



# Radhasoami Satsang Dayalpuri's Prem Prabhakar Magazine, English Section, and Satsang Discourses

<http://RadhasoamiDayal.net/main.html>

07-01-76

Every man experiences in his daily life the forces of destruction. He sees man dying. But nobody knows what happens after death, where man goes. He sees the cycle of birth and death and does not understand its purpose. He regards it as useless, a wastage of energy. However this is not so. History of humanity has proved that by undergoing repeated cycles of births and deaths, mankind has evolved mentally and spiritually.

Even in the physical world, for the process of evolution, reshaping of elements is essential. During the course of biological evolution, everything that was useless was thrown out and useful ones emerged. Human knowledge and scientific experiments prove this fact. If we try to probe the darker side of birth and death, many useful things come to light. Spiritual practices give man an opportunity to go deeper into the mysteries of life and death. He is able to cast off the coverings of matter and awaken his spirit. He is able to form communion with a stage of consciousness far ahead of the threshold of death. By death here is not meant death in the medical sense of the term but the mental and spiritual aspects of the same. The devotee is then able to form communion with the fountainhead of the Spirit-the Supreme Father. This stage of spiritual evolution cannot be achieved by reading of holy books written by any authority whatsoever just as a man cannot learn swimming by reading a book on swimming. He is sure to be drowned in deep waters if he has no expert swimmer by his side at the time of learning swimming. So the need of a True Spiritual Guide in the spiritual evolution of man, cannot be ignored. Nature wants to elevate man to unravel its mysteries to him and for this the Supreme Father sends His Messengers, Saints and Seers to guide man. They have got a sensitive frame-work and can sense and receive signals from the spiritual worlds. Real Saints have been able to listen to the Spiritual Sound. They redeem man from the cycle of births and deaths. Their utterances are true for all time to come. They interpret the message of the Almighty in human language. If a man follows it in his life, he can form communion with the Supreme Father. All Saints and Seers of all times and all religions have therefore stressed the need of the association of the True Spiritual Master for the attainment of salvation which means complete liberation from the thralldom of mind and body.

What we see in daily life is bodily death. Mind with all its attachments, prejudices, and predilections remains behind and again takes birth in another bodily form. With the background of his past attachments and “Sanskaras” he forms new attachments. A whirlpool of attachments is thus created and man is helpless to remove them. To redeem himself from these worldly attachments which are coarse as well as subtle, man has to form an attachment with the Master of the Time. If a man is attached to the Living Master, he is indirectly linked with the Supreme Being. He is able to sense subtle things in his life and around his life. He is able to sense the subtle God Force in his day to day life. This is spiritual evolution. Knowledge of spirit remains constant. A moment’s spiritual knowledge will bring about a phenomenal change in your life for months and years. It will give you new life, new incentive, new power. Your faith in Truth will be firm and strong. In adversities and trials you will be an unnerved personality. You will have full faith in yourself and full faith in the Almighty Power. You will rest assured that if He has created trouble for you it will be momentary and will prove a blessing in disguise in the long run. When knowledge of Truth descends on you once, it will be with you for all time to come. You can always bank upon it.

Those who are lucky to find the True Spiritual Guide can steer clear of all present and past attachments. The condition of those who have not found the True Spiritual Master is pitiable indeed. The world of

today is surrounded by miseries and troubles from all sides. Lethal arsenals are being accumulated in all corners of the world. They have brought the world on the brink of disaster. Modern inventions have brought doom nearer not only for man but even for animals and the plant world. In the good old days man living in the jungles or mountain tops thought himself to be safe but with modern inventions even the creatures inside the sea bed are not safe. Any whim of the man in authority can bring disaster for man. How can man then get peace and tranquility? Intelligence and education have failed to control man's callousness and barbarousness. An educated man becomes more brutal and inhuman than the uncivilized primitive man. Rabidity of the mind can be controlled by knowledge of spirit. A true devotee who performs spiritual practices prescribed by the Living Spiritual Master knows that he is able to gradually throw off the poison which accumulated in his present life and the past ones. All worldly attachments come to the surface and he sees their magnitude and intense force. By the performance of the spiritual practices and through the grace of the Master, he eliminates them one by one. He becomes a changed man. His attitude towards life changes and the change is for the better. All virtues of spirit are generated in him and he enjoys perfect calm and bliss. There are no problems in his life, he is in tune with the Supreme Being. His ego is conquered, and is under sway of the spirit. It is like the tamed elephant who goes along the road performing numerous chores at the bidding of his master.

Unless man introduces spiritual practices in his daily life, he shall be surrounded by darkness and disaster, miseries and misfortunes, fear and hatred in one form or the other. Those who want to save themselves from this pitiable condition should introduce true religious practices in their daily lives. By doing so they will be immensely benefited. They should at least give them a fair trial. They can discard them if they find them useless and they should continue to practice them if they bring about a phenomenal change in their lives. If performed sincerely and seriously, these spiritual practices are bound to lead them to God hood, the path prescribed by Saints and Seers, Sages and Messengers of God, the path which will lead mankind to realise the Ultimate Truth. However old dogmas and rituals which are being practiced by man in the name of religion and which are the creations of selfish men, will only lead to chaos and confusion. These should therefore be scrupulously discarded. For attainment of real peace and eternal bliss, the awakening of the spirit force in man is essential. Those who do so are really blessed. God will certainly help them.

08-01-76

Discourses of His Holiness Dayal Sahab ( A seeker after Truth from England visited Dayalpuri last month and for her benefit His Holiness Dayal Sahab was pleased to deliver discourses in evening satsang in English. One such discourse has already been published in the last issue of Prem Prabhakar. Another discourse is now being published below in the hope that our English knowing readers will derive Spiritual benefit from the same. -Editor)

If we look at human life we shall have to admit that man has a limited scope of existence, limited power of thinking, limited bodily strength and intellect. With limited life, body and every thing limited it is difficult for him to know the Ultimate. Every individual knows his limitations and finds himself surrounded by forces which limit his activities. Such a helpless man is unable to know the Supreme Father. Looking at his limited resources, the Supreme father comes down on this planet and awakens the unlimited potentialities inherent in man. Man possesses the atom of spirit which has unlimited powers. Unfortunately there are too heavy coverings over it. Man is unaware of this potential power. The Supreme Father sends Saints and Seers for those who pine for awakening this power. The moment such an individual comes in to contact with messengers of God, his spirit power is ignited. With little effort from his side and with the help of the Master of the Time, he is able to cast aside the coverings



over his soul. As the coverings go off, he feels lightness and develops power of penetration into the past and the future. When all the coverings are thrown off, he becomes one with Supreme Father. There is no difference between him and the Supreme Father. Attainment of this state is real salvation. Salvation is not attained in a dream or just before or after death. It is a process which takes place gradually.

As the lids and coverings over the spirit are removed, the devotee is able to sense spiritual light within and enjoys spiritual bliss and happiness. Such experiences are constant and vivid. They generate in the devotee a firm faith in the Grace of the Supreme Father and about his spiritual development. This knowledge makes him fearless. He knows that the Supreme Father is watching him all the time as his Saviour and Guide. His attitude towards life changes. He does not waste away his time. He cannot run after things material. Whatever he does, is in accordance with the will of the Supreme Father. Lives of Saints and Seers and Messengers of God bear testimony to this fact. Whatever they did was charged with spirituality. The result was elevation of the soul of the devotees, the recasting of their minds in the spiritual mould. Thus those who admit their helplessness are blessed. They have realised the truth about their existence. They will pray for help from the deepest corners of their hearts. Their sincere call, will never go unheard. Their prayers will bear fruit and the Master of the Time will bestow spiritual Grace on them and they will be able to sense spiritual power. In this way the process of redemption goes on. It is not a day's affair. It is constant struggle, constant prayer. At every stage there is constant help, constant Grace. The experiences of a devotee are of a high spiritual order as described in religious books. All saints belonging to different faiths have given these experiences to mankind. When the devotee's experiences tally with those of the previous Saints, he will feel that he is treading the right path. If these experiences are not attained, the path is not right. If you seek rightly, pray rightly, you will never go astray. All real seekers have received guidance and so will you. You should see your limitations and pray with utmost seriousness, having full faith in the Almighty Father. If this is done even once in a life time you will get marvellous results. They will prove to be source of your salvation. Those who believe in Huzur Radhasoami Dayal must pray at His Lotus Feet and they will merit His Grace. All conundrums of life will be removed. All coverings over the soul will be removed. He will feel oneness with the Supreme Being. He will experience true salvation in his life time. Pray for spiritual blessing. Your sincere prayer will never go unheard.

09-01-76

Discourses of His Holiness Dayal Sahab ( A seeker after Truth had visited Dayalpuri in January and for his benefit His Holiness Dayal Sahab had been pleased to deliver discourses in English. Two such discourses have already been published in the February and March issues of Prem Prabhakar. The third discourse is being published below in the hope that our English knowing readers will derive spiritual benefit from the same.-Ed)

The inherent desire to obtain peace in life compels man and even all creatures to seek fulfillment of this desire in worldly things. Therefore man is running from one pole to another in search of pleasure. He goes to the theater, dance clubs, football and cricket matches in search of pleasure. When he is witnessing scenes or taking part in some activity he derives sensual pleasure but this does not give him everlasting happiness. After some time he feels lonely and tries another method to obtain peace. After constant experiences of one sort of sensual pleasure he is fed up and the threshold of happiness diminishes. The thing which was formerly a source of pleasure and attraction is no more so. This produces a sense of dejection. This feeling is at the mental level. He is shy to express this feeling. He pretends to be happy and enjoying while actually he is not so. The sign, the glamour which real pleasure imparts is sadly lacking. He is full of agony and tries another method. The objects of pleasure obtained at the level of body and mind are transitory. They cannot transform him to the embodiment of

real pleasure. He is sad and sullen at heart. When dejected, he resorts to drugs and alcohol to ward off agonising thoughts and in the end he departs from the world.

The pleasure obtained at the spirit level through the Grace of the Almighty is engrossing and everlasting. The face and eyes of such a person gleam. They become attractive. Even a casual visitor can sense that the particular personality is an embodiment of pleasure. His senses do not disturb him. He is calm and quiet both internally and externally. His association itself inspires a sense of pleasure and tranquility in others. When the seeker after Truth fails to get real pleasure in the material world and after a lot of trials when he comes in contact with the real Spiritual Master, he senses a change. He starts taking the association of the Master with great seriousness. Very soon he finds that he is now able to separate and control the evil tendencies of his mind which were always haunting him before and had compelled him to resort to wrongful means of getting pleasure by recourse to alcohol and drugs. He becomes a changed personality. His association with the Spiritual Master imparts in him all qualities which spirit possesses. All virtues of spirit appear in him and for all this he is indebted to the source of spirit - the Master of the Time. He therefore sings in praise of the association of his Master. He is not seeking any intellectual means for pleasure now. If this is the change which takes place in an individual by association of the Living Spiritual Master it is a blessing indeed! Those who have realised this, have been praising it from times immemorial. All true seekers have sung the praise of the association of the Master as the only means of achieving the goal for which they had been wandering from place to place.

Knowledge of spirit gives power of penetration into the past lives. The devotee is able to know his attachments and sins of past lives and is able to cast aside those attachments by spiritual practices. He knows the secrets of Nature. He is one with Nature and the Supreme Father. There is no difference between him and the Supreme Father. Man can achieve this stage of progress provided he aspires for it, strives for it. Those who follow the path of Truth must focus their attention on the spirit pole. They must ask themselves whether they have gained any thing from the association of the Master, whether their lives are changing, whether a great satisfaction has entered their hearts. If they feel contented, if the material things which were a source of attraction formerly are no more so, if their attention is constantly withdrawn they have benefited from the association of the Master they should continue to tread the path and they will realise the highest goal as preached by Saints and Seers.

Spiritual knowledge inspires firmness and faith. It is not make believe or hearsay. It is experience and realization of the self. Spiritual experience implies withdrawal of spirit as it takes place during the process of death. This experience can not be obtained by mere imagination or make believe. It is through the grace of the Living Spiritual Master that the devotee is able to experience withdrawal of spirit. He is able to listen to Divine music and the melody of the Divine sound which compels him to turn his attention inward. He cannot ignore the Divine music. His power of concentration is automatically increased. He is constantly going up not in intoxication or make-belief.

By every act of spirit withdrawal his power of thinking and senses are enlarged. He is able to penetrate places unknown to man. Such experiences further fortify his belief in the Almighty. The change of heart brought by such experiences is beyond description. His heart is charged with true humility. Nothing in the world will be an irritant for him. He will embrace a thorn and a flower equally. There will be no pain, no anguish for him. Everywhere there will be peace, pleasure and tranquility for him. He will leave a trail of happiness in the hearts of those who come in contact with him.

Those who seek this stage of spiritual development must devote a few precious moments of their lives for the same. The moment they do so the process of redemption will start. It will go in a straight line. It will be geared and steered by the Master of the Time. He is conversant with the impediments which

cause a set back in the spiritual life of a man. He extends His helping hand both internally and externally. After some time the devotee feels that though he appeared to be going down in the spiritual path, he was actually going up. Those who have faith in Radhasoami Dayal, should not while away their time, should not lose heart. With firm faith they should execute the Holy Teachings in their daily lives. The Divine forces are ever watching to help the pining souls. The moment a seeker treads the spiritual path, entire Nature comes to his help. He realises this and is grateful to his Master and the Almighty. His head sinks in reverence for the great benefits conferred on him.

Execute the spiritual ideal in your life and you will receive blessings in a far greater measure than you can ever imagine.

----deliver discourses in English. Three such discourses have already been published in the previous issues of Prem Prabhakar. The fourth discourse is being published below.-Ed)

10-01-76

Discourses of His Holiness Dayal Sahab ( A seeker after Truth had visited Dayalpuri in January and for his benefit His Holiness Dayal Sahab had been pleased to deliver discourses in English. Three such discourses have already been published in the February, March and April issues of Prem Prabhakar. The fourth discourse is being published below in the hope that our English knowing readers will derive spiritual benefit from the same.-Ed)

A perusal of certain holy books produces an illusory effect in man and he is confused. It is written that during the course of meditation a certain saint used to fly in the sky. People imagine that this thing must have happened with the physical body. In Bhagwad-Gita, it is written that Lord Krishna showed to Arjuna the “Virat Swarupa” Lord Krishna had a very big face. The entire creation was in His Jaws. Arjuna could not tolerate the sight of “Virat Swarupa” and entreated Lord Krishna to assume the human form again. This does not mean that Lord Krishna had actually increased His human body and swallowed the entire creation. As a matter of fact internal spiritual experience has been described in human language. Experience can only be realised by experience Description in human language will always be incomplete and faulty. No man can fly in the sky before death. The path of spiritual knowledge is through death. How can a man cross the portals of death during his life time? He can certainly do so through performance of spiritual practices. When the withdrawal of spirit takes place during the course of spiritual practices, a feeling of flying is experienced. This experience is constant and at will. It is not hallucination. Whenever the process takes place, you can feel it every time. The moment concentration of spirit takes place the feeling comes. However, to interpret spiritual experiences without actually having experienced them creates confusion.

When a man sleeps certain physical symptoms appear. His breathing changes, the pupils dilate, eye balls diverge and people can say that the man is asleep. When a man is given anesthesia, he passes through different stages of consciousness and the anesthetist knows which is the suitable plane for operation. He knows that after administering anesthesia without control the stage of danger and even death can come. This example has been given to emphasise that physical processes in the body are systematised and so is the spiritual development inside the body. It is not a haphazard phenomenon. Man must not be led by unrealistic talks. A serious aspirant of Truth experiences that whatever is written in the holy books is revealed to him internally during the course of spiritual practices. Whenever there is any confusion, the Master of the Time-the Real Adept points out the Reality. The Living Spiritual Master has penetrating power and He helps the devotee even from a distance. He manifests His astral Form within the devotee and guides him. Therefore it is the duty of the seeker after

Truth to search the Real Master whose company generates faith, love and confidence. The devotee feels light and strength to tread the difficult spiritual path. Mental bonds which keep him tied to the world are loosened. Due to the association of the Master, the attachments of the world disappear one after another and likes and dislikes of the devotee change permanently. If he ever ventures to lean to the material world, the Master gives him a slap and he realises the mistake. The devotee knows that he could not have tread the spiritual path if he had not taken shelter under the guidance of the Spiritual Master. Ancient "Rishis" could not tread the spiritual path without the help of real "Gurus" By severe penance they could subdue their ego only to some extent temporarily and when there was slight relaxation they were thrown from the spiritual path by the revolting mind. However the transformation brought about in the devotee by the Real Spiritual Master is permanent. Even if he has to throw off his mortal coil before realising spiritual emancipation, the gift attained in this life shall be with him in the next life. From his boyhood he will show a different personality with spiritual leanings. When he matures he will get the association of the Living Spiritual Master and his spiritual evolution will continue unhindered.

Supplement To Prem Prabhakar Nov 1986

Discourses of His Holiness Dayal Sahab (During this week some devotees from Andhra Pradesh came to Dayalpuri for satsang. For their benefit His Holiness Dayal Sahab was pleased to deliver discourses in English. The same are reproduced below for the interest of our readers in our own words-Editor)

23-10-86

Nobody except a true devotee knows for which purpose he has taken birth, what is the mission of his life, where he will go after death. All the people live in ignorance and die in ignorance. They want to live in this prison- house while death wants to drag them away from it. So there is a great struggle at the time of death resulting in great agony to the dying person. Thus man lives without knowing the purpose of his life. To a devotee, however, this mystery is revealed slowly and slowly. Every layer of this revelation gives him immense pleasure and bliss. This pleasure and this knowledge helps him a lot at the time of his departure from the world which is very smooth and easy. The ordinary man who does not know the purpose of his life has only happiness of ignorance. The true devotee knows the aim and object of his life and utilises every opportunity to fulfil the object of his life. His life is all wisdom. To achieve this state, man must inculcate the repetition of the Holy Name. "Radhasoami" and contemplation of the Holy form of the Master of the time. Human life is very precious because man can achieve Godhood through this, you all who have an opportunity to know the Truth must inculcate true devotion in your life. You will then become the wisest men on this earth.

