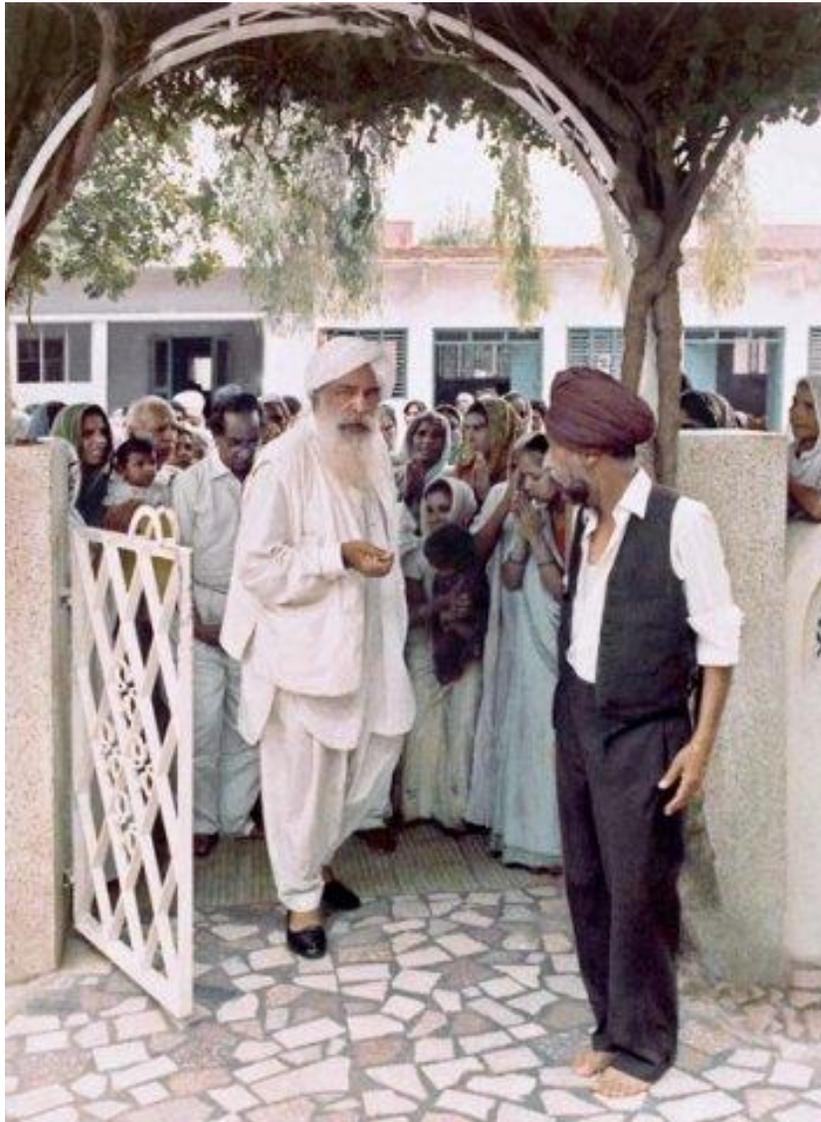


# What Would Master Do?

Quotes for Everyday Life

by

Master Kirpal Singh



Param Sant Kirpal Singh Ji  
(1894-1974)



The phrase “What would Jesus do?” became popular in the United States in the 1990’s. It was used as a reminder to behave in a manner pleasing to Jesus.

In 1999 the book “What Would Buddha Do?” investigated the topic of everyday morality from the Buddhist perspective.

The following booklet - “What Would Master Do?” - provides a sampling from the extensive writings of Param Sant Kirpal Singh.

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## 1. What should we do when faced with personal criticism?

One who permits himself or herself to be disturbed by what others say and do, is without question one who is still controlled by the ego and has yet to conquer the self, and learn the rudiments of spirituality. (Spiritual Elixir, 104)

Even if somebody criticizes you, for instance, just look within your own self to see whether that criticism is right. If it is right, then be thankful. Your failures can be brought to your notice by either your loving friend, true friend, or by your enemy. So be thankful to him. If it is not so, then send him good wishes. Pray to God for him, that's all.

