

# Sickness, Sorrow and Death

Dassan Dass

## **Sickness, Sorrow and Death**

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## CONTENTS

<b>Introduction.....</b>	<b>4</b>
<b>1. What Is Death?.....</b>	<b>4</b>
<b>2. Does God make people suffer? .....</b>	<b>7</b>
<b>3. My Friend Is Sick, What Can I Do?.....</b>	<b>8</b>
<b>4. Does Your Ego Cause Your Suffering? .....</b>	<b>9</b>
<b>5. Solution To Sorrows And Problems.....</b>	<b>12</b>
<b>6. God And The Tsunami .....</b>	<b>15</b>
<b>7. The Fear Of Death .....</b>	<b>24</b>

## **Introduction**

Articles on why we suffer.

### **1. What Is Death?**

Ik oankaar sat naam satgur parsaad.  
Dhan dhan paar braham pamesar ji.  
Dhan dhan gur-guru-satgur-gurbani-sat sangat-sat naam.

Guru pyare ji,

Gur fateh parvaan karna ji.

We have tried to answer your questions as follows, please feel free to communicate further.  
Thanks to the Almighty for giving us an opportunity to speak to a truth seeker like you.

#### **QUESTION 1: WHAT IS DEATH?**

There are two deaths that we need to understand on this spiritual path, the first death is the death of the physical body and the second one is the death of Haumai, death of Ahankaar, death of ego.

Let us talk about the first kind of death (that is what you are referring to in your question) first: the death of physical body – based on your previous lives and more specifically based on your Karams from the previous lives you have been given this human life, obviously your deeds from the previous lives have been good that is why you have been given this human life, because Gurbani says: Gur seva Tey Bhagat Kamai Tab Eh Manas Dehi Paayee – you must have done some seva of Dhan Dhan Paar Braham Pita Parmesar and also you must have accumulated some Bandgi from your previous lives that is why you have been very fortunately blessed with this human life. You have basically taken birth to continue collecting more Bandgi and Seva in this life and keep on moving closer to the Akal Purakh, that is why the human life is very

important, this is the only form of life on earth which is given a chance to reach salvation, which makes it even more important.

Your ultimate destiny is to be one with the Nirgun Saroop of Dhan Dhan Paar Braham Pita Parmesar Ji, no matter what that is bound to happen, if not in this human life, it will happen for sure at some point in time and space in future. However, it is dependent upon your Karni, if your Karni in the previous lives is more Sat Ki Karni than Asat Ki Karni or if your Sat Ki Karni is more and more powerful than your Asat Ki Karni then you are bound to get the Gur Parsaad of Naam, Naam Simran, Naam Ki Kamai, Puran Bandgi and Seva- Parupkaar and Maha Parupkaar, which when served with full faith and trust, devotion and love will take you to salvation, this will bring you Puran Braham Gyan – Puran Tatt Gyan about your own existance and your merger with Akal Purakh, it is also called full self realization of your ownself and you will be relieved of the cycle of death and birth, but if your Asat Ki Karni is more and more powerful then you will continue to go through the cycle of death and birth until you qualify yourself for the Gur Parsaad of Naam, Naam Simran, Naam Ki Kamai, Puran bandgi and Seva- Parupkaar and Maha Parupkaar. So based on your Karni from previous lives there is a certain time in space that is provided to you to improvise your Karni towards making it Sat Ki Karni- more precisely there are a certain number of swaas breaths you are provided to live in your current body, which is called wealth of Swaas – wealth of breaths. Please keep in mind the life element in your physical body is your Atma – which is also called the soul, and this soul is a part of the Nirgun Saroop – so it is also called the Jyot – and this Jyot operates your body, all your senses and limbs work because of this Jyot inside you, and as soon as the Jyot is withdrawn or the Atma leaves the body upon spending the wealth of breaths then the physical body dies, which is the first kind of death. When the Jyot leaves the body or when the life element leaves the body, when the soul leaves the body, when the Atma leaves the body then the body dies.

At this point you are either not born again if you have already achieved the salvation, or you are born again if you have not been able to achieve salvation yet. According to your Karni all your good and bad deeds are carried over to your new life with your soul.

The second kind of death is the death of Haumai, death of Ahankaar, death of ego which leads you to full awareness (divine wisdom) about your existance as a Jyot, a soul, or Atma and not physical body, which is perishable and only you as a soul prevail, you as a Jyot prevail, you as Atma prevail forever because you go back and merge in the Nirgun Saroop. This death brings you salvation and relieves you from the cycle of death and birth. How the death of Haumai takes place? When you go through the Puran Bandgi process, then you win over the Maya completely, you win over the Panj Doots- Kaam Krodh Lobh Moh and Ahankaar and all your desires are eliminated then you win over the Maya, at this point your mind is eliminated, your own wisdom

is eliminated and is replaced by the divine wisdom, Puran Braham Gyan, Puran Tatt Gyan, and your Hirda gets filled with all the divine qualities, your Hirda gets filled with Puran Jyot Parkash and all your senses and actions come under the direct control and direction of this Param Jyot – this is also called the salvation stage or complete self realization stage. As a part of this process you see and physically sense that everything that happens inside you and around you is done by divine super powers and there is nothing that your physical body does, there is just one super divine power that is behind everything and that super divine power is running the entire universe. When this happens then that is called death of Haumai, death of Ahankaar, death of ego and by doing so you achieve the salvation.

## QUESTION 2: WHY ARE WE SO SCARED OF IT AND HOW DOES THIS PROCESS TAKE PLACE?

As already explained the physical death comes when your wealth of Swaas- wealth of breaths provided to you based on your Karni from previous lives is completely spent, at this point the soul is withdrawn from the physical body or the Jyot is withdrawn from the physical body, or the Atma leaves the physical body, and since it is you – soul or Jyot or Atma who was running this body and when you leave the physical body then there is no life left in the physical body and therefore it dies and goes back to the elements that it was comprised of (water, fire, air, earth and sky – five non compatible elements being held together by your soul or Jyot or Atma – super divine power).

