

## A Small Simran Reminder

Simran is possible only with the Grace of the Lord  
and through the kindness of a Master.

Simran is a precious practice.

It is only through great good luck that a person takes to Simran.

The secret of Simran one can learn from a True Master alone.

(Sant Kirpal Singh)

*Philosophy of the Masters*



Sant Kirpal Singh Ji Maharaj

Simran is the basis of all spiritual evolution.

You will please appreciate that it is the constant thought of worldly pursuits which has been the cause of present human birth, and for attaining liberation from the cycle of birth and death, the very thought pattern is to be revolutionized by replacing it with divine thoughts.

(Sant Kirpal Singh)

Letters to N.Y. area initiates part 1



# Let God Live in Your Heart

Sant Kirpal Singh Ji

Let God live in your heart while you walk, eat, drink, work or sleep.  
Cherish His love constantly.

At present, the thoughts of the world grip you, even while you sleep and dream.  
Your mind is obsessed with the world.

You have to divert your attention to the sweet, silent remembrance of God's Name,  
which will dislodge the thoughts of the world.

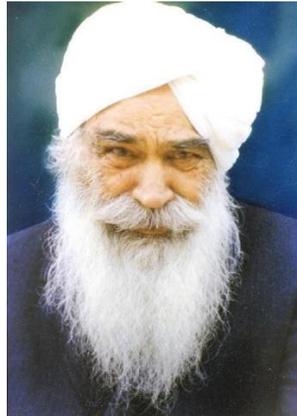
The lovers of God are forever engaged in Simran – Sweet Remembrance.

A knife wound may not be visible from outside, but the pain within will always be felt.  
Such should be the remembrance of God if success is to be achieved.

You will naturally come to love the person whose memory you carry,  
and in this way the loved one, God or Guru, will return your love spontaneously.

If you live in the Guru's memory, He is irresistibly drawn towards you,  
and His Radiant Form will appear within you.

*(Tomorrow May Be Too Late, Sat Sandesh, 8/82)*

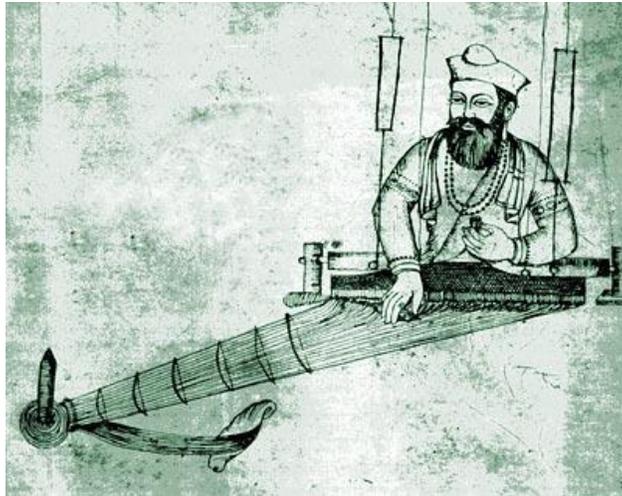


# Weaving Your Name

Kabir

I weave Your Name on the loom of my mind,  
To make my garment when You come to me.  
My loom has ten thousand threads  
To make my garment when You come to me.  
The sun and moon watch while I weave Your Name.  
These are the wages I get by day and night  
To deposit in the lotus bank of my heart.

I weave Your Name on the loom of my mind  
To clean and soften ten thousand threads  
And to comb the twists and knots of my thoughts.  
No more shall I weave a garment of pain.  
For You have come to me, drawn by my weaving –  
My ceaselessly weaving Your Name  
On the loom of my mind.



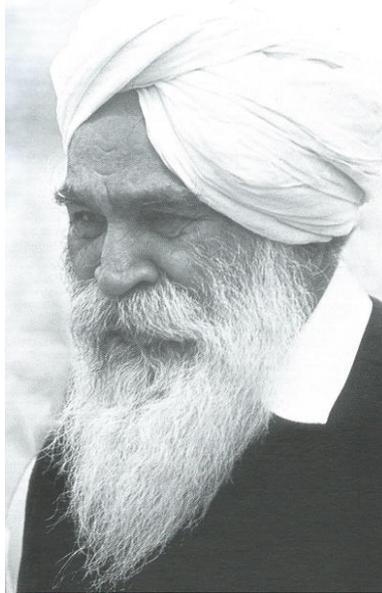
## Enchain the Mind with Simran

Sant Kirpal Singh Ji

Your complaint with the mind running wild is genuine and it will continue to trouble you unless you care to enchain it with the Simran of Charged Names, loving remembrance of the Master, or listening to the Sound Current coming from right side.