([ruhanisatsangusa.org/lok/criticism.htm](http://ruhanisatsangusa.org/lok/criticism.htm))

## 2. What does Master say about criticizing others?

The worst of all bad habits is to criticize others. ([ruhanisatsangusa.org/reform.htm](http://ruhanisatsangusa.org/reform.htm))

## 3. What does Master say about minding our own business?

Another common desire which you must sternly repress is the wish to meddle in another man's business, directly or indirectly, privately or openly. If you see a case of cruelty to a child or an animal, it is your duty to interfere. If you are placed in charge of another in order to teach him, it may become your duty gently to tell him of his faults. Except for such cases, mind your own business and learn the value of silence. ([ruhanisatsangusa.org/gemsq.htm](http://ruhanisatsangusa.org/gemsq.htm))

...too much discussion with others is not helpful. Mind your own business and let other dear ones seek their own redemption. (Letters to N.Y. area initiates, part 13).

## 4. What does Master say regarding getting along with difficult people?

In this vast creation, everyone is gifted with an individual perception. The heredity, the environment and the teachings inculcated, all combine to make one what he is. We cannot blame anyone for thinking differently in his own way. Everyone has his own temperament and his own way of thinking. They must differ and they do differ vehemently. There is no help for it. It is, on the other hand, the sign of sentient life. We must not therefore, on that account, cross swords with them. (The Way of the Saints, 257)

## 5. How can we escape from the net of worldly attachments?

One cannot possibly forsake the lusts of the flesh unless one comes to know by actual contrast the real happiness in the life of the spirit which comes about by communion with the holy Word. ([www.ruhanisatsangusa.org/guru-means.htm](http://www.ruhanisatsangusa.org/guru-means.htm))

## 6. What does Master say about hearsay?

Why do you go by hearsay? One is led away by hearsay. First, don't believe unless you see for your own self or hear with your own ears. Don't believe anybody. He may have some purpose behind – some selfish motive, some mischief. Believe only when you see, not only see, but hear too. Seeing also sometimes misleads a man. Suppose a daughter is sitting by the father. People say, "Oh what is it – they are sitting both together." But hear them – what sort of talk they are having. People see from their own angle. (The Light of Kirpal, 178, 179)

## 7. What does Master say about speaking?

You must guard, too, against certain small desires which are common in daily life. Never wish to think, or to appear clever; have no desire to speak. It is well to speak little; better still to say nothing, unless you are quite sure that what you wish to say is quite true, kind, and helpful. ([www.ruhanisatsangusa.org/gemsq.htm](http://www.ruhanisatsangusa.org/gemsq.htm))

## 8. What does Master teach regarding the vegetarian diet?

It must be borne in mind that restriction to pure vegetarian diet is of utmost necessity. Any transgression in this respect is liable to affect your spiritual progress adversely. The prohibited food flares up carnal desires other than contracting karmic debt. Both are highly detrimental and should be avoided scrupulously. I hope you are abiding by all of the rules and that you take my advice in proper perspective in the larger interests of your spiritual progress. (Spiritual Elixir, 244)



## 9. What does Master say about using recreational drugs?

Drugs, opiates and intoxicants should not be partaken as these will not only affect your health adversely but shall be detrimental for your spiritual progress. You should please leave off all such drugs and learn to live without their use. Smoking is equally harmful and you should consult some homeopath in this behalf to prescribe some useful medicine for overcoming this filthy habit. (Letters to N.Y. initiates, part 13)

It is amusing to note that the Utopiates (LSD, Marijuana, etc.) for producing hallucinations. You may please note that spirituality is the science of the soul, which (the soul) is a conscious entity in the body. The Way back to God as offered by the Masters is one of developing inner consciousness with the aid of Holy Naam (the WORD). All such like outer aids resulting in temporary hallucinations, as stated by you, are certainly a mockery for the divine grace. You can well understand the vast difference between having a conscious and wide awake approach for proceeding within and that which makes recourse to these outer aids which are no less than opiates creating some sensational vibrations. You will recall that the observance of a strict dietary, by avoiding all flesh food, intoxicants, and opiates, is a basic essential for inner spiritual progress, for attaining a refined state of mind. We have to develop consciousness, the divine attribute of soul, and for the achievement of (inner) consciousness, inner and outer piety and chastity are very much needed. The drugs are equally harmful, and should be avoided, which dull the brain and cloud the mind with vague feelings of distrust and confusion. You are advised to convey this piece of right understanding to all the dear ones who are on the Holy Path and to others who seek your counsel in this behalf.

(Letters to N.Y. initiates, part 8)

## 10. What does Baba Sawan Singh say about drinking alcohol?

The use of liquor is bad. It unsettles the mind, and an unsettled mind brings in its train all the evils which one in a normal state avoids. (<http://www.mediaseva2.com/books/Reality.pdf>)

Have you come across a mother who would give poison to her children? Meats, eggs and alcohol are poisons, and he who uses them will suffer. There is no escape from it. Go in and see with your own eyes what tortures the users of these have to bear, whether initiates or non-initiates. Those who indulge in these are disciples of senses and not of the Master.

