

# Sukhmani Exercises

Dassan Dass

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## **Sukhmani Exercises**

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First Edition December 2012

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## **Introduction**

After reading the book by Dassan Dass ji “The Explanation of Sri Sukhmani Sahib” ([www.sukhmani.info](http://www.sukhmani.info)) you may be motivated to start working on yourself. Dassan Dass Ji has always stressed its not enough to just READ Sukhmani (Paath Parna), but to BECOME Sukhmani (Paath Karna). In this section we have assembled all the practical tips given by Dassan Dass ji in the Sukhmani explanation. Try and work through them at your own pace, moving onto the next one when you are ready.

## **Do Dandauth Bandhna**

Whenever we start Naam Simran we should first bow before Akal Purakh and greet Him with Namaskaar (pressed palms). An even more complete way is to do Dandauth Bandhna to Him. Dandauth means lying flat as a stick. Bandhna means greeting. Dandauth Bandhna literally means to lie face down with folded hands on the Charan (feet) of the Guru. Sat Guru Arjun Dev Ji has written on page SGGs 820, “Prabh ji thoo maerae praan adhhaarai. Namaskaar dandauth bandhna anik baar jao baarai.” Dandauth Bandhna has been recognized as an act of great goodness for us, “Kar dandauth punn wadda hai.”

In the deepest sense, Dandauth Bandhna means to surrender our self completely at the feet of the Guru. By doing so we move forward spiritually. By offering everything we have to the Guru we start to kill our Haumai. This is our worst enemy and by doing Dandauth Bandhna in full Sangat at the Gurdwara we win over Haumai. Do it time and again in front of the Guru and in front of the Sangat. The more we do it the more we are cleaned from inside. We become more humble every time we do it.

He is the One who is the complete Truth, everything else is perishable. Whatever we see is perishable. Only Akal Purakh is the Truth that lives forever. He is never born and He never dies. He is the Truth from the beginning, has remained Truth throughout the Ages and remains the Truth for all Ages to come. So the first Namaskaar and Dandauth Bandhna should go to Akal Purakh. The next Namaskaar and Dandauth Bandhna should be performed to the Sat Guru.

We also request the Sangat to Namaskaar and do Dandauth Bandhna to Shri Guru Granth Sahib Ji (divine Guru scriptures), to the ten Gurus, to all Sants (divine souls) and Bhagats (lovers of God) and to all of the Braham Gyanis (knowers of God) and Maha Purakhs (great beings) of the past and present. The best thing to do is to bow before everybody who is connected with Naam. This will bring humbleness to this soul of ours, and extreme humbleness is the key to the Dargah (divine court) of Akal Purakh. So, before we start Naam Simran it is of paramount importance that we perform our Namaskaar as described above.

## **Never Complain**

Remain satisfied and contented in all circumstances and accept everything that happens around us is due to the will of God - the Hukam. Recognize the Hukam of Akal Purakh. Don't complain for any reason and thus remain silent and peaceful under all circumstances. By doing so we are able to achieve our spiritual objectives - "Hukam Bhooj Param Pad Payee."

## **Start Praying For GurParsaad And Doing Naam Simran**

We very humbly request the Sangat to seriously look into their daily life and make a fair judgement as to whether any efforts are being made by us on this path to Eternity. Naam Simran is the highest service of the Almighty and is mandatory for us to follow to meet our spiritual objectives and goals. If you find that you are not devoting any time to Naam Simran then start doing so right away. If you are putting in some time then increase your efforts and time. Try to do at least two and half hours of Naam Simran every morning. If you are not doing so, then pray to reach that level. If you have already reached that level then try to go beyond that and go on for longer hours. If you have obtained the GurParsaadi Naam (Naam given to us under the blessing of God-Guru) then you are already very fortunate to be involved in the GurParsaadi game. If you are not yet blessed with the GurParsaadi Naam then pray for that.

## **Naam Simran In The Early Hours**

We need to dedicate ourselves to Naam Simran on a regular basis. When we say regular basis we mean everyday, early in the morning and for as long as possible without taking a break. The early morning hours start after midnight. Have a shower, preferably a complete shower including the hair and then get absorbed in long sessions of Naam Simran. It will be very difficult to do long hours when you first start, but with sustained efforts and prayers for GurParsaad (God-Guru's grace) you will eventually be able to go into long sessions of Naam Simran. The minimum target should be at least two and a half hours every morning, but the longer the better.

Read: [Amrit Vela Naam Simran](#)

## **Self Evaluation Of Our Daily Maya Deeds**

Some people take Maya to mean just money, which is incorrect. The divine meaning of Maya is described as being the sum of these three aspects – Rajo, Tamo and Sato. In Gur Bani, Maya has been called the darkness, it has also been called the scum, the mud we are living in. It has also been called the Nagni, the cobra sitting on our head at all of the times ready to bite. At any time we can do a self evaluation of any deed we perform and find that it falls under one of the above aspects of Maya.

## **Prepare For The GurParsaad Of Naam**

Until the time we receive the GurParsaad, we should:

- keep on accumulating the Sato Karams,
- keep on praying for the GurParsaad,
- focus on performing our daily activities as truthfully as we can,
- watch all of our actions and deeds and make sure that they are not prompted by any of the Rajo and Tamo aspects of Maya,
- engage ourselves in continuous repeated prayers during the day and night asking for forgiveness of the untrue deeds performed under the Rajo and Tamo qualities of Maya during our day.

In this way, slowly, but surely our behavior begins to improve. Our actions and deeds become more and more truthful. God looks kindly upon us and says it is time to bless us with GurParsaad so that eventually we too may become completely truthful.

## **Use These Weapons To Fight Maya**

First and foremost weapon is receiving the GurParsaad of Naam.

Second weapon to fight against Maya is to commit ourselves completely to the Gur and Guru who gave us this priceless diamond. We need to surrender ourselves completely to the Gur and Guru. Then we will keep on going up and up the spiritual ladder. We will be able to beat Maya and win over its Rajo and Tamo qualities.

The remaining weapons to fight Maya are:

- Practising Gur Bani in our daily life is very important. It brings in us humbleness and that humility will kill our ego. Just reading or listening to Gur Bani and thinking that in itself is a good deed is not right. Read, sing or listen to Gur Bani and put it into practice.
- Developing a sense of forgiveness will diminish our Krodh.
- Loving our family as if they are Gur Sangat will relieve us from Moh. Loving and respecting everybody as Sangat will eliminate Moh from our inside and convert it to pure and



pious love for the entire creation and will bring a single vision within us.

- Bringing in kindness will relieve us from greed and selfishness.
- Giving Dasvandh to the Guru will also relieve us from the greed for money and attachment to worldly possessions.
- Bringing in contentment and conquering craving for worldly things, will bring our desires under control.
- Prohibiting ourselves from slandering others will remove hatred from in us. It will also develop a sense of respect for everyone in the society.
- Focusing on our own bad qualities and not pointing the finger at others' faults, will make us realize how bad we are and what do we need to do to improve ourselves.
- Earning inner poverty, Gareebi Ves Hirda, will make us Nimana and will bring humility inside our soul and mind.
- Considering ourselves lower than everybody else will bring humbleness in our mind and soul.
- Helping the poor and giving charity donations will bring kindness in side us, as long as we do it as Nishkaam (desire free) Seva(service), without any desire for reward or recognition. Desires can only die by doing Naam Simran. So do Naam Simran whilst doing Seva, then it becomes Nishkaam Seva.
- Placing Gur, Guru and Gur Sangat above everything else and developing unconditional devotion and love for them brings tremendous spirituality inside us.

By using these divine weapons and golden rules we win the war against Maya without much difficulty.

## **Realise Who Is The Real Doer Of Everything**

It is believed that the human being is the highest creation of Akal Purakh. Just look at the history of mankind. Look at the progress made in the fields of education, science, technology and medicine. There has been surprising progress made in every sphere of life. This shows us that the human being is the best creation of Akal Purakh. That is what Guru Patshah Ji is telling us here, that Akal Purakh has crowned the human with all of the powers that have lead us upto the modern day living standards we currently enjoy. He takes care of the human in the womb of the mother, after the birth, in childhood, during youth and through old age too. He meets all of our physical and mental needs. He is the only Doer, Karta Purakh and does everything for us to keep us going through all of these stages of life. However, He can only give us according to our Karni from the previous lives and so on.

Most people get deluded here. Due to their Haumai they think they are doing everything for themselves. They forget the One who has created them and fulfills all of their physical and mental needs according to their Karni. They think they survive due to their own wisdom and worldly wisdom. Without giving any thinking to the existence of the Almighty and His divine wisdom they exit the world having wasted their life. However, the awareness to understand the

existence and powers of the Creator comes only with GurParsaad and Gur Kirpa and only those who are blessed with the GurParsaad of Naam, Puran Bandgi and Seva.

## **Appreciate The Grace We Already Have**

Guru Pancham Patshah Ji is continuing to give us divine wisdom about the unlimited grace of the Almighty on us for our survival in this world. Look at the Gur Kirpa and GurParsaad we already have:-

- The first and the foremost Kirpa is that we have been given the human life to realize our spiritual goals.
- Next, He has created all of the basic elements necessary for our survival. These are priceless natural resources – air, water and fire. He has given them to us in abundance and free of cost. The air is available to us all of the time and everywhere we go in abundance. It is the essential for keeping life going on. The supply of water is free from all natural resources. However, man has now started putting a price tag on it in the big cities. Water is necessary for the Earth to grow the food needed for our survival. We need water for our survival and the survival of the entire universe.
- God is now giving us this divine wisdom through Shri Guru Sahibs via Shri Guru Granth Sahib Ji. He has been very kind upon us and given us all of the divine rules and laws which if followed will make our life worthy and useful to everybody else. It will bring us salvation and unite us with the Almighty when our time to exit comes.
- He has given us all of the amenities for leading and enjoying a comfortable life according to our Karni in the past lives.
- He has given us a wonderful family to live with.
- He has given us various kinds of foods to sustain us.
- When He created us He gave us a beautiful body consisting of hands, legs and feet, ears, eyes and tongue to really enjoy our life to the fullest extent and as well make use of this life to its fullest extent. It is worth noting here that without all of these things our life would have been a curse. Look at a person who is handicapped. Imagine a blind person, a lame person, a deaf and dumb person and compare our life with this kind of a person. Then think how fortunate we are to be having all of these elements of our body intact. In fact, the ones people who are handicapped in this life are because of their Karni in the previous lives. Similarly poverty comes because of our Karni in previous lives. One of the great Saints said that all of the beggars we see around were kings or very rich people in their previous lives, but they didn't do any Punn Daan, so they became beggars in this life. That is what Gur Bani says - "Jeyha bijey so luney karma sandra khey.""

That is why it is necessary for all of us to concentrate ourselves on Sat Karni which will bring a comfortable and prosperous life to us in future.

In summary, there is an unlimited amount of happiness, comfort and all kinds of amenities that are available to us. But, it all depends on our Karni as to what we get. If our Karni is good then we get more and more. If it is bad then we can become handicapped, a beggar and so on. However, we are so selfish and idiotic that we have forgotten the one who is giving us all of these things. Forgotten the One who has been very kind on us and given us this human life to enjoy all of these things and still be able to reach salvation. He has given us a golden opportunity to live a happy and prosperous life and meet the Almighty, but unfortunately we have forgotten Him. However, it is not too late. Even now if we wake up and realize the superpower behind all of this and start praying to Him for the GurParsaad of Naam, Puran Bandgi and Seva, then He is very kind. He will give us His grace and we will be able to realize our spiritual dreams as well as enjoy the human life to its full extent. Only the GurParsaad of Naam, Puran Bandgi and Seva can make us win over Maya and reach salvation stage.

## **Keep Thanking God**

The Almighty is Beant meaning He is beyond any limits and boundaries. We should always and forever be thankful to the Almighty for giving us everything we have and keep on thanking him forever. Keep on praying Him and asking Him for the GurParsaad of Naam, Puran Bandgi and Seva. He is very kind and will for sure give His GurParsaad and take you out of the web of Maya.

## **Are We Hypocrites - Pakhandi?**

Just take a moment to look at your own Karni, is it full of duality and untruthful, hypocritical behavior? The behavior under the Rajo and Tamo Birti is considered worse than animal behavior. But, that is what people are engaged in their daily life. They have become more materialistic and full of hatred, abuse, discrimination and selfishness. They make money by unfair means, by cheating, stealing, extortion, bribery and dishonesty. They indulge in wrong sexual behavior which then makes their daughters, sisters and mothers lives very difficult. This is the reason why in Gur Bani Guru Nanak Patshah Ji has very kindly explained that wherever He looks He finds only ghosts. All human beings look to him like ghosts - "Kali ander nanaka jinna daa avatar."

If we are engaged in wrong activities then can we be called human beings? Human behavior should be filled with all divine qualities such as, love, compassion, sacrifice, selflessness, helping others, donating to serve the poor, serving and respecting our elders, utmost humbleness, kindness, humility, fearlessness, no animosity and single vision. All of these qualities should be reflected in our behavior.

We should be pointing the finger of criticism at our own self and not towards anybody else. But, people do the opposite. They enjoy pointing out other people's faults, but defend or cover up their own ones. By doing so they think that they are protecting their image and status in society, but actually they are becoming further drenched in the scum of Maya.

## How To Pray

Too thaakur tum peh ardas.  
Jee-o pind sabh tayree raas.  
Tum maat pitaa ham baarik tayray.  
Tumree kirpa meh sookh ghanayray.  
Ko-ay na jaanai tumraa ant.  
Oochay tay oochaa bhagvant.  
Sagal samagree tumrai sutir dhaaree.  
Tum tay ho-ay so aagi-aakaaree.  
Tumree Gat mit tum hee jaanee.  
Nanak daas sada kurbaanee. 8.4.

Guru Pantham Patshah Ji is very kindly giving us the divine wisdom on how to pray to the Almighty for the GurParsaad of Naam, Naam Ki Kamai, Puran Bandgi and Seva and how to unite with Him. Utmost humbleness, Puran Nimrata, is the key to success in making a successful prayer. If our prayer is not made with utmost humbleness then it will not be accepted. If our prayer is not made with full and complete belief and commitment, faith and trust in Gur, Guru and Gur Bani and if it is not made with devotion and love, then the chances of acceptance are very remote. But, if we do so with full surrender to the Gur and Guru, then even a one-off prayer will bring unbelievable rewards. So what should the prayer contain? First of all, with pressed palms and with full humility do Kottan Kot (countless many) Dandauth Bandana and Shukrana (thanks) to the Almighty and the Guru. Remember and believe that these highest divine entities are omnipresent. Then do the same thing to the Guru Sahibs (Masters), Sants and Bhagats, Braham Gyanis of all ages and present time. Then do the same thing to Shri Guru Granth Sahib Ji. Then do the same thing to the entire creation. Unless we become the Charan Dhool of the entire creation we can't achieve the utmost humbleness.

