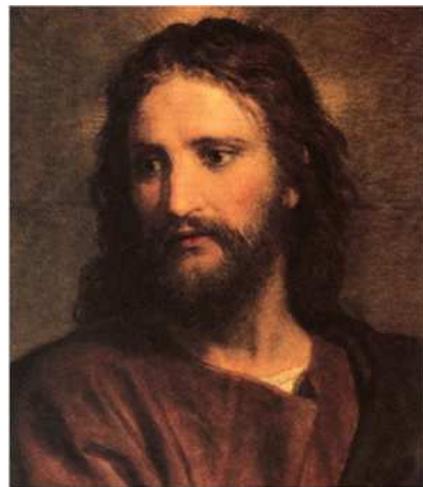


**Perennial Wisdom:
Teachings of Four Spiritual Giants**



Perennial Wisdom: Teachings of Four Spiritual Giants:

Lord Krishna; Gautama the Buddha; Jesus Christ; Sant Kirpal Singh



The teachings of Lord Krishna are from The Bhagavad Gita; the teachings of the Buddha are primarily from The Dhammapada; the teachings of Jesus Christ are from The New Testament; the teachings of Sant Kirpal Singh are from His talks and writings:

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Reaching the Goal

One person in many thousands may seek perfection, yet of these only a few reach the goal and come to realize me. (Krishna)

Through constant effort over many lifetimes, a person becomes purified of all selfish desires and attains the supreme goal of life. (Krishna)



Few cross the river of time and are able to reach nirvana. Most of them run up and down only on this side of the river. But those who know the law and follow the path of the law, they shall reach the other shore and go beyond the realm of death. They leave darkness behind and follow the Light. (Buddha)

This world is indeed in darkness, and how few can see the Light! Just as few birds can escape from a net, few souls can fly into the freedom of heaven. (Buddha)

It is hard to obtain human birth, harder to live like a human being, harder still to understand the dharma, but hardest of all to attain nirvana. (Buddha)



Reaching the Goal

You can enter God's Kingdom only through the narrow gate. The highway to hell is broad, and its gate is wide for the many who choose that way. But the gateway to life is very narrow and the road is difficult, and only a few ever find it. (Jesus Christ)

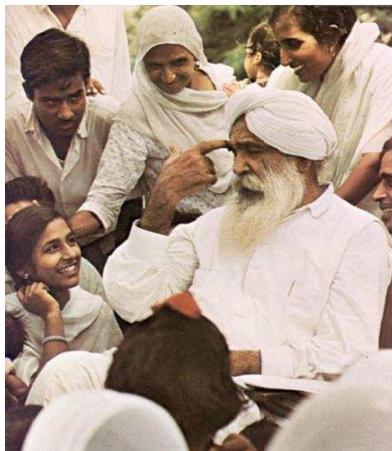


Spirituality is the highest goal in man's life and it is also the most difficult. (Sant Kirpal Singh)

To understand the teachings of the Master and strictly follow them from day to day, to confide in Him and to completely surrender one's self, body and soul, to His will is not an easy thing to do. (Sant Kirpal Singh)

Very few men, in all God's creation, ever see Him and realize Him. Lord Krishna told that one in a thousand walks toward Him; and if a thousand such ones were found, then from them only one will take what is offered; and if a thousand of those were found, only one from them will realize it. In hundreds of thousands, there is none; in millions, there may be one. (Sant Kirpal Singh)

Everything that is holy, lovely and good is hard, but the rewards are supremely superb. (Sant Kirpal Singh)



Sant Kirpal Singh

Meditation

When meditation is mastered, the mind is unwavering like the flame of a lamp in a windless place. In the still mind, in the depths of meditation, the Self reveals itself. (Krishna)

Those who aspire to the state of yoga should seek the Self in inner solitude through meditation. With body and mind controlled they should constantly practice one-pointedness, free from expectations and attachments to material possessions. (Krishna)

It is true that the mind is restless and difficult to control. But it can be conquered through regular practice and detachment. Those who lack self-control will find it difficult to progress in meditation; but those who are self-controlled, striving earnestly through the right means, will attain the goal. (Krishna)



Why is there laughter, why merriment, when this world is on fire? When you are living in darkness, why don't you look for Light? (Buddha)

Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what holds you back, and choose the path that leads to wisdom. (Buddha)

There can be no meditation for those who are not wise, and no wisdom for those who do not meditate. Growing in wisdom through meditation, you will surely be close to nirvana. (Buddha)

