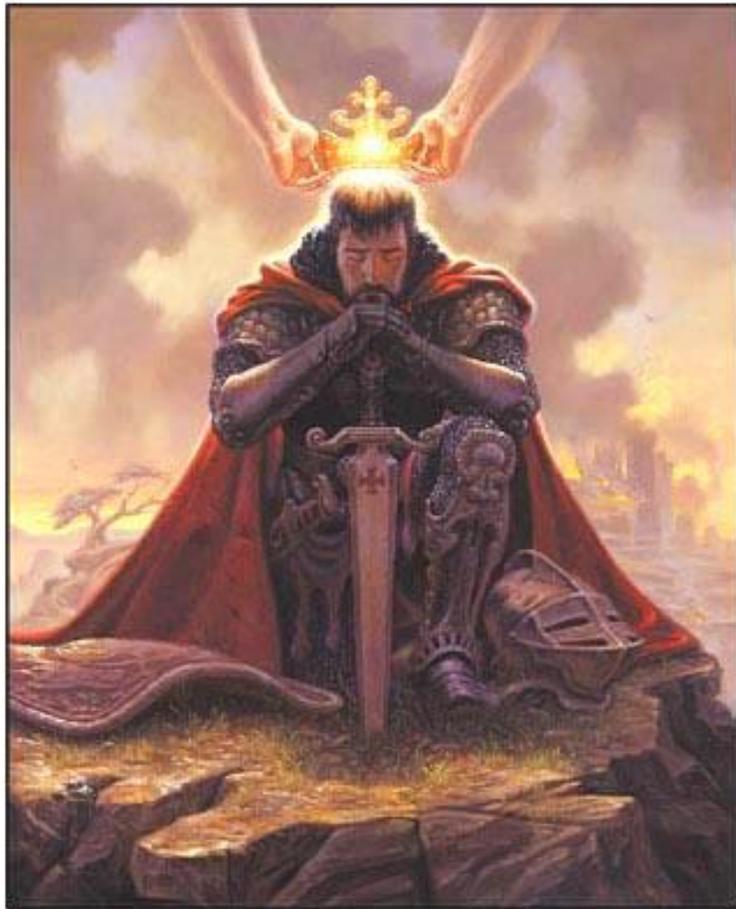


# Sant Kirpal Singh's Six Month Challenge

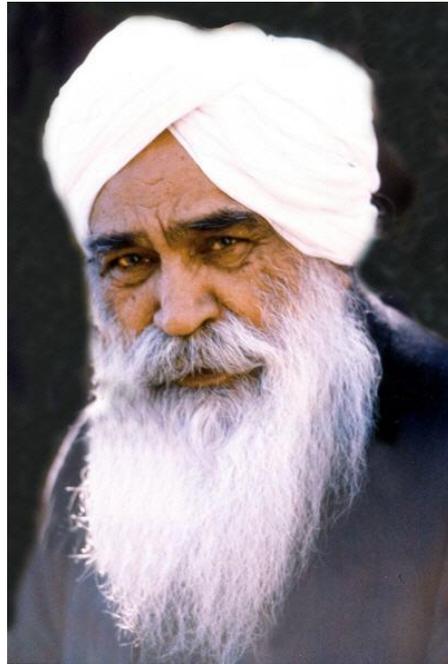


If you are a true believer, arise now, enter the ranks of battle,  
for a feast has been prepared for you in heaven.  
Close your lips against food and drink: hasten toward the heavenly table.  
Keep your gaze steadfastly fixed on heaven,  
quivering like the willow in your desire to attain it.  
(Rumi)



If only we would obey implicitly for six months,  
we would see the magical change in our condition.

*(The Teachings of Kirpal Singh, v. 3, 138)*



Param Sant Kirpal Singh Ji Maharaj

There is a kind of gambling that finishes up the incarnations,  
But what kind of gambling it is, very few really know.  
The true gambling lies in sacrificing all other things  
– body and its environments –  
for the purpose of enkindling the Light within.