Next, start our Ardas (prayer) as follows, "Agam, Agochar, Anant, Beant, Alikh, Adikh (Invisible) Dhan Dhan Paar Braham Parmeshwar Ji, please accept our prayer. Everything belongs to You. Nothing belong to us. This body mind and soul is all of ours. You are the Creator. You are the Doer. You are our father and mother and we are just Your humble children. We are just Your humble servants. Only Your eternal grace can bring us the real eternal and unending happiness. Nobody has been able to find out Your unlimited super powers and nobody has the power to do so. You are the Highest of the High. You are the Supreme. You take care of all of us. You are the Giver of Everything. You give us everything to live this life. You have given us this life with our great kindness. The entire universe is Your creation and belongs to You only. You are the only owner of everything that exists in this universe. Everything happens under Your command – Hukam. Only You can know Your own super powers. Only You can know Your capacity and limits. We are a sacrifice to Your kindness and for everything You have given us. Only Your kindness can bring us GurParsaad of Your Naam, Puran Bandgi and Seva. Only Your grace can only take us out of this deep well full of the scum and mud of Maya. Please help us achieve the objective of this human life and attain salvation. Please give us the GurParsaad of Naam, Puran Bandgi and Seva and unite us with Yourself."

## **Dealing With Unfulfilled Desires**

Guru Patshah Ji is very kindly telling us how people think and act when under the influence of the Rajo aspect of Maya. Their desires never end. Even when one desire is fulfilled then a few more pop up, making a never ending stream of desires. Please look inside and notice that you are always working under the Rajo aspect which comprises of Asa, Trishna and Mansha.

When some desires remain unfulfilled people forget to thank the Almighty for the ones that were fulfilled. They start complaining to God about this. This has become the way of their life. People take credit for whatever good happens in their life, but blame God for whatever happens for the worse. They rarely thank the Almighty for all of the good things, but never hesitate to complain when things go against their wishes. But, guess who is to be blamed for the bad things happening in their life? It is not God who is to be blamed, it is the person who is responsible. The finger should be pointing inwards towards our bad deeds in the past and previous lives. The law of Karma comes into the picture. Whatever we have sown in the past and previous lives we now have to reap. It is our own Karni that matters and decides our future under the divine laws. Guru Patshah Ji is very kind on us by telling us about this divine law of Karni. So instead of complaining be thankful to the Almighty every moment of our life for all He has given us and all He continues to give us. Stop complaining to Him about the bad things happening in your life. Instead, you just need to criticize your own self and learn the lesson of how to improve yourself to avoid this happening again. Constant complaining never does anyone any good. Complaining only drenches people further under the scum of Maya and ruins their future. Complaining doesn't help. Only changing your ways helps.

The basic reason behind all of your sorrows is desire. When desires remain continuously unfulfilled it can lead to mental depression. Mental ailments can then lead to physical ailments. The best thing to do is to remain contented with whatever we have. Focus on truthful Karni without any desires. Thank the Almighty for whatever He has given us. Don't complain about sorrows and try to amend your own self. Most importantly pray for the GurParsaad of Naam, Puran Bandgi and Seva.

## **Complete Surrender**

If we dedicate just even ten percent of our time to Naam, Bandgi and Seva then we are still able to bring in all of Divinity inside us. When we donate just ten percent of our earnings to the Guru then we are still able to detach ourselves from greed and Maya. The Guru is very kind upon us. He takes only ten percent from us and puts the remaining ninety percent from His own pocket. Keeping in view the need to meet the family and other responsibilities Guru Patshahs have very kindly amended the rule of giving everything. They have made it the Rule of Dasvandh. Just by giving one tenth of what we have to the Guru, the Guru will take care of us.

But, those who do dedicate themselves one hundred percent. Those very rare souls, one in tens of millions. They give one hundred percent to the Gur and Guru. They completely surrender themselves to the Gur and Guru. By doing so, they go on the fast track and reach salvation rapidly. The Guru is advising us to give everything back to the original Giver – Akal Purakh.

Return whatever we have to the Giver. If we can't do that then at least give Dasvandh to the Giver. This is the Gur and Guru's Hukam. Anybody who abides by this divine law becomes Dhan Dhan. The Gur and Guru is very kind and when they are happy about our love, compassion, devotion, faith, trust and belief then they give us all of the eternal treasures. They will fill us with all of the priceless diamonds and jewels of Naam, Puran Bandgi and Seva and we will reach the heights of the spiritual world.

## **Understanding How The Senses And Body Become False**

Without divine enlightenment and earning this divine wisdom after understanding how the use of our senses and body become false, you will not be able to turn yourself towards the Eternal Truth. You will not be able to do Naam, Naam Ki Kamai and Puran Bandgi, Seva, Parupkaar, Maha Parupkaar and complete the objective of this human life to attain salvation - Jivan Mukti. The only path to success is the path to Sach Khand. The path of Naam, Puran Bandgi and Seva, Parupkaar and Maha Parupkaar. This is the only path that brings us divine enlightenment and divine wisdom uniting us with the Almighty.

## **Ardas To Eliminate The Mind**

All other methods and techniques are again self wisdom, worldly wisdom or DurMat – and will not take us out of the trap of Maya. Only Puran Braham Gyan, Puran Tat Gyan and Puran Bandgi takes us beyond Maya, where there are no Panj Doots and no desires. Until our mind is eliminated, Ardas for forgiveness is a divine blessing. Let us always be praying like this:-

“Hum maha paapi hain, maha pakhandi hain, maha kaami hain, maha krodhi hain, maha lobhi hain, maha mohi hain, maha ahankari hain... I am a great sinner, a great hypocrite, full of lust, full of anger, full of greed and full of pride. You are kind and forgiving. Please forgive my bad deeds and sins.” Praying like this all through the day and night, whenever we remember, will help us a great deal.

## **How To Clean Up Your Past Deeds**

If we are able to clear our mind, our Chitter-Gupt (records), from the influence of our past lives then we will be able to clean up our soul from the negative effect of all of the past bad deeds. What we have to do is very simple and easy. We will take one Doot at a time. Let us start with Kaam first of all. It is the easiest one to handle.

Tomorrow morning after doing Ardas and after doing Simran for about 15 minutes to settle the mind down, say:-

“Kirpa kar ke KAAM vas kite sadhe sare gunah sanoo dekha de,  
Aasi apne sare gunah kubool karne ha ji –

Please with Your kindness show me all my sins that I have committed under KAAM in my whole life.”

Then scan through our entire life. You will see all of your sins appear before your eyes, like a film. First of all you will see the most serious or most recent sin. Followed by another one and another. Keep on accepting responsibility for these sins of yours. Ask for forgiveness with your whole heart and it will be pardoned. Keep doing this until you feel completely cleansed. It may take a few hours. It may take a few hours for a few days. It may even take more than a week or even a month. No matter how long it takes, just keep doing it and don't stop until you are sure that your mind has been completely cleansed.

Then repeat the process for each of the remaining Doots - Krodh, Lobh, Moh, Ahankaar. Deal with only one at a time. It may take a few weeks or even a few months or even longer before you are completely done. But, stick with it. Following that, then stay alert by watching your daily deeds, actions and reactions continuously. Remain focused on the Truth. Make all of our deeds truthful. Every morning after doing Ardas and starting Simran, it is a good idea to scan through all of the previous days deeds to see if they were done under the influence of the Panj Doots. Then to accept responsibility, ask forgiveness and cleanse the mind.

If we want to make it more quick and effective, then confess and accept your misdeeds in front of the Sangat. Even with the best care exercised in our daily routine, you are still bound to make mistakes. To remove the effect of these mistakes you will have to keep on accepting your misdeeds and pray for forgiveness. These prayers should be conducted several times in a day in addition to the one you are doing at the commencement of your morning and evening Naam Simran. The requirement here is to make your Karni a truthful Karni, and once your Karni becomes truthful, then your inside will also be cleaned completely and eventually you become a Sachyara.

This process will work best only if you are dedicated and fully surrendered to the Gur and Guru. You need to be giving Dasvandh to the Guru, ten percent of your time every morning to Naam Simran and also ten percent of your earnings to the Guru and to charity. This process, once complete, will completely change your behavior. You will become very cautious in your daily activities. You will notice the moment a bad thought enters your mind and will stop it right there and then. Believe us, this does wonders for your daily life. Your spiritual journey goes on a fast track. You feel the difference within yourself. Your family sees the change in you too. Your family and friends are also effected for the best with the improvements in your character and behavior.

The key to success is the GurParsaad of Naam, Naam Ki Kamai, Puran Bandgi and Seva, Parupkaar and Maha Parupkaar. This is granted only when we go to the sanctuary of the Gur and Guru. This is granted only when we go to the Charan Sharan of the Gur and Guru and earn GurBani by practicing it in our daily life. When this happens then the real Bandgi starts and with GurParsaad and GurKirpa, all of the Panj Doots and desires come under our control. Then we no longer remain under their control. This is what is meant by winning over the mind. Then the mind comes under direct control of Param Jyot and all of our senses and body part operate under Puran Hukam of Akal Purakh. There is no self wisdom left, only divine wisdom prevails.

## Dealing With Haumai

When we are under the GurKirpa, the eternal blessings of Akal Purakh, then everything that happens in our daily life is good. When we are under Haumai we say “I am doing it,” or “I am capable of doing it.” When we are under GurKirpa we realise Haumai doesn’t do anything, neither is Haumai capable of doing anything. It is very simple - if He is the Karta Purakh, the only Doer, then how can Haumai, the “I”, be doing anything at all?

We need to reach this understanding that everything good happening in our life is all thanks to God’s grace and not by any other means. Then the sense of self, the “me, my and mine” attitude, will start to disappear from our life. This will kill our Haumai completely. We are eventually relieved of the serious and chronic mental sickness of Haumai. Once this happens there remains no difference between us and the Almighty Himself.

The Panj Doots only exist whilst we have a sense of our own presence, our Haumai. Haumai is the hardest to kill or go. Haumai goes together with Ahankaar. This is pride of yourself, your achievements, your status in society, your name and your wealth. Haumai / Ahankaar is the hardest to win over. But, once we do win over them, we go into to a complete and utmost humble state of mind. This is a mandatory divine quality necessary for the union with God. When something good happens, most people under the influence of Haumai, will take the credit for it and don’t thank the Almighty for His grace. They don’t recognize that He has been very kind on them and have given them everything they need to live a good life. Instead, they engage themselves in self praise or self recommendation. This is all Ahankaar as a result of Haumai.

Conversely, when anything bad happens in your daily life, under Haumai, people start complaining to God and hold God responsible for it. They blame God for all of the bad things that have happened in their life. In some cases they will curse their fate and blame God for writing that destiny for them. The Truth is that whatever happens is a result of their own Karni in the past and previous lives.

The way to deal with Haumai is this - whenever something good happens thank God for His kind grace. But, whenever something bad happens, just accept responsibility and see it as something you can learn from. By blaming God, they forget that God is very kind and never does bad to anybody. But, it is their own Karma that is teaching them again and again when bad things happen that they should stop doing Asat Karams and start doing Sat Karams. By planting good deeds your future is trouble free.

By taking credit for all of the good and cursing God for all of the misfortune people become deeply drenched in the scum of ego. They fall victim to the deep mental sickness of Haumai. This is the main reason for their soul reincarnating through birth and death.

Guru Pantham Patshah Ji is very kindly giving us Brahm Gyan that allows us to eliminate Ahankaar from our head. This will free us from the deepest mental sickness of Haumai and allow us to be one with God.



Guru Sahib Ji is very kindly reminding us that whatever good happens in our daily life is only due to the divine grace. We should remember and practice thanking God in our daily life. By doing so, whatever delicacies we eat become Amrit. By thanking God for His grace we become blessed to remember God continuously. We never forget Him and eventually He goes into our mind. This replaces our ego mind with Paar Braham Parmeshwar, the Param Jyot, Puran Parkash. We go into a state of Ajapa Jaap (automatic) Naam Simran. The mind becomes Param Jyot itself.

## **Dealing With Desires**

Guru Patshah Ji is very kindly continuing to remind us about the eternal grace of the Almighty. With the grace of God people wear beautiful and expensive clothes, but forget that they have already been blessed with more than they deserve. Due to their greed they need to constantly decorate their physical body. Hence, they always go after more and more. They are never satisfied with what they already have and long for more.

To accumulate more than you need is a very dangerous mental sickness. The urge, or the desire, to accumulate more and more is a deep mental sickness. The entire life is spent on doing this without any spiritual gains. Desires are the basic reason for unhappiness, sorrows and pains. If fulfilled they may bring a short lived happiness, but if not fulfilled they bring sorrows and pains. The accumulating effect of desires is mental depression, mental sickness and physical ailments.

We should always remain contented with our belongings and possessions and remain thankful to the Almighty for whatever He has given. Only contentment in Truth, Sat Santokh, can bring an end to our desires and hence an end to all of our pains and sorrows.

We should always keep deep inside our Hirda that it is only by the grace of the Almighty we get to sleep on cosy beds. He is the only One who takes care of us at all times. When we do so then we will always be in a remembrance stage. Remembering God is the Simran. That is what Guru Patshah Ji is telling us to do. To remember the Giver of everything continuously. When we do so, then eventually the Simran goes into an autopilot mode inside our Hirda and mind. Meaning that Simran happens without our conscious efforts. Then it goes into each and every cell, the Rom Rom. This all happens with GurParsaad. Nothing is possible without His GurKirpa, eternal grace.

All of the respect we achieve from the society we live in, is only by the grace of God. We need to remember that are just nothing. A worthless creature on the face of this Earth. He is the only Doer and Giver. He takes care of all of our needs, so we need to always keep on praising Him by all means. Only by His grace are we able to walk on the path of religion. The real path of religion is the path of Truth.

## **Following Dharam**

The divine meaning of Dharam is to follow the divine wisdom direct from God, and not the man-made divisions of religion. The eternal essence (Sat Tat) of the word Dharam is a set of rules, regulations and divine laws for us to remain under the:-

- unlimited kingdom of the Almighty,
- the kingdom of Eternal Truth,
- the kingdom of spirituality, and
- the kingdom of Divinity.

