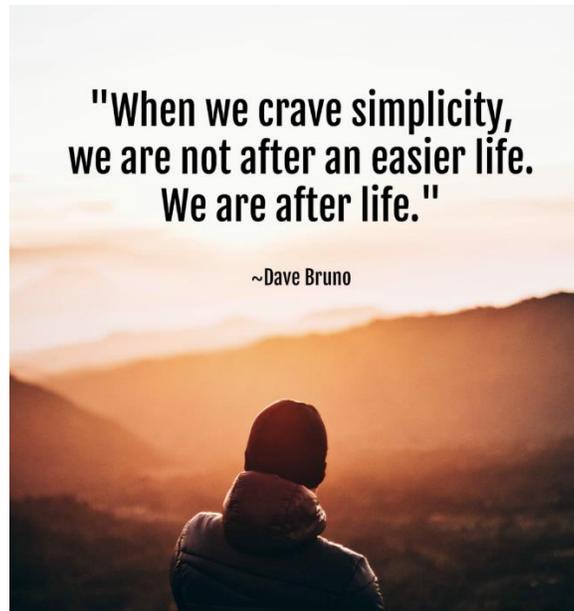


Simplicity

I wish you to “simplify, simplify and simplify.”
To be simple in all aspects of life is to accept Life.
(Sant Kirpal Singh, 1963 Birthday Message)



Less is more.
(Robert Browning)



Sant Kirpal Singh Ji Maharaj

There are a series of steps to the spiritual path, but as Master Sawan always said, "To reach the top story of a house, you have to climb the steps one at a time."

That first step is Faith, to believe in Him. Second step: Obedience to instructions of Master. Third step: Relaxing-quieting and control of self. Fourth step: The greatest of all, Love - one to another and of God.

It has been said that a journey of thousands of miles begins with a single step. Sometimes at that first step we are beset with doubts and fears but once we start (by taking initiation) then determine to hold on and persevere, then God-Master will give you the endurance and courage to achieve a firmer faith. When you actually experience an entry into the third eye, or Tisra Til, faith will be still more firmly entrenched and strengthened.

I think the next step is simplicity, to simplify all phases of life. The desires for possessions and social responsibility are the factors which cause tension and disorder in our thinking and our habits. The less we need in life the less will be our tensions. Also more time and effort can be put in the spiritual life.

Today, there is so much more of everything-material possessions, pleasures of all kinds besides the garnering of all kinds of knowledge and so many other things, that the meaning of simplicity seems out of order in modern society. Friends vie to outdo each other socially and in their homes. Society as a whole is so complex that people are torn in many ways. Yet Master says: "Simplify - Simplify - and then Simplify."

For in the spiritual, simplicity is essential. It depends on what you want most. Simplicity does not demand that your way of life be either in the rich or poor bracket, married or single, but that you have one consuming purpose and you plan your whole life in fulfilling that purpose.

You have to know what you want from life more than anything else in the world. Do you really want to find God? To become one consciously linked to God? Is this what you are searching for? There is a saying, "If you want a thing bad enough, nothing can stop you."

If you hold fast to Master's Feet, you will find God and your search will be over. It isn't easy!

In fact it is most difficult in this modern world of ours. There are so many varieties of activities and such a conglomeration of appliances which govern our lives-television, golfing, photography, skating, dancing plus many intellectual pursuits.

Of course not forgetting the delight most people take in becoming gourmets in their choice of exotic dishes and foods. These things take most of our time and we sometimes sit down to meditation as a duty rather than as a blessed privilege. Each one must so arrange so as not to be diverted from his objective (the search for God). Give your attention to those habits and things which bring you tranquility. (ruhanisatsangusa.org/pdf/ss70/ss197007.pdf)

