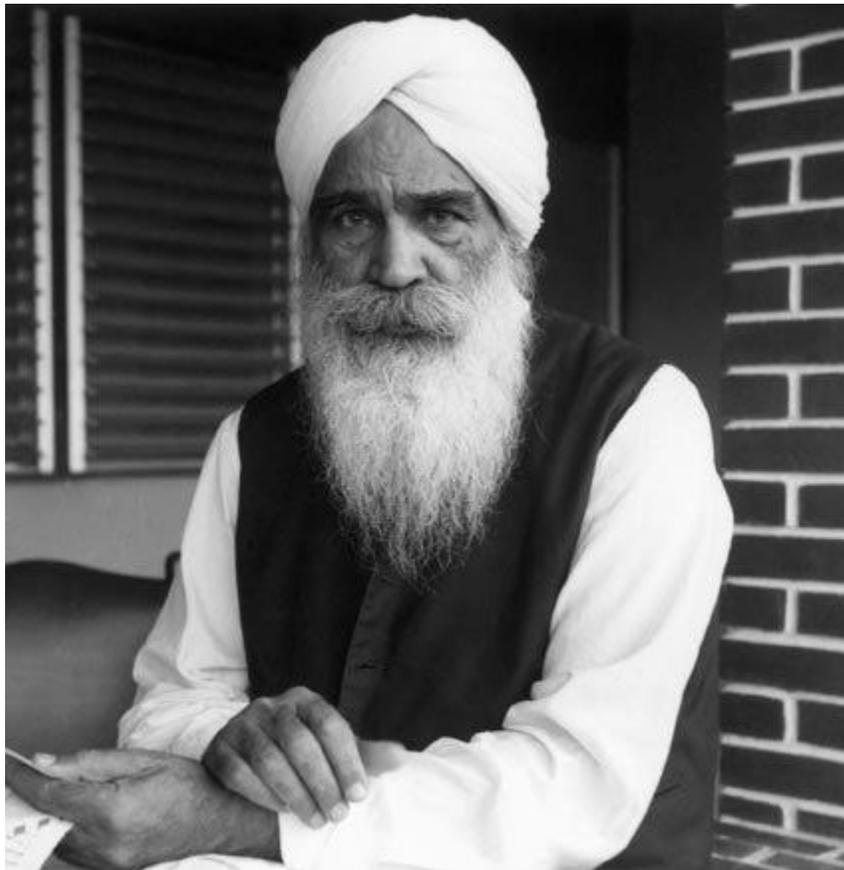


Comforting Words of Sant Kirpal Singh Ji to Support Us Through Difficult Times



There is no objection to your sharing the pieces
of good advice received from the Master.

This is in regard to collecting excerpts from N.Y.
satsangis' letters of Master to share with one another.



I am your Father,
I have you by the hand and I shall never let you go.
(Sant Kirpal Singh)



Contents

1. You Have a Friend = Page 1
 2. A Child of God = Page 2
 3. The Astral Double = Page 3
 4. I Am the Very Life of Your Life = Page 4
 5. Initiation = Page 6
 6. Trials & Tribulations = Page 7
 7. Physical Disturbances = Page 9
 8. Mental/Emotional Disturbances = Page 10
 9. Dry-Spells, Disappointment, Discouragement = Page 11
 10. Worrying = Page 12
 11. Passing Phases = Page 13
 12. The Greatest Gift = Page 14
 13. Death and Protection = Page 15
 14. Surrender = Page 17
 15. The Panacea for All Ills = Page 18
 16. Prayer = Page 19
 17. Prophecies = Page 20
 18. From Protector and Protection = Page 21
 19. Karmas [Sufferings] - A Time of Trials = Page 23
 20. “Good” and “Bad” Satsangis = Page 28
- End = Page 29



When a true Master accepts a disciple, that person’s status changes. We were lost wanderers whom not one befriended; accepted by the Satguru, we were then recognized. He becomes an “accepted” soul, under the care of the Master. (ruhanisatsangusa.org/gurumukh.htm)

The following excerpts are mostly from letters written by Master Kirpal Singh to initiates obtained from the book *Spiritual Elixir* and from letters to New York area initiates.

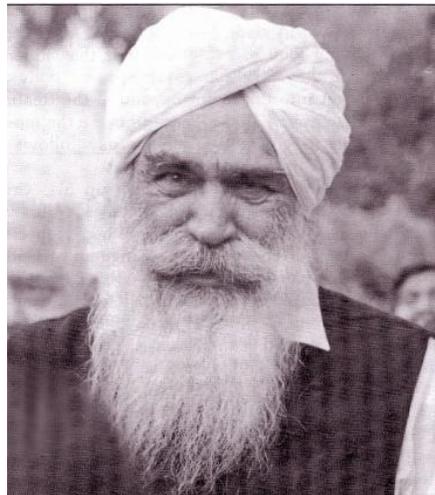
1. You Have a Friend

I did find a Friend for you - a Friend who is even now waiting patiently for you to turn to Him. He is constantly by your side loving you, wanting to share your life, wanting your love, your thoughts and faith.

It is you who have drawn a thick screen of various thoughts in between you and your Friend. Try to remove this screen, then you will see a Friend waiting with outstretched arms, to embrace you with love, to stand by you all through this life and thereafter.

Do not despair, you are much loved. If only you would shed your negative attitude and be receptive, everything would be yours.

He is with you always, extending all feasible help. If we turn our face to Him, He will be constantly with us, perceptibly and imperceptibly. He will be talking to you as in so many other cases in the U.S.A. and abroad. (207, 208)



God-Man is the only true Friend. All worldly connections are severed at the time of death. All friends, all relatives, the wife and children must part. Who is there to accompany you to the other world? - the Word personified in the God-Man. He helps you in all your undertakings here and hereafter. The God-Man receives the initiates at the time of death, when all others fail. Like a never-failing friend, He always holds out His helping hand. (222)

Please learn to be receptive to His grace and feel His kindly presence riding with you on the buses, chatting with you in the street, sitting with you in the park, by your office desk, accompanying you every morning to the office, slowing down by the lily pond to check the new flowers and walking with you in the evening all the way back by the new moon. (309)

See Him present in every experience and remember He is always with you, ready to assist whenever you turn your thoughts to Him. (93)

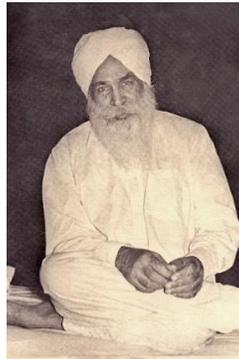
2. A Child of God

The Master always holds His disciples in the innermost heart center. After all, they all are His children. He does not look at their unworthiness. He is there to make them worthy. He cannot leave them - His love is so great. (218)

Master is always with the disciple and never leaves him or her until the end of the world. The Father will never disown His children. (309)

All children are equally dear to the Master and He wants them to blossom into beautiful, loving flowers emitting the deep fragrance of God's love. And Master's love for His children surpasses all things... (96)

Your Master is constantly with you extending His protective hand and knows what is best for you. Trust in Him; shake off sadness and carry on steadfastly. He is competent and powerful. He never fails His children. (227)



The Master's love for His children, who are all dear to Him, never wanes. It is unfortunate when a child disciple shuts his or her heart and this sweet heavenly love cannot flow in. A loving Father would always be happy to see His children turn their faces to Him and enjoy His grace. He can never be hard on anyone. His rope is long, however, as He would not like to administer a hard knock to them. (233)

Do not worry as to what may or may not happen in the near or distant future. The Master always shields His children suitably. Be unperturbed and carry on with your job. Your road is quite straight and clear. Proceed on with the loving grace of the Master. (205)

The gracious Master-Power is the constant and nearest companion of the initiate. He is fully aware of your inner prayers and adoration. Please rest assured, the gracious Master-Power never leaves nor forsakes His children here or hereafter. (213)

It is really an inspiration in this unhappy and confused world to enjoy the guidance of the Master-Power working over the head of each initiate. Like a loving father, He is always working for the benefit of His children, whether they know it or not, although at times they do know and feel it very vividly. (213)

So it is first He who loves us, not we Him, you see. Our love is only reciprocal.

