

# AJAIB BANI

Monthly Magazine

August-2024



Param Sant Kirpal Singh Ji Maharaj

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### **Disclaimer**

*Apologies for any shortfalls or mistakes that may have occurred  
during the translation of the great Masters' sayings.*

## Malayak Se Bashar Se

**Malayak se, bashar se, hoor se, sab se siva nikle,  
Hamare shehanshah dono jahano se juda nikle. X2**

*Master turned out to be different from all - man, fairy and God,  
Our Lord turned out to be unique in both the worlds.*

**1. Khuli jab aankh to insa ke jaame mei khuda nikle,  
Samajhte the unhe hum kya ilahi aur veh kya nikle. X2**

*When I got spiritual sight, he turned out to be the Almighty Lord in  
human form,  
We considered him one thing, but he, the divine, turned out to be  
something else.*

**2. Khuda jalvanuma unme, Khuda mei veh fana nikle,  
Na veh unse juda nikla, na veh uss se juda nikle. X2**

*God manifested in him and he had lost himself in God,  
Neither is God apart from him nor is he from God.*

**3. Mohabbat mei veh kuch ik doosre ki muftala nikle,  
Khuda un per fida nikla, Khuda per veh fida nikle. X2**

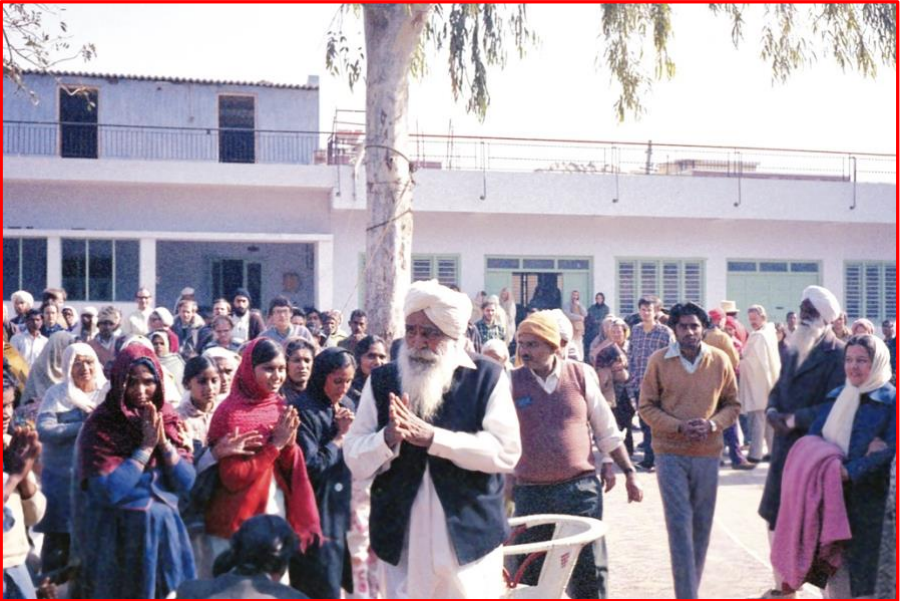
*In love, they both turned out to be fascinated with each other,  
God turned out to be totally in love with him, and he turned out to  
be totally in love with God.*

**4. Vajood -e- khaak-e- aalam mei vah israr-e-baqa nikle,  
Isi kooche Khuda khud tha ilahi vah khud Khuda nikle. X2**

*In this mortal world, he emerged as an immortal being,  
In this narrow lane of world he, the divine being, appeared as God  
himself.*

**5. Chalo deedar kar lo aaj hi satsang mei unka,  
Khuda jane qayamat kab ho aur kya maajra nikle. X2**

*Let us go and get his glimpse in the spiritual discourse today itself,  
God knows when the judgement day comes and what situation may  
unravel.*



\* \* \*

## Start Speaking The Truth

### Param Sant Kirpal Singh Ji Maharaj's Last Message

After the 27<sup>th</sup> July, 1974 Bhandara on the morning of 1<sup>st</sup> August, after listening to the old sermon recorded on tape, the dear ones went to the field in front of Maharaj Kirpal's residence for his Darshan. Maharaj Ji came out and while lying on the cot, spoke heart to heart with the dear ones for five minutes on the microphone.

Huzoor said in a very loud and serious voice, "Dear ones, do I look sick to you?" Everyone said, "No." Happiness and sorrow keep coming (and going), it is not a big deal. You all have come from your homes to have Darshan. For what? There must be some purpose of the Darshan. There are two types of Darshan, one is just Darshan – just looking and the other is Darshan with emotions.

You are all sitting with this feeling that you should get full benefit from human birth. For that, I will ask for two things from you today. First thing, **start speaking the truth** from today itself. By speaking one truth, hundred sins are washed away and by speaking one lie one has to tell a hundred lies.

It takes brains to lie. Did you understand what I am asking of you? To benefit from the Darshan for which you all have come, the first requirement is that you **start speaking the truth** from today, this itself is your diary. Speak the truth at home, outside and in every task. This truth will wash away all your sins.

Secondly, those who have received initiation, but do not meditate should practice meditation for an hour (regularly). God will fulfill all your

desires. You all have come for Darshan; you have heard many long intellectual talks and will continue listening to them as well. Today, I am saying something of use to you.



**Start speaking the truth** from today. If you speak the truth, your children will also speak the truth. We teach children to lie. If you speak the truth, you will not commit any sin, start meditating for an hour.

I thank you, but that love remained only love. By not obeying, you did not take full advantage, you remained pampered. Remember, only clean clothes are put in the trunk. You will ascend to the temple of God only when your heart is pure and filled with devotion. I am telling you the elements in few words. Record them, keep them in front of you at all times and put them up at home.

