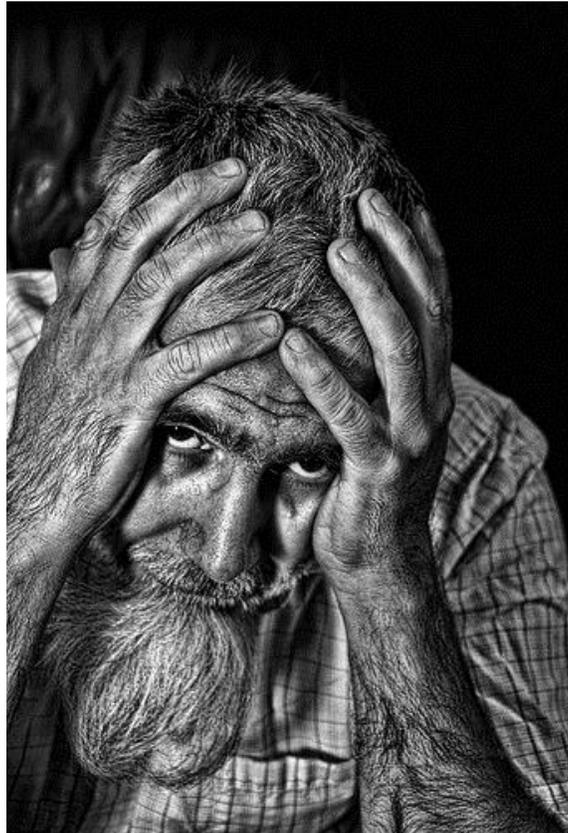


Regret

The biggest human temptation is to settle for too little.

(Thomas Merton)



The worst thing one can do is not to try,
to be aware of what one wants and not give in to it,
to spend years in silent hurt wondering if something could
have materialized – and never knowing.

(David Viscott)



The Wise King

Told by Sant Kirpal Singh



There is a story of a kingdom wherein they chose a new king every five years. During the five years, the king was the supreme ruler and his every word obeyed; but at the end of this period, the people would take the king to a dense forest full of wild animals and reptiles and leave him there. On the day the king was chosen he would rejoice at his good fortune, but on the expiration of five years, he would be led off to the jungle sadly lamenting his lot in life.

Many kings came and went in their turn, until one day a man was chosen who had the serious thought, "What will happen to me after five years?" He was a man of considerable intelligence and was duly concerned for his future life. So after some careful thought, he secretly started to send workers into the forest to cut some of the trees and make a huge clearing. They then made orchards, gardens, beautiful buildings, and appropriate surroundings, until the whole place became a luxurious kingdom. A man can do wonders in five years, and when the time was up and he was told that he must leave the throne, he smiled happily and said, "Yes, let's go."

The people were naturally amazed and asked why he was rejoicing. He told them, "I have already prepared my destination and have taken possession there; so I have no fear of going. What is more, I will actually enjoy more comfort there, for here I had many responsibilities, yet there I will have none."

All souls have this golden opportunity while in the human form and so we should make use of it and prepare while we can, for the day will come when we have to leave.

(<http://www.ruhanisatsangusa.org/dieb4death.htm>)

Few are the wise ones who turn the heart away from worldly objects
and spend their time in gathering riches for the life beyond
before departure from this lonely earth.

(Ansari of Herat)

For what shall it profit a man, if he shall gain the whole world
and lose his own soul?
(Jesus Christ, Mark 8:36)



Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt,
and where thieves break through and steal: But lay up for yourselves treasures in heaven,
where neither moth nor rust doth corrupt, and where thieves do not break through nor steal:
For where your treasure is, there will your heart be also.
(Jesus Christ, Matthew 6:19-21)



If you have not chosen the Kingdom of God first, it will, in the end,
make no difference what you have chosen instead.
(William Law, 18th century English mystic)

