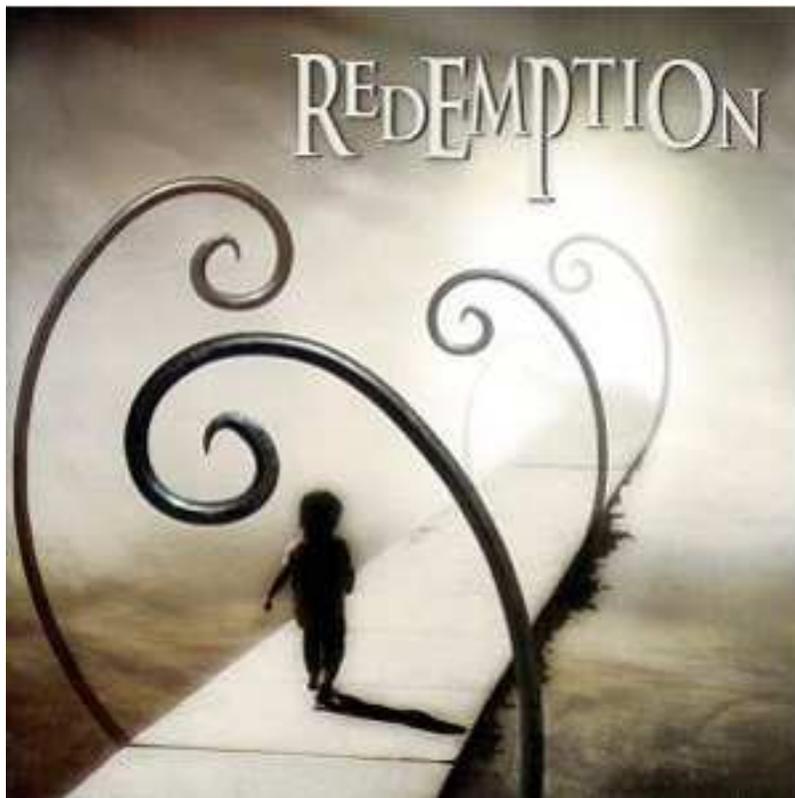


# Hope for All: Stories of Redemption

“Every saint has a past and every sinner a future.”  
(Sant Kirpal Singh)



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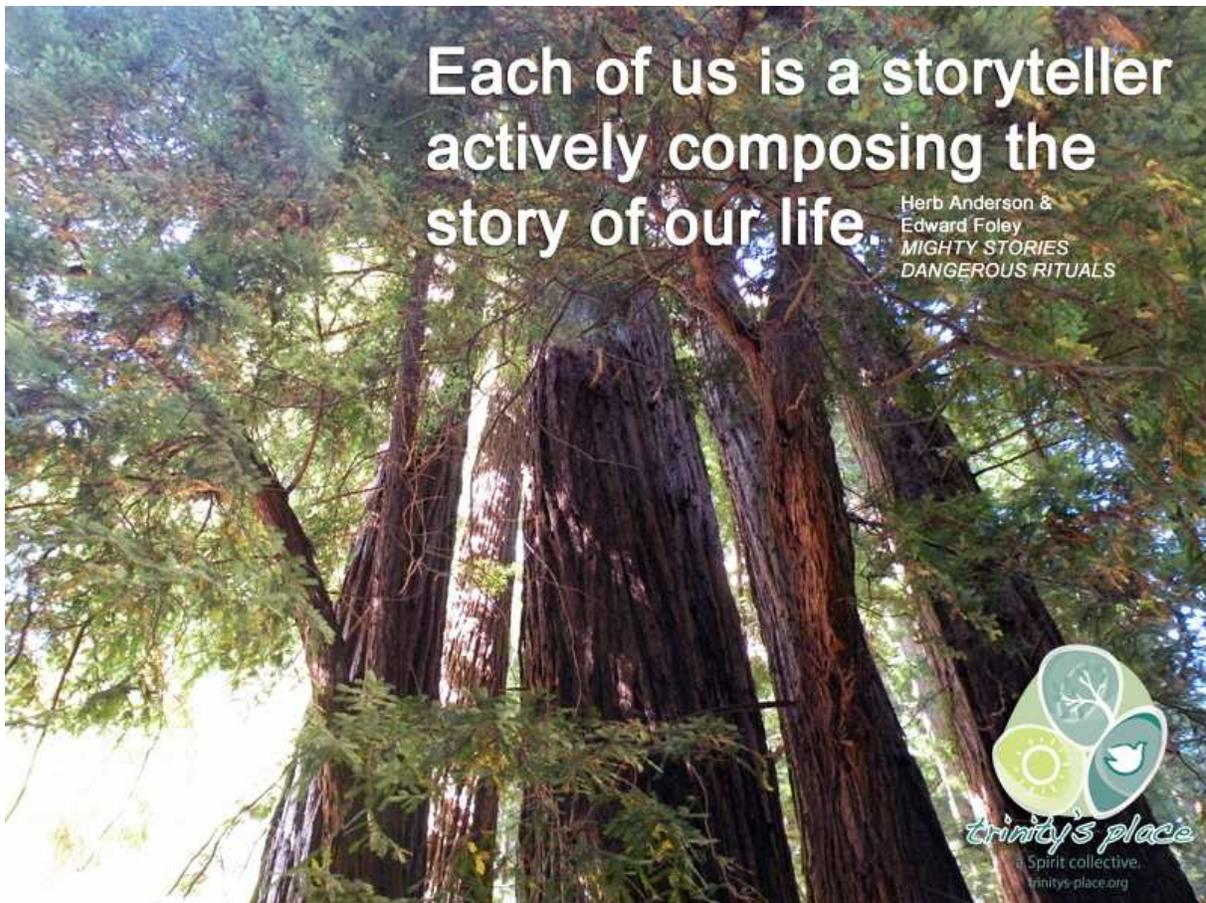
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## Selections from Master Kirpal Singh