This is the only and tried medicine. Leave all and follow the above injunction very carefully. You can expect positive results in a few months with the grace of the Master.

It is the suppressed ego which does not permit the dear ones to meditate regularly otherwise if you can be friends with the mind by careful planning and right living, you will find that the holy Path is most easy, enjoyable and full of ravishing bliss and harmony. (Letters to N. Y. Initiates; part 8)



As you keep His sweet remembrance, the world will gradually seep out and you will become saturated with the love of God. (Sant Kirpal Singh, Sat Sandesh, 12/81)



## Remembering the Name of the Lord

Kabir

All happiness rests in oft-repeated Simran; all sorrow and suffering is removed by Simran; practice this Simran and be one with the Lord, declares Kabir with utmost force and clarity.

Whether a prince or a pauper, only he is great who ever remembers the holy Name of the Lord; but greatest among the great is that devoted one who does his Simran free of all desires.

I tell you outright, all will go to hell who are attached to the body and the world. And only he will go to the Lord, declares Kabir, who does his Simran free of all desires.

Every disciple does his Simran when in trouble; few do it in the days of their prosperity. But if they were to do it in their days of happiness, they never then would days of sorrow see, for the devotee by pleasure or pain is unaffected. How will the Lord respond to the call of a devotee who has forgotten Him in times of happiness and has remembered Him in days of grief alone?

Watch carefully the village maidens carrying water vessels. They fill their vessels by the riverside, then place them on their heads one on the other, and walk back laughing and chatting to their homes. But the vessels always stay in perfect balance, because the maidens keep their attention ever on them. So let thy mind be ever fixed in Simran while carrying on the duties of thy day.



Keep ever thy mind engrossed in the Name of the Lord, as the lover's mind is ever engrossed in his beloved, he never forgets her, not for a single moment, but day and night he ever remembers her. In the same manner keep thy mind engrossed in the Name.



# Thankfulness

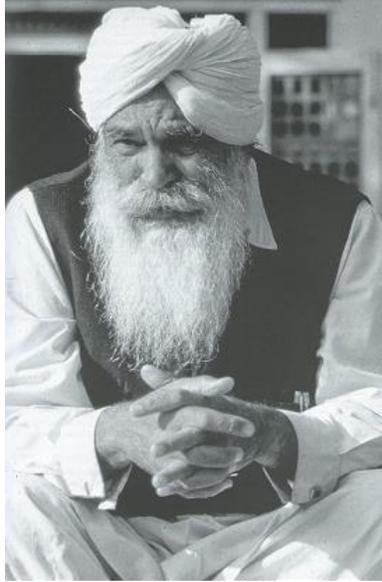
Sant Kirpal Singh Ji

Every day and every hour convey thanks to the Master – the God in Him,  
Who has put you on the Way – and for all other gifts you enjoy.

In this way you will be aware of the Master all the time.

Without Him you can do nothing and with Him you can do all things.

*(The Teachings of Kirpal Singh, True Living: to World and to God)*



## One Effort

There is in our life only one effort, one unique effort through all that we do from morning till night: to rivet our attention on our Master who seeks us and loves us. To be dominated by this one thought of the Master, to let oneself be seized by it, to be literally possessed by it, is the goal of our life.

Little by little, we take on the habit of turning away from ourselves and turning toward the Master. Putting oneself in the presence of His person, which is done continually, every time our attention wanders, eventually becomes constant and truly modifies us. The Master rubs off on us.

By constantly thinking of Him, He passes into us. His manner, His reactions, His thoughts become ours by a kind of contagion, by a true osmosis.

There is nothing more transformational than to be under the direct influence of a Divine Being in whom we have placed our love.

When God's remembrance becomes well established, it is no longer the ego which is the principle motivator of our thoughts, words and deeds, but the God Power which lives within us.

