

I am glad for your awareness of the gracious Master-Power which is constantly extending all feasible love, grace and protection. This is the inevitable result of your devoted meditations that you are blessed with the Divine Light which is becoming very strong and is coming to you from all sides to your eye-centre and you feel a great uplift with the grace of the Master. It is overwhelmingly wonderful.

Please look sweetly into the middle of this Divine Light, and steadily repeat the sacred charged Names mentally, very very slowly, so that the inner gaze is not disturbed. The rest of the way will be up with His grace.

While sitting during meditation, one may forget the repetition of the five holy Names. In such a case mind and *Kal* (the Negative Power) can deceive us. So, to be on guard do not leave off repetition when withdrawn or in a sitting. If the Form of the Master remains while doing *Simran*, the disciple should listen to and accept the words of the Master as true. Often if we fail to repeat the five charged Words, the mind comes up before us in the form of the Master to deceive or to mislead us. When the real Master appears to the disciple, He will answer all questions asked of Him. No deceptive form will remain while the disciple is doing *Simran*. If any reply is given by the Master in dreams, that cannot be all true. The Master's Radiant Form appears to the disciple while he is in a conscious state, and He stands during *Simran*. The Negative Power at times may tell us

things, but does not stand before the Five Names. He may pretend to be our Master. Such words must not be relied upon.

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

When the soul withdraws, it traverses with the astral body into higher regions and sees figures. At that time you should repeat the five Names. The figures will disappear. Only such persons will stand before you as Those from the Fifth Plane, and from These you will derive some benefit. Soul traverses here and there and sees many events which are transpiring elsewhere. But we should not waste our time in engaging ourselves in such things, as that will retard our spiritual progress. If you are regular in putting time into the spiritual practices, you will go ahead and surely meet the Master within, face to face.

While doing any manual or mechanical work or in idle moments, you can continue repeating the five holy Names or recite some prayer lovingly all the time and you will feel new strength is entering within you and that Someone is working with you, sharing much of your labour. Any interval, however short, during the day, may also be devoted to meditation

and that will give you freshness and real energy for your work.

As regards vision, when you rise above your body-consciousness, you may see visions in the astral planes. Do not engage in looking at them, but repeat the five Names. Sometimes you may see lions and snakes appear. These are not forms of the Master of Love. A snake at times represents the mind. So do not pay any heed to it, it will not harm you. Sometimes the five passions—lust, anger, greed, attachment and ego, leave us in the form of a lion or little children. These things cannot retard the progress of a soul who is doing *Simran* of the five holy Names.

If you hear a voice coming to you, please do not listen to it. Such voices are usually from the Negative Power. If the voice persists, ask him to come before you, and then repeat the five charged Names. If he stands before you while you are doing *Simran*, he will be your helper. Only the voice of the Negative Power will go away. Be strong in your *Simran*, it will remove all difficulties. You will become bold and fearless. You will see within so many rivers, mountains—you will cross them by flying over them. *Simran* will enable you to fly over them.

I am glad to know that you are lovingly devoted to your spiritual practices with the grace of the Master. You are blessed with the celestial manifestations of purple veil changing into gold, stars and

moon. You also hear the holy Sound Current of bells coming from the right side. These are cardinal revelations of Divinity granted to the child disciple for proceeding on to the True Home of the Master.

The presence of the Heavenly Melody in the form of ringing of bells all along your vacant moments is notable and shows that His gracious protection is being extended to you. Yet the listening to the Sound Current with the ears plugged with the thumbs is quite beneficial for steady progress on the holy Path. You are advised not to press your ears too hard, this will avoid hurt. Please note that mind usually resents this listening to the holy Sound Current, but it has a deep spiritual significance and as such should be followed scrupulously.

The Word is above the thinking faculty and is heard only when one rises above the eyebrows. The understanding of the Word comes only by direct revelation to the soul.

An initiates earnest longing should be to see and meet the Radiant Form of the Master within and be a constant, conscious recipient of His blissful, loving grace and blessings. The Master-Power overhead helps in all feasible ways to fulfil this desire.