The worst sinner can be purified. There is hope for everybody. Master comes for sinners, mind that. (<http://www.ruhanisatsangusa.org/dyedin.htm>)

There is no need to regard your situation as hopeless - There is hope for everybody. No matter how bad or low or cruel a man is, yet there is hope for him, for the Satguru is a true Washerman, who purifies by washing away the dirt of the senses. Just do what he says - do not be a manmukh (mouthpiece of the mind), but become a Gurumukh (mouthpiece of the Guru).

([http://www.ruhanisatsangusa.org/re\\_mind.htm](http://www.ruhanisatsangusa.org/re_mind.htm))

So as I told you in my talks, every Saint has His past and every sinner a future. There is hope for everybody. Don't be disheartened. You have some Power over your head to help you, especially those who have been initiated on the Way.

(<http://www.ruhanisatsangusa.org/12oct72.htm>)

Always brooding, "I am a sinner. I am sinner" won't do. You are not a sinner; you have committed sin. You have besmeared yourself with filth. Wash it away. You are gold ore that comes from the mines. You are pure gold if you clean it [the filth] away. (<http://www.ruhanisatsangusa.org/lok/keepwatch.htm>)

Every saint has a past and every sinner a future. This is what the Masters proclaim. One has to outlive and forget one's past whatever it be, and assiduously pray and strive for an Adept who can lead him Godwards.

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

In the regiment, there was a dacoit; very dreadful, I tell you. He liked me and sometimes followed me as my bodyguard. He said he was afraid of me. I told him, "Everybody is afraid of you and you say you are afraid of me?" He said, "When I look at you I start trembling; my past sins come to life." I asked him, "Why? What happened?" He said, "I have tormented so many people. Killed them, like that. How many I killed, the exact number, I don't remember. Is there any hope for me?" "Yes, there is hope for everybody. There is hope for even the worst sinner. Repent. Pray. Do no more."

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

I went to a nearby town and was sitting in the morning, saying, "I'll tell you, there is hope for the worst of robbers." One head of the robbers was sitting in on the talk. "Is there really any hope for robbers?" "Yes," I replied. Next day he turned up and requested initiation. He got initiation: he left off robbery and he brought other fellow robbers to be initiated.

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

## Angulimala



Daku Angulimala is an important early figure in Buddhism, particularly within the Theravada suttas. A ruthless killer who is redeemed by a sincere conversion to Buddhism, he is seen as an example of the redemptive power of the Buddha's teaching and the universal human potential for spiritual progress, regardless of one's background.

To the Theravadas and Mahayana, Angulimala's story serves as an example that even the worst of people can undo the faults in their beings and return to the right path.

Even though Angulimala had repented and was enlightened, he still had to pay the karma of killing so many. He was peaceful and accepted what was done, and was therefore liberated from the Wheel of Rebirth.

Angulimala's story also illustrates the Buddhist belief that individuals can be reformed more readily through compassion than through punishment. As Angulimala says, "Some prisoners are tamed with punishment of a stick, or a hook or a whip. I was tamed without a stick or a weapon. I was tamed by the kind words of the Compassionate Buddha."

<http://en.wikipedia.org/wiki/Angulimala>

### **Angulimala becomes a serial killer:**

Angulimala was born with the omen of a thief. Out of concern, his parents named him Ahimsaka, Harmless. His parents raised him very well, and sent him to a good school where he became the teacher's favorite. Out of jealousy, the other students caused the teacher to distrust Ahimsaka, and the teacher told him that to complete his studies, he must present his teacher with a mala of one thousand human little fingers of the right hand. Lacking the compassion to consider going to the burial grounds and taking them from corpses, he began murdering. By the time he'd collected 999 fingers, no one came near the woods where he dwelt. His mother had heard of what was happening and knew that it must be her son. Despite warnings that he would kill even his own mother to complete his mala, she went to stop him.

### **Angulimala meets the Buddha:**

At this time, the Buddha also went into the woods. When Angulimala saw him he began chasing the Buddha, but even though the Buddha walked slowly, Angulimala could not run him down. So he stopped and called out to the Blessed One, "Stop, contemplative! Stop!"

"I have stopped, Angulimala. You stop."

The thought occurred to Angulimala, "These Sakyan contemplatives are speakers of the truth, asserters of the truths, and yet this contemplative, even while walking, says, 'I have stopped, Angulimala. You stop.' Why don't I question him?"

"While walking, contemplative, you say, 'I have stopped.' But when I have stopped you say I haven't. I ask you the meaning of this: How have you stopped? How haven't I? The Buddha responded, "I have stopped, Angulimala, once and for all, having cast off violence toward all living beings."

