

# Selecting a Genuine Spiritual Path: How Not to Waste One's Life with a False Guru

“The spiritual journey is a journey of love. It is the power of love that will take us Home. Love is the most powerful force in the universe and it resides within the heart of each of us. But this love needs to be awakened. The heart needs to be activated so that it can come to know its primordial passion, this link of love that runs through the world and is our own essence.

“Since the beginning of time there have been masters of love, spiritual teachers who understood the ways of love, how to activate and channel this latent power within the human being. They carry the knowledge of how to awaken the longing that the soul has for God and help the lover live this longing, of how to allow this longing to fulfill itself so that the lover comes to experience nearness, intimacy, and finally union with God.”

*Initially, perhaps, it is easier in the East to take to the mystic path than it is in the West. There is in India for example, a long standing tradition of seeking and following a Living Master; a tradition that is foreign to those to whom religion has been taught in terms of a closed revelation. (Sant Kirpal Singh, The Psychology of Mysticism)*

“Sadly, the relationship of teacher and disciple is often misunderstood in the West, causing much pain and confusion. In our Western tradition we do not have a model for the relationship with a spiritual teacher; it is not a part of our cultural context, as for example it is in India. Also, in the West we have a tendency to personalize every relationship, illustrated by the way, in America, we tend to address everyone by his first name. Furthermore, the closer we feel, the more love we feel for someone, the more personal we want to make this relationship.

The relationship with the teacher is both intimate and impersonal. These two qualities can appear irreconcilable opposites, until we realize that this relationship belongs to the level of the soul, not the personality.”

*All the instances known to history show that no one has ever progressed to the highest conscious self-awareness without the help of a Master. It is rather a Fundamental Law that no one can snap or pierce through the inner veil without the active help and guidance of a Master-Soul. If anybody can do it by himself or herself, let him or her try and see if he or she can do it. When one does not hesitate in learning a thing which one does not know in this world, why should one have any qualms in one's search for something that belongs entirely to spiritual worlds within? Even if as a result of some reactions of past lives, one may have some experience of his own, he will still require Someone to guide him to further progress on the Path. (Sant Kirpal Singh, Spiritual Elixir, page 231)*

“The Masters tell us that you need a teacher, you need a guide. In the words of Rumi, ‘Whoever travels without a guide needs two hundred years for a two-day journey.’ The teacher is like a ferryman to take you from the world of the ego to the dimension of the Self, and as the Sufi Abu Sa'id simply stated, ‘It is easier to drag along a mountain by a hair than to emerge from the ego by oneself.’

”The teacher knows the inner potential of the student and helps her to grow into it, to make the journey to the farther shores of love. The teacher also knows the pitfalls and dangers of the journey, and if it is difficult to cross an unknown land or desert by oneself, it is far more dangerous to journey into the depths within oneself without a guide.

“For the sincere seeker the teacher is the most important person in her life: without her teacher she would remain stranded within her ego. At the beginning the wayfarer cannot recognize how this relationship belongs to the soul – that it is the soul that is guided, the soul that makes the journey Home. The wayfarer sees the teacher through the eyes of the ego, and through a conditioning that understands close relationships only as belonging to the personal sphere, as parents, siblings, friends, lovers. Moreover, because the relationship with the teacher happens within the heart, it carries a quality of intimacy and unconditional love that can be almost overwhelming. Thus the wayfarer only too easily projects onto the teacher all of the personal patterns that have been attached to parent-figures or lovers. Only much later, usually after a painful process of detachment, does she come to recognize the real nature of this relationship.

“How do you find a teacher? Once again the spiritual reality is quite different from our preconceptions. You don’t find a teacher, the teacher finds you. Through our aspiration and inner work we brighten the light within us, and when this light is strong enough it will attract the attention of a teacher. It may appear outwardly that we read a book or hear about a teacher, but spiritual processes always begin on the inner planes and then manifest on the physical.” (Llewellyn Vaughan-Lee, *Love is a Fire*)



*Watch out for false prophets. They come to you in sheep’s clothing,  
but inwardly they are ferocious wolves. By their fruit you will recognize them.  
(Jesus Christ, Matthew 7: 15, 16)*

*Do not believe in anything simply because you have heard it. Do not believe in anything  
simply because it is spoken and rumored by many. Do not believe in anything simply because  
it is found written in your religious books. Do not believe in anything merely on the authority  
of your teachers and elders. Do not believe in traditions because they have been handed  
down for many generations. But after observation and analysis, when you find that anything  
agrees with reason and is conducive to the good and benefit of one and all,  
then accept it and live up to it.  
(Buddha)*

*Not all spiritual paths lead to the harmonious Oneness.  
Indeed, most are detours and distractions, nothing more.  
(Lao-Tzu)*

*Such is the world, it is easily led away by nonsense;  
but when it hears of the Path of Truth, it rejects it as false.  
(Kabir)*



*I knew that I could never meet the Lord without a living Master or a Guru. So I decided to search for a Master who would give me the Truth. The question then arose as to where a perfect Master was to be found. When I looked around there were so many Masters. To whom should I go? By reading the scriptures of all religions I realized Masters could be born in the East or West, anywhere in the world, in a higher class family or a lower class family. It matters little. But one thing was certain – if he himself was a man who had realized God, only then could one expect inner experiences of God from him.*

*I thought to myself, "I know there is a definite need for a Master; all scriptures say so. I'm quite convinced that without one who knows God, nobody can reach Him. But where am I to go?" I feared that I might meet one who would turn out to be nothing but a worldly man; I was afraid lest I go to somebody who had not solved the mystery of life, but was simply acting and posing. What would be my fate? I prayed, "O God, I'm, yearning for You. I want to meet You. The world is full of gurus and masters. To whom should I go? Unless I find someone who has reached You, my life's aim will be spoiled. It is said that in the olden days You appeared to those who loved You, then why can't You manifest now?" If God could give revelations to His lovers in the past, why could He not give direct revelation to me?*  
(Sant Kirpal Singh, Portrait of Perfection)

## Sant Kirpal Singh on False Masters

Forgive me, but these days you can pick up a stone and find a guru underneath it.  
([ruhanisatsangusa.org/tog.htm](http://ruhanisatsangusa.org/tog.htm))

The world is full of so-called masters, masters of half-truth and of no truths at all. No amount of acting and posing is of any avail on this path. ([ruhanisatsangusa.org/receptivity2.htm](http://ruhanisatsangusa.org/receptivity2.htm))

The world is full of people who profess to be Masters and teachers of mankind. But all those who hanker after pelf and power, name and fame, cannot possibly play the role and perform this arduous duty, and one must try to avoid such false prophets, who are no less than ravening wolves in the garb of lambs. ([ruhanisatsangusa.org/godman/godman\\_23.htm](http://ruhanisatsangusa.org/godman/godman_23.htm))

The world today is full of pseudo masters so much so that the people are fed up with the very word "master." Men are willing to sacrifice everything--their money, their possessions, just to see the Light of God. They are fed on hopes and promises and then they are told that they are as yet not fit for the way. Ultimately, they find that those "masters" (so called) are after material wealth like themselves; they lead the same life of the senses as themselves. Naturally this causes revulsion and the people say that masters are all a hoax. This is only an erroneous result of the sad experiences that they have had. ([ruhanisatsangusa.org/kingdom.htm](http://ruhanisatsangusa.org/kingdom.htm))

What did Christ say: Beware of the false prophets who come in sheep's clothing but are ravening wolves. They appear to be very polite. The only criterion can be one who can give you a lift, open the inner eyes so that you see there is light there; not tell you that you'll get it in due course. What other criterion can there be, tell me? Their propaganda? No! There is no dearth of propaganda anywhere. Money can buy anything. Propaganda can be paid for. But what is the criterion? Can he open the inner eye, remove the darkness from within for you to see? There you say, "God is Light." ([ruhanisatsangusa.org/lok/visions.htm](http://ruhanisatsangusa.org/lok/visions.htm))

Excuse me when I say that the so-called Gurudom has done much harm to this sacred science. Everyone who has a little book knowledge and a sharp tongue tries to pose as a prophet and an apostle and impinges upon the credulity of the simple folk, with the result that the poor artless people very soon discover to their dismay that they have been duped and begin to curse the Gurus. The very word "Guru" becomes an anathema to them and they feel shy to come near a Guru, however genuine one may be. This is the root cause of unbelief in God and Godman. ([ruhanisatsangusa.org/guru-means.htm](http://ruhanisatsangusa.org/guru-means.htm))

