

## When Feeling the Pain of Separation:

I opened to my Beloved, but He was gone! My heart sank. I searched for Him, but could not find Him anywhere. I called to Him, but there was no reply. (Song of Solomon, 5:6)

If being with You is not to be my lot, then I'll spend this life longing for You. As long as there's a single breath, it will be spent in this remembrance. (Attar)

You play asleep these long nights and I am missing You. You play remote and distant. This tossing and turning, these long hot dry spells and I am missing You. (Shaikh Abu-Sa'id Abul Khayr)



Sant Kirpal Singh Ji Maharaj

As a deer longs for flowing streams,  
so my soul longs for You, O God.  
My soul thirsts for God, for the living God.  
(Psalm 42)

How can the lover not cry tears of blood when the Beloved is distant, no road is in sight and the Guide is so hard to find. (Jami)

O Master, since You went away, Your lovers are drinking poison and are dying off like flies. Why have You abandoned us this way? Have our weeping and our prayers been too much for Your ears? Are there not tears in Your eyes, too? (Hafiz)

O Master, I know You taught us that we couldn't get to You without much effort and without Your help, but all this silence is leading me astray. (Hafiz)

My Master, You have inspired me with love, where have You now gone? You have abandoned me, Your faithful companion, having lit the flame of love. (Mirabai)

I painfully await You, O Beloved! Broken, I have lost all hope of meeting You. Day and night I yearn to see You – why don't You call me unto You? (Sant Kirpal Singh)

I live in yearning for You and I burn in the fire of separation. Having enmeshed me in Your love, wherefore have You gone? (Sant Kirpal Singh)

If it is not my portion to meet You in this my life then let me ever feel that I have missed Your sight – let me not forget for a moment, let me carry the pangs of this sorrow in my dreams and in my wakeful hours. (Tagore)

There's a limit to my patience, and I can feel the bitterness filling up my heart. O candyman, bring me some sugar from the Beloved's lip; my love-disease is tired of so much salt! (Hafiz)

What have I done that was so bad that You won't even accept my gifts or recognize my name? This is Hafiz, and I am standing at Your door. Where else is there for me to go? Where will I go, what will I do, what will I be, what will be my plan? I'm sick of all this sorrow and deceit. (Hafiz)

The ailment of feeling of separation is chronic and has now gone deep into my bones. It is not possible to get rid of it. It is a pain of love which is even smothering my heart. The feeling of longing caused by separation troubles me at all times, and as a result my entire body is burning. Only one who has caused this pain or who undergoes it can understand this. (Kabir)

I have been counting the stars and passing the whole night in wakefulness. When will the time of happiness come, O God! My Lord, meet me and be never separated from me. O Lord, since You have been separated from me, I have been restless. If I listen to hymns in Your praise, my mind becomes restless, for I find solace only in songs of intense longing for You. With my eyes open wide I am looking at the path whence You will be coming and the night has become as long as half a year. O my friend, to whom should I relate the story of my separation and intense longing? It is cutting through my heart like a saw. When will Mira's Lord meet her and give her joy by removing her anguish? (Mirabai)

Out of Thy grace forgive me my transgressions, and accept the tears of repentance I shed in the night. Though my sins are great, yet Thy forgiveness and mercy are greater still. Hidden glory! Come forth and manifest Thyself. The anxious query wearies me: where art Thou? I long to hold Thee fast in my embrace. How long shall Thou keep behind the veil? (Sarmad)

Of all my infinite pains, and worse than this incessant burning in the chest, is the fact that You are sitting inside my very eye, and I cannot see You. (Shaikh Abu-Sa'id Abul Khayr)

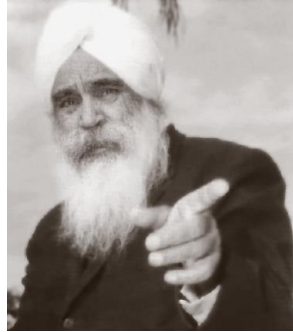
I walk along Your path. How is it that I do not see You? Would that I could be liberated from the trials of life! You have not even sent me a greeting from where You have gone! O that but once I might find some trace of Your whereabouts! (Sharafuddin Maneri)

Don't be amazed at those murdered in the dust at the Friend's door. Be amazed at how anyone can survive with soul intact! (Tohfah of Syria)

Your worshipper of old wanders ever longing for favor still refused. (Tagore)



## When Feeling Regret for One's Errors:



My face is overrun with wrinkles; my head is marked with gray. My limbs have gone flaccid; craving alone keeps its youth and vigor. (Vairagya-Shataka, Hindu text)