These divine laws have been here from the beginning. They are here now. And they will remain here forever. Anybody who follows these laws of Eternity will be able to enjoy this kingdom of Akal Purakh. They will be able to enjoy the eternal blessings and the real eternal Dharam, the real religion. These divine laws are very clearly and well defined in GurBani. They were exercised by the Guru Sahibs, Sants and Bhagats and promoted to be used by the masses. They were compiled in the form of a “Constitution of Eternity’s Kingdom” in Shri Guru Granth Sahib Ji.

The whole of GurBani is the definition and very detailed description of these divine laws. For ease of understanding and without getting into the details of the entire GurBani, we have written down some of these divine laws as formulated and kept in the Mansarovar – unlimited sea of Divine Light – Puran Param Jyot Puran Param Parkash. These divine gifts are available to everyone around the entire creation. They are same for all of us. They never change. They will remain intact forever, and they are listed below:-

- Full and complete belief, trust, faith, Sharda and Preet (devotion with unconditional love) and commitment in and to the Gur, Guru and GurBani.
- Full and complete surrender to the Gur and Guru, “Tunn, Munn Dhann Sabh Tera”; “Tunn, Munn Dhann Sabh Saup Guru Ko”. The Guru is great and very kind, if we give 10% of our time and earnings to the Guru and follow His words, He will pay for the remaining 90% from His own pocket.
- Giving 10% of our time to the Guru. Spend this time in Amrit Vela (early hours) to do Naam Simran, “Prabh Kaa Simran Sabh Tey Oochaa.” This is the highest service of the Almighty and this is the only means of cleaning us up from inside and keep us like that and eventually take us beyond the three aspects of Maya. This is the only way we can win over our mind. Win over the five thieves and desires and win over Maya completely.
- Always pray for GurParsaad. Nothing can be done by us. Everything that happens is in Hukam. The will of God prevails no matter what happens. Only by having GurParsaad can we live under the Will of God without any issues. The GurParsaad will bring Naam inside us. It will take us to Jivan Mukti - salvation.
- Always see, speak, hear, deliver and serve the Truth. This is the highest service to Almighty.
- Exercise utmost humbleness in our communication with others. Consider our self the lowest of the lowest, “Aapas ko jo janey neecha so hi ganye sabh tey oocha.” Consider everybody else as being above us. Concentrate on self-reformation. Don’t point fingers at others. Keep the finger firmly pointed at our own self. Humbleness is the only weapon to kill our Haumai. Utmost humbleness and humility – Gareebi Ves Hirda. Utmost Nimrata (humility)

inside is the key to the kingdom of Akal Purakh – Dargah of Akal Purakh.

- Delete “me, mine and my” from our conversations and communications. Always keep in mind that our existence is due to the life element inside us. And this is due to the Eternal Jyot inside us. There is God inside us. Always keep this Eternal Jyot element which is the Sat Tat and the Param Tat above us. Use “we, ours and us” in our communications by keeping this divine element recognized all of the time inside us.
- Accept our sins and bad deeds. Open confession in the Sangat is the way to wash our sins and clean us up from inside. To make us truthful and take us closer to the Creator.
- Do not involve our self in any kind of negative criticism, gossip and jealousy.
- Do not hurt anybody’s Hirda. Unconditional love for all His creations will determine how much we love Him. There is no place for hatred for anybody in the Mansarovar – Amrit Sagar Nirgun Saroop. Unconditional love with devotion and sacrifice is the language of Almighty. Only love, sacrifice and service with devotion can bring us closer to the Almighty.
- Don’t crave for anything. Thank the Almighty for everything He has given us and keeps on giving us. Remain contented in whatever we have and whatever we are getting. Desires are the root cause of all of the problems.
- Exercise forgiveness in our day to day communications with others. This is the way to control our anger. Wherever there is forgiveness there is God. Forgiveness is a divine quality and brings kindness inside us. Together these divine qualities make our heart very vital. We have no hatred or animosity with anyone. This makes us single vision – Ik Drisht. We become Nirvair which is one of the most vital qualities of Divinity. Forgiveness makes us anger free. Anger and ego are complementary to each other. Anger comes due to ego and ego brings in anger. So both of these mental sicknesses become our slaves, they no longer hurt us.
- When we give 10% (Dasvandh) of our earnings to charity, we eventually become free of greed. The feeling of greed which then prompted untrue deeds starts to diminish. Our heart becomes kind, loving and self-sacrificing. We serving the poor and needy. This eventually relieves us of the deep mental sickness of greed.
- Consider our family and friends, our parents and children as a Sangat and serve them with the same feeling and in the same way we serve the Gur Sangat. Love them and respect them the same way we do in Gur Sangat. This removes Moh from within us and converts it to the real deep, divine love with compassion, full of sharing, selflessness and sacrifice in our Hirda.
- Other than our wife, respect every women as either our sister, mother or daughter. Other than our husband, respect every male as either brother, father and son. This removea the feeling of Kaam from within. This is a deep mental sickness and is cured by exercising this rule.
- Delete the past, don’t think about the future and seize the current moment. Be truthful in this current moment. Engage our self in truthful and only truthful deeds in each moment. Once our current moment is truthful our future will be truthful. Eventually this will erase all of the negative effects of the past from our Karni. Truthful deeds are the key to shape our own destiny. To shape our own future. When our present is truthful our future will eventually come very rewarding.
- Practice GurBani in our daily life. Whatever little bit we understand, please bring that eternal essence inside our self right away by practicing it in our daily life. GurBani is an eternal prescription for all of our problems and mental and physical ailments. By doing Naam Ki Kamai and practicing GurBani we eliminate all of these sicknesses from our mind, soul and body. This make them absolutely clean of the scum of Maya. Watch our daily deeds in light of GurBani and keep on reforming it forever. There is no end to the divine qualities. By practising

them we bring these priceless jewels of Divinity within us. This reforms us completely from inside and out. Eventually we become a Puran Sachyara (completely Truthful one) and the Sachyaar (True One) comes inside our Hirda forever.

- Involve our self in Seva with devotion and love. Do selfless service for the benefit of others. Serve the poor and needy. Serve the orphans. Serve the sick. Serve our own family with love and devotion.

Always remember that the highest service to the Almighty is Naam Simran. And all of the above points when exercised with Naam Simran bring tremendous rewards and results and make our life:-

- sublime,
- full of eternal enjoyment,
- full of happiness,
- full of eternal blessings, and
- eventually our spiritual dreams come true.

We then become a Sant Hirda. We become Jivan Mukht and achieve our objective of this life by being one with Almighty and this is the real Dharam. This can only happen with the grace, GurParsaad, of Dhan Dhan Paar Braham Parmeshwar.

## **How To Come Out Of The Infinite Loop Of Maya And Get The GurParsaad**

We have all been through this reincarnation process many times. For example, this Kookar (dog) of Gur, Guru and Gur Sangat has been reincarnated 236 times just in human lives and unknown number of times through the Lakh Charasee Juni. The most important questions to ask now are:-

- What is the solution to this problem?
- How we can break out of this Infinite Loop of Maya?
- How does Maya's control over our soul go?
- How do we break the barriers of Maya?
- How do we win over Maya and go back to the Origin, the infinite part of the Braham and obtain salvation - Jivan Mukti?

Let us try to find an answer to this question, because the answer to this will determine the fate of our soul, so please listen carefully. This Kookar of the Gur, Guru and Gur Sangat will give some solutions to this very serious issue facing all of us. These solutions are not just mere words. They are based on our actual physical and spiritual experiences under the Agam, Anant, Apaar, Beant, GurParsaadi, GurKirpa of Dhan Dhan Shri Paar Braham Parmeshwar and Guru. The solution to coming out of the Infinite Loop of Maya is GurParsaad. But, everyone can't be eternally blessed immediately, because it is all predestined depending upon our deeds in previous lives. The Gur, Akal Purakh, is pleased when we have accumulated enough good deeds, Punn Karams. This is when our GurParsaadi Game begins. This is when Akal Purakh Himself eternally blesses us. Some very, very special souls like Guru Nanak Patshah Ji were blessed

directly by Akal Purakh. Most others though receive GurParsaad through GurParsaadi Gur Sangat of a Puran Sant Puran Braham Gyani. Just like Bhai Lehna Ji was blessed by Akal Purakh through the Gur Sangat of Dhan Dhan Guru Nanak Patshah Ji. With GurParsaad He became Guru Angad Dev Ji. Only such a Puran Sant SatGuru can:-

- give us GurParsaadi Naam of “Ik Oankaar Sat Naam,”
- eternally bless us,
- open our Bajjar Kapaats,
- enlighten us with GurParsaadi Prabh Jyot,
- make us Suhaagan and Sada Suhaagan,
- help us complete our Bhagti,
- bless us with Braham Gyan by opening of the Dassam Duvar,
- help us achieve salvation,
- show us how to win over Panj Doots,
- lead us to eventually winning over Maya completely,
- helps us to obtain the Param Padvi,
- break us out of the Infinite Loop of Maya, and
- take us back into the Infinite Braham.

This is how we will be able to break free from the Infinite Loop of Maya and merge into Dhan Dhan Shri Paar Braham Parmeshwar. So how do we begin to please Akal Purakh so that He will be pleased and bless us with GurParsaad? We need to:-

- pray to the Almighty to eternally bless us with His GurParsaadi GurKirpa,
- keep on doing Naam Simran,
- keep listening to GurBani,
- make efforts to understand GurBani,
- start practicing GurBani in our daily life,
- earn humbleness,
- follow all of the mandatory divine laws, and
- completely surrender to the Guru.

In this way we will accumulate enough Punn Karams to definitely be blessed one day with GurParsaadi Game. We will be blessed with GurParsaadi Gur Sangat. And with that Gur Sangat of the Puran Braham Gyani we will receive GurParsaadi Naam - “Ik Oankaar Sat Naam”.

In the end it is our most humble and earnest request at the Charans of the Gur Sangat, to evaluate ourselves in light of the above divine wisdom. To look inside and find out exactly where we stand. If we are already a part of GurParsaadi Game, then we are very fortunate and are on our way to break the Infinite Loop of Maya. Otherwise, we should concentrate and do whatever we can do, to make our life truthful. Start by practicing GurBani and doing Simran, Seva and Parupkaar. We will definitely be getting closer to GurParsaadi Game by doing so.

## **Who Is Your Guru?**

Shri Guru Granth Sahib Ji is the Shabad Guru. It is the Mansarovar of Puran Braham Gyan, the Ocean of Divinity. As Sikhs, we all call Shri Guru Granth Sahib Ji our Guru. But, let us take a few minutes and truly look inside ourselves. Let us truly analyze our behavior by asking a few questions. Do we understand at all what the Shri Guru Granth Sahib Ji is telling us? If we do understand, then do we believe it? If we do understand and believe it, then are we trying to put it into practice? If we are not doing what Shri Guru Granth Sahib Ji is telling us, then are we really honoring it as a Guru?

If the answers to any of these questions or all of the questions are negative, then we are still doing what our mind is telling us to do. We are not doing what the Guru is telling us to do. We are still Munnmukhs (self-centred). Our mind is being controlled by and run by the five thieves plus jealousy, gossip and slander (Eerka, Nindya and Chugalee). Since our mind acts and reacts under the influence of these enemies of ours, then these are our real Gurus and not Shri Guru Granth Sahib Ji.

## **"Sat Naam Karta Purakh" Simran For Beating Haumai**

Everything is done by the ONE SUPREME DOER – KARTA PURAKH. If our Haumai is very strong then please start doing Jaap of “Karta Purakh Sat Naam” and our Haumai will start to diminish and will finally go away.

## **Unable To Concentrate**

Many tell us that they are not able to concentrate on Naam Simran. Our question to such people is, “Have you given your Tunn to the Guru? Have you given your Munn to the Guru? Have you given your Dhan to the Guru?” The answer is a resounding, “no, no and no.” Giving all three – Tunn, Munn and Dhann to the Guru is mandatory and unless we do so, our Simran will not go higher, our Seva will not go higher.

Some people spend a lot of time reading GurBani and doing Naam Simran as well, which means that they have given their Tunn to the Guru. But, since they have not given the other two, Munn and Dhann, to the Guru they make no spiritual gains. Some people give Tunn and partial Munn to the Guru so they do make some progress. But, they are still locked out from further progress because they don't do what the Guru tells them to do. However, only those who completely give their Tunn, Munn and Dhann to the Guru go into the state of Chad Di Klaa. This is our guarantee, that if you give your Tunn, Munn and Dhann to the Guru, then you will definitely go into Chad Di Klaa.

When we say Chad Di Klaa that means in Sach Khand. Chad Di Klaa happens in Sach Khand and not less than that. It happens when Naam goes into the Hirda and Rom Rom. In summary,

this world is full of people who are selfish, self centered, misers who are blind to the Guru's word.

## **Become The Lowest**

Whenever we perform any such Dharam Karams, please perform them with full humility and dedicate them to the Gur and Guru and then they will become our Sat Karams. These Sat Karams eventually bring us the GurParsaad. Therefore, becoming "sarabh kee rayn" – Charan Dhool of the entire creation is the key to the purification. Acceptance of our misdeeds and sins is the key to purification. Becoming lowest of the lowest is the key to make our Hirda a Khalsa – a pure and clean Hirda. Becoming a slave of the Bishta Ka Kiraa is the key to purification. Utmost humility is the key to purification. So please replace our mind with humility and our Hirda will be purified.

## **Refrain From Slandering**

The slanderer of the Sant receives all his punishments in the court of the Lord, Dargah. This is a mandatory divine law as described in this Astpadi 13 of Sukhmani Bani. Every Bani has Puran Braham Gyan, but in the Sukhmani Bani Dhan Dhan Shri Guru Arjun Dev Ji has very kindly explained this in great detail. Please take this divine knowledge into your daily life. Practice it and bring it inside yourself as divine wisdom by not indulging any kind of a slandering at all. It is not just that you shouldn't slander the Sant, you should not be slandering anybody at all. We should never ever say anything bad, or hurt anyone or be negative to anyone. Instead, we should be praying for the betterment and goodness of the people who are indulging in such activities.

Going to the Charan Sharan of the Sant makes us a Sant. Slandering a Sant leaves us with sorrows, sufferings, pains, ailments, mental sicknesses and with all of the punishments very kindly presented by Dhan Dhan Guru Panoram Patshah Ji. Therefore, we should never slander and we should go to the Charan Sharan of a Sant.