The scareness comes due to attachment, the misunderstanding of understanding your ownself as physical body and not the Jyot, soul or Atma. The scareness comes from the fear of losing everything in all physical senses, the fear of losing all your relations, all your physical possessions, all the worldly attachments. So this fear of losing is called attachment and is the reason for scareness. When we go through the Puran Bandgi process then we become fearless, we become free of the attachment and that is why the death of a Puran Purakh is painless because he has a full understanding of this attachment and his detachment from all these worldly things makes his departure painfree and pleasurable. As a matter of fact when we go through the Puran Bandgi process and when our Sat Sarovars are illuminated with Naam then we do get the divine powers to leave this physical body and we do get out of body experiences, which is same as experiencing death, and these kinds of experiences are very pleasurable.

## QUESTION 3 : HOW DOES IT COME AND WHAT STEPS OCCUR WHEN DEATH TAKES PLACE? IS IT A PAINFUL PROCESS.

How both kinds of deaths come has already been explained. You can experience it yourself if you dedicate yourself to the Puran Bandgi process, when you will go in to Samadhee then you may have out of body experiences as we explained and you yourself can experience death before your physical death occurs. As far as the pains are concerned, yes it is very painful for a common person, because a common person won't like to die any way due to the fear of losing, due to attachment and so on, so obviously it will be very painful for him to leave the body and let the body die. So it is very, very painful in all physical senses when the death occurs. There is only one way to get relieved of this pain and make it a pleasurable experience and that is to achieve salvation.

DASSAN DASS

## **2. Does God make people suffer?**

### **Question:**

I was watching the news the other day and noticed the stories all revolved around DEATH.

First there was the AIDS crisis in Africa, where 13 Million people have been infected and nearly 3 million people die every year. In Swaziland the average age is now 37 , and there are millions of orphans and kids who are born to die (born with the virus).

A simple question people ask is IF GOD IS SO CARING WHY DOES HE MAKE THEM SUFFER LIKE THAT?

Look forward to your answer.

Dust of your feet

### **Answer:**

Veer ji,

this is very simple. God does not make anyone suffer. All our pains are due to our own actions. As you sow so shall you reap.

If a soul sows bad actions in the past then the law of karma is returning to them those kind of sicknesses.

That's why SGGS tells us that a king can become a pauper, why a healthy person can become diseased.

Today we are watching those people suffering to cleanse their past deeds. All pain is a wake up call for the individual to ask "Why am I in pain." Then the journey of their soul should begin. That is what happened to Baba Ji. He did bhagati and wanted to know why God had made him suffer so much in his early life (lost his father, had two near fatal car accidents, suffered depression, was a drunk and a gambler). Then he read "Dukh Daru" that the pain was the remedy because pleasure had become a sickness – it had caused him to forget God. And when Baba ji's bhagti was complete God showed him that God does not cause anyone to suffer. All of their suffering is due to their own bad actions which what they have to reap according to the game of karma.

Let me say for example that if someone slanders others, then their soul will come back to suffer as they made others suffer. We can't stop that. It is Akal Purakh's wish, His Hukam.

Today we have naam we have to serve naam.

Actually suffering like sickness and poverty is actually Akal Purakh telling us that we have to have do good deeds in this life – the greatest of which is Naam simran. Otherwise we will continue in the same cycle of pains,sicknesses and poverty.

A humble servant

Dass

### **3. My Friend Is Sick, What Can I Do?**

*The following is in response to a question that was asked by a Sangat concerning her friend's sickness and how can she recover from the sickness:*

***Answer from Dassan Das :***

As far as your friend is concerned, your doing any kind of prayers (Paath) for her will hardly benefit her, the only way she can recover from this sickness is to do Naam Simran:

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

SGGS 274



So go to your friend, and ask her to concentrate on reciting “Ik Oankaar Satnaam” inside her mind on a continuous basis, have complete and full faith in this Naam and trust in it and she will start recovering from her sickness.

We will pray for her recovery from the sickness.

This Naam is the most powerful eternal entity in the entire universe, it represents Almighty Himself, when she will start reciting Naam – Ik Oankaar Satnaam inside her mind, the Naam will start to penetrate inside her mind and soul and her body and will uproot her sickness.

By doing so she will not only cure from her sickness, but eventually she will be cured of all the mental sicknesses as well and become a Sant, and this is our prayer to the Almighty. The utmost trust, belief and commitment to the Naam and Simran is the key to her success to fight the sickness she is in, the better the trust the higher the trust the purer the trust the faster will be her recovery. Sicknesses such as cancer, leprosy, diabetes and hepatitis have been cured by doing so in the real life situations.

Dassan Dass (Slave Of God’s Slaves)

#### **4. Does Your Ego Cause Your Suffering?**

##### **Question:**

If I have haumai (ego), is it possible that I get a physical injury or illness directly because of it? Like God punishing me?

##### **Answer :**

Dukh - Sorrow: Means the sorrows we face on a daily basis in our lives, the situations which put us in trouble, physically or mentally and make our daily lives uncomfortable are given the name of sorrow – Dukh.

The physical and bodily sorrows are not as painful as the mental sorrows as we move along on the path to the discovery of the truth, the physical ailments, family issues, financial issues are some of the physical forms of the sorrows which we all face on a regular basis, again this is all a part of our Karam Kand (repaying what we have sown).

The reason behind all the sorrows and mental sicknesses is based on our Karni in the past period of this life and all the previous lives. The physical bodily sorrows include all the bodily injuries and sicknesses as well, however, the mental sicknesses are – Kaam, Krodh, Lobh, Moh and Ahankaar, Asa, Trishna and Mansha.

