

Ten Good Pieces of Advice From the Masters



Sant Kirpal Singh Ji Maharaj



Silence is Golden

In futile discussion is much poison; in much talk is great mischief.
Keep your mouth shut; suffer all in silence;
and remember the Name Unfathomable.
(Kabir)



One of the lessons of history is that nothing is often a good thing to do and always a clever thing to say. (Will Durant, 1885-1981, American historian)



Never wish to think or to appear clever; have no desire to speak. It is well to speak little; better still to say nothing, unless you are quite sure that what you wish to say is quite true, kind, and helpful. (Sant Kirpal Singh)



Mind Your Own Business

Another common desire which you must sternly repress is the wish to meddle in another man's business, directly or indirectly, privately or openly. If you see a case of cruelty to a child or an animal, it is your duty to interfere. If you are placed in charge of another in order to teach him, it may become your duty gently to tell him of his faults. Except for such cases, mind your own business and learn the value of silence. (Sant Kirpal Singh, ruhanisatsangusa.org/gemsq.htm)



Further: We criticize others. We should criticize ourselves as we criticize others. Mind your own business. If you have a friend whom you love - tell him privately, "Please don't do it." What more can you do? Unless a man in his heart of hearts feels that he has done wrong, he won't follow you. Man will go by the dictates of his mind. If he is convinced that what he is doing is really wrong, then he will listen to you, otherwise not. So - Wanted: Reformers - not of others, but of themselves. REFORM YOUR OWN SELF: you will reform many men around you. People judge by what they see, not by the words you express or preach. So example is better than precept. You see, you have been given a diary for that. Criticize yourself as you would criticize others; put down your failures and weed them out. Don't simply say, "I am a sinner. I am a sinner"; you will become a sinner, God knows. If you weed them out, then it is all right; and for that, you have to keep diaries. (Sant Kirpal Singh, *Sat Sandesh*, 2/73)



One should not pry into the faults of others, what they've done and left undone.
Consider instead what you yourself have done and left undone.
(Buddha)



Don't Believe Unless You See For Your Own Self

Do not believe in anything simply because you have heard it.

Do not believe in anything simply because it is spoken and rumored by many.

Do not believe in anything simply because it is found written in your
religious books.

Do not believe in anything merely on the authority of your teachers and elders.

Do not believe in traditions because they have been handed down for
many generations.

But after observation and analysis, when you find that anything agrees with reason
and is conducive to the good and benefit of one and all,
then accept it and live up to it.

(Buddha)



Sant-Mat does not ask for blind faith or acceptance on mere authority. It is purely practical. Any belief not based on personal experience and verification of facts has little value. One should therefore try to see with one's own eyes and hear with one's own ears rather than indirectly with the eyes and ears of others.

(Sant Kirpal Singh, ruhanisatsangusa.org/tours/55/ss55_08.htm)



First, you have to take it as an hypothesis, then you must benefit regularly by seeing or by experiencing your faith. The Masters say: "*Don't believe unless you see for your own self what is what.*" The more you come in contact with Master, and the more you become receptive, the more faith you will have in Him.

(Sant Kirpal Singh, ruhanisatsangusa.org/lok/hunger.htm)

Be Thankful

Every day and every hour convey thanks to the Master – the God in Him, Who has put you on the Way – and for all other gifts you enjoy. In this way you will be aware of the Master all the time. Without Him you can do nothing and with Him you can do all things. (Sant Kirpal Singh, *The Teachings of Kirpal Singh*, True Living: to World and to God)



To be grateful is to recognize the Love of God in everything He has given us – and He has given us everything. Every breath we draw is a gift of His love, every moment of existence is a grace, for it brings with it immense graces from Him. Gratitude therefore takes nothing for granted, is never unresponsive, is constantly awakening to new wonder and to praise of the goodness of God. For the grateful person knows that God is good, not by hearsay but by experience. And that is what makes all the difference. (Thomas Merton)



If the only prayer you say in your life is "Thank you," that will suffice.
(Meister Eckhart)



Meditate

Meditation is most necessary, for only by meditation will all things come of their own accord. (Sant Kirpal Singh Ji, [ruhanisatsangusa.org/thief of.htm](http://ruhanisatsangusa.org/thiefof.htm))



Sant Kirpal Singh Ji Maharaj

If your daily life is not under control, try to bring it in control, or, give more time to meditation and you will be able to gain control quicker.