### **Angulimala becomes a disciple:**

With that, Angulimala finally stopped and became a disciple of the Buddha, and even became an Arahant (one who has attained enlightenment). The people of the village could not forgive him, though, and stoned him and beat him with sticks. Advised by the Buddha, he accepted this as the culmination of his karma, and was fortunate to receive it there-and-then and not in the fires of Hell.

<http://somerwhereindhamma.wordpress.com/2011/01/22/angulimala-one-thousand-finger-mala/>

## Saint Augustine

Augustine is accepted by most scholars to be the most important figure in the ancient Western church. He was born to a well to do family in the year 354 in North Africa in what is now Algeria. He was a Bishop, a philosopher and a theologian. His writings were very influential in the development of Western Christianity.

In his early years, Saint Augustine was a deceitful, fornicating thief. He lived with a mistress and had a son with her.

In his autobiography, *Confessions*, (the world's first autobiography) Augustine describes the undisciplined and sinful life he led before his conversion to Christianity.

### **Augustine is seized by lust:**

*“Where was I then and how far was I banished from the bliss of your house in that sixteenth year of my life? This was the age at which the frenzy gripped me and I surrendered myself entirely to lust...”*

*“I was tossed and spilled, floundering in the broiling sea of my fornication...I was in a ferment of wickedness.”*

*“I went to Carthage, where I found myself in the midst of a hissing cauldron of lust.”*

*“So I muddied the stream of friendship with the filth of lewdness and clouded its clear waters with hell's black river of lust.”*

*“I also fell in love, which was a snare of my own choosing....My love was returned and finally shackled me in the bonds of its consummation. In the midst of my joy I was caught up in the coils of trouble, for I was lashed with the cruel, fiery rods of jealousy and suspicion, fear, anger, and quarrels.”*

*“In those days I lived with a woman, not my lawful wedded wife but a mistress whom I had chosen for no special reason but that my restless passions had alighted on her.”*

**Augustine was a thief:**

*“I was willing to steal, and steal I did, although I was not compelled by any lack, unless it were the lack of a sense of justice or a distaste for what was right and a greedy love of doing wrong. For what I stole I already had plenty, and much better at that, and I had no wish to enjoy the things I coveted by stealing, but only to enjoy the theft itself and the sin.”*

*“The evil in me was foul, but I loved it. I loved my own perdition and my own faults, not the things for which I committed wrong, but the wrong itself.”*

**Augustine is easily led astray by his bad companions:**

*“I am quite sure that I would not have done it on my own. Was it then that I also enjoyed the company of those with whom I committed the crime?”*

*“It was not the fruit (that he and his friends stole) that gave me pleasure, I must have got it from the crime itself, from the thrill of having partners in sin.”*

*“For the sake of a laugh, a little sport, I was glad to do harm and anxious to damage another; and that without thought of profit for myself or retaliation for injuries received! And all because we are ashamed to hold back when others say ‘Come on! Let’s do it!’”*

**Augustine deceives his mother:**

In 838 Augustine decided to go to Rome to look for a position teaching philosophy. He took his mistress and his child, but he did not want his mother along.

The following report is taken from the book *Saints Behaving Badly*:

*“On the day of departure the family went to the harbor, where Augustine suggested Monica (his mother) visit a small dockside chapel. While his mother prayed, Augustine boarded the ship and sailed without her. By the time Monica came out of the chapel Augustine’s ship was out of sight. She stood alone on the dock, beside herself with grief.”*

### **Augustine converts to Christianity:**

Augustine was not at peace with himself. He felt restless – he lacked something. He searched everywhere for the answer. He traveled from city to city, working as a school teacher. From Africa he went to Italy where he joined various religious movements, but he did not find the answer he was seeking.

In Milan, he attended the sermons of the bishop, Ambrose. At first he listened simply out of curiosity. Soon he sensed that he had to change his life if he wanted peace of mind.

But Augustine found it difficult to change. He kept putting it off. He kept saying, “Maybe tomorrow, tomorrow.”

One day in September 386 A.D. he finally made the decision. He was sitting in a garden with his friend. He heard a child’s sing-song voice saying over and over, “Take and read, take and read.”

He read *Romans* 13:13 in the New Testament. As he said, “The scales fell off my eyes!” He asked himself, “Why not now? Why not this very hour put an end to my sins?”

With his son and his friend, Augustine began preparation for baptism. And so at Easter time in Milan the year 387 A.D., Augustine was baptized at the age of 33.

### **Saint Augustine became an accomplished mystic:**

“I found thee not, O Lord, without, because I erred in seeking thee without that wert within.”

“My mind withdrew its thoughts from experience, extracting itself from the contradictory throng of sensuous images, that it might find out what that Light was wherein it was bathed...And thus, with the flash of one hurried glance, it attained to the vision of That Which Is.”

“And I entered and beheld with the eye of my soul the Light Unchangeable...He that knows the Truth knows what that Light is, and he that knows It, knows eternity.”

