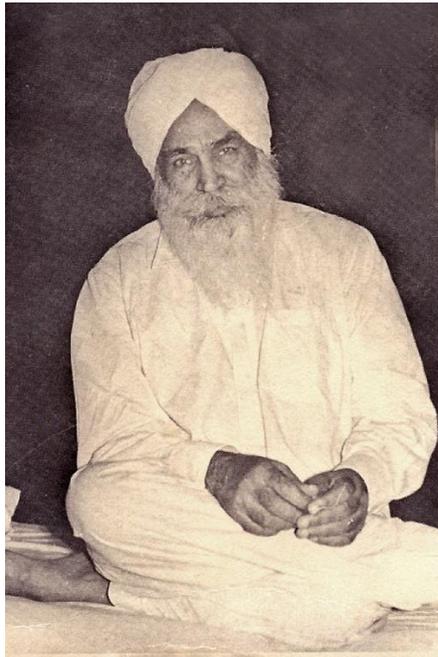


More on Simran

O my Divine Friend,
grant that I may every day make an effort to think only of Thee all the time.
(Guru Arjan)



Sant Kirpal Singh Ji Maharaj
1894-1974

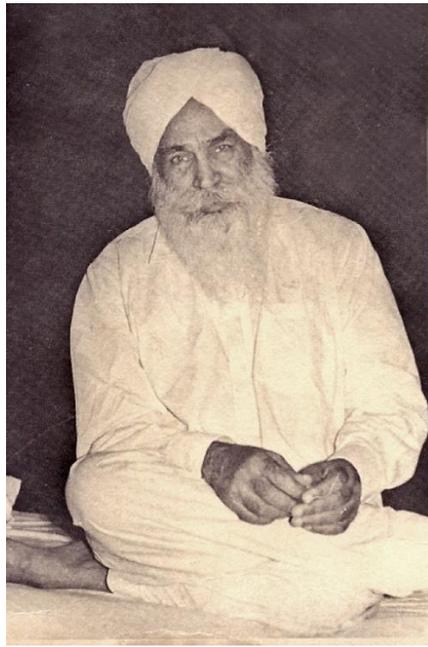
He will live in the hearts of His devotees forever.

The more the Lord and Master dwells within the mind,
the more the Gurmukh drinks in the Ambrosial Nectar.
(Guru Granth Sahib)



Those who really want to be yogis must give up, once and for all, this nibbling at things. Take up one idea; make that one idea your life. Think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave other ideas alone.

(Swami Vivekananda)



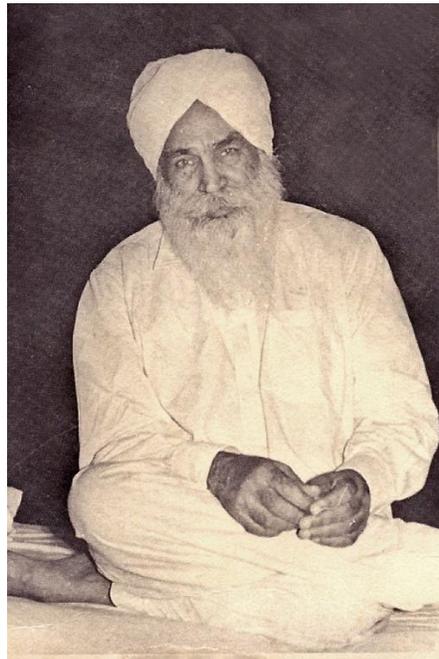
Misery is due to the great multitude of discordant thoughts that prevail in the mind.
If all thoughts be replaced by one single thought, there will be no misery.

(Ramana Maharshi)



We should know in perfect consciousness that human life is bestowed upon the conditioned soul to achieve spiritual success and the easiest possible procedure to attain this end is to repeat the holy Name of the Lord.

(Sirmad Bhagavatham)
a revered Hindu text



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.