So we can meet the Lord only through a competent Master. If the word "competent" is used, it means that there are those who are incompetent also. You should be aware that the world is full of such so-called masters; you can pick up a stone and find some guru, sadhu, or saint underneath. A truly competent Guru - a Realized Soul – Who has become One with the Greater Soul, is very, very rare. It is not a mere acting and posing and cannot be denoted by merely changing the outer appearance and by wearing garments of various shapes and hues. It is a question of competency. ([ruhanisatsangusa.org/hunger.htm](http://ruhanisatsangusa.org/hunger.htm))

True Masters are very rare, and the world has started ridiculing the words "Sadhu" and "Gurudom" because so many are acting and posing; and their teachings reach the sense-level only. They have themselves never risen above the senses, and they cannot take anyone above. When people learn this, they have no option but to turn to the scriptures, which feed the intellect only. Have mercy on us! Without the Master we cannot reach the Lord - it has never been possible, nor never will be. ([ruhanisatsangusa.org/5dacoits.htm](http://ruhanisatsangusa.org/5dacoits.htm))

There are many masters, a hundred and one, a thousand and one, but they are only acting and posing, or on the way. Anybody who follows them is led away and those who help them are also led away. Furthermore, they do not derive the full benefit of coming to a true Master. ([ruhanisatsangusa.org/mt/loverofgod.htm](http://ruhanisatsangusa.org/mt/loverofgod.htm))

We should go to He who is competent in the field where one's desire lies. You may call such a competent person by any name, for these days the words *Guru* and *Satguru* have been defamed, due to those who were not qualified but were merely acting and posing. They met their inevitable downfall in due course. Without the True Mahatma, salvation never can be achieved. This has always been so, and ever will be. ([ruhanisatsangusa.org/yearning.htm](http://ruhanisatsangusa.org/yearning.htm))

Propaganda, acting and posing, have taken the place of practical Spirituality, with the result that the deluded public is being repelled from sacred books and thought of God. Atheism, therefore, is on the increase. To believe in a thing or fact without troubling to investigate it, does not in any way do credit to an intelligent man. On the contrary it reflects adversely on his ignorance or credulity. Any belief not based on personal experience and verification of the facts, has little value. The modern man wants a well-defined, clear-cut Science, capable of verification by his own experience and giving concrete results. We should, therefore, try to see and to hear with our own eyes and ears rather than with the eyes and ears of others. (<http://www.ruhanisatsangusa.org/knowthy.htm>)



## The Need for a Living Master: Hazur Baba Sawan Singh

*As long as I am in the world, I am the light of the world.  
(Jesus Christ, John 9:5)*

To follow a Master means practicing the Word - catching the sound current from the eye center and riding on that. Only a living Master can give us the Word. We can neither get it from books nor from Masters not now alive for the simple reason that the Word is not present in books, nor with their help (books) can we catch it from within ourselves, and we do not know how to come in contact with them (Masters). The teaching of the living, or the dead Masters when they were alive, is and was the Word, and if the Word has not been contacted in human form, one's life has been "fruitless". Living a good moral life, giving charities and doing service to humanity, and such other things - or, let us say, putting into practice the Sermon on the Mount - is not really the teaching of the Masters. This is the sphere of moralists, social reformers, preachers and schoolmasters. (*Spiritual Gems, Letter 105*)

When Masters and "Christs" of old were in the flesh, they came in contact with people and, in their physical form, were in a position to associate with them and help them. When they are not in flesh and are back in the Word, they are helpless to instruct us, for we are out of tune with ourselves and cannot comprehend them. The Word has been, is, and will be, the basic reality. It is imperishable and all-pervading and is present in all beings. If people could derive benefit from this all-pervading Word, or if this all-pervading Word could help people directly, there would have been no need at any time for the Masters or "Christs" to appear in flesh amongst people. If there was need for their appearance at one time, the same need requires their presence now. (*Spiritual Gems, Letter 105*)

It is true that only a living Master can grant initiation and consequent salvation to non-initiates, and therefore it may be said that a Guru gives salvation only when alive. (*Gems, 120*)

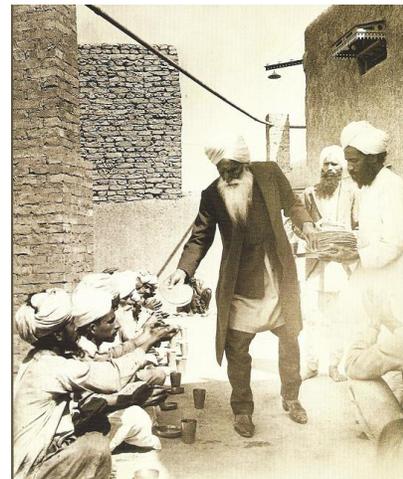
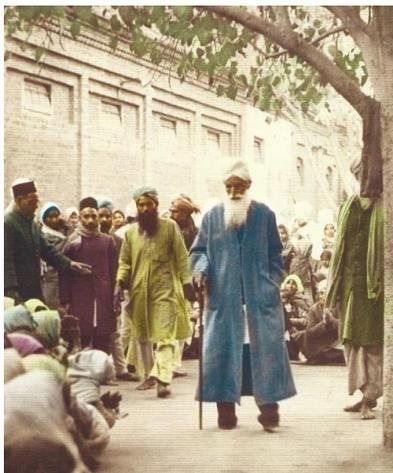
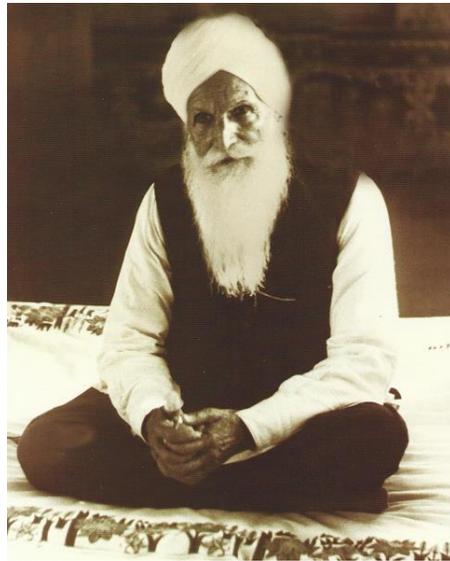
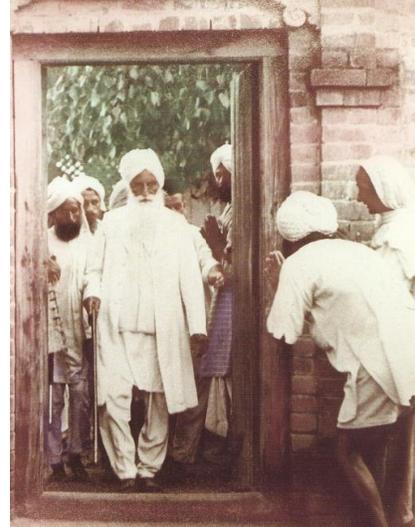
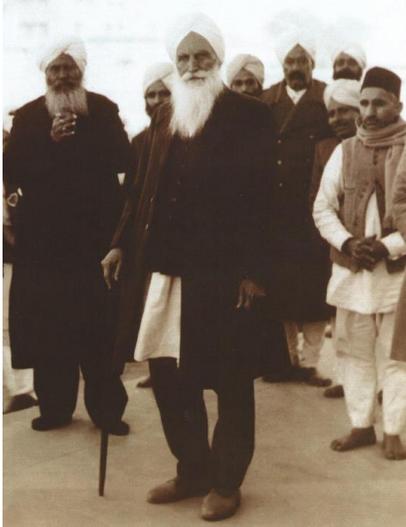
Christ forgave those whom he initiated, and not those who did not come in contact with him. Christianity is wrong wherein it supposes that, in the name of Christ, they are forgiven. It is blind faith and self-deception. Christ played his part when he was present on this earth in the flesh. (*Spiritual Gems, Letter 147*)