“I entered into the secret closet of my soul, led by Thee; and this I could do because Thou was my helper. I entered, and beheld with the mysterious eye of my soul the Light that never changes, above the eye of my soul, above my intelligence. It was not the common light which all flesh can see, nor was it greater yet of the same kind, as if the light of day were to grow brighter and brighter and flood all space. It was not like this, but different: altogether different from all such things...He who knows the truth knows that Light: and who knows it, knows eternity. Love knows it.”

“Imagine if all the tumult of the body were to quiet down, along with our busy thoughts...Imagine if all things that are perishable grew still...And imagine if that moment were to go on and on, leaving behind all other sight and sounds but this one vision which ravishes and absorbs and fixes the beholder in joy, so that the rest of eternal life were like that moment of illumination which leaves us breathless.”

### **Quotes by Saint Augustine:**

Thou hast made us for Thyself and our hearts can find no rest except in Thee.

Love, and do what you will.

To abstain from sin when one can no longer sin is to be forsaken by sin, not to forsake it.

Complete abstinence is easier than perfect moderation.

Oh Lord, give me chastity, but do not give it yet.

We make ourselves a ladder out of our vices if we trample the vices themselves underfoot.

To fall in love with God is the greatest of all romances; to seek Him, the greatest adventure; to find Him, the greatest human achievement.

O God, You seek those who hide from You, and hide from those who seek You!

God loves each of us as if there were only one of us.

## Saint Francis of Assisi

Saint Francis is one of the best known and most loved of all Christian saints. He was born in Assisi, Italy in 1181 to a prosperous family.

Francis enjoyed a very rich easy life growing up because of his father's wealth and the permissiveness of the times. From the beginning everyone loved Francis. He was constantly happy, charming, and a born leader. If he was picky, people excused him. If he was ill, people took care of him. If he was so much of a dreamer he did poorly in school, no one minded. In many ways he was too easy to like for his own good. No one tried to control him or teach him.

### **Francis engaged in wild parties and was accustomed to vice:**

As he grew up, Francis became the leader of a crowd of young people who spent their nights in wild parties. Thomas of Celano, his biographer who knew him well, said, "In other respects an exquisite youth, he attracted to himself a whole retinue of young people addicted to evil and accustomed to vice."

### **Francis longed for worldly glory and prestige:**

Francis was good at business, but he wanted more than wealth – he wanted to be a noble, a knight. Battle was the best place to win the glory and prestige he longed for. He got his first chance when Assisi declared war on their longtime enemy, the nearby town of Perugia.

Most of the troops from Assisi were butchered in the fight. Only those wealthy enough to expect to be ransomed were taken prisoner. At last Francis was among the nobility like he always wanted to be...but chained in a harsh, dark dungeon. All accounts say that he never lost his happy manner in that horrible place. Finally, after a year in the dungeon, he was ransomed. Strangely, the experience didn't seem to change him. He gave himself to partying with as much joy and abandon as he had before the battle.

### **Francis' conversion:**

Francis' conversion did not happen over night. Francis started to grow tired of the superficial life he was leading and an inner desire prompted him to spend more time in prayer. Sometimes he would go off to a cave and weep for his sins.

One day while Francis was praying in an ancient church he heard a voice which told him “Francis, repair my church.” Francis took the words literally and set about repairing the crumbling church he was used to frequenting.

**Francis steals from his father:**

Francis took fabric from his father’s shop and sold it to get money to repair the church. This was just one more act that displeased his already frustrated father. His father saw this as an act of theft and brought him before the bishop, and in front of the whole town demanded that the money be returned and that Francis renounce all rights as his heir.

**Francis renounces worldly possessions:**

Francis not only gave back the money but stripped off all his clothes – the clothes his father had given him – until he was wearing only a hair shirt. In front of the crowd that had gathered he said, “Pietro Bernardone is no longer my father. From now on I can say with complete freedom, ‘Our Father who art in heaven.’”

Wearing nothing but castoff rags, he went off into the freezing woods – singing. And when robbers beat him later and took his clothes, he climbed out of the ditch and went off singing again.

Francis went back to what he considered God’s call. He begged for stones and rebuilt the church with his own hands.

**Francis gathers disciples:**

Slowly companions came to Francis, people who wanted to follow his life of sleeping in the open, begging for garbage to eat, and loving God. With companions, Francis knew he now had to have some kind of direction to this life so he opened the Bible in three places. He read the command to the rich young man to sell all his goods and give to the poor, the order to the apostles to take nothing on their journey, and the demand to take up the cross daily. “Here is our rule,” Francis said – as simple, and as seemingly impossible, as that. He was going to do what no one thought possible any more – live by the Gospel. Francis took these commands so literally that he made one brother run after the thief who stole his hood and offer him his robe!

### **Francis' final years:**

Francis' final years were filled with suffering as well as humiliation. Praying to share in Christ's passion, he was rewarded with the stigmata, the marks of the nails and the lance wound that Christ suffered, in his own body.

Years of poverty and wandering had made Francis ill. When he began to go blind, the pope ordered that his eyes be operated on. This meant cauterizing his face with a hot iron. Francis spoke to "Brother Fire": "Brother Fire, the Most High has made you strong and beautiful and useful. Be courteous to me now in this hour, for I have always loved you, and temper your heat so that I can endure it." Francis reported that Brother Fire had been so kind that he felt nothing at all.