\* \* \*

## Struggle With The Mind

Answers To The Questions Of Dear Ones

By Param Sant Ajaib Singh Ji Maharaj

04 January 1980

77 RB Ashram, Rajasthan

**Dear One:** Can you tell me the meaning of celibacy?

**Sant Ji:** You are still a child, when you grow up you will know it.

**Dear One:** Sant Ji, yesterday you told us a very beautiful story about how you met Sawan Shah for the first time and how Baba Bishan Das Ji came to Sawan Shah. At the end of that story, you talked about having met Baba Somnath Ji as well. During that meeting, did anything else take place? Was there any other conversation between Baba Somnath Ji and you? I would like to know, as this story is very dear to my heart.

**Sant Ji:** No, no other conversation happened. Baba Bishan Das Ji told Sawan Shah about me that he has performed austerities. He has left home, searched a lot (for God) outside and performed various spiritual practices. At that time, Maharaj Sawan Singh Ji called Baba Somnath and told that this Sevardar (disciple) of mine has also similarly renounced, performed austerities, and searched for God. I have not met Baba Somnath any more than this.

Mahatma Hanuman, a resident of Ujjain who had performed austerities for twelve years was also there. Maharaj Sawan Singh Ji introduced him as well at that time. Mahatma Hanuman narrated an incident from his life that he had the habit of smoking pipe or hookah (a type of glass water pipe used to smoke tobacco). He tried a lot to give up that habit but was not able to. Maharaj Sawan Singh Ji once told in the Satsang,

*Those who consume marijuana, fish, wine, betel leaf,  
whatever pilgrimages, fasts and rituals they do, all of that goes in vain.*

Mahatma Hanuman said that these words of Sawan Shah pierced me like an arrow. Earlier when I tried to quit tobacco, my mouth would swell and I would get constipated. When I told this to Sawan Shah, he said, “It is because of the mind. If you stop trying to quit tobacco just because of swelling in your mouth, then there’s no need (for the mind) to play any other trick.” That is why you should become strong.

Mahatma Hanuman smiled and said that it has been thirty years since I quit the habit of smoking tobacco but habit is habit. The group of old friends with whom I used to smoke tobacco, still appear in my dreams at night and say, “Hanuman, hold the pipe.” When I wake up, there is neither any group of friends nor any pipe, then I rebuke my mind. Mahatma Hanuman made us laugh a lot by telling this.

**Dear One:** When you come on the tour, what method should we adopt so that we can inspire our relatives and friends to come to you?

**Sant Ji:** You should give them the literature of Santmat to read from right now.

**Dear One:** When you initially received the initiation of two words from Baba Bishan Das Ji, did you too have any difficulty in chanting those two words continuously? If you did, what method or tricks did you adopt to chant them continuously?

**Sant Ji:** I spent almost eighteen years sitting underground and meditating on the two words. Nothing is achieved by playing tricks, only humility and practicing meditation can help achieve something.



If God could be attained by cleverness, innocent people would have remained without God. That is why I say that in Santmat, initial meditations are a little difficult, but later on they are not that difficult.



When I was in the army, Hitler was making advances everywhere and on every front. At that time, no one was ready to go to war. When it was the turn of any battalion and they had to get on the train and leave the next day, their relatives and friends would go to bid them farewell by putting garlands around their necks, but those men would become deserters- they would run away. This was the situation then, every person felt that he is alive here but will not survive going into the warzone.

At that time, I was quite young, only around eighteen years old. I gladly gave my name to go to the war. The officers loved me very much that he is such a young boy and how he has given his name to go to the war. At that time, the officers' hearts were also like that. We had a medical check-up a month before we went to the war. We had our clothes removed to see who is weak and should be given milk to get strong. The doctor asked our commander who all should I give the allowance of milk? Hearing this, our commander started crying and said, "All of them are scapegoats. I would say that you allow everyone the milk." The doctor gave an allowance of one litre milk each. You can imagine what kind of feelings people had at that time. I had no worries at that time. There was only excitement in my heart and no fear or worry.

When I started meditating, I realized how difficult it is to **struggle with the mind**. The mind was adamant not to go inside the underground room. My mind used to come and stand in front of me like a lion that I will not let you go inside, but I did not listen to my mind. When I was about to reach my destination within, one day my mind deceived me by saying that you have been meditating for so many years, but you have not achieved or gained anything. A part of my mind was telling me to get up. When I came out, I heard a voice. I could not understand where that voice was coming from, whether it was from the sky, or from the right or the left side? But that voice was saying,

**"Oh heart, swear on you that do not lose courage."**

Hearing that voice, I firmly went back inside the underground room, yet I had to spend many more years there. Whatever Baba Bishan Das Ji had said, I achieved in my life, not by playing tricks or by cleverness but only by his grace and by moulding my life as per his instructions for meditation and by practicing meditation.

Many a times, the mind rebels that if you want, make me stand in front of a cannon. I'm ready to stand in front of that, but do not make me sit for meditation. You can read the history of those people who have struggled with their minds and see how they struggled and how they practically succeeded on this path.

I have practiced meditation, that is why I say that one should not look at any other trait of a Mahatma, whether he is educated or illiterate, what caste he belongs to, whether his complexion is dark or fair. One just needs to look into the mediation of a Mahatma, whether he has meditated day and night, or spent five to seven years, or ten to fifteen years of his life in meditation?