(<http://www.mediaseva2.com/books/Reality.pdf>)

## 11. What does Master teach regarding gambling?

Speculation or gambling is a great sin and as such spiritual aspirants are warned not to indulge in it, in the larger interests of their spiritual progress. (Spiritual Elixir, 124)

You know gambling or the like is harmful. You will appreciate that the mind is already full of restless attributes – so feeding it with more of similar disturbing ideas will simply mean adding fuel to the fire. (Spiritual Elixir, 255)

## 12. What does Master say about sexuality?

“Sex” is not something to be deprecated. It is “sexuality” that is condemned – particularly promiscuous sexuality without, or inordinate indulgence at home. Division into sexes is the law of nature which cannot be ignored. The institution of marriage, after all, is a time-honored sacrament. It is a sacred duty to be united in holy wedlock. One who is contented with his or her mate in life and does not cast covetous glances on others, is an upright person in the true sense of the word, strictly honest and honorable...

(from a letter by Sant Kirpal Singh, Sat Sandesh, May 1975, 15)

Those who are not married should observe strict celibacy. Those who are married should observe according to the scriptures. Scriptures only say to marry means taking a companion in life who should be with you in weal or woe through your earthly sojourn and both meet God. Help each other. One duty may be begetting children – one! Not all! We have considered perhaps it is machinery of enjoyment. That is wrong.

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

## 13. What is the right understanding regarding chastity and repression?

One will not suppress all sexual desire, for repression can only breed neurosis and prepare the way for a downfall, but he will be ever seeking to sublimate it. (Sant Kirpal Singh, *The Crown of Life*)

by Russell Perkins

Chastity is not repression; this must be grasped at once, or hopeless confusion results. Repression and indulgence are two sides of the same coin; and the coin is sexual desire. A chaste person is neither repressed nor sensual; he is functioning on another plane entirely, and those points of reference have little relevance for him. A person who is addicted to heroin, for instance, is either giving in to his addiction or fighting it with all his might; a person who is not addicted is doing neither. Similarly, a chaste person is one who is free from desire except when he wishes to make use of it for the purpose for which it was intended: namely, the continuation of the race. Such a person sees people of the opposite sex as children of God, not objects of desire. And such a person relates to other people so as to bring out their own latent divinity; not in such a way as to provoke their sexuality. (Sat Sandesh, June 1975, 12)

## 14. What is the Sant Mat teaching regarding homosexuality?

by Russell Perkins

It is not a question for heterosexual people, or for that matter for homosexual people, to decide that their particular type of indulgence is superior on this or that grounds and that this coincides with the teachings of Sant Mat. Such viewpoints simply are not justified. What the Master wants is for people to rise above the whole thing. Whatever way our sexual desires manifest, through whatever avenues these desires make inroads into our lives, the point is that we will fulfill our purpose for being born only after we are able to rise above them.

(Russell Perkins, Sant Bani Magazine, Sept. 94, 10-11)

by Sant Ajaib Singh

In Sant Mat, it is not taught (that homosexual people should be treated differently); in Sant Mat, always the soul is counted. Always the attention is towards the soul, and the soul is above all these things. (Sant Ajaib Singh, Sant Bani Magazine, Sept. 94, 10)

## 15. What promotes chastity?

Master quotes Mahatma Gandhi on continence:

The first thing needed is a life of continence. The rishis called having a life of continence observing brahmcharya. "Brahmcharya means control of all the organs of sense. It does not mean mere control of animal passions. If a man controls only one organ and allows all others to have free play, he is bound to find his effort fruitless. To hear suggestive stories with the ears, to see suggestive sights with your eyes, to taste stimulating food with your tongue, to touch exciting things with the hands, and then expect to control the only remaining organ, is just like putting your hand in fire and expecting that it will not burn." (Quoted from Mahatma Gandhi; *Self-Restraint vs. Self-Indulgence*) ([ruhanisatsangusa.org/lust.htm](http://ruhanisatsangusa.org/lust.htm))

Listen! Open your ears and listen! He who has made his meditation has made everything. He whose meditation is not made will enjoy no meaning in his life's achievements. There is great purpose behind this emphasis on the importance of meditation. If your daily life is not under control, try to bring it in control, or, give more time to meditation and you will be able to gain control quicker. (<http://www.ruhanisatsangusa.org/thiefof.htm>)