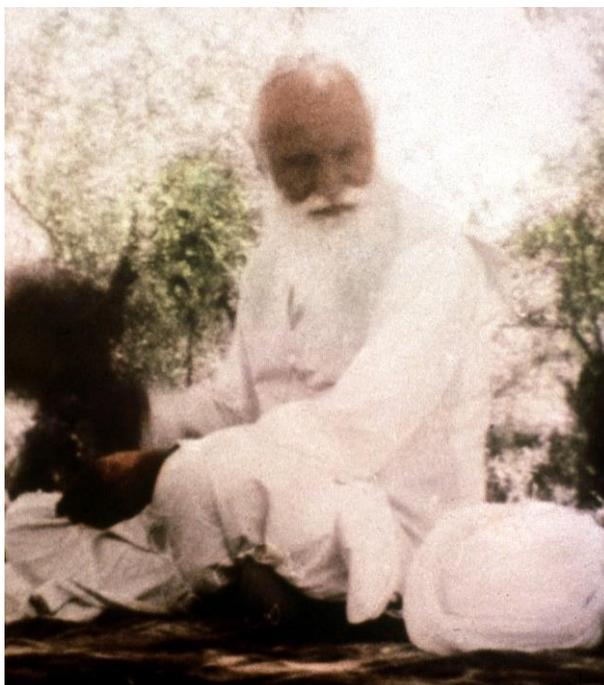
3. The Astral Double

Baba Sawan Singh
(from a letter to a disciple)

Every time He [the Perfect Master] gives initiation to anyone, He creates [or transfers] an astral image of himself in the disciple. And from then on, the Master never leaves the disciple. The double, or other self, or image of the Master is sometimes what we call the inner Master...

The Master sometimes calls these doubles of Himself His agents. They do His work, taking care of all His disciples. They have the power to act without limit. They can do what the Master wishes them to do, and they obey His orders. The human side of the Master...may not know what is going on in the life of that person. It may be on the other side of the globe. He will not be aware of the details, but He can know them if He wishes...

If the Master had a million disciples, He would have an astral double of Himself in every one of them, and that agent of the Master would look after the disciple at all times, reporting to the Master here only in cases of extreme emergency.



Hazur Baba Sawan Singh Ji Maharaj

...An initiate of the competent living Master carries the Radiant Form of the Master at the eye-focus, which can be detected and seen by the living Master. (*Spiritual Elixir*, 28)

Ever since the child disciple is initiated into the mysteries of the beyond by the Master, the gracious Master-Power resides with him or her at the Tisra Ti1 and watches everything for the spiritual betterment of him or her... (226)

The true form of a Guru is holy Sound and in that form the Guru permeates every hair on your body and is seated within you. (Sawan Singh, *Sant Bani Magazine*, 4/85, 11)

4. I Am the Very Life of Your Life

Told by Sant Kirpal Singh

It is better to depend on Him who is within you, not outside. He is always with you. If you think He is away, then away He will be. It will take time for Him to come. If you think He is already there He will come all at once. You will solve the mystery of Koro.

You must have heard about it in the Mahabharata. Draupadi was won by the Koros. She was abducted and the abductor began to unwind her sari—the cloth which she was wearing over her head. Naturally nowadays to sit bareheaded is a sign of fashion or respect. But in the old days to sit with head covered was a sign of respect—to sit bareheaded was great disrespect. She cried, “Oh Lord Krishna, come, save me, I am being dishonored.” In the meantime, he dragged the sari off her head.

Then Lord Krishna appeared and explained the cloth she was wearing could not be rewound. She asked Lord Krishna, “What’s the use of coming here when the cloth has already been taken off my head? Well, Krishna, you came late. You did come, of course, but you came late.”

Then he asked, “To whom did you cry for help?” “I cried for Krishna to save me from Brindaban.” He said, “I had to come from Brindaban, that took me time. I am the very life of your life. Had you cried there, I would have saved you then and there.”

You see? So never depend on others. Help is directed to all, you are never without Him. So He promises, “I shall never leave thee nor forsake thee till the end of the world.” How could I ever do that? Is this the Bible truth, truth or not? He did say, “I shall never leave you till the end of the world.” (ruhanisatsangusa.org/withinu.htm)



No one is nearer to you than your Master. There is no need to run to mountains, though quiet surroundings do help in peaceful meditation. We have to learn to invert within. So please do not get disheartened in the least. Just try to do your part, and the necessary inner help will surely be forthcoming. (182)

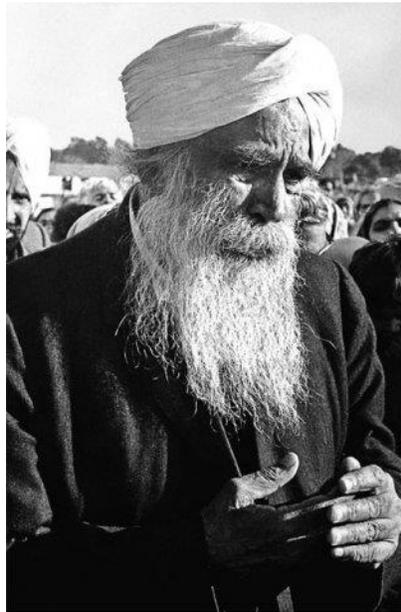
The Master-Power is constantly working over your head, watching and protecting you, in all respects. It is all the grace of my Master, Sawan Singh Ji, that is working. No wonder that you feel that His loving and watchful eyes are protecting you. You have only to be receptive to draw in increasingly the Master’s love and grace. (193)

The Master-Power overhead is constantly working with you for your benefit. His protective hands will shadow you from all kinds of dreadful perils. Follow Him. He will never forsake thee and will take you into His Kingdom of Glory forever. (204)

Master is ever with you. He is not the body. He has a body. Body is the pole at which He works to guide those stuck fast in a physical body, and to help them transcend the body. Master is always helping the seekers far and wide and remains with them wherever they may be. You are always with me. Distance makes no difference, my love flows to you incessantly. (208)

You have been given the Word. Please keep your face towards the Master. You will receive all necessary help and protection. The Master is always with the initiates. He resides in each one of them. He is always helping them to come within and meet Him face to face. (214)

Master always holds the hands He takes. There is never a thought of loosening that tight hold. Master-Power will never leave nor forsake the initiate until the end of the world. He is a fathomless ocean of love incarnate. Love knows only giving. So He gives and gives. He continually sends His grace to them. When the initiate sees the Master's inner glory and charm and listens to the strains of Music, he or she must respond, no matter what those who are ignorant may say. This is a gift of the Master. The Master is always with His initiates working over their heads and He is never unaware of their inner longings and feelings. He helps to wind up the karmic debts so that they need not return for another earthly sojourn. (215, 216)



The Master holds the disciple through thick and thin. It is the divine way. Never let faith and love in Him falter. The Master never leaves the disciple until the latter reaches the true home of his Father. (217)

He who resigns himself to the Will of the Master, places himself under the protecting power of the Master, who hastens to awaken the divinity in him. The Master never leaves the probationer once taken over, until He takes him to God, whose prototype He is on earth. (217)

The child disciple is always safe in the loving protection of the Master and is destined to grow stronger and stronger from day to day. (218)

Be steadfast and careful, with faith in the Master-Power overhead, and proceed from day to day. You are protected by the Master-Power working overhead. Depend on Him. You will have all the necessary inner help. The Master is waiting for His dear children to come to Him within. (296)

Never mind about your past, no matter how gloomy or unhappy it has been, because the gracious Master-Power has blessed you with the climax of divine mercy when you were privileged to be led to the living Master and were accepted by Him. (303)

5. Initiation

The Master is always with you from the time of initiation, seeing and reacting to everything that an initiate does. (Letters to N. Y. initiates part 9)

Question: If the Master happens to leave the physical plane after initiating the disciple, will the initiation remain valid for the rest of the latter's lifetime?

Sant Kirpal Singh: Yes, the holy initiation when granted by a competent living Master remains perfectly valid for all time not only on the earth plane but even into the beyond. (56)

Question: Can an ascended Master help His initiates who are still on the physical plane?

Sant Kirpal Singh: Yes, a competent Master is a Master to His initiates for all time, and does not rest till He takes the souls to the highest pinnacle of blissful glory in Such Khand.

He is not a physical being only but Word personified, and on the higher planes acts as a Gurudev and Satguru, which terms would become meaningless if His activities were to be confined to the physical plane. If it were so, how could He take charge of the souls of the initiates on death after His passing away?

