

Questions And Answers

Dassan Dass

www.SatNaam.info

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Introduction

Dassan Dass Ji has answered many questions over the years. A summary is put together here so we can all benefit. Getting our questions clarified and doubts resolved is an important first step on the spiritual path. Once our questions and doubts go, then we can progress onto firm faith, love and devotion for the lotus feet of our Guru. Also if you have any questions of your own feel free to email DassanDas@gmail.com .

1. Spiritual Guidance

Law of Karma

QUESTION: We live our life by our sanskars and karmas and in the process create new karmas, how to come out of this vicious circle while living a very active life. My second question is whether occasional drinking is an hurdle in path of spiritualism. I read an aticle on your site and am approaching you for your guidance

ANSWER: The sanskaras are a result of your karams – so Asat Karams(untrue deeds) will bring your sorrow and pain and Sat Karams(true deeds) will bring you happiness and smoothness, when you keep on accumulating Sat karams and stay away from the Asat karams or when your Sat Karams keep on outweighing your Asat karams and you keep on accumulating more and more Sat Karams then a time comes in when your Sat Karams reach that level when the God is pleased on you and gives you the Gur Parsaad – this Gur Parsaad is Naam, Naak Ki Kamai, Puran Bandgi and Seva, and when you get this Gur Parsaad and you dedicate yourself to the Seva of this Gur Parsaad with Tunn Munn and Dhan – complete surrender to the Guru and Akal Purakh Ji, with faith and trust, love and devotion then a time comes when your Bandgi goes in to the Puran Awastha and recognized by the Akal Purakh and at that time all your lekha Jokha is finished and you come out of the cycle of life and death, what to talk of the vicious circle of the Karmas and Sanskaras – then all your Karams become Sat Karams and you can live a life of SAT – Sat Karams. Sat Karams are those which are not performed under the influence of panj doots and desires. Anything that distorts your mind and body is not good for you, weather it is tobacco or alcohhal or anything else. So drinks don't go along with the Bandgi or Bandgi doesn't go with the drinks, tobacco or any such things which will distort your mind and body.

Negative Thinking

QUESTION: How should i control my thinking which is negative thinking, thinking stupids things e.g. what others think of me and other negative thinking under the panj doots and desires.

ANSWER: It is very simple to do so – Just dedicate yourself to the service of satnaam by doing

satnaam simran as long as as you can do and as much as you can do. Whenever you get a stupid thought just kill it by reciting satnaam satnaam satnaam satnaam satnaam. Just stay focused on satnaam and the stupid thoughts will diminish

Stress over financial problems

QUESTION: Over the past few years, I have been experiencing a lot of financial problems and I am going through a lot of mental stress over this issue. Please give some advice.

ANSWER: Losing of worldly possessions is not the real losing, the real losing is to lose this human life – Manukha Janam, if you lose this manukha janam, this will be the biggest loss, so please take this as an eternal divine blessing and become aware of the real divine purpose of this human life – objective of this human life of yours is to achieve jivan mukt and unite with Akal Purakh. So basically you have not lost anything and you are well on your way to realise the eternal truth – Ekonkaar Satnaam. The worldly success doesnt mean much, the real success is the success of winning the maya – winning over your mind, winning over panj doots and desires, which will lead you the union with almighty and achieve jivan mukti. The real divine grace of the guru is when he becomes so happy on you that he gives you the gurprasaad of naam, naam simran, naam ki kamai, puran bandgi and seva. So please keep praying for this gurprasad, focus on truthful deeds, satnaam simran and seva which will take away all your sorrows and pains and gives you eternal happiness.

Family Problems

QUESTION: Satnaam Ji, I have family problem Baba jee. My family is very disturbed, they are not together, they tend to fight over very small issues and use very stupid words against each other, please tell me what to do in this case

ANSWER: God bless you and your family with eternal peace, gurprasad of naam, naam simran, naam ki kamai, puran bandgi and seva. God bless you and your family with the sant hirda. “Nanak Dukhia Sabh Sansaar” – Dhan Dhan Guru Nanak Patshah Ji has very kindly made us aware about this divine truth, the only one who is not dukhia is the one who has become one with God, the person who has achieved the self-relisation and have merged in God has found mukti from all the pains and sorrows and achieved an eternal state of internal happiness, there is no other way to get yourself relieved of the pains, sorrows, sufferings and depression. There is only one treatment to all these pains and sorrows and that is only naam – Satnaam. Only satnaam can cure you and your family from these mental sicknesses – panj doots, desires, slandering. So please focus on satnaam simran, whenever you see anybody in the family fighting then just go into your room, sit down and start reciting satnaam inside your mind and your satnaam simran will start to bring peace around you and your house.

Importance of love, devotion, faith, commitment and trust in spirituality commitment, belief, faith, trust, devotion and love, humbleness, fearlessness, kindness are all divine qualities and have no limit, basically they are all infinite, it is not possible to measure or quantify any of these divine qualities, they are all infinite like God, because they are a part of the divinity, as divinity

is infinite so are the divine qualities. So to answer the question of our ownself, are we there yet, doesn't make any sense, there is no yard stick to measure anything that is infinite and all these qualities are required in order for God to reside in your heart. We have to regularly pray and meditate on satnaam and keep on watching our own daily deeds and keep on making sure that we didn't do anything untrue, and if so beg for a pardon from inside, and keep on working like this until we reach a level where we start to get the divine wisdom from within, when all your questions will be answered from within and you will reach a point where you will have no more questions left to ask, this is when all the illusions and delusions disappear, everything becomes crystal clear and we reach a level where we become one with the almighty. When the heart goes into a completely truthful stage and gets filled with all the divine qualities then the divine wisdom starts to flow from within your ownself.

Suffering, Sorrows and Pains bring us closer to God

QUESTION: Recently, sometimes I've felt very low and sad. But I've learned that this kind of sadness is good, because I felt much more love for God and Naam Simran was much more enjoyable. I am not referring to being sad on purpose, as in keeping a sad on face on all the time. But the sadness I'm talking about seems to be of rare kind - it's hard to explain in words. May be it's Gurparsaad also. I've been praying for that kind of sadness. When we're going through that sadness, we always remember God..always, just repeating SatNaam. But once it goes away, reciting SatNaam becomes harder, it goes on and off in a mechanical way without much conviction and love. I've been longing for that sadness. Please share your views and experiences of this kind.

ANSWER: This kind of sadness is called Bairaag and Bai-Raag means detachment from maya and detachment of maya means attachment with God which is a gurprasaad. It is beyond our capacity and capability to do naam simran, it is only the gurparsaad that can make this happen, that is why we write gurprasad of naam, naam simran, naam ki kamaai, puran bandgi and seva – parupkaar and maha parupkaar, this is all gurparsaad. Detachment makes you fearless, where as attachment makes you fearful by giving fear of losing what you have such as material possessions and relationships in karam khand. Detachment enhances your love, devotion and trust in God and brings you closer to God and attachment is the root cause of all the pains and sorrows, sufferings and ailments, depressions and disgust in your life. You should everything that is available to you for use as a commodity and not try to attach yourself to it, use it and move on, don't keep on clinging to it or or keep on collecting it. Detachment breaks all the barriers between you and god and attachment brings in all kinds of illusions, delusions and dubidha in your mind and pulls you away from God. When you become a Bai-Raagee which will mean you are fully detached from maya then you go beyond maya and become one with God. So whenever you feel difficulty in doing naam simran, do the prayers before naam simran that are included on this website on “How to do simran” section. This ardaas helped us when we were facing similar problems, please take some time to read it and understand and then bring it into your practise. Eventually, you will not have to stress yourself to do simran, once naam goes into your mind and heart then you will go into an auto mode called ajapa jaap and then naam will go into rom rom, every cell of your body will vibrate by itself with satnam and then you will have amrit bhinnie dehurie. Whatever we have written are based on our own personal experience only, basically we have shared everything and will continue to do so in future as well all we pray and all we want is that

you should merge in sat naam and become one with god, become a sant hirda and go beyond maya. These are not views, these are hard facts that have physically happened to us with the gur parsaad and gur kirpa.

Advice on Meditation and Spirituality

QUESTION: I am very happy to read the material on your website with regards to Naam Simran. I would like to discuss more about this with you. Can I contact you over the phone?

ANSWER: Please send your questions to us via e-mail at DassanDas@gmail.Com and we will try to help you. There is a lot of information posted on the website www.satnaam.info that describes the Naam Simran. There are a lot of Gurparsaadi writings on all aspects of naam, Bandgi and Seva and you can find answers to your questions when you read these writings. At the same time please feel free to send your questions to us and we will respond to your questions appropriately. In the meanwhile please focus yourself on Satnaam Simran, which will pave your way to Bandgi and Seva.

Issues doing loving devotional worship to God

QUESTION: I am trying to do SatNaam Simran as much as i can do. But i feel my effort is not sufficient unless I get help, push, kirpa from outside from an Enlightened Guru. I am surrounded by negative energy right from my birth, all my efforts have failed, all my prayers have been unanswered. I am burning inside every moment, the desire to retain this body is also diminishing. All hopes from this world have diminished, I am feeling totally BEBAS. My heart believes that remedy of all my problems is Naam. I beg you with folded hands, tears in my eyes for blessings of Gurprasaadi Naam. Please ignore all my shortcomings and bless me with Naam Dhan.

ANSWER: God bless you with the Gurparsaad of Naam, Naam Simran, Naam Ki Kamai, Puran Bandgi and Seva – Parupkaar and Maha Parupkaar. Please focus on Sat Naa. You need to surrender completely to your Guru – with Tunn Munn and Dhan, this is the only way you can reach where you want to go, complete SAMARPAN to your Guru, your progress will depend upon how much you surrender to your Guru. It is true that you are destined to achieve the ultimate in this life time and you will be able to do so with complete surrender.

Benefits of open confession

Accepting your internal weaknesses, all negative things, negative thoughts, misdeeds, untrue deeds in an open manner, open up yourself more and more in the Satsangat – Satnaam Parivaar, this is what we call as open confession and this open confession will do wonders to your inside cleansing, focus on Satnaam Simran and open confession will pave your way to the complete realization, all your negative energies – of Maya will disappear and will be replaced with Amrit – a continuous stream of Amrit – give your tunn munn and dhan to your Guru which will open up all your divine doors and activate all your internal sources of spiritual energies – which is

what we call Amrit. Focus yourself on Satnaam Simran at least 2.5 hours every day without a break and see what happens to you.

Alcohol Addiction

QUESTION: Dearest Dassan Das Ji, a friend of mine is a alcoholic. He really wants to get away from this bad habit and find peace, please help him

ANSWER: God bless him with the strength to come out of this habit of drinking and go into the habit of drinking naam amrit on a continuous basis, please ask him to start doing satnaam simran and then he will pick up the courage to communicate with us directly, just give him a good hug whenever you meet him and ask him to start reciting satnaam – satnaam is his destiny satnaam will not only free him from the drinking him but also free him from all the mental sickness of the human mind as well.

Reiki

QUESTION: What is Reiki?

ANSWER: Infinite life force is Reiki – which is nothing but Satnaam – Nirgun Saroop – Suksham Dehi and all the sat sarovars which are again a part of the Suksham Dehi containing all the infinite super divine powers are the complete reiki in itself. The true absolute pure form of life energy which is beyond the three phases of maya is reiki, all the eternal treasures are a part of this system and is contained within each one of us and by doing meditation and following the divine knowledge obtained from God and God through the Guru, we can go beyond this three phases of maya and realise this infinite super divine power.. Love is the key, devotion is the key – Remember you have this infinite power available to you – you can love God and God becomes the slave of those who love him – Loving him will make you nirvair – single vision, full of seva, parupkaar and maha parupkaar which will make you a real divine spiritual healer, your presence alone will start to eradicate the physical and mental ailments, your prayers and just a thought will make others heal from inside out, your love and devotion will make everything good around you. In the end Reiki is the infinite force – God himself that keeps the entire creation running.

Meat-Eating

QUESTION: Does meat-eating have any effect on spirituality? Does one have to be a vegetarian to realise God?

