

**EXCERPTS FROM LETTERS
OF**



MASTER KIRPAL SINGH JI

**TO HIS INITIATES
IN THE NEW YORK CITY AREA**

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PART ONE

The precious gifts of initiation should be developed from day to day by regular, faithful and accurate meditation.

Satsang is a great helping factor for imbibing the teachings in their right perspective and fostering inner devotion. Besides you will be able to enjoy the overwhelming bliss from the charged atmosphere wherein loving life impulses are radiated by the gracious Master Power for the spiritual benefit of the dear ones.

Please be lovingly and regularly devoted to your meditations with deep faith and sacred earnestness. Master Power working constantly overhead will be extending all feasible help, grace and protection.

I am happy that you are attending all meetings of Ruhani Satsang. These meetings provide a fence for holy meditations and are conducive to rapid progress on the spiritual path.

I observe from your spiritual diaries that you are not devoting sufficient time to meditations. Please try to increase the time for meditations so as to come to the target of two hours daily to ensure rapid progress. Please don't get impatient or discouraged so soon and sit in meditations for longer spells to attain better results.

It is only when you have progressed on the spiritual path sufficiently and come face to face with the Radiant Form of the Master that you can talk to Him about all your affairs and get His Supreme Guidance direct.

* * *

The short meditations can be stretched to the target periods by earnest and steadfast efforts. For evading sleep during meditations, you should resort to some such tune when you are quite fresh, buoyant and wide awake after your normal sleep and rest. Besides you should keep your inner gaze fixed in the middle of inner divine light, and continue repeating charged names, mentally, very, very slowly, may be at intervals, so that the inner gaze is not disturbed. You will find that it is only during the slackening of inner gaze that the outside stray thoughts or sleep overtakes, which can be eliminated by careful vigilance.

Practice has mastered many a hard way. It is simply setting aside some fixed moments when you are all alone, fresh and buoyant and free, and be devoted lovingly to your holy meditations which are so simple, easy and interesting. All else will come of itself with the grace of the Master.

* * *

Indeed it is a rare privilege to be accepted and initiated into the Mysteries of the Beyond, for travelling back to the Home of the True Father during lifetime, under the protective guidance of the Living Master.

* * *

These precious gifts of initiation from the gracious Master are to be developed from day to day by faithful, loving and accurate meditations.

The holy sound current is the astral form of the Master, and as such should be listened to with rapt attention.

* * *

Frugality in speech is conducive to meditation. As a matter of fact, all the senses are granted to us for their legitimate use, and when the limit is exceeded, it results in bondage and suffering. The spiritual

aspirants need practice strict discipline for controlling the senses of speech, audition and vision, which dissipate spiritual energy.

* * *

You are advised to start again with fresh zeal and patience. The Holy meditations must not be overlooked, as it is during these precious moments of silence and serenity when you are near the fountainhead of divine wisdom and intelligence. The inner celestial manifestations will have a soothing effect on your disturbed mind. Know it for certain that everyone is responsible for his/her deeds, actions or thoughts. Every pleasure has its price. It is the Divine Law. The divine dispensation will demand all liquidation in due course.

Successful Simran means repetition of the charged names with the tongue of thought or mentally which seemingly looks to be a simple affair but requires some labour and patience. Mental Simran may be preceded by vocal Simran if the mind is too turbulent, side by side fixing your inner gaze in the middle of light or darkness, with austere patience and loving humility, just as a baby looks for the darling mother. You should be positive about the fact that the gracious Master is awaiting you within behind this dark veil. Such an attitude will grant you complete riveting within. And the trouble with regard to the slipping of your mind can be overcome by keen vigilance, and careful supervision. Mind does resent inner stillness but it has to be enchained by this process. Practice attains proficiency. Concentration is learnt by concentrating, concentrating and concentrating regularly.

* * *

Yes, you should give your full attention in meditation, so much so that you become one with the gaze: there should be no effort on your part. Leave all and everything in the Master's hands. All desires should be stilled, even the desire for transcendence.

* * *

The difficulty with concentration will be overcome in due course by regular, faithful and accurate meditations. Proficiency certainly demands persistent and patient efforts. The time for the listening of sound current should be increased gradually, which will grant you ineffable bliss and harmony. Prayer is the anguished cry of the soul, but self-pity sometimes stands in the way. When you pray, pray earnestly and when you [sit in] meditation, meditate accurately without any clutching on your part to have one thing or the other. He knows and sees your inner condition and rewards your efforts in whatever manner it is deemed fit. Please note that all your endeavors are recorded behind the veil.

* * *

The sincere never give up the long battle with the mind and always relish to struggle hard for maintaining the sacred schedule. A real seeker never gives up nor yields to the dictate of the mind. You will find the gracious Hand of protection of the Master always with you.

* * *

If for certain physical disturbance on account of your spine you cannot sit for long in meditations, you should do so as long as you possibly can and then do it by lying in bed fully relaxed but remaining inwardly wide awake and conscious.

* * *

The difficulty with fixing inner gaze shall be overcome by fostering inner loving devotion for the gracious Master Power and patient practice. Practice makes a person perfect.

The key to success is "love" and "devotion." More of these, more of progress.

The divine way back to God during life time, i.e., the way you have been put on, is unlike other man-made sciences, definite, practical and unchangeable science of Nature. The inner experiences and speed of progress may vary with different individuals according to one's past background and devotion. So one should continue patiently and the Master Power will always be extending all feasible help.

* * *

Thoughts are the root of Karma. Kind thoughts supported by kind words and deeds bring in a life of righteousness, wherein the holy seed of initiation thrives most.

Self-discipline means self-restraint and self-control. An army without a general is likely to run into confusion. The senses are to be kept under strict control which will be helpful for spiritual progress.

Spirituality is a subject more of heart than head. Please refer to the chapter of "Right Living" in "The Wheel of Life" which will give you an exhaustive explanation of the subject.

* * *

You should know that perfection walks very slowly, yet each step under the protective guidance of the Master, in the right direction is a step forward, and shortens the long arduous journey ahead.

* * *

The initiates are certainly the chosen few who are commissioned for entry into the regions of unalloyed bliss and harmony. The holy initiation is the climax of divine mercy, and is a sheer grace from the Providence.

The maintenance of self-introspection diary is very much helpful for spiritual progress within. It is a slow but sure process for having

gradual progress. By keeping this one becomes regular and moreover one can have guidance wherever necessary.

The shortcomings in human behaviour are the result of reaction of past Karma, yet much can be accomplished by resolute will and earnest fortitude.

The winding up of Karmas of the initiates is governed by a higher divine law which is beyond the ken of human comprehension, yet for your right understanding, you may please note that the present earth life is chiefly based on the reactions of past Karma, which determine life span, pain or pleasure, opulence or poverty, fame or ignominy. Those who are privileged to come to the holy feet of the Living Master and are initiated into the Mysteries of the Beyond, their Karmic account is transferred from the Negative to the Positive Power which is represented by the Living Master for the ultimate dissolution, and the gracious Master Power commences the Karmic liquidation as best as it can possibly be. It is on this score that some of the dear ones after initiation happen to pass through various vicissitudes of physical life, which make them pass through unbearable endurance, but all this is flavored with divine mercy all along from the Master Power.

* * *

The fate Karma on which the present life is based is left untouched but future karma is controlled by becoming conscious co-workers of the divine plan under the guidance of the competent Master. The Audible Life Stream burns down the seed Karma, which does not bear fruit like the burning of the seeds, which renders them infructuous for germination. On initiation, the Master draws a big line of action in the present life for future seeds, which must be of virtuous and reposing nature.

* * *

The mind, as you know, works in subtle ways – too subtle for an ordinary man to detect and then to detect rightly and in time before the mischief is done. It is from the abundance of heart that all actions, oral as well as physical, proceed. We have, therefore, to be mentally alert about our thought-waves, so as to be able in time to mark their ebb and flow and then bypass them by the process of concentration, forgetting all about the mind and the mental states, including even the pure mind essence which gossamer-like envelops the soul. I hope, you are now in a position to understand something of the causes that lie behind the shortcomings. It is the memory of our experiences in the distant past and in the living present that constantly and irresistibly follows us at our heels and since we have not yet learnt how to keep aloof and above them that the lapses occur in spite of us. The enumeration process is just the first step to be cognizant of our doings, which we are likely to overlook in our self-righteous assertiveness.

Once we are able to rise above the body consciousness, we enter into an awareness of the higher order, which lies behind the reach of philosophies and psychologies, for then you are on your way to the causeless cause, the Mother of all Causes, knowing which everything else becomes known of itself, like an open book. This then is the Alpha and Omega of the Religion of the soul, which begins where all religious philosophies and polemics end. Here all thinking, planning, imagining and fantasy fall off like autumn leaves.

Desire is the root cause of all disturbances and suffering. You will become desireless by regular listening to the Holy Sound Current for some time. It is the tried panacea for that. It is the emergence of the soul in the *Holy Shabd* which grants such an ineffable bliss and harmony, that the roots of desire are crippled for good. It is the self-control and self-discipline which counts most for having such a steady schedule of holy meditations.

Likes and dislikes are again the attributes of human mind. As a matter of fact, it is simply an attitude of your mind when you like something or hate others. A sense of equanimity or equipoise when established by inner communion with the Holy Naam will create an indifference for all these matters.

Simran is the basis of all spiritual evolution. You will please appreciate that it is the constant thought of worldly pursuits which has been the cause of present human birth, and for attaining liberation from the cycle of birth and death, the very thought pattern is to be revolutionized by replacing it with divine thoughts.

* * *

PART TWO

You will please realize that most of the time, we ordinarily are at the heart-center and are therefore swayed by countless emotions, feelings and impulses of diverse kinds: likes and dislikes, preferences and perversions, prides and prejudices, senses and sensibilities, all of which, whether we wish it or not, keep us chained to the world and all that is worldly.

We have, therefore, to be very cautious in training the mind in the reverse process – the process of inversion or tapping inside, by steadily developing the inner gaze with a loving longing for the Lord. He is within us and we are within Him like the proverbial fish in the sea. The apparent cloud of darkness that greets us when we close our eyes will gradually reveal that lining (because of the sun of spirituality behind it) and will eventually burst if we but learn to see intently and lovingly into the middle thereof.

* * *

All action has corresponding reaction. An individual action has an individual reaction. Collectively people are asked to do ethical actions. This brings up good collective reaction. Reverse of it produces collective bad reaction. Nature has its own way of correcting and fulfilling reactions of individual good and bad action. Likewise, collective reactions are to be fulfilled. One may not be able to truly understand the depth of these things for his perception and understanding is limited to gauge these depths. Internal ascension into higher [regions] opens vision to see things clearly and how they happen. We should, therefore strive fully, honestly, faithfully and diligently to proceed within. Those who are earnest and devoted are crowned with success. Many things become clear which otherwise with all the reasoning and intelligence will be at

best hazy and foggy. But to those who are regularly devoted to meditation in the accurate way their inner development takes them face to face to their Radiant Form of the Master within - in which God Power appears - who talks to them as we talk outside, guides them in all matters - when the time comes, for their leaving the physical body, He tells them that they have to go. There is nothing strange in it. It is every day happening.

* * *

The principle of non-violence in military service should not be difficult for your reconciliation. The enrolled soldiers are not responsible for the execution of orders given to them during their war services, as they are simply carrying out the orders passed on to them by their superior officers manning the operations. The payment of taxes for military purposes is equally a legitimate obligation on the part of good citizens when they are called upon to do so by the civil authorities who are responsible for their safety and general welfare.

You will please appreciate that none of the vocations usually stand in the way of spiritual progress, save some intentional morality, which becomes a source of bondage and contracting of Karma. Non-violence means to sacrifice one's own self if need be, for the good of others and not take life for the greed of ourself. It is an ennobling virtue, which means non-injury to the living in thought, word and deed. You will find a more exhaustive explanation on the subject from the forthcoming book entitled Karmas, which will enlighten your personal understanding.

* * *

Yes, it is wrong to feed animals with meat by an initiate. It involves some Karma.

* * *

Human mind is fashioned as such by Providence that when it is determined to follow its prescribed course all divine forces come to render you feasible help for the accomplishment of your object. Contrarily if one happens to stoop to the temptation the same forces take the reverse process with inevitable repercussions of shame and guilt.

* * *

The easy way to shed negativity is to avoid the company of such people. Whatever a person would be inside, he would radiate those waves no matter what his words are intended to convey. The company of good persons is helpful. Failing to get good and congenial company, one can restrict it to bare necessities and that too in an unacceptive way as far as possible. At all times during the day when one is not at work, which should be done with full attention, as work is worship, the vacant mind should be habituated to dwell sweetly in the remembrance of the Master or listening to the Sound Current if it becomes audible at all times without closing the ears. Much of the unhealthy vibrations would be warded off. With a little self-discipline, things would become easier. You would be getting all the necessary inner help and protection from within.

* * *

Too much talking dissipates spiritual energy. You should try to control your speech by resorting to Simran of the names silently. Think twice before you speak. Think out as to what you speak is true, kind and necessary.

* * *

(With regard to judging others.) Start adjusting yourself to their weaknesses, shortcomings either by overlooking or affording constructive help to them...If you think with a calm and cool mind, you will realize that most of us have not become perfect as yet.

Nobody should therefore stand between you and the Master. A sense of close fraternity among the children of the Father will lead to inner joy and bliss, so sublime and serene in essence.

When two lovers of the Master get together in His Name, they foster inner loving devotion and humility.

* * *

All service that one does seemingly to others is to your own self. When you develop this attitude, you will develop a 'state of selflessness' as you say.

* * *

The guiding principle of deep faith and implicit obedience of the Holy Commandments of the Master is all what a disciplined initiate should relish. It ensures steady progress and smooth harmonious and happy physical life.

Gratitude is the tonic for heart which grows in strength, valor and humility.

* * *

If we give more value to a thing than it is intrinsically due, the fear of its loss will be considerable out of proportion of actual facts. You need not worry about anything. Being under the protective care of the Great Master Power, you are really a blessed soul, having always at your disposal the facility of drawing on that Great Power. The way how to do it is already with you. if you will just take one step, He will come down a million of steps to pull you, help you and guide you at every stage. You have simply to tune your receptivity to the fountainhead. The way to do it is to faithfully obey Him and devotedly carry on as enjoined.

* * *

You will please appreciate that all are not perfect as yet, but those who had been privileged with sacred boon of initiation, and are meditating properly, with loving faith and sacred earnestness, have much at their credit spiritually. Spiritual evolution is something personal, and all dear ones are invariably stressed the importance of ethical living, in their own spiritual betterment. Those who abide by the commandments enrich their lives and become a source of help and inspiration for others. Whereas those who turn egoistical and denounce the Holy Path, are not left altogether, but are granted a long rope to reconcile and come to their senses at a later date. The gracious Master Power sees and is aware of every action, rather, thought of the initiate, but awaits patiently for the right moment when he/she will turn their face for help and grace. The law of Karma is inexorable, which demands liquidation of each farthing. Yet the initiates are again impressed upon not to look to others for spiritual progress but the Master. None is perfect under the sky, except the Master Power, working at the pole of man -- it is the human element which is liable to crop up at times in uncongenial environments, which brings in dire sequences of degradation and retrogression. You should please be rest assured that Master Power will clear the whole affair.

* * *

Humility is a divine virtue. Please refer to the small brochure "Seven Paths to Perfection" which will give you an exhaustive explanation of the subject. Your keen sense of selfless service is appreciated. It is a sacred impulse from the gracious Master Power when you relish to serve others. Fortunate are the chosen few who are blessed with this rare blessing and are made instrumental in the divine set up.

* * *

Physical body is a precious asset granted to the human soul for a very higher purpose. All efforts should be undertaken for keeping it fit and healthy for meeting with one's mundane and spiritual obligations.

* * *

Hatha Yoga exercises are helpful for maintaining good health, but their undertaking without competent guidance is risky. You may resort to some physical exercises regularly, which will bless you with good health with His grace.

* * *

Chastity is a divine virtue. It is fruit of long cultivation. You are advised to avoid looking into the eyes of others, needless the opposite sex. As also you should keep your mind always occupied either by work, or by the Simran of charged names, loving remembrance of the Master or listening to the sound as coming from the right side if it has become audible.

Besides you should shun any uncongenial company. The reading of obscene literature is equally harmful and as such should be avoided scrupulously.

* * *

Marriage is a sacrament and means the selecting of a companion for life to stand by in weal or woe. Besides it is in accordance with the reaction of past Karma when the dear ones are blended together in the sacred bonds of matrimony for the liquidation of their mutual give and take.

* * *

As regards your marriage, you may please note that marriage means taking up a companion in life on earthly sojourn for weal or woe and

both of the couple should reach God. It is no harm to spirituality if conducted according to the Scriptures.

The very many difficulties encountered by you should be sorted out carefully and placed in order of priority. You can forget all about the past and work in the living present by careful planning and execution. Every day brings in ample chances for success and spiritual progress.

If you will make the best use of present time, future will take its own care. My love and blessings are always with you both.

* * *

Milk and dairy products are sattvic if taken in moderation, whereas the same becomes *Rajisic* if taken in excessive quantities.

* * *

You may make your own cheese which is all the more best. This controversy was brought to my notice sometime earlier by someone, who obtained the data of the ingredient of manufactured cheese, which contains rennet, but the quantity of rennet found in the finished product counted one to ten thousand of proportion, which is negligible. You may see for yourself if you can do away with it.

* * *

Children at the tender age of five or six can learn the technique of listening to the holy sound current, which can be granted by the Master. Adults of over 16 years of age can be initiated (both with the prior sanction). Disciplined parents bring up zealous spiritualists.

There are various views about the entering of the soul in embryo during pregnancy. There are hundreds of contacts, but pregnancy takes place only in rare cases.

It is, therefore, quite rational that pregnancy takes place only when a soul enters the embryo. The soul has some consciousness in that and lives on the bliss of God afforded to him there; she loses that bliss at birth.

* * *

If you consider that 5- or 6-hours sleep is not enough for recouping your spent-up energy, you should increase it by one or two hours more. You should please note that when you are to retire for sleep, you should try to relax completely at the eye focus, eliminating all thoughts of the outside world or even body below, and retire in sweet remembrance of the Master. Such an attempt will not only bless you with perfectly sound sleep, but continues to recharge your physical system with energy and vitality. You will get up early in the morning quite refreshed and recharged with the grace of the Master. Please do not tax your mind unnecessarily.

* * *

It is so good that you are conscious of the divine protection of the Master Power. Please refer to my Birthday Message since released (February, 1967). The humans are merely puppets in the divine hands of the Master Power. Those who merge their will in His Will enjoy overwhelming bliss in all spheres of life, with the grace of the Master.

* * *

You should try to dissuade your wife from taking alcoholic drinks and bring her round with love and affection. Example is better than precept. When she will realize the virtues of abstinence reflected in your life and conduct, she will automatically try to follow your example.

Whenever there is perfect convenial atmosphere and both of you are in good mood, you may impress upon her that through the grace of a Master she can drink the elixir of life, which is much more

intoxicating and inebriating than the alcoholic drinks. Besides the spiritual inebriation is lasting whereas the alcoholic intoxication is only temporary. The spiritual elixir leads one to Heaven whereas alcoholic drinks pave the way for the blazing Inferno. Spiritual elixir leads to moral and social uplift whereas alcohol results in moral depravity and social degradation.

I hope that by your own example and persuasion on the above lines, she will soon bid farewell to the deluded path and start treading the path of spirituality by the grace of the Master.

* * *

I am sorry for the passing away of Your dear father. It is the supreme will of the Lord when all of us have to leave this planet in good time. Your sense of fortitude to withstand the loss with the grace of the Master is appreciated. You will be glad to note that the gracious master Power extends feasible protection for the blood and near relations of the initiate here and hereafter.

* * *

The world and its glittering short-lived charms fade away too quickly leaving a sort of emptiness.

This void is to be filled with God's and Master's love -- sweet remembrance of the Master and living a life enjoined by Him will produce love and humility. So please carry on to your best with love and cheer.

* * *

You may please politely request all the dear ones coming to Satsang that the young children who cannot be kept quiet during the course of Satsang should not be brought by them. Besides, the mothers of the very young ones in laps who are likely to cry or cause disturbance should also be requested to remain outside the hall, especially during meditation period when their young children will receive all the blessing of the Master Power even if they do not

attend the Satsang for the reasons discussed above. And after meditation sitting, if they ensure complete silence only then they be allowed to attend Satsang, or they remain outside. Howsoever, if you can manage to have all the young children kept together at some place outside the hall under the supervision of somebody there is no objection to it. The silence and serenity of the house must be maintained carefully. I hope everybody will cooperate lovingly. Please convey my love to all the Satsangis over there.

* * *

You can encourage the newcomers to study the books published from here which carry the life impulse of the Master and as such are highly efficacious in granting right understanding of the Holy Path.

* * *

The dear ones (Satsangis) should inculcate and exhibit rare patience and tolerance so that others may know and see for themselves that they belong to the living Master. Your growing understanding in this regard is appreciated. You should please follow the sacred formula: when others err, we should learn.

The books written by the Master should be read in the Satsangs, as these give a clear-cut view of the subject, as also carry the life impulse of the Master and as such will bless the dear ones with right understanding of the Holy Path.

Relevant portions of the books of other Masters, viz: Kabir, Nanak, Christ, etc., dealing with Sant Mat, Surat Shabd Yoga may also be referred to where necessary. Books written by other writers on these may be studied by you if necessary, individually at home, and not at Satsangs. Please follow this scrupulously.