24-10-86

God has given you nothing which He has not given to others. So there is no reason for your ego. There are millions who are better than you. There is nothing extraordinary in you. Many less educated people may be better than you. When you were in the womb who took care of you? When you were born who took care of you? Many babies are born blind deaf, dumb or otherwise deformed. If God has made you a normal human being should you not bow in gratitude to the Supreme Father for his Benevolence? Human intelligence has only a limited role. Where is the room for man's ego? People are in a race for material development without realising its consequences. Man is wasting the resources of Nature for destructive purposes. The Supreme Father is the sustainer and maintainer of the Universe. Where is the

role of human ego? Why should a man brag for being born in a high family, or being highly educated or being rich? Once a man starts doing the spiritual practice of “Sumiran” and “Dhyan”, he becomes humble and submissive. He starts seeing virtues in even insignificant people. This is real vision of Truth in day to day life. A great transformation takes place in his outlook. The nearer he goes to Godhood the humbler he becomes. It is the duty of every individual to develop this quality. Thus he will be able to attain the Grace of the Supreme Father.

25-10-86

Without “ Bhakti” it is difficult to concentrate at the spirit pole. In the absence of Love for the Master of the time, nobody can concentrate at the spirit pole. A devotee should therefore repeat the Holy Name “Radhasoami” and contemplate the Holy form of the Living Master as much as possible and as often as possible. He will thus be able to annihilate the bad “Sanskaras” which make the mind active. Once you start doing the spiritual practices with full faith in the Living Master there will be a phenomenal change in your outlook. You will have a special longing for the “darshan” of the Master and to hear Him. Your desire for the world and its objects will gradually diminish. This is a sure sign that you are proceeding in the right direction. In due course of time you will be gifted with Love Divine and you will be able to focus your attention at the spirit pole. Without Love Divine man cannot concentrate at the spirit pole. Human mind is attracted to so many things in day to day life and they all cause an impression on it although they do not in any way enrich or ennoble it. But man’s mind rebels when he attempts to concentrate at the spirit pole. So man must possess “Bhakti Ang” or Love Divine in order to realise the Truth. Only such gifted souls are fit for deriving the full benefit from the teachings of Saints and Seers. However if this criterion is made for admission into Satsang very few people will be found fit for it. So the doors of Satsang have been thrown open for all. If a person seated on the plane of mind and intellect repeats the Holy Name “Radhasoami”and contemplates the Holy Form of the Master of the time he will experience a marvellous change in him which will make him stick to the spiritual path with still greater fervour. The Lord will reward him amply and even “Kal and Maya” will not be able to check his spiritual progress. So there is no room for being down-hearted. With full faith in the Master you must practice the teachings of Radhasoami Faith and you will reap the full harvest out of it-supreme bliss and immortal life.

26-10-86

Every thing, even a blade of grass or all fruits and trees are gift from Nature. Nature first creates a suitable atmosphere and then creates things. God created man, gave him intelligence. He started agriculture. Gradually his numbers increased and society grew up. These days there is a great tension and violence everywhere. Intelligent men are filled with great fear as to the future of the world and the humanity at large. However we should have full faith in the wisdom of the Supreme Lord. Every living being has some good traits in him however bad he may appear to be. History tells us that Asoka was a mighty and cruel King. He attacked Kalinga and in the battle that took place most of the men of Kalinga were killed. Asoka surrounded the fort and the women folk of Kalinga marched forth to fight against Asoka. Asoka felt humiliated and in the course of talks that ensued, Asoka was convinced about the futility of warfare and was converted to Buddhism and became famous as a messenger of peace. In fact the cruel King had a soft heart. Virtue lay dormant in him. Saints and Seers have been preaching to the world the necessity of leading a virtuous and pious life but mankind has not cared to listen to their advice. So it will have to go through severe trials, tribulations and tortures and then it will feel the necessity of leading a spiritual life. So long as the worldly aims and objects form the basis of man’s life, he will continue to be miserable and unhappy because worldly wealth and wisdom, power and pelf cannot stay for long and race for them is bound to create tension and turmoil. If, however, spirituality



forms the basis of man's life, he will enjoy inner calm and eternal bliss. No doubt the Saints and Seers were not very popular in their life-time but their teachings continue to inspire mankind for ever after their departure from the world. Therefore you must practice spirituality in your daily life and make it the basis of all activity. You must devote all of your energy to this cause. This will bring peace and contentment in your life.

27-10-86

In olden days it was difficult to communicate one's ideas to others. Man had to travel from place to place to propagate his ideas and ideologies. Saints and Seers like Guru Nanak travelled from one corner of the globe to the other to spread his message of love and truth. With progress in the means of communication and transport man is able to communicate his ideas to others very soon and very easily, through radio, television and newspapers. Cultural shows and economic melas, political meetings and gatherings are held to impress the superiority of one country's goods and ideas on others. Even narcotic drugs are used to brainwash others. People are unable to adjust and accept the challenges of life. They are not able to judge as to which ideology is better than others. No place on earth can remain immune from these influences. To know the purpose behind this wild propaganda by the various nations and societies, religions and sects, the man must develop in him the power of discrimination, the inner strength, the inherent faculty. By repetition of the Holy Name "Radhasoami" and contemplation of the Holy Form of the Living Master, man can develop the inner faculty of discrimination. His attraction for the world and its objects will diminish and he will not be influenced by the sinister propaganda of selfish people. He will be able to assess what are the good points of the various doctrines propagated through the different media. A time will come when man will feel the need of spirituality to develop this inner faculty of discrimination in him. The conditions of the world are going from bad to worse despite the scientific progress and development. Millions of people are living like refugees without any home and hearth for years together. All religions began with the message of Love and Truth given to humanity by the great Saints and Seers but after the departure of the Enlightened Masters they all degenerated into camps of hatred and strife. You must all inculcate true religion in your day to day life by repeating the Holy Name and contemplating the Holy Form. Without this life is meaningless. Without developing the inner faculty of discrimination you will not be able to meet the challenges of life. You must therefore sincerely inculcate the practices of "Sumiran and Dhyana" and derive full benefit from the same.

Supplement To Prem Prabhakar Aug 1988

Discourses Of His Holiness Dayal Sahab ( Some devotees from Hyderabad (A.P) visited Dayalpuri in the second week of July 1988. For their benefit His Holiness Dayal Sahab was pleased to deliver discourses in English. The same are reproduced below in our own words in the hope that our readers will profit and be inspired by them. Editor)

12-7-88

About 45 years back America dropped two atom bombs on two cities of Japan Nagasaki and Hiroshima during the course of the Second World War. The atom bombs released a spell of hell on the twin cities and the World had seen the devastating affects of the same. In spite of this, there is a mad race among the nations of the World to manufacture the atom bombs. It is estimated that there are over fifty thousand atom bombs in the arsenals of the World, which are many times as powerful as the bombs dropped by America. It is thought that if, at any time, all these atom bombs are exploded, ten such

earths as ours can be destroyed. Knowing the ghastly effects of the atom bombs why is there this mad rush for manufacture of these deadly bombs? The reason is simple. There is in the hearts of man-utter selfishness-a desire to exploit others, a desire to rule over others and extreme degree of fear-complex.

However, there is a silver lining in the dark clouds hovering over the World in the form of an atomic war. Side by side with this selfishness and desire for self-aggrandizement, Benign Nature has also endowed man with an instinct of self-preservation. The fear of total extinction of the human race by an atomic war-the extermination of both the invader and the invaded has held back the release of atom bombs or military adventure uptil now. This growing fear of imminent devastation all over the world, has aroused world opinion against it and has forced the Super Powers to come to an agreement to destroy the existing stockpile of atom bombs. It is therefore hoped that this instinct of survival will deter mankind from launching an atomic war.

But why has Nature endowed man with the instinct of survival? What is the aim of man's life? Why has Nature sent man on this Earth? Is it just to amass worldly riches and exploit others? Man has been trying to do so since centuries but this has not made him happy and contented in life. On the contrary, every man is miserable, discontented, worried and dissatisfied. Evidently the aim of Benign Nature in sending man on this planet is something different and in fact it is to realise the Ultimate Truth, to know the secret behind Creation, to free himself from the trap of "Kal " and "Maya" to break the cycle of Death and Birth through which man has been passing over and over again. This aim of life can only be fulfilled by repeating the Holy Name and contemplating the Holy Form at the spirit pole through the guidance of the Living True Spiritual Master. Man is the best creation of Nature but he is behaving worse than a beast. He should strive for the highest ideal of his life to know the Ultimate Truth.

Supplement To Prem Prabhakar Nov 1988

Discourses of His Holiness Dayal Sahab (Some satsangi brothers and sisters from Andhra pradesh visited Dayalpuri last month. For their benefit His Holiness Dayal Sahab was pleased to deliver discourses in English.The same are reproduced below in our own words in the hope that our readers will derive spiritual inspiration from them. Editor)

Destruction and decay are the order of the universe in which we live. This is a continuous process from the very start. In the beginning the Earth was not as it is today.It is undergoing change slowly. Many mountains and rivers were not originally in it. Gradually greeneries sprang up. Many land masses which were initially green have become deserts. These changes may appear to be destructive but there is construction in them all. On the mental plane also the thought of God has not come all of a sudden. It has come gradually and this change is still going on. We must realize that the world is not our home. It is only a temporary abode. All our likes and dislikes are also subject to change. Man must live in this world in such a way that his worldly attachments are limited.The attachment for the lord must be there. Today man is fighting with man in the name of God. This is all foolish. Man must seek higher knowledge. This can be achieved by association with the true Name and the " Nami"- The master of the Time. Man must seek the Real Master and perform spiritual exercises under His Guidance. This will remove all dust from his mind in the from of ego, lust, greed, anger, jealousy and hatred . He will then be able to penetrate in to the mystery of Life and Death. At the time of man's birth his senses are not developed and he does not know whence he come. At the time of his death, the senses are no doubt developed but even then the mystery of Death is not solved. So every body is afraid of Death. However true devotees of the Lord are not scared of Death. They rather welcome it .So you must perform the spiritual exercises sincerely and regularly under the guidance of the Real Master and the Supreme

Father will grant you True knowledge.

With the expansion of knowledge, an average man is surrounded by multiple problems on the cultural, economic and political fronts. Formerly man's life was rather segregated but now the segregation is no more. People move round the globe with ease and one culture is invading others by quick means of transport and communication. It has become very difficult for man to adjust to his surroundings. Values of life are being broken very rapidly. How to strike a balance between the different aspects of human life has become very difficult. Man has become very ambitious. His ambition is forcing him to adopt a multiple-faced approach to the different aspects of his life. Man's life on this planet is very short and he will have to find a way to control his ambition and eliminate tension from his life. He will have to tap the spirit-source within him. Spiritual knowledge will harmonise the different aspects of his life. Life will then be worth living. Man must awaken the dormant spirit force in him. If attempts are made in this direction there is no reason why the apparent darkness will not disappear. Man must seek the company of the Living Master of the Time with an open mind. He must sincerely practise the method prescribed by Him. There is bound to be a change in his outlook. Several misconceptions will be removed, several doubts will be cleared. Subsequent visits will wash away many ill-conceived notions. A genuine hope will be generated that this association is bound to heal his lacerated heart and lift him to a higher level of consciousness. If the seeker is satisfied in this manner he should derive the fullest benefit from his association with his Master. In the fag end of the 19th century our Second Revered Leader Param Guru Huzur Maharaj came in contact with his Spiritual Master Param Guru Soamiji Maharaj the August Founder of this faith and after being convinced that He was the Master of the Time, He pursued the spiritual path with full vigour and devotion and Ultimately the Highest Spiritual Knowledge dawned on him. He came from a middle class family and had to face all the challenges of life like a common man and achieved the highest Pinnacle of Divinity. So you should not lose heart and pursue the spiritual path with full Sincerity and vigour. Your path will be enlightened by the Supreme Father and you will enjoy bliss unknown to the human kind.

Never take a license in spirituality. Though it is a fact that a "Jiva" is weak and cannot fight the mighty forces of "Kal and Maya" and Salvation is 100% an act of Divine Grace, yet man must not shirk his duty in performing the spiritual practices prescribed by the Master of the Time. The "Radhasoami" Name has a great potentiality. Its repetition at the spirit pole is bound to elevate you spiritually. It will tone your body and the mind, with less food and less sleep you will be able to execute your work more efficiently and in lesser time than others. So never relax in remembering the Lord. This is the one advice which you can give to your children also. Perform "Sumiran and Dhyana" regularly and sincerely every day. Just as the laser Beams have been used to pierce thickest metals in the same way with the aid of the Living, Spiritual Master, the repetition of the Holy Name "Radhasoami" at the spirit pole will help you in driving a wedge in the citadel of "Kal and Maya". It will clean your heart and purify the mind. It will establish an inner link with the Master. The Master is always with you internally. However this is not a physical phenomenon and can only be experienced internally by the devotee.

Knock and the door will be opened unto you. However you have to prepare for knocking at the door. If without necessary preparation the door of the Kingdom of Heaven is opened unto you, your fate will be that of Arjuna who could not tolerate the glimpse of "Virat Swarup" which Lord Krishna was pleased to manifest on him. So you must make preparation for Salvation right from now. You will be amazed when the process of purification of your heart starts. Tears will roll down your eyes, you will hang your head in shame on seeing your weaknesses and worldly attachments, you will feel that you are not even fit to sit at the Feet of the Master but this will all be an inner feeling. A true devotee never makes a show of his feelings and never expresses them in public. Those who brag about their spiritual

achievements are only cheating themselves. The true devotee is very calm and sober. Consciousness of one's own shortcomings and sincere prayer for overcoming them is the best preparation for the spiritual journey. Constant repetition of the Holy Name and contemplation of the Holy form should occupy the vacant period of your life and even while performing your worldly duties you should try to maintain an inner link with the Master. Your sincere efforts are bound to be rewarded.

If you form a strong bondage with the Master of the Time, you will be salvaged at the time of your death and will be placed in some higher spiritual region. If devotion is complete the individual knows when the time of his departure from the world comes. The Sound Current appears, his spirit starts withdrawing and the final departure will not be painful. The spiritual journey is full of indescribable bliss. The True Master alone can help the devotee in the spiritual journey. However all people are not mature enough to recognise the True Master. The real seeker after Truth can of course know the True Master and the pseudo-guru. The Indian society is under the spell of a fear-complex. Its gods and goddesses have been represented as having arms and warlike robes. In True satsang the seeker is made bold. He is given the fullest opportunity to ask questions and get his spiritual dilemmas resolved. God has given you wisdom and you must use it to recognise the True Master. Blind faith cannot save man from the Law of Karma .By logic you cannot control your mind. Greed, anger, lust, egoism, and jealousy are the characteristics of the human mind. The devotee knows that there are savages all round him. So he keeps at a safe distance from the worldlings while discharging his secular duties. Even while doing so he repeats the Holy Name and contemplates the Holy form within. A worldling cannot tolerate any criticism while a true devotee invites criticism, relishes it. The seeker after Truth must see whether his attachment with the Holy Name and the Holy Master is dwindling or rising day by day. If it is dwindling, it is a sign of “Kal” or satan encroaching upon your spirituality. If it is rising you can rest assured that you are treading the spiritual path step by step onwards.

The entire cosmos has been evolved from a speck. There appear to be so many diversities in the Creation and to see Unity in that diversity, one needs to organise his entire knowledge in one vision. Generally we talk of peace. Ordinarily, peace denotes a calm and quiet state while struggle denotes action. Life denotes growth. Superficially all these seem to denote different things, Looked at from another point of view all these are different facets of the same thing. Peace without struggle is no peace. Life without struggle is meaningless. As man's consciousness expands many diverse things merge in Unity. As man progresses in spiritually, his outlook becomes broader. He views things from universal angle and his vision is not narrow. There is multi-disciplinary approach in all his actions and thoughts. Unless man evolves spiritually, neither his family nor the human society will be safe. Man is today armed with such lethal weapons that if there is atomic war the entire humanity will be destroyed in no time. The bigger nations will have no time even to negotiate, the only alternative left to humanity is to discard old and obsolete ideas and seek inner Guidance.

Supplement To Prem Prabhakar Jan 1989

Discourses of His Holiness Dayal Sahab (A satsangi brother from New Jersey, America visited Dayalpuri in this month for satsang and for his benefit Dayal Saheb was pleased to deliver discourses in English. The same are reproduced below in our own words for the interest of our readers-Editor)

(1)

Geologists tell us that the Earth was born in a gaseous state. Gradually the upper layer dried up. After 3 billion years vegetation started. Initially there were no seas and many lands were inter-connected. Then there were rains and seas were formed. The Earth is an ever-changing phenomenon. Certain fossils



have revealed that the earliest man Homosapien came into being on this Earth in South Africa 12 lac years ago. In the first Glacier Age Europe, India and Africa were buried under 3 to 6 meters of snow. Whatever changes took place on the surface of the Earth prepared for the arrival of higher species. Initially there was no oxygen on this Earth and no living beings could survive. Gradually due to chemical action an Oxygen layer was formed and living creatures could appear. Nature has developed them very gradually. Evolution has been a very slow process from the lower to the higher species. Nature is evolving man spiritually too. Even today there are different grades of “Jivas”. Many people are still worshipping stones, idols, rivers, trees and animals. However Saints have appeared on this Earth to evolve man spiritually from time to time. Then man was prepared to receive higher spiritual knowledge quickly. Radhasoami faith was revealed to man through Huzur Soamiji Maharaj. Man is enmeshed in a number of problems today and is in the grip of a great fear-psychosis. Gradually he will be made to realize the importance of the Radhasoami Faith and the hidden Truth embedded in the following couplet of Huzur Soami ji Maharaj.

“Radhasoami Naam Jo gaave, soyi thare  
Kal Kales sab naas, sukh pave sab dukh hare”

We must dedicate our lives to the cause of Truth and perform the spiritual practices sincerely and earnestly in our daily lives. Our worldly vocation whatever it may be, will not suffer on account of the spiritual practices. However spiritual evolution is a slow process. Those who are ripe and mature can only grasp this philosophy. Man’s mind is very hard. It has to be softened by the repetition of the Holy name “Radhasoami” and contemplation of the Holy Form of the Master of the time. Gradually the mind becomes malleable. Repetition of the Holy Name and contemplation of the Holy Form are part of “Bhakti” or devotion. The Astral Image of the Master appears at the spirit pole of the devotee. Deep concentration is required for the same. Slowly and slowly the cosmic Sound starts reverberating within the devotee and he forms contact with the parent sound Radhasoami. This is a gift from the Master. Once this gift has been granted Redemption from the cycle of birth and death is assured. All worldly achievements of man are useless without attaining this goal. For this the company of the True Spiritual Master is essential. No doubt there are innumerable pseudo Masters in the world but the true seeker is not satisfied so long as he does not find the true Guide and his search goes on. Nature so conspires that a pining soul does ultimately find the true Master. Spiritual development is an individual affair. Those who brag about it are fools.