Let us talk a little more about physical ailments, financial issues and family issues, which upset us inside out and are a major cause for frustration from the life. Gurbani calls such a sorrow a blessing – Dukh Daroo Sukh Rog Bhayea – which means that infect the worldly comforts (a part of Maya) are a form of serious sickness because these comforts are responsible for keeping us away from the Almighty because under the influence of these comforts we forget to remember the God who has given all these comforts to us, at the same time the sorrow – Dukh brings us closer to the Almighty, it becomes a prescription for our soul and mind, because whenever we are in pain and sorrow we remember Him, His Gurbarsadi Naam – Satnaam Simran brings us so closer to Him that we merge and become one with Him, never to separate again and achieve the ultimate and eternal comfort and happiness - Sat Chit Anand forever.

Gurbani also says Dukh Bhanjan Tera Naam Jee and Sarabh Rog Kaa Aukhud Naam, which means that the prescription for Dukh is the Naam, it relieves us of all the sorrows and gives us highest level of happiness and comfort, it makes us so stable that we can tolerate any level of pain, Naam is so powerful that it removes the difference between sorrow and happiness, our soul and mind becomes so stable that nothing can distract it, that is what the Guru Sahibaans did when they sat on Tatti Tavi and gave their life for serving the Hukam of Akal Purakh, by doing so they have demonstrated to us time and again the power of Naam, Naam cures us from all the ailments, physical or mental.

At such a spiritual level there remains no difference between physical sorrow or physical happiness, and there always remain highest level of comfort and enjoyment inside our Hirda. Haume – Ego – Ahankaar: The very existence of a human mind and body and its recycling – the cycle of life and death is due to the haume. The very basis of our Karam Kand , which never ends is the haume. This is one of the five wises which resides in the head – brain of a person and has the highest level of difficulty from the perspective of conquering over it. That is why it has

been called as a deep mental sickness – Haume Deeragh Rog Hai – again the prescription here is Gurparsadi Naam only, nothing else can bring it down under your feet, only Gurparsadi Naam can conquer over it.

The Krodh and Ahankaar are complementary to each other, they give birth to each other, whereas Krodh resides in the stomach area of our body, the anger comes in when the ego gets hurt, these two are the worst enemies of our soul and mind, and draw a boundary between our soul and Almighty, a silver screen which appears to be correct and true but in the real sense it is the biggest illusion, the very existence of our own wisdom and mind is due to ego, and if we kill our own wisdom and mind then there remains no boundary between our soul and Almighty, our soul merges with Almighty.

The opposite of Haume is the humbleness – Nimrata, which is a prescription for killing the Ahankaar – Haume – Ego, there is only one doer and giver – Paar Braham, everything exists under His Hukam – Hukme Ander Sabh Ko Bahar Hukam Naa Koi, Nanak Hukmey Jeh Bhujey Taa Haume Kahe Naa Koi – all of us recite this on a daily basis yet don't believe in it and therefore, don't exercise it in our daily life, it is so simple to understand, yet very difficult to absorb, and practice it. If we learn this one line of Gurbani and bring it in our daily life we can achieve our spiritual goal – it is so simple – Hukam Bhooj Param Pad Paaee.

To manage your anger or to bring your anger under control, the best prescription will be to forgive the person who is causing you to become angry – Jahan Khima Tahan Aap (Kabir's Bani), because forgiveness is one of the vital qualities of a Puran Sant, and in whichever Hirda there is forgiveness there is Almighty Himself, extreme kindness is a very vital quality of a Hirda that makes it one with Almighty, so we all have to learn to forgive.

Try it out as soon as you can, it works, the moment you forgive the source of anger the anger will disappear and you will feel lot better, this is the way to conquer over the anger and is very easy to practice. The next prescription to control Ahankaar is the extreme humbleness, a humble heart will never be egoistic, this is another vital quality of a Puran Sant. Now what do we need to do to take this prescription of humbleness, it is very simple, but might be difficult to do, (but if you are determined to do it then nothing can stop you), here are some acts for bringing humbleness in your soul and mind: cleaning utensils at langar, dusting shoes of the Sangat with your hands and apply the dust on your forehead, and if you can do it try to dust the shoes of the Sangat with your beard or hair (mothers, sisters and daughters), do dandaut bandhana in the Gurudwara, always and always consider every body else is higher than you, call yourself lowest of the lowest, loon harami, bishta ka kira, a dog of the Guru, Akal Purakh and Sangat.

The extreme humbleness is the key to the Dargah. Along with these actions in your daily life there is something more you can do and which is a must to do to kill your haume – when you start your Naam Simran, start saying Haume Nahin Tu Hi Tu, Haume Nahin Tu Hi Tu and continue like this for some time when it gets switched to Satnaam Simran, then the next step is to say – Band Band Kat Agni Meh Saari - imagine a burning pyre and then cut each part of your body in your imagination and throw it in the fire yourself and see it burning, and keep on reciting Band Band Kat Agni Meh Saari, you can also imagine sitting in a burning pyre and reciting these words inside you, and then see you burning and converting into ashes, and until you burn yourself completely in fire like this you will not be able to kill your haume. When you do this practice in Smadhi then you are actually burning your haume and cleanup your Suksham Dehi. Some of you will find it difficult to do or unsuccessful in the beginning but don't leave it, just be insistent and eventually you will be successful, it might take you a long time to be successful though. And incase you see a burning pyre or fire in Smadhi then just go inside and sit in it, don't be afraid, similarly if you see a sarovar just go inside it and take a dip in it, this is all divine amrit and will clean you up from all kinds of mental sicknesses.