In the dead of night, a Sufi began to weep.
He said, "This world is like a closed coffin, in which
We are shut and in which, through our ignorance,
We spend our lives in folly and desolation.
When Death comes to open the lid of the coffin,
Each one who has wings will fly off to Eternity,
But those without will remain locked in the coffin.
So, my friends, before the lid of this coffin is taken off,
Do all you can to become a bird of the Way to God;
Do all you can to develop your wings and your feathers.
(Attar)



The worm is in the root of the body's tree; travelers, it is late! Life's sun is going to set.
During these brief days that you have strength, be quick and spare no effort of your wings.
(Rumi)

The One Thing Which You Must Never Forget

“There is one thing in the world which you must never forget. If you were to forget everything else and remember this, then you would have nothing at all to worry about; but if you were to remember everything else and then forget this, you would have done nothing with your life.

“It is as if a king sent you to a country to carry out a particular mission. You go to that country, you do a hundred different things; but if you do not perform the mission assigned to you, it is as if you have done nothing. All human beings come into the world for a particular mission, and that mission is our singular purpose. If we do not enact it, we have done nothing.

“Now if you were to say, “Look, even if I have not performed this mission I have, after all, performed a hundred others,” that would mean nothing. You were not created for those other missions.

“It is as if you were to buy a sword of priceless Indian steel such as one usually finds only in the treasuries of emperors, and were to turn it into a butcher’s knife for cutting up rotten meat, saying, “Look, I’m not letting this sword stay unused, I am putting it to a thousand highly useful purposes.”

“Or it is as though you were to take a golden bowl and cook turnips in it, while for just one grain of that gold you could purchase hundreds of pots.

“Or it is as though you were to take a dagger of the most finely-wrought and tempered steel and use it as a nail to hang a broken pitcher on, saying, ‘I’m making excellent use of my dagger. I’m hanging a broken pitcher on it, after all.’ When you can hang a picture on a nail that costs only a few cents, what sense does it make to use a dagger worth a fortune?

“Remember the deep root of your being, the presence of your Lord. Give your life to the one who already owns your breath and your moments. If you don’t, you will be exactly like the man who takes his precious dagger and hammers it into his kitchen wall for a peg to hold his broken pitcher.

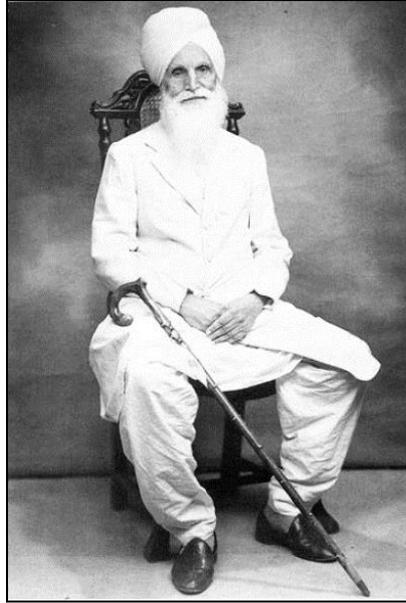
“You are more valuable than both heaven and earth. What else can I say? You don’t know your own worth. Do not sell yourself at a ridiculous price - you who are so valuable in God’s eyes.”
(Rumi)



This world is swept away by aging, by illness, by death.
For one swept on by aging no shelters exist. Keeping sight of this danger in death,
do meritorious deeds that bring bliss.
Make merit while alive.
(Buddha)

If, during lifetime, entry has been made into the eye center and the sound current has been grasped, life has been usefully spent. If this has not been done, even though all else has been done - and most successfully – then life has been wasted.

(Baba Sawan Singh, *Spiritual Gems*, 143)



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, [ruhanisatsangusa.org/thief of.htm](http://ruhanisatsangusa.org/thiefof.htm))



Are you always keeping sweet remembrance of God? Just as if a man has been stabbed and feels pain, so should you feel pain for God. If that is not developed we are nowhere.

We are wasting our human life.