## Sant Kirpal Singh

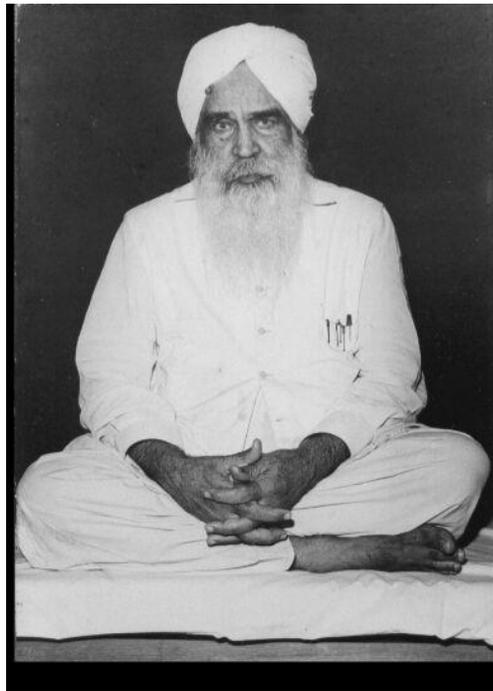
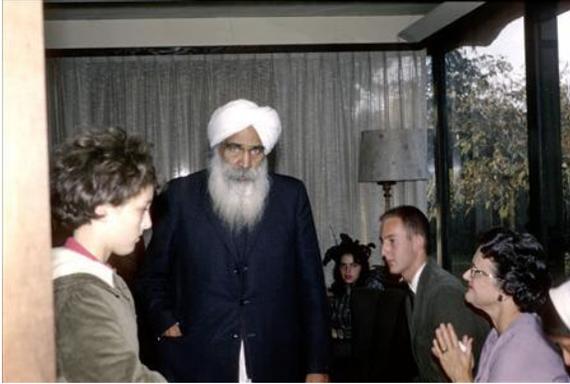
Saints who appeared in the past from time to time and conferred spiritual benefit on those who came into contact with Them, cannot do anything for the present generation. Each had His commission, and on completing it, entrusted the work of regeneration to His successor. Man can learn only from man, and God works His ways through living Saints. (*Godman, 35*)

In the absence of a living Master, one cannot develop the devotional attitude so very necessary on the spiritual path. There cannot be any devoted attachment for a person or thing which we have never seen and of which we have no idea. The very term "attachment" signifies that there is an object of attachment. (*Godman, 27*)

# Hazur Baba Sawan Singh “The Great Master” 1858-1948



Sant Kirpal Singh Ji  
“The Beloved Master”  
1894-1974



# Guidelines for Selecting a Guru

From an internet article

(<http://sped2work.tripod.com/guides.html>)

Although guidelines have been proposed by several religious groups to help would-be seekers decide which path or guru is the highest, almost all of them suffer from a clear case of what sociologists and anthropologists now call ethnocentrism (the tendency to see other people, cultures, religions, solely in terms of one's own world view). Surely, no critical guide will be exempt from a certain amount of prejudice or bias, but it can be minimized if the template we employ to appraise masters and new movements is drawn from trans-cultural sources and is interdisciplinary in scope.

To accomplish this aim, the following test was compiled from five distinct "schools:"

1) Transpersonal Psychology (Ken Wilber, John Welwood, et al.); 2) Advaita Vedanta (Sri Ramana Maharshi, Nisargadatta Maharaj, et al.); 3) Sant Mat (Sawan Singh, Julian P. Johnson, et al); and 4) Christianity (Mother Teresa, Nicholas of Cusa, et al.); 5) Shamanism (various North American indigenous and related cultural sources, et al).

Naturally, not all of these schools are in exact agreement with each other, but taken together they do provide a substantial framework with which interested practitioners can measure the claims of their respective guru, mentor, spiritual leader, and path.

## **1. Does Your Guru/Path Charge Money For Membership or Participation?**

Perhaps the easiest question to ask and have answered by a spiritual guru/path is whether or not their organization charges money for membership or participation. If the answer is yes, it is a clear sign for the "buyer to beware," as almost all groups which assign a fee for their teachings are suspect. Although Self-Realization may entail many requirements, such as giving up ego, greed, lust, and so forth, offering up your wallet or life savings is not one of them.

In America there is a tendency to make a commodity out of anything, even spirituality. Not only is making salvation a marketable item absurd ("Sorry, you don't qualify for the highest, blissful heaven." - "Why not?" - "You forgot to pay last month's subscription dues for soul discourses"), but it allows for a number of unscrupulous individuals to make huge sums of money off naive seekers.

Although money is necessary to keep movements functioning (the publishing of books, etc.), there is a distinct line between obligatory payments -- even if they are disguised as "love offerings," and unsolicited donations; the latter has justifiable reasons behind it, whereas the former makes religion a business enterprise, with a very lucrative tax shelter.

*"Real Masters never charge for their services, nor do they accept payment in any form or any sort of material benefits for their instructions. This is a universal law among Masters, and yet it is an amazing fact that thousands of eager seekers in America and elsewhere, go on paying large sums of money for "spiritual instruction." Masters are always self-sustaining.*

*They are never supported by their students or by public charity."*

*(Julian P. Johnson, The Path of the Masters)*

## **2. Does Your Spiritual Teacher Have A High Standard Of Moral Conduct?**

A truly Enlightened master is by virtue of his attainment a moral human being. For, unlike most of struggling humanity, the realized sage has transcended the ego and its limitations and become consciously aware of his real relationship as an indivisible part of God's Being. As such, an Enlightened master would exhibit ethical qualities far beyond those manifested by even noble worldly souls. In light of this, it is particularly distressing to note that a large number of so-called gurus are quite unethical in their behavior. This ranges from improper business deals, to sexual misconduct, personal violence, drug or alcohol addiction, and even criminal activity. As Julian P. Johnson correctly observes:

*“If I were looking for a Master, I would first of all make the most critical inspection of the man's life to determine if he had any of the ordinary imperfections of character usually manifested by the average man. If I found him to be a perfect man, when studied as man, I would then begin my study of him as a Guru. But if he failed to pass inspection as a man, I would at once give up the search of him as Guru, or Master.”*

However, though some teachers have been known to engage in immoral actions, naïve followers try to find ways to justify such behavior. The problem with attempting to give metaphysical explanations for what would otherwise be considered “ordinary” events is that it enables ambitious masters to bypass standard morality in the name of a “higher” authority.

What is needed in appraising spiritual claims is a religious version of “Occam's Razor” (the scientific/philosophic rule which requires that the simplest of competing theories be preferred to the more complex, or that explanations of unknown phenomena be sought first in terms of known quantities), wherein seekers have a predisposition for the more logical, common sense interpretation of allegedly transcendent actions.

Is it really necessary to “explain away” a guru's lust or misdirected practices as being motivated by the Holy Spirit, God, or Mother Shakti? Gurus don't hesitate to point out their devotees' weaknesses, nor should disciples be hesitant in criticizing their teacher's faults when they appear. Critical exchange is crucial and healthy for any type of relationship including teacher/student ones.

## **3. Does Your Master Make Claims About His/Her Spiritual Development, Powers, or Attainment?**

*“If any man claims to have attained the highest in spiritual development that claim of itself may be taken as conclusive proof that he has not attained so much.”*  
*(Julian P. Johnson, The Path of the Masters)*

Almost all of the world's great religious scriptures universally acclaim that humility is one of the chief virtues of an Enlightened human being. Yet, many of the most popular gurus today speak out quite stridently about their spiritual attainments. Some, like Sathya Sai Baba of South India, even claim to be God incarnated. Others, perhaps less absolutist but nevertheless confident, allege that they have access to the Supreme Being on a day to day basis. It is roughly estimated that there are over a million gurus in India, most of whom claim to have direct contact with the highest Reality and Truth. What is the seeker to do? Whose statements should he/she believe?

None of them. Spirituality, according to true mystics of all ages, is an experiential science, one which demands not blind faith and belief, but rigorous practice and application. Indeed, as Ken Wilber points out, authentic mysticism is a provable discipline since it enables a practitioner to see directly higher, transpersonal regions of consciousness. Therefore, the necessity for "belief" in a teacher's claims is uncalled for. Rather, what is needed is experimental verification of the path he/she advocates.