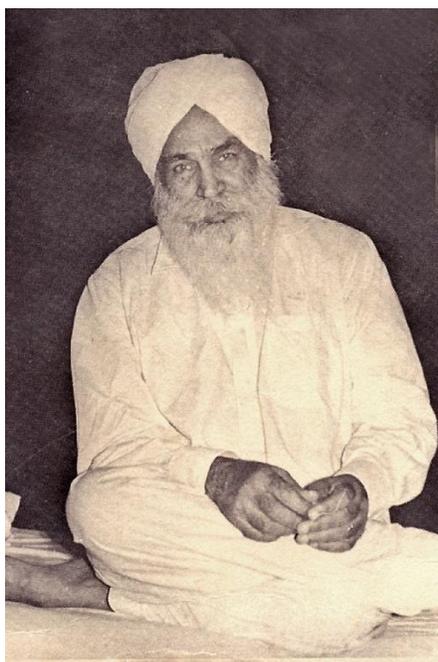
(Sant Kirpal Singh)
Philosophy of the Masters



Repetition of the holy Names during one's daily routine work is very useful. One is thinking about a thing within oneself; therefore, when one sits for devotional practices, the mind is naturally turned in this direction.

(Baba Sawan Singh)

Spiritual Gems, letter 173



When we are attending to our daily duties, our mind is usually not occupied with them but is wandering. Saints say, “Hold the reins of the mind tight in your hand throughout the day, then, when you sit in Bhajan, concentration will be quick and easy.”

It is easier to concentrate the mind by Simran than by any other practice...

Do not let the mind remain idle.

(Baba Sawan Singh)

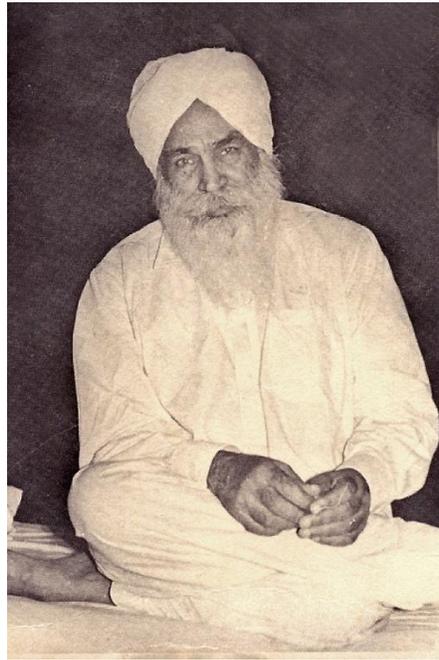
Spiritual Gems, 8



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

(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

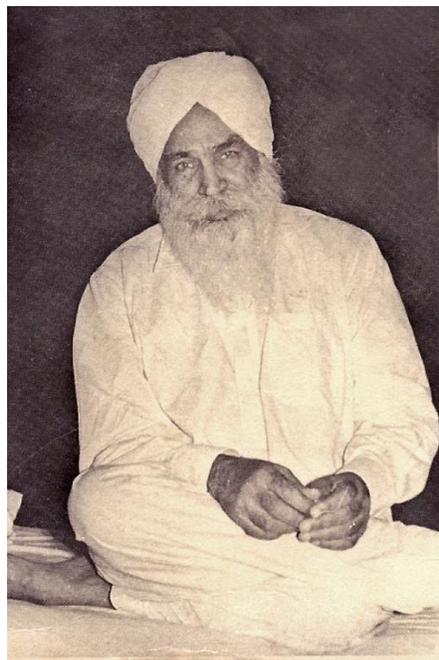


Question: What is the nature of the charge that you put into the words?

Sant Kirpal Singh Ji: Thought transference. Thought transference. It works through the thought transference. The words are charged because the thought transference is there. Now I tell you, these names are given by so many; but the people don't get any experience. When anybody (initiated by another) comes to me and asks, I simply say, "Repeat these names: all right, now sit down." And by thought transference he gets experience. You follow me?

And further, one thing more. If you leave fruit-bearing trees to nature, they will take six to seven years to bear fruit. If they are handled by scientific ways those very fruit trees will give you fruit in two or three years. So these words coming from a competent man, will increase your progress within. What you would do in a hundred years you can do in, say, three years. That's the difference. The words work against the Negative Power behind. Moreover, if the Negative Power appears or there are any delusions created within, and you repeat the Names (the words which carry the thought transference) they'll be off. The charging will help.