A Master in essence never dies for the initiates. It is His troth to take them up to the true home of His Father, and inwardly His Light and Sound forms are permanently implanted though He may have left the earth plane. (83)

The bonds of relationship between the Master and the disciple are the strongest in the world. Even death cannot sever them, for they are tied by the divine and omnipotent Will of God. The Master remains with the disciple wherever he may be. Death and distance are immaterial in the relationship of the Master and the disciple. He is always by his side, here and hereafter. (208)

Ever since initiation, the gracious Master-Power becomes the constant and nearest companion of the disciple for escorting the soul on to the true home of the Father, with the aid of holy Naam. (29)

The Master, when initiating a disciple, manifests His own power within the disciple and thus remains with him always and enables him to rise into the beyond. (221)

At the time of initiation, Master takes charge of the karma of His disciples, making the disciple responsible only to Him and not to the Lord of Karma. A very small amount of karma now remains to be tolerated in the physical body for the remaining years of the disciple's life, but even this is softened by the grace of the Master. In moments of misery, worry and trouble, the Master is our refuge. He acts unperceived at any distance. Master holds us in loving embrace. There is no court of trial after death for a love-hearted disciple. The Master is ALL! (219, 220)

6. Trials & Tribulations

Everything that comes to you in the divine dispensation is invariably right for your spiritual progress. (223)

There is nothing “premature” as the divine machinery works with meticulous precision and nothing happens haphazardly, although it may look to us as such. (57)

The karmic debt of many an intricate nature is to be paid and it is proper that it should be paid while in physical frame so that there is no stop on the Way within. (237)

You need not magnify your troubles as the gracious Master-Power is always over your head. You should consider yourself as a humble servant of the Lord-Master and attend to the duties entrusted to you with diligence and earnestness, caring little for the rewards. Such trials and tribulations are part of the normal routine of physical life and equanimity of attitude will bless you with rare strength and fortitude. (302)

Please carry on steadily in order to progress from day to day and enjoy the true peace and bliss of the beyond. You are always in my mind. Life is full of struggles and troubles. You have to wade through them. It is a liquidation of one's karmas. Please do so with cheer. You have at your back the great Master-Power extending all feasible help and protection. That power shall never leave you until the end of the world. (295)

Adversities, pitfalls and errors are the waters through which you have to wade with the powerful but loving grace of the Master who is always with you extending all feasible help, guidance and protection. (297)

Ups and downs do come. Even the darkest cloud has a silver lining. We must always look to the bright side of things. Many good and necessary lessons are derived from adversities. These are indeed helpful. (280)

The way that the Master has given, works both ways. It gives progress within, which strengthens one's powers of tolerance and humility to face trials and tribulations with equanimity, while severity and duration of such hardships are toned down considerably. (117)

Pain and pleasure are the varying conceptions of mind. The initiates are privileged to repose their all in the ever present gracious Master Power and await cheerfully for the results, which are invariably flavored with divine mercy. Your inner awakening for this accidental fall being a karmic liquidation is auspicious. You should be glad to know that much of the severity and duration of physical suffering is toned down by the Master Power for the dear ones. (part 6)

I am sorry for dear _____ who is again sick. You need not magnify your troubles as the gracious Master is always over your head. You should consider yourself as a humble servant of the Lord Master and attend to the duties entrusted to you with diligence and earnestness, caring little for the rewards. Such like trials and tribulations are the normal routine of physical life and equanimity of attitude will bless you with rare strength and fortitude. (N.Y. letters, part 3)

It is the essence of right understanding to be contented with whatever comes as it is invariably flavored with divine mercy and is for our spiritual benefit. Spiritual aspirants revel in this superb understanding. Your brave and courageous attitude in meeting the situation surely will bless you with inner harmony and peace. (263)

The apparent adverse circumstances which crop up as a reaction of past karma, on which this physical life is based, serve as a lever to raise the child disciple for spiritual growth and progress. It is His rare divine grace that you are blessed with the rare boon of right understanding when you see everything in its right perspective. (239)

Physical and mental disturbances are caused as a reaction of past karma which should be met with in a spirit of forbearance. Loving devotion and deep humility surmounts all troubles. The trials and tribulations of earth life are simply passing phases in the draw of life. Please be rest assured my love and blessings are always with you both. (Letters to N. Y. initiates, part 6)

To expect that after initiation the affairs of the world would so change that bitter things will never come your way, is a mistaken idea. Ups and downs do come here as a result of the reactions of one's own doings. They have to be faced and squared up. If we were to run away from them, the debts will remain unliquidated. When something is to be given, it is always better to give it and be free. (117)

The basic principle of a highly serene life is to accept the divine dispensation with cheer as it is chiefly based on the reactions of our own actions and is invariably flavored with mercy for our eventual betterment. A disciplined devotee should view everything from a highly elevated viewpoint and accept life without any regret or remorse. (170)

It is not the inner experience which determine the spiritual progress, but the basic personal attitude of serene living of the child disciple, which proves his or her worth.

(The Teachings of Kirpal Singh, v. 2, 95)

If one tries to live a Godly life, all God's favors automatically flow down to him. One who loves God need not ask for any favor. It is enough to dedicate our very life to Him and become His bound slaves. It is up to Him to treat us as He wishes. *(The Teachings of Kirpal Singh, v. 2, 27)*

The inner rare bliss from regular and devoted meditations changes the entire outlook of the initiate when he or she finds the gracious hand of the Master protecting him or her at every step. You should know it for certain that everything whatsoever that comes to your counting is definitely for your spiritual progress, and you should gladly withstand the trials and tribulations of this life, by reposing your hopes and aspirations at the feet of the gracious Master-Power overhead. (39)



7. Physical Disturbances

Regarding your physical difficulties, you know that all physical ailments are the result or reaction to past karma and must be borne willingly. Yet much of the severity and duration is toned down by the loving grace of the gracious Master-Power working over-head. The barest minimum which cannot be dispensed should be borne gladly with the aid of the gracious protection of the Master. (236)

Often-times ill health will not permit proper meditations. Such periods intervene in the liquidation of past karma, yet their severity and duration is toned down considerably with the grace of the Master. (158)

Physical ailments are accidental and come up as a result of the reaction of past karma awaiting liquidation. The disciplined devotees pass through unscathed and come out cheerfully with the grace of the Master. (161)

I am sorry for your physical suffering and hardships which you had to undergo during these several past months. Such like hazards crop up as a reaction of past karma. Howsoever, their severity and duration is considerably toned down by the gracious Master-Power. Your sense of endurance and deep gratitude for enjoying the gracious protection is appreciated. He is ever with you extending all feasible help and protection. (N.Y. letters, part 6)

I am sorry for your recent indisposition which is now a matter of the past and you have withstood the strain very well with the grace of the Master. Physical troubles do crop up at times due to the reactions of past karmas, when the child disciple is obliged to undergo a purification process for eventual spiritual progress. (287)

I am sorry for your illness. This usually comes as a result of the reaction of past karma. Prayer and gratitude grant inner peace and harmony to withstand the hazards of physical life, which is a passing phase of the soul in its long journey back to the true home of the Father. You will please appreciate that it is due to the gracious Master-Power winding up the karmic debts and the best way for maintaining inner stability is to be patient and resigned to the supreme will of the Father. You should try to adjust yourself to the circumstances as best as you can. (248)

The Guru may give happiness or misery, for he has to make a beautiful form from a rough piece of stone and therefore has to wind up all the karmas; but a true follower will never complain, no matter what hardships the Guru allows. (*The Teachings of Kirpal Singh*, v. 1, 27)

The Master teaches that it does not matter in the least what happens to a man from the outside: sorrows, troubles, sickness, losses – all these must be borne by each and must not be allowed to affect the calmness of his mind. (ruhanisatsangusa.org/gemsq.htm)

8. Mental/Emotional Disturbances

Never allow yourself to feel sad or depressed. Depression is wrong, because it infects others and makes their life harder, which you have no right to do. Therefore, if ever it comes to you, throw it off at once. (ruhanisatsangusa.org/gemsq.htm)

Faith evolves in gratuitous hearts full of divine bliss and harmony. Any moment you feel depressed you should resort to the counting of manifold blessings granted to you by the gracious Master-Power. It is a great blessing to be accepted and initiated into the mysteries of the beyond when you pass your earth life joyously under the protective guidance of the Master and insure perpetual bliss in the beyond. (Letters to N. Y. initiates, part 15)

The casual spells of depression or discouragement should be avoided by sweetly reposing in His Will and Pleasure. You should please note that it is the negative attitude of mind which often brings forth such periods of anxiety, resulting in vague frustration and resentment. You should always feel happy and contented while attending to your mundane and spiritual obligations as best as you can. There is no greater grace than having been initiated by the competent living Master and enjoying His protective guidance at each step with His grace. (259, 260)

I am sorry for your troubled affairs which dominate you and cause mental agony and disturbance. The inexorable law of karma operates and much of the severity and duration of the strain is toned down by the intervention of gracious Master-Power. You need not dwell much upon it, as thinking in a drooping spirit brings in morbid feelings which add to the existing gloom. For your part you should attend to your mundane duties earnestly and leave the rest to the Master-Power. That is all what you can do and doing so you will be finding a new approach to your problems and will be accepting the results with cheer, knowing it to be passing phase. (N.Y. letters, part 3)

The Master's love for His children is unfathomable. Often the children are besmeared with dirt. He will not discard them or let them down, but will first clean them of the dirt and then will warmly hug them to His bosom. So you need have no fears, no misgivings and no confusion whatever. But carry on steadily and perseveringly on your part in full faith, love and earnestness. You will get all the necessary help and protection only if you turn your face to Him. The Master's powerful and protective hands are always over His initiates. Shed everything and carry on lovingly with your job quietly and with calmness. You are not alone. You are on the right track. You have Somebody to open your heart to and unburden yourself of your worries, darkness and misery. Please be consoled and assured. (230)

The divine revelations (in meditation) grant much of the ineffable bliss and harmony when undertaken in a spirit of deep faith and sacred earnestness. Gloom and morbidity impede the way. You should know it for certain that it is the negative attitude of the child disciple which, if allowed, creates similar problem. You need not harbor any feelings of depression whatsoever when you see the light and are blessed with the rare gift of divine protection in all spheres of life, with the grace of the Master. You should know it for certain that you are very dear to me and I have much love for you and wish you all progress on the holy path. Please be up and doing cheerfully, just as an obedient servant does not care for the results but relishes to do his part diligently. (part 3)

