

**Selections from *Sat Sandesh*
and Other Writings from
Master Kirpal Singh**

By Love, Serve One Another
June, 1971 Sat Sandesh

Social Conduct and Ethical Life
Spiritual Elixir

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By Love, Serve One Another

A Circular Letter issued by Master Kirpal Singh on June 6, 1967 and published in the June 1971 edition of *Sat Sandesh*.

How fortunate you are that you have been initiated into the secret inner Path leading to the Kingdom of God; the Kingdom that comes not by observation (without), but that which lies within you. Know you not that you are the temple of the Holy Ghost? Verily you are so, and you have witnessed within yourselves the primal manifestations of the Godhead, no matter at what level, according to your mental makeup and the receptivity developed by you. *You have seen what many prophets and righteous men desired to see but did not see, and you have heard what they desired to hear but did not hear.*

God is Spirit and can only be worshiped in Spirit. You must therefore try to rise over and above the body-consciousness and strive to arise into the consciousness of the higher order — I mean spiritual consciousness — rather than remain tied to your own persons or in fact to any other person, howsoever great he may appear to be in his own eyes or in the eyes of others. Principles are higher, much higher, I would say, than personalities. Persons may come and go, personal cults may linger for a while, yet principles, the spiritual values, last and last beyond time.

Your main concern should now be to develop the inner experience granted to you. Love the God-in-action Power with all your mind, with all your heart, with all your strength and with all your soul. This will enable you to expand beyond all measure, so as to embrace the totality

of His Being, far above party affiliations, party politics and all politickings.

A tree is known by the fruit it bears. Do glory unto the God-Power and you shall be glorified in return without any effort on your part. That is the law. And again, a fruit-laden tree bends with the weight of the fruit it bears. Try to cultivate and attain the divine virtues of love, humility and understanding for all. Who is there under the sun who has no failings and shortcomings? *With all our righteousnesses, we are but filthy rags.* Be polite and courteous with all. Courtesy costs you nothing but it pays rich dividends. Human heart is verily the seat of God and must be kept sanctified at all times and at all costs, no matter what the sacrifice. Learn to live peacefully and amicably with each other, giving due regard to the feelings and sentiments of others. *By love serve one another,* should be your rule in life. A loving service adorns both the server and the served alike.

The above injunctions apply equally, nay with greater force, to the Group Leaders and Representatives of the Master, for they have to set a better example to all those who are within the sphere of their influence. They must know that they are just instruments in the Divine Plan and not the flywheel running the Plan itself; and unless they work smoothly in loving harmony and cooperation, they are bound to generate heat by constant friction, damaging not only the quality of the work but even themselves.

Ye are the salt of the earth, but if the salt has lost its savor, wherewith shall it be salted? It is thenceforth good for nothing. Should the protecting hedge itself start nibbling the farm enclosed in its fold, you can well imagine what would remain of the farm: a pestilence-stricken arid ground of no consequence.

It hardly serves any useful purpose to cast aspersions upon anybody, or assign motives to whatever one says or does, for it is not given to us to read anybody's mind when we cannot read even our own. *Judge not, lest ye be judged and found wanting in the Divine Scales.*

Therefore, arraign not anybody, much less your colleagues and brothers in faith. In the case of honest differences of opinion, which sometimes may arise, try to iron them out lovingly and in private, rather than wash the dirty linen in public meetings and public places, spreading a nauseating foul smell around you. If you cannot do so between yourselves, for one reason or another, you will do well to refer the problem to the Master for solution and reconciliation of the apparently divergent views.

I, therefore, enjoin on all of you to keep loving and friendly relations among yourselves as children of the same Father, and do not do anything that may make anybody raise a pointing finger at you, and bring disrepute to the Highest Knowledge — the Science of the Beyond — which you have come by after an evolution through ages past. *Ye are the light of the world*, and hence should keep this light aloft on the hilltop so that those who see it, even from a distance, are encouraged to seek you for advice, and bless you for your sage counsel and the Master Power that helped you to it. As such, you are to help your brothers in faith, keeping them firm in their loving devotion to the Master, instead of coming in between them and the Master — for all belong to Him.

All of us are, in fact, fruit-gatherers in the vineyard of the Master. We have nothing in us to recommend us to His Grace. The puppets in a pantomime show dance not by themselves but by the wire-puller behind the screen. To assume any importance, in doing the Master's work, is not worthy of noble souls, as you are.

We are all of the Master and for the Master, but not the Master — Gurbhais and not the Guru, for Guru-Power is only in one commissioned from above. The Master knows best how to carry on the Divine Plan. Let us, therefore, submit our individual wills to His Will and not appropriate to ourselves any credit for the gifts freely and lovingly bestowed upon us by Him. After all, what is there in the conduits that simply pass on the refreshing and life-giving water that comes from the overhead reservoir (the Master Power).

The greatness of the Master is not to be judged by the strength of his following or by the outer glamor of his court. He is not after wealth, nor after name and fame, nor after the numbers that follow him. He, standing on the hilltop, knows in what hearts the fire of anguish is smouldering and, like oxygen, comes in so many diverse ways to fan the flames of loving devotion in them. So nobody should feel that he or she is indispensable and, therefore, put on airs which others may resent or cavil at. Remember that we cannot add to or detract from the glory that is His. If we can be of any service in His Cause, that may, on the contrary, be taken as a privilege coming from Him in His Grace.

In the end, I hope that every one of you, whatever your position in life, whatever your place in the administrative setup for furthering the Holy Cause, will contribute his mite, as best as possible, in a spirit of loving and selfless service, and try to enrich himself inwardly by living in peace and amity in his respective circle, radiating nothing but fragrance to all around him, as so many children in the one Grand Family of Man.

One thing more, which I cannot help but emphasize for the benefit of all the dear ones on the Path; if at all, any of you, at any time, feel that you are the most favored in divine manifestations, you should try to exercise restraint and observe decorum in society, rather than be carried

away by the emotional tide that may take you off your feet. Humility is the first and last adornment that embellishes the noble soul.

My best wishes are ever with you and nothing will give me greater pleasure than to see you all, well set on the spiritual Path, with appreciation of each other, moving shoulder to shoulder, forming one spiritual phalanx so that those who see you will admire you and get inspiration from you.

