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Selections from the Master's book: ["Prayer"](#)

Prayer is, in a strict sense, another name for collecting the outgoing and wandering faculties of the mind, at the root of the mind. Like the rays of the sun, these spread out into the world, and likewise these can be withdrawn and collected at their source. . . .

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In worldly matters, we do seek the help of persons who are more intelligent and capable than we are. We also offer prayers for aid to God — the greatest power conceivable — and that, no doubt, is a correct approach to the difficult and baffling problems which confront us every day in the course of our lives. But to regard that Omnipotent Power as something separate and apart from us, and to appeal to Him as to an outside benefactor, is assuredly a sorrowful mistake which is made by us; for He is the very soul of our soul, and is ever working within and without us, and we, in fact, live and have our very being in Him.

The secret of success lies in direct prayer and appeal to the power within; as these bear sure fruit and in abundance. We do a great injustice both to Him and to ourselves when we think of God residing on snow-capped mountains, or under the depths of sacred rivers and water-springs, or in temples and mosques, or in churches and synagogues, or in this or that holy place. Limited as we are in time, space and causation, we try to limit the Limitless within the narrow grooves that imagination can conceive of. Such belief on our part and consequent frustrations that result therefrom not infrequently tend to make us skeptical of Him.

When the reservoir of all power is in each one of us, we can, by a dip therein, become spiritually great and powerful. As physical exercises make us robust and strong physically, so do spiritual exercises awaken in us latent spiritual powers. By means of these we can pull up the sluice gates and thus flood our very being with Divine Currents. When a person

becomes Divinized or Divinity Personified, the very Nature, which is the handmaid of God, begins to dance at his beck and call to fulfill all his needs and requirements.

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As his angle of vision changes, so does the nature of his prayer. At first a person prays for the fulfillment of his physical needs, but when one starts on the spiritual Path he prays for the removal of such obstacles as come in his way, e.g., sense-turmoil, mental chattering, ingrained karmic impressions.

This period is most critical in the life of a Sadhak. Until actual self-realization he is in a state of perpetual restlessness, tossing back and forth. He belongs wholly neither to the world nor to God. While in the eyes of the worldly people he is a man of piety, yet in the heart of his heart he knows he is full of iniquities.

*Farid the sinful is still robed in black,
Though the people address him as Darvesh.*

In this state of uncertainty the sadhak at times tries to snap away and escape from the struggle; but after a time the inner urge once again comes upon him and he takes courage and starts Godward.

*Should a traveler while traveling fall down,
There is nothing to wonder and cavil at.
O Kabir! one who sits and starts not on the journey,
Has an immeasurable distance yet to traverse.*

The Master on Spiritual Healing and Other Matters

This complete, clear explanation of the dangers involved in spiritual healing is taken from a letter to an initiate. The shorter extracts on other matters which follow are also taken from letters, most of which were published originally by the New York Satsang. These letters were incorporated into the book Spiritual Elixir.

Spiritual healing is prohibited by the Masters. It has reasons and deeper significance behind it, which ordinarily people ignore, considering the face value of the profits accrued and attributing it as service to the suffering humanity. The inexorable Law of Karma is supreme and demands adjustment of each farthing. The human body is the highest rung in creation granted by Providence for the spiritual perfection of soul during this incarnation. The soul in man being the essence of God Himself has the same attributes as those of God, but having been environed by mind and matter has lost its true heritage. Soul in its present state is gravely enmeshed by body and bodily attachments, which are more or less the reaction of past Karma, which it has been contracting all through up to the present incarnation. The present earth life is a passing phase in the long journey of the soul from the lower categories of creation on to the True Home of the Father. Physical body is material but the soul is spiritual, but when reaction of Karma occurs the man is bound to suffer pain and pleasure.

Now the sufferings demanding spiritual healing fall mainly in the domain of physical troubles, which may include even mental agonies such as nervous breakdown etc. These, being the reactions of the past Karma, must demand adjustment and as such are to be borne by the victim. The healer, whoever he may be, conducting this service takes the karma on his head, to be borne by him at a later stage. Besides, the bit of spiritual attainment he has attained in silencing his mind is dissipated in such gestures of a miracle healing. Moreover, this process of healing is administered on weaker minds, which usually fall a prey to their sentiments. What can ordinarily be cured by undergoing a bit of suffering and medicine is exchanged for spiritual dissipation, and the debt remains standing, awaiting adjustment at a

later stage. Again, this sort of healing becomes professional and at times encourages corruption and misery. It not only invites malpractices, but brings in more mental agony and wretchedness in multiplied form added with interest. This is a causal postponement of payment for a future date, and adds strong fetters over the soul.