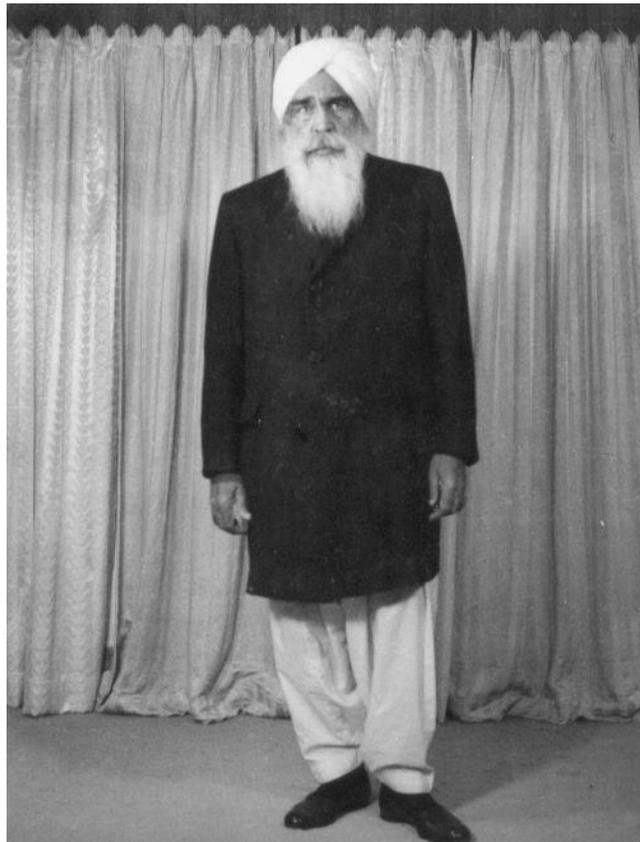
Simplicity in All Aspects of Life

A.S. Oberoi

He [Sant Kirpal Singh Ji Maharaj] led a life of absolute simplicity. Limiting His needs to the minimum, He lived simply, ate simply, dressed simply and acted simply.

There was no ostentatiousness in His living; His food was simple and uncostly, earned through honest means and cooked in an atmosphere of His Holy Remembrance; His dress was simple, inexpensive, neat and clean; His speech was straight, and heart to heart; His behavior was sympathetic, soft and sweet, with no acting or posing, imbued with an innate reverential humility.

He had an eminent position in the official set-up, could very easily afford to live luxuriously; but He always remained simple and continued to wear Indian type trousers, called salvar, a long shirt and an oversize long coat; and did not take to western dress, which was very unusual for Indians occupying high positions in the government machinery under British Colonial Rule. Those associated with Him since those days agree that people earning even less than one third of His earnings then, used to live better than Him; because the man of God was concerned about others as much as He was concerned about His own family, and shared His earnings, leaving little for Himself. *(Support for the Shaken Sangat: Personal Recollections of Three Great Masters)*



Sant Kirpal Singh Ji Maharaj

The essence of civilization consists not in the multiplication of wants
but in their deliberate and voluntary renunciation.

(Mahatma Gandhi)



Mahatma Gandhi's belongings at the time of his death:
A few pairs of sandals, a few bowls, a few utensils,
his glasses, a pocket-watch.

Voluntary simplicity involves both inner and other conditions. It means singleness of purpose, sincerity and honesty within, as well as avoidance of exterior clutter, of many possessions irrelevant to the chief purpose of life. (Richard Gregg)

The ability to simplify means to eliminate the unnecessary so that the necessary may speak. (Hans Hofmann)

To live a life of faith in utter dependence upon God is very simple. It is the simplest life possible. It is the only life entirely free from the complications which afflict all those who depend upon human effort and finite wisdom. But while it is simple, it is far from easy. (Henry T. Hamblin)

You lose the very life you seek when you wallow in stupid luxuries. You don't need nine-tenths of the things you scramble for. Don't be afraid to have nothing. Happiness is not what you have, but who you are. (Diogenes)

We have very little, so we have nothing to be preoccupied with. The more you have, the more you are occupied, the less you give. But the less you have, the more free you are. (Mother Teresa)

A simple life is its own reward. (George Santayana)

There are some who are newly delivered from their sins and so, though they are resolved to love God, they are still novices and apprentices, soft and weak. They love a number of superfluous, vain and dangerous things at the same time as Our Lord. Though they love God above all things, they yet continue to take pleasure in many things which they do not love according to God, but besides Him – things such as slight inordinations in word, gesture, clothing, pastimes and frivolities. (Saint Francis de Sales)

