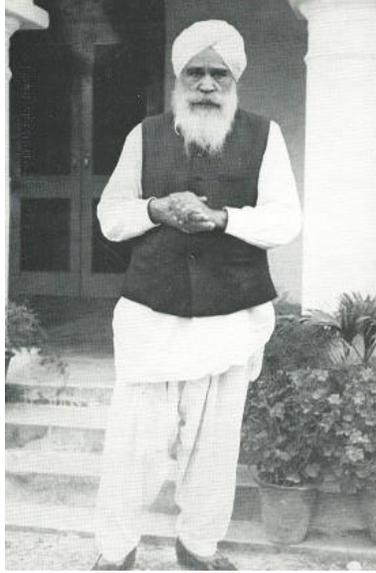


## A Little Simran



Sant Kirpal Singh Ji Maharaj

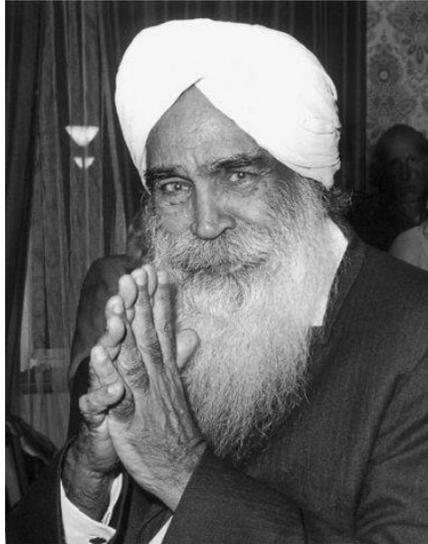
And I will bring forth in shining Light  
those who have loved my holy Name  
and I will seat each on a Throne of Honor!  
(The Book of Noah)



The Simran of the objects of the world  
should be replaced by the Simran of God,  
and thoughts of the world  
by contemplation of the Master,  
who is God incarnate.

Thus is imprinted on our subconscious mind  
the impression of God in the form of our Satguru.

(Sant Kirpal Singh, *Philosophy of the Masters*)



Do Simran as if one were collecting  
or counting precious jewels.

Each repetition of a word or words  
should be done with the mind attentive,  
much like a jeweler who inspects  
each diamond with meticulous care.

(Jagat Singh)



I weave Your Name on the loom of my mind,  
to make my garment when You come to me.  
My loom has ten thousand threads  
to make my garment when You come to me.  
The sun and moon watch while I weave Your Name.  
These are the wages I get by day and night  
to deposit in the lotus bank of my heart.

I weave Your Name on the loom of my mind  
to clean and soften ten thousand threads  
and to comb the twists and knots of my thoughts.  
No more shall I weave a garment of pain.  
For You have come to me,  
drawn by my weaving –  
my ceaselessly weaving Your Name  
on the loom of my mind.

(Kabir)



I am a man who knows the ten thousand positions  
of Divine Love.

I can tell by the light in your eyes that  
you are still most familiar with the few earthly ones.  
But would not a good father instruct all of his heirs  
toward that path that will someday deeply satisfy?

This world is a treacherous place  
and will surely slay and drown the lazy.

The only life raft here is Love and the Name.  
Say it brother, O, say the Divine Name, dear sister,  
silently as you walk.

Don't die again with that holy ruby mine inside  
still unclaimed  
when you could be swinging a golden pick  
with each step.

(Hafiz)



A disciple's mind is always in his Master,  
as a cobra's is always in his diamond;  
He forgets not his Master for a single moment.

That is the sign of a good disciple,  
says Kabir.

A good disciple thinks of his Master  
as a rich man thinks of his riches.

He sees no other thing and thinks of nothing else;  
so must a good disciple think at all times of his Master,  
says Kabir.



