is a waste. And even getting naam from your Guru whether Radhasoami, Sikh, Hindu etc makes no difference because you have no value for it. It's like washing a dirty elephant, only to watch it go and roll in the mud again.)

BABA JI IS ALWAYS WITH YOU

Baba ji is always with you at all the times, one of his suksham dehi (astral body) will always be with you.

You are under the chattr (umbrella) of Baba ji, which covers all 14 lok parlok (all realms), so you don't have to worry about anything, everything is in hukam, things will improve by themselves, just keep your sincere efforts in place. Whenever you feel your mind is deviating say dhan guru five times and say – dhan dhan paar braham parmeshwar five times and also say munn tu jyot saroop hai apna mool pehchaan – and your mind will come back on track.

We will very strongly encourage you to talk to him as many times as you want or feel, he is very accessible, and will give you tremendous spiritual energy every time you talk to him.

Absolute truth it is bhagti is – khande di dhaar te chalna – chaal niral bhagtan keru bikham marag chalna – jo tudh prem khelan ka chao ser dhar tali gali mori aawo – the life of such people they move on the sant marg is full of challenges – look at guru sahibaan's lives – tatti tavi te bethna, sees katwana, kul varni, lambian udaasian guru nanak patshah ji dian and so on – and those who do a puran bhagti and follow the puran hukam and will serve the truth – sach vartana - will be accepted by the dargah as sada suhagan.

7.Slander

STAYING AWAKE AT AMRITVELA

Probably late dinner is the reason for your difficulty to keep awake, a lighter and simpler diet will definitely help you, but there are no restrictions. Also eating earlier in the evening will definitely help you. We take our dinner around 6:00 pm. But you can eat as early as you are done with your evening simran. If you are eating late for some reason then have a light diet.

Also wash your hair if you can every morning and leave them wet under your dastaar, they will dry by the time your simran concludes. Everytime we wakeup in the morning we do wash our hair and leave them like that, but we don't have too much hair. Also we take shower every evening as well so that will also help if you are not taking evening shower. Pani – pita will make your dehi pavitter. Pani is amrit too, so we need to respect pani pita, and pawan as guru – dharti as maa – pawan guru pani pita mata dharti mahat.

STAY HUMBLE

Always remember humbleness – nimrata is the key to the dargah.

AKJ BREATHING TECHNIQUE

HAVE YOU READ BHAI RANDHIR SINGH JI'S AUTOBIOGRAPHY, IN IT HE WENT THROUGH A STAGE WHERE HE WANTED TO KNOW WHAT NAAM WAS AND ONE MORNING HE TOOK HUKAMNAMA AND IT CAME OUT AS "...GUR WAH", THEN TO MAKE DOUBLE SURE HE SAW CHOR SAHIB MOVING BY ITSELF AND WAHEGURU WRITTEN IN SPIRITUAL LIGHT BEHIND GURU GRANTH SAHIB JI. THEN HE FOUND THE TECHNIQUE OF 'SAAS GIRAS' AND THERE HAS BEEN QUITE A LOT OF PRACHAR OVER HERE BY AKJ THAT UNLESS YOU HAVE HAD NAAM DHRIR BY PUNJ PYARE WITH THIS TECHNIQUE YOU HAVENT RECEIVED NAAM. IT CONFUSES ALOT OF AMRITDHAREES AND THEY GO AGAIN TO HAVE AMRIT TO GET NAAM DHRIR ... I WENT ONCE AS WELL - BUT FOUND PERSONALLY MY SPIRITUALITY DROPPED AFTER THAT.

No we have not read any book by bhai sahib randhir singh ji, and we have followed guru nanak's words as said in asa di vaar – padh padh gadda laddiye, naam is the tat vastoo and gyan from gurbani is the tat gyan and that is what Baba ji has given and we have followed. We don't think it is proper for you to enter into any argument with akj people, let them do whatever they are doing. There are some people we know were following akj for over 40 years and actually did sangat of bhai randhir singh ji, but hardly had any spiritual achievement, and when they came to Baba ji's sangat they just got clicked, because they were frustrated of not reaching anywhere, and you have that kind of experience too. There are some other akj people who come to the sangat and don't like the sangat and Baba ji and restore to nindya also, so there are all kind of people around us who can easily distract you from the tat vastoo, so it will be better to stay away from any argument or contact with such sangat. This naam is gurparsaadi, and whosoever is to get it will come by himself to Baba ji. This is the highest amrit and only a puran sant who is authorized by akal purakh himself can give to the sangat. And it is all pre destined who will come in sangat, who will get naam daan, and bhagti daan and seva daan – so we should all be praying for bhagti daan and seva daan – sat naam ki seva daan – look at shri guru granth sahib ji – it is nowhere mentioned to jap waheguru – and it is nowhere said waheguru is naam – but it is clearly said that sat naam is the naam – kirtam naam kathe tere jihva sat naam tera para purbla – sat naam is akal purakh's aad jugaadi naam, other naams are kirtam naams only – and also – jap man sat naam sada sat naam – sat naam ki amrit barkha – nanak amrit ek hai dooja nahin koi – and who can give sat naam – naam amolak rattan hai pure satgur paas – satgur sikh ko naam dhan de. Sangat just follows blindly they don't try to understand gurbani. Waheguru is mahima of the guru and akal purakh.

You are absolutely right it confuses a lot of masses, stressing on outside discipline only will not take you anywhere, the internal discipline is the key to spirituality, we have not taken any amrit from panj pyare, and yet we have completed our spiritual journey with Baba ji's kirpa. At the time of dassam patshah ji it was the hukam to make a fauj of singhs so he created the khande bate da amrit and panj pyare to spiritually uplift the society and prepare them to fight against crime, the current situation is lot different, and so is the hukam of akal purakh. For a beginner otherwise it is good to have khande bate da amrit because everybody is not going to get gurparsaadi naam, because dassam pita knew it so he created the panj pyare and khande bate da amrit for normal sangat. But if one gets the highest naam amrit – sat naam then he is all set. Infact the amrit is inside everybody – nanak amrit mane mahe – the puran sant just ignites that naam jyot inside you and takes you through the complete tirath. And it all depends upon your purple janama ke ankur, like we said we have seen probably 11-12 of our previous lives doing gurbani and other dharam karams, but we had connection with Baba ji from our previous lives, so we were destined to meet him, and so must be you all, that is why there is a thirst inside you to meet him.

WRITE BOOK

I WOULD RECOMMEND YOU PUT A BOOK TOGETHER ABOUT SIKH SPIRITUALITY IN ENGLISH , IT WOULD PUT A LOT OF YOUTH ON THE RIGHT TRACKS - AT THE MOMENT THEY BICKER AND ARGUE IN DARKNESS. EVEN MY FRIEND HAS GIVEN ME A RADHOSOAMI BOOK TO READ CALLED 'THE SCIENCE OF THE SOUL' HE FOUND IT REALLY INSPIRING. IT IS WRITTEN BY THEIR MASTER FROM 100 YEARS AGO. IT HAS CHAPTER LIKE 'WHO IS A SAINT' 'WHAT IS GURMAT' 'WHAT IS NAM' 'DOWNFALL OF THE SOUL' ETC ALL THE KIND OF THINGS YOU HAVE WRITTEN ABOUT.

Who knows what will happen tomorrow, writing these articles to give puran gyan in simple words to the sangat is a part of this effort to educate people about what is the truth. And with Baba ji's kirpa everything happens will be for the good. Baba ji has told us that this is the beginning of next satyug.

We don't know much about radha soami but we think that the first sant of this sect never called himself radha soami, this was changed by another person later on who was nowhere near in spirituality to the original person, and the original sant used to meditate on sat naam and he preached sat naam and gyan from gurbani. But again the highest daat is naam daan daat and you have that already so ignore eveything else and concentrate on naam simran and gyan from gurbani. At this point you can't be of much help to others, except if some one is interested in getting naam you can get him fom baba ji, but once you complete your tirath of sach khand – which is the real tirath and complete your bhagti, then you will do this seva – aap tare auron ko tare. You can converse with people who are interested who have thirst for naam and bhagti but don't argue, because if you argue you will loose your amrit, but if the other person is listening to you than you will gain amrit, so keep this in mind when talking to people.

We will definetely do that when the time comes, and if you have written some stuff you can send it to us. It is a great thought, again it is his hukam who is prompting you to start thinking on such seva and parupkari things, and we all have to do such things. We will continuously strive for such things. Infact we have a website coming online very soon, and that will be a good place to post such articles, so yes, please send us your write ups.

CRITICISING SANTS

A FEW YEARS AGO I TOO WOULD PROBABLY HAVE CRITICISED NON-AMRITDHAREE

SANTS OUT OF IGNORANCE. BUT WHEN I WAS DESPARATE TO MEET SATNAAM WAHEGURU JI I WAS SHOWN THE LIGHT AROUND A LOCAL GURMUKH JI - WHO TO MY SURPRISE WORE NO KIRPAN, BUT WAS MORE SPIRITUAL THAN ANY AMRITDHAREE I HAD EVER MET.

We should not criticize anybody at all – criticism is nindya and nindya of anybody is not good – it brings hatred in the society instead of love – and nindya of sant purush is extremely dangerous – there is a live example in our sangat – there is a gentleman who had kodh (eczema) all over his body and he came in our sangat, and he had that all along his life no medicine could cure it, he couldn't sit and basically it was a deep chronic disease all over his body, then Baba ji asked baba sukhray jee – (who is only a 14 yrs old and can see whatever is going on in dargah and can talk to the gurus, dharam raj and so on) to go and find out what is the reason for this gentleman's kodh – baba sukha ji came back an answer from dargah that he did nindya of a sant 15 janams before, and so he has been suffering with diseases like this for the last 15 janams – gurbani says – sant ke nindak ko dargeh mile sajaye – sant ka nindak bigud roop hoe jaye (read ashtpadi 13 of sukhmani), so never ever ever indulge in nindya of anybody and not of a sant at all – in addition to the punishment from dargah to a nindak – akal purakh takes away nindak's bhagti and gives it to the person who is being criticized – this a divine law – nindak hamare kapde dhoye – nindak dooba hum utery paar. Just to finish the story of this gentleman, Baba ji took his disease – charam rog on himself and cured him, he is now almost cured by a sant where all the medicines had failed, because it was hukam and punishment given by dargah to him. Another example, his daughter had hepatitis and could probably live only few months, and she was cured too, my wife had a cynathroid which got cured – sarab rog ka aukhud naam – these are only sharirik rogs, naam will cure all the mansik rogs as well fast.