9. Dry-Spells, Disappointment, Discouragement

The intervening dry spells in meditation which the spiritual aspirant finds sometime are a blessing in disguise when the inner devotion is fostered for a higher step. You need not worry about it, but instead be earnestly devoted to your holy meditations with renewed zeal and vigor. The gracious Master-Power will be extending all feasible help, grace and protection. You are to relax sweetly at the eye-focus and await with all patience and steadfastness. It does happen sometimes when the initiates grow more intense in desiring one thing or another, such periods of dryness intervene. You need not bother about it. (164, 165)

The Master-Power is your companion always through thick and thin. So in all of your affairs do whatever you can and leave the rest up to Him, and try not to feel annoyed or discouraged. The Master-Power will be extending all feasible help and protection. (158)

Please do not become disheartened. When you want to forget the environment, the best way is to divert your attention from it and devote yourself fully to Simran or to the Sound Current. If you do this, the outer disturbances will not affect you. A genial climate is helpful when doing spiritual practices. (155)

Self-pity and excessive condemnation is equally bad as it leaves its ugly effect of remorse and unwanted gloom which feeds the mind harming the mental composure and equipoise which is essentially a basic prerequisite for successful meditations. Please learn to be independent, cheerfully attending to your mundane duties in a severe and detached manner. Regular devotional meditations fill the gap and the emotions are subdued for a nobler and pious cause. Life need not be frittered away in unnecessary wranglings or baser sense pleasures but instead should be best utilized for a higher purpose of liberation of soul from the mire of mind and matter. Please shake off all morbid feelings and feel happy for doing your part with sincerity and loving humility. It is a human paradox that the more one runs after one's own cherished desires, more intricate and complex these become, bringing in nervous confusion. (N.Y. letters, part 8)

You need not dwell much on your personal character or impurities of mind. It amounts to self-pity. You will please appreciate that by watering the seedling at the roots, the plant thrives most and blooms in abundance. The holy Naam is the tried panacea for ills of mind. Although it is a very happy augury to be conscious of one's shortcomings but undue apprehension sometimes breeds morbidity which hampers inner progress. The conscious contacts of divinity within revolutionizes the thought pattern of the child disciple and he sees everything in much clearer perception. Slow and steady wins the race. Your job is to be implicitly obedient and humbly dedicated. It is for Him to reward you for your efforts. Patience is the noblest virtue but is the fruit of very long cultivation. Just learn to live in the living present and with undivided attention and devotion. You should train your mind in such a manner that when you do anything required of you, there is no hurry, compulsion or resentment from your side. You will find that it will be helpful to you in all spheres of life including meditations. My love and blessings are always with YOU. (Letters to N. Y. Initiates, part 5)

You cannot have the results according to your desires or expectations. So always do your best and leave the results to the Master overhead and whatever the results are, take them with good cheer. They are always beneficial to the initiated, because the Master-Power working overhead knows what is best for His ailing child. (308)

10. Worrying

The Master-Power is the constant companion and will be extending all necessary help, whether you may be conscious of it or not. So please take things easily and with new hopes in the new year, progress on the Path from day to day. Do your best and leave the rest to the Master-Power overhead and leave off all worry and anxiety. It is time to be gay and happy. (192)

Worry and hurry are the chief causes to dwell on by the mind. If you could just eliminate these two by resigning to the divine will and pleasure of the gracious Master-Power working overhead, you will be relieved of the undue strain and stress. Please note it for certain that whatever comes to your account is in your best spiritual interests... (letter to Russell Perkins)

No initiate should worry about his or her past life nor be anxious about the future. The present is in their hands and they should make the most of it. Their action lies in kind thoughts, kind acts and kind deeds. The more they live up to the teachings of the Masters, the more they will be given the treasures of divinity. (99)

You must know it for certain that the life of an initiate is fully controlled by the gracious Master-Power for his spiritual progress. Those who relish to meditate regularly and inculcate a keen sense of self-abnegation by surrendering their will to that of the divine will of the Master enjoy perpetual bliss and harmony. Whatsoever comes to your count is a blessing in disguise and should be accepted cheerfully. Avoid hurry and worry. Instead just learn to do one thing at a time and that is too with single-minded attention and devotion. All bliss and joy lies in the concentrated attention at the eye focus and if you will develop this technique, your entire life will be changed and dyed in the color of divinity, with the grace of the Master. (Letters to N.Y. part 5)

Fear is not good and should be discarded by giving your worries over to the ever-present gracious Master-Power working overhead. Fear is always based on some unknown apprehension and one should look at it squarely and then it will flee in no time, as it is a result of your self-created frustration. Loving humility and piety are the noble virtues which grant complete refuge to the child disciple, and help to face the hazards of physical life.

If we give more value to a thing than it is intrinsically due, the fear of its loss will be considerably out of proportion of actual facts. You need not worry about anything. Being under the protective care of the Great Master Power, you are really a blessed soul, having always at your disposal the facility of drawing on that great Power. The way how to do it is already with you. If you will just take one step, He will come down a million of steps to pull you, help you and guide you at every stage. You have simply to tune your receptivity to the Fountain-Head. The way to do it is to faithfully obey Him and devotedly carry on as enjoined. (part 2)

I have already advised you to please adjust yourself to the circumstances as best as you possibly can and leave the rest to the gracious Master-Power working constantly overhead. Worry and anxiety betray faith and harm meditations. You need not feel discouraged in any way but repose your hopes and aspirations in the Master-Power. My love and blessings are always with you. (part 3)

The worry should be about the entry into the eye center and meeting the Radiant Form of the Master, so that the Master is made a companion on whom reliance can be placed here and hereafter. (Sawan Singh, *Spiritual Gems*, letter 72)

11. Passing Phases

You have to face facts squarely like a brave person. Such things do come up, but are passing phases. Don't lose heart. You have to learn to swim through them. You cannot learn to swim on dry land. (297)

This present life is based chiefly on the reaction of past karma; therefore the vicissitudes that crop up are just passing phases for a better and joyous end under the gracious protection of the Master. (241)

Ups and downs do come up as a result of the reactions of one's own actions, past and present. But they are passing phases. They will come whether one is agitated or remains calm and cool. Meditations in spiritual practices and love and surrender to the Master help to tone down their severity and duration and will produce strength of will to combat difficulties cheerfully and calmly. (237)

All the ups and downs of life are like passing phases, and should have no pinching effect on the disciple. The worldly life is full of perplexities, and existence here is impossible without them. My Master used to say that if one thinks one can remove all the thorns from the worldly life, well, it is an impossibility; however, if one wears strong boots, one will not feel them. To wear strong boots means to live within the protection of the Master's radiation - not physically, but through thought and attention - be so much in his radiation, and never step out of it. Nothing should change this. (ruhanisatsangusa.org/protect.htm)

In this world difficult problems often arise. The disciplined initiates are, however, privileged to view these petty affairs from high and lofty viewpoints of right understanding, considering them to be simply passing phases and thereby maintaining their mental equilibrium. Persons with weak minds get perturbed and cause further deterioration in their relations, whereas those who are wise enough to understand the basic cause of the difference, overlook such happenings. You need not magnify your problems but try to view the things from a high and dispassionate viewpoint, which will keep your nerves calmed down, and others about you will be equally benefitted. The spiritual aspirants owe much for others who demand an actual and practical demonstration of Truth in their words and deeds. (266)

The storms of life, no matter how severe, must be faced, but with complete trust in the Master-Power working overhead, and trying to be regular in meditation and placing all hope in Him. This lessens the severity of the storm and brings hope and cheer. The storms are passing phases, they come and go. (132)

Ups and downs are the normal features of earth life and should be considered in the same spirit of their being passing phases. The golden principle of accepting the weals and woes of life in a spirit of mental stability and equilibrium, being in our best spiritual interests, should be followed cheerfully. Initiates life is just like a bank going into liquidation when each farthing is to be squared up and paid off; for releasing the soul from past karmic debts. If you will accept all events in this spirit of right understanding, you shall be more positive, happy and cheerful. The decrees of heaven are subject to no error. Yet divine dispensation is invariably flavored with mercy. A spiritually developed person would surmount all difficulties of material life by merging his/her will in that of the Lord. (Letters to N. Y. initiates, part 10)