Francis never recovered from this illness. He died on October 4, 1226 at the age of 45. Francis is considered the founder of all Franciscan orders and the patron saint of ecologists and merchants. ([http://www.catholic.org/saints/saint.php?saint\\_id=50](http://www.catholic.org/saints/saint.php?saint_id=50))

## Canticle of the Sun

Most high, all powerful, all good Lord!  
All praise is yours, all glory, all honor, and all blessing.

To you, alone, Most High, do they belong.  
No mortal lips are worthy to pronounce your name.

Be praised, my Lord, through all your creatures,  
especially through my lord Brother Sun,  
who brings the day; and you give light through him.  
And he is beautiful and radiant in all his splendor!  
Of you, Most High, he bears the likeness.

Be praised, my Lord, through Sister Moon and the stars;  
in the heavens you have made them bright, precious and beautiful.

Be praised, my Lord, through Brothers Wind and Air,  
and clouds and storms, and all the weather,  
through which you give your creatures sustenance.

Be praised, My Lord, through Sister Water;  
she is very useful, and humble, and precious, and pure.

Be praised, my Lord, through Brother Fire,  
through whom you brighten the night.  
He is beautiful and cheerful, and powerful and strong.

Be praised, my Lord, through our sister Mother Earth,  
who feeds us and rules us,  
and produces various fruits with colored flowers and herbs.

Be praised, my Lord, through those who forgive for love of you;  
through those who endure sickness and trial.  
Happy those who endure in peace,  
for by you, Most High, they will be crowned.

Be praised, my Lord, through our Sister Bodily Death,  
from whose embrace no living person can escape.  
Woe to those who die in mortal sin!  
Happy those she finds doing your most holy will.  
The second death can do no harm to them.

Praise and bless my Lord, and give thanks,  
and serve him with great humility.

### **Quotes by Saint Francis:**

I have been all things unholy. If God can work through me, he can work through anyone.

My soul's face has revealed its beauty to me; why was it shy so long, didn't it know how this made me suffer and weep?

No one is to be called an enemy, all are your benefactors, and no one does you harm. You have no enemy except yourselves.

What is there to understand of each other: if a wand turned the sun into a moon would not the moon mourn the ecstatic effulgence it once was. We are all in mourning for the experience of our essence we knew and now miss. The cure is Light, all else is a placebo.

Does every creature have a soul? Surely they do; for anything God has touched will have life forever, and all creatures He has held.

## The Prayer of Saint Francis

Lord, make me an instrument of your peace. Where there is hatred, let me sow love. Where there is injury, pardon. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light. Where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled, as to console; to be understood, as to understand; to be loved, as to love.

For it is in giving that we receive. It is in pardoning that we are pardoned, and it is in dying that we are born to Eternal Life.



## Saint Paul

Paul the Apostle was born in 5 AD and raised in the city of Jerusalem. He is considered the most influential early Christian missionary, with the writings ascribed to him forming a considerable portion of the New Testament.

Paul, known as Saul prior to his conversion, was dedicated to the persecution of the early disciples of Jesus.

### **Paul was an accomplice to murder and brutality:**

“I used to believe that I ought to do everything I could to oppose the very name of Jesus the Nazarene. Indeed, I did just that in Jerusalem. Authorized by the leading priests, I caused many believers there to be sent to prison. And I cast my vote against them when they were condemned to death. Many times I had them punished in the synagogues to get them to curse Jesus. I was so violently opposed to them that I even chased them down in foreign cities.” (Acts 26:9-11)

“He took charge of Stephen’s stoning, the first Christian martyr, and subsequently became the chief persecutor of the early Church. With vicious rage, he invaded homes and synagogues, imprisoning and scourging both men and women. His reputation even preceded him over 100 miles to Damascus.”  
(<http://markmoore.org/resources/essays/acts/paulbio.pdf>)

During this time of his life, Paul was described as a “self-righteous young Pharisee, almost fanatically anti Christian. He believed that the trouble-making new sect should be stamped out, its adherents punished.”  
(<http://www.ewtn.com/library/MARY/PAUL.HTM>)

“Saul was going everywhere to destroy the church. He went from house to house, dragging out both men and women to throw them into prison.” (Acts 8:3)

“But Lord,” I argued, “they certainly know that in every synagogue I imprisoned and beat those who believed in you. And I was in complete agreement when your witness Stephen was killed. I stood by and kept the coats they took off when they stoned him.” (Acts 22:20)

### **Paul has a conversion experience:**

“One day I was on such a mission to Damascus, armed with the authority and commission of the leading priests. About noon, as I was on the road, a light from heaven brighter than the sun shone down on me and my companions. We all fell down, and I heard a voice saying to me in Aramaic, ‘Saul, Saul, why are you persecuting me? It is useless for you to fight against my will.’” (Acts 26:12-14)

That experience transformed Paul’s life.

“Paul accepted eagerly the commission to preach the Gospel of Christ, but like many another called to a great task he felt his unworthiness and withdrew from the world to spend three years in Arabia in meditation and prayer before beginning his apostolate. From the moment of his return, Paul—for he had now assumed this Roman name—never paused in his labors. It proved to be the most extraordinary career of preaching, writing, and church-founding of which we have record.” (<http://www.ewtn.com/library/MARY/PAUL.HTM>)

### **Saint Paul Quotes:**

Pray without ceasing.

