

How To Do Naam Simran

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Introduction

Articles mostly written by Dassan Das about doing naam simran in the most effective way.

1. Benefits Of Naam Simran

This article is written with the unlimited Gur Parsaad and Gur Kirpa of God (Agam Agochar Anant Beyant Aprampar Dhan Dhan Paar Braham Parmesar) and the Guru.

Let us pray to them for divine understanding and divine knowledge about the benefits of Naam Simran.

Let us pray for Gur Parsaad.

Let us pray to be always blessed with this Eternal Gift of Naam and Naam Simran.

Naam is the ladder for the complete realization of the Almighty. Naam is the ladder which leads us to :

- the discovery of the Eternal Truth (the Param Tatt – Supreme Essence, the Braham Tatt – God’s essence, the Puran Jyot Parkash – Complete Brightness of God’s Light, the Nirgun Saroop of Akal Purakh – Spiritual Form of Timeless God)

- the complete silence of mind and soul,

- becoming completely truthful

- Sach Khand (God’s realm Of Truth).

By doing Naam Simran we keep on climbing on this ladder and step by step get closer to the Almighty. Eventually we merge in Him.

Naam is the Eternal Truth.

By doing Naam Simran we can realize this Eternal Truth, the Almighty Himself, the Amrit, the Atam Rus.

Naam is the highest eternal gift one can get through Gur Parsaad:

jaevadd aap thaevadd thaeree dhaath ||

**As Great as You Yourself are,
O Lord, so Great are Your Gifts.**

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By doing Naam Simran we can realize this highest eternal gift. This gift contains

- Akal Purakh Himself
- All His eternal treasures and
- all His spiritual and divine powers

So why ask or settle for anything less than that? We can get the highest eternal gift with our sustained efforts. We should forget about day today and worldly things and ask for the highest eternal gift, which contains everything, which contains Paar Braham Himself. Once He becomes ours and we realize Him completely within ourselves and become His then all His possessions will become ours. This is the biggest and unexplainable benefit of Naam and Naam Simran.

However, there are a lot of other benefits of doing Naam Simran, some of which are listed below with a brief description:

YOU BECOME BEYOND DESCRIPTION

kinakaa eaek jis jeeaa basaavai ||
thaa kee mehimaa ganee n aavai ||

**That one, in whose soul the One Lord dwells
the praises of his glory cannot be recounted.**

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The Naam is unlimited, it is Agam Apaar Anant and Beant like Akal Purakh Himself. It is the origin of the universe. It is Akal Purakh's Aad Jugaadi Naam, created by Himself. If a person is able to plant even a little bit of the Naam in his Hirda, then it will be impossible to describe such a soul. Because such a soul will become a Sant Hirda and will become unlimited like Almighty Himself. Such a soul will become a Pargatyee Jyot Braham Gyani and a Puran Sant, a Puran Khalsa. Naam Simran will bring the highest level of happiness to us. All our sorrows will disappear and we will be filled with complete joy and happiness forever.

SALVATION FROM THE CYCLE OF LIFE AND DEATH – JIVAN MUKTI

The highest level of sorrow is the involvement in the cycle of birth and death. We all have been involved in this cycle for a very long time. We have been through countless births and deaths in 8.4 million species. Naam Simran is the only power, which can take us out of the cycle of life and death. We will be able to get ourselves out of the fear of death only by Naam Simran. This means that we will be able to achieve salvation – Jivan Mukti through Naam Simran only.

FEAR OF DEATH

The biggest fear is the fear of death. This is a universal truth and a fact that can't be denied. Such a fear vanishes only with the Naam Simran. Actually when you go in deep meditation – Smadhee and Sunn Smadhee you might encounter out of body and soul travel experiences. During such incidents the soul actually physically leaves the physical body and goes into various astral planes depending upon the spiritual state of the soul and see and experience the higher levels of spiritual worlds – Sach Khand and so on. These experiences teach you what can happen to you after you die physically and where your soul will be after your physical death. That is why the Sants and Brahm Gyans know beforehand about what will happen to their souls after death.

WINNING THE MAYA

Naam Simran is so powerful that it saves us from all our enemies – and what are these enemies? These are Panj Doot – Kaam, Krodh, Lobh, Moh and Ahankaar, which are the deepest chronic mental sicknesses along with Asa, Trishna and Mansha, Nindya, Chugli and Bakhili. The Naam is the prescription to cure our heart from these deepest mental sicknesses. All these enemies of our soul form a barrier between us and the Almighty. Naam Simran is the most powerful weapon to kill all these enemies. These enemies are the road blocks in the path to Sach Khand and Naam Simran removes these road blocks. By keeping our mind alert and helping us to restrain from doing any such deeds which are performed under the influence of these enemies of ours. Our mind remains awake all the time and we are able to deal with these enemies in our day-to-day life. Thereby defeating them every time they try to cheat us and rob us of the Amrit.

WINNING OVER MIND

Your mind operates all your five senses, and your mind is operated by your own wisdom. Your own wisdom is operated under the three attributes of Maya: Rajo, Tamo and Sato. By winning over Maya your soul goes beyond the shackles of Maya. It is liberated from the shackles of Maya and your mind comes under direct control of the divine wisdom. In fact your own wisdom and your mind are eliminated when you reach the heights of spirituality. Then all your five senses come under direct control of the divinity and the divine wisdom operates your five senses. They no longer remain under the control of Maya. This is salvation from Maya. By winning over your own mind you replace your mind with Param Jyot (Supreme Light)

man thoo(n) joth saroop hai aapanaa mool pashhaan ||

**O my mind, you are the embodiment of the Divine Light
- recognize your own origin.**

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NO ILLUSIONS OR DELUSIONS

The illusions, delusions, distractions, doubts and all the negative forces governing your mind and soul are eliminated by doing Naam Simran. Your mind starts to become stable and eventually you win over all the situations that cause distractions in your mind. Your concentration of mind will increase with the advancements in your spirituality and eventually your mind and soul will become free from all kinds of illusions and distractions.

MAKES US FEARLESS

Naam Simran makes us fearless in our day today activities. With Naam Simran we keep on becoming more and more truthful to ourselves, to others and to the Almighty. We are given the strength to speak the truth, see the truth and serve the truth. We are not afraid of speaking and serving the Truth. We start to see the difference between the truth and non-truth, and save ourselves from non-truth deeds.

ELIMINATION OF ALL SORROWS & SICKNESSES

sarab roḡ kaa aoukhadh naam ||

The Naam is the panacea, the remedy to cure all ills.

Naam Simran eliminates all the sorrows in our life. We become so strong mentally that we are able to tolerate all kind of sorrows and diseases including chronic mental diseases. There remains no difference between sorrow and happiness. We become single vision and enjoy the

complete, pure and pious happiness – Sat Chit Anand – which is Param Jyot Puran Parkash – Nirgun Saroop of Akal Purakh.

ETERNAL TREASURES

Naam Simran brings all the eternal treasures and also supernatural powers- comprising of nine treasures and Ridhis and Sidhis. Please keep in mind that these treasures give us all kinds of powers to create miracles - Karamaats – public surprising acts, which can attract a large number of people towards us. By using these powers we can fulfill worldly desires of people, become famous, make a lot of money and obtain all kinds of worldly comforts. BUT keep in mind, if we use these powers EVEN ONCE, our spiritual progress will stop right there and then. We will never be able to achieve salvation. When you reach the heights of Bandgi then Akal Purakh Himself uses these powers to create miracles for you. Such miracles were created by the Almighty many times during the Guru Sahibans times.

DIVINE INTELLIGENCE – BRAHAM GYAN

Naam Simran brings the divine knowledge and divine intelligence inside us. We start to listen to and understand Gurbani. This motivates us further to practise the teachings of Gurbani in our daily lives. Our commitment and belief in the Guru, Gurbani and Akal Purakh keeps on growing. All kinds and means of worshipping the Almighty are contained within Naam Simran. This means that Naam Simran is the highest level of service of Almighty. By doing so we realize and establish in our inside the fact that there is no one like the Almighty Himself and that He is the Supreme and creator of the entire universe. We develop a total belief and commitment to the Almighty.

THE INTERNAL PILGRIMAGE

The real pilgrimage is the internal pilgrimage and this happens due to Naam Simran. This means that when we go through different stages of Naam Simran in Smadhi, when we go through different stages of spirituality as described in the Jap Ji – Dharam Khand, Gyan Khand, Saram Khand, Karam Khand and Sach Khand, then we physically see the divine things and experience the divinity, Puran Parkash, Guru Darshan, Sach Khand Darshan and so on. This is the real pilgrimage.

When we pass through such stages of spirituality and go into Smadhi and Sun Smadhi then we are recognized by the Dargah for this highest level of service to the Akal Purakh. We remain satisfied and contented in all circumstances and everything that happens around us appears to be due to the will of God – Hukam. This means that we are able to recognize the Hukam of Akal Purakh, we don't complain for anything and thus remain silent and peaceful under all circumstances. By doing so we are able to achieve our spiritual objectives –

hukam boojh param padh paaee ||

Obeying the Lord's Command, the supreme status is obtained.

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Naam Simran is a priceless gift which is given to us only with the blessings of Akal Purakh, and that is what Gurbarsadi means. There is nothing more precious than Naam Simran. We should all bow to such souls who have been blessed with Naam Simran.

HIGHEST SERVICE TO THE ALMIGHTY

prabh kaa simaran sabh thae oochaa ||

The remembrance of God is the highest and most exalted of all.

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Here Almighty God has made it absolutely clear, there should remain no doubt in anybody's mind whatsoever, that Naam Simran is the highest service of Akal Purakh. This means that all the other religious acts (Dharam Karams) are of a lower value than Naam Simran. Now we have learned this fact from Sukhmani why don't we devote our time to Naam Simran? When Naam Simran is going to bring us the highest and the sweetest fruits, highest level of happiness, complete silence, Param Jyot and Puran Parkash Darshan, then why don't we concentrate on Naam Simran?

Just reading Sukhmani is not enough. Doing Naam Simran as sukhmani instructs us to is the highest service of Almighty. This is a part of Perfect Original Divine Wisdom (Puran Tat Gyan) and is mandatory for Perfect Devotion (Puran Bhagtee). And people who don't follow this Gyan remain in doing lowest service of mere religious acts (Dharam Khand).

HUMBLENESS

Naam Simran brings into us the divine quality of utmost humbleness. The souls which get absorbed in Naam become full of humbleness. Their extreme humbleness takes them to the height of spirituality:

breham **giaanee** sagal kee reena **||**
aatham ras breham **giaanee** cheena **||**

**The God-conscious being is the dust of all.
The God-conscious being knows the nature of the soul.**

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They become the dust of the feet of the entire creation. We should all bow on the feet of such souls. Such humbleness comes only with Naam Simran. Such humbleness is the key to the Dargah of Akal Purakh.

**THE BIGGEST TREASURE IS AKAL PURAKH'S NAAM – “IK OANKAAR
SATNAAM”**

a(n)mrith naam nidhhaan hai mil peevahu bhaaee **||**

**The treasure of the Naam, the Name of the Lord, is Ambrosial Nectar;
meet together and drink it in brothers.**

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When we do Naam Simran, we will become the owner of Akal Purakh's priceless treasure "Ik Oankar Satnaam". When we own this priceless jewel and it goes into our mind and spiritual heart (Hirda), then we will become honorable in the Royal Court Of the Immortal One (Dargah of Akal Purakh). The Sant, Braham Gyani who owns this priceless jewel of Naam becomes the wealthiest soul in the universe. There is nothing above this treasure. Such a soul :

- becomes honorable
- is respected everywhere in the universe
- completes his pilgrimage
- is accepted as successful in the Dargah
- is always in a very high spiritual state
- never needs to look for anything more
- has obtained everything
- has achieved Eternity
- becomes the King of the entire universe – King of 14 Dimensions Here and Hereafter (Lok Parlok).
- Speaks and it happens - their words are honored by the Almighty
- never dies - they achieve the Eternal happiness and Eternal silence,
- wins over everything,
- is always absorbed in the Almighty.

We should all pray for the dust of the feet of such souls. By doing so, Akal Purakh will bless us and get us involved in this Gurbarsadi Game. All this doesn't happen without the Gurkirpa. We should all pray for Gurkirpa and ask for the eternal treasure of Naam Simran.

DIVINE QUALITIES

With this eternal treasure of Naam Simran our Hirda will become very powerful and very vast, it will develop in us the highest qualities of head and heart, selflessness, sacrifice for others, helping the poor and others, doing good to others, think about the well being of others, not live for self but live for others, forgiveness, kindness, contentment and openness of heart comes in, total peace and silence of mind comes in, such qualities will make our life more and more

meaningful to the society, and imagine if every one becomes like this than will it not be an age of the Truth – Sat Yug. These are the vital signs of a Sant Hirda and such souls will always be regarded in the Dargah and in the universe, such souls will always have bright and shining faces in the society and in the Dargah, they will always enjoy the highest level of eternal comforts and happiness in their inside. Such souls win over their minds and their life becomes very pure and pious, truthful and dignified. Such souls who are engaged in the Naam Simran will always stay very close to the Almighty, and stay in eternal happiness, everlasting happiness – Sat Chit Anand. Such souls live with the Almighty always remain in awareness of the things happening around them, for that matter the things happening in the entire universe.

NO DESIRES AND WORRIES

The soul and mind which absorbs itself in the Naam Simran no longer is controlled by the need to fulfill worldly desires. He will always remain in complete satisfaction. He will never feel deficient of anything. No worldly comforts can distract him. All his worries disappear. This all happens to him because all his actions and reactions are recognized by him as and under the Hukam of Akal Purakh. Basically his mind and soul become totally stable.