There is nothing wrong as we have said having amrit from panj pyare for a normal sangat and follow the gurbani. Our Baba ji's story is similar, he had an internal hukum to jap waheguru first, then he had khande bate ka amrit also, then he had hukum for japping sat naam which eventually took him to sach khand and param padvi and then to braham khand. But his previous lives are full of spirituality, so he did it by himself, but everybody can't do by himself.

CRITICISM OF BABA JI

Baba ji's life is an open book anybody can read it, and mind it even Guru nanak sahib was also called demon by people and he also had to take nindya of the people. And so is the case with baba ji, there are people who are in sangat and there are people who do his nindya – for him both are equal – if anybody does his nindya - he benefits from the nindya – and if anybody goes with naam - he is benefitted that way too. So to say this nindya on internet is not hurting us and baba ji but it is definitely hurting the nindakas – the one who does nindya of a braham gyani sant looses past six lives bhagti and coming seven janam's seva, and he has to go through each and every punishment written in ashtpadi 13 of sukhmani sahib, before he will get a chance to come back on track. You can check that out with any braham gyani.

WE HOPE THE SLANDERERS (NINDAKS) ARE NOT GETTING YOU DOWN

You are absolutely right, nindakas don't disturb us at all, they give us a lot of Amrit, and we love our nindakas as much as much we love Him. They have made our bhagtee simpler, we can now have long sleeps that too in Smadhi. Every bhagat has to go through nindya, this is a test of your love for Him, and also for your Ahankaar. God bless all our nindakas please. As you said earlier, let us all pray for them and their families as well.

We are not afraid of nindakas, we are being protected by Kaal and by Him, He has given us 50 krod ki fauj, mukt sants and souls are with us everywhere we go all the time – Jiske Sir Uppar Tu Swami So Dukh Kaisa Pawe. Satnaam is our weapon and Chattar.

DOUBTS & CONFUSION

The person who puts doubts into our mind has God in him too. And the same God is in us too and in you as well. God sitting inside the one who puts doubts in your mind is testing how much you love Him. And God sitting in us is telling you that your love for Him is getting shaken, so what is right? Are you going to get distracted or are you going to attach yourself with sat naam and the person who is trying to tell you the truth ?

It is a big pot and lot of the seekers get lost in this big pot very quickly. It is all the play of maya, which can distract seekers very easily. If this was not true don't you think that everybody would be a sant? Everybody says Guru is Granth so why don't they do what it tells them to?

We are always with you, have always been with you, will remain with you forever, this relationship will never be severed again. Keep your belief and commitment intact and nobody can do anything to distract you from Gurparsadi Satnaam Pariivaar of Dhan Dhan Baba Ji.

'TERI BHAGTEE NAA SHAUDO, PAAVE LOK HASSE'.

Absolute truth – one side is akal purakh – paar braham parmashwar – and other side is this society and world, which one will you choose ? Braham is the truth and sansaar is mithya ! So come what may never think even in your dream to leave the braham for sansarik bandhans, which are kood, stay with the truth, see the truth and serve the truth, become a puran sachyaara – all karams should be sat karams, and these will bring you 21 kulan ki data jivan mukti for coming 21 generations, the reward is limitless.

HIGHEST PRAISE

The highest ustat is Naam Simran – Prabh Ka Simran Sabh Te uncha.

WHAT IS LOVE ?

Love is akal purakh,

love is the truth

and truth is love,

love is sat naam

and that is what you have.

To reach the ultimate love you have to pass through five khand, smadhi and all that, we never asked for anything, and we have told that to everyone – mangna chit naa aye – we have never given you any desires to go to sach khand – the aim is the Akal purakh's charan hirdey vich vassan – and that is what sat naam will do, it has done to us and any more and it will do to you too and that is the ultimate love – ek drisht – ek maun – ek chit love sargun saroop as much as much nirgun saroop.

The creation is Akal Purakh's sargun saroop – so in order to merge into his sargun saroop the height of your love for him will be determined in the dargah by how much is your love for all his creations – sargun saroop –

nirgun sargun nirankaar sun smadhi aap

aapan kia nanka ape hi fir jaap

– so that is the stage one reaches when there is no difference between his nirgun and sargun saroop. So – manda kise naa bolye – we should not criticize anybody – there is no place for criticism in the life of a puran sachyara. Always learn to love each and every individual, who knows in what vesh akal purakh is going to encounter you.

DEATH OF A SAINT

Jamna marna hukam hai bhane awe jaye - asa di var.

It is real good that you were fortunate to have a sangat with such a good soul like Bhai Rama Singh ji, but remember - he has not died, enlightened souls never die, they become mukt and reside in sach khand.

As you mentioned when he was in a coma a few years earlier and his soul left his body, he was given the amrit by some Singhs in the next world. That was the naam amrit - ek pyala amrit and that constituted him in the karam khand. As he had to complete his bhagti to move into sach khand he was sent back to his body by the Singhs in heaven.

And now his bhagti was complete and his breaths were complete so he had finished his assignment on the earth so he had to leave. But there is no reason to be sad about his leaving the world. It was the hukam and being sad and mourning such an hukam will be against the hukam, and we know you are not yet at that stage not to feel the sorrow, but you have to learn it to feel no difference in sorrow and happiness - dukh vich sukh manai - we have to learn to obey the hukam of akal purakh, there should be no excitement when something good happens, and so when something real bad - bad in the sense of worldly meaning - happens.

There is no difference in gold and dirt - pain and pleasures - for an enlightened person and you have to reach that stage - so whenever anything happens that shakes your life just say - hukme ander sabh ko bahar hukam naa koi - tera bhana mitha lage - jive jiv hukam tive tiv kaar - jive jive hukam tive tiv howna - jo tudh bhawe sai bhali kaar.

The best thing will be to follow his gyan and what he did in his life and what he told you to do as you mentioned about wiping the shoes of the sangat – it is the best seva - so do shoe seva with your open beard - that will take you to the earth - your humbleness is the key to the

dargah - to the sach khand, and that is what Bhai Sahib Rama Singh jee did to go back to sach khand.

8. Meditation

WHAT WORDS TO MEDITATE UPON IN SIMRAN?

We will always tell you the truth, our job is to serve the truth only, but whatever your inner is self telling you just keep on doing it. Infact when we started we were doing – “sat naam shree waheguru ji”, then it changed by itself to “sat naam”, and then later on it changed to “ek oankaar sat naam”, then again it changed to “sat naam” and now there is nothing – complete silence only – the naam remains upto sach khand – but in the inner dargah – also called braham khand – where the akal takhat is – there is no naam at all there is only nirgun saroop of akal purakh – param jyot and puran parkash only - and that is what has been explained in dassam patshah ji's bani – jaap sahib.

While doing simran, just follow whatever words come in your mind – sometimes it will be a tuk from gurbani – or like sat kartaar or ek oankaar or akal murat or so, so just follow that hukam from your inside and keep on doing that. Never try to put your control on these shabads.

Just keep on doing whatever you are doing, there is nothing wrong in doing so. You will automatically switch to sat naam as time goes along, probably at this stage you are right you might not be able to handle the power of sat naam siman so continue doing whatever is your inner voice is telling you to do.

CRITICISE YOURSELF

It is hard to point the finger toward ourselves, it is very easy to point the finger on others, but the one who finds his own faults and corrects them is dhan dhan, others are in ahankaar (pride),

which is obviously the worst enemy of the soul and biggest hurdle between us and him.

The reason for people criticising others is their own insecurity due to andh agyaan and andh vishvaas, and this darkness can vanish only by naam simran, seva and parupkaar, there is no other way to wash this dirt from your mind, and this andh agyaan is distributed by the andh agyaanis and there are plenty of them on this earth.

SPIRITUAL EXPERIENCE IN SMADHI

One of the most recent reward bestowed upon us by Shree Akaal Purakh Ji – on August 10 , 2002 Saturday morning we were sitting in Smadhi from about 4:00 am onwards, Gurbani was going on the CD player, we were sitting in Puran Parkash and with unusual Amrit Barkha was going on, became almost weightless, opened eyes around 6:00 am, looked at the watch, went back to Smadhi, and soon after that Param Jyot Puran Parkash – Paarbraham came took our Suksham Dehi out and took us with Him to a different Khand Brahmand, we were reciting Satnaam Satnaam, when landed on this unknown Khand Brahmand, we could open our eyes and speak as well but we were still doing Satnaam Satnaam in loud voice, then we realized there is Puran Parkash Param Jyot in front of us, whichever direction we went, the Param Jyot Puran Parkash was in front of us, then realized we should pray for full darshan, stood at one place closed our eyes and recited – Dhan Dhan Satgur Paar Braham Sarnai, Dhan Dhan Satgur Paar Braham Sarnai, and what we see in front of us – the Param Jyot Puran Parkash that was in front of us became a Suksham Dehi – we did dandaut bandhna to Him, and felt his blessings in the spine area, hugged Him, He loved us so much that we were completely carried away by His presence right in front of us, then He told us to sit down, which we did – saying Jo Aap Daa Hukam Sir Mathe Te, and then He sat by our side, but we immediately stood up and said – sadhi jagah aap ji de charnaa vich hai, aasi aap de braber nahin beth sakde jee, sanoo baksh dawo jee, then we kissed His feet, and dusted His feet with our beard, and then put our head in His lap and went into very deep masti, told Him we don't want to go back now and will stay here in Your Charans, after a while we realized that He was reciting Gurbani, at that point we said – Akaal Purakh Jee Aap Dhan Dhan Ho Jee – and we kept on reciting these words with un believable happiness, and we did so until our Suksham Dehi came back on earth, and even when we opened our eyes we were in so much happiness and reciting the same words – Akaal Purakh Jee Aap

Dhan Dhan Ho Jee. When we came back we looked at the watch again it was 6:48 am, so we were with Him for about 45 minutes. It is very hard to describe such an incident, because we don't remember everything, and what you see is kind of un-describable, but still, we have tried to give you a glimpse of His Kirpa on this loon harami gunehgaar.