I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

No eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love Him.

Make it your goal to live quietly, to mind your own business, and to work with your own hands, as we instructed you, so that you may win the respect of outsiders, and have need of nothing.

Though our bodies are dying, our spirits are being renewed every day. For our present troubles are small and won’t last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don’t look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.

## Saint Paul on Love

I may be able to speak the language of men and even of angels, but if I have no love, my speech is no more than a noisy gong or a clanging bell.

I may have the gift of inspired preaching; I may have all knowledge and understand all secrets; I may have all the faith needed to move mountains—but if I have no love, I am nothing.

I may give away everything I have, and even give up my body to be burned—but if I have no love, this does me no good.

Love is patient and kind; it is not jealous or conceited or proud; love is not ill-mannered or selfish or irritable; love does not keep a record of wrongs; love is not happy with evil, but is happy with the truth. Love never gives up; and its faith, hope, and patience never fail. Love is eternal.

There are inspired messages, but they are temporary; there are gifts of speaking in strange tongues, but they will cease; there is knowledge, but it will pass. For our gifts of knowledge and of inspired messages are only partial; but when what is perfect comes, then what is partial will disappear.

When I was a child, my speech, feelings, and thinking were all those of a child; now that I am a man, I have no more use for childish ways.

What we see now is like a dim image in a mirror; then we shall see face-to-face. What I know now is only partial; then it will be complete—as complete as God's knowledge of me.

Meanwhile these three remain: Faith, Hope, and Love; and the greatest of these is Love.



## Captain Singh

Excerpts from his story published in *Ocean of Grace Divine*

### **A violent drunken rage ends in murder:**

March 26<sup>th</sup>, 1961, dawned like any other day. By the time it ended it was as though life itself had blacked out. A moment's misunderstanding, some heated words under the influence of liquor, my brother-in-law reaching for a pistol—and all was over. Never had I realized a day would come when I would curse my being a good marksman.

### **Captain Singh is sentenced to death:**

A wife torn between grief for a brother and anxiety for her husband's future, children writhing at being parted from their father, lawyers and litigation expenses, months of suspense and appeals in the High Court and Supreme Court: it was a nightmare, and at the end of two years I was still in prison, doomed to capital punishment.

### **Captain Singh has a vision of the Godman:**

When all hope seemed gone I lay in the condemned prisoner's cell in the District Jail on the night of November 4<sup>th</sup>, 1963. It was only in the early hours of the morning after prayers that I dozed off. In sleep—it was more a vision than a dream—I was sitting in a locked cell in my underwear and with my hair untidy. Someone who seemed like a king visited my cell. I was confused, apologized for my state of disarray, and wanted to get dressed. My royal visitor smiled gently, and asked, “Do you meditate?” I replied in the affirmative, and he continued, “That is not enough. Meditate more!” “Very well Sir,” I answered humbly. The king then stepped forward and told me that my work was done and reassuringly added, “Don't worry! Remember Him.”

Saying these words, the royal figure left me. I woke up, and the vision was so vivid and so consoling, that I pondered much over it. Was there anything to it? What did it portend? Having washed myself, I sat down for meditation, and thereafter there was the usual jail routine.

After breakfast, I was summoned by the jailer. When I entered his office, he walked towards me to congratulate me: my mercy petition, he informed me, had finally been accepted and my death sentence had been commuted to life

imprisonment! My vision, still so vivid in my mind, had come true in barely four hours.

My immediate problem seemed over, and as I was moved from the condemned prisoner cell to a new ward, I wondered who it was who had appeared to reassure me and to give the happy tidings. I had twice had the love glances of Hazur Baba Sawan Singh in my home town, Kotkapura, during 1944-45 when I was still a school-boy, and had even attended a Satsang. But the figure I saw was a different one, and I wondered if it could be Guru Gobind Singh or one of the other Sikh Gurus.

### **Captain Singh communicates with Sant Kirpal Singh:**

The months passed by and I began to give more time to meditation; the sense of search had sharpened. In March 1954, I read that a Saint from Delhi had visited Lucknow and a summary of His talk was included in the newspaper report. I found myself so deeply moved reading of Sant Kirpal Singh, and though the name was unknown to me, on March 15<sup>th</sup> I wrote Him a letter.

I had shared my life's story and had spoken of my hardships and my desire to be put on the way to Truth. Three weeks later I received a loving letter from Maharaj Ji dated April 6<sup>th</sup>, 1964.

Referring to my situation He said: "It is in accordance with the reaction of some past Karma that sometimes one is placed in such trials, which are only passing phases. I am glad for your deep interest in the Gurbani which you recite daily. Indeed, the sacred scriptures serve as a loving lap of the mother where a child disciple is fondled in the divine intoxication and fosters a yearning for union with Him. Your longing for learning the technique of Naam Simran is genuine." The Master then gave me meditation instructions.

### **Inner experiences of Godly Light and Sound:**

The letter arrived in the afternoon, and that evening, as instructed by Maharaj Ji, I sat down for meditation. I had had experiences of inner Light during childhood, and they had returned to me in prison. When I sat down and engaged in Simran and Dhyān, what was new was not the Light—the Sound Current suddenly opened and I was carried away by its sweetness.

