

Night Meditation



How is it,
that those people are most beautiful who pray at night?
Because they are alone with the All-Merciful
who covers them with Light from His Light.
(Hasan Ibn 'Ali)



Dedicated to
Sant Kirpal Singh Ji Maharaj



Our Hazur [Baba Sawan Singh] used to say that the Satguru hovers around during the night, trying to distribute this Precious Treasure; but the world's eyes are filled with sleep, completely unaware that it is available. Man sleeps the profitable night hours away. (Sant Kirpal Singh, ruhanisatsangusa.org/disciple.htm)



Rise early at dawn, when our storytelling begins. In the dead of the night, when all other doors are locked, the door for the lovers to enter opens. Be wide awake in the dark when lovers begin fluttering around the Beloved's window, like homing pigeons arriving with flaming bodies. (Shaikh Abu-Saeed Abil-Kheir)



At the ambrosial hour of the early dawn, be ye in communion with the Divine Word, and meditate on His glory. (Guru Nanak)

You can make your home a lonely forest. Is not the night a lonely forest?
Just consider for a moment. Those who have made the best use of their nights,
by knowing oneself and the Overself, have themselves been made. Those who have
wasted their nights in frivolous pursuits have wasted themselves. (Sant Kirpal Singh,
ruhanisatsangusa.org/jungle.htm)



Each night I pray is a happy night for me, because the messenger of my Friend is
near to me. Everyone loses his light when night comes. For me, my Light comes
when time for prayer comes! Day of separation gone, the night of Union arrives;
O day, please end, let the night remain! (Sanai Ghaznavi)



At night when the sun of my soul rises and my Beloved arrives, I think of a
thousand tricks to stitch my night to eternity wishing the day would never arrive.
(Attar)

The history of the lives of all the Saints reveals the intensity of their desire and longing for the Lord. The people of the world eat, drink and are happy with the worldly pleasures, and sleep soundly at night. But a lover weeps and sighs, and is wide awake the whole night long in his longing to meet the Beloved. Such a soul pines to meet the Lord and cries out: “Oh, will it ever be possible for these eyes to see Him!” (Sant Kirpal Singh, *Philosophy of the Masters*)



O thou beautiful moon-like seeker, if you do not sleep at night you will gain the treasure of immortality. Your night will become resplendent with that hidden Sun. Your eyes will open and you will behold His splendor. (Shams i-Tabriz)



It is futile to look for your true Friend elsewhere, empty your heart of all and you'll find him right there. Cut down on your sleep to bring your Beloved into your dreams, for this great boon is granted in early dawn to the sleepless dreamer. (Jami)

Early morning is the most beneficial time for meditation. Supreme oneness of thought upon the true Naam is had at the ambrosial small hours before dawn. So rise early, and shake off all feelings of sloth.... When you arise in the morning, be awakened - have a bath or wake yourself by any means, but be really awake when you sit down for meditation. With these habits, even in sleep your meditation will continue; and when awake, even then you will have that meditative attitude all day. (Sant Kirpal Singh, ruhanisatsangusa.org/chaupar.htm)



Awake, my heart, your Master is near. Run to the Beloved so close by your drowsy head. Having slept for ages without number, isn't this the morning to wake up?
(Kabir)



The heights by great men reached and kept were not attained by sudden flight, but they while their companions slept, were toiling upward in the night.
(Henry Wadsworth Longfellow)

If man can control the dim hours from sunset to sunrise, he becomes a true human being. But instead we eat, drink, enjoy the worldly pleasures until midnight, and then snore the rest of the night away. (Sant Kirpal Singh, *The Night is a Jungle*, 347)



God distributes musk at night. Those who remain asleep do not receive their share. And indeed what right have they to get it when they have a greater love for their sleep? (Farid)



The breeze of dawn blows every particle of dust to ecstasy; whoever received a robe of honor received it at this hour. Rise early and let your longing sigh, for nothing brings a human more joy or may elevate one as high. (Attar)