* * *

There is no objection to your having a question-and-answer period for a short time after Satsang.

Please note that the holy congregations should not be turned into debating clubs nor any controversial points should be brought in for discussion. Genuine inquiries relating to the holy Path should be attended to lovingly.

The newcomers are welcomed to refer to the books and if necessary, may be encouraged to write to me.

Please use good type ribbon and send in your letters preferably typed in double space which will facilitate smooth reading. Thank you.

* * *

Please have more of patience and sobriety. Everything has its own time. My love and blessings are always with you.

* * *

There is no objection to your sharing the pieces of good advice received from the Master. (This in regard to collecting excerpts from N.Y. Satsangis letters of Master to share with one another.)

* * *

PART THREE

You should not take all others example. Please note that all leaders are not perfect as yet and as such should be afforded due respect as an elder brother on the holy Path. In a recent circular letter, I have made it very clear that nobody should be allowed to stand between the child disciple and the Master. They are there to inculcate love and devotion in the disciples for the Master. The behaviour of your critical friends should not confuse you. All accepted and put on the Path have not attained perfection as yet.

Howsoever they are on the way to perfection under the protective guidance of the Master. You should always look to the Master for an example, and try to emulate His qualities, which will be helpful for your inner progress.

* * *

Listening to the sound current should be omitted in public lest it arouses curiosity.

* * *

As regards money matters, you should please be careful in spending. Frugality is a great helping factor.

* * *

One hour meditation is quite enough and in order in Satsangs.

* * *

I am glad to find that you are aspiring for spiritual progress. It is due to the evolution of some rare noble Karma of past lives that one

yearns for divine grace. The gracious Master Power controlling and guiding the destiny of child humanity makes it possible for the sincere seekers after Truth to be led to the Living Master. There is food for the hungry and water for the thirsty. The Law of Demand and Supply works in all times.

An unbiased study of the books will reveal to you the great difference between the teachings of the Masters and other schools of thought, so far practiced by you. Howsoever, you should be thankful to your earlier teachers which has ultimately culminated in guiding your footsteps to the Master.

* * *

I have already advised you to please adjust yourself to the circumstances as best as you possibly can and leave the rest to the gracious Master Power working constantly overhead. Worry and anxiety betray faith and harm meditations.

You need not feel discouraged in any way but repose your hopes and aspirations in the Master Power. My love and blessings are always with you.

* * *

I am sorry for your dear mother. You should be more loving, patient, and considerate for her service which will bless you with inner peace and harmony. A sick person usually gets more annoyed and irritated. The gracious Master Power also blesses the near relations and friends of the initiates. Please convey my love to her.

* * *

Please refer to "The Wheel of Life" for having more of right understanding relative to your beliefs that dishonest people prosper more than virtuous ones.

* * *

Your dog should not be fed on meat as it will contract Karmic debt for you. It can live on vegetarian diet alright, just as you have switched over.

* * *

Although the passing away of your dear husband was prima facie due to over medication, in reality it was at the appointed hour according to the Supreme Will of the lord.

* * *

I am happy you are devoting time to your spiritual meditation regularly. Please increase the time for your audio and visual practice to two hours daily to insure rapid progress on the spiritual path.

* * *

The war in Viet Nam is indeed most unfortunate. A God-fearing man with a human heart condemns it. Such like wars come up as inevitable result of reaction of the collective Karma of the people of the various countries. We should pray for the mercy of the Lord.

The Masters preach and practice socialism in its true sense, based on the Brotherhood of man and the Fatherhood of God. All men being the children of the same Supreme Father and being blessed with the same spiritual attributes, are equal. They advocate the principle of 'live and let live' not only for men but for animals also. This can be helped by donating tithe of the income by all to be shared with others in less favorable circumstances.

* * *

Please try to attend Satsang meetings as often as weather permits. Satsang is a great helping factor for imbibing the teachings in their right perspective and fostering inner devotion for the Master Power.

Besides, you will be able to enjoy the overwhelming bliss from the charged atmosphere wherein loving life impulses are radiated by the Master Power for the spiritual benefit of the dear ones.

Simran is most helpful for keeping the mind enchained. You may refer to the small booklet, namely 'Simran' brought out by dear Russell Perkins and read it very carefully for assimilating its worth.

* * *

The dear ones should have their lives well-disciplined and carefully regulated in the larger interests of their spiritual progress. One thing at a time and that is too with single-minded attention and devotion. That is keeping the house in order. A kind thought will attract all the kindness of the universe and contrarily a vicious idea will create a vicious circle by accepting all vice in the universe. A mango sapling will attract all the sweetness of the soil whereas a little apart if sown a pepper seed will attract all the bitterness thereof, when both the plants will flourish with the varying elements of mother Nature, yet on the same soil. One is full of all sweetness whereas the other of all bitterness. That is the Eternal law. Human heart is the soil in which good and bad thoughts are the seeds which when sown carefully are sure to be grown gradually by honest and correct cultivation. You are to choose the nicest virtues for acceptance and inculcating in your life, when you can expect a bumper crop in due course. You are free to some extent and can benefit from this limited liberty by hard work, right living and regulated discipline. Just learn to implant lofty ideas in your subconscious mind and feed them with the waters of self-confidence, determination, diligence and adaptability. Stick to your guns. Never stoop low, never, and still never. Stand aloof with your sublime principles of life which will stand by you in the hour of need.

* * *

It is so good that you have good work which keeps you busy. All dedicated work is worship.

* * *

(In answer to a question regarding portrayal of prostitutes, murderers, etc. on stage and in performing in T.V. commercials advertising aspirin, harmful food products, etc.): As regards your work in theatre of T.V., you may please note that 'Work is worship' and as such all honest work should be accepted in this sense. You should try to lead a disciplined life thereby enriching your character which will depict in your acting and be a source of impetus for a better life. You must know that inner life reflects prominently in our outer conduct and behaviour. If you will be living a positive and disciplined life, your work will be more rewarding and appreciated.

* * *

I am sorry for the sad demise of Dear Mr. _____ who shot himself. Such like major incidents of this life are preordained. However, since he had attended the Satsang and aspired for seeking gracious protection of the Master, his soul has been blessed with divine grace in the Beyond. The gracious Master Power extends feasible protection for the accepted souls here and hereafter under His Divine Will.

* * *

The young children of tender age are granted the contact of holy sound current at mass initiations every month. The films shown over there containing this portion may be exhibited without any hesitation.

You will please appreciate that the unsophisticated young minds are more receptive to the divine grace when the sacred boon of Holy Naam is implanted in their souls for future spiritual progress when they can be granted full initiation.

* * *

I am sorry for your troubled affairs which dominate you and cause mental agony and disturbance. The inexorable law of Karma operates and much of the severity and duration of the strain is toned down by the intervention of gracious Master Power. You need not dwell much upon it, as thinking in a drooping spirit brings in morbid feelings which add to the existing gloom. For your part you should attend to your mundane duties earnestly and leave the rest to the Master Power. That is all what you can do and doing so you will be finding a new approach to your problems and will be accepting the results with cheer, knowing it to be passing phase.

* * *

We are here in this mortal world for a higher purpose and the realization of the self and its reunion with the Divinity within is our main object. All efforts pursued for successfully attaining such a serene outlook are invariably blessed with success with the grace of the Master. The Holy Naam is the Panacea for all ills of life the flesh is heir to. So please divert your energies towards the holy meditations regularly with deep faith and sacred earnestness. All gracious help and protection will be forthcoming from above.

* * *

I am glad for your devoted and selfless services for the holy cause. Fortunate are the chosen few who are made instrumental in the Divine Set Up in bringing solace to the world weary and forlorn, to find their way to the Eternal True Home of the Father, under the gracious protection of the Living Master. Your combined and cooperative efforts will be fruitful with His Grace. Your combined and cooperative efforts will bring solace and satisfaction to many a dear ones who must be yearning for the spiritual enlightenment. The Master is always pleased and appreciative of such noble efforts.

* * *

Black pepper is a spice and as such does retard yogic Sadhana being Rajasic in nature. Similarly, water-melon containing too much fluidly matter in it results in excessive urinating which is another way of retarding inner progress when one is disturbed often. You may please note that these prescriptions have been based on general assessment of facts and should serve as guiding principle only. Yet everybody has his/her own system of physical health which corresponds to different types of food combinations suiting one's nature, taste and temperaments. It is just an adjustment of oneself to take such foods in moderation which may enable you to keep your body and mind in equipoise and stability.

* * *

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 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.

* * *

I am sorry for dear _____ who is again sick. You need not magnify your troubles as the gracious Master is always over your head. You should consider yourself as a humble servant of the Lord Master and attend to the duties entrusted to you with diligence and earnestness, caring little for the rewards. Such like trials and tribulations are the normal routine of physical life and equanimity of attitude will bless you with rare strength and fortitude.

* * *

I am sorry for dear _____'s health, which has been a source of constant worry to you, calling for your attention. You know it pretty well that the physical ailments came up as a result of reaction of past karma and has to be born willy nilly, yet much of the severity and duration is toned down with the loving grace of the gracious Master Power working overhead. The barest minimum which cannot be dispensed is to be passed through the gracious protection of the Master.

* * *

The Divine Revelations (in meditation), grant much of the ineffable bliss and harmony when undertaken in a spirit of deep faith and sacred earnestness.

Gloom and morbidity impede the way. You should know it for certain that it is the negative attitude of the child disciple which, if allowed, creates similar problem. You need not harbor any feelings of depression whatsoever when you see the light and are blessed with the rare gift of divine protection in all spheres of life, with the grace of the Master. You should know it for certain that you are very dear to me and I have much love for you and wish you all progress on the holy path. Please be up and doing cheerfully, just as an obedient servant does not care for the results but relishes to do his part diligently.

* * *

The difficulties in ethical living should be weeded out by the careful vigilance and inculcating a deep sense for opposite virtues by patience and fortitude.

Please also avoid to look into the eyes of the opposite sex (this written for initiate with specific problem in regard to chastity). 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, by humble supplication and inner intense longing for His darshan.

* * *

On Attendance at Satsang

I note about the Satsang affairs over there when all the dear ones do not attend regularly. Your concern over their indifference is notable. You may please endeavor to call at them personally if it is possible for you or through some other initiates when they may be reminded about their spiritual obligations. It is in the best interests of the Satsangis that they will be benefitted spiritually if they will remain connected with Satsangs. Please convey my love to them.

However, you need not feel frustrated in this behalf and do your level best in notifying the initiates and others interested in the holy path to attend the meetings regularly. It does happen sometime that the dear ones evade their spiritual obligations when they fail to see the light for their progress on the path. Yet you should work in a spirit of selflessness and do your part well. The gracious Master Power working overhead will bless your efforts.

(In regard to number of people attending Satsang). It does not matter as the quantity does not count much and it is the quality which is of great importance. Your loving and cooperative efforts will be blessed with increasing attendance and the sincere ones will be rewarded for their flawless devotion and determination.

* * *

PART FOUR

CHASTITY, MARRIAGE AND FAMILY LIFE

Marriage means to take a companion in life who will keep one another together in weal or woe during the earthly sojourn, and both of them meet the Lord. One duty way be of begetting children for which the scriptures lay down that this power should be used for begetting the children and rest from any such communion during the conception period and also thereafter the child is taking milk of the mother. In this way, the child, the mother and the father will all be healthy. Most of the diseases the people are suffering, will be eliminated. The Saints say that if the children are to be given birth, let them become either Saints, a donor to all poor and the service of the needy or being valiant ones who can protect the forlorn and the weak.

The Masters do lead an ideal married life and when they take up such a role, they adopt such a course. So, married life is no bar to spirituality if led in accordance with the scriptures. The partners in life are advised in their best spiritual interests to observe chastity by leading a moderate life by mutual cooperation. The check marks on the diary forms are essential for the people seeking improvement gradually. One learns by self-introspection and careful living. The dear ones are not forbidden to marry or have homes. But, they should have ideal family life flavored with the divine grace of the Master.

* * *

The young before marriage, should be asked to lead a chaste life, as chastity is life and sexuality is death.

A lamp burns splendidly when it has oil within, but if all the oil is leaked away, how can there be light? A life of self-restraint goes to make body and brain strong.

Similarly, education cannot be ruled out as it helps one to develop inner faculties for having a right approach to life's problem.

Learning is a garland of flowers round the neck of a practical man; he will explain many things from the vocabulary at his command. A man of learning without a practical life, is like a beast of burden, who has loads of books over the head. Bookish knowledge is all a wilderness and gives no way out. A learned man revels in the pudding and gives it to others but is unaware of the taste thereof. An unlearned man with a practical life does enjoy the taste of the pudding and gives examples from the daily, with the vocabulary at his own command.

Both the learned and the unlearned have to tread the same way of withdrawing from outside and rise above body consciousness to see the Light of God and become the conscious co-worker of the Divine Plan.

* * *

An impersonal deviated approach or slight relaxation in the observance of ethical code of morality in accordance with the sacred tenets of the Holy Path is likely to cause harm. Normal association and company breeds attachment.

But when this is flavored with divine fragrance and relished in the Name of the Master, this is bound to have much deeper impact. Opposite sex has much strong hold amongst one another when the charm and attraction involved is too much to be resisted. This results in gradual infatuation and bondage. A slight slip can cause much of havoc when the dear ones are hurled down in the abysmal of sensual gratification. Divine love and sex are quite opposing poles. Sex is not only sinful, but a serious impediment on the Holy Path. It is by long cultivation when one can expect some degree of success in living a clean chaste life. This aspect of life should please be kept in

view by the senior members of Satsang when they can guide the 'young buds' in their larger interests of spiritual progress.

* * *

I have noted about your lovely children...the raising of children is a virtuous duty. The young ones imitate their parents, who should reflect peace, harmony and sobriety by leading a disciplined life full of spiritual beatitude. The assertive attitude of dear _____ shows the greatness of his soul. Self assertion is the innate attribute of soul which is all divine in miniature scale.

This kind sentiment is mostly predominant in promising personalities who inherit congenial environments most helpful for their spiritual progress. You need not worry over his learning late about dressing or talking. It is the inner maturity which is well defined and controlled by nature. So far his demands are concerned these should be met with lovingly as far as possible so far as these are legitimate and within the scope of his raising. The young sentiments should not in any way be injured. It is the unbounded love of the parents for the children which make them bold, brave and adventurous in their lives. You must be an affectionate and bravely stern mother so far as your love and discipline is concerned towards your children. Your good action of sitting with them regularly for listening to the sound current is appreciated, which will be helpful for their spiritual growth. Please convey my love to them.

* * *

Mother's affection for the child is innate and should not be misconstrued as unchaste. Your recurring desire to hug her is a natural human instinct. You should know that mother's love is an inner impulse and goes a long way in the healthy breeding of child. Every soul coming to this world relishes such loving care and affection which creates an inner sense of bravery and boldness. Your sacred instincts are injected in the child which will enable him

to grow gradually and the child will come out a healthy stalwart with the grace of the Master.

* * *

.....you may please try to lavish the things for her which she is prone to steal. You will find that when everything is procured for her, the tendency to obtain them by stealing will be overcome in due course. Simultaneously you can ingrain in her mind that anything and everything she is desirous of having will be provided for her. I hope she will improve with the grace of the Master.

* * *

The screaming in terror of dear ___ during sleep may be rid of by resorting to Simran of charged names. Besides you may look up to his digestion if he gets good evacuation, as sometimes the stomach troubles lead to such like terrorizing dreams...

* * *

Marriage is a sacrament. It is the selecting of a companion for life to stand by in weal or woe. It is a sacred institution against social vice and sin. It fills the gap. It is not a contract but a holy alliance under the divine Will when two souls are brought together for attaining the highest object of spiritual perfection.

Sex impulse is a sacred instinct meant for procreation and it can be transmuted carefully by living a life full of moderation. The serene love between the partners of life starts from flesh and dissolves in the souls. It is an attachment for the achievement of some higher goal of life and ultimate liberation from the Wheel. It is rather a life full of spiritual beatitude and dedication, serving as a sure sheet anchor against the injustices of society.

* * *

I am glad to find that you married and your family affairs are improved with the grace of the Master. You are advised to be careful about your physical health for which you should seek casual medical checkup.

* * *

Your memory is quite fresh with me and I recall dear _____ with her glowing innocent eyes, sparkling with spiritual glow.....(a child). It is so good that dear (child) is walking with the grace of the Master. She is very dear and lovely soul. Her smiling eyes are still fresh with me. Please convey my love to her and dear _____.

* * *

The fake allurements of sensual gratification usually end in frustration. Carnal desires are seldom satiated by indulgence. Spiritual discipline and renunciation of stumbling impediments by careful consideration, preceded by repentance, is helpful for spiritual progress.

Infatuation breeds indulgence, whereas abstinence and renunciation bring in serenity and sobriety. You should know it for certain that mind is a very useful servant but a very bad master. It is the good grace of the Master that child disciple is reminded by the gracious Master Power working overhead to follow the right course and those who abide by His instructions are blessed with success in evading the temptations, and this monkey mind cooperates with them for their spiritual progress. Contrarily, who fall a prey to the allurements and unheed the divine counsel are hurled down into the abysmal of degradation, and the same mind runs wild in that direction. So you understand the basic necessity of following the sacred impulse from the gracious Master Power in entertaining sublime thoughts.

* * *

'Penny wise pound foolish' is a useful adage. One should keep a strict vigil over the thoughts which usually creep in surreptitiously and cause disturbance in passions flaring up at the slightest provocation. Spiritual discipline demands austere living with a higher aim in view, and working wholeheartedly for its accomplishment.

* * *

MEDITATION

Ordinarily mind should be fully devoted in to the work one does as work is worship. But when mind is vacant, it should not remain vacant as a vacant mind is the home of devil. It should be kept busy either in repeating the Five Holy Names or in sweet remembrance of the Master or listening to the Sound-Current if it has developed so much as to be audible and reverberating all the times.

But regular time in meditations has to be given. If due to your busy life, you cannot devote full time, devote as much maximum time as you can, but in a correct, devoted and attentive unsleeping state. This is necessary to have actual inner regular progress.

So please carry on as best as you can. Master-Power over your head will be extending all the necessary help and protection.

* * *

It is beyond the ken of human comprehension to gauge the grandeur and limitless of divinity. Your questioning is within the domain of intellect, whereas spirituality dawns when the intellect is silenced by loving devotion and reverential humility. It is during the silent and sublime moments of holy meditations when the child disciple is nearer to the fountainhead of bliss and harmony, and the rare boon of right understanding is granted with the grace of the Master. Regular feeds of Holy Naam will manifest to you divine glory in its

pristine beauty. The initiates are invariably advised to practice the divine virtues which are helpful for regular progress on the Holy Path. It is a slow but sure process.

* * *

As already instructed, the inner gaze is to be kept fixed steadily in the middle of lights or scenes whatever you see within, and do the repetition mentally at intervals, all else will come of itself with the grace of the Master in due course of time. If you see faces, just repeat the five names, the negative apparitions will flee away. The inner celestial manifestations are the astral expressions of the gracious Master and with their eventual stability, the radiant form is manifested. In the beginning the form appears now and then and later on you have the same all along in due course of time. The big lustrous eye that you see within is that of the Master and may please be lovingly penetrated. The inner experiences are had only when one forgets the body for a while. The various melodies which you hear within as coming from the right side should be listened with rapt attention while preferably sitting on your feet. You will be able to locate the sound current of big bell, conch, roaring thunder or drum beat and violin or flute or other higher sounds which would draw closer, grow stronger and ultimately come from above. All other sounds are lower sounds which may please be ignored. Regularity and accuracy is the keynote for spiritually successful practices.

* * *

You state to having heard some words or sentences in your meditations which you cannot adequately distinguish as their source of origin. Sometime some negative apparition does intervene and create such disturbing phenomena, but the sacred charged names are the sure sheet anchor against all eventualities. If you hear next such voices, you challenge to come before you, and when he appears to you, repeat the names mentally. If that form stands before repetition,

that will be genuine one. You can follow and act up to what he says. If that is of the negative power or of any lower planes, that will go away, as no such power can stand before Simran, as the names carry the life impulse of the Master, who is the Lord over all.

* * *

The repetition of names at intervals has a significance as stated above, it is a safeguard against the untoward and impeding factors, which beset the Path and help the sensory currents from the body below to withdraw to the eye centre without any strain on the part of the child disciple. The attention should be riveted penetratingly into the middle of what you see before you. If the repetition of the names mentally is done constantly, the attention will be divided. The gaze should be fixed constantly and repetition done at intervals, simply to guard against any negative effect and help the process of withdrawal from the body. I hope this will be clear to you now.

* * *

Both the practices of seeing and listening within have their own singular significance. The functions of Simran, Dhyān and the Sound principle are their own. By the repetition practice, the soul currents are withdrawn to the eye focus and the light sprouts forth. Dhyān, or constant fixing the gaze into the middle of light, enables the sound to remain there and the function of the holy sound current is to drag the soul into the Beyond. The holy Shabad has a ravishing effect and can absorb the soul in it, thereby leading it to the inner regions, with the grace of the Master.

* * *

Spiritual meditations are the food for the soul and should not be missed. A day off puts back your progress considerably. These practices should please therefore be performed faithfully, regularly and sweetly. They are designed as a first step to take your soul up

above your body inwardly to the Radiant Form of the Master, who will then guide you and take you further up, step by step, till your goal is reached. Thus, you will see the difference between the rituals performed within the domain of body and senses and those that take you above the body consciousness.