(Sant Kirpal Singh)

[ruhanisatsangusa.org/dance.htm](http://ruhanisatsangusa.org/dance.htm)



## The Challenge:

To live within the circle of Master's Will for six months, twenty-six weeks

This involves:

### Doing

Proper meditation: two hours minimum daily  
Maintenance of self-introspection diary  
Simran/sweet remembrance  
Selfless service

### Avoiding

All prohibited behaviors – no exceptions, no excuses



So long as we do not sacrifice that to which we are most attached,  
at the altar of God's Love, we cannot obtain Salvation.

(Sant Kirpal Singh, *Philosophy of the Masters*, v.2, 152)



O Winebringer, bring me some wine,  
for I am surely mad and need Your cure  
if I am to give up all feasting and happiness for You!

(Hafiz)

To believe in the Tao is easy;  
To keep the Tao is difficult.

(Lao-tzu)

Those who seek the easy way  
do not seek the True Way.

(Dogen)



Kal, working through Maya, tricks the aspirant into

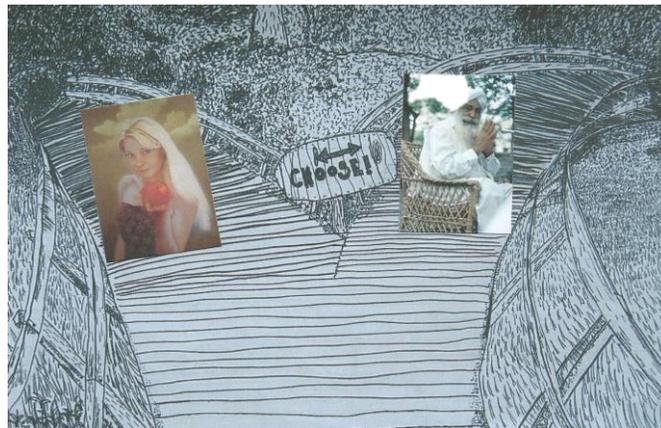
1. taking as important that which is unimportant,
2. taking as unimportant that which is important,
3. giving to a thing an importance which is other than the importance which it really has.

All these falsehoods are creations of Maya.  
(Meher Baba)

The highest type of love for the lover  
is to live in the Will of the Beloved.

(Sant Kirpal Singh)  
*Philosophy of the Masters, v. 2, 191*

Let the mind and the Sat Guru stand before you.  
If you obey the Guru, you overpower the mind;  
But if you follow the mind, you turn your face away from the Guru.  
Whoever has the pain of love will choose to follow the Guru,  
But one who has no fear (of offending the Guru) will be carried away  
by the currents of the mind.  
(Swami Ji)



Make up your mind whether you would like to conform  
to the dictates of your mind or to the commandments of the Master.  
The choice lies in your own hands; you are free to choose;  
no one else can make the choice for you.

(Sant Kirpal Singh)  
[ruhanisatsangusa.org/pdf/Teachings.pdf](http://ruhanisatsangusa.org/pdf/Teachings.pdf)

As you choose to empower yourself, the temptations that you challenge  
will surface again and again. Each time that you challenge it,  
you gain power and it loses power.  
(Gary Zukav)

The Six Month Challenge means not intentionally choosing the mind over the Guru – implicit obedience for six months.



This is the Mystic Game played at the highest stakes – this is the Pure Path that is exceedingly difficult to follow but unsurpassed in its rewards. The buy-in to this Game is more than most people are willing to put up:

The mystic path is the path of Love supreme;  
But following it is no cheap or easy task.  
Cut off your head and place it before the Master,  
If you truly seek admission to the House of Love.

I will take you into my confidence:  
Love can be purchased directly across the counter,  
But the price is your very head.  
Still it is quite cheap.  
Waste not a single moment in the buying of it.  
(Kabir)



So greater than love is obedience, mind that:  
Greater than love is obedience.

(Sant Kirpal Singh)

[ruhanisatsangusa.org/love-way.htm](http://ruhanisatsangusa.org/love-way.htm)

You have love for me, and I appreciate it.  
Many do have love, but they do not obey.  
Do not waste your precious opportunity in love of this kind.  
I wish that you should benefit fully from the Priceless Jewel you have been given,  
and your love should be in this alone: whatever is told to you--obey.