YOU ADVICE IS SIMPLE...DO SIMRAN

Only a person who is a Hans (spiritual swan) or moving on this path to become a Hans can pickup these Gyaan Ke Moti, and only such person who is destined to do so will do it, everybody can't do it. So you are very fortunate ones who are taking these pearls inside your Hirda, these jewels will make your Hirda a Sant Hirda, a parupkaari Hirda. Our blessings are always with you. Your messages are full of love and we feel our seva is becoming safal, thanks a zillion to you all for your true love for Him and His Creations.

ARDAS

PLEASE REMIND US OF THE ARDAS TO DO WHEN THE MIND STARTS WANDERING IN SIMRAN?

Mun tu jyot saroop hai apnaa mool pehchaan – kirpa karo din ke date – chit di ekagarta baksho mere pritam – es paapi nu balash lawo – aisi preet baksho ke es chit vich har vele teri yaad smaa jaye – esi bhagti le esi seva le ke es dehi da gul dastaa ban jaye – hum neechan ke neech gunehgaar loon harami – tu dyaal bakshan haara – sadhe paapaan nu baksha de – hum paapi wad gunehgaar tu bakshan haar.

KRODH

I FIND THAT KRODH IS PLAYING A MAJOR ROLE. I GET FRUSTRATED AND ANGRY AT TIMES WITH MY FAMILY AND SNAP AT THEM. MOSTLY I CONTROL IT BUT WHEN I AM TIRED I BECOME IRRITABLE. IT HAS BEEN WITH ME SINCE I GOT MARRIED AND ALTHOUGH I DONT GET TOO ANGRY - IT IS HOLDING ME BACK

The best way to calm down is to forgive the persons you are spitting your anger on. Khima is the tool that calms down the krodh, krodh and ahankaar are complementary to each other, ahankaar bring krodh, and it resides in the head of a person, so whenever you feel anger is coming out, strike it with satnaam vaheguru ka hathoda and forgive the person who is prompting you to become angry, this way krodh will disappear. Again read our articles on Panj Doot and spiritual cleaning process.

CANT UNDERSTAND GURBANI'S TRUE MEANINGS

For the time being forget about everything else and just concentrate on Naam Simran, once Jyot inside you is ignited and you are instituted in Karam Khand, and you go in to deep meditation - smadhi and sun smadhi, then after some time you will start understanding the spirituality hidden in Gurbani by yourself, you will not need to read any translations, you have already studied too much of Gurbani and have done enough of Kirtan and Path, now concentrate on your soul and mind and put all your force on Naam Simran, that is the only thing which will bring you up faster from the current situation, and increase and enhance your spirituality.

BECOMING THE JYOT

Whatever we are writing and telling to the Gursangat is an absolute truth based on our own personal eternal spiritual experiences, it is not just a hear-say, we have done whatever we are telling others to do, the Creator is always bigger than its Creation, Guru Nanak is bigger than Shree Guru Granth Sahib Jee, because He did whatever the Granth says and became Nirankar Roop, Jivat Jagat Pargatyee Jyot, and then wrote it down, so were other Guru Patshahians, so who is bigger, when Granth says, Braham Gyani aap Parmesar.

Think it over, you are struck with this illusion, Jyot is bigger, the one who does so becomes a living Granth himself, that is what Braham Gyani means, the entity who is knowledgeable about Braham, and Gurbani is all Braham Gyan.

RESPECTING GURMUKHS

You should also address all souls involved in Bhagtee with at least a Ji, we will appreciate if you can give some respect to the Gurmukh Ji you are referring to as just Gurmukh, if you want to learn anything from him.

GAINING FORGIVENESS FOR SLANDERING A SANT

We appreciate your confession, it is great that at least you are confessing your misdeeds, there is a lot of goodness hidden inside you, your Purbley Janam Ke Ankur and your previous Bhagtee is there that is why you keep on coming back to us, but you need to do more than that, you have betrayed a Puran Sant Satguru, a Puran Braham Gyani, and not only that you have done Nindya as well, and all your difficulties are due to these deeds of yours, and do you think that you will be

able to get away by doing this, if so this is your biggest illusion, confession before Baba Ji will be the right thing to do, we will not ask you to come personally, but at least you can call Him, as you have done in the past and we will pray for forgiveness of your misdeeds. Hopefully you will be able to recover from the damage you have inflicted upon yourself by doing so. It is up to you whatever you want to do we will welcome your decision. We have always been truthful to you, we will always be truthful to you, and we will always like you to go in Chad Di Kala.

No body else is to be blamed for our own Karni, and you say that you understand it, then why don't you bring it inside, improve upon your Karni. Even if you are being told by somebody else to slander, then you have to use the divine wisdom to find an answer to the situation. It was your own mind and your own Karni, and if you do such things then how can you expect to bring divinity inside yourself, if you don't do Gurmat, and instead indulge in Munmat, Sansarik Matt and Durmat, then how do you expect the spirituality to come inside you, these are some of the serious mistakes you have made and you need to sit down and learn from these mistakes.

You are not in a position to judge others yet, and that too the Karni of a Puran Braham Gyani, do you think that has helped you, and you have done good to others by restoring to Nindya of Satnaam Parivaar, and by doing so you have indulged yourself in the Nindya of Braham Himself, yet you expect to get over these problems you have been facing by being enemy to the Eternal Truth?

Baba Ji has always told us to become a Granth – means a Braham Gyani, to bring the entire Gyan of the Granth inside us, He has done all His Bhagtee in the Hazorie of Shree Guru Granth Sahib Ji, and your evaluation of the situation about the Gursangat and Dhan Dhan Shree Guru Granth Sahib Ji is a false one, we are still awaiting an answer to the following question from you:

Tell us a place in the entire universe where the Braham is not present, is he not under your feet, above your head, behind you, in front of you, where is He not present, and if and when you find an answer from your inside then 90% of your illusions will disappear.

We are extremely thankful to you for your message keep it up these messages might change your life again.

RESPONSE TO WORLDWIDE SLANDER OF BABA JI

The complete truth is too pure to be absorbed by the so called religious leaders: Jesus Christ was crucified for telling the complete truth, Guru Arjun Dev Ji (Pancham Patshah) was put on tatti tavi, Guru Tegh Bahadur Sahib Ji was slain in broad day light, Dassam Patshah sacrificed his entire family for truth, he was left alone when he came to the jungles of Machiwara and so on endless examples, Guru Nanak Patshah was called Kurahia, Betala, and bhagat Prehlaad was punished by his own father and so on, the history is repeating again, we were reading a book written by Baba Ishar Singh Ji Rarewale; he said the same thing if the bhagat tell the truth he will have to face the worldly resistance, because nobody is going to believe him, sant Kabir was once sitting on the roadside and was telling everyone passed by him: God is under my feet, God is under my feet, people thought he has gone crazy, but he was not crazy, the crazy were the people who called him crazy, because is there a place in the entire universe where the God is not present ? is there a place anywhere you can think the God is not present, when we call him Omni Present, then where is the question of God being not present under your feet ? He is the one who is making you stand and walk on your legs, even the legs and body is his, there is nothing that belongs to us, that is haumai if we say so, only thing that is ours is God Himself, and that illusion is also gone once the soul merges with Almighty.

ARDAS

Just ask for Naam, Bhagtee and Seva, maha parupkaar, aap tarey auron ko tarey; jan parupkaari aye jeedaan dey bhagtee layan hari seuon len milaye, jan parupkari aaye. You are doing great just keep it up, let nothing distract you from this path of truth. God is your ang sang always.

HOW DOES ONE GET INTO SUNN SAMADI AND HOW DOES ONE KNOW HE'S IN IT?

The Sunn Samadhi is a complete thoughtlessness or blank stage and there remains nothing in such a stage, it is impossible to predict or estimate when will you go in to such a stage, when you continue doing simran concentrating in your hirda or surat, sometimes you will go in to such a stage by itself, it is all Gur Kirpa, so when you sit in for doing Naam Simran pray for Smadhee and Sunn Smadhee, and you will eventually go in to such a stage. We when sit for Naam Simran just say: Sunn Smaadh Anhad Naad Bismaad; that is what Baba Ji used to say; and normally after a few minutes we go in to Sunn Smadhee. Some time in Sunn Smadhee we leave our body and go on seeing various Alokik Nazzare, Sunder Nagree, Sants and Bhagats and so on. While doing Naam Simran for long hours, if your eyes become sleepy and harder to open when you come back then only you went to sleep, but if your eyes were as light as a flower then that was not sleep, it was Sunn Smadhee. Again this all happens by itself, just pray for it and go in to meditation and it will happen by itself. Sunn Smadhee is the best of all: Sunn Smaadh Maha Parmarath; Sunn Kala: means the power of the thoughtlessness, complete silence is the highest spiritual power, we have written an article on the Sunn Kalaa, you might have read it, if not please let us know and we will send you a copy.

STAYING AWAKE

WHEN YOU DID SIMRAN FOR LONG HOURS, WERE YOU LYING ON A BED OR SITTING PHYSICALLY IN THE LOTUS POSITION? CAN YOU GIVE US ANY TIPS IN TERMS OF STAYING AWAKE FOR LONG HOURS?

We could not sit on the floor in lotus position at all due to lower back stiffness problems, so we chose to sit in a comfortable sofa chair in Sukh Assan, just completely relaxed position, no body stress or strains at all. Staying awake for long hours is only a Gur Parsaad and you can pray for it; and if you do so you will get it. But once the Naam Goes on auto mode then it doesn't matter; and also when Naam goes in to Rom Rom then it becomes very easy, you can hear Naam whenever you want going on in surat, hirda and all parts of the body. When you wake up in early hours take a complete shower, wet your hair and keep them wet don't dry them; that will help you.