Wishing you, one and all, God-speed on the God Way
Yours affectionately,
KIRPAL SINGH

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Spiritual Elixir

Correspondence from

Master Kirpal Singh to His Initiates

Social Conduct and Ethical Life

I appreciate your selfless service for the holy cause of the Master when you are privileged to conduct *Satsangs* and convey instructions for initiation to the dear ones, under the protective guidance of the Master.

It is a rare blessing to be instrumental in the Divine Set-Up. A spirit of selflessness and self-abnegation invokes His gracious mercy and compassion in great abundance. Your reverential humility and devotion for Him will bless you with inner peace and harmony. Please convey my love to all the members in your group individually, and encourage them to write to me about their spiritual progress at regular intervals, so as to seek guidance where necessary.

The moral code of an ethical life must be strictly adhered to. A pure and chaste life is a necessary prerequisite for progress on the Path to God. These are fundamentals that allow no relaxation whatsoever. Anyone transgressing them will have to reap the fruit thereof. These words may sound stiff, but the Father does not wish His children to go astray. He has overwhelming love for them and their uplift is His foremost job.

I am glad you have a better appreciation of the value of the *Satsang* meetings, which are always inspiring, helpful and beneficial, as Master's love and grace is radiated in abundance therein, and all those present receive the Life-Impulses from the Master-Power working overhead. In group meetings, the entire congregation assimilates the overflowing grace of the Master and occasionally the

Radiant Presence of the Master is experienced by the audience. Such meetings have a deep inspiring significance and, therefore, should be cherished in all loving devotion.

It is a natural desire of an initiate to rise high in the inner planes and meet within the Radiant and Charming Master and enjoy His grace and blessings as well as the perfect peace and bliss of those regions.

Difficulties often block the Way. They must be overcome. You have a Strong One over your head. Take refuge in Him!

Why should a child ever feel shy in writing to his Father? Everyone who has learned to ride has experienced many a fall. To fall in sin is manly, but to remain there is devilish.

Please do not be disheartened. Do avoid uncongenial society and be regular and earnest in your meditation. Do your best and leave the rest to the Power overhead and do not worry. No amount of worry will help you. Let Him worry for you. You do your small part in humility.

Romantic life on the physical plane appears charming. It has its attraction, but it is debasing. It leaves behind horrible bitterness and a dislike for life. Life on the higher planes is more romantic and gives eternal peace and joy — so why lose a higher and purer thing for lower and debasing transitory things? One has, therefore, to stick to one's principles and not violate the rules of purity and ethics, and he who does this, receives all the necessary help in his efforts and is greatly benefitted.

Those who are now better situated may have been like you some time back, or even worse off. They persevered and did the right thing. It gave them strength and power. You can do likewise. It is just a matter of starting anew.

Start right now. The Master is anxious to see you progress. He wants His initiates to rise to sublime heights and have their bowls filled to the brim with the Nectar of God-consciousness.

But the bowls must first be emptied of the rubbish that they contain in order to make room for the Nectar to be put in.

Seek only that company which is helpful to you. Discard all others lovingly and un-provokingly. You will surely make progress. But remember one thing — Rome was not built in a day. It required a huge effort in toil from hundreds and thousands of people for a very long time.

Your discipline may not have to be as severe, but you cannot have what you want so easily. You must work for it. But be sure that with a little work you will get better results. The Master wants you all to develop love and humility. These must be lived with tolerance. It is regrettable that these virtues are absent in those with whom you come across. But that is no reason for anyone to go that way. Spiritual Science is very definite, and whoever, even the vilest of the vile, follows It, is changed for the better. If some people who have been put on the Way are not changed for the better, it is purely due to their fault and not that the Science is wrong.

This is the most perfect Way given out by all the Masters who came in the past. Our day-to-day life should be a living testimony of what we profess. This is the long and the short of the whole thing. Everyone must learn it and the sooner, the better. Reformers are wanted, not of others, but of themselves. It is better to see one's own faults and try to remove them than to pick holes in others.

You have asked my consent to visit India to sit at the holy Feet of the Master. How can a loving Father deny such a loving gesture for His beloved children who have

unquestionably a birth-right in this respect. The Master and His congregation would be very glad to greet you and dear—. I may, however, remind you of your spiritual obligations there in the States which you have been fortunate enough to undertake, becoming a source of inspiration for many a dear one. If you can afford to have leisure to come, you may undertake the voyage. There is no objection to it. But, please note that I am planning a world tour which may mature before long, and I will be visiting your country by next Spring, which will afford you the opportunity of travelling with me.

I will be glad to see the manuscript of your beautifully written devotional poems which you intend to compile for the welfare of the dear ones on the sacred Path and for raising funds towards the building of an *Ashram* in the States. That will, with His Grace, serve a cause and be a source of help and inspiration to many.

I quite appreciate your adoration for the Master and your anguish for mergence into His Divinity. Please relax so that the gracious Master-Power engulfs you in Its splendour and glory. Let the ego be completely annihilated and you emerge out of and above the plane of duality, forgetting all about your I-hood'. Self-denial and abnegation is another stepping-stone to the climax of Spirituality.

Be completely immersed in the sweet glory of His remembrance, altogether oblivious of the past or future. Just resign and surrender in favour of His Divine parent to the Will. The Nectar of Life needs a most trans-receptacle, to be poured into, for distributing thirsty children.

You need not worry about the opinions of others. Views based upon one's own testimony are the best. Every person receives help according to his individual receptivity. All are on the way to Perfection. All that

each dear one has to do is to carry on with meditations regularly, with love, faith and devotion, and to develop from day to day. All necessary help is extended from the Master-Power within and without.

Attendance at the *Satsang* is a very helpful factor for one's spiritual progress. The organizers along with the labourers in the field should always consider that the *Satsang* is that of the Master and offer their loving service and co-operation however small, to add to the tranquility and congeniality of the *Satsang*. I will be very happy to see love and sweet co-operation between the children of the same Father on the Road to the same Godhood.