Question- Do worry and guilt go together?

Answer- Worry and guilt some times can go together but it is not necessary that a worried man should be guilty. A man may be worried about the recovery of a sick relative but there is no guilt in it. However a guilty man is always worried.

(2)

As scientific knowledge advances scientists see many wonders in this creation. An ant can carry ten times its own weight over a wall but no crane designed and made by man can do so. There are great wonders hidden within man himself but he is not searching himself. He knows no rest today. There is no peace and he is tension-ridden. All worldly knowledge, all scientific achievements, all riches, power and pelf fail to give him inner solace. When man tries to seek himself he will find true peace and happiness within him. For this he must seek the True Spiritual Master of the time and perform the spiritual practices prescribed by Him.

Question- In America old age is being regarded as a disease. They are trying to elongate human life by

the use of hormones. What is your Holiness view of this?

Answer- Man is enmeshed in worldly things so he wants to live more and more. His desires are not fulfilled and he wants to extend his stay on this planet. Nature gives man a chance to fulfill his desires after changing his physical form. Man is afraid of undergoing the pangs of death and wants to prolong his life. Science has not been able to prevent diseases like hyper-tension, high blood- pressure, heart disease and cancer. How can it prevent old age. In socialist countries and welfare states, old men are cared for by the government and the earning of young men is being utilised in feeding the old men. The old population is increasing and creating problems for the state on the economic front. Certainly with medical care old age can be prolonged. But one question is at what cost?

Question- Some people have described their experiences of the Death Process. What has your Holiness to say about this?

Answer- Actually most of what has been so described conveys an element of fantasy and imagination of the man concerned. Normally a man cannot describe fully what he sees in a dream. He does not remember completely what he has dreamt about. What actually happens at the time of death is some what like this. After death every man has vision of Divine Light. At that time all of his latent desires are enkindled and he is in a confused state. He is thrown back to a new physical form according to his predominant desires. In case of a true devotee, the Image of the Master of the Time appears and the devotee is given abode in some higher spiritual region. When the Master departs from this world he carries with him such devoted souls to still higher spiritual regions.

Question- Can a young child practice spirituality and know himself?

Answer- At a tender age the child needs physical and mental development. The spiritual practices are intended to silence the mind. So they should be practiced after the age of 17 or 18 years, when the mind has developed to some extent. Some orthodox religions start teaching religious doctrines at a tender age and this makes the child bigoted with blind faith in his own sect. Radhasoami Faith stands for an open mind and preaches respect for all religions and all religious Masters. It is most scientific in its approach. It is a living religion. Its spiritual experiences can be obtained by a devotee within himself when he follows the practices sincerely with the aid of the True Master. The spiritual experiences grow till the devotee attains Divinity.

Supplement To Prem Prabhakar Apr 1989

(A Satsangi brother from Andhra Pradesh visited Dayalpuri during the last month. For his benefit His Holiness Dayal Saheb was pleased to deliver discourses in English. The same are reproduced below in our own words in the hope that our readers will profit from them- Editor)

(1)

Efficiency of a machine is judged in terms of how much energy it consumes and how much work it does. Man gives much more time and energy to the world and gets tension, and worries in return from it. To get rid of the tension, man takes resort to narcotics, alcoholic drinks and sensual abuses. As a matter of fact the attention which man pays to the world is not worth it.

By performing spiritual practices as prescribed by the True Living Spiritual Master, the efficiency of man increases and he can do more work with less energy spent on it. The moment an individual understands that his involvement with the world is too much, he is mentally getting matured for

realization of truth. If he comes in contact with the Master of the Time and gets a clue to spiritual evolution such a seeker is bound to excel in the realm of Spirituality and get full inspiration from the life style of Master.

(2)

We do not understand what is the true meaning of liberation. Unless we know what forces are tying us to this world, we cannot understand the true meaning of liberation in totality. We are tied to the world through ropes of desires produced by the mind. Therefore unless these ropes are weakened, nothing can be achieved towards liberation. Empty talks will lead nowhere. The ropes are torn by the association of the Holy Name and “Nami”.

The human frame becomes blessed when the Supreme Father descends in it. Such a person enjoys the highest bliss. He does not hate any body. His desire to help others will be genuine. Universal love for man will pervade his entire being. Man should first get rid of the shackles of “Kal and Maya”. Then he can wish the same for others. Mother Nature wants to evolve everybody and will look to the spiritual evolution of all in due course. Param Guru Soami Ji Maharaj asked His Star Disciple ( Huzur Maharaj) to put up a list of all those for whom He desired emancipation. Huzur Maharaj submitted that the entire Humanity be redeemed from the clutches of “Kal and Maya”. Param Guru Soami Ji Maharaj was pleased to ordain that the Supreme current would continue to remain in the world in human form so long as the entire creation is not redeemed.

(3)

Security was the pressing need of the cave man and the same holds good for the civilised man of today. The cave man was afraid of the wild animals and the civilised man is afraid of his own clan who is equipped with lethal weapons and is out to destroy his own race. The civilised man of today is as barbarous as the aboriginal man. Worldly knowledge and richness does not make man happy. Real knowledge is that of spirit. Worldly knowledge does not make man perfect. He is ignorant of other spheres of his life. Spiritual development does make man perfect. Huzur Sahab Ji Maharaj proved by his life style that a Spiritual Man is perfect in every walk of life. His accomplishment is par- excellence in every work. So long as man is tied to the worldly objects he is unfit for spiritual development. He must realize that the worldly pleasures are ephemeral. When ever he embraces them, he burns his fingers. A seeker after truth values every moment of his life and does not engage in idle gossip or meaningless worldly pursuits. He leads a contented life and is free from all worries and the sense of insecurity never haunts him. However the civilised man of today is not interested in real spiritual development. Nature no doubt is forcing him to turn his attention towards the fountain-head of Spirituality. Frustration in life, sense of insecurity and high tension have forced many highly educated men to commit suicide. Man cannot escape from the cycle of troubles and miseries, worries and tension which will continue to haunt him in his next birth. The real solution to the problems of life lies in pursuing the path of true spirituality. He will then know the purpose behind creation, the purpose behind his own advent on this planet. When He knows the purpose behind creation he will be perfectly secure. If you want that your life should be transformed into this mould, you should repeat the “Radhasoami Name and contemplate the Holy Form.

(4)

So long as you do not experience the withdrawal of spirit within you, religion is a myth for you. To attain this experience, you have to perform the spiritual practices with full zest and fervour every day as prescribed by the Living Master. You all must have seen a dying man. His eye-balls are turned within upwards, he feels great jerks and convulsions and there is an expression of great agony within but the dying man is unable to describe the changes taking place within him in so many words. The onlookers

are also afraid at this scene thinking that one day or the other they will have to pass through the same ordeal. After death a man changes into an astral form and cannot communicate with the living persons. The person who was talking and walking disappears from the scene of the world. True religion carries man through the portals of death while living. The true seeker experiences withdrawal of spirit within himself through the repetition of the Holy Name “Radhasoami” and contemplation of the Holy Form of the Living Master. No amount of external paraphernalia, rituals and ceremonies can achieve this end. The real devotee obtains true knowledge and experiences immense bliss and indescribable happiness. You should all pine for this great boon. You should pray for it, beg for it. No doubt your worldly attachments are too great and by yourself you are unable to shake them off. So the Lord has Himself assumed the Human Form to help mankind in transforming from the physical to the super-physical forms. You should take advantage of His Bounty. However, this transformation is no joke. It would require the total involvement of his entire personality. Man should prepare himself to take this courageous leap in spirituality. His efforts will be more than compensated by the Lord who is all Gracious and Benevolent. The Holy Name “Radhasoami” and the “Nami-the Master of the time” should be ingrained in every sphere of your life. Your whole personality should revolve round them. Life should appear to be meaningless without them.

Supplement To Prem Prabhakar Sep 1989

Discourses of His Holiness Dayal Sahab (At the request of the satsangi brothers and sisters from Andhra Pradesh, His Holiness Dayal Sahab was pleased to visit Hyderabad from 2nd to 6th August 1989. During His stay in Hyderabad His Holiness Dayal Sahab was pleased to deliver discourses in English. The same are reproduced below in our own words for the benefit of our English-knowing readers -Editor)

2-8-89 (Evening)

Those who have not seen their mind and have not realised that because of the tantrums of the mind they have suffered in life, have plunged themselves into deep trouble and that human intellect is not able to control the mind when it is excited and that they must seek some help to control their mind, to subdue it, those who have not realised this are not fit to benefit from the teachings of Radhasoami faith. Such people will not seek the truth. On the other hand those who have seen the vagaries of their mind and have applied the “Name and the Nami” i.e. repetition of the Holy Name “Radhasoami” and contemplation of the Holy Form of the Living Spiritual Master, will gradually feel its salutary effect on their mind and its tendencies. When a devotee realises this, a great reverence for the Master is generated in him. He sees and knows several hidden truths of nature and of his own existence which he did not perceive earlier. He feels that every moment of his life is precious. Therefore he does not indulge in worldly pursuits more than what is absolutely necessary. He snatches a few seconds even out of his busy life and devotes them to the spiritual pursuits.

However a major portion of humanity is not yet ripe to adopt this method. In western countries where material wealth is in plenty and people have full freedom to indulge in their senses, they feel some sense of pleasure for some time but this soon turns into tension and anxiety, trouble and turmoil. The situation of the world is so explosive today that one cannot say when the stock piles of atomic weapons may set the world ablaze. The entire civilised world is in the grip of this fear-complex today. The fate of man is today controlled by machine-the computer. This state of affairs cannot bring happiness to man. He must identify the real cause of his miseries. The Satanic Force excites the lower tendencies of



his mind lust, greed, anger, ego and jealousy and these black spots remain with man till his last moments and the dying man carries their burden with him even after death and is thrown back into the cycle of rebirth on account of these “Sanskaras”. Man must therefore understand that his real enemy resides in him in the form of his mind and he must seek the Living Master who can tame the wild elephant residing in him. Life is a gift and should be utilised for a higher cause- to tame the mind and realise the Ultimate Truth. If this is the aim and object of your life, Radhasoami Faith and the Living Spiritual Master will help you. If this is not the aim of your life, you will not be able to wash the black spots in your life and will continue to suffer agonies and miseries in this life and life-hereafter. The Supreme Father has come to uplift humanity. He is the greatest servant and benefactor of humanity. Seek him internally at the spirit pole and not at the plane of intellect. Repeat the Holy Name Radhasoami and contemplate the Holy form of the Living Spiritual Master. This is true worship.

3-8-89(noon)

At the plane of the mind and the intellect, we find there are always diversions. Theories are always changing and new concepts are being added so much so that some times they lose all connection with the parent idea and the whole thing collapses like a house of cards. This happens in the field of religion too. When religion is confined to the level of intellect and reading of religious books, worship of places, rivers and trees gains the upper hand and Spiritual pursuits are neglected, religion loses its original shape of Divinity. The Hindu Religion started with the aim of attaining higher knowledge with the help of the Realised Souls but slowly it degenerated into slaughter of animals to please the Gods and Goddesses and rituals of a low order held the sway. The modern man is confused when he sees what is preached in the name of religion and what is actually practiced by the so-called religious men. There are empty slogans in the field of religion as in politics.

If you desire to solve this dilemma, you will have to rise above the plane of mind and intellect. However one cannot by himself rise above the plane of mind and intellect. He must take help of a Realised Soul. There are dormant spiritual centers in every man and they cannot be awakened without the aid of a Living Spiritual Master. The Ultimate Truth cannot be comprehended at the plane of intellect and mind. For this the devotee has to enter into a higher level of consciousness. When real knowledge dawns on him it will not be empty imagination but his entire concept of life will change. There will be complete transformation in his life-style and way of working. The realisation will be deeper and deeper. The parent sound “Radhasoami ”which is the Creator and Sustainer of the Universe will manifest. The image of the Master will appear but it is difficult to comprehend all this unless one experiences this himself with the help of the Living Spiritual Master and by performing the spiritual practices prescribed by Him.

The supreme father Radhasoami Dayal is bounteous and has made arrangements for the Realised Soul to remain in human form for the redemption of humanity. Man must seek the guidance of the Living Spiritual Master and try to elevate his level of consciousness. He must repeat the Holy Name “Radhasoami” at the plane of intellect in the beginning till effortless repetition takes place at the Spirit pole. When the image of the Master appears and the Spirit Sound is heard the devotee experiences supreme bliss, unbounded peace and real happiness. Those who have been blessed with the company of the Realised Soul are the luckiest people. They should utilise this opportunity to free themselves from the clutches of “Kal and Maya”. Divine grace will always help them. They should regret that they have wasted so much part of their lives in worldly pursuits. They must devote themselves to the cause of spirit from now on wards with real zeal and earnestness.

3-8-89(Evening)

Search for happiness is ingrained in mankind and man has been searching for true peace and happiness since generations. However the goal of peace and tranquility has always been eluding man. Scientific discoveries and achievements have only generated fear complex and rivalry in him. The Scientists tell us that the earth is surrounded by several meteors and it is likely that at any time any meteor may strike the world and destroy it altogether. Scientific knowledge has thus only added to man's fear. It has also been predicted that a Glacier Age may again envelop the world and all living things may be extinct. What is your place in the world then? Should you wait for the doom or seek real peace and happiness within you as preached by the Saints and Seers? Humanity is not prepared to heed to the advice of Saints and Seers unless it is forced to do so by the totality of circumstances. Hence the increasing tension and turmoil, stress and strain in the world today. Those who listen to the teachings of Saints and Seers and follow it in their lives, open the flood-gates of real peace and happiness within themselves. Every incident of their day to day life inspires them, teaches them, and when the mirror of heart is cleaned with the help of the spiritual exercises and the Grace of the Living Spiritual Master, they experience supreme bliss and peace in their lives. The devotee always bows in gratitude to the Supreme Lord and begs for Special Grace. Extreme humility is manifest in his behavior in all walks of life though there is no showmanship in the same. The people around may not know the changes taking place in the devotee but he himself is aware of the great transformation taking place within him. However those who come in contact with him are bound to be inspired by his way of life and how he tackles the day to day problems and meets the challenges of life. You should all aspire for real peace and tranquility in your life.

4-8-89( Noon)

Truth can be experienced but not described. Saints and Seers have tried to describe spiritual experiences just to inspire the seekers so that they should also try to follow the spiritual path. The Saints and Seers have always stressed the need of the guidance of a Living Spiritual Master. However history bears testimony to the fact that when the Saints and Seers departed from this planet, their own followers stuck to the holy books and twisted the teachings of the Saints to suit their convenience. Humanity had to pay a heavy price for this in the shape of bloody wars and crusades in the name of religion. Intolerance and sectarianism is the bane of the modern world. Torture murder and exploitation are today justified in the name of religion. Custodians of the Hindu religion uphold the "Sati" system in this twentieth century. A great portion of humanity is labeled as untouchables and hated in society. The modern educated man reacts adversely to all these outward forms of religion.

We should take a lesson from all that has happened. The present time is man's precious possession. Instead of wasting it in reading holy books and visiting Holy places, he should dive within himself, and follow the spiritual practices prescribed by the Living Spiritual Master. Many Saints of the past had no opportunity of formal education in their lives yet they revealed the highest knowledge in their writings and speech. Man must therefore concentrate all energies on seeking real peace and happiness within himself. However he must first of all search for the True Spiritual Master. Without a True Living Guide your life will go wasted. The period spent in search of the Master will be fully compensated by the Master when you succeed in finding Him.

"Radhasoami" is the celestial sound reverberating in the whole Creation. Param Guru Soamiji Maharaj first revealed this Name and advised humanity to experience it within. He also ordained that One realised Soul will always remain on this earth to guide humanity in realising the Holy Name "Radhasoami" within. Blessed are those who get the company of the Living Spiritual Master. Doubly blessed are those who spend their time in spiritual pursuits-repetition of the Holy Name "Radhasoami"

and contemplation of the Holy Form of the Master even while engaged in their worldly duties.

4-8-89 ( Evening)

Human development has many facets. Modern man is trying to excel in every field of life. However if you ask him “ Have you achieved” the best of man in your sphere, he will say “No”. The fact is that man has abused every knowledge and after a long time only he becomes judicious. In search of perfection humanity is trying to probe the Universe but it will meet such challenges where it will be faced with a precipice and which will lead to utter destruction. Then man will realise that it is futile to go in this jungle of knowledge .He will then retract and go back to the teachings of Saints and Seers. If man takes inspiration from the lives of Saints and knowers of essence and introduces their teachings in his daily life, a phenomenal change will take place in him. He will feel that it is futile to search for perfection in the outer world. Supreme Wisdom, Supreme Bliss will appear within him and the creator of the Universe will be with Him, yet he will live like an ordinary man. He will be in communion with the Celestial Sound.He will distribute the fruits of his knowledge to all, regardless of caste and creed. You must practice repetition of the Holy Name “Radhasoami” which is the creator and Sustainer of the Universe. When this Name appears within you, the Knowledge of Death and life after Death will be attained by you. The benefits of this higher Knowledge will be immeasurable but there will be no outer manifestation of this. This was the lifestyle of all Saints. This will hold true for all times as long as humanity lasts. Instead of looking for “the best of man” in the outer world, you must practice the spiritual exercises prescribed by the Radhasoami Faith with the aid of the Living Spiritual Master and you will attain perfection within.