Meditate deeply, discriminate between the pleasant and the permanent, and break the chains of death. (Buddha)

Don't run after pleasure and neglect the practice of meditation. If you forget the goal of life and get caught in the pleasures of the world, you will come to envy those who put meditation first. (Buddha)

Meditate now, lest you regret it later. (Buddha)

Meditation

The Kingdom of God is within you. (Jesus Christ)

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. (Jesus Christ)

When you pray, go into a room by yourself, shut the door, and pray to your Father who is there in the secret place. (Jesus Christ)

The Light of the body is the eye: therefore when your eye is single, your whole body is full of Light; but when your eye is evil, your body also is full of darkness. Take heed therefore that the Light which is in you be not darkness. (Jesus Christ)

God is spirit, and his worshipers must worship in spirit and in truth. (Jesus)



Meditation is most necessary, for only by meditation will all things come of their own accord. (Sant Kirpal Singh)

Get the full benefit of meditation, and increase it day by day. The more you increase it, the nearer will you advance toward your goal. If you refuse, the day will come when you will be filled with regret for the lost opportunity. (Sant Kirpal Singh)

One's whole life can be changed with meditation and love for the Guru. The Guru will then appear within. (Sant Kirpal Singh)

Learn to sit still and be mentally still, and the silence thus generated will be more vocal than words spoken and written; and you will have an instantaneous solution not only to your personal problems but to the problems of others as well. This is the greatest secret of success. (Sant Kirpal Singh)

Reform Yourself

The supreme Reality stands revealed in the consciousness of those who have conquered themselves. They live in peace, alike in cold and heat, pleasure and pain, praise and blame. (Krishna)

They are completely fulfilled by spiritual wisdom and Self-realization. Having conquered their senses, they have climbed to the summit of human consciousness. To such people a clod of dirt, a stone, and gold are the same. They are equally disposed to family, enemies, and friends, to those who support them and those who are hostile, to the good and the evil alike. Because they are impartial, they rise to great heights. (Krishna)

Be fearless and pure; never waver in your determination or your dedication to the spiritual life. Give freely. Be self-controlled, sincere, truthful, loving, and full of the desire to serve. Realize the truth of the scriptures; learn to be detached and to take joy in renunciation. Do not get angry or harm any living creature, but be compassionate and gentle; show good will to all. Cultivate vigor, patience, will, purity; avoid malice and pride. Then, Arjuna, you will achieve your divine destiny. (Krishna)



If by forsaking a small pleasure one finds a great joy, he who is wise will look to the greater and leave what is less. (Buddha)

One who conquers himself is greater than another who conquers a thousand times a thousand men on the battlefield. (Buddha)

As irrigators lead water where they want, as archers make their arrows straight, as carpenters carve wood, the wise shape their minds. (Buddha)

When you realize that something is unwholesome and bad for you, give it up. And when you realize that something is wholesome and good for you, do it. (Buddha)

Love the whole world as a mother loves her only child. (Buddha)

Reform Yourself

Blessed are the pure in heart, for they shall see God. (Jesus Christ)

If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your brothers, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect. (Jesus Christ)

Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, "Let me take the speck out of your eye," when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye. (Jesus)

Whoever has my commands and obeys them, he is the one who loves me. He who loves me will be loved by my Father, and I too will love him and show myself to him. (Jesus Christ)



Changing over from material to spiritual man is the most difficult part of spirituality and when you learn to perfect yourself in that field, then God-realization is not difficult. (Sant Kirpal Singh)

One who permits himself or herself to be disturbed by what others say and do, is without question one who is still controlled by the ego and has yet to conquer the self, and learn the rudiments of spirituality. (Sant Kirpal Singh)

Purity of body, mind and soul is the most important factor in winning the love of the Lord. It may be considered in three different stages - Repentance, Forgiveness and Abstention. (Sant Kirpal Singh)

When you come in contact with Light and Sound Power within, you have not to adopt any virtues, but everything, all virtues, will come within you of themselves. (Sant Kirpal Singh)

Living in Delusion

Delusion arises from the duality of attraction and aversion; every creature is deluded by these from birth. (Krishna)

Life after life I cast those who are malicious, hateful, cruel, and degraded into the wombs of those with similar demonic natures. Birth after birth they find themselves with demonic tendencies. Degraded in this way, Arjuna, they fail to reach me and fall lower still. There are three gates to this self-destructive hell: lust, anger, and greed. Renounce these three. Those who escape from these three gates of darkness, Arjuna, seek what is best and attain life's supreme goal. Others disregard the teachings of the scriptures. Driven by selfish desire, they miss the goal of life, miss even happiness and SUCCESS. (Krishna)