Success awaits those who lose their heads in the pursuit of God. Living in ease and comfort, sleeping long and getting up when you will, meditating fifteen and twenty minutes at your convenience, and making up excuses for your lapses are not the means by which you reach Him. (Sant Kirpal Singh, *Sat Sandesh*, July 1988, 23)



O seeker! Cease your sleep at night and walk into the street of those who keep a vigil. You will behold them happy and blissful in the Lord's refulgence within, like lovers deep in contemplation of their Beloveds. (Rumi)



Be an early riser, seek the Beloved in your silence and solitude. Do not let go of the One who receives you at the end. Avoid attachment to all and everyone else. (Shaikh Abu-Saeed Abil-Kheir)

A man who works during the day naturally feels tired in the evening. For him sleep is essential and it comes automatically to remove the fatigue of the day. Thus, only the latter part of the night remains during which a person can do meditation in complete alertness. The time of Elixir begins from three in the morning. The body and mind are refreshed and calm, and fit for meditation. Therefore, the latter part of the night is considered more beneficial for this purpose. (Sant Kirpal Singh, *Philosophy of the Masters*, Series 1, Chapter 4)



Do not spend all your night in sleeping. Sleep as much as it is required for maintaining good health, but don't spend all your night in sleep. Wake up early in the morning and do the meditation. (Guru Arjan)



It is the dark of the early morning, Friend. All those thirsting after You have their foreheads on the dust at Your gate. O Beloved source of the Water of Life, pray order Your wine bearer to water this pile of dust! (Shaikh Abu-Saeed Abil-Kheir)

Masters never sleep. Our Hazur would retire to his bedroom at about midnight or 1 A.M., and at 3 A.M. would rise again. So this can become a habit. When the soul gets a connection with the Greater Consciousness, it gains strength and refreshment. If one removes the attention from the body and goes up, the body gets perfect rest. The law is that if one gets true sleep for just a few minutes, it is enough. For those who travel on this Path, reduction in sleep is a very frequent occurrence. But for those who have not progressed very far, it is something like a miracle to see a person awake all the time. So when night comes along, be in His remembrance. Go into the Lord's lap and rest. If the night is used unwisely, the whole life is ruined, and those who use the nights to their advantage secure their whole future. (Sant Kirpal Singh, ruhanisatsangusa.org/pdf/ss72/ss197201.pdf)



It is the practice of Saints to keep awake at night. Men of the world spend this time in sensual and worldly pleasures. Men of God spend their nights in remembering Him. Both are awake, but the blessed are those who utilize it in Hari-Kirtan, that is, in the remembrance of the Lord. (Adi Granth, Maru 5, 1018-11)



Before the dawn comes be of the early risers. During the day be of the mourners. Cling to the One who cannot leave you, and from all else wash your hands. (Jami)

So, when night comes along, be in His remembrance. Go into the Lord's lap and rest. If the night is used unwisely, the whole life is ruined, and those who use the nights to their advantage secure their whole future. Free your mind of all things and have but a single thought all night, and in the morning continue with that thought and sit in an awakened state; your soul will partake of the spiritual food, the very Bread of Life. With this, all gifts will be received. (Sant Kirpal Singh, ruhanisatsangusa.org/chaupar.htm)



During the time of Elixir one should attach oneself to devotion of the Lord, because at this time such efforts blossom and bear fruit without fail, which never diminish and lead to honor both here and beyond. Sowing the Lord's Name when the morning is young, the devotee reaps an inexhaustible harvest. Both now and hereafter, the devotees are blest with the glory of the Lord's riches. (Guru Ram Das)



When the world is finally calm and asleep be awake, alone, distant from yourself, and let your heart call your Beloved. That which one might receive on such a night is unlike the trinkets we are here offered. (Attar)

At the time of Elixir the mind is quite fresh and the day's turmoils have not spread their tentacles over it. With the rising of the sun and the falling of its rays, our thoughts begin to scatter. In the early morning hours a person is very near God. Concentration attained and meditation done at this time leave their impression on the day's work. And whatever such a person does, he does with a concentrated mind. (Sant Kirpal Singh, *Philosophy of the Masters*, Series 1, Chapter 4)



