

Message for Christmas and the New Year from Master Kirpal Singh

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All scriptures handed down the ages are conclusive that 'God is Spirit'—moreover 'God made man in His own image.' The image cannot be but spirit.

As God is infinite, i.e., not subject to death, then man in his own essence can also be not subject to death—he is conscious entity, a drop of the ocean of all consciousness, and indweller in the body, and on account of that the body is working. God is a living Presence within our being—controlling us in the body. Both soul and God reside in our bodies, but we are identified with the body so much so that we have forgotten our own self. We are under a grand delusion and cannot see the world in its right perspective.

Unless we know ourselves by rising above bodyconsciousness, how can we know God who is residing with us in the body? Truly speaking, man-body is the temple of God. We should therefore be conscious of our Divine Nature, and try to regain our God-head. For that, you turn away completely from outside and outgoing faculties for a while, and close yourself in the closet of your body. The Ringing Radiance of God will become effulgent.

God is eternal, all wisdom, all happiness, so you are the same. Mind that you and God are one, you can never be separated. He is ever with you, enlivening you. His life is your life, and you cannot live without Him— so you have nothing to fear.

Man is what he thinks about all day long. One can only live one moment at a time. Emerson said: "There is no moment in eternity more important than this moment."

All real good or evil that may befall him is from himself. If a man lives in a good or bad way in the real present, he will ensure the same in the future. If you have bad thoughts for others, you will harm not them only but yourself as well, as thoughts are very potent.

So, try to live in the living present, forgetting the past and the future—and fill every moment of your life with simple trust in Him in all loving devotion. He will manifest in you when you choose and turn your face to Him. As loving advice I give you, from this moment let love be your constant companion and trust Him in all things. God is love and love is God, and the way back to God is also through love. Guru Gobind Singh says "Hear ye all, I tell the truth; God is attained through love."

Rest assured that He is with you always, and be of good cheer.

With all best wishes,
Yours affectionately,

Kripal Singh