5-8-89(Noon)

The spiritual journey is entirely covered with the Grace of the Almighty Father. On account of ignorance man does not appreciate this in the beginning. When a seeker after Truth comes in contact with the Living Spiritual Master and applies, His teachings in his daily life, he is confronted with many ups and downs and sees the Divine Hand helping him, but on account of his past “Sanskaras” he is not sure of Grace coming to his help. He interprets it as the effect of good “Karmas” or mere chance and so his spiritual progress is slow. However if he has true aptitude for higher knowledge, he realises his own limitations. He tries to calm down his mind and when his efforts fail and when he sees the dirty facets of own mind he is disgusted with himself. This continues for a long time. His efforts then assume the form of genuine prayer to the Almighty for help. He then feels that his prayer is not heard but the Almighty keeps mum just to make him strong and develop in him a proper sense of tolerance. After some time when the devotee’s subtle ego is also completely smashed, Grace appears and the devotee then feels that the spiritual journey is so long and arduous that even in hundred lives it cannot be traversed without the aid of the Living Spiritual Master. The Astral Form of the Master then appears and takes him in His lap. The devotee then feels that when a dire sinner like him can be redeemed, there cannot be any doubt that the Almighty Father is out to emancipate the entire humanity. The devotee has no words to express his sense of gratitude for the Master Who always protects him just as the mother protects the baby. Out of sheer ignorance the baby does not realise the protective hand of his mother and in like manner the devotee does not feel the Guiding hand of the Master to be always with him. When the baby grows into a young man or woman and is able to bestow protection to his or her child, he or she realises the deep gratitude under which he was to his or her own mother. So also the devotee in the course of proper time realises the Grace which the Master has always bestowed upon him and he has no words to express his sense of gratitude for his master.

The Lord is bountiful. Your entire life must revolve round Him. Subject yourself to this way of life.

There is no room for dejection. With firm faith in the Divine Hand you should aspire for Truth. You will realise the Creator within you. God helps those who realise their own limitations and pine for the Ultimate Truth in all humility.

Supplement To Prem Prabhakar Oct 1989

5-8-89 (evening)

There is no method available to mankind to overcome the mind. The mind and its tendencies-lust, greed, anger, ego and jealousy are the root causes of all human ills. In the past religion has been associated with the achievement of worldly objects through external forms of worship. People were revolving round worldly achievements-acquisition of wealth and mundane power, family gains and physical health. Religion was a mere tool for these pursuits. With the advent of the Saints and Seers, salvation from the thralldom of mind and matter was announced as the aim of man's life but it took a long time for humanity to change its attitude of mind. When some men were ready for emancipation, Param Guru Soamiji Maharaj appeared on this planet and started the Radhasoami Faith in which there is an arrangement for the Enlightened One to always remain in human form on this planet for the emancipation of mankind. A few satsangis benefited from His teachings but a large section remained attached to the world and its pursuits. So whenever a Saint departed from the world, there was a great shakeup and those who did not sincerely apply the teaching of this exalted Faith in their lives, were thrown away.

We must take a lesson from the history of Radhasoami Faith and give a right place in our lives to the repetition of the Holy Name "Radhasoami" and contemplation of the Holy Form of the Living Spiritual Master. Those who do so will be freed from the clutches of "Kal and Maya" by the Supreme Father in proper time. The seeker will feel a phenomenal change taking place in him and new vistas of knowledge will be opened unto him. A wondrous change will take place in his thought and outlook. You have seen enough of the world. It is time to engage yourself in the spiritual pursuits now. The Supreme Father becomes a servant of those who repeat the Holy Name "Radhasoami" at the spirit pole. His protective hand is always with the seeker. Please experience this in your own life. Real benefit will accrue when you practice the teachings of Radhasoami Faith in your day to day life. Make an unbiased assessment of what has been told to you and you will be benefited. The Supreme Father Radhasoami Dayal is out to help you. Please take advantage of His Grace.

6-8-89(Noon)

Every branch of human knowledge is undergoing a rapid change. The modern man is not able to tie himself to any ideology strongly. The moment he associates himself with any ideology a new concept is born, a new theory is propounded and due to this impact the entire educated world is reeling. An ordinary man thinks that by getting educated, he will be able to lead a happy life and enjoy a good status in society but on completing his education, he has to wander from door to door in search of employment. All his dreams are shattered. He has to face many challenges in his life and has to make compromise on many fronts. His ideals of life are thrown to the winds. It is the Divine mission that unless a man gives up the values of the world and forsakes the quest of happiness in worldly pursuits-acquisition of wealth and mundane power, he is not fit to receive true peace and eternal bliss. Such a person is bound to fall a prey to pseudo Gurus who will lure him with false promises of worldly prosperity. A real seeker after Truth will not be satisfied by the impostors. He will continue his quest though with some caution. Ultimately he is bound to come in contact with the Real Spiritual Master. He



will then stick to the spiritual path prescribed by the Master with all earnestness. He will then find a dramatic change taking place within him. He will realise that in facing the challenges of life and meeting adverse circumstances he will be able to maintain his equipoise while others are completely over-whelmed and perturbed. Greater Knowledge descends on him and he spreads its fragrance all round him without any distinction of caste and creed.

If you have joined the Radhasoami Faith and have still remained in a state of status-quo, it means that you have not practiced the spiritual exercises in all earnestness and seriousness. Attending satsang has been a mere ritual with you. You should analyse yourself with unbiased mind and re-dedicate yourself to the cause of Truth. Numbers will not make satsang great. You are the builder and breaker of your spiritual career. The Master is there to help you. In whatever profession of life you may be, you should follow the spiritual practices of “Sumiran and Dhyan” zealously and sincerely. The Supreme Father has been helping you so far and will do so in future too. If you follow this advice of mine, my visit to this place will be amply rewarded.

6-8-89 (Evening)

For the past several years Saints and Seers have been appearing on this planet and they have charged humanity to have a correct approach towards Religion and Truth. If man seeks guidance from their teachings, there is no room for idol-worship or blind faith, rituals and ceremonies. However it is strange that people read the teachings of Saints, admire them and profess to follow the Saints but in actual practice they perform the rituals and worship the idols. Even satsangis and those of them who had the privilege of the association of the Real Spiritual Master do not feel the necessity of the search of a Living Spiritual Master for reasons best known to them. They are intelligent and educated but there is some thing inside them which does not allow them to tread the right path. In fact they are not real seekers after Truth and the influence of Satan is too great on them. Unless there is a strong desire in man to cut the Gordian-knot of Mind and Matter, it is difficult to tread on the spiritual path which is very arduous and beset with thorns. By following the spiritual practices and with the grace of the Master, the Gordian-knot of “Kal and Maya ”is cut asunder and the devotee is able to see deeper meaning in the teachings of Saints. Your long association with satsang will not help you. Whatever part of your life remains, should be dedicated fully to the cause of truth. Your worldly duties will not suffer thereby. You have to cut the Gordian-knot. The Supreme Father Radhasoami Dayal is there to help you. Once this is done, you will enter the Zone of Supreme Bliss and Eternal peace. Do not be down-hearted. When you pray for Grace, unalloyed with any worldly desires, your prayer is bound to be heard. So long as you are seated on the plane of intellect and mind, you should perform the spiritual exercises and then pray for Grace. When you rise above the plane of intellect, you will realise that even the performance of spiritual exercises was by Grace. However you should not neglect to perform the spiritual exercises under any pretext. The spiritual instructions are divine and must be obeyed. Spiritual effort is personal for every man. Your life- style should inspire others. How you meet the challenges of life, how you behave in adverse circumstances, is bound to have impact on others. You should exhibit spirituality in every action of your daily life but there should be no showmanship in it.

Supplement To Prem Prabhakar Feb 1991

(Some satsangis from Andhra Pradesh visited Dayalpuri in the middle of January 1991. For their benefit His Holiness Dayal Sahab was pleased to deliver discourses in English. The same are reproduced below in our own words so that our English Knowing readers may profit from them.

Editor)

(1)

For a man's existence he needs pure water, pure air, good food and healthy surroundings as also protective clothes. These things are in abundance, still man lives in perpetual anxiety and distress due to his superficial wants. Just as a man addicted to smack cannot live without it and adopts all means legitimate or illegitimate to acquire the same, in the same way a man's caste, religion, language and family have become the necessities of his life and he falls a prey to worries and tensions on account of them. Every man has too many desires and it is not possible to satisfy them all, however rich or well placed in life a man may be. So nobody is satisfied with his lot Nobody gets peace and tranquility in his life. Constant worry and tensions lead to several diseases of the body and the mind. Even the use of drugs creates so many diseases. A wrong attitude towards life leads man to intoxication and this again gives rise to new diseases.

Unless a man identifies this cause of his illness he cannot be cured. He must first get rid of his wrong attitude towards life. This can be achieved only when he comes in contact with the True Living Spiritual Master of the time. For this he must discriminate between a Pseudo- Master and a Real Master. A charlatan will try to attract him with hopes of false worldly gains but if he is a real seeker after Truth and wants only redemption from the cycle of births and deaths, real peace and tranquility, he will be able to distinguish between chaff and grain, a pseudo and a Real Master but those who are not ripe in this manner will easily fall a prey to the allurements thrown at him by a pseudo Guru. Even satsangis are influenced by the glamour of worldly power and position, wealth and riches. They are not able to understand the basic philosophy of Radhasoami Faith. However if they perform the spiritual practices of " Sumiran" and " Dhyan" truly, sincerely and regularly they will slowly feel a change in their attitude towards life and will be able to absorb the teachings of satsang in a greater measure and follow the same in their day to day lives. No country, no race is superior to others from the spiritual point of view. All are equal in the eyes of the Lord. The spirit force resides in every man. When you have realised this basic fact of existence, you will execute the duties of the world from a different angle. All your actions will be divinely inspired. You will hate none, harm none. All the problems of your life will be executed and solved with great ease and least attention. You should therefore resolve to perform the spiritual practices with zeal and enthusiasm. The moments of your life are running out. You must utilise every second in the cause of Truth. Beneath the glamour of worldly objects, there is insatiable thirst to have more and more of them. You should not be lured by them.

Supplement To Prem Prabhakar Mar 1991

#### SEEKER'S GUIDE

(By His Holiness Dayal Sahab)

(We published in the February issue of our magazine a discourse delivered by His Holiness Dayal Sahab in English. Another discourse delivered by His Holiness Dayal Sahab in this connection is reproduced below in our words for the benefit of our English-Knowing readers-Editor)

The spiritual practices in the Radhasoami Faith are simple and easy to perform but without prior preparation man will not find them so easy as they appear to be. To perform these practices, a man must be simple and humble from within. Those who have high aims in their lives adjust themselves to a simple life In the pre- Independence days, several leaders made it their aim to free India from the foreign yoke and they opted for simple lives although they came from rich families. So if you adopt the

great aim of achieving the Truth, you have to be simple and humble from within. Others may not recognise you as such, but you will be the recipient of special Grace from the Supreme Father. Therefore you should make the aim of your life the realisation of the highest Truth and for this Param Guru Soamiji Maharaj has advised the seekers thus-

"Deen Garibi mat is yug ka"

"Garibi deenta dharo jatan se dill men tum apne"

If you do not understand this basic reality of spiritual life you will fail miserably. Merely attending satsang, listening to the holy hymns and eating "prasad" are ineffective, if the resolve to achieve the highest aim in life-realisation of the Ultimate Truth, redemption from the cycle of birth and death is absent in your life. Remind turbulent mind about this again and again. Life without spirituality is meaningless. Life becomes meaningful only with "Parmartha. Whatever may be your status in society and the family, there is no option to repetition of the Holy Name and contemplation of the Holy Form. This will bring about the necessary preparation for spirituality in you. There are millions who have no means to lead a rich life and are forced to live in utter poverty. There are others who are rich but live an outwardly poor life for fear of attracting robbers and thieves or due to great miserliness but they are not humble and simple from within. However a true "Parmartha" a real devotee of the Lord is simple and humble from within. True humility and simplicity comes in him by spiritual practices, without this basic preparation, no man can gain access to the higher spiritual regions. By repeating the Holy Name and contemplating the Holy Form, the devotee gains great spiritual knowledge, immense bliss and highest pleasure. All worldly attachments are cut asunder. All worries and pains vanish for ever. The devotee becomes calm and fearless from within. The inside portals are opened and he enters higher spiritual regions. He is liberated from the clutches of "Kal and Maya". However there is no outward manifestation of all these subtle spiritual changes and the devotee behaves as a common man.

Saints and Seers have come to this planet to evolve man and spread spiritual message but man does not heed to them and wants to get peace and happiness in this world through wealth and power. Man does not take a lesson from the advice of saints and Seers but since nature wants to evolve man, so she adopts harsh measures. There is uncertainty, Wars, turmoils and natural calamities in the world. Man's evil "sanskaras" will come up and be thrown away It is only then that man can experience real peace and happiness in his life. Each one of you should therefore take a lesson from the advice of Saints and Seers and dedicate his or her life to the cause of truth. Repetition of the Holy Name and contemplation of Holy Form should be done as often as possible. Any vocation of life can be followed along with these spiritual practices. No specific time need be set apart for them. They can be resorted to when ever you are free, at any hour of the day or night, even while walking, talking, sleeping or waking or during dream or doing any work in life. The other man sitting beside you, will not know what you are doing as the spiritual practices are purely internal. This will make you peaceful and maintain the equipoise of your life in this turbulent world.

Supplement To Prem Prabhakar May 1991

DISCOURSES OF HIS HOLINESS DAYAL SAHAB

(in our own words)

(1)

Every man goes to sleep daily and has experiences of the same but this experience is quite different from the state of unconsciousness which some times overtakes man due to some accident or sudden mental shock. In he same manner the experience of the withdrawal of spirit which a devotee of the

Lord has is quite different from the mental assumption about it. No doubt every man experiences withdrawal of spirit at the time of his or her death but man is helpless at that time and cannot express anything about it while a true devotee experiences this withdrawal during his or her life time though he or she does not boast about it. This experience is obtained only through the image of the Real Master of the Time at the astral plane. The performance of the spiritual practices of “Sumiran and Dhyan” and the Grace of the Real Mater are of paramount importance for the same. The devotee gains great confidence and is free from all worries of the world. For this you must surrender your mind to the Master. This surrender is not any thing physical or external. Internal surrender means devoting every second of your precious life to the repetition of the Holy Name and contemplation of the Holy Form and obedience to the dictates of spirit and not the mind. Past “Sanakaras” of several previous lives and of this life will thus be washed away. However a devotee must be very cautious while choosing the True Master. Pseudo- Masters are abounding in this world to allure and trap the devotee. However if he or she is a real seeker after Truth and does not want to fulfil worldly desires under the garb of religion, he or she will not fall a prey to the machinations of a false “Guru” who has only false promises for the worldly things to offer and cannot satisfy the real devotee in matters of spirituality. So man must seek the guidance of the True Master and do “Bhakti ”but merely copying the live of Saints and Seers will also not help. A sense of “Vairagya” or detachment from the world and “Anuraga” for the Lord is essential for this.

(2)

The human mind never remains in one state. To control it is very difficult. Every man is wasting the precious moments of his life in fulfilling the desires of his mind but there is no contented man on this planet. The instrument through which he is trying to achieve happiness in the world is wrong. Wealth and fame bring temporary happiness. Man dresses nicely, eats sumptuous meals, goes to various pleasure spots and spends his time and money for the same. He pines for these temporary pleasures again and again but when his finances dwindle he does not get them and remains grumbling. A seeker after Truth is fully contented in his life whatever his social status may be. He gets genuine pleasure from the performance of spiritual practices. Worldly charms lose all attraction for him. He carries out his worldly duties within the fraction of his time and spends the rest of it in the pursuit of Truth. You must all learn how to spend the remaining part of your lives properly. You should seek the guidance of the Real Master of the Time and devote every moment to the performance of the spiritual practices. You are bound to reap immense benefit in the form of greater knowledge, happiness and contentment. You will get the power to penetrate the secrets of the world, the secrets of your own existence and the aim of your life on this earth. Immense ocean of real happiness and tranquility lies within you. The way to attain it is to dedicate one’s self to the cause of Truth by repetition of the Holy Name and contemplation of the Holy Form. You should all perform the spiritual practices in right earnest with great zeal and enthusiasm every day and you will be drenched in the ocean of happiness and peace.

(3)

Life appeared on this planet ages ago in the form of living organism, small insects, birds and beasts and finally in the shape of man but life has posed a great challenge to all. Every living being has to struggle for existence and ultimately death overpowers him. With the advancement of medical science man has been able to conquer disease and prolong his life but death cannot be averted. However the greatest challenge to man’s existence comes from his own lust and greed. The advancement of science has therefore only enhanced the challenge to man’s existence. All social, economic and political arrangements have failed and are bound to fail. Man’s lust and greed knows no limits. History shows that man revels in the miseries of others. The great kings and conquerors of the past were only great butchers, murderers , plunderers and debauch of the worst types. The secret of real happiness lies in contentment, in subduing the mind. The answer to the challenge of survival lies in Co-existence. Man

should learn to live in such a way that he does not imperil the existence of others. When all methods and formulas evolved by the intellect will fail man will heed to the advice of Saints and Seers. Then he will attain contentment which is the quality of the soul. Man should therefore try to energise his dormant spiritual faculty through the performance of the spiritual practices under the guidance of the Real Master of the Time. By doing so he will be able to tame his turbulent mind and real peace and happiness, contentment and bliss will become his precious possessions. Nobody can escape death but you can know its secret, conquer its fear, terminate the cycle of the birth and rebirth. If you make earnest efforts towards this end, God will certainly help you. You should embark on this journey right from now. All glories of life will be yours. Worldly riches and name and fame, power and pelf can never give real peace and contentment to man. Great kings of history lived in palaces and forts out of fear of enemies. A devotee of the Lord leads a fearless and happy life.

Supplement To Prem Prabhakar July 1991

#### SEEKER'S GUIDE

( We are reproducing below extracts from the letters of His Holiness Dayal Sahab to seekers after Truth in the hope that our English knowing readers will derive spiritual benefit from the same – Editor)

(1)

Man is seated at the pedestal of intellect and he interprets every thing through it. He applies also the intellect to assess the progress in the field of spirituality but unfortunately the role of intellect in the spiritual world is only rudimentary. “Parmartha” is in essence Love Divine and therefore all assessments must be made on the fulcrum of unalloyed Love towards the Master of the Time. If the Name and thought of the Master occupies the mind of a devotee for most of the time, it should be interpreted that the spiritual progress is taking place at a faster speed. Unless and until this state of mind is intensified, the bliss and happiness during “Abhyas” is not obtained and therefore the spiritual practice remains dry. In order to achieve this state of mind, purity of heart is necessary and this can be easily obtained through physical association of the Master or the repetition of the Holy Name or both. Therefore you should devote much of your time in repeating the Holy Name at the mental plane and whenever you are free, you should try to concentrate at the spirit pole and repeat the Holy Name.

(2)

Yes, the world is miserable and all those who are around you- your son, daughters etc. are only with a selfish motive. You are miserable because of your “ Moh- Ang”. This is universal Truth but nobody realises this and nobody thinks to overcome it. You should on your part try to eliminate the “Moh-Ang” by repeating the Holy Name and should be thankful to the almighty Radhasoami Dayal that He has enabled you to see this reality so vividly. The more one gets detached from the surrounding world, the more he or she is attached to the Supreme Father Radhasoami Dayal.