FOCUS

WHEN YOU DID SIMRAN, DID U FOCUS ON YOUR FOREHEAD ALWAYS, HIRDA OR CONTINUOUSLY FOCUSED ALL OVER LIKE A MALA?

Started with focus on the forehead – Trikuti Area; and then the Naam moved to Hirda, Nabhi and all over the spine by itself; didn't pay any attention at all to it. It was all Baba Ji's Gur Kirpa that made it all happen. For you concentration on Hirda will be very good at this point. It will become a mala by itself. You can only pray; we pray: Humrey Keeeye Kichu Naa Hoye Karey Karaway Aap Hi Aap; Jivey Jiv Hukam Tivey Tiv Kaar; Jo Tudh Bhaway Sahi Bhali Kaar; Jivey Jiv Tera Hukam Tivey Tiv Howna; Hum Bhikhat Bhikhaaree Tere Tu Nijpat Hai Data.

SOUNDS

SOMETIMES, WE HEAR SOME NOISES, LIKE WIND TYPE NOISE.. WHAT IS THAT AND WHERE IS IT COMING FROM?

These are not noises; they are called anhad naad dhunis – eternal music; this is the Akhand Kirtan coming from the Brahamand and Dargah. So concentrate on these musical tunes and you will enjoy them more and more; eventually these musical sounds will become very prominent and you will hear them all the time. There are five musical notes that are combined and are heard in Dassam Dwaar; Gurbani has called this as the real Amrit: Anhad Shabad Dassam Dwaar Wajjyea Taa Amrit Naam Chuaayea Thaa, this is the continuous recitation of the divine music; the Gurbani also emanates from this music. This is a very high spiritual stage, so keep it up, you are doing great and will do better and better.

DID YOU ALWAYS HAVE A TAPE / CD PLAYING IN THE BACKGROUND WHILST IN SIMRAN OR JUST LEFT THINGS QUIET?

Infact we never used any CD or tape at all; our Smadhee and Sunn Smadhee came very quickly; the Dassam Dwaar opened in a few months; Puran Parkash of the body in a few months of Baba Ji's Sangat, everything happened so fast and magically could not believe it, it was all Baba Ji's Gur Kirpa. We have been extremely fortunate in spiritual progress with the Gur Kirpa of Baba Ji; the Naam went in to Rom Rom with in a few months of the Sangat with him.

WHAT'S YOUR TARGET

All we care to know is that Param Padvi is Jivan Mukti and such a spiritual stage is the Sach Khand, we don't even care about that anymore, just simran seva and parupkaar is the thrust, don't worry or think of such things anymore. Whatever is in store for you will happen by itself, if you are destined for Sach Khand no matter what happens you will reach there, if you are destined for Swarg or Narak no matter what you do that will happen for sure, so do your bandgi, get to the Braham Gyan Stage, Jivan Mukti and Param Padvi and then you will know all about such things about the world and yourself, so the key is your bandgi, stop wasting your time in such fruitless efforts and thinging pattern, control over Panj Doots, desires and Maya and you will do fine, you are not going to compete with others, there is no competetion in spirituality, it is all Gur Kirpa that matters, and that is what will take you to the place where you are destined for.

COMPLETE YOUR BHAGATI

We have always told you the truth, and this time again we are telling you the truth, you have seen your friends as well, their commitment and belief has taken them to such levels, and so will your too, but remember the depth of the belief and commitment can't be measured, or there is no limit to these divine qualities, so forget about rest of the universe and just concentrate on yourself for the time being, first complete your Bandgi, and then you will get a lot of chance to help and serve the others.

Thanks for your love and your service to the Almighty; we are sure that your destination is in the Charans of the Akal Purakh, sooner or later you will be there, so keep it up concentrate on Bandgi and get out of all the doubts and dubidha.

WHAT DOES AKATH KATHA MEAN?

Akath Katha means the story of indescribable, the story of the infinite, the qualities of the Paar Braham Parmesar, the divinity and the spirituality, the story of the only Doer and the only Creator, it is the Mahima of Aprampaar, it is the description of the Agam Agochar, the one who can't be seen by the five senses, it is the story of the unlimited mansarovar – sea of the divinity, the world Akath pertains to the Almighty and the Katha means the story, since nobody has been able to discover Him completely, and nobody can do so ever, so how can somebody tell the complete story or complete description of Akal Purakh, He can't be measured, can't be judged and can't be described in words, there are no words that can describe the Him in His completeness, because He is Anant, Apaar, Beant and Agam, so that is the meaning of Akath Katha.

9. Peace

PEACE

I'VE BEEN FEELING GREAT PEACE SINCE THE DREAM OF BABA JI SENDING OUT LONG WAVES OF PEACEFUL SATNAAM IN MY DIRECTION. ALSO HAVE FOUND EGO NOT TO BE AN ISSUE WHEN DOING MEDITATION CLASSES BECAUSES ITS ALL UNDER GURU JI'S PROTECTIONS AND BABA JI IS DOING THE JAP ...SANT JAPAAVAY NAAM.

Satnaam is the highest manter; it is the origin, it is the only and only truth in completeness in its entirety, everything else in gurbani is its mahima, praise and gun gaan, it is the most powerful manter, the entire gurbani is the mahima of satnaam, the entire mool manter and gurbani has emanated from satnaam, the entire brahamand the entire universe has emanated from Ik Oankaar Satnaam, it is so powerful, its powers are unlimited; sarabh kala bharpoor, it is agam agochar aprampaar anant beant undescrivable, so Satnaam simran is the highest level of the simran and Akal Purakh Ki Seva.

Satnaam is the Sach Khand, it is the Amrit, the Param Jyot Puran Parkash, and Vaheguru is its mahima, praise, Satnaam is the destiny and Vaheguru is its praise. It is the complete and unconditional love that will make us all like Him, there is no hatred anywhere in the divinity:

MED CLASS WITH GURPRASAD

AT THE CLASS WE DID THE SATNAAM WAHEGURU JAP FOR 15 MINS , THEN INTERNALLY, THEN MOOL MANTR FOR 20 MIN INTERNALLY AND FOCUS ON LIGHT INSIDEAT THE END THE MIDDLE AGED HINDU DISABLE LADY WHO SAT ON THE CHAIR AT THE BACK, SAID SHE FELT GREAT PEACE RIGHT IN HER UPPER CHEST EXACTLY WHERE BIBI ROMA JI SAID SOMETHING GOES CLICK INSIDE ... WHEN WE SAT ON STAGE JUST FELT LIKE SANT BAAB JI WAS SENDING THE WAVES AND THEY WERE GOING RIGHT THROUGH ME TO THE SANGAT ...ITS ALL BABA JI'S KINDNESS, WE ARE JUST LITTLE BOATS BOBBING UP AND DOWN ON THE WAVES OF SATNAAM. LIKE BABA JI WAS SENDING THE WAVES AND THEY WERE GOING RIGHT THROUGH ME TO THE SANGAT ...ITS ALL BABA JI'S KINDNESS

Excellent service, keep it up, do it inside for longer durations, slowly and slowly take the sangat in to inside simran for longer hours, you will get more and more Amrit, sangat will enjoy it more and more. Middle of chest is Hirda Kamal, it is one of the centers of the spiritual energy, one of the sat (seven seas of spiritual energy) Sarovars, so when this blossoms the Naam Simran goes in to Hirda, which is a very high spiritual condition. We are nothing, there is only one Doer.

ATTACH TO SATNAAM NOT THE BODY

It is the Pargatyeo Jyot that is the Sat Purakh, it is the Puran Jyot that is the Divine Paar Braham Part and not anything else, so it is very important to understand the Param Jyot. The attachment with the Dehi or pictures is not the real thing, attachment and merger in to the Param Jyot and

become a Pargatyee Jyot is the key. Whenever we remember or do dandaut to such spiritual entities we do so to their Param Jyot braham Roop Braham Gyan.

KEEP FIGHTING SLEEP AND LAZINESS

Just be persistent and insistent in your efforts and you will be blessed with the Gur Kirpa. Keep your belief level higher and higher, it is only the trust that makes a difference, trust is like the Almighty Himself, there is no dimension of the trust, trust is the Bandgi, higher and higher trust goes, higher the higher Bandgi goes, it is only the trust that will bring you closer and closer to the Almighty, and the trust should be on the Satguru, on the Braham Gyan, on the bandgi, on the Naam, on the Almighty, and so on, only trust can win you over the Panj Doots, and only trust will bring you the paar Braham Darshan. The only truth is the Paar Braham Parmesar, the only Amrit is Paar Braham Parmesar, and the only way to realize it is the Trust.

INNER GURU

It is a very strange truth, your very existence in the world that is your life is existent only due to the Jyot inside you: Har Tudh Meh Jyot Rakhee Taan Tu Jag Meh Aayeeaa, the Paar Braham Ans in your body is providing you the power to live and survive, He is inside you, He is nowhere else, but yet you can't reach Him ! do you know why ? it is the Haumai that is not letting you reach and find Him within yourself, and not only this it is the Haumai, which is responsible for your rebirth cycle. When He pulls away the Jyot then the body dies, imagine who is controlling your breath, or who is letting you breath, or who is breathing inside you, it is the Jyot and only Jyot inside you that is doing so, so you have to recognize yourself, discover yourself, discover your inner side, discover your own mental sicknesses you have been suffering from over so many ages together: aapnaa aap pehchaneya taa sau janeyaa, the Maya Jaal is not letting you recognize your own self, and only trust and bandgi Naam Simran can take you in to your own inside and show you what you are and where you are and how you can get out of this mess you are in, the only divine light is the one which will guide and help you through.