I have not tasted divine love, O my dear beloved, within my heart. The mind's desires are not quenched, O my dear beloved, but I still hold out hope. Youth is passing away, O my dear beloved, and death is stealing away the breath of life. (Guru Ram Das)

I have traveled all and many roads, yet I have not taken the first step. Every moment I add to my worthlessness, and though my hair has turned white, in my desires I am but yesterday's child. (Attar)

Because of my earthly existence I have become the veil between us. Be generous my Beloved, do away with this veil. This mind is nothing but rust on the mirror of my heart. Be generous O Master, let the wine You bestow do away with this rust. (Jami)

I am a depraved sinner and a heretic, a thief, a gambler and a housebreaker, a thug that lives on illicit gains, a constant prey to all kinds of lusts, a slave to the five passions lust, anger, greed, attachment and egoism, a betrayer, an ungrateful wretch, abhorred by all. O ye, with all these faults, and still more, remember the Satguru for He is compassionate indeed. (Bhai Gurdas)

I am steeped in sins, sins without number, it is for Thee to forgive me or to kill me, forgive, forgive and again forgive, O Forgiver Divine, an ever erring child I am, but I depend on the Father's Grace. Thou art the abode of infinite virtues with no vice whatever, but when I search my own self, I find myself full of all ills. There is not a single virtue in me, listen O Master Divine! It is through the power of Thy Word that I am honored everywhere. I am all false, while the Lord is sterling Truth, full of sins as I am, O save me if Thou wilt. (Kabir)

O my Lord, I am a sinner; I have come to Your sanctuary, and fallen at Your door, Lord. My intellect is worthless; I am filthy and polluted. Please shower me with Your mercy sometime. My demerits are so many and numerous. I have sinned so many times, over and over again. O Lord, they cannot be counted. You, Lord, are the Merciful Treasure of Virtue. When it pleases You, Lord, You forgive me. (Guru Ram Das)

Wining, dining and desiring I also seek spiritual closeness. This world of flesh and narrow needs and that world of freedom in limitless expanses cannot tolerate each other. That's why I have neither. (Shaikh Abu-Saeed Abil-Kheir)

I have taken refuge in Your glorious court, a fallen beggar in tatters. You are all glory and grace, I am all ignorance and resentment. Confused and bewitched I am fed up with myself. With vows made and vows broken I have come. Trusting Your love and my wretchedness, I have come. O' knower of my sins made, and yet to be made, forsake me not. I am nothing, You are the All. I am at the end of my rope, grant me the trust to let myself fall.  
(Shaikh Abu-Saeed Abil-Kheir)

I have not followed good advice, nor have I done good deeds. I am deformed and horribly disfigured. Your Name alone, Lord, saves the world. This is my hope; this is my support. With my mouth I speak slander, day and night. I spy on the houses of others - I am such a wretched low-life! Unfulfilled sexual desire and unresolved anger dwell in my body, like the outcasts who cremate the dead. I live as a wild hunter, O Creator! I make plans to trap others, although I appear gentle. I am a robber - I rob the world. I am very clever - I carry loads of sin. I live as a wild hunter, O Creator! I have not appreciated what You have done for me, Lord; I take from others and exploit them. What face shall I show You, Lord? I am a sneak and a thief. Nanak describes the state of the lowly. I live as a wild hunter, O Creator! (Guru Nanak)

Full of the deadly sins and tormented by lusts of the flesh I cry, rescue me by Thy Grace, as best Thou may, O Great and Compassionate One! I am at Thy mercy. With austerities and penances one cannot escape, but with Thy glance of Grace, take Nanak out of the blind well. (Guru Arjan)

What should I ask of Thee, for I feel greatly ashamed, I commit sins of which Thou art a veritable witness: How then can I please Thee? While I have all the faults in me, Thou art all goodness. If I may forget Thee, I pray that Thou mayest not forget. (Kabir)

Lift me O Lord! I have fallen at Thy door, accept me in compassion, tired as I am of my wanderings. Savior of Thy devotees, save the sinners as well, I know none besides Thee to offer my prayers, O ferry me safely across the ocean of living matter. (Guru Arjan)

O Master, I have heard that You save sinners, and rescue them from the miseries of worldly existence. You remove the afflictions of Your devotees and remove the sufferings of the afflicted. Says Mira: My Lord, You know my request. Why delay any further? (Mirabai)