Humanity has always been on trial. The human body is a precious asset granted by Providence in the ascending scale of evolution. *Thy days are numbered* is a positive truth. Those who earnestly work toward Spiritual Perfection, under the protective guidance of the Master, utilize their tenure on earth to the best advantage, which results in their eventual Liberation from the Wheel of Life. A liberated soul becomes a source of help as well as inspiration to others who cross his or her path. Although the tide of destruction is on the increase and all of humanity is overtaken with the fear of annihilation from the destructive weapons, yet the benign Master-Power controlling the destiny of child humanity is always exercising His gracious protection. It is an age of prosperity, and spiritual grace is being extended to all, irrespective of colour, class or creed.

I appreciate your precious efforts in becoming instrumental in the Divine Set Up. It is a rare blessing to be chosen for such a holy cause when you bring back the dreary and forlorn to the Living Master for their spiritual liberation from the Wheel of Life. Your combined and co-operative efforts in this cause will bring life and light

to many a dear one awaiting their turn. It is a reward in itself and it is the climax of Divine grace.

No doubt hard and difficult times await us. But those who are living chaste lives and remain devoted to the Master and to God, will pass through them unscathed.

All initiates are on the Way. Some have developed more than others, so some may have more faults and failings than the others. We have to hate the sin and love the sinner. Those who are doing the Master's work in helping others to find a Way back, need and command our help and more tolerance. Example is better than precept.

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.

When a disciple, having found a True Master, has developed such absolute love for Him and steadily purifies himself, he becomes a recipient of Divine grace. I wish all disciples to meet God in this life. Keep the physical body pure by keeping all outgoing faculties pure. Follow the teachings of Masters and meditate faithfully. Learn self control, train your desires, be pure and be active. But let that activity be dedicated to God and God-Power working through Master.

To *forgive and forget* is what one must practise in thoughts, words and in deeds so that they may become a part and parcel of daily living from day to day. Love knows no criticism, no imposition, no boasting, no reflection on other's shortcomings, but works in a constructive way to cement all in one loving fold of the Master. Love beautifies everything.

Do not concern yourself with the fruits of your deeds. Leave that to the Master. Make your love for Him so

complete that, beholding His Hand in everything, you may rise above all feelings of enmity, rivalry and resentment.

See Him present in every experience and remember He is always with you, ready to assist whenever you turn your thoughts to Him.

And above all, remember He is not to be won by words, but by deeds — *If you love me, keep my commandments.*

If you can do this; if you can conquer the self and surrender it at the Feet of the Master, you can learn to see Him working through all things.

If you can accept the fact of your own limited vision; if you can undertake a ceaseless and zealous watch over your thoughts and deeds, weeding out all evil and all imperfection, you shall not only win Salvation for yourself, but you will be an example for others to do likewise.

Your example will shine like a torch in the darkness and men, even those who may first oppose you, will turn to you for guidance and help.

You will find a new sense of peace surging through you, a peace that does not depend on the absence of outer disturbances, but is an inner state of mind that stands unshaken even in the most tempting situations. And the same quality shall enter not only your individual life, but the larger life of the great spiritual movement of which you are a part.

It is so good that you enjoy the *Satsangs* and that the dear ones help you with transportation. It is a rare bliss to be amidst the sacred circle of devoted disciples of the Master where loving devotion for His Holy Feet is fostered with His grace.

We must reform ourselves before we can reform others, but unfortunately, we are always anxious to reform others. We should weed out all imperfections, one by one, by self-introspection and this will bring peace all around. Love beautifies everything and if we learn to love everyone, all our imperfections can be washed away, especially by loving kind words.

If two drunkards can sit together in a tavern, why can't two devotees of God and Master sit together in love for each other? If we find this difficult, it is because we have not yet tasted the exhilarating elixir of Divine Love. The reading of the scriptures and the wisdom given out by the Masters cannot give us an ounce of love for God or man. The food that is digested will give you strength and that which is not digested, will result in indigestion, leading to diverse ailments. We know so much about scriptures and the wisdom given to us by our Masters, but we have not made that a part and parcel of our living, with the result that may better be seen than described. Individual failures do retard our progress and also defame the cause of the Masters by setting a bad example to others.

A disciple's foremost job is to develop spiritually and be with his or her Master. An overwhelming and prayerful desire when aroused in an initiate, bears fruit. The *Satsang* meetings are places where His grace blooms to saturate the participants through and through.

It is a serene attitude that you have compassion for the down-trodden, but you should not worry or try to reform them, as their outlook is limited and they cannot comprehend your helping attitude. The Law of *Karma* is inexorable and everybody will have his or her turn in due course to be benefitted spiritually through the gracious Master-Power working overhead. The maximum you should do is to point out to them that they can benefit

from *Satsang* and the Living Master. The rest is for them to follow. The ready ones will come up with His grace.

Selfless service is a great virtue and accordingly means some extra labour and sacrifice. It is the manifestation of love and goodness. Mind and body become sanctified through selfless service, provided it is undertaken without ego or vanity. Love knows service and sacrifice. A humble person knows best how to serve the holy cause, under the protective guidance of the Living Master. The climax of selfless service is the annihilation of the ego, considering oneself to be a humble servant of the Lord-Master, entrusted with certain duties to be carried out through him or her and deeming it to be a fortune of the highest order.

The Path of the Masters is not a path of blind faith, but one of seeing things for oneself. The souls who are ready will be drawn to the holy Path. To those who are already on the Way, *Satsang* is important and is an aid for receiving and enjoying the loving grace of the Master.

Remembrance of God is the main thing before us to find the way to Him. The purpose of all devotional exercises, places of worship and pilgrimages is the same. The human body is the veritable temple of God.

When the disciple lives an ethical life, this provides a fertile ground for the spiritual seed to grow quickly. All children are equally dear to the Master and He wants them to blossom into beautiful, loving flowers emitting the deep fragrance of God's love. And Master's love for His children surpasses all things whether they are jewelry, gold or pearls. He wants His children to receive such gifts of a spiritual nature, so that by comparison the millions of other gifts made of gold and diamonds just fade into insignificance.

It is His rare Divine grace that you are blessed with the great boon of right understanding so that you see everything in its right perspective. The gracious protection being extended to you by the rare presence of the Master and His Master within the eye focus is the climax of Divine grace. He is invariably with you and you are fortunate in bearing testimony for sacred Truth.