(Sant Kirpal Singh Ji, [ruhanisatsangusa.org/thief of.htm](http://ruhanisatsangusa.org/thiefof.htm))

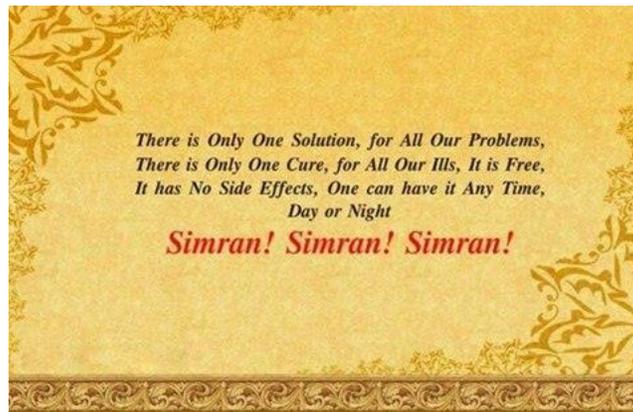


Prayer is the wing wherewith the soul flies to Heaven,
and meditation the eye wherewith we see God.

(Saint Ambrose)

Enchain the Mind

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. (Sant Kirpal Singh, *Letters to N. Y. Initiates*; part 8)



A person behaves according to the focus of his attention. As long as the focus of attention is below the eyes, there is no difference between man and animal except in form; the actions are alike. The change of focus is accomplished by constant practice or effort to rise up and hold the attention at the higher center. This is the underlying idea of the repetition of the Names. Every time you repeat a Name attentively, you are trying to rise up, and sooner or later the eye focus will become the headquarters of your attention. (Baba Sawan Singh, *The Dawn of Light*, letter 66)

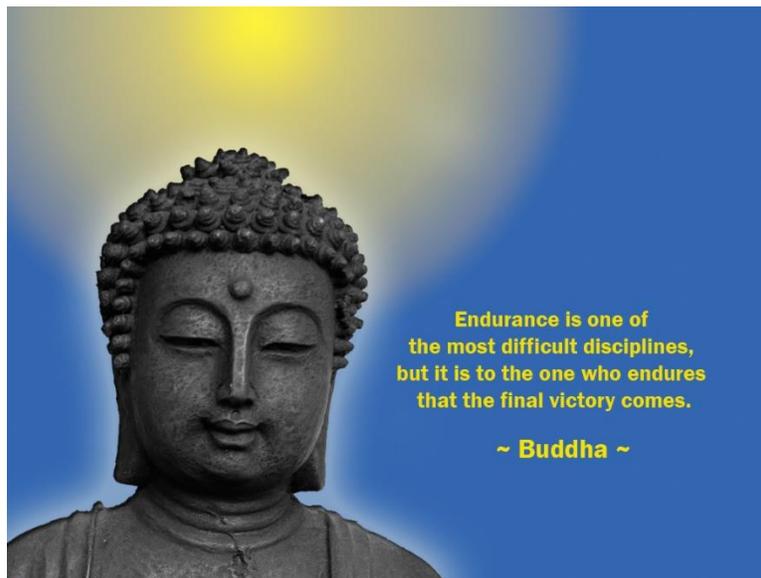


The true Saint goes in and out among the people and eats and sleep with them and buys and sells in the market and marries and takes part in social intercourse, and never forgets God for a single moment. (Aabu Sa'id Ibn)