## 16. What does Master say about abortion & pregnancy?

Abortion is unnatural action and amounts to the taking of a life. It should not be encouraged for obvious reasons of karmic debt. ([ruhanisatsangusa.org/pdf/Teachings.pdf](http://ruhanisatsangusa.org/pdf/Teachings.pdf))

This question was put to me, "When does pregnancy take place?" Do you know when? At conception, when the soul enters. Not before. (<http://www.ruhanisatsangusa.org/pdf/HGLO.pdf>)

## 17. What should we do if we see a loved one behaving badly?

If you find any shortcomings in anybody--the best way is to tell them privately, friendly, lovingly--"Will you kindly change?" But if you're only spreading gossip like a plague rat--going around telling, "He is like this, he is like that"--that is bad. If you are bringing them around, friendly, lovingly, privately, that is the best way. If he does not come around--you are not the commander of all. Each man will suffer for what he is doing. Give him a hint. If he comes around, well and good. In your private life you can in some instances tell him. If not what can you do? ([ruhanisatsangusa.org/lok/thought.htm](http://ruhanisatsangusa.org/lok/thought.htm))

## 18. What does Master teach regarding the importance of ethical living?

Purity of body, mind and soul is the most important factor in winning the love of the Lord. It may be considered in three different stages – Repentance, Forgiveness and Abstention. (The Teachings of Kirpal Singh, v. 2, 25)

Man has not to exert himself, except in molding himself ethically and morally to that climax of love, sincerity and humility, which will produce the necessary state of receptivity in him. Everything else is in the hands of the Master. (Spiritual Elixir, 112)

### 19. How does Master suggest we deal with our spotted past?

Whether your past has been wicked, or virtuous, or indifferent, the saints call upon you to devote yourselves to the task of meditation. Forget past sins, and do no more. You can rid yourself of the poison you have consumed in the past, but you must not keep swallowing more and more of it. All initiates are granted some experience of the inner life. If you have lost it, it is because you have been lethargic, unwise, and forgetful, or you have persisted in your old ways. If so, you must regain your lost capital. (Sat Sandesh, May 2008, page 17)

### 20. Why do disciples continue to repeat the same ethical failures?

The reason behind your failure is that you have not truly loved your Master, but have merely made a show in various ways, physically or financially, or by lip- service. There is no one who has sacrificed his mind to the Guru. Without giving up the mind, there is no success. (ruhanisatsangusa.org/thiefof.htm)

### 21. What should we do when we have negative thoughts?

Any time you feel overtaken with unloving thoughts towards anybody, you should resort to the Simran of Names and think of the Master. (The Teachings of Kirpal Singh, v. 2, 34)

Cast away all negative thoughts, and instill positive ones in their place. (www.ruhanisatsangusa.org/change.htm)



## 22. What does Master say about depression?

The causal spells of depression or discouragement should be avoided by sweetly reposing in His will and pleasure. You should please note that it is the negative attitude of mind which often brings forth such periods of anxiety, resulting in vague frustration and resentment. You should always feel happy and contented while attending to your mundane and spiritual obligations as best as you can. There is no greater grace than having been initiated by the competent living Master and enjoying His protective guidance at each step with His grace. (Spiritual Elixir, 260)

Never allow yourself to feel sad or depressed. Depression is wrong, because it infects others and makes their life harder, which you have no right to do. Therefore, if ever it comes to you, throw it off at once. (<http://www.ruhanisatsangusa.org/gemsq.htm>)

## 23. What does Master say about worrying?

If we give more value to a thing than it is intrinsically due, the fear of its loss will be considerably out of proportion of actual facts. You need not worry about anything. Being under the protective care of the Great Master Power, you are really a blessed soul, having always at your disposal the facility of drawing on that Great Power. The way how to do it is already with you. If you will just take one step, He will come down a million of steps to pull you, help you and guide you at every stage. You have simply to tune your receptivity to the Fountain-Head. The way to do it is to faithfully obey Him and devotedly carry on as enjoined. (Letters to N.Y. initiates, part 2)

Worry and anxiety betrays faith and harms meditation. You need not feel discouraged in any way but repose your hopes and aspirations in the Master POWER. (Letters to N.Y. initiates, part 7)