The diary is planned to be a personal thing for the information of the Master and a helpful and sweet reminder for the initiate not to deflect from the right Path, and also to help him to progress from day to day by improving, and if there is no improvement, to ponder and reflect why this is so. It is a very useful thing.

A spiritually developed person would be obliged to be more sober and tolerant in his dealings as he is enriched with the firm conviction of the temporary aspects of this world and knows that he is bound for his holy voyage to the True Home of the Father.

God is Love and Master is Love Personified, and anyone coming His way is blessed with His loving care and guidance. You are fortunate enough to bear testimony to this Truth and may in turn prove helpful to the weary and forlorn souls struggling hard for emancipation.

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 to act lovingly.

I am glad to know you are enjoying success in holding the *Satsang*. It is a service of the highest order and fortunate are the chosen few who are made instrumental in the Divine Set-Up for bearing the Torch. You may rest assured that the more you will be reposing your efforts in Him with deep faith and humility, more of serene bliss

and harmony will fall to your lot. The sacred importance of the holy meditations and complete surrender to the Master-Power should be stressed on the initiates.

You say disciples are very important people to you. This is natural. There is an affinity between travellers on the same road, and more so in the case of initiates as they walk on the holy Path. They are destined to go to the same place, which is their True Home.

I find you heard Billy Graham's message of — '*love your neighbour.*' It is good. All initiates have been put on the practical path to achieve what he said- 'love comes from within.' You are on the Way. The more the initiates progress inwardly, the more they will develop love for their neighbour and for everyone else.

Floods or no floods, an initiate's way is clear. He goes on peacefully, his work undisturbed, because of inner comfort and the Master-Power working overhead. The help in such cases can only be extended by the Master. He has His own way of doing His work. The disciple's benefit is always foremost to Him.

I expect everyone to behave lovingly and to be tolerant and to exhibit in all matters a spirit of humility and self-discipline. It will give them serenity and peace. The teachings of the Masters are based on plain and simple Truth and Love. It may be lived and enjoyed.

How the Master does wish everyone to come up to Him within so that they may have a glimpse of True Peace and Tranquility, and to enjoy in ever increasing measure His loving grace and blessings.

I am sorry for the family disruption caused by a misunderstanding on the part of your dear mother and dear husband. Such things do happen sometimes for testing the integrity of spiritual aspirants. I appreciate

your calm attitude in the face of provocation which will have a salutary effect on their strained nerves. The golden principle to be applied in such a situation is to leave the place and allow the atmosphere to become more favourable for weighing the sequences and the consequences. A tumbler full of cold water when taken very often helps to bring down the temper and should be resorted to and astute silence be observed. This is a tried medicine for your guidance, which may be communicated to both of them.

No initiate should worry about his or her past life nor be anxious about the future. The present is in their hands and they should make the most of it. Their action lies in kind thoughts, kind acts and kind deeds. The more they live up to the teachings of the Masters, the more they will be given the treasures of Divinity.

Love is the only remedy for the discord of which you write. Love is the beginning and the end of Spirituality. Love knows selfless service, sacrifice and self-surrender. Let no one interested in spiritual advancement perform such selfless service for the sake of appreciation. Selfless service is a great reward in itself. Love, such as the Masters speak of, is a Love that must be completely purified of the self. The seeker who, having found a True Master, has developed such absolute love for Him, steadily purifies himself of all imperfections and makes himself a fit recipient of Divine grace.

Without absolute surrender of all traces of *ego* and selfhood, the disciple cannot attain that unwavering concentration of all one's faculties which is the prerequisite of inner progress.

Besides, the goal of the spiritual aspirant lies far beyond the limits of individuality. His goal is union with the Absolute and such union must necessarily be a denial of the limits that separate us from each other.

He who cannot rise above the ego, the faculty which creates these very limits, cannot hope to attain that station which is the denial of all individuality and a realization of the oneness of all life.

Such love and self-surrender to the Will of the Lord embodied in the Master, has been the keystone of the teachings of all mystics and especially so of the *Sant Mat*. Your main task as a disciple and as an initiate is to cultivate these qualities to the very utmost and leave the rest to the Master.

The Master always teaches love and tolerance, kind words and kind thoughts. Kind deeds cost nothing, but they create a potential energy which blesses every one coming in contact with the dear One. To help one in need is the ethical part of one's life and should be adhered to whenever possible.

Satsang is a great factor in helping the disciple toward the spiritual Goal. Here one may imbibe the sacred teachings in their right perspective. *Satsang* also fosters inner devotion for the gracious Master-Power working overhead. Besides you will be able to enjoy the rare and loving life-impulse radiated in such holy congregations by the Master-power for the spiritual benefit of the dear ones.

We often have to face the ridicule of our fellowmen and the organized opposition of orthodox institutions. But if we have anchored ourselves in such a love of complete self-surrender, nothing can disturb the peace of our minds or distract the spiritual harmony that is ours. Initially perhaps, it is easier in the East to take to the mystic path than it is in the West. There is in India, for example, a longstanding tradition of seeking and following a Living Master; a tradition that is foreign to those to whom religion has been taught in terms of a closed revelation.

Nevertheless, this initial advantage is not as great as it might first appear, for the essential advantage in the field of spirituality is to be found not without but within. It lies not in the absence of outer opposition but in one's inner capacity for complete self-surrender and love; and outward obstacles may, in fact, act as tests and stimuli for the development of this capacity. This ability to conquer the ego and to submit oneself to the higher Will is as rare in the East as in the West, and wherever it can be found, there you will observe the true grand-mark of spirituality.

The more one aspires to weed out the imperfections by daily introspection, the more of serene bliss and grace come from above. Patience and selflessness are ennobling virtues. Right understanding is the basis of all happiness.

The Master's strong and protective arms and His loving vigilant eyes are always on His fold. He is for their progress.

When outer difficulties seem hard, His inner grace increases. If someone says something unpleasant about you, consider it calmly. If what has been said is correct, partly or in the main, try to remove those defects and thank the person for his kindness in pointing out those truths. If, on the other hand, those things are incorrect, accept the fact that the person is not fully informed and has spoken through a misconception. Excuse him for it and forget it. Should an opportunity occur to remove this misunderstanding, remove it lovingly and with an open heart. This will hasten spiritual progress and help to clean the vessel which is destined to be filled with the ever-ready and over-flowing grace of the Master.