ANSWER: There is no restriction as far as diet is concerned. One should not be desiring for eating meat however if it comes on dining table it is just a type of food and should be respected as food. Killing is bad but if you did not kill the animal, you are not affected. Moderation is the key, a well-balanced diet is important for good health. However, eating meat can bring some animal instincts within us such as lustful behaviour and that is why some bhagats (lovers of God) avoided meat. So it is your personal choice whether you want to eat meat or not, the main

purpose of this human life is to realise God and the only way to do so is by complete surrender with body, mind and wealth to God and Guru.

Meat is a Tamsik Bhojan – it promotes Tamo Birti – which is Kaam, Krodh, Lobh, Loh and Ahankaar, other than that there is no other disadvantage of eating meat. Milk, butter and ghee is also Tamsik Bhojan, so what you should eat and what not is a very controversial subject. Tamo Birti can all together be killed with Naam. Half of the Brahamand (world) is eating other half of the Brahamand. So much so plants also have life and tearing them apart is also equally hurting anything with life. Moreover, there are millions of bacteria and living organisms that you kill everyday through your body, so how will you explain that, which is all built in to your system and can't be avoided at all. So as we said it is a very highly controversial subject, the ones who eat meat can do bandgi as well as the ones who don't. If you eat that is OK and if you don't eat that is OK as well, the best thing is not to indulge yourself in this controversy and do what you like in this respect. The main thing is that killing animals is not good, hurting animals is not good, but once it is dead then eating it will not make you a sinner in anyway. So do what you think is good for you, but don't make it an issue and debate on it.

How to be a Good Parent

QUESTION: As a responsible parent, it is our duty to tell our children what is right and wrong for them however children fail to listen to these, what shall we do in these situations?

ANSWER: Building a relationship of unconditional love and naam will help a great deal in solving parent children relationships. Parents should be idols for the children – the truthful deeds of the parents will greatly influence the life of the children and help them march on the path of truthful living which will help them in accumulation of truthful deeds which will bring them God's grace of naam, naam simran, naam ki kamai, puran bandgi and seva and help win over the five thieves and desires thereby making one family – God's family.

Our True Identity

QUESTION: Hi, I am a student and belong to sikh background. I keep my hair which we believe to be our identity however a lot of my friends in my class make fun of my hair which i dont really like and often end up in arguments. Please give some advice.

ANSWER: Do you really know what your true identity is? If yes, then please tell us what your identity is and what we are talking about here is your true identity, which is that you are the soul which is part of the infinite divine power and not the mind or the body. Any other identity which is connected with the outside world is man-made. So, please start working to seek your true identity which lives in your very ownself – infact it is your self and only God's grace of Naam, Naam Simran, Naam Ki Kamai, Puran Bandgi and Seva can help you find your real divine identity, so please pray for this gift on a constant basis, and we promise you that the day you findout and realise yourself from inside then all your questions will be answered from within your ownself, then the people who tease you will become your praisers – your disciples and they will start to follow in your footsteps.

Health Issues and loss of confidence

QUESTION: I am suffering from acute body diseases, I have eaten a lot of medicines but nothing has worked. I know God can do anything, please help me, I feel very ashamed and have lost my confidence. Please help me out, I will be very thankful for your this act of kindness.

ANSWER: There is only one way to get yourself relieved of all the pains, sorrows, mental sicknesses and achieve the ultimate objective of your human life – God himself and this is only possible through complete surrender to God and Guru with body, mind and wealth with faith, trust, devotion and unconditional love and full commitment and belief and start focussing on Satnaam Simran. Satnaam Simran on a continuous basis will take away all your ailments, so just dedicate yourself to Satnaam completely and all your sins and misdeeds from this life and previous lives will be washed away, just don't ask for anything and give everything to God. Pain is a blessing because that is when we turn our face towards God so give yourself completely to God and focus on Satnaam simran and your pains will turn out to be blessings for you.

Ghost and Evil Spirit (Black Magic, Possession by Ghosts)

QUESTION: My family belongs to a background of black magic, some members in my family seem to be possessed by evil spirits which are making their life hell, please suggest something that will free them from black magic and evil spirits.

ANSWER: Please focus on Satnaam, give yourself to Satnaam and these ghosts will run away. Start giving daswand to the Guru, charity or a good cause and focus on Satnaam Simran. So from now on start focussing on Nirbhao Satnaam simran and these ghosts will run away.

Overcoming Doubts, Illusions and Delusions

QUESTION: I have a lot of questions that I need answers to. These questions often put me in doubt as to what truth is and how one should devote themselves to God. There is so much tradition today, everyone seems to have their own views which put me in confusion sometimes, can you please give me some advice?

ANSWER: It is a real good thing to speak out and seek for the Truth – the eternal truth – which in itself is God's gift to you. Hiding is not good, striking a balance between the inside and outside based on the Truth is the best thing that can happen to you, this is all bandgi (loving devotional worship) is all about. Being what you are from outside as you are from inside – Inside is pure pious truth and outside is same as inside. So taking out your illusions, delusions and doubts is Bandgi. The one who kills all his doubts, illusions and delusions and gets out of dubidha – Duality becomes dhan dhan. We can say such a person becomes a Brahm Gyani, a Sant – Jivan Mukh. So unless you realise and start working on deleting your doubts and overcoming your illusions and delusions, you cannot get there. These are great obstacles on the path to eternity because they blind you from the truth. Overcoming doubts, illusions and delusion is only possible if we listen and believe in the words of the complete God-realised soul 100%, because

such a soul is completely absorbed in the truth, such a soul can tell you difference between truthful and untruthful and only such a person can take you away from illusions, delusions and doubts and bless you with complete eternal truth. A normal person who hasn't yet realised God, cannot give answers to your questions because they themselves operate under the mind however a Saint, a Brahm Gyani has defeated the mind, is living God on earth and has complete divine wisdom about eternal truth.

Innocence – A divine quality

QUESTION: Dear respected Guru Ji, recently in our meditation we have been seeing a new born baby, I think Akal Purakh is teaching us a lesson through these visions, why do you think I am getting visions of a new born baby?

ANSWER: Your heart has to be as innocent as a little child, innocence is the winner, self wisdom is maya, so this is just an indication that as long as you stay in innocence then you are like a child and in chad di kala, the moment that innocence is side tracked there is an attack from maya, a completely innocent person becomes a winner, the one who has given everything to the Gur and Guru, the moment we stop giving there is some kind of a lock put onto the spiritual progress, Spirituality is all about giving, giving and giving only, caring about others, Parupkaar and maha parupkaar is the way of real divine life, even after winning over maya, there is only giving, giving and giving. It never stops, It is a unlimited quality of God.

Kidney Problems

QUESTION: One of my uncle Jaswant Singh is suffering from kidney failures, his both kidneys are not working and on alternate days he is dialysis, please pray for him. Please bless him so that he does not lose heart and goes in hukam of Paar Brahm Pitta Parmeshar Jee with a smile on his face. Please pray that he gets Gur Parsaadi Naam dhan with which he gets real peace and joy and his mind does not get distracted by this disease which is extremely painful.

ANSWER: God bless Jaswant Singh Ji with Param Gat. Please write down Sat Naam on all four walls of the room in which he stays – Write it in big bold letters on a piece of paper and paste it to the walls. Ask him to just keep reciting Satnaam on a continuous basis, Satnaam will take care of him. This should be done by you and only by you.

Guru loves all unconditionally

QUESTION: I think Guru doesn't love me. I always try and do meditation or read Gurbani but i always fail. I love guru so much but it seems like he doesn't love me. I have so many problems that doesn't seem to end.

ANSWER: The guru loves you tens of millions times more than you love the Guru, never blame the Guru, love is the language of the Guru, Guru only talks in terms of trust, devotion and love, the only difference is that Guru's love is unconditional, and your love is conditional, you love the Guru for solving your own problems, you love the Guru for making your own life easy and

smooth, so there is a condition attached to your love for the Guru, which becomes a road block to your spiritual progress. Real divine love is the one where there are no demands or conditions attached, it has to be pure, pious, sacrificial and giving instead of demanding something in response. When we have demands attached to our prayers then that becomes a business and not love. You are responsible for your own situation and not the Guru, you need to understand this thing. Guru or God doesn't cause anyone to suffer, we suffer because of our own deeds. This is the divine law that prevails, you shall reap what you sow. Therefore, leaving all untruthful deeds aside, and focusing on truthful deeds is the only thing that can help you. Complete surrender to God and Guru and focussing on Satnaam Simran will turn your life around for sure.

Sharing Experiences

QUESTION: Why do we need to share our experiences of Puran Sat – Perfect Truth?

ANSWER: Delivering the Puran Sat and by doing so serving the Puran Sat is very important part of the Bandgi, probably the most important and powerful part of the Puran Bandgi Process. You are at present whatever you are because someone delivered Puran Sat to you, and so are we at the present moment what we are because some one delivered Puran Sat to us and this Puran Sat pierced through our mind body and soul and delivered the Gurparsaad to us which in turn made the complete transformation happen to our mind body and soul. Therefore, it is our job and responsibility and Hukam for us to deliver and serve the Puran Sat. This is not only important for the Sangat to receive the Puran Sat, but at the same time it is important for our own being as well as for the entire creation.

We have always encouraged all the Sangat to write about their own experiences, but somehow they have not got the message or they are shy to do so. If everybody start to write his or her story that will make a lot of difference. There will be a lot more Gyan that will come out and at the same time the people writing their experiences will progress more and more fast. Giving the Gyan which you have earned is a boon for the givers, and it will greatly benefit others. Sharing will enhance divine wisdom, sharing will enhance your ability to fight with Maya, sharing will make your treasures grow in unbelievable proportions. So please share your experiences, because we are all going through the same battle and sharing experiences will help each other a lot.

Wisdom is greater than Knowledge

QUESTION: You say that wisdom is greater than knowledge, what do you exactly mean by that?

ANSWER: Knowledge is accumulated information that we can obtain through reading holy scriptures. Please note that all of the holy scriptures were actually physically experiences of people who were writing it. So for them it was wisdom because they experienced it but if we

haven't experienced the same thing then it remains only knowledge for us. This is why we preach that Gurbani is to be practised because reading over and over again doesn't help, however if what Gurbani is saying is practised in daily life then it becomes our wisdom because we get experience it and find that it is true. Therefore, whenever we get new knowledge we should earn it by putting into practise so that it becomes our wisdom.

Wasting My Life

QUESTION: Guruji, I the SOUL which resides in the body ,literally wasting my time on this planet.just doing what, the panj doots of this body are asking me to do ,feeling really helpless as i tried to do different types of puja, Archana, meditation and so on, but still inner satisfaction and peace was missing I don't know which path to follow which can take me to the ultimate God "THE TRUTH"

ANSWER: You are absolutely right, unless the mind goes in to complete silence there is still something missing that needs to be done, but the bottom line is that the Bandgi is a Gur Parsaad and it is a part of the destiny, and the destiny is shaped by your Karni, so basically you write your own destiny, if you focus on Sat Karams then your future will be bright an dshining, and if you involve yourself in Asat Karams then your future will be dark and full of sufferings. The sufferings and pains are self inflected wounds and they come to remind you that there is something you have done stupid in your previous lives. But at the same time the pains and sufferings are good because they bring us closer to the Almighty.

What Is The Key To Sach Khand

QUESTION: Guruji, I have read Loads n loads of spiritual books of different religions and faiths, however.I still can't the get the key, which can open the locks of the golden door from where the spiritual journey of mine is supposed to start.....but from these books i got an idea of the source which is powerful enough to takes us to to our True home (Sach Khand) and that source is NAAM ...which we can only get it through a BRAHAM GYANI...

ANSWER: You are right the key is the Gur Parsaad of Sat Naam, Naam Simran, Naam Ki Kamai, Puran Bandgi and Seva. The Braham Gyan doesn't come in by reading books, it comes from with in your ownself, it is all about internal cleansing, internal compliance, compliance of Panj Doots and desires – basically winning over Maya, winning over your own mind. And this all happens with the Gur Parsaad.

True religion

QUESTION: What is the true religion?