One must be faithful to the instructions of the Master. Both the spiritual exercises are important. A

disciple must do his part and the Master does His. It is for the disciple to sit in meditation in an atmosphere conducive to progress with a sweet remembrance of the Master. The disciple is not to presuppose things or visualize results, for these will follow of their own accord. Ours is to be an attitude of passivity, for the Doer is the One and only One, the Master, Who is the best Judge of the time and measure and manner of each step on the Path.

While asleep if one sees something which he remembers only upon awakening, it is called a dream. If, however, you are conscious all the time while passing through the various states referred to by you, that is not a dream, but that is what you experience consciously, and this is called a vision. All these different stages are elaborately discussed in the *Crown of Life* the reading of which will give you a full explanation.

The physical bodies of all are apt to undergo change and are liable to be influenced by diet, climatic conditions, seasons, age and the like. The laws of Nature affect everyone to some degree according to the extent of one's knowledge of them, or whether he neglects or follows them. A devoted disciple living simply and cautiously and reposing all trust in the Master-Power need not feel concerned with *karmic* situations even if they appear to be intolerable at the time. A loving devotion to the Master has always cushioned the hardest of conditions. Meditation is the most important thing and must not be neglected.

Procrastination is the thief of time. Mind also is ease-loving by nature and should not be let loose to allow any neglect in one's programme of life. As much time as possible should be devoted to this side.

Dreams need not be relied upon. One can have the vision of a past reincarnation. There is a vast creation inside, which need not be noticed. We should concentrate on seeing the Master, talk to Him and accompany Him, wherever He may lead us.

Conch sound resembles that one coming out as a result of blowing in the form of a long, continuous sweet mellow sound. The Immaculate *Naam* is the constant companion of each initiate. The more a child grows in awareness, the more he or she will appreciate the sweet loving help extended by the Master-Power, the Immaculate *Naam*.

You are regular in your meditations and are getting inner experience of the Light and Sound of God. It is no small achievement and I am glad that the time spent by you in meditation is the happiest time of your day. Please take care not to doze off into slumber during your meditation. If you feel tired, take a little rest before starting your meditation. During sleep, the sensory currents after getting to their native centre behind and between the eyes, slip down to the throat centre and the navel centre in a dream state and dreamless slumber respectively. So during sleep, the soul, instead of going up from its

centre, which is at the back and behind the two eyebrows, comes down to lower centres in the body. It is therefore stressed that sleep should be avoided during meditation.

Please note that for gaining proficiency in meditations, you should undertake both of the practices separately, one following the other, which will bless you with stabilized progress on the holy Path.

The inner Light does not come or go. It is always there within. It appears only when we are attuned and concentrated and disappears as soon as there is the slightest dispersion. The Light will not vanish if you just keep your inner gaze constantly fixed. You seem to hear the Bell Sound very faintly, apparently from a very far off distance. You should not follow Sound to the place from where it comes but stick to your place at the back of the eyes and listen to the Sound coming from the right side. In this way, the Sound will draw closer, grow stronger and ultimately come from above.

In future, when you see any scene, you need not remain there, but keep on repeating the five holy Names and they pass on. If, however, any Form stands before the repetition of the five Names, you may become absorbed therein, so much so that you forget yourself altogether. That will develop receptivity and He will speak to you. There is no harm to look into the middle of the Light before you. That

will grow brighter and ultimately burst to give you a further way up. The only thing necessary is that you must be regular in devoting time to spiritual practices.

I am glad that you are increasingly aware of the joy of knowing the Path. Conscious contact with God-Power within is the panacea for all ills. If you repose everything in Him, many things will be softened. We are all human, and where our efforts fail, there prayer succeeds. Please repose 'all' in the God-Power overhead.

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 plunderous 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.

The practice of *Para Vidya* takes one Beyond into the higher planes, beyond body-consciousness, rising step by step into the True Home of God. The awakening of the *Kundalini* is not the aim but a means to the end, but that involves breathing exercises and generates great heat in the body. Without rich diet and robust health, one cannot bear the brunt thereof. Few there be who can successfully take to that way. The Way of the Masters is the most natural Way, and it may be taken up by all quite easily.