## 24. What did Master write to a troubled disciple?

I am sorry for your troubled affairs which dominate you and cause mental agony and disturbance. The inexorable law of karma operates and much of the severity and duration of the strain is toned down by the intervention of gracious Master Power. You need not dwell much upon it, as thinking in a drooping spirit brings in morbid feelings which add to the existing gloom. For your part you should attend to your mundane duties earnestly and leave the rest to the Master Power. That is all what you can do and doing so you will be finding a new approach to your problems and will be accepting the results with cheer, knowing it to be passing phase. (Letters to N.Y. initiates, part 3)

## 25. What does Master say about fear?

Fear is not good and should be discarded by giving your worries over to the ever present gracious Master-Power working overhead. Fear is always based on some unknown apprehension and one should look at it squarely and then it will flee in no time, as it is a result of your self-created frustration. (Spiritual Elixir, 263)

## 26. What does Master teach about gratitude?

Ingratitude is the greatest evil. What has God given us? All that we need and much more. Have we ever offered a thanksgiving prayer for what He has done and the bounteous gifts supplied by Him? If we fulfill these conditions of truthfulness and contentment with a sense of gratefulness, He would not deny us anything for which we may happen to wish.

([www.ruhanisatsangusa.org/search4truth.htm](http://www.ruhanisatsangusa.org/search4truth.htm))

Prayer and gratitude are akin. There is much to be grateful for, if we only just count the manifold blessings granted to us by the Master Power. A healthy physical body, strong enough to attend to mundane obligations, and a sound mind purified by meditations in the holy Naam are perhaps the superb blessings. ([ruhanisatsangusa.org/wayof.htm](http://ruhanisatsangusa.org/wayof.htm))

## 27. Master's letter on the sub-conscious mind.

You must not feel disheartened and try to regain your inner happiness by doing your very best and leaving the rest to the gracious Master Power working overhead. Even the darkest cloud has a silver lining somewhere. He is fully aware of your distress and awaiting more eagerly to receive you within in faithful meditations. You are to be on the guard lest your subconscious mind is fed with thoughts of gloom and morbidity. It makes no distinction between constructive and destructive thought impulses. It works with the material you feed it through your thought impulses. The subconscious mind will translate into reality a thought driven by fear just as readily as a thought driven by courage or faith. Just as electricity will turn the wheels of industry and render useful service if used constructively or snuff out life if wrongly used. You are free to a great extent in this respect to be receptive to the thought impulses of faith, loving devotion, humility and self surrender; which will in turn bless you with peace and harmony. You must not dwell much on your confusion but meet every situation with courage. My love and blessings are with you. (letters to N. Y. initiates, part 9)

## 28. How does Master suggest we deal with adversity in our lives?

The Master teaches that it does not matter in the least what happens to a man from the outside: sorrows, troubles, sickness, losses — all these must be borne by each and must not be allowed to affect the calmness of his mind. They are the result of past actions, so when they come you must bear them cheerfully, remembering that all evil is transitory, and that you are enjoined to remain always joyous and serene. They belong to your previous lives, not to this; you cannot alter them, so it is useless to trouble about them. (<http://www.ruhanisatsangusa.org/gemsq.htm>)

The Guru may give happiness or misery, for he has to make a beautiful form from a rough piece of stone and therefore has to wind up all the karmas; but a true follower will never complain, no matter what hardships the Guru allows. (The Teachings of Kirpal Singh, v. 1, 27)

## 29. What does Master say regarding physical ailments?

Regarding your physical difficulties, you know that all physical ailments are the result or reaction to past karma and must be borne willingly. Yet much of the severity and duration is toned down by the loving grace of the gracious Master-Power working overhead. The barest minimum which cannot be dispensed should be borne gladly with the aid of the gracious protection of the Master. (Spiritual Elixir, 236)

## 30. What does Master say regarding mental tranquility?

If one cannot rise above, be in full control of, and handle with ease the circumstances of his outer environment, he will never be able to succeed in the way of spirituality. (www.ruhanisatsangusa.org/receptive.htm)

It is not the inner experience which determine the spiritual progress, but the basic personal attitude of serene living of the child disciple, which proves his or her worth. (The Teachings of Kirpal Singh, v. 2, 95)

## 31. What is our responsibility toward our parents?

Remember your mother carried you in her womb for nine months. Your first duty is to love and serve them. If the parents are pleased, God is pleased. You may serve Master, but you must meet with their requirements. If they really need you then it is your duty to serve them first, then the Master. (<http://www.ruhanisatsangusa.org/lok/eyes.htm>)

As regards your attitude towards your dear parents, you may please note that your duty is to be humble, polite and sweet outwardly and at heart. Everybody is free to choose his/her course of faith and action which is chiefly determined by past karmic evolution. You should try to exhibit and inculcate more of loving humility which will be more effective to prove your greatness and that of the holy Path on which you have been put. You do owe them some parental debt which can best be repaid by service and loving devotion. (letters to N.Y. initiates, part 11)