From craving arises sorrow and from craving arises fear. If a man is free from craving, he is free from fear and sorrow. (Buddha)

The man who is disturbed by wrong thoughts, whose selfish passions are strong and who only seeks sensuous pleasures, increases his craving desires and makes stronger the chains he forges for himself. (Buddha)

Like a spider caught in its own web is a person driven by fierce cravings. Break out of the web, and turn away from the world of sensory pleasure and SORROW. (Buddha)

The compulsive urges of the thoughtless grow like a creeper. They jump like a monkey from one life to another, looking for fruit in the forest. (Buddha)

When these urges drive us, sorrow spreads like wild grass. Conquer these fierce cravings and sorrow will fall away from your life like drops of water from a lotus leaf. (Buddha)

Even a shower of gold cannot quench the passions. They are wise who know that passions are passing, and bring pain in their wake. (Buddha)

Living in Delusion

What good will it be for a man if he gains the whole world, yet forfeits his soul? Or what can a man give in exchange for his soul? (Jesus Christ)

Not everyone who says to me, “Lord, Lord,” will enter the kingdom of heaven, but only he who does the will of my Father who is in heaven. (Jesus)

The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks. (Jesus Christ)

If anyone says, “I love God,” and hates his brother, he is a liar; for he who does not love his brother whom he has seen cannot love God whom he has not seen. (1 John 4: 20)

Though seeing, they do not see; though hearing, they do not hear or understand. (Jesus Christ)

Everyone who exalts himself will be humbled, and he who humbles himself will be exalted. (Jesus Christ)



The worst of all bad habits is to criticize others. (Sant Kirpal Singh)

Swami Ji has said that we should not hesitate to go all out to still the mind. We do not fully grasp that the mind takes everyone to his doom. It is like a thousand-faced snake, which is constantly with each being; it has a thousand different ways of destroying the person. The rich with riches, the poor with poverty, the orator with his fine speeches – it takes the weakness in each and plays upon it to destroy him. (Sant Kirpal Singh)

So mind is a disciple of the Negative Power, you see. It is working to take you away from the Path, from God. (Sant Kirpal Singh)

Mind is material, it will always drag you to the material things. (Sant Kirpal)

Moderation

Those who eat too much or eat too little, who sleep too much or sleep too little, will not succeed in meditation. But those who are temperate in eating and sleeping, work and recreation, will come to the end of sorrow through meditation through constant effort they learn to withdraw the mind from selfish cravings and absorb it in the Self. Thus they attain the state of union. (Krishna)

For the one who is moderate in eating, recreation, working, sleeping, and waking, this yoga of meditation destroys all sorrow. (Krishna)



Eating too much, sleeping too much, like an overfed hog, those too lazy to exert effort are born again and again. (Buddha)

Monks, these two extremes ought not to be practiced by one who has gone forth from the household life. There is addiction to indulgence of sense-pleasures, which is low, coarse, the way of ordinary people, unworthy, and unprofitable; and there is addiction to self-mortification, which is painful, unworthy, and unprofitable. Avoiding both these extremes, the Perfect One has realized the Middle Path; it gives vision, gives knowledge, and leads to calm, to insight, to enlightenment and to nirvana. (Buddha)



Moderation

If the servant thinks, 'My master won't be back for a while,' and he begins beating the other servants, partying, and getting drunk? The master will return unannounced and unexpected, and he will cut the servant in pieces and banish him with the unfaithful. (Jesus Christ)

Woe to you, teachers of the law and Pharisees, you hypocrites! You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence. (Jesus Christ)

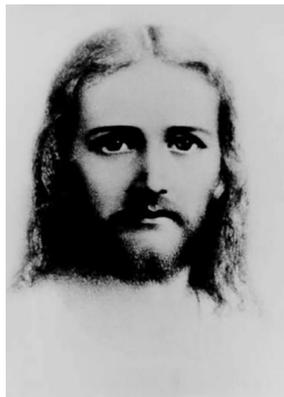


The seeker must strive toward a state of equipoise and must therefore cultivate the virtue of moderation in thought and deed. The integration he thereby achieves enables him to gain greater concentration, and so higher inner experience, and this inner experience must in turn have repercussions on outer thoughts and action. (Sant Kirpal Singh)

Food was made for man's needs - eat in moderation, and you will be successful. (Sant Kirpal Singh)