ANSWER: There is no Hindu or no Sikh or Muslim or Christian and so on, we are all human beings. There is only one race and that is humanity, religious labels are all man made boundaries in this world. But, there is no such religion or division in the spiritual world. For God everyone is same, for a Sant everyone is same – the entire creation. So please take that notion out of your mind, you are just a human being and destined to meet the Almighty in this life, and that is your destiny.

Shiva, Brahma, Vishnu And The Demi-gods (Devi-Devta).

QUESTION: I use to worship Shiva, Vishnu, and all other demi gods, but there were questions which used to trouble me at that time which were that if they are the Ultimate:

1. Then why they are meditating?
2. On whom they are meditating ?
3. And if they are ultimate and if they have all the powers then why is there a need of three instead of one?

It means there is someone else who is Supreme, who is greater than them, who is playing behind the curtains, who is formless and to whom they are answerable to, whose Hukam is unchangeable and whose authority is unchallenged.

ANSWER: Your questions are all real divine questions and basically these questions have paved your way to the discovery of the Eternal Truth. Sat is the Naam, Sat is the Guru, Sat is Akal Purakh's Nirgun Saroop and that is what these beings meditate on but ironically for them the achievement of a higher state of spirituality, according to Gurbani, is available only to the human beings. So even the Devi-Devtas pray for going back in to a human life. Your discovery of the Sat Naam is a remarkable milestone that you have discovered in this life. You are really blessed soul and destined to progress further on your spiritual journey to the One – Ik Oankaar – for whom you have been desperate to know. The divine wisdom comes only from within and it is the result of the Gur Parsaad of Braham Gyan and the Gur Parsaad of Braham Gyan is achieved by those who dedicate themselves with Tunn Munn and Dhan to the Gur and the Guru. Gur operates through the Guru. The Amrit of Braham Gyan is the highest Amrit – this is also called Atam Rus Amrit. The ones who are blessed with the Gur Parsaad of Braham Gyan are even looked for by these lords.

Please guide me and show me the path

QUESTION: Guruji, I always pray to Sachae patshah to give me the Holy Name, I always beg in front of Him to provide me the link, which can take me to his Sri Charan. I am just stuck in this vicious circle I always ask from Him that, "Is there any fault of ours due to which He has separated us from Himself? Why do we have to face so many sufferings? I believe that during the time when we were separated from the ultimate we were innocent because no soul can commit any sin as the soul is the part and particeps of the God head and God can not commit any sin. Then why we are in this hanging situation? Why is it so difficult to find the way out?"

What is aur fault? I am tired, but still hopeful and have an urge and desperation to meet the one and only SAT NAAM.. I am in a fix, I want to come out, I need help and I am expecting help from your side. Please ! Please ! Please guide me and show me the path which leads to SAT NAAM

ANSWER: The path to Sat Naam is Sat Naam only, so focus on Sat Naam Simran. Dedicate yourself to the Guru with Tunn Munn and Dhan and go in to long sessions of Sat Naam Simran starting anytime after midnight – Amritvela starts at midnight, take advantage of the premium time and sit in long sessions of meditation on Sat Naam and start moving on this path to internal pilgrimage, internal compliance and winning over the Maya. So please from now onwards focus on Sat Naam Simran:

SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM
SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM
SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM
SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM
SAT NAAM SAT NAAM SAT NAAM SAT NAAM SADA SADA SAT NAAM
God bless you with the Gur Parsaad of Sat Naam Simran, Naam Ki Kamai, Puran Bandgi and Seva.

2. Meditation - Naam Simran

Purpose of Simran (Meditation)

QUESTION: What is the purpose of simran (meditation) and what is the best way to do it?

ANSWER: Purpose of Naam Simran (Meditation) is to bring God inside your mind, eventually the objective is to eliminate our human mind and replace it with Param Jyot – God and when this happens then all your senses will come under the control of God himself, you will go into an auto pilot mode – Ajaapa Jaap, simran means always remember and never forget. Meditation is always done inside, concentrate on your mind – on the middle of your forehead, above and between two eyes and continue to recite Satnaam Satnaam Satnaam Satnaam Satnaam in your mind.

Sunn Smadhee (Deepest Meditation) and Sleep

QUESTION: Most respected Dassan Daas Ji, please accept this sevak's Kottan Kot namaskar, pranaam, dandaut bandhna and sukhrana at your lotus feet. Could you please tell us the characteristics of Sunn Samadhi and how can one ensure it was a sunn samadhi experience and not just a mere sleep.

ANSWER: Sunn Smadhee means complete silence of mind, thoughtless stage, the mind goes into complete rest, but the simran goes on and on auto pilot in the mind, heart and in each and

every cell of the body. Basically the simran in mind and heart and all over takes over and mind goes into complete silence. This is a very high spiritual stage and happens to those who go into ajapa jaap. These are the signs of sunn smadhee, the entire body gets filled with amrit. When you come out of sunn smadhee, then your eyes will be very light like a flower, your entire body feels the lightness, but if you go into sleep then your eyes will become heavy and difficult to open, as we sometime say to a person who wakes up from the sleep that he is still in sleep as he is unable to open his eyes. When you go higher and higher in the spirituality then a stage comes when the frequency of naam vibrations in your physical body become very prominent, and when you come out of sunn smadhee then for sometime this prominence of the vibrations remains and you can feel them physically in various areas of your body in particular the vibrations are felt in the spine, brain and heart areas more often. Gurbani says: Sunn Smaadh Maha Parmarath, so it is a very high spiritual stage and those who are blessed with this gurprasad are very fortunate to be so. So please keep it up, this is a very high stage of naam simran. The longer you sit and go into sunn smadhee the faster you will be able to merge in the nirgun and the faster you will be able to see nirgun in sargun..

How to do meditation (difference between chanting and simran)

QUESTION: I've read in articles posted on the website about the difference between reciting Naam with tongue and with swas and in surat. It would be great if we could get more information on reciting Naam loudly with tongue and reciting on the inside quietly. Is one easier than the other in terms of concentration and focus on Naam? Is it must for a beginner to start reciting with tongue first? The way I understand it now is that it is harder to concentrate while doing it in munn quietly, but once able to focus completely, the rewards are more. It is easier to focus with tongue but rewards are less?

ANSWER: Reciting with your tounge is the jaap, and not simran, reciting inside the mind is naam simran, for more details please read the gurprsaadi writings on stages of naam simran. The objective is to win over the mind, the objective is to purify the mind and heart, the objective is to glorify the mind and hirda, the objective is to plant the naam in mind and heart, then only you will be able to reach the salvation stage, then only you will be able to win over your mind, then only you will be able to purify your heart and fill it with all the divine qualities, this is a part of the puran bandgi process and that is what we have been trying to preach, to win over maya and desires is puran bandgi and for achieving that naam should go into surat and then hirda and so on as described in simran stages, so reciting naam with rasna will purify your rasna, reciting naam in mind will purify your mind, reciting naam in hirda will purify your hirda, reciting naam in rom rom will purify your rom rom, reciting naam with tounge doesn't require any concentration, but reciting naam in mind will focus your mind and will start controlling your mind, that is what you need to do, all your thoughts should be replaced wby naam, which you cant do by just reciting with your tounge, because while doing so your mind will still be wandering around.

How to do simran whilst working?

QUESTION: Guru Ji, Thank you for all your many blessings and for the opportunity to ask questions. I would like to pose the following

QUESTION: While at work or while taking care of routine daily maintenance, I strive to recite SATNAAM, however, oftentimes, it's quite mechanical due to my need to concentrate on the task in front of me. Does the reciting of the name have power without actual remembrance?

ANSWER: Please don't worry about Naam Simran during the time when you are concentrating your mind on the job related activities – job is also a pious thing, its purity is beyond doubt not questionable. It is the will of God as well, so when you are working you are physically and mentally dedicated to God as well, provided your job related activities are truthful. So just focus on the truthful actions and activities and there is nothing to worry about naam simran during work related activities. However, whenever you get a break then you can focus on satnaam again.

Waking up at Amrit Vela for people with busy lifestyles

QUESTION: You asked us to wake up at 1am which is best time for Naam Simran but I am a family man and have to go work in the morning so what time am I suppose to go to sleep and wake up?

ANSWER: The best thing to do is to pray to God and God-Guru to bless you with the Gur Parsaad of Naam, Naam Simran, Puran Bandgi and Seva, basically you have to beg for these divine gifts, become a beggar and do ardaas suggested at www.Satnaam.info website and start praying because it is not possible to make these things happen by yourself. We are also a family person with a full time job and when we started focusing on Naam Simran in the early hours of the morning then we used to get filled with so much spiritual energy that we never felt tired on job and absolutely no yawning or any signs of tiredness while at work and so will happen to you folks, when you start concentrating on Satnaam simran then you will be filled in with so much of spiritual energy, eternal bliss and happiness that you will feel no physical or mental stress at all. Satnaam is as powerful as Shri Paar Brahm Pita Parmesar Ji so where is the question of feeling any signs of physical or mental stress. So, please focus on satnaam simran and you will do great and you should do so with faith, believe, trust, devotion and love and there will be no obstacle in your way. Innocent heart is the biggest winner, so please keep on enhancing these divine qualities of love and devotion, commitment and belief, faith and trust and you will do great.

Difference between “Satnaam” and “Waheguru”

QUESTION: I was reading the articles about Satnaam, Waheguru. Please correct me if I am wrong. I think it does not matter what name we recite. It can be Satnaam, Waheguru, Ram, Allah or Hari

ANSWER: Shabad “Waheguru” is the mahima of the satgurus of Satyug, Treta yug, Dwaper yug and now Kal yug, Sat is the naam as described in the mool manter by dhan dhan guru sahib guru nanak patshah ji, which is aad sach jugaad sach, hai bhi sach and nanak hosi bhi sach – which has been so from the beginning that means that all the brahm gyanis before guru nanak patshah ji's coming also knew about it, it was never a secret to any of those satgurus or puran brahm gyanis. So Sat is the naam, Sat is the guru, Ikoankaar is Sat and this Sat is his naam and

the one who is Sat is karta purakh, nirbhao, nirvair, akal murat, ajunie and saibhung and this is gurprasad.

Doing Meditation with the tongue of the soul

QUESTION: Dear Dassan Dass Ji, I wanted to know how to do the simran with the help of Tongue Of the Soul?

ANSWER: Your mind is the tounge of your soul, so focusing on your mind and reciting Satnaam in your mind will help you to get where you want to be and where you should be. Bandgi is all about bringing the mind in to complete silence – complete peace, completely thoughtlessness stage, this is when God will appear within in your ownself. In other words elimination of mind will bring all your senses directly under the control of divinity and then all you do will be truthful. Therefore winning your mind is the Bandgi. This mind is run by Maya so winning your mind will be winning Maya and winning Maya or mind is Jivan Mukti. Please feel free to ask more questions as you feel.

Amrit-Vela

QUESTION: What is the best time for Naam Simran and what is the true meaning Amrit-Vela?

ANSWER: Earling morning dawn hours (starting from 12am onwards to 6am) is perferably the best time to do meditation because at this time, your concentration is better due to the fact that you just woke up refreshed from your night's sleep and the enviornment is peaceful and no one to disturb you. However, for a person who has reached the spiritual heights and has been blessed with GurParsaad of rom rom (every cell) naam simran then for such a person every moment is Amrit Vela – sleeping, awake, eating, walking, talking or whatsoever he may be doing and this is the meaning of Sada sada – forever, non stop, continous – this is the true meaning of Akhand Kirtan where every bit of your physical body recites Satnaam on a continous basis, when the Anhad Shabad is being heard in the Dassam Dwaar on a continous basis, when all your divine doors have been open and amrit is flowing from inside out of the body, the body becomes a source of Amrit for others when Sat Sarovars are activated and become one with Nirgun Saroop Mansarovar and this is all God's grace and gift that can make these things happen. At this stage, this becomes the Nitnem.

Meditation Postures

QUESTION: Please guide me on meditation postures.

ANSWER: There is no particular posture for meditation, when the naam goes into the Sat Sarovars (Seven Lakes of spiritual energy) inside your body and are activated then you will go into Samadhi postures automatically. When the Kundalini awakens and rises then you will go into Samadhi postures automatically.