## 32. What does Master teach regarding marriage?

Marriage is a sacrament. It is the selecting of a companion for life to stand by in weal or woe. It is a sacred institution against social vice and sin. It fills the gap. It is not a contract but a holy alliance under the divine Will when two souls are brought together for attaining the highest object of spiritual perfection. Sex impulse is a sacred instinct meant for procreation and it can be transmuted carefully by living a life full of moderation. The serene love between the partners of life starts from flesh and dissolves in the souls. It is an attachment for the achievement of some higher goal of life and ultimate liberation from the Wheel. It is rather a life full of spiritual beatitude and dedication, serving as a sure sheet anchor against the injustices of society. (Letters to N.Y. initiates, part 4)

You should continue to meet with your obligations towards your husband in as detached a manner as is possible. The relationship between husband and wife is sacred and nothing should be allowed to come in between. Your loving patience and cooperation will help him to awaken to the higher expression of life in due course. My best wishes are with him.

(Letters to N.Y. initiates, part 11)

### 33. What did Master write to someone who thought he/she was married to the wrong person?

It is due to the evolution of past karma that persons with varying temperaments are blended together in the sacred bonds of matrimony for the liquidation of their mutual give and take. It is incorrect to think that you have married a wrong person, as it is strictly in accordance with the Divine Plan that only destined people are married to each other for the karmic reasons.

(Spiritual Elixir, 241)

### 34. What does Master say regarding the disciplining of children?

Whenever you bring up any child, what would you like? You would like the child to be an ideal one – more active, more conscientious, more wise – is it not? Then set an example for him; first thing. Second: You try to bring him round from the wrong thing that he is doing that he does not understand. Bring him round by polite words, kind words – not by rebuke. Because man must know. Man learns and unlearns all through life. If the child has done something wrong, please make him understand what the wrong thing is that he has done, once or twice. If you are going to slap him one, two, three, four times, poor fellow does not know what is the wrong he has done! So we must politely bring the child round so that he may not do it in the future. (Sat Sandesh, December 1972, pages 13, 31)

There are two reasons for that (a child's rebellion). One thing is, truly speaking, we are responsible for the children. The child in the womb is affected by the mother's thoughts. If you are very saintly, the child must be saintly. Only a saintly soul will enter. And the child develops as it receives impressions in the womb. Even physical impressions are received in the womb, what to speak of thoughts. Further: As a reaction of the past, men are brought together to pay off their debts. Then we are to adjust ourselves. You must set an example to them. Children copy what the parents do. Parents do not know, but they copy them. So if the reactions have to be paid off, that is natural consent. Pay off lovingly and give them love in return rather than any, what you say, retaliation. (Sat Sandesh, December 1972, pages 13, 31)

### 35. What does Master do to help our loved ones?

Master takes care of and extends protection for all who are dear and near to the disciple and looks after their best interests. The relatives of initiated persons do get help from the Master Power in proportion to the love that the initiates have for the Master and their relatives have for the initiates. Even the souls that have left the physical plane get feasible help in the manner indicated above. (Teachings of Kirpal Singh, Protection to Family and Friends)

### 36. What did Master write to an initiate who was grieving over the death of a loved one?

The major events of life are predestined. Your deep agony over the great loss your entire family has suffered is natural. You should please be rest assured that the blood and near relations of the initiates are granted feasible protection and help in the Beyond. You need not nourish any feelings of sadness in this behalf, as such an attitude will not only affect your spiritual progress, but will cause disturbance to the departed soul.

(Teachings of Kirpal Singh, New Life in the World)

### 37. How does Master suggest we deal with unethical business associates?

**Question:** How should we deal with worldly people in the business world who have no ethics?

**Master:** Avoid them. If you cannot, then have self control. Have self discipline. You must not be aggressive, but you must be defensive with no thought of harming anybody.

**Questioner:** It's like the story of the cobra: he said, "I told you not to bite, but I didn't tell you not to hiss."

**Master:** Yes, yes--that is exactly what I mean... ([ruhanisatsangusa.org/lok/rise.htm](http://ruhanisatsangusa.org/lok/rise.htm))

#### Hiss But Don't Bite

A particularly wicked snake infested a road and bit passers-by. A holy man happened to pass that way, and the snake rushed at him to bite him. He calmly looked at the snake and said, "Look here. Why do you go about doing harm? Come, I will give you a holy mantra. By repeating it you will learn to love God and all other beings in God's creation. Ultimately you will realize Him and also get rid of your violent nature."