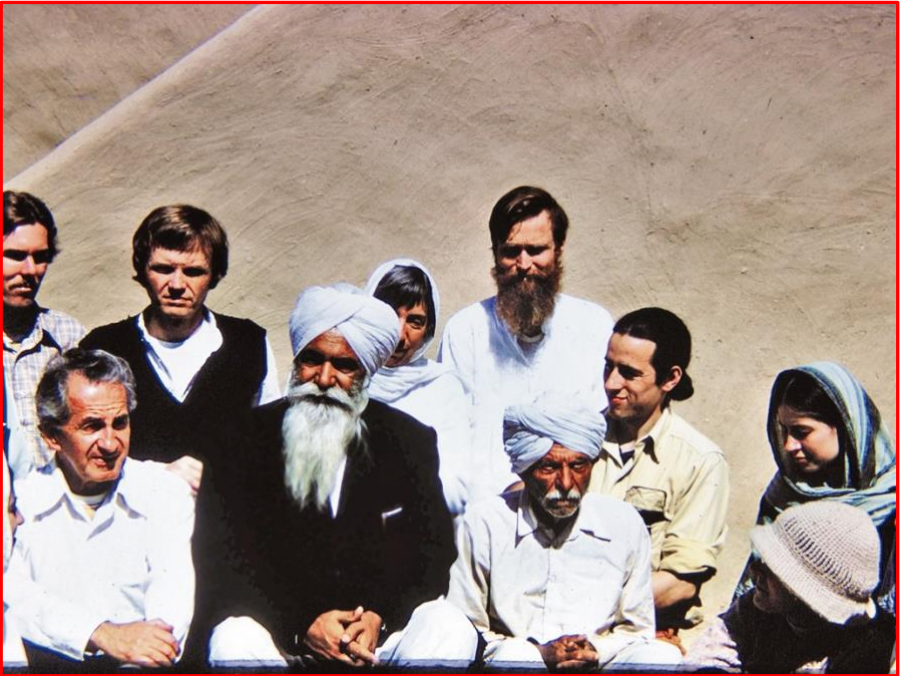
Kabir Sahib was the first saint to come in this world. He never went below human form in any birth. He ate in limit and meditated for many years. Kabir Sahib says:

***“Eat a lot of Khichdi, in which salt is nectar.  
Who would get his neck cut just for having meat with his bread?”***

Guru Nanak Dev Ji laid a bed of pebbles for eleven years, did rigorous penance, and meditation. You can read the life sketch of Baba Jaimal Singh Ji. He meditated a lot. Maharaj Sawan Singh Ji did a lot of meditation, he would not come out for days. If he felt sleepy while sitting, he would stand up and meditate with the help of a wooden frame. Maharaj Kirpal Singh meditated rigorously at night on the banks of the river Ravi. Regarding Maharaj Kirpal's meditation, Mastana Ji used to say that whoever

wants to see the practice of meditation should go to Delhi (where Maharaj Kirpal lived).

Undoubtedly, Mahatmas come as readymade vessels. Still, they meditate to demonstrate to the world so that the world knows that nothing can be achieved without struggling with the mind.



We should meditate. Even if we meditate by mistake, even if we sit for a day or two in one or two months, we become impatient that our veil has not lifted, by now we should have reached Sachkhand (the true home). The one who has the hope or desire of meeting the Guru within himself/herself

never puts any conditions. The one who has the passion in his/her heart to do the devotion never says that he/she did not see anything within; he/she never lets the mind play tricks, because the mind creates haste in us.

You, the dear ones of the West should read Sant Bani magazine thinking with love about what our question is and what the answer to it is? I told a story in Sant Bani Ashram, New Hampshire, about two sages who used to meditate. Their Guru had told them that if they meditate for twelve years, they will get the Darshan of God. Narada, who is said to be the mind of God used to meet God. When Narada was going to meet God a month or two before the completion of twelve years, the first sage said that please ask God and tell me when will he give Darshan to me? Narada said, “Ok dear one.” The other sage also asked the same question that when will God give Darshan to me?

When Narada went to meet God, God said, “Narada, tell me something about the motherland (world).” Narada said, “O Lord, some people in the world remember you and some do not. Everything else is fine, but two sages are meditating there. They have sent a message to ask when they will realize God.”

God said that you tell the first sage that he should meditate for a few more months and then he will get my Darshan. Tell the other sage to count the leaves of the tree under which he is meditating. When he meditates for those many years more, then he will get my Darshan.

When Narada came back to earth, he went to the first sage. He had no respect for Narada in his heart. He said, “Brother Narada, have you brought any message?” Narada said, “Yes, God has said that you have to meditate for a few more months and then you will have his Darshan.” Hearing this, the sage got upset with Narada that it has been twelve years since I have been continuously sitting (in meditation), now God has asked me to meditate for a few more months! What is the guarantee that what God

says will come true? Maybe after that God will ask me to meditate for a few more months. Saying this the sage ran after Narada to beat him.

After Narada got away from him, he was scared of going to the other sage, because he had a very bad experience with the first one. He thought that the other sage would also treat him in the same way, but when Narada went there, the sage welcomed him with great respect (thinking) that he has come from God, and the beloved of God is beloved to me as well. Narada said, “First you take the message of God so that I can leave.” The sage said to Narada that first give me a chance to serve you and then give me the message. The sage spread a sheet for Narada (to sit) and asked for water and tea and did not ask any other question. He just kept serving Narada.

At last Narada got ready to run away after conveying God’s message to the sage. Narada said, “God has given me a message for you that you should count the leaves of the tree under which you are meditating. If you meditate for those many more years, then God will give you Darshan.” Hearing that God would give him Darshan, the sage became so excited and happy that he started dancing with joy.

You know that God is not far away, he is within us. When we turn towards God, he gets very close to us. So, when that sage was dancing with joy, his inner veil lifted and he got the Darshan of God. The dear ones should practice meditation and should not put a condition on the master that I will do meditation only if you give me something. When a person does not keep the remuneration of another then how can God keep that from us?