Singing Your Name day and night,  
it echoes in my mind all the time.  
O Lord, I am the dust of Your feet;  
how can I lift my voice in Your praise?  
Singing Your Name heals all wounds,  
and guards the mind against selfish thoughts.  
I am armed with the arrow of Your Name  
fixed on the bow-string of my heart;  
I wear the armor of Your glory  
as I sing Your Name continuously.  
My body is a musical instrument  
on which my mind plays songs of love.  
To awaken my soul from sleep,  
I sing the Lord's Name  
waiting for the door to open.  
(Mirabai)



Kabir!

The one purpose of us being in this world  
is to constantly remember our Beloved;

I searched high and low  
and found no other purpose,  
all else is merely a source of worry.

Even if you are carrying a load of sins  
the size of a mountain,

contemplating on the Beloved  
is enough to destroy it like a spark of fire  
igniting a heap of dry grass.

The Name of the Lord is the best medicine  
my Master ever gave me;  
once ingested it cured me of all ailments.

(Kabir)



Very narrow the lane  
through which one enters the path of Divine Love,  
and even more difficult  
for the Lord to make His abode in your heart;  
and yet, Kabir says,  
all great ones achieved both  
only through constant remembrance of the Beloved.  
(Kabir)



Even with your last breath  
repeat the Name of the Lord,  
whose abode stands high like a date palm,  
loaded with luscious fruits.  
Do not depend on your own skill and strength  
to reach the top.  
Let the holy Name be your ladder and your rope.  
Thus supported  
you can neither fall nor fail to reach the top.  
Make this house of flesh and blood  
a temple of the Lord.  
This is Mira's secret to share with you.  
(Mirabai)



Keep ever thy mind engrossed in  
the Name of the Lord,  
as the lover's mind is ever engrossed in his beloved,  
he never forgets her, not for a single moment,  
but day and night he ever remembers her.  
In the same manner  
keep thy mind engrossed in the Name.  
(Kabir)



If you want to know the power of the holy Name,  
spend your time with lovers of God.  
To repeat the Name constantly may be hard and bitter at first,  
but don't stop until it becomes sweet  
like the luscious mango to the taste.  
When the time comes for the body to be shed,  
the Name will take you safely through death's door.  
So keep singing the holy Name in your mind,  
and the Lord of Love will take you safely  
from this shore of death to immortality.  
(Mirabai)



Simran is possible only with the Grace of the Lord  
and through the kindness of a Master.

Simran is a precious practice.

It is only through great good luck  
that a person takes to Simran.

The secret of Simran one can learn  
from a True Master alone.

(Sant Kirpal Singh)

*Philosophy of the Masters*



Simran done with faith  
produces a unique feeling in the heart.

By doing Simran  
a feeling of bliss and divine influence fills the heart.

This state is produced sooner or later,  
according to the individual devotee's sanskaras

[predominating nature, the result of past karmic impressions].

**(Sant Kirpal Singh)**

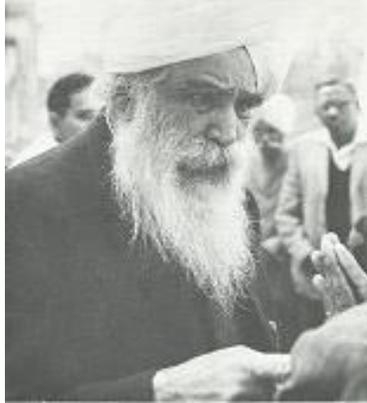
*Philosophy of the Masters*



The results of repetition will be in direct proportion  
to the love and faith brought to bear upon it.

(Sant Kirpal Singh)

*Philosophy of the Masters*



Your breath is a sacred clock, my dear –  
why not use it to keep time with God's Name?

And if your feet are ever mobile  
upon this ancient drum, the earth,  
Oh, do not let your precious movements  
come to naught.

Let your steps dance silently  
to the rhythm of the Beloved's Name!

(Hafiz)



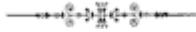
No one can keep us from carrying God  
wherever we go.

No one can rob His Name from our hearts  
as we try to relinquish our fears  
and at last stand victorious.