Possessions, outward success, publicity, luxury – to me these have always been contemptible. I believe that a simple and unassuming manner of life is best for everyone, best both for the body and the mind. (Albert Einstein)

The new chief justice came to see me yesterday and asked all sorts of questions. He remarked that the happiness of the next world is doubtful, whereas present joys are certain. I told him that I could find nothing on earth that gives real happiness. Riches and pleasures do not satisfy very long; on the contrary, they bring along their own evils. I told him that my heart was too big for this world and nothing here could satisfy it. (Theophane Venard)

Simple living will help you to control thoughts. If you lead a simple life, you have only very few wants and you will have to think a little only. (Swami Sivananda)

He who is satisfied with the simple needs of his nature, refusing the superfluous delights of the world, will not be tempted by any seductions. (Huai Nan Tzu)

In character, in manners, in style, in all things, the supreme excellence is simplicity. (Henry Wadsworth Longfellow)

I have lived long enough to learn how much there is I can really do without. He is nearest to God who needs the fewest things. (Socrates)

How much there is in the world I do not want. (Socrates)

Manifest plainness, embrace simplicity, reduce selfishness, have few desires. (Lao Tzu)

I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures. (Lao Tzu)

If you wish to give happiness, do not multiply possessions, but reduce wants. It is not the man who has too little, but the man who craves more, that is poor. (Seneca)

Few things are needed to make a wise man happy; nothing can make a foolish man content, and that is why most men are miserable. (Francois La Rochefoucauld)

Order your soul. Reduce your wants. (Saint Augustine)

Most of what we say and do is not essential. If you can eliminate it, you'll have more time and more tranquility. Ask yourself at every moment, 'Is this necessary?' (Marcus Aurelius)

In zen, poverty is voluntary, and considered not really as poverty so much as simplicity, freedom, unclutteredness. (Alan Watts)

The only simplicity that matters is the simplicity of the heart. (G. K. Chesterton)

I want very little, and what I do want I have very little wish for. I have hardly any desires, but if I were to be born again, I should have none at all. We should ask nothing and refuse nothing, but leave ourselves in the arms of Divine Providence without wasting time in any desire, except to will what God wills of us. (Saint Francis de Sales)

Henry David Thoreau

I went to the woods because I wished to live life deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.

Let us first be as simple and well as Nature ourselves, dispel the clouds which hang over our brows, and take up a little life into our pores.

I had three chairs in my house; one for solitude, two for friendship, three for society.



Replica of interior of cabin at Walden Pond

I had three pieces of limestone on my desk, but I was terrified to find that they required to be dusted daily, when the furniture of my mind was all undusted still, and threw them out the window in disgust.

A man is rich in proportion to the number of things which he can afford to let alone.

My greatest skill has been to want little.

Do not trouble yourself much to get new things, whether clothes or friends. Turn the old; return to them. Things do not change; we change. Sell your clothes and keep your thoughts. God will see that you do not want society.

As you simplify your life, the laws of the universe will be simpler; solitude will not be solitude, poverty will not be poverty, nor weakness weakness.

Simplicity, simplicity, simplicity! I say let your affairs be as one, two, three and not a hundred or a thousand. We are happy in proportion to the things we can do without.

I do believe in simplicity. It is astonishing as well as sad, how many trivial affairs even the wisest thinks he must attend to in a day; how singular an affair he thinks he must omit. When the mathematician would solve a difficult problem, he first frees the equation of all incumbrances, and reduces it to its simplest terms. So simplify the problem of life, distinguish the necessary and the real. Probe the earth to see where your main roots run.

Most of the luxuries and many of the so-called comforts of life are not only not indispensable, but positive hindrances to the elevation of mankind.