All too often, religious seekers become armchair speculators versus actual practitioners, thereby basing their judgments on a mere intellectual appraisal of the master and not on direct interaction with his/her teachings.

If any guru demands belief in his/her status it is obvious that what they are teaching is not spirituality/mysticism but dogma and conversion. Truly, unless the would-be disciple is already God-Realized, how is he/she to know the spiritual capabilities of his/her master? Mere allegiance will not suffice, nor will any amount of propaganda about the guru's greatness, only daily spiritual practice will do.

Trans-culturally and throughout the ages, there have been a select number of saints who have embodied the very highest qualities of enlightenment which, contrary to our notions of "other worldliness," can be manifested in their everyday lives. "By their fruits, you will know them."

#### **4. Does Your Guru/Group Proselytize Vigorously For New Converts?**

*"Any group "out to save the world" is potentially problematic, because it rests on an archaically narcissistic base that looks "altruistic" or "idealistic" but in fact is very egocentric, very primitive, and very capable of coming to primitive ends by primitive means."*  
(Ken Wilber, *Eye to Eye*)

Regardless of how the proselytization is disguised, any guru/group which advocates a vigorous program of recruiting new converts acts as a dividing force in the society, cutting directly into family and relationships. Such conversionary emphasis has a tendency to create factions where none had existed before: "I am saved; you are still lost." – "I found it; you haven't", and so on.

Undoubtedly a certain amount of advertisement goes on in every religious movement, even the ones which are adamantly opposed to spreading their teachings publicly. Just the publication of books, texts, and articles is itself a form of advertisement, albeit a limited avenue. The fine line, however is where giving out the message becomes consciously pushing the truth, as not only an alternative but as a required necessity.

If the guru/path really does have a glimpse into the transcendental truth of the universe, then the concern will not be with "preaching" that insight but actually exemplifying it. As is well known in parental and teaching circles, the most accomplished parent/teacher is the one who says the most not with words but with actions. This simple truth, though used as a cliché, should be kept in mind whenever encountering a "new" revelation.

## 5. Who Appointed Your Teacher to Be a Master?

*"Cult leaders are often self-styled prophets who have not studied with great teachers or undergone lengthy training or discipline themselves. . . Many of the most dangerous cultic figures of our times have no such stabilizing context of tradition, lineage or transmission, but are self-proclaimed gurus who sway their followers through their charismatic talents. . . ."*  
(John Welwood, *On Spiritual Authority*)

Successorship controversies are some of the most intricate and confusing issues that a spiritual seeker can face. A number of perplexing questions may arise: "Is my guru really enlightened?" - "Did my teacher truly receive the mantleship from his master?" - "Why is my movement's history disputed by outside scholars?" etc. The forthcoming answers are rarely simple and air-tight. There is always a strange twist, an odd fact, a peculiar story, which upturns even the most stalwart of followers.

The only remedy to doubt is not blind belief or dogma, but the ability to allow the mind to question and to embrace the paradoxical nature of the world. This kind of recourse enables the discriminating mind to exist alongside the devotion laden heart.

## 6. Are The Central Teachings Of The Guru/Movement Trans-Rational Or Pre-Rational?

*"The aim and object of all religions and of all ancient seers has been to take the soul, by one means or another, back to its Source. Perfect is he who, by practice and meditation, lifts his soul to its real abode, freeing it from all bonds, both internal and external, gross, subtle, causal, and thus detaches his mind from the world and its phenomena. The perfect sadhus, real gyanis, true lovers or devotees of the Lord, are those only who reach the last stage. They who only talk of the Perfect Ones, or read their teachings to others without reaching the stage or practicing towards that end are only intellectuals and theorists."*  
(Shiv Dayal Singh, *Sar Bachan Prose*)

Contrary to what most secular humanists believe, like Paul Kurtz and Issac Asimov, true religion is a transrational endeavor to achieve higher states of consciousness beyond the verbal mind. Genuine mystics are not concerned with pre-rational forms of behavior, such as mythic logic, group-think, dogma, obedience without insight, and so forth. These types of thinking work against rather than promote spiritual Enlightenment. An authentic tradition centers its teachings on direct, personal contact with the Supreme Reality by engaging in day to day meditation or prayer.

Nothing can substitute for the disciple's own effort and inward progress - not vicarious atonement, not the burning of Karmas by the guru, not God's grace, though all of these elements have their part. Individual action, though understood in relationship with the Lord's mercy and grace, is stressed above all else by genuine gurus/movements. No true mystic will ever ask a student to believe in him/her blindly or follow the teachings uncritically.



## Sant Kirpal Singh Ji Guidelines for Selecting a Guru

Where the guidance of a competent living Master is such a prime necessity, the task of finding and recognizing such a genuine soul assumes paramount importance. There is no dearth of false prophets and of wolves in sheep's clothing. The very term *Satguru*, or true Master, implies the existence of its opposite, and it is the false that meet our gaze at every turn. However difficult it may be to find a God-man (for such beings are rare, unobtrusive in their humility and reluctant to declare themselves by spectacular miracles or court the public limelight), it is nevertheless not impossible to single him out from the rest.

([ruhanisatsangusa.org/col/col-5b.htm](http://ruhanisatsangusa.org/col/col-5b.htm))

The gifts that a Master can give, no son of man can do it. He comes to the world with a Commission from God. Masters have been giving out suchlike things in their own language from time to time. Those who come in contact with a Master really know, really see, what He gives. The gifts that a Master can give, nobody else can give. What is that Power that gives this gift? It is the manifested God in Him. You may remember the story in the Bible of Christ asking the Samaritan lady for some water. Because of an inferiority complex, she thought that as Christ belonged to a higher level of life, why should He ask her for water, and so she did not give Him any. Christ then said to her, "Whosoever drinketh of this water shall thirst again, but whosoever drinketh of the water that I shall give him shall never thirst, but shall be in him a well of water springing up into everlasting Life". He also said, "I am the Bread of Life. This Bread of Life has come down from Heaven. Whoever partaketh of it shall have everlasting life".

What is that Bread or Water of Life? It is the God-into-Expression Power, which has two phases, one Light and the other Sound Principle. It is also known as the Music of the Spheres or the Music of all Harmony. All Masters who came in the past have referred to it, whether they came in one country or another. So suchlike Bread and Water of Life can only be given by a man who has become Word made flesh. He works at the human pole of course, but His soul partakes of the Bread and Water of Life. This is given by Him to others, for on spiritual health depends the life of mind and body both. Nobody on earth can give such a gift, except He who has become a conscious co-worker of the Divine Plan, the mouthpiece of God. So this Bread of Life is already within us, but we cannot taste of it because the attention, which is the outward expression of the soul, is under the control of the mind. The mind is further under the control of the outgoing faculties and the outgoing faculties are dragging us into the outside world and to the physical body. We are so much identified with these things that we have forgotten our Self. Through the grace of the Master, we are given some experience to forget the world outside for a while, to rise above body consciousness and to open the inner eye, the single eye, to see the Light of God and to hear the Voice of God. Christ said, "You see things that the old Prophets did not see, you hear things that the old Prophets did not hear". So such a gift is given by a Master. ([ruhanisatsangusa.org/mt/true-bread.htm](http://ruhanisatsangusa.org/mt/true-bread.htm))

*Do not believe until your eye is opened, and you can see for yourself.  
“I cannot believe even the Guru’s words, unless I see with my own eye.”*

*(Sant Kirpal Singh, [ruhanisatsangusa.org/strait.htm](http://ruhanisatsangusa.org/strait.htm))*

The only criterion of a true Master is that when He gives you Initiation, you will have some experience to start with, you will get some Light. This means that the man through whom it is given is clean. God's Light is reflected in Him and that radiates. Others simply give some few words to repeat, some little things to do. Whenever people go to them, they are just told to put in more time. They put in four hours, six hours daily and even then they don't get any Light. The reason why is very clear now.

There are so many masters in India and elsewhere. They have good propaganda. Propaganda can be had by money and that anybody can do. But what is the criterion? He has to give you something.

So a true Master is one who can withdraw your attention from outside, bring it up from the outgoing faculties and then give you some reflection of Light. This is a sort of gift and is the criterion to judge right from wrong.