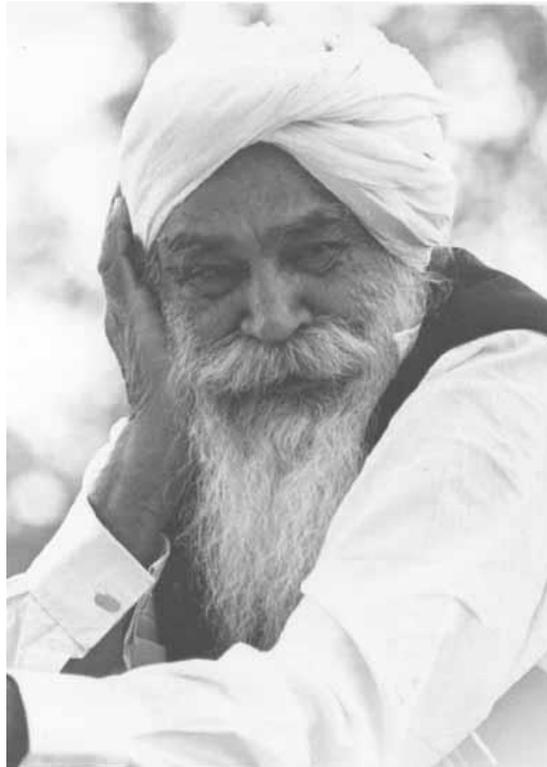
12. The Greatest Gift

The gift of Naam is the greatest gift to a person and comes about only through the divine grace. There are many cases known of murderers and plunderous robbers having been put on the Way. Those who come under the influence of competent Masters, who are love and compassion incarnate, are benefitted beyond comprehension. (180)

The Sant is God plus man. He is the mouthpiece of God, or if anyone is pleased to accept it, He is God-in-Person or personified God. He is the most sacred "Personal God" invested with all powers and authority, and He is a living altar to whom man may pray and seek a solution of his problems from birth to death and after. He is the only source within the reach of man through which he can unite himself with God. (202, 203)

The Master is the mouthpiece of God. He is the pole at which God manifests His Godhood. He has in Him the refulgent Light of the Infinite, and He is competent to light the lamps of others. (206)

Once you discover this Light and learn to live by it, your whole existence will be changed. Love will permeate your very being and it will burst forth from the very pores of your body, transmuting all dross into sterling gold. (189)



A devoted disciple living simply and cautiously and reposing all trust in the Master-Power need not feel concerned with karmic situations even if they appear to be intolerable at the time. A loving devotion to the Master has always cushioned the hardest of conditions. Meditation is the most important thing and must not be neglected. (177)

13. Death and Protection

It is a strange fact that though the whole world is frightened of death, the disciples on the holy path want to die. He who has mastered the science of dying with the grace of the Master, will depart finally with laughter on his or her lips, as in the case of my earthly companion.

(Sant Bani Magazine, 10/88, p.30)



To the loving and obedient disciple there should be no fear of death. It will only change the arena of action for the better, until they are escorted to their final home. (299)

I am sorry for the passing away of your precious brother, who was much loved by you. He was a loving soul and met with a glorious end, leaving behind a legacy for the dear ones, which will serve as an inspiration for the initiates and others. You should rest assured that he has been fully taken care of in the beyond and his broad smile before passing away is a gesture of his gratitude, which he confirmed fully, that the Master was with him. Your experience of seeing him climbing the ladder, full of robust optimism is a positive proof that he is enjoying perpetual bliss in the beyond, the eternal home of his Father. (278, 279)

I am sorry for the passing away of your dear sister. She was a loving soul and met with a peaceful end, all with the grace of the Master. The physicians cannot comprehend the protection of the gracious Master-Power, which is always extended to the child disciple when he or she departs for good in the beyond. Her appearance to you in a dream state has a significance, which you could not adequately understand. She wished for her son not to be perturbed about her departure. Your part is to console him and guide him whenever necessary. You should rest assured about her satisfaction in the beyond with the grace of the Master. (285, 286)

It is not uncommon for a disciple to pass away in such a relaxed manner. A disciple gave clear indication to his family, stating that on the following day he would be 'going home'. His family could not understand this, but when they knocked on his door for breakfast, they found he had already left with a smile on his face. The doctors found that he had left some hours before without any difficulty whatsoever. Such is the gracious protection extended by the Master-Power for His loving children, that they may leave this physical world fully satisfied and they are granted full protection in the beyond. (234)

It is a great blessing to be under the care of a competent Master as He may steer you through the stormy sea of the world and guide you to your true home. I am sorry to hear that-has passed away. This is the way of the flesh. When one's 'give and take' are over, he has to go. His physical body was cremated, but the soul belonged to the Master and was taken care of. (211)

Those who are related to the initiates, whether dead or alive, have concession. They are looked after, even those who are dead. When a man is initiated that effect also goes to them; to those who have left the body. The initiates as well as anyone else who is related to the initiate or who loves the initiate, are looked after. Even those who have left the body are also helped...

So help is extended to those who love you--maybe friends, maybe relations, even those who are dead are also helped, especially blood relations. It's a wonderful concession you have got, you see. What more do you want? (<http://www.ruhanisatsangusa.org/lok/concession.htm>)

I am sorry for the passing away of your dear brother in a plane crash. The major events of life are predestined. Your deep agony over the great loss your entire family has suffered is natural. You should please be rest assured that the blood and near relatives of the initiates are granted feasible protection and help in the beyond. You need not nourish any feelings of sadness in this behalf, as such an attitude will not only affect your spiritual progress, but will cause disturbance to the departed soul. (252, 253)

Each man has to cast off the mortal raiment in a manner predestined and preordained by past karmas, viz. by disease or accident. Death cannot befall any one before it is due. Then why worry? We may not know as to how we will meet death, by disease or by accident, but one thing is certain, if the sweet remembrance of the Lord exists at the time, we will have a peaceful death, as the Master's presence will be overhead. The only thing that is required is to have sweet remembrance of the Lord at all times. We would, therefore, repose all our hopes in the Master, remain where we are and watch our progress. If any calamity does befall, do not lose heart, but use your common-sense and have recourse to the means best suited to the occasion. You need not dread any dreams or passing rumors. The Master-Power overhead will guide and help all of the time, here and hereafter. (284, 285)



We are to leave this world one day, and if we are loving, obedient disciples, and have made proper preparations in this lifetime, we do not have the transition which we call death. While others weep, the spiritually developed soul departs happy – happier than a bridegroom on his wedding day.

The time of death is a critical one in our experience, when our friends and relatives are helpless to render any assistance; but for the followers of Sant Mat, it is the happiest time of all. The Master appears and takes the departing soul with Him, and puts it in its upward journey at the place for which it is fit. There is no rendering of accounts with Kal, provided there have been love for and obedience to the Master.

The departed soul is happier than it has ever been before. There is absolutely no fear of death. The Master's presence within breaks all worldly connections, and the mind is free to continue the upward journey. (Baba Sawan Singh, *Spiritual Gems*, 267)

14. Surrender

The keynote for spiritual perfection is to surrender your own will to be merged with His Supreme Will. It is the climax of divine grace when the child disciple awakens to this sublime Truth. You are to endeavor for complete surrender and resignation to His will and pleasure and accept everything coming to your count with gratitude, as whatsoever comes to you in the natural course is surely for your best spiritual interests. (N.Y. letters, part 12)

How wonderful it is to surrender completely to one who is competent and loving, and to feel His loving presence and grace working in every sphere of life. (259)

How fortunate is a child who will repose fully and surrender completely in the strong and protective arms and loving care of the Father! He then becomes carefree, leaving all the work to the merciful and benign Father, of working out things as He deems best. Such a life becomes supremely sweet and all his problems become easier and his way becomes clear and smooth. The Master-Power is constantly extending all feasible help and blessings. Let us fully repose our trust in Him. The fortunate ones do as the Master says, and receive all the necessary material help, which goes a long way to assuage the severity of the karmic debts. The difficulties and troubles may come, but they pass off without leaving an ugly mark behind. Please do not lose heart. (280)

How fortunate is the child who reposes fully, and surrenders completely in the strong, protective and loving care of the Father and becomes carefree and works according to the directions of the benign Father. His life becomes sweet, his problems become easier, and his way clear and easier to tread. Let us all be full of trust in Him. (290)

Try to surrender completely to the Master and under the cover of His power, protection and grace, you will wade through the waters of life unscathed. The loving Father will protect you like a baby, in the might of His strong arms, and pass you scot-free from the fires of life without a burn. (307)

Divine will works for the spiritual benefit of the dear ones and fortunate are they who resign in His favor and accept the weals and woes of earth life cheerfully considering them as helpful for their spiritual progress. Every day brings in untold chances of goodness and progress for a wise person to mold him/her in the cast of divinity. (N.Y. letters, part 10)

Happiness is the willing adjustment of ourselves to our environment. (106)



Pain and pleasure of the devotee are in the hands of the Master.
He arranges them as He sees fit.
The devotee should take delight in pain, for that is also a gift from Him...
A real devotee makes no distinction in pain and delight;
His business is devotion.

(Baba Sawan Singh, *Spiritual Gems*, letter 49)

15. The Panacea for All Ills

The holy Naam is the panacea for all ills - physical, mental and spiritual. Medicines do help for refining the physical body, but a harmonious life full of sublime piety is only possible by regular and faithful meditation. (147)

Question: If one practices the Sound Current, but does not go far or hear the higher Sounds, does the weight of karma become lighter?