(Sant Kirpal Singh)

[ruhanisatsangusa.org/gemsq.htm](http://ruhanisatsangusa.org/gemsq.htm)



You will not get this opportunity again;  
Give deep thought to this secret now revealed to you;  
You have come to garner spiritual wealth alone.  
Lose not this gamble in the gambling den of the world.  
(Kabir)



The Six Month Challenge is an opportunity to be a Pure Player, playing in the Pure Game on the Pure Path - not the hybrid path that is so easy to follow. (The hybrid path = Sant Mat + mind).

When you've surrendered both the mind and body,  
There's nothing more that you can then surrender.  
How very sad it makes me feel to think  
There's nothing more I now can give my Master.  
(Kabir)

Generally, you'll find we don't keep His commandments;  
we simply modify something to our own interests or purposes.  
(Sant Kirpal Singh)  
[ruhanisatsangusa.org/comeback.htm](http://ruhanisatsangusa.org/comeback.htm)

One way of pleasing the Master is to live up to what the Master says  
without regard to what your mind says or what your heart likes.  
(Sant Kirpal Singh)  
*Portrait of Perfection, 25*

Mind is very powerful.  
At the time of deliberation, it makes promises  
but does not care to fulfill them when the occasion arises.  
*(The Teachings of Kirpal Singh, v.2, 22)*

You know from experience that the path is not an easy one.  
It is death in life – a living death.  
(Baba Sawan Singh)

When your love proves to be true, then you will obey it,  
For the one who loves is obedient to the One whom he loves!  
(Sharafuddin Maneri)

We will do many things for those whom we love  
which we would not ordinarily do - which we would not  
ordinarily have the strength of mind and power to do.  
How many habits have we been able to break through love,  
which we would never have had the strength to break without love?  
(Meher Baba)

I once had a thousand desires,  
but in my one desire to know You all else melted away.  
(Rumi)

Because of your love I have broken with my past.  
(Rumi)



Without suffering the pain of self-restraint,  
no recompense can follow.  
(Rumi)

Brother, stand the pain!  
Escape the poison of your impulses!  
(Rumi)

To become spiritual, you must die to self, and come alive in the Lord.  
Only then will the mysteries of God fall from your lips.  
To die to self through self-discipline causes suffering  
but brings you everlasting life.  
(Rumi)

Fiery lust is not diminished by indulging it, but inevitably by leaving it ungratified.  
As long as you are laying logs on the fire, the fire will burn. When you withhold the  
wood, the fire dies, and God carries the water!  
(Rumi)

Come,  
Join the honest company of the King's beggars –  
Those gamblers, scoundrels and divine clowns  
Who need Divine Love every night.  
Come, join the courageous who have no choice  
But to bet their entire world that God is real.  
(Hafiz)



At one time or another all of us have understood that it is absolutely necessary to do something very difficult that is being asked of us: breaking an attachment or a habit of long-standing, denying ourselves indulgences we crave, or perhaps submitting to a relationship we want to control or to end.

Many times when people give talks after returning from India they say that they have been required to do something almost impossible for them to do, yet they have been given the insight to know it is the right thing for them to do.

Ordinarily we can't even be sure it's right when something like this is being asked of us; but when it is we are faced with a sort of existential choice, and our existence depends on how we respond.

If we respond correctly, we can change and experience great growth.

If we respond incorrectly, we get another chance. (Russell Perkins)



If you don't give up these worldly things you are not ready for this path.

(Sant Kirpal Singh)

[ruhanisatsangusa.org/best\\_use.htm](http://ruhanisatsangusa.org/best_use.htm)



The disciple does not abstain from the things which he has been told to,  
but instead he blames the Master for not getting any progress.

(Swami Ji)

All changes, even the most longed for, have their melancholy; for what we leave behind us is a part of ourselves; we must die to one life before we can enter another. (Anatole France)

Rationalizations enter the mind - perhaps the thought: "Won't God be just as pleased with me if I live a good, moral life? Must I give up everything human - everything normal, and be left in the end with, perhaps, nothing?" (Yogananda)

In the quest for Divine Bliss, there lingers subconsciously in the mind a certain apprehension: the fear of bereavement, of losing one's old associations and familiar sense enjoyments; most of all, of losing one's own self-identity. (Yogananda)