In meditations one is apt to fall asleep. This comes when our gaze is not properly fixed with full attention. When you see, you see clearly and constantly within. This will avoid sleep overtaking you. It would be better to have a bath or a walk just before sitting in the position for spiritual practices so that you may be wide awake inside.

You would have true knowledge, if you transcend the sense knowledge. Enter the inner silence, and this silence will become vocal. With longing in your eyes enter within from without. This is the central message of every True Master. In your own house you will see Him. Therefore, I would request that you gaze longingly into your heart, with silence in your heart, with silence in your soul, and with no thought of this world or the next. The grace of God will descend on you and the gaze will grow into a glimpse and He will reveal Himself to you, and you will see Him within yourself.

When you see the bright star within, the *day star*, as Jesus puts it, just fix your inner gaze minutely into the centre thereof. This will give you penetration and a way through the star and you will cross it. At times, the Master also appears over there. I am glad that your Sound Current is getting steadily stronger. While hearing the Sound, please do not try to stick to it, but listen carefully to the Sound and gradually you will hear the Sound distinctly as that of drum-

beat or thunder. The Master-Power is overhead and will be extending all possible help, grace and protection.

As for the feelings of growing numbness over the body, there is nothing to be afraid of. We have to withdraw from the body; this is the first step on the way to God. Do not pay any attention whatever to the withdrawal process which goes on automatically and there need be no awareness on your part of the body. In this way you will have no fear of leaving the body. It is the process of dying while living and has always been enjoined by the Saints in all times and climes. The Master-Power overhead has full charge of you and you have simply to slip into the Beyond under His protecting wings.

It is indeed a great victory over the mind when it is stilled during your precious moments of holy meditation. It is indeed a great attainment with His grace and you are fortunate to bear testimony to the sacred Truth.

No one is nearer to you than your Master. There is no need to run to mountains, though quiet surroundings do help in peaceful meditation. We have to learn to invert within. So please do not get disheartened in the least. Just try to do your part, and the necessary inner help will surely be forthcoming.

The time length for meditation should be increased gradually so as to achieve the target of two

hours a day in the larger interests of your spiritual progress. The precious moments of earth life spent in meditations are superbly best utilized and count chiefly creditable for your inner spiritual progress.

The quiet solitude of a place can be helpful to meditations. Service to and for the beloved Master is one of the potential factors that helps to cleanse the vessel of a disciple and aids in going within.

To go within is the most important part of the sacred teachings, and this can be achieved only through the grace of the Master, which in turn is hastened by one's living a life of love, service and meditation. Thus they are linked and co-related to each other.

The thought pattern of the initiate is changed gradually as meditation improves. Breathing should never be involved in *Simran* as it creates heat and other complications that prevent the withdrawal of the sensory currents up to the eye-focus.

*Kriya Yoga* like so many other yogas has its own limited value and you should be grateful for whatever it gave you in your concentration. A Master of the highest order only can help to take a soul step by step to the True Home of the Father.

The practice of *Simran* begins with the repetition of the Master's objective Names *slowly* with a mental

poise. At first the practice is objective, but in time it becomes subjective. Then the constant thought of the Lord continues without cessation. Once this starts, the remembrance becomes automatic, continuous and constant and one never forgets the Lord.

*Simran* helps in the withdrawal of spirit-currents from the body. In *Simran* lies the seed that helps in the development of the soul.

*Simran* makes man introspective and concentrative. Extraordinary powers inevitably follow as a result of the concentration of mind in the inner planes.

*Simran* is a weapon against all dangers. It acts as a password to all spiritual planes. It gives strength and sustenance to the body and mind during trouble and affliction, and brings the soul near the Master.

Spirituality is an inner experience and its alphabet begins where all philosophy and *yoga* practices terminate. It is an experience of the soul.

The first practical lesson commences when there is complete withdrawal from the physical body through the kindness of a True Master. No one can withdraw and separate himself unaided from the physical body.

Masters come to distribute this treasure of Spiritual blessings to the seekers after true Spirituality

and it cannot be bought. It is not taught. It is caught by contact with spiritual people.