There was a new joy, a new purpose which entered into my life; as I carried on with my meditations I progressed farther, and wherever I was, whatever I did, the Master Power was with me through Shabd.

If I had difficulties, I would write to Maharaj Ji, and He would always write back lovingly and give me guidance.

### **Master Kirpal recommends kindness and forgiveness:**

Along with this new joy, I had new problems. The Deputy Jailer did not take kindly to me, and all my frustrations and irritations would focus on him until it even began to get in the way of my meditations. When I raised the problem with Maharaj Ji, He wrote back: ...“Your feelings towards the man who has apparently done you harm should be those of kindness and forgiveness as it does happen sometimes that the initiates into the Mysteries of the Beyond are obliged to undergo suffering in accordance with their past Karma. Such an attitude will absolve you of the after-effects and bless you with peace and serenity. Just resign to His divine Will and accept It cheerfully. Herein lies your spiritual welfare.”

The letter was charged with Maharaj Ji’s bliss, and His advice made me change my attitude. I was to be tested soon after in this. The Deputy Jailer insulted a fellow prisoner, and as protest, some of us went on a fast. But when a Minister visited the prison the same day, I dissuaded my fellows from making a formal complaint. The Deputy Jailer was so touched by this unexpected gesture, that he not only thanked me profusely but from then on became more friendly.

### **Master visits Captain Singh in prison:**

On January 11<sup>th</sup>, 1968, I received a note informing me that Maharaj Ji planned to visit Aligarh and I could look forward to His darshan then...Such was my Satguru’s love that He was traveling all the way to a prison to see me.

The day at last arrived. It was March 7<sup>th</sup>, 1968. At 4:00 in the afternoon Maharaj Ji’s car drew up outside the jail gates. The Superintendents, the medical officer, the jailer and other jail officials received Him and His party.

They came to the jail park where I welcomed Master and we led Him to the dais. All prisoners were seated on the ground eagerly awaiting Him...

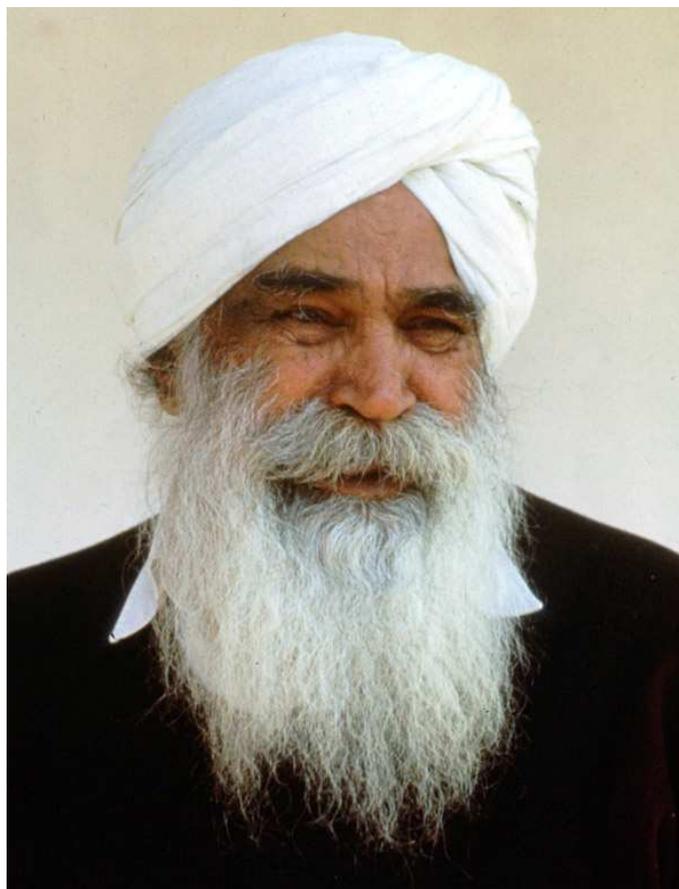
He commenced His discourse—“Man Know Thyself.” Everyone listened with rapt attention...it was so peaceful, so charged, so intoxicating, perfect.

Kindest Master had to go for another engagement but such had been His magnanimity that He gave us all so much time and so much love I whispered to ask Him if He could grant me initiation proper; He answered, “Whatever was given you in my letter is quite enough. You have already been initiated.”

**Captain Singh is released from prison and moves to the Ashram:**

In 1969 I was allowed my first release on parole, and I spent the time at the Ashram. My wife and another dear one in the family were granted initiation during that stay.

My worst trials were over, and not only did I get parole each year, but on January 29th, 1972, my life imprisonment sentence was remitted and I was free at last to find sanctuary at His Feet. So gracious was Kindest Master that He then allowed me to live and serve Him at the Ashram.



Sant Kirpal Singh

## Blessed Angela of Foligno

Angela was born into a wealthy family in the city of Foligno, Italy. She was very beautiful and married a wealthy member of the town's middle class.