* * *

As explained in my previous letter, you have to get out of your physical body and travel in the higher planes. So whenever you get a chance, you should neither be frightened nor try not to get up. The Master-Power is constantly with you and it is His Grace that works to take you up. You should feel assured that you are protected and helped by Master-Power and given the armor of Five Charged Names which you should repeat and no power can harm you. During meditations, you should not think of outside environments, nor your body. But see within penetratingly into the middle of whatever you see within. When thoughts come to the body, itching etc., is felt. Sit in any comfortable, posture to avoid cramping.

* * *

I am glad to find that you are devoting some time for your holy meditations with the grace of the Master. The casual spells of dryness or vague feelings do intervene as a result of reaction of past Karma, when the child disciple should muster more of courage and determination in sticking to the sacred schedule of regularity. It may be pointed out for your information that during such periods the loving protection of the Master becomes more strong as you have felt with His Grace. The holy meditations when undertaken in a spirit of dedication to the Master become more fruitful with His grace. Your earnest prayer for having regularity is appreciated. You should stick to your resolutions carefully irrespective of mind's protests, you will succeed with His grace. Please note that mind relishes the grooves of habit having formed out of its indulgence in acts of repetitive nature through senses. You are to change its

attitude from downward to upward, and all else will come of itself. You are to lay the line track carefully and the powerful engine will run on it with the same speed and velocity. Let your mind be attuned to the holy feet of the Master – the Supreme Guide, and try your level best to abide by His Holy Commandments.

* * *

You should try and have more days of retreat when you kept constant remembrance of the Master and meditated for long hours with the result that you were blessed with hearing the holy sound current as coming from the right side, with the grace of the Master. Keep your inner gaze fixed lovingly and penetratingly into the middle of the darkness lying before you, so much so that you forget everything else except Him. If your whole attention is rivetted at one place, then naturally your devotion, your practices, will bear fruit and you will develop from day to day. Such like disciplined practices and devotion will also strengthen and protect you against all emotional outbursts and mischief with the grace of the Master.

* * *

PART FIVE

GENERAL

The gracious Father is always pleased to see His children unite in loving service to each. Selfless service is a reward in itself. Those who lovingly serve others, serve the Lord overhead and earn the pleasure of the Master.

Please convey my love and best wishes to your parents and to all the dear ones.

I note about your present state of affairs. Such like periods of spiritual draught interfere caused by the reaction of past Karma coinciding with the present circumstances when the dear ones are placed in a dilemma. Howsoever an upright conduct based on divine ethics and a keen sense of deep humility serve as sure sheet anchor against such hazards.

The gracious Master Power working overhead sets in motion all forces of nature to save the child disciple under all circumstances. An intense yearning, an imploring and fervent prayer coupled with sincere effort will never fail you.

* * *

You must not feel upset over the behavior of others who base their finding on personal limited understanding. Be grateful to your critics who help you to improve variously. The gracious Master Power is your nearest and constant companion. Please introvert and attune within to wit and enjoy the divine glory by regular, faithful and accurate meditations.

* * *

It appears that you are too much engrossed in your outer activities when you fail to meditate accurately, regularly and faithfully. Howsoever, I am glad for your attempts when you are blessed with the divine revelations of _____ in your holy meditations, with the grace of the Master. Please be more accurate and steady to have further improvement.

* * *

The wearing of leather shoes is not prohibited. But the taking of eggs, both fertile or unfertile, is strictly forbidden, as it flares up carnal desires and contracts Karmic debt. Both being highly detrimental for spiritual progress should be avoided scrupulously. The leather shoes are made of skins obtained from dead animals and as such do not bind you karmically. The serving of meat to pets should also be avoided as it affects your spiritual progress.

* * *

Confession is a good custom amongst the Christians – aiming at "do no more" and for this purpose a diary of self introspection is prescribed. The sins can be forgiven by God or by God-in-man the Master. If the priest has reached the stage of God-in-man that is another thing, otherwise the matter is apparently doubtful. The Master is the Pole at which the God works. He nullifies the effects of the Karmas by bringing the initiate to rise above body consciousness and contacting the light of God and Sound Principle and by doing so he becomes selfless by becoming conscious of the Divine plan.

The competent Master takes charge at the time of initiation, the entire account of Karmas of the initiate, and works to wind up in the best interest of the disciple. The soul of an initiate is taken higher up to places according to one's earnings, if one is not able to develop within during one's lifetime, he is brought BACK TO HUMAN BODY AGAIN TO WORK UP THE WAY.

That is why development during this lifetime is necessary. It is making hay while the sun shines. No one can have anything other than pain and misery from a life of senses.

* * *

As regards your questions: Initiation by Jesus Christ on Witsen tide - I am told it is a ritual in the Catholic Church wherein the Minister takes the role of Jesus and carries out a ritual of initiation. If it is so the initiation is not carried out by Jesus. If you could write to me more details about this matter, I will be glad to comment.

* * *

Positive and Negative powers are the two phases of Absolute, deriving power from Him. The functions of both these powers are diverse - one for the inner recession beyond the senses, whereas the other of externalism. The Master of highest order initiates the souls into the Mysteries of the beyond for proceeding back to the True Home of the Father. His mission is purely spiritual based on ethical living.

The Negative power is the controlling force of this plane and demands adjustments of each farthing in accordance with the Law of Karma. The initiates are advised in their own spiritual interest to abide by the Holy Commandments to incur the least Karma, and by attuning themselves with the Holy Naam within to evade the load, by reposing in His Will and Pleasure.

Every pleasure has its price - this is the law of this power. The spiritual aspirants should regulate their lives to strict spiritual discipline, and pursue such a sublime pattern of life.

* * *

The Living Master is Love personified and, in His compassion, prays for the welfare and spiritual good of all creation under His

Will. The gracious Master Power manifests on the chosen human pole of the Master.

It is by gradual awakening that the child disciple is granted the sacred boon of right understanding that God Power is working in the Master. On the human plane He may appear as limited but on the spiritual He is limitless and infinite as God Himself. A similar question was once put to my Master Hazur Sawan Singh Ji, who in His gracious mercy replied: 'Just take the Master as your friend, elder brother, a father, and work according to his instructions, and when you see His glory and grandeur within in the realms of Beyond, you may call Him by any name you like.' This is equally applicable for your query. The Living Master is the embodiment of Positive for escorting souls back to their True Home.

* * *

What is life? It is a series of interruptions.

What is happiness? It is simply an adjustment to the environments in which one is placed.

* * *

You must know it for certain that the life of an initiate is fully controlled by the gracious Master Power for his spiritual progress. Those who relish to meditate regularly and inculcate a keen sense of self-abnegation by surrendering their will to that of the Divine Will of the Master enjoy perpetual bliss and harmony. Whatsoever comes to your count is a blessing in disguise and should be accepted cheerfully. Avoid hurry and worry. Instead, just learn to do one thing at a time and that is too with single-minded attention and devotion. All bliss and joy lie in the concentrated attention at the eye focus and if you will develop this technique, your entire life will be changed and dyed in the color of divinity, with the grace of the Master.

* * *

No initiate can take over the Karma of another initiate. Of course, if one comes in touch with a loving person, his/her loving way gives upliftment while from a person of lower propensities, down pulling thoughts are radiated and are likely to affect one's living unless the latter is sufficiently developed not to accept them. Consider that whatever little good that accrues from you to others is because of the Master and you are just a puppet.

* * *

The relatives of initiated persons do get help from the Master-Power in proportion to the love that the initiates have for the Master and their relatives have for the initiates. Even the souls that have left the physical plane, get feasible help in the manner indicated above.

* * *

Worry and hurry are the chief causes to dwell on by the mind. If you could just eliminate these two by resigning to the divine Will and Pleasure of the gracious Master Power working overhead, you will be relieved of the undue strain and stress.

Please note it for certain that whatever comes to your count is in your best spiritual interests and becoming a fit receptacle for the divine grace you have to inculcate a sense of self-abnegation and effacement without involving your mind. The more you are relaxed, reposing and receptive, more of ineffable bliss and harmony will fall to your lot. Just rise so high in the loving lap of the Master Power to consider yourself as a child, who would relish: 'Thy will not mine be done.' Your deep gratitude for manifold blessings is good and appreciated.

* * *

You need not dwell much on your personal character or impurities of mind. It amounts to self-pity. You will please appreciate that by

watering the seedling at the roots, the plant thrives most and blooms in abundance.

The holy Naam is the tried panacea for ills of mind. Although it is a very happy augury to be conscious of one's shortcomings but undue apprehension sometimes breeds morbidity which hampers inner progress. The conscious contacts of divinity within revolutionizes the thought pattern of the child disciple and he sees everything in much clearer perception. Slow and steady wins the race. Your job is to be implicitly obedient and humbly dedicated. It is for Him to reward you for your efforts. Patience is the noblest virtue but is the fruit of very long cultivation. Just learn to live in the living present and with undivided attention and devotion. You should train your mind in such a manner that when you do anything required of you, there is no hurry, compulsion or resentment from your side. You will find that it will be helpful to you in your all spheres of life including meditations. My love and blessings are always with you.

* * *

I appreciate your deep gratitude for the rare boon of divine love of the Master with which you have been blessed. Love surmounts all difficulties and opens new vistas of divine glory.

* * *

You are so dear to me and I wish you all spiritual progress. My love and blessings are always with you both and children. Love is the shortest cut to spiritual beatitude. Love is the kind sentiment of the Master which when properly nurtured by the dear ones by gradual assimilation weeds out all imperfections and shortcomings.

* * *

Please don't try to fight out things, because the fight will always result in exhaustion, just do your best and leave the rest to the

Master. His Power and grace is formidably strong to help you in all your difficulties.

* * *

As regards your working for the holy cause, you must know it for certain that the gracious Master Power has His immaculate ways of divine dispensation. He can take work from one and all who offer themselves lovingly. You may refer to my circular letter of June 6, 1967, and another of November, 1967, in which all this has been discussed in an exhaustive manner.

Depression and despair breed in egoistic hearts. If you will inculcate a keen sense of humility by self-abnegation and effacement you will enjoy more of ineffable bliss and harmony. Humility is the sheet anchor with the dear ones. It is an adoration of the Saints who work in this physical plane by keeping their divinity hidden from the public gaze. How safe and sublime it is to work humbly on behalf of the Master, by rolling on all credit to Him. You are a personal testimony to the sacred truth that when you work for the Master for channelizing the divine grace, how graciously you are compensated. The golden principle of attributing all success to the Master Power and failure towards your own personal weaknesses to be overcome gradually, should be followed lovingly. Ego is a human element. It is annihilated very slowly by meditating on sound current and light principles. Gradually it will dawn upon you that you are a doll in the hands of divine powers dancing to His bid. In this connection reference is invited to the message that was sent on the birthday of Baba Sawan Singh Ji.

* * *

There are various factors which lead to doubts and skepticism when the dear ones leave the path or go astray. The chief being lack of steadfastness and implicit obedience for the commandments. The stress on initial experience is given simply for testing the competency and genuineness of the Master as to whether one can

have firsthand inner experience of holy Naam on initiation. If one has the experience, maybe least to start with, more can be expected by regular practice in due course. Perfect discipleship is a rare blessing which evolves in very few who not only work assiduously for their spiritual progress but surrender their all at the holy Feet of the Master. It is perhaps much easier to meditate regularly, abide by the dietary regulations and observe other outer disciplines, but to inculcate a sense of complete self-surrender is most difficult.

* * *

I am glad that you enjoy the sweet association of dear _____ and dear _____. The kind Father is always happy to see his loving children share their pain and pleasure. You will further enrich your lives if you please endeavor to set apart some fixed hours for your holy meditations and sit all together to share the grace in increasing measures.

* * *

An initiate has to be careful in his outer dealings to guard against the effects of catching infection of lower thoughts from people, and also to be regularly devoted to meditations with love, faith and earnestness. In this way he would develop from day to day and in due time became strong enough to radiate his loving thoughts and influence to others. Small saplings need care till they grow into big trees. So please remain devoted in your meditations and weed out weaknesses one by one.

Master Power will be extending all feasible help and grace. The Master Power never leaves His children and is constantly at work to look to their spiritual benefits.

* * *

I appreciate your loving devotion and aspirations for enjoying the personal aura of the Master.

You are fortunate in having been blessed with such a unique divine gift of the Master. Your sweet memory is quite fresh with me and I wish dear _____ and lovely (a child) all spiritual progress. Convey my love to them.

* * *

Please be rest assured you are on my mind. Blessed is the heart which pines for the Master.

Rare ennobling virtues evolve in such gratuitous hearts in good time and fill the life with ineffable bliss and harmony. An overwhelming emotion of loving devotion goes a long way in blessing the child disciple with ravishing divine intoxication.

* * *

Question: Did Jesus have a living Master?

As to whether Jesus had a Living Master the history is not clear. There are traces that he had been in India for a pretty long time. Bible was written long after he had left physical planes, and such His sayings are recorded as may be available – and whether there is any mix up in them it is not known. Bible says "Son knows the Father and others whom the Son reveals." The sonship is for all the Masters. Christ said "I and my father are one" and the other saints also did say the same. "The son and the father have been embued with the same colour." "I send you my son – to the world to set the people right-", etc. and that "Nobody can see the father except through the son."

There is no doubt each man has his background and some Masters came as made and others may have attained the Masterhood here. Of course, they were more advanced. Apparently spiritual people would seek the company of spiritual people – although the history is dark about it. Man is the teacher of man is a general rule. The fundamental law of nature of lighting a candle is universal.

In the preface to Essene Gospel of John published by the Essene School of Life - Tecate California, there is an indication that the complete manuscripts in the original words of Jesus and His beloved disciple John, exist in Aramaic (the tongue spoken by Jesus), in the Library of the Vatican and in ancient state in the Royal Library of the Hapsburg's (now the property of Austrian Government).

For an initiate the Master is neither difficult nor complicated. He has to develop within where he can even meet Jesus - and reach His true Home.

"Blessed are they who follow."

* * *

PART SIX

THE FOLLOWING ARE EXCERPTS FROM TALKS GIVEN BY THE MASTER IN INDIA.

(14th September, 1967) – Delhi, India

"Be looking at yourself, not others. Ask yourself where you are. Just having a perfect Master is not enough. You must have love and devotion and faith.

You must put in time and keep diary. Don't be criticizing others. Don't be showing off and talking.

Do your job. Don't think about others. Don't think about the past. Just begin today. If everyone here began today, in two or three months he would be changed.

Don't get involved with others. Keep your mind on the Master. Don't let your mind be all over. When you see or hear the Master, you get charging. Don't disperse this by talking, etc. Do your meditation."

(15th September 1967, Delhi, India; morning in the Shed).

"Thieves do their work at night; we should also use the night. Be very accurate in your meditations. People come to me and say they are not making progress, but they are not really giving everything. Fix the gaze in the middle. Have no worldly thoughts. You must give your attachments and ego. You have only an inch to go to the seat of the soul at the back of the eyes and still you have so much trouble. Those who have seen the Master only once in all loving devotion, they are greatly blessed. Love the Master and nothing else. If your attachments are with the Master you will not come back. Take notes and act on what the Master says. If you put yourself completely in the hands of God, surely He will take care of you.

One man went to the jungle for 12 years and hung himself upside down in a well by iron chains. A farmer came by and asked 'What are you doing?' 'Waiting for God.' The farmer said, 'Oh, this is what one must do to find God,' and he quickly ran to make a rope out of grass. Although the rope was so weak, he hung himself in a nearby well. In ten minutes the farmer asked of the other, 'Has your God come yet?' 'No.' 'Oh', said the farmer, 'Mine has.' 'What' said the other, 'how can this be after only ten minutes?' 'I have been here twelve years.' The farmer had no iron chains but put his faith completely in God, once he knew the way to God, not caring for his life.

Kabir says, "whoever has found God has done so by crying the whole night. When you sit for meditation, you should just have tears in your eyes of devotion and longing. Always have such a remembrance of God."

* * *

Additional excerpts from letters

Answer to a question regarding the accuracy of prophets such as Edgar Cayce:

"Please do not bother about prophecies as these are more apprehensions caused by certain brains out of their sophistication. The destiny of child humanity is being controlled by the gracious Master Power. The dear ones accepted and put on the way back to God by virtue of their Holy initiation into the mysteries of the Beyond, need not have any fears in this behalf. All feasible gracious protection will be extended to them in case of any eventualities whatsoever. You may convey this piece of right understanding to those who seek your counsel in this behalf."

* * *

SATSANG AFFAIRS

Donations from non-initiates are not to be accepted. Howsoever, if they insist, the sacred books should be given in return which will enable them to benefit spiritually.

Voluntary contributions from the initiates should be recorded carefully for accounting purposes.

It is unfortunate that the dear ones put forth their own pleas for attending Satsang late. Please have more of patience for them and continue your efforts in a still sober manner.

Please have more patience with the late comers and radiate loving thoughts and good will for their spiritual welfare. All the dear ones should know it for certain that it becomes obligatory on their part to maintain the dignity of the house by sitting silently in all serenity, which will bless them with more of inner peace and divine grace of the Master.

* * *

PHILOSOPHY, INTELLECTUALISM, AND RATIONALISM - PURE BHAKTI AND SPIRITUALITY

Philosophies deal with theories but mysticism deals with reality. The Masters do not relish its advocacy as it is simply a speculation within the domain of mind whereas spirituality is the science of the soul.

I have noted your comments for the Satsang talks when you do not find any nourishing food intellectually in these meetings. You will please note that spiritual progress by inner development of your consciousness far excels intellectual attainments. There is a great

difference between head and heart. Love of God is the essence of higher spiritual life, and it evolves in the heart full of ennobling virtues.

The Path of the Masters, known as Surat Shabd Yoga is not to be confused with Bhakti Yoga, as limited to the emotions. Inferences, feelings, and emotions.

Inferences, feelings, and emotions are all subject to error; seeing is above all. This path is a practical one. Unless you live a pure, chaste life - as enjoined in the booklet "Seven Paths to Perfection" - you will not unfold the spiritual side of your nature that is at present lying dormant within you. I hope you take it in the right spirit when I say that you should first ascertain the full potential of the teachings of the path that you have been put on before looking elsewhere.

Once you live the spiritual life in the practical way, rise above the body consciousness and meet the radiant form of the Master within, you will then begin to appreciate that pure Bhakti only begins when one has surrendered one's mind and intellect to the Master, and gives implicit obedience to His commandments.

"If ye love me, keep my commandments", Christ said. God is love and we can only truly worship Him in love. But this love is not of the emotions. It is a love of complete self-surrender and as such demands discipline and obedience. I hope you now understand what is meant by Bhakti in its pure and pristine form.

You are correct in your assumption that the Path of the Masters is the path of pure Bhakti.

The pearl of divine knowledge can be preserved securely in the casket of bhakti, or loving devotion. Bhakti in its pure and pristine form is Love Divine.

* * *

PAIN AND SUFFERING

Physical and mental disturbances are caused as a reaction of past Karma which should be met with in a spirit of forbearance. Loving devotion and deep humility surmount all troubles. The trials and tribulations of earth life are simply passing phases in the draw of life. Please be rest assured my love and blessings are always with you both.

* * *

I am sorry for your physical suffering and hardships which you had to undergo during these several past months. Such like hazards crop up as a reaction of past Karma. Howsoever, their severity and duration is considerably toned down by the gracious Master Power. Your sense of endurance and deep gratitude for enjoying the gracious protection is appreciated. He is ever with you extending all feasible help and protection.

I am glad to find that you could detach yourself from the physical pain and have allowed the healing processes to go on unhampered with the grace of the Master. It is indeed a great solace to find that most of the pains have diminished and you are on way to recovery though at a slow speed. The severe accident resulting in serious injuries does require some longer time to heal.

Pain and pleasure are the varying conceptions of mind. The initiates are privileged to repose their all in the ever-present gracious Master Power and await cheerfully for the results, which are invariably flavoured with divine mercy. Your inner awakening for this accidental fall being a Karmic liquidation is auspicious. You should be glad to know that much of the severity and duration of physical suffering is toned down by the Master Power for the dear ones.

You need not harbour any feelings of strain for probing into the past Karma which has resulted in this agony, as it is not within the ken of human comprehension. The good sense of *Vairagya* evolved for you will bless you still more of divine bliss and harmony. My best wishes are with you.

Suffering strengthens character. The seeming troubles sometime prove blessings in disguise for spiritual progress when forced seclusion and solitude is obtained, which is very much helpful for deep thinking and contemplation.

You are advised to keep your thoughts immersed in the loving remembrance of the Master, or listening to the holy sound current if it is audible and coming from the right side, or repeating the charged names. Such a schedule will bless you with more of fortitude and inner strength, with the grace of the Master.

I am sorry for dear _____ who is experiencing much pain and discomfort. Please convey my love to her and request her to absorb her attention in the sound current which will be helpful for assuaging her suffering. My blessings are with you both.

* * *

DREAMS

There is a difference between dreams and vision. The one narrated by you was a vision when you were blessed with the manifestation of Master's Form in sleep. One remains vividly conscious in visions whereas in dream state you have only hazy impression on awakening. It does happen that the dear ones who cannot rise above body consciousness completely during meditations and have intense longing to meet the Master are blessed with similar gestures of divine grace. This shows His rare loving protection to you.

Dreams are the results of sub-conscious thinking which manifest during sleep. A rarified mind is often led to correct revelations otherwise these are mainly distorted versions of past, present or future based on one's thought pattern.

Masters do not attach much importance to dreams, owing to the fact that it is a state where inner consciousness is rather dulled, whereas they exclaim that inner consciousness should be developed by contact with the God-into-Expression Power, the Holy Naam, which is All Consciousness.