## **Serve The Sant**

A Puran Sant can help ferry us across this ocean of Maya. Whenever we get a chance to see a Puran Sant never take it lightly. Give our Tunn, Munn and Dhann to Him. Follow His words and serve Him as much as we possibly can do. Attend His Sat Sangat on a regular basis. A Puran Sant is able to answer all of our questions, remove all of our illusions, delusions, Bharams, Dubidha and clear our passage to Puran Bandgi. He gives us the GurParsaad of Naam, Naam Ki Kamai, Puran Bandgi and Seva. However, our spiritual progress is based on our dedication. How much can we dedicate our self to this Puran Sant? How deep is our devotion and love towards our Puran Sant? How strong is our trust and faith in Him? All of this divine wisdom and guidance comes from within us when we dedicate our self to the Sat Naam Simran.

Removal of all doubts, illusions and delusions relieves us of all of the pains and sorrows and we are able to reach an everlasting happiness - the internal divine happiness

## **Live A Family Life**

Girahst means living a family life – getting married, having children and living a normal family life. Nirban means achieving Jivan Mukti. “Girahst meh soee nirbhan,” means achieving Jivan Mukti while living and enjoying the family life. That is right, family life is the easiest way to achieve Jivan Mukti. That is what Dhan Dhan Guru Patshahs have preached to us in GurBani. Look at their lives they also had families and lived a life of a Sant SatGur and so is that is what they have preached for us to do.

We encounter Maya continuously living in a family life and Bandgi is nothing but fighting with Maya in order to win it over. Fighting with Maya is fighting with Panj Doots and desires whilst in the family life. We have been provided with an opportunity to fight with these enemies and defeat them. It is in fact a GurParsaad that we have been blessed with this human life and the family life in this lifetime where we can defeat our enemies and win over them.

Leaving the world and going into isolation is a very difficult way of exploring the Eternal Truth. Giving up everything is much more difficult than living a family life where we have been blessed with GurParsaad and can achieve Jivan Mukti. All we need to do is complete surrender to our Guru with Tunn, Munn and Dhann. Surrender with unconditional love, devotion, faith and trust and then watch the rewards.

## **Exercising The Divine Powers**

**NAAM SIMRAN IS THE SOURCE OF ALL SUPER INFINITE DIVINE POWERS.**

Salok.

Sarabh klaa bharpoor prabh birthaa jaananhaar.  
Jaa kai simran udhree-ai nanak tis balihaar. 1.

Dhan Dhan Pancham Patshah Ji with His Hirda full of kindness and unconditional love for all of us, for the entire creation, for all of humanity, continues to give us the divine wisdom. In this Astpadi He is describing the Mahima of Akal Purakh Dhan Dhan Paar Braham Pita Parmeshwar Ji.

When we reach this level of divine wisdom which is called Puran Braham Gyan then our Hirda is filled with all of the super divine qualities. Puran Braham Gyan is also called Puran Tat Gyan which is also called the Atam Ras Amrit and is the highest level of Amrit. It is available only to Puran Braham Gyanis.

Kindness, Daya, is one of these infinite super divine qualities and forms the basis of Dharam. Dharam means union with God and it is the son of kindness, “Dholl Dharam Daya Kaa Poot.”



Where there is no kindness there is no Dharam. The Hirda which has kindness is in Dharam. The Hirda where there is no kindness has no Dharam. We may do a million rituals, but if our Hirda is not blessed with kindness then we have not done any truly useful Dharam Karam. A true Dharam Karam is one that is a Sat Karam and paves our way for achieving GurParsaad.

Let us look further at the divine quality of kindness. Is there any limit to kindness? Can we measure kindness? Can we say how kind a person is? Is there any depth to kindness? When we ask these questions then we realize that there is no limit to kindness. It has no boundaries. Its depth can't be gauged, it is infinite. Kindness is an infinite super divine quality.

Dhan Dhan Shri Sant Kabir Ji has described in GurBani that, "Har junn aisaa chaahye jaisaa har hee hoye." Dhan Dhan Guru Tegh Bahadur Sahib Ji has made it absolutely clear that, "Har junn har anter nahin." So what does this mean to us? The meaning of these divine Shabads tells us that there is no difference between a Puran Braham Gyani and God Himself. A Puran Braham Gyani is a living God on the Earth. Those who believe in this divine wisdom and dedicate themselves to the service of a Puran Braham Gyani achieve GurParsaad which makes them realize the objective of their human life. And that is Jivan Mukti. Mukti from Maya.

The real divine meaning of this human life is achieving Jivan Mukti. That is the prime objective of this human life. This is the only reason why we have been provided with this golden opportunity to go into the Charan Sharan of such a Puran Sant Puran Braham Gyani and achieve GurParsaad of Jivan Mukti and be relieved of the cycle of birth and death and forever live in eternal peace.

Kindness is one of the divine infinite super powers. Look at the kindness of God that He fills the Hirda of such souls who dedicate themselves to His Bandgi and achieve the Puran Braham Gyan. They are blessed with all of the divine qualities. They are blessed with all of the divine super powers such as kindness, forgiveness, humbleness, devotion, trust, unconditional love, fearlessness, and so on. There is no end to these divine qualities. These super divine infinite powers.

All of these super divine powers are called the Klaa. Sarabh Klaa means all of the super divine infinite powers. Please pause and focus on these powers. We will find that we have all of these powers blessed in us as well. Are we not capable of being kind to others? Are we not blessed with the capacity to have unconditional love with others? Without any wishes is unconditional love. Are we not capable of trusting God, trusting the presence of God in its Sargun Saroop everywhere? Are we not capable of being humble? Humbleness is the most powerful weapon that we have been blessed with which will kill our Haumai.

Being kind to others fills our Hirda with patience and contentment, which are again super divine infinite powers. Imagine when our Hirda gets filled with contentment then we win over our desires easily. That is a super divine eternal blessing. Winning over our desires or becoming desire free is an extremely divine achievement and paves our way to winning over Maya. In fact, when we become desire free then we have won over Maya. So being kind to others fills our Hirda with contentment and patience.

Just ask for a second, is there a limit to patience? Is there a limit to contentment? Can they be measured? Do we not think that they are infinite? The more we exercise these divine qualities, the more we gain in spirituality. By exercising kindness we keep on enhancing our kindness. Similarly being humble and continuing to be humble will keep on enhancing our capacity and capability of being humble. Becoming more and more humble by the minute, a time comes when we cross that fine line and there is no longer any Haumai and only humbleness remains in our Hirda. By doing this we make our self capable of defeating Maya. Ego is Maya and humbleness is Divinity. By leaving Haumai we open the door to the Dargah for our self and we eventually enter the Dargah and win it to stay there forever.

It is the same with fearlessness. There is no limit to fearlessness. And only a fearless soul can deliver the complete Truth. Only a fearless soul can serve and speak the complete Truth. Unless we become fearless we are unable to detach our self from the worldly things. Fearlessness makes us capable of erasing the fear of losing our relationships, the fear of losing our worldly possessions and so on.

There are two divine infinite super powers that are born when we become fearless. They are detachment from Moh and becoming completely Truthful. These make us capable of delivering the Eternal Truth and serving the Eternal Truth.

It is also the same with forgiveness. This is another divine infinite super power that we have been born to serve others with. By doing so we are eliminating the effect of any misdoings in the past of this life and previous lives. It is the same with the powers of trust, devotion and unconditional love. These are all names of Divinity. Each of these divine qualities is an infinite divine super power that defines Divinity.

Let us think for a second what would happen if we devote our self with trust and devotion to the Guru? In fact, there is no devotion without trust, there is no devotion without unconditional love – love is only unconditional. With condition it becomes a business. There is no trust without unconditional love. These are all complementary. In fact, all super divine qualities supplement and compliment each other. They are the various faces of the same super divine infinite power which we call God.

By using these divine powers we are able to eliminate the effect of our misdoings in the past of this life and all previous lives and a time will come when our account of all previous deeds will be closed. Not only that, but this will have such a powerful effect on our destiny that it will drastically change our destiny. We are then able to achieve GurParsaad very easily.

You may be wondering why we use the Shabad GurParsaad so often? Please look at GurBani and count the number of times in GurBani this Shabad of GurParsaad has been used. We will find that this divine Shabad has been used in every Salok and in some Shabads it has been used multiple times. The Shabad GurParsaad is the key to spiritual success. When we understand this then our spiritual progress can go to unbelievable heights within no time. GurBani calls these super divine infinite powers Sarabh Klaa. These are only some examples of these Klaas of Dhan Dhan Paar Braham Parmeshwar Ji and it is practically not possible to describe all of the Klaas as Divinity is infinite and there is no end in sight so how can they be

explained? This writing gives only a glimpse of the super divine powers of Dhan Dhan Paar Braham Pita Parmeshwar Ji. The key is the GurParsaad of Naam, Naam Simran, Naam Ki Kamai, Puran Bandgi and Seva. When we work on our self and focus on Sat Ki Karni – truthful deeds, then a time comes when we are blessed with GurParsaad and then we go into Naam Simran. Then our consciousness travels through Karam Khand and Sach Khand and we achieve all of these divine qualities and infinite super divine powers.

Eventually we are blessed with the Atam Ras Amrit – Puran Braham Gyan – Puran Tat Gyan. We then receive Jivan Mukti, thus reaching our objective in this human life. When this happens we become a source of Amrit for others. That is why Dhan Dhan Guru Nanak Patshah Ji is a sacrifice to us if we reach that level in spirituality.

## **Serve The Sadh**

Charan sadh kay dho-ay dho-ay pee-o.  
Arap sadh ka-o apnaa jee-o.  
Sadh kee dhoor karahu isnaan.  
Sadh oopar jaa-ee-ai kurbaan.  
Sadh sayvaa vadbhaagee paa-ee-ai.  
Sadhsang har keertan gaa-ee-ai.  
Anik bighan tay sadhu raakhai.  
Har gun gaa-ay amrit ras chaakhai.  
Ot gahee santeh dar aa-i-aa.  
Sarabh sookh nanak tih paa-i-aa. 6.

Look at this excellent piece of divine wisdom, Dhan Dhan SatGur Arjun Dev Ji is telling us to live at the Charans of a Sadh. He is telling us to take the Charan Amrit of such a soul who has become a Puran Sant Puran Braham Gyani.

A Sadh is the one who has straightened himself out from inside and out. That means He has gone beyond Maya and desires. His deeds and actions are not conducted under the influence of the Panj Doots and desires. All of His Gyan Indrees and Karam Indrees are operating under the direct Hukam of Dhan Dhan Paar Braham Pita Parmeshwar Ji.

During the time of SatGuru Sahibs those Guru Key Pyare (beloved of the Guru) who had given their Tunn, Munn and Dhann to their SatGuru used to prepare Charan Amrit by washing the Charans of the SatGurus. They used to drink it and distribute it among the Sat Sangat who would drink it with Sachee Shardha and Sachee Preet and become Dhan Dhan. The same divine wisdom applies now as well. The divine wisdom has not changed, only the thinking of people nowadays has changed. People have been lost in the illusions and delusions and think it is not right to take the Charan Amrit of a Puran Sant Puran Braham Gyani. They think that it is against this divine wisdom. Actually they are going away from the divine wisdom and that is the reason for the downfall of their society. Just imagine for a second the one who has 1000 suns Parkash

in His Charans, the one whose entire body is filled with Amrit and who is absorbed in Sat Naam always and forever, don't we think that just a touch from Him would bring miraculous results? So just imagine the power in drinking the Charan Amrit.

The dust of the Sant's feet – Charan Dhool is the most pious thing one can achieve, there is Jivan Mukti hidden in this Charan Dhool, there is infinite divine super power hidden in the Charan Dhool of a Puran Sant Puran Braham Gyani. We are just telling you what GurBani says and that is what is the Eternal Truth. But, there are many people who think and say that we are twisting GurBani and describing it for our own benefit. They need to understand that their thinking is absolutely wrong and not what GurBani says and tells us to do, because we will never get where we want to be unless we do what GurBani is telling us to do.

Just look at what GurBani Guru is telling us to do next. This is an incredible piece of divine wisdom – give our mind to the Sadh. This means don't do what our mind is telling us to do, but do what the Sadh is telling us to do. Earn the words of a Puran Sant Puran Braham Gyani. This means give our Munn to the Guru and do what the Guru is telling us to do and right now GurBani Guru is telling us to give our Munn to the Sadh we meet according to our destiny. Sadh means a Puran Sant Puran Braham Gyani. By doing so we will be doing what the divine wisdom is saying and this way our own wisdom and worldly wisdom will be eliminated and our spiritual progress will be unbelievable. This is a mandatory divine law – give our Munn to the Guru. There is infinite super divine power in the words of a Puran Sant Puran Braham Gyani and when followed with Sachee Shardha and Sachee Preet does wonders to our spiritual life. The word of a Puran Sant Puran Braham Gyani is nothing less than the word of God. It is the word of God and those who follow this divine wisdom are Dhan Dhan and very fortunate. Such souls are one in tens of millions, whereas others just remain side-tracked and lost in religious illusions and delusions.

The GurBani Guru is next telling us to take the Charan Dhool of a Puran Sant Puran Braham Gyani and take a bath with that. As said earlier Mahima of this Charan Dhool is beyond description, we can only do this and enjoy the benefit otherwise we will never be able to see what happens when we do so. This is true for every Shabad of GurBani Guru, unless we do it we will never be able to realize the benefit and reward, and those who do so become Dhan Dhan. The GurBani Guru is further telling us to give everything we have to the Sadh – give our Tunn, Munn and Dhann. Do we think that we have anything else to give? Probably not. Look at the beauty and divine power of the divine wisdom, it has covered everything in just three words – Tunn, Munn and Dhann. By doing so we will have given everything to the Sadhu. But, Guru Sahibs are very kind on us and made a rule in their times for the GurSikhs that they can give one tenth of their time and earnings to the Guru and the Guru will make up for the remaining 90% of it. This rule is still good and prevails because this was done by the Gurus. So if we give 10% of our earnings and time to the Guru, we can consider that we have given our Tunn and Dhann to the Guru.

Giving Munn is however the most difficult thing to do and the ones who do so along with Tunn and Dhann become Dhan Dhan. Their spiritual progress is beyond the imagination of an ordinary person. Again, we can only realize spiritual progress by doing so and not just by living in illusions and delusions.

Sadh Ki Seva (service of a Sadh) is a very fortunate thing to be in. Its Mahima can't be described, this is probably the highest Seva one can do, and again the highest level of Sadh Ki Seva is giving Tunn, Munn and Dhann at the Charans of the Sadhu. Sadh Ki Seva's Mahima is that it:-

- makes us a Sadh,
- makes us a Suhaagan and a Sada Suhaagan,
- takes us to the Param Padvi and Puran Braham Gyan. This is just beyond description and beyond somebody's comprehension to understand, just do it and taste it, and achieve it and see it, feel it and enjoy it by giving our life at Sadh Ki Seva,
- takes us beyond Maya,
- gives us a permanent place in Dargah,
- fills us up with Amrit,
- takes all of our pains and sorrows away,
- relieves us from the Panj Doots and desires,
- brings us the divine Akhand Kirtan – Panch Shabad Anhad Naad – Ajapa Jaap and Rom Rom Naam Simran.
- fills our Hirda with infinite super divine qualities and powers, and
- brings us Jivan Mukti.