Changing over from material to spiritual man is the most difficult part of Spirituality and when you learn to perfect yourself in that field, then God-realization is not difficult.

Let your love for the Master be absolute and your obedience to His wishes uncompromising. Work lovingly for His holy cause to the best of your ability.

This then is the task before you if you aspire for spiritual Salvation. Do not lose a moment in seeking to reform yourself.

Inner loving devotion and deep faith help the disciple to achieve Divine bliss and harmony from Beyond.

Spirituality means over-all development and gratitude and prayer are akin. Implicit obedience and reverential humility are two of the most helpful factors in spiritual progress.

Satsangs should not be used as a debating club. Initiates are advised to avoid any controversial type of questions. It, however, does not prohibit the privilege of elucidation on any particular point regarding the holy Path if such is asked for. All criticism or open discussions, as well as showing one low and another high, should be politely avoided.

I have noted your remarks in regard to your dear husband. He is so dear to me and I wish him all spiritual success. Your attitude toward him should be one of service and kindness. You must not lose your temper, but be patient and considerate. All spiritual aspirants should inculcate and exhibit rare tolerance and humility in their behaviour so that others may know that you belong to the Living Master. The balanced mind never becomes irritated or annoyed at the slightest provocation. One learns swimming in water and our daily living should be fashioned in such a manner that we make it a point to learn something new every day. Patience, humility and a sense of self-abnegation are the ennobling virtues which should figure prominently in the lives of the initiates. You will progress in this field in due course.

A True Master always insists on maintaining a record of daily lapses in thought, word and deed, from non-injury, truth, chastity, universal love and selfless service. Of all the five cardinal virtues that pave the way for Spirituality, it is only the knowledge of our faults that can make us weed out the same, and strive in the right direction.

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

Make love and self-surrender the corner-stones of your life. Do this and you will find your life becoming daily a blessing.

The Path is straight, narrow, difficult-very difficult and exacting, but for one who is truly living, every help is promised to achieve the Goal.

The difficulties in ethical living should be weeded out by careful vigilance, and by inculcating a deep desire for the corresponding virtues with patience and fortitude.

Please also avoid looking into the eyes of the opposite sex. A truly humble and obedient spiritual aspirant will tide over the situation by reposing his or her efforts in the gracious Master-Power working overhead.

Always seek His Divine guidance by invoking His mercy in humble supplication and inner intense longing for His darshan.

We must constantly remember that our aim is God. And we must not be concerned with anything that makes us forget Him.

Our whole life must be built upon love and humility which are inseparable. If we make any spiritual progress, we must guard against pride.

Instead of looking down upon our fellow-beings we must thank God for His grace and repay it by humbly helping our brethren in their material and spiritual need. If there are those who do not understand or who do not wish to understand the Truth, we must not feel irritated with them. They are all God's children as we are and must be won over by love and persuasion.

Service is considered an ornament to a beautiful person that adorns and elevates his or her soul to become a clean vessel for His grace. Service of any type granted at the holy Feet of the Master is beneficial and should be cherished as whatever one does must bring its fruit in accordance with the *Law of Karma*.

The secret of selfless service is to deny the reward or recognition of any type and on the contrary consider one's self as a humble instrument in the Divine hands which are the sustainers and protectors of all. All credit goes to the Master, yet the media of love are blessed with the superb Divine intoxication which is of supreme magnitude.

Happiness is the willing adjustment of ourselves to our environment. If you could devote time to spiritual practices at stated hours, it would be better. But you should be sure that no day goes by without it.

The best way to have a calm atmosphere is to work amicably. You should remain devoted and loving to your husband always. Love begets love. In this way, your husband will become a helping factor in all your affairs.

I know the initiates abroad are anxious to see me in person, and I also long to be amidst them. You can well

imagine how happy and jolly a father would feel amidst his sons and daughters who are all loving and amiable.

I would, therefore, suggest that by the time I make a trip to America, all initiates, including leaders and representatives, make a special effort to live a pure, Christly and Master-like life as is possible so that all initiates will stand out amongst other men and women shining with love in full bloom, and drenched in the sweet remembrance of the Lord.

Honesty, strength, courage and kindness are the rare virtues and may prove very useful for spiritual development provided these are used properly in your daily life. I am pleased to know that you have given up the habit of smoking. The observance of strict dietary regulations is very essential for steady progress on the holy Path and any transgression is liable to affect your progress. These rules should never be violated even for the consideration of guests.

Satsang is a great helping factor. The disciple imbibes the sacred teachings in their proper perspective and it fosters inner loving devotion for the gracious Master-Power working overhead. Besides, you will be able to enjoy the overwhelming radiation from the Master-Power in such a holy congregation.

I appreciate your deep gratitude and loving adoration for the gracious Master-Power through whose grace you have been blessed with the holy boon of initiation into the mysteries of the Beyond.

Man is the highest in all creation. Those who love God, should love all of His creation. He is immanent in every form. There are sermons in stones and books in rivulets. We should live in fellowship with all creatures and with all life. All *Rishis* and Saints had the vision of cosmic unity and loved Nature. Nanak tells us:

*The whole creation is the house of God and
He resideth in it.*

You should become a source of help and inspiration to your less gifted brethren who may better their lot by following your example. Please note-an ounce of practice is better than tons of theory. The world is fed up with preachings and the child humanity is looking urgently for Life and Light. You can be the harbinger of peace and prosperity by living a life as enjoined by the Master. One developed soul will be helpful to many others. Spirituality cannot be taught, it must be caught like an infection which is passed on to others, who are receptive.

Love and all things shall be added unto you. First of all, *Satsang* is connecting of soul with God and getting absorbed in Him. Then comes the *Satsang* presided over by the Master, who is Word-made flesh. In the absence of this all brothers and sisters should sit together in meditation and in sweet remembrance of the Master and God.

The *Satsang* receives the grace of the Master if it is conducted selflessly and with loving devotion to the Master. If it is considered to be anyone's 'personal' *Satsang*, it will lose all the grace of the Master.

I am glad that you attend the group meetings every month and help the holy cause. One receives loving life-impulses from the charged atmosphere of the holy congregations. I appreciate your commendations for the great cause and the gracious Master who has done you substantial good during the past ten years. His grace is eternal, and fortunate are the selected few who bear testimony and are grateful.