There is seclusion at night. Our Beloved is within us, and what a gracious time it is! The Sound Currents of Naam are reverberating on all sides and are easily audible in the silence of the night. If you have an intense longing to meet your Lord, you should know the darkness of the night is like the long black tresses of the Beloved, spread everywhere. And if you continue to sleep at night, then you should be ashamed. (Shams-i-Tabriz)



Arise in the midst of the night and commune with thy God. The ego will be crushed and things will be revealed to thee thou did not know before and thy path in life will be made smooth. (Koran)

The night is a jungle — do your work (worldly duties) in the daytime and then benefit from the night. The true purpose of having the human form is to make daily progress toward the great Goal, so sit down each day and see where you are. As the renunciate leaves everything and goes to the woods, you can sit down nightly in your home, forgetting the world and freeing yourself from all entanglements. (Sant Kirpal Singh, ruhanisatsangusa.org/pdf/NIAJ.pdf)

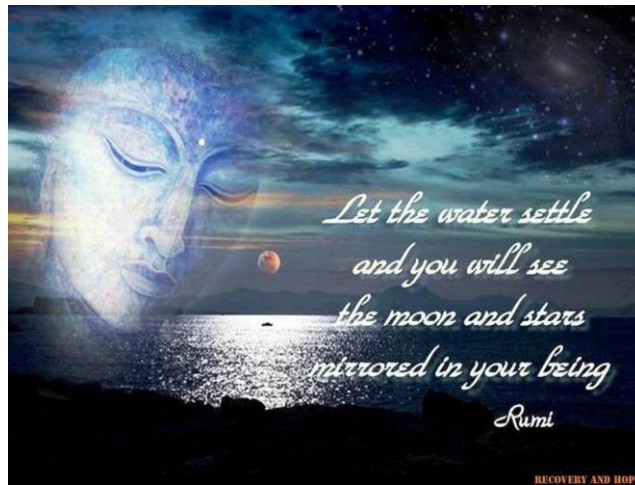


You have spent thousands of nights in endeavoring to fulfill your desires and cravings, but if you do not sleep for the sake of your Beloved, then what harm can befall you? Do you not know that whatever the spiritual kings possess was obtained by them at night? (Shams-i-Tabriz)



So long as a lover breathes, he seeks the Lord and tries hard to meet his dear Beloved. He keeps awake night after night in devoted attention to this end. (Guru Amar Das)

One's duties and social obligations with family and friends should be performed with pleasure, because God has joined you together, for the sake of give and take. But in the night you can feel free from all this and repose in His lap. It is not at all necessary to leave your home and family for meditation when you have the long lonely nights. When you are wholly absorbed in some object, it is a true sanyas, cutting off from all other things, and if we start from today, most definitely our lives will change. (Sant Kirpal Singh, ruhanisatsangusa.org/jungle.htm)



O my heart, if you wish to bathe in the light of your Beloved's face, awake at early dawn, leave the comforts of your bed, sit in meditation in a corner, and you will behold Him. (Kutubdin)



God appears, and God is Light to those dear souls who dwell in night: but doth a human form display to those who dwell in realms of day. (William Blake)

They say that if one's early morning hours are wasted in sleep, one dies before living. (Sant Kirpal Singh, *The Teachings of Kirpal Singh*, vol. 3, 18)



Night is the time when the Beloved Lord appears. Those who are asleep at this time are depriving themselves of a great boon. Day is for work, but night is for love and devotion to the Lord. Therefore, the whole night should be spent in communion with the Lord. The whole world sleeps, but the devotees spend the night in meditation at the Feet of the Lord. (Shams i-Tabriz)



While ordinary people waste the time of Elixir in deep sleep, regarding it as night, the devotees of the Lord keep awake. But during the day when ordinary people are awake, the devotees of the Lord consider it to be night. (Krishna)