(Sant Kirpal Singh, ruhanisatsangusa.org/mt/love4god.htm)

What takes months to do here, there takes years to do.
(Sant Kirpal Singh, ruhanisatsangusa.org/lok/riseabov.htm)



Fortunate you are to have the man body! What you can do here in a short time,
cannot be done in the other world, higher planes, in ten times as long.
(Sant Kirpal Singh, ruhanisatsangusa.org/lok/god-enter.htm)

The Procrastinating Householder

It is said that whenever the great spiritual master Kabir walked by a certain place in Banaras, he would always find a certain man sitting in his garden. One day Kabir stopped and suggested to him:

“Sir, instead of sitting idly in your garden, you could better spend the time in spiritual meditation, and thus improve yourself.”

“I have very young children, and will be able to afford the time for spiritual practices only after they have grown up,” the man replied.

After the children had grown up, Kabir met the man again, and asked him: “Do you now find time for spiritual meditation?”

“Ah, Sir, now I must wait for the children to be married, so they can look after themselves independently. Then I will have the time to devote myself to meditation.”

Later, when Kabir again met the man, he asked him: “And now, fortunate man, all your children are married, so you are no doubt devoting yourself to spiritual practice.”

“Ah, now,” the man replied, “I am eager to see my grandchildren grow up and get married.”

After this had taken place, Kabir again asked the man: “What is your position now, my friend?”

“O, Sir,” the man replied, “I find that my grandchildren are very careless. As a result of this, it is quite necessary that I look after the house, even during the night. For if I were also careless, thieves would come and steal what little we have.”

Some years later Kabir again visited the man’s house and inquired where the old man was. The sons and grandsons said that he had died.

“Ah, that is indeed a great pity,” Kabir said. “Poor man, his life was wasted following the orders and desires of his worldly mind, which led him into such deep attachment to his family and his beasts. And even a few moments only of love for the Lord would have started to end his imprisonment here.”



Procrastination is the thief of time. "All right, I'll do it tomorrow, the day after."
"Let me finish this work, then I'll devote time." Suppose you die today, where will you stand?
(Sant Kirpal Singh, ruhanisatsangusa.org/lok/riseabov.htm)

Hell begins on the day when God grants us a clear vision of all that we might have achieved, of all the gifts which we have wasted, of all that we might have done which we did not do.
(Carlo Menotti)



The real tragedy is the tragedy of the man who never in his life braces himself for his one supreme effort, who never stretches to his full capacity, never stands up to his full stature.
(Arnold Bennet)



We must all suffer from one of two pains: the pain of discipline or the pain of regret.
The difference is discipline weighs ounces while regret weighs tons.
(Jim Rohn)

For of all sad words of tongue or pen, the saddest are these: "It might have been."
(John Greenleaf Whittier)



Regret for the things we did can be tempered by time;
it is regret for the things we did not do that is inconsolable.
(Sydney Harris)



A wrong-doer is often a man that has left something undone,
not always he that has done something wrong.
(Marcus Aurelius)

We forget that every good that is worth possessing must be paid for in strokes of daily effort.
We postpone and postpone, until those smiling possibilities are dead.
(William James)



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

It is not your karma that holds you back, nor is it responsible when you miss your meditations, but rather the treacherous misleading of your mind, which can be subdued and controlled by careful planning and execution.

(Sant Kirpal Singh, *Spiritual Elixir*, 261)



The first thing the negative power does when he wants to keep control over a soul is to stop them doing bhajan and simran. The individual finds that there is always something to lure him away from his meditation.

(Sant Kirpal Singh, *The Night is a Jungle*, 175)

Each one of us has our respective Sanskaras (karmic reactions) from our past lives. Some are more prepared and the others are less prepared, and some are fresh beginners on the Way. What we have gained in our past lives is not lost but comes to help us as the basis for further development. This accounts for why some progress more quickly than others.

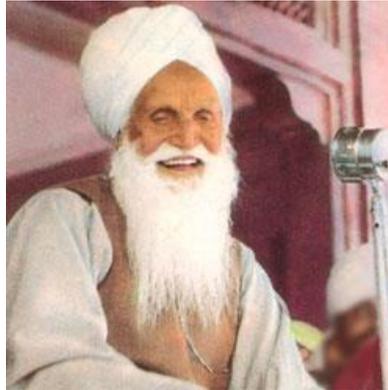
(Sant Kirpal Singh, Letters to Vermont initiates)



The all-knowing Master looks to your inner-most intentions, the sincerity of purpose in you, and honesty of efforts you make in following His commandments, and bestows on you the gift of His spiritual wealth according to your merits.