(3)

The pursuit of Truth must be inwards i.e the performance of “Sumiran and Dhyam” in the prescribed way under the Guidance of the Master of the Time. Reading of “Sabdas and Bachans” will convey more and deeper meanings if the individual does sincerely the internal practices otherwise it remains only an intellectual indulgence with no benefit at all.

(4)

Life on this planet is very much disturbed and destructive. One has to use super- wisdom to face the



challenges. Super-Wisdom is the outcome of true spiritual practice. Therefore I would advise you to remember the Holy Name and the Form at the spirit pole as much as possible.

(5)

For executing the spiritual practices successfully the flame of Love for the Lotus Feet of the Master is needed. Therefore you should start preparing yourself for receiving the flame of Love for the Lotus Feet from the Master of the time. For this preparation One needs washing off all the attachments of the world. This is easily obtained by the repetition of the Holy Name at the spirit pole. Therefore no moment should be wasted in life.

Supplement To Prem Prabhakar Aug 1991

#### SEEKER'S GUIDE

( We are reproducing below extracts from the letters of His Holiness Dayal Sahab to seekers after Truth in the hope that our English knowing readers will derive spiritual benefit from the same – Editor)

(1)

The death of Shri R is certainly unpleasant but no one dies or takes birth on his own. In fact destiny rules the life of an individual. In that way his death was a pre-ordained event. Since we as human beings are attached with life so much, its departure gives us an unpleasant effect.

Destiny can be changed by following the path of Truth i.e. repetition of the Holy Name Radhasoami and contemplation of the Holy Form of the Master of the time. Since these things were absent in the life of R he had to suffer at the hands of Destiny (Kal). You should on your parts take inspiration from these lines. If the grip of the forces of Darkness is not cut asunder during life time, Destiny will take hold of you and throw you in the whirl-pool of birth and death. It is time to get rid of it by applying the true practice with utmost sincerely and Zeal.

(2)

You have the misunderstanding that Divinity is taking revenge upon you for your so-called misbehaviour before the Master of the time. Since a man does not know his past “Sanskaras ”he has the audacity of thinking that he is a clean man. Therefore all the misfortunes which fall upon an individual are interpreted as the curse of God. This fundamental wrong understanding, unfortunately very common, created the cult of appeasement of God. All religions depict this philosophy in practice but it is totally wrong. The Supreme Father is an embodiment of Bliss Happiness and Mercy. He needs no praise and appeasement as practiced in almost all religions. Supreme Father has created the Forces of Kal and Maya to educate people but unfortunately instead of educating the “Dives ”the Worship of Kal and Maya has been advocated. This is the pitiable condition of the World.

Since you are a man of legal intelligence, you have evolved the right argument that before punishment the individual must have the opportunity to represent his case. Kal and Maya do not work on the legal frame work created by human intelligence. Therefore Saints have always advised that one should follow such practice which will reveal all the nefarious and hideous ways in which man-kind is being exploited at the behest of Kal and Maya. It is only the association of the Master of the Time both internal and external and the adoption of the methodology and strategy which He prescribes that will render them fully exposed. Therefore my advice will be that whatever time they have allotted to you should be utilised not in working on Worldly activities and wasting at their behest but at the altar of the

Master. This, I am sure, will enrich you both internally and externally.

(3)

The practice of “Sumiran and Dhyan ”enables an individual to live in harmony with the bitter and Sweet Truths of life. It endows the strength to withstand the onslaughts of evil “Sanskaras and also being swept under the influence of good “Sanskaras”. Therefore you should repeat the Holy Name Radhasoami as much as possible.

(4)

You are correct that the forces of Darkness are too engulfing around us. The only flickering flame of Light is the Name of the Supreme Father and His image. If they become constant companions of an individual, he can steer clear through all the dark veils surrounding this Cosmos.

Supplement To Prem Prabhakar Sep 1991

#### SEEKER’S GUIDE

( We are reproducing below extracts from the letters of His Holiness Dayal Sahab to seekers after Truth in the hope that our English knowing readers will derive spiritual benefit from the same – Editor)

(1)

Depression and dejection in life are the phenomena of the mind. The mind is attached to worldly things more than necessary. When the fulfillment of attachments remains unfulfilled, depression and dejection are the outcome. Once a person practices the concept that he or she has to do the duty in right earnest without expectation of reward,. the problem of depression or dejection will not arise. But this type of resolution is also not possible unless and until the whole psychological level is raised to a higher consciousness by the practice of the repetition of the Holy Name and the contemplation of the Holy Form.

(2)

So long as the hold of “Karmas ”remains active, there is always ebb and tide in the spiritual journey. The fact that you have started identifying the negative forces working around you., is itself an achievement. You should, therefore, try to repeat the Holy Name at the mental plane without any body knowing it, while doing the domestic chores. It will slowly build up the necessary strength and wisdom to ward off so many of the negative forces without any problem.

(3)

The path of Divinity is strewn with so many thorns and ups and downs. At every stage of the journey, the blessings and guidance of the True Spiritual Master is needed and those who have appreciated this fundamental fact, go in quest of the True Master and when ever through good luck and Divine help, he comes in contact with the Maser of the Time, all these problems are solved externally and internally. Therefore you should try to seek Him internally at the spirit pole more often.

(4)

You are taking the right course as far as your “Paramarathi” practice is concerned. Yes, it will take long time. When the forces of bad “Karmas” are knocked down, then only the spiritual practice becomes very charming and easy. Therefore having full faith in the merciful Hand of the Supreme Father Radhasoami Dayal, you should, on your part, engage your attention to the cause of the spirit i.e. repetition of the Holy name and contemplation of the Holy Form. Slowly and slowly you will notice

the progress. This will appear in the form of true humility and unalloyed Love at the Lotus Feet of the Master.

(5)

You should always look for help from the Supreme Father Radhasoami Dayal. He resides in you hidden and outside as manifest in the form of the Master of the Time. He will appear in you also in the form of the Master of the Time. Therefore all attention must be paid inward to know His whereabouts. The repetition of the Holy Name is of great help in assisting one to know His whereabouts within. Therefore I would like to stress on you the advisability of repetition of the Holy Name and contemplation of the Holy Form as often as possible. I am sure this will bring about a phenomenal change in you.

Supplement To Prem Prabhakar Oct 1991

#### SEEKER'S GUIDE

( We are reproducing below extracts from the letters of His Holiness Dayal Sahab to seekers after Truth in the hope that our English knowing readers will derive spiritual benefit from the same – Editor)

(1)

The expression of humility in your letter is laudable and is a sign of the great grace of Supreme Father Radhasoami Dayal. It is only in such a state of mind that true humility is born which takes both mind and spirit into deep recesses of heart and unfolds the secrets of the self and the forces of “Kal and Maya” in greater detail. The only unfortunate aspect is the wrong yardstick in you and most of us for measuring the path of spiritual development. This is because of the hold of intellect. It is only through the realisation of helplessness at every step in the spiritual path, the hold of intellect is knocked out. But this knocking out process is a continuous one and also exhaustible. Without the accomplishment of this stage of mental preparation, the appreciation of the Grace and the Guiding Hand of the Supreme Father is not obvious to the seeker after truth. Prior to this every thing is made belief and mental supposition. I am happy to learn that a great beginning has taken place in you. I am sure through the Grace of Radhasoami Dayal the pace of progress will be accelerated.

(2)

The whole World is facing great challenges at the physical and mental planes. Somehow mankind has not been able to pinpoint the subtle force behind these upheavals. It is because of the force of “Kal” which exhibits its potential through the mind. Therefore the answer lies in starting the cure process from the mind itself. Once the mind is tamed through the Name and the “Nami”, the force of “Kal” on it is diminished and ultimately ends up. This leads to the liberation of spirit from the bondage of “Kal” and “Maya”. The subtle mind is condensed in such a form that its presence becomes meaningless. The spirit is fully liberated and merges with the Supreme Father Radhasoami Dayal. Therefore you should attend to the cause of spirit much more than necessary even while attending to the domestic chores.

(3)

Worldly achievement has no place and credence in the world of spirituality. The trait of a spiritual being is always of a struggling individual. The internal struggle with the forces of “Kal and Maya” is far greater and more challenging than what it is on the external front. Therefore for a follower of Truth, the external struggle becomes a meaningless thing. The help of the Supreme Father is much more needed in the internal struggle. Therefore you should beg for greater help always from the Supreme Father Radhasoami Dayal.

(4)

Yes, the forces of darkness are within and outside. It is because of the inner predominance of the forces of darkness that men fall prey to the lower tendencies of the mind and suffer innumerable miseries because of the false notion of being the actors. If one could know that the actor is “Kal’ and not he, he would certainly look to the Lord every second for help. His prayer will take the shape of the repetition of the Holy Name and contemplation of the Holy Form. From these sentences you should take the lead and spend most of the time in the pursuit of Truth.

Supplement To Prem Prabhakar Feb 1992

## DISCOURSES OF HIS HOLINESS DAYAL SAHAB

(During the Nagpur and Hyderabad tours. His Holiness Dayal Sahab was pleased to deliver discourses in English. The same are reproduced below in our own words for the benefit of our English knowing readers - Editor)

(1)

Life on this planet is beset with cycles of death and rebirth. Thousands of generation have appeared on this globe and been destroyed. We are part and parcel of Nature. Survival instinct is high in us but science cannot pinpoint where the living being goes after death and where he will reappear in his next life. An intelligent man must seek the Truth about his own life. Man is on the verge of destroying his own race by his own scientific discoveries. They will lead us no where. Is it not our duty to go in wards and try to tear off the veil of ignorance? We cannot afford to waste our lives. Every second of our lives is precious. All Saints and Seers have said this. We can get the costliest thing out of this life, we can know the Absolute Truth the Ultimate truth. Have you been able to obtain the costliest thing from your life? if you repeat the Radhasoami Name and contemplate the Holy Form of the Living Spiritual Master in the prescribed manner, the Ultimate Truth will reveal itself.

(2)

When man descended on this planet, his behaviour was like that of animals. For a pretty long time he lived like this. Subsequently he learnt agriculture but the development of his intellect was very slow and survival depended on physical fitness. Gradually man’s intellect developed and society came in to being. Scientific development came and man is today dominating the whole earth because of his technological advance. How ever intellectual advancement has also flared up the lower tendencies of man’s mind, greed, lust, ego, anger. Intellect has not the power to dry up the sources of these baser tendencies of man. Man’s mind is vaster than the atmosphere and deeper than the oceans. Intellect is powerless to curb the mind. All social economic and political alignments have proved to be useless. Rules and regulations are openly flouted by the farmers themselves. Seedlings of chaos emanate from man’s mind. In the name of religion also there is allowance for these lower propensities of the mind. Religious men suffer from lust, greed, aggrandisement, and hatred. So it is imperative to seek refuge in the teachings of Saints and Seers to harness the mind. Without this, every thing will remain in the dark. Let us hope people will ponder over this matter. Those who seek the True Master are blessed indeed with the help of the Living Spiritual Master, man can harness his mind and get true peace and everlasting bliss in his life-time.

(3)

Anatomy of this Universe is patterned on struggle. Every tissue and cell of your body is fighting without being aware of it. Struggle is life, struggle is progress. However it is strange that the human mind shirks from struggle. Man wants an easy going life. This is contrary to the pattern of the Universe. So the problem is with the mind. How to gear up the mind? all methods to gear up the mind end in a hoax. All religions are sunk in holds of the mind. All so called religions prescribe easy methods to attain purity and achieve salvation-dip in the holy waters, read Holy books go on a pilgrimage, worship the idols and attain God hood while living an unholy life. So there is chaos every where in society. In order to lead a really noble life and attain purity of the heart, you must search the True Spiritual Master and perform the spiritual practices prescribed by Him. He is possessor of the Spiritual sound and with his help you must utilise every second of your life to get freedom from the shackles of the mind and free yourself from the cycle death and rebirth.

(4)

With the advent of Saints salvation has become very easy. Five hundred years ago Saint Kabir appeared on this globe and since then Saints and Seers have been visiting this planet. After the Advent of Huzur Somiji Maharaj the advent of Saints has been regular but history shows that very few people took advantage of this association of the True Masters. Need for salvation was not felt by men of that age. So is the case of the present man. The fault lies in the mind of man-in his lower propensities-lust, greed, hatred anger, aggrandisement. Hence man is sunk in tension, frustration and agony. Those who realise this are really wise. Man is suffering today because of his attachment with things of the world-his family, wealth and power and he performs all sorts of wrong deeds for achieving these things. Those who feel the need to reform the mind should search for the method which gives success in this stupendous task. They should seek the guidance of the living Spiritual Master and sincerely apply the method prescribed by Him in his life. The man who does so is a mature person. He is bound to attain God hood in the course of time. The peace and tranquility which he will experience within, is unfathomable, indescribable. How ever there will be no outward manifestation, no showmanship of the same. We should all ponder and think over this matter. Do we really need the guidance of a living Saint? if you do feel so the advent of Huzur Radhasoami Dayal will be helpful to you. search your hearts. Why has there been delay in getting the bounty which the Supreme Father wants to bestow on you? you will certainly discover many black spots from your hearts will bring vast knowledge of Truth, immense bliss and happiness. The moment the mind is controlled, God appears and Spiritual knowledge dawns your spirit will be in communion with the Supreme Father, only men is endowed with power to achieve this experience, if man does not realise this, his life is wasted., most of have covered a large span of your lives. It is time to wake up and devote the rest of your lives to the cause of spirit. You can execute your worldly duties also simultaneously with the spiritual practices. To achieve spiritual knowledge is to attain the Form of the Supreme Being. No body knows when he may be engulfed by death and in which form he may be reborn in his next life. So you must value every second of this life what ever is left of it. Read your own past life and take inspiration from it. You need reform of your mind, to control the passions of your mind. Radhasoami faith tells you the method to do it. Seek the Living Master and adopt the method prescribed by Him in the right way. You are bound to succeed if you have the necessary Zeal and sincerity to do so.

(5)

Man is superior to other species because of his superior intellect. He has survived on this planet better than other animals. His population is increased rapidly, what was the world's population in the 18th century is the population of India today. We are providing better food, superior medical care, higher social order and so the population has grown. How ever inspite of all this, tension, exploitation and greed is increasing. Existence of man on this planet has become questionable today. The quality of life has diminished day by day. With all good intentions we have failed to bring peace and happiness to



man. All our paper plans fizzle out. Human greed and aggrandisement is responsible for all this. Man's intellect has no capacity to probe the mind. Man can find fault with others but cannot peep into his own shortcomings. So he gets no where. If we want to reform the society we must first reform ourselves. We must probe our own minds. This can be achieved only by the repetition of the Holy Name Radhasoami and contemplation of the Holy Form of the living Spiritual Master. Every religion was a God-gift given by the Holy Masters but after their departure from this World their exalted teachings were twisted by selfish followers and so today in the name of religion every heinous crime, loot and debauchery is justified. So seek The True Master and adopt the path shown by Him.

Supplement To Prem Prabhakar Apr 1992

## SEEKER'S GUIDE

(We are reproducing below extracts from the letters of His Holiness Dayal Sahab to seekers after Truth in the hope that our English knowing readers will derive spiritual benefit from the same. Editor)

(1)

"You have wrongly interpreted the meaning of the "Bachans" of PREM PRABHAKAR the "Kal" has been created to help mankind in the realization of Truth but "Kal" is in itself not an Absolute truth. It does not help in the realization of the Absolute Truth i.e. Radhasoami. In fact "Kal" does not know of "Radhasoami though it has been created by "Radhasoami Dayal". Due to the absence of the knowledge of the Absolute Truth, "Kal" has propagated itself as God. Therefore in order to help the matured "Jivas" in getting out of the clutches of "Kal" Radhasoami Dayal appeared on this planet in the form of "Sant" Satguru". Those who pin faith in Him and abide by His teachings, get out of the clutches of "Kal". The Creation will undergo dissolution when all the "Jivas" get out of the hold of "Kal". The sense of justice and injustice is a relative thing. A tiger kills an animal for its food. You cannot call it an injustice towards its prey by the tiger. Therefore there are so many aspects of existence where the distinction between justice and injustice is not demarcable. You should not bother on this account. You should engage your mind only in the cause of Truth i.e. repetition of the Holy Name and contemplation of the Holy Form.

(2)

Without doing the practices of "Sumiran and Dhyan" the hold of "Karmas" past and present on the mind will not be loosened and therefore the mind will always be wavering with thoughts. The more one does the practices the more is the realization of the ephemerality of this life. In other words the sense of "Vairaga" gets consolidated. Only on the background of "Vairaga" the seedlings of true "Bhakti" germinate. Therefore if you are seeing the element of "Vairaga" getting a firmer hold on your mind, it is on account of the little bit of the practices of "Sumiran" "Dhyan" and therefore the practices should be done more and more in order to consolidate the gains in the form of "Vairaga" you should on your part keep the repetition of the Holy Name "Radhasoami" from the mental plane and when ever there is an opportunity, it also be performed from the spirit plane.

(3)

"As regards your spiritual progress, you should not worry. The social duties some times do take away the lion's share of devotees's time but nevertheless they create pangs of repentance which go a long way in enriching the soul for higher realization. Therefore you should engage your attention inwards more seriously with a sense of repentance. You will be amply rewarded by the Supreme Father

Radhasoami Dayal.”

Supplement To Prem Prabhakar Aug 1992

## SEEKER'S GUIDE

(We are reproducing below extracts from the letters of His Holiness Dayal Sahab to seekers after Truth in the hope that our English knowing readers will derive spiritual benefit from the same. Editor)

(1)

My dear.....

You must shirk away all apprehensions and misconceptions about the future. For those who lead a life of Truth the future is hundred percent secured and insured in the Hands of Supreme Father Radhasoami Dayal. It is full of noble and Supreme intelligence for the seekers after Truth. It is incumbent upon you that the entire future should only be utilised for the achievement of the Highest Goal i.e. a place in the Divinity. You should engage your attention to the maximum in concentrating at the spirit pole and repeating the Holy Name and contemplating the Holy Form. This will clear away all the accumulated dirt of past lives as well as the dirts of this life in the form of good and bad “Karmas” a purity of rare kind will descend and illumine each and every fibre of your self.