Hafiz also has similarly stressed that the key to the Treasure of God lies in meditation during the early morning hours and pining for the Lord the whole night. In other words, you should tread this Path so that you may meet your Beloved. The lovers of God keep awake in meditation at night, particularly in the early morning hours. They repeat His Name, and are rid of all their sufferings and cares, anxieties and dissensions. (Sant Kirpal Singh, *Philosophy of the Masters*, Series 1, Chapter 4)



The mother, and queen, of all sadhanas is morning sadhana. Morning sadhana is done in the 2 ½ hours before the rise of the sun. Wisdom traditions of all types have discovered the special qualities of this early time of the morning, these ambrosial hours, in which we can determine our reality and separate ourselves from fantasies, illusions, and even delusions, the denizens of our subconscious. (Yogi Bhajan)



O my son, forsaking your sleep at midnight, lie awaiting your Beloved's glance. (Kutubdin)

Rise early every day, and do your meditation. Rise before sunrise, and repeat the Naam; All negative effects will be mitigated, O Nanak. Early morning is the most beneficial time for meditation. Supreme oneness of thought upon the True Naam is had at the ambrosial small hours before dawn. (Sant Kirpal Singh, ruhanisatsangusa.org/pdf/ss72/ss197201.pdf)



O God, the stars are shining, all eyes have closed in sleep; the kings have locked their doors. Each lover is alone, in secret, with the one he loves. And I am here too: alone, hidden from all of them – with You. (Rabia)



Enter the tumultuous night and from its ocean gather gifts unnamed. The night hides the beauty of the hidden; the day cannot compare with mysterious night. Sleep he will not want, and sleep unsound He who has not seen the magical night. Many pure hearts and minds are nothing but slaves to the night. The night is but an empty black pot if you want to discover the mystery of the night. The way is long, God speed, O friends, if you want to discover the mystery of the night. The trade of day is in commerce; it's quite another trade at night! (Rumi)

The fruit of meditation done in the first part of the night is just like the budding of the trees, but meditation during the latter part of the night is like the tree bearing the ripe fruit. At this time, one gets the Grace of God. (Sant Kirpal Singh, *Philosophy of the Masters*, Series 1, Chapter 4)

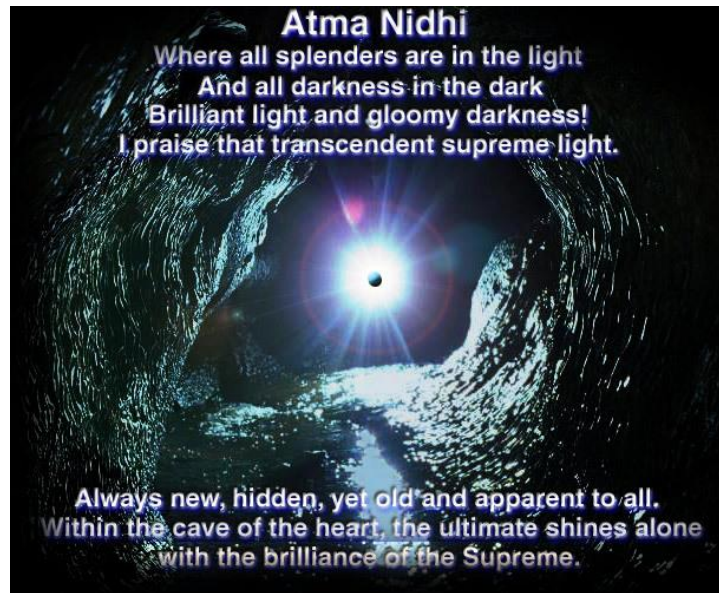


The devotees of the Lord plant the seed of the Lord's wealth in the ambrosial hours of the Amrit Vaylaa; they eat it, and spend it, but it is never exhausted. In this world and the next, the devotees are blessed with glorious greatness, the wealth of the Lord. (Guru Ram Das)