The Joy of Silence, Solitude, and Voluntary Simplicity

Lama Surya Das

Inner solitude and Noble Silence is a way to empty, cleanse, heal, and renew the heart and mind. This is a voluntary way to start the process of simplification and personal downsizing. The peace will help you purify your perceptions and make presence of mind more acute, clear, spacious, and even luminous. Incredible satisfaction is available when you begin experiencing the timeless truth that less can actually be more; that the most elegant solution is often the simplest one. Gratitude and appreciation serve us better than attachment and grasping. Peace of mind is the inmost secret treasure.

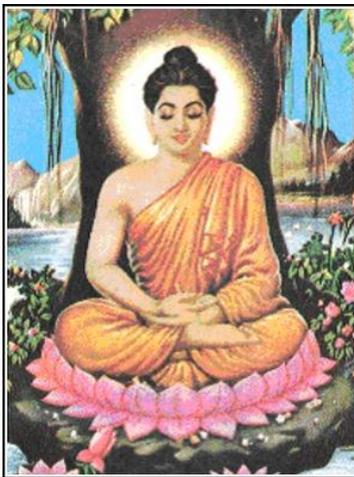
Voluntary Simplicity

Joseph Goldstein & Jack Kornfield

A life of voluntary simplicity can be cultivated, especially as we recognize that busyness, entanglements, and complexities are unnecessary for our happiness. In fact, for most of us, the fewer complexities and attachments we have, the more happily and contentedly we can live. This simplicity is the basis for those who find joy in the way of the monk and nun. Naturally for householders it does not mean dropping our jobs or family responsibilities. But we can look at our life, at how complexly or fancily we live, and to see if some simplification would not lead to a quieter mind and a more contented heart. After all, we are just “accountants in the firm” anyway. We don’t really keep or possess things: even our bodies are not ours. We are given them to use, and the more skillfully and simply we relate to them, the more contented our life becomes.



The truth is simple, but we often complicate things. All experience is just the play of elements of sight, sound, smell, taste, touch, and thought. In them is no self, no other, no separation, and no grasping. Seeing this brings freedom. Practicing with this spirit of simplicity cuts through the web of mental entanglements, allowing us to see things clearly and directly.



If you endeavor to embrace the Way through much learning, the Way will not be understood. If you observe the Way with simplicity of heart, great indeed is this Way.

— Gautama Buddha —

AZ QUOTES

Jesus Christ

Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. Wherever your treasure is, there the desires of your heart will also be.



As Jesus was starting out on his way to Jerusalem, a man came running up to him, knelt down, and asked, “Good Teacher, what must I do to inherit eternal life?”

“Why do you call me good?” Jesus asked. “Only God is truly good. But to answer your question, you know the commandments: ‘You must not murder. You must not commit adultery. You must not steal. You must not testify falsely. You must not cheat anyone. Honor your father and mother.’”

“Teacher,” the man replied, “I’ve obeyed all these commandments since I was young.”

Looking at the man, Jesus felt genuine love for him. “There is still one thing you haven’t done,” he told him. “Go and sell all your possessions and give the money to the poor, and you will have treasure in heaven. Then come, follow me.”

At this the man’s face fell, and he went away sad, for he had many possessions.

Jesus looked around and said to his disciples, “How hard it is for the rich to enter the Kingdom of God!” This amazed them. But Jesus said again, “Dear children, it is very hard to enter the Kingdom of God. In fact, it is easier for a camel to go through the eye of a needle than for a rich person to enter the Kingdom of God!”

The disciples were astounded. “Then who in the world can be saved?” they asked.

Jesus looked at them intently and said, “Humanly speaking, it is impossible. But not with God. Everything is possible with God.” Then Peter began to speak up. “We’ve given up everything to follow you,” he said.

“Yes,” Jesus replied, “and I assure you that everyone who has given up house or brothers or sisters or mother or father or children or property, for my sake and for the Good News, will receive now in return a hundred times as many houses, brothers, sisters, mothers, children, and property—along with persecution. And in the world to come that person will have eternal life. But many who are the greatest now will be least important then, and those who seem least important now will be the greatest then.”

Make me sweet again
Fragrant and Fresh
Wild
Thankful for
Any small event.
(Rumi)



May your soul be happy;
Journey Joyfully.
(Rumi)

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