Dreams are the result of past thinking, hearing, seeing, etc., which result in distorted visions during sleep state. Howsoever, at times the gracious Master Power blesses the child disciple with visions in sleep which are distinct than the dreams and you remain consciously aware of the events which are usually blessed with the Form of the Master. You may refer to "Spiritual Elixir Vol. I" since published. Its study will enrich your spiritual understanding when you will find interesting answers to your several questions relating to the Holy Path.

* * *

NEW YORK STATE LOTTERY

Lottery means the distribution of money by chance among purchasers of tickets. You will please appreciate that chance money seldom proves fruitful and such an action of purchasing lottery tickets creates some vague expectations which cause mental chaos and confusion more than harmony. Howsoever, it is up to the personal discretion of the Satsangis who desire to go in for it. The dear ones may be told that should they relish to contribute voluntarily towards the funds being raised for education purposes, with least expectations of reward, they may do so. However, I would advise you not to bring in business affairs in the Satsang.

* * *

STOCK MARKET INVESTING

This is a personal affair. Masters do not advocate gambling, stakes or chance money. If you consider that buying stocks instead of putting money in saving bank would yield greater profits, there is no objection in your doing so.

* * *

SELFLESS SERVICE - THE DIARY

Failures in selfless service are to be noted only in the diary form.

If there is a chance for selfless service and you fail to undertake it intentionally, this should be reckoned as a failure.

The column under "Selfless Service" in the diary form refers to the failures to be recorded. It may be understood in this manner that suppose there is a chance coming to your notice when you could do some selfless service, but you have failed to attempt it or render it; this will constitute as a failure and should be recorded.

The maintenance of self-introspection diary is very much helpful for inner progress. It serves as a sweet reminder for one's spiritual obligations and you cannot slacken your efforts in this behalf.

The question marks in the diaries show that you do not follow exactly as to how the diary is filled. Please note that under columns of spiritual practices the time spent for repetition of names and listening to the sound should be stated regularly, and in other columns failures in daily living are to be inserted for check and replacement with opposite virtues.

(Following refers to white lies told to avoid hurting somebody; or turning down an invitation, etc., etc.):

Telling a lie in one form or the other has a purpose behind it which may be personal or impersonal, but the effect varies according to the circumstances in which told. Truthfulness is a divine virtue and should be practiced carefully by avoiding all loose talk, gossip, and in case you consider that somebody's sentiment are likely to be injured by speaking truth, silence should be observed than speaking untruth.

(Following refers to when asked for a contribution to an organization or cause of which one does not approve):

Failure in selfless service means when you can afford but refuse to do so.

(Following refers to responding or being stimulated by seeing posters or movies or improperly attired people):

Failure in thought caused by one or the other factor when unchaste ideas intrude is a failure and should be reckoned as such.

(Following refers to exterminating cockroaches, vermin, etc.):

Inadvertent mortality caused during sanitation, etc., need not be noted in diary form.

* * *

PART SEVEN

GENERAL

TV programs shall take their own course at the right time. You need not apprehend any undue worries in this behalf. Reasoning at the intellectual level is too inadequate to grasp spiritual truths. However, if you consider that such a course would be helpful, you may prepare a brochure of brief questions/answers at your level, from the understanding derived out of the sacred books; and send in for perusal and approval. The questions should strictly relate to the holy path and be quite brief and concise.

I appreciate your loving adorations for the book "Spiritual Elixir Vol. I." It is a good book covering replies to most of the difficulties coming in the way of meditations. It is a constant companion to guide you whenever you need. Vol. II will be published in due course, then you will come to know of it.

The experiences your daughter had recently, and hand of protection extended to her by the Master Power are not uncommon, as it extends all feasible protection to the blood relations of the initiates.

You must have known by now that there are certain essential basic pre-requisites for taking up the Holy Path. These comprise of total elimination of all meat, fish, fowl, eggs, both fertile or unfertile, and all alcoholic intoxicants and opiates. So if you are already observing this serene mode of living, much better, otherwise please try to adapt yourself to this type of right living in the larger interests of your spiritual progress.

I have noted about your kind sentiments for _____ when _____ helps you to understand many things. You will please appreciate that children invariably derive wise counsel from the elders and if you will be humble and respectful in your approach, you will be able to gain more from _____.

As regards your mundane affairs, you should try to do your best and leave the rest to the gracious Master Power working overhead. You should try to attain proficiency in one subject which will enable you to have better prospects in life.

The greatest service a disciple can render to the Master is implicit obedience to His Commandments and loving devotion to the Holy Seed of Naam or Word.

All dedicated work is worship. You should work carefully, diligently and honestly. Frugality is a helping factor and contentment an ennobling virtue.

So sad for Dr. Cursio. Similar reports have been received from other dear ones. His is a good soul and deserves all help. Let them who have regard for naturopathy come up for his help. My best wishes are with him.

Please do not bother about other hardships. You cannot alter anybody's destiny. Mind your own business. The maximum if anybody claims from you is to render feasible guidance and assistance within your means in a selfless manner and that is all.

The book I CHING has been seen ... stop altogether asking questions of this book as these are not only misleading but fraught with dire dangers. It is incorrect to understand that Master speaks through the book. You are invited to refer to Stanzas I and II of "Jap Ji" for understanding

fully about the Divine Will of the Lord. Please tell ... others accordingly who seek your advice in this behalf.

The observance of strict dietary regulations by eliminating all meat, fish, fowl, eggs both fertile and unfertile and all alcoholic intoxicants is very much essential as any transgressions in this behalf affects inner progress. You should be careful in this behalf.

You may please note that human body is a precious asset granted to you and its highest object is to attain spiritual perfection. You need not be apprehensive about your past but try to benefit from the promising present to utilize your talents for achieving your goal of life.

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

Please convey my love to your friends and encourage them to study the sacred literature relating to the holy Path for grasping the theory, and adapt themselves to the strict vegetarian and teetotalarian diet. When they feel satisfied and desire to be initiated, they should apply through the local representative and necessary arrangements will be made for putting them on way back to God.

All undertakings worked out honestly bring in desired results.

Masters of the highest order have been practicing Surat Shabad Yoga or the Audible Life Stream as in Bible. This is the way back to the True Home of the Father and the child disciple seeking emancipation from the Wheel is granted inner links of this divine power, which is already existing within. Since it is the divine dispensation, only a genuine Master of highest order who is commissioned from High Above can bestow this spiritual grace on

the sincere seeker. Your contact here is no coincidence but has a significance, as the gracious Master Power controlling and guiding the destiny of child humanity makes it possible for the truly yearning hearts to be led to the Living Master, for their eventual initiation into the Mysteries of the beyond. There is food for the hungry and water for the thirsty.

All Masters say that man should share with others, by beginning with the least you can, maybe one tenth, one twentieth, or one fortieth, but you should give something. By sharing with others the self-expands. So my Master used to say, "You give one tenth of your earnings and if you count at the end of the year you will find that you have saved expenses in some other way, in the case of sickness and other things."

Soul being the essence of God is on equal footing in male or female body. The females have rather greater scope for inner progress in early stages, being endowed with more of love than males.

Ego should be overcome by inculcating a sense of reverential humility and self-abnegation. Ego is gradually purified and annihilated gradually by meditations on holy Naam when you realize that you are simply a doll or pantomime dancing to the tune of the divine wire puller, and act under His instructions as a conscious co-worker of the divine plan.

There is no question of preference of Sikh and Muslim Masters over Hindu Masters. The scriptural lore regarding Surat Shabd Yoga for quoting is mostly available in case of the former and that is why they are often quoted. There are references in the Hindu scriptures also, but they are rare.

You have got the sacred books of "Naam" and "Crown of Life" which contain much of the theory relating to the Holy Path. You should please study them very carefully for imbibing the teachings in their right perspective.

An unbiased study of the books will reveal to you the great difference between the teachings of the Master and other schools of thought so far practiced by you. Howsoever, you should be thankful to your earlier teachers, which has ultimately culminated in guiding your footsteps to the Master.

Providence has made ample provision for your maintenance. 'Seek ye first the Kingdom of God, all else will be added unto you' is an apt saying of Christ. Your material needs will take their own care when you will strive for spiritual perfection. My love and blessings are always with you.

Worry and anxiety betrays faith and harms meditation. You need not feel discouraged in any way but repose your hopes and aspirations in the Master Power.

Please refer to "The Wheel of Life" for having more of right understanding relative to your belief that dishonest people prosper more than virtuous ones.

You are invited to refer to "The Wheel of Life" for understanding more about the Law of Karma.

The holy meditations on Naam go a long way in granting much of inner ravishing bliss when the effects of Karma howsoever these may be painful are borne out cheerfully by the disciplined dear ones. Pain and pleasure are the attitudes of mind. When you rise above body consciousness and develop conscious contact with divine light and sound principles, the pinching effect of Karmic liquidation is removed with the grace of the Master.

Physical body is constructed by God in His Own divine manner. Your duty is to maintain it in a most careful and befitting way for meeting with your mundane and spiritual obligations.

It is not hundred percent correct to say that those who have access within can read their fate easily. (Note: this refers to something read

in "Spiritual Gems"); howsoever, the disciplined and devoted dear ones mold their lives in such smooth patterns that they can ensure peace and harmony by following the behests of the Master. Kind thoughts lead to kind words and eventually to kind deeds which become the bedrock of peace and tranquility.

A disciple who is a mother of children is advised to put her children on the vegetarian diet, which is conducive for their good health and also helpful for their spiritual practices in later life. The mother has a responsibility in adhering to the vegetarian diet as enjoined by the Master and also to the child in feeding it harmless food. To feed it eggs when she knows them to be harmful to the physical body and also detrimental to spiritual growth, will incur Karmic debt according to the circumstances.

The conch sound is not the sound of OM of the yogis. The sound of ocean roar or thunder as coming from the right side when listened with rapt attention transpires like this OM sound of the yogis. I have noted your viewpoints in regard to the general welfare of suffering humanity. The Masters do not object for such like reformation and rather advocate all rational and realistic attempts. They radiate kind thoughts for the welfare of all.

You should not please be disappointed about the attitude of the dear ones put on the holy path, who are indifferent to the suffering of the people at large. You should please note that a spiritually illumined and realized soul does not require outward show of expression for the welfare of others. Politics and spirituality cannot possibly be synthesized.

Self-reformation is what is needed most and should be relished under the guidance of the Master. However, your kind sentiments for suffering humanity are appreciated.

The abounding fears and apprehensions of various sorts should not be entertained as these grow

in abounding measure when dwelt upon. You should instead dwell more diligently on the opposite virtues of peace, harmony, serenity, chastity, humility and selfless service. Please note, as you think so you become.

Dear Child, you are dear to me. You should be rest assured that when I came to the States, you will have the chance of having a personal chat with me. The tour program is being finalized and when it is fixed up, all of you will be notified accordingly.

You need not be afraid of discussing esoteric teachings of the Masters with others. Spiritually illumined do owe much to their less gifted brethren when you can instill faith and right understanding in them out of your own personal knowledge derived from the sacred books published from here and on personal experience gained by meditations. You may please be rest assured that all similar gestures of divine order when undertaken in a spirit of deep humility and self-abnegation bear positive results. Fortunate are the chosen few who are made instrumental in the divine set up.

Fear of God or Master is the step forward towards divine intelligence. You can benefit from this attitude by introverting within in holy meditations when you will be blessed with more of divine grace and protection.

* * *

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

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

Path from all other schools of thought. Fortunate indeed are the chosen few who have been given initiation by a True Master whose inner eye is opened and is competent to open the inner eye of others. Blessed are ye who get experience of light by having the single eye opened, the very first day of initiation.

* * *

PART EIGHT

MEDITATION

The rocking motion felt by you during meditation shows that you remain conscious of the withdrawal process of the sensory currents from the body below.

As regards your (family) visiting you, you should be more careful and considerate about your spiritual obligations. You can seek their loving cooperation in this behalf in all politeness when they would feel obliged to accede to your humble request with the grace of the Master. Please convey my love to them.

The difficulties experienced in regard to your withdrawal up to the eye focus and deep concentration will be overcome by persistent efforts. Please note that you are neither to watch the process of withdrawal of the sensory currents from the body below, nor exert any pressure at the eye focus to attain deep concentration, but simply continue looking intently and patiently into the middle of whatever you see within, light or darkness.

All else is to come of itself in due course with His grace. The stray thoughts intrude during the slackening of inner gaze and as such you should develop habit of staying with at the eye focus by loving devotion.

The images manifesting within are the result of some past thoughts which can be excluded by Simran of the charged names. These words carry the life impulse of the Master and serve as sure sheet anchor against the onslaughts of negative powers. Anytime you are overtaken with some horrifying phenomena, just give out charged names, you will be blessed with instantaneous help and protection.

I am glad to find that both of you are devoting time for your holy meditations with the result that you are blessed with the divine revelations of lights and holy sound current of bells, ocean roar, etc., as coming from the right side with the grace of the Master. These should be developed by more of accuracy and steadfastness. The sound current if becomes audible during Simran and vision practice, should not be listened and entire attention be devoted to the looking into the middle of light, which will grow brighter and ultimately open to give further way up.

The manifestations of black space with golden sunlight have a deep significance. Please continue looking into the middle of whatever you see within and do mental Simran of charged names, very, very slowly, maybe at intervals, so that the inner gaze is not disturbed. The charming Radiant Form of the Master usually manifests in the strong golden light and if it does appear, please test its genuineness by Simran. If it stands before the charged names, know it for certain that it is genuine and friendly, which will be helpful for your inner journey on to the True Home of the Father. You should look lovingly into the lustrous eyes and forehead of the Radiant Form. You will develop receptivity and He will speak to you to your gratuitous joy.

The listening of the sound current as coming from the right side is equally important and as such regular time should be given for the same as well for ensuring steady progress.

For overcoming your difficulties in concentration, you are advised to please relax fully, repose your aspirations in the Master and resign to His Will. All else will follow automatically.

As regards your query about posture as referred to in 'Spiritual Gems,' you should please sit in any posture most suited to your convenience in which you can sit for longer periods undisturbed, straight but fully relaxed.

Sitting squat is considered most convenient and suitable for introversion within when the sole body is kept in a fully relaxed and straight position.

The inner experiences should not be divulged out to others as it affects inner progress adversely. You should be careful in this behalf in future.

I appreciate your solemn promise to meditate regularly from now onward. You should set apart some fixed time for meditations when you are quite fresh, free and buoyant and then stick to this sacred schedule with firm faith and determination. The precious moments of earth life spent in meditations are superbly best utilized and count creditable for inner spiritual progress.

You have not stated about your holy meditations as to how much time you are spending daily for both the practices of vision and audition. The meditations are highly efficacious for ensuring inner progress if undertaken correctly coupled with religious regularity and deep faith.

I find that you could not devote time for your holy meditations for one reason or the other. It appears that you are too much engrossed in outer pursuits. The holy meditations do not demand any extra ability but a receptive mind to sit quietly, with fixed gaze at the eye focus and do mental Simran of the charged names, and subsequently listening to the sound current as coming from the right side. It is so simple, rational and easy that even a lad can well understand and grasp its import.

Your complaint with the mind running wild is genuine and it will continue to trouble you unless you care to enchain it with the Simran of charged names, loving remembrance of the Master, or listening to the sound current coming from right side. This is the only and tried medicine. Leave all and follow the above injunction very carefully. You can expect positive results in a few months with the grace of the Master. It is the suppressed ego which does not permit the dear ones to meditate regularly otherwise if you can be friends with the mind by careful planning and right living, you will find that

the holy Path is most easy, enjoyable and full of ravishing bliss and harmony.

Howsoever time factor is very much necessary. You must not be hasty but like an ardent student of art you should learn bit by bit, when you would be able to assimilate the rare gems of divine bliss and benefit from their rare worth.

* * *

SATSANG

I have seen the list of Satsangis who do not attend the Satsangs for one reason or the other. They have since been reminded in this behalf by writing letters from here. I hope this will arouse interest in them and their way be same response with the grace of the Master. You may continue to request them for regularly attending the Satsangs; at your level with all loving patience.

I have perused the 'Satsang Attendance Sheet' and the list of initiates prepared lovingly by _____. Please convey my love to _____ and all the dear ones of your group. I am pleased for one and all who endeavour to attend the Satsangs regularly.

Spontaneous speaking in Satsang is not disallowed provided mature persons take the floor as you appreciate dear _____ extempore talks who speaks sparingly for supplementing the reading from the sacred books. Such a course will not allow the speaker to stray on foreign matter when he/she takes the them from the books. Guest speakers (only initiates) may be allowed for a few minutes only suiting the schedule. This should howsoever be borne in mind that the talks delivered must be of compatible nature with the teachings of the Master only, such as importance of physical birth, obedience and devotion to the Master, and other allied subjects of humility, simplicity, sobriety, serenity, patience, forbearance, etc. You may

request the guest speaker to give you the digest of his/her talk beforehand to be delivered and caution them not to drift from the above.

Non initiates as a rule should not be given the platform to speak in Satsangs. Howsoever if any important person does come up to attend the Satsang, you may afford feasible hospitality to him. He may be requested to say a few words about the Satsang given.

I have seen the schedule of meditations sent by you when you get together at private houses for the sacred purpose. It is a step forward in the right direction for the gracious Master and benefit from divine radiation.

SELF PITY AND SELF CONDEMNATION

Self-pity and excessive condemnation is equally bad as it leaves its ugly effect of remorse and unwanted gloom which feeds the mind harming the mental composure and equipoise which is essentially a basic prerequisite for successful meditations.

Please learn to be independent, cheerfully attending to your mundane duties in a severe and detached manner. Regular devotional meditations fill the gap and the emotions are subdued for a nobler and pious cause. Life need not be frittered away in unnecessary wranglings or baser sense pleasures but instead should be best utilized for a higher purpose of liberation of Soul from the mire of mind and matter. Please shake off all morbid feelings and feel happy for doing your part with sincerity and loving humility. It is a human paradox that the more one runs after one's own cherished desires, more intricate and complex these become, bringing in nervous confusion. So why should you ever care for others where you have much to accomplish for your own betterment.

It is unfortunate that you have allowed this inferiority of personality to creep in your behaviour. It seems to be your own creation and you can mend it by careful living. The initiates should avoid uncongenial surroundings but it should not mean a boycott from amiable social contacts. You should give out the five charged names any time you feel in adverse circumstances, needless when such like nervousness seizes. You will improve with His grace.

You should try to forget all about your mind and I-ness. It is simply your harping on it and feeding its ego by constantly thinking about it, which disturbs you. You must know that regular meditations replace the vicious qualities of the mind with virtuous ones and gradually culminate in rising above vice and virtue both. Go placidly amid the noise and haste and remember what serene peace and harmony awaits you within during meditations. Beyond a wholesome discipline, please be gentle with yourself. Such an attempt shall bless you with profound joy and bliss.

Nurture strength of spirit to shield you in all spheres of life. Never feel disturbed with imaginings.

It is unfortunate that you are still confused. Self-pity is bad and breeds depression and frustration. You must not dwell much on the past howsoever sad or gloomy it had been. Just learn to live in the divine present. Take life in right earnest. Plan sanely and then execute honestly, irrespective of the results which may not be to your expectation but you will have the satisfaction of having done your part well. You should accept the job which comes your way and work on it honestly even if it is not to your liking. 'Work is worship' and as such all honest work should be undertaken in a spirit of dedication. You will like your job and be more happy. Silent suffering strengthens character and has much compensation. Please do not stoop to others' whims. Live rightly and act wisely to save your person. My love and blessings are with you.

It does not matter if you could not live up to the holy commandments until now. Your sacred aspirations for improvement

are laudable. Thus far and no more should be the motto. If you will follow this golden principle of life, you will certainly change in due course. Slow but steady paces shorten the journey. One step in the right direction under the protective guidance of the Master Power will set the ball rolling. You should please note that every pleasure has its price and every suffering has its equivalent compensation.

The Master never censures the faults and failings of His disciples. He only advises that they do not repeat them. You should, therefore, please be careful in the future in regard to your diet, as each lapse in this regard will retard your spiritual progress.

It is not necessary to write a confession to the Master every time you commit a misdemeanor. The Master Power is quite aware of the lapses of His disciples and wishes only that they become aware of these lapses and not to repeat them. Let your confessions be honestly and openly recorded in the various columns on the self-introspection diary. This is the sublime principle behind the correct use of the diary form.

* * *

THE MACROBIOTIC DIET

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

I do not advocate the macrobiotic diet that is apparently being followed by some of the initiates and advise all those who are presently following this diet to eat in moderation a balanced diet

consisting of fresh fruits, vegetables and dairy products as referred to above.

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

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

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

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

Second Excerpt on Macrobiotic Diet

I am happy that you have furnished complete details of the constituents of the Satvic Macrobiotic Diet. I observe that it is a very useful diet, not only nourishing but conducive to spiritual progress.

* * *

DRUGS

It is amusing to note that the Utopiates (LSD), Marijuana, etc.) for producing hallucinations. You may please note that spirituality is the science of the soul, which (the soul) is a conscious entity in the body. The Way back to God as offered by the Masters is one of developing inner consciousness with the aid of Holy Naam (the WORD). All such like outer aids resulting in temporary hallucinations, as stated by you, are certainly a mockery for the divine grace. You can well understand the vast difference between

having a conscious and wide awake approach for proceeding within and that which makes recourse to these outer aids which are no less than opiates creating some sensational vibrations. You will recall that the observance of a strict dietary, by avoiding all flesh food, intoxicants, and opiates, is a basic essential for inner spiritual progress, for attaining a refined state of mind. We have to develop consciousness the divine attribute of soul, and for the achievement of (inner) consciousness, inner and outer piety and chastity are very much needed. The drugs are equally harmful, and should be avoided, which dull the brain and cloud the mind with vague feelings of distrust and confusion. You are advised to convey this piece of right understanding to all the dear ones who are on the Holy Path and to others who seek your counsel in this behalf.