Practice Self-Control

Next begins a rigid system of self-control, enforcing the rule in every detail of life. We are constantly beset by five foes - passion, anger, greed, worldly attachments, and vanity. All these must be mastered, brought under control. You can never do that entirely until you have the aid of the Guru and are in harmonic relations with the Sound Current. But you can begin now, and every effort will be a step on the way. (Baba Sawan Singh, *Spiritual Gems*, 339)



Complete abstinence is easier than perfect moderation.
(Saint Augustine)



The road to pleasure is downhill and very easy,
so that one does not walk but is dragged along;
The way of self-control is uphill, toilsome no doubt,
but exceedingly profitable.
(Philo)



Surrender to the Will of God

Whatever befalls us is regulated by the direct orders of our Satguru and we should take it as such, as a blessing in disguise.

(Baba Sawan Singh)

The Dawn of Light, letter 13



Hazur Baba Sawan Singh Ji Maharaj (with cane)
The Great Master; 1858-1948

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.

(Sant Kirpal Singh, *The Teachings of Kirpal Singh*, v. 1, 27)

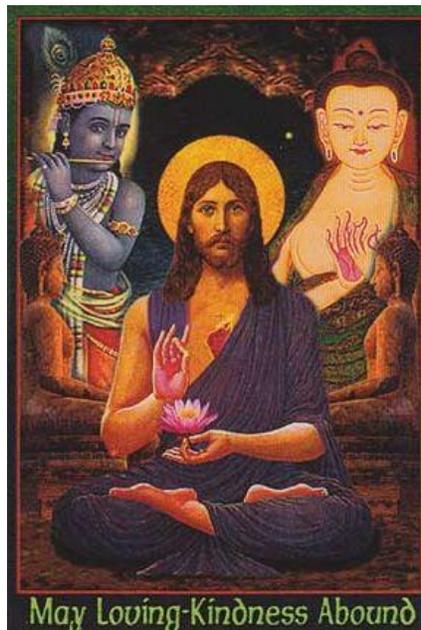


The Great Way is not difficult for those who have no preferences. When love and hate are both absent everything becomes clear and undisguised. Make the smallest distinction, however, and heaven and earth are set infinitely apart. If you wish to see the Truth then hold no opinions for or against anything. To set up what you like against what you dislike is the disease of the mind. (Seng Tsan)



Be Kind, Forbearing and Genial

In this vast creation, everyone is gifted with an individual perception. The heredity, the environment and the teachings inculcated, all combine to make one what he is. We cannot blame anyone for thinking differently in his own way. Everyone has his own temperament and his own way of thinking. They must differ and they do differ vehemently. There is no help for it. It is, on the other hand, the sign of sentient life. We must not therefore, on that account, cross swords with them. (Sant Kirpal Singh, *The Way of the Saints*, 257)



One of the first proofs of self-mastery is when one shows that he can be kind and forbearing and genial with companions of the most dissimilar characters and temperaments. And one of the strongest signs of retrogression is when one shows that he expects others to like what he likes and act as he acts. (Damodar)



If we have helped even one person by removing a little misery from his day, we have done a great service. (Sant Kirpal Singh, *The Night is a Jungle*, 238)