Change, even change for the better, is often approached with apprehension. In giving up something people think, "Will I be left with - nothing?" It takes courage to renounce the known for the unknown. It is not easy even to renounce a familiar pain for an unknown, and therefore uncertain, happiness. (Yogananda)

Even though we know that the bondage of the mind is the cause of suffering, somehow we don't want to become free from its clutches, because our mental fantasies, ideas, and concepts have created our life. When the time comes to free ourselves from these things, we feel we are going to flounder, we feel we will lose the reality that we have known for so long and have grown so accustomed to. We get scared, and even though we know the bondage of the mind creates so much suffering, we don't want to be free of it. (Gurumayi)

It makes little difference whether a bird be held by a slender thread or by a rope; the bird is bound, and cannot fly until the cord that holds it is broken. It is true that a slender thread is more easily broken; still notwithstanding, if it is not broken the bird cannot fly. This is the state of a soul with particular attachments: it never can attain to the liberty of the divine union, whatever virtues it may possess. Desires and attachments affect the soul as the remora is said to affect a ship; that is but a little fish, yet when it clings to the vessel it effectually hinders its progress.

(Saint John of the Cross)



To have one eye glued on the enchanting pleasures of the flesh  
and with the other expect to see a spark of Eternal Bliss  
is not only impossible but the height of hypocrisy.

(Meher Baba)



Some there are that for all their effort have not attained the Vision...  
They have received the authentic Light, their soul has gleamed as they have drawn near, but they come with a load on their shoulders which holds them back from the place of Vision. They have not ascended in the pure integrity of their being, but are burdened with that which keeps them apart. They are not yet made one within.

(Plotinus)

I was swept up to Thee by Thy beauty,  
and torn away from Thee by my own weight.

(Saint Augustine)

In order to overcome our desires and to renounce all those things, our love and inclination for which are wont so to inflame the will that it delights therein, we require a more ardent fire and a nobler love—that of the Bridegroom. Finding her delight and strength in Him, the soul gains the vigor and confidence which enable her easily to abandon all other affections. It was necessary, in her struggle with the attractive force of her sensual desires, not only to have this love for the Bridegroom, but also to be filled with a burning fervor, full of anguish... if our spiritual nature were not on fire with other and nobler passions we should never cast off the yoke of the senses, nor be able to enter on their night, neither should we have the courage to remain in the darkness of all things, and in denial of every desire.

(Saint John of the Cross)

Abstinence is easier than moderation.

(Saint Augustine)

Consciousness means freedom from attachment.  
You realize that the only thing you have to do is to keep yourself really straight,  
and then do whatever it is you do.

(Baba Ram Das)

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

(David Viscott)

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

(Arnold Bennet)

Musicians must make music, artists must paint, poets must write if they are to be ultimately at peace with themselves. What human beings can be, they must be. They must be true to their own nature. This need we may call self-actualization...It refers to man's desire for self-fulfillment, namely to the tendency for him to become actually in what he is potentially; to become everything one is capable of becoming.  
(Abraham Maslow)

If you deliberately plan on being less than you are capable of being, then I warn you that you'll be unhappy for the rest of your life.  
(Abraham Maslow)

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

To understand the teachings of the Master and strictly follow them from day to day, to confide in Him and to completely surrender one's self, body and soul, to His will is not an easy thing to do.  
(Sant Kirpal Singh)  
[ruhanisatsangusa.org/godman/godman\\_26.htm](http://ruhanisatsangusa.org/godman/godman_26.htm)

There is no task in the world so difficult as spiritual practice is in its beginning, but its end is the most joyful.  
(Baba Sawan Singh)

Although your desire tastes sweet,  
doesn't the Beloved desire you to be desireless?  
The life of lovers is in death:  
You will not win the Beloved's heart unless you lose your own.  
(Rumi)

Enlightenment – that magnificent escape from anguish and ignorance – never happens by accident. It results from the brave and sometimes lonely battle of one person against his own weaknesses.  
(Bhikkhu Nyanasobhano)