Books refer to these things, but words cannot explain them as vividly as I am telling you now. So love God and others in whom He is reflected. What is the criterion? When He initiates you, when you think of Him, the Light will be boosted up within you. He is competent to give you a first hand experience on the very day of Initiation. ([ruhanisatsangusa.org/mt/vslust2.htm](http://ruhanisatsangusa.org/mt/vslust2.htm))

The greatness of the Master lies in the fact that He is competent to give you some capital to start with, by withdrawing your attention from outside and raising it above body consciousness. He opens your inner eye to see the Light of God and to hear the Voice of God, maybe little or more. That depends upon each man's background. But you must have something to start with. He who can give that Bread or Water of Life is called a Saint. This is why the Masters have been so highly spoken of in sacred literature, whether they belonged to one country or another. To meet with such a Master is a great blessing. ([ruhanisatsangusa.org/mt/true-bread.htm](http://ruhanisatsangusa.org/mt/true-bread.htm))



*It [Sant Mat] is a liberal system and does not stifle opinion or insist on blind belief.  
To start with, it asks you to accept some fundamental concepts, only by way of a working  
hypothesis... We do not force conviction upon anybody. We like the conviction to grow  
from within as a result of one's own personal experience.*

*(Baba Sawan Singh)*

*The value of authority or belief to a believer lies in making an experiment on the lines  
recommended by authorities and testing this belief. If the result comes out to be as expected,  
the belief becomes a fact to the experimenter.*

*(Baba Sawan Singh)*

*He who has not experienced the true inner connection with his Guru  
will not have such strong faith, for faith is built on knowledge.*

*(Sant Kirpal Singh)*

## How to Recognize a True Master Sant Kirpal Singh

The life and conduct of a perfect Master single him out as a unique personality apart from the rest of mankind.

1. He is always a bestower of gifts and never a recipient. He never wishes for the slightest service from his following. He earns his own living and is never a burden upon anyone. All his personal savings, if any, he spends on the relief of the needy.
2. He does not charge any fees for imparting spiritual instructions. On the contrary, he bestows spirituality as a free gift like any other gift of God, such as light, air, water and so forth.
3. He is a living embodiment of humility. With all his powers and greatness co-equal with God, he never claims credit for anything, but attributes everything to God or to his own Master. Like a fruit-laden branch of a tree, he bows to the lowest, and moves about in simple dignity peculiar to him alone.
4. He is at peace with all and is angry with none. He smilingly forgives all who talk ill of him, and does not pick flaws in others. His love embraces all humanity. Christ-like, he proclaims and practices the cardinal truth, "Love thine enemies."
5. Purity, Godliness and Spirituality flow from him like shining springs of cool and refreshing waters, bringing life to the parched hearts of the aspirants who joyfully move along the Spiritual Path under his able guidance.
6. He does not wear any conspicuous form of dress. He adopts just an easy middle path. His Grand Trunk Road bypasses austerities on the one hand, and forms and formalities on the other. His teaching consists of enunciating natural truths which sink into the soul, and everyone irrespective of sex and age can practice the spiritual discipline enjoined by him.
7. He never believes in nor performs miracles for attracting people and gaining their credence, as a juggler would do. He keeps his treasures well concealed in the deepest recesses within him. He may, if necessity demands, make use of his powers on some special occasion. The disciples, of course, everyday feel the hidden hand of the Master working for their welfare and advancement. (*Godman*, 115, 116)



What is a Guru? Forgive me, but these days you can pick up a stone and find a guru underneath it. One finds so many gurus (teachers) that it is really hard to find a single disciple anywhere! These days, if a man studies any kind of outer attainment, he starts thinking that the man who taught him is a Guru. Brothers, a true Guru is one who takes away the curtain of ignorance and reveals the Light within. The exact meaning of the word is: dispeller of darkness. (Sant Kirpal Singh, [ruhanisatsangusa.org/tog.htm](http://ruhanisatsangusa.org/tog.htm))

**Question:** There are many self-styled masters. How may one know a True Master?

**Sant Kirpal Singh:** A True Master is dedicated to bring souls back to the True Home of their Father. A True Master gives more than mere theory. He gives *experience* to His disciple. He shows the way to God, which is within. God and Master are within. This question usually besets every true seeker after God. In my boyhood, I had the same doubts and questioning before me. I did not dare to go to any Master for fear of encountering an imperfect master and then my whole life would be one of frustration. So I earnestly prayed to God for guidance. My prayer was heard. A True Master began to appear to me in my meditations, about seven years before I came to Him physically, whom I recognized to be the same Great Master Sawan Singh.

Your question remains-how to recognize a True Master? Outwardly we should see that He has no selfish motives. He should be living on His own hard-earned money. He should not be fond of outward pomp and show. He will live a simple life. His thoughts will be pure.

His true qualifications will lie in His ability to give the initiate some first-hand experience by opening the inner eye to see the *Light of God* and inner ear to hear the *Voice of God*, the Sound Principle. The extent of this experience will be according to the back-ground of the initiate and his receptivity.

After Initiation the only rules for judging for one's self is one's own inner ascent to the spiritual planes whereby one can see for himself, and meet all Masters; past or present, wherever they are, in the upper or lower planes. Those who contact the Master inside and talk to Him know. (*Spiritual Elixir* - 1988, p. 26)



How can we distinguish between a genuine and a false Master ? There is in fact no such testing stone or magical formula except that of self-experience, for discriminating right from wrong, truth from falsehood, and reality from unreality.

In these times then, when materialism is on the increase, we do not find competent Masters growing like mushrooms. So search we must, not allowing false propaganda, the testimony of others, blind faith, the promise of future happiness, and our regard for position, wealth and pleasure, to lead us astray. (*Man Know Thyself* - 1988, p. 22, 23)

But be careful that you are not devoted to a false master. What is the criterion of a real Master and an acting and posing master? A real Master can give you a lift. He gives you something to see within and something to hear within. If He does this for a while, and also gives you something to start with in Light and Sound, well, this is the outer criterion. Don't be led away by outer pomp and show. Simply see what He can give you. Generally, the world is flooded with so-called masters. A real Master is one who can give you something to start with on the very first day. Then you can develop it from day to day. (<http://www.ruhanisatsangusa.org/mt/why-worship.htm>)

Regarding gurus and masters, it may be remembered that everything seeming similar is not the same. Masters abound and from among those highly thought of or talked about preachers, the majority of them will not be found talking of self-experience, though they are able to express the theory side in a thousand different ways with the sweetest words possible.

The only criterion for judging is one's own inner ascent to spiritual planes, whereby one can see for himself or herself and meet all the Masters, past and present, wherever they may be, in upper or lower planes. If one having experiences of the lower planes thinks and claims to be in the eternal Home, 'one with Him' and equal to those who have reached the Ultimate Goal, and begins to teach while he or she has much more to learn and to see, how would you accept him or her?

The worst of it is that lay people are easily deceived by the acting and posing of such so-called, self-styled teachers as they are quite clever externally in talking about spiritual matters of which they have only a second-hand knowledge through books or hearsay. Even a loving disposition may be imitated to a great extent. That is the reason that the world is full of masters. Christ warns us: "Beware of false prophets who come in sheep's clothing, but inwardly are ravaging wolves." (*Spiritual Elixir* - 1988, p. 225)

I am glad you were able to clear the doubts of those who had confused ideas about the Real Master. The granting of first-hand inner experience of the Light of God within and contacting the Voice of God is a great and rare privilege and this constitutes the best criterion for distinguishing a Real Master from the so-called masters. (*Spiritual Elixir*, 229)



*Then there arises the question of how to find the real teacher. Very often people are in doubt; they do not know whether the teacher they see is a true or a false teacher. Frequently a person comes into contact with a false teacher in this world where there is so much falsehood. But at the same time a real seeker, one who is not false to himself, will always meet with the truth, with the real, because it is his own real faith, his own sincerity in earnest seeking that will become his torch. The real teacher is within, the lover of reality is one's own sincere self, and if one is really seeking truth, sooner or later one will certainly find a true teacher.*  
(Hazrat Inayat Khan)

*The fundamental requirements for meeting a genuine Sat-Guru are  
humility, love, and freedom from the bonds of creeds.*  
(Julian P. Johnson)

*Gurus are of all types, greatly differing one from another. Between them is a difference of  
faith and realization. Some have realized God, others know Him not.  
Worship only that Guru who shows the Path of the Word.*  
(Kabir)



# GOD POWER, CHRIST POWER, MASTER POWER

## Sant Kirpal Singh

A talk given at the St. James Episcopal Church, Houston Texas on December 25, 1963

Dear Friends:

I have the great pleasure to address you on the evening of this day which is considered most sacred among the Christians. Today we are celebrating in sweet remembrance the Christ who appeared at the pole of Jesus.