Sant Kirpal Singh: Yes, the load of karmic debt gets lighter by listening to the holy Sound Current even if it is in its lowest links... (44)

The Sound practice does not postpone the karma but destroys it. (ruhanisatsangusa.org/trials.htm)

I am glad that you are increasingly aware of the joy of knowing the Path. Conscious contact with God-Power within is the panacea for all ills. If you repose everything in Him, many things will be softened. We are all human, and where our efforts fail, there prayer succeeds. Please repose 'all' in the God-Power overhead. (180)

Your complaint with the mind running wild is genuine and it will continue to trouble you unless you care to enchain it with the Simran of charged names, loving remembrance of the Master, or listening to the sound current coming from right side. This is the only and tried medicine. Leave all and follow the above injunction very carefully. You can expect positive results in a few months with the grace of the Master. It is the suppressed ego which does not permit the dear ones to meditate regularly otherwise if you can be friends with the mind by careful planning and right living, you will find that the holy Path is most easy, enjoyable and full of ravishing bliss and harmony. (Letters to N. Y. Initiates; part 8)

The only medicine for all the ailments is the practice of the holy Sound, together with the Master's spiritual help and guidance. The Master is not a person only. He is the Power which guides and helps us at every stage and in every region, during our inward spiritual journey. When we are in the physical body, He instructs us in His physical form. When we go inward to the Astral Plane, He is in His Astral Form, and as we proceed further, He assumes the form of each region, all the way up to Such Khand. (220)

The Audible Life Stream is the shield of the initiate and even the Angel of Death dreads its presence and cannot reach the initiate, when he or she is a devoted disciple of the living Master. (220)

Simran is a weapon against all dangers. It acts as a password to all spiritual planes. It gives strength and sustenance to the body and mind during trouble and affliction, and brings the soul near the Master. (184)

To think about weakness in old age is also a trick of the mind: By making us worry about all the weaknesses which some do experience in old age, our mind is keeping us from Simran. Instead of thinking about old age and its weakness, we should do Simran, which could be of some help to us. But worrying will not help. (Ajaib Singh, Sant Bani Magazine, 3/85)

16. Prayer



In all trying circumstances, prayer is the last weapon in our armory. Where all human efforts fail, prayer succeeds. (248)

Prayer is, in a strict sense, another name for collecting the outgoing and wandering faculties of the mind at the root of the mind. Like the rays of the sun, these are spread out into the world, and likewise these can be withdrawn and collected at their source. This concentration while begging for help is called prayer. (247, 248)

The instinct of love cannot come into play unless one sees the beloved. As long as we do not see God or the glory of God, we cannot have any faith in the existence of God and without this all prayers go in vain. But Guru or God-Man is the abode of God's Light and is a radiating center of the same. We can pray with equal efficacy to the Master, who is at one with God. Connected as He is with the Power-House behind Him, the Master is equally competent to grant our desires and fulfill our wishes. (219)

The disciple should be well conversant with the laws of prayer in the world. He should pray to his Master Saint and help is sure to come to relieve or soften the situation and to minimize the results of sins. (ruhanisatsangusa.org/trials.htm)

“Sir, can you give us an example of a good prayer?” the Muslim gentleman asked. In reply the Great Master [Hazur Baba Sawan Singh] said, “If I were to pray, I would pray as follows: ‘My Lord! I am ignorant, I do not know what to ask of you. Give me that which you think best for me. And give me the strength and wisdom to be happy about what you deem fit to give me and about how and where you keep me. I have no virtues, no devotion. My actions are all dark and sinful. I possess no merits and my mind has thoroughly crushed me. For a sinner like me, O Lord, there is no refuge but Thy Blessed Feet. Please take me under Thy shelter. I want nothing more. Make me Thy slave, that I may be Thine and Thou mayest be mine.’ ”

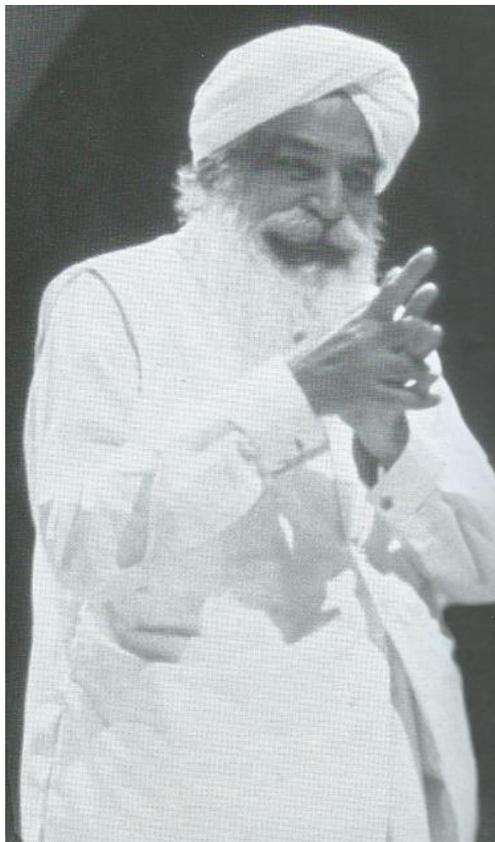
17. Prophecies

(Answer to a question regarding the accuracy of prophets such as Edgar Cayce) Please do not bother about prophecies as these are more apprehensions caused by certain brains out of their sophistication. The destiny of child humanity is being controlled by the gracious Master-Power.

The dear ones accepted and put on the way back to God by virtue of their holy initiation into the mysteries of the beyond, need not have any fears in this behalf. All feasible gracious protection will be extended to them in case of any eventualities whatsoever. You may convey this piece of right understanding to those who seek your counsel in this behalf. *(Letters to N. Y. initiates, part 6)*

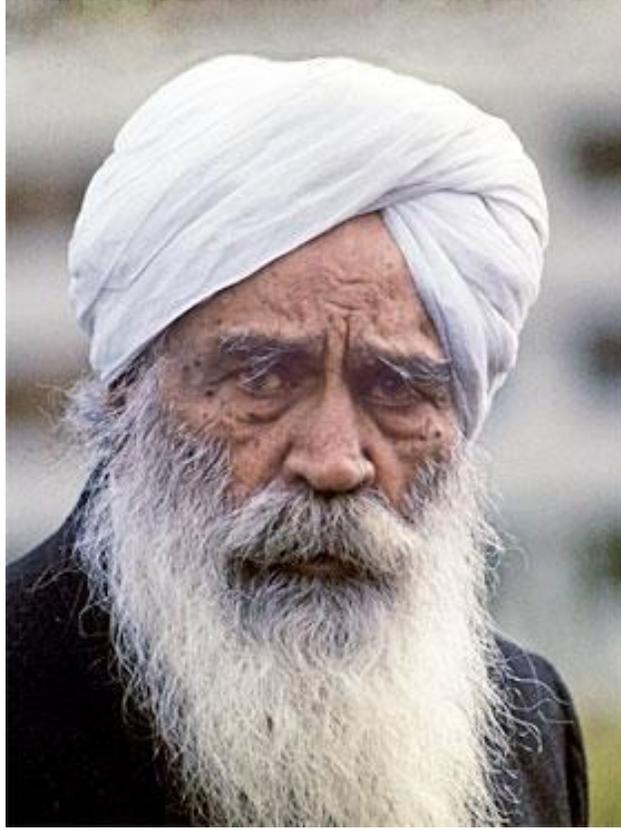
The initiates in the U.S.A. or elsewhere need not be afraid of any impending catastrophe. The souls who are on the way are being and will be looked after; they are under the custody of Master-Power working overhead, extending all feasible help. *(282)*

There is no need to dread any catastrophe that may occur. The souls who are on the Way are being and will be looked after and extended all feasible help by the Master-Power working over them. The world affairs are not too good, but the initiates' duty is clear. They have their ideal before them, and they should continually and lovingly work for it. Regardless of what occurs, the initiates have a privilege. They have the Master-Power working over their heads. He is constantly looking after their benefit and extends all feasible help and grace. Please do not worry if everything is shaken all over the country. Such things do happen. The Master-Power will be extending all feasible help and protection to the dear loving souls. *(277)*



18. From Protector and Protection

This satsang talk was given at Sawan Ashram in Delhi, India,
& published in the Sept. 1970 issue of Sat Sandesh.



Sometimes, due to the fate karmas, many difficulties cross the student's path, and who is there to console and give strength to bear them? A single word from a perfect Master goes to the depth of the heart, that it can stand upright and bear the burden.

I remember when Pakistan was formed - you know the condition at that time - whole families died, friends were killed, many people starved, even rich people were destitute and hungry for a slice of bread. Naturally they tried to console each other, but the misery and hurt was so deep that they were inconsolable. However, when they came to Hazur he would say, "It is all right, don't despair - God will give you more," and he would lift his hand in love and blessing. His words were like soothing balm on their raw wounds. The truth is that there is great power in this Attention, and when one is helpless and feels that there is no hope, one will get full protection and assistance by turning one's face toward the Master.