There is a lot that can be written on these two topics but we will request this much seva at this time. Thanks to every one and with lots of blessings under the Chattar of Sant Baba Ji – which comprises of 21 suns. Dhan Dhan Sant Baba Ji with whose Gurkirpa we have been able to serve the Sangat, Dhan Dhan Paar Braham Parmesar who made us all meet this Puran Braham Gyani – Nirankar Roop Param Jyot Puran Parkash Darshan and Dhan Dhan Gurparsadi Satnaam Anmolak Rattan Hira, which Sant Baba Ji has brought once again on this earth from Dargah, and Dhan Dhan Gyan Saroop of Akal Purakh – Gurbani – Divine knowledge – Puran Braham Gyan, Dhan Dhan Das Patshahian and all the Sants and Bhagats, Puran Braham Gyanis and Dhan Dhan Pind Parivaar, Satnaam Parivaar Gurparsadi Sangat and Dhan Dhan Satgur Paar Braham Sarnai.

Dassan Dass (Slave Of God's Slaves)

## **5. Solution To Sorrows And Problems**

“PRABH KEY SIMRAN KARAJ PUREY”

DOING DIMRAN ALL YOUR TASKS ARE COMPLETED

It is human nature to restore to the prayers only when in deep trouble or deep sorrow due to various reasons such as health problems, family and relationship issues, financial difficulties and so on. Normally praying is chosen as the last resort to solve such difficulties of our life, when we get into deep trouble due to such reasons then only we restore to remembrance of Almighty, which shows the height of selfishness on our part, meaning whenever we get in to trouble we ask for God's help, otherwise ignore Him partially or completely.

*Suffering is the medicine, and pleasure the disease,  
because where there is pleasure, there is no desire for God.*

SGGS 469

This comes true to all us, the sorrow becomes the source of inspiration to seek help from God, but remember if we remember God in good times then these sorrows will never come.

Guru Nanak Pashah has presented the absolute Eternal Truth in this Shabad:

*O Nanak, the whole world is suffering.*

SGGS 954

Guru Nanak Patshah made this observation that every where he looks and whosoever he meets is suffering from some kind of pain, nobody is free of all and any kind of sorrow or pain, everybody is struggling to fight this pain. Guru Nanak Patshah Ji has even gone a little more farther when He said that whosoever he looks at he sees a ghost, this world is full of ghosts, all the living people are some kind of ghosts, means all the people he looks at are carrying ghost souls in this Kalyug – in this age of darkness:

*In this Dark Age of Kali Yuga, O Nanak, the demons have taken birth.  
The son is a demon, and the daughter is a demon; the wife is the chief of the demons. ||1||*

All the members of the family are ghosts in this age of darkness, this means that most people in this dark age are spiritually drained souls, their deeds from the previous lives are such that they are no less than a ghost in the real sense.

One day very recently we had a very interesting vision while sitting in Smadhee, which relates to the explanation of a similar situation as follows: we were sitting in a big congregation with a lot of Sangat, and when we closed our eyes and went in to a Smadhi Assan and at this point we looked around and what we saw was horrible, except a few of them most of the people had distorted figures and faces, they looked like ghosts sitting all around us, there was a very beautiful little girl sitting right in front of us, which looked like a ghost in the Smadhi Assan, when we tried to correct her distorted face, she started to cry, but then she became all right because her ghost soul was transformed. We saw another little girl with a distorted face was sitting around us and we put our hand on her forehead and head and told her to Jap Satnaam, when she started to recite Satnaam, she started to vanish and she physically vanished and then she came back with a nice looking face and reciting Satnaam, looking around like this we realized that how many of the people are good souls and a large number of them were ghost souls.

The very basic situation our souls are in right now is due to our deeds from the previous lives, and our daily life is governed by the destiny based on these deeds from previous lives, all the worldly sorrows and gains, physical sicknesses as well as mental sicknesses, family issues and relationship issues are a result of our deeds from previous lives, and this process is a continuous process and it never ends, it is a game of what we sow so shall we reap, if we sow good now we will reap good in future, and if we sow bad now then we will have to reap bad in the future.

A lot of us are facing such difficulties as: family and relationship problems, health problems, financial difficulties, business problems, and so on, and ask how can we do Naam Simran when we are drenched so much in these problems, obviously they can't concentrate on Naam Simran due to these problems beyond their control, so what should they do: first of all they need to understand that they are very fortunate to have a Gur Parsaadi Naam, which is the biggest Eternal Gift they have, then they need to have full and complete belief, commitment, faith and trust in the this Naam and the Sant who has given it to them, and then follow the way they have been told to do Naam Simran. Mind it, it will never happen that all your problems will be solved first and then you will be able to do Naam Simran, it doesn't work that way, when you try to concentrate on Naam Simran at Amrit Vela (Amrit Vela starts at 12:30 midnight and goes upto 6:00am) and be persistent and do it on a daily basis, don't miss a day, then only the Amrit will

start coming inside you and you will start feeling the difference and inside peace and the energy to fight with problems and issues, Sukhmani will then start to become true on you: Prabh Key Simran Karaj Purey: then only your problems will start to disappear one by one and you will start doing better and better in your daily life, the eternal happiness and eternal peace of mind will start to come inside you, the cosmic energy and the divine energy will start to flow inside you, the divinity and spirituality will start to come inside you. The Naam Simran is the highest service to the Almighty: Prabh Kaa Simran Sabh Tey Ooncha, and by doing so everything written in the First Ashtpadi of Sukhmani Sahib will start to happen in your daily life. The key is the commitment, belief, faith and trust in Gur Guru and Gurbani, your gains will be directly proportional to these qualities of yours.

The prescription for reforming our ghostly souls, which are being currently governed by Panj Doots and desires is only and only Gur Parsaadi Naam and then Naam Simran, Seva and Parupkaar, and nothing else, in this age of darkness only Gur Parsaad and Naam Simran can save us and enlighten us from inside. When we commit ourselves to Naam Simran our problems will start to disappear and better and better things will start to happen in our life.