Thousands of other men are born daily, in all countries, in all towns, but not very many remember their births and deaths; yet the lives of the Masters, so few in number, can never be forgotten.

Christ was born as Jesus. Jesus was the human pole at which the Christ-Power manifested itself, and the Christ-Power never dies. Once that Power takes possession of us or takes us under His care, He does not leave us. Christ said, "I am with you always, even unto the end of the world."

When I came here on my last visit in 1955, people asked me: "When is Christ returning?" I asked them: "Has He ever left you?" I quoted to them the very words: "I am with you always, even unto the end of the world." If He has not left us, then where does the question of coming back arise? The reason we ask these things is because, perhaps, we have not gone far enough into the mystery of Christ.

What was Christ? God-Power appears from time to time at the human pole to guide the child-humanity and give it the way back to God. The question is: Who can give us the way back to God? No son of man can do it; God alone can lead us to God or give us a contact with Him. He has no equal; no brother, no father, no mother; and that God resides in every heart.

Thus, have you ever considered who is the one who points the way back to God and who at times refers to himself as - "I and my Father are one." "I am the Light." "I am the Way."

All Masters tell us that the incarnated Masters are all children of Light. They are all sons of God, and whoever follows Them, meets God, for he is given contact with God. Masters have been coming from time to time; and to all intents and purposes, outwardly, They appear to be men. They were born the same way and Their bodies are constructed the same way. What then is the difference between such a personality and the average man? It is in His being a conscious co-worker of the divine plan, for He sees it is the Father working through Him.

Jesus asked His disciples: "What say you that I am?" Simon Peter answered, "Thou art the son of the living God." Jesus told Peter: "No earthly power has revealed this to you, but my Father which is in heaven." Then again a disciple said: "It would suffice if they would be shown the Father." What did Jesus reply? He grew indignant and asked: "Have I been so long with you and yet you never saw that it was the Father working through me?" Then he went so far as to say: "Whoever has seen me has seen the Father." And, "No one comes to the Father except by me." These statements are paraphrased from the Bible to make the purpose of them clear.

Christ is the God-Power or so-called Guru-Power which appeared as the son of man who was called 'Jesus'. During a talk I gave last month at the Unity Temple in Los Angeles, I expressed these thoughts and then asked the minister for his opinion, which I wanted to hear--not because I was doubtful, but because men are evolving and awakening to the truth.

He answered: "Who is Jesus Christ? God's son made manifest to man to teach him and to show him the Way and the Truth and the Light. He came to show man how the Father would live if He were a man. He was God in man." Then he explained: "Jesus was the transcendent incarnation of God." And continued: "What is the difference between Jesus and the Christ? Christ existed long before Jesus. Jesus is the born man who perfectly manifested the Christ in Himself, and Christ is the divine nature of this God-Man. Thus Christ, the spiritual human, existed long before His earthly birth."

Do you comprehend ? The Christ-Power or God-Power or Guru-Power is the same, and manifests itself at the human pole to meet the demands of His children: those who feel hungry for Him, those who feel thirsty for Him. There is food for the hungry and water for the thirsty; demand and supply is the law of nature, and where fire burns, oxygen comes to help. When man has hunger for God in his heart, God manifests Himself at some human pole to guide the child-humanity. "No man knows the Father except through the Son and he to whom the Son reveals Him."

As I told you, this Christ-Power existed ever since the world began and has manifested itself from time to time at the human pole of the various Masters. We can recognize this fact through the study of comparative religions, where we shall find the same teachings given by the Masters of all religions and the same assertions made by Them.

Someone told me on my last visit here that Christ is the highest since He had said: "I and my Father are one." "That's all right," I said, "but if other Masters also uttered the same words, how would you consider them?" I then quoted what other Masters had said in their own languages in their own times.

The fifth Guru of the Sikhs said: "The son and the Father are dyed in the same color and the Father and the son have taken up the same business." The tenth Guru of the Sikhs said: "God ordered me, 'Go, I make you my son to guide the child-humanity. '"

Many others as well spoke the same. This is only to evidence that Christ lived even before He entered the sinless body of the mother. We have regard for that perpetual Christ-Power which existed before birth and continues after it, and for the sonship that is perpetual. That power lies in every heart and is revealed when a human pole at which the Power is manifest, meets us and gives us a contact with God. No son of man, no human, can do it, except the manifested God-Power in some human pole.

When we meet Them, these human poles are competent to raise our souls from the bondage of mind and the outgoing faculties and to grant us contact within. Thus, we have regard for all human poles which give that Christ-Power its birth from time to time. We are, then, fortunate that we are gathered here on this blessed Christmas day.

What is the purpose of the celebration of such birthdays? The aim is to understand the teachings of the Masters, to revive those teachings and to see if we are following them. Blessed be all Masters. We are proud of Them; but the question arises: Are They proud of us? The true celebration of a great man's birthday is to understand his teachings and live up to them.

Christ said, "Because I live, you shall live also." Christ was able to give everlasting Life. He referred to Himself in our recorded scriptures as: "I am the Bread of Life... This is the Bread which cometh down from heaven... If any man eat of this Bread, he shall live forever." God is Light; God is Life; God is Love. What was this Bread of Life He gave?

In another instance, Jesus went to a well to have a drop of water. He requested a Samaritan woman at the well, who was carrying a pitcher of water on her head, to give Him some water to drink. Out of an inferiority complex, she said, "You people have no dealings with us; why then are you asking me for water?" Jesus answered: "If you knew who was asking for water, you would have asked for, and I would have given you the living water of life. This water which you carry quenches thirst for a while, yet one is again thirsty; but whoever drinks of the living water which I give, will never thirst."

Let us go a little farther into it. Who was Christ? (Blessed is the human pole at which Christ appears.) He behaved like a man; He behaved also like God. He behaved like an average man and His greatness lies in this fact. In His grace, He behaved both ways--as a man and as God. St. John describes Jesus as, "The Word made flesh and dwelt amongst us."

What is Word? Word is definable as the Word which has made all heavens. St. John said, "In the beginning was the Word, and the Word was with God and the Word was God." That is the cause of all creation. In the Psalms, we find, "Thy Word is settled in heaven." This is what Jesus referred to as the Bread of Life which is come from heaven.

What is that Word and what is the outer manifestation of the Word which was personified and made flesh in the human pole of Jesus? The Psalmist said: "The Word is a Lamp unto my feet, and a Light unto my path." Jesus expressly said: "I am the Light of the World."

Do you follow now, how great He was? He was God-Power manifested in the human pole, and He had great regard for that human pole at which He was manifested, but He always differentiated between the son of man and the God-Father in Him. This is no peculiar distinction in the case of Christ, because all other Masters, among them Guru Nanak and Kabir, expounded this same Truth in Their own languages.

Because we are not aware of the teachings of the other Masters, we think perhaps that the teaching of Jesus is the only truth. Truth, however, is One. Truth is clothed in Light. Truth is the Harmony--the Music of all harmonies. All Masters who came in the past referred to it. The Sikh Scriptures contain the same assertion: "The Word was made flesh and dwelt amongst us", that I quoted to you. They said that the Word was personified in human form which guided the embodied souls and gave them contact back to God. I have respect for all human poles at which that Christ-Power dwells from time to time.

You will find very specific teachings from the Masters. They taught first of all that the highest aim of a man's life is God first, and the world next. We live, however, for the world first and God next, and we have faith in God only insofar as we get worldly things from Him. If sometimes for some reason or other we do not receive those things, then our faith is broken.

Jesus said: "Except a man be born again he cannot see the Kingdom of God... The Kingdom of God cometh not with observation... The Kingdom of God is within you." By observation is meant--ways which are related to the outgoing faculties. God is Spirit and we must pray to God in Spirit alone. God does not reside in temples made by man, but in the God-made temple of the Man-body. Within that Man-body temple, Jesus said: "Because I live, ye shall live also." He did not refer to the outer son of man, the perceptible body, but to the inner, which gave Light and was the way back to God through love.