REAL SIKHI

Sikhi has made your Haumai stronger than ever it was as you said, the real sikhi is in the charan dhoor of the kot brahmand, it is not in thinking that you have become superior to others, the only thing that will make you better than others to love each one of them as much as much you try to love Almighty, because they have the same Jyot inside them as you have inside you, they are His creation too, the real sikhi is in becoming the lowest of the lowest, the Dassan Dass, kot brahmand key charna key dass and charan dhoor, utmost humbleness, that is what will kill your haumai and make you a nimana and Nimanyan nu maan deewaye mera satgur, aapas ko jo janey neecha so hi ganyeye sabh te ooncha, ihaan kaa neech dargey kaa oonch, braham gyani sagal ki reena atam rus braham gyani cheena. This is unfortunate but it happens on a daily basis, anybody who takes Khandy Ki pahul starts to think that he has become a super human, and that is the biggest illusion a man gets trapped in, a very deadly bharam that a man ruins his life by becoming so. The real meaning of a sikh is the learner, the servant, the humblest of the humblest, the lowest of the lowest, an apostle of love and sacrifice, a true servant of the Almighty, and not a person with 5Ks and outside bana, where there is so much dirt inside, can't be a sikh. The only and only religion is the Sat, Satnaam, Akal Purakh, the Nature and the Trust, all other definitions are man made definitions, and they don't survive, only divine definition will and has always survived. Anything that gets distorted with time and through various man made organizations is not the religion, only divinity is the true religion, only bandgi is the true religion, only Naam Simran is the True religion, seva and parupkaar is the true religion: Sarab Dharam Meh Shreshth Dharam Hari Ko Naam Jap Nirmal Karam, everything else is garbage.

TRUTH PUNCHES A HOLE

This is an absolute truth, the truth punches a hole in the Kood, and that is what Baba Ji have been blessed to do, but the truth is bitter and not easy to digest. Guru Nanak Patshah did the same thing what Baba ji is doing, All the Gurus told us to worship Ik Oankaar Satnaam, Paar Braham Parmesar and not worship them, and the masses have forgotten they are telling us to do, and also forgotten what they did and how they did, and also what they wrote in Gurbani and what Gurbani tells us to do, and instead we have started believing in ritualism, outside bana, outside rehat, outside atsath tirath and forgotten about the inside rehat, the inside tirath, the Param jyot, the real divinity and the reality of our own existence and so on.

READ SIRI GURU GRANTH SAHIB JI

BABA JI SAID GO AND READ GURU GRANTH SAHIB JI IN CLOSE DETAIL FROM START TO FINISH AND APPLY THE BRAHMGIAN.

This is exactly what we have done and what we are trying to do on a daily basis, it is a never ending process, we bought a set of 55 audio CDs of recorded entire Gurbani and have listened to it sitting in Smadhi and Sunn Smadhi many a times, and even now do it almost on a daily basis, and it has been amazing experience to do so, the experiences have been incredible, now it appears that each and every shabad of the shabad guru has come true to us, it has actually happened with us and is happening so on a daily basis, and when ever we went in Sunn Smadhi while listening Gurbani, we have listened Gurbani where ever we were sitting in Sunn as well, this is when Nirgun and Surgun becomes one as described by Baba Ji. Listening to Gurbani, listening to anhad naad dhunis and also doing Naam Simran at the same time has become a routine for us, the surat remains in all three at the same time, there has been so much Gur Kirpa on us, so take Baba Ji's words for granted because they are Amrit Vachans and do whatever He is advising you to do.

Baba Ji once told us that if we do Naam Simran in Smadhi for one hour the reward will be much higher than reading the whole of the Gurbani.

WHO IS THE GURU?

Sant is that entity who takes away all the mental and physical sicknesses and gives Amrit to the Sangat, whatever we do on a daily basis in our life that becomes our Guru, if we do Kood then Kood becomes our Guru, if we do Pakhand then Pakhand becomes our Guru, if we do Krodh then Krodh becomes our Guru, if we do Kaam then Kaam becomes our guru, if we do lobh and moh they are our gurus, if we do ahankaar and show our ego then the ego becomes our guru, and if we do SAT then SAT becomes our guru, our guru is therefore defined by our actions and deeds, what we do whom we follow and what our intentions are, therefore if we do Amrit then Amrit becomes our guru, and the only and only Amrit is SAT, and nothing else, Ik Oankaar Satnaam is the SAT and everything is NONSAT, whatever else we may do it is NONSAT except SAT, which is Dhan Dhan Paar Braham Parmesar, Amrit means the one who never dies, and

only SAT never dies, everything else will die one day, so SAT is our Guru if we do SAT, if we don't do SAT then SAT is not our guru, guru is the one who takes the darkness away and brings in the divine light the light of Amrit, the light of Puran Parkash Braham Jyot, Nirgun Saroop, and the Braham Gyan and gives us Jivan Mukti and remember there is only one Amrit and that is SAT, and what is SAT is Paar Braham Parmesar:

Nanak Amrit Ek Hai Dooja Nahin Koi
Nanak Amrit Maney Mahen Paayeey Gur Parsaad

Here Ek doesn't mean only Khandy Ki Pahul, here Ek Means Paar Braham Parmesar just as in Mool Manter: Ek Oankaar Satnaam, and it is the Param Jyot inside you which you have been separated from due to your own haumai, He lives inside you but you can't feel Him and see Him due to your own existence, which is haumai, and this barrier of haumai is broken only by Gur Parsaad and Gur Parsaad can come only from a Sant as given in a shalok narrated above: Tan Santan Kaa

BABA JI'S STATE

He is always in the realms of Param Anand, Atam Rus, every second, every breath of His is in the Param Anand, the Akhand path He is referring to is the one which never stops, that is what Akhand means, ever going never stopping, unlimited, no boundaries, no limits, no dimensions no depths, ajpa jaap, rom rom simran, sat sarovar simran, auto pilot satnaam simran, panch shabad anhad naad dhunis divine music, that is the Akhand path or Akhand Kirtan, all the other kirtan is the Maya portion, the path is also maya portion, the real kirtan starts with these spiritual conditions and not the kanni ras (heard with the ears) the Akhand can't be heard by ears, it can only be heard in the dassam duaar, and that is the real kirtan, real path and Akhand Path, and that is what Baba Ji is referring to. And in the real sense there is no end to the Akhand Path, because once you reach that level then you will not come back and stop saying Satnaam, it will continue for ever, for all ages to come where ever you might be sitting in the universe it will never stop.

SAT

SAT is the eternal blessings, it is the Gur Parsaad, it is the Braham Gyan, it is the Tatt Gyan, and when you get in to such a stage then only you can realize how silly these people are in their thinking and deeds, how far away they are from the eternal truth, the reason being again their Karni and Karams, that is why it is called a Gur Parsaadee game, so you are very fortunate to come back in the mainstream of eternal blessings and eternal truth SAT, and we are very pleased to hear such words from you, when you are realizing the eternal truth and the Khel of Maya, all these people are trapped in the Maya Jaal, which is not visible: Maya mamtaa mohini jin bin dantaa jug khaayeeaa, Nis din maya karney praani dolat neet, maya is eating every one out, all the souls around are wounded by the maya, and only gur parsaad can relieve these souls from the maya jaal: Koor kiryaa urjheyeo sabh hi jug shree bhagwaan ko bhed naa paayeo. Let us pray for them.

SEVEN SEAS

The seven seas of Spiritual Energy, the seven centers of eternal energy, seven lotuses of cosmic energy, seven seas of Amrit, Sat Sarivar Sunney Tey Saajey, are the ones which are blossomed by the Gur Parsaad, these centers of spiritual energy are activated and blossomed by the Gur Parsaad: Ik Oankaar Satnaam, the Gur Parsaadee Naam Satnaam, when the Naam travels to these centers they blossom and are activated and then the spirituality and naam starts to flow from them as a continuous stream an the entire body: har Amrit Bhinnie Dehuree, and a permanent connection is formed between the Nirgun and Sargun saroops of Akal Purakh. There is no technique whatsoever, it is only Gur Kirpa and Gur Parsaad, everything else is only rituals, are just man made and they are not the truth, bandgi is in the hands of Gur and Guru and nothing is in our hands, if we say that it is in our hands then that is haumai, so say: humrey keeye kichu naa howey karey karwey aap hi aap when you start your simran, hum kichu naahin hamaraa kichu naahin, sabh kichu tera, jo tudh bhawey saa hi bhali kaar, jivey jiv hukam tivey tive howna, jivey jiv hukam tivey tiv kaar, hukmey ander sabh ko bahar hukam naa koi.

TRUST

Your understanding will keep on going higher and higher as your bandgi and your trust increases, so sit tight and concentrate on doing your bandgi and seva you are doing, whatever you learn and do yourself first and then tel others to do, writing articles and disseminating gyan to others is a great seva but make sure that you have already put it in to your life before you tell others to do so, then it will bring you in chad di kala.

Thanks for your very nice messages, looks like you are getting closer by the moment, keep it up, continue your bandgi, keep building your trust, trust is another name of God, trust is the key, there is no limit for the trust, more you have better off you are, but there is no end to it, it is infinite like God, so it is a form of the God, and by indulging in trust one gets so close to Him that one becomes totally merged in Him, so keep up the trust, vishvaas, shardha, preet are synonyms of bandgi and God Himself, because all these things are limitless, boundary less, depthless, dimensionless.

Trust brings in love, and unconditional love is the key to the Dargah, listening to Gurbani is very good sign, now the Gurbani has started to flow inside you, you have started picking the jewels and diamonds of the divine wisdom in side you, so keep it up, the more trust is build the more you will get deeper in to the divinity, the more divine wisdom and its practice will start to reflect in your karni and more and more divinity and spirituality will keep on flowing inside you, these are the Amrit, you have to become like Almighty Himself, Maha Parupkari, Sant Hirda, Dana Dina, Nirbhao Nirvair, single vision and so on, so keep it up and up and one day you will reach there, your osnly aim should be to become Gurbani, listen and practice Gurbani, take Guru's words to your heart and do them.

TEACH CHILDREN

Dhan Dhan seva aap dee, keep it up, children are under less effect of Maya, their doots are not that strong, they are easy to handle, and get to understand the truth easy than older people, you are doing great seva, God Bless all the children with Gur Parsaad.