If Buddha emphasized the need for moderation and non-attachment, Christ for love, the Sikh teachings succeed in stressing all facets. (Sant Kirpal Singh)

A true disciple revels in inner bliss giving silence and has great tolerance and moderation in all things. (Sant Kirpal Singh)



Thoughts

One gradually attains tranquility of mind by keeping the mind fully absorbed in the Self by means of a well-trained intellect, and thinking of nothing else. (Krishna)

The serenity of mind, gentleness, silence, self-restraint, and the purity of mind are called the austerity of thought. (Krishna)



All that we are is the result of what we have thought: it is founded on our thoughts, it is made up of our thoughts. If a man speaks or acts with an evil thought, pain follows him, as the wheel follows the foot of the ox that draws the carriage. (Buddha)

All that we are is the result of what we have thought: it is founded on our thoughts, it is made up of our thoughts. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him. (Buddha)

Be vigilant; guard your mind against negative thoughts. Pull yourself out of bad ways as an elephant rises itself out of the mud. (Buddha)



Thoughts

Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. (Jesus Christ)

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? (Jesus)

Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. (Jesus Christ)

You have heard that it was said, “Do not commit adultery.” But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. (Jesus Christ)



As you think so you become. (Sant Kirpal Singh)

Cast away all negative thoughts, and instill positive ones in their place. (Sant Kirpal Singh)

A measure of success of how well you are succeeding in handling your outer environment will be a gradual awareness that you are becoming the master of your own thoughts. (Sant Kirpal Singh)

All virtues exercised in righteous living are good, but that of nonviolence of thought is the highest. (Sant Kirpal Singh)

Any time you feel overtaken with unloving thoughts towards anybody, you should resort to the Simran of Names and think of the Master. (Sant Kirpal)

One good thought will give you an abundance of good thoughts; all atmospheric right effects will come to you. One evil thought will bring you hundreds in train, do you follow? Be guided by that. (Sant Kirpal Singh)

Karma

Work done with selfish motives is inferior by far to the selfless service or karma-yoga. Therefore be a karma-yogi, O Arjuna. Those who seek to enjoy the fruits of their work are verily unhappy because one has no control over the results. (Krishna)

By this attitude of complete renunciation you shall be freed from the bondage, good and bad, of karma. You shall be liberated, and come to me. (Krishna)

No one becomes a karma-yogi who has not renounced the selfish motive behind an action. (Krishna)

Having enjoyed the wide world of heavenly sense pleasures they return to the mortal world upon exhaustion of their good karma. (Krishna)



As your family and friends receive you with joy when you return from a long journey, so will your good deeds receive you when you go from this life to the next, where they will be waiting for you with joy like your kinsmen. (Buddha)

Not in the heavens above, nor in the farthest reaches of the sea, nor by transporting yourself to the remotest valleys of the mountains, will you be able to hide from the consequences of your own evil actions. Likewise, certain are the blessings growing out of your good actions. (Buddha)

Neither fire nor wind, birth nor death can erase our good deeds. (Buddha)



Karma

God is not to be fooled; a man reaps what he sows. If he sows seeds in the field of his lower nature, he will reap from it a harvest of corruption, but if he sows in the field of spirit, the spirit will bring him a harvest of eternal life. (Saint Paul of Tarsus)

And everyone who has given up houses or brothers or sisters or father or mother or children or property, for my sake, will receive a hundred times as much in return and will inherit eternal life. (Jesus Christ)



It is due to the evolution of some rare good karma that one yearns for spiritual enlightenment. (Sant Kirpal Singh)

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

By offering yourself to Him, you have asked that your karma may be hurried, and so now in one or two lives you work through what otherwise might have been spread over a hundred. (Sant Kirpal Singh)

Karmic debts also come in a man's life to be squared up, but in the case of a loving disciple the dose is generously diluted and is held firm in the hands and charge of the Master Power sugared with love. (Sant Kirpal Singh)

All physical ailments are the result or reaction to past karma and must be borne willingly. (Sant Kirpal Singh)

Six things are pre-ordained or covered by fate karma: health and sickness, poverty and opulence, honor and ignominy. (Sant Kirpal Singh)

Surrender

Setting aside all noble deeds, just surrender completely to the will of God. I shall liberate you from all sins. Do not grieve. (Krishna)

Make every act an offering to me; regard me as your only protector. Relying on interior discipline, meditate on me always. Remembering me, you shall overcome all difficulties through my grace. But if you will not heed me in your self-will, nothing will avail you. (Krishna)