God made man after His own image. God is all-consciousness and Light, and we are also children of Light. We are conscious entities, environed by mind and matter, and we are kept in the body by the God-Power controlling us. So long as that Power is in the body, we are functioning in it; when that Power is withdrawn, we have to leave it. Similarly, that very Power is controlling the whole universe and when it is withdrawn, dissolution and grand dissolution set in.

There is a maker of this universe; it did not just come about by itself. But the maker Himself is unchangeable, permanent, and the world created by Him, being made of matter, is changing and impermanent.

I would say that the best way to celebrate Christmas day is to celebrate the lives of these great Lights daily, with every breath. We do not miss or forget the lessons and the teachings They gave us and we should live up to them daily. We should see the same Christ-Power in ourselves. It is in everyone and it is to be developed through the help given wherever it manifests--call it by any name you like.

Jesus taught that the Kingdom of God could be had only by entering within the man-body or the true temple of God. (God is the controlling Power sustaining us in the body.) The import of these teachings is that so long as we are in the body, we are identified with the body and outside things, causing us to forget our inner selves and fall under a grand delusion. How can we be liberated from this delusion?

The attention, which is the outward expression of our soul, is diffused in the world through the outgoing faculties. First we have to withdraw that attention within, and then rise above body-consciousness, above the senses. Only then can we be extricated from the grand delusion that we are the man-body instead of being the indweller of the man-body. Only then can we emerge from our ignorance of some higher Power keeping us in the body.

What happens at the time of death? Life withdraws from the feet and rises to the back of the eyes and then darkness appears. While living, you can learn how to rise above the senses, withdraw from the outside to the back of the eyes, which is the seat of the soul in the body, and have your inner eye opened. You can see the Light of God, that Light of God which was personified and called Christ-Power, Guru-Power, or Master-Power.

Jesus told Nicodemus, "Except a man be born again, he cannot see the Kingdom of God." Nicodemus then said, "Lord, I am an old man. How can I enter the womb of the mother and be reborn? Jesus replied: "Flesh is born of the flesh and Spirit of the Spirit."

Our first birth is in the man-body; the second birth is that of being born anew into the beyond when we learn to die while living. This birth is called the birth in Christ, birth in Guru-Power or birth in God-Power.

You must live and die in God-Power. You must be born in Christ, in the Guru-Power or God-Power. Simple wearing of the outer badges of certain schools of thought or performing specific rites and rituals does not make you be born in Christ. Such practices or beliefs may be the preparation of the ground for being born in Christ, but this birth can be had only if you take up the cross daily. Man-body is the cross.

I was very happy to learn from the newspapers today that Pope Paul is making a pilgrimage to Jerusalem. We know that Jerusalem is a place of pilgrimage for all Christians, and perhaps Pope Paul is the first man to go into Jerusalem to revive that memory. I read that he will go down to Jerusalem, take a wooden cross over his shoulders and walk on the ground where Christ walked one day. These things serve to remind us of the great personalities who came in the world to guide us. Only because Prophet Mohammed was born in Mecca does each Mohammedan yearn to perform his Hajj or pilgrimage to it. Similarly, we have respect for the birthplaces of all other Masters as reminders to us of Their having come. We bow our heads in respect to Them and try to learn the lessons these Masters taught. Unfortunately, these tributes later become conventional and stereotyped social functions, and we forget that the true way to celebrate any great man's life is to understand what he was and taught, to derive the lesson and try to live up to it.

Jesus clearly says that no man knows the Father except the Son, and the one to whom the Son reveals Him. That Son is the Light of God which exists forever. Son-ship continues. The sum of all that I have to convey to you is that Christ lived as the Man-body of Jesus, at whose pole He appeared, and that He resides in every heart. Yet He cannot be realized by mere feelings, by mere emotions, by merely drawing inferences, or by intellectual wrestling to arrive at a conclusion. It is a matter of seeing God - who He is. Christ said, "I am the Light of the World." Can you see this Light? Jesus said, "The Light of the body is the eye: If thine eye be single, thy whole body shall be full of Light."

How can the two eyes be single? This is a practical question and one that can be answered practicably, for this occurs when the inner eye which is within each man is opened. Even a blind man without eyes to see the physical has that single eye but it is closed. We can only see Him, the God-in-action Power, which is the Light called Christ, when we shut the doors of the temple of our body and our eye becomes single. Our attention has become diffused upon the outside world through the bodily doors of the two eyes, the two nostrils, the two ears, the mouth, the excretory and genital organs, and it has identified itself with them. We have to withdraw our attention from the outside, enter within the laboratory of the man-body which is the true temple of God and rise to the back of the eyes, where the seat of the soul is located in the body. There lies the tenth door where the eyes become single and where we find the Light of God. There we see the Christ in expression.

This is an example of what I mean by true celebration through the understanding of the personality of the Master and His teachings, and living up to them.

Jesus said that we must have the Bread of Life and the Water of Life. That Bread of Life and Water of Life lie in the actual contact with the God-into-Expression Power of Light and Music of the Spheres. At any human pole at which the God-Power is made manifest, that manifested God-Power is competent to raise our souls--bound under mind and outgoing faculties, and identified with them -- and open the inner eye to see the Light of God and open the inner ear to hear the Voice of God.

This is what is meant by coming into contact with the God-into-Expression Power of the Light and Sound principle; that is, the true Bread and the true Water of Life. Thus, any human pole at which that God-Power has manifested Itself, can give you contact with the Bread and Water of Life.

This is referred to by Guru Nanak and the other Masters who say that we are fortunate to have the man-body and that the purpose of having it is to obtain the Bread of Life and the Water of Life -- the true elixir of life everlasting, for whoever drinks of It shall never die.

Remain in any religion you like, but for the Bread and Water of Life, go to a Master who is the human pole of the God-Power or Christ-Power, for no son of man can give you everlasting life. The greatness of the Master lies not in His advising you how to say prayers or perform certain rites and rituals -- any man can give lectures after a little training -- but in the fact that He is able to give you a sitting in which your soul is first with drawn from the outside and then raised above the senses; your inner eye is opened and you see the Light of God and your inner ear is opened and you hear the Voice of God; you testify yourself that it is so.

Through the parallel study of religions you will find the same truth imparted by almost all Masters, in Their own languages, of course. In the Christian literature, you will find that St. Paul says, "I die daily." Other Masters say: Learn to die a hundred times a day. That death is the withdrawal of the soul from the physical body and rising above it into the beyond; that is, into the Kingdom of God where you are reborn. "Marvel not that I say unto you, ye must be born again."

These are the teachings given by all Masters from time to time. The difficulty in truly experiencing them, however, lies in the way that our souls are under the command of mind, and mind is under the command of the outgoing faculties. We have abandoned ourselves to the pleasures of the outside world so completely that we have identified ourselves with them, and we remain awake on the outside but asleep from within. You must know that the God-Power is keeping us in the body and, if you are to find this Power, you have to invert and withdraw behind the eyes, and gaze into the dark expanse before you. When you are able to see within that expanse, you will also see the actual God-Power everywhere.

Here is how we can find the Christ already within us. First enter the laboratory of the man-body, the true temple of God, then rise above it until we leave all else behind and enter the Kingdom of God. There are so many mansions in the house of our Father; the macrocosm is in the microcosm of the man-body, and consists of physical, astral, causal, and super-causal planes, and beyond all these are the pure spiritual planes, the true home of our Father.

The first step thus starts when we rise and are reborn above the iron curtain of this physical body. If anyone can rise above by himself, blessed is he; but if not... consider that even in outward occupations a person needs someone proficient and expert in that particular line... how much more is it necessary to have someone competent where the world's philosophies and outward faculties do not work! Do you not need someone to help you there? You will decide this for yourselves.

In the true terminology of the Saints or Masters, a blind man is defined, not as one who has no eyes in his head, but as one whose inner eye is closed. Those who do not see the Light of God are all, excuse me, blind.

When they come to a Master and He gives them a sitting, the inner eye is opened and they see the Light of God. When they return, they are men with the inner eye opened. Similarly, before going to a Master, a man is deaf. When the Master gives him a sitting, he begins to hear the Music of the Spheres and he becomes aware.