(2)

Concentration of the Image and the Name at the spirit pole is a bit difficult to begin with because of the intense interference of the mind we should not be complacent, rather we should continue to execute the spiritual practices with due devotion and seriousness.

(3)

there may be some difficulty in concentration on the Name and Image of the Master at the spirit pole but never the less attempts must continue. With the fullness of time you will be able to execute the spiritual practices comfortably through the Grace of Radhasoami Dayal.

(4)

Slowly and slowly the mind undergoes the process of dissolution and along with this the intellect also is knocked out at every stage. The devotee should look after the basic point that day by day with all ups and downs, the Faith in the Lotus Feet is increasing or not and also the desire for external and internal association of the Master is developing or not if the answer is in the affirmative, he or she should rest content that the Mercy of the Supreme Father Radhasoami Dayal is continuous and it is for him or her a hay day.

(5)

Yes at this old age, a sense of “Vairaga” does prevail on the human mind. This state of mind is very conducive for turning inwards and deriving much benefit from the Holy association if available. It is just like a monsoon shower for a farmer.

(6)

Man is born to achieve the highest form by way of becoming a true devotee of the Lord. This transformation has nothing to do with intellect. It is a transformation brought in by the execution of the

true religious practices in all sincerity and devotion. Ofcourse the Grace of the Living Master is sine-qua-non. In the fullness of time all the changes will do take place in your life.

(7)

It is true that if a person is a true devotee the benefits of his devotion are shared among the family members also. therefore it is the only thing in the world which helps the devotee as well as all those who are associated with him or her. So devotion to the Lord is the most sacred and beneficial duty which any one can comprehend in this world. so you should devote your heart and soul to this cause.

Supplement To Prem Prabhakar Dec 1992

### SEEKER'S GUIDE

(We are reproducing below, for the benefit of our English knowing readers extracts of speeches delivered by His Holiness Dayal Sahab in English when some satsangis from Andhra Pradesh visited Dayal Puri recently.....---Editor)

(1)

25-9-1992

The Path of spirituality is studded with thorns for intellectuals. It becomes a bed of roses for those who are charged with Love and Divine. The intellect of man has evolved after undergoing several cycles of births and deaths and hence the attachment of human intellect with the outer world is very deep. It is difficult to uproot it. However, those who have been the turmoils of life and death process, infer that the aim of all these must lead man to some ideal. It is necessary, therefore, to understand the mystery of life but human intellect cannot penetrate it. A special sense is required for it. Unless the heart of man is charged with Love Divine, one cannot penetrate in to higher state of life. From where one can get Love Divine? it is a gift from the Master of the Time.

Man must therefore, search for the Living Adept. The man who realise this , is ripe for higher teaching. This is the first stage of spiritual advancement. He, who continuously seeks True Light, does ultimately come into contact with the True Master of the Time. The discourses of the True Master remove all doubts about His personality. This state of consciousness is the second stage of march in the journey for Ultimate Truth. The seeker is able to wipe off the hold of old "Sanskaras". This process of purification goes on increasing and when a high degree is achieved, Love Divine compels the Supreme Father to bestow on him the Celestial Name "Radhasoami." This is the highest achievement in the journey of Truth. All impurities of mind and matter are finally washed away and the image of the Master of the Time starts appearing on the devotee's internal horizon. He achieves Godhood. Untold experiences of the spiritual world lie open before him. Words cannot express them. The devotee's life undergoes a dramatic change. He becomes one with the Supreme Being.

Man can achieve this state of super consciousness during life time. It is your duty, therefore, to dedicate your life to this cause. You must discover yourself and discover the Almighty. For this you have to give the search for Truth a prominent place in your life. It must become an obsession with you. You will, then, be able to throw away the web of intellect and achieve the highest form which a human being can attain. It is, therefore, incumbent upon you to dedicate your life to the cause of Truth.

(2)  
3-10-1992

Why are people harsh or aggressive? This is because of the ego. Unless the ego of man is crushed, true humility does not emerge. So humanity must undergo trials and tribulations. Only then will people become subdued. Those who fight in a war, do so for the protection of their ego. When thousands of men are slaughtered and towns destroyed, then people understand that ego has brought about so much destruction. Others who are not involved in the war come forward for help and mediation and people come to a compromise.

Unless men are faced with severe challenges and incur severe loss, humility does not dawn upon them. When true humility is born in a man, only then realisation of Truth is possible. The man whose ego is crushed to some extent, searches for the True Master. Of course he often comes in contact with pseudo "Gurus" but he is wise enough to discern their true colours. Ultimately, he finds the True Master and follows His teachings in right earnest. Changes take place in his life but there is no outer manifestation of the same. The rest of his ego is subdued without undergoing much trials. By performing the internal spiritual practices, prescribed by the True Master, the devotee creates conditions for the showering of Grace by the Almighty.

The Supreme Father has sent His sons for the redemption of humanity. Satsang is the best teaching ground to make people fit for going to higher spiritual regions. By right application of the spiritual exercises, a devotee scores victory over the forces of darkness. You all should take a lead from this talk and accelerate your pace in search for Truth. When man's ego is crushed, only then does the Supreme Father appear. The upheavals of the world, no doubt, shrink man's ego but spiritual exercises help a lot in this process. The distance between man and the Supreme Father will be covered in the case of such a devotee before physical death comes. Therefore, your entire time must be utilised in the realisation of Truth. For this true humility is essential. This is the only indication of a clean heart. Then only image of the True Master appears. There is nothing to worry or lose heart. You should proceed in the matter in all sincerity. Victory is waiting to greet you. Millions will receive inspiration from your life.

Supplement To Prem Prabhakar Feb 1993

#### SEEKER'S GUIDE

( Some Satsangi Brothers and Sisters of Andhra Pradesh visited Satsang during Bombay Tour of His Holiness Dayal Sahab. For their benefit His Holiness was pleased to deliver discourses in English. The same are reproduced below in our own words for the benefit of our English knowing readers. -Editor)

(1)

Modern life has proved that intellectual development has not been able to remove the hold of the mind. No doubt, man has been camouflaging his weaknesses from which not only the poor people but even the rich ones and so called high upper class in society suffer. The intellectuals and the rulers of society suffer from the tantrums of the mind as much as the lower strata of the society. The cave-man hunted the wild animals of the jungle, but the so called civilized man of today has aimed his guns at members of his own species in the name of religion and society. There have been several wars in the past but they have not brought about any good result. By sharpening his intellect the elite modern man has only

been able to amass huge armaments and destructive weapons just to dominate over others and to appease his ego. Should man go on like that? Where will this intellectual progress lead him to? Has man created this World? Will it be allowed to perish as the Scientists tell us? No, this is not going to happen, God has created this Universe. He has sent man into this World so that he may be able to separate his spirit from the mind and matter and reach the Ultimate Truth. Man has neglected the cause of spirit for long and hence the world is in a chaotic condition today.

Man does not know what the man sitting next to him wants. Man needs to tear off the veil on his eyes. This can be done only through the aid of the True Living Spiritual Master. God has been sending Living Saints in this world from time to time for this purpose. All Realised Souls have embodied their inner experiences in the same terms though in different languages and their words are inspiring mankind even today. The present world is in a great turmoil. God has certainly sent the Realised Soul even today. Seek Him. If your search is genuine, you are bound to come in contact with Him. If you follow His instructions faithfully you will benefit immensely and through you the entire humanity will be benefited.

Your life is an open book for you. Study it in the light of the teachings of the Saints. God will bless you and you will reap a rich harvest in your lifetime.

(2)

All over the world people have faith in a Universal Power. They have not realized God but for centuries people have been led to believe in God. Every day man sees people dying but he does not know where the dead man has gone. In the name of religion, only imagination works. Man has evolved diverse ways to appease the Hidden Force. Some times he gets the cherished desires, some times he does not succeed. Saints and Seers, messengers of God, tell man that the Hidden Force lies in him. To realise God, he need not roam outside in jungles and forests. He should probe inside his own heart to realise Him. But man cannot do so by himself. He must take the help of the Living Spiritual Master who has realised God within Himself and can help the devotee in doing so. Man must awaken his spiritual force by repeating the Holy Name and contemplating the Holy Form. The Master of the Time will help him in this process and will grant him the boon of Love Divine. True Religion is hundred percent an internal quest and for this the Supreme Creator has sent His Messengers and Saints who help souls in this quest. Man is incomplete without awakening his spiritual force and without knowing the Supreme Creator. Conundrums of life will be resolved only when man realises God. So dedicate yourself to the cause of spirit.

(3)

Man has been experiencing happiness at the plane of the body, mind and the intellect. Bodily happiness is experienced even by the animals but they cannot experience happiness at the plane of the intellect or the mind. By his intellectual advancement man has created fine arts, literature and music to get peace and happiness but his attempts have reached a pinnacle. Man tries to get happiness par excellence but by himself he cannot do so. He has the potential but without the aid of the Spiritual Living Master, he cannot awaken his latent spiritual force. For this purpose the Supreme Father has been sending His chosen sons on this Earth from time to time. Those who took advantage of this arrangement of the Supreme Father were able to enjoy the highest pinnacle of peace and happiness.

Be true to yourself and experience everlasting peace and happiness. In the epic “Mahabharata” Arjun was able to wipe out the mighty force of the “Kauravas” with the aid of Lord Krishna. Similarly, with the aid of the Master of the time, man can defeat the powerful “Kal and Maya” and get entry into the abode of the Supreme Father. These experiences will eliminate all desires to get mental and intellectual



pleasures. With the passage of the time, man's involvement in worldly activities will diminish. Dedicate yourself to the repetition of the Holy Name, Contemplation of the Holy Form and listening to the Holy Sound. You will experience a great transformation in your life. Seek the association of the Living Master in all sincerity and you are bound to scale the celestial heights. Think and ponder with all seriousness. God will bless you.

Supplement To Prem Prabhakar Apr 1993

## SEEKER'S GUIDE

(We have pleasure in reproducing below extracts from the letters of His Holiness Dayal Sahab to seekers after Truth in the hope that our English knowing readers will derive spiritual benefit from the same. Editor)

(1)

Yes, the moment the devotee realizes that the company of the Master is of great significance for the spiritual advancement, this becomes a sign of purification of heart. Therefore I would advise you to attempt for the inner company as much as possible by performing the spiritual practice of repeating the Holy Name and Contemplating the Holy Form. This will illumine your heart and relieve you of the dust and dirt of day to day life from your mind. You will feel fresh and there will be emotional upsurge in your mind for spiritual realization. Huzur Radhasoami Dayal is very kind and Gracious and permeates in every atom of this creation. He will take care of you wherever you are. Invest in your lifetime.

(2)

I am happy to learn that the Bombay Satsang had a profound effect on you all. It will help you tremendously in scaling greater heights in spirituality. The change for the better takes place slowly. Therefore one must not be in haste. The moment the effect of "Karmas" on the mind is washed out, the image of the Master starts reflecting at the spirit pole. Therefore all efforts should be made to get the "Karmas" washed by repeating the Holy Name.

(3)

The sense of insecurity in life has a marked effect specially on those who are outside their home country. But you should not suffer from the profound effect of such situations. Every thing is ordained by the Supreme Father. One should engage his attention to the cause spiritual and leave every thing to the "Mauj" of the Supreme Father Radhasoami Dayal. He will always do what is best for you.

(4)

In the absence of the element of quest for the True Master, the process of emancipation remains stagnant. Those who value their lives spiritually, do not sit idle, rather they keep on searching internally by laying prayers at the Lotus Feet of the Supreme Father for guidance and association and also externally by way of seeking Company of the Real Master wherever and whenever they get information. You should continue to devote a major portion of your day-to-day life to the cause spiritual. The Supreme Father will shower Grace on you.

Supplement To Prem Prabhakar May 1993

## SEEKER'S GUIDE

( Some Satsangi brothers and sisters of Andhra Pradesh visited Dayalpuri in early April. For their benefit His Holiness Dayal Sahab was pleased to deliver discourses in English. The same are reproduced here in our own words so that our English Knowing readers may profit from them.-Editor)

(1)

In spite of the advancement of science and development of his intellect, man has not changed much. He remains full of violence and exploitation. No doubt his ways have changed. The modern society of the twentieth century is full of thousands who are starving and leading a miserable life in refugee camps while a few of their own brethren are in affluence. The basic trait of the human mind remains the same. The primitive cave man hunted wild beasts with stone weapons and the modern man kills people of his own race with sophisticated weapons. Man has become more aggressive, more dangerous to himself and to others. Until now man has been exploring the physical world which is limited. Therefore further exploration will be only negative i.e. more harmful than useful. The world is not at all romantic or attractive but our mind has made it so, by giving it false values. We want to live in a world of fantasy. With modern technology the world has become smaller and lost all charm. People like to dominate the world by using destructive forces. There is neck to neck competition between man and man. Man's mind and intellect are under great pressure. Man today sings hoarsely and dances wildly like a tribal. This is not a happy world, a peaceful world. The future seems to be very bleak. Through the mind and intellect, man is attracted to the ephemeral world. All literature and art revolve round the mind. The Saints and Seers, Prophets and messengers of God have said that this world has no luster. There is lustrous world inside. The knowledge of the whole creation is within man himself. He can discover it with higher knowledge. When the Supreme Echo-(anahad naad) is perceived inside, it will be life of exploration every second. All the qualities of spirit (sat, chit, anand, premprakash) will be born in him. No doubt such a person will not run away from the responsibilities of day to day life. The lives of all Saints bear testimony to this. You must gain access to the inner world with the aid of the True Mater. His Satsang is essential for this. Seekers after Truth have taken advantage of the association of the Master. Apply all strategies prescribed by the True Master to defeat the opposite forces of "Kal and Maya." The true seeker is still the humblest man. You all should not lose time in embarking on this journey. God will help you.

(2)

Nobody can deny that the process of evolution takes place in human life constantly. There is a hidden Force guiding this process. Human life has gradually evolved from a unicellular organism, yet it has not reached the pinnacle of evolution. No doubt man has evolved physically and mentally but not on the spiritual plane. This is the aspect of life which has been neglected so far. There is a limitation to which the human mind can develop and intellectual progress has not brought peace and happiness to mankind. With the further advancement of science and technology human life will be in greater danger and his fears will grow. Today families are torn apart and people have no time to look after their kith and kin. Vagaries of Nature in the form of catastrophes lead to worries about the dear and near ones and this tells upon the health of society as a whole. Values are changing. Modern amenities are too costly and there is degradation everywhere. This state of affairs is engulfing human society as a whole today. This is because man has been ignoring the spiritual aspect in his life. If you are also feeling this deficiency, it is high time that you should devote your time to this end. The need of a True living Guide is paramount for the seeking the Truth, for unraveling the secrets of Nature, for going beyond the physical dimensions, into a world which is free from death and destruction, a world full of eternal peace and tranquility of the highest order. As you go higher and higher in this world, you will get

inexhaustible spiritual knowledge. You will be a perfect man, able to communicate with the Supreme Being and to receive messages from Him which will enrich human society as a whole. Radhasoami Faith teaches you the right way of repeating the Holy Name, contemplating the Holy Form and hearing the Celestial Sound. This practice should be inculcated in your day to day life and immense benefit shall accrue from the same. You will reach perfection of human development. All powers shall be vested in you. The happiness, peace and tranquility enjoyed by you will be indescribable. True Religion is the only way of achieving perfection in the process of evolution. So long as you do not attain this stage, you will remain entrapped in miseries, tortures, pain and turmoils. There is no escape from this law.

(3)

Human mind has the quality of experiencing the highest kind of happiness. The grosser mind tries to contact the objects of the world through its sense organs in search of pleasure but the latter vanishes very soon. So the mind tries to get intellectual pleasure through arts and crafts and various forms of literature, music, dancing and even scientific experiments and discoveries. Sometimes an achievement in the field of science gives some happiness but this also is short-lived. So from the seat of the mind, man has to shift to the seat of spirit for experiencing the peace and tranquility of the highest order. He can then achieve the Ultimate Goal which will keep him engrossed all the time. The lives of Saints and Seers and Messengers of God speak volumes about this state of existence. They led ordinary lives but were always in a prayerful mood. A sense of gratitude prevailed on their lips whatever the challenges of life which they faced with strength and fortitude. They diverted the flow of their mind towards the spirit pole by means of spiritual practices performed with the aid and under the guidance of their spiritual Master. Their involvement in worldly activities was greatly curtailed to the minimum.

Real enrichment lies inside man. Radhasoami Faith teaches that the inward movement of the mind can be achieved by performing the spiritual practices with the aid of the Living Spiritual Master. When man starts on this journey he knows the parent Truth prevailing in the world. The whole journey is very pleasant. The ups and down of the world do not upset the seeker after Truth. He faces the trials and tribulations of life squarely. Almighty God is pleased with such a seeker and the trials prove to be a blessing in disguise.

If you have tried to get pleasure in this ephemeral world and the same is eluding you, it is high time you devote your attention to the cause of spirit and perform the internal practices prescribed in this faith. The Benevolent Supreme Father will bestow all His gifts on you. You will achieve the highest goal which a man can obtain. There is no exaggeration in this. This is the bare truth, the naked truth.

Supplement To Prem Prabhakar July 1993

#### SEEKER'S GUIDE

(Some seekers from New Jersey (U.S.A) visited Dayalpuri in the month of June and for their benefit His Holiness Dayal Sahab was pleased to deliver discourse in English. The same is reproduced below in our own words for our English knowing readers. Editor)

If the desire to know the Truth becomes an obsession with some person, if the thoughts continually haunt him as to why he has been sent to this Universe, what is the object of his or her life, how he can realize this object of life, which is the path on which he must tread to realize this aim, he can rightly be

termed a seeker after Truth, a Satsangi in the True sense of the word. Such a person will then find that Truth lies within him and the path is also within him. He will then realize that running away from the duties of life, into jungle caves and performing penance will not lead him to the goal. The mind and intellect of an individual do not render him any help in this quest. He therefore feels the dire necessity of the guidance of a realised soul. Such a person will then keep on searching for the True Master and one day such a pining soul is bound to come in contact with the Master of the Time. The Living Master will solve all the conundrums of the seeker and will afford him full opportunities to resolve the dilemmas haunting him. The seeker will find in him a True Guide who will be of immense help in the pursuit of Truth. The Living True Master is aware of all the ups and downs of the spiritual journey and warns the devotee of the same. The devotee ardently follows the instructions of the True Master with regard to the performance of the spiritual exercises and gradually there is a slow transformation in the outlook and life-style of the seeker. The seeker knows that this transformation is due to the association of the True Master both external and internal and to the performance of the Spiritual Exercises -Repetition of the Holy Name and Contemplation of the Holy Form. The devotee gets a power to peep in to the future and know the past due to the Grace of the Master of the Time but he makes no showmanship of this power. True religion is thus a thing to be imbibed and enjoyed and experienced. The devotee never boasts of his abnormal power and behaves like an ordinary man. He loves all even his so called arch enemy. Human life should not be valued in terms of secular and material achievement as these disappear before death. Man must conquer death while living. He must know the death process, the value of it, the consequences of it. Then only will the fear of death vanish. This is only possible with the aid of the Living Spiritual Master. The search of the True Master and His Guidance are therefore of paramount importance in the search of Truth. Performance of spiritual exercises prescribed by the True Master are sine-qua-non for the same. bare truth, the naked truth.