I have appreciation for the loving service that you all are doing for the cause of the Master in helping all the

struggling humanity tread on the Path. This is the highest service that one can do for mankind and is in fact a service of the Lord Himself.

It is a rare privilege to gather together in His name to invoke His gracious mercy and to imbibe the sacred teachings.

The basis for perfect harmony and happiness is the right understanding which is the gracious gift of Master-Power; and we should consider ourselves to be the true brothers in faith working simultaneously for our mutual emancipation under the protective guidance of the Living Master.

Trustworthiness and tolerance bring loving cooperation, and selfless efforts bless the child disciple with reverent humility which is the most helpful factor on the holy Path.

You may put in regular hours for your business and consider it as a sacred duty to the Master. All gracious help and guidance will be forthcoming from above. *Satsang* is a sacred arena where spiritual stalwarts are built. Here overwhelming loving life impulses are radiated by the gracious Master-Power for the spiritual benefit of all those attending these holy congregations.

While we are walking on the path of righteousness, we discover that we are far from being Perfect. Perfection comes slowly and requires the hand of time. It does not matter to what faith one belongs, so long as we love God and our fellow-men, for our passport to the Kingdom of God is the love we have in our hearts. If we are students of psychology or metaphysics and are well versed in the laws of mind, and lack love and compassion for our fellow-men, we are outside the Kingdom of God. It is what we are that opens the door of our soul to God and makes us His channel of blessing to help others.

Some people hope for a heaven in far distant skies, but heaven is a state of consciousness in this life. If we aspire to live and love divinely, we are already citizens of the heaven to come in the hereafter. For the Kingdom of God is a state of consciousness wherein we worship God with all our heart, and with all our mind and with all our strength and love our neighbour as ourselves.

Religion is, therefore, a matter between soul and God, and all other forms of worship and religious observations are in vain unless we enthrone Divine love in our hearts. It is the temple of the heart in which we always keep the Light of Truth and Love burning.

Ever since the world began, there has been eternal warfare between the forces of evil and the forces of righteousness.

We have been put on the way to God because of our love for God.

I am happy to know your dear children are growing in love and wisdom with the grace of the Master. The gracious Master-Power extends equal loving grace and protection for the blood and near relatives of the initiates.

Satsang is a great helping factor. There you imbibe the sacred teachings in their right perspective and gain inner devotion for a higher spiritual life. It is during these serene moments of bliss and harmony that you are near the fountain-head of Divinity and can assimilate the loving life-impulses radiated by the gracious Master-Power for His children.

I am happy to know that the *Satsang* is growing. This is all with the grace of the Master. Please continue working selflessly, and as you do, more Divine inspiration and grace will be forthcoming from above.

Karmas 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 own destiny. In brief, *selfless-devotion* to duty is the keynote to success on the path of action.

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

Love knows selfless service, sacrifice and self-surrender. Let no one interested in spiritual advancement perform service for the sake of appreciation. Selfless service is a great reward in itself.

I am glad the *Satsang* is growing and the recorded talks played on the tape-recorder are being heard with such pleasure.

It is indeed heartening to find that the sincere yearners are flocking to the Holy Fold, and your selfless efforts are appreciated.

Your loving testimony for the gracious Master-Power in the holy congregations is notable. It is the work of the Lord and the faithful initiates find it possible to enjoy His grace in increasing measure. Your efforts will invoke His grace in increasing measure and many dear ones awaiting their turn will come to share the Divine grace.

Your loving efforts in *Satsang* will enable many world-weary and forlorn children to find their way back to the True Home of their Father under the guided protection of the Living Master. It is a service of the highest order and fortunate are the chosen few who are made instrumental

in the Divine Set-Up. You will be able to liberate many aspiring souls from the Wheel.

I am glad to find that you had a beautiful and harmonious *Satsang* meeting, where the whole atmosphere was charged with the overwhelming love and grace of the Master-Power.

The Father is always pleased to see the loving children putting their heads together for the holy cause, and He radiates His loving Life Impulses for the spiritual benefit of the dear ones.

Your deep gratitude for the manifold blessings from the gracious Master-Power are notable. It is the first step towards Divine grace which is extended in ever increasing abundance to the child disciple.

Those awake to this sublime truth enrich their lives and become a source of inspiration to others.

I am glad to find that you welcome the dear ones who meet together at your home for holy meditations. It is a reward in itself. The very place becomes sanctified where dear initiates sit in holy meditation. It is the climax of Divine grace when the loving children put their heads together for the holy cause, which in turn reflects on the organization as a whole.

Keeping a daily record or diary is the best method to become conscious of one's shortcomings and errors. Eradicate and uproot them and plan future progress.

Without such Self-analysis and Self-criticism, no real advancement is possible.

It is true that without an ethical background, there can be no spiritual headway. Whosoever keeps to these principles has a possibility of spiritual growth, no matter

whether he is rich or poor. The rich people, however, derive such benefits in a much lesser degree than the others.

Yes, you are correct, all efforts made by the disciple to efface the personal 'I' are in the right direction, because elimination of the ego is the only means of liberation from the unending cycle of births and deaths.

It is good that the *Satsang* meetings are so harmonious and lovely, though not too large in attendance.

Please stress to the dear ones the importance of regular attendance at *Satsang* and of the holy meditations which carry a deep significance.

Increasing contacts within and the peace-giving strains of holy Music and Divine Light are the only effective remedies for the horrible dangers and anxieties that are facing humanity due to the invention of greatly advanced weapons of destruction.

Fortunate are the selected few who have been blessed with the sacred boon of holy initiation into the mysteries of the Beyond.

It is now up to them to make hay while the sun shines. It is in their own best interest to continue on lovingly and to make progress from day to day.

My advice is from this day on to make love and self-surrender the corner-stones of your life. If you do this, you will find your life becoming daily a blessing.

You must endeavour to cultivate a large capacity for self-surrender to and love for the Master if you wish to make substantial progress in the spiritual field. I have said many times, the Path is not easy. You must crucify your

ego and lay your selfhood at the altar of love for your Master.