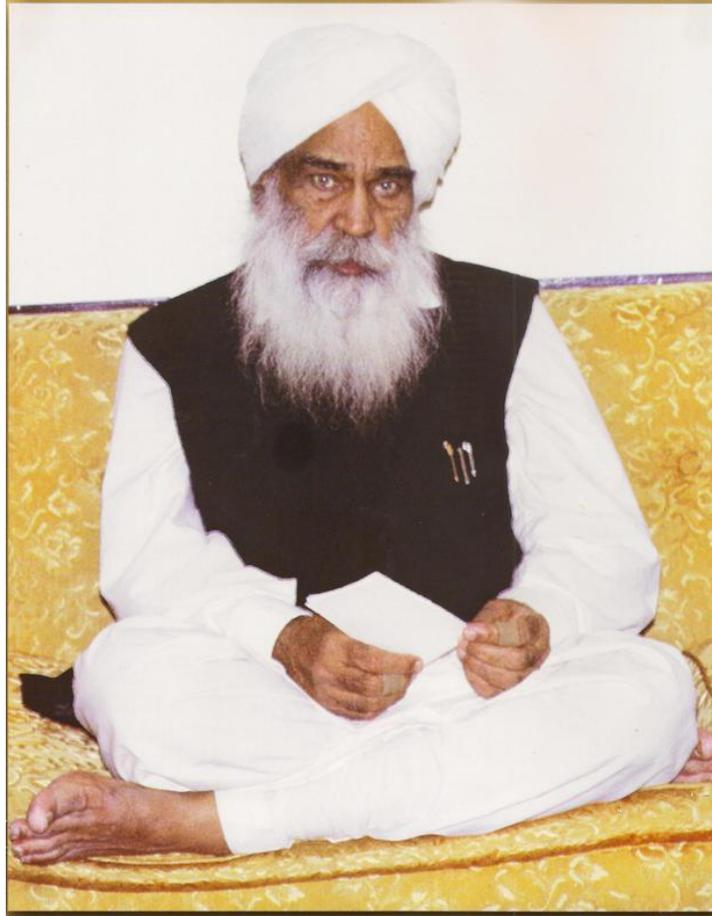
Surrendering yourself to God is giving up what you can't keep in order to realize what you can't lose.  
(Shantideva)



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

(Sant Kirpal Singh)

[ruhanisatsangusa.org/gurbhakti.htm](http://ruhanisatsangusa.org/gurbhakti.htm)



If at every moment you are consciously watching your behavior, a calm consideration will replace a blind instinctive reaction to certain situations in life where the choice lies between committing a lapse in behavior or avoiding it.

*(The Teachings of Kirpal Singh, v. 2, 19)*

The Masters test the disciples again and again to see how much the disciple can sacrifice, how much loving devotion he has, and to what extent he still remains under the influence of mind.

[ruhanisatsangusa.org/tghp.htm](http://ruhanisatsangusa.org/tghp.htm)



Perennial joy or passing pleasure?  
This is the choice man is to make always.  
The wise man recognizes this, but not the ignorant.  
The first welcomes what leads to abiding joy, though painful at the time.  
The latter runs, goaded by their senses, after what seems immediate pleasure.  
(Katha Upanishad)



Throughout the human life we see the daily advent of birth and death. Some people die young, some in youth, and some in old age. At death, some writhe in agony and torment, and others leave in joy and peace. So what is it all about? They say that at the event of any birth the world rejoices, and the newcomer cries - but brothers, you should live such a life that at departure you yourself rejoice, and the whole world cries. This would mean that you had won the gamble of life. (Sant Kirpal Singh, [ruhanisatsangusa.org/death.htm](http://ruhanisatsangusa.org/death.htm))

If we love a Godman, we love the Power-of-God in Him. A Godman revels in the love of God. We, on the other hand, love the world. We live and die for the world. Let us win His love or fail in His love. In either case we get to Him. Kabir says:

*Stake thy body, mind, and soul for the Lord;  
Stake thy all to win His love.*

Everyone stakes his all for one thing or the other. One may do so to gain the possession of the world or for the wealth of God. Each one has to make his choice between the two:

*I have thrown the dice to win the Lord;  
I am in to win or lose Him.  
(Kabir)*

This is the game in which Kabir is engaged. We, on the other hand, are playing for the world with the result that we are endlessly moving up and down in this gamble. Kabir goes on to say:

*If I lose, I lose to the Beloved,  
If I win, I win the Beloved.  
(Sant Kirpal Singh)  
[ruhanisatsangusa.org/receptivity2.htm](http://ruhanisatsangusa.org/receptivity2.htm)*