Dassan Das (Slave Of God's Slaves)

## **6. God And The Tsunami**

10 Jan 05

There are three parts to this email, first is a general email. Second is questions and answers to an enlightened soul. And third is an email from a Sikh who lives in one the villages and is doing their best to help.

I was in a petrol station waiting to pay. The old lady in front was talking to the Sri Lankan serving her. He said he knew people who had died, but he smiled and said "Its Gods Will." The English lady replied, "Well I dont know what God is playing at."

That is the question everyone wants an answer to : "WHY?"

If God is loving and caring and we are His children then WHY do this to us?

The TV journalists dont ask that question. They present the facts, they even give the scientific explanation. But science can only tell you HOW it happened - two of the Earths plates collided sending huge waves out in all directions.

By scientists being able to explain it, it gives everyone a sense of relief. It makes everyone feel that MAN is in control again of what is happening around us.

But people shouldn't be satisfied with just the science, they have to ask the WHY question.

Great Guru Nanak Dev Ji has given the answer in two simple words, why does God do this? Because "DUKH DARU". Meaning PAIN IS THE CURE.

The Cure for what?

Guru Ji continues, "SUKH ROG BHAAIYA" ...PLEASURE HAD BECOME THE DISEASE.

Why is the pleasure of chasing your desires a disease? Guru ji gives the final answer. Because, "JA SUKH TAM NA HOEE". ...WHILE THERE IS PLEASURE, YOU O LORD ARE NOT REMEMBERED.

Whenever you or me or any other individual suffers pain, sorrow and suffering, the question God wants you to ask yourself is "Why am I in pain?"

Thus begins the journey of the soul.



If you don't ask that question and keep hiding behind science, you have not learnt what pain is teaching you. A child is causing havoc in the kitchen, the mother is cooking the curry, the child is about to grab the handle, the mother slaps his hand. The child cries and throws a tantrum. We as older and wiser adults can see the bigger picture. The child cant and gets upset with his mum. As my two year old would say, "Mum naughty."

Guru Gobind Singh ji salutes God as "NAMO LOK MATA" ... I bow to the Mother of the World.

What would Guru Gobind Singh ji have said about this disaster? What did he say when his own four sons, mother and father lost their lives? Was he devastated? Was he bitter at what God did to him? No. All Guru Gobind Singh ji said, and what all the Gurus and Bhagats and saints say is ,

"MA HAU PARAM PURAKH KA DASAA. DEKHAN AAYO JAGAT TAMASHA."  
I am a servant of the Supreme Being. Here to watch the world drama.

And would any Guru or any Bhagat or any saint, feel sad in such a situation? No, because Gurbani says.

"NANAK BHAGTAN KA GHAR SADA ANAND."  
Nanak says : The house (heart) of a Saint is in permanent eternal joy.

The Gurus and Saints don't see anything in the world as a disaster. They see it as God's Will. The Mother who is slapping the child to wake it up out of the illusion it is living in. The Guru's and saints have made God their Guru. And that Guru is ever stable, ever permanent ...ABCHAL NAGAR – the place that NEVER gets destroyed.

Only the ones who made the world and chasing of desires for worldly happiness cry. They made the WORLD into their GURU. But that Guru is false because it is forever changing. The World is under the Divine Law of coming and going, birth and death, joy and sorrow.

All pain is a wakeup call to make God into your Guru, and not the world.

AAD ANT EKAY AVTARA  
SOEE GURU SAMJIO HAMARA  
From beginning to end HE is ONE  
That is my GURU.

GURU GOBIND SINGH JI

Only God is Truth. All else is perishable.

So merge your mind into the TRUTH

JAP MAN SATNAAM SADA SATNAAM  
My mind repeat SATNAAM , always and forever SATNAAM.

Dust of your feet.

PART 2

When I was watching it unfold on the news I started feeling a bit sad, but quickly stabilised the mind with reciting SatNaam.

So here are some questions and answers from Dassan Das ji so we know how the mind of a saint views disasters in the world.

Q: When you see a disaster like what has happened in Asia - the tidal wave. What do you feel and think?

A: To be honest with you didn't feel anything, no disturbance at all, it is all Hukam of Akal Purakh, he gets pissed off once in a while too, when there is too much of kood accumulates, to remind people of His existence He does something like this, this also establishes that everything can't be controlled by human mind, His control is the supreme control, this brings a feeling in the population that there is something like God that also exists, the feeling of compassion, love and service for the sufferers in the mind of the rest of the humanity and these are all good things that are born from a disaster like this. His will – Hukam can't be questioned, this is also His kindness that this happened in the ocean, it didn't happen on the land which could have been a lot more disastrous.

Q: Some people will ask why does God do this?

A: It is not God who is responsible for such things, it is the Karni of the people that makes their fate like that, whatever you will sow same you will reap. It is not God's karni or God's fault, it is the Karni of the people who are destined to be so because of their Karni from their previous lives, so it should be taken as God's will and be dealt with patience, compassion, love and serve the people who are affected by this disaster.

Q: What did those 100,000 souls do wrong to suffer like that?

A: Only God knows it and only He can answer this question, but this is for sure that it was their destiny and could not be averted or avoided at any cost with any amount of human efforts.

Q: How does karma theory explain what happened to them .... why did the sea kill them?

A: There is nothing to be explained, you are getting too emotional over the Hukam, you have to keep your balance of mind and think of the ways and means to serve these people to diminish their sufferings. Sea didn't kill them, the Janam and maran is in the hands of the God and is the destiny based on your Karams from this and previous lives, it is as simple than that, as we said nobody can challenge the Hukam, and doing so will be not accepting the Hukam, which is the cause for the sufferings.

Q: How do we react to it as spiritual people ..i.e. mind feels sad towards them..

A: Accept the Hukam, stay calm and pray, do Naam Simran and Seva.

Q: How do we help?