Every dawn I bring my heart to You, my lamentations are to soften Your heart, so You grant me the honor of being a beggar at Your gate, and no one else's. (Shaikh Abu-Saeed Abil-Kheir)

All times are good for meditation, and one should utilize whatever time suits him. But the morning time just before daybreak, and evening time immediately after sunset – are particularly beneficial, because these times unite night and day (dusk and dawn), and spiritual currents are particularly strong and powerful at such a time. During the day, we are engaged in the affairs of the world. Therefore only night remains for devotion to the Lord. (Sant Kirpal Singh, *Philosophy of the Masters*, Series 1, Ch 4)



It is burning of the heart I want; this burning which is everything, more precious than a worldly empire, because it calls God secretly, in the night. (Rumi)



When the night is young, it yieldeth flower. When old, the fruit; Yea, they who keep awake in God, alone are blest. (Farid)

The early morning hours are best suited for practice of the Sound Principle, for the mind is yet fresh out of sleep and has not yet wandered into the daily routine of the physical life. In the early morning hours commune with the Word leaving aside all attachments. (Sant Kirpal Singh, ruhanisatsangusa.org/naam/naam_shabd3.htm)



There is some kiss we want with our whole lives, the touch of spirit on the body. At night, I open the window and ask the moon to come and press its face against mine. Breathe into me. Close the language-door and open the love-window. The moon won't use the door, only the window. (Rumi)



The dead regret not dying, but having lost opportunities in life. Well said that leader of mankind, that whosoever passes away from the world does not grieve and lament over his death, but grieves ever over lost opportunities. He says, "Why did I not keep death always in view, which is the treasury of wealth and sustenance? Why did I blindly all my life set my affections on vain shadows which perish at death? My regret is not that I have died, but that I rested on these vain shadows in life. I saw not that my body was a mere shadow or foam, which foam rises out of and lives on the Ocean (God). (Rumi)

Meditation and Sleep

Sant Darshan Singh Ji

Question: I heard that through meditation one can get more benefit than from sleeping.

Sant Darshan Singh: When we are sleeping, our mind is in a semi-conscious or unconscious state; but mind is still working. We have our dreams, we have our nightmares, and even though we may not be aware of it we sometimes move our hand, our foot, or our head, or we toss about in our sleep. So our body is not getting complete rest. But when we are in meditation and we learn to rise above body-consciousness, then our body is completely at rest. Our soul soars into the higher planes and our body is fully at rest. So if we are able to rise above body-consciousness and are even able to put in one hour in that state, then our body has complete relaxation for one hour; whereas in sleep even four or six hours of sleep might not give the same comfort and calmness to our body. So an hour of real meditation in which we soar above the body-consciousness is worth many hours of sleep so far as rest to our body is concerned. It is very scientific and very simple.

Question: For beginners on the path, can you give some idea of how much sleep one needs?

Sant Darshan Singh: Sleep is a matter of our personal physical need. Doctors generally prescribe six to seven hours sleep for the average person, but we have seen that a good student sleeps less because he needs to put in more time for studies. And I can give you an example from my own life regarding sleep. We used to go through our course work and have as many revisions or reviews as possible, and in that process there have been many nights that became complete vigils. And sometimes I have gone to the examination hall without having had a wink of sleep. And that is true of other good students also.

Question: Do you think it is good to do that?

Sant Darshan Singh: It is just a matter of your own passion and zeal for the objective in view. It is good if that becomes a way of life with you. But it all depends on how much passion and zeal you have for your goal. And then we always adjust it to meet our physical needs. If somebody is sick, he might need a little more rest. If somebody is in a normal state, he might need four, five, or six hours sleep according to one's own physical needs and zeal for the objective in view. There is a phrase about those who have attained heights in their worldly and spiritual spheres: They have burned the midnight oil. So it all depends on how we are able to adjust our physical needs and our goals.

Question: Can we do it if we really have the desire?