For example, if a child has to undergo some minor operation by the doctor, he will feel more assured and protected if his mother holds him in her lap, where her tender concern and love will help to take his attention from what is happening. There are many disciples who, while going through serious operations have seen their Master as the surgeon performing the operation. It is a question of love and faith in the Guru. Some have seen the Master standing near them with loving and concentrated gaze; they lost their fear and forgot the operation completely. These are not stories from invention, but true facts which have happened and are still happening.

It is very necessary to have a living Master. On this subject, Guru Ramdas, the fourth Guru of the Sikhs, says: “*She who has given birth will look after the child with all her strength, He may be in the house or outside, but she is concerned for his every morsel.*”

As the mother takes care of the baby selflessly with all her strength, in all his needs, even going without herself if necessary, so does the true Guru take care of the disciple through all the tribulations of life. If the disciple's eye is open enough, he will see for himself how he is being protected, and even if he does not see he will still receive the protection. If the child gets dirty, the mother does not spurn him, but washes him clean and lovingly embraces him to her breast. We are covered with the filth of ages of worldly living, and the Guru with all love and concern teaches us how to refrain from soiling ourselves.

When a man gets disheartened and there seems to be no chance of hope from any direction, then the Satguru comes and takes him across all his tribulations. He first waits patiently until we remove all intellect, worries, attachments and ego from our path, and then when we have fully reposed ourselves in him, then we come under his complete protection.

If the disciple falls, the Guru will lift him up, for in this world who is free from difficulties? One cannot find even one man without problems in his life. But if a man has a perfect Master, he is fearless even when confronted by enemies. Kabir Sahib says, “*He who lives in constant remembrance of his Master and keeps his Master’s words, will be fearless in all three worlds.*”

Why should he be afraid of anything? After all, his Master is not merely a man. Understand this also: It often happens that the disciple is due for heavy suffering, due to the karmic reactions from the past, but through the Guru's protection it can be reduced to perhaps a slight prick from a thorn.



Thought is the key-note to success. It is the thought pattern of the initiate which is changed gradually when he or she feels overall protection and guidance from the Master-Power in all spheres of life. (137)

Help and protection is always extended by the Master to His followers. He looks after their comforts in every way, both outer and inner. Even the effects of the reactions of the past - from the gallows to an ordinary pin prick - so much concession is given. As the mother sacrifices everything for the sake of her child, even so does the Master sacrifice everything for the sake of His children.

The follower in fact does not dream of what the Master does for him. He fills his followers with His own thought, with His own life impulses. When we remember Him, He remembers us with all His heart and soul. He is not the body. He is the Word personified, the Word made flesh. To get the full benefit of the Master-Power, the disciple must develop receptivity. It is impossible to develop receptivity until implicit obedience is given to the commandments of the Master. When you pay heed to the Master's commandments, then that is a sign that you are growing in love for Him and the more you grow in love for Him, the more receptivity you will develop. (Letters to N.Y. initiates, part 15)

Master takes care of and extends protection for all who are dear and near to the disciple and looks after their best interests. (213)

19. Karmas [Sufferings] - A Time of Trials

Whatever good or bad happens to you, through whatever persons or object, directly proceeds from our loving Father. All persons and objects are but tools in His hand.

If an evil befalls you, think it as His greatest mercy. We have to suffer for our past actions sooner or later. Our Master, by taking us through these sufferings speedily, and by hastening the approach of those which were to come later, intends to relieve us of our burden earlier. And by this earlier payment of debt - because debt it is - the amount of the suffering is very much lessened. We may have to pay one ton of karma first, but instead, by the Grace of the Master, we are released and only pay one pound.

So never be disheartened if you are made to pay some severe debt. It is all for your good. Suppose a man ill-treats you without any fault on your part, you should see in this ill-treatment the hand of the Master working. He wants to find out, and to make known to you, whether or not your self-reverence has died out, and how deep has meekness and love taken root in you.

Again, suppose a man loses a relative, it is to test the decrease in love of earthly relatives. Father wants to loosen these heavy chains which bind us down to this earth. More love towards earthly relatives means less with the Master.

So all events which appear to be misfortune are not really so. They come to chasten us and to add to our power of resistance - and leave us better in the end. Be always resigned to His Will. What Father does, He does for the best.

In this world, those persons who are engaged in the upward march have constantly to face the inroads of two powerful enemies - the Mind and Matter. They try to put many obstacles in our way. If an untoward event happens we need not be disheartened. Rather, we should rise with redoubled love - and finally victory is ours.

Desire has abused the soul. When it desires something and fails to find the object of its desire, it feels pain. Therefore, abandon your desires even now and accustom yourself to be resigned to the will of the Father.

Your fall from the window - my daughter you truly say. There is nothing accidental here. Every misery or trouble that comes to us is the result of our own past actions. The sooner our debts to Kal Purush are paid off the better for us.

Whatever befalls us is regulated by direct orders of our Guru, and we should take it as such as a blessing unexpected.

Such obstructions are sure to come in the way of a Satsangi. But we should not be disheartened by these acts of the Kal Purush, rather during such intervals we should attend to the Bhajan with double zeal.

Master is always with you and watching you and helping you in every action. Go on increasing love and faith in His Feet by regularly attending to exercises. He, Himself will look after our worldly affairs.

A Master-Saint's mission is to distribute heaven's treasure of mercy with the Laws of Sympathy and Mercy. Thus all troubles of devoted disciples are softened to a bearable minimum degree. Sometimes intensity of bodily and mental trouble is increased to shorten duration of suffering. With others, intensity is decreased and duration is prolonged. But this is not all.

Sufferings, troubles, and diseases of physical body are the interest we accrue from pleasures. Bodily troubles are to be borne on the body.

The Master as Word-Personified and Polarized God-Man knows all His disciples, whether at a distance or near at hand. He even takes the burden of karma of His devoted disciples on His own shoulders to bear Himself. This happens in very rare cases where Master sees fit. Besides, no disciple would like to adopt this course - that the holy Master should suffer for his wrongs.

The disciple should be well conversant with the Laws of Prayer in the world. He should pray to his Master Saint and help is sure to come to relieve or soften the situation and to minimize the results of sins.

Your question about the necessity of suffering in the economy of creation is one of those problems which cannot be satisfactorily understood so long as the soul is on this low plane, but so much can be said that spirit entities are merely forced into this condition at the time of creation. The object of the creator was that they, too, should attain full consciousness and join the region of pure bliss. Therefore, in order to develop their consciousness and to create in them a longing to reach the region of pure spirit, it was necessary to subject them to a course of suffering, without that they would not have cared to make their condition better.

The soul that is satisfied in this world does not feel the necessity of joining its creator. The truth of this explanation becomes established as the soul travels upwards.

The individual's desires are mostly the outcome of past karma. Feeble and passing desires arise in thought and are stilled after mental satisfaction. There are other desires which are more persistent, they have to be satisfied, some even on the physical plane.

So whatever happens is for the ultimate good, although at times it appears antagonistic to our calculation. We are ignorant of our past karmas but Master knows.

So the whole thing reduces to this: that we do what we have been asked to do by the Master (spiritual exercises) and doing our worldly things with our ordinary wisdom and never caring for the result. Do your duty and expect nothing; leave that to the Master.

Take for granted that all that has happened, is happening, or will happen, is with His Will.

So in whatever circumstances we find ourselves we should remain contented. If He sends us misery, we should accept it with pleasure and if He keeps us happy we should take it as His children.

So do not consider that your life is not a bed of roses. Take it as His gift and be happy with it. "Misery is a blessing in disguise," says Shakespeare. Misery is a medicine and pleasure is a disease, for in pleasure the mind dominates and keeps us away from the Path.

You say you are thirsty for knowledge; knowledge is in the sound current. It is within you. You speak of your husband's illness and loss of position - naturally you feel very much disturbed and disheartened.

Rest assured that before you are born here the arrangement of your livelihood was made. The pains and pleasures and the general run of life were then determined. This was not any haphazard process, but by a careful regulated system known as the Rarinichan.

Nothing happens here of its own accord. The pains and pleasures of life are the result of our own actions. He who is born, no matter in what form (all forms) cannot help doing actions and all actions must have reactions. Every action is indelibly written on our minds. The memory is poor and the whole record is forgotten, but it does not mean that there is no record.

Main events of the life are the results of our past actions and this is the debt that stands against us, and like a debtor we should be happy when the debt is being paid off. The debt has to be paid. We incurred it at one time as cheerfully as some people are doing now. It seems painful now to pay, but we were not cautious when we incurred it.

The only course open now is to reconcile ourselves with what is happening, for happen it must, and undergo it we must, then why not do so without opposition? It is difficult to be happy in calamity, but you will find much change if you look at it from the viewpoint just stated. Nanak, a great Saint, has said, "Misery is medicine and pleasure a disease, because in pleasure mind scatters and in adversity or misery, it contracts."