So please do it and enjoy its benefits.

## **Break The 10 Religious Illusions**

Guru Sahib Ji is a sacrifice to those who are blessed with the GurParsaad and complete their Bandgi process, win over Maya and become one with Akal Purakh Ji. By becoming a person like that we earn a permanent place in the Dargah of Dhan Dhan Paar Braham Pita Parmeshwar Ji and that is what our GurBani Guru wants us to do. Please always and forever keep in mind there are tens of millions of people who get side tracked into the religious illusions and delusions – Dharam Key Bharam, which are nothing but believing in the Sansarik Mat – worldly wisdom and self wisdom. Some of the most important ones have been described in the GurParsaadi writing – "[10 Religious Illusions](#)". That is why they don't make any spiritual progress despite being religious according to the prevailing practices in the current society. A quick outline of these top ten religious illusions that the masses incorrectly believe in is given here:-

1. A living SatGuru is against Sikhism because Shri Guru Granth Sahib is the only Guru,
2. Giving Dasvandh is not necessary because we already pay income tax,
3. External compliance (Rehat) is essential because God cares about us having long hair and 5Ks,
4. Just reading and listening to GurBani is enough, so paying for Akhand Paats (ritual reading of whole of Shri Guru Granth Sahib Ji) and doing Nitnem (daily ritual readings) means

we do not have to bother putting into practice GurBani,

5. Old age is for Bhagti (devotion) because we need to accumulate wealth and bring up a family in our younger age,
6. Only money is Maya, so beating the Panj Doots and desires is not required,
7. Sikh initiation makes a person a Khalsa so we can call each other Khalsa without having become a pure soul within,
8. Sikh initiation makes a person an Amrit Dhari, because drinking the holy water which is wrongly called Amrit makes us so,
9. Khalsa Panth is an organisation, when actually Khalsa Panth is the path to become a pure soul regardless of religious groupings,
10. Vahiguru is the Naam, when it is actually Sat Naam - Truth.

There is only one in tens of millions who is blessed with this GurParsaad of divine wisdom from a Puran Sant Puran Braham Gyani and works on it to make himself merge with Akal Purakh Ji by being blessed under the Chattar of such a Puran Braham Gyani.

## **Start Doing What Nitnem Says Instead Of Just Reading Nitnem**

Many people ask about the Nitnem, about what we should do daily? For most people the Shabad Nitnem nowadays means Panj Bani Paath. Reading Panj Bani Paath everyday has been a very common thing amongst the masses for a very long time now. But, please look at what is being said by GurBani Guru. And that is to do Naam Simran. Naam going into the mind or Surat is the same thing and is called Naam Simran. As Bandgi progresses, Naam goes into various parts of the body. Naam Simran is the highest level of Seva we can do for the Gur and Guru. So which is more rewarding, reading GurBani or doing GurBani? Just reading doesn't bring much spirituality inside us, but doing GurBani brings unimaginable spiritual progress in our life. This is the promise from GurBani. Naam Simran is a GurParsaad as Naam is a GurParsaad, so is Naam Simran, Naam Ki Kamai, Puran Bandgi and Seva, this is all GurParsaad, and there is only one in tens of millions who is blessed with this GurParsaad. The one who achieves this GurParsaad is an extremely fortunate soul.

## **Start Meditating On Sat Naam Instead Of Vahiguru**

Most preachers incorrectly give the meaning of the Shabad Sat as true and hence the meaning of the Shabad SatGur as True Guru and the meaning of the Shabad Sat Naam as the true Naam. This leads to many incorrectly believing that the meaning of the Shabad Sat Naam Shri Vahiguru is "the true Naam is Vahiguru."

This incorrect understanding and interpretation of the Shabad Sat by various preachers is due to their incomplete levels of spirituality and divine intelligence. This article is not written to undermine anybody's trust and belief, but to explain with GurParsaad, the true divine meaning of the Shabad Sat.

The Shabad Sat represents Dhan Dhan Paar Braham Pita Parmeshwar Ji in its unique, formless, omnipresent state. Therefore, the true divine meaning of the Shabad Sat is not true, but the Truth. This means the one which remains the same from its beginning which is unknown, through the present time and for all ages to come, the end of which is neither defined nor can be defined.

The Mahima of the Shabad Sat has already been covered in Astpadi 16 in a lot more detail. Sat is the one which doesn't change, is not prone to any changes and has been so from the beginning, through the present and for all ages to come. This is nothing but God Himself. The super divine infinite power that is unique, formless and omnipresent. The Creator and the only Doer – Karta and the only giver – Daata.

Everything runs according to His divine laws and in accordance with His Hukam. Therefore, the true divine meaning of the Shabad Sat Naam is that Sat is the Naam. The true divine meaning of the Shabad SatGur is that Sat is the Guru. The true divine meaning of the Shabad Sat Naam Shri Vahiguru is that Sat is Naam and this Sat is Dhan Dhan. The Shabad Vahiguru is the Mahima of Akal Purakh Ji and not the Naam.

Anything and everything that is changing with time is false and is an illusion of Maya and not Sat. This is the reason the Shabad Sat is in the lead, the true and more appropriate way to say is Shri Sat Naam Vahiguru. On a more practical note for those who have been meditating on the Shabad Vahiguru, we will humbly request them to start meditating on the Shabad Sat Naam and then see the difference. Those who do so with trust and faith, devotion and love are sure to succeed in their spiritual life.

## **Bow To The Divine Soul**

The one who has become Sat Saroop – which is a Puran Sant, a SatGur, a Puran Braham Gyani, or a Puran Khalsa, His Charans also become Sat. Therefore, the ones who just go and surrender completely at the Charans of such an entity, eventually become Sat Saroop themselves.

Another thing to understand about the humbleness and humility part of the divine wisdom is that when we are engaged in the Puran Bandgi process with the GurParsaad, please take it for granted that we have to fill up our Hirda with this divine quality of utmost humbleness and humility. Our humility level should reach so high that we become the Charan Dhool of the entire creation, that we become a servant of even a Bishta Kaa Kiraa and regard everything as being above us, whatever it may be.

Most people are living under the illusion that they don't have to bow to anyone. This is nothing but ego, the height of ego. GurBani is telling us to become so humble and full of humility that we become a slave of the entire creation, a servant of the entire creation, Charan Dhool of the entire creation and fill our Hirda with the mandatory divine quality of utmost humbleness and humility.

Many people are under the illusion that the Guru Sahibs said not to bow in front of anyone and only bow to Shri Guru Granth Sahib Ji. It is right to say that the Gurus never wanted us to bow to criminals and bad elements and that is an Eternal Truth. However, there is a difference in bowing in full humility to the entire creation and bowing to a specific criminal or bad element, or bowing to an untrue situation. Bowing here means bowing to the Sat, bowing to the eternally truthful elements. Meaning bowing to gain humbleness and humility and not bowing as a sign of giving in to bad and criminal elements.

Many people refuse to bow to a Puran Sant Puran Braham Gyani, a SatGur, a Bhagat, a Gurmukh, a Junn, a GurSikh, which is not right. Bowing to such entities is a GurParsaad, whereas bowing to bad and criminal elements is cowardly and caused by fear of them. Please remove this illusion from within yourself and work towards earning this excellent divine quality of filling your Hirda with the utmost humbleness and humility, which is the key to the Dargah.

Therefore, by surrendering completely at the Charans of the one who has become Sat by Himself, we will become Sat too. Make it an integral part of our Bandgi to just look at the Charans of the ones who are Sat and live at the Charans of those who are Sat. Whenever we meet such people who are Sat Saroop do Dandauth Bandhna to them. By doing so we earn the Punn Karam of the highest order according to the Shabad, “Kar sadhu anjuli punn wadda hai. Kar dandauth punn wadda hai.” By doing Dandauth to them all of your sins are washed away in the fraction of a second, your Hirda fills up with the Amrit and your inside is cleansed tremendously. Just do so and reap the rewards.

Some of you will ask, “where do we find a person who has become Sat?” The question is a legitimate one as it is very difficult to find a person who is Sat Saroop. However, the answer is very simple. For a start, whenever you go to the Gurdwara do Dandauth Bandhna (instead of the normal Matha Tekna) to Shri Guru Granth Sahib Ji and you will begin to reap the same rewards. Bear in mind that this is a very difficult thing to do as your ego comes to block you, but override this by killing the ego at any cost. Don’t worry about what people will say about it, just do it and reap the rewards of washing millions and millions of sins and cleanse your Hirda. This is a divine weapon to kill your Haumai and you are equipped with this weapon. Understanding this is a GurParsaad and you have been blessed with this understanding now. So save and enhance this eternal blessing by doing Dandauth to the Guru and fill up your Hirda with utmost humbleness and humility.

If anybody questions you just tell them to do the same and explain to them that the Shabad Guru GurBani wants us to do this Dandauth Bandhna to the Guru. This kind of bowing is not a bowing to the physical matter, which is nothing but Maya, but this bowing is a divine gift and it is done to the Sat Tat present everywhere and in everyone and this Sat Tat is the Guru Tat which is omnipresent.

## **Starting The Real Divine Worship**

This is just a glimpse of the Mahima of the Charans of the Sat Saroop. It is so profound that by doing so we become Sat Saroop too. The real divine worship starts with the complete surrender



at the Charans of the one who has become Sat Saroop. Let us look at the meaning of complete surrender. Complete surrender is giving, giving, giving and giving up everything at the Charans of such a Sat Saroop – a Puran Sant Puran Braham Gyani a SatGur, a Puran Khalsa with Tunn, Munn and Dhann. Giving up our self into the service of such an entity who is Sat Saroop.

Giving Tunn means doing Seva by giving at least one tenth of your time in the Seva of such an entity. The highest Seva of such a soul will be to dedicate yourself to Naam Simran as directed by Him and also whatever other Seva He tells you to do.

Giving Munn means leaving your own wisdom and worldly wisdom aside and to just follow the divine wisdom, the GurMat - GurBani and the words of the one to whom we have surrendered completely. Earning His words in your life on a daily basis will do wonders for your spiritual uplift. Consider the words of such an entity as Sat Bachans and just follow them with trust, faith, devotion and love on a continuous basis. By following these Sat Bachans you will for sure become Sat Saroop.

The third thing you need to surrender to your Guru is your Dhann by giving at least one tenth of your earnings to your Guru, to the Puran Sant you have surrendered to, to the Puran Braham Gyani whom you have surrendered to. Giving Dasvandh of your earnings moves you forward towards detachment and away from greed. Therefore, the real divine worship - Pooja, is the Pooja of the Sat and this Pooja starts with the complete surrender at the Charans of the Sat Saroop. This is the highest level of Seva and makes you a truthful servant of the Sat Saroop – and will eventually make you a Sat Saroop too. This is the GurParsaad of the highest order and is available only to those who worship Sat by completely surrendering themselves unconditionally with trust, faith, devotion and unconditional love.

## **Stay Aware Of Maya's Constant Tests**

When the Hirda is transformed and becomes a Sat Hirda under Puran Sachyari Rehat, then the Hirda is blessed with the GurParsaad of infinite trust, faith, devotion and love in the Gur and Guru. When this level of trust is reached then such a soul is blessed with the GurParsaad of the highest order which is Puran Tat Gyan. This is the highest level of the spirituality and the ones who reach this level are very fortunate and are saved by the divine infinite powers of Dhan Dhan Paar Braham Parmeshwar Ji. They never fall back into Maya. They are blessed with the GurParsaad of winning over Maya and reach Jivan Mukti. Until this happens there is always a possibility of slipping back into lower levels due to the tests given by Maya.

Until Bandgi reaches this Puran Stage we are under constant scrutiny by Akal Purakh through the tests of Maya. Until the Hirda is transformed into a Sat Hirda, there is always the possibility of slipping back. To be honest and upfront this happens very often. There are a lot of people who keep on falling back and going back and forth until they realize this super infinite divine level of spirituality. So watching your daily Karni is very important and you need to make sure that you don't commit any Asat Karams. This means that all of your Karni should be under the Sato aspect and not Rajo and Tamo aspects of Maya. Sato consciousness will eventually take you beyond Maya and your Hirda will be completely transformed and become a Sat Hirda.

## **Become Fearless**

Winning over Maya makes us fearless. Unless we win over Maya we can't become fearless and until we become fearless our Hirda can't be transformed completely to a Sat Hirda. Becoming fearless means becoming detached or freed from Moh. Fearlessness is nothing but getting relieved of the fear of losing our worldly possessions, including our relationships. Anything that is visible is Maya and the fear of losing any such thing that is visible is Moh and attachment. Fearlessness is freedom from this kind of attachment and becoming detached to all of these things which are being run by Maya. These are illusions, false and have no identity. These are just commodities that are given to us for living our life and will not go with us when our soul leaves the body. Our body is not even going to go with us. After death it will go back to the Panj Tat that it came from. Therefore, fearlessness is a divine quality of a very high order and without becoming fearless we can't defeat Maya and become a Sat Hirda.

Since God is Nirbhao, Fearless, we need to become fearless too in order to be one with Him. This is the way that will lead us to go beyond Maya and be one with the Almighty. It is a mandatory divine quality to become fearless. This divine quality along with other divine qualities transform our Hirda and make it into a Sat Hirda. When that happens then we merge with the Origin, the Creator, the super Infinite Divine Power of Dhan Dhan Paar Braham Pita Parmeshwar Ji. Therefore, transformation of your Hirda into a Sat Hirda is the key to success and this will make it a place for Sat to appear in all physical senses and get filled with all of the GurParsaadi divine qualities the super Infinite Divine Powers.

## **Become Innocent**

Trust, faith, devotion and love for the Gur and Guru makes this happen along with complete surrender to the Gur and Guru. It is so simple, yet people say it is very difficult to do, but look at it how simple it is to become a Sat Hirda. Just follow these divine words and you will reach the heights of the spiritual world and be one with the Master.

The Master is infinitely simple and the one who is infinitely innocent and simple becomes a candidate for merger into the Master without any complications. Our simplicity and innocence pave our way to be one with our Master. When we are simple and innocent then the Master Himself takes us through the Puran Bandgi process. The more we are away from innocence and simplicity, the more difficult is our journey to Sach Khand. The ones who are extremely innocent and simple are very fortunate ones and make this journey to the Sach Khand very easily.