Benefits of Naam Simran

QUESTION: I have blood pressure and other health problems so my doctors have advised me to get good amount of sleep every night, so how can i wake up at Amrit Vela (earling morning dawn hours) and get sufficient amount of sleep?

ANSWER: Concentrating on Naam Simran will bring your blood pressure to normal and when it stabilizes then you may be able to stop the medication altogether. Several years ago, before we started our Bandgi then we used to have high blood pressure too but after we started concentrating on Satnaam Simran then the blood pressure dropped down to normal limits. Not only that with Naam Simran and collection of Naam Ki Kamai all your mental ailments – lust, anger, greed, attachment, ego and desires will also get cured. Naam Simran will make you win over all these chronic mental sicknesses as well. When these mental sicknesses go deeper then they bring depression and eventually this depression changes to physical ailments, so Satnaam is the prescription for all these ailments. When you get a control over these mental sicknesses then it is needless to say that you will have a good deep sleep – the real sleep.

Visions of Saints, SatGurus, Bhagats in Meditation

QUESTION: Recently, I have been getting some visions of Hindu God – Shiva, I got a bit scared at first. Could you please tell me why he came in my head while I was doing meditation?

ANSWER: Having visions of God Shiva is good, this is a good sign, this is very normal to have darshans of Gods and Goddesses while moving on this path to eternity, it is nothing to be scared about. They come in to see who is dedicated to the Gur Parsaad and doing Bandgi in this age of darkness – Kal Yug. All you have to do is that just keep on reciting satnaam. Please also keep in mind that whenever you see any Sants, Brahm Gyani, Gurus and Bhagats then please do Dandauth (Prostration Greetings) to them and kiss their feet.

Seeing Divine Light

QUESTION: A friend of mine has been seeing this light which reaches near her and explodes when she closes her eyes.

ANSWER: This light is divine light so she should do Namaskar to this divine light, this divine light represents God himself and this divine light wants to come into her heart and enlighten her – enlighten all her chakras – Sat Sarovars, There is nothing to be afraid off, This is the divine super power, divine grace, God's gift, she is very fortunate to be seeing and experiencing this divine light.

Simran (Meditation) and Seva (Selfless Service)

QUESTION: I have few doubts about Seva and Simran. Which one is higher Simran or Seva?

ANSWER: Prabh Kaa Simran Sabh Tey Ooncha – Simran is the highest of all, but at the same

time along with doing Simran, Seva also helps a good deal. So doing simran and seva as well is really good.

Power in Naam Simran (Meditation)

The entire population on this earth is suffering with some kind of a pain and sorrow – Nanak Dukhya Sabh Sansaar. The one who has achieved the eternal truth and have become one with the eternal truth is the only one who is beyond these sufferings – Jo Jo Disedy So So Rogi, Rog Rehit Mera Satgur Jogi, which means that only a Puran Sant is the one who is beyond these sufferings. Therefore, only achievement of the eternal truth is the way to go beyond these sufferings. Dedicating completely ourselves to the Satnaam Simran will eliminate these pains and sufferings from our lives. When all of you dedicate yourselves to Satnaam Simran for atleast 2.5 hours a day, everyday without a break then this Satnaam Family will become very strong spiritually. When this happens then there will be an unbelievable divine effect on the new Sangat who join us, not only that it will have an unimaginable divine effect all over the globe. This is the best way we can help others and the people around the Globe in diminishing their sufferings and pains and make this earth a more livable and clean place. There is tremendous – infinite divine power in the Simran – Har Simran Meh Aap Nirankaara; therefore, this dedication to the Satnaam Simran will have an unimaginable effect on spreading this divine message of eternal truth.

Mantras

These are some mantras that we can recite in our meditation, the foundation of all being:

“Sat” – Truth.

“Ik Oankaar Satnaam” Simran will take you to Sach Khand.

“Karta Purakh Satnaam” Simran will end your ego – ahankaar – haumai.

“Nirbhao Satnaam” Simran will make you fearless.

“Nirvair Satnaam” Simran will make you single vision and fill your heart with unlimited love.

“Akal Murat Satnaam” Simran will take you beyond the effect of death, space and time.

“Ajuni Satnaam” Simran will make you free of the cycle of death and birth.

“Saibhung Satnaam” Simran will enlighten your inside with Param Jyot Puran Parkash and will make you self contained – in complete silence.

“GurParsaad Satnaam” Simran will bring in all the above GurParsaads.

Saas Giraas Naam Simran

QUESTION: Does “Saas Giraas Naam Simran” used in Gurbani means doing repetition of Lord’s name by focussing on breaths:?

ANSWER: The modern day preachers have misunderstood and misinterpreted the meaning of “Saas Giraas Naam Simran” which is a very high spiritual stage and only happens with Gurkirpa. Saas Giraas Simran is Akhand Simran – never stops, continuous, auto-pilot mode when each and every cell of the body does Naam simran on a continuous basis. This is when the entire body gets filled with Puran Parkash and amrit starts to flow out of each and every part of the body. This is

a supreme eternally blessed stage that only a puran sant, a puran brahm giani who is fully absorbed in Akal Purakh only. Saas Giraas Naam Simran is not mechinal repetition of God's name by concentrating on breaths. Saas Giraas Naam Simran happens when the soul goes into Karam Khand and Sach Khand where as mechanical repetition with breaths happens in Dharam Khand.

Frustration At Lack of Spiritual Progress

QUESTION: After being inspired by your divine writings and your spiritual experiences I have been getting up early and sitting for Naam Simran for the last 6 months, every day without fail, with your blessings. It has not been easy at all. My real frustration has been that for the first couple of months of getting up early and doing Simran I got really frustrated and angry at not getting anywhere. I became very irritable and intolerant due to lack of sleep and unfulfilled spiritual desires.

ANSWER: As you know every one's Bandgi is unique, everyone's destiny is unique, and so is yours, so the best way to follow is to earn the words of the Guru. Desiring for spiritual experiences is not something that you should target when you are doing Simran. Comparing with others is also not a good thing to be in your thoughts. Your Ardas should be to become the Charan Dhool of the entire creation.

Never mind or think if you don't get any spiritual experiences, it doesn't really matter, the biggest and the most important spiritual experience is to be in peace. Visions and those kinds of experiences are just to teach you some things in a different way, the ultimate is the peace – complete peace. So never mind or even think of any such thing that you are reaching nowhere, every time you say Satnaam you do go higher, there is no doubt about it, but without desiring for anything. Becoming desireless is the key to success, not even desiring to have Darshans of Akal Purakh, when you merge in peace and achieve complete peace God is forced to appear by itself. So fighting with the situation around you doesn't help, it basically means going against Hukam. Not fighting with the situation is staying in Hukam, and staying in Hukam means no disturbances, and staying in peace. Therefore, complaining should be eliminated. Family things will continue its course, but when you stop fighting with the circumstances then the family things will automatically calm down.

When you go in to peace then obviously the things around you will go in to peace as well. That is the infinite divine power, so when realized brings peace to others sitting next to you as well. Counting your Simran and good deeds is not something that you should deliberate on, but keep accepting and confessing your bad deeds and staying focused on not repeating them is the key to peace.

Bhagti is very simple – complete surrender – earning the words of the Guru, and that is what exactly we did. Whether you can do the same is up to God and His Grace so please continue to pray for it. But one thing is sure is that you don't need to worry or even think about Jivan Mukti and if you continue to stay focused on Satnaam – especially when you see that the mind is going out of peace. You are bound to make it one day in this life, this is our divine promise to you.

Too lazy to do simran

QUESTION: My dearest and most precious Satguru Dassan Daas jio, we wanted to ask something regarding thoughts that we encounter during Bandgi. We are too lazy and mostly can't do Bandgi in Amrit Vela as advised, whenever we wake up, take a shower and sit for meditation, are in a dreamy situation and finally sleep gets better of us so first of all please forgive us for not obeying your Hukam and bless your Sevak with Amrit Vela.

ANSWER: First, of all we are not a Satguru by any means, we are just the Charan Dhool of the entire creation. This is all the GurKirpa and GurParsaad of the Infinite Divine Power that does everything and makes everything happen - the one KartaPurakh. It is Akal Purakh's Hukam and not our Hukam, we don't give Hukam to anybody. There are some people who call us a Satguru out of their divine love and humility but we have never accepted this title and we have never told anybody to call us like that.

Secondly, achieving the GurParsaad is a divine blessing of the highest order that you can receive, and not saving this divine blessing and doing what you need to do to save this divine blessing is not a good thing at all. Asking for forgiveness is a good excuse people make, but that will not elevate you spiritually. Complete surrender to the Gur and Guru is the key to success – giving Tunn, Munn and Dhann to the Guru will bring you the GurParsaad of Naam Simran, Naam Ki Kamai, Puran Bandgi and Seva.

God bless you with the Gurparsaad. Please continue to read the GurParsaadi writings on the website. We suggest you read the Sukhmani Katha in this book as it will help you a great deal.

Feeling drowsy when meditating

QUESTION: It hasn't happened to me once but a lot of times whenever i start meditating i start feeling drowsy and tired because of which i couldn't sit for more than 20 min. Please give me suggestions and guide me on my path to spirituality

ANSWER (from Pritam Anand Ji): If you are doing meditation and can not sit more than 20 mins fine. Practice makes man perfect. Slow and steady wins the race. Just stay positive and don't bring this phrase in your mind, "I am getting tired." Just request the Gur and Guru to keep His lotus feet in your heart and mind and to keep you as a beggar of his house 24 hours no matter what. Do this and it will happen one day. He will keep you with His lotus feet more than 20 mins. On this path stay positive and do Satnaam. Gur and Guru will help you to keep continue on this path.

Simran Questions

QUESTION: I received amrit dee daat from the panj piaray 2 weeks ago. The panj piaray requested that I do swas swas simran by saying Wahe on the in breath and saying gurooooo when exhaling, by vibrating the tongue against the hard palate of my mouth. I have been doing this and

paying attention to the sound (dhuni). However, I much prefer to do simran with the mind as it is so much sweeter and deeper. Before receiving amrit, I did mental simran and once, I had a very strange experience where I felt an explosion like sensation between my eyebrows, everything turned red and when I partly opened my eyes, the ceiling of the room was nearer my face. I have not had this experience since.

The intuition inside feels that the breath simran is an early phase. I feel that mental simran is a higher stage. How can one take the simran even higher than the mental stage and what can the devotee do to take it to higher stages to make the dasam duar open? For instance how do you make the change from mental to hirday simran, nabhi simran etc.

When I do my rehras sahib, I feel warmth crawling up my back...is this the kundalini going up towards my dasam duar?

ANSWER: Satnaam Jee. You are right the real simran is in the surat – mind, hirda and rom rom. We have written a Gurparsaadi writing on [Simran Stages](#) – please read. With that said there are a lot more articles for you to read on this website. [Truth vs Traditions](#) is another section that you need to read which will enhance your understanding about what is prevailing in the society vs what is the divine truth. There are a lot of writings on Naam, Naam Simran and the Gurparsaad that will help you understand what you need to do.

But, yes your intuition is right. But, at the same time this is all Gurparsaad and beyond the capacity and capability of a human being to take Naam Simran to Dassam Dwaar. All this happens by itself and with the Gurparsaad. While you are reading as requested, we will request you to focus on Satnaam Simran as you said inside your Surat and focus for long hours of Simran everyday and then see what happens to you.

Please continue to communicate as you make more progress in your Satnaam Simran.

QUESTION: I have been told that whatever I say will come true.

ANSWER: Depending upon the Bandgi from the previous lives and your Karni from this life and previous lives, it is possible to achieve these kinds of super natural powers, which are known as Sidhis in Gurbani, and this kind of a power you mentioned is one of these powers. So if you focus on using this power then that will become a road block for your Bandgi in the future. At this point your Bandgi is more important than anything else. These supernatural powers serve the Puran Sants without even being asked to help them, they just do whatever needs to be done according to the Hukam and they live under the Charans of Puran Sants Puran Braham Gyanis.