* * *

PART NINE

MIND

Now as to the lapses or departures from the right way, as you call them. The mind, as you know, works in subtle ways -- too subtle for an ordinary man to detect and then to detect rightly and in time before the mischief is done. It is from the abundance of heart that all actions, oral as well as physical, proceed. We have therefore, to be mentally alert about our thought-waves, so as to be able in time to mark their ebb and flow and then by-pass them by the process of concentration, forgetting all about the mind and the mental states, including even the pure mind essence which gossamer-like envelops the soul...it is the memory of our experiences in the distant past and in the living present that constantly and irresistibly follows us at our heels and since we have not yet learned to keep aloof and above them the lapses occur in spite of us. The enumeration process is just the first step to be cognizant of our doings, which we are likely to overlook in our self-righteous assertiveness.

* * *

Thoughts are to be watched which precede actions. It is a slow yet steady process of gradual improvement for which an all-out effort is necessary. A well-disciplined and spiritually regulated life is very much essential.

You are not to look up to the humans or even Satsangis for emulating their qualities. No one is perfect under the sky, yet perfection is our goal. The more you are advanced, more of reverential humility will dawn at you and in due course you will find yourself as a humble tool in the divine hands of the gracious Master Power. It is the climax and zenith of spiritual attainment.

* * *

Verbiage is simply a vehicle of expression when you try to put forth your inner-most feelings seeking solution for the confusion created by your mind. Each question carries a rational answer in its bosom. The human intelligence baffles at times at surface but if you endeavour to delve deep into the inner most recesses of silence of the heart, you will find ineffable divine bliss gushes forth from the fount of Godhead. Divinity dawns in deep silence - the seer becomes dumb and mute with overwhelming divine intoxication and relishes to absorb his little self in Him - the Light and Sound Principles.

* * *

I would advise you not to dwell too much on ratiocination, for it tends to scatter the mind. This thinking-self continues to be with us for quite a long time, its range extending from the physical to causal states and until all these states which constitute the mind zone, are successfully crossed, it does not drop off. --- until this point is gained, neither the thought of self will go nor your actions be purely selfless --- it is the ego in us that is assuming to itself the credit of all actions and hence it is the cause of bondage. Be egoless and you become free from the binding effect of Karma.

* * *

You will please appreciate that it is the constant thought of worldly pursuits which has been the cause of present human birth, and for attaining liberation from the cycle of birth and death, the very thought pattern is to be revolutionized by replacing it with divine thoughts.

Loving remembrance of the Master and repetition of names serve as very helpful factors for having the withdrawal of sensory currents from the body below, when the inner process of contemplation on the divine lights and eventually the charming Radiant Form of the Master commences. The vision practice consists of this repetition and looking intently into the middle of whatever you see within. The

light will sprout forth and further way will be up with the grace of the Master.

* * *

Mind is accustomed from ages to hop about and live on things of the outer world. The more it goes out the more it is scattered and the less peaceful it is. Peace comes from within and not from without. One must invert within to get it. You have been given the way for inversion and staying on within to enjoy peace and bliss in the Higher Planes. Outer life and inner progress go hand in hand.

No spiritual progress can be made without ethical living - great stress is, therefore, laid on the latter. You need not be frustrated. Everything will come in due time by the Grace of the Master. Time factor is necessary. Please do not be impatient, but carry on your job steadfastly and lovingly with faith in the Master Power. The inner experiences will increase from day to day. Work is worship. During the day when you are busy in your outer worldly advocacy, please be fully devoted to then, with diligence so that your mind is fully absorbed in the work you do.

Should, however, there be any moments when your mind is free, those moments should be utilized in repeating the five Holy Names or sweetly thinking of the Master or listening to the Sound Current, if that has developed.

All this may seem difficult in the beginning, but slowly and slowly the mind gets into the habit and soon it begins to like and enjoy the meditations and this sort of truthful and straight life. The outer failings are to be viewed with a keen eye and the failures are to be removed from day to day.

* * *

Thoughts are more potent than deeds. You can eschew negative thoughts of worldliness and entertain godly thoughts by cultivating a keen sense of continued loving remembrance of the Master. You will please appreciate that it is like an armour with the initiate

against the onslaughts of mind and matter when you are mercilessly exposed to their attacks. It is the inborn ego which distracts the mind from the receptivity of positive thoughts of goodness. The watch of thoughts comprises a vigilant attitude of the mind against the several vices known to you. It is a gradual process of replacement of vices with ennobling virtues.

* * *

You must not feel disheartened and try to regain your inner happiness by doing your very best and leaving the rest to the gracious Master Power working overhead. Even the darkest cloud has a silver lining somewhere. He is fully aware of your distress and awaiting more eagerly to receive you within in faithful meditations. You are to be on the guard lest your sub-conscious mind is fed with thoughts of gloom and morbidity. It makes no distinction between constructive and destructive thought impulses.

It works with the material you feed it with through your thought impulses. The sub-conscious mind will translate into reality a thought driven by fear just as readily as a thought driven by courage or faith. Just as electricity will turn the wheels of industry and render useful service if used constructively or snuff out life if wrongly used. You are free to a great extent in this respect to be receptive to the thought impulses of faith, loving devotion, humility and self-surrender; which will in turn bless you with peace and harmony. You must not dwell much on your confusion but meet every situation with courage. My love and blessings are with you -.

* * *

Mind has the tendency to roam about since ages past and it resents stillness and calmness. Yet it is to be chained and attuned with the holy Light and Sound current. You are right that one or the other excuse is always forthcoming to evade the sacred process of inversion. A sweet will and sincere efforts are the basis for successful results. It is a slow but sure process. Persisting efforts

with deep faith and religious fervor bring peace and harmony. The Simran of charged words at all hours is beneficial, as the mind is not let loose to entertain negative thoughts, and eventually helps concentration and inversion. When you are at work, be fully at work - as work is worship. when you are free, let the mind not be vacant, as a vacant mind is the home of the devil. Let the mind be either engaged in Simran with sweet remembrance of the Master or listening to the Sound current if It has become audible at all times of the day. If you repeat the Names mentally, with no thought of the eyes or forehead, etc., the knocking feelings will be eliminated. Please try to learn the technique of complete relaxation with no tension in the body. The Master Power will unfold the celestial light within.

* * *

MEDITATION

If you have noise in your own place, you may find some monastery or church nearby where you can have more peace and quiet to carry on your meditations.

* * *

The teachings of the Masters are accurate and definite beyond any doubt. One experiences the Divine Light and the Heavenly Music within and sees and hears them with one's own inner eyes and ears by the Grace of the Master and develops from day to day if one only abides by the instructions of the Master. This Science is positive and factual and so is scientific and exact. We have not to depend on the hearsay or others testimony; Christ said, 'If you love me keep my commandments.' I There is nothing wrong in adoring the Master who helpfully lets us enjoy the inner experiences day by day. He is all in love with the lord and love Personified. Love and adoration for him lies in living up to His commandments which will flare up

love and adoration of the Lord. Without the Master's love, there can be in us no love for the Lord.

* * *

Refuge in the holy meditations is the panacea for all ills of life and these should be pursued vigorously and steadfastly. You have been granted the celestial links within to work upon them when all shall fall to your lot whatever you desire. You can set apart regular and fixed hours for your meditations both morning and evening and get tapped inside to receive grace of the Master Power so generously flown to you. You have to simply take a resolve and stick to it with single-minded devotion coupled with faith and humility. You will see that the overwhelming sublime effulgence shall engulf you with bliss and serenity.

* * *

The sleep during meditations should be avoided by looking intently into the middle of whatever you see within light or darkness, as it is during the slackening of the inner gaze that sleep and outside stray thoughts intrude.

Besides, meditations should be undertaken when you are quite afresh and buoyant after normal sleep and rest. You may take some physical exercise for shaking off sloth.

* * *

The time for meditations should be increased gradually so as to achieve the target of two hours a day, which will ensure more of inner bliss and harmony. The inner attention should be absorbed in the divine light or sound current completely which will ensure steady progress. The intense longing for having darshan of the Master within is good, but there should be no visualizing from your side as in that way the intellect continues to interfere and unless it is silenced completely inner form will not manifest. The mind of the

initiate should be trained in such a manner that it dwells on the loving remembrance of the Master all along the waking moments and such a sacred schedule will enable you to have better and successful meditations. You are to completely repose your all aspirations, and await patiently. All else will come of itself.

* * *

Your tension in the face and around the eyes can best be eliminated by sweetly riveting your attention at the eye center, with no clutching to have one thing or the other, reposing your hopes entirely in the gracious Master Power to grant and bless you with whatever is deemed best for you.

You know it that it is with the repetition of sacred charged names that the sensory currents from the body below are withdrawn to the eye focus with the grace of the Master, and the distracted attention on various parts of the body below do create such disturbance. You have not stated about the sound current as to what sound you listen within. The hearing of the sound current is equally important and as such equal time should be devoted for this practice as well.

The holy meditations if undertaken in an accurate way are efficacious in granting much of serene bliss and harmony. I enclose a copy of brief instructions for doing meditations in an accurate way. Please read them carefully and then act accordingly.

* * *

The manifestation of Master in dream state carries some spiritual significance. The correct interpretation of your dream might be relating to your mundane affairs when you are doing some work. If you could do Simran, you would have enjoyed some more instructions from the Master.

* * *

The longer time you devote to each practice the more you will become absorbed in the inner revelations of light and sound, with the grace of the Master. It is the attention that sees the outside world - through the physical eyes. It is the same attention which sees within through the inner eye.

You should simply close your eyes as in sleep and forget about them. In this way, you will be able to concentrate your attention within and there will be no strain on the outer eyes. The inner gaze will adjust of itself.

* * *

--- If you could relax completely at the eye center you will find that the soul will be dragged like a hair out of the butter with no inconvenience to you, with the grace of the Master. The inner phenomena is very well controlled and you should not apprehend any fears whatsoever of leaving the physical body, as you will not die, as the silver link is not broken. You should listen to the sound current with rapturous attention which will bless you with ineffable peace and harmony.

* * *

As regards your meditations, you have not to use your physical eyes and ears. You simply leave them as one does when going to sleep, and without putting any pressure on your eyes, forehead or eyebrows, see with your inner eye the light that appears to you within. Please do not depend on your own power to gaze penetratingly into the inner strong light and pierce through the same but repose sweetly in the Master Power overhead to help you in such a gaze and piercing. There is no question, therefore, of shifting the focus. You have to be absolutely forgetful of your body and environments for thoughts going back to the body produce cramping pains, and unpleasant feelings, etc.

* * *

You should try to develop the habit of looking constantly, and sweetly into the middle of inner darkness by fixing your inner gaze there without any clutching tendency on your part to have one thing or the other. Your difficulty of eliminating outer seeing shows that you cannot successfully silence your intellect which is the last nail in the coffin and for attaining proficiency in this behalf, you are to practice with accuracy and patience. It seems to be simple, yet demands an arduous and strenuous effort. It is very much rewarding and worth undertaking. You will progress gradually with His grace.

* * *

You should recite some prayer or devotional hymn before sitting for meditations which will create an aura of receptivity and your meditations will become more easy, interesting and fruitful.

* * *

Divine wisdom dawns gradually when you get attuned and absorbed within in the Beyond with holy Naam. The more you are receptive, reposed, and resigned to the Divine Will of the Master, more of divine grace will fall to your share.

* * *

(In reference to increased meditation). Such a sublime routine coupled with kind thoughts and sweet words imbued with humility, will in time bless you with more of inner receptivity which brings in better results.

* * *

It is the inner complete absorption of your attention in this heavenly melody which will eventually transport your soul on to the Holy Feet of the Master.

* * *

Even if the lights change (which as a matter of fact shows the vacillation of your mind), you should continue looking lovingly into the middle. It will become steady, brighter, and ultimately burst.

* * *

You have, of course, not to strain or exert in any way, nor is there any need to visualize or imagine anything, for whatever is inside, will automatically reveal itself gradually as you learn to get into and sit at the eye-focus.

* * *

I am glad to find that you are blessed with the celestial manifestations of much light and hear the holy sound current of bells, violins, guitars, etc., as coming from the right side with the grace of the Master. Please look lovingly into the middle of this light and do mental Simran of charged names, very, very slowly, maybe at intervals, so that the inner gaze is not disturbed. It will become more brighter and ultimately burst to give you further way up. The sound current as coming from the right side should be listened with rapt attention. It will draw closer, grow louder and ultimately come from above.

* * *

--- You should not pay any heed to the movements at the pituitary center and instead keep your attention absorbed in the listening to the holy sound current as coming from the right side with rapt attention. It will bless you with more of ineffable bliss and harmony.

* * *

You see the divine lights of mostly gold and sometimes blue color, which is good. You are advised to look intently and constantly into the middle of this light and repeat the charged names, mentally,

very, very slowly, maybe at intervals, so that the inner gaze is not disturbed. It will grow brighter and ultimately burst to give you further way up. The absence of perceptible sound current as coming from the right side might be attributed to some inaccuracy in doing the exercise, as otherwise it is hundred percent possible to have it. You will recall that on your initiation you were privileged to hear the violin sound as coming from the right side. Besides you do not devote any time for this practice, for which are you advised to give equal time for this exercise, as it is of equal importance.

* * *

I am pleased for your regular and devoted meditations when you are blessed with the inner celestial revelations of various colored lights and melodies as coming from the right side, with the grace of the Master. These are the precious gifts of the Master which should be developed from day to day with steadfast and accurate meditations as explained to you from time to time. Try and gradually increase the period to enable you to become more absorbed in these inner revelations and make greater inner progress, with His grace.

* * *

The holy sound current of chimes, thunder, flute and heavy hammer sound (listen to this sound more intently to hear if it is the sound of bell) as coming from the right side, are higher sounds and should be listened to with rapt attention. They will draw closer, grow louder and ultimately come from above to drag you into the Beyond.

* * *

In your vision exercise you are blessed with the celestial manifestations of light in various colors and the Eye of the Master. These are the cardinal revelations of divinity granted to the child disciple for proceeding on the true home of the Master. You should

look intently and lovingly into the Eye and Master will appear in His radiant full form and you will be able to talk to him.

* * *

The holy sound current of chimes, violin, conch and piano as coming from the right side are of high order. Its listening with rapt attention will fill you with ineffable bliss and harmony which falls to the lot of devoted and disciplined initiates.

* * *

The manifestation of charming Radiant Form of the Master is the climax of divine grace. Please look lovingly into His lustrous eyes and forehead so much so that you forget yourself entirely, and repeat the charged names to test Its genuineness; you will develop receptivity and He will speak to you to your gratuitous joy. The sounds of violin and bell, chimes as coming from the right side are all right and should be listened with rapt attention. It will draw closer, grow louder and ultimately come from above.

* * *

It is the inevitable result of your loving and regular meditations when you are blessed with ineffable joy and exhilaration. Your deep gratitude in this behalf is appreciated. A grateful heart becomes the abode of all virtues.

* * *

You need not feel sceptic over your restricted inner progress but try to be more accurate and earnest. It is inner longing of the soul and intense loving devotion which blesses the child disciple with fruitful meditations. You will grow gradually in due course.

* * *

The main difficulty with you seems to be that quite often your attention slips down from the eye-focus and you find yourself wandering into thoughts of one kind or the other. We have, for ages, been accustomed to use our mental apparatus, in the world outside and hence acquired a tendency to flow outwards and downward. We have now to change its course inwards and upwards, by means of *Dhyan* (concentration at the eye-focus. Whenever you sit for Simran (repetition) sit with a calm and collected mind, leaving aside all your cares for the time being. The main thing is to gaze within between the eyes, without straining yourself. Make it a habit to sit at ease with a loving longing and gradually you would find an all-around improvement. The more this inward gazing would develop, the more you will feel a kind of pleasant quiescence. And then the slow mental Simran of the charged words will do its work of withdrawing the sensory currents in the body. You have in fact not to do much, but to quietly give yourself up to the Master Power.

* * *

You have not to make any images nor visualize anything for whatever there is behind the iron curtain, will reveal itself automatically if you sit quietly like a child without any expectation.

* * *

--- Your experiences while repeating the charged names even at work shows His gracious protection being extended to you at all times. You are fortunate enough to be privileged to enjoy these serene experiences of spiritual beatitude with His grace.

* * *

You must not entertain any apprehensions for similar happenings as experienced by you some time earlier. Just go jolly by the repetition of the charged names and loving remembrance of the Master. It

seems to be a feeling of rare calmness when you feel the cold wind moving around you during deeper meditations.

* * *

I am glad that you heard the sound of the Conch and after a couple of days were blessed with a vivid experience of traveling on a road inside. Please be rest assured that these experiences are achieved only when one rises above body consciousness and by regular devotion to the spiritual practices in an accurate way. With loving faith and earnestness, these (inner experiences) will further grow and you will have day to day progress.... at night, after the meditations, so long as you do not go to sleep, it is quite good and refreshing to lie down on your back and relax completely while keeping your attention at the eye focus with sweet remembrances of the Master. You will see that thereby the complete sensory current of the body will be withdrawn to the eye center and, occasionally, beautiful inner experiences fall to the lot of the devoted disciple. But this should not be counted as the time devoted to regular practices in the sitting posture.

* * *

You must listen to the Conch sound with rapt attention and with your ears plugged with your thumbs, as It (the Conch sound) has a far-reaching significance. You need not worry about the thumbs getting numb but be sweetly absorbed into the hearing of the Sound Current. It cleans the mind, purifies the heart and elevates the soul.

* * *

The scenes that you see (within) have to be left behind and you have to go ahead. You can listen to the Sound Current anytime. There is no hard and fast rule. All that you have to do is be loving and devoted to have good results.

Let no impatience stand in your way. The time devoted to the spiritual practices should be increased to about two hours daily so as to give you more progress.

* * *

You are not to close your eyes with hands during meditations, but simply close them softly just as one does while going to sleep, but you should remain fully conscious and wide awake within for enjoying the divine visions. For eliminating any difficulty after meditations, you are advised to resume body consciousness slowly, or if meditations are done before retiring for sleep, you should fix your inner gaze at the eye centre lovingly and retire cheerfully, by repeating the charged names. It does happen sometime that the initiates are transported into the Beyond in this state, with the grace of the Master. The time for meditations should be increased gradually so as to have the target of two hours a day.

* * *

Once you are able to rise above the body consciousness you enter into an awareness of the higher order, which lies behind the reach of all philosophies and psychologies, for then you are on your way to the Causeless Cause, the Mother of all Causes, knowing which everything else becomes known of itself, like an open book. This then is the Alpha and the Omega of the Religion of soul, which begins where all religious philosophies and polemics end. Here all thinking, planning, imagining and fantasy, as mentioned in your diaries, fall off like autumn leaves.

* * *

At the time of initiation, you would have been warned and clearly told about the things that tend to help the progress in meditation and the things that stand in the way and retard spiritual progress. They are recapitulated below for your guidance:

"Disclosing inner experiences to anyone other than the Master, neglect from abstaining from prohibited diet (i.e., all meat, fowl, eggs or intoxicants), gaps and defaults in any part of meditation, retard the Progress."

You could not keep within yourself the new joy and beauty that the Master had given you and erred gravely in speaking about the same to _____. The reaction of _____'s mind caused doubts to creep in your mind. Be rest assured. The Master is always with you from the time of initiation, seeing and reacting to everything that an initiate does. St. Luke said, "Take heed that the Light which is within you is not darkened." So now again with love and devotion, pray to the Master Power within to open your way. He will listen. He is not away from you. Your meditations will again become sweet. Great opportunities will open up.

* * *

PART TEN

GENERAL

It is quite a long time past that I have not heard from you. Your last letter dated _____ was received which was replied to on _____. I am wondering why there has been such a long silence from your side. Please keep me informed about your welfare mundane as also about your spiritual progress.

* * *

You need not worry about being far away from the Master as He is beyond time and space. The gracious Master Power is the constant and nearest companion of the child disciple. I have noted about your dear husband who looks to be a very good person. He is reading the sacred books and shows much interest in the teachings of the Masters. It does not matter if he does not consider it for him to be initiated into the Mysteries of the Beyond for the present. Your kind and compassionate sentiments for his spiritual welfare together with the gracious Master Power will enable him to see the divine light in due course. Please convey him my love and encourage him to write to me for any further clarification should he so desire to have on the subject.

* * *

I am sorry for the passing away of your dear aunt for whom you need not worry as the gracious Master Power has taken full care of her in the Beyond under His Will.

You need not bother about your patients with whom you are to remain for your duty obligations, which should be considered as a

service to the Master. 'Work is worship' and it should be accepted in this sense. You should be more patient and tolerant with old age patients who cannot behave properly.

* * *

Appreciable inner progress cannot be made until you learn to lead a well-regulated and disciplined life. A regular schedule of devoted meditations, morning and evening, coupled with weeding out of all lower desires and sensual impulses, will bless you with inner strength and fortitude to carry out your daily obligation and also ensure inner spiritual progress.