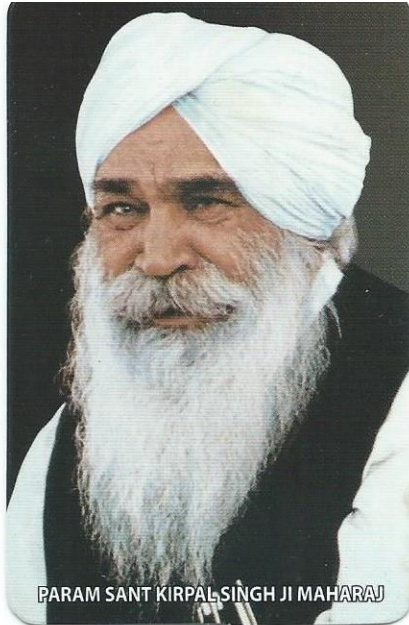
O Lord! I have squandered my life, wounded my soul, done everything in my power to delight the Evil One. Whether I go on living or not does not matter. Accept my repentance, forgive my sins, take me from misery to joy. (Ansari of Herat)

One moment, You are all I know, Friend. Next moment, eat, drink and be merry! O' Friend, how will this scatteredness that is me find its way to You? (Shaikh Abu-Saeed Abil-Kheir)

There is no doubt we are weak and have neither faith nor love, but there is also one hope to sustain us – that he may take pity on us and forgive our sins. We have taken refuge at his holy feet and, deservedly or undeservedly, we are his children. (Baba Sawan Singh)

O' Friend of the fallen, have mercy on this poor one. Do not allow my shortcomings to sit in my judgment, but Your grace and mercy. My existence is a mire of weakness and helplessness, let Your pity and generosity pull me out of here. (Shaikh Abu-Saeed Abil-Kheir)

## When Feeling Devotional:



O Lord - You have seduced me.  
I was seduced.  
(Carthusian monks)

I have found He whom my heart loves, I have seized Him and will not let Him go. I am my Beloved's and my Beloved is mine. (Song of Solomon)

Due to this good fortune, I have stumbled across You! God knows, I am bursting with joy on account of You! (Sharafuddin Maneri)

Lord, my mind is not noisy with desires, and my heart has satisfied its longing. I do not care about religion or anything that is not You. I have soothed and quieted my soul, like a child at its mother's breast. My soul is as peaceful as a child sleeping in its mother's arms. (Psalm 131)

How numerous Your favors bestowed upon me, favors of gifts and grace and assistance. Your love is now my only desire and my ultimate bliss. (Rabia)

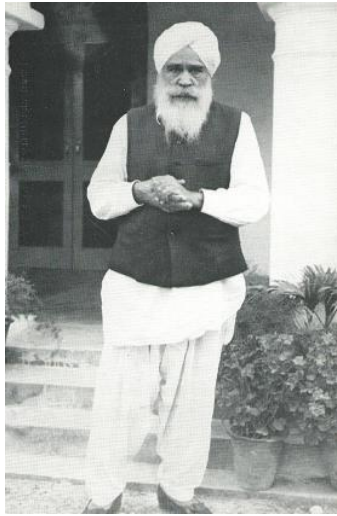
Who am I along Your way that in my abode flowers should sprout in my soil from Your glance? And beyond even this, I have received, from Your bounty, the adornment of Your love upon my heart! (Sharafuddin Maneri)

Love has come and it flows like blood beneath my skin, through my veins. It has emptied me of my self and filled me with the Beloved. The Beloved has penetrated every cell of my body. Of myself there remains only a name, everything else is Him. (Rumi)

I am bewildered by the magnificence of Your beauty and wish to see You with a hundred eyes! My heart has burned with passion and has searched forever for this wondrous beauty that I now behold! My arrow of love has arrived at the target. My soul is screaming in ecstasy. Every fiber of my being is in love with You! (Rumi)

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)

You are the life of my life, O Master, the heart of my heart. There is none in all the three worlds whom I call my own but You. You are the peace of my mind; You are the joy of my heart; You are my beauty and my wealth. You are my wisdom and my strength; I call You my home, my friend, my kin. My present and future are in Your hands; my scriptures and commands come from You. Supreme teacher, fountain of wisdom, You are the path and the goal, tender mother and stern father too. You are the creator and protector, and the pilot who takes me across the stormy ocean of life. (Mirabai)



You have taken me as Your partner of all this wealth. In my heart is the endless play of Your delight. In my life Your Will is ever taking shape. And for this, You, who are the King of kings, have decked Yourself in beauty to captivate my heart. (Tagore)

O Master, 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)

When I go from here let this be my parting word, that what I have seen is unsurpassable. In this playhouse of infinite forms I have had my play and here have I caught sight of Him that is formless. My whole body and my limbs have thrilled with His touch who is beyond touch; and if the end comes here, let it come – let this be my parting word. (Tagore)

My soul is mingled with Thee, dissolved in Thee, a soul to cherish as it has Thy perfume!  
(Rumi)



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