QUESTION: In one of the psalms of the Bible, it says to serve the Lord with joy. I have to admit that due to my depression and bad karma, serving the Lord almost never feels like a joy. It always feels like a big effort that has no joy in it.

ANSWER: Please don't worry about your previous karma and bad deeds, forget about them, they have all been pardoned off by the God, you must have also done some really divine Karma as well as a result of which you have been now blessed with the Satnaam Gurparsaad. Don't keep on feeling the guilt of the bad karma, if this feeling still exists, then please ask for forgiveness and continue to ask for forgiveness as long as this feeling goes away. You are very fortunate one who has been so blessed, so there is nothing to feel bad about anything, just keep on enjoying the Satnaam bliss and peace.

QUESTION: I want to ask that sometimes when i woke up in morning or anytime after sleep. I feel that something is vibrating inside my body just like a vibrating cellular phone is place inside my chest. Sometime i feel afraid. What exactly is that. Frankly speaking i don't do much simran . I only do Nitnem. AI usually sleep at 12 at midnight so can't wake up at amrit wela. Is that ok if i do nitem just after 12 or i have to sleep and then wake up

ANSWER: God bless you. The vibrations you feel are great, please focus on these more and more and also focus on Satnaam Simran more and more, this should be your nitnem now and not reading Gurbani, this is the essence of all the Gurbani and is the highest seva of Akal Purakh Jee you can perform at this time. Yes you can do your simran after 12 mid night and then go to sleep, but it will be better for you to change your life style and go early to sleep and wake up early in the morning. There are a lot of gurparsaadi writings on the website www.satnaam.info which will tell you all about naam, simran and its benefits.

QUESTION: We had a question about doing ardaas. We feel like when we do ardaas for ourself or someone else, it's like going against God's will. It feels like saying to God that what he's doing is wrong. Please advise ji. One more question ji, when meditating on Sat Naam, we feel pulsating near our heart, betwen eyes and sometimes even near stomach. What are these vibrations/pulsations? Please forgive us for saying anything wrong. Dandaut ji. Always and forver at your feet. Just a beggar at your door.

ANSWER: it is nice to hear from you. Apologizing for your misdeeds is a great thing to do, accepting your misdeeds and confession is excellent thing to do, this helps you cleaning your Hirda. Doing ardas for other's betterment is excellent thing to do, doing ardas for self and asking for naam bandgi and seva is excellent thing to do as well, only asking for worldly things is not good, asking for spiritual enhancements is a must do thing, cleansing of inside is a must do thing. The vibrations and pulsations are excellent, it looks like naam is now travelling inside your body, so please stay focused on Satnaam Simran and all the negativity will go away and your mind will

go in to only positive thinking mode and then in to complete silence. Please don't hesitate to post your questions. God bless you with Naam Simran Naam Ki Kamai Puran Bandgi and Seva.

QUESTION: I have been coming to this site for a little while now and have just recieved the new satnaam book which is totally amazing. I have been fortunate to have sangat of a puran sant and thank God for doing so, but as for a number of years I started to drift back to my old self but from your writings it has been another wake up call. My question is that if I wake up during the night for some apparent reason I am fresh but it may not be enough sleep for my body, say 2-3 hours, but then if I nod off again I am forever in strange and weird dreams, sometimes meeting manmukh people and whatever meetings or scenes take place within the dream world it feels like their dirt accumulates onto myself from meeting these people and then in the morning I feel not fresh but totally drained out.

ANSWER: When you wake up in the middle of night then please focus on Satnaam Simran, that is a wakeup call for you, if you miss it then your sleep is not good, that is why you get wiered dreams, because you miss the hukam to do naam simran. So please focus on Satnaam Simran when you wake up like this. This will bring a lot of energy in to yourself and you will not feel drained out throughout the day and instead you will feel fresh and light.

3. Gurbani Questions

True meaning of the term “Rom Rom” used in Gurbani

QUESTION: Dassan Das ji, I have read that you reached a stage where your "rom-rom" was reciting God's Name and that made me think that perhaps thats why its best to leave our roms untouched. In Amrit sanchaar, we are asked not to mutilate our "roms" ever. Perhaps this clause comes from "being natural" and committing our bodies to God. Girls deal with this clause differently.

ANSWER: When we say rom rom we mean every cell of our body and not the hair which you are referring to. Referring to rom rom as hair is a mis interpretation. Rom Rom naam simran doesn't mean that all your hair starts to recite naam, it means that every cell of your body starts to vibrate with naam. Please read the gurprasaadi writings on rom rom naam simran posted on the website. Rom Rom naam simran is a very high spiritual stage, it comes when the sat sarovars are illuminated and activated with the naam amrit and entire body gets filled with the amrit and amrit starts to overflow from your body physically.

What is Bhikam Nadhi?

QUESTION: Satnaam and Dandauth to Akaal Purkh's servants, Please explain what 'Bhikam Nadhi' that Gurbani talks about is?

ANSWER: Bikhram Nadi is just the bhavsagar, this world of maya – the trap of maya and only naam given by a puran sant satguru has the divine power to ferry you across it.

Understanding Gurbani

QUESTION: Translating Gurbani, and doing full justice to it, thus becomes a task that can be undertaken only by such MahaPurakhs as have experienced the TRUTH themselves. In practice, however, the translations are done by lay persons armed only with a working knowledge of punjabi, hindi & english. The result is very often a transliteration which has little or no relation with what the Gurus intended.

ANSWER: Please read the Gurparsaadee writings on Gurbani on the website. Gurbani has come from mansarovar; to us every shabad when looked at takes us to the mansarovar; so to get a glimpse of the deep divine meanings of gurbani in all physical and practical divine senses you will have to take a dive into the mansarovar – nirgun saroop – param jyot puran parkash which is gurprasad and is available to those who souls who achieve param padvi and realize a puran jyot parkash in hirda. So the bottomline is naam simran, naam ki kamai, puran bandgi and seva to get glimpse of the mansarovar because that is how you can get puran jyot parkash in the hirda, win over the maya and achieve the param padvi. So in other words, true meaning of gurbani can only be explained by a puran sant-satguru. Only a puran sant-satguru, a puran brahm gianee has the permission from dhan dhan paar brahm pameshar and has understanding to give the true meaning of gurbani to masses, anyone who have not reached that stage are not allowed to preach.

Just reading and listening to gurbani is not enough

QUESTION: Dassan Das Ji, I read the article on Just Reading and Listening to Gurbani Is Enough. I want to tell you a bit of my life and my experience of reading Gurbani. The thing is, I do not understand Punjabi very well. Since I was young I have been trying to read the banis because I've gotten the idea that its a good thing to do. However time from time I would get upset and not read it because I didn't understand it. But my parents insisted that I continue reading it. It wasn't until recently that I read the English translation and was shocked at how deep the meanings are and what I've been missing. Now I'm trying to do what the Gurbani says. Is it alright to continue listening and reading Gurbani if I don't understand but I still try to follow it?

ANSWER: Listening to the gurbani and doing what the gurbani is saying is the key to success. Listening doesn't mean hearing with your ears, listening means bringing it to your heart, trusting the shabad and then following the shabad in your daily life, this is what is called shabad ki kamai and those who do this become blessed. You are also absolutely right when you say that gurbani has very deep meanings – every shabad of gurbani takes you to the mansarovar – nirgun saroop of dhan dhan paar brahm pita pamesar ji, there is no yardstick to measure the mansarovar, because it is infinite, but when you go into the mansarovar then you get a glimpse of its infiniteness and that is what happens to those who do gurbani and become gurbani by themselves – they go and rest deep into the mansarovar – one thing more to understand is that as your bandgi goes deeper

and deeper, the meaning of gurbani goes even more deeper than your soul, body and mind go deeper and deeper into the infinite – mansarovar. So listening and doing gurbani is the key to success – at the same time guru pancham patshah ji with his great eternal blessings has very kindly told us that the highest service to God is meditating on naam – satnaam and it is naam simran that will bless you with naam simran, dhyaan – gurprasad of absorbing yourself into the mansarovar and complete divine wisdom about the mansarovar. This is when gurbani comes true to you and whatever gurbani says you will become that – Gurbani ki mahima – a puran braham gyani, a puran sant.

Reciting Gurbani

QUESTION: Almost everybody is pronouncing Sassa in Gurbani as Sasha. Guruji has never put Sashaa in Gurbani, are we disrespecting Gurbani by not reading it properly.

ANSWER: The real divine pilgrimage is the internal pilgrimage, the real divine compliance is internal compliance, winning over maya completely, winning over your mind, the outside things don't help, pointing fingers at others doesn't help, pointing finger at our ownself will help a great deal. Accepting our own misdeeds and sins will help a great deal. So please dont indulge yourself in an untrue discussion like this one, that is the munmatt and not gurmat, utmost humbleness, kindness, forgiveness, fearlessness is the gurmat. So please focus on satnaam simran, clean yourself up from inside first and then you will reach a stage where you will be able to help others.

Love is the True Religion

QUESTION: I am a student of comparative religion and I am an Interfaith Minister. I used to be an Orthodox Christian priest. For many years I have read Japji Sahib (off and on)and I can find no reason at all to disagree with Sikh Dharma. I am not Indian... I am an american and I have not been (till now) interested in formal Sikh practise, but I am finding myself very much wanting to come closer to Guru. What should I do?

ANSWER: There is only one religion that is the true eternal religion – and that is the eternal truth – God himself, all others are man-made and this is religion nothing but love, and in eternal truth there is unconditional love and in such a love there are no boundaries or any kind of discrimination, in true divine love there is no division or hatred, in such a love there is no limit, there is no dimension, there is no depth because it is infinite, it can't be measured or quantified – it is infinite as God is infinite and contained there in are the divine qualities of – Devotion, Trust, Faith, Commitment, Humbleness, Kindness, Fearlessness and so on – and all these divine qualities are also infinite in nature as well and this divine love and divine qualities when filled in your heart make it the place where God comes in resides forever. These infinite qualities when filled in your heart will make it infinite too and you will become one with God and this is the real divine religiong – Everything is man-made, false and untrue.

Hukamnama

QUESTION: Would you not say that Sree Guru Granth Sahib Jee Maharaj is perhaps a source

of all the wisdom that we may need, since when we do ardas and are blessed with a hukamnama then we are often given guidance on how to live our lives?

ANSWER: It is true that Gurbani is a source of all the divine knowledge available to all of us however it doesn't become your wisdom until you practise it in your daily life, the highest hukam is the naam hukam and every hukamnama leads to the naam – naam simran, naam ki kamai, puran bandgi, seva, parupkaar and maha parupkaar. Every shabad leads you to the mansarovar – nirgun saroop, you don't need to take a hukamnama everyday, it has become a tradition, where people just hear it and it is over, how many of us actually work on a hukamnama, in fact people just call it a hukamnama and don't take it as hukamnama because if we did then we would be bringing it into practise, because if we just listen to God's order again and again and don't put it into practise then we are deaf and dumb because we hear it over and over again and still don't follow it. Gurbani is to be practised to be earned not by just hearing it and reading it even a million times if it's not practised.

Bhagtee (Loving Devotional Worship) is infinite

QUESTION: When does our bhagtee end?

ANSWER: There is no end to Bhagtee – it is infinite too like God, so we are and we will always be short of touching the depth of divinity. After the naam goes into the entire body and you become one with God then your serving others becomes your Bhagtee, helping others to do the same thing becomes your bhagti and this continues for all ages to come, no end to that. When you become part of infinite then you also become infinite, so where is question of end? There is no end. Then the continuous stage of eternal bliss and sitting in that stage helping others becomes your bandgi. Everything that happens is under the will of God, saying otherwise is ego – so crossing the fine line means the line of ego and when that happens there is no end, then there is only God and God everywhere and in everyone.

Meaning of Niranjjan

QUESTION: I have seen this word 'Niranjjan' used in Gurbani. I wanted to know the meaning of this word and what does it stand for.

ANSWER: The word “Niranjjan” consists of two parts “Nir” which means Beyond and “Anjan” which means darkness of the human mind consisting of the five thieves and desires therefore the word “Niranjjan” means someone who is beyond the three qualities of Maya, who is such an entity – a complete saint, satguru, a puran brahm gyani, a puran khalsa, a sada suhagan.