* * *

Your spiritual progress is dear to me and I wish you to take advantage of this golden opportunity given to you in the man body, and strive to make renewed efforts to fulfill your spiritual obligations to yourself and to your Master.

My blessings are always with you. it is for you to become consciously aware of the divine Presence of the Gracious Master Power with you at all times.

* * *

If you make Self and God realization your objective in life regardless of what profession you engage yourself in, you will awaken in the knowledge of His loving guidance and protections with you every step of the way. In this way, there will need to be no acting and posing.

* * *

You will grow in love for God and God in all hearts and will have the true understanding of love. Your every expression in life will radiate Has Light and Love within you.

* * *

Who can teach you "The Art of loving" except Him who is Love Personified and is overflowing with the intoxicating Love of God and all creation. There is no greater Love in all the world than the Love of God and the Word wade flesh.

* * *

Whoever thinks of Him, reads of Him, talks of Him and meditates on Him, will become like unto Him. Know that nothing should stand between you and your Master. The more you give yourself in complete self-surrender, the more you shall receive.

* * *

A disciplined life of devoted meditations and true living will draw you closer to your objective in life. My blessings are always with you.

* * *

The book _____ stated to be sent here shall be acknowledged on receipt. Good books are helpful but too much dwelling on such like books results in bewilderment.

You can study the sacred books published from here which will bless you with the right understanding of the Holy Path for enjoying a happy and serene life.

* * *

The study of "Philosophy of the Masters" published by Beas Satsang is a free translation of the book "*Gurmat Sidhant*." On the whole, it is worth reading. Some valuable footnotes have been omitted. If, however, you feel confused anywhere, you are welcome to seek clarification.

* * *

An unbiased and careful study of the sacred books published from here will bless you with more of right understanding. These do not require further interpretation. Howsoever, if you will attempt to elaborate the subtle Points discussed in them, you shall have to be more receptive by eliminating yourself totally and let the gracious Master Power work through you.

Smooth channels do get moist with the inflow of divine grace and for deriving maximum benefit you should be more self-abnegating and humble.

* * *

If you accept the Simran of Charged Names as the basic Names of God in the Master, then you will be able to repeat them with affection, love and devotion.

* * *

You should radiate kind thoughts for the spiritual welfare of your daughter who in turn will benefit from the gracious protection of the Master Power. You may tell her to write to me all about her welfare and convey my love to her.

* * *

All mail is dealt with confidentially and but for my personal correspondent who receives instructions for drafting replies, nobody else reads the letters received from the dear ones. You may request your friend to write to me about spiritual matters on which she desires to have any clarification. Please convey my love to her.

* * *

Noyes Method for controlling orgasm and preserving precious fluids is not known to us. It does not seem to be compatible to arouse

the animal passions and then manage to suppress them. Such things are likely to create more of chaos and confusion mentally and even physically.

* * *

(Question regarding actions done to provoke sexual desire, spiritual harm to female through her own orgasm and danger, spiritually, of sexual desire between couples are married).

All these questions relate to failures in chastity and any concentration on any aspect as stated by you, is likely to bring harm than any good.

You should please note that mind is the inert force yet driven and channelized by intellect when the sense organs are made to function for gratification. It is the inner urge of the mind lying latent which arouses the intellect to seek enjoyment in sense objects, and unless the reservoir of this subconscious mind is not depleted of carnal desires and passions, by prolonged discipline and meditations, it is difficult to overcome the lower pulls.

Desire is the root cause of all suffering. The listening of the holy sound current with rapt attention and practicing prolonged meditations on divine light shall bless you to rid of these desires. Self-control leads to true happiness. Like a bird, desire finds a place while perching in the senses, seizing the thoughts, polluting the intelligence, finally brings ruin to the spiritual aspirant into the mire of degradation. A pleasure which is bitter at the beginning but sweet at end is worth our cherishing. You should try to imbibe these truths in all earnestness to arrive at definite conclusions for adaptability.

* * *

It would not be advisable to live together as husband and wife by the initiates unless they are legally married. It amounts to adultery.

* * *

Man is a conscious being and has been given the faculty of discriminating right from wrong. Where man falls short in this discriminatory ability, he has the golden opportunity of approaching some Master Who can give guidance and right understanding on the subtle points of his behaviour and actions. The sacred books that have been written by the Master cover every facet of Spirituality and should be studied with a view to clarify how one should act in their daily life. Other literature has also been issued on the same subject and the booklet entitled "Seven Paths to Perfection" should be carefully read by you for the purpose of knowing the ennobling virtues to be developed as opposed to the failures to be avoided, which are given on the diary form. You may take the virtues given in this booklet and the failures to be avoided as given on the diary forms, to be your blueprint for living, the rest is up to you. This blueprint can be successfully applied to any situation that may arise in life and as such, there is no need to write to the Master on every situation when a little self-honesty and application of common sense will show you the right course of action.

* * *

You should not worry about past or new Karmas. If at every moment you are consciously watching your behaviour, a calm consideration will replace a blind, instinctive reaction to certain situations in life where the choice lies between committing a lapse in behaviour or avoiding it.

* * *

The grace and mercy of the gracious Master Power is constantly working overhead. It is for you to take advantage of this benign grace being extended to you by attuning your attention within and leading a well-regulated life based on spiritual discipline. All efforts made in this behalf are sure to bring in fruitful results, with His grace.

* * *

I am sorry for your personal affairs when you feel hurt and confused. The present earth life is chiefly based on the reaction of past Karma which determines pain and pleasure, health and sickness, honour and ignominy. However, a well-planned and disciplined life based on spiritual beatitude goes a long way in offering new vista of peace and harmony. Ups and downs are the normal features of earth life and should be considered in the same spirit of their being passing phases. The golden principle of accepting the weals and woes of life in a spirit of mental stability and equilibrium, being in our best spiritual interests, should be followed cheerfully. Initiates life is just like a bank going into liquidation when each farthing is to be squared up and paid off; for releasing the soul from past Karmic debts. If you will accept all events in this spirit of right understanding, you shall be more positive, happy and cheerful. The decrees of heaven are subject to no error. Yet divine dispensation is invariably flavoured with mercy. A spiritually developed person would surmount all difficulties of material life by merging his/her will in that of the Lord.

* * *

You should accept any good work which comes your way and be over with it lovingly. Providence has made ample provision for your maintenance in accordance with your Karma. You are quite a sane person and adjust yourself to the circumstances. Please note the human life is most precious and each passing day should be best utilized for accelerating your spiritual progress.

* * *

With kind thoughts I wish you to engage with all your mind and soul in the service of the holy Word and the holy Word will take care of you.

* * *

"Service of the holy word", simply means that you commune with or tune yourself to the holy sound current which is the life impulse enlivening everything in the vast creation, visible or invisible. It is the life of our life, the very first principle of Godhood, for God-in-action, as it is, has to be contacted, absorbed in and co-mingled with. A dip into it is a dip into the ocean of All Consciousness and purifies the soul of myriads of Karmic impressions lodged in the mind throughout the countless ages. This then is the service to the holy Word or the Holy Ghost which manifests as the divine light and divine sound.

* * *

Mind has a vast sphere of activity. It resents inner silence and absorption with the result that instead of quietness, more of confusion intrudes. You are requested to avoid all thoughts whatsoever all along your daily chores, and try to keep your mind enchained whether with the Simran of charged names, or loving remembrance of the Master, or listening to the holy sound current as coming from the right side. This is the sublime solution for all the troubles caused by the mind. You will find that such a sacred schedule will have salutary effect on your regular holy meditations, which will become more fruitful and harmony.

* * *

The love of the Master for the initiate is impersonal carrying a deep spiritual significance. It is a sacred spark of sanctitude lit in the soul by the gracious Master at the time of initiation. It fructifies rapidly in a heart full of loving obedience and reverential humility. I always had love for you and you are still dear to me, and wish you progress spiritually. Be rest assured.

* * *

God knowledge comes after self-realization. When the child disciple attains proficiency on the divine principles of light and sound, the cardinal expressions of divinity already existing within, the Sun of spirituality shines in all effulgence, thereby granting him or her the rare bliss of becoming conscious co-worker of the divine plan. The disciplined initiate always continues inculcating loving devotion for the inner Master Power, and pursues a full life.

* * *

I am glad for your conducting the Satsangs in the absence of dear _____ and that the Satsang group over there is steadily progressing with the grace of the Master.

The gracious Master Power singles out the deserving souls to be instrumental in the Divine Set Up. Your loving and selfless cooperation for helping the group are appreciated and will be helpful for inner spiritual progress. You should be fully prepared for the talks to be delivered on such occasions and try to be more humble and receptive for the sacred impulse radiated by the Master Power from above.

You will find that the more you are selfless and receptive, more of divine grace will befall in increasing abundance and you will be drenched through and through with the grace of the Master. Just attune yourself with the inner flow and speak out as inspired from within.

* * *

I have received a letter from dear _____ and am writing separately. It is but natural when two hearts have love for one another, separation is felt.

* * *

You may please note that sincere efforts for cementing the sacred bonds of fraternity and brotherhood amongst the dear ones will

bring fruit in due course with the grace of the Master. I had all along been stressing the importance of mutual trust and toleration amongst the dear ones, especially the high ups who should be an example of loving humility and dedication.

* * *

You should read "Seven Paths to Perfection" in which it is stated that help should be extended to those who are needy, naked, poor, and have nobody else to care for their welfare. Others who do not deserve, may be politely refused.

* * *

Your sacred aspirations for overcoming selfishness are appreciated. You should devote yourself to selfless service for the holy cause which will expand your inner self and you will be blessed with a spirit of self-abnegation.

Humility and selfless service breed more of loving devotion for the gracious Master Power. A well-disciplined and regulated life is an asset when you can dedicate your life for spiritual progress and accomplish your object gradually with the grace of the Master. You may please be rest assured that fervent prayers when supplemented with earnest effort are invariably blessed with fruition.

You may refer to my Message released on the eve of Birth Anniversary of My Master, and try to assimilate its rare worth.

* * *

Faith evolves in pure and humble hearts full of humility and gratitude.

* * *

Divine Will works for the spiritual benefit of the dear ones and fortunate are they who resign in His favor and accept the weals and woes of earth life cheerfully considering them as helpful for their

spiritual progress. Every day brings in untold chances of goodness and progress for a wise person to mould him/her in the cast of divinity. Reasoning is the help but reasoning the bar. Human intellect is prone to error and doubt which assail weak minds.

Holy Naam is the bread and water of life given to you. These should be eaten and drunk lovingly and regularly for having strength of soul. Any time you happen to be obsessed with negative thinking, just give out five charged names and think sweetly of the Master, you will be blessed with instantaneous protection.

* * *

The divine knowledge as you perceive, is not merely an understanding or awareness but it is an actuality and being in complete unison and harmony with the Holy Naam -- the God-into-Expression Power. You may, however, know that thought is an expression of soul being an abstract attribute granted to the humans for smooth working in this world. But you have to transcend this realm of intellect by stilling it, when the divine revelations of light and sound current will recharge your soul with divinity and result in eventual mergence with the Absolute.

* * *

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

* * *

For a child to fall while walking is common, but he should rise to go ahead.

* * *

Divine love surpasses all descriptions and questioning whatsoever.

* * *

The Master's teachings do not touch the social structure of life and therefore the thousand little duties of the everyday life that one may have to do are not interfered with. Work should be done as a part of the duty is all that is stressed and that one should not be fully submerged and attached in such work to the detriment of one's spiritual uplift. Work one must and work one should. Work is worship, but one should dedicate all to the Master and not be grossly attached to it. A nurse would do the work of rearing up a child efficiently and with joy in return for the remuneration she gets without any attachment.

So should we do all the work. In this way the performance of physical duties will liquidate the give and take smoothly. So you may do any honest work that may bring you more financial gain subject to the condition that you are able thereby not to forget and ignore your meditations.

While you do your physical duties, let not your spiritual duties suffer.

* * *

I am sorry for dear _____ whose attitude towards you is getting cold. The children should not falter with one another as this causes disturbance and disharmony, whereas loving cooperation and toleration brings in peace and tranquility. The initiates are stressed the importance of not divulging out their inner experiences which are detrimental to spiritual progress. If she is having certain experiences with the grace of the Master, those are exclusively for her, and she need not exhibit then or make known to others. You need not be caught in her various interpretations and cheerfully be devoted to own meditations to derive maximum benefit within.

Spiritual evolution is something personal and each one has to earn his/tier share for one's own self.

* * *

No initiate can take the Karmic load of others. It is only for the gracious Master Power working on the human pole of the Living Master who can liquidate Karmic debts under His divine Will, and none else.

* * *

The conveying of holy instructions for initiation to the new ones without proper authority is fraught with dangers karmically and principally. You are correct in your understanding that the giving out of charged names to others uninitiated will mean losing of one's thought transference and at the same time the other fellow to whom these are imparted will not be able to have any inner opening into the Beyond, with the result that both of them do not gain anything.

* * *

You think the Holy Path is an extremely difficult undertaking. Maybe so, but it is made easier by the guidance and grace of the Master. The benefits which are to be derived from this Path are immeasurably great.

What therefore if a little physical sacrifice is to be done to achieve this, the great spiritual end.

* * *

It does not matter if you cannot go to _____ where you want to live and serve _____ for Master's cause. Wherever you are, you can at best serve the Master and the best service which earns His

pleasure is sincere meditations. An example is better than precept. This is the best dedication and has its own unrivaled reward.

* * *

I appreciate your keen interest in the God's Kingdom when you feel affinity with His creation. Spiritually illumined do find sermons in stones and songs in rivulets. Your sacred efforts for glorifying Nature in its varying forms of creation are auspicious. All similar enterprises undertaken in a spirit of dedication and sincerity can be classified as 'doing Master's Work.'

All the lovers of God cherish oneness with His creation. It is the innate love of God present in spirit which invoke feelings of 'brotherhood of man and Fatherhood of God.'

Man, animals, birds and all others are our brothers. It is in your deep compassion for the lower forms of creations when you relish to contribute for their preservation. These are the kindly sentiments which evolve in pure, humble and noble hearts.

* * *

The more you will try to eradicate the weaknesses in you and lovingly attend to Simran, Dhyan and Bhajan, the richer will be the extent of your experiences within.

* * *

PART ELEVEN

GENERAL (cont'd)

Now as to your question - 'self' and what it is? The inner man sitting in you, the unseen power or the spirit that supplies the motor-power to all the senses and the sense-organs of perception and locomotion activating all for the benefit of the real I you I in you, the 'indweller' in the body as apart from the body, is the I self. I When once you realize that 'self' by a regular process of self-analysis, then alone you will see that very 'self' of yours reflected in others around you.

Your first and foremost duty therefore is to know and realize the essential 'self' as distinct from its trappings. With this first-hand realization alone, you will be in a position to render any real and useful service to your fellow-beings, in the strict sense of the term. You will know more and more of the exact and intrinsic nature of 'service' in proportion to the degree you are able to extricate your 'self' first from the body and the bodily adjuncts and then from the astral and the causal raiments and stand apart as a Pure Spirit embracing the totality of existence itself.

All these matters besides many another will then stand revealed of themselves and by themselves. The reasoning is of help to just a little extent in understanding the theory side only; but if it is carried on beyond proper bounds, it becomes a bar to further progress, as mind and intellect have both to be transcended for revelation of this 'self.' You should therefore, for the present, try to be content with the practices assigned to you, with loving devotion, leaving everything else to the care of the Master-power that will do for you all you desire, in a way unpredictable by the human understanding.

* * *

The highest service and devotion one can offer to the Master is to live a life full of sublime dedication and piety, and remain attuned with holy Naam by regular, faithful and accurate meditations. Love is the panacea for all ills of life - physical, moral and intellectual. The divine love of the Master surpasses all disciplines and austerities undertaken at the intellectual level. It is a rare subject concerning more with the heart than head.

Loving devotion and dedication to the Master is the stepping stone to progress on the spiritual way. When you step over the intellect by complete mergence of your will with His Divine Will, you taste the real elixir of life.

* * *

DIARY

The prescribed diary is recommended so that it way serve the initiates as a sweet and prompting reminder that they do not relax in their meditation and also that the outward failings may be weeded out one by one until a pure ethical life is wrought about wherein the great gift of spirituality dawns with full effulgence and consciousness. I have love for you and wish you progress from day to day. Please remain lovingly devoted and steadfast and accurate in your meditations. You will progress from day to day.

* * *

Thoughts, words or deeds relating to failures in chastity are to be recorded in the prescribed columns of the diary for self-introspection. You can base your findings in light of this anytime you happen to fall in either of them.

* * *

Love means warm affection, attachment, likeness or fondness. Non-violence means not to hurt anybody in thought, word or deed. Love implies in the diary column as a sense of absence of hatred for others caused by your better position in different fields of knowledge, wealth or worldly status. You can classify the failures under different headings accordingly.

* * *

This type of failure on your part when you felt upset over the behaviour of your friend during meditations by her snoring, etc., falls under the column of hatred in thought. Howsoever, your sense of repentance afterwards is appreciated.

* * *

CHASTITY, MARRIAGE AND FAMILY

Try to realize that God has concern for all His children and that He is Himself looking after all the dear ones in your family. Try not to worry about them, and the more you are devoted to your meditations, the more help you will be to all of them.

* * *

I appreciate your kind sentiments for the welfare of your brothers and sisters. You may please note that the gracious Master Power extends feasible help and protection for the near relations and friends of the dear ones who are accepted and put on the holy Path. You may convey my love to them and encourage them to repose their hopes in them gracious Master Power working overhead.

* * *

I am sorry to find that you were robbed and are unhappy over your family conditions. As mentioned to you in my last letter of November 11, please try to stay aloof from the discord and strife that your family has amongst themselves. You may pray for them and their sickness without letting them disturb your peace of mind, which is not conducive to good meditations. The gracious Master Power extends feasible help to the near and dear ones of a devoted disciple.

* * *

I appreciate your kind sentiments for your family whom you wish all good luck. Kind hearts are invariably blessed with divine grace.

* * *

Please read carefully the booklet 'Seven Paths to Perfection' for helping you to weed out all imperfections and replacing them with ennobling virtues. Lustful dreams resulting in loss of semen can be overcome by having self-restraint in chastity of thought throughout the day. Thoughts precede the actions and as such the thought pattern of the initiate should be watched. Also, you should say some prayer before retiring and sweetly keep repeating the sacred charged names, and remembering the Master. If you sleep in this relaxed mood, no further disturbance will overcome you in this way, with His grace and protection.

* * *

Loss of vital fluid in sleep state can be avoided by having a light meal in the evening and also watching the thought patterns during the day and evening. Thoughts create impressions in the mind, which seek release in sleep when the attention slips down into the body. These should be recorded on the diary forms. If you are not sensually affected by looking into your wife's eyes, then there is no objection to it.

* * *

It is good that dear (wife) is now living with you at _____, and that you are able to be of help and encouragement to each other on the Path Godwards. You are not to discuss together your inner experiences, which is entirely a matter between you and the Master.

* * *

I note the desire of you and your wife to have a baby. The spiritual conduct of the parents does attract a similar soul to them. My blessings are with you.

* * *

You state that you are unemployed at present, and are feeling lost and lonely. It would be better for you to return to dear (husband) at _____ and strive to prove him a good wife. It is due to the evolution of past karma that persons with varying temperaments are brought together in the sacred bonds of holy matrimony for the liquidation of their give and take. All efforts should be made for cementing the relationship. You should try and be more obedient and serviceable to your husband. Loving devotion and respect for each other's sentiments will bring in more of right understanding and harmony. You are both dear to me and I wish for you both to be happy together and help each other to know God and to fulfill the highest aim of man's life. My blessings are with you.

* * *

You may rest assured that the friends and relations of the initiates do receive help from the gracious Master.

* * *

I am glad for your dear mother who has decided to be initiated into the mysteries of the beyond. Please convey my love to her and encourage her to write to me all about her welfare.

* * *

Chastity is life and sexuality is death. While I sympathize with you in your present situation with your husband, you should continue to meet with your obligations in as detached a manner as is possible – you should inform him on your own behalf in a loving manner that the vital fluid which he loses each time is extremely harmful not only for his spiritual and mental health, but also to his physical health. If, however, he cannot stop all at once, he should in his own interests try and practice more self restraint. With your loving help and cooperation, he will be successful in this and to some extent, safeguard his physical health. Your advice to make use of the _____ was appropriate. The body is the temple of God and should be made a fitting instrument to manifest the God in man and not be degraded to the practice of sensual pleasures.

* * *

Unfortunately, very few people have the right understanding as to the importance of maintaining the chastity of life.

It is because man is not chaste that he is under the domination of other vices such as anger, greed and attachment. If he were to control his sensual appetite, the other vices would gradually drop away. So chastity is the key not only to the spiritual life but also to success in every other field of endeavour. The pity it is that the very people who could help their fellow men, such as doctors and the clergy, are themselves in the grip of sexuality and are hardly likely to recommend the practice of that which they themselves are a prey to. To help your husband gain the right understanding of the need to lead a chaste life, you should request him to read the English version of a Satsang that I have entitled "Chastity and Forgiveness" which may be found in the January, 1968 issue of Sat Sandesh magazine.

Having gained this right understanding, he could talk in a fatherly way to your son, so that they may have the opportunity at their early age to realize how important it is to maintain the chastity of life and the benefits that can accrue from retaining the vital fluid in the body.

* * *

I am glad that one of your sons has taken an interest in the teachings of the Master and is studying the sacred books. You may encourage them all to study the sacred books by holding Satsang in your home, if it meets with your husband's approval. Whenever the boys are home from college on vacation, they may perhaps like to read from the Master's books at the Satsang meetings. In this way, your lady friends may also like to join you and grasp more of the theoretical side of the teachings, which precedes practice.