(The Light of Kirpal, page 63)



Grant this boon, O my Beloved,
that Thou may ever dwell in my mind.
(Guru Arjan)

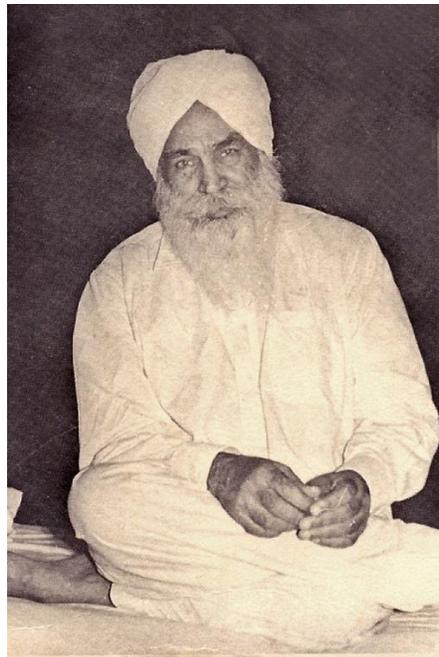


The Names that are revealed to us by a true Master carry His power, and this comes to the aid of the disciple, enabling him to transcend both death and the Negative Power. The words of the Master are eternal, and through them we are freed from the cycle of births and deaths. Therefore, whatever Names are bestowed upon us by a Master are conducive to our greatest good.

Each Name carries its own influence.

(Sant Kirpal Singh)

Philosophy of the Masters, v. 1, Remembrance



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.

(Sant Kirpal Singh)

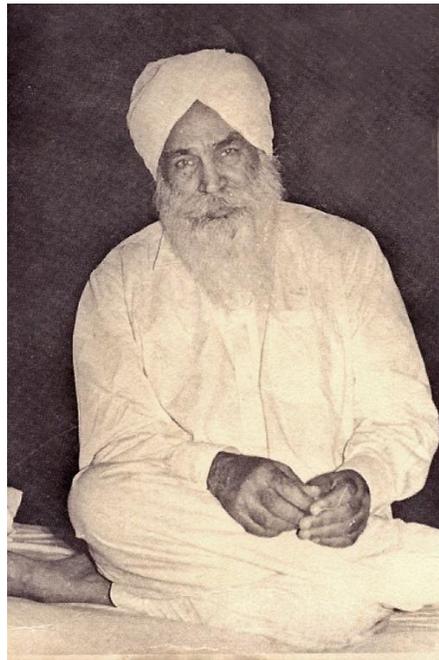
Teachings of Kirpal Singh: Simran



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



Have sweet remembrance of Him, of the Master or the God-in-Him all the time.
You can be doing so many works and all the same be remembering somebody with
whom you have love, can you not?

(Sant Kirpal Singh)

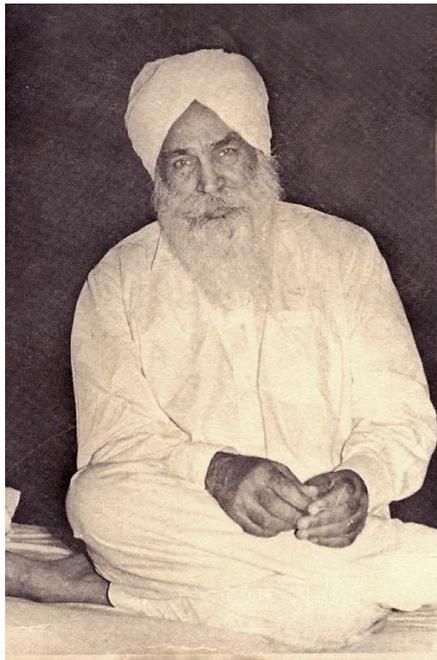
ruhanisatsangusa.org/lok/occupied.htm



Simran should not be done in haste. It should be done slowly and with love and devotion, the Names being repeated clearly and correctly.

(Sant Kirpal Singh)

Philosophy of the Masters

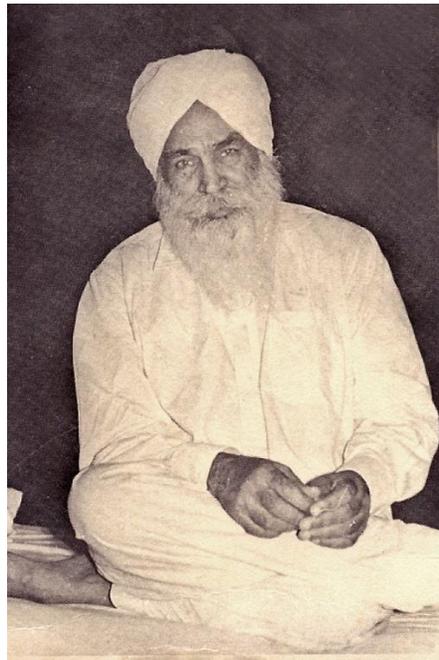


Do simran as if one were collecting or counting precious jewels. Each repetition of a word or words should be done with the mind attentive, much like a jeweler who inspects each diamond with meticulous care.