SEEING GOD

God can't be seen or felt with our five senses, because these senses are operated under the influence of Maya, that is why He is called Agam Agochar, He can only be seen with the third eye, which is in the Trikuti, when Trikuti opens and the Dassam Duvar opens, all seven seas – Sat Sarovars are activated and doors to them are opened then only God can be seen or felt or realized, and only Satnaam can do that, a Gur Parsaadee Satnaam, without Gur Parsaad it is not possible to realize God in His Nirgun Saroop, so tell them to pray for Gur Parsaad. The Jyot is inside us, we don't recognize it or realize it, God is within our own soul and hirda, self realization is the realization of Almighty, but this Jyot is diminished to that level due to our Non Sat Karams for ages together and so this Jyot can't felt by us, Gur Parsaad Ik Oankaar Satnaam will ignite this Jyot inside us, and with the Naam Ki Kamai this Jyot will become bigger and bigger and will become pure and purer and when it reaches the purest form then it will become a Param Jyot and that is the point of realization, the point of completeness, complete transformation.

AMRIT

Only Eternal Truth is the Almighty Himself, only Amrit – means the one who never dies, was never born and will never be born, is and was always present, and truth: Aad Sach Jugaad Sach Hai Bhi Sach Nanak Hosi Bhi Sach, everything else is Mrit – will die or will not exist or is perishable: Nanak Amrit Ek Hai Dooja Amrit Nahin, Nanak Amrit Maney Mahen Paayeey Gur Parsaad.

WAHEGURU IS PRAISE

Waheguru is the Mahima of Ik Oankaar Satnaam, if there was no Ik Oankaar Satnaam , there would be no Mahima, again your words- which first came in to existence, God or His praise, God is supreme, and not Mahima, Mahima is second to God, people think that Waheguru is the Naam, which is an illusion, and will be removed only by Gur Parsaad, but there is nothing wrong in japing Waheguru, a stage will come when they will get the Gur Parsaad, however, it may take longer time, but that is their destiny, nothing can be done about it.

NIRGUN, SARGUN, SHABAD GURU

Nirgun Saroop is Param Jyot and Puran Parkash, it is beyond any form, shape or color, it is beyond the three qualities of Maya-Rajo, Tamo and Sato Guns. Ik Oankaar is the Origin, it is the beginning, it is the ladder that takes us from the Sargun to Nirgun, it is the Dori which takes us to Nirgun Saroop by controlling our Panj Doots, killing our desires and bringing Maya under our control, it is very hard to comprehend and understand these things, ultimately there remains nothing, no Naam even, it is the complete silence and Param Jyot Puran Parkash and Anhad Shabad Dhunis- Divine Music, it can only be experienced, it is hard to explain and hard to understand without being through it. When a soul becomes Sat Saroop, Nirankaar Roop, then there remains no difference between God and the Bhagat, they become one, and that is the Nirgun Sargun Nirankaar Sunn Smaadhi Aap Apan Kiaa Nankaa Aap Hee Fir Jaap.

Sargun is present in each one of us, in all His creations, but all of us are still ruled by Maya, the Nirgun Saroop Jyot inside us is diminished due to the effects of Maya, and when we do Bandgi this Nirgun Jyot inside us becomes so powerful that it takes over everything and eventually goes and becomes one with the Nirgun Saroop, it is like a drop of water separated from the ocean, and then that drop finds its way back to the ocean and becomes a part of the ocean, so is the jyot inside us, it has been separated from the Mansarovar of Puran Jyot Puran Parkash, and by doing Bandgi we find our way back to the Mansarovar. This is again very difficult to understand and comprehend unless it physically happens with us, then only this Braham Gyan will come inside us.

	▲
	▼
◀	▶
Ik Oankaar is the Shabad Guru: Ek Shabad Liv Lagee,	▲
◀	▶
it takes us in to Smadhi and Sunn Smadhee,	▲
◀	▶
and by doing so it cleans up from inside,	▲
◀	▶
it makes our Hirda a Sant Hirda, it activates all the seven centers of spiritual	▲
◀	▶
inside our body, Ik Oankaar is the Naam of Paar Braham Parmesar,	▲
◀	▶
it is beyond the Trihu Gun, it is the definition of truth,	▲
◀	▶
it has no dimensions, it is the path that leads us to the Sach Khand. The Almighty's Nirgun Saroop is our goal and destiny, we have to merge ourselves	▲
◀	▶
Nirgun Saroop, and that is Param Padvi.	▲
◀	▶

10. Dancing and Meat

DANCING

SOMEONE WAS ASKING ABOUT DANCING AND SIKHI .. HE BELIEVED BHANGRA WAS WRONG AND THAT ANY KIND OF DANCING WAS PROHIBITED. TRIED TO EXPLAIN THAT ITS YOUR STATE OF MIND THAT SHOULD BE WITH NAAM NO MATTER WHAT YOU'RE DOING.

You are absolutely right, all this is Dubidha and Bharams, doubts and distractions which lead to no where but to continue in the cycle of life and death, nothing can be said as wrong, everything is under the Hukam: Hukamey Ander Sabh Ko, so how anything can be wrong, it is like challenging the Hukam, but the key is the Sat Karams, if our Karni is Sat then it is O.K. we are moving in the direction of Naam and God, if our Karni is Not Sat then we are moving more towards Maya and away from God.

MEAT

Half of the Brahamand is eating the other half every day, every moment, meat is just a food like any other food, Jesus Christ served the fish to His followers, does that diminish His Braham Gyan ? Killing is not a Sat Karam, but denying the food is definitely a Non Sat Karam: Maas Maas kar Murakh Jhagrey, the only thing is that meat is a Tamo Bhojan, it brings in us more Tamo Guns, like animal instinct, lustful behavior inside us, so that is why some Sants and Bhagats don't eat meat, there is no other disadvantage in eating meat, there should be no desire for meat, but if it comes on dining table then saying no is like denying the hukam. We can just say it is the illusion – dubidha all religious vegetarians are living in. Any kind of dubidha is a roadblock on the path to the Sachkhand. (Ed Note: Whoever kills the animal will have to pay for that action unless there was no other food available. That karam is between the animal and the butcher. Not between the animal and the eater. Killing is a bad action, eating meat is not. Denying meat and calling it unholy and seeing meat eaters as less worthy than you is incorrect vision. You should have One Vision i.e. see God in meat, see God in the meat-eaters too and just see meat the same as any other food God gives you.)

GURBANI FLOWING INSIDE

It sounds like now the Gurbani has started flowing in your inside, in to your soul, you have started to realize Gurbani in your daily life, you have started practising the Braham Gyan in your daily life, and that is the reason why you are doing better and better, your trust has started to build up, your commitment has started to turn in to a real time thing, your shardha and vishvaas has really started to bring rewards to you, keep in mind: sachee shardha, sacha vishvaas and shaee preet are three very important qualities of a Bhagat which are the main contributors to bring you closer to the Almighty, so never let them go down, these are three mandatory and most important divine laws for spiritual advancement, these three qualities are infinite too like Paar Braham, there is no limit of these three qualities of a Bhagat, there is no end to these three attributes of a Bhagat, so keep them up and up, more the better.

KILLING INSECTS

WHAT HAPPENS IF WE ACCIDENTALLY OR HAVE TO KILL GOD'S INSECTS..? IF WE ACCEPT IT AND ASK FOR FORGIVENESS ARE WE FORGIVEN?

Yes please whenever you ask for forgiveness with a true mind, from inside, and whenever you accept your misdeed you will be forgiven right away. Your body probably kills and supports a lot of such living organisms on a continuous basis, so don't worry about such things, just keep your Naam Simran up and up, Seva, Simran, Parupkaar, utmost humbleness and true trust are the more important things than anything else.

INNER VOICE

CAN YOU TELL US A BIT ABOUT THE INNER VOICE.. I.E. WHEN GOD COMMUNICATES WITH US THROUGH OUR INNER VOICE .. WHAT ARE THE TELL TALE SIGNS.. WITH SATNAAM JI'S KIRPA, DASS HAS FOUND THE INNER VOICE HELPFUL TO US?

The inner voice is the Hukam, it is the God inside you telling to do something, which you should try to follow, the key is that when you come under Puran Hukam then all your deeds, actions and reactions will be under Hukam, the mind controls our actions and deeds, the mind operates under the influence of self wisdom which is also known as Munnmatt (sometime it turns out to be Durmat and Sansarik Matt as well), when you get the Puran Jyot Parkash inside you and your Bandgi reaches that level where the complete enlightenment and Puran Gyan comes inside you, which is Braham Gyan, then your own wisdom is eliminated, and you start to follow the Gurmat – divine wisdom completely, at that point all your five senses will start operating under the divine wisdom, and that is the complete Hukam, every voice becomes inner voice, the voice of Almighty Himself, this happens when you have completely won over maya, panj doots and a state of no desire. So please continue moving on and you will be there one day soon, keep up your humbleness, trust, commitment and belief, shardha and preet and you will make it faster.

GURDEV SANGAT

SGGS 262

Shalok:

*The Divine Guru is our mother, the Divine Guru is our father;
the Divine Guru is our Lord and Master, the Transcendent Lord.*

*The Divine Guru is my companion, the Destroyer of ignorance;
the Divine Guru is my relative and brother.*

The Divine Guru is the Giver, the Teacher of the Lord's Name.

The Divine Guru is the Mantra which never fails.

The Divine Guru is the image of peace, truth and wisdom.

The Divine Guru is the Philosopher's Stone - touching it, one is transformed.

*The Divine Guru is the sacred shrine of pilgrimage, and the pool of divine nectar;
bathing in the Guru's wisdom, one experiences the Infinite.*

*The Divine Guru is the Creator, and the Destroyer of all sins;
the Divine Guru is the Purifier of sinners.*

The Divine Guru existed in the very beginning, throughout the ages, in each and every age.

The Divine Guru is the Mantra of the Lord's Name; chanting it, one is saved.

O God, please be merciful to me, that I may be with the Divine Guru;

I am a foolish sinner, but holding onto Him, I will be carried across.