Meaning and Importance of Sat Sangat

QUESTION: How important is it to attend Sat Sangat? What are benefits of Sat Sangat?

ANSWER: The meaning of Sangat means “company of people” therefore the meaning of Sat Sangat would mean company of holy people who are dedicated to God. Therefore, it is simple, as we can say, in a company of a sinner, we can become sinners, in company of a smoker, we are

likely to pick up their habits as well so in a company of the devotees of God, it will enhance our love and devotion for God, it will help motivate us to walk towards him. Also, physical presence of God (Naam Amrit) can be felt in the company of sat sangat and this amrit has an unmeasurable benefit to us. We are able to share our experiences and learn from others which helps us progress onto spirituality. We are able to a lot of things that can wash away our ego and bringing divine qualities in our heart such as love, humbleness by serving the sangat with food, by doing dandauth bandhana, by confessing our misdeeds etc, all these acts wash away our ego and selfishness and bring humbleness and love in our heart.

Destiny – Bhaag

QUESTION: Is life pre-destined and human mind pre-programmed? From birth to death, everything that happens in one's life e.g. happiness, suffering, success, failure, marriage, separation, are all of these pre-ordained. If everything is pre-destined then where does religion fit in? If it is not in your destiny to do truthful deeds than how can you do anything better?

ANSWER: Basically, you write your own destiny, you are the creator of your own destiny, whatever actions you perform now will decide your destiny in the future. What you sow is what you reap is the law of the nature. Therefore, in order to get a destiny of truthful deeds and get closer to the Almighty, you need to concentrate on your present – today and work on making it truthful and how can you make yourself truthful? By practising Gurbani in your daily life – by serving and loving others, by meditating on EkOnkaar Satnaam, by refraining yourself from the negative forces (ego, lust, anger, greed, attachment and desires) and serving the Almighty – Satnaam. So please concentrate on present and work on making it truthful and keep praying to God for gurprasaad of Naam, Puran Bandgi and Seva and your future will start to become brighter.

Pahul – Traditional Sikh Initiation Ceremony

QUESTION: Could you kindly enlighten me about meditation. Is it important that one must be baptised or "Amritshuck", before following the path of truth?

ANSWER: There is nothing known as baptism in Gurbani. Guru Gobind Singh Ji was a Puran Braham Gyani himself, a living god on earth and he gave the gurprasaad of amrit to the five loved ones who came forward and surrendered themselves completely at the charans of the Guru – basically they gave their body, mind and wealth to the Guru so the Guru with his utmost kindness gave them the gurprasaad of amrit and transformed them into Khalsa and called them Satgur Pura therefore in divine sense, only someone who is at that stage, who is a living God on earth has the power and authority to give amrit to others, anything less than cannot do so. In regards to your question to meditation, Meditation is a Gur Parsaad for that matter Naam Amrit is the first GurParsaad, Naam Simran is the next Gur Parsaad, Puran Bandgi is the next higher level of Gurprasaad and then Seva is still higher level of Gurprasaad, this entire game is a Gurprasaadi Khel – because there is nothing that you can do or capable of doing because there is one – Karta Purakh – One doer and everything happens in his hukam, so it is his hukam that

makes things happen. So please keep on praying for the Gur Parsaad of naam, puran bandgi and seva and you will for sure make it one day.

“Sat” is the naam

QUESTION: I cannot concentrate well while repeating 'Waheguru' in my mind. So, please help me realize the true Naam.

ANSWER: Satnaam is the true naam and not Waheguru. “Sat” is the naam and Waheguru is the praise of Satnaam. Everything has emanated from Sat – Nirgun Saroop – Param Jyot Puran Parkash and has to go back to merge with the “Sat”, so “Sat” is the naam, “Sat” is the Guru, “Sat” is Gurbani, “Sat” is the supreme being – infinite timeless immortal God so from now onwards start reciting Satnaam with devotion, love, faith and trust

Divine Rehat (Real Code of Conduct)

QUESTION: Are outside compliances ready on this path of truth? Do we have Rehat (set of rules) to become a true sikh?

ANSWER: The real compliance is inside compliance – Anderlee Rehat – Rehat of Completely truthful heart is the real divine rehat. Outside compliance alone never has and never will bring any spiritual gains, the real spiritual gains come from the inside compliance – compliance of keeping the 5 thieves under control and eliminating the desires. Duality is outside the Sach Khand – Realm of Truth means “IK Drisht – single vision” – Duality never takes you to the sach khand – Ek Khand is Sach Khand – Puran Sachyara hirda is where God lives and is the real divine Sach Khand – so duality should vanish to make your heart a place for Ekonkaar Satnaam – One God to reside forever. So the outside compliance such as religious dresses, code of conduct means nothing if one hasn't been cleaned up from the inside, it just becomes a show which only boosts the ego further.

The Real Holy Place

The only holy place in divine sense is the Heart where 1 God resides, a heart of a complete saint. In sukhmani sahib, we are clearly told by Guru Sahibans that “out of all the places, the supreme place is the heart where God resides”. A heart becomes a holy place only after it becomes completely truthful and beyond the three attributes of Maya (Rajo, Tamo and Sato). When the heart becomes a sant hirda and completely truthful then the Puran Jyot Parkash resides in such a heart. Such a person can transform others – Paras stone can turn iron into gold but cant make it paras – But a saint can transform an ordinary soul into a saint soul – A saint can make you like him – this happens when you give your body, mind and wealth to such a saint, complete surrender to the sant brings about such a change in any person.

Giving to others

Giving is a strength, giving is a super power, giving is sacrifice, giving is kindness, giving is humbleness, giving is practising love in your daily life, giving is the Gur Parsaad and you are fortunate to be blessed with this power of giving – Shakti of giving – Kala of giving – so please make use of this super power of giving and take advantage of this super power you are blessed with, by giving you will achieve the highest of infinite treasures of the Akal Purakh – Immortal Being. Not a bad deal at all, is it?

Enlightment

QUESTION: I believe reading all the historical books in the world and becoming engaged in history does not defeat our ego and give us enlightenment, its about what we do in our present that can help us.

ANSWER: Enlightenment doesn't come by reading books, the Tatt Gyaan doesn't come by reading Gurbani or any kind of scriptures, Tatt Gyan is a Gur Parsaad and it comes from within when the Gyan Netar opens, when all the bajjar kappaats open, and that happens only when you completely surrender to the Gur and Guru – again giving, giving and giving your body, mind and wealth with devotion, unconditional love, trust and faith. Enlightenment is a Gur Parsaad and comes from the one's who are the custodians of this Gur Parsaad – Puran Sant, Satguru, Puran Brahm Gyani, a Puran Khalsa.

Panch Shabad Anhad Naad (Divine Music)

QUESTION:What is Panch Shabad Anhad Naad that Gurbani talks about? I have been hearing some sounds in my ears.

ANSWER: The divine music that Gurbani describes – Panch Shabad Anhad Naad is not heard in the ears, it is not a Kanni rus, it is the real divine amrit that is heard in the Dassam Duvar (Tenth Gate) “Anhad Shabad Dassam Duvar Vajjyaaa Taa Amrit Naam Chuaayeea Thaa” and this divine music is heard on a continuous basis – Akhand Kirtan – that is what it is – non-stop continuous stream of music and this is a very high levels of Gur Parsaad which comes in when the Bandgi goes into Karam Khand and all the Bajjar Kappaats are open including Dassam Duvar, when all Sat Sarovars are activated and illuminated and the Amrit – Naam Simran goes into Rom Rom (each cell of the body) and the entire body gets filled with amrit.

Naam is beyond religion, caste and colour

Sat means Divine Truth and that is the Naam – God is represented by the eternal truth, never changing, remains same, not perishable, stable and is infinite, no dimension, no depth, no boundaries – same for the entire creation, same for every man-made race (human race is the only race though created by the creator), so it is for the entire human race, we will say for the entire creation, because it is not only humans that can do meditation, it is the entire creation that is based on the Naam, for the entire creation the foundation is Naam, the Naam of the creator. So when there are no boundaries that means there are no Hindus, Muslims, Christians or Jews – it is

the human race. So naam is same for the entire creation – for the entire human race – eternal truth – and God himself is defined by his naam and that is Sat – Truth, divine truth.

Death (Physical Death and Death of Ego)

There are two types of death that we need to understand, the first death is the death of the physical body and the second one is the death of Ego – Ahankaar. There are a certain number of swaas breaths that you are provided to live in your current body which is called wealth of breaths. Please keep in mind that life element in your physical body is your Atma – which is called the soul and this soul is a part of Nirgun Saroop – so it also called the Jyot and this Jyot operates your body, all your senses and limbs work because of this jyot inside you and as soon as this jyot is withdrawn upon spending the wealth of breaths then the physical body dies, which is the first kind of death. When the Jyot leaves the body, the physical body dies. If you did not achieve salvation through complete self-realisation while you were in the body, then you continue to recycle in reincarnations according to your deeds which are carried over to your new life with your soul.

The second kind of death is the death of Ego which leads you to full awareness (divine wisdom) about your existence as a Jyot, a soul, or Atma and not physical body, which is perishable and only you as a soul prevail, you as a Jyot prevail forever because you go back in merge in the Nirgun Saroop. This death brings you salvation and frees you out of the cycle of birth and death process forever. The death of Ego will only take place when you go through the puran bandgi process, then you win over maya completely, you win over the Panj Doots – Kaam, Krodh, Lobh, Moh and Ahankaar and all your desires are eliminated then you win over the Maya, at this point your mind is eliminated and is replaced by divine wisdom, Puran Braham Gyan and your heart gets filled with all the divine qualities, your heart gets filled with Puran Jyot Parkash and all your senses and actions come under the direct control and direction of this Param Jyot – this is also called the salvation stage or complete self-realisation stage. At this stage, you see and physically sense that everything that happens inside you and around you is done by divine super powers and there is nothing that your physical body does, there is just one super divine power that is behind everything and that this super divine power is running the entire universe. When this happens then that is called the death of Haumai, death of Ahankaar, death of ego and by doing so you can achieve the salvation.

How to understand true meaning of Guru Granth Sahib Ji (Sikh Holy Scripture)

QUESTION: Please let me know how i can understand meaning of Guru Granth Sahib Ji deeply.

ANSWER: Gurbani is a language of Sach Khand where it has come from. Gurbani came to the Guru Sahibans, Sants and Bhagats who were in sach khand, so how can a common person who is living his life in Dharam Khand or below understand Gurbani? It is like a fourth grader trying to solve a rocket science problem which is not possible. So in order to understand Gurbani more deeply, you have to dedicate yourself to Naam Simran “Prabh Key Simran Gyan Dhyen Tatt Budh – These are some of advantages of Naam Simran according to this verse from Sukhmani

Sahib, so when you dedicate yourself to Naam Simran you will start to get the Gyan – divine wisdom from within your ownself because that is where Guru Sahibans got it from. Naam will start flowing inside your heart and eventually you will reach the Brahm Gyan stage and when this happens the divine wisdom will start to come from your inside and not by reading scriptures. This is when you have earned what Gurbani is saying because you practically experience Gurbani in all the physical senses and Gurbani becomes your own wisdom. When this happens you become a puran Sant, Satguru, living God on earth because you have physically earned Gurbani, you have become Gurbani. So the bottom line is to focus on Naam Simran and reap the infinite rewards of Naam Simran.

What is Sehaj Samadhi?

QUESTION: I want to know what is Sehaj Awastha, please explain to me.

ANSWER: Sehaj Awastha is a very high spiritual stage – this is Atal Awastha – This is Jivan Mukta Awastha. It comes when Naam goes into Rom Rom, all the Sat Sarovars are illuminated with Satnaam, all the divine doors are opened, and panch Shabad Anhad Naad is heard in the Dassam Duvar on a continuous basis. Basically, this happens when the soul goes back and merge in the Nirgun Saroop of Dhan Dhan Paar Brahm Pita Parmeshar Ji, A sehaj heart is puran sant heart and the soul is enlightned with Puran Brahm Gyan – complete divine knowledge. Sehaj Hirda is the one for whom Sukh and Dukh is same, Gold and sane is same, who imbibes in himself all the divine qualities and becomes a never seperable part of the infinite. A sehaj hirda is beyond the three attributes of Maya. A Sehaj heart is the one who is internally compliant of winning over the five thieves (lust, anger, greed, attachment and ego), who has become desireless, who has won over the mind and maya completely. A Sehaj awastha is a Gur Parsaad of a very very high order – and always is absorbed in Naam and is Naam Ka Daata, a daata of the Gur Parsaad.