Saying this, the holy man taught the snake a holy mantra and initiated it into the spiritual life.

The snake bowed before his teacher and said, "Revered sir, how shall I practice spiritual discipline?" "Repeat the sacred mantra," the holy man said, "and do no harm to anybody."

The snake bowed and nodded assent. The holy man went his way, and the snake began its life of innocence and non-violence.

Very soon the neighborhood children discovered that the snake was harmless and the boys began to tease it mercilessly. They pelted it with stones and dragged it around by its tail. Still the snake kept its promise to the holy man and suffered the indignities imposed upon it.

Fortunately, the holy man happened to come by to see his latest disciple and was touched by the bruised and battered condition of the snake. When he asked it what had happened, the

snake said feebly, "O Master, you said I should not bite anyone. But people are so merciless!"

The holy man said, "What a shame! You are such a fool! You don't know how to protect yourself. I asked you not to bite anyone, but I didn't forbid you to hiss. Why didn't you scare them away by hissing?"

### 38. What does Master say about our attitude towards work?

It is good to work, and one should work wholeheartedly; and then forget it. To continue concerning oneself with countless petty matters will fritter away the attention. This only causes further enmeshing attachments, and wherever your thoughts are, there will you reside. (The Teachings of Kirpal Singh, v. 3, 57)

### 39. What did Master write to someone bored at work?

All honest work is good and it should not bore you. You may consider that you are simply doing your duty to your Master when you are doing work, for duty is worship. Until such time therefore that you can find some other suitable work, you will carry on with your present work in the most cheerful way and not consider it boredom. You must support yourself and your family by honest means. It is just a way of thinking. Consider it to be Master's work and do it as your duty. (Teachings of Kirpal Singh, Work)

### 40. What does Master say about accidental death?

Suffice it to understand that unions and separations in this physical plane are veiled and governed by the inexorable law of karma. There is nothing premature as the divine machinery works with meticulous precision and nothing happens haphazardly, although it may look to us as such. (Spiritual Elixir, 57)

### 41. What does Master teach regarding the process of dying?

Wherever our desire is, we shall go there. That is why a person's thought should be on God at the time of death. ([www.ruhanisantangusa.org/serpent.htm](http://www.ruhanisantangusa.org/serpent.htm))

The consciousness will be morbid (if given morphine), even after leaving the body. If he is not conscious when leaving the body that does have an effect. To die consciously is all right. To be able to say, "I am going now..." is best. (The Light of Kirpal, 246)

### 42. What does Master teach regarding the death of an initiate?

Each man has to die in the manner destined by past karma, either by disease or accident. Death cannot befall us before it is due. Then why worry? We may not know as to how we will meet death, whether by disease or by accident, but one thing is sure, that if the sweet remembrance of the Lord exists at the time, we will have a peaceful death as the Master's

presence will be overhead. The only thing required to be done is the sweet remembrance of the Lord all the time. (Sant Bani Magazine, January 1984, 16)

The initiates of the living Master have a rare privilege, for they are granted divine protection at the time of their final exit from the world. Such disciplined souls are greeted at the last moment by the Radiant Form of the Master, who escorts them into the inner planes for further progress on the Path as may be necessary for each individual. There are many living instances of those leaving the earth plane for good who bore testimony to the Master's presence and make a happy transition, with His Grace. ([ruhanisatsangusa.org/follow.htm](http://ruhanisatsangusa.org/follow.htm))

#### 43. What does Master suggest we do with our minds during vacant moments?

When free, try to remember the holy Names or sweetly think of the Master. The Master-Power is the constant companion and will be extending all necessary help, whether you may be conscious of it or not. (Spiritual Elixir, 192)

#### 44. What does Master tell us about prayer?

The secret of a successful prayer lies not so much in the words we use, nor in the time we devote to it, nor in the effort that we put into it, as it lies in the concentrated attention that we may give it at the seat of the soul so as to make it soulful. The most natural form for a fruitful prayer is the yearning of a soul without the agency of words, oral or mental, with the tongue of thought. A prayer like this generates and releases such a fund of spiritual energy that all the cosmic powers are attracted and combine together, shaping out things as best as possible. ([www.ruhanisatsangusa.org/pray/pray\\_title.htm](http://www.ruhanisatsangusa.org/pray/pray_title.htm))