A: All you can do is send some monetary help, unless you want to go physically there and participate in relief activities through some agencies.  
Dassan Das (Slave Of God's Slaves)

Dassan Das (Slave Of God's Slaves)

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FOLLOW UP QUESTION:-

Paaji

I only just got around to reading this and the other fabulous emails you have been sending. Unfortunately, from this it would suggest that its ok to commit suicide as your death is fixed by your karam, therefore the means by which your life ends is not important as that time is similiary fixed?

Does this allow for suicide bombing for sikhs too? Please mail back with clarification

Thanks

Satinder singh

ANSWER:

GURU PYARE SATINDER JI GUR FATEH PARVAAN KARNA JI

Your destiny is your destiny, do you know your destiny? The answer will be no in all but one in tens of millions who has reached the Braham Gyan and knows about His destiny, such a soul is called a PURAN BRAHAM GYANI, A PURAN SANT, A SATGUR, and only such a soul has the power and authority to change the destiny of the ones who surrender to Him with Tunn Munn and Dhan – complete surrender and get the Gur Parsaad of Naam, Puran Bandgi and Seva, because only the Gur Parsaad of Naam can change the destiny by eliminating the effect of all your Karams from the past of this life and all previous lives. So there is a destiny that puts you on the performance of true deeds and there is a destiny that puts you on the performance of untrue deeds. Basically you write your own destiny, you are the creator of your own destiny, whatever you perform now will carve your destiny in future, so in order to get a destiny of true deeds and get closer to the Almighty you need to concentrate on your present – performance of true deeds and restrain from conducting yourself in the untrue form of deeds which will take you in the negative direction – away from the truth, away from the God. So being suicidal is going in the negative direction, and you are fortunate to have this human life where you have been given a chance to go back and be one with your Creator – God, so prayers for the Gur Parsaad of Naam, Puran Bandgi and Seva along with true deeds will turn around your destiny in future for sure. Concentratng on SATO KARAMS at present time will for sure make your destiny in future

brighter. So being suicidal is not a solution to any problem, but concentrating on the SATO KARAMS and getting the Gur Parsaad of Naam, Puran Bandgi and Seva is the solution to all the problems – Sarabh Rog Kaa Aukhud Naam, by moving on this path to eternity and helping others to do the same will resolve all issues, going closer to the God with Naam Simran will resolve all the issues, problems and sicknesses and not by blowing up yourself with bombs. There is so much spirituality hidden in the Gurbani, there is unlimited amount of spirituality that is hidden in the Gurbani, and if you practice Gurbani in your daily life then you can earn all that spirituality and spiritual powers – eternal treasures. Making your life truthful, be able to see, speak, hear, deliver and serve the truth will resolve all the issues and not by being suicidal and blowing yourself up. By being truthful and serving the truth – Ik Oankaar Satnaam you can change your destiny and the destiny of the others and change the world and not by suicidal bombing.

So in a nutshell being suicidal is cowardness, moving on the spiritual path of Puran Bandgi and Seva will change not only your destiny but the destiny of all others who follow this path to eternal treasures.

DASSAN DAS

PART 3

From: Annoushka Hempel

To: [annoushkahempel@hotmail.com](mailto:annoushkahempel@hotmail.com)

Sent: Tuesday, January 04, 2005 10:38 AM

Dear friend -

The death toll continues to rise after the devastating tsunami that hit Sri Lanka on 26 December. We are thankfully safe and have now sent the children back to London with my mother to safety whilst we stay here and do what we can to help. There is so much to do. Our house in Galle Fort has been transformed into Rescue Operation Headquarters for the Galle region. The art gallery is now filled with volunteers working round the clock to try and help the poor displaced people of which there are thousands. Every day we are appealing for help and every day we are in refugee camps fact finding and distributing provisions and medicines most urgently needed. Needless to say the stories are beyond heart rening, so many children were literally torn from their parents arms. We are now trying to purchase immediate relief items, medicine etc, both to deal with what has happened and also to try to avert the imminent health crisis and spread of primarily water-related diseases. Funds permitting, we will assist in all

community infrastructure projects, again particularly related in getting water supplies back to normal. Subsequent work will entail trying to get peoples' lives back to normal by repairing schools, hospitals etc etc. As of today there is still no sign any of the big relief agencies! >God only knows what they are waiting for!! They are bottlenecked in meetings in Colombo. We still havent seen any of them on the ground. We have already moved onto the second phase. Some areas of the city were so badly devastated that the local council simply didnt know where to start. We happen to have a man on the team who knows what to do. So he is out on the ground with trucks and dozers supplied by the council. Next we need to pump out the wells, and re build the drains. We are not alone. The local communities have been doing an impressive job of feeding their people. It has been fantastic to see Muslims helping Budhists and Budhists helping Muslims. Even when the big agencies arrive we need to rebuild. Very many schools were on the beach and need to be rebuilt and re stocked with books and equipment. Do we need help.....yes please. Its a leap of faith as we are not registered charities. But the aid is immediate and direct. If you can please send funds to:

Bank: First Direct, Leeds UK Tel:0044 (0)8456100100 Account in the name of E & A Hempel  
Account No. 61302000 Sort Code 40-47-78

Please give your email address as a reference, then we can thank you later. 1) Pass this on to others who want to help.

2) Please get in touch for further information, or if you are able to offer other assistance.

3) Let us know of any donations to be made so we can plan accordingly. Thanks very much for your help.

Love and blessings and peace to all who are passing,

Annoushka and Eduard

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12 Jan 05

Hi from the frontline,

Wow! This certainly is quite an experience. Never thought we'd ever live through something like this. Sometimes I still think I'm going to wake up from all this and it will have all just been a bad dream. Having said that being here in the midst of it all is an extraordinary and rewarding experience. We're part of a fantastic organization made up of a team of volunteers that are tremendously energetic, committed and intelligent, called Project Galle 2005 and we've been working 24/7 on immediate aid work, continuing to provide food, other provisions and medical help to the displaced persons in the camps. We now service 50 camps everyday.