Inside Compliance vs. Outside Compliance

QUESTION: This is the famous verse of Guru Nanak Dev Ji where he compares the outside compliance rituals to the true divine inside compliance. Please could you give us a deeper meaning of these verses. These are on page no. 471 on Sri Guru Granth Sahib.

“Make compassion the cotton, contenment the thread, modesty the knot and truth the twist. This is the sacred thread of the soul, if you have it, then go ahead and put it on me, It does not break, it cannot be soiled by filth, it cannot be burnt or lost....”

ANSWER: This piece of divine wisdom is from the Bani “Asa Di Vaar” and has been given to us by Dhan Dhan Guru Nanak Patshah Ji. This divine wisdom is very deeply related to the outside compliance vs the inside compliance. Guru Nanak Patshah Ji is talking about Janeyoo - the sacred thread that is worn by Hindus when they get baptized here. When one of the pandit wanted to baptise Guru Nanak Dev Ji according to the traditions that were prevailing during that time, Guru Nanak Dev Ji very kindly blessed him with divine wisdom to make his life website and also to help the entire humanity to make their lives sublime. Dhan Dhan Guru Nanak dev ji is telling us that instead of wearing a thread of cotton, which has no divine value, we should wear

a divine thread full of divine qualities, a thread that comprises of the divine qualities – Daiaa (Kindness) a infinite divine quality which we have been blessed with the the capability to exercise and practise everyday in our life which is like the cotton of the thread. The next divine quality is Santokh – contenment, no desires or a being desireless, fill your heart with contenment which is again an infinite divine quality and this is like the the thread formed from the cotton). The next divine quality is Jat which means become lust free, to win over the lust and this forms the knot to the thread before you start twisting it to make like a stronger rope shape), and then the next one is to become “Sat” – merge with the “Sat” and become part of the infinite, union with God (Sat is the twist to the thread which makes it a rope shape and that is worn around your body. So twisting of Sat means going into Satnaam Simran, collect Satnaam Ki Kamai, and then Puran Bandgi and merge with Sat, become one with God. So, this is the real divine thread that should be worn which means go merge and unite with God by earning all the divine qualities and filling up your hirda with all these divine qualities, once that happens then this sacred divine thread so formed will never disintegrate, it cant be destroyed, it cant be burnt, it will not be influenced by maya. Those people who wear this divine thread of divine qualities and become Sat are Dhan Dhan. The material thread made from cotton just by reading a few instructions has no divine value. It is just a tradition, an outside tradition and nothing else. The real divine meaning of the Shabad “Baraahamin – Brahmin” is the one who is merged in Paar Brahm Parmeshar Ji, who has merged in Akal Purakh and such a soul is the real Guru – the divine Guru and not the one who can read a few mantras and read instructions to others. So in a nutshell, this piece of divine wisdom is to tell us to abstain from external compliance and work on getting the internal compliance.

Guru and Disciple relationship

Guru is always and forever with you – Guru’s relationship is an eternal relationship and takes you in to the Dargah and until you merge in the Nirgun Saroop – The yard stick is your trust, devotion, love and how much you give yourselves to the Gur and Guru in terms of Tunn, Munn and Dhan. When you give yourselves completely then God becomes yours completely – There remains no difference.

Heaven and Hell

QUESTION: What is heaven and hell?

ANSWER: Heaven is the place where Devis and Devtas (Demi-Gods & Goddesses) reside, it is one step below the Dargah. Hell is Narak – where those souls who did really bad deeds go to bear the results before they are sent back into reincarnation.

Reincarnation

QUESTION: Could you kindly explain more about reincarnation?

ANSWER: Reincarnation is going through birth and death cycle through 8.4 million species that exist in the universe. 8.4 million species is the creation with life in the universe, 4.2 million are in water – sea and 4.2 million on the earth. Trees and plants are also life bearing creations. Our soul has been on journey for millions of years until it gets blessed with this human life which is the top of the chain. This extra ordinary human body has been blessed super divine powers by God that give you ability to realise your true self that you are the soul and not the body and mind. If you attain self-realisation before physical death happens then you go back to Dargah – Court of Immortal Timeless God and do not recycle in reincarnations anymore. Only in this human life, self-realisation is possible, that is why this life has been called priceless life in Gurbani and its very precious and we must focus on Naam Simran, truthful deeds and seva to get closer to the ultimate objective of this human life.

Is God Male

QUESTION: You mentioned in your experiences describing Akal Purakh as "He" and "Him" does this mean that it is a male? Does this now mean that men are superior to women as Akal Purakh is described in the male gender? If this is true it throws all my Sikhi beliefs and values down into the drain for I have always considered the Supreme Being as being genderless. Please enlighten this ignorant fool.

ANSWER: God bless you with the GurParsaad of Naam, Puran Bandgi and Seva. We are talking here about the spiritual world and not the material world – which is the world of Maya. We are talking of Puran Bandgi and not any worldly things, so please don't get confused with the worldly meanings. According to GurBani, Akal Purakh is the only Nar – male, everybody else is called a Naari - female. Now this doesn't mean any gender difference or so as pointed out by you, nor does it mean the superiority of one gender over the other gender. In the spiritual world, the superiority is by the spiritual status and not by the gender used in worldly terms. Again keep in mind God is not male or female in the worldly terms but he is Nar – and everyone else is a Naari. When He accepts you as his beloved, then you become a Suhagan (happy wife). A soul becomes a Suhagan when it is instituted in Karam Khand (realm of grace) and then becomes a Sada Suhagan (wife forever) in Sach Khand after completion of the Bandgi.

A Sada Suhagan is a Puran Braham Gyani, a Sant SatGuru, a Puran Khalsa. So please don't confuse the identity of Akal Purakh with worldly terms. Basically, Akal Purakh is Infinite, this means that:-

- His super powers are infinite,
- He is capable of doing anything unimaginable by the human mind,
- His Mahima is that He is Agam Agochar meaning that He cannot be seen or experienced by the five senses a normal person has. He can only be seen or experienced after the opening of the divine eye - the sixth divine sense.

Akal Purakh's being Nar means He is Sarabh Klai Bharpoor i.e.

- He has unlimited superpowers,
- He is of infinite nature,
- He has divine capabilities of doing anything and everything.

Your beliefs are based on worldly definitions and not based on divinity. Sikhi doesn't mean to follow a set of rules laid down by some man made committees and organizations. Please feel free to ask any and every question that pops up in your mind. But the real thing is to concentrate on Naam Simran – Sat Naam Simran. When you start doing Sat Naam Simran for longer sessions then you will start understanding Gurbani in the true perspective. So please concentrate on Sat Naam Simran and you will do much better – this is our promise to you.

4. Mind and Maya

Questions regarding Sex

QUESTION: Is it bad to have sex with a girl before marriage or How bad it is to have sex with Prostitute. What i think is , its bad to break the heart of any one. But with Prostitute i think everyone is happy or if i am wrong , how much is the punishment for doing sex with girl.

ANSWER: Living under the doot of Kaam, Kaam becomes your guru, living under the doot of anger makes anger your guru because that is what you are following and so is true with desires and other doots – five vices, so the choice is yours – What do you want to choose as your guru? Panj doots and desires or Gurmat? Also please keep in mind naam, naam simran, naam ki kamai, puran bandgi and seva is the gurprasad. Also keep in mind living under the panj doots and performance of daily deeds under the panj doots are all asat karams and your future destiny will depend upon what you do today, so be careful indulging in asat karams under the guruship of panj doots and desires is not going to make things better, it will make the future worster. There is no end to the desires – panj doots and desires are the web of maya and you are getting more and more entangled in to this web of maya under the guruship of panj doots and maya and there is no way out if you stay like this. So focusing on sat karams is the only and only way to help you out of this kind of situtation. The punishment for these kinds of deeds – will never be able to get out of the web of maya and will continue to cycle through the death and birth for an undefined period of time and who knows what you will be in the next janam – a prostitute or an insect or what not. So please dont waste your energy and divine power given to you by God and focus on sat karams. Focusing on satnaam simran will help you

How to overcome Ego

QUESTION: I don't know who can help me so I will post to whoever. I have done many ardaas', I have recieved Naam in my dreams, done simran non-stop, done simran in my dreams, but still Im in this horrible net of Maya and the 5 thieves. I have all the knowledge I could ever need, I have tried getting rid of "I", I have prayed that He gets rid of it for me, im still falling everyday. I want the Gurparsaad, Bless me if it is in my destiny, if it is not to be in this life time, then... Tera Kiya Meeta Lagey.

ANSWER: Guru Pyare Jee you are not lost anymore, you have already been blessed with the divine wisdom to be free of the shackles of Maya, you have already been trying to focus on Naam Simran and watching the Maya's play around and with you, so that is a realization that doesn't come to every person, only the blessed ones get to this stage of divine wisdom when one realizes that this human life is not for wasting drinking the poison of Maya – Panj Doots and Trishna. But please be persistent and focus on Satnaam Simran. Complete surrender to your Guru is the way to spiritual success. So please focus on Satnaam Simran and prepare yourself for the Gurparsaad. Do Jodyan Di Seva for 21 days and also Langar Ki Seva – cleaning utensils and whatever else you can think you can do. Start focusing on Satnaam Simran in the early hours of the morning, starting right after midnight to really reap the divine rewards. Please keep in mind Bandgi is a fight against Maya – Panj Doots and desires and you are bound to encounter Maya on every step you take towards the Guru and until you completely surrender yourself with trust, devotion and love at the Sat Charans of your Guru with tann munn and dhan. So please focus on Satnaam Simran and God will bless you with the Gurparsaad of Naam, Naam Simran, Naam KI Kamai, Puran Bandgi and Seva.

No Importance of 5 K's in spirituality

QUESTION: How important are 5 K's in relation to spirituality, do you think individuals have to have these kakkars to progress into spirituality? Why did Guru Gobind Singh ji created this 5 K's and how important is it that we follow this concept?

ANSWER: 5 K's were blessed by Guru Gobind Singh Ji to bring the sikh masses in discipline and prepare them for fighting to protect the innocent and he did so by virtue of his direct fights with various criminal rules of the time along with the sikhs. If you are following the hukam of the Guru and applying it in your daily life, if you have given your body, mind and wealth in service of the truth, then you should be dhan dhan – you should be a khalsa – with a puran jyot parkash in your hirda, with all your bajjat kappars open, with rom rom simran, and if that is the true then where are these questions and confusions coming from? All we are trying to tell you is that the internal compliance is the real divine compliance, the compliance of winning over panj doots and desires is the real compliance, the real divine pilgrimage is the internal pilgrimage, God lives inside you, you have to find it inside you, winning over the maya is the real internal compliance, compliance of atam rus is the real divine compliance, the obvious mistake people make is putting all the efforts to earn the outside compliance and do nothing to achieve the internal compliance, so your commitment is in earning the internal compliance, your love towards the guru is to follow his words with body, mind and wealth by practicing his words in the daily life, The guru wants you to transform yourself from inside, The guru wants you to earn the internal compliance, The guru wants you to bring all the divine qualities in your hirda and make it a infinite hirda, make it a khalsa hirda, make it a sant hirda so that he can appear in your hirda in all the sense. Maya vich udaasi doesn't mean attachment to maya – it means a detachment from maya and go beyond maya. When you become a khalsa hirda, a sant hirda and you earn the braham gyan amrit, atam rus amrit then what is the value of anything else around you and that is what is required to be done, that is what you are born for – reach param padvi. So in divine sense, someone could be a shaved bald head and doesn't keep 5ks but if he has earned

the true rehat of internal compliance, if he has followed the word of the guru and surrender with body, mind and wealth to the truth then is considered a khalsa on the other hand if someone has kept the 5 K's but has not earned the internal divine compliance, has not earned gurbani then is considered a true pakhandi.