The Sant is God plus man. He is the mouthpiece of God, or if anyone is pleased to accept it, He is God-in-person or personified God. He is the most sacred "personal God" invested with all powers and authority, and He is a living altar to whom man may pray and seek a solution of his problems from birth to death and after. He is the only source within the reach of man through which he can unite himself with God. (Spiritual Elixir, 203)

#### 45. What does Master teach regarding the importance of meditation?

Meditation is most necessary, for only by meditation will all things come of their own accord. ([www.ruhanisatsangusa.org/thief\\_of.htm](http://www.ruhanisatsangusa.org/thief_of.htm))

When you come in contact with Light and Sound Power within, you have not to adopt any virtues, but everything, all virtues, will come within you of themselves. ([www.ruhanisatsangusa.org/lok/occupied.htm](http://www.ruhanisatsangusa.org/lok/occupied.htm))

## 46. What does Master teach regarding regularity in meditation?

The first thing the negative power does when he wants to keep control over a soul is to stop them doing bhajan and simran. The individual finds that there is always something to lure him away from his meditation. (The Night is a Jungle, 175)

Even if a little was done with deep sincerity, some intoxication would be enjoyed. "When this Nectar comes, other wine seems tasteless." Having tasted the real Nectar of Life, one will leave a thousand tasks to sit and enjoy it. Every free minute will be put to use; one will readjust one's life to make more and more time for meditation. When people are asked why they do not meditate, their excuse is that there is never any time for this precious work, although the "true disciple" is always ready and willing to attend to the worldly pursuits. We are not faithful to our bhajan because we have not had enough inner experience of Naam.

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

## 47. What does Master say regarding lack of experience in meditation?

If you are not getting much experience within, then look to your diary, and you will find the reason or cause lying in your everyday life. ([ruhanisatsangusa.org/5dacoits.htm](http://ruhanisatsangusa.org/5dacoits.htm))

## 48. What does Master say about sleep?

If you consider that 5 or 6 hours sleep is not enough for recouping your spent up energy, you should increase it by one or two hours more. You should please note that when you are to retire for sleep, you should try to relax completely at the eye focus, eliminating all thoughts of the outside world or even body below, and retire in sweet remembrance of the Master. Such an attempt will not only bless you with perfectly sound sleep, but continues to recharge your physical system with energy and vitality. You will get up early in the morning quite refreshed and recharged with the grace of the Master. Please do not tax your mind unnecessarily.

(letters to N.Y. initiates, part 2)

...at night, after the meditations, so long as you do not go to sleep, it is quite good and refreshing to lie down on your back and relax completely while keeping your attention at the eye focus with sweet remembrances of the Master. You will see that thereby the complete sensory current of the body will be withdrawn to the eye center and, occasionally, beautiful inner experiences fall to the lot of the devoted disciple. But this should not be counted as the time devoted to regular practices in the sitting posture. (letters to N.Y. initiates, part 9)

#### 49. Master's letter of encouragement.

You need not dwell much on your personal character or impurities of mind. It amounts to self pity. You will please appreciate that by watering the seedling at the roots, the plant thrives most and blooms in abundance. The holy Naam is the tried panacea for ills of mind. Although it is a very happy augury to be conscious of one's shortcomings but undue apprehension sometimes breeds morbidity which hampers inner progress. The conscious contacts of divinity within revolutionizes the thought pattern of the child disciple and he sees everything in much clearer perception. Slow and steady wins the race. Your job is to be implicitly obedient and humbly dedicated. It is for Him to reward you for your efforts. Patience is the noblest virtue but is the fruit of very long cultivation. Just learn to live in the living present and with undivided attention and devotion. You should train your mind in such a manner that when you do anything required of you, there is no hurry, compulsion or resentment from your side. You will find that it will be helpful to you in all spheres of life including meditations. My love and blessings are always with you. (Letters to N.Y. initiates, part 5)



#### 50. Master's letter on the Divine Presence of the Gracious Master Power

Your spiritual progress is dear to me and I wish you to take advantage of this golden opportunity given to you in the man body, and strive to make renewed efforts to fulfill your spiritual obligations to yourself and to your Master. My blessings are always with you. It is for you to become consciously aware of the divine Presence of the Gracious Master Power with you at all times. (letters to N.Y. initiates, part 10)



It is a great blessing to be under the care of a Competent Master  
as He may steer you through the stormy sea of the world and guide you to your True Home.  
(Spiritual Elixir, 211)



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

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For more booklets go to: [kirpalsingh.org](http://kirpalsingh.org)  
(Spiritual Quotations for Lovers of God)