A short meditation period can be included before or after the Satsang and all can enjoy the divine radiation from the charged atmosphere. My love and blessings are always with you. Please convey my love to your husband, sons, daughter and lady friends. I shall be glad to hear from them at any time.

* * *

You should continue to meet with your obligations towards your husband in as detached a manner as is possible. The relationship between husband and wife is sacred and nothing should be allowed to come in between. Your loving patience and cooperation will help him to awaken to the higher expression of life in due course. My best wishes are with him.

* * *

You should exhibit more of respect, patience and loving tolerance for your husband as God has united you both in marriage, which is a sacrament.

* * *

You should consider yourself as a trustee for your child and love him with a more detached and serene manner. As also please refer to my latest message since released on the Birth Anniversary of my Master.

* * *

When you feel overtaken with judgment of your mother, you should try to search about your own self. You will overcome this failure.

* * *

I am sorry for your family affairs when your husband does not cooperate with you. It is due to the evolution of some past Karma that persons with varying temperaments are blended together in the bonds of matrimony for the liquidation of their Karma. You are advised to be more calm, patient and tolerant in face of harshness. Such like passing phases of trials and tribulations come up as a reaction of past Karma and as such should be treated in the like manner. You may consult dear _____ in this behalf and act accordingly. My love and blessings are with you.

* * *

I appreciate the selfless help which dear _____ and _____ have given you in solving your marriage problems. In fact the disciples of the Master should be ever prepared to help fellow seekers after Truth in all their affairs.

* * *

You may nurse your son as long as you consider it necessary.

* * *

I am sorry to learn that your husband has gone back on the promise he made at the time of your reunion that he would not make dear _____ eat flesh. You have acted rightly in politely refusing to feed your son on eggs. Please follow the path of righteousness and resign yourself to the Supreme Will in all humility. My best wishes are with you.

* * *

You should be more obedient and serviceable to your husband which will enable you to win him. Love and humility surmounts all troubles whatsoever. Please convey my love to him.

* * *

I appreciate your loving and dutiful attitude towards your dear husband. An attitude of serene detachment from within, yet attending to one's legitimate duties carefully, considering oneself to be an obedient servant and trustee of the Master is the central theme of the sacred teachings of the Master. Your steadfastness and obedience will help to win him round to you in due course of time, with the grace of the Master.

* * *

You need not bother about your husband but try to serve him with more of devotion which shall enable you to win him to your side in due course. Please convey my love to him.

* * *

Marriage is a sacrament and means the selecting of a companion for life to stand by in weal or woe. If you and dear _____ have decided to enter into matrimony and you can afford to do so, there is no objection in your marrying.

Married life is no bar to spirituality if you live according to the scriptures. You should try to come up to the required standard of chastity by mutual understanding.

* * *

As regards your attitude towards your dear parents, you may please note that your duty is to be humble, polite and sweet outwardly and at heart. Everybody is free to choose his/her course of faith and action which is chiefly determined by past karmic evolution. You should try to exhibit and inculcate more of loving humility which will be more effective to prove your greatness and that of the holy Path on which you have been put. You do owe them some parental debt which can best be repaid by service and loving devotion. Please convey my love to them.

* * *

PART TWELVE

MEDITATION

It would be of more benefit to your spiritual progress if you would continue your meditations regularly for at least two hours each day, with faithful steadfastness. The daily contact with the Holy Naam will help you in all situations for when one is well balanced spiritually, one is well balanced all round and able to live life serenely, facing all conditions with strength as they come along. Repeat the Simran of the holy charged words as often as possible during your daily duties, which will form an atmosphere of peace and love around you, to the benefit of others as well as yourself. Have sweet and loving remembrance of the Master always. He is constantly with you and will 'never leave thee, nor forsake thee until the end of the world.'

* * *

You are advised to hold fast to your meditations with religious regularity even if you feel confused on mundane affairs or overtaken by your mind. Please note that these are the tricks of the negative power which keep the dear ones snared in outer confusion and results in the wastage of precious time at your disposal. Catch the time by forelock and never relax your mind to be indulgent in gloom or sadness. It is during these moments of sheer bliss and harmony when your soul is charged with divine impulses and new vistas of right understanding open for your gratuitous joy.

* * *

The difficulties in fixing inner gaze should be overcome by more of relaxation at the eye focus. You can roll down all foreign thoughts,

worries, cares and anxieties on to the Holy Feet of the Master within which will bless you with more of fruitful and successful meditations.

* * *

You are so good driving at the rare wisdom that all peace and harmony lie within. The more one is inverted within in meditations by silencing the intellect, more of divine Grace will be shared with the Grace of the Master.

* * *

It is the student's job to sit silently at the door in a sweet, loving and prayerful condition of mind, leaving the work of withdrawal to the Master. In this child-like manner you will be unaware of your legs and the rest of your body, and become fully absorbed in your inner experiences.

* * *

Those children who are devoting time to their meditations in loving obedience will find that their progress will steadily improve as time goes on, and they will develop receptivity. Each day is precious, and time is running short for all initiates as their work is of the highest importance. Blessed are they who spend their time wisely.

* * *

I am glad for your holy meditations to which you are devoted lovingly for eight to twelve hours a day. It is a sheer grace that the disciplined child disciple is capable of meditating so much, which will grant you in due course peace, harmony, inner spiritual flights to upper regions of bliss and harmony, and God-intoxication with His grace. You should look up for some suitable job, as it is equally necessary for you to be working for your own maintenance. Work is worship and as such all honest work should be respected.

* * *

The serene message from within received by you is a happy augury, which transpires your innermost feelings and the gracious guidance extended to you by the Master Power.

Indeed spiritual illumination comes from within and the disciplined initiates enjoy such like phenomena to their gratuitous joy. The keynote for spiritual perfection is to surrender your own will to be merged with His Supreme Will. It is the climax of divine grace when the child disciple awakens to this sublime Truth. You are to endeavour for complete surrender and resignation to His will and pleasure and accept everything coming to your count with gratitude, as whatsoever comes to you in the natural course is surely for your best spiritual interests.

* * *

Concentration improves by complete relaxation at the eye focus. It is an art of releasing the pent up tensions and emotions, and reposing your hopes and aspirations in the ever present gracious Master Power working overhead. You are to roll down all your worries and cares at His Holy Feet and await patiently for His Grace and Mercy to bless you with whatever is deemed best for your spiritual progress.

* * *

I am glad to find that you we devoting time for your holy meditations with the grace of the Master. The divine revelations of _____ are good. Please do not be sceptic over your restricted progress. There should be no clutching tendency on your part to have one thing or the other as in this way the intellect continues to work, which has to be silenced by inner absorption. You are to simply sit at the Door and wait patiently, obediently and humbly. Just look intently and constantly into the middle of whatever you see in front of you with your inner eye and do mental repetition of the charged names, very, very slowly, may be at intervals, so that an inner gaze is not disturbed. The more you are resigned, reposed and receptive to the inner manifestations, more of spiritual progress will

fall to your share with His grace. Please do not try to fight with your mind but lovingly try to befriend with it, by coaxing it to be more humble, loving and obedient. A cooperative mind is a great asset. The heavenly melody as coming from the right side when listened with rapturous attention grants ineffable bliss and divine intoxication to the mind. You may furthermore note that gradually the mind grows more subtle with more of surreptitious maneuvers to cause disturbance. The best course is to attune it with the inner revelations. A devotion prayer and humble supplication before sitting for meditations will create an aura of receptivity and your meditations will become more easy, fruitful and interesting. My love and blessings are always with you.

* * *

It is good that you are trying to increase the time for meditations which will bless you with added inner peace and harmony. All efforts undertaken in a spirit of self-abnegation and reverential humility for spiritual progress are invariably crowned with success. You may please be rest assured, the precious moments of physical life spent in meditation are superbly best utilized and count creditable for your inner progress.

* * *

I am glad to find that you are devoting time for your holy meditations...you should learn to relax completely at the eye focus, repose your hopes in Him, resign to His Will and Pleasure cheerfully to bless you with whatever is deemed best. Such an attitude will enable you to have increased receptivity and your meditations will become more easy and fruitful.

* * *

You can overcome sleep during meditations by developing the habit of looking intently into the middle of whatever you see within. Sleep

or foreign stray thoughts interfere only when inner gaze is slackened.

* * *

The non-initiates attending the Satsang may [do] meditation in any way of their own they like until they are put on the way back to God.

* * *

Your continued routine of loving and regular meditations, done in the accurate way, will enable you to become more absorbed in the inner experience of divine light and holy sound current, which are the astral forms of the Master, and you will progress from day to day. Whenever the Radiant Form of the Master appears to you within, you are to test its genuineness by the Simran of charged names. If it stands before the names, then absorb your full attention into His lustrous eyes so much so that You forget yourself completely.

* * *

I am pleased to note that you are devoting regular time to your spiritual practices, with the grace of the Master.

You are to close your eyes as when going to sleep, and look lovingly and constantly into the middle of the darkness or light that you see within. The inner gaze will adjust of itself. There should be no clutching on your part to have one thing or the other. Simply sit in an attitude of humble supplication, having full confidence in the competency of the Master to grant you that which is in your best interests at the time. It is up to Him to give and not for us to demand. Some people sit for their devotions like a gymnastic, fully expecting to go up under the power of their own muscles. This is not the way. A heart-felt prayer can work wonders where all self-exertions will fail.

* * *

The more you direct your attention and absorb yourself in the sweet remembrance of the Master, you will develop receptivity and will feel that Master is within you and you are in the Master, as St. Paul said: "It is I, not now I, but Christ lives within me." The lover becomes the Beloved and the Beloved becomes the lover. All differences of mind, body and soul are swept away.

* * *

It is due to the reaction of past good karma that one is it cannot be developed further without guidance from a competent Master.

* * *

The difficulty of having right attitude for meditations should be overcome by reciting some prayer or divine hymn before sitting for meditations. Such a schedule will create an aura of receptivity and your meditations will became more easy, interesting and fruitful with the grace of the Master.

* * *

I am glad to find that you are devoting time for your holy meditations with the result that you see beams of divine light in your vision and hear the holy sound current of ocean roar as coming from the right side in your audition exercises with the grace of the Master. Please look intently into the middle of whatever you see within light or darkness, and do mental repetition of the charged names, very, very slowly, way be at intervals, so that the inner gaze is not disturbed.

The light will become steady, brighter and ultimately burst to give you further way up. The sound current of ocean roar as coming from the right side is all right and should be listened with rapt attention. It will draw closer, grow louder and ultimately come from above.

* * *

Please note that when you see the divine lights within or listen to the holy sound current you are risen above body consciousness or you are oblivious of the body below. You will grow in faith gradually.

* * *

I am glad to find that you are devoting time for your meditations with the result that you are blessed with the celestial manifestations of sun and sound current of ocean, bells, and conch as coming from the right side with the grace of the Master. Please look lovingly into the middle of "Sun" within and do mental Simran, may be at intervals, it will become more brighter and ultimately burst to give you further way up. Possible you may be blessed with the appearance of Radiant Form of the Master in it. If it stands before the charged names, know it for certain that it is friendly and genuine which will be helpful for your inner journey on to the true home of the Father.

* * *

I am glad to find that you are devoting time for your holy meditations with the result that you are blessed with the divine revelations of flashes of golden light and high-pitched sound current as coming from the right side with the grace of the Master. You should please look intently into the middle of this light and do mental Simran of charged names, very, very slowly, maybe at intervals, so that the inner gaze is not disturbed. The light will become steady, grow brighter and ultimately came from above. The sound as coming from right side should be listened with rapt attention. It will draw closer, grow louder and ultimately come from above.

* * *

For evading stray thoughts, you should recite some prayer or divine hymn before sitting in meditations which will create an aura of receptivity and your meditations will become more fruitful and interesting.

* * *

I am happy that you have been devoting yourself to holy meditations with greater zeal, deeper faith and renewed earnestness and have been blessed with divine visions of inner light and heavenly music of bells.

* * *

.....The divine revelations of goldish white light, radiance coming from Master's Face and Feet and witnessing an eye and the holy sound current of bells and flute as coming from the right side, are auspicious gestures of His grace. Please look lovingly and penetratingly into the middle of whatever you see lying before you so much so that you forget everything else except the Master. If your whole attention is rivetted at one point you will forget all about the body below, the mind will become stilled and your practices will bear fruit and you will develop from day to day.

* * *

The holy sound current of bells and flute as coming from the right side are higher sounds and should be listened with more rapt attention. Equal time should be devoted to this practice of listening to the Audible Life Stream which will further bless you with untold peace and harmony. You may recite a prayer or divine hymn with the tongue of thought, as you desire, before sitting in meditation.

* * *

I am glad to find that you are devoting regular time to your holy meditations and are enjoying the inner revelations of Sun, the Master's Eyes and hear the various melodious sounds as coming from the right side, with the grace of the Master. These inner experiences should be developed by more of steadfastness and accuracy. The more you are absorbed within at the eye focus, the more of divine grace will fall to your lot.

* * *

I appreciate your loving adorations for the gracious Master Power when you were blessed with the divine presence in the sacred precincts of the Ashram in Vermont. All is holy where devotion kneels.

* * *

It is good that you are making earnest effort to sit for holy meditations in the early hours of the morning and developing a regular routine of meditations morning and evening. Such a sublime routine, coupled with self-introspection and weeding out of all imperfections and replacing them with ennobling virtues, will in no time, bring in more positive results, with the grace of the Master.

* * *

It is so good that you are planning to spend a few days at the Sant Bani Ashram which will bless you with added spiritual benefit. Congenial environments do prove helpful when you can meditate for longer hours undisturbed.

* * *

.....You are not to follow the sound mentally to find out its source as to wherefrom it came as in that way, your attention is divided. Instead you are to keep your attention at the eye level, without focusing the gaze and be fully absorbed in listening to the sound,

which appears to be coming from the right side. For example, if – you were to listen to a symphony concert on television, you would become absorbed in the music that although your eyes were on the screen, you would not be aware of the musicians or their instruments.

* * *

PART THIRTEEN

DIARY

Please make every effort to overcome the many failures as stated by you under all the failure columns on the diaries.

Man making precedes spirituality. Unless and until you became the master of all the five senses, appreciable inner progress cannot be made.

* * *

The recurring failures in various columns of the diary shows that you remain too much engrossed in worldly affairs, which should be reduced by keeping yourself immersed in the divine grace. Silence, solitude and serenity should be cultivated by living a life full of spiritual discipline as enjoined by the Master. You can cut short unnecessary engagements and wild pursuits by keeping your spiritual goal in the forefront. A well-regulated life earns rich dividends.

* * *

As to the points raised by you about the diary; vanity and lack of gratitude breeds contempt and can be classed under heading Non-Violence. Indulgence go under chastity of thought word and deed.

* * *

Unfortunately, few, if any, have any idea of what keeping the diary really means. As time passes, their entries become a mere matter of form, and the whole purpose behind keeping the diary is lost. We are asked to maintain the diary in thought, word and deed. How

many of us really do so? The majority just react in thought, word, and deed to the stimulus of the moment, in other words, instinctively. The truth of the matter is that we must become consciously aware of every thought that passes through the mind; we must weigh our words before we speak and not speak idle words as a mere reaction to the situation that confronts us. If we are able to make some progress in this regard, then we will be far on the way to controlling our self. This is essence, is the practice of Raja Yoga. Only when we have advanced far in the practice of living the life demanded of us (as implied in the keeping of the diary), will we become fit enough to reap the fruits of the practices of the Surat Shabd Yoga.

* * *

DIET

I have noted about your difficulties for not abiding to the dietary regulations for health reasons. You may please refer to the Cook Book available from local Satsang wherein you will find some very useful food combinations in the vegetarian menu. The observance of dietary regulations is very much essential for taking up the holy Path. You may please be rest assured my love and blessings are always with you.

* * *

You should avoid excessive or unnecessary eating. Always leave the table feeling as though you could eat more rather than feeling overfull. It is also best to meditate on a light stomach, which will help you to stay more awake and alert to keep your attention focused within at the eye level.

* * *

I am glad for your following fruitarian diet which is all the more beneficial spiritually. The more rarified is diet, the more of inner

receptivity will grow. The disciplined Yogis have preferred to grow gradually from vegetarian, to fruitarian.

You may follow it as best as you possibly can, keeping in view the maintenance of physical strength of your body. Such a schedule may be useful for the recluse doing no worldly work, but the dear ones who work hard on their daily routines of hard labours manually or physically, should not undergo such austerities. However, the rare benefit of having better meditations and improving chastity and inner purity is appreciated. You may refer to the books on nutrition food written by Mrs. Dona Kelley, 1305 Palm Ave., Beaumont, California, which will give very useful information on the subject.

* * *

You should be careful for your health as it is equally important to be fit and healthy for meeting with your mundane and spiritual obligations. Physical body must not be denied adequate nourishment.

* * *

The observance of strict dietary regulations of eliminating all meat, fish, fowl, eggs both fertile or unfertile and all alcoholic intoxicants is one of the essential pre-requisites.

You should request your dear husband to cooperate with you for feeding your son with vegetarian diet in the larger interests of his spiritual progress. There are some very useful food combinations in vegetarian menu which provide enough nutrition.

* * *

Eating habits can be corrected by careful living. You can improve by gradual adaptation and moderation. Physical body must not be denied rational nourishment.

* * *

A slender and smart physique is an asset. You can have light physical exercises for improving your physique. Howsoever, the snag of self-appreciation by others should be discarded carefully.

* * *

The use of tea or coffee is not good if you consider harmful to your health. It should be dispensed with. You can maintain your physical body in a perfectly healthy and sober condition on the simplest food combinations chosen out of fruit and vegetarian menu. Providence has manufactured this physical body in such a noble pattern that it can be adapted to any sort of conditions by careful planning. You are not the body itself but the indweller of the house - the temple of God. Keep it safe, strong, and in sound condition to serve the gracious Master Power within by meditations on Naam. Besides, too much discussion with others is not helpful. Mind your own business and let other dear ones seek their own redemption. Self-reformation pays great dividends.

* * *

Your sacred aspirations to follow simple dietary regulations in the vegetarian menu and remaining in constant loving remembrance of the Master are appreciated. Such like impulses fall to the, share of fortunate few who should benefit by more of diligent and honest effort to accelerate their progress.

* * *

The viewpoints offered by you about salt, milk and raw food versus cooked food; should better be reconciled through some dietetic, preferably Mrs. Dona Kelley, 1305 Palm Avenue, Beaumont, California. She is a representative of the Master and can advise you better on food combinations. She has written a book called: Cook Book, which might be available from Mr. Russell Perkins at the Sant

Bani Ashram. However, please note that milk is not forbidden but if it is flavoured with rennet or anything prohibited, it should be avoided.

* * *

I have not discouraged those initiates who have written to me saying that they find the macrobiotic diet congenial to them. However, I never advocate extremes, the use of the macrobiotic diet appears to be extreme in its nature.

Nectar of one-man way be a poison to the other. It depends on various temperaments. One should not impose his ideas on other people.

* * *

MIND

The wanderings of mind shall subside when you develop the habit of doing one thing at a time. This is the key note to arrest the wandering mind to enchain it with one thing at a time. The sooner you attain it better it would be.

However, inner absorption in divine light and sound current shall accelerate your efforts for early release from its tactics.

* * *

Mind, like fire, is a very good servant but a bad master. It has got one of the best attributes which can be harnessed for spiritual benefit. It relishes to run into its grooves of habit, and if you will do some acts regularly at the fixed hour every day for some days continuously, you will find that a habit is formed and it finds pleasure in doing the same thing automatically. So when the mind is diverted towards spiritual practices, by undertaking meditations at the appointed hours for some time regularly, you will find that the

same mind which resents inversion will relish it, with the grace of the Master. The divine manifestations granted by the Master are superbly charming to entrap it, when it will leave aside its viscious attributes.

* * *

Mind usually resents inner stillness and silence, yet it is to be enchained by loving persuasion and listening to the holy sound current. When the inner divine bliss is tasted, it relishes to stay within without any difficulty.

* * *

Holy Naam is the tried panacea for overcoming the troubles caused by mind.

* * *

WORK

All dedicated work is worship. You should accept any sort of work which suits your talents and tastes. It will bless you with wore of peace and harmony.

* * *

I have noted about your mundane affairs for which you should please act carefully. You should try to stick to your job and work diligently over it. "Work is worship" and as such all honest work should be accepted and undertaken in all earnestness. You may continue to remain over there especially when the Satsang center is established and you can help the sincere seekers struggling for spiritual progress. Just do everything as a selfless dedication to the gracious Master Power. My love and blessings are always with you.

* * *

All dedicated work is worship. Great is man and Providence has blessed everyone with untold energy and strength which if properly harnessed can bring in desired results. Just learn to do one thing at a time and that is too with single-minded attention and devotion. Ordinarily the sun rays do not burn but when the same are passed through a convex lens, these become so powerful that they burn anything placed in their range. Similarly, is the case with concentrated concentration which will enable you to progress in every sphere of your life including meditation. Please be rest assured my love and blessings are always with you in all noble undertakings and enterprises.

* * *

You must work earnestly for your livelihood. Work is the grand cure for all the maladies and miseries that ever beset mankind. Work is worship and as such, all honest work should be honored and undertaken in a spirit of dedication.