The Master is your constant companion extending all feasible love, grace and protection. The further you progress inside, the more elated you will feel and your faith and love for the Master will grow stronger.

You will surely swim through this world by reposing your hopes in the Master-Power overhead.

When you feel the presence of the Master and believe that He speaks to you, even though you do not see Him, please be careful to repeat the holy Names so that you may not be caught by some anti-power trying to block your spiritual progress.

Please note that Spirituality does not consist of hypnotism, mesmerism, spiritism or spiritualism. The feeling of 'coolness' achieved by you during your meditations 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 the 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* is discussed in the *Crown of Life* and as experienced by you sometime 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 Divine revelations, namely Light, etc.

I am glad to find that you are lovingly devoted to your holy meditations which show a considerable improvement with the grace of the Master. The inner revelations are the sure signs of Master's continuous grace for which you are continually becoming receptive by your earnest efforts. The presence of the holy Sound Current with you shows His continuous loving protection and is an auspicious factor. You will appreciate that this Heavenly Melody is the guiding principle, and the soul which is attuned with it is tied to this Divine Principle. The result is that no outward onslaughts can invade its listening, as in due course of time, you will relish its continuous listening which will become a matter of stabilized ravishing intoxication with the grace of the Master. The growing tension in the nerves can best be eliminated by sweetly relaxing at the eye-focus, by looking into the inner Beyond, when you will be transplanted within with His grace.

The process of slowed breathing in deep meditations is not to be worried about for this shows your successful inner inversion into the Beyond. When the sensory currents are withdrawn to the eye-focus, the body below gets numb thereby allowing the *pranic* forces to work smoothly and harmoniously, which naturally becomes more rhythmic and the breathing gets slowed automatically. It is not to be feared nor should any attention be given to it, for it is a voluntary process and governed by the great spiritual law, and the silver law, and the silver cord based on *karmic* evolution sustains the Life Principle without any harm whatsoever.

This might be attributed to your own apprehensions that your attention slipped down to see if the breathing had slowed, as otherwise you would have enjoyed something supreme and blissful. Please try to eliminate the breathing process by sweetly reposing in Him. Complete surrender to His Will and Pleasure is the surest and safest way for inner inversion and the journey on to the realms of pure bliss and unalloyed harmony.

I am glad to find that you are lovingly devoted to your holy meditations with the result that you are blessed with the celestial manifestations of the Divine Lights of various colours and hear the holy Sound Current, as coming from the right side, which has since become louder and stronger, with the grace of the Master.

You were blessed with complete rise above body consciousness once, which you normally find difficult. The manifestation of the *eye* within which is two or

three times the size of the normal eye is auspicious, as it is that of the Master. It should be penetrated lovingly while fixing your inner gaze intently in its middle and repeating the sacred charged Names mentally, when it will burst to give you further way up, in due course with His grace.

It is possible that you may be blessed with the full size charming Radiant Form of the Master, which usually follows this manifestation. Please repeat the sacred Names to test its genuineness as sometimes the negative forces interfere and the charged Names are the sure criterion for testing the genuineness of the inner form. If this form stays before this repetition, know it for certain that it is friendly and will be helpful to you in your inner journey ahead.

The Sound Current of flute which you were hearing previously as reported is quite good. This should be listened to with rapt attention. It will grow stronger, draw closer, and ultimately come from above. It will eventually bless you with such a ravishing bliss that your mind will become subdued for good in due course of time with the grace of the Master.

Proficiency demands persistent and earnest efforts. Time factor is also necessary. Each bit laid for the spiritual edifice counts creditably for your inner journey.

The Light of life is in you; indeed you live by that very Light whether you realize it or not. Each one of you has had an experience of that holy Light. Now you must live in constant contact with the holy Light. It is uncreated and shadowless, eternally the same



and peerless. The whole creation came into being by the same Light, and that very Light is shining in every heart. All are Divine in nature, and religion is the expression of Divinity already existing in man.

The Light of life must be made manifest in existence. Be ye a witness to the Light of life, not only within yourself but in others as well, for the same Light shineth everywhere and there is no place where it is not.