Today's good news is that people are beginning to move out of the camps in an attempt to move back to their homes. Today temporary huts are starting to be put up on original house plots which is great. Unfortunately most of the people who were worst hit lived in illegal shanty towns close to the coastline and now no building is allowed within 300m of the beach, That rules out a great deal of people and no one knows yet where they will be re settled. So they will no doubt be staying in camps for the foreseeable future. Those whose houses were damaged or have been given huts have lost all their possessions so we are putting together 'going home packs' including bedding, cooking implements etc. We are looking at a similar 'back to school pack' for children which includes a bag, books, pens etc. Also a scheme to help fishermen get their boats back out working, and so on.

Project Galle have created a list of individual defined projects that need funding. Please let us know if you are interested in seeing this list and we will forward it to you. We now have registered charity collecting on our behalf so any donations can get tax relief etc and get whisked straight here where we can use it. Donations can be made on line at; <http://www.thewebofhope.com/announcements/sri-lanka.html> Please be sure to choose Project Galle 2005 from the drop down menu and email us with the details so we have records. If you already gave, thank you. You can rest assured that your money is going into immediate on the ground relief to the displaced people of Sri Lanka.

Love and blessings,

Annoushka

## 7. The Fear Of Death

The phenomena of death comes across as the biggest fear in the human life. This fear exists primarily due to the unawareness and lack of realization of this Truth. The followers of Truth (His devotees or Saints) win over this fear through self-realization. The soul residing in the body itself is Truth as it is the separated part of the Lord (Truth). The physical body we call ours itself is the illusion (untruth), and as such vanishes away. Truth never dies. The soul simply changes the physical form it resides in.

The human body (blessed with awareness) is simply a tool for us to unite with the Almighty. It is meant to steer the separated soul towards the destination through the awareness gained from various senses. The man got deeply attached to the materials in feeding various desires. This illusion has pushed the blessed mortal away from the source, and as such man has lost the track of Total Truth. He is trapped so much in fulfilling the self-assumed truth (illusion) that remembering the Lord (if at all) has become more like a ritual, rather than an inner truthful desire.

The material desires lead to the vices such as – Ego, Lust, Greed, Attachment, Anger, Slandering, Whispering, Jealousy, Hypocrisy, and so on. The worst of all is the Ego. It is impossible to get out of the vicious circle of maya and the vices without His blessings. He blesses the rare ones Himself because of their divine worship (from past lives). This is how it happened for Guru Nanak, Guru Gobind Singh Ji, Bhagat Rama Nand Ji, and few other Prophets and Saints. He sends these saints to get salvation to others. This is how Bhai Lehna, other Gurus, Bhagat Kabeer, Bhagat Sadna, Bhagat Tarlochan, and many others got blessed. The enlightened souls helped these latter saints by planting the spark of Truth (Divine Jyote) in them.

One has to virtually die (or surrender) by gaining utmost humility, and be reborn without any self-identity to gain the salvation. The Sri Guru Granth Sahib (SGGS) Ji points out a great question, and then guides us with the simplistic answer -

How can I cross over the world-ocean?

SGGS 877



The Truthful answer is on the next line–

While I am living, I cannot be dead. ||1||

SGGS 877

The first Guru communicated this message of Truth to the Sidhs and Yogis who were trapped in the supernatural powers (Ridhis-Sidhis) with their utmost ego.

O Nanak, remain dead while yet alive - practice such a Yoga.

SGGS 730

Everyone is blessed with certain quota of breaths as issued by the Lord. It is more in some cases, and less in others, and is all good. In the duration of these breaths, a human pays for the past dues, and sets up the account for future births. Whatever one comes across in a birth form – pain or pleasure is all due to the past actions. If we have done good to others in the past lives, it is going to come back to us through good deeds from others towards us. The same is true if we have created pain for others, it is going to reflect back on us.

As you plant, so shall you harvest,

according to what you planted in the past.

SGGS 309

As we notice commonly, there are people who live in constant suffering, and eventually die in terrible pain. They are basically inheriting fruits from the seeds planted in the past life (lives). This is true for everybody with no discrimination whatsoever. Dhan Dhan Bhagat Sadna Ji was a butcher by profession, and the Almighty turned around his life-style by showing him the Truth through a goat that he (Bhagat Sadna) was going to butcher. The Lord communicated the message through the goat – “Hey Sadna, you and I (goat) have been taking turns on each for over

many lives. You kill me (goat) in one life, and then I become the butcher and kill you (goat) in the next life.” The cycle goes on and is this going to ever end? Perhaps not, unless we change the course of action. The Lord showered His blessings and the Bhagat Sadna Ji realized the message from the God. We all are living under His will, and carrying the actions to settle the balance from the past. The blessed ones are those whom the Lord shows the light in the surroundings of total darkness, and saves them out of the cycle of death and birth by showing them the path to His Kingdom.

One whose destiny is so pre-ordained,  
obtains the Lord of the Universe as his Companion.

SGGS 47

It is good to realize the pain and suffering within self and around. This itself is a great lesson to us all to save ourselves by utilizing the golden opportunity of human birth. It is even great to sympathize with those in pain, and be able to help. It is good to contribute and help share the pain. Talking to someone in pain, and give comfort is a great thinking in action. In Islam, people are encouraged to go to the Cemeteries at least once a week to make them appreciate the fear of death. As humans we tend to remember Him anytime we are helpless. This is a blessing itself. The pain becomes a pleasure as it leads us to the path of Truth.

Suffering is the medicine, and pleasure the disease,  
because where there is pleasure, there is no desire for God.