Maya and Health

QUESTION: I am living in Canada, I have got some health problems, I am trying Naam Simran I feel I am a little bit successful. I am feeling difficulty in recitation because I got tired but some time I feel better. I think I am under the influence of Maya which creates obstruction for me. Please tell me how to break this barrier of Maya. Although I am a medical student here, but Gurbani is 100% true. I feel that Maya influences our body in a pleasant way but gives pain and sorrow. Maya spoils our mind first then our body. So I am trying to make myself pure to get rid of Maya by Naam Simran and listening Gurbani. Please help me how to focus my mind. Because running thoughts makes me crazy.

ANSWER: You are absolutely right, this is the Maya – Panj Doots and desires that is the only obstacle in this divine path, winning Maya is the name of the Puran Bandgi, winning over Panj Doots – Kaam Krodh Lobh Moh Ahankaar and Trishna is Puran Bandgi, winning over your own mind is Puran Bandgi, complete silence of mind – thoughtlessness is the Bandgi, bringing your mind in to complete rest is the Bandgi, and it is all Gurparsaad. The Gurparsaad is achieved by complete surrender at the Sat Charans of the Guru, surrender with tann munn and dhan at the Sat Charans of the Guru is the complete surrender, the Gurparsaad will pave your way to Puran Bandgi. So please focus yourself on Satnaam Simran and this Simran along with complete surrender at the Sat Charans of your Guru will pave your way to Gurparsaad for you.

Slandering

QUESTION: I do not understand this. Baba Ji and Dassan Das Ji has love for entire creation, yet you get some people who have no idea on the truth whatsoever slandering them?

ANSWER: Slandering is a part of the Bandgi process, it is really a divine gift, it is free bandgi – free Naam dhan without doing anything, when anybody slanders a saint then it is very simple, he loses all his devotional worship and that goes and gets deposited into the account of the person that is being slandered. Eternal truth is very bitter to bear because it uncovers the untruth prevailing in the society which hurts who are in control of religion, the people who claim to be preacher but have no idea on what they are preaching as they have not tasted the truth so they don't know what the truth is.

Anger

QUESTION: Dearest Dassan Das Ji, we tend to get angry often and during these outbursts of anger, we do stupid things that otherwise we should not have done, please tell us how to gain some control over anger?

ANSWER: These are the tests of Maya, Anger comes when ego gets hurt, so ego has to leave

your soul and body, it lives in your head, so watch out for it on a constant basis, but again it is God's grace that will take your ego out and this gurprasaad will come when a complete surrender is accepted by God. Until that happens, maya will keep on attacking, that is why we all now need to start moving towards more and more naam simran seva, so please focus on satnaam simran and seva (service of others).

Giving Daswandh (10% of time and earnings to the Guru)

QUESTION: Do we have to give daswandh? Is it mandatory? I find it hard to do so, please give some advice.

ANSWER: Giving Daswandh is a Gur Parsaad and there are few fortunates one who are blessed with this Gur Parsaad. By now you understand fully how difficult is it to give 10% of their earnings for someone who is living in the world of Maya – the basic mechanism on which most of the world is running upon in desires. Kaamna – Kaam means lust but if you take a deeper dive into its divine means – it means a never ending streams of desires and your mind is nothing but a never ending stream of desires which wants to acquire but not to give. When a desire is fulfilled, you receive a momentary peace and happiness but when the desire process starts again, you are left in same miserable state, unhappy and not content. So until you go and merge into the Nirgun Saroop – Gur Sagar – Mansarovar your stream of desires do not end and contentment does not come.

Killing

Killing means killing in consciousness, killing for pleasure or killing for revenge is regarded as untruthful deed. However, you do kill millions of bacteria everyday as a part of your normal living process which is not untruthful. At the same time half of the creation is dependent upon the remaining half for food, so it is very difficult to make this subjective free of controversial thoughts. For that matter there is life in plants and trees as well, and the plants form a good part of our daily food as well, that is why Guru Nanak Dev Ji said “Fools argue about flesh and meat, but they know nothing about spiritual wisdom and meditation”

What are Panj Indrees (Five Human Senses)?

QUESTION: Thank you for giving us your true wisdom. Could you kindly explain what the “Panj Indrees” are?

ANSWER: Panj Karam Indrees are parts of your physical body with you that are used to perform your deeds and these are: Two arms/hands, Two legs/feet, Tongue/Mouth, Anus and sex organ. The creation of a human being is the most beautiful creation of the almighty. Look at these five super divine powers given to you to make use of your physical body and be part of the creation and participate in the process of creation. At the same time there are Panj Gyan Indrees (Five senses) which a human body is blessed with to interact with the rest of the creation and enjoy the creation. These are Eyes – seeing, Ears – hearing, Nose – Smelling, Skin – feeling and tongue – tasting. Infact these divine powers that are given to us by Akal Purakh Ji is to live this

life and enjoy the nature in its correct perspective and in accordance with the Divine Wisdom – Gurmat. However, at the same time there are five thieves/demons as well, lust, anger, greed, attachment and ego and the sixth one is desires which make your usage of these panj karam and gyan indrees very complex, infact these demons and desires prompt you to misuse these super divine gifts and that is where you get trapped in by misusing them and this is where Gur Parsaad helps.

Supernatural Powers (Riddhis and Siddhis)

QUESTION: I don't know how I got it but I know I have the ability to see into the past, present and future of any person. Also, a lot of things that I say tend to come true in the future, I didnt believe it at first, but most of the say I say tends to come true, How have i got these powers and what shall i do?

ANSWER: These are super natural divine powers that are used by God in running his creation. If you start mis-using these powers for example, when you start telling people about their past and future then they will start coming to you and you will become a astrologer and not a Jivan Mukti. This is all due to your bandgi in your previous lives that you are experiencing these super natural powers, but using them for fun, business or to gain attention will close doors for spiritual advancement and Jivan Mukti which is the purpose of this human life of yours. For making spiritual progress and for reaching the higher consciousness stages, Gur Parsaad of Naam Simran, Naam Ki Kamai and puran bandgi are the Gur Parsaad. Jivan Mukti (freedom from reincarnations) is the objective of this human life.

Self-Wisdom (Munmatt)

QUESTION: What is Munmatt or Self-wisdom?

ANSWER: Munmatt means your own wisdom, the wisdom that is other than the divine wisdom (Gurmat). It doesnt mean wisdom of Mun. To be more in depth – the wisdom is stored in the brain. Mind is the thoughts based on the stored wisdom in the brain. The thoughts is processing the information stored in the brain. Munn doesn't store wisdom, it is just a thought mechanism. Maya becomes the servant when the soul that runs the body goes beyond Maya, so body becomes a servant of the soul and soul is not the mind or the body, soul is the Jyot

Duality

QUESTION: What is duality? This word is often used in Gurbani, could you kindly explain the meaning of this world.

ANSWER: Duality simply means seperation from God. Majority of the world is living in seperation from God due to haumai so they are living in maya. Where there is no duality, there is God, only one khand is sach khand, everything else is in Duality, Only a Puran Brahm Gyani is single vision and beyond duality but everything else is in duality, coming out of Duality is the name of Bandgi and winning over Maya is Bangi. Duality is nothing but Maya. When Maya is

defeated, you become one with God and come out of Duality.

Winning over the mind is Bandgi

QUESTION: How do we win over the mind?

ANSWER: A complete control of mind is not in your hands, this is all Gurparsaad, this happens by Gurparsaad when the infinite divine power takes over you completely, which is called complete self-realization. Winning over the mind is what bandgi is all about. Winning over the mind, and replacing it with Param Jyot Purn Parkash is the whole game. Mind is responsible for distracting you from achieving this divine stage where there remains no mind and there remains only infinite divine power. A complete surrender at the Sat Charans of the Guru is the key to this GurParsaad. Giving your body, mind and wealth to the Guru with trust, devotion and love is the key to Dargah. So please focus on Satnaam Simran and slowly your mind will stop to wonder in negative thoughts, then it will change to all positive thoughts and then eventually it will be replaced by Satnaam Simran on a continuous basis.

Suicidal Thoughts

QUESTION: I am suffering so much, that at times I question what is the point of my existence? I have had suicidal tendencies and have thought many a times to end my life.

ANSWER: Suicide is not a solution to any problems, suicide in this life will end the pains and sufferings, there will be more lives like this filled with even more pains and sorrows, based on your deeds in the past lives and this life as well. So, suicidal thoughts are more hurting and not soothing at all, this is the worst thing a man can attempt or do. This is not a solution by any means. Your life is very precious, there is a divine objective of your life, you have been born to grow yourself above all these pains and sorrows, you have to get yourself to a much higher real of the divine truth, you are a wonderful soul but trapped in the web of Maya. All these negativities that you are facing is as a result of your own deeds as said earlier, but it is a divine blessing as it is turning you around to realise your real divine objective of your this human life. God is not any far from you, your breath is being run by his infinite divine power, the blood in your veins is being run by this infinite divine power, your heart is pumping due to this infinite divine power, therefore, God is right there inside you and not anywhere outside, all you need to do is focus on yourself and things will start to turn around for you by themselves. We will advise you to focus yourself on Satnaam Simran, dedicate yourself to the Guru with body, mind and wealth, complete surrender at the charans of the Guru with trust, devotion and love will bring you the Gurparsaad. When you do so and focus on Satnaam Simran, then things will start to fall in place for you, your mind will go into peace and you will be charged by this infinite divine power to face all these challenges of the life without any problem. You will be blessed with the divine strength to cope up with all the adversities in your life.

Will Power

QUESTION: I feel I don't have a strong willpower to stand against Maya. There is not one day

where I get confused or upset. I dont seem to understand Gurbani properly or ability to make regular decisions in life. How can i get rid of this confusion and ego?

ANSWER: Just give all to Gur and Guru and do seva day and night. Its easy to say “Everything belongs to God” but if we still haven’t dedicated ourselves with body, mind and wealth then we haven’t applied the Guru’s wisdom. When we give all, we will get all. So, we better give your mind to Akal Purakh Ji and he will give you will power and take you away from Maya. We can do bhagti but we cannot make deal with God so do seva and ask nothing. Gur and Guru will do Kirpa on you and give you more will power and keep you away from Maya. If you surrender yourself then you won’t get any attachment with anything then you won’t get upset.

Bandgi is Gurparsaad (Divine Grace)

QUESTION: How do I enter Smadhee and Sunn Smadhee? How do i won over my mind and realise God? What meditation techniques do I use?

ANSWER: God is beyond techniques, this path is known as Gurprasaadi Khel so it is all Gur Parsaad.Smadhee, Sunn Smadhee, Ajapa Jaap Naam Simran is a Gurparsaad and not any technique. It doesn’t come by reading books or practising any of these techniques, it is only and only Gur Parsaad. Naam is Gurparsaad, Naam Simran is Gurprasaad, Naam Ki Kamai and Puran Bandgi is Gur Parsaad, winning over the Maya is Gurparsaad. Those who dedicate themselves with body, mind and wealth to the Guru and achieve the Gurparsaad are blessed with the Gurparsaad of Smadhee, Sunn Smadhee and Ajapa Jaap.

Benefits of Self-Criticism

QUESTION: In Gurbani, many times bhagats and even Gurus are self-criticizing which puts me in confusion. Please tell me, why such souls are slandering their ownself?

ANSWER: Self criticism is the best thing that one can do to reach higher realms of the eternal truth, where self praise does the opposite. Self Ki Nindya is the only Nindya we should be doing, pointing finger to our ownself is the key to success on the spiritual path, it brings Garibi in Hirda and whichever Hirda has Garibi, the almighty lives in there. Garibi ves Hirda is utmost humbleness which makes us see everyone else above us. When we become lowest of the low, slave of the slaves, the foot dust of the entire creation, this is where there is death of Ego and death of Ego means Jivan Mukti, death of ego means winning over Maya. The death of ego means the entire creation is revealed as the Sargun saroop of God, death of ego means the achievement of Dib Drish, the divine eye opens and everything becomes Sargun Saroop around you.