## **Pay Attention To Katha Of A Sant**

God stands by the Thaakur Ka Sevak on a continuous basis. Whatever He does is under the Puran Hukam and is for the benefit for the ones who form His Sat Sangat. One thing we would like to say here regarding the Katha of a Puran Braham Gyani is that it is never planned as it is under the Puran Hukam of Akal Purakh Ji. So whatever comes out of the mouth of such a soul is

what is needed by the Sat Sangat sitting in His presence. Only those words will be delivered by Him which are needed to be learned and acted upon by the present Sat Sangat Ji. Therefore, whenever you go to such a Sat Sangat of a Puran Sant Puran Braham Gyani please pay attention to what He is saying and follow His words, this will do wonders for your spiritual life.

## **Do Simran In The Sangat Of A Sant**

Doing Naam Simran whilst sitting in the Sat Sangat of a Puran Sant our Simran is counted in the Dargah. So when we are sitting in the Sat Sangat of a Puran Sant then in addition to listening to His divine words, because those words are for us as well to follow, we should also concentrate on Naam Simran and realize the benefit of sitting in the Dargah.

## **Get A Glimpse Of God's Love**

The love between God and the Bhagat is infinite and is beyond description. This can only be experienced and not described. It is very simple to get a glimpse of this divine love. Just surrender completely at the Charans of a Sat Hirda and start to experience this divine love. This happens the moment our Hirda goes in to complete surrender mode. From this point onward our spiritual journey goes on a fast track and we have such spiritual experiences that we are not even able to describe. The spiritual realizations can't be described in words, these divine achievements can only be personally experienced.

## **Share Your Spiritual Experiences**

There is an incorrect belief in the minds of many people that by sharing their spiritual experiences with others they will lose their spiritual progress. It is true that we need to stay in utmost humbleness and humility, but there is no way that we will lose our spirituality by sharing our spiritual experiences with other people. However, we should not be boasting about our spiritual experiences and we should stay away from ego. However, by remaining in utmost humility and humbleness we can share our spiritual experiences in order to motivate others to get united with Naam and dedicate themselves with complete surrender to the Gur and Guru. This piece of divine wisdom shows that this is an incorrect belief and only an illusion and there is no truth in it.

## **Are You An Amrit Dhari?**

Many people who take Khande Batta Ki Pahul from the Panj Pyare go into a state of ego instead of going into humbleness. They think that they have become superior because they have become so called Amrit Dhari without knowing the real divine of being an Amrit Dhari.

In the real divine sense the Amrit Dhari is the one who has become a Sat Hirda and has reached the Puran Braham Gyan Stage, Puran Tat Gyan stage and has been blessed with the Param Padvi. A Puran Braham Gyani is an Amrit Dhari. A Puran Sant is an Amrit Dhari. A SatGur is an Amrit Dhari. Becoming an Amrit Dhari is the last stage of Puran Bandgi. The false sense of becoming an Amrit Dhari just by taking Khande Batta Ki Pahul has plagued the entire community. It is a dangerous illusion.

## **Don't Judge A Puran Sant**

The Mahima of such souls is beyond description, they can't be judged. Many people make the mistake of judging a Puran Sant and by doing so they create trouble for themselves. Many people become slanderers when they try to judge a Puran Sant and by doing so they invite a lot of trouble. Slandering of a Puran Sant is a heinous Dargahi crime of the highest order and results with all of the punishments described in Astpadi 13. Therefore, please always and forever keep in mind not to judge a Puran Sant and to never ever slander such a soul. In fact, slandering anybody or any part of the creation is bad. By slandering we wash the sins of the one who is being slandered. We basically clean the dirt of the one who is being slandered with our tongue.

## **Assess How Much You Have Surrendered**

Such a Puran Purakh has been called Sarabh Thok Ka Daata. This is the living God on Earth who has Infinite Divine Powers, who owns all of the eternal treasures and who becomes capable of giving us Jivan Mukti. The only thing is that we have to go into is complete surrender at His Charans. So please look at yourself and make a judgment as to where you stand as of now and work towards making this life meet its objective of achieving Jivan Mukti by achieving the GurParsaad.

## **Becoming A Sikh Of Guru Granth Sahib Ji**

Please keep note this very important Divine Truth, that just by doing Matha Tekna to Shri Guru Granth Sahib Ji you are not automatically accepted as a true disciple and you are not authorized to call it your Guru. In the real divine sense, Shri Guru Granth Sahib Ji will only become your Guru when and if you follow GurBani in your daily life by living according to the GurMat within it. Nothing less than that will make you a true disciple of the Guru. Doing GurBani in your daily life will make you a true disciple and not just by doing Matha Tekna or reading or listening to GurBani. Becoming GurBani by doing GurBani is the key to success and this is the only way to respect Shri Guru Granth Sahib as the Guru.

## **Stop Preaching Until You Are Authorised To Do So**

According to GurBani, only the ones who reach the Puran Awastha in the Puran Bandgi stage and are blessed by Dhan Dhan Paar Braham Pita Parmeshwar Ji to preach to the Sangat are

authorized to preach and not anybody else. The ones who become preachers without reaching the Puran Awastha are Dargahi criminals and don't do any good to anybody, but put the innocent Sangat in these kinds of illusions by their false preaching practices.

## **Ignore The Common Preachers and Just follow Gurbani**

God needs a Hirda to appear in as He is not born and never dies. The closest the Creator comes into the creation is by appearing in the Hirda that has become Sat. That is why God appears in the Hirda within the physical body of a Puran Sant Puran Braham Gyani, a SatGur, a Puran Khalsa. Please remove the incorrect phrase Dehdhari Guru from your mind and the incorrect preaching that is associated with it to prevent people from seeking out a Sant. Deh is never the Guru, but the Sat in the Hirda is the Guru.

SatGur Pancham Patshah Ji is very kindly giving us the divine wisdom to follow these souls. The Sangat of such souls is called Sat Sangat. In their Sat Sangat we become a Sat Roop. Our Hirda becomes a Sat Hirda. Our Hirda becomes a Sant Hirda. Following these souls means complete surrender with Tunn, Munn and Dhann at their Charans with complete trust, faith, devotion and love. By doing so, we pave a path for our self to Jivan Mukti. The ones who do so achieve Jivan Mukti. Therefore, please open up the closed minds and use your common sense to follow the Shabad Guru and not just what is being preached by those who are not even authorized by God. Just do what GurBani is telling you to do and realize the unimaginable benefits. Just do it and see what happens inside you. We promise you that when you do GurBani in your daily life you will for sure become whatever GurBani says. To be more explicit you will become the Mahima of Akal Purakh.

## **Watching 5 Thieves And Desires**

Dhan Dhan SatGur Sachey Patshah Ji, Shri Guru Arjun Dev Ji Maharaj, is very kindly continuing to giving us these divine and priceless jewels of Puran Braham Gyan about the Mahima of Naam, Mahima of Puran Bandgi, Mahima of a Sant and above all the Mahima of Dhan Dhan Paar Braham Pita Parmeshwar Ji.

Any divine wisdom that comes from a SatGur is Puran Braham Gyan. Any divine wisdom that comes from a Puran Sant is the Puran Braham Gyan. Any divine words that come from a Puran Braham Gyani is Puran Braham Gyan. Any divine Shabads that are recited by a Puran Khalsa are Puran Braham Gyan. These divine words are the word of God. These words are GurParsaad, are Sat and will come true when followed with Sachee Shardha, Sachee Preet and Sacha Vishvaas. This is a Divine Truth, so when we follow these divine words and do whatever they tell us to do then the rewards are unimaginable.

SatGuru Ji is telling us the Mahima of Naam Dhann and of collecting Naam Dhann, which is the real divine treasure. This is the only divine treasure that goes with us when we leave this physical body or when our physical body's death comes. The collection of Naam Dhann

diminishes all of our sins. Our Hirda is washed with this Amrit of Naam Dhann and our mind is cleansed of our mental sicknesses.

These mental sicknesses are chronic in nature and have been responsible for making our mind and Hirda full of the scum of Maya's Rajo and Tamo aspects. An ordinary person is drenched in this scum. This scum is like quick sand as it doesn't let him come out, but keeps pulling him under the more he tries to escape. These chronic sicknesses are the Panj Doots and desires.

The Panj Doots and desires govern the life of an ordinary person. An ordinary person is so weak minded that he lets his mind operate under the influence of these rulers. Yes, the Panj Doots and desires rule over you and you do whatever they tell you. In this way they are your real Gurus. Following the Panj Doots and desires is like drinking the poison of Maya. That is why, due to constant drinking of these poisons of Maya, your mind and Hirda have become chronically sick.

Many people think that Maya is just money. This is a dangerous illusion as Maya is not money, but the desire for money is. There are three aspects of Maya. The first one is Tamo and includes Kaam, Krodh, Lobh, Moh and Ahankaar. The second one is Rajo and includes Asa, Trishna, Mansha – desires. The third one is Sato. This is connected with Sat Karams such as Daya, Dharam, Santokh and Sanjam.

If you watch your daily deeds and analyze them in light of this divine wisdom, you will find that all of your deeds fall under these aspects of Maya. Many people wonder how their deeds are influenced by Maya. Let us look at it more closely. Starting with Kaam. When you see an attractive person and your mind develops a lustful thought, then this means that your mind has been overpowered by the Doot of Kaam. Regardless of if you actually put that lustful thought into action or not, your mind does get effected by that thought. This lustful thought is considered as a sin in Divinity. A sin committed by your mind. But, if you then physically indulge in the lustful act then that is a sin committed with your mind and with all of your five senses and your body. This is defined as a criminal act, an Asat Karam, both on the part of your mind and your body. It is recorded as a sin in your account and becomes the basis for your future destiny. Continued lustful behavior like this makes you a slave of the Doot of Kaam and forces you to repeat your lustful behavior on a daily basis resulting in a mental disorder leading to a chronic condition of your mind which makes you a habitual offender.

Let us consider the Doot of Krodh. Most of you suffer from this mental sickness. Just watch your daily deeds and see how many times in a day you become angry or lose your temper. Many times your behavior shows anger hence you are being attacked by this Doot of Krodh. Continued behavior with anger on a daily basis makes you a habitual offender and over a period of time you do become a slave of the Doot of Krodh. This again becomes a chronic mental sickness with the passage of time.

Lobh means greed and any deeds performed under the influence of greed are also called Asat Karams. When you watch your daily deeds and conduct a self evaluation you are able to figure out how many times during a day your behavior was controlled by this Doot of Lobh. Collection of money or worldly possessions beyond your needs is called Lobh. This kind of behavior is a constant thing in your daily lives. You consistently and constantly keep on working to collect

money and worldly things thinking that you need them in future, without really even knowing what will happen in future. Many of you justify it by saying, “we are doing it for the children.” This collection of money and worldly possessions and property is carried out by fair or foul means and reflects a greedy behavior. A life spent in this struggle and constant manipulations definitely make you a slave of this Doot and leads to this chronic mental sickness which we call Lobh.

The next more powerful Doot is Moh. This means attachment with relationships, money, worldly possessions and properties. Attachment is due to the fear of losing these relationships, properties and possessions. If you look deep within and ask, “am I suffering from the fear of losing?” You find that yes, I am constantly living in the fear of losing something or the other. This fear of losing is called attachment or Moh. This constant fear of losing makes you mentally sick. This is another chronic condition and you become a slave of the Doot of Moh.

The next Doot is the most dangerous one, Ahankaar. This means ego, which is also called Haumai in GurBani. The Doots of Krodh and Ahankaar complement each other. Whenever ego gets hurt you become angry, or whenever you are angry your ego is being hurt. This ego physically means “me, my and mine” which leads you to believe that you are just a physical body and not a soul. Your belief is that everything that happens to you, your family and around you is due to you. Therefore, whenever somebody goes against your thinking, doing or desires, your ego is hurt and you retaliate with anger.

If you watch your daily life closely you will find that your ego gets hurt on a very frequent basis. This repeated hurt to your ego makes it even more egotistic and you indulge in other silly behaviors to prove your view points. This consistent and continued egoistical behavior makes you a slave of the Doot of Ahankaar which leads to this chronic condition which makes you mentally sick with ego.

In this way, all of the Panj Doots rule your mind and your physical senses on a constant and consistent basis. They make you really mentally sick as you are continuously working under their directions. Therefore, these Panj Doots become your Gurus.

If you also look at desires, you will find that you are always surrounded by a never ending stream of desires and you constantly keep on working to meet your desires by fair or foul means. Basically, your mind is burning in the fire of desires, a continuous stream of desires. When one desire is fulfilled then you feel happy, but this happiness is short lived as more desires are born and when one is not fulfilled then you are disappointed. A continued stream of disappointments leads your mind into depression and this depression becomes a chronic disease for you. These Rajo and Tamo aspects of Maya are called the “Bikhi-aa saglee,” the poison that you drink every day and on a constant basis and by doing so you are filled with this poison and absorbed in this poison. This poisonous behavior carves your future destiny accordingly.

When the soul leaves the body then it carries the weight of these poisonous deeds and you continue to carry this poison for an indefinite period of time, until you are blessed with the GurParsaad of Naam, Naam Simran, Naam Ki Kamai, Puran Bandgi and Seva.

How do you achieve this GurParsaad? This GurParsaad is achieved by focusing on the third aspect of Maya and that is Sato. When you do so then you start to neutralize the effect of your Asat Karams and start collecting Sat Karams. When your Sat Karams reach a level where they out weigh the Asat Karams then a time comes when you are blessed with the GurParsaad of Naam, Naam Simran, Naam Ki Kamai, Puran Bandgi and Seva.

The collection of Sat Karams is accelerated when you start watching your daily deeds and start to eliminate the Asat Karams performed under the Rajo and Tamo aspects of Maya. Therefore, Sat Karams lead your way to the GurParsaad of Amrit. However, leaving yourself at the mercy of the Rajo and Tamo aspects keeps you drinking the dangerous poison of Kaam, Krodh, Lobh, Moh, Ahankaar and keeps you burning in the fire of desires.

The Amrit will cure you from these chronic mental sicknesses. It will take out all of the poison and fill your mind and Hirda with Infinite Divine Power. It will lead you to making your soul weightless and hence, achieve Jivan Mukti. Whereas drinking the poison of Rajo and Sato aspects and living a life as a slave of the Panj Doots will keep you doing the same behavior until the time you start focusing on the Sato aspect of Maya. Therefore, leaving the slavery of Rajo and Sato aspects and focusing on Sato deeds will pave your way to the GurParsaad and that is what you are being told to do in this divine Shabad.