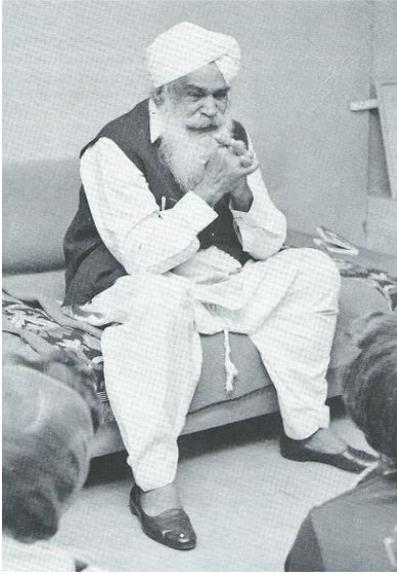
We do not have to leave Him  
in the mosque or church alone at night;  
we do not have to be jealous of tales of saints,  
those intoxicated souls  
who can make outrageous love with the Friend.  
Our yearning eyes, our warm-needing bodies,  
can all be drenched in contentment and Light.

No one anywhere can keep us  
from carrying the Beloved wherever we go.

No one can rob His precious Name  
from the rhythm of my heart, steps and breath.  
(Hafiz)



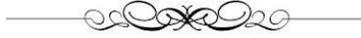
Remember,  
only that breath is truly valuable,  
which is spent in remembering  
the True Name of the Lord;  
all other breaths you breathe,  
spent in some other schemes and plans,  
are useless.  
(Kabir)



As you keep His Sweet Remembrance,  
the world will gradually seep out  
and you will become saturated  
with the love of God.

(Sant Kirpal Singh)

Sat Sandesh, 12/81

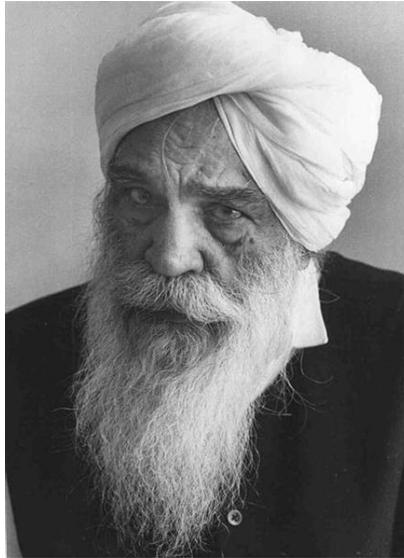


The repetition of the Charged Names  
is given to the disciple as a weapon against all dangers.

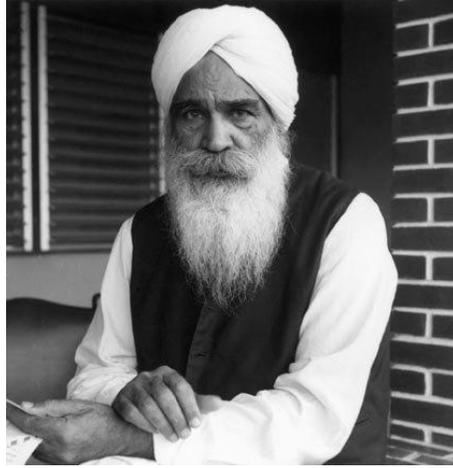
It acts also as a password to all spiritual planes,  
gives strength and sustenance to the body and mind  
during trouble and affliction,  
and brings the soul near the Master.

It is instrumental in achieving concentration  
and imparts many other diverse powers.

*(Teachings of Kirpal Singh: Simran)*



Kabir,  
as long as there is life,  
continue fearlessly repeating  
the One Lord's True Name.  
When the oil of life is exhausted,  
and the wick of the lamp extinguished,  
there then will be quite time enough to sleep  
both day and night.  
(Kabir)



[Kirpalct@yahoo.com](mailto:Kirpalct@yahoo.com)