Once you discover this Light and learn to live by it, your whole existence will be changed. Love will permeate your very being and it will burst forth from the very pores of your body, transmuting all dross into sterling gold.

Love, you must know, is both the means and the Goal of life. Love, Light and Life are but different facets of the one Divinity.

Try to become a channel for the Divine and the Divinity will then flow through you. This is not something impossible, but it is the very acme of all human endeavours. In this world of matter one has of necessity to deal with matter. We have to make the most of the material raiment and the material world given to us. It serves a great purpose in the Divine Plan of Evolution. Matter is the ladder by which means the spirit has to rise above body-consciousness and move into the Realm Beyond—the Realm of Spirituality—its native habitat. Learn to make the most of the means given to you and surely as day follows night, the victory shall be yours. A true Christian ought to take up his *Cross* daily. The *Cross* represents the physical body standing with outstretched arms. You have to rise above body-consciousness. You have to be reborn into the Kingdom of God. The disciple

must know how to die daily so as to be able to enjoy Life Eternal, beyond time and space.

The divulging of inner experiences to others except the Master or more advanced disciples affects one adversely and retards the inner progress. It has a significance. A rich man would like to control his hard earned riches lest it be noticed by others, who may become jealous of him. Similarly, the spiritual treasures achieved by the devotee need extra care and vigilance to be hid from others so that the same may remain safe and well-guarded. Just as a sapling is eaten away by a passing goat, but when it has grown into a stalwart tree, an elephant cannot uproot it. Again, the adverse thoughts of others do affect the disciple. Moreover, others growing jealous will not be able to give him or her proper guidance. The laws of the physical plane demand that each one must behave soberly and must not exhibit his or her extraordinary qualities which relate to higher planes, and as such the disciplined devotee is required to cultivate tolerance and humility. You can see that one narrating his or her personal experiences many a time becomes elated, thus invites the ego to take the upper hand, and pride has its fall as a result. On these basic grounds, the Saints made a Law to be strictly observed by one and all that the inner experiences must not be divulged, except to the Master who is competent to give proper guidance on the Way.

Cultivate a state of perpetual resignation to His Will. This will be helpful in meditation.

Loving co-operation for devoting regular time to the holy meditations comprises the best gift a child can present to the Master. I am glad you are fully alive to your spiritual obligations. A fully developed and illumined spiritual aspirant is an asset for others, who can carry the Gospel of Love and Truth under the gracious protection of the Living Master.

Fortunate are the chosen few who are blessed with the rare privilege of instilling faith and right understanding in their less fortunate brethren for their spiritual enlightenment.

Spirituality is an inner experience. It is an experience of the soul. The first practical lesson commences when there is complete withdrawal from the physical body through the kindness of the Master.

Please be assured that all goes to your credit and the auspicious day is not far off when the dark veil within be rent asunder and the flood gates of effulgent radiance will be thrown open to you, with the grace of the Master.

The spirit force, Word, *Naam* or God-in-action is responsible for all that is, and the physical universes that we know are not the only ones that it has created. It has brought into being myriad regions and myriad creations over and above the physical.

Indeed the whole is a grand, unfathomable and illimitable pattern in which the Positive Pole (*Sach Khand*) is formed by the plane of pure, unalloyed spirit, while the Negative (*Pind*) of gross physical matter with which we in this world are familiar.

In between are countless regions which those who have journeyed from one end to the other often divide into three distinct planes in accordance with their own peculiar balance of positive-spiritual and negative-material force.

I have assured you in my previous letter that repetition of the five holy Names is a powerful and a sure protection against any unholy force or entity reaching you. You have only to give time regularly to the spiritual practices with faith and love during the day. 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. So please take things easily and with new hopes in the new year, progress on the Path from day to day.

Do your best and leave the rest to the Master-Power overhead and leave off all worry and anxiety. It is time to be gay and happy.

In meditation or otherwise, if you hear any voices, you better ask the speaker to come before you. If he comes and stands before the repetition of the holy Names, then you may feel sure that He will be your well-wisher; otherwise, pay no heed nor feel alarmed. No one will come near you or harm you.

You complain that during meditation thoughts of business keep creeping into your mind. This is because you seem not to have developed a proper habit of doing meditation correctly.