Supplement To Prem Prabhakar Aug 1993

#### SEEKER'S GUIDE

(Some seekers after Truth from Andhra Pradesh visited Dayalpuri in the month of June. For their benefit His Holiness Dayals Sahab was pleased to deliver discourses in English. The same are reproduced here in our own words for the benefit of our English knowing readers. Editor)

Those who want to have unalloyed vision of the Supreme Being have to enter the tenth pole and shut the nine apertures. For centuries and for generations, man has been using the nine apertures of his consciousness for the flow of his mind and intellect. Virtually he does not know about the tenth pole itself. So before the advent of the Saints and Seers on this earth, no man got true emancipation. Humanity was engulfed in darkness. Ultimately the Supreme Father sent His own Messengers to help man to see true light. Even after the advent of Saints mankind is not prepared to listen to their advice and shut the nine apertures of his consciousness and get ascension to the tenth pole. A great sense of "Vairaga" or distaste for the world is therefore necessary for the awakening of the latent spirit force in man. Repetition of the Holy name "Radhasoami" and Contemplation of the Form of the Living Spiritual Master is of immense help in generating a sense of true "Vairaga" in man. Worldly riches and power and pelf lose all attraction for such a man. He sees all filth and dross of worldly desires in himself and from the core of his heart he repents for it and begs the Supreme Father for special Grace. Genuine repentance attracts the Grace of the Master of the Time and He endows the devotee with the gift of "Bhakti" or True Love for the Lotus Feet of the Master. The journey through the tenth pole then becomes easier and the spirit of the devotee ascends to the higher spiritual regions. There is a dramatic

change in the life style of the devotee internally though he makes no outer showmanship of the same. There is no scope for imagination in true religion. It is hundred percent inner experience through the aid of the Living Spiritual Master. The true devotee behaves like an ordinary man and discharges all the responsibilities of a house-holder's life. The Supreme Father has ordained that His "Nij-Dhar" the Spiritual current shall assume the human form for the salvation of the aspiring souls. Those who take their guidance serve not only themselves but also the entire humanity. So devote the rest of your life to the achievement of complete salvation. If you do not adopt the right strategy you will keep boiling in the cauldron of the world which is full of miseries and torture, worries and tensions. There is no room for being down-cast. Listen to the advice of saints and you will be redeemed.

Supplement To Prem Prabhakar Sep 1993

### SEEKER'S GUIDE

(Some satsangis from Andhra Pradesh visited Dayalpuri in the month of August 1993. For their benefit His Holiness Dayal Sahab was pleased to deliver discourses in English. The same are reproduced below in our own words for the benefit of our English knowing readers.-Editor)

(1)

There are many people in this world who are very rich or are very learned and there are millions of men in this world who are very poor and uneducated. However the rich and the learned ones are not ready to part with their riches in favour of the poor people nor are the learned ones ready to diffuse their knowledge to the uneducated masses. This state of affairs has continued in this world since the time man appeared on this planet. No doubt some times people talk of distributing alms to the poor and the needy but it is just to cloak their desire to get applause from the poor people who are helped by them or just an attempt to deceive others. Even Nations as a whole are suffering from this weakness. You should know the basic weakness of the human mind and intellect. Once you come to know of it and try to overcome the same in yourself, the world will lose all charm for you. Only Saints and Seers are ready to distribute their Spiritual powers and knowledge to others but it is a pity that there are no takers of this gift. Mankind is not ready to appreciate their benevolence. Due to his "Adi-sanskaras" man is not able to form communion with the Supreme Father, and to make him fit for this gift, the Creation has been evolved. Therefore man must pause and return to the path of Divinity. The mad rush after the world and its transitory objects like wealth, fame and family must be minimised and a sense to know the Truth must be awakened. However the Truth is beyond the scope of the mind and the intellect. Worldly knowledge is a burden on man but spiritual knowledge is free from burden of all sorts. In order to obtain spiritual knowledge and to rise above man's inherent weakness, he must do spiritual practices under the guidance of the True Spiritual Master. Your intellect will misguide you and say that man is too weak for this effort. Do not listen to such advice and perform the spiritual practices in all earnestness and with all sincerity. You will experience great bliss and peace of mind and be free from all worries.

(2)

The basic factor common to all human species is that they want to live but no one is satisfied with his or her lot. People see others dying but think they are immortal. They are unhappy and discontented yet they do not want to die, they want to live. However death comes and drags man away from the world. This enigma is in the life of all. Due to past "Sanskaras" and due to "Adi-sanskaras" a man does not realise the Truth embodied in him. The Supreme Father is there to help man in the form of the True



Master. Man should not therefore surrender to the Forces of darkness but should make a strong resolve to give stubborn fight to the forces of “Kal and Maya”. If you do not fight and succumb to the temptations of the world, your life becomes meaningless. All seekers of Truth must take a lesson from this. No Saint got spiritual knowledge by studying of religious books or by going to the holy shrines. They all got it by sitting in a tranquil pose in a lonely place, and by repeating the Holy Name and by Contemplating the Holy Form. No doubt your mind and intellect will create impediments in your way but you have to overcome them. Running away from the duties of the house-hold and going into the jungles will not solve the problem. Your mind and intellect will be there also with you. The attachments of the world, the desire for wealth power and family will haunt you in the jungle too. The true devotee fights against forces of Darkness and God helps him. Every second of your life is precious Devote it to the remembrance of the Lord.

Supplement To Prem Prabhakar Oct 1993

## SEEKER’S GUIDE

(We are reproducing below extracts from the letters of His Holiness Dayal Sahab to seekers after Truth in the hope that our English knowing readers will derive spiritual benefit from the same.-Editor)

(1)

The change in your psychology is in fact a blessing and a lesson, a blessing because Nature wants to prepare you for your death process slowly and lesson because the sense of vacuum in life should be filled with the repetition of the Holy Name and Contemplation of the Holy Form. In such a state of mind, if some one is able to fill up the sense of vacuum within, with the repetition of the Holy Name and contemplation of the Holy Form, the progress on the spiritual path is expedited manifolds. Seekers after Truth have always been utilising such a state of mind to a great advantage. You should try to fix your attention towards it. Huzur Radhasoami Dayal will certainly take care of you.

(2)

Yes, those who live with the time are perfect men and women and achieve the highest goal in their life time. To live with the time is an art and science too. The art stands for love and devotion and science stands for true and unalloyed repetition of the Holy Name and Contemplation of the Holy Form.

The day of “Janmashtami” is the most auspicious day for the entire mankind. It was on this day that the Supreme Father Radhasoami Dayal in the form of Param Guru Soamiji Maharaj took incarnation on this planet. He was so gracious to chalk out the programme of the salvation of the entire “Jivas”. For this showering of Grace on all of us, we bow down in gratitude at His Lotus Feet million and trillion times.

(3)

The experiences undergone by you are genuine. This is exactly a death-process in which there is withdrawal of “Jivatma” from every cell of the body. The feeling of fear is but natural. Unless and until the communion with the sound-current or the image of the Master is established firmly during the performance of the spiritual practice, the death process will certainly create a sense of fear. Human psychology has no role to play because it is very superficial. Therefore one needs to go above the field of psyche. To achieve this state of mind, where psyche has no role to play, it takes a very long time. A thorough washing of all the “Karmas” is needed. This washing process takes place in waves.

Sometimes it is up and some times down. With every wave some thing is thrown out. Since you are old, almost at the evening of your life, it is not possible to undergo such rigorous strain during spiritual practice which will unable you to throw the mantle out of gear. My advice to you will be that you should continue the repetition of the Holy Name as much as possible and Contemplate the Holy Form.

Supplement To Prem Prabhakar Nov 1993

## SEEKER'S GUIDE

(Some satsangis from Andhra Pradesh visited Dayalpuri during the Bhandaras and for their benefit Huzur Dayal Sahab was pleased to deliver discourses in English. The same are reproduced below in our own words so that our English knowing readers may derive spiritual benefit from the same.)

(1)

From the beginning of the history of mankind it has been man's mind which has created all problems for him but instead of pinpointing the root cause of man's ills, he has only been pinpointing the situations. The result is that man's troubles have only increased. Reform is an individual affair. If you reform yourself you can also help others but when one does not reform himself but only finds fault with others he cannot solve any problem. People thought after the death of Hitler, the world will be a calm and quiet place but this has not happened and other tyrants have emerged on the arena of the world. The basic fault lies with man's mind. If you turn it inwards, it will help you in redemption from the cycle of death and birth. If a dam is created on a river, its downward flow is checked and several hectares of land which was barren, are irrigated and the fear of floods is also minimised. In the same way if the downward flow of the mind towards world and sense desires is checked, it will help a man in knowledge of spirit. However man's effort will not be fruitful unless he obtains the help and guidance of the Living Saint who will teach him the technology of harnessing the mind. By adopting Truth, you will not only benefit yourself but your contentment and equanimity will also inspire others. You must harness your mind for this you must form a deep association with the Master of the Time.

(2)

Wood has the quality to burn but it does not burn when it is moist. Only dry wood catches fire. Certain things are incombustible. In the same way all human beings are capable of getting Divine inspiration but they must be totally dry i.e. immune from worldly desires-the lower propensities of the mind e.g. lust, greed, anger, ego. Nature has created so many problems in the life of man. The ups and downs of life are a regular feature here. The world is basically a place of problems. Life cannot be pleasant on this planet. All efforts to get peace and tranquility here end up only in creating fresh problems. However the man whose mind is really dried up, who has a burning desire to know the Truth and this assumes the form of a storm in him, comes in contact with the Living Master and achieves the goal of knowing the Truth. Param Guru Maharaj Sahab was such a person and when He came in contact with Param Guru Hujur Maharaj, there was a marvelous change in Him and He obtained salvation and there after the "NIJ DHAR" descended in Him. You should take inspiration from His life.

(3)

If you adopt the truth in your life, your life will take the right direction and you will gain. Every thing in this life ephemeral. So you should engage your day to day life in the Repetition of the Holy Name and Contemplation of the Holy Form internally even while performing your legitimate duties of the world. By your intuitive knowledge your mind will be enriched. How ever man is still engrossed in the

lower propensities of his mind. Humanity is still dwarf mentally. Man is making discoveries in the physical world but his mind is still undeveloped. If man remembers the Holy Name “Radhasoami ”and Contemplates the Holy form of the Master of the Time, his mind will be enriched and evolved. He will be able to face the challenges of life with great poise and equanimity. Without this state of mind, man’s dream of getting peace and tranquility will never be fulfilled. Today man needs reform from the spiritual point of view. Because of some initial defect, man has assumed the human form and is beset with miseries and agonies. He should heed to the advice of Saints and Seers and shape his future course of action. God will bless you.If you do not do so, it will be suicidal for you.

(4)

The process of death is akin to the process of salvation. Man cannot enter the valley of death by his intellect. Every day you see people dying but you do not know where the dying man goes and what pangs he suffers at the time of death and where and when will he be reborn. Scientists tell us that death is a continuing process and all tissues of man do not die simultaneously. If after death immediately some tissues are removed from the parent body and preserved scientifically, they can be grafted in another body and made to live again. Mental death is subtler still. Without the aid of the Living Master man cannot cross the valley of Death. Serious aspirants of Truth are very happy on coming in contact with the Master of the Time. They engage their attention in the pursuit of Truth. Their involvement in the cause of Truth increases day by day and gradually they overcome the fear of death. So you should associate with the Master internally and this will give you inner strength to withstand all the vicissitudes of life. You will lead an undaunted and contented life.

(5)

This creation has come into being out of the Grace of the Supreme Father. Its aim and object is the full salvation and purification of the souls. The whole play has been meticulously planned. No doubt this will take a lot of time. To throw off the mantle of the lower tendencies of the mind, KAL has been evolved. All species have undergone the process of evolution including man. Man is trying to discover the hidden forces of Nature working in the world. His dominant factor was and is the ego. Man wanted to dominate the animals. So he discovered the metals and made weapons to kill animals. Now he wants to dominate over other men but there is no scope for betterment as his discoveries will give negative result and he will not get any peace and tranquility which only the knowledge of Truth brings. To day there is growing intolerance and exploitation is going on in the name of peace and service to humanity. Sooner or later man will have to revert to the search within. The scope of research in the outer world is limited but the world within is unlimited. Every step of his search within will bring peace, harmony and bliss. The path of spirit and the knowledge of the Supreme will give him immortality, fearlessness and happiness in the extreme. This is the programme of the Supreme Father and man is bound to reach this stage. Saints have appeared in this world to help man in the final leg of evolution. KAL cannot do this. He cannot help man to throw off his lust, anger, attachment and ego. He will not allow man to go out of his domain. The lower tendencies of the mind will hurl you back in the world. Since you have got Satsang -the association of the True Master, utilise every second of your precious life in the repetition of the Holy Name and Contemplation of the Holy Form otherwise you will be thrown out of Satsang. Listen to the advice of the Saints and act sincerely so that you may get final redemption. The Living Master is there to help you. Pursue the path of Truth. God will bless you.

Supplement To Prem Prabhakar Jan 1994

SEEKER’S GUIDE

(During the course of the Hyderabad tour His Holiness Dayal Sahab was pleased to deliver discourses in English, The same are being reproduced below in our own words for the benefit of our English knowing readers.-Editor)

(1)

The cause of all troubles in the world is mind. It is troubling men and the animals also. The Force of Darkness works through the mind. Under its influence human beings and the animals work and bear the brunt of their actions. This was realised by the early philosophers and they tried to control the mind in their own way. The result was not encouraging. In their short lives men were not able to control the mind and awaken the spirit. So they were hurled back in the cycle of death and rebirth. With the advent of Saints this work has become easier. To aid man in his endeavour, True Saints endowed with full power of the Supreme Father to elevate man appeared on this planet. They advised man to liberate himself from the forces of Kal and Maya but most of the people made half-hearted attempts and so confusion remains and man is not able to transform him-self according to the teachings of the Saints. You should inculcate the teachings of Sat-mat in all seriousness. This will give you immense benefit. There will be a phenomenal change in you which will transform every cell of your body and mind. Your archenemy the Mind will obey you. At present it is giving you commands. So you should dedicate the future to the cause of controlling the mind with the help of the Saints. God will bless you.

(2)

Some people object that religion was already being followed in the world and people were following it in their own way to invoke the grace of God and where was the need of Saints appearing in the world. Man should know that this world is not his abode. There is death and destruction all around him but the attachment of worldly things is too deep in man. So he does not understand the lesson behind death and destruction. However some people realised this and there was a silent prayer in them for redemption from the forces of Kal and Maya. So the Supreme Father sent His sons to salvage such "Jivas." However only a few people could come to their Lotus Feet but many people got seeds of rapid development. Subsequently their number grew and the continuity of the appearance of Saints was ordained by the Supreme Father. Originally the word "MOKSHA" was not understood by man but now man is questioning whether it is possible to achieve "MOKSHA" in life time. Such people will take advantage of the Master of the Time to achieve redemption. Even if man is not able to achieve this, the practices of "Sumiran and Dhyan will change his outlook and he will be able to score victory over the forces of Kal and Maya. The process of redemption is the process of death. When this takes place man knows its benefits. It is not a figment of imagination. It is complete transformation of ordinary mortal full of worldly desires into a heavenly being without an iota of worldly desires. It is possible to achieve this state of mind in one's life time with the aid of the True Living Master.

(3)

The path of religion is full of good qualities. They enrich man from head to foot. They are qualities of the Supreme and remain with man for life. There is real transformation in him. When such men are in large numbers the human society can progress. At present all progress on the physical and mental planes is being misused by man for selfish ends. Under democracy the people have the right to choose their own rulers. But this system has been highly misused and liberty has become a farce. Excessive desire for worldly things makes man a slave of his desires. Real education is not study of the arts and sciences but the performance of internal spiritual practices under the guidance of the Real Spiritual Master which will bring about a phenomenal change in man. Qualities of Divinity will be born in man. All human beings will be regarded as part and parcel of his own and service to humanity will not be for any personal gain. It will be service to the Lord. Unless the human mind is charged with higher noble

ideals, all talk of service will be empty. The need of the hour is that people should come forward and adopt methods of spiritual enlightenment in their lives. If the search is true, a change in the whole attitude to life will start taking place. Think and ponder over the situation. Spend the future with full dedication to this cause.

(4)

The world is like a shoreless ocean. All “JIVAS” are swimming without any direction. They are trying to find the shore which is very far off. Endless effort is going on in this direction for lives together. After physical death man again takes birth. When man is completely tired he calls for Supreme Help and the Supreme Father sends His choicest Sons to help the drowning men but very few people are able to catch the Hands of the Master of the Time and take advantage of His August Presence. If you have not understood this reality till today, it is high time that you take the help of the Master of the Time. The hold of KAL is strong on man. For 500 years the Saints have been appearing on this planet but very few people take advantage of their help. You must pause and think. Attach yourself to His Lotus Feet which is the sole agency to take you out of the shoreless ocean. Those who will do so are blessed indeed. They will reach the Ultimate shore where the Supreme Father resides. Because of the advent of True Saints, this work has become easier today. There is opportunity to awaken your latent Spiritual faculties, Dedicate the future to this cause.