Sant Darshan Singh: Yes. And once we start becoming really spiritual or start coming above body-consciousness, then our need for physical sleep lessens.

One of my relations once went and complained to our Beloved Master Sant Kirpal Singh, "Darshi (the affectionate name Beloved Master used to call me) sleeps only for about an hour and a half." And the Beloved Master replied, "An hour and a half? Even fifteen minutes should be enough for him!"

Question: When I try to sleep less, I cannot avoid being sleepy the next day. Then, anytime I sit for meditation I fall asleep.

Sant Darshan Singh: How much do you sleep?

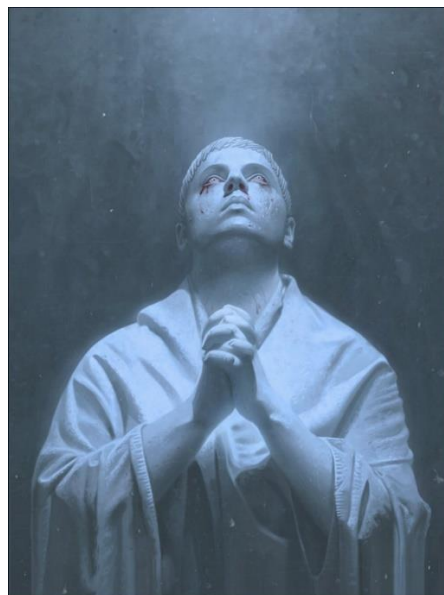
Question: About four or five hours.

Sant Darshan Singh: Then in your case, you should sleep for six hours and then be alert. When you sleep, you should sleep. When you are awake, you should be awake. When you play, you should play. When you study, study. Increase your time of sleep from five to six hours. But then don't get up and feel drowsy because that doesn't pay.

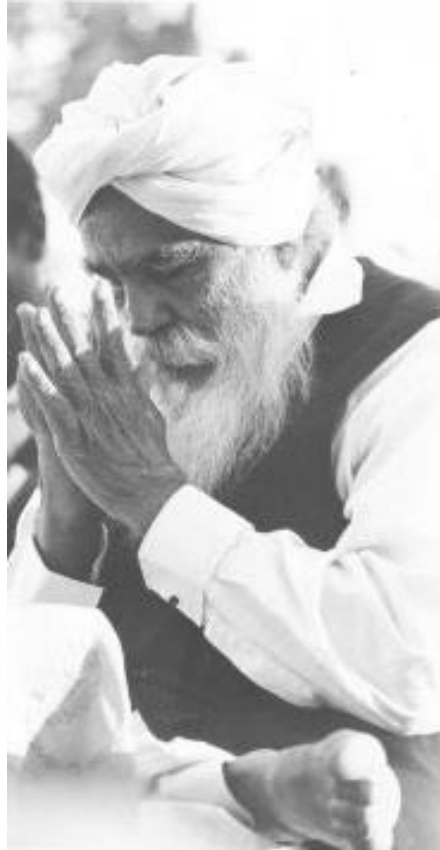
When we sit in meditation we have to be conscious; we should not be drowsy, we should not feel sleepy. Have your full quota of sleep. You are a young man, if you need a little more, then you can have it, but when you get up you should insure that you are fully awake. We can really become fully awake when we become fully conscious and that is a higher stage of spirituality. But at least physically we should be fully awake. (*Sat Sandesh*, August 2001)



You imagined that you would accomplish this task through your own strength, activity, and effort. This is the rule that has been established: expend everything you have in journeying on the Way. Then the bounty will come to you. On this endless road, you are commanded to travel with your own feeble hands and feet. God knows that you cannot traverse this Way with feet so feeble. Indeed, in a hundred thousand years you will not arrive at the first way station. However, when you travel this road until your legs are exhausted and you fall down flat, until you have no more strength to move forward, then God's grace will take you in its arms. (Rumi)



Slumber not at the hour of duty to the Lord; wake up and keep your vigil;
you know not if the cold hand of death will grasp you the next moment.
(Kabir)



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