This is a very high spiritual condition the soul remains in, and such a condition comes only in Sach Khand, when a person becomes completely truthful, speaks the truth, listens to the truth and serves the truth only.

Such a soul is always engaged in the praise of Akal Purakh and in the service of the Guru and Sangat. Such a soul will always remain stable and absorbed in the Almighty. Nothing can distract such a soul, which always stays in the state of complete eternal peace and happiness. His heart always remains blossoming like a lotus flower. Such souls enjoy the eternal music vibrations on a continuous basis in their body, and always stay in a never ending eternal happiness. Only such people who are blessed by the Akal Purakh Himself can get this eternal treasure of Naam Simran.

SMOOTHNESS IN DAILY LIFE

With Naam Simran, everything starts to fall in the right place for you. All your problems start to disappear and things will start to happen in your way. Your life will become very clean and

smooth. No difficulties will remain in your way. The people around you will become more understanding of you and will start to cooperate with you. Your work environment and family environment will become more and more congenial. Things will start to appear very simple and easy for you. The family disputes and other problems will gradually start to disappear and your surrounding will become very enjoyable and nice.

REACHING THE HEIGHTS OF SPIRITUAL WORLD - SANTIS AND BHAGATS

All the Sants and Bhagats of every religion have only become Sants and Bhagats through Naam Simran. Such souls could reach these highest levels of spirituality only because of the eternal treasure of Naam Simran they obtained and performed on a regular basis in their lives.

This is how these souls became so powerful spiritually and became one on one with Almighty. There are a number of such souls whose Bani is included in Shri Guru Granth Sahib Jee, including our Great Ten Gurus. Some of them are Sant Kabir Ji, Bhagat Ravidass Ji, Bhagat Nam Dev Ji, Bhagat Baba Farid Ji, Bhagat Peepa Ji, Bhagat Sain Naai Ji, Bhagat Benney Ji and some others.

All these souls reached the highest levels in spirituality became absorbed in Akal Purakh and obtained Param Padvi, and became Puran Braham Gyanis. Such souls are also known as Pargatyao Jyot Puran Braham Gyanis.

Such souls have continued to come to this world after Dassam Patshah Ji, some of them are Sant Baba Nand Singh Ji, Sant Baba Ishar Singh Ji and Sant Baba Attar Singh Ji.

Such souls also exist now and are engaged in this highest level of service to the Almighty – Naam Simran. They will continue to provide spiritual energy and guidance to the Sangat for all ages to come, some of them are there at this moment as well. They are serving the Sangat, and will continue to come to this world in all Ages to come

har jug jug bhagath oupaaeiaa paij rakhadhaa aaeiaa raam raajae ||

**In each and every age, He creates His devotees
and preserves their honor, O Lord King.**

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The benefits of Naam Simran are indescribable. we have just tried to give you a glimpse of what happens when you do Naam Simran. In reality these benefits have to be felt and physically experienced to be truly understood. The above descriptions are just a taste of this divine eternal blessing, the Gur Parsaad to help you get motivated and start doing Naam Simran. Then you will reap its unlimited rewards and make your human life sublime. The only condition is to surrender yourself completely to the Gur and Guru and have full faith, trust commitment and belief in Gur, Guru and Gurbani.

Dassan Das

2. Overcoming The Effect Of Past Lives

How to recover from the effects of the past lives

JAPP SATNAAM SATNAAM SATNAAM SATNAAM SATNAAM SADA SADA
SATNAAM

Guru Pyari Sadh Sangat Ji (Guru's Beloved Saintly Society),

with the Agami Anant Apaar (Unreachable, Unlimited, Unparalleled)

and Beant Kirpa (Infinite Grace)

of Satgur SACHE Patshah (True Guru True King)

this chakkar (servant) of yours is humbly writing this.

We are very humbly going to tell you a few ways of getting rid of the influence of your past life on your current activities. This will make you into a truthful person - SACHYARA.

“Kiv Sachyara hoiaa?”

How does One become Truthful – sachyara?

Jap Ji Sahib.

A truthful person - SACHYARA - is one who

- serves the truth,
- sees the difference between truth and non truth,
- speaks truth,
- is always truthful in his actions and reactions,
- and is truthful from inside and outside.

Every experience in everyday life is being influenced by the past. I.E. Your present is influenced by your past actions, decisions, reactions. The way you conduct yourself in day-to-day activities and interact with others is influenced by past experiences. The present is being greatly influenced by the way you have behaved in the past. Actions are what are judged by in the Divine Judge:

Karmo apo apanee ke neray ke dhoor

Our actions are our own, some of us get closer to God some go further away.

Jap Ji

Understanding the root cause of our actions is fundamental to our spiritual progress.

Actions and reactions are carried under the direct control of your mind.

The mind works under the direct control of PANJ DOOT (Five thieves)

- KAAM (lust),
- KRODH (anger),
- LOBH (greed),
- MOH (selfish love/wordly attachment)
- AND AHANKAAR (ego / pride).

When you are trying to be truthful and avoid all the untruthful deeds (ASAT KARAMS), in your current life, you are still affected by your previous habits, good or bad (SANSKAARS). Please try to understand the following sequence for your actions and reactions:

- YOUR BODY – does the actions and reactions

- YOUR FIVE SENSES (GYAN INDRES) – direct your body to perform these actions and reactions

- YOUR MIND – orders your five gyan indrees

- YOUR WISDOM – your wisdom directs your mind

- PARAM JYOT (SUPREME DIVINE LIGHT) – which resides inside your body is the base for the DIVINE WISDOM

Now the problem is that you are under the influence of the panj doot that are operating on your mind. You are operating under your own wisdom and you are completely separated from the DIVINE WISDOM. This is trapped inside you under a very powerful and dark curtain of the panj doot.

sahas seyanpha lakh howe te ek naa challe naal

Countless clever worldly thoughts – not one will go with you

Jap Ji

The task in front of you is to bring your five senses (gyan inderees) under the direct control of Supreme Light (param jyot). This will give you divine wisdom (braham gyan). How do you do eliminate your wisdom and hence your mind?

The sant and BrahmGiani (knower of God) don't have any of their own wisdom and mind they are under direct control of divine wisdom which is the hukum. Their brain is 100% functional where as a common man's brain is functional only up to 8% or so. That is why they are called BrahmGiani because they know everything in present, past and future. However, this divine

wisdom is used only for the good and betterment of the mankind, if used for other purpose, will result in loss of this Agami (Unreachable) power.

Though it is a very difficult task to eliminate your mind and wisdom, in order to bring you under hukum, but believe us it can be done. It has been done by the bhagats, sants, gurus and Brahmgiannis, in the past. it is still being done in the present and will continue to be done in the future – that is what gurbani says:

har jug jug bhagat upayea

God sends His lovers (bhagats) in each and every Age

Asa Di Waar

You will have to clean up your inside completely in order to

- become completely truthful
- progress in the direction of spirituality
- reach the level of elimination of mind and your own wisdom,
- and obtain the divine wisdom.

How will you do it? By accepting all your misdeeds of the past.

One thing very important to understand here is that a new born baby is completely pious and pure and truthful. The baby is unaffected by the panj doot. His dassam dwaar is open. All his actions and reactions are under the direct control of PARAM JYOT – HUKUM. But when he grows up a year or so later, when he starts to say my mommy my daddy, my bottle, my toy, that is where the panj doot start to enter his body. The habits, his nature, and attitude he develops are influenced by his previous lives.

First clear your mind (CHITTER GUPT past memories and secrets) from the influence of your past life. Then you will be able to clean up your soul from the effect of all the bad deeds of your past lives. What you have to do is very simple and easy as follows

We will take one doot at a time. Let us take KAAM first of all as it is the easiest one to handle. Tomorrow morning when you sit for amritvela simran do this

- do your normal ardaas
- do simran for 15 minutes stabilizing your mind
- then say:

**“kirpa kar ke kaam vas kite
sadhe sare gunah sanoo dekha de,
aasi apne sare gunah kubool karne han ji”**

Or in English

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

- then scan your entire life yourself.

Once you start doing this you will see that all your sins will start to appear before your eyes, like a film. You will probably see the most serious sin committed by you in the beginning and then the next one and then so on.

- keep accepting your sins with whole heart, and it will be pardoned

· keep doing this until the time you are completely cleaned and you have accepted all your sins.

It might take a few hours, a few hours every day until it is done, it might take more than a day, more than a week even to do so and clear just the kaam doot, but make sure that your inside have been cleaned completely.

The same process will be done to attack the other doots, one at a time – KRODH, LOBH, MOH AND AHANKAAR. It might take you a few weeks before you are completely done.

Once you are done then watch your daily actions and reactions as suggested by this sevak in one of the earlier messages – on mind control and panj doot. If you want to make it more quick and effective you can accept your misdeeds in the Sangat (in public congregation).

This process once complete will completely change your behavior. You will become very cautious in your daily activities. You will start to realize the moment a bad thought is entering your mind, and will stop it right there. Believe us, this will do wonders to your daily life. Your spiritual journey will get on a fast track, you will feel the difference with in yourself. Your family will see the change in yourself too. Your family and friends will also be effected in a better way with the improvements in your character and behavior.

Please accept this much seva from this sevak of yours, and forgive this chakkar for any offenses or misrepresentations. Don't hesitate to ask questions if any or any difficulties you face in exercising these tips. This sevak of yours will always try to answer your questions to your satisfaction.

Dassan Das

3. Open Confession

Some messages about the power of open confession, of confessing our misdeeds in front of the sangat either in person or by email.

1) IK OANKAAR SATNAAM SATGUR PARSAAD
DHAN DHAN PAAR BRAHAM PARMESAR JEE
DHAN DHAN GUR GURU SATGUR GURBANI SAT SANGAT SATNAAM

DHAN DHAN SATNAAM PARIVAAR JEE KOTTAN KOT DANDAUT PARVAAN
KARNA JEE

Fighting with the situation you are in at any given point in time and space is fighting with Hukam. Fighting with Hukam means inviting more trouble. Staying calm and composed, looking at the situation and reciting Satnaam inside you will pave your way to removal of the negative forces around you and fill yourself with Amrit. Fighting with Hukam is Ego – Ahankaar and Ahankaar gives birth to Krodh – anger.

Ahankaar is the worst of the Panj Doots and lives in your head at all times until you have become Mukht. Please keep in your mind since it is sitting right in your head, it can pop up at anytime, no matter where you are and what you are doing. Basically you are serving Ahankaar at all times until you are freed of Haumai – Ahankaar – Ego. The goal is to bring Ahankaar under your feet, so that it becomes your servant.

The root cause of Ahankaar is that you think that you are the Doer, by saying you we mean you as a physical body and not the soul. The divine truth is that you as a physical body is not the Doer, the Doer is the infinite divine power that is running this physical body along with the entire creation. Until the time this infinite divine power takes over completely and your Ahankaar – Haumai – ego is completely killed, you will continue to face this demon of Ahankaar.

Every person is dominated by one of the Panj Doots – means one is the most stronger one than others; some face Kaam, some Ahankaar, Ahankaar and Krodh are complementary, some are dominated by Lobh and some are bigger slaves of Moh or Lust - Kaam. However, all these Doots are present at all the times inside our physical body and they rule us completely until they are defeated and Maya is conquered completely.

Winning over the Maya is Puran Bandgi. Focusing on Satnaam Simran and collecting Naam Ki Kamai is the first step in Puran Bangi process. Winning over Maya is basically winning over the Panj Doots and desires. When you are focusing on Satnaam Simran the strongest of the Panj Doots that prevails inside your mind and body will bother you the most, for an example if lust is the one which is stronger in you, then your thoughts will keep on drifting towards lustful thoughts when you are doing Satnaam Simran, same way for those who are dominated by anger

or Krodh or Ahankaar will be hit with those kinds of thoughts, and so on, so it is not hard to figure out which is your most strong enemy out of these Panj Doots. This will help you in focusing your attention on elimination of those kinds of thoughts.

The best way to clean yourself internally of the strongest and most powerful enemy of yours will be to pray for showing you all the sins you have committed under the slavery of that particular Doot – for example if lust is your weakest point then you should pray and keep on praying until you start seeing within your ownself all the sins committed under the influence of the Doot of lust or Kaam, when you do so you will start seeing by way of your photographic memory bringing those worst incidents in front of your eyes first and then continue until you have seen the last incident. When you see these incidents then think for a second how bad it was, what were the consequences, what and how it effected your life in the negative direction, when you focus on these kind of confessional thoughts then your Hirda will get filled with guilt, you will feel guilty of these sins, which will prompt you to confess these sins and once you accept these sins and ask for forgiveness then your Hirda will be cleansed of these sins and you will be blessed with the divine power not to repeat the same kind of sins from then onwards.

Open confession of these Karams will help you a great deal in cleansing your inside, some of you have shown some courage and came forward with the open confession, others are just fighting within their ownself against their ego weather they should do so or not, and some are not even considering it to do.

Open confession is the most powerful divine power that will help you all cleanse yourselves from inside, however, those who are hesitant to use this divine power can have a self confession, until they are blessed with this divine power to confess openly in Satsangat.

Dedicating yourself to 2.5 hours simran every day will make you stronger from inside and give you the courage to come forward with open confession. Internal cleansing is internal compliance, compliance of panj doots, internal cleansing will fill your Hirda with Amrit and super divine powers in the form of all divine qualities.