## **The Way To Get Out Of Recognition**

An ordinary person is always looking for happiness under the illusion that his worldly achievements will bring him happiness. In this pursuit he keeps on working day and night to achieve recognition as well as happiness. These deeds may be doing good to others, helping others, or serving the society or the humanity in general. And by doing so every one keeps on finding happiness in their daily life in whatever we do. They constantly keep on trying to win praise among society, family and friends. All such deeds that they perform in daily life for winning praise and recognition amongst other people, are performed due to ego. If they get recognition and praise then they feel good and happy, but when that doesn't happen they get angry and disappointed. They get angry and disappointed because ego is hurt. All this is done to satisfy their ego and how can satisfaction of ego bring happiness to them? The happiness they feel is short lived and after that again the same story begins. Therefore, if we are looking for an everlasting divine happiness and divine respect then there is only one way and that is to dedicate our self to the Sat Charans of a Puran Sant and pray for the GurParsaad of Naam, Naam Simran, Naam Ki Kamai, Puran Bandgi and Seva. When we completely surrender our self at the Sat Charans of a Puran Sant then there is no way that we will not be blessed with the GurParsaad. Our trust, faith, devotion and love will reward us this eternal divine peace and happiness.

## **Make Friends With Your Mind**

Make friends with the mind. By making friends with the mind we are able to stop it from thinking negatively which then allows us to focus on devotion and Bandgi. As long as our mind is involved in negative thinking it is not doing us any good. When our mind becomes our friend



then it will start listening to us as a soul and we become able to focus more and more on Bandgi. As long as our mind is indulging in negative thinking and wrong doings it is our enemy as its actions are hurting us. As we don't want our mind to be our enemy, friendship with our mind is a good deal, it will benefit us tremendously.

When our mind goes into devotion and Bandgi then it is basically, replaced by Naam and divine Jyot and so it is purified completely. The same purification process works for all of our senses and Hirda. Slowly the entire body is corrected by Amrit and becomes a Kanchan Dehi.

## **Beating Haumai**

Haumai makes you believe that you do everything yourself and there is no Karta Purakh. Basically, Haumai is responsible for your separation from the Almighty. Haumai is responsible for keeping us reincarnating through the cycle of death and birth.

The most important divine power and divine quality that will kill your Haumai is humility and humbleness and your trust that:-

- everything that happens or is done is in Hukam or according to the will of God,
- there is only one Doer,
- everything is done by the Infinite Divine Power, and
- this Infinite Divine Power is the Creator and operator of every creation.

Our Hirda will be filled with humbleness and humility by:-

- doing Dandauth to the Guru and the Sangat,
- by dusting the shoes of Sangat and applying this dust to our forehead,
- by considering our self as the lowest of the low,
- by calling our self, "Neechan key att neech" – lowest of the low,
- by calling our self a Loon Harami, (traitor – God has given us everything and we turn our backs to Him – we have tasted his salt but deny Him.),
- by considering everything above us.

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Becoming Sagal Ki Reena means becoming the Charan Dhool of the entire creation. It is the key to fill our Hirda with this divine power of humility and humbleness. Focusing on the Mahima of Akal Purakh will kill our Haumai. The highest level of Mahima of Akal Purakh is in doing His Naam Simran. Therefore, please dedicate to this highest service of Akal Purakh and focus all of your energies on Naam Simran. This paves our way to kill your Haumai and fill your Hirda with the divine power of humility and humbleness and makes you Sagal Ki Reena – Charan Dhool of the entire creation. Include this in your daily Ardas to God, "Please make me Sagal Ki Reena. Please make me the Charan Dhool of the entire creation. Please make me the slave of the entire creation. Please make me the slave of even Bishta Kaa Kiraa." This prayer will clean our Hirda

and head. This prayer will fill them with humility and humbleness and we are saved from drinking this poison of Haumai on a daily basis.

## **Become A Beggar**

Becoming a beggar at the Sat Charans of a Sadhu is the key to achieving GurParsaad. Sat Charans of a Sadhu are the source of Amrit. That is why surrendering at the Sat Charans of a Sadhu cleanses our mind and Hirda and makes it eligible for retaining the Amrit. Filling our mind and Hirda with utmost humility and humbleness and becoming a Bhikhari (beggar) at the Sat Charans of a Sadhu brings Amrit inside us. Whenever we get a chance to do so, please kiss the feet of a Puran Sant. Clean His Charans with our beard or hair. Take the dust of His shoes and put it on our forehead. Take a bath with the dust of His feet mixed in the water.

It is a Divine Truth that the Sat Charans of a Sadhu have infinite Parkash and by dedicating our self at His Sat Charans brings Gareebi into our Hirda. This humility and humbleness brings Amrit inside us even without doing anything else. Humbleness and humility enhance our innocence and this innocence wins us the Amrit and our mind goes into instantaneous Naam Simran – Ajapa Jaap.

Wherever there is a Puran Sant sitting, take it for granted that that place is no less than the Dargah and there is a continuous shower of Amrit available under His Chattar. Our trust, devotion and love for a Sadhu brings us GurParsaad and fills our Hirda with Amrit and the divine qualities.

## **Pray At The Feet Of The Sadhu**

Praying at the Sat Charans of a Sadhu brings us the GurParsaad of Naam, Naam Simran, Naam Ki Kamai, Puran Bandgi and Seva and paves our way to Sach Khand. When our trust, devotion and love cross the fine line and our Hirda goes into Bairaag then we achieve GurParsaad. When we go into Naam Simran with GurParsaad then our Hirda begins to transform. Depending upon our level of dedication and surrender, our Hirda fills up with the divine qualities of a Suhaagan and we become a Suhaagan.

## **Receive GurParsaad And Go To Puran Awastha**

The ones who achieve GurParsaad and focus on Naam Simran and Naam Ki Kamai achieve Puran Awastha (Supreme Status). Param Padvi is the Puran Awastha (State of Perfection). Puran Awastha is also called Atal Awastha (Totally Stable State). The ones who lose the GurParsaad do so because their trust is there only as long as it is not shaken by any doubts, illusions or delusions. As soon as they allow their trust to be shaken, it means there is no trust and that is the reason for them falling back. But, when we reach the Puran Awastha then our trust is Puran too and will never be shaken no matter what happens around us. This trust allows us to cross all limits and become infinite. Our infinite trust makes us a winner. This trust is

Bandgi. Devotion is Bandgi and love is Bandgi. As long as our trust, devotion and love for the Guru is there we are progressing in Bandgi, as soon as our trust is shaken, our devotion and love will also be shaken and blocks our progress in Bandgi. So please be careful and never let your trust in your Guru be shaken. Just keep on enhancing it until it reaches that level when you are blessed with Puran Tat Gyan. Once you reach that level in your Bandgi then you can never fall back. That is called Atal Awastha. Our trust for our Guru is Atal, our devotion for Guru is Atal, our love for Guru is Atal.

## **Feel The Thirst And Follow The Inner Hukam To Gain GurParsaad**

When we go into the Sat Sangat of a Puran Purakh we feel the spiritual thirst. We feel the divine thirst to meet God, the divine thirst to see God, the divine thirst to realize God completely and to become one with Him. This divine thirst is called Chao, the divine excitement that we feel within our self. When this Chao is felt by us then we feel like dedicating our self at the Charan Sharan of the Puran Purakh. We feel like giving up everything at the Charans of this Puran Purakh. We feel like giving our Tunn, Munn and Dhann at the Charans of this Puran Purakh. All of these are divine signs that now we are ready for GurParsaad. Then our trust, devotion and love for this Puran Purakh awakens within us. When this divine feeling comes inside us then seize that moment and act upon that feeling. If we do so then we are blessed with GurParsaad. We should take full and complete advantage of this Chao and do what our inside is telling us to do. That is our inner Hukam.

Our inner Hukam is the Hukam which our inner Jyot is telling us to do. We are being offered an opportunity to board the divine boat to Eternity and we should not miss this divine boat. The Guru is the divine boat to the Dargah, and the ones who board this divine boat are ferried across to the Dargah. The ones who miss this boat are left back to wander in the wilderness of Maya. The ones who board this divine boat are blessed with GurParsaad. This divine boat is GurParsaad, this divine boat is the Chattar of a Puran Purakh, which will save us from every attack of Maya during our Bandgi process and will take us all of the way through to the Puran Awastha.

## **Believe In GurBani 100%**

Bharams give birth to negative questions in your mind. Questions about the validity of GurMat and the Gur and Guru. Living in Bharams means the mind starts to question what your Puran Sant is telling you to do. The mind questions the divine words of your Puran Sant Puran Braham Gyani. All of these negative thoughts lead you further into the wilderness of Bharams, illusions and delusions until you become completely lost. The lost ones don't believe that GurBani is the Eternal Truth. They question the validity of what is written in GurBani and remain far from the Divine Truth.

However, as soon as our Bharams, illusions and delusions are washed away we come out of duality and all of our questions are answered from within and our mind goes into complete

peace. The end of Bharams, illusions, delusions and Dubidha is achieved by GurParsaad. With this GurParsaad our own wisdom - MunnMat, Sansarik Mat and DurMat is replaced by GurMat.

## **Do A Daily Self Assessment**

It doesn't take any complex study to figure out how you are performing in your day to day deeds. Just focus for a few minutes at the end of the day on what you did. What was positive and what was negative. Keep in mind that all of your deeds are being watched and are graded by the divine power within yourself. This kind of daily analysis will give you the opportunity to reflect upon your deeds and allow you to focus more and more on truthful deeds. You can at least be truthful with yourself and do a truthful analysis of your own deeds. You don't need to tell anybody else if you don't want to. However, accepting your misdeeds at the Charan Sharan of a Puran Purakh and His Sat Sangat will do wonders for your Hirda. Your Hirda will be cleansed instantaneously. It does require a lot of courage to do so, but if you do this then the rewards will be unbelievable. Just do it and enjoy the divine blessings.

However, the reality is that very few come forward to do so. This is nothing but ego. Your ego won't let you accept your misdeeds at the Charan Sharan of a Puran Purakh and His Sat Sangat.

However, these are the practical things that GurBani tells us to do, which admittedly are very hard to do, but if done then they do bring instantaneous rewards in terms of spiritual cleansing. Since it is only a few rare souls that do so that is why GurBani says that there is only one in tens of millions who will be able to achieve the GurParsaad and become one with Almighty.

## **Seeing The Light**

Surrendering completely with Tunn, Munn and Dhann at the Sat Charans of a Sadh ignites the Jyot inside us. Our birth in the human life is due to this Jyot, which is inside us. In a normal person this Jyot is hidden within and is kept like that due to the influence of Maya – Panj Doots and Trishna. This Jyot comes to the forefront only when we go beyond Maya – then it takes over and appears as Param Jyot Puran Parkash.

Working under the influence of Panj Doots and Trishna your body has become so corrupted that the Jyot doesn't want to appear as per the command of the Infinite Divine Power, the divine laws. For the Jyot to appear in within you, you need to be cleansed and purified.

When we go at the Charan Sharan of a Sadh then we are blessed with GurParsaad and this GurParsaad – which is the Infinite Divine Power cleans us up from inside and purifies us from inside to make a place for this Jyot to appear. Washing the Charans of a Sadh will ignite this Jyot inside us. Drinking the water after washing the Charans of a Sadh will do wonders to our spiritual life. Taking a bath with the Charan Dhool of a Sadh will clean us from inside and will purify our mind, soul, Hirda and body. All of our sins are washed away, all of our bad deeds are pardoned. All of our misdoings are forgiven. All this contributes to the transformation of our mind and Hirda. Our mind and Hirda is then filled with the Puran Parkash.

Please be sure to understand that when we say Parkash we really physically see this Parkash, it is not just said in GurBani, it happens to us physically and our body is filled with this divine Jyot and Parkash and we can physically see this Divine Light. Therefore, please do what GurBani is telling us to do and enjoy everything that GurBani says will happen to us. All this really happens, it is not any illusion, it is a Divine Truth.

## **Forgive And Be Forgiven**

Forgiveness is one of His divine qualities. Once we turn our life around towards the Gur and Guru and give up everything at their Sat Charans then all of our misdeeds from this life and all previous lives will be forgiven. All of our sins from this life and all previous lives are forgiven instantaneously. Our spiritual progress is directly proportional to how much we surrender to the Gur and Guru. Forgiveness is one of the Infinite Divine Powers as there is no end to His limits of forgiveness. Basically, He forgives anything and everything that is even beyond our imagination. In fact, He doesn't look at our bad qualities at all - Awgun. All He looks at is how much dedication we have towards the Gur and Guru. How much we have given up at the Charan Sharan of the Gur and Guru and we are rewarded accordingly in terms of our spiritual progress.

In the same way He would like us to fill up our Hirda with this divine quality of forgiveness. He doesn't want us to look at anybody's bad qualities and bad Karni. So if anybody does anything wrong to us, just forgive them. There is no limit to forgiveness. No matter what kind of crime, we should be able to forgive the criminal. We should only be looking at how we can do good to others and not retaliate in the same way if somebody does anything harmful to us. Anybody who does so will have to bear its fruits according to his Karni, but we should not build our destiny by getting involved in negative deeds. Therefore, forgiveness is the best thing to do. In this way we build our good destiny and we avoid generating another bad Karam to be reaped in future. We want to end our Karams and this is how we can do it. So always be forgiving to whatever may happen around you or to you and fill up your Hirda with this divine quality of forgiveness

## **Beat Haumai**

Aad Purakh means the Primal Being, the One who is the Origin of every creation. The creation is called the creation because of the Creator, Kartar. He is the only Doer, Karta Purakh. Look at this divine quality of being Karta Purakh. The ones who focus on this divine quality are blessed with killing their Haumai. The ones who find it difficult to fight with their ego and Ahankaar, or the ones who have too much Haumai, we request them to focus on "Sat Naam Karta Purakh" Simran. This Simran will kill their Haumai and will fill their Hirda with Gareebi Ves – utmost humility and humbleness.

## **Ardas To Become Puneet – Purified**

To become Puneet, purified, so that God can live in you on a continuous basis, and accept you as His Bhagat, this should be your Ardas at every moment. This Ardas will do wonders for you. This is our divine promise to you:-

“We are ignorant fools, lowest of the low, Loonharami (traitor), Gunehgaar (great offender), Nirguniaar (of no good qualities). We are Maha Pakhandi (great hypocrite), Maha Paapi (great sinner), Maha Kaami (full of lust), Maha Lobhi (full of greed), Maha Mohi (full of attachment), Maha Ahankaari (full of ego) and we have come to Your Charan Sharan (Holy feet shelter) with pressed palms and with Kottan Kot Dandauth (countless prostrations) at Your Pawan Charans (pure holy feet).