Contrarily, the Masters advocate right living and right thinking. A disciplined devotee of the Master is advised to lead a pure, clean, chaste life thereby pursuing a spiritual goal under the protective guidance. The implicit obedience of the dietary regulations and leading a simple truthful life leads to happiness and joy. If, however, some suffering due to the evolutions of past Karma comes, its severity and duration is much toned down by the intervention of the gracious Master Power, like a penny for a pound, or a needle prick for the gallows, and the disciplined child disciple comes out unscathed with the grace of the Master.

The healing which is said to have been administered by Jesus or others was of a higher quality, as when you merge in the cosmic awareness, and lose your identity, you become so spiritual that even thinking of a person or those touching the hem of your garment will get healed, as termed colloquially in the Bible. You have not to exert on your part to heal others. Yet above all, it is the faith which cures, and the sincere initiates do not indulge in these things and rather aspire incessantly for the attainment of their spiritual perfection, which is the highest goal of earth life. The Soul, which has to go far higher to merge into the Oversoul, is retarded by engaging herself in lower pursuits. The initiates are, therefore, warned not to administer this spiritual healing in their own larger interests, which would result in spiritual dissipation and bankruptcy. It will add strong fetters over the soul and karmic debt will be very heavy to be repaid.

Other Matters

Drugs

I appreciate your kind sentiments for your friends when you wish them to progress spiritually. The so-called spiritual experiences had under the spell of drugs are misleading and are rather likely to affect your inner progress. Spirituality is a research into the realms of reality — the consciousness. . . .

* * *

It is amusing to note about 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 suchlike 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 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.

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Astrology

The astrology is a regular science but few there are who are really conversant with it. This requires a clear mind vision. Moreover, it affects those who are under the influence of the Stars; but those who transcend the starry sky, or are taken under the care of Masters who transcend the starry sky; the predictions in their cases do not stand correct.

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The Macrobiotic Diet

I have not discouraged those initiates who have written to me saying that they find the macrobiotic diet congenial to them. However, I never advocate extremes, and the use of the macrobiotic diet appears to be extreme in its nature. Nectar of one man may be poison to the other. It depends on various temperaments. One should not impose his ideas on other people.

* * *

The Masters have always stressed that food is for man and not man for food. They have therefore advised that pure foods, such as vegetables, fruits, grains and permitted dairy products such as milk, butter and cheese be eaten in order to provide sustenance to the body. As you mentioned, the body being the temple of the spirit, must be correctly maintained if the spirit is to manifest itself in one's lifetime.

I do not advocate the macrobiotic diet that is apparently being followed by some of the initiates, and advise all those who are presently following this diet to eat in moderation a balanced diet consisting of fresh fruits, vegetables and dairy products as referred to above.

The best thing would be to follow the diet (vegetarian) which suits one.

If the animals are permitted to eat fruit, at least man, who is the Roof and Crown of all Creation, should also be permitted to eat it.

Initiates should be guided by the Teachings of the Master only in all phases of life, whether material or spiritual. To allow other concepts to creep in is to sully the Teachings and confuse the initiates.

If you believe that it will help others to a correct understanding of the relation of diet to the Path, you have my permission to publish this letter for general distribution.

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Miscellaneous

The book *I CHING* has been seen. . . . Stop altogether asking questions of this book as these are not only misleading but fraught with dire dangers. It is incorrect to understand that Master speaks through the book. You are invited to refer to Stanzas I and II of *Jap Ji* for understanding fully about the Divine Will of the Lord. Please tell . . . others accordingly who seek your advice in this behalf.

* * *

Question: *Is group investigation of reincarnation and karmic relationships advisable among initiates?*

Answer: You are kindly advised to leave all such studies well alone and devote your precious time in holy meditations and the study of the sacred books of the Master. The holy Path of the Masters offers a direct conscious contact with the divinity within after rising above body consciousness. This sublime principle differentiates the holy Path from all other schools of thought. . . .

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Desire is the root cause of all disturbance and suffering. You will become desireless by regular listening to the holy Sound Current for some time. It is considered the tried panacea for that. It is the mergence of the soul in the Holy Shabd which grants such ineffable bliss and harmony, that the roots of desire are crippled for good.

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The Letter Printed on the Outside Back Cover of the August 1970 *Sat Sandesh*

Everything will be given to you in due course of time if you follow His behests and live up to what He says. Every day you are given tasks which are intended to help your spiritual growth. Unfortunately, most people look for a very special assignment to be given to them by the Master personally before they accept it as a task from the Master. They do not see that their day-to-day dealings and behavior with other people in their work, the responsibilities they have to assume in their other mundane duties and how well they fulfill them, are all tasks given by the Master. If you watch closely your reaction to situations that confront you in life you cannot but be aware of how much you have grown spiritually. This is the most important part of spirituality as far as the disciple is concerned. He must first complete his course in **Man Making** with full honors before he can be given higher tasks to carry out.