**Dear One:** While sitting in meditation, sometimes too much heat is generated in the body or one feels like vomiting. Where do all these things start from? Does this happen due to some issue in the body or does the mind do this during meditation?

**Sant Ji:** Many times, we sit for meditation without emptying our stomach. We should clear our bowels etc. before sitting for meditation. Sometimes, one sits in meditation thirsty. Care should be taken about this as well. These things should be taken care of before sitting for meditation. This only happens sometimes when the dear one is not paying attention and comes and sits in meditation, but this doesn't happen to everyone.

**Pappu Ji:** While returning to Delhi, we will stop at the place where Sant Ji spent a few months after Maharaj Kirpal left the body. At that time no one knew Sant Ji there nor did anyone know that he was a saint. When Sant Ji left that place, people there came to know about him. Many people from that village came here (to 77 RB Rajasthan) and received initiation. We will stop in that village on our way back. Sant Ji will give a Satsang there. We will all attend that Satsang.

**Sant Ji:** It is mentioned in the history of Guru Nanak Dev Ji that once he went to some village. The people of the village served him a lot. Guru Nanak Dev Ji said to them, "You people get displaced from here! (May you all not live in this village and go settle in other places)." After that he went to another village where people did not respect him, no one came to listen to his Satsang and they threw stones at him. Guru Nanak Dev Ji gave them the blessing, "May God have mercy on you and may you always stay here."

Mardana Ji always accompanied Guru Nanak Dev Ji. He was very surprised to hear both these things. He asked Guru Nanak Dev Ji, "O true Lord, what is the secret behind your words?" Those who served you, you told them that they should get displaced and those who threw stones at you, you told them that they should stay put!"

Guru Nanak Dev Ji said that Mardana, you didn't understand the intention behind the saying. Those who served me and loved me were very

good people. Had they stayed in the same place, their good qualities would have remained there itself. Bad people would not get any benefit from their good qualities. So, I blessed them to be displaced. If they are displaced, they will take their good qualities with them to whichever village they go. If even one good man goes to any village, he will improve the whole village. This will be good for mankind.

Had I wished the people of other villages to get displaced, and if they had gotten displaced and gone to other villages, they would have taken their bad qualities along with them. They would have made the people of other villages bad as well. So, I wished them to stay there itself so that people of other villages are not influenced by their bad qualities.

I was very sad when Almighty Lord Kirpal left the body. In order to hide, I spent five months in that village. Nobody knew who I was. Some people thought I was a CID inspector and some thought other things. No one recognized me, because there was no dear one there and nobody knew me in that place.

Many people of that village used to make fun of me. They felt embarrassed when they found out later that Oh! He stayed in our village for five months and we did not even know about him. We kept making fun of him and he did not tell us his secret, who he was. They came here and took initiation. Now they love me so much that they want me to go to that village and give Satsang. So, I thought of giving them Satsang on my way back to Delhi. Now they feel as Kabir has said in his Bani:

*Kabeer, I saw a strange and wonderful thing.  
A jewel was being sold in the market.  
Its value was not known to anyone,  
it was being sold at throw away prices.*



Now they have realized the value and now they love (me). I stayed there for five or five and a half months but never went to ask for food from anyone. I kept sitting relying on (master) Kripal. I never prepared my own food. The food used to come automatically and whoever brought the food would give up eating meat and drinking wine. That village is the most backward village in the whole of Punjab. You will be very surprised to see those people. The people of the village have ruined their health so much by consuming drugs that you would think that may be all of them have just been discharged from the hospital.

Once I was coming back from Delhi. When those people came to know about it, the whole village gathered on the way. With me were the heavy weights – Bhag Singh, Virk and Ratan Singh. When they met the weak people of that village, they thought that they had come from the hospital. They asked whether so and so poor man was sick. I said, “No, none of them is sick, everyone is healthy. Everyone has ruined their health by consuming drugs.” On seeing me, they started crying very loudly and said, “If you had met us earlier, our health and properties would have been saved, many of us would have been saved. We met you only after losing everything, yet we are grateful to you.”

The condition of that village improved after I, the displaced one, went there. What I mean to say is that God is very concerned about his children. God helps them in whatever way he can. How those people had to get attracted towards Santmat, how did I happen to go there? All this happened according to the program made by the almighty in the true home.

My intention behind telling you this story is that Satguru helps his dear ones on land, water and everywhere but there should be faith. I never went to anyone’s house to eat food because my job was to cry all day long. There was a lot of sadness in my heart, the flames of separation were burning, and I was wondering what had happened. But at that time too, Lord Kirpal

protected me and kept providing food of all kinds to me while I was sitting there.

When people from that village come here for the monthly Satsang and get food, they say that you feed us Halwa and Jalebies (Indian desserts) here but it is a matter of regret that we do not even know whether you used to get food in our village or not.

I lived in a seedy place there. Outside, under the tree, drug addicts used to gather. When I would come out from inside, the drunkards who used to smoke bidis (a type of cheap strong cigarette) etc. would immediately put those off. They used to say that we do not understand that he does not go to anyone's house or talk to anyone but we cannot even smoke bidi or drink alcohol in front of him.

They would come to meet me after taking a bath at night and would say that now we have gotten rid of the bidi smoke. It was difficult for them to look me in the eye during the day so they would come at night. They used to say that we have deep regards for you within us, we have a lot of reverence for you but we feel ashamed because we have not been able to give up addiction yet.

By the grace of God, they have all given up addiction now. Every person should have complete faith in his/her Satguru. The master fulfils the reasonable needs of his Sevdar. Master is millions times more concerned than us. Those people who worry about themselves and say that we protect ourselves are highly mistaken.