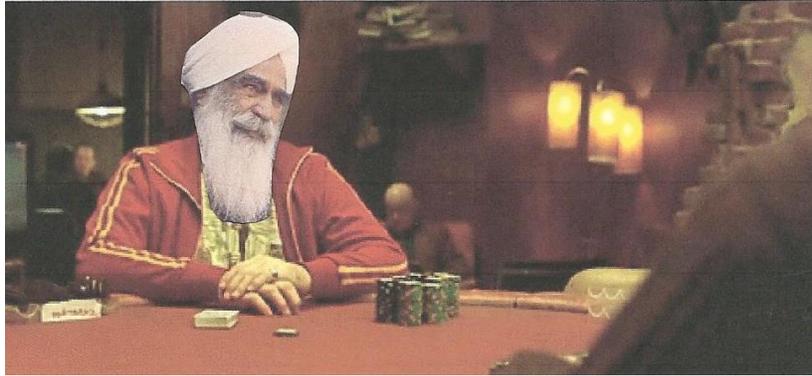


...the whole world is gambling; and if they win they are happy; if they lose they are miserable. One Master declares that He is gambling with God, with His life at stake. "If I win, He becomes mine; if I lose, I become His."

Which is a better bargain? In the gamble with God, one wins either way.

(Sant Kirpal Singh)

[ruhanisatsangusa.org/strait.htm](http://ruhanisatsangusa.org/strait.htm)



The game of love is God's game.

If you win, you can have Him.

If you are defeated,

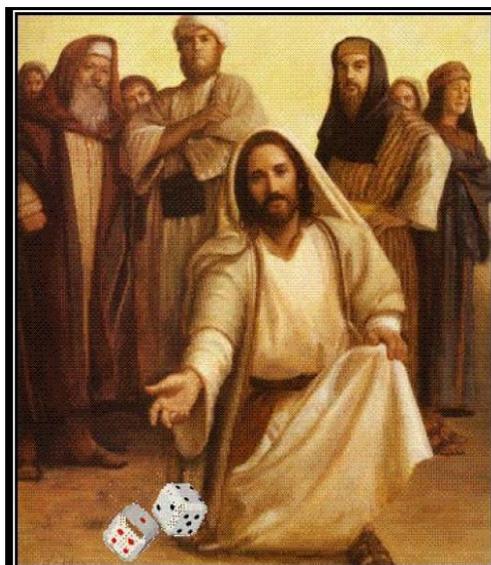
He has you.

(Sant Kirpal Singh)

[ruhanisatsangusa.org/tours/72/72-4.htm](http://ruhanisatsangusa.org/tours/72/72-4.htm)