From a letter by KIRPAL SINGH

The Master's Message

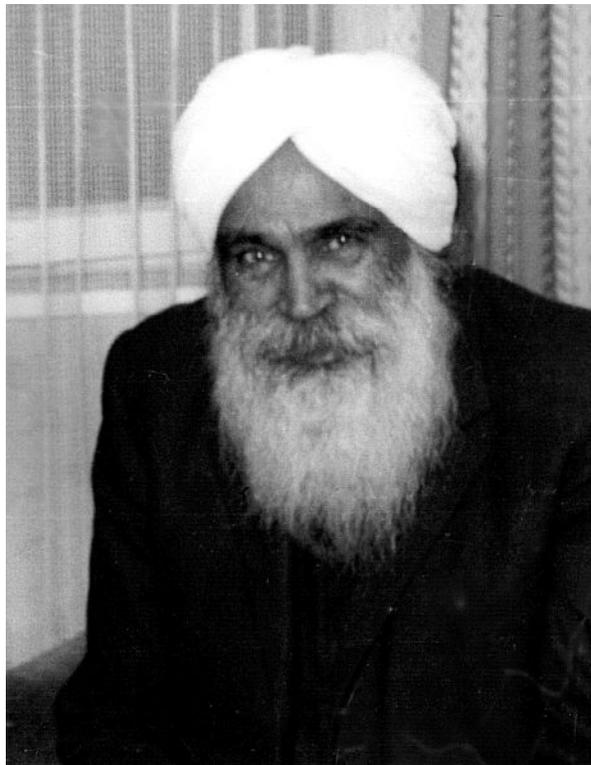
On the July 1970 Birth Anniversary of Baba Sawan Singh Ji

Oh Man! Thou hast come into the world to make a profitable business of dealing with the merchandise of Naam which never fails. But alas, thou art engaged in fruitless and bewildering things of life. The night of earthly life is nearing its end. Those who do not reach the shore now; how can they cross when dead?

Hari Naam is the essence of all religions. All religions are deeply rooted in the Naam. There is no religion higher than that of the Naam. Verily, verily, the true study is the study of Naam, which is the Bread of Life.

He who knows how to die while living drinks Amrit, the Water of Life, which gives everlasting life. Therefore learn to die while living at the feet of a living Master. My Master, Baba Sawan Singh, instilled in me that we do really live when we are in contact with Naam, the Word, which can be given by one who is Word made flesh living on earth. Without that, there is no life. Very great and all powerful is the Naam, controlling us in the body. We cannot live without its shelter even for a moment. Time and tide wait for no man; please do hurry before it is too late.

Love,
KIRPAL SINGH



Diary Letter to an Initiate

This letter by Master Kirpal Singh was added as an appendix to the 2009 edition of [*Seven Paths to Perfection*](#)

Dear _____,

If you have failed in thought, word or deed, on any of these questions – make a check mark on your diary sheet. What you do each day – is either for you or against you. Weed out the “weeds” that “choke” our Spiritual Growth and Light!!

“The mistakes of last year are not to be repeated!”

Have you hatred within?
Do you have aversions?
Have you malice towards anyone?
Do you wish for another’s suffering?
Do you have dislike for people, foods, weather, etc?
Have you hated anyone?
Are you resentful of others?
Are you envious of others?
Do you rejoice in their misfortunes?
Do you carry grudges against anyone?
Are you suspicious?
Are you greedy?
Do you indulge in self-pity?
Do you grumble and complain?
Are you fearful, worried or afraid?
Are you critical of others?
Are you after name and fame?
Are you conceited or egotistical?
Do you carry ill-will within you towards another – country – color – religion – etc.?
Have you shamed anyone – in their presence or in the presence of others?

*Without faith and faith in the Master –
One cannot advance on the Path*

Do you have Faith?
Do you have faith in the Master?
Are you faithful to the Master?
Do you have love for the Master?
Do you talk about Master in doubtful ways?
Do you talk against Master?
Are you looking for miracles from Master?
Are you happy in spite of troubles?
Are you grateful?

Do you have forgiveness?
Do you give service before self?
Are you giving Selfless service – physically?
Are you giving Selfless service – financially?
Do you attend Satsang regularly?
Do you have excessive attachment or possessiveness?
Are you kind and loving?
Do you have self-control and discipline?
Do you stay in the required diet?
Do you have daily periods of Simran and Bhajan?

Let us live a new life of peace, harmony and love. The essence of religion is love, peace, humility, service and sympathy. Love all, not merely your relatives and friends. Love the sinner, too. Bless them that curse you. Pray like Guru Nanak:

"Peace be unto all the world, under Thy Will, O God"

With all love,
KIRPAL SINGH