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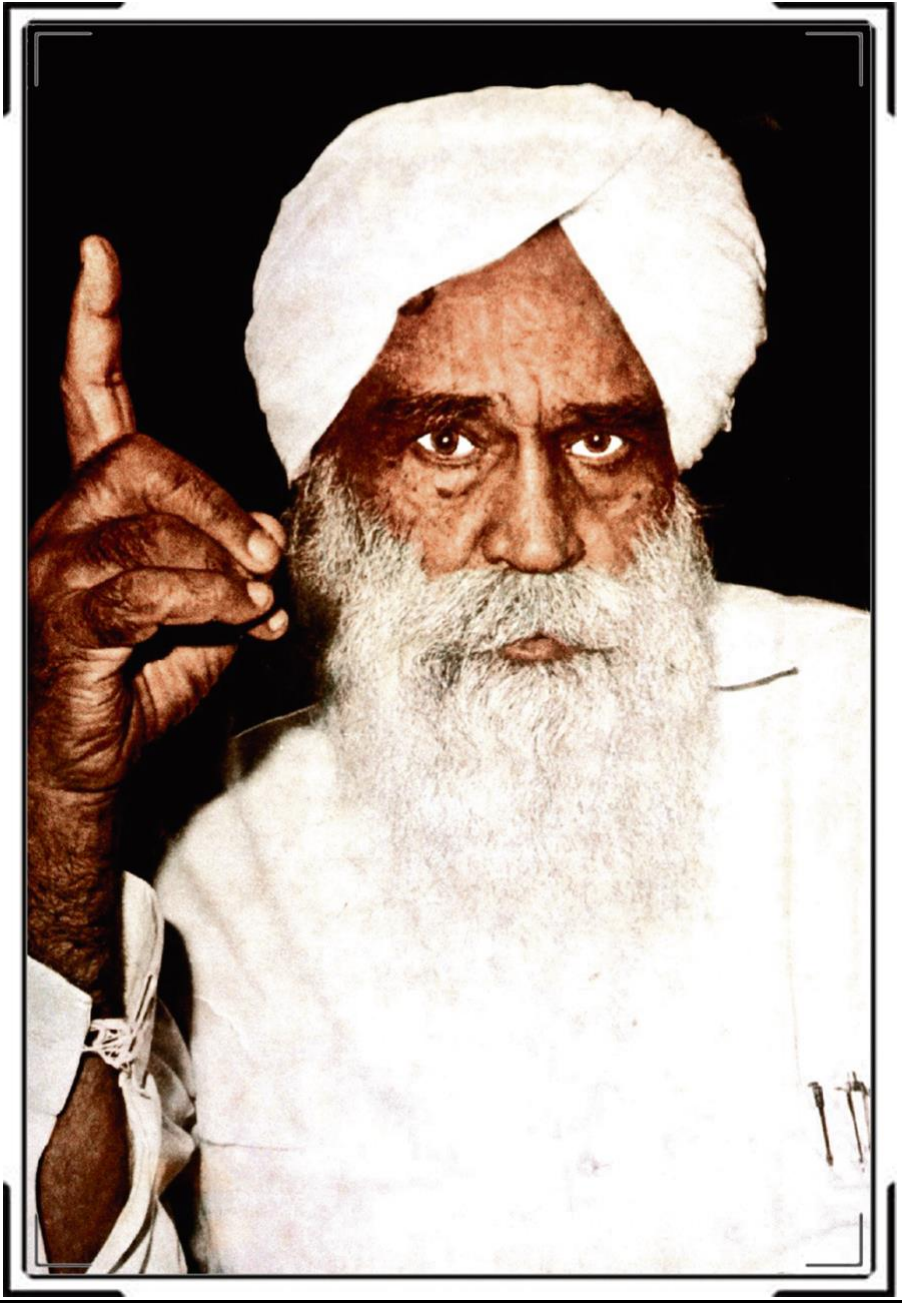
## **Simran Is A Necessary Medicine**

**A Message By Param Sant Kirpal Singh Ji Maharaj**

I appreciate your viewpoint that Satsangs should be exclusively reserved for holy meditations and learning the sacred teachings of the masters. Lengthy discussions resulting in baseless controversies should be avoided. It is a process of assimilation, as the loving impulses of the master power are to be shared in a tranquil and serene, receptive mood. All those attending should be made to understand in loving politeness that anything contrary to the principles is to be eschewed scrupulously. The books issued from here are standard ones and give more on the subject in a nutshell as compared with other books and can be referred to safely. The other books may be read and followed to the extent that they are in accordance with the teachings of the masters.

As already communicated, divulging of inner experiences should be stopped, and verifying results of meditation by all attending the Satsang is equally damaging. Various descriptions are liable to result in confusion and should be discouraged. Such experiences should be communicated in your reports to the master only. The speaker must exhibit sobriety and serenity. The talks should be well prepared and well-dyed with loving humble devotion. It is the master's grace which is being channelized for the benefit of all, including the speaker. Please note that perfection walks very slowly, yet each step in the right direction under the loving guidance of the master is an asset. Humility and patience, coupled with integrity and fixity of purpose should never be lost sight of.

The more you turn your face to the master, the more you will receive his gracious love. Please tell the initiates not to divulge their experiences to others as this course will retard their spiritual progress. Your detachment must be an inner one and one who cannot achieve it at home will not achieve it in the forest.



There are two uses of Simran. By doing Simran of the world and its environments, have taken possession of us to the degree that we become one with the world and its environments. We have to use the same methods so as to eliminate all the worldly thoughts from our mind and remember only the lord by using the words given us by the master. So, one use is to withdraw from the body by Simran of the electrified words given by a competent master, and the second is to drive out the world and its thoughts from within ourselves by the constant remembrance of the lord.