2) This is in response to an open confession by a person drowning under drug and cigarette addictions.

Guru Pyare ji:

God bless you with everything you need to come out of this addiction. Please don't feel guilty anymore, your open confession is the GurParsaad - your open confession is the forgiveness - all your sins of this life have been washed away with your open confession - it is incredible and very blissfull confession, that is the key to internal cleansing, so please keep your confession always and forever in your mind and you will not repeat the same mistake again.

Whenever you feel weak inside just start reciting Sat Naam - just keep reciting Sat Naam inside you and no bad thoughts will touch you, and even then if you feel that you are still getting such

also say that it requires a lot of courage and fearlessness to do an open confession and that is what you have displayed with the GurParsaad and GurKirpa. Yes, this kind of an open confession is a GurParsaad and a GurKirpa and that is what happens when you are truly dedicated to the service of Sat Naam. So please stay focused on Sat Naam and always and forever keep in mind whatever you may do you will never be able to hide it from Sat Naam.

There are some GurParsaadee writings for helping the Sat Naam Parivaar (everyone blessed with the Naam) for the internal cleansing on the website called, [“Overcoming the effect of Past lives.”](#) Please take some time to read them and practice them in your meditation which will completely clean you up from inside and make your Hirda a Puran Sachyara Hirda – a place for God to appear with all his Infinite Divine Superpowers.

God bless you with Naam Simran, Naam Ki Kamai, Puran Bandgi and Seva.

4) We appreciate your confession, open confession is the way to spiritual success, confession is an excellent divine power a divine weapon that helps a very fast cleansing of the Hirda, open confession is the real divine blessing, so please stay focused on open confession and your inside cleansing will bring unimaginable divine rewards to you. Bandgi is nothing but only internal cleansing, the internal compliance, and this internal cleansing is the only way to conquer Maya

5) Guru Pyari Jee please continue to accept your internal weaknesses, all negative things, negative thoughts, misdeeds, untrue deeds in an open manner as you have just done, 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. God bless you with Satnaam Simran, Naam Ki Kamai, Puran Bandgi and Seva.

6) Guru Pyare Jee you have done a marvelous job by His open confession, please feel free and continue to do so until you are completely cleansed from inside. Please continue to use this divine weapon of open confession more and more openly. Accepting our misdeeds openly is the key to cleansing our Hirdas of all these misdeeds. Open confession is the key to the Dargah as it will bring humility and humbleness in our Hirda and in the real divine senses we will realize that how bad we are and how bad we have been all life. This is not true for just this life but all previous lives as well. It takes a lot to build these kinds of bad habits, which are chronic mental sicknesses, and in order to cleanse them from your Hirda open confession is the best divine weapon that is available to all of us.

Look at it from this perspective – that you have been given this divine power to confess your own misdoings, to confess your own sins, to confess your own mistakes, to confess how much dirt and filth we are carrying on us and how much filth we have been carrying on us for all these ages. We have been all crushed under the weight of all this filth and scum. Don't you want to become weightless – by getting relieved of all this weight of filth and scum. When you go in to open confession then you will realize how much of this filth and scum you have been carrying all along and when you are relieved from the crushing weight of this filth and scum then how much better, lighter and cleaner you will feel about it. Dedicating yourself to 2.5 hours or more Satnaam Simran will give you the strength to come out with the open confessions, which will help a great deal in the transformation of your Hirda in to a Sat Hirda. Cleansing your Hirda is the key to bring it into a Puran Sachyari Rehat and then Maya will not be able to do any harm to you. So please pick up the courage and be bold and use your divine power of open confession – use this unbelievable divine gift that you have been born with – acceptance of your own misdeeds and sins and becoming a better person, becoming a real human being, and preparing yourself for the God to appear inside your own Hirda.

7) God bless you with all the eternal treasures. We wish everyone becomes an open confessioner like you. You are a divine lesson for the rest of the Satnaam Parivaar. We wish everyone's preet becomes like yours preet and shardhaa, you are dhan dhan, your maat pita are dhan dhan, your kul is dhan dhan, you are a true bhagat in all divine senses, god bless you with jivan mukti and seva - parupkaar and maha parupkaar. Rajasthan will glow with your name.

Dassan Dass

4. How To Do Simran

PRABH KA SIMRAN SABH TE UNCHA

Remembrance of The Lord is the Highest of all.

JAP SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SADA SADA SAT
NAAM

O my mind repeat SATNAAM always SATNAAM

With the Agami Anant Apaar and Beant Kirpa of Satgur Sache Patshah Ji this chakkar of yours is trying to serve the Sangat through this article. Please forgive this kooker of the Guru and Sangat for his mis deeds or any mis representations that are not according to the Braham Gyan given in Shri Guru Granth Sahib Ji.

pothhee paramaesar kaa thhaan ||
This Holy Book is the home of the Transcendent Lord God.

saadhhasa(n)g gaavehi gun gobi(n)dh pooran breham giaan ||1|| rehaao ||
Whoever sings the Glorious Praises of the Lord of the Universe in the Saadh Sangat,

the Company of the Holy, has the perfect knowledge of God. ||1||Pause||
1226

One of another common problem that the Sangat faces is the method of doing Simran – how should it be attempted. Before even we talk about this issue it is utmost important to understand why we need to do Simran:

The highest AMRIT is NAAM, the highest level of comfort and enjoyment is NAAM, other AMRITS ARE BELOW NAAM AMRIT, the sequence is as follows:

1. HIGHEST AMRIT IS NAAM.

1. SECOND HIGHEST AMRIT IS "EK BOOND AMRIT" – that resides in side you and gets activated when you reach a high ATMIK AWASTHA OF KARAM KHAND OR SACH KHAND.

2. THIRD HIGHEST IS "KHANDE BATE KA AMRIT" (Served by today's Panj Pyare)

SUKHMANI SUKH AMRIT PRABH NAAM

BHAGAT JANA KE MAN VISHRAAM

NANAK KE GHAR KEVAL NAAM "- Guru Nanak Dev Ji was given the MOOL MANTER by AKAL PURAKH when he went under water for three days in Sultan Pur Lodhi.

ABH KALOO AYE RE EK NAAM BOWOH BOWOH – Guru Nanak Dev Ji

There is nothing above NAAM:

PRABH KA SIMRAN SABH TE UNCHA (Sukhmani)

HAR SIMRAN MEH AAP NIRANKAARA

HAR KE NAAM SAM SAR KICHU NAAHIN (Sukhmani)

EH DHAN SANCHO HOWO BHAGWANT

JEY WAD AAP TE WAD TER I DAAT (Rehraas): the ultimate and highest NAAM is his biggest gift

NANAK VAKHANE BENTI TUDH BAAJ KUDO KOOD (Asa Di War)

– everything else is just perishable only NAAM will survive.

Please take some time to understand the [First Ashtpadi of Sukhmani Sahib Ji](#), you will completely understand the importance and benefits of SIMRAN. This is utmost important to do

so if you want to learn why GURUS, SANTIS, AND BRAHAM GYANIS have concentrated on SIMRAN.

This is the only one way to JEEVAN MUKTI, PARAM PADVI and BRAHAM GYAN. All other ways will take you to midway somewhere and leave you there, and from that on wards you will have to pick up NAAM for further spiritual achievements.

This PROVES that the highest level of worshipping or Bhagti is SIMRAN. Only SIMRAN can help you conquer over your PANJ DOOT AND YOUR MIND. All the other acts of worshipping such as reading and listening Gurbani, listening and singing kirtan are a lower levels of Bhagti.

The next step is to learn how to do SIMRAN:

The best time to do Simran is amritvela (between midnight and 06:00). Start as early as 1:00 am, this is the premium time to start SIMRAN, your rewards will be just incredible, your concentration will be super, your rewards will equal to donating 40 kg of diamonds if you meditate from 1:00 am to 2:00 am, 40 kg of gold for the next hour then silver and copper and so on.

So get up around 12:30 am (this is what this sevak of yours have done) or as early as you can, take a shower, preferably wash your hair as well, keep them wet – this will help you to keep you awake – however they will dry out anyway, cover your head, and sit down in a quite corner of your house, your bed room is fine, try to use the same spot for meditation every day.

Now you don't have to sit on floor if your can't for a longer time, it can be just a SUKH ASSAN, comfortable for your body, no feeling of any pains or aches. You can sit on a comfortable, chair or sofa, if you can't sit for a long time like in case of some old people they can do it laying on the bed too, there is no hard and fast rule as to how you should sit. You should have a comfortable posture so that you can concentrate on SIMRAN.

Keep the lights turned off. After you sit down, with folded hands do the following ARDAAS:

**Tere dar da eh kookar done hath jod ke ardaas jodhri benti karda hai.
THIS DOG OF YOUR COURT IS DOING ARDAS WITH PRESSED HANDS LORD.**

**Aasi beant paapi haan pakhandi haan kaami krodhi lobhi mohi te ahankari haan.
I AM AN ENDLESS SINNER, A HYPOCRITE, LUSTFUL, ANGRY, GREEDY,
ATTACHED AND FULL OF SELFISH PRIDE**

**Aasi guneh gaar loon harami haan.
I AM A GREAT OFFENDER AND BETRAYER**

**Kirpa kar ke sadhe gunah baksh de.
BE KIND AND FORGIVE ALL OF MY MISTAKES**

**Sadhe herdey which aa.
COME AND RESIDE IN MY HEART
Tan man seetal kar de.
COOL MY MIND AND BODY.**

**Chit ekager kar deh.
FOCUS MY MIND ON YOU.**

**Tan man dhan sabh tera hai teri upma tujhi ko arpan.
MIND BODY AND WEALTH ARE ALL YOURS AND I SACRIFICE THEM FOR
YOUR GLORY**

**ek man ek chit kar de.
FOCUS MY MIND AND ATTENTION ON ONE**

**Apni seva aap lawo ji.
YOU YOURSELF COME AND TAKE THIS SERVICE**

**Sabh kuch tera kuch nahin mera,
EVERYTHING IS YOURS, NOTHING IS MINE**

**Hamre kite kichu naa howe ji kare karawe ape aap ji.
NOTHING I DO HAPPENS, WHATEVER YOU DO COMES TO PASS**

**Jo tudh bhawe sohi bhali kaar,
WHATEVER PLEASES YOU IS A WONDERFUL THING**

**Jive jiv hukum teve tiv kaar
ONLY YOUR HUKAM HAPPENS**

(ACCEPTING ALL YOUR MISDEEDS IS VERY IMPORTANT)

And then start your SIMRAN:

SAT NAAM SHREE WAHEGURU JI,

SAT NAAM SHREE WAHEGURU JI

. . . .and continue.

We hope you understand the difference between JAAP and SIMRAN – Please this sevak's article on GURMANTER AND NAAM JAAP AND SIMRAN to understand these divine words – SHABAD GURU.

So you should be doing SIMRAN in your mind at the least. The way it works is as follows:

1. Jaap with your tounge-RASNA will make your RASNA pious – PAVITTER.
2. Jaap along the breath will make your breath and breathing track pious.
3. SIMRAN in your MIND will make your MIND pious.
4. SIMRAN in HIRDEY will make your HIRDEY pious.

You would like to make your MIND pious, at the least, to have a control over the mind, and if your SIMRAN STARTS IN YOUR MIND then you are very lucky. We have already talked about controlling of the mind in one of the previous messages.

We sincerely hope that all the members are doing SIMRAN for 2.5 hrs every morning, if not, then they should do it. Infact longer time is very beneficial, if you do SIMRAN continuously for two hrs you will be counted doing it on the earth, once you go into deep meditation – SMADHI IN KARAM KHAND, the third hour onward will be counted in DARGAH, and you will have a lot of unbelievable experiences. You will see a lot of ALOKIK NAZARE. The GURUS will come to bless you and so on.

Please accept these words as seva from this humble servant of yours. Please forgive this chakkar of yours for any mis representations. Thanks to every one for taking time to read these messages.

Dassan Das

[NOTE [click here to see the daily routine](#) that Dassan Dass ji followed and we can follow.]

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FOLLOW UP QUESTIONS:

QUESTION:

Dear Beloved Dassan Das Ji,

Having read your website i had some humble questions to ask you ji.

Firstly regarding Simran. You have very gracefully told us the 3 stages of simran or how to achieve simran. From Jap with the tongue to sas them to simran in the mind. Could you please explain a bit more to me about the process of the sas? how is it done? when does it occur?

REPLY FROM DASSAN DASS:

There is no process or technique for Simran, Simran is a Gurparsaad, planting the Naam in your Surat is a Gurparsaad, this doesn't happen by you or by anybody doing it, all you can do is sit down quietly and focus on your Surat and silently keep reciting Sat Naam in your Surat, doing so will help your Surat go in to Sat Naam Simran. The Gurparsaad of Naam, Naam KI Kamai, Puran Bandgi and Seva is blessed to those who give their tunn munn and dhan to the Guru and completely surrender at the Sat Charans of the Guru with trust, faith, devotion and love.

QUESTION:

How does the transition from Jap with tongue to sas occur? then from sas to mind?

REPLY:

As we said earlier, please focus on your Surat and recite Sat Naam inside your Surat. You don't need to focus on rasna and saas. These are mechanical processes, most people try to recite Naam with their rasna, and some preach focusing on saas, but the Simran happens only from Surat, so focus on your mind or surat only to begin with. Simran is Gurparsaad, so it is te infinite divine power that is present within yourself that makes it happen. The Gurparsaad is blessed when you surrender completely at the Sat Charans of your Guru. Complete surrender means giving tunn munn and dhan at the Charan Shatan of the Guru. There are a lot of Gurparsaadi writings on the website www.satnaam.info which will help you and motivate you to dedicate yourself to the Naam, Naam Ki Kamai, Puran Bandgi and Seva.