Whatever you do, make it an offering to me – the food you eat, the sacrifices you make, the help you give, even your suffering. In this way you will be freed from the bondage of karma, and from its results both pleasant and painful. (Krishna)

After many births the wise ones surrender to me by realizing that everything is a manifestation of Brahman. Such a great soul is very rare. (Krishna)

Wherever the mind wanders, restless and diffuse in its search for satisfaction without, lead it within; train it to rest in the Self. Abiding joy comes to those who still the mind. Freeing themselves from the tint of self-will, with their consciousness unified, they become one with Brahman. (Krishna)



Not by rituals and resolutions, nor by much learning, nor by celibacy, nor even by meditation can you find the supreme, immortal joy of nirvana until you have extinguished your self-will. (Buddha)

I have gone through many rounds of birth and death, looking in vain for the builder of this body. Heavy indeed is birth and death again and again! But now I have seen you, house-builder, you shall not build this house again. Its beams are broken; its dome is shattered: self-will is extinguished; nirvana is attained. (Buddha)

As a solid rock cannot be moved by the wind, the wise are not shaken by praise or blame. (Buddha)

Surrender

Father, if you are willing, take this cup from me; yet not my will, but yours be done. (Jesus Christ)

Your will be done on earth as it is in heaven. (Jesus Christ)

And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? (Jesus Christ)



Whatever comes to your count is a blessing in disguise and should be accepted cheerfully. (Sant Kirpal Singh)

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. (Sant Kirpal Singh)

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. (Sant Kirpal Singh)

Yet another point, you must give up all your feelings of possession; karma may take from you the things which you like best – even the people whom you love most. Even then you must be cheerful – ready to part with anything and everything. (Sant Kirpal Singh)

We must learn to accept smilingly His decrees whatever they be. (Sant Kirpal)

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)

If you leave everything to the Master, He takes care of all your affairs. (Kirpal)

Old Age/Death

There has never been a time when you and I have not existed, nor will there be a time when we will cease to exist. As the same person inhabits the body through childhood, youth, and old age, so too at the time of death he attains another body. The wise are not deluded by these changes. (Krishna)

As a person abandons worn-out clothes and acquires new ones, so when the body is worn out a new one is acquired by the Self, who lives within. (Krishna)

The body is mortal, but the person dwelling in the body is immortal and immeasurable. (Krishna)

For certain is death for the born and certain is birth for the dead; Therefore over the inevitable thou should not grieve. (Krishna)

Consciousness is eternal it is not vanquished with the destruction of the temporary body. (Krishna)

Those dying in the state of sattva attain the pure worlds of the wise. Those dying in rajas are reborn among people driven by work. But those who die in tamas are conceived in the wombs of the ignorant. (Krishna)



Those who have not practiced spiritual disciplines in their youth pine away like old cranes in a lake without fish. Like worn-out bows they lie in old age, sighing over the past. (Buddha)

Yellow leaves hang on your tree of life. The messengers of death are waiting. You are going to travel far away. Have you any provision for the journey? (Buddha)

Remember that this body will soon lie in the earth without life, without value, useless as a burned log. (Buddha)

Death is the temporary end of a temporary phenomenon. (Buddha)

Old Age/Death

I am the resurrection and the life. The person who believes in me, even though he dies, will live. Indeed, everyone who lives and believes in me will never die. (Jesus Christ)

For just as the Father raises the dead and gives them life, even so the Son gives life to whom he is pleased to give it. (Jesus Christ)

And this is the will of God, that I should not lose even one of all those he has given me, but that I should raise them up at the last day. (Jesus Christ)



If we live recklessly when our hair is black, at least when it turns to white we should give some thought to how we are living, and what it will avail us. (Sant Kirpal Singh)

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)

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)

At death, some writhe in agony and torment, and others leave in joy and peace. So what is it all about? They say that at the event of any birth the world rejoices, and the newcomer cries – but brothers, you should live such a life that at departure you yourself rejoice, and the whole world cries. This would mean that you had won the gamble of life. (Sant Kirpal Singh)

Those whom Masters have initiated are taken one by one. All will go, some before, some after, but on the other side of the world you will all meet. (Sant Kirpal Singh)

Death is the greatest of earth's illusions; there is no death, but only changes in life conditions. (Sant Kirpal Singh)