Generally, we remember God only when we are hard-pressed from every side. It is affliction rather than affluence that turns us Godward. If one were not to forget God in prosperity, adversity will never come near him.

Hard times come only as a result of our sins committed when forgetful of the lord. Simran, or constant remembrance of God is a real tonic for the soul. It makes the will stronger from day to day. Troubles and trials, however severe, cannot dishearten us. With a smiling face, we pull through the storms of fate or destiny unscathed.

**Simran is a potent remedy** and works wonders to remove worry where all human efforts fail. A disciple who does Simran constantly has no worry or anxiety. Simran to be effective must be constant and ceaseless. Constant remembrance of God is life-giving to the devotee.

The treasure of Simran is to be kept hidden from the people of the world. It is the most precious wealth, the value of which worldly people cannot realize. The reality of its great wealth dawns only when you tap the veil behind the eyes. Simran, to be effective, should be characterized by love, affection and devotion.

I am glad that you are blessed with the varied experiences of Godly lights and sounds within. These inner experiences are to be developed further by regular devotion to the spiritual practices in an accurate way as instructed in my letter. This is the inevitable result of meditations that you have

accomplished a loving receptivity of the master power working over your head and that you are blessed with the manifestations of the master and his master in broad daylight with open eyes.

When you see the master, absorb your full attention into his eyes, so much so that you forget yourself. You will develop receptivity and the Master will speak to you. If, however, you hear any voice coming to you, just ask him to appear to you and then test the genuineness thereof by repetition of the five names. If he stands, you may listen to him and not otherwise.

Spontaneous flow of trickling tears goes a long way in washing off the dross of the mind. Fortunate is the eye that sheds these which leave unending traits of ravishing bliss and harmony. It is the grace of the master that he remembers his children, and those who are faithfully obedient, reciprocate his love and benefit from the ocean of compassion and grace.

I appreciate your adorations for the Master and your anguish for mergence into his divinity. Just relax, and still relax more to let the gracious master power engulf you in his splendor and glory. Let the ego be completely annihilated and emerge out of this plane of duality and forget all about your "I" hood. Self-denial and abnegation are stepping stones to the climax of spirituality. Be completely oblivious of the past or future. Just resign and surrender in favor of his divine will. The nectar of life needs the most transparent receptacle to be poured into and distributed among the thirsty children.

I am glad that you are doing selfless service for the master which is no other than that of the lord overhead, as the yearning souls are put on the way back to their true home. Those who try to convey wrong impressions to others do a disservice to others and delay their own development. I have love for them and so you should have love for them and always pray that better and wise counsel may prevail upon them.

Those who seek him and yearn for him will get to him. I am glad you have deep love for the master. The master is love personified and being God-man, the love of the master is turned into love for the lord. This is useful and helpful for the initiate's progress, as it washes away all worldly temptations and inclinations, ego and ignorance and pushes the soul to fly to the heavens of spiritual light and love of the sweet blissful ultimate home.

Ever since the child disciple is led to the living master and is linked with the holy Naam within, the incessant flow of grace and protection is extended in abundance. The faithful and the loving develop receptivity and assimilate the same to enrich their lives and they become a source of inspiration to others. The celestial manifestations within are the result of the grace of the master, and in no way may be claimed as one's personal effort or endeavor, however good they may seem to be. Yet it is of great importance to strictly abide by his commandments thus invoking his mercy and blessings.

It is not the inner experience which determines the spiritual progress, but the basic personal attitude of serene living of the child disciple, which proves his/ her worth. Truth is above all, yet higher still is true living. A man is best known by the company he keeps and by his actions. The spiritual development is steady, continuous, unabated, harmonious and ceaseless from the moment one is linked with the holy Naam.

The gaps of hushing silence creating an intense longing and pangs of separation for the master and holy Naam within the innermost recesses of the heart are the happy preludes for a big leap forward. The cumulative efforts of the sincere devotee will one day open the flood gates of celestial glory, much to his / her gratuitous joy.

Silence, seclusion and solitude are the best and most helpful factors. The basic principle of a highly serene life is to accept the divine dispensation with cheer, as it is chiefly based on the reactions of our own actions and is

invariably flavored with mercy for our eventual betterment. A disciplined devotee should view everything from a highly elevated viewpoint and accept life without any regret or remorse. You need not be skeptical about your restricted progress. You should have the satisfaction of doing your part, devoting regular time to the holy meditations with deep faith, sacred earnestness and religious regularity.

Please note that spirituality does not consist of hypnotism, mesmerism, spiritism or spiritualism. The feeling of "coolness" achieved by you during your meditations with him when you placed your hand in his and directed your mind to the crown of your head should not be repeated, as it is likely to affect your inner progress. The simple process of attuning within to the holy Naam should be your ideal goal. All other types of meditation should be ignored. You will please appreciate that different methods of meditation prescribed by various sages for opening the lower chakras are fraught with dangers and as such should not be undertaken haphazardly.

The awakening of the Kundalini, as discussed in 'The Crown of Life', and as experienced by you some time ago, is equally full of dire consequences. It develops heat in the body and one often feels himself on fire from head to foot.

The involuntary numbness attained by keeping the body still for a considerable time while absorbed in some thought is the same as withdrawal of the sensory currents during meditation. The only difference is that during meditations, the attention or Surat is attuned within at the eye focus with the repetition of the charged names mentally and by looking into the middle of the divine revelations, namely light, etc.

Out of a loving heart, a man speaks. Love full of devotion clears the way back to God. The yearnings are the foreshadows of God coming to us. Ours is to sit at the door, fully reposed, to receive his blessings, with no clutching whatsoever. That which comes from a loving heart draws forth love



from others. There is much in store for everybody and the same awaits you. The master power overhead is watching your interests in all matters spiritual and divine and even a little step onwards will surely bring you nearer to the goal.