QUESTION: I appologise for asking very silly questions.

REPLY:

We appreciate your asking these questions, we will do whatever needs to be done to help you unite with Naam, Naam Simran, Naam KI Kamai, Puran Bandgi and Seva. So please feel free to ask anything that you need to have clarification or help on. You are a blessed soul and are destined to do Bandgi in this Janam, so please focus on Sat Naam Simran, dedicate yourself to Sat Naam Simran, go in to long sessions of Sat Naam Simran.

QUESTION:

I've noticed a lot of people ask for blessing of Gurprasadi Naam. What can i do to achieve your blessings for Gurprasadi Naam, is there any room for a meek like me to achieve such blessing from yourself?

REPLY:

The key to the Dargah is to be at the Charan Sharan of the Guru with a complete surrender. When you do so Sat Naam will automatically go in to your mind, Hirda and Rom Rom. So please surrender yourself at the Sat Charans of your Guru and reap the rewards of doing so.

QUESTION:

Very grateful for your swift reply. So when we actually jap with the tongue we are to concentrate on the sound of satnaam in your mind?

When i jap silently in my mind i seem to feel my heartbeat and it interrupts my concentration on satnaam how can i change that? This is why i was asking about jap out loud so maybe this could break this trait. Could you please advice me? since i have no understanding, knowledge of meditation or my karma ji.

REPLY :

Please keep your rasna silent and focus on this beat you are hearing in your mind - focus on the center of your forehead and hear this beat this vibration is the sat naam inside you, don't ignore it, it is the gurparsaadi blessing. When you focus on this and keep reciting sat naam with it then you will go in to complete silence - sunn samaadhi.

God bless you. You are doing great. Keep it up and focused on sat naam.

QUESTION :

If i do not feel sleepy i stay awake so that i can meditate and then my dad says i'm wasting electricity and that night's are for sleeping. I do not feel like working so i stay at home wait till parent's leave so i can try and sit in meditation. When i look for a job, no one is hiring me or something goes wrong.

You mentioned to breath silently through the mouth? do i keep my mouth open constantly ji? I find my mouth fills with saliva which i end up swallowing ji.

Sitting in Meditation i feel very blissful and elated. An undescrivable feeling. You are right i do feel at times as though my surrendering process is being hindered by my ego.

Please accept my appologies and forgive me for any falsehood or mistakes in this email.

REPLY :

Breath normally means breathng through nose only. Keep your rmouth closed. Rasna in silence. You are right just focus on Satnaam Simran at this time and job will come to you at the right time, but don't stop applying for the job. You don't need to keep the lights on at night time during your meditation sessions. You can meditate in darkness as well.

Dassan Dass

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QUESTION

Namaste Harjit ji,

To answer your question about how I am chanting, I am chanting silently while moving my lips and tongue, as this has been the directive of my Guru for some time now. This is the stage that I am ready for according to my Guru. Can you please briefly explain to me again what method of chanting/meditation on the NAAM brings the greatest effects? I was a bit uncertain about what you wrote. Can you please tell me how one meditates or chants NAAM that will bring it into the heart chakra? I was hoping you could just clarify that point for me. Thank-you for all your kindness and wisdom. I will always bow at your lotus feet. You have blessed me so much and you are a great servant of God. You are doing great work and you are very inspiring. PEACE.

Sincerely,
Kurt Dorauer

REPLY FROM HARJIT:

SatNaam Kurt Ji,
Dandauth Bandhna ji,

its not really in our control to do naam simran in our hirdha (heart chakra), if we try to force it, then we fail because it is ego that is trying to make it happen. Then that is like banging your head on a closed door, leading to frustration at why the door opens for others but not for us.

Which then can lead to giving up even trying. But even in that experience of trying to do simran in the heart there is DUKH (pain) which is a lesson from the Master (SatNaam). And what is that lesson? As Guru Nanak Dev ji writes in JapJi -"No power to speak, no power to stay silent. No power to ask , no power to give. No power to live, no power to die. No power to rule which causes problems in the mind. No power to contemplate divine wisdom. The One who has the Power in His hand, is doing and watching everything. Nanak says: no one is low or high."

Guru Nanak Dev ji is telling our ego that it has no power to do anything at all.

So we are all reaping what we have sown, we are surrounded by people and problems/gifts as per our past deeds. There is no use of our ego complaining or wishing for things to be different.

But there is hope, there is one way to breakthrough and that is for our ego to become a beggar at God's door. To go with pressed palms and to do our prayer for the depths of our heart. To say to our Divine Guru (as all our prayers go through him to God), that "My Dear Satguru, other than you I have no-one. I am a foolish idiot who has come to your sanctuary. Grant me your Grace and unite me with God." - Guru Arjun Dev ji (meray satguraa ma tujh bin avar na koe. hum moorakh mugadh sarnaagati, kar kirpa milay har soe."

It is by becoming a beggar 24hrs a day, and doing ardas like this, constant humble prayers at the Guru's feet within your heart, that one day He showers His mercy and moves the Naam around our psychic centres (chakras) as and when we are ready. It is our heartfelt humbleness and love that moves God to bless us.

There is a beautiful ardas by Dassan Dass ji that is given further up in this article. We don't have to just do that before doing simran, we can do it all day long. Try it and see what happens .

Dust of your feet
Harjit

5A. Ardas Before Going To Sleep

Some of us usually have hard time giving Dasvandh of time to the Gur and Guru in the early morning hours. Only with the unlimited Gur Kirpa of

· God (Agam Agochar Aprampar Anant Beyant Paar Braham Parmesar) and

- the Guru

can we make ourselves through this successfully.

We can't force this on ourselves due to a deep influence of Maya in our daily life. We can only get this Gur Parsaad through a slow and steady concerted effort with

- utmost love,
- humbleness,
- faith,
- trust,
- belief
- commitment and
- full and complete surrender to the Gur and Guru.

Remember the following qualities are required to do Naam Simran in the early morning hours as well as during any time in the day or night

- the instinct,
- the desire,
- the enthusiasm,
- the joyfulness,
- the happiness,
- the sense of sacrificing,
- the sense of eternal love.

But these qualities only come inside you with Gur Parsaad. It only happens with Gur Kirpa. So what do we need to do to become connected to the Gur Kirpa on a continuous basis? Through prayer with

- utmost humbleness,
- true love,
- faith and

- trust to the Gur and Guru.

There is no special time for the prayer, it can be done at anytime anywhere. In fact when ever your inner self tells you to do such a prayer just take a minute and do it inside you. Repeated prayers will bring excellent results. The prayer offered from the Hirda is heard right away. Remember it is not in your hands or in your control to do anything, it is all the Hukam that makes things happen, so Ardas is the way to go.

While going to sleep at night try to go to sleep early. Ask for Gur Kirpa in the morning by doing ardas like this.

Do Ardas in your Hirda (Spiritual Heart) with folded hands and with a loving feeling of

- Kot Kot Namaskaar (Countless countless humble greetings)
- Kot Kot Dandaut Bandana (Countless countless humble bowing flat like a stick) and
- Kot Kot Shukrana (Countless countless Thanks).

towards

- ParBrahm Parmeshar Ji and SatGuru Ji,
- the ten Guru Sahibans,
- to Shree Guru Granth Sahib Ji,

- to all the Sants, Bhagats and Braham gyanis of all the ages;
- to all the Gursangat and
- to the Kot Brahamand key Charans (All the feet in All the realms of Creation).

Have a time in your mind and say

- please help this kookar wakeup at XXX (whatever time your inner self is telling you to wake up),
- please be kind to take some Seva from this kookar,
- only You can take this Seva from this kookar,
- only Your Kirpa can take this Seva from this kookar,
- we beg for Your Gur Kirpa,
- please take this maha paapi in your Sharan,
- please forgive this kood kapti maha moorakh for all the sins,

- this kookar accepts all the sins,

- we are just a Kalyugi Jive and commit sins with every breath we take,

- every breath you gave us was for your Simran and Seva and we have been wasting these breaths for an unlimited period of time,

- we commit countless sins but you are very kind and forgiving,

- your kindness and forgiveness are unlimited like you,

- you have been very kind on me to get me on this path of the eternal truth,

- you are Beant, you are Agam, you are Agochar, you are Aprampar, so is your Kirpa and blessings,

- nothing is impossible for you, you can make things happen in the twinkling of an eye, everything is under your Hukam, please give Garibi Ves in my Hirda,

- make me a humble servant of Kot Brahmmand, make me the dust of Kot Brahamand,

- make me Att Neechan Ka Neech – lowest of the lowest, slave of the slaves, make me a nimana (humble servant),

- please relieve me out of the influence of Maya,
- please give me contentment and diminish all my desires,
- please make me Nirbhao – fearless and Nirvair – without any animosity,
- please make me single vision,
- please make me a servant of the entire creation of yours,
- please make me worthy of speaking, seeing, hearing, delivering and serving the eternal truth,
- please keep my head always at the Charans of the Gur and Guru,
- please keep me always at the Charans of Kot Brahamand,
- Please give me Naam, Bandgi and Seva.

Until you are switched to Naam Simran automatically always perform these prayers before starting naam simran whether it is in the evening, bed time or at the Amritvela. By doing these prayers you will be rewarded tremendously.

At bed time perform this Ardas and then switch to Naam Simran and you will go to a good sound sleep as well as you will wake up at the right time. Keep in mind the best thing to do is to wake up at the first opening of the eye in the early morning hours.

The Amrit Vela starts after 12:00 am, when you wake up take a shower, preferably with a hair wash as well, then go to Ardas and Naam Simran.

The Amritvela Seva is the best Seva. The rewards are:

- 1:00 am to 2:00 am Naam Simran brings as much reward as much you will not get by giving to charity 40 KG of diamonds;

- the next hour will be as much reward as much by donating 40 KG of Gold,

- then next hour is silver

- and then copper and so on.

When in Smadhee one hour Naam Simran brings more reward than a full Akhand Path of Gurbani.

The first two hours of Naam Simran are counted on earth and the third, fourth, fifth hours are counted in Dargah. The rewards of sitting in Smadhee & Sunn Smadhee for long hours can't be calculated or evaluated, they are beyond description, and this is the real Bandgi which takes you to the Sach Khand.

Dassan Das

5B. Ardas To Repeat During The Day

Surrender yourselves 100% to God and Guru and develop a full and complete faith and trust in them then the Bandgi becomes very easy, then the Guru will take care of you, just take everything that happens is the Hukam, it is the will of God that prevails, the best way is to pray and do longer sessions of Naam Simran, and repeat the following Ardaas (in Punjabi or in English) every few minutes:

Hum Maha Paapi Maha Pakhandi Maha Kaami
Maha Krodhi Maha Lobhi Mohi Maha Ahankaari Hain,

Hum Neechan Key Neech Hain,
Hum Gunehgaar Loon Harami Hain,

Aasi Apney Saarey Gunah Te Paap Kabool Kardey Haan,
Tu Dayal Bakshand Bakshan Haraa Hain

Tu Kirpa Karkey Sadhey Saarey Gunah Te Paap Bakash Dey,

Aasi Pal Pal Chin Chin Bhulan Haar Haan To Kirpa Kar Key
Sanoo Sumat Dey Gurmat Dey Naam Dey Seva Dey Bandgi Dey
Apney Rang Vich Aap Rang Ley;

Humrey Keeye Kichu Naa Howey
Karey Karawey Aap He Aap

I am a great sinner and hypocrite.
I am so full of lust, anger, greed, attachment and pride.
I am the lowest of the low.
I am a great offender and traitor.

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

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

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

Wherever you may be during the day, at work, traveling, talking eating or may be doing whatever except when you are doing Naam Simran and even before starting Naam Simran you should conduct this Ardaas on a regular basis, and even if doing Naam Simran if you are interrupted by any bad thoughts you should repeat this Ardaas; this Ardaas did wonders for us, Now R Ji has also been blessed with this Ardaas and she has done great. We have told this Ardaas to each and every one but people forget and don't do it, but whosoever does it becomes Dhan Dhan.

Dassan Das

5C. Ardas Before Starting Naam Simran

From: Mr Singh

Satnaam Ji Ka Khalsa Satnaam Ji Ki Fateh

To Sat Sangat Ji,

The Seva of Naam is beyond comprehension, acceptance is crucial in order to climb the Path of Truth.

We must accept that we truly are fools- heavily indulgent in the temporary bliss Maya has to offer. If we wasn't: we would all be sitting in Dargah without any disturbance or irritation.

Ardaas is very important, making it our own personal confession is beautiful and is welcomed by the Guru. We have provided a copy of the Ardaas (from the website) we repeat however many times of the day it is needed, now it is fixated in our being, we have received infinite blessings because of it.

Print it, distribute it, recite it, it is there only for your benefit.

Your Brother & Slave

**Tere dar da eh kookar done hath jod ke ardaas jodhri benti karda hai.
THIS DOG OF YOUR COURT IS DOING ARDAS WITH PRESSED HANDS LORD.**

**Aasi beant paapi haan pakhandi haan kaami krodhi lobhi mohi te ahankari haan.
I AM AN ENDLESS SINNER, A HYPOCRITE, LUSTFUL, ANGRY, GREEDY,
ATTACHED AND FULL OF SELFISH PRIDE**

**Aasi guneh gaar loon harami haan.
I AM A GREAT OFFENDER AND BETRAYER**

**Kirpa kar ke sadhe gunah baksh de.
BE KIND AND FORGIVE ALL OF MY MISTAKES**

**Sadhe herdey which aa.
COME AND RESIDE IN MY HEART
Tan man seetal kar de.
COOL MY MIND AND BODY.**

Chit ekager kar deh.