The Divine Guru is the True Guru, the Supreme Lord God, the Transcendent Lord;

Nanak bows in humble reverence to the Lord, the Divine Guru. ||1||

All these Shaloks are Dhan Dhan Divine Wisdom, anybody who will understand these Shaloks and bring them inside in to his Karni he will become Dhan Dhan, Akal Purakh's highest Mahima is a Sant, A Satgur, a Braham Gyani a Bhagat, a Gurmukh, these are all the Mahima of Akal Purakh, the highest levels of His creations, the most wonderful and the most Bismad Janak creations, so anybody who understand these creations and how to become such a creation will become Dhan Dhan, and only in this human life we can become such a creation of Akal Purakh, a Diamond Opportunity folks ! don't loose it, with Gur Kirpa and with the Sangat of a Gurdev who is Paras Paras can only make us like Him, the Gurdev is the Amrit Tirath Sarovar and we are all very fortunate to have that available to us, Dhan Dhan Baba Ji's unlimited kindness is available to all of us, let us dive deep in to this Amrit Sarovar, bring complete and full faith, belief and trust inside us and become a Amrit Sarovar ourselves, become Mahima of Akal Purakh Himself.

11. Seva

SEVA & SIMRAN

Baba Ji's Kirpa is always there, it is up to you how much you can grab, unlimited Kirpa is available to all His Sangat, it is up to us how much we can bring it inside us, and this is a game of trust, commitment and belief, Sachee preet, sachee shardha and sacha vishvaas, the more the less, the more you trust the less it is, it is never enough, so keep it up, Baba Ji has taken you out of the scum of Maya, and you need to concentrate more on Naam Seva, Naam Simran, just do Naam Simran for long hours, which will take you to Smadhi and Sunn Smadhi, that is the true tirath, that is how you will become completely clean and silent from inside, it is really good that finally you have started to feel the cosmic energy inside you, and you are doing it, this is all a game of trust, so keep it up, and keep up the Naam Simran for long hours, and you will keep on coming closer and closer to the Almighty.

FORGET THE PAST

Forget the past, don't worry about future and concentrate on your present actions and deeds, they should be true – Sat Karams, the past will be forgiven, the future will automatically become brighter and brighter.

AJAPA JAAP

If the Naam doesn't go on Ajapa Jaap and is heard in your every part of the body, then it is not of much use, just reciting it with tongue and along the breathing is not enough, the ultimate is the entire body should be full of Amrit and every vela should become Amritvela.

DESTINY

The destiny is the key, it is the Hukam, the destiny is predetermined, it is prewritten, it has to come true, only a Puran Satgur can change it: Meri Bandhi Bhagat Chudaye, Bandhey Bhagat Naa Chutey Mohey, the Bhagat can change the destiny, but whatever the Bhagat says can't be changed by any means, this how much He loves His Bhagats.

HUMBLENESS

Utmost humbleness is the way to kill haumai and achieve Jivan Mukti, surrendering yourself in every respect can bring you wonderful results, it is a mandatory divine law, not following this divine wisdom is the reason for millions not reaching anywhere despite long time Athsath Tirath activities.

GURU GRANTH SAHIB JI IS A RIDDLE

This riddle can only be solved by Gur Parsaadee Naam, there is no other way to solve this riddle, the diamonds of Braham Gyan of Shri Guru Granth Sahib will come inside us only with Naam Simran, this is the language of Sach Khand and can only be learned by a person who is well on His way to Sach Khand, otherwise the masses are lost in the outside things only, it is like a fourth grader trying to solve a rocket science problem, this is the reason why the entire population is in or below Dharam Khand, where Bani is the Khel of Sach Khand.

OUTSIDE RITUALS

The outside rituals are Athsath Tirath only: Athsath Tirath Nahatyean Utras Naahi Mail, it is not the inside Tirath, which is the real Tirath, Param Jyot is the real Tirath, and that is not realized by Athsath Tirath, it is realized in Smadhee and Sunn Smadhee meditation and deep meditation, sticking with outside Rehat and rituals and symbols is the reason due to which the masses are suffering and no achievements even after decades of doing such acts.

ABSOLUTE TRUTH

Absolute and pure truth is His Gur Parsaadee Naam, which was defined by Himself, when He created Himself and then He created His Naam: Aap Hi Ne Aap Sajyeo Aap Hi Ney Rachyeo Nao, this is the Nirgun Saroop, the complete truth, the complete silence, the Param Jyot, which is defined in the Mool Manter: Ik Oankaar Satnaam, and this is the Gur Parsaad, this Naam will blossom only if it is a Gur Parsaad, given by a Puran Satgur, otherwise the progress will be

extremely slow, mind it when a Puran Satgur gives you Naam Amrit he takes all your responsibility for the spiritual uplifting, basically he becomes responsible for breaking all your ties with Maya, take you out of all the mental sicknesses, Panj Doots and desires and relieves us of all the doubts and Bharams and so on, He is your lawyer in the Dargah and fights for your Jivan Mukti in the Dargah, He takes all your pains and sicknesses on Himself and gives you Amrit, His job is the most difficult one, therefore we all should be aware of the critical role of a Satgur in our spiritual life. This will help you to understand your responsibilities towards the Puran Satgur, the trust, commitment, belief, unconditional love, sacrifice, seva, parupkaar, and earning His words by putting in your daily life, and eventually become like Him and then help others the same way.

MAYA

The entire world is absorbed in the complexity, it is being run by the complexity, the Maya, it is a very complex problem to solve, the soul comes from simplicity – the Almighty Himself and very easily gets absorbed in the complexity – the Maya, it gets absorbed in untrue illusions, delusions, fantasies, doubts, rituals, customs, and so on, the only way to resolve this problem is to find a way back to the simplicity, the Almighty Himself, the truth, the Amrit, and only meditation and deep meditation on the God's Name can bring us back to the truth, the simplicity, the Amrit and make us Amrit.

MEDITATE

This is how we can absorb ourselves in the truth, meditation and deep meditation is the only way we can absorb ourselves in the complete truth and become a completely pure and truthful soul. God's name is the most powerful weapon which drives all the scum out of our mind and cleans up completely, Satnaam is the Amrit, and meditation on the Satnaam brings Amrit inside us, which replaces all the mental sicknesses, Panj Doots, desires and wins over the mind and Maya, Satnaam is the Amrit which makes us Amrit, which makes our soul Amrit, it takes us to the heights of spirituality and divinity, it takes us and makes a part of the Atam Rus, it liberates us from Maya and absorbs us in the Amrit – Almighty Himself, Param Padvi.

TRUTH IS THE REMEDY

Truth is the one which removes all your mental sicknesses, truth is the one which liberates our soul from Panj Doots, desires and Maya. Truth is Braham Himself, everything else is Maya, and Maya is also the creation of the Truth, it is created by the Braham – Ik Oankaar Satnaam is the only truth, and only the complete truth can replace all the dirt inside us with the truth, Amrit is the truth, trust is the truth, true love is the truth, sachee shardha and sacha vishvaas is the Amrit, and only these traits will bring truth inside you, these are the mandatory rules of Dargah, and if it is followed as directed by the divine wisdom then there is no doubt that you will remedy your inside and replace all the scum inside you with the truth. So we should work on getting absorbed in the truth, prepare ourselves and mold ourselves in the mold of truth in such a way that we are able to see the truth, speak the truth, listen to the truth and above all serve the truth.

DHAN DHAN

Baba Ji's Gyan is Dhan Dhan, you can see how he gives us in plain and simple words all the diamonds and jewels of the divine wisdom, this can only be done by a soul who is completely truthful in himself and completely absorbed in the truth, and has all the divine wisdom absorbed in himself, His kamai is Dhan Dhan, anybody who listens to His words and follows them will become Dhan Dhan. We are all very fortunate to be blessed with His Sangat. Our sees (head) will always remain at His charans.

DOES GOD EVER GET LONELY?

He is omni present, is present everywhere, SABH GOBIND HAI SABH GOBIND HAI GOBIND BIN NAHIN KOI; He is never lonely, He lives in His Bhagats and lives every where, He is beyond comprehension of the human mind and thinking, can only be felt and experienced with divine eye, and this is the reality.

BAD THOUGHTS

IS IT RIGHT TO SAY NOTHING IS GOOD OR BAD.. IT IS ONLY THE THOUGHT THAT MAKES IT SO...?

It is not a question of thoughts alone, it is the deeds that matter, it is the Karni that matters, it is our behavior that matters, the thoughts are the starters or triggers for our actions and deeds, but the main thing is our Karni that makes us good or bad, only Sat Karams are good, all others Karams are not true so that makes them hurt somebody else and also hurt ourselves.

WHAT IS THE DARGAH LIKE?

You will find out when you get there, it is very hard to explain, it can only be experienced in deep meditation, some have seen it, the spirits or souls or suksham dehi of the Jivan Mukht people or the Puran Sants and Puran braham Gyanis reside in the Dargah.

DASVAND

IN SGGS DOES IT MENTION ANYTHING ABOUT GIVING DASVANDH OF EARNINGS?

The Gurbani tells us to surrender completely to the Guru; Tan Munn Dhan Sabh Saup Guru Ko; Tan Santan Ka Dhan Santan Ka Munn Santan Kaa Keeaa; this means that everything we have should be surrendered to the Guru, but the Guru is very kind who tells us to give only 10% of our time and earnings and He makes up for the balance 90%, we pay only 10% and He pays for the remaining 90%. This is a mandatory divine law which should be followed in order to honor Guru's words as well as this is the only way to be free from the shackles of the Maya.

SOUL'S BEGINNING

WHAT WERE WE BEFORE WE ENTERED THE WHEEL OF KARMA?

You have been going through the life and death cycle for a long long time period, it is hard to say when was your soul created, sometimes Baba Ji tells us how many human lives we have been through, we have been through 236 human lives, H Ji has been through 187 human lives and so on, but this is nothing to be worried about, we should not be concerned with what we have been through in the past , the key is to sieze the present and be truthful in the present, and forget about the past and don't think about the future, if your present is good then the future will turn out to be good for sure.

WHAT DOES THE WORD 'GURU MANIO GRANTH' ACTUALLY MEAN?

There is no such Hukam Nam of Dassam Patshah Ji, this was sung by some Sikhs later on namely Bhai Desa Singh and Bhai Chaupa Singh, and became popular, however the meaning is very clear and simple, the SAT in the Gurbani is the Guru: it is the divine wisdom, it is the wisdom which when practiced will enlighten us from inside, and when followed will take us closer to the Akal Purakh and eventually merge in Him. This has been explained very clearly in the referenced article. Please read it again to understand the meaning of Shabad Guru, the Shabad in the Granth is the Guru; the Shabad is the Truth, and the Truth in the Shabad is the Guru portion.