Freedom

Now listen, Arjuna: there are also three kinds of happiness. By sustained effort, one comes to the end of sorrow. That which seems like poison at first, but tastes like nectar in the end – this is the joy of sattva, born of a mind at peace with itself. Pleasure from the senses seems like nectar at first, but it is bitter as poison in the end. This is the kind of happiness that comes to the rajasic. Those who are tamasic draw their pleasures from sleep, indolence, and intoxication. Both in the beginning and in the end, this happiness is a delusion. When sattva predominates, the light of wisdom shines through every gate of the body. When rajas predominates, a person runs about pursuing selfish and greedy ends, driven by restlessness and desire. When tamas is dominant a person lives in darkness – slothful, confused, and easily infatuated. The wise see clearly that all action is the work of the gunas. Knowing that which is above the gunas, they enter into union with me. Going beyond the three gunas which form the body, they leave behind the cycle of birth and death, decrepitude and sorrow, and attain to immortality. (Krishna)



For he whose mind is well trained in the ways that lead to Light, who surrenders the bondage of attachments and finds joy in his freedom from bondage, who free from the darkness of passions shines pure in a radiance of Light, even in this mortal life he lives in freedom, full of Light. (Buddha)

Long ago my mind used to wander as it liked and do what it wanted. Now I can rule my mind as the mahout controls the elephant with his hooked staff. (Buddha)

He is free from lust, he is free from greed, he is a great man, a great man who sees the Light: this is his last mortal body. (Buddha)

He has reached the end of his journey, he trembles not, his cravings are gone, he is free from sin, he has burnt the thorns of life: this is his last mortal body. (Buddha)

Freedom

If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free. (Jesus Christ)

If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. (Jesus Christ)

In the world you will have trouble but take courage for I have conquered the world. (Jesus Christ)



True renunciation really means freedom from all attachment--and you can achieve this if you so desire, for this is the power and the greatness of Naam. (Sant Kirpal Singh)

The Lord is the Source of that vibrating Word. The Creator Himself manifests It in whomsoever He chooses to shower this special grace. Such fortunate souls cross the ocean of life and gain freedom. They reside forever in their permanent abode. (Sant Kirpal Singh)

You must sacrifice three things: physical body, possessions, and mind. Then, obey His commands which are: "Within you is the Naam; rise above the senses and go within." He who does this gains freedom from illusion. (Sant Kirpal Singh)

So love is innate in our soul and we are conscious beings. If it is directed to all Consciousness, it is true love. That will give you freedom, all bliss and all joy. If it is attached to the worldly things, the physical body, its environments, the enjoyments of outward faculties, then that is bondage and a sure way of coming again and again to the world where you are attached. (Sant Kirpal Singh)

Final Words

Be aware of me always, adore me, make every act an offering to me, and you shall come to me; this I promise; for you are dear to me. (Krishna)

The Lord dwells in the hearts of all creatures and whirls them round upon the wheel of maya. Run to Him for refuge with all your strength, and peace profound will be yours through His grace. (Krishna)



Before trying to guide others be your own guide first. It is hard to learn to guide oneself...Do not give your attention to what others do or fail to do; give it to what you do or fail to do. (Buddha)

Do not find fault with others, do not injure others, but live in accordance with the dharma. Be moderate in eating and sleeping, and meditate on the highest. This sums up the teaching of the Buddhas. (Buddha)



Final Words

Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself. All the Law and the Prophets hang on these two commandments. (Jesus Christ)

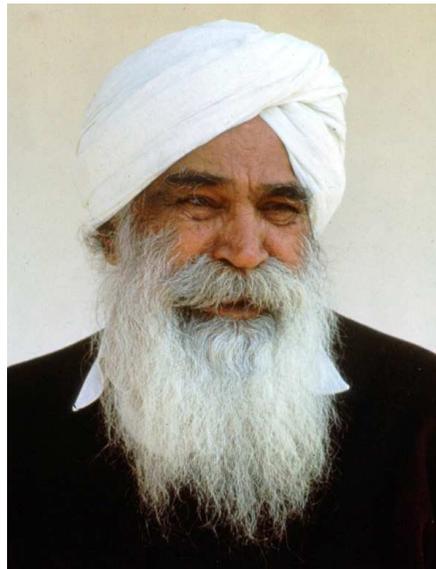
Whatever you want others to do for you, do so for them, for this is the Law and the Prophets. (Jesus Christ)



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. (Sant Kirpal Singh)

Sweet remembrance of the Master is the sum total of all practices.
We do them only to show that He may not be forgotten in weal or woe.
As you think, so you become. (Sant Kirpal Singh)

The secret to success on the Path is practice, more practice, and still more practice. (Sant Kirpal Singh)





May your soul be happy;
journey joyfully.
(Rumi)

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