FOCUS MY MIND ON YOU.

**Tan man dhan sabh tera hai teri upma tujhi ko arpan.
MIND BODY AND WEALTH ARE ALL YOURS AND I SACRIFICE THEM FOR
YOUR GLORY**

**ek man ek chit kar de.
FOCUS MY MIND AND ATTENTION ON ONE**

**Apni seva aap lawo ji.
YOU YOURSELF COME AND TAKE THIS SERVICE**

**Sabh kuch tera kuch nahin mera,
EVERYTHING IS YOURS, NOTHING IS MINE**

**Hamre kite kichu naa howe ji kare karawe ape aap ji.
NOTHING I DO HAPPENS, WHATEVER YOU DO COMES TO PASS**

**Jo tudh bhawe sohi bhali kaar,
WHATEVER PLEASES YOU IS A WONDERFUL THING**

**Jive jiv hukam teve tiv kaar
ONLY YOUR HUKAM HAPPENS**

5D. Ardas in 5A, 5B, 5C for printing

5A. ARDAS BEFORE GOING TO SLEEP.

Please help this kookar wakeup at amritvela. Please be kind to take some Seva from this kookar, only You can take this Seva from this kookar. Only Your Kirpa can take this Seva from this kookar, we beg for Your Gur Kirpa.

Please take this maha paapi in your Sharan. Please forgive this kood kapti maha moorakh for all the sins. This kookar accepts all the sins. We are just a Kalyugi Jive and commit sins with every breath we take. Every breath you gave us was for your Simran and Seva and we have been wasting these breaths for an unlimited period of time.

We commit countless sins but you are very kind and forgiving, your kindness and forgiveness are unlimited like you. You have been very kind on me to get me on this path of the eternal truth. You are Beant, you are Agam, you are Agochar, you are Aprampar, so is your Kirpa and blessings.

Nothing is impossible for you, you can make things happen in the twinkling of an eye, everything is under your Hukam, please give Garibi Ves in my Hirda. Make me a humble servant of Kot Brahmmand, make me the dust of Kot Brahamand. Make me Att Neechan Ka Neech – lowest of the lowest, slave of the slaves, make me a nimana (humble servant),

Please relieve me out of the influence of Maya. Please give me contentment and diminish all my desires. Please make me Nirbhao – fearless and Nirvair – without any animosity, please make me single vision, please make me a servant of the entire creation of yours. Please make me worthy of speaking, seeing, hearing, delivering and serving the eternal truth. Please keep my head always at the Charans of the Gur and Guru. Please keep me always at the Charans of Kot Brahamand. Please give me Naam, Bandgi and Seva.

5B. ARDAS TO REPEAT DURING THE DAY (EVERY 10 MINS).

I am a great sinner and hypocrite. I am so full of lust, anger, greed, attachment and pride. I am the lowest of the low. I am a great offender and traitor.

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

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

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

5C. ARDAS BEFORE STARTING NAAM SIMRAN AT AMRTIVELA AND IN THE EVENING.

This dog of your court is doing ardas with pressed hands lord. I am an endless sinner, a hypocrite, lustful, angry, greedy, attached and full of selfish pride. I am a great offender and betrayer. Be kind and forgive all of my mistakes

Come and reside in my heart. Cool my mind and body. Focus my mind on you. Mind body and wealth are all yours and i sacrifice them for your glory. Focus my mind and attention on one.

You yourself come and take this service . Everything is yours, nothing is mine. Nothing i do happens, whatever you do comes to pass. Whatever pleases you is a wonderful thing. Only your hukam happens.

6. Simran Stages

In terms of a layman **AJAPA JAAP** is the spiritual condition of a person when the Simran goes on an auto pilot mode in your Surat and then in Hirdey and so on as explained below. It means that Simran becomes a round the clock thing inside you, Simran doesn't stop at any moment, it carries on and such a condition comes with Gurkirpa and after a lot of Bhagti Kamai or can also be attained with the Kirpa of a Puran Braham Gyani. The normal sequence is as follows:

1. Jaap with Tounge – Rasna – this happens in Dharam Khand
2. Jaap with the breathing – with Swaas – this happens in Gyan Khand and Saram Khand
3. Then Naam goes into your mind – Surat, in your thinking, then it becomes Simran from Jaap – this is a very good stage – this happens in Saram Khand and Karam Khand – some people go into Smadhi at this stage.
4. The next stage is when Simran goes into Hirdey – this one is even much higher stage when Naam goes into Hirdey – this is where it goes on an automatic mode, this is where the real bhagti starts, one goes into Smadhi and Sun Smadhi– Karam Khand - this is when you go into Smadhi and the real bhagti starts, your bhagti account is opened in the Dargah.
5. The next stage is when Simran travels to the Nabhi, when Nabhi Kamal blossoms – Karam Khand
6. The next Stage is when Simran goes into Kundlini – Mooladhaar Chakkar and spine – Karam Khand
7. The next stage is when Simran travels through the spine to the brain, and back to Surat where it completes the cycle. This is what the real Mala of Naam is. When this happens then the Gyan

Netter and Dassam Dwaar opens and you form a permanent connection with Akal Purakh, you start to get divine knowledge – Braham Gyan. This happens in Sach Khand. Enjoyment – Anand in Smadhi and Sun Smadhi is beyond description. That is why the Maha Purakhs go into very deep meditation some time for days together. You experience a lot of things during your Smadhi and Sun Smadhi, see a lot of things, meet a lot of Sants, Gurus, see Param Jyot, conversation with the Sants and Akal Purakh and what not, it is beyond description what happens and through what you go when you go into deep meditation. This is the stage when all the doors – Bajjar Kapaat are opened and there is a continuous flow of Amrit, body is always full of Amrit.

8. The Simran in Smadhi and Sun Smadhi continues until NIRGUN AND SARGUN becomes one, at this point Simran goes into rom-rom – every bit of your body does Naam Simran, your Suksham Dehi becomes as pure as gold, your entire body is filled with Naam Amrit all the time. You become Braham Leen, and reach Atal Awastha. These stages are beyond description. Sat Chit Anand Ghar Hamare – Gurmukh Rom Rom Har Dhyae – Nirgun Sargun Nirankaar Sun Smadhi Aap, Apan Kia Nanka Apan Hi Fir Jaap and so on. One lives in Puran Parkash all the time and listens to Ilahi Kirtan – Anhad Naad Dhunis all the time. It is just incredible experience. This is when one becomes Sat Ram Dass and is directed by the Almighty to serve the Sangat. And this is what your target should be when you have been prompted to move on the Bhagti Marg.

Following is the benefit sequence:

Jaap with Rasna 1000 times = Jaap in Swaas one time

Jaap in Swaas 1000 times = Simran in Surat one time

Simran in Surat 1000 times = Simran in Hirdey or elsewhere one time

So Simran in Hirdey and beyond is the most rewarding one. Again some people might think we are getting into counting the benefit, and it is correct to say that we should not indulge in counting, but it is just a way to make the Sangat understand that which way and where Simran will bring what kind of rewards.

The 1000 numbers signify that the rewards of Simran in Hirdey are much higher than doing Jaap with Rasna. If you do Jaap with Rasna your Rasna will become pavitter - pious, by doing jaap in along breathing - swass your swass will become pious - pavitter, by doing Simran in mind-Surat-

Chit- mind will become pious - pavitter, and that is what you need to do to make your mind pious - pavitter, that is how you will have control on your mind - **MAN JEETE JAG JEET - MAN TU JYOT SAROOP HAI** and you will be able to rise above **Panj Doots - KAAM, KRODH, LOBH, MOH, AHANKAAR AND ALSO ASA, TRISHNA, MANSHA, NINDYA, CHUGLI, BAKHILI, RAJ, JOBAN, DHAN, MAAL, ROOP, RAS, GANDH, THESE THUGS - MENTAL SICKNESSES.**

And when Simran goes in to Hirdey - and Simran will go to Hirdey by itself with Gurkirpa only, and so in Chit, Hirdey will become pavitter - pious and a pious Hirdey will become Mahaparupkari **and Dana Dina, NIRBHAO, NIRVAIR** and so on, it will start to absorb all the vital qualities of Akal Purakh and will become a Puran Sant Hirda, and will achieve **JIVAN MUKTI - PARAM PADVI-BRAHAM GYAN.**

The true definition of a Sant is not by wearing a chola – outside dress and outside rituals, it is the Hirda that becomes Puran Sachyara – completely truthful and that - **HIRDA IS SANT** and when the Naam Rattan goes into Hirdey - jad naam rattn Hirdey vich jad da hai taan Braham Gyan di neev rakhi jandi hai ji, so please try to understand it and put it into your daily lives to get Naam Rattan planted in your Hirdey - then naam goes to Nabhi and spine and so on, and again it happens by itself and with Gurkirpa and not by our own efforts, it will happen only under Hukam.

Again higher state of **AMRIT IS NAAM AMRIT** and - **PRABH KA SIMRAN SABH TE UNCHA - HAR SIMRAN ME AAP NIRANKAARA - KINKA EK JIS JEE BASAVE TAKI MAHIMA GANI NAA AAWE - HAR KE NAAM SAMSR KICHU NAAHIN - TUDH BAAJH KUDO KOOD - EH DHAN SANCHO HOWO BHAGWANT**, so please try to make your life cleaner, rise above Panj Doots, kill your desires and don't indulge in Nindya, rise above all the doubts – Dubidha – Dharam De Bharam – follow the Braham Gyan of Gurbani in your daily lives, become a Puran Sachyara – completely truthful person, serve the truth and achieve your goal of Jivan Mukti.

As you continue on this path, and as you make more and more progress by following and living according to Gurbani, and Simran is the most important ingredient over here, and you become more and more Sachyara, your Atmik Awastha will keep on moving upwards through the Five Khands. In Sach Khand you reach Chad Di Kala - this is a very high stage of spirituality, it is the completeness stage, it comes only after reaching the Atal Awastha, means when the soul is always in the Nirlep Awastha, means can't be distracted or deviated due to any happening around you, doesn't bring any doubts and bharams in side you concerning the Gur, Guru and Gurbani, it is the highest stage of bandgi, it is the Puran Braham Gyan Stage, Param Padvi Stage, the Sach Khand Stage, when nothing can break you up from the Gur, Guru and Gurbani, when you have completely won over the maya. The soul becomes a single vision, no worldly sukh or

dukh can effect it, no animosity with anybody, no effect of ustat or nindya, always absorbed in Almighty, always doing good to others, no harming or hurting of anybody, win over panj doots, desires and maya. **This state of Chad Di Kala comes through Naam. In Gurbani this is what the Satguru's prayed to God if it is in God's Will, that Naam Chad di kala be given to EVERYONE IN THE WHOLE WORLD FOR THEIR UPLIFMENT.** 'Nanak Naam Chad di kala. Teray Bhanay Sarbatt Da Bhalla.'" When you are this state you also help others to reach it too. That is a SANT reason for being in this world.

7. Controlling A Wandering Mind

Yesterday in amritvela simran this mind finally started concentrating. And as soon as that happened, my mind wandered and got onto the money topic, then started thinking of all the money people owed it over the years , and that it should go and chase those people for the money. While it carried on getting more emotional and angry and frustrated - before I knew it my mind was totally absorbed in getting 'EVEN' with family and friends. When I realised it was a real struggle to let it go. Here were the stages

- a) if you have some weakness, that it where maya will get you ..eg may feel you are poor, lonely etc
- b) the thought will come in and take root because it is something you desire
- c) you will justify it with all kinds of reason, including religious ones ..like I'm only being fair, 'Its MY money', 'they owe me', 'Guru made us stand up for ourselves etc

Then once the mind has decided that is what it has to do, you notice you cant do any more naam simran, you want to get up right away and start on the new course of action - to fulfill the desire

...now without a guru thats as far as your bhagati gets...but with the satguru ji's kirpa here;s what happened next

- d) when we couldnt concentrate on naam simran, then realised something was wrong
- e) did ardas to baba ji that 'maya' had come to rob us and we were in desparate need for baba ji to pull us out of the quicksand

- f) imagined maya standing in front of us and just cut her to pieces repeating satnaam satnaam satnaam
- g) then the desires diminished but kept coming back in lesser form ..ok we'll just get our money from one person....
- h) carried on imagining the cool water of satnaam flowing down the body quenching the fire of desire, leaving a soggy mess of ashes on the floor
- i) each person we thought of getting even with, we touched their feet and thought only of GIVING them love and more love
- j) removed all thoughts of taking anything from anyone, nothing is mine ..mind body and wealth all been given to satguru so how can mind say this is mine so if it's not mine then don't worry about it
- h) remember always be a sacrifice to naam, baba ji even if all money goes, property goes, health goes, family goes, may I never forget the satnaam

and then the mind was still, and there was love and the battle was won. Everything baba ji and sant sangat has told us came and saved us -- always think of giving love to others, never think of receiving anything for yourself

dust of the saints feet

8. Dreams

DREAMS

M: I've never had dreams before about devi's so it was so amazing to have that happen. is this a sign of progression?