We dedicate our Tunn (body), Munn (mind) and Dhann (wealth) at Your Sat Charans (feet of Truth). Please help us. Please show us the right path. Please take us under Your Charan Sharan. Please accept us under Your divine Chattar (aura). Please forgive us for our misdoings and sins. We will follow Your divine words from now onwards and will live the way You want us to live. We will do what You want us to do. Please bless us with Your GurParsaad and accept us as Your Suhaagan (happy wife).”

## **Can't Concentrate, Cant Sit For Long?**

Many people complain that they are not able to focus on Naam Simran and that they can't sit very long for Naam Simran. The basic reason for their inability to focus on Naam Simran is their lack of dedication, lack of complete surrender, lack of trust, lack of devotion and love for the Guru. Bandgi is very simple and easy - just give up everything at the Charan Sharan of the Guru and Guru will take care of the rest.

We humbly request at the Charans of those who complain about very little or no spiritual progress despite them living a very religious life for a long time, to dedicate themselves at the Charan Sharan of the Guru in a practical way,. Giving Tunn means dedicating yourself to Seva with your physical body such as long sessions of Naam Simran. Giving Munn means literally following the words of the Guru and giving Dhann means giving one tenth of your earnings at the Charans of the Guru. All of this should be backed with trust, devotion and love for the Guru and if you do so then there is no negative power that is powerful enough to stop you from being blessed with the GurParsaad.

## **Bringing Up Children**

We have been born in this human life with the divine Jyot inside us and this divine Jyot is the Infinite Divine Power. Our body is being run by this Jyot and this Jyot has been placed by God Himself inside our Hirda. When we are born we are free, then, why would we chose to live as a slave of Maya? It is a Divine Truth that when a child is born, all his Bajjar Kapaats are open. All of his Sat Sarovars are enlightened and Dassam Dwaar is open. The body of a new born is

filled with Amrit. But, as the child grows, he tastes Maya and starts to like Maya due to the influence of Maya on the family and slowly becomes a slave of Maya himself. If this new born child can be kept away from the influence of Maya then as he grows he will become a Puran Braham Gyani for sure. However, it is practically very difficult to keep a child away from the influence of Maya, but at least parents can themselves focus on Sat Ki Karni so that the child will also engage in Sat Ki Karni and Maya will have minimal effect. As he grows it will be easier for Him to focus on Naam, Naam Simran and Naam Ki Kamai. By playing Kirtan close to a new born and as they grow up focusing them on Naam Simran, Naam Ki Kamai and Bandgi will help them to stay close to God.

## **Bringing Up Children**

We have been born in this human life with the divine Jyot inside us and this divine Jyot is the Infinite Divine Power. Our body is being run by this Jyot and this Jyot has been placed by God Himself inside our Hirda. When we are born we are free, then, why would we chose to live as a slave of Maya? It is a Divine Truth that when a child is born, all his Bajjar Kapaats are open. All of his Sat Sarovars are enlightened and Dassam Dwaar is open. The body of a new born is filled with Amrit. But, as the child grows, he tastes Maya and starts to like Maya due to the influence of Maya on the family and slowly becomes a slave of Maya himself. If this new born child can be kept away from the influence of Maya then as he grows he will become a Puran Braham Gyani for sure. However, it is practically very difficult to keep a child away from the influence of Maya, but at least parents can themselves focus on Sat Ki Karni so that the child will also engage in Sat Ki Karni and Maya will have minimal effect. As he grows it will be easier for Him to focus on Naam, Naam Simran and Naam Ki Kamai. By playing Kirtan close to a new born and as they grow up focusing them on Naam Simran, Naam Ki Kamai and Bandgi will help them to stay close to God.

## **Stop Doing Fraud**

When this Infinite Divine Power is inside us and is keeping us operating, when this Infinite Divine Power is present everywhere, then who are you deceiving or cheating or being fraudulent with? When you cheat, deceive or do any kind of fraud you are doing it to this Infinite Divine Power. You are not doing it to anybody else, but to God Himself. So please think for a second, are you so crazy that you will try to cheat, deceive or do fraud with God?

By cheating, deceiving or doing fraud you are only hurting yourself. But, when our Nirgun and Sargun becomes one and the Infinite Divine Power takes over, then we are saved from cheating, deceiving, or being fraudulent to anybody anywhere. This Infinite Divine Power is the Jyot inside us which gives life to our body, which runs our heart, which runs our breathing process, which is running the blood inside our body.

## **Why Does God Punish Me?**

People frequently start complaining when things go wrong for them. When they are in trouble they start complaining. Whenever they are in pain and sorrow they go into the mode of complaining. This complaining is to God. They ask, “why did God do this to me?” They think that they have never done anything wrong to anyone and further complain, “what did I do wrong for which God is now punishing me?” This is a normal part of people’s behaviour to think that they never do anything wrong to anybody. However, when they critically analyse their behavior, they find that they have done and still do many wrong things, some of which are harmful to others.

According to the divine laws our destiny is based on our own Karni. It may be our past Karni in this life or our Karni from our previous lives. Our Karni carves our own destiny. In this way, we are responsible for our own destiny, we write our own destiny. Therefore, people must have done something stupid or wrong for which they have to pay now in the form of problems, pains, sorrows, mental and physical sicknesses and so on.

As we are responsible for our own Karni and for our own destiny then where is the question of anybody doing anything wrong to us? And how can God do anything wrong to us? All He wants us to do is to understand that whatever we sow so shall we reap and focus our Karni accordingly.

At the same time He is infinitely kind and forgiving. He doesn’t even look at your sins and bad deeds and is constantly waiting for you to come back to Him and as soon as you do come back to Him He forgives you instantly. He forgives you for all of your sins and bad deeds and accepts you as His Suhaagan. The thing that everyone needs to understand is that He is the divine law maker and all He wants us to do is to follow His divine laws and lead our life accordingly. GurMat is His constitution and all He wants us to do is follow the divine laws written in His constitution. His kingdom is managed by His constitution, which is called GurMat – the divine wisdom. Following GurMat keep us out of trouble. His constitution is based on the Truth, His constitution is Sat. So how can He do anything bad to anyone? He is Nirvair – no animosity with anybody. His love for us and for every creation is infinite. Nothing can challenge His love for us and mind it His love is unconditional.

## **Recognise Who Is Doing Naam Simran?**

Whilst doing Naam Simran you may have ego that it is you doing it. But, guess who is really doing the Naam Simran? Who is sitting inside your body in the real divine sense doing Naam Simran? When your breath is not in your body’s control, when your blood circulation is not in your body’s control, then how can it be you doing Naam Simran? You are being controlled by your breath and your blood circulation. And your blood and breath is being run by the Infinite Divine Power. So is “your” Naam Simran not being run by this Infinite Divine Power as well? Therefore, “your” body is in existence due to this Infinite Divine Power only and whatever you think “your” body performs is actually being performed by this Infinite Divine Power only.



## **What Happens On Getting The Sangat Of A Sant?**

When we are blessed with the Sat Sangat of such a Maha Purakh then our mind and Hirda goes into peace.

- 1) For some people, just having their Darshan brings GurParsaad and they go into Samadhi instantaneously.
- 2) Others are blessed with the GurParsaad and Naam goes into their mind right away.
- 3) Just having their Darshan others are motivated to focus on Naam Simran.

## **Why Haven't I Progressed In Spirituality?**

There are many people who ask, "we do a lot of Naam Simran and Seva and have been doing so for a long time, but we are still not experiencing anything spiritual. Our mind is still wandering. Why is there is no peace?"

The answer is very simple. Just ask yourself, "have I dedicated myself to Puran Bandgi? Have I completely surrendered myself at the Sat Charans of my Guru? Have I given my Tunn, Munn and Dhann to the Guru with trust, devotion and love?"

If the answer to these questions is yes, then you are well on the way to success in your spiritual life and just need to keep on going, surrendering every last thought. However, if the answer is no, then that is what is lacking in your Bandgi and that is what you need to do to achieve Puran Bandgi.

Surrender of Tunn means Seva and Simran. This is the first part of Puran Bandgi and is a mandatory divine law governing the process of Puran Bandgi. Using Tunn for Simran means giving one tenth of our time to do Naam Simran every day – at least 2.5 hours at Amrit Vela. Naam Simran is the highest Seva of Akal Purakh. Naam Simran focuses our Surat and Hirda on Naam and takes us into Samadhi and Sunn Samadhi. It brings stability to our mind and eventually complete silence when the mind is eliminated. During the process Naam takes over our mind, Hirda and then the entire body. Then when Naam travels to our Rom Rom all of our Bajjar Kapaats open. All of our Sat Sarovars are enlightened and activated resulting in a continuous flow of Amrit inside our body. Our Kundalini Shakti is awakened and our entire body – Suksham Dehi goes through the correction process by elimination of the Panj Doots. Surrender of Munn is to follow the Guru's words literally as a Sat Bachan with trust, devotion and unconditional love. Unconditional love is love without any demands. Love with demands is not Bandgi. Love with demands becomes conditional. Love with demands becomes a business and not Bandgi. So accept the Guru's words as Sat Bachans without any questions, doubts or illusions. The day when all of our questions are answered, or our mind is all cleared of all of the questions, and also our mind is cleared of all of the doubts and illusions, we are placed with the GurParsaad into the Karam Khand of our Bandgi. This is the fourth stage out of five of Bandgi process.

According to Jap Ji Bani, Dhan Dhan SatGur Nirankaar Roop Nanak Dev Ji Maharaj has blessed us all with this divine wisdom which tells us that these five Khands are Dharam Khand, Gyan Khand, Saram Khand, Karam Khand and Sach Khand. Not following the Sat Bachans of the Guru is the main reason for no spiritual success for almost the entire population engaged in this process. We need to have full and complete faith, commitment, trust, devotion and love towards our Guru's words.

If we don't have that and don't follow the Guru's words then how can we expect to make progress on this path to Eternity? Not following the Guru's words means not following the GurMat. Not following the GurMat means following the self wisdom or worldly wisdom, which is not going to bring us any divine awards. Hence, we have to completely leave our own wisdom and worldly wisdom aside and adopt the divine wisdom – GurMat in all of our actions and deeds. Only then are we able to focus on Sat Ki Karni which then makes us compliant with giving our Munn to the Guru. Giving our Munn to the Guru is the second part of Puran Bandgi – which is a mandatory divine law for achieving Totality and achieving Puran Bandgi.

The next and the last part of Puran Bandgi is giving our Dhann to the Guru – which means giving at least one tenth of our net earnings to the Guru – actually God asks us to surrender ALL of our mind, body and wealth. This is also a mandatory divine law. However, the Guru is very kind and He has given us all this concession by asking us to give only one tenth of our time and money. When we give one tenth of our time and money to the Guru, He supplements it with the remaining 90 percent from His own treasures. So giving 10 percent and achieving a reward of 100 percent is not a bad deal at all, just think it over!

At the same time please think for a second, what would happen if we gave more than 10 percent? Our Guru's promise is to supplement our donations according to this divine law? However, that is a rare soul who gives more. On the contrary, we have seen and physically experienced that for the majority of people, it is the most difficult thing to part with money. So people don't give Dasvandh to their Guru in accordance with this mandatory divine law of Puran Bandgi.

There are some people who do give 10 percent of their time to the Guru, but don't give their Munn and Dhann to the Guru. That is why their spiritual success is limited. Giving our Munn is the most important thing to give to the Guru. If we give our Munn to the Guru then we are bound to give our Tunn and Dhann to the Guru by itself. Giving Munn to the Guru blesses us with the divine wisdom of following the Guru's words and we are blessed to follow the GurMat. Following the GurMat we are blessed with the divine wisdom about the importance of giving Tunn and Dhann to the Guru and then we are able to completely surrender to our Guru. So, if you are finding it difficult to surrender to the Guru completely, giving your Munn to the Guru is the best way to start. This will automatically take you to the complete surrender and enable you to go into Puran Bandgi.

## **Give Up Using Techniques For Naam Simran**

Some preachers tell people to practice Naam Simran whilst inhaling and exhaling the breath. This is nothing more than a mechanical process. Without achieving GurParsaad, no matter what techniques we use, we are never be able to achieve Naam Simran with every breath. Naam Simran with every breath doesn't mean that we have to physically repeat Naam with every breath of ours. Naam Simran with every breath means a continuous Naam Simran, non-stop round-the-clock which is called Ajapa Jaap. When Naam goes into the Surat, Hirda and Rom Rom then there is a non-stop recitation of Naam by every bit of our body. This is how we achieve the stage of, "Saas saas simrahu gobind." It is not achieved by mechanically repeating Naam while inhaling and exhaling for a certain period of time.

Such preachers then say that by doing Naam Simran in this mechanical fashion, eventually Naam will go into the Surat. This is also incorrect. This is the reason why there is no spiritual progress achieved by such people who follow this process of Naam Simran.

There are preachers who emphasize a variety of techniques of Naam Simran including the one just explained. But, the Divine Truth is that there is no technique for Naam Simran. There is no method of doing Naam Simran. There is no technique that will create trust, devotion and love for the Guru in our mind. There is only and only one way that Naam will go into Surat, Hirda and Rom Rom. That one way is by achieving the GurParsaad of Puran Bandgi by completely surrendering at the Sat Charans of a SatGuru with trust, devotion and love.

## **Seva At Gurdwara**

Humbleness and humility are very powerful divine weapons to kill our Haumai. Death of Haumai brings Jivan Mukti to us. We all as human beings are very fortunate to be blessed with the divine power to exercise this divine quality of humbleness and humility in our daily life. By doing so, we keep on enhancing this divine quality and eventually our Hirda is filled with so much humility and humbleness that we are able to reach the door of the Dargah. This is the reason why Jodyan Di Seva (wiping shoes of the Sangat) is given so much importance. Cleaning the utensils of the Langar (Guru's Kitchen) also is a Seva that brings humility inside our Hirda. Doing Dandauth Bandhna at the Sat Charans of our SatGuru is another very important weapon to beat our ego and bring humility into our Hirda. Therefore, whenever we meet our Guru and Sangat, please do Dandauth to them. Whenever we go to the Gurdwara, do Dandauth to Shri Guru Granth Sahib Ji and also the Sangat sitting in there. We are able to gain much more spiritually by doing Jodyan Di Seva, Langar Di Seva and Dandauth to the SatGuru than by doing anything else, except focusing on Sat Naam Simran.