I find that you have certain debts to clear, and that you must discharge your duties as a husband and as a father, and this requires that you work hard in your business. You should do this earnestly. Work is worship. But after a day's hard work it is time to draw a curtain. At that hour, may be 8, 9, 10 or 11 at night, you should forget your business entirely considering that you have handed it over to the charge of Someone else more Competent and Powerful. Then relax, and relax completely. And whatever time you have, devote it in an accurate way without a break in the spiritual practices, with full faith and love, and with as much earnestness as you put into your business. Do not have any clutchings. Let the Master-Power that is constantly with you, working over your head, bless and grant what it considers best. You should have pleasure on your part and leave the results to the Master overhead.

There is nothing wrong with the Light and Sound coming together. But in your meditations, if you are engaged in the practice of gazing, you should not pay attention to the Tune and if you are busy hearing the Tune, you should be fully attentive to it only. If you pay attention to both, it will be divided. The Master-Power is constantly working over your head, watching and protecting you, in all respects. It is all the grace of my Master, Sawan Singh Ji, that is working. No wonder that you feel that His loving and watchful eyes are protecting you. You have only to be receptive to draw in increasingly the Master's love and grace. Some aspirants are under the protection of some higher Souls who always guide them on and on and ultimately bring them to the Feet of some Living Master to further their progress on the Path. Thanks

to the previous Masters who brought you to Someone Who has put you on the Way to the True Home of your Father. Please be lovingly devoted to the *Sat-sang* and love others so that you may have loving reactions and loving impulses arise in you to help you in your meditations. Try to avoid the society of the worldly-minded, as their company will affect your progress, and do your best to attain your Goal. God helps those who help themselves. You must live according to the teachings of the Master. This will bring in humility, love and surrender. All other things will follow and slowly and slowly the ego will vanish.

I find that despite your best efforts, you are unable to have any perceptible inner experience. For locating the discrepancy and its cause, you should please find out the following:

1. Do you repeat the sacred charged Names orally? If so, it is to be replaced, though gradually and slowly, to the mental repetition. It may further be explained thus— suppose you met somebody some days earlier, and had a talk with him and you want to recollect it now. You will neither use the tongue nor speak again, but mentally you will have all the conversation repeated. This is the true form of Repetition or *Simran*. The five holy Words are to be repeated mentally during meditation.

2. Do you remain conscious of the breathing going on in your body? If so, it is to be eliminated as the breathing process starts from the navel centre and ends in the nasal centre, and as such you remain in the body during your meditations. This can be done

by looking sweetly and intently within, back and behind the two eyebrows, altogether oblivious of the body below or of the breathing going on in the body. You will agree that normally while doing work all day, reading or writing, coming or going, sitting or walking, eating or drinking, or even while talking, we are never conscious of the breathing going on. Similarly, during meditations, you are not to be conscious of it.

3. Do you feel any numbness or stiffness in your body during *Simran* practice? If so, it is equally important to be eliminated as discussed above. The sensory currents from the body below are graciously withdrawn to the eye-focus, not by the single-handed efforts of the disciple only, but by the loving grace of the Master-Power working overhead for proceeding within. You should not watch the withdrawal process in the body but keep your inner gaze constantly fixed into the middle of what you see within. The practice of *Simran* is indeed a slow process, but when stabilized with the grace of the Master, one reaches the eye-focus without any special effort. You will agree that it is the loving devotion and the anguished cry of the soul which invokes mercy, and one gets attuned.

4. Do you silence your thoughts during meditation? Naturally, you will say "no". The silencing of the intellect is the last nail in the coffin. How may it best be eliminated is explained below: You should not have any clutching tendency to have one thing or the other. Simply sit at the door and wait. This sublime silence is best and easily achieved by lovingly and humbly reposing in the gracious Master-Power, to grant and bless you with whatever it deems fit. That benign Power is incessantly with you and is quite

aware of your earnest efforts. But so long as you are conscious of your actions, you stand in your own way, and when you lovingly eliminate yourself, He will manifest Himself to you in the celestial manifestation of Divine Light and holy Sound Current. It is something like inviting somebody to enter the room while blocking the door-way by standing in it.