DD : Yes, it is good, Gurbani says: Brahm Gyani Ko Khojey Maheysur – Shiva is always in search of a Brahm Gyani. In the early days of our Bandgi we saw Vishnu Bhagwaan for a long time in one of our deep meditation sessions.

M : How do I become more aware of satnaam ji in my dreams, cos right now I'm not at all?

DD : You need to do more and more Naam Simran, become a Kanchan Dehi – pure from inside with all the divine qualities, complete surrender as we have said in the beginning, and when the Naam will blossom all the Sat Sarovar and you will go on auto pilot mode of Naam simran, then the Naam will go in Rom Rom and you will go in Sahaj Smaadhi then you will stay alert and awake inside your soul and nothing can distract you, you will reach Puran Braham Gyan Stage by getting the Tatt Gyan, then you will see the difference yourself inside your ownself.

M : What is the significance of dreams in terms of spirituality?

DD : Already explained – provide learning opportunities, enhances confidence and trust, blessings and love, Gur Parsaad – in one of our visions in the recent past a big Sant came in and we did dandaut to Him and we could feel the corrections being made in our spine area, gave a lot of blessings and told us not to think bad about any one – Buraa Nahin Chatwana Kisey Daa – actually we had some bad feelings about the people backing out from Baba Ji's Sangat and then doing their Nindya to the extent which can't be described, so much bad mouthing and abuse and so on which was hard to tolerate, so that was the reason for cursing thoughts for these people and then the correction came in right away – and this Maha Purakh Ji – and probably He was Akal Purakh Himself, because He was too Big and there was a lot of Parkash everywhere, but didn't ask Him anything – just did dandaut and heard the golden divine wisdom - Buraa Nahin Chatwana Kisey Daa, and this was the GurParsaad – the bad feelings disappeared right away, and the learning to even forgive the slanderers, to forgive even the killers and the highest level of criminals, this is the height of forgiveness where one has to reach when He becomes Nirvair – becoming Nirbhao and Nirvair are the most difficult things to achieve, these are the most difficult divine qualities to absorb inside your Hirda.

M : Could they be a distraction?

DD : Yes, if they bring in negativity, if they are Maya related, if they are incidents which will involve you in the doubts and illusions.

M : Is dreaming being in mansarovar?

DD : Some times yes, being in Dargah is being in Mansarovar, meeting Sants and Bhagats of the Puran Braham Gyan level is being in Mansarovar, having Akal Purakh Darshan, Guru Darshan, Guru Sahiban's Darshans is being in Mansarovar.

M : Can you stop/train urself from not having dreams....is that possible?

DD : It is beyond your control, for that matter anything is beyond your control, to try to put a control is Haumai, everything is in Hukam, it all depends on your destiny and your Bandgi and Seva, some of the Sants do Seva in the Visions that you get in DreamS as just explained above.

M : Are dreams a bad thing?

DD : Not necessarily, they can be very rewarding and blissful as explained earlier and can be negative also if they are Maya related.

9. Key Divine Laws To Follow

The eternal essence (Sat Tat) of the word Dharam is a set of rules, regulations and divine laws for us to remain under the:-

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

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

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

- Full and complete belief, trust, faith, Sharda and Preet (devotion with unconditional love) and commitment in and to the Gur, Guru and GurBani.

- Full and complete surrender to the Gur and Guru, “Tunn, Munn Dhann Sabh Tera”; “Tunn, Munn Dhann Sabh Saup Guru Ko”. The Guru is great and very kind, if we give 10% of our time and earnings to the Guru and follow His words, He will pay for the remaining 90% from His own pocket.

- Giving 10% of our time to the Guru. Spend this time in Amrit Vela (early hours) to do Naam Simran, “Prabh Kaa Simran Sabh Tey Oochaa.” This is the highest service of the Almighty and this is the only means of cleaning us up from inside and keep us like that and eventually take us beyond the three aspects of Maya. This is the only way we can win over our mind. Win over the five thieves and desires and win over Maya completely.

- Always pray for GurParsaad. Nothing can be done by us. Everything that happens is in Hukam. The will of God prevails no matter what happens. Only by having GurParsaad can we live under the Will of God without any issues. The GurParsaad will bring Naam inside us. It will take us to Jivan Mukti - salvation.

- Always see, speak, hear, deliver and serve the Truth. This is the highest service to Almighty.

- Exercise utmost humbleness in our communication with others. Consider our self the lowest of the lowest, “Aapas ko jo janey neecha so hi ganye sabh tey oocha.” Consider everybody else as being above us. Concentrate on self-reformation. Don’t point fingers at others. Keep the finger firmly pointed at our own self. Humbleness is the only weapon to kill our Haumai. Utmost humbleness and humility – Gareebi Ves Hirda. Utmost Nimrata (humility) inside is the key to the kingdom of Akal Purakh – Dargah of Akal Purakh.

- Delete “me, mine and my” from our conversations and communications. Always keep in mind that our existence is due to the life element inside us. And this is due to the Eternal Jyot inside us. There is God inside us. Always keep this Eternal Jyot element which is the Sat Tat and the Param Tat above us. Use “we, ours and us” in our communications by keeping this divine element recognized all of the time inside us.

- Accept our sins and bad deeds. Open confession in the Sangat is the way to wash our sins and clean us up from inside. To make us truthful and take us closer to the Creator.

- Do not involve our self in any kind of negative criticism, gossip and jealousy.

- Do not hurt anybody’s Hirda. Unconditional love for all His creations will determine how much we love Him. There is no place for hatred for anybody in the Mansarovar – Amrit Sagar Nirgun Saroop. Unconditional love with devotion and sacrifice is the language of Almighty. Only love, sacrifice and service with devotion can bring us closer to the Almighty.

- Don’t crave for anything. Thank the Almighty for everything He has given us and keeps on giving us. Remain contented in whatever we have and whatever we are getting. Desires are the root cause of all of the problems.

· Exercise forgiveness in our day to day communications with others. This is the way to control our anger. Wherever there is forgiveness there is God. Forgiveness is a divine quality and brings kindness inside us. Together these divine qualities make our heart very vital. We have no hatred or animosity with anyone. This makes us single vision – Ik Drisht. We become Nirvair which is one of the most vital qualities of Divinity. Forgiveness makes us anger free. Anger and ego are complementary to each other. Anger comes due to ego and ego brings in anger. So both of these mental sicknesses become our slaves, they no longer hurt us.

· When we give 10% (Dasvandh) of our earnings to charity, we eventually become free of greed. The feeling of greed which then prompted untrue deeds starts to diminish. Our heart becomes kind, loving and self-sacrificing. We serving the poor and needy. This eventually relieves us of the deep mental sickness of greed.

· Consider our family and friends, our parents and children as a Sangat and serve them with the same feeling and in the same way we serve the Gur Sangat. Love them and respect them the same way we do in Gur Sangat. This removes Moh from within us and converts it to the real deep, divine love with compassion, full of sharing, selflessness and sacrifice in our Hirda.

· Other than our wife, respect every women as either our sister, mother or daughter. Other than our husband, respect every male as either brother, father and son. This removea the feeling of Kaam from within. This is a deep mental sickness and is cured by exercising this rule.

· Delete the past, don't think about the future and seize the current moment. Be truthful in this current moment. Engage our self in truthful and only truthful deeds in each moment. Once our current moment is truthful our future will be truthful. Eventually this will erase all of the negative effects of the past from our Karni. Truthful deeds are the key to shape our own destiny. To shape our own future. When our present is truthful our future will eventually come very rewarding.

· Practice GurBani in our daily life. Whatever little bit we understand, please bring that eternal essence inside our self right away by practicing it in our daily life. GurBani is an eternal prescription for all of our problems and mental and physical ailments. By doing Naam Ki Kamai and practicing GurBani we eliminate all of these sicknesses from our mind, soul and body. This make them absolutely clean of the scum of Maya. Watch our daily deeds in light of GurBani and keep on reforming it forever. There is no end to the divine qualities. By practising them we bring these priceless jewels of Divinity within us. This reforms us completely from inside and out. Eventually we become a Puran Sachyara (completely Truthful one) and the Sachyaar (True One) comes inside our Hirda forever.

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

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

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

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

Dassan Dass

10. Continuous Self-Assessment against Truth Benchmark

Some of the key points to the spiritual progress are:

1. Complete surrender to the Gur and Guru.
2. Giving Dasvandh of time and earnings; dedicate yourself 100% to the Gur and Guru
3. Consistent and persistent efforts to do Naam Simran on a daily basis, no breaks, no excuses, sitting in longer Smadhee every day, morning time and also evening time.
4. Full committment, belief, trust and faith in Gur, Guru and Gurbani.
5. Practice Gurbani in everyday life.

6. Watch your daily actions and reactions, be apollogetic on a continuous basis of your bad and untrue deeds, perform ardas on a continuous basis to keep your inside clean on a continuous basis, accepting your misdeeds on a continuous basis.

7. Continue doing Simran inside while working, travelling, and during the performance of daily life activities.

Your spiritual progress depends upon your

- committment,
- faith and trust in the Gur, Guru and Gurbani,
- enhancement of devotion and love inside for the Gur and Guru on a continuous basis,
- sacrifice of your ownself to the Gur and Guru.

“Measure yourself against the above becnmark of Truth "SACH DI TAKDI" - and you “

will find your own defficiencies and road blocks. A continuous self assessment is mandatory. Naam Simran, Seva and Parupkaar are never enough. There is no limit to these things. There is no limit to the committment, belief, faith and trust, sachee preet and shardha, devotion and sacrifice. So there should be a continuous self measurement in light of these divine requirements and mandatory divine laws for Puran Bandgi. Then you will be able to know where you are and what you need to do to uplift yourself on the spiritual ladder.

Gur and Guru bless you all with all the eternal blessings on a continuous basis, and all your spiritual dreams come true.

Sada Sukhi Raho,
Dhan Dhan Satnaam Bano,
Dhan Dhan Sada Suhagan Bano,
Naam Bano,
Naam Vartao,
Naam Di Seva Karo.

Thanks,

Dassan Das

11. Getting Amrit From Nature

The entire nature does Naam Simran and keeps on collecting the Amrit. In particular the air, water and fire are always engaged in Naam Simran and singing the praise of Akal Purakh Ji:

Gaavan Tudh Nu Pawan Pani Baisenter.

Air, water and fire sing Your praises.

(Guru Nanak Ji)

The presence of one or all these three vital elements of nature in every creation is unquestionable.

Let us look at the magic of the Hukam (God's command under which the whole Creation is operating). For example, fire is contained in wood, so when the wood burns the fire can be seen. But at the same time fire and wood are non compatible elements, yet they stay together. What keeps them together? The Hukam (God's command).

The entire creation is singing the praise of the Almighty except the human mind. Because Maya can only effects the human mind (not animal mind or plants or any other species is effected by Maya. They all live and die under God's Will and not under their desires. Eg an animal will only kill for food. Only man kills for sport or revenge ... only the human mind operates under desire.)

Maya has three aspects : Rajo, Tamo and Sato. The mind that is operating under Rajo and Tamo aspects is consumed by the five thieves, hopes, wishes and desires and so on. The Rajo (fulfilling desires) and Tamo (doing ungodly deeds) aspects of Maya are running the entire human race. In fact, the human mind itself is the Maya. The human mind itself keeps your soul away from its source, from its origin - the Parent - the Almighty.

When your mind is eliminated then the “Param Jyot” (Supreme Light of God) prevails :-

Munn Tu Jyot Saroop Hai Apnaa Mool Pehchaan
Mind, you are the embodiment of God’s Light,
recognise your source.
(Guru Amar Das ji)

The first step to eliminating the mind, is to get it to stop doing Rajo and Tamo deeds and instead shift its focus to the third aspect of Maya known as Sato. Sato (goodness) helps you in breaking the barriers of Maya. Doing Sato, meaning good and truthful deeds, is a move in the right direction. But by itself its still not going to get you very far. Like people say “I don’t believe in God, but I do give lots in charity and I don’t do anything bad.” Guru Nanak Ji says that all their donations are not even worth a sesame seed to God.

To break out of maya, you need to stop doing bad things and start doing good deeds. When God is pleased He will give you His Graceful Name via the Guru – the GurPrasadi Naam. This is your connection to the Light of God inside you. Never forget that the spiritual path is GurPrasaad (By God’s Grace) only. If we think we can attain God through our own efforts alone then we are still trapped by our ego.

Having been blessed with GurPrasadi Naam, we start earning it by doing more and more meditation – naam simran and truthful deeds – seva. This takes us to the peaks of Bandagi (seva plus simran). Maya is finally defeated with the death of the ego. Ego dies, maya is defeated and the mind is eliminated. This is the victory for the soul. The death of ego lets the soul prevail. The death of ego allows the “Param jyot” (Supreme Light of God) in you prevail and take over. And since Maya is defeated then it comes to serve you, it becomes your slave, and that is what is Jivan Mukti – Salvation before physical death – your soul is liberated while you are still in a living body.

At this point Nirgun (Formless God the Creator) and Sargun (God in every part of the Creation) becomes one and the Nirgun prevails. (Before you saw Creator and Creation as two separate things. You could see the Creation but the Creator was invisible. But now you are connected to the Creator in the Creation at all times and all places). Now you feel connection with the entire nature and with this you can attract and absorb the Amrit from any part of the nature.

At this stage you get connected to the ManSarovar (God's Body of Light / God's Mind Ocean) on a permanent basis and can tap the Amrit from the ManSarovar whenever you want to do so. The connections with the ManSarovar are inside you. They are called "Sat Sarovar" (seven lakes / seven chakras) seven centres of spiritual energy. These Sat Sarovar absorb and disseminate spiritual energy to and from ManSarovar.