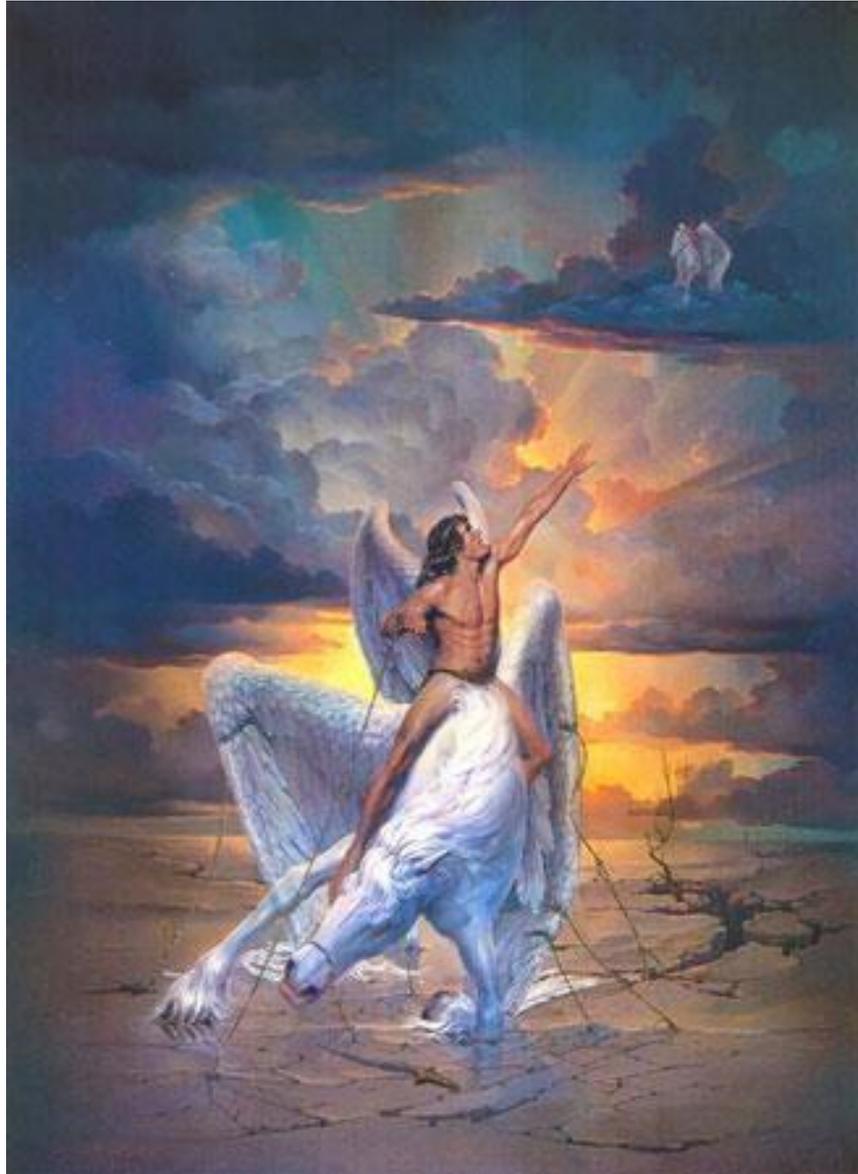
Even though, because of our work, we have reason to be proud, and, because of what we know, have grown independent of others, we are still no more than dice thrown by gamblers; we are mere dust on the soles of the pure players!

(Sharafuddin Maneri)



What is the nature of the magical change in our condition that Master promises upon completion of the Six Month Challenge?

It is hoped that the magical change is to be free from attachments and to draw closer to God.



The aim of obedience to the guru is not to enslave the disciple, but to liberate his will from that which enslaves it truly: whims, and much more – bondage to likes and dislikes, and to desires and attachments.

(Yogananda)



Of all of the qualifications love is the most important,  
for if it is strong enough in a man it forces him to acquire all the rest,  
and all the rest without it would not be sufficient.

(Sant Kirpal Singh)

[ruhanisatsangusa.org/gemsq.htm](http://ruhanisatsangusa.org/gemsq.htm)

Hope is effort, not wish;  
effort to make it so;  
not wish that it may be so.  
(Gurdjieff)

We are caught in the prison of the mind.  
If we are to escape we must recognize that we are in prison.  
If we think we are free, then no escape is possible.  
(Gurdjieff)

An intending disciple said to Dhu-I-Nun, the Egyptian.  
“Above everything in this world I wish to enroll in The Path of Truth.”  
Dhu-I-Nun told him:

“You can accompany our caravan only if you first accept two things.  
One is that you will have to do things which you do not want to do.  
The other is that you will not be permitted to do things which you desire to do.  
It is “wanting” which stands between man and The Path of Truth.”

Overcoming and giving up outward tendencies, stilling the mind and dying while  
alive is not easy. The inner gate opens only when the outer gates are closed.  
There is no other way to get in. People wish to continue to run out through the  
outer gates and also wish to get into the inner. This is impossible. Two things  
cannot happen at the same time. One is to be given up to achieve the other.

(Baba Sawan Singh)

*The Dawn of Light, 212*

There is within the all-comprehending ambit of animal instincts,  
some secret urge which drives the chosen few, called the elect, toward the  
transcending of animal impulses, leading to complete disinterestedness by total  
disregard of the animal-ego on the one hand and willing submission to a self-  
sought death on the other, in spite of the strong opposition of instincts,  
impulses and ego arrayed against an inspired soul.