When you have no desire to be married, you need not be married. The purpose of marriage is taking a companion for life in weal or woe, so as to be helpful to each other in the achievement of the highest aim in life. But if a loving soul is yearning for the love of God and God alone, and feels no pull for marriage, this is quite commendable. You have my love and best wishes in the purity of thoughts on this score.

The gift of Naam is the greatest gift to a person and comes about only through the divine grace. There are many cases known of murderers and robbers having been put on the way. Those who come under the influence of competent Masters, who are love and compassion incarnate, are benefited beyond comprehension.

Those who are doing the master's work selflessly and in a spirit of love will surely receive help and an uplift. Those who are feeling vain are damaging their own interests. I wish everyone would try to appreciate the others' point of view and act lovingly.

The master power overhead is always aware of his children's needs and yearnings and he acts in their best interest. All errors must be weeded out one by one, and when the child disciple is doing his/ her best to eradicate these errors, all necessary help comes from within. This effort may take a long time, but it must and will come about, and much earlier for those who are lovingly and faithfully devoted to the master.

I am glad to find that you are following the sacred instructions to the letter. So far you have been successful in looking within the middle of the dark veil, and the next step is to still the thoughts. This will be gained with effort. You will appreciate that when the attention is completely riveted

within at this thinking center, and all the stray thoughts are controlled by mental repetition of the charged Names, an overwhelming inner warming comes of itself from above, which multiplies in abundance and one then inculcates a gradual accelerated devotion for the holy meditations. A well-tilled and nicely ploughed field will bring forth a rich harvest when watered with the waters of loving devotion and humble supplication.

You are having inner experiences. The glorious Naam is ever reverberating in your ears and you hear the thunder and see the Master even with your eyes open. You will have to further develop inside so well that you may come to your radiant master within. He will take you step by step to the higher planes. If anybody asks you a question, give him a gentle and firm reply about the teachings of the master. It is a question of seeing the divine light and listening to the divine music with one's own eyes and inner ears. The teachings in the Bible uphold the teachings of the master. Those who can understand the true meaning thereof, will not fail to see it.

As regards the electric current undulating up and down your left arm and on the right side of your spine from hip to neck and at the base of the brain, this happened as a result of meditations; it may be due to the soul withdrawing and your body watching its process.

During the meditation you are not to be conscious of your body and the process of withdrawal that goes on within. You are to be unconscious of everything, your body, outer environments, breathing and the withdrawal process going on within the body, and gaze penetratingly into the middle of the light that you may see inside between the two eyebrows. By being oblivious of everything outer, the soul will be withdrawn to the higher planes without any trouble, as a hair is taken out of butter. So please carry on lovingly with faith and devotion; the trouble will subside and you will progress from day to day.

I am sorry for the passing away of your dear husband. Your mental composure and rare exhibition of patience and forbearance at such a tragic incident is indeed appreciated. The disciplined initiates are privileged to maintain their inner integrity with the grace of the master. You will be glad to know that the gracious master power extends feasible protection for the blood and near relatives of the initiates under His will.

Satsang is a great helping factor for spiritual progress. One imbibes the sacred teachings in their right perspective and it fosters inner devotion for the gracious master power. Besides this, you will be able to enjoy the rare bliss from the charged atmosphere which is filled with the divine presence of the master for the spiritual benefit of the dear ones.

The taking of milk is not prohibited by the Masters. It is rather one of the best nourishing foods if taken in moderation and in fresh supply.

There is no objection to your listening to the holy sound current as coming from the right side before the looking practice. As a matter of fact, when this heavenly melody manifests, know it for certain that it is an invitation from the gracious master power and it should be listened to with rapt attention.

The Master ever remains with the devotee, wherever he may be. Death and distance are immaterial in the relationship of the master and the disciple. He is always by his side, here and hereafter. Karma rightly performed in a spirit of service to the divine can lead to spiritual emancipation. They should be performed without fear of punishment or hope of reward. It should be spontaneous. You can direct your destiny. In brief, "selfless devotion to duty" is the keynote to success on the path of action.

Selfless service means a service for which one does not claim any reward or recognition. It is no imposition or taxation, but a free choice to subscribe something for the holy cause. You should meet with your mundane expenses, and afterward if you happen to save something for your old age,

and you must save, anything over and above that, if you have surplus to subscribe, you may do so.

I am glad to note your desire to be with me physically here in India, because it is so uplifting and inspiring to you. I appreciate it. While the personal aura of the master has charm and attractions of its own sweet kind, which cannot be underrated, please be rest assured that the master-power is always with you, extending all feasible help and protection even at a distance. Please learn to turn your face towards him in an increasing degree so as to be able to receive his grace and blessings in ever increasing measure. The way to do this is to put time into the daily spiritual practices in an accurate way, reposing all hopes in him, knowing he will grant you inside whatever he considers fit as explained in my previous letter, forgetting during meditation world, your duties, environment and your near and dear ones, your own body, etc., reserve that time entirely for the master. In this way whatever time you devote, will bring forth splendid results.

Meat, eggs, liquor and the like stand in the way of internal progress and must be scrupulously avoided. After all, when one seeks a higher gain, something lower must be left out. It is to the benefit of the initiate that strict adherence to the vegetarian diet has been enjoined by Christ. A true Christian should abide by the master Jesus's teachings.

While we are walking the path of righteousness, we discover that we are not perfect yet; perfection comes slowly. It requires the hand of time. If anyone descends from the level of the line, he harms himself. It does not matter to what faith one belongs, so long as we love God and our fellow men, for our passport into the Kingdom of God is the love we have in our hearts and not the denominational label we accept.