*(Adapted from a book on the Jesus prayer)*



## Don't Forget Him

Sant Kirpal Singh Ji

So Master is the very life of the initiate. Don't forget Him. Do nothing more, you'll become what He is. But we are always thinking of the worldly things. If your attention is always diverted to the Master - higher consciousness – you'll be charged with Him. Whatever is in Him, will be transferred to you without request. You'll become the mouthpiece of the Master.

([ruhanisatsangusa.org/lok/dont-forget.htm](http://ruhanisatsangusa.org/lok/dont-forget.htm))



## Singing Your Name

Mirabai

Singing Your Name day and night, it echoes in my mind all the time.  
O Lord, I am the dust of Your feet; how can I lift my voice in Your praise?  
Singing Your Name heals all wounds, and guards the mind against selfish thoughts.  
I am armed with the arrow of Your Name fixed on the bow-string of my heart;  
I wear the armor of Your glory as I sing Your Name continuously.  
My body is a musical instrument on which my mind plays songs of love.  
To awaken my soul from sleep, I sing the Lord's Name waiting for the door to open.



## Develop an Intense Desire for Him

Sant Kirpal Singh Ji

When the mind needs no other thing except the Master, He who is always within draws the veil aside and appears. So it is a question of developing an intense desire for Him. This desire is aroused by meditation and by sweetly remembering Him in one's heart to the exclusion of all other things. (*Spiritual Elixir*, 174)



## The Power of the Holy Name

Mirabai

If you want to know the power of the holy Name,  
spend your time with lovers of God.  
To repeat the Name constantly may be hard and bitter at first,  
but don't stop until it becomes sweet like the luscious mango to the taste.  
When the time comes for the body to be shed,  
the Name will take you safely through death's door.  
So keep singing the Holy Name in your mind,  
and the Lord of Love will take you safely  
from this shore of death to immortality.

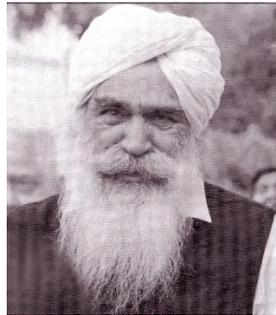


## Simran Always Bears Fruit

**Disciple:** Sometimes my Simran feels mechanical, as though I don't have enough attention on it to gain any benefit.

**Sant Ajaib Singh:** Dear one, I just said that to surrender is worse than to be defeated. You should keep trying to keep your attention on it when you are doing the Simran. When your mind makes you feel that whatever Simran you have done, whether it is mechanical or otherwise, that it is useless because your attention was not there, that also is a success of the mind, because mind wants you to lose the fruit which you have gained by doing the Simran. Whenever you do the Simran, no matter how you have done it, it always bears fruit.

(<https://us-mg6.mail.yahoo.com/neo/launch?.rand=5req05tm1ktrs#6922015674>)



The more you direct your attention and absorb yourself in the sweet remembrance of the Master, you will develop receptivity and feel that Master is within you and you are in the Master.

(*The Teachings of Kirpal Singh*, v. 3, 113)



# The Value of Every Breath

Kabir

I declare to the loud beat of the drum, that with every breath that passes without remembering the Name of the Lord, you are losing the chance to conquer the three worlds, the chance to reach those spiritual heights. If you lose a single one of these invaluable breaths, your loss is greater than the loss of fourteen spiritual worlds.

Why do you throw away such precious breaths? What guarantee have you of life? Your body may be destroyed in a single moment. Therefore, with every breath remember the Name of the Lord and discard every other thought.

Even a short life is most valuable, if spent in remembering the True Name of the Lord. But useless is the life of a hundred thousand years, in which the Lord's True Name is quite forgotten. Remember, only that breath is truly valuable, which is spent in remembering the True Name of the Lord; all other breaths you breathe spent in some other schemes and plans are useless.

Kabir, as long as there is life, continue fearlessly repeating the One Lord's True Name. When the oil of life is exhausted and the wick of the lamp extinguished, there then will be quite time enough to sleep both day and night.



The man-body is the Temple of God, in which God resides and we also reside.

So constant remembrance, sweet remembrance, is bliss giving,  
especially in cases where man has a contact with Him.

If you have seen Him and enjoyed His love,  
that love becomes embedded in your heart.