SGGS 468

One should never complain about any pain or suffering that he is seeing in self, relations, and around him. Everything moves under His Will, and each action signifies a lesson for us. We should appreciate the Lord for showing us all these secretes of Truth (Hukam), and beg for granting us the ability to comply with His Will. We gain closeness to Him as we appreciate His Will. This teaches us how to live with no desires, and as such take each and every happening as it comes with a smiling face.

A great Bhagat Bhai Bhikhari Ji started preparing coffin for his son as he was going to marry. The people and relatives around him had no clue about the absolute Truth about to come. Bhagat ji was enlightened, and could foresee His Will. The Bhagat Ji's son gets married, and on his way

back to home gets bit by a snake and dies. The bride was meant to go through only few hours of company of her bridegroom. Such was there short-lived 'suhag'. Bhagat ji was in total bliss under His Will, and most of the family and relatives were in shock. Dhan Dhan

Baba Nand Singh ji Kaleran Vale was amongst the company of many of devotees, and he noticed a snake coming towards him. Baba Ji cautioned everyone not to disturb or hurt the snake. Baba Ji explained: this snake is meant to bite him, and this is how his time on the earth is supposed to end. The snake came nearby, and Baba ji moved his foot towards the snake. The snake bit Baba Ji and left. This is how it was destined under his total Will.

The greatest help we can provide to others is to share the divine knowledge of Truth, and show this divine path to others. As we follow the Truth ourselves, and be committed to it at any price, the Lord pulls us out of the suffering of death and birth. The blessed ones or brahmgyanis with their total commitment to the Lord can change the destiny of others in pain (under His Will). It is Him in the holy doing it. We often come across people who get us peace with their company. These people are closer to the Almighty, and with their presence create peace around them. They are analogous to magnets with certain magnetic field around them. It is the Lord (Jagat-Jyote) in the brahmgyanis that helps the sufferers around them. Bhagat Janak Ji (Raja Janak) saved several millions of sufferers (with his few minutes of Bhagti quota) from the hell as he could not see the suffering and pain they were going through (in hell). The point is we can help others if we have self-realized ourselves.

If we go back, and look into the history of Gurus and Bhagats, we find out that they saved many in suffering with His blessings. When Bhai Mati Daas was going through splitting his body in half with a running saw, it was the Guru taking away his pain, as Bhai Mati Daas was in total bliss. The Tenth Guru turned around the burning brick-baking furnace to a normal temperature, as he was blessing the cat with her little kittens with more breaths. Where was the heat of red hot chamber going to? It was Guru taking the pain with the Lord's unlimited blessings and powers at his disposal. In other words, it was the Lord in Him again.

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

Daas remembers hearing about a Gurmukh Pyara Ji (a doctor by profession) from 70-80 years back. This blessed soul had new-borns with limited number of breaths (for only 4-6 weeks) for many years. He would start preparing the 'coffin' few days in advance as he knew that the soul had only a limited account to settle in short life time. His friends and relatives had seen this truth several times for several years. This enlightened soul would have no grief, and would accept the Will of the Lord with total harmony. A time came when he had another new born, His Will prevailed, and the little soul fled away in a few weeks. This Gurmukh soul knew all this and this time he put a bill of certain nominal currency on the dead body before cremation. Upon asking he explained that the short lived soul had a balance of account left with him, and for this he would have to come back and be reborn. He helped this soul to settle accounts in complete. The next year came, and this Gurmukh veer had a baby boy, and he was meant to live for longer life. This son of the blessed soul was also a blessed one, and he lived throughout in total humility.

A brahmgyani wins over the fear of death, and takes every moment the way it is granted without any resistance. A Buddhist saint once sacrificed himself to save the hungry cubs of a lioness. He noticed the lioness was dying of hunger, and so were her relatively young aged cubs. He surrendered to the lioness, so that she could satisfy her hunger, and then feed her milk to the cubs. The saints recognize His will, and are determined with total conviction to follow it with no delays.

Whatever pleases Him, O Nanak-that Command is acceptable. ||4||31||

SGGS 25

So, the lifetime we are blessed with, and all the actions that happen are pre-destined to go along with the past deeds we have committed to. The opportunity is there for us to save the future, by prevailing in the present under his total Will without any kind of duality.

Those who take pleasure in God's Will  
remove doubt from within.

O Nanak, know Him as the True Guru, who unites all with the Lord. ||10||

SGGS 71

He Himself is liberated, and He liberates the universe.

SGGS 295

One is really blessed if he happens to come to the company of such a saint or a puran brahmgyani. The SGGS Ji quotes –

I am unworthy; no one gives me sanctuary.  
But in the Society of the Saints, I merge in God. ||7||

SGGS 1018

Prays Nanak, I seek the Sanctuary of the Saints;  
please, reveal to me the Blessed Vision of Your Darshan. ||3||

SGGS 543

The greatest thing one can do here is to surrender completely to the feet of the holy, and give up the total self-will. The inferior self-will brings only the duality or illusions. The company of the saints grants total bliss.

By the Grace of the Saints, Nanak has met the Lord;  
his mind and body are soothed and satisfied. ||4||14||135||

SGGS 209

The saints help eliminate the duality or effects of materials, and instill the precious jewel of 'Naam' in the devotee.

When the Holy Saint placed His Hand upon my forehead, then I was liberated. ||2||

SGGS 214

A puran brahmgyani is totally absorbed in the Lord all the time, and as such represents the Almighty in a physical form (sargun-saroop).

The Divine Guru is the Image of peace, truth and wisdom.  
The Divine Guru is the Philosopher's Stone - touching it, one is transformed.

SGGS 250

The fear of death goes away in the company of the holy, and the life changes its meaning forever. The devotee is blessed with the salvation, and gets out of the terrible cycle of death and birth. He is in total happiness forever.

He is at peace in this world, and happy in the next.

SGGS 292

This write-up is made possible by the blessings of the Lord, and Puran Sant Satguru Baba Ji.

A Humble Servant.