(Jagat Singh)



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)



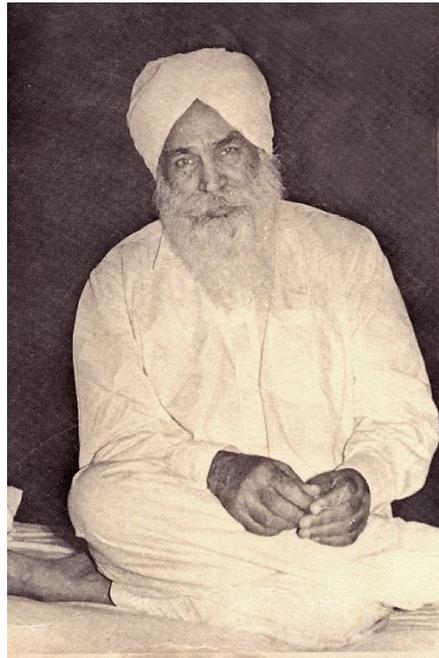
When anyone would complain to Hazur about inability to still the mind, He would reply, “Your Simran is not constant enough.” And for the complaint of not being able to sit for long in meditation, the same reply was given.

(Sant Kirpal Singh)

Night is a Jungle, 190



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)



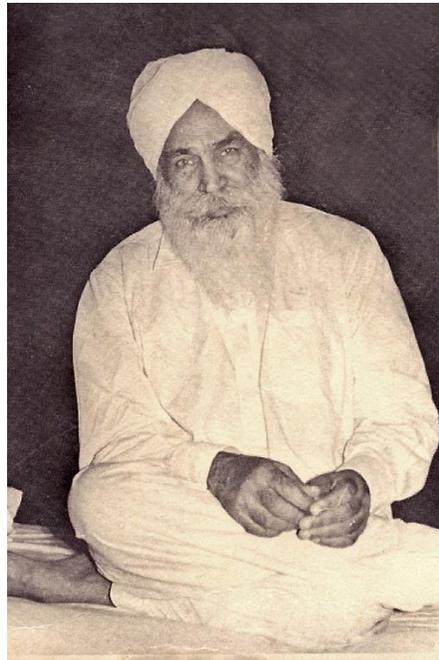
Remember, only that breath is truly valuable, which is spent in remembering the True Name of the Lord; all other breaths you breathe, spent in some other schemes and plans, are useless.
(Kabir)



So Master is the very life of the initiate. Don't forget Him. Do nothing more, you'll become what He is. But we are always thinking of the worldly things. If your attention is always diverted to the Master - higher consciousness – you'll be charged with Him. Whatever is in Him, will be transferred to you without request. You'll become the mouthpiece of the Master.

(Sant Kirpal Singh)

ruhanisatsangusa.org/lok/dont-forget.htm



The man-body is the Temple of God, in which God resides and we also reside. So constant remembrance, sweet remembrance, is bliss giving, especially in cases where man has a contact with Him. If you have seen Him and enjoyed His love, that love becomes embedded in your heart.

(Sant Kirpal Singh)

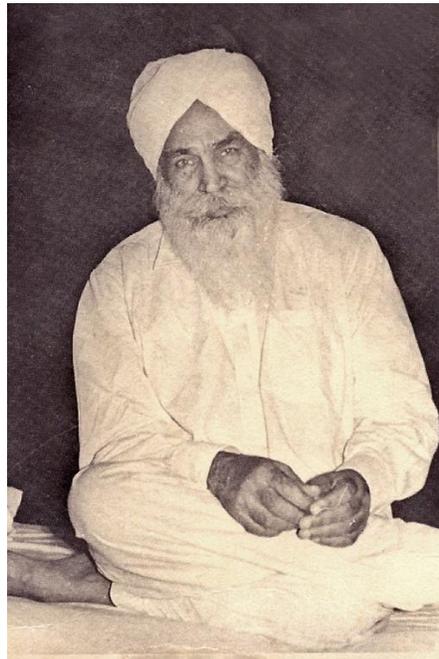
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How to still the mind? There is one remedy: think of your Master. If a child is going around with his hand in his father's hand, no dacoit will dare touch the child. Always be conscious, be aware of the Father. Have sweet remembrance of Him, then the mind will not tell you anything; it will not harm you. When you forget the Master - the God in Him – then the mind attacks. It robs you; drags you to the outgoing faculties and the earth.