Next time when you sit for meditation – particularly in your Sangat try this. After you've settled down settle down, do Ardas to the Gur and Guru to please blossom all the Sat Sarovars. Then take your attention to them one by one and by concentrating on each one of them for a few minutes do Naam Simran. The Sat Sarovar are behind the :

1. forehead (third eye),
2. throat,
3. heart (hirda - centre of the chest),
4. navel area
5. sex organ area,
6. base of the spine
7. top of the head (dassam duar / tenth gate).

Feel the difference of how the Amrit is flowing in and out of your body. This practice will also be even more effective and rewarding if you do it in the open and near a lake or river and forest – in a natural place.

Dassan Das

12. Erasing Ego In Sangat

You all are very fortunate to have the Gur Parsaad of the Sat Sangat together in the remembrance of the Almighty. May Gur and Guru bless you with unlimited flow of Amrit and cleanup your Hirda of all the distractions and illusions and replace them with Satnaam Param Jyot Puran Parkash. In today's Sat Sangat we will make a request at the Charans of you all to concentrate on:

...I cut my body and mind into pieces, and sacrifice it all to You by burning it in the fire.
Tunn Munn Kaat Kaat Sabh Arpee Vich Agnee Aap Jalaain

Tunn Munn Kaat Kaat Sabh Arpee Vich Agnee Aap Jalaain
Tunn Munn Kaat Kaat Sabh Arpee Vich Agnee Aap Jalaain
Tunn Munn Kaat Kaat Sabh Arpee Vich Agnee Aap Jalaain
Tunn Munn Kaat Kaat Sabh Arpee Vich Agnee Aap Jalaain
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Tunn Munn Kaat Kaat Sabh Arpee Vich Agnee Aap Jalaain
Tunn Munn Kaat Kaat Sabh Arpee Vich Agnee Aap Jalaain

.....

Band Band Kaat Agni Mey Saareen
Band Band Kaat Agni Mey Saareen

Haumai Nahin Tu Hi Tu
Haumai Nahin Tu Hi Tu

Continue with these words until your Simran is automatically switched to Satnaam Simran. For

those who don't read this message please explain them before you start the Simran tonight.

With this Simran your ego – ahankaar will disappear and your Hirda will become free of Haumai.

Dassan Das

13. Tongue Goes Into Meditation

IK OANKAAR SAT NAAM SATGUR PARSAAD
DHAN DHAN PAAR BRAHAM PARMESAR
DHAN DHAN GUR-GURU-SATGUR-GURBANI-SAT SANGAT-SAT NAAM
DHAN DHAN GURU PYARI SAT SANGAT JI
GUR FATEH PARVAAN KARNA JI, KOTTAN KOT DANDAUT TEY SHUKRAN
PARVAAN KARNA JI. SEVA PARVAAN KARNA JI
RASNA JAPTI HAR HAR NEET

With the Gur Kirpa and Gur Parsaad of Dhan Dhan Agam Agochar Anant Beyant Paar Braham Pita Parmesar and Dhan Dhan Guru Patshah Ji let us pray with folded hands and with our head at the Charans of Dhan Dhan Akal Purakh and Dhan Dhan Guru and with kottan kot dandaut bandhna and shukrana at the Charans of Dhan Dhan Paar Braham Pita Parmesar and Dhan Dhan Guru, try to understand the meaning of “RASNA DAA JAPNA” – (tounge goes in to meditation mode); and “RASNA NAAL JAPNA” – (when we recite Naam with our tounge). Rasna Daa Japna is a very high spiritual stage and comes only after the Naam Simran goes in to every bit of your body, when every cell of your body vibrates with the Naam, when the entire body gets filled with Naam Amrit physically. At this stage you can experience physically every bit of your body vibrating with Sat Naam and at this stage when you concentrate on your Rasna – Tounge then you will physically experience that your tounge is vibrating with Sat Naam. this is what means when Gurbani says “RASNA JAPTI HAR HAR NEET” This happens when the Bandgi goes in to advanced stage in Karam Khand and Sach Khand and your Suksham Dehi becomes pure like gold – Kanchan Dehi. Whereas Rasna Naal Japna – means reciting Naam with the tounge which is the first stage of Bandgi – which is called Dharam Khand (next stages are Gyan Khand, Saram Khand, Karam Khand – when you are blessed with the Gur Parsaad of Naam, Naam Simran, Naam Ki Kamai, Puran Bandgi and Seva – and then Sach Khand). So there is no comparison with these two stages, one is real high spiritual stage and the other one is just the beginning.

Dassan Dass

14. What does Gur Parsaad - the Eternal Blessings, feel like?

Satnaam Ji - Dandauth Bandhana Ji.

What does Gur Parsaad - the Eternal Blessings, feel like?
How do we know when we are under the Gur Parsaad?

Well, an easy way to understand is to look at the opposite, look at how we feel and think when we are not under Gur Parsaad. I have had a strong experience of this over the last few days so thought it would be nice to share with the Sangat.

Over the last few weeks strong thoughts have come up about why am I not having spiritual experiences any more. This has led to thoughts of you must have done something wrong, you must have failed a test, you chose maya over the guru and now are back to square one. These thoughts built up every day, triggering feelings of failure and despair that nothing I have done has turned out as I wanted. So a constant nagging feeling was hanging over my head like a black cloud for the last few weeks, getting heavier and heavier. Then on Sunday morning got up from Simran and had felt some love for Baba Ji's lotus feet, but instead of becoming humble did the opposite.

Get upset with the kids for making a mess and not helping to tidy up.

Said some upsetting things to our wife.

Fumed around the house like a control freak.

Then even stronger thoughts came that this spiritual path is not for everyone and I should give up another thing I've failed at.

Should just go into worldly pursuits and whatever.

Then I went and talked negatively about our wife with our parents.

The next day the cloud was still there heavy and strong.

No desire to pray for forgiveness, no desire to forgive anyone, just a stubbornness that I was right, that the others aggravated me.

Then went back to eating some junk food - comfort eating and having a long hot shower - more comfort.

Struggled to get to the gym, but didnt feel like training so left without doing so.

So then the Gur Parsaad started.

First, the thought came to look at the root cause of my state of mind, and the root cause was me sending out anger to the wife and kids after doing simran.

Then the realisation that I was reaping what I had sown.

Then the humblness to accept that it was my misdeed.

Then the acceptance that anger and ego is my own and I cannot blame anyone else for it.

Then apologising in my heart to God and the wife and kids for my bad behaviour and washing their feet in my heart whilst doing Sat Naam.

The mind cooled down alot.

Then another piece of wisdom that the past is just a trail behind us and what matters is the energy we bring to this current day.

Just like the sun comes out everyday blasting light into all the corners of the world, not taking long to shift the heavy darkness. To be like the sun and not to worry about yesterdays failures, focus on being bright and full of energy today.

Then did our ardas to accept all of our mistakes and for the gift of Gur Parsaad of Naam and Seva.

With Gur Parsaad we sat down and did the editing seva of the Sukhmani book by Dassan Dass ji and within a few minutes our mind went into humbleness, became focused on the words, became soothed and calm the more we read.

By the end we realised that the last few weeks had been an attack of our own ego. Ego is dying when we do more naam simran and seva, but ego tried one last time to stand up and tell us that "I am a failure in the worldly pursuits and spiritual pursuits and relationships." so that I should go back to ego, to becoming something in the world.

But with Gur Parsaad we say to Baba Ji to please save us, we have seen the worldly pursuits and we will always be worse off compared to someone else and better off somprared to someone else, so we are happy we we are and dont want to ride into maya again on the horse of ego chasing desires.

So always be alert as to the state of our mind - is it under Maya or under Gur Parsaad?

That is why Dassan Dass Ji has asked us to keep doing our [ardas](#) every 5 minutes for Gur Parsaad and also reading the articles on the website also cools the mind down, they are saturated in Gur Parsaad - eternal blessings of Dassan Dass Ji.

Dust of your feet

Harjit

15. Amrit Vela Naam Simran

DEDICATE YOURSELF TO 2.5 HOURS OF NAAM SIMRAN A DAY PLEASE

Ik Oankaar Sat Naam Satgur Parsaad
Dhan Dhan Paar Braham Pita Parmesar Ji
Dhan Dhan Gur Guru Satgur Gurbani Satsangat Satnaam

Guru Pyare Satnaam Parivaar Jee:
Kottan Kot Dandaut Parvaan Karna Jee

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 Sat Naam Simran will eliminate these pains and sufferings from our lives. When all of you dedicate yourselves to Sat Naam Simran for atleast 2.5 Hours a day, every day without a break then this Sat Naam Parivaar will become very strong spiritually.

When this happens then there will be a unbelievable divine effect on the new Sangat who joins 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 Sat Naam Simran will have an unimaginable effect on spreading this divine message of eternal truth. We know you all can do it, we also know that you all want to do it and do want to dedicate yourselves to the Sat Naam Simran. Therefore, we will strongly appeal to you all as well as request at all your Charans to please start doing a 2.5 hours Sat Naam Simran every day and reap the unimaginable rewards by doing so and make Satnaam Parivaar stronger by the day.

Dassan Dass

TIPS FOR DOING AMRITVELA NAAM SIMRAN

Sat Naam Ji - Dandauth Bandhna ji

recently there have been questions about getting up at Amritvela and what words to meditate upon. Here are some extracts from Dassan Dass Ji on this topic from the [Sant Marg Q&A](#) section on the website.

AMRIT VELA

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

We do have children but they are grown ups, they are doing thir medicine degrees now. But we do have a full time job, you are right when you say waking up at 12:30 am ? Infact you are doing good getting up at 4:00 am, but getting up earlier will be more beneficial, and don't worry about less sleep, now when you do simran you will get so much spiritual energy that you will not feel tired at all, no matter what time you wakeup, whatever time you get to sleep, your sleep will be complete, you will feel as if you have slept long hours.also your kids will start to become more and more sober and they will start to go to sleep earlier. All your sleep defficiency will be compensated by simran. We used to do the same thing, and never felt lethargic during the day, no yawning at all during the day, feel absolutely fresh all the time, this is what cosmic energy - spiritual energy does - and as you said you felt power in your head you will feel that power all over slowly and slowly - infect this power you guys are feeling is the naam amrit going inside you, this feeling will continue to increase, and then slowly and slowly your body and soul gets more and more cleaner from inside, more energy you will get inside, so when you go to sleep at night just do ardas inside your hirda that please wake me up at 12:30 or whatever time - and he will wake you up. Now since you folks have been blessed with gurparsadi naam you have also been put under the protection of at least one sant - and this sant will be always with you in his suksham dehi (astral body). When you do simran for 2 hours you are sitting on earth, in the third hour your simran will go in dargah and in 4, 5, and so on hours your simran will be in dargah, so try to go beyond 2 hours in the morning, at least 2 and half hours if you can, for fast progress. We used to sit in for 4-6 hours. Now our bhagti is complete and also our rom rom (every hair and cell) have become sat naam - physically every bit of body is reciting sat naam - and we feel this spiritual energy all the time in each and every cell of our body, so we don't sit in long smadhi anymore - actually at this level you are 24 hours in smadhi with open eyes, walking, talking, sleeping, and whatever you are doing will always be in smadhi.

STRUGGLING DURING SIMRAN

We remember when we started early morning simran. First day it was 30 minutes next day 45

minutes and so on took couple weeks to go to longer hours, so you are doing good keep it up. God has brought you to this level he will definitely help true servants to come up to him.

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

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

WAKING UP

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

STAYING AWAKE AT AMRITVELA

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

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

STAYING AWAKE

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

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

KEEP FIGHTING SLEEP AND LAZINESS

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

SIMRAN EVERYDAY

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

DAILY NITNEM ROUTINE AND SANGAT

When you start your simran please start with namaskaar (palms together greeting) and dandaot bandhna (lying flat greeting) in your mind to – Akal purakh, Baba ji, Das patshahian, Guru

Granth sahib ji, all braham gyanis, sants, bhagats and the sangat – and then start your ardaas as follows:

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

Or in English :

I am a great sinner and hypocrite.
I am so full of lust, anger, greed, attachment and pride.
I am the lowest of the low.
I am a great offender and traitor.
I fully accept all of my misdeeds.
You are the Merciful Forgiver.
Be Kind and forgive all of my faults and sins.
I make mistakes with each and every blink and at each and every moment,
Please show your grace and bless me with good thoughts and Guru's wisdom.
Bless me with Naam, Service and loving devotion.
You Yourself please colour me with Your Love.
Nothing happens because of me,
You Yourself are the Doer of everything.

And then start your simran.

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

Understanding sukhmani is more important than mechanical reading and for that you will have

to listen to it – but in the end – sukhmani sukh amrit prabh naam – the real sukhmani is the naam amrit and you have that already going inside you. But we will definitely suggest you to listen to sukhmani, you don't need to follow your nitnem schedule very strictly – just listen to whatever bani you feel from inside you should be listening today – we listen bani for gyan ke moti – and that is the thing you should be looking from listening to gurbani.

BELIEVE IN NAAM

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

WHAT WORDS TO MEDITATE UPON IN SIMRAN?

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

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

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

FOCUS

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

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

WHAT'S YOUR TARGET

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

SIMRAN TOGETHER

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

One thing in mind when you folks get together – avoid discussing household matters, concentrate on sat naam and sift salah (praises) only. It will be good if you folks can share your experiences with us also, need not be very ellobrative but just a feel of what you folks are experiencing. One thing very important and is the next step to follow after you stablize on your

simran at amritvela, is to relieve yourself from the effect of the past life and previous lives so for that please read the article on [spiritual cleaning process](#) and follow that practice.