When the light is lit, it should not be hidden behind the bushes, but placed in a loving manner where it can attract the attention of seekers after truth.

**Question:** What must we do to belong to the army of God?

**Answer:** The simple answer is, walk the way of righteousness, and to enable us to walk the way of righteousness, we should build our life on good thoughts, good words and good deeds. Everyone who thinks upon evil thoughts or utters an evil word or commits an evil deed strengthens the forces of evil. Those who would belong to God should feed the sacred fire with the fuel of pure thoughts, good words and noble deeds, burning away all else except God and the master.

The primary duty of a righteous man is to love his enemy and try to convert him into a friend, teach righteousness to the wicked and spread the light of wisdom. To enable one to do this, he must be wise and his motives pure. This purity can be achieved by bathing in the cleansing waters of good thoughts, words and deeds.

Once a gentleman approached my master, Huzur Baba Sawan Singh Ji Maharaj, and said, “It is all very well and good that you bestow the precious boon and gift of Naam on all ardent seekers after truth, but it does not seem proper that you make no distinction between a real seeker and the worst of sinners. This you should not do.” Do you know what my dear master said in reply? He said in simple words, “Does a competent washerman refuse any clothes, however wretched and badly soiled they might be? No.” Similarly a master never refuses anyone who comes to him with a sincere desire regardless of what he may be.

Every disciple after initiation is directly linked with the master. Any difficulty of an initiate not solved by the local representative may be referred to the master directly. The representative is there for the convenience of others and to be of help and assistance to them in all elementary matters. The general rules of an ethical life and courtesy are not to be transgressed by the sane and good people and in the case of initiates it is more so, because these things are barriers in the way of spiritual progress. If someone makes a

mistake, the others should be tolerant, so as not to be a bad example to the rest.



The initiates for their own sake as well as for the benefit of others have to be there as torch bearers, expounding the teachings of the Master of love and devotion, and of the direct link with the God-in-expression power, by the life they lead. This being the case, “Forgive and forget” should be our motto. Sweet words cost nothing, but their effect is tremendous.

As God abides within, we must peep inside if we want to meet him, to experience him, and to have his blessings - we cannot hear his voice unless we turn away from the turmoil of the world and enter into the deep inner silence of the soul.

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## The Ambrosial Hour

### A Message By Param Sant Ajaib Singh Ji Maharaj

Millions of salutations unto the feet of Almighty Lord Sawan and Kirpal, who gave us the opportunity to sit in their remembrance. Maharaj Sawan Singh Ji used to say, “Until our eyes are shut, we say that we do meditation or go to the Satsang, but when our eyes open, we realize that some power within us has inspired us to come to Satsang and sit in meditation.”

That power is pervasive in every particle. When it liberates living-beings, it definitely comes into this world in the form of some human being. Kabir Sahib says:

**The sky has caught fire, embers are falling down,  
if there were no saints in the world, the world would have burnt to  
death.**

The world doesn't remain without saints. It is our mistake that we say that God has sent saints earlier but not now.

These great personalities, Maharaj Sawan and Maharaj Kirpal taught us in the same way as people teach parrots. Just as one speaks sitting behind a mirror and the parrot sees its reflection in the mirror and thinks that perhaps it's me who is speaking, in the same way, those great Gurus showered great mercy upon us. They explained to us that this is how you have to sit, you have to meditate like this, and if you do this, I am responsible for you.

He was very loving and always kept saying that, “Dear children, let go of your mind and intellect, take initiation from some Mahatma and go inside because God is within us. Empty the nine openings and concentrate on the eye center. Rising from Sachkhand, the sound of the Shabad can be

heard at this place. God has thrown you out of his palace, his home and is sitting within us having barricaded the door. Guru Sahib says lovingly,

*The fortress of the body has nine gates;  
the tenth gate is kept hidden.  
The rigid door does not open;  
only through the Word of the Guru's Shabad can it be opened.*

This body is a palace, it has nine doors or openings. The opening that leads to God is hidden. Nine openings are clearly visible – two slits of the eyes, two nostrils, two openings of the ears, the mouth and two openings down below. We can see these and they open outside towards the world, but the tenth door opens inwards.

We cannot open this door through studies, ego, arrogance, or any other effort. We can open this door only with the grace of some Mahatma. The meditation we do every day is a means and way of purifying our lives and attaining grace.

Therefore, we should also take full advantage of the grace and mercy of our great Gurus who have spent every minute of their precious lives for us. Maharaj Ji used to say, “Only that work is assigned to a dear one which he/she can do and that is meditation.” Closing your eyes, begin your meditation.

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## Glossary

*Guru / Satguru – master*

*Satsangi / Sangat – dear ones of God*

*Huzur / Sahib – sir*

*Shabad Naam – word form*

*Saadhu - Mahatma – sage(s), saint(s)*

*Santmat – the point of view of saints*

*Daas – the one who is a selfless servant*

*Simran – continuous remembrance of God*

*Darshan – to see the blessed physical form of the master*

*Sachkhand - the abode of God*

*Seva – service*

*Satsang – the assembly of dear ones / true believers*

*Vedas-Shashtras – scriptures*

*Bhandara – feast (in remembrance or celebration of an auspicious occasion)*

*Langar - the food served to all irrespective of caste or religion*

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With the immense grace of  
**Param Sant Ajaib Singh Ji Maharaj,**  
a Satsang and Meditation programme of **6 days**  
has been organized in **Sant Bani Ashram, 16 PS,**  
**Sri Ganga Nagar, Rajasthan** from  
**7 to 12 September, 2024**

All dear ones are welcome to this programme.