The teachings of the Saints is to subordinate and merge the individual will in His Will. The Saints and the world differ here. The world pays the debt and weeps or laughs, while the Saints neither weep nor laugh but are unaffected by the pains or pleasures of this life.

The question arises: "What supports the Saints in this attitude?" The answer is that while they have bodies like us and live under the same external circumstances in which we live, they are not attached to the bodies as we are. They can withdraw the attention from the body at will not only from the material body, but also from the astral and causal bodies. When the attention is withdrawn and, in proportion to its withdrawal, then the influence of pain and pleasure is not felt; for the mind that was to feel (attention) is not there for the time being. They withdraw the attention and live in the sound current. The current is their life.

They teach the same to us and not only wish it, but make him a Saint who follows them. Hence, with patience, perseverance, and faith, try to rise up, first to the eye focus by repetition of names, and then catch the sound current there and reach your Naam.

DO NOT LOOSE HEART BUT TRUST IN THE MASTER.
SUBORDINATE YOUR WILL TO HIS.

The game of life seldom runs smoothly; when everything seems going well something comes in to disturb it. The Kal interferes. But if the faith is strong and one keeps on with the current the times pass on well. The wind has come and gone. The pains and pleasures of life come and go and mind learns by experience...

When the time of very favorable karma comes, only then the mind feels inclined to go within and only then the love for the Master and the sound current spring up, and he spends some time in devotion. On the other hand, when the disturbing karma intervenes mind feels dry and indifferent and runs away from Satsang and sinks back in the quagmire of the world.

It takes time to remove the layers of karmic dirt deposited through innumerable births. Krishna of the Bhagavad Gita says, "Freedom from karma is attained after a long succession of lives spent rightly on the path."

Life is a combination of pains and pleasures. If the happy days are gone, the days of adversity

Will also go in their turn to make room for the happy times again. The karmic cycle must work. The arrow that has left the bow must find its mark. The Man should put up with it as best he can for the karma is unchangeable.

Two devotees of spirituality went to pay respects to a lady well advanced in this line [Rabia]. The talk turned on the visitation of good and bad days. The lady asked them to state the attitude a person should have under these varying circumstances.

One of them replied, "Good and bad should be borne with patience." The lady replied that there was pride in that attitude. The second said that one should take delight in both good and bad. The lady smelled pride here as well. They asked the lady to state the attitude and she replied, "Soul should be so advanced that it feels no difference in good and bad."

In adversity and disease one gets an opportunity to test himself and his depth in his faith.

In this world you seldom come across a happy soul. Under the burden of ailments and troubles, mental and physical, every soul feels oppressed. When hard times come, a devotee should face them with patience and should derive strength from the sound current to bear them, remembering that if good days have passed away giving place to bad, the bad also in their time will be replaced by the good days again.

A boat held to its moorings will see flood waters pass by, but detached from its moorings, it may not survive the flood. Current is our base - our mooring. Soul attached to the current is safe.

The span of life can neither be extended nor shortened. Even by one single breath. Fate cannot be altered. Health and disease are connected with past karma, and come and go as determined by the cycle of karma. Medicine does not cure the disease. Karma is at the root. When the karma has been gone through; the disease has run its course; and the medicine is effective. No medicine is effective as long as the disease has not run its course. But it is good to take medicine in disease as advised by doctors. Medicine keeps the patient consoled. Friends do not unnecessarily trouble and press the patient, while others get no chance at all to call the patient a miser or a stupid person. Again, it is an opportunity for the paying up of old debts through the doctor's fees and apothecaries bills.

Faith unsupported by direct evidence from within should not be put to very severe tests for it is shaky. When the spirit has access within and is in communion with the Master then it receives support from within and has direct evidence of the coming, duration, and going of the disease. In such cases, even Saints advise the use of medicine - for the patient may be getting evidence and support from within, but his relations or attendants in whose charge he finds himself may not be of his way of thinking. They will be constantly pressing him for medicine. So why not take a little dose and let things go smoothly.

The karmic debt has to be paid. The power to pay this debt increases as we follow the current. As long as the attention is in the current it is withdrawn from the body and mind, and as the debt is to be paid through sufferings of the body or the mind, and through association with the current, both of them have been elevated and they do not feel the suffering to the extent to which they could have felt otherwise; not that they are dulled but because the soul - the life-giving principle - is capable of detaching or withdrawing itself from their sphere.

Again, if a devotee is doing his bit faithfully he receives Master's help to a greater degree. Just as a benevolent person coming across a man carrying a heavy load would offer to share his load, so does the Master.

A faithful devotee is taken care of by the Master as a child is taken care of by its mother. But look at the implicit faith of a child in the Mother.



Any time you happen to be obsessed with negative thinking, just give out five charged Names and think sweetly of the Master, you will be blessed with instantaneous protection. (part 10)

To love, revere, and feel grateful to our fellow-men is to love and revere God. So, too, the love for the visible Master, our closest connecting link with God, is in reality love for the Supreme Father. It has Spirituality as an end and is not idolatry...Guru precedes God. (209)

20. “Good” and “Bad” Satsangis

One thing more: There is a growing tendency with some persons to make divisions among the Satsangis – “good” Satsangis and “bad” Satsangis. All Satsangis are Satsangis, and one who has been chosen, called, justified, accepted and glorified by being linked with the living strands of life within, the Light and Sound of God – the Audible Life Stream – is truly in touch with Truth (Sat) and accordingly is a Satsangi.

To classify Satsangis into good and bad Satsangis is hardly justifiable, for it is said “God first created the Light; We are all children of the Light; The whole creation sprang from the Light; Why then dub anyone as evil?” This being the case, we are all equal in the sight of God. Whosoever thinks otherwise has, I am afraid, not yet come by the rudiments of the sacred science. Some may be slow and some rapid in their inner development; that is quite a different thing, for each one has his or her peculiar background and mental makeup as coming from past incarnations, but to give a bad name to any is not justifiable in the least. And if one does that, he shows a bad taste and the sooner he rids himself of this habit, the better it will be for him and for all concerned.

A child is dear to the mother even if he/she is smeared with filth, and the mother washes him down with love and hugs him to herself. Know it for certain, that he who feels exalted is abased, and he who humbles himself is exalted. (*The Way of the Saints*, 354)



Progress does vary according to the past background and because of this some may progress rapidly and others may lag behind. But there is sure hope for everybody. It is a simple, yet arduous schedule which is made much easier by the grace of the Master. (18)

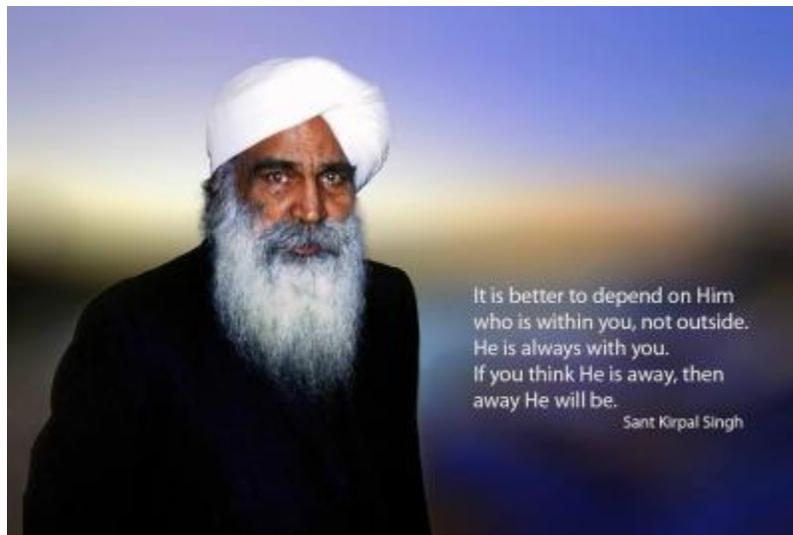
Master is pleased to see His children going along. He does not compare the man running with the child hopping along; He appreciates that hopping, too. (ruhanisatsangusa.org/lok/god-enter.htm)



If you live for God, all things shall work out in your best interest, not only spiritually but also materially. This is the fundamental law of God and can be realized by all who will practice true living. (ruhanisatsangusa.org/pdf/Teachings.pdf)

There are no windfalls as a general rule. You have to work your way up. Everyone reaching the top step has ascended the steps below. But take it that you are not alone in your efforts, which at best are only too feeble. You are under the protective wings of the great Master-Power always extending His grace and protection unknowingly and unasked for. He is always by your side. You may stumble and fall, but His loving hands are always there to pick you up. (328)

Out of a truly grateful heart will grow all virtues. Be comforted in the knowledge that the Master is ever present with you and will always be there to help you if you fall. Hold Him in constant remembrance. My blessings are with you. (part 14)



No perfect Saint has ever failed His disciples.
Realize fully, this one will not fail you.
(235)



May your soul be happy;
Journey Joyfully.
(Rumi)

Kirpalct@yahoo.com

For more booklets go to: kirpalsingh.org
(Spiritual Quotations for Lovers of God)