* * *

You should accept any job which comes your way and work on it diligently. "Work is Worship" and it is equally important to earn your livelihood by the sweat of your brow which shall accelerate your spiritual progress. My love and blessings are with you.

* * *

DRUGS

Re. hippies: I appreciate your compassionate attitude for those dear ones who are struggling hard under some mysterious delusion with the hope that they shall be blessed with divine illumination. Strange are the divine ways of dispensation, when after much of toil and

turmoil one happens to be guided to the Living Master. You can well imagine the lot of those poor souls who cannot fathom the gracious protection of the Master Power. Surely, the fortunate few out of them shall have their way to the Master in due course.

* * *

Drugs, opiates and intoxicants should not be partaken as these will not only affect your health adversely but shall be detrimental for your spiritual progress. You should please leave off all such drugs and learn to live without their use.

Smoking is equally harmful and you should consult some homeopath in this behalf to prescribe some useful medicine for overcoming this filthy habit. You need not undergo migraine headaches, which may be cured by living a normal life full of relaxation without the aid of any stimulants.

It is the result of _____ which has resulted in this set back when you are to suffer from serious pains. Be natural, sober, serene and cheerfully receptive to the ever present Master Power working overhead.

* * *

It appears to be the offset of LSD when you happened to notice shining blue light on your friends profile changing into different faces when you see differently being under the spell of narcotics. You should avoid all such things to have a refined state of mind, so very much necessary for spiritual progress within.

* * *

PART FOURTEEN

SELFLESS SERVICE

You may read the booklet "Seven Paths to Perfection" under the column "Selfless Service", for a full explanation on this noble virtue.

* * *

It is so good that you are blessed with the *Seva* - selfless service for Satsang. It is a reward in itself to be instrumental in the divine set-up.

* * *

I am glad for your selfless service to others. Selfless Service is a reward in itself as we are all brothers in God and surely owe much for each other's obligations.

Those who lovingly serve others, serve the Lord overhead and earn the pleasure of the Master.

* * *

Selfless Service for the Holy Cause of the Master should serve as a beacon light for inner progress. It should not be a source of pride or fake ego which definitely became stumbling impediments and hurdles on the path divine.

* * *

I appreciate your loving and selfless efforts for the Holy Cause of the Master when You want to serve faithfully. Selfless service

without recognition brings in more of untold peace and harmony which surpasses all human comprehension.

* * *

GENERAL

It is better to avoid looking into the eyes of others and this includes animals.

* * *

I understand you mean by the presence of pets like cats or dogs presence in the room during meditations. If so, there is no harm provided these do not disturb you to be there during meditations.

* * *

Please do not grieve over your inability to be more receptive to the divine grace. Slow but steady wins the race. Fragrant flowers are fashioned into fairness delicately under Divine Will. Your sense of deep gratitude and overwhelming joy for the gracious protections shall unfold to you several hidden mysteries of life to benefit from, them. You are so dear to me and I wish you more of spiritual and all-round progress.

* * *

I appreciate your loving devotion and implore for the rare boon of faith. Faith evolves in sincere, pure and humble hearts. A life full of dedication and complete self-surrender invokes divine grace. You must not brood over the past and always look ahead with eager expectations for successful holy meditations. Every day brings in novel vistas of divine glory when you can benefit from the ever-present gracious protection of the Master Power. A well poised

mental equilibrium will bless you with untold peace and harmony to face the worldly affairs with a new look full of right understanding.

* * *

I have noted about your loving attitude towards dear _____. Any time you feel overtaken with unloving thoughts towards anybody, you should resort to the Simran of names and think of the Master. You should develop the Christlike attitude.

* * *

Your deep gratitude for enjoying the constant presence of the Master Power is appreciated. The faithful, obedient and disciplined are blessed with such like rare boons of celestial order. You will be blessed still more in due course. A keen desire to improve spiritually coupled with earnest efforts bring in radical change in the thought pattern of the initiate and the entire life undergoes change for the better. You should be more steady, humble and polite in your dealings.

* * *

It does not matter if your time schedule is limited yet the inner loving devotion and outer right mode of living will bless you with untold peace and harmony. You must not be sceptic about your inner progress as it is beyond the ken of human comprehension to gauge the inner growth. The divine love of the Master is just like a spark of flame which reduces everything to ashes in good time. Your deep gratitude for enjoying gracious protection in all spheres of your life is appreciated.

* * *

The trials and tribulations of this earth life are simply passing phases and as such should be met with cheerfully. The failures and shortcomings in your behaviour should be weeded out gradually by inculcating opposite ennobling virtues. You should learn to do everything in the name of the Master which will serve as a soothing balm over your lacerated heart. Be kind, compassionate and generous in your behaviour with others. You will be able to find goodness in all around you and such an understanding will fill your heart with ineffable bliss and harmony.

* * *

The trials and tribulations of life a simply passing phases and should be treated likewise. One learns swimming in water.

A well-regulated and disciplined life based on spiritual ethics brings in rich dividends. Your aspirations for serving the child humanity under the protective guidance of the Master is appreciated.

* * *

As regards your joining (the) army, you may decide the issue independently on merits. The observance of strict dietary regulations in military life may not be a possible hindrance which will, be detrimental for your spiritual progress.

* * *

I have perused the lovely poems and blank verse composed by you in loving adoration of the gracious Master Power; and appreciate your efforts in this behalf. There are several loveable odes to the Master when you have tried to eulogize Him in all reverential humility and deep gratitude. You are fortunate to bear personal testimony for the very many and untold rare blessings enjoyed by you under His gracious protection.

* * *

The Hymns or songs given out by Masters out of the abundance of their hearts carry the higher life impulse to those who hear or recite them. The others composed by others will carry whatever they are having themselves. The former poems should be recited in Satsangs and the latter may be read in local Satsangs now and then. If there is any demand of the same, there can be no objection to the printing thereof.

* * *

Your sacred aspirations for spiritual progress are appreciated. You should benefit from these sacred impulses by more of humility and loving devotion. You have been blessed with the "Bread of Life and Water of Life" in the form of holy Naam. The more you partake of it more of divine grace and love shall fall to your share. You should try to assimilate the divine love by eliminating your own self. He is always with you and you are so dear to me.

* * *

I am glad that you are enjoying your holy meditations at the blessed ashram (Sant Bani) along with other dear ones over there with the Grace of the Master. Congenial environments do have their own unrivalled effect when you can enjoy overwhelming bliss from the charged atmosphere and divine radiation which is extended abundantly.

* * *

It is so good that you enjoy the good company of the dear ones over there when you share your woes and joys amongst one another. The Father is always pleased to see the children laying their heads together for the common Holy Cause of the Master. I am glad you are doing your best to help the cause of the Master at your own level which has my appreciation.

* * *

I appreciate your sense of right understanding when you have assimilated the rare loving life impulses of the Master conveyed through the Messages since released this year. May you all grow in this right understanding and prove worthy disciples of the Master. Those who relish to serve the Holy Cause in a spirit of selflessness and dedication are abundantly rewarded in their spiritual progress. Each one of you have a huge amount of work to do, and if you will be sincere and true to your own self and the Master within, you will earn rich dividends.

* * *

Mutual trust and toleration amongst the dear ones open new vistas of right understanding and cement the inviolable ties of fraternity by virtue of Holy Initiation into the Mysteries of the Beyond. May you grow more and more in right understanding and serve the Holy Cause with zeal and enthusiasm.

* * *

Your increased awareness is a happy prelude. Spiritually illumined do see everything in its right perspective. The present earth life is an asset when the dear ones spotted and singled out of the masses are blessed with the rare boon of Holy Initiation into the Mysteries of the Beyond.

Karmas of a virtuous nature go a long way in assuring emancipation from the cycle of birth and death. Yet you are to undertake noble karmas in a spirit of dedication for the sake of your inner spiritual progress.

* * *

Out of a truly grateful heart will grow all virtues. Be comforted in the knowledge that the Master is ever present with you and will

always be there to help you if you fall. Hold Him in constant remembrance. My blessings are with you.

* * *

Your earnest desire for helping the people at large is appreciated. When the candle is lit, it should not be kept under a bushel but it should be placed prominently at such a place wherefrom others may take inspiration. You can discuss the sacred teachings of the Masters (but not the inner experiences) with your friends and acquaintances, and guide them to take up the Holy Path. Spiritually illumined owe much for their less gifted brethren, who can be led to the Living Master, under His Divine Will.

* * *

In the beginning there was no need of any Corporation being made, but as the Mission is appealing to seekers after Truth being most natural and as such much easier, and they are growing in number, in different places of the world and as physical presence of the Master was not possible at all the places, a Corporation was considered necessary after long loving discussion amongst the dear ones at Washington and Chicago, as a result of which the present Corporation came up.

The main purpose is to keep the teachings of the Master alive and expanding and for its achievement a sort of organization was necessary. The casing is necessary for the preservation and safety of Kernal. Your reference to Baba Jaimal Singh is noted which was written by me. He separated from Agra for two main reasons: (1) - He was against any organizational set up apparently under the control of imperfect hands. Moreover, there was no need for formation at the time as the number of initiates was less; (2) - He did not like to impose taxation on one and all initiates, rich or poor alike. The present organization is not military organization and there

are no hard and fast rules of civil binding whatsoever and will be working under the guidance of the living Master.

You need not bother about the number of initiates being less in your group. You may submit application for membership for your town (whatever number available) and work wholeheartedly in a spirit of dedication for the Holy Cause of the Master. The ready souls of the area will be coming up for initiation in due course with the grace of the Master.

* * *

I appreciate your deep gratitude for the manifold blessings enjoyed by you in all spheres of life. Prayer and gratitude are akin. A gratuitous heart becomes the abode of all virtues.

* * *

Divine plan has its own immaculate ways. It works with mathematical precision. Fortunate are the chosen few who are blessed in the divine Set Up. You should continue your selfless efforts for helping the dear ones who are struggling sincerely for spiritual progress, when they will benefit from the grace of the Master Power.

* * *

Every day brings in a new life full of vast opportunities. You must not apprehend any fears whatsoever and instead try to harness your faculties for attaining the goal of spiritual perfection. Take and accept life with all its vicissitudes, in easy terms of joy and buoyancy. Just face the situation bravely with mental equipoise and stability. The tree of life reared in storms yields more of cool shade and rich fruit. Failures should serve as stepping stones to success. It is persistent effort which overcomes all difficulties.

* * *

PART FIFTEEN

GENERAL

Your problem of wanting something from others might be attributed to sane habit-forming attitude all along during past, which should be corrected carefully. It is rather wrong to accept anything from others when you do not repay it. However, to accept gifts from your parents is alright, yet you must repay adequately lest these result in karmic debt.

* * *

I have noted about your problem for which you are advised to draw a thick curtain over the past and just forget everything which has since passed as no amount of repentance or resentment can do it. You must start a new pattern of life, the commandments which would enable you to progress physically, mentally, and spiritually with the grace of the Master.

* * *

There is nothing to fear you should forget all about your past and start anew. Just learn to live in the living present and making best use of time at your disposal. The precious moments of earth life spent in meditations and honest work, count much for inner spiritual progress.

* * *

You are furthermore advised to please refer to the various circulars and messages since released from time to time which will enrich

your spiritual understanding and many things will become clear to you with the grace of the Master.

* * *

Too much talking dissipates spiritual energy. You should try to control your speech by resorting to Simran of the Names silently. You will be able to tide over the difficulty and improve in due course. Think twice before you speak. Think out as to what you speak is true, kind and necessary.

* * *

Forgive and forget is the best motto.

* * *

I have noted your thoughts about others. You may please note that all are not perfect as yet. Nobody should stand between you and the Master. You are advised to refer to my Birthday Message since released and sent to Mr. Khanna for arranging its distribution amongst all your dear ones over there. A sense of close fraternity and brotherhood amongst the children of the Father brings in more of inner joy and jubilation, much sublime and serene in essence. When two lovers of the Master get together in His Name, both foster inner loving devotion and humility.

* * *

You should not grieve at the loss of divine presence of the Master Power, but try to consolidate your scattered attention by attuning within with the Holy Naam. An intense longing of the soul and burning desire to meet the Lord within invokes His mercy. When the heart wells up and involuntary tears flow, much of the inner dirt and dross of the mind is washed away.

* * *

Pride should be replaced with a keen sense of self abnegation. You should try to increase the time for meditations gradually so as to have the target of two hours every day in the larger interests of your spiritual progress.

* * *

It is high time you should bid farewell to your skepticism and devote yourself to holy meditations with great zeal, deep faith and renewed earnestness in accordance with the instructions given in my letter of January 31.

* * *

Your present trials and tribulations are a passing phase and you will soon overcome them with the grace of the Master. You will gradually have greater control over your feelings and emotions, such as vanity, greed and lust, and develop instead virtues of humility, contentment, chastity and love. You will give up your habit of judging others and start adjusting yourself to their weakness, shortcomings, either by overlooking or affording constructive help to them. By this adjustment, you will bring much sunshine and happiness for yourself as well as for all those around you. If you think with a calm and cool mind, you will realize that most of us have not become perfect as yet. Nobody should therefore stand between you and the Master. A sense of close fraternity among the children of the Father will lead to inner joy and bliss so sublime and serene in essence. When two lovers of the Master get together in His Name, they foster inner loving devotion and humility.

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Disobedience to the holy commandments by the child disciple affects inner progress adversely. An implicit faith and obedience invoke divine grace.

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If there is no other alternative (on inoculating child) and medical law enjoins these may be had if absolutely necessary as a safeguard for health. I think there may be some alternative in Homeopathy.

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Faith evolves in gratuitous hearts full of divine bliss and harmony. Any moment you feel depressed you should resort to the counting of manifold blessings granted to you by the gracious Master Power. It is a great blessing to be accepted and initiated into the Mysteries of the Beyond when you pass your earth life joyously under the protective guidance of the Master and insure perpetual bliss in the Beyond.

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The letters should be short and to the point on which further clarification is required.

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The looking into the eyes of others should be avoided lest you are affected by their radiation. Eyes are the windows of the soul. It helps you a lot to remain aloof from the harmful effects of others lives when you can attune within with holy Naam undisturbed.

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Forget the past and never care to probe into it lest you be caught in unnecessary hallucinations thereby breeding morbidity and gloom. Always look ahead for the very best you can achieve by sincere and honest effort...

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There is no objection to your using one of the Master's quotations on the back of your personal calling cards.

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It is difficult to go through life without going through the motions of give and take. It is this very give and take which has to be worked out by the pilgrim soul that brings us back to this world. There is no harm in accepting small gifts from those with whom you come into contact in your business or family connections provided that you have been or are in a position to do them some service in a direct form. For example, your boss may give you a token of his esteem at Christmas. Likewise, small gifts may be exchanged during this season of goodwill among a family. However, it is not wise to accept gifts from acquaintances, business or otherwise, who are outside your areas of immediate contact with whom you have no give or take.

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Man has got himself so enmeshed in mind and the outgoing faculties that his release from them can only be brought about by struggle and perseverance. - His plight is, in a way, similar to that of a bird that has been kept in a cage for so many years. Even if you should open the door of the cage, the bird will be loathe to fly out. Instead, it will fly from one side of the cage to the other, clinging with its talons to the wire mesh, but it does not wish to be free and fly out through the open door of the cage.

Similarly, the soul has become so attached to the body and the outgoing faculties that it clings to outside things and does not wish to let go of them. It does not wish to fly through the door that has been opened by the Master at the time of holy initiation, at the threshold of which the radiant form of the Master is patiently waiting to receive the child disciple.

True discipleship does not start until one has risen above body consciousness.

It is from this point that the disciple will feel not only comfort, but will begin to experience the joy and bliss that awaits him in the Beyond. He will have as his companion the charming radiant form of the Master, who is ever at hand to impart the guidance that is so necessary in order to avoid the pitfalls on the way.

Until this point is reached, the disciple is, as it were, on probation, but such probation that cannot be severed. It is during this probationary period that the soul will feel some discomfort. It has become so besmeared with the dirt of the senses that it has lost its original purity of heart and is not fit to be raised up out of the prison house of the body.

Even though the door has been opened, it is so attached to the things of the outside world that it does not wish to be free. It is only when the soul begins to regain its original purity of heart and mind that it can at last want to be free of the desires of the flesh and outward attachments. The loving Master tries to avoid all possible discomfort to the child disciple by explaining what are the vices to be avoided and the virtues to be developed in order to regain this purity.

Unfortunately, more often than not the words of the Master do not sink in and little or no action is taken by the disciple to amend his ways. Therefore, the Master Power must take firmer measures to bring home to the disciple the importance of the truths that have been explained in words. Hence the discomfort that is sometimes felt by the dear ones in their day-to-day living. If implicit obedience would be given to the commandments of the Master, all difficulties and discomforts would vanish. If a child gets itself so dirty that only way the mother can wash it clean is by using a scrubbing brush, can it be said that the child will feel comfortable during the scrubbing process? It will only feel comfortable after the scrubbing has ceased and it is shining clean and pure.

* * *

Help and protection is always extended by the Master to His followers. He looks after their comforts in every way, both outer and inner. Even the effects of the reactions of the past -- from the gallows to an ordinary pin prick -- so much concession is given. As the mother sacrifices everything for the sake of her child, even so does the Master sacrifice everything for the sake of His children. The follower in fact does not dream of what the Master does for him. He fills his followers with His own thought, with His own life impulses.

When we remember Him, He remembers us with all His heart and soul. He is not the body. He is the Word personified, the Word made flesh. To get the full benefit of the Master Power, the disciple must develop receptivity. It is impossible to develop receptivity until implicit obedience is given to the commandments of the Master.

When you pay heed to the Master's commandments, then that is a sign that you are growing in love for Him and the more you grow in love for Him, the more receptivity you will develop.

When you begin to develop this receptivity, all discomfort will vanish and you will truly begin to tread the Path in the firm assurance that you are on the right way, together with the loving companionship of One who will demonstrate more and more his greatness and His power on each step of the way until you find that it is the very God Himself who is your Guide and mentor, who will never leave you until he has safely escorted you back to the true home of the Father.

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While on the way, one of the main functions of the Master is to wind up the back karmas of the disciple. It is through conscious contact with the sound current only that the karmas of back lives can be burnt away. This process is started at the time of holy initiation, at which time the disciple is given a contact with the light and sound principle, or God-into-expression Power. To avoid opening a new

account of bad deeds, the disciple is enjoined to lead a clean life and weed out all imperfections in him by self-introspection from day to day. This is the sublime principle behind keeping the diary, which the disciple is asked to maintain in order to become aware of the shortcomings which stand in his way to God.

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Ego is the self-assertive Principle in man that makes him feel that "I do this, or I do that." When one rises above body consciousness and knows himself and he becomes a conscious coworker Of the Divine Plan, he sees that he is not "the doer" but is a mere puppet in the hands of God, he will cease to be responsible for his actions and will become *Jivan Mukta*, or a free soul. The ego in man is part of the grand delusion that he is laboring under. It will cease to act or will be nullified only when a great degree of purity has been attained by the disciple, in which all of his actions will reflect the Master in him. Like Christ, he will proclaim "I and my Father are one."

* * *

All beauty and glory lie within you. Once you have learned to rise above body consciousness and transcend into the Beyond, you will regain the knowledge of former lives. The Overself or God, which is the Controlling Power in the body, is within you. The Master is also within you. You have but to invert your attention within to find that both are one and the same. The main helping factor to realize this Truth is to give implicit obedience to the commandments of the Master. It is the work of the Master to give His children that which is in their best interests.

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Everything will be given to you in due course of time if you follow His behests and live up to what He says - Every day you are given tasks which are intended to help your spiritual growth.

Unfortunately, most people look for a very special assignment to be given to them by the Master personally before they accept it as a task from the Master. They do not see that their day-to-day dealings and behaviour with other people in their work, the responsibilities they have to assume in their other mundane duties and how well they fulfill them, are all tasks given by the Master. If you watch closely your reaction to situations that confront you in life you cannot but be aware of how much you have grown spiritually. This is the most important part of spirituality as far as the disciple is concerned. He must first complete his course in "MAN MAKING" with full honors before he can be given higher tasks to carry out.

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All those who are initiated into the Mysteries of the Beyond by a Living Master were destined to become His disciples. It is not a question of one choosing the Path or the Path choosing the disciple, but rather one of the disciple's background.

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You are correct in your assumption that the Path of the Masters is the path of pure bhakti. The pearl of divine knowledge can be preserved securely in the casket of bhakti -- or loving devotion. Bhakti in its pure and pristine form is Love Divine.

But one must practice the elements of all Yogas (though not in their extreme degrees) in order to obtain the fruits of this Path. For example, the practice of Hatha Yoga is inherent in the fact that we must lead a clean, chaste life, living in accordance with the laws of nature by eating *Satvic* foods, to ensure that the body gets a reasonable amount of exercise and abstain from all harmful habits of activities that will affect our physical health. Similarly, the arts of Gnani Yoga (note: same as Jnana or Gyan yoga), and Raja Yoga are inherent in the diary form that you are asked to maintain every month. The observances of non-violence (control of anger),

truthfulness, and chastity are all qualities that must be built into the mental habits of the mind and become second nature, before the mind will be purified from its present dross and dirt. The correct practice of these ennobling virtues will give you the full fruit of Gnani Yoga, which is self-knowledge.

The form of Bhakti that you are asked to develop has nothing to do with the emotions. You are asked to develop love for and faith in the Master and to obey his commandments. If you can do this (and it is by no means easy to obey the commandments of the Master), you will have that Bhakti which will give your soul its freedom far quicker than the most accurate practice of Raja or Gnani Yoga can give you.

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