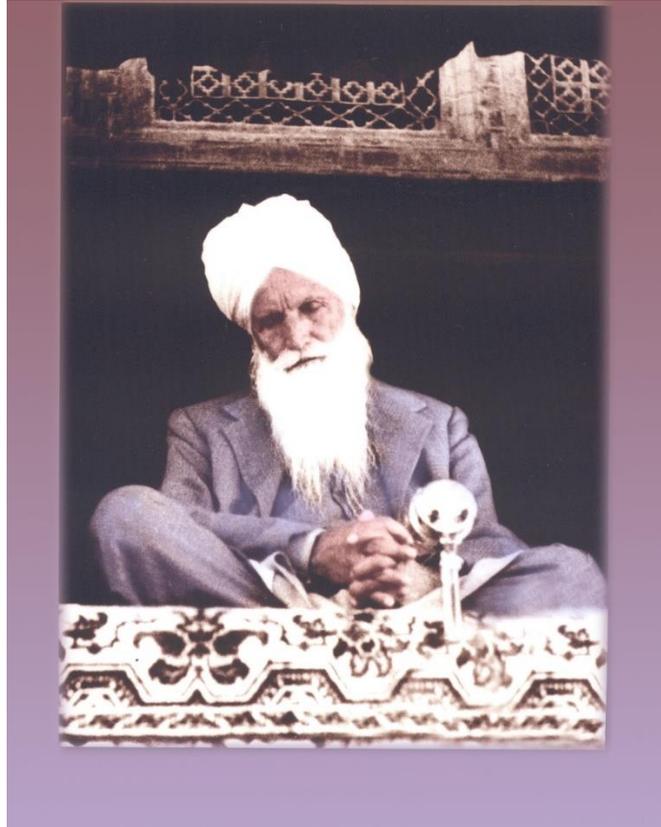
Sant Kirpal Singh

([ruhanisatsangusa.org/mt/whom2love2.htm](http://ruhanisatsangusa.org/mt/whom2love2.htm))



## Baba Sawan Singh

I say, even if you are not able to put in much labor, try to develop love for a mahatma or for a realized soul. If you really love a saint or mahatma, then - asleep or awake - you always think of him. Where would you go after death? You go to the place of the person on whom your thoughts have been dwelling all along. (*Spiritual Gems*, letter 13)



Hazur Baba Sawan Singh Ji Maharaj  
“The Great Master”

Remember the Satguru so much so that at every breath a pang of separation from Him troubles the heart. This condition will only come when you drive away all other thoughts.

(*Ambrosial Hour* 127)

From Baba Sawan Singh, in a letter to an American initiate dated April 1927: “Below is the answer to your question: ‘How does repeating the Names help me on the journey?’ The Names do reveal to us something that lies within us and above the eyes. The deities do respond when their names are spoken but your receiving apparatus is not yet attuned to receive their message.”

When anyone would complain to Hazur about inability to still the mind, He would reply, “Your Simran is not constant enough.” And for the complaint of not being able to sit for long in meditation, the same reply was given. (Sant Kirpal Singh, *Night is a Jungle*, 190)



## Hafiz

No one can keep us from carrying God wherever we go. No one can rob His Name from our hearts as we try to relinquish our fears and at last stand victorious. We do not have to leave Him in the mosque or church alone at night; we do not have to be jealous of tales of saints, those intoxicated souls who can make outrageous love with the Friend. Our yearning eyes, our warm-needing bodies, can all be drenched in contentment and Light. No one anywhere can keep us from carrying the Beloved wherever we go. No one can rob His precious Name from the rhythm of my heart, steps and breath.

Your breath is a sacred clock, my dear - why not use it to keep time with God's Name? And if your feet are ever mobile upon this ancient drum, the earth, O do not let your precious movements come to naught. Let your steps dance silently to the rhythm of the Beloved's Name!

When the mind is consumed with remembrance of Him something divine happens to the heart that shapes the hand and tongue and eye into the word love.

Water gets poured through a cloth to become free of impurities. The Beloved's Name is a mystical weave and pattern - a hidden sieve of effulgence we need to pass through thousands of times. From my constant remembrance of the Friend, all I now say is safe to drink.