(Sant Kirpal Singh, ruhanisatsangusa.org/gurbhakti.htm)

Do your duty and expect nothing – leave the results to the Master.
(Baba Sawan Singh)



Repetition, for no special purpose and without end, is the way to follow the cosmic order. The point is not to look for something, but to practice. Continue until you reach your coffin. If you practice every day, after a while you no longer have to think about practicing or decide or want to practice. So repetition is very important.

Suzuki Roshi



We can say either that we make progress little by little, or that we do not even expect to make progress. Just to be sincere and make our full effort in each moment is enough.

Suzuki Roshi

Before we know it our life is finished and it is time to die. If we lack the foundation of a stable practice, we go to death helplessly, in fear and anguish.
(Kyabje Kalu Rinpoche)



Friend, hope for the Guest while you are alive. Jump into experience while you are alive! What you call “salvation” belongs to the time before death. If you don’t break your ropes while you are alive, do you think ghosts will do it after? The idea that the soul will join with the ecstatic just because the body is rotten – that is all fantasy. What is found now is found then.

If you find nothing now, you will simply end up with an apartment in the City of Death. If you make love with the divine now, in the next life you will have the face of satisfied desire.
(Kabir)

O Kabir, why do you slumber? Arise, awake, and remember the Merciful,
for the day is not distant when you will sleep the long sleep with both legs fully stretched.
(Kabir)

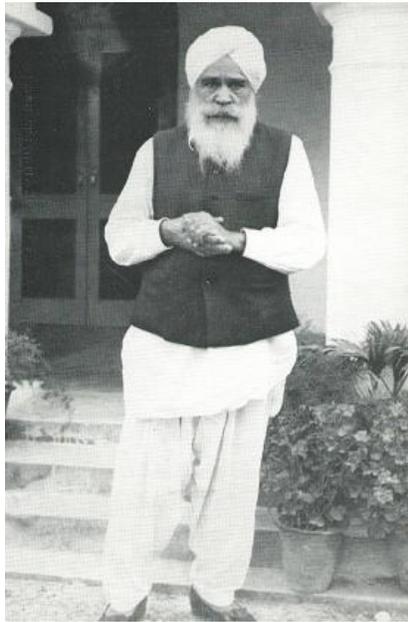


Your prayers were light and your worship peaceful, your sleep an enemy of prayer.
Your life was a test, but you let it go by without a thought.
It's ever-passing, slowly vanishes before you know it.
(Rabia)



The ship you are riding on, look where it is heading: Your body's port is the graveyard.
Realizing the destiny of each clay bowl tossed into the sky with no one to catch it
I finally accepted the Beloved's kind offer to enroll in His sublime course of Spirit Love.
(Hafiz)

Lord, remind me how brief my time on earth will be.
Remind me that my days are numbered, and that my life is fleeing away.
(Psalm)



So I submit to you, as a man you've got the heritage, the right to know God. If you don't utilize that, that's a misfortune. Even when God affords somebody the opportunity to be put on the way, and with all that they don't do it, then it's a great misfortune. So procrastination is the thief of time. This is what we do: "I'll start it when such and such work is finished. I'll do it when I'm retired. I'll do it when that thing is done first." Well, who knows if you'll live longer until that time? So Masters say that those who do not care while young, when their brain, their memory, their body is fit; then who can do it in old age, when the hairs are quite white? The point is, if you have not lived a normal chaste life, or have misused this life, then who knows if you'll be able to see Him in your old age? You will become deaf; your eyesight will become shortened, lessened; you won't be able to walk. Then can you do it?

(Sant Kirpal Singh, Ruhanisatsangusa.org/gohome.htm)

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)



All I can do is engage with complete sincerity.

Then, whatever happens, there is no regret.

(The Dalai Lama)



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(Spiritual Quotations for Lovers of God)