Dassan Dass

16. Daily Routine Based On Dassan Dass Ji

DAILY ROUTINE BASED ON WHAT DASSAN DASS JI HIMSELF DID TO START WITH FOR SIX MONTHS AND WHAT HE ASKS US TO BUILD UP TO

Ik Oankaar SatNaam SatGurParsaad

Dandauth Bandhna Ji.

Dassan Dass ji always says to the sangat that he only asks them to do what He Himself has done in order to complete his Bandagi.

We have put together a daily routine based on what we have learned from Dassan Dass ji.

Bandagi is waging war on Maya, so God Bless You warriors!!!!

Bhai Nand Lal ji wrote, “Khalsa soi jo karay nit jang – the Khalsa is the one who fights daily.” So fight with your own mind and free it from the

Web of Maya, then you will become Pure Divine Light that is the Khalsa, you will become the Infinite Divine Power that is SatNaam.

Before starting this Daily Routine, please [Make sure you understand "How To Do Naam Simran."](#)

You can [print the Ardases \(5A, 5B and 5C\)](#) mentioned below on to one A4 sheet and keep in your meditation area for easy reference.

WHAT TO DO

MORNING – 2.5 TO 6 HRS

MIDNIGHT

Wakeup, shower/wash face, get ready for Simran. Do 10 min yoga stretching (Eg intro and follow along). Do few minutes of KapalBhati breathing exercises to get rid of tiredness and stiffness.

[Stand and do this "5C. Ardas Before Starting Naam Simran"](#)

[Do Dandauth Bandhna to ten gurus, all sants past and present, to SatGuru Baba Ji and Dassan Dass ji and Sant Sangat and all those who have helped you.](#)

Sit comfortably – on the floor, in a chair, on the bed, on a sofa – whatever suits you.

Play Gurbani CD/ Kirtan / Sukhmani / SatNaam Singing in the background.

Or to make it even easier we have recorded this [Guided Meditation in English for doing 2.5hrs of Satnaam Simran](#). It starts with ardas and relaxation, then "no ego only You", then "cut the body joint by joint and throw into the fire", followed by slow "Satnaam SatNaam" and verses from Gurbani to use as prayers. At the end there is some Kirtan and Satnaam singing to finish joyously and thanks to SatGuru ji.

[Recite with tongue & listen 15 minutes – SatNaam Waheguru \(praise Guru\), or SatNaam KartaPurakh \(overcome ego\) , or SatNaam Nirbhau \(overcome fear\).](#)

[Do inner cleansing programme to clear past deeds - 5 minutes.](#)

[Recite “haumai nahee tuhee tu / No ego only You” - to get rid of ego, wash others feet in your mind until animosity goes - 5 minutes.](#)

Recite “band band kat aganee meh saray / Cut cut joint by joint – throw it in the fire” - to get out of attachment to body and everything else - 5 mins.

Do silent simran, focus on third eye or even better the hirda, recite satnaam satnaam inside for as long as you can.

Start by doing 30 minutes, increase everyday upto 2.5 hrs and longer upto

6am eventually.

If you fall asleep, that's ok. When you wake up do ardas and start reciting in third eye again.

Go to sleep – this will reduce as you do more simran and go into Samadhi. Will feel like sleep but is Samadhi.

DAYTIME

[Work with humble attitude of seva, boss is guru, colleagues are sangat](#)

Everyone you meet or see, keep washing their feet with your mind and keep blessing them.

[Keep doing this ardas "5B. Ardas To Repeat" for forgiveness every 5-10 minutes, whenever you can](#)

Concentrate on your work. When you are free then take mind back to satnaam simran

Have quick lunch – Dassan Dass ji used to eat packed lunch and then do simran for rest of lunch time.

Practise bringing in the divine qualities – Truth, Love, Compassion, Service, Humility, Giving, giving, giving Attitude to all.

[If you get struck by Maya eg the 5 thieves eg blow up in anger or get lustful, then do ardas to confess and ask for forgiveness and wash other person feet in your mind.](#)

EVENING – 1 TO 2 HRS

Freshen up, get changed if needed. Stand and do ardas. Dandauth Bandhna. Sit comfortably. Play your CD if you like.

Do self-evaluation of your deeds . Measure yourself against benchmark of Truth.

As in the morning start with tongue then do silent simran, focus on third eye or hirdha, recite satnaam satnaam inside for as long as you can.

Start by doing 30 minutes, try and carry on for an hour or so.

[Exercise, eat, spend time with family, TV – 30 to 60 min etc](#)

[Read some of the "The Explanation of Sri Sukhmani" by Dassan Dass ji for inspiration and blessings.](#)

[Do this Ardas to wake up early "5A Ardas Before Going to Sleep" , start doing NaamSimran as you fall asleep.](#)

WEEKLY:

Try and attend a sangat once or preferably twice a week. (if no local sangat, go to the Gurdwara with same attitude it is Baba ji's sangat). Company Of Sants is essential.

At sangat don't get into gossiping and just socialising.

[Wash the sangats feet in your mind at least or for real.](#)

Dust the shoes of the sangat with your beard/hair if you can.

Make/take something for sangat out of love for them – they are Guru Ke Pyare – beloved of the Guru.

Go to sangat with attitude of giving and serving, not attitude of getting spiritual buzz/experiences – that will happen as he wills, not as we want.

[Do open confession at the sangat and your simran will be super all week long.](#)

[Recite haumai nahee tuhi tu to delete ego and "band band kat aganee meh saray – to delete attachment.](#)

HOW LONG?

TARGET : 6 MONTHS DON'T MISS A DAY. AFTER THAT SEE WHAT HE WANTS YOU TO DO.

ATTITUDE:

[Make simran number one priority in life – "prabh ka simran sabh te ucha – Simran is the Highest".](#)

SURRENDER EVERYTHING FOR NAAM – mind, body, wealth. Give Daswand to the Guru – don't think about it, just do it.

Don't miss one morning or evening session for 6 months. Otherwise you start again from day one.

Give up desires for anything and everything – including desires for spiritual experiences as well.

Do simran to cultivate an attitude of loving devotion for satguru ji's lotus feet.

Remember highest reward is to hear "satnaam satnaam" going on inside you and then it will go automatic and he will be doing his own simran then.

Read Gurbani, sing Gurbani. Read the website. Take part in the yahogroup – use it to discuss problems, make confessions, ask for blessings, pray for others, inspire others by sharing experiences.

Have a positive attitude all day long.

Remember Bandagi is Waging War against Maya and you are God's warrior.

Do some charity work, and/or if you go to the Gurdwara, go to wipe the shoes and do seva, seva, seva – eat little.

COMMON PROBLEMS:

Cant sit for long – surrender completely.

Control wandering mind

[Tips for amritvela](#)

[Q&A About Naam Simran](#)

You will need at least 4hrs continuous sleep before getting up for AmritVela Naam Simran, otherwise you will become exhausted. Its OK to go to sleep afterwards as well. Or you may find in the beginning it is easier to sleep at 9pm, get up at 3am and do Simran until 6am/7am. Important thing is find what works for you and to keep praying to SatGuru Ji to keep blessing you with more amritvela, as we have to be a beggar and not think we are able to do it. Guess who is doing Naam Simran? Not you, but Him, so don't get ego of it.

[Dealing With Unfulfilled Desires](#)

[Falling back after going forward spiritually – be aware of Maya's tests.](#)

17. Stablising The Mind by Listening to Gurbani

ENHANCE YOUR LEARNING FROM GURBANI BY LISTENING TO GURBANI AND
DOING JAP

SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SADA SADA SAT NAAM

One of the common problem the Sangat faces is the stability of mind while listening to the Kirtan, reading Gurbani or listening Gurbani. The mind flies everywhere in the world while you are trying to concentrate on such activities. It is never stable, it is constantly thinking, good or bad thoughts don't stop at all, except when you are in sound sleep. In other words mind is never

quiet, it is constantly making all kind of stupid noises, it is not peaceful at all. And unless your mind is stable and peaceful you will not be able to learn anything by listening or reading Gurbani.

Again the PANJ DOOT will always try to distract you while you will be struggling to concentrate on the Gurbani, as described in the previous article sent by this sevak (Maximize Benefits Of Simran), the mind is being controlled by the PANJ DOOT, all of the running thoughts in your mind can be attributed to one of these five enemy of yours.

In order to maximize your learning from Gurbani please believe in it 100%, whatever it says is nothing but complete and absolute truth, it came directly from Akal Purakh, it is HIS GYAN SAROOP. That is why it is called Primal Word (TURKI BAANI). It is a COMPLETE BRAHAM GYAN, it lays down all the divine laws for you to follow very honestly and with utmost devotion and faith (SHRADHA AND VISHVAAS). There is no limit to VISHVAAS AND SHRADHA, the more it is the better it is. Bhagti is nothing but VISHVAAS AND SHRADHA on your GURU AND GOD. Gurbani is not just for reading or listening only, you have to learn the divine laws and practice them in your daily life then only you will be able to advance in spirituality.

JIS KE HIRDEY VISHVAAS PRABH AYEY TAT GYAN TIS MAN PARGATYEA (Sukhmani)

The question is how will you be able to increase your concentration while reading or listening to Gurbani?

Here are a few very effective ways to do it:

There are nine doors to your body that are open and there is a tenth door that is closed – DASSAM DWAAR.

NAU DWARE PARGAT KIEY DASWAN GUPT RAKHAYEA (Anand Sahib)

These nine doors are: eyes, ears, nose, skin, ears, mouth, gupt organs. A lot of the distractions or the thoughts in the mind travels through these doors, like seeing something which is very distracting, hearing something that is very distracting, smelling something that can distract your attention in the wrong direction, tasting something that is not very conducive with the path you want to follow, or saying something that will divert your and the listener's attention in a wrong way, touching something that can distract you and so on. So you can eliminate a lot of distractions by keeping some of these doors closed while listening to the Gurbani. In fact the best way is to sit down in a very calm and quiet place, early morning hours will be best, and listen to the Gurbani with eyes closed:

MOONDH LIYE DARWAJE (Sant Kabir)

While listening to the Gurbani, whenever, there is a pause, or the sentence finishes, or the music goes on, say SAT NAAM WAHE GURU IN YOUR MIND. If it is still wavering too much then say:

MAN TU JYOT SAROOP HAI APNA MOOL PEHCHAAN

This will do wonders to your mind, it will be listening to the Gurbani, as well as doing Simran, dual benefits, also this way since you will really start listening Gurbani, you will also start to understand what it means. This will really enhance your Gurbani listening skills, and you will start enjoying it more and more since you will start learning it more and more.

AMRIT BAANI HAR HAR TERI SUN SUN HOWE PARAM GAT MERI

In the olden days when the tapes and CDs were not available it was O.K. to read Gurbani, but now with the availability of these things it has become very easy to listen to the Gurbani with closed eyes. Always keep in mind to CLOSE YOUR EYES when in SANGAT, DOING

SIMRAN, LISTENING TO GURBANI, OR KIRTAN. THIS WAY YOU WILL KEEP YOUR EARS ONLY OPEN AND ALL THE OTHER DOORS WILL BE CLOSED. THIS WILL MAXIMIZE THE LISTENING EFFECT BECAUSE YOU ARE FOLLOWING SANT KABIR'S GYAN.

In order to create more and more interest in Gurbani, get a steek – translation of Jap Ji, Sukhmani, Rehraas, Anand Sahib, Chopayee Sahib, and read it slowly, like if you are reading Sukhmani, read and understand one Ashtpadi at a time. This will increase your learning of Gurbani.

18. Praising God With Different Names

Question : Why is the praise "Parbrahm Parmesar" so imporant? Is this phrase used once one enters karam khand? I remember Dassan Das Ji writing we need tosay this a few times before meditating, and also a gurmukh told me the same thing the other day. He said that when Guru Nanak Dev ji was in the river, parbram parmesar spoke to him and said there is no difference between us.

Answer : The word “Parbrahm-Parmeshar” refers to the Almighty. His bhagats remember him with several names with love. As you progress through your spiritual journey, he makes you remember Him in many different ways and with many different names. This will not be something you plan on. It occurs by itself with His blessing. Based on personal experiences, He made daas remember Him by several names at different times-

"Tu he Tu" - You, Only You,

"Aape-Aap" - Him Himself

"Tu Tu ..." - You You

"Ma Ma..." - Divine Mother

"Tu mera Pita Tu mera Mata" - You are my Father, You are my Mother

We should do exactly what He makes you do. Never ever resist this - it is His Hukam and you will know it and you will be in atmik-anand (spiritual-bliss) when this happens. Sometimes He will make you laugh real loudly or occasionally you will in Vairag. When this happens, follow His command and do as He wishes you to do. This state of Anand can not be described in words. In such instances you are communicating very closely (child-father) with Him. He may also make you get up at night time and ask you to do seva or simran. He may ask you to go and feed poor people. One gets to understand His Hukam as one goes through Karam Khand and onwards. It is of utmost important to understand and then follow the Hukam completely. Never ever look back....

hukam ma(n)niai hovai paravaan thaa khasamai kaa mehal paaeisee ||
Obeying the Order of His Will, he becomes acceptable, and then,

he obtains the Mansion of the Lord's Presence. 471

Bhul Chuk Maaf Karna ji

Lowest of the low