So for that reason have the sweet remembrance of the Master. It is the panacea for stilling the mind. But it should be SWEET remembrance - not automatic. Sweet remembrance of the Master is sweet remembrance of God. He always thinks of your welfare, so that you may reach your True Home - that's all.

(Sant Kirpal Singh, Sat Sandesh 1/74)



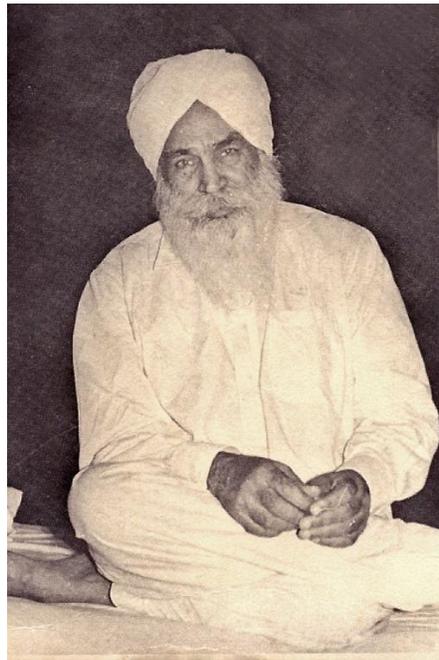
Love for Simran is awakened only by doing it.



Wherever our desire is, we shall go there.
That is why a person's thought should be on God at the time of death.

(Sant Kirpal Singh)

ruhanisatsangusa.org/serpent.htm



If you have been accustomed to one thought, a ruling passion in your life, then naturally that will be the last thought with you. Anything which has been ruling your mind will come up.

(Sant Kirpal Singh)

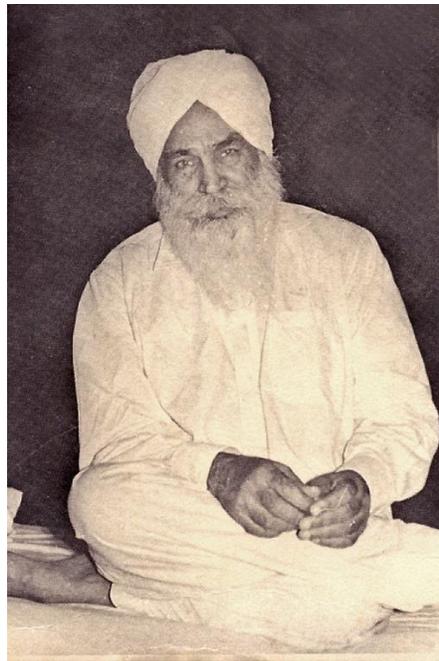
ruhanisatsangusa.org/lok/protection.htm



I say, even if you are not able to put in much labor, try to develop love for a mahatma or for a realized soul. If you really love a saint or mahatma, then - asleep or awake - you always think of him. Where would you go after death? You go to the place of the person on whom your thoughts have been dwelling all along.

(Baba Sawan Singh)

Spiritual Gems, letter 13



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)

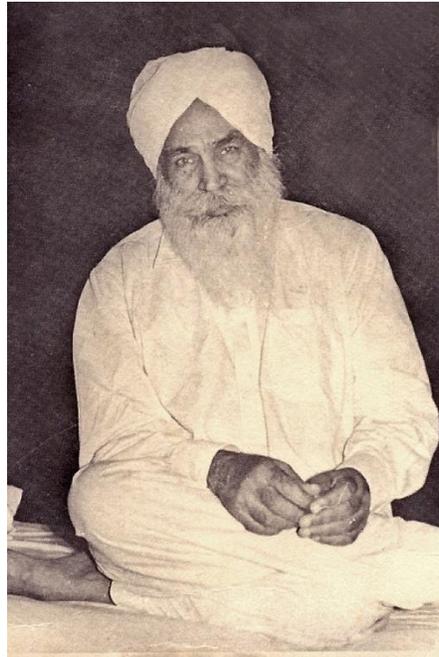


When you think of the Lord all the time, nothing can bind you to matter;
hence you do not have any rebirths, for it is said:

“Through Simran of the Lord, you do not pass through the womb.”

(Sant Kirpal Singh)

Jap Ji - Introduction



If You welcome me, then I am Your accepted one:

If You do not, I am still Your rejected servant!

I should not be worried whether You accept or reject me:

My task, in either state, is to remain preoccupied with You!

(Sharafuddin Maneri)



Kirpalct@yahoo.com

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