From the above I hope you will be able to locate the fault and will be able to remove it, with the grace of the Master. I quite appreciate your yearnings, but the fact remains that He, the Great within, will surely bless you at the opportune moment when He considers fit.

Master-Power is the constant and the nearest Companion of an initiate, and is always at hand to extend necessary guidance and help. When an initiate progresses on the Way, the Gracious and Radiant Master comes face to face and talks to him as one talks on the outer plane.

I am glad to note that your inner progress is developing. It will be easier for you to keep the mind perfectly still by just looking intently into the golden Light.

The repetition of the five Names should be done not constantly, but at intervals without thinking of the meaning of the Words. The 'charging' in the Words will help.

You felt as if you were hanging in a big empty space and down below you heard bells and right above the sound of a flute. These experiences will increase from day to day if you continue devoting



regular time each day to the spiritual practices, with full faith and love.

The Master-Power overhead is anxiously waiting as to when His children will come to Him and enjoy the most heavenly peace and pure tranquility and celestial calm unheard of and undreamt of in this fleeting and delusive world.

When sitting in meditation, you should not try to clutch one thing or the other. The Form of the Master appears on its own, unasked for, in due course of time. Dreams come when one is not in sound sleep and the soul comes down instead of going above to higher consciousness. The Master-Power is at all times with the disciples and at times comes down to them in their dreams to reassure them of His presence and protective care, because they are not yet able to come up to Him in the higher conscious planes.

Higher development comes in due course. One has to go on steadily with the spiritual practices. All feasible help comes without being asked for.

Do not allow your mind to remain vacant. When at work, be fully absorbed in your work, as work is worship. Even when in leisure, it should not be allowed to remain vacant as a vacant mind is the home of the devil. It should be kept occupied either in repeating the holy Names or in sweetly thinking of the Master or hearing the Sound Current when it becomes audible, at all times of the day, without closing the ears. . . failing that one may study good books. When one derives inner illumination, it is but natural to think that others seeking for the Truth may also know about it.

I am glad to note that you saw Master Sawan Singh Ji. When one withdraws inside, at times the Master-Power appears to the devotee in the form of his own Master by Whom he or she was initiated or the Master's Master. They are both One. If One Form comes, the Other will follow. There is nothing to worry about. The only criterion one may use to judge the genuineness of the Master is by repeating the five charged Names. Only the genuine Form will stand, and all fictitious forms of the Negative Power will go away. At times, both the Forms of the Master and the Master's Master appear together, and sometimes alone. You have loving devotion for the Master through Whom you were initiated. They are but One, and not two. One bulb is fused, the other is put on through which the self-same Light is diffused, for Light is one. Word is made flesh and dwells amongst us, full of grace and truth. Of course all Masters were Word Personified, each in His own time.

When going inside, the forms of other Saints also appear. We have respect for all of Them. But remember that one's own Master will be looking after His initiates through life and death and hereafter. Surely one's own Master will appear and if the Master's Master appears, He is always a helping factor. You are to follow exactly what has been explained to you at the time of initiation and you need not be led away by the exhortations of anyone else who is not perfect on the Way. If we begin to waver in our faith, there is the danger of imperceptibly falling into some error. So many of us sat at the Feet of Master Sawan Singh Ji, yet He did not authorize everybody to do the work

of initiation. Christ did say, "If you abide in me and my words abide in you, ye shall ask what ye will and it shall be done unto you."

You have seen a personality resembling Baba Sawan Singh Ji Maharaj in a hazy form. Your presence with the Master for nearly two hours in the dream is a happy prelude as it shows His gracious protection being extended to you. The Divine revelation of Master and His Master's Radiant Form is a blessing of a very high order and it indicates that they are extending their loving protection to you here and hereafter. During such occasions you are advised to repeat the charged Names. If the Form remains before you, please take it for granted that it is friendly and will help you in your journey into the mysteries of the Beyond.

The holy Sound Current of bells, conch or flute as coming from above is correct and you should listen with rapt attention. These are rare blessings of the Master-Power constantly present with you and working overhead.