I am glad you love the Master. God is Love and Master is Love Personified. He emits rays of love to be attuned to by those on the way as well as to others who are struggling to find God. Happy and fortunate are those whose vessel is cleansed and are ready to receive the sweet Nectar of Master's Grace.

There is only one remedy for all discord and inharmony and that is Love. He who has not mastered its secret, can never hope to be received in the court of the Lord.

It is the beginning and the end of Spirituality. He who understands Love and its true nature and who lives and moves by its light, shall, as two added to two make four, attain the Lord.

Yes, it is well to help others and do the best for them, but do not be concerned with the fruits of what you do. That is something that you must leave to the Master. Make your love for Him so complete that, beholding His hand in everything, you rise above all feelings of enmity, rivalry and resentment.

See Him present in all and remember that He is always with you, ready to assist whenever you turn your thoughts to Him. And above all, do not forget that He is to be won, not by words but by deeds.

If you love me, keep my commandments.

If you can do this; if you can conquer the self and surrender it at the Feet of the Master; if you can learn to see Him working through all things; if you can accept the fact of your own limited vision; if you can undertake a ceaseless and zealous watch over your thoughts and deeds, weeding out all evils and imperfections, you shall

not only win Salvation yourself but enable others to do likewise.

I am glad to find that you are serving the holy cause by conveying the Gospel of Love and Truth to the hungry child humanity. A compassionate attitude for the sufferings of humanity cleanses the inner dross of the mind, and one becomes more receptive to the incessant grace flowing from the gracious Master-Power.

It always pays to radiate love, compassion, mercy and forbearance. By love serve one another so that others may know and see for themselves that you belong to the Living Master who has opened the Divine Gates of Divinity within for proceeding back to your True Home.

Spirituality is not an expression of any particular faith. It is of no consequence as to what faith you profess. Let us all join the army of God, and the qualification for joining is righteousness, which consists of kind thoughts, kind words and kind deeds.

I wish everyone to live a clean and pure life and rise above in the higher planes and enjoy the security and calmness, both inner and outer, during the sojourn here and to eventually reach one's True Eternal Home.

To expect that after initiation the affairs of the world would so change that bitter things will never come your way, is a mistaken idea. Ups and downs do come here as a result of the reactions of one's own doings. They have to be faced and squared up. If we were to run away from them, the debts will remain unliquidated.

When something is to be given, it is always better to give it and be free. The way that the Master has given, works both ways. It gives progress within, which strengthens one's powers of tolerance and humility to face trials and

tribulations with equanimity, while severity and duration of such hardships are toned down considerably.

One should, therefore, lead a life that the Master wants him to live and be regular in his meditations with loving faith and devotion. If one is to be influenced by anything, let the good in others influence him, for nothing else should.

Married life is no bar to Spirituality, if lived according to the ethical code laid down in the scriptures. A chaste life in husband and wife is a source of health, vigour and energy to them. Master-Power is always with you, working overhead, extending all feasible love and protection. A loving father would not like to see his child remain in the cradle forever, but would be happy to see the child stand up and walk and will surely offer his hand to the child in his efforts to stand up and walk. My love goes to you. Rest assured.

The disciple reaches his final Goal in proportion to his own integrity, loyalty and devotion to Master.

If you aspire for spiritual Salvation, do not lose a moment in seeking to reform yourself. This is the task before you.

Let your love for the Master be absolute and your obedience to His wishes be uncompromising. Work for His cause to the best of your ability, but do not let the individuality of your limited vision inculcate feelings of opposition and resentment for your companions or your friends.

So long as one has not attained universal consciousness, differences of opinion are bound to exist. But if one understands their cause, one will not allow them to disturb one's peace of mind.

Whatever the outer opposition, whatever the opinions of others, if one has surrendered oneself completely to one's love for the Master, then nothing can ever disturb one's equanimity or obstruct one's spiritual course.

He who is upset by what others have to say is without question one who is still controlled by the ego and has yet to conquer his self. He has yet to learn the rudiments of Spirituality. Let me, therefore, command you as a father, exhort you as a teacher, persuade you as a friend, to turn to the reformation and the conquest of the 'self' if you seek to progress on the inner Path.

Let your effort be an effortless effort and devote time in a loving way, reposing your hopes in the Master-power overhead.

The diary is meant for one's personal use and helps to bring out many of the hidden underlying weaknesses to the surface so that one may begin to see them and try to remove them one by one, and with their removal life becomes pleasant and spiritual progress is accelerated.

I am glad to find that you have benefitted immensely from the august physical presence of the Master during my recent foreign tour. Loving humility coupled with complete surrender are the ennobling virtues for imbibing the sacred teachings in the right perspective.

Implicit obedience for the holy Commandments grants ineffable joy within which furthermore multiplies in great abundance when assimilated with care and caution.

A true disciple revels in inner bliss-giving silence and has great tolerance and moderation in all things.

The Father is always pleased to see the loving children putting their heads together for the holy cause.

The gracious Master-Power is always looking after the truly sincere and yearning souls to be found and brought to the holy Path.

The spiritual aspirants need to inculcate and exhibit rare tolerance and loving co-operation in their families. You should be more respectful and devoted to your dear husband, in the larger interests of your spiritual progress.

Do not bother about petty resentments which others may profess due to their short-sightedness and inability to understand these sacred teachings. You are to be lovingly and sincerely devoted to bring them home the rare Truth, then it is up to them to acknowledge its worth and beauty.

The *Naam*, the *Sat Naam*, the Eternal Word is imminent in every form. He is in the poor, the rich and the outcast. We are all brothers in God and world brotherhood is the crying need of the day.

True religion is the expression of the Divinity already existing in man. Nor is true religion to be found in rites or ceremonies, nor in creeds or forms. It is Life. It is the mingling of the soul with the Great Life. It is not shut up in temples, but exists in love for all. Love knows service and sacrifice. There is no place where God is not, but you will not find Him in the gorgeous temples made of marble and stone. You will find Him in the tears of the poor and the lost.

True happiness lies in giving to others, not in self-seeking. We should not be worshippers of the God of conventions. We should raise our moral aspirations to the highest extent and realize in our own self — God. God pervades throughout the universe but can be contacted only by transcending limitations of the senses.