These are the gifts of God. The greatness of the Master lies in His competency to give you the Bread and the Water of Life and to help you to be reborn -- to open the inner eye to see the Light of God and to open the inner ear to hear the Voice of God.

There were few such personalities in the past, and even now there are few; but the world is not without Them. All humanity are the children of these Masters. The same God-Power, Christ-Power, has worked ever since the world began and continues for those children who are hungry and seek the Truth. When that hunger and thirst arises in anyone, God who resides in every heart makes arrangements to bring him to wherever he can be duly contacted with his own Self. Can any son of man do it? No. Only the God manifested in Him has that Power. Such a person is called a Master.

"Blessed are ye who see things that the old prophets and righteous men could not see, who hear things which the old prophets and righteous men could not hear." These are references in the scriptures that our eyes are sealed and our ears are sealed, and that unless these seals are broken, we cannot see the Light of God and hear the Voice of God.

Guru Nanak, the first Sikh Master, was asked: "God resides in every heart, but who can see Him?" He answered: "Those eyes are different, and are other than the eyes of flesh and bone, which can see the Light of God."

Another Saint, Shames Tabriz, said, "We must be able to see God with our own eyes and we must be able to hear the Voice of God with our own ears."

The true definition of a Master is given by all Masters as one who can make audible for you the Music of the Spheres within and who can remove the veil of darkness you see when you close your eyes, and reveal the Light of God. Such a person is called a Master.

A life of continence and control over the outgoing senses is enjoined by all Masters as the qualification that enables one to follow their teachings. Jesus, in the Sermon of the Mount, said: "Blessed are the pure in heart for they shall see God." All other Masters, or those who have realized themselves, have said the same thing; for God is One and Truth is One. (If there are any differences among us, these are all man-made and are due to our lack of personal

experience of the Truth. Christ and other Masters have grieved that although They have seen, that They can bear testimony to it, yet the people have not believed Them. Masters see and then not only say but are competent to give us an actual specific experience.)

Purity of life is required. You will find that chastity is life and sexuality is death. This body is born of corruptible seed and we are born into the beyond by the incorruptible seed. We should examine these scriptural references to find their truth. The man-body is the highest in all creation and blessed are we that we have the man-body. The highest aim before us is to know God. God resides in us; there is nothing that we need to introduce within from the outside.

The various scriptures extant contain a fine record of the experiences of the Masters; yet we need someone who has had this experience and is competent to give us the same: tasting the Bread and drinking the Water of Life – bringing them into existence. Guru Nanak said: “Do not be deluded because you have taken one form of religion or the other. You must follow the teachings to their original intention.”

All religious teachings are based on the spiritual experiences of the Masters who came from time to time, and the right import or understanding of these experiences can be had only from those who have had these same experiences. We have due deference for all Masters who came in the past, and great respect for all scriptures for they are worth tons of gold and emeralds; but we do need someone who knows the way and can open our inner eye to see the Light of God.

The lives of Christ and all Masters are examples of putting God first. The Kingdom of God is within you. You cannot have it by observation. You can have it only by learning to die while alive, for you enter the Kingdom of God only when you are reborn. In the East they say you have to be twice-born, but reborn or twice-born amounts to the same thing. The first birth is in the physical body and the second is into the beyond. The Masters were competent to give an experience of how to rise above body-consciousness, and disclosed the mantra meaning to rise above the physical, astral, and causal bodies, to see the Son of Light – the Light of the Sun – already ablaze within you.

As I said before, purity is a stepping stone to Him, and, in addition, is Love of God. Misdirected love, called attachments, is keeping us in the body and is the cause of our coming again and again. We go where we are attached, for that is the nature of attachment. True love, called charity, is already engrained in our souls and, when directed towards God, is truly loving. God is love, and our soul is love personified, and the way back to God is also love. All Masters say: love God with all thy heart, with all thy strength, and love thy neighbor and all creation. On the wings of love we can fly to heaven, but with the chastity of life.

It is recorded of Christ that He was chaste-born, sinless born. Similarly, in the East, the Masters were the embodiment of chastity and pure lives.

Married life is no bar to spirituality, if conducted according to the scriptures. It means taking a companion in life, who will be with you in this earthly sojourn through weal and woe; the husband and wife should help each other to know God and to fulfill the highest aim of man's life. One duty may be that of begetting children, but, bear in mind, that is not 100% of our duties. The scriptures say that husbands should love their wives as Christ loved the church.

In the lives of all Masters, we find two great things: They have contact with God and are the mouthpieces of God. They speak as inspired from God rather than from the level of the intellect, feelings, emotions, or by drawing inferences. They see and say and ask you to become. They say: Be still, physically and intellectually, and know that you are God.

We have great respect for all Masters, all sons of men or human poles at which that God-Power, Guru-Power, or Christ-Power worked, and continues to work, to guide the child-humanity. We are blessed.

I wish you Happy Christmas, but in the way that I have advocated to be the true celebration of Christmas Day. Understand who the Masters were, their teachings of how to learn to die, how to be reborn, how to open the inner eye and see the Light of God. Christ was the Light and the Way.

I have had the great pleasure to present to you for your consideration this Christmas Night, truths which I have come to know through experience and by study of comparative religion.

As I said previously, remain in any religion you like. Unless you sit at the feet of some human pole at which the God-Power has manifested itself, the purpose of your joining various schools of thought has not been served, because you want to see God.

The Masters do not destroy any religion or introduce new ones. When They come, They come for the whole world. They consider all humans alike and want us to unravel this mystery of the man-body. Great is man. He lives in this body in which God controls him; and within the microcosm of it exists the macrocosm. We know so much about the outer subjects but, for want of practical people, we know little or nothing about ourselves, the great boon, the great blessing that we have in the form of the man-body -- the golden opportunity.

Blessed are you. Remain in whatever religion you are, there is no need to change it--but be true to it. And being true to your own religion is, to the best of my knowledge of the scriptures, to sit at the feet of someone who knows the Way.

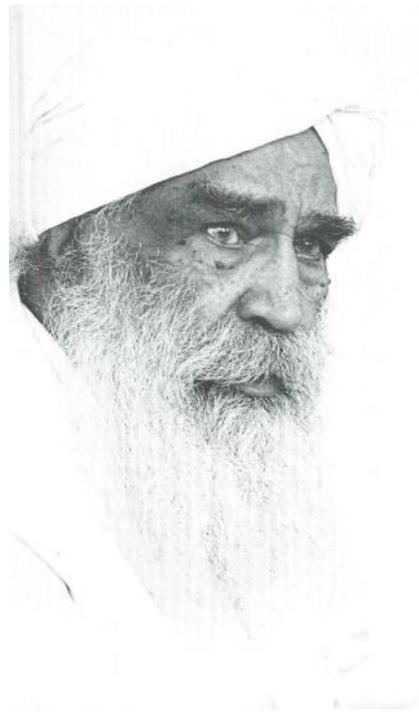


Today there is great awakening beginning. Some have got the answer, some have not; but the search to solve the mystery of life has been born all over the world. The day that question arises in the mind is the greatest day of one's life, for once it is born it does not succumb until it is satisfied. (Sant Kirpal Singh, [ruhanisatsangusa.org/noble.htm](http://ruhanisatsangusa.org/noble.htm))

**Question:** For instance, you think that so many have been searching most of their lives, and studying and searching, trying to understand spiritual realization, and then all of a sudden, are led to a great Being to have that realization awakened within them; but they have spent perhaps half their life just searching and searching.

**Sant Kirpal Singh:** The time spent in searching is counted. Our Master always used to say: "Let your whole life be spent in searching; don't be afraid of it." Whoever is really in search of a true Master, he gets a true Master...

The time spent in searching is good: because those who have entered the field of intellect must be satisfied about the whys and wherefores of things. Otherwise, even if they take up the way, they won't progress; because the questions will keep rising up within them. First, search. And when you sit at the feet of Someone, stop all searching; stop all your mind's ramifications; stop everything else. Go on with what he wants you to do. Do it! He never wants you to leave your homes or anything; he wants you to lead a certain way of life, that's all.  
([ruhanisatsangusa.org/living-up2it.htm](http://ruhanisatsangusa.org/living-up2it.htm))



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(Spiritual Quotations for Lovers of God)