### **Angela wallows in superficial comforts:**

“As the wife of a wealthy merchant Angela enjoyed every comfort and every luxury, and she wallowed in them. Her passions were expensive clothes and flashy jewels, extravagant meals and rare wines.” (*Saints Behaving Badly*)

### **Angela flaunts her sexuality:**

“She dressed and acted in ways that would provoke envy among women and sexual desire among men.” (*Saints Behaving Badly*)

### **Angela behaves as a cruel, prideful gossip:**

“Wealth and beauty made her proud; pride made her cruel. When she was not indulging herself, she spent hours gossiping with her friends and maligning her neighbors. If anyone crossed her or tried to correct her, she unleashed her vicious temper.” (*Saints Behaving Badly*)

### **Angela commits adultery:**

Traditional accounts state that she lived “wildly, adulterously, and sacrilegiously” in her early years.

### **Angela's remorse and conversion:**

As time went on, Angela began to feel intense feelings of guilt and shame for the lifestyle she had chosen for herself. She prayed to Saint Francis of Assisi who then appeared to her in a dream and offered to help her change the course of her life.

“Angela resolved to begin a new life. She sold her fine clothes, her jewels, and her costly toiletries to relieve the poor and suffering of Foligno. It was a good start, but she was still a wealthy woman, with temptations to self-indulgence on every side. Later, as she dictated her autobiography, she recalled that during the

first five years of her conversion her spiritual life progressed ‘only small steps at a time.’” (*Saints Behaving Badly*)

### **Angela’s family dies:**

The deaths of her family happened suddenly 1288. In a very short period her mother, her husband, and all her sons died. As a widow and heiress of a considerable estate she could do as she pleased, so Angela began to sell everything she owned. (*Saints Behaving Badly*)

### **Angela has mystical experiences:**

While remaining a laywoman, Angela disciplined herself to imitate the religious dedication of Franciscan nuns. Soon she began to experience intense mystical raptures.

### **Disciples flock to Angela:**

As word spread of her ecstasies and the spiritual insights that accompanied them, people were drawn to her in an effort to learn how to love and serve God better. (*Saints Behaving Badly*)

### **Quotes by Angela of Foligna**

Exalted, drawn, and absorbed into the uncreated Light, I beheld that which cannot be related.

No one can be saved without divine Light. Divine Light causes us to begin and to make progress, and it leads us to the summit of perfection. Therefore if you want to begin and to receive this divine Light, pray. If you have begun to make progress and want this Light to be intensified within you, pray. And if you have reached the summit of perfection, and want to be super-illuminated so as to remain in that state, pray.

I saw a fullness, a brightness with which I felt myself so filled that words fail me, nor can I find anything to compare it with. I cannot tell you that I saw something with a bodily form, but he was as he is in heaven, namely, of such an indescribable beauty that I do not know how to describe it to you except as the Beauty and the All Good.

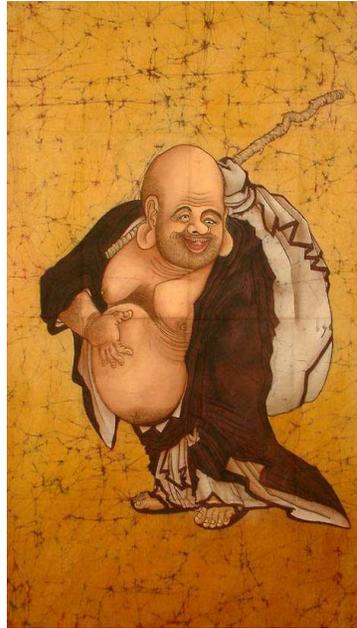
By virtue of love is the lover transformed in the beloved and the beloved transformed in the lover.

God is the one who leads me and elevates me to that state. I do not go to it on my own, for by myself I would not know how to want, desire, or seek it. I am now continually in this state. Furthermore, God very often elevates me to this state with no need, even, for my consent; for when I hope or expect it least, when I am not thinking about anything, suddenly my soul is elevated by God and I hold dominion over and comprehend the whole world. It seems, then, as if I am no longer on earth but in heaven, in God.

When I am in that darkness, I do not remember anything about humanity or the God-Man, or anything that has form. Yet when I am in that darkness I see everything and I see nothing. And as I depart from what I have been talking about (or as I remain behind), I see the God-Man. He draws my soul with such gentleness, and sometimes he says "You are I and I am you." And I see those eyes and that face so pleasing and attractive as He embraces me. And that which comes out of those eyes and that face is the very thing I said that I see in the darkness, and which comes from within it; it is what delights me so much that it cannot be described. And while I am in this God-Man, my soul is alive; and I am in this God-Man much more than I am in God with that darkness. My soul is alive in the God-Man, but God in that darkness draws my soul incomparably more than the God-Man. Still, I am in this God-Man almost continually.

Divine goodness granted me the grace that from two there was made one, because I could not will anything except as he himself willed. How great is the mercy of the one who realized this union! It almost completely stabilized my soul. I possessed God so fully that I was no longer in my previous customary state but was led to find a peace in which I was united with God and was content with everything.

This embrace of God sets ablaze a fire within the soul with which the whole soul burns for Christ. It also produces a Light so great that the soul understands the fullness of God's goodness, which it experiences in itself, and which is, moreover, much greater than the soul's experience of it. The effect then of this fire within the soul is to render it certain and secure that Christ is within it. And yet, what we have said is nothing in comparison to what this experience really is.



May your soul be happy;  
journey joyfully.  
(Rumi)

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