Try to study the book of Life — our very Self. Let us be careful not to confound the religions with creeds and forms. We should realize that the things which are seen are temporal, but the things which are unseen are eternal and that is the underlying unity of all religions.

Wherever he may be, man must strive for nobility of character, self-control and purity of heart. Purity in thought, word and deed is essential. An ethical life is a stepping stone to Spirituality. Spirituality however, is not just ethical living. This must always be borne in mind.

We must constantly remember that our aim is God, and we must not be concerned with anything that makes us forget this Goal. We must be above party-spirit and avoid party-factions. Our whole life must be built upon love and humility which are inseparable. If we make any spiritual progress, we must guard against pride. Instead of looking down upon our fellow-beings, we must thank God for His grace and repay it by humbly helping our brethren in their material and spiritual need. If there are those who do not understand or who do not wish to understand Truth, we must not feel irritated with them.

They are as much God's children as we are and must be won over by love and persuasion. We are all labourers in the vineyard of God.

I appreciate your loving thoughtfulness in serving the holy cause in a spirit of complete self-abnegation. Love is the supreme law with the Masters. Love knows service and sacrifice. Those who sacrifice their lives at the altar of Love are blessed with infinite bliss and harmony. Love begets love. Loving faith and loving devotion for the gracious Master-Power are the central theme of the sacred teachings of the Masters.

Your loving imploration for the sacred boon of love is auspicious. Such a humble supplication is sure to be

granted and you will be blessed with this priceless boon of love.

Love is a kind emotion lying latent in the human heart. It is the innate impulse of the soul and is kindled in the august association of the Master. It is the fulfilment of Divine Law. It is a positive force of sanctifying grandeur which, when harnessed carefully under the competent guidance of the Master, ensures complete salvation and liberation of the soul. It grants emancipation while living this earth life with the grace of the Master. It is the manifestation of goodness irrespective of reciprocity or reward.

I will be happy to see you all love one another, have confidence in one another and pool your efforts for the holy cause of the Master. No loving sacrifice would be too great for the noble cause of the Master. Let our actions be guided by this principle.

Love begets love and love beautifies everything. This Divine quality when developed works smoothly in harmony and peace, and will help in understanding one another. I have love for you all. I wish all the brothers could be more peaceful and would co-operate one with the other. We are all working for the one cause and we should be weaving the strands of love into all our affairs, so that others may be attracted by our perfect life.

When one firmly grasps the one end of Truth by self-introspection, say for instance, Sound listening at any time as ever present, non-ceasing, etc., anywhere, he will have positive conviction of the Path of Truth.

The same is the case with inner Light which comes from the Kingdom of God. The Science is natural and not man-made. It is verifiable. It is not a matter of feelings or inferences. It is one of seeing and hearing. Those who have eyes may see and those who have ears may hear.

With inner experience of self, you will find yourself like a rock immovable by a mere deluge of words from others. For feelings, emotions and inferences are likely to waver, but actually seeing is above all. With self-experience of *seeing*, you grasp the Science of Nature fully and can explain lovingly to all what is true.

I have read about your finances which were set right by the overwhelming grace of the Master-Power who blesses the child disciple in all spheres of life. But speculation or gambling is a great sin and as such spiritual aspirants are warned not to indulge in it, in the larger interests of their spiritual progress.

I would like to sow the seeds of love in your hearts so that the feeling of love is brought to all, among all nations, creeds, sects and castes of the world. All Saints preached the same —

Love and all things shall be added unto you.

If we wish to love God truly in the most practical way, we must love our fellow-beings. We must love others as we do our dear ones. We should be happy in the happiness of others and suffer in the sufferings of others. We should endure all that comes cheerfully, accepting His Will, and never hurt or harm any of His beings. You should know that to love God, we must live for God and die for God.

Satsang is the central theme of the sacred teachings and I always impress upon the dear ones here and abroad not to miss it, as it is during these precious moments when you are near the fountainhead of bliss and immortality, that you grasp the true import of the teachings and assimilate the rare virtues of godliness, by sitting in the charged atmosphere which is filled with His loving life-impulses.

Satsang is the sacred arena where spiritual stalwarts are built. It is the pool of Nectar which grants blissful God-intoxication and where all differences of caste, creed or country sink down to their lowest ebb.

We are all brothers and sisters in God and should attain this Divine virtue of common brotherhood of man and fatherhood of God. Love one another faithfully and devotedly so that others may know and see for themselves that you belong to the Living Master.

Remember, actions speak more clearly than eloquent words spoken under emotional impulses. Try to live like a fragrant flower which blooms in a forest and fills the atmosphere with its rich fragrance. You should know it for certain that you are Divine in all respects and are the master of your destiny which is full of higher potentialities. You are simply to try to change for the better and then firmly stick to your resolutions. All else is to follow of itself, as the gracious Master-Power is at your side to extend all feasible help, grace and protection.

We cannot win God either by flattery or by vain repetitions, nor does He stand to gain or lose anything whether we offer prayers or not. Compassionate as He is, His grace is always at work in each and all alike, for we cannot live without it. We can, however, attract that grace to our advantage by becoming a fit receptacle for it.

Humility and faith purify the mind and make it a fitting instrument for God's grace. These two aids help in inverting the lotus of the mind which, at present, is attuned with the senses. Unless we are able to turn its direction upwards, God's grace cannot directly flow into it. Prayers, humble and sincere, help in establishing a harmony between man's mind and God's grace. All that is required is a loving and pure heart attuned to His grace and the latter is automatically attracted to it. Prayer has in it a great dynamic force. It strengthens and prepares a

person to face and fight the battle of life fearlessly and successfully. It is in fact the only panacea for all types of ills. It is the key that unlocks the Kingdom of Heaven.

After initiation by a Competent Master the disciple is assured of going on to his True Home. Those who after initiation fall back to sin and to an evil life and remain attached to the world, will have to be incarnated again as a man or as a woman and then continue their progress on the Path. Those who have a deep love for and faith in the Master and are progressing and have given up all attachment for the world, will not be incarnated as a man or woman. They are placed in the lower planes inside where with the help of the Master they may progress on and eventually reach their True Home. Usually, an ordinary initiate would take four births to complete his course, but it can be shortened even to one birth according to the disciple's love and faith and obedience to the Master.