Separation from God is like a well;  
Remembrance of Him is the rope.  
(Rumi)



## Sant Kirpal Singh Ji

Simran is possible only with the Grace of the Lord and through the kindness of a Master. Simran is a precious practice. It is only through great good luck that a person takes to Simran. The secret of Simran one can learn from a True Master alone. (*Philosophy of the Masters*)

The results of repetition will be in direct proportion to the love and faith brought to bear upon it. (*Philosophy of the Masters*)

Simran (or constant remembrance of God) is a tonic for the soul. It makes the will grow stronger from day to day. Troubles and trials however severe cannot cow him down. With a smiling face he pulls through the storms of fate or destiny unscathed. Simran is a panacea for all the ills of the world. It is a potent remedy and works wonders to remove worry where all human efforts fail. A man of Simran never has any worry or anxiety. Simran to be very effective must be constant and ceaseless. (*Teachings of Kirpal Singh: Simran*)

The Names that are revealed to us by a true Master carry His power, and this comes to the aid of the disciple, enabling him to transcend both death and the Negative Power. The words of the Master are eternal, and through them we are freed from the cycle of births and deaths. Therefore, whatever Names are bestowed upon us by a Master are conducive to our greatest good. Each Name carries its own influence. (*Philosophy of the Masters, v. 1, Remembrance*)

Again, these charmed words of the Master – Basic Names of God – have the power to dispel the forces of darkness that may meet and assail a Spirit on its onward journey. Simran of these Names helps the soul both in the physical plane and supra-physical planes, one after another. Hence it is imperative that Simran be done of such Names as the Master Soul enjoins, for they are charged with a tremendous spiritual power which negative powers can hardly put up with and from which they flee as from an enchanter driven. Immortal and everlasting as these words of the Master are, they bestow life everlasting to the soul in which they sink and take root. (*The Teachings of Kirpal Singh: Simran*)

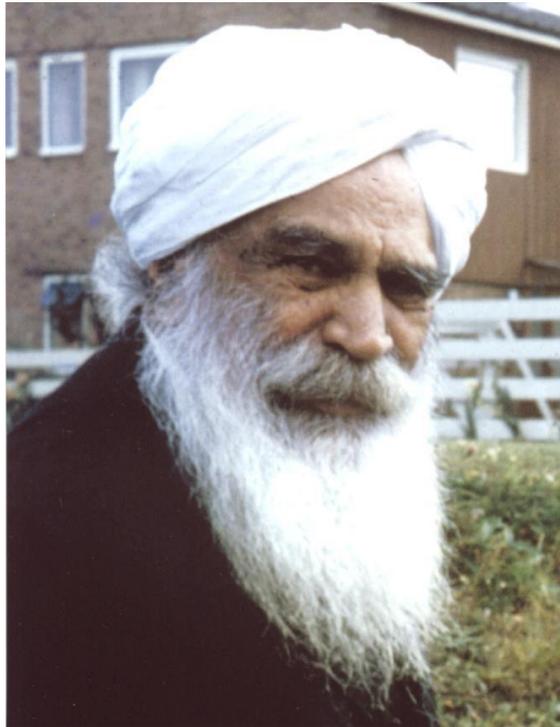
Master souls always do, and recommend, Simran of the highest type, to wit, of the Original or Basic Names of God...Such Names are charged with and electrified by the thought transference that usually accompanies them when communicated to an aspirant by a Master Soul. As these are magnetized, they have the power to attract and pull the spirit up to the planes to which they relate. The engrafted words charged with the Divine Spirit of the Master very soon bear fruit. (*The Teachings of Kirpal Singh: Simran*)

When you think of the Lord all the time, nothing can bind you to matter; hence you do not have any rebirths, for it is said: “Through Simran of the Lord, you do not pass through the womb.” (*Jap Ji - Introduction*)

Have sweet remembrance of Him, of the Master or the God-in-Him all the time. You can be doing so many works and all the same be remembering somebody with whom you have love, can you not? ([ruhanisatsangusa.org/lok/occupied.htm](http://ruhanisatsangusa.org/lok/occupied.htm))



The more the Lord and Master dwells within the mind,  
the more the Gurmukh drinks in the Ambrosial Nectar.  
(Guru Granth Sahib)



In futile discussion is much poison; in much talk is great mischief.  
Keep your mouth shut; suffer all in silence; and remember the Name Unfathomable.  
(Kabir)

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(Spiritual Quotations for Lovers of God)