DESIRELESS DEVOTION

BABA JI ALWAYS SAYS DO BHAGATI WITHOUT DESIRES. EXHAUST YOUR WORDLY DESIRES THEN COME ON TO THIS PATH WITH YOUR HOPES ONLY IN DHAN DHAN PARBRAHM PARMESAR.

The accomplishment of desires lead to a momentary happiness and with time this happiness fades away and more desires are born, this chain of new desires keeps on building for ever, when these desires are not accomplished then comes a gross disappointment, the level of disappointment depends upon the level of the desires or the strength of the desires, a series of such disappointments lead to the accumulation of sorrows and unhappiness and the prolonged effect of these sorrows lead us in to the depression, mental sickness and also physical sickness. When we know that whatever we sow the same we reap, if we sow good we will reap good and if we sow bad then we will have to reap bad, and whatever happens in our daily life is the result of what we have sowed in the previous lives and also in the past time of this life. Whatever we are destined to get we will get no matter what happens, and whatever we are not destined to get we will never be able to get, no matter what we do at the present time to realize any kind of desires. These desires come under the influence of and operated under one of the three qualities of Maya – Rajo Gun. The Pura Bandgi doesn't demand anything from the Almighty, means no worldly comforts and worldly possessions are demanded in Pura Bandgi, we don't do Bandgi to fulfill our desires, in Pura Bandgi there is no demand, there is only sacrifice, there is only Parupkaar and Maha Parupkaar- doing good to others, your needs will be fulfilled by the Almighty Himself without you asking for anything, always remember to trust in Gurbani, a full and complete trust in Gurbani: Prabh Key Simran Karaj Purey, Prabh Key Simran Trishna Boojhey; the question of worldly demands should not arise and meeting off all the desires also doesn't arise once we dedicate ourselves to Naam Simran, these things will come of their own. The contentment is the key, just stay calm and quiet, remain in Sat Santokh, and all your desires will die by them selves.

BUT EVEN LIVING IN FAMILY LIFE, ONE MAY HAVE FINANCIAL WORRIES OR HEALTH WORRIES , OR SICK KIDS, OR DIFFICULTY WITH DEATH OF A RELATIVE.

These are all worldly difficulties and distractions that will come in your way to the Bandgi and you have to accept it as a will of the God, just try to do the best you can do and keep full faith and trust on the Gur, Guru and Gurbani and you will rise above such happenings eventually, when your Bandgi reaches at that level, only Naam Simran can make you stable, only Naam Simran can take you out of such situations, only Naam Simran can help you win over these things, only Naam Simran can win your mind and all the effects of Maya.

WOULD WE BE GOING OFF THE BHAGATI TRACK IF ONE TALKED TO BABA JI AND HUMBLY REQUESTED HELP WITH OUR FINANCIAL EFFORTS, OR HELPING THE SOUL OF A DECEASED RELATIVE, OR HELPING A SICK RELATIVE?

Helping others is really very good, it makes your Hirda bigger, feeling the pain of others and trying to remove it is the Parupkaar, and it is a quality of the Bhagat, it is the mandatory divine quality of a Sant, and you can always try to do these things, but asking for financial gains will be a demand or desire which is not to be asked, just concentrate on Naam Simran and everything will come by itself. Just keep on doing your job right and keep on doing more and more than your job demands and you will definitely make a progress in your life.

Lot of pyaar from Baba Ji and all of us, dhan dhan raho, chad di kala vich raho sada sada japo satnaam satnaam satnaam satnaam satnaam satnaam satnaam sada sada satnaam.

Dass Kookar Loonharami Kiram Jant Dassan Dass slave of all sevak of all, chakkar of all, love all bow to all dandaut to all.

Dassan Das

ARDAS & NEGATIVE THOUGHTS

1. What can a person do if evil words (e.g. against other people) come again and again in the mind.. how do we handle it? if we keep doing ardas afterwards does that make things worse i.e. giving it attention and energy or is it better to do an ardas in a batch i.e. later on in the evening.. I find it hard to let go of thoughts without doing an ardas afterwards when the mind has said nasty evil words/desires/thoughts. What can I do? Hence is it OK to let go off all the negative words that happen in the day.. and do one Ardas at the end to ask for forgiveness for all those negative words in total today?

Response: The Ardas should be done there and then whenever you feel that you have committed a sin in your thoughts, the Ardas is a continuous process, it should happen as frequently as soon as you have a inner feeling that you are getting in to the negativity, as soon as you do the Ardas your inside will become humble and cleaner, and eventually there will be no space for the negative thoughts to let in to your inside, at this time the frequency of the Ardas will automatically drop down, the more and more stability comes in to your inside the frequency of the Ardas will start to diminish. This is why we have been insisting you all to concentrate on

Naam Simran for longer sessions, which will help you stabilize your mind, when in the early morning hours you sit down and do Naam Simran for 3-4 hours or more then there is no way during the day the negative thoughts will come in your mind, if you don't sit in longer sessions of Naam Simran then it will take much longer in time to bring your mind to higher levels of stability. You should also practice the things explained in the Spiritual Cleaning Article and the Articles written on Panj Doots and Stabilizing the Mind, the Operation of Mind (Harjit Ji please keep repeating these articles, in fact we should start recirculating the articles on a constant basis), everything has already been explained in these articles but the problem comes when people don't read them and don't practice them.

2) Today I've been swearing at Maya in the mind, I know it's not the right thing to do.. but I couldn't help, it was karodhi in the mind.. what can we say to the mind / maya to give us a break when things get difficult in the mind, when it's hard to do simran and attain the right state.

Response: Maya is attacking you if you are getting Krodh and swearing on Maya like that, that is not going to help, only Naam can eradicate the effect of Maya, only Gur Parsaad can win over the Maya, so getting in to Krod is a swear attack of Maya, again the answer is longer sessions of Naam Simran and Samaadhee Abhyaas.

3) If we do say to God we accept all our sins in this and importantly previous lives.. why does this not clear all the karma of thoughts out of our mind from previous lives.. or does this? Why does the mind then not become blank.. does God not forgive us for this ardas?

Response: You have not done enough Naam Simran, you have to reach that stage when your Naam Simran will be going on non stop in the Rom Rom, then only you will be able to win over the Maya, you get frustrated very soon, this frustration has to be replaced by the commitment and belief, trust and faith, devotion and love inside your Hirda, then only a Puran Jyot Parkash will stay there for ever. You have not done enough cleaning practice for your inside, and as long as you keep on getting negative thoughts that means that you are not there yet, so you need to concentrate on longer sessions of Naam Simran then you will do a lot better. Your words reflect as if you are doing a favour to the God by doing Ardas, you are questioning the Almighty for the negativity that is a part of your own Karni, you have to pray and not argue, you have to believe and trust and not doubt, you have to practice Naam and Bani and not just read it and keep it away, you have to devote and love just 100% of you and not live in the illusions, you have to

surrender and give everything you have to Him and not argue with Him then only you will be able to make it, there are definitely some holes in the trust and faith you have in Him, there are for sure some holes in your devotion and love for Him then only there are such questions coming in to your mind, when your trust and belief, faith and love, devotion for Him will cross the fine line then only you will get the Tatt Gyan and at that stage all your questions will be answered by your inner self.

4) *How can we become a more loving soul, how do we increase love..*

Response: By becoming Nirvair, from today onwards please start reciting in your Naam Simran "Nirvair Sat Naam Nirvair Sat Naam untill the Shabad Nirvair disappears and only Sat Naam Remains, and you should continue this practice in your every day Simran. This will help you a lot.

5) *I'm finding it hard to concentrate whether it's work or elsewhere.. I'm a fool and a bafoon.*

Response: Your concentration will increase only with longer sessions of Naam Simran and Samadhee Abhyaas, mind it more closer you go to the Almighty more stronger the web of Maya becomes and more severly it attacks, only Gur Parsaad can save you, only Naam Dhan can save you, your innocence, your faith and trust, your devotion and love your complete surrender can save you from Maya.

6) *I've had negative thoughts towards women countless times, I really want to see women equal to men and see God in all.. please bless us so we may treat everyone equally with Love and Nimrata.. what can we do to see women equally with men..*

Response: Naam Simran, Naam is the eternal treasure that will bring in all divine qualities in, by becoming Naam you can become Ik Drisht, Nirbhao and Nirvair, there is no other way, this is what you need to do, Naam Simran on a continuous basis, go in to deep meditation every morning for long hours and you will become what you should be.

7) *I'm a stupid paapi, please forgive me for my ignorance.*

Response: We all are like you if you are saying so, but don't say so with Krodh on your self, you should say so with kindness and pity on your ownself, then it will help, if you become angry on your ownself then again Maya is attacking you severly.

8) *Please Sat Naam ji.. bless us so we may have Ek Drishti and Ek Man Ek Chit and see Akal Purakh everywhere as One and become his charan dhoor.. make us into a Nimana Sevak, bless us so we may become a sevak of Truth and sevadar of Truth... I cannot do nothing hum maha paapi hae, hum maha gandh hae, hum ko kich nahin hae ga, hum maha ankarrhi hae. Bless us with pooran Nimrata, pooran Pyar for Akal Purakh, Naam, Seva and his creation..*

Response: You do what we are telling you to do and you will get what you should be getting, complete surrender – Tunn Munn Dhan, commitment & belief, faith and trust, devotion and love, practice Gurbani, Do Naam Simran and you will be able to win over Maya completely.

9) *Kirpa karo SACHE Patshah Ji..*

Response: SACHE Patshah Ji have given you the Gur Parsaad, but please keep on asking for the Gur Kirpa Gur Parsaad on a continuous basis, but even more important is to be serving the Gur Parsaad of Naam and keep on collecting Naam Dhan on a continuous basis, then all your delusions, illusions, distractions will disappear one day. Our prayers are always with you, we always pray that you get all the eternal treasures, but you need to do your part of the game as well to be there where you should be.