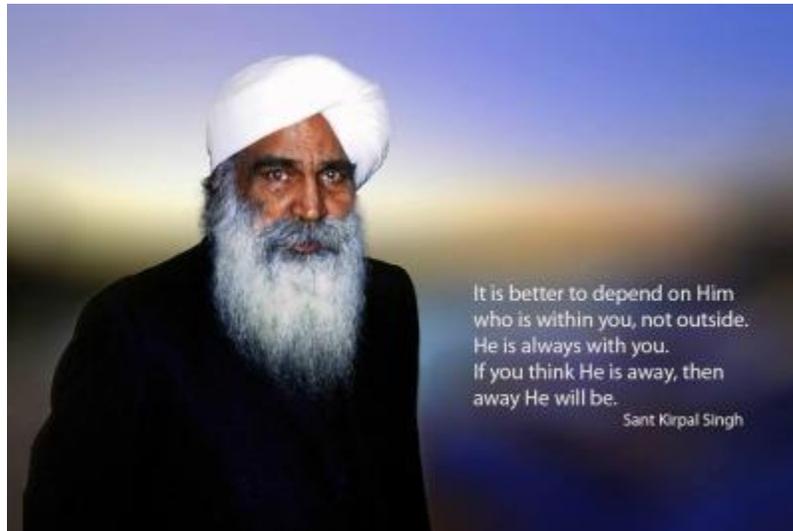
It Is Time To Be Gay And Happy

Do your best and leave the rest to the Master-Power overhead
and leave off all worry and anxiety.

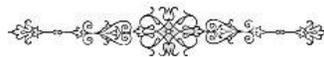
It is time to be gay and happy.

(Sant Kirpal Singh)

Spiritual Elixir, 192



A man traveling in a train has a box beside him on the berth. Now both the man and his box are being carried by the train. If the man were to put the box on his head, he would surely be a fool, for he would break his neck for nothing. This is exactly the state of affairs with the worldly wise. We generally lack faith in the gracious Master Power and unnecessarily create problems for our bondage as, otherwise, everything would progress smoothly in the well-established divine plan. (Sant Kirpal Singh, *Sat Sandesh*, December 1973, page 8)

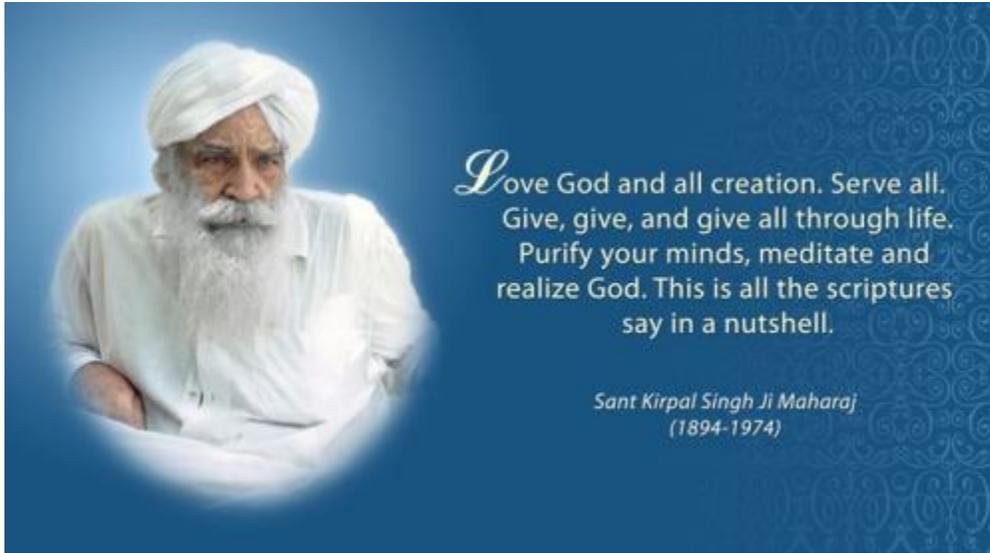


You must know it for certain that the life of an initiate is fully controlled by the gracious Master Power for his spiritual progress. Those who relish to meditate regularly and inculcate a keen sense of self-abnegation by surrendering their will to that of the Divine Will of the Master enjoy perpetual bliss and harmony.

Whatsoever comes to your count is a blessing in disguise and should be accepted cheerfully. **AVOID HURRY AND WORRY.** (emphasis is Master's)

(The Teachings of Kirpal Singh, book 2 Meditation, Helping Factors, page 107, 108)





*L*ove God and all creation. Serve all.
Give, give, and give all through life.
Purify your minds, meditate and
realize God. This is all the scriptures
say in a nutshell.

*Sant Kirpal Singh Ji Maharaj
(1894-1974)*

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For more booklets:
<http://kirpalsingh.org/Index.html>