(Sant Kirpal Singh)

*Naam or Word, To the Honest Seeker*

...Birth pangs must be endured in the spiritual as well as in the material world: adequate training must always hurt the athlete. Hence the mystics' quest of the Absolute drives them to an eager and heroic union with the reality of suffering, as well as with the reality of joy.  
(Evelyn Underhill)

The object of this self-discipline is, like the object of all purgation, freedom: freedom from the fetters of the senses, the "remora of desire," from the results of environment and worldly education, from pride and prejudice, preferences and distaste: from selfhood in every form.  
(Evelyn Underhill)

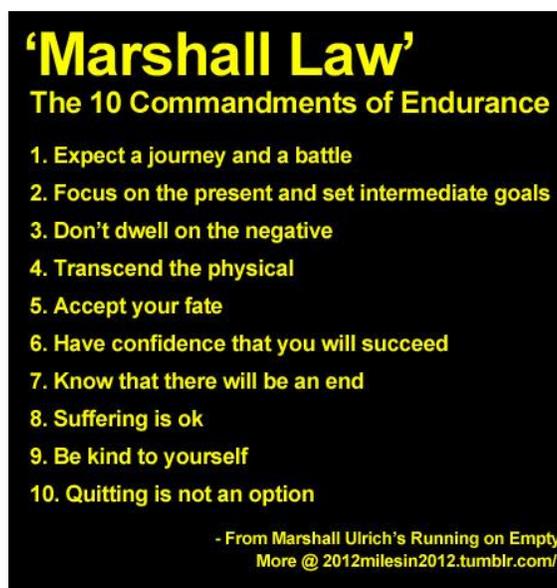
The most highly developed branches of the human family have in common one peculiar characteristic. They tend to produce - sporadically it is true - a curious and definite type of personality; a type which refuses to be satisfied with that which other men call experience, and is inclined to deny the world in order that it may find Reality.

We meet these persons in the east and the west; in the ancient, mediaeval, and modern worlds. Their one passion appears to be the prosecution of a certain spiritual and intangible quest: the finding of a "way out" or a "way back" to some desirable state in which alone they can satisfy their craving for God. This quest, for them, has constituted the whole meaning of life.  
(Evelyn Underhill)

Here, then, stands the newly awakened self: aware, for the first time, of reality, responding to that reality by deep movements of love and of awe. She sees herself, however, not merely to be thrust into a new world, but set at the beginning of a new road.

Under one symbol or another, the need of that long slow process of transcendence, of character building, whereby she is to attain freedom, become capable of living upon high levels of reality, is present in her consciousness. Those in whom this growth is not set going are no mystics.  
(Evelyn Underhill)

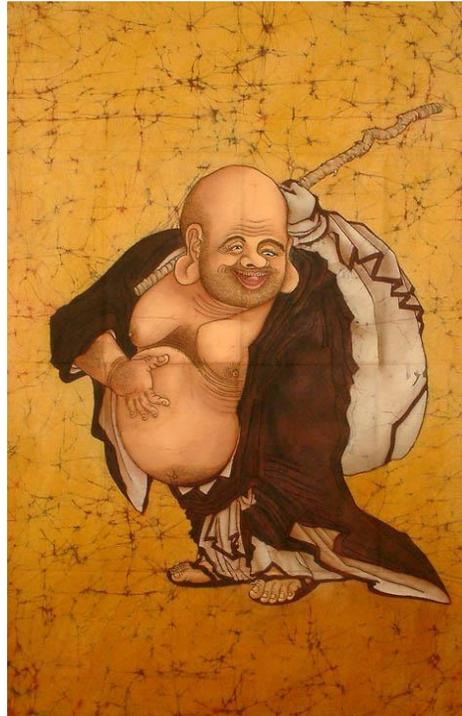
Spiritual achievement costs much, though never as much as it is worth. (Evelyn Underhill)



**'Marshall Law'**  
**The 10 Commandments of Endurance**

1. Expect a journey and a battle
2. Focus on the present and set intermediate goals
3. Don't dwell on the negative
4. Transcend the physical
5. Accept your fate
6. Have confidence that you will succeed
7. Know that there will be an end
8. Suffering is ok
9. Be kind to yourself
10. Quitting is not an option

- From Marshall Ulrich's Running on Empty  
More @ [2012milesin2012.tumblr.com/](http://2012milesin2012.tumblr.com/)



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

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