(5)

It is difficult to change the course of the mind. The mind is flowing downward through the senses in all species and the consequences are reaped by all. They are fearful and fatal but the JIVAS are helpless. Animals have less intelligence and bear the consequences silently. Human beings have higher intellect. They see the downward trend of the mind and see the consequences. They try to get good results out of their actions and avoid bad ones but man is helpless at the hands of the mind and falls prey to the lower propensities-KAM, KRODH, LOBH, MOH, AHANKAR. Saints say that just as a man cannot see his face except through a mirror in the same way he cannot see the shortcomings of his mind except through the aid of the NAM and the “Nami” i.e. the Repetition of the Holy Name and Contemplation of the Holy Form of the Master of the Time. When man sees the evil tendencies of his own mind, he is slowly transformed. Due to performance of the internal spiritual practices prescribed by the Master of the Time Vivek or real knowledge is generated in man and aberrations of the mind are controlled. The latent spirit force is made kinetic and the devotee has glimpses of the Supreme Father. Every step in this direction is full of supreme bliss, peace and tranquility. The devotee crosses the portals of Death while living and is one with the Supreme Being.

Supplement To Prem Prabhakar Mar 1994

#### SEEKER’S GUIDE

(We are reproducing below some extracts from the letters of H.H. Dayal Sahab to seekers after Truth in the hope that our English knowing readers will derive spiritual benefit from the same.-Editor)

(1)

The more a person gets purified, the more is the effect of the Holy “Shabdās” and true association on him. This is in fact the transformation taking place though slowly on a permanent basis. After achieving a high degree of purification, the aspirant becomes recipient of the Supreme Grace of Radhasoami Dayal i.e. Love Divine. You should pursue the path of Truth with zeal and enthusiasm appropriate to its



cadre. I am sure the Supreme Father Radhasoami Dayal will certainly bless you with higher Knowledge of Spiritual Kingdom.

(2)

I am happy to learn that you all had a boosting impact on spiritual front, of the short stay of satsang. You should take advantage of this ripe mood for turning your mind and spirit inwards which is technically real satsang. The benefit of inner satsang cannot be described by words. It out-weighs all other activities related to satsang. Therefore my humble advice to you is - Repeat the Holy Name as much as possible both at the mental and spiritual planes and also try to Contemplate the Form as and when the mood and opportunities coincide.

(3)

There is nothing like water-tight separation of the mind from the worldly activities and the spiritual activities. They always go together in life with the only difference that progressively spirituality takes over and dominates the worldly desires. Divinity gets insinuated in each and every activity of an individual. This is called the full control of the mind -death of the mind and death of the forces of “Kal and Maya” the Forces of darkness. This achievement takes time and one has to have patience, courage and unabiding faith in the Lotus Feet of the Supreme Father Radhasoami Dayal.

(4)

Religion, primarily is the concern of true seekers. Most of the people follow religion by birth and therefore they confine themselves to rituals and rites only. True religion aims at liberation of man from the bondage of the Forces of Darkness i.e.” Kal and Maya.” So long as an individual does not seek the Truth within religion, religion remains an enigma to him. People are trying to seek Truth at the level of intellect in the ephemeral things which they will never find. Whatever science and other branches of knowledge have discovered, are relative Truths pertaining to this planet. They are not universal and cosmic in nature. Therefore I will request you to find time for devotional practices in right earnest with emotion filled mind. This will help you very much.

Supplement To Prem Prabhakar Apr 1994

## SEEKER’S GUIDE

(Some satsangis from Andhra Pradesh visited Dayalpuri in the month of March and for their benefit His Holiness Dayal Sahab was pleased to deliver discourses in English. The same are being reproduced below in our own words so that our English-knowing readers may profit from them. Editor)

(1)

All “Jivas” have a body, a mind and spirit. We are conscious of our body and mind but not the Spirit. Animals have a lower intellect and mind but man has a higher intellect on account of which he has changed a lot in the shape of his body, his height and also in numbers. Man today is quite different from his ancestor the cave man Science art culture and industry have all developed on account of the intelligence of man. During the last fifty years mankind has changed tremendously and each branch of knowledge has been further sub-divided into different disciplines and we cannot say that there will be no further progress. However animals have remained as they were thousands of years ago and the change in them has been very negligible. No doubt man’s intellect is under the sway of his mind and yields readily to the obsessions of the mind. The lower tendencies of the mind -greed, lust, ego, anger

overpower man's intellect and force him to act and reap the harvest. Even religious pursuits lead him only into blind faith and performance of rituals. True religion lays stress on concentration at the sixth pole under the guidance of the Living Spiritual Master and Repetition of the Holy Name "Radhasoami" and Contemplation of the Holy Form of the Master. Man should therefore adopt the spiritual practices which can control the aberrations of his mind and enable him to realise the Ultimate Truth.

(2)

Love Divine is the vehicle through which we can know Divinity. Human heart is capable of receiving this gift but the other species are not fit to receive this gift. Love Divine acts as an energy for throwing the spirit to a higher plane. In the process of spiritual evolution man needs the constant guidance of a Living Spiritual Master. Death of the body of man is not final. His mind remains attached to the world and assumes a new body as and when the time matures for his next life. Man's intellect has an iota of spirit. With higher intellect "Parabuddhi" man can even cross the portals of Death. This higher intellect can be born in man only with the help of the Living Spiritual Master. Lower intellect "Apara-Buddhi" always succumbs to the lower propensities of the mind. The process of the liberation of the spirit from the bonds of body and mind is full of pain and only a True Spiritual Master can help the aspirant in this path. The search for the True Spiritual Master is therefore a MUST for success in the spiritual journey.

(3)

From early childhood every man experiences two states of his existence- the wakeful state and the dream state. According to Seers and Saints the wakeful state is most valuable in the life of every man. In the dream state the man becomes a helpless spectator. The past and present Sanskaras of this life and all previous lives act as imprints and they pass before his mind's eye in the form of good and bad dreams and man has no control over their appearance. Man should therefore utilise the wakeful state in the remembrance of the Lord. If man intricates the wakeful state with the Repetition of the Holy Name "Radhasoami" and Contemplation of the Holy Form of the Living Spiritual Master his dream state will also reflect the same and the Repetition of the Holy Name "Radhasoami" and Contemplation of the Holy Form of the True Spiritual Master will appear in the dream state as well. Therefore it is imperative that the aspirant of Truth must utilise the wakeful state in the Repetition of the Name and Contemplation of the Form as much as possible. This will fortify him and consolidate his faith in the spiritual path. From dawn to dusk you must travel with the "Name and the Nami." When the Master is pleased He will grant you the boon of Love Divine and your Spiritual journey will become easier. Unless you get this gift in your life time you will have to be born in the world again and again. So dedicate yourself heart and soul to this cause.

(4)

Man is endowed with higher intelligence. So he sees the destruction in the Nature in the form epidemics, floods, death and tries to appease the Hidden Power by offering gifts to the Deity, sacrificing animals and even humans at His altar. This was so with the primitive man and is the same even today after all the scientific advancement. Educated people are sunk in blind faith and performance of rituals like the uneducated mass. In matters of religion man continues to be a dwarf. In spite of our mass audio-visual media we have nothing to offer to the younger generation except the narcotics and the smack Social awakening is at the lowest ebb today. Power-politics holds the sway in all fields-social, cultural and economic. Saints and Seers advise us to follow true spiritual practices and awaken the latent spirit force. Superior knowledge will descend in our hearts and will enrich all the departments of our lives. We shall be contented and happy. So engage yourself in the performance of the spiritual practices prescribed by the Living Spiritual Master otherwise you will invite several cycles of births and deaths on your head. Take note. There is panacea for you. Complete the work of the redemption, get out of the clutches of KAL. Struggle is the law of Nature. The highest form of struggle

is the spiritual struggle. With less effort you will succeed with the aid of the Master.

Supplement To Prem Prabhakar May 1994

## SEEKER'S GUIDE

(We are reproducing below some extracts from the letters of His Holiness Dayal Sahab to seekers after Truth in the hope that our English knowing readers will derive spiritual benefit from the same.-Editor)

(1)

The more we aspire for Truth, the more the Grace follows. The heart is charged with fresh enthusiasm and longing. The pace of progress is expedited. Therefore one must devote his or her precious time earnestly to the cause of spirit in the form of performing the spiritual practices. It acts like water to the saplings which keeps them alive, green and growing

(2)

Life on this planet is beset with the forces of darkness. Therefore life has no peace, happiness and immunity from death and decay. In order to get rid of the forces of Darkness both outside and inside, the Company of the Master at both the planes is essential. Therefore whenever there is opportunity of external satsang, that should be utilised fully in the form of listening attentively to the discourses and question sessions. Satsang provides ample opportunity for this to an earnest devotee. When external company is not available one must strive hard to form a communion with the Master of the Time by way of performing the spiritual practices of "Sumiran" and "Dhyan."

(3)

Huzur Radhasoami Dayal will always be with you. You should seek Him internally as much as possible. True spiritual experience is beyond the scope of mind and intellect. Therefore without the purification of the heart and true "Bhakti" it is not possible to cross the mind- intellect barrier. One should not get impatient in the pursuit of Truth.

(4)

Supreme Father Radhasoami Dayal is all pervading. One should call Him internally at the Spirit Pole. He will immediately respond in a benevolent and bountiful way. The whole psyche is lifted to a higher level of consciousness which brings the highest form of wisdom, sagacity, love and pleasure inside the heart and mind. It becomes a prop for future progress. Therefore I will advise you to strive hard at the spirit pole with true humility and love by repeating the Holy Name "Radhasoami". This will benefit you a lot.

(5)

Every trial has a silver lining Whenever Divinity wants to enrich any body, a prior trial is a MUST. When the process of emancipation and evolution is expedited, pace and frequencies of trials increase. This is a positive sign and seekers after Truth relish it and beg for it. To have such a big heart and mind, when thorns appear like beautiful flowers, one has to subject himself to continuous internal practice i.e. Repetition of the Holy Name and Contemplation of the Holy Form. I will advise all of you to give it due place in your daily life.

## SEEKER'S GUIDE

( Some satsangis of Andhra Pradesh visited Dayalpuri in the first week of August and for their benefit His Holiness Dayal Sahab was pleased to deliver discourses in English. The same are reproduced below in our own words in the hope that our English knowing readers will derive spiritual benefit from the same-Editor)

(1)

Whatever is happening on this planet is not without a purpose. The purpose is the emancipation of all "Jivas." Every man or woman is the expression of his or her mind. Intellect only helps the mind. If the intellect is mature it can identify the defect of man when he or she errs but often man or woman finds fault with others for his or her misfortunes and suffering whereas the fault lies with him or her. Do not think that your next life will be easier and better. There will be greater challenges in store for you. The fault lies in the weaknesses of your mind. If you do not remove them in this life where is the guarantee that you will get this opportunity in your next life? Your spirit has come from a higher level of consciousness into this life. It can go up only in a calm mind. To calm the mind and throw out of gear your lower tendencies of the mind, "Kam, Krodh, Lobh, Moh and Ahankar" you will need the assistance of a Super Power the Master of the Time. So Repeat the Holy Name "Radhasoami" and Contemplate the Holy Form of the Master of the Time right now and do not leave the task to your next life. Many satsangis got separated from the Master of the Time during His life time or at the time of change of His Mortal Frame because they did not care to seek the Truth in their life time. For liberation from the bondage of "Kal and Maya" it is imperative that you should seek the assistance of the Master of the Time. He should be with you in this arduous journey. You should try to earn His Special Grace. This should be a passion for you an obsession of your life. God will help you.

(2)

At the plane of our senses we have limitations. We cannot see certain light waves and cannot hear certain sound waves. So our knowledge is limited but man is endowed by Nature with Superior intelligence and has explored several areas where ordinary senses cannot penetrate. Through the microscope man can see the microbes which are invisible to the naked eye. Through special instruments man can see and perceive Ultraviolet Rays and X-Rays which cannot be observed through the naked eye. Through instruments man has been able to probe several useful areas as well as harmful areas. Through the harmful findings man has constructed his weaponry to destroy his enemies and through useful findings he has produced beneficial instruments and objects. Thus man has applied his mind and intellect to solve the problems of his life. Since man is more prone to the lower tendencies namely "Kam, Krodh, Lobh, Moh and Ahankar he has abused his discoveries. Humanity is being subjected to greater dangers. Nations are therefore coming closer to patch up these evil tendencies of the mind. United Nations Organisation is an example of this. International, social and humanitarian plans are afoot today in a greater measure than they were in the olden times. However the conscience of mankind is stirred even today only after a few thousands have lost their lives due to famine, war or disease. Man does not see wisdom yet. He needs to control his mind. Prejudices of caste, colour, race, religion still prevail. Intellect cannot control the mind. With the passage of time this danger will increase. Here comes the role of spirituality. Without it the fate of mankind is not secured. The need for restraining the mind is much more relevant today than it was before. This can be achieved by adopting the spiritual practices in one's day to day life. The need for the True Name and True Nami the Master of the Time is imperative. Association of the Living Spiritual Master and the performance of the

spiritual practices under guidance is the need of the hour. Man should be able to see and realize the ephemeral nature of the world and its objects, the inevitability of Death and the constant changes occurring here. In other words man should have a sense of “Vairagya” in him. Then only will his intellect be deemed to be mature and ripe for performing the spiritual practices prescribed by the Living Spiritual Master who will then bestow His “Bhakti Ang ”to the seeker and then the spiritual journey becomes easier. The mind will be calmed down and the latent spirit force awakened. All Saints and Seers have said so. They have described the inner world which is beyond human ken. Therefore execute spiritual practices right now with full zeal and vigour and with the help of the Master of the Time you will win the race.

(3)

All worldly pursuits increase man’s sense of aggrandisement. Worldly achievements swell his ego. In the past many wars of destruction were waged on account of the ego of man. An egoistic man becomes a problem for the society and even for the family. Should man therefore stop all worldly pursuits to suppress his ego? This would be entirely wrong. In the past many people left their homes and went to the jungle but their ego was not in any way subdued and they miserably failed. Therefore pursue all your legitimate worldly duties but do not allow the ego to swell. This is possible by performing internal spiritual practices under the guidance of a True Spiritual Master. The twin practices of “Sumiran and Dhyana” will generate a sense of true humility in the devotee instead of swelling his ego. Of course the worldly pursuits have to be trimmed to a great extent. The devotee leads a life of moderation. He has a balanced personality full of wisdom and true humility. Such a sincere devotee gets the gift of “Bhakti-Ang” from the Living Spiritual Master and then the process of his redemption from the thralldom of “Kal and Maya” starts at a quick pace. The devotee repents for the shortcomings of his mind like lust, greed, ego, anger and attachments of the world. This sense of remorse is heightened by the performance of internal spiritual practices and he always begs to be pardoned of these follies and misdeeds. Even a harsh word spoken by the devotee generates repentance in him. Those who do not perform the internal spiritual practices try to hide their weaknesses and defects. Therefore give a prominent place to the performance of the internal spiritual practices in your daily routine and try to increase its quantum as your circumstances permit. You are bound to receive the gift of “Bhakti-Ang” from the Master of the Time. Remember that true humility must be a part and parcel of your daily life. It should be genuine and not forced and outward. Those who are really humble will get a place in the Heavenly Abode of the Supreme Father. You should increase the pace of your internal spiritual practices so that before the end of your life comes you may be able to reach your goal.

(4)

Every man tries to find happiness in his life. From childhood to death, everybody is busy in this quest. No doubt in his early childhood every man is happy due to ignorance but as the age advances, the desires and wants swell and seek fulfillment and man is not able to satisfy all of them. Consequently he feels dejected and dismayed. In old age the body decays, the senses lose their grip on the world but the desires persist and man feels despondent. He pretends to be contented but actually he is mentally upset from within and when death comes, he goes into its lap like a defeated warrior. This scene is repeated in every nook and corner of the world.

Only lovers of Truth, only true devotees of the Lord, the chosen ones, the Incarnations of the Supreme Being on Earth are really happy. Analyse yourself and see for yourself whether you represent the total picture of despondency and dejection? You must change the course of your life. If you want lasting peace and happiness in life you have to earn them. They will not come by themselves. Worldly pleasures do come of their own accord some times but soon they change into grief and misfortune. On the spiritual front however peace and happiness are eternal and everlasting. Tranquility and wisdom



dawn on man. The spirit of the devotee merges in the Supreme Ocean of Pleasure, Wisdom and Happiness. You can fulfill your Worldly duties in a legitimate measure and at the same time perform true internal spiritual practices under the guidance of the Living Spiritual Master. No doubt the mind and the intellect will create problems and conflicts for you but you can divert your attention towards the spirit pole and all the problems of life will be easily solved. The twin practices of “SUMIRAN and DHYAN” have to be sincerely performed. As the latent spirit force is awakened in man a rare experience of bliss and happiness is attained.

Saints say this world is a crucible of fire, a burning cauldron. This is no exaggeration but the bare truth. There is no real pleasure here. All worldly desires end up only in frustration. Therefore engage your attention in the pursuit of Truth. Strike a beautiful balance between worldly duties and spiritual pursuits in your day today life. Lead a life of moderation, fulfillment and accomplishment by devoting a slice of your life to the cause of spirituality. Your life will be a source of inspiration to others too. This will be an ideal life for you and others who come in contact with you.

Supplement To Prem Prabhakar Dec 1994

## SEEKER’S GUIDE

(Some satsangis from Andhra Pradesh visited Dayalpuri in October and for their benefit His Holiness Dayal Sahab was pleased to deliver discourses in English. The same are reproduced in our own words for English Knowing readers. Editor)

(1)

Salvation has to be attained while living and not after death. Stories are current about people who were redeemed just at the time of death. They are all false. It never happens that a person leads an immoral life while living but he is redeemed at the time of death. It is a trap of KAL and MAYA. A true aspirant must perform the spiritual practices sincerely and earnestly and with the aid of the Master of the Time. He will be able to control his mind. Human mind moves outside towards the World and its objects. It is very difficult to control the mind. With right strategy and right guidance only a man can succeed. If one performs the inner spiritual practices prescribed by the Living Spiritual Master sincerely and earnestly, he is bound to secure the Grace of the Master. However some element of “Vairaga” is necessary for the performance of the spiritual practices. Love for the Master is then granted as a gift to the devotee and then the spiritual journey becomes easier. In Radhasoami Faith dietary restrictions and honest living are very easy to practice in life. Living a contented life, is not difficult too. Those who practice “Sumiran and Dhyan” with true sincerity are bound to succeed in achieving this end. Huzur Radhasoami Dayal is out to help true seekers. Just take his help. Try to form a strong bond with the Master of the Time during your life time otherwise His image will not appear at the time of your death and you will not be able to catch the Spiritual Sound within. There is no ambiguity in “Paramartha.” A seeker must devote his entire life to this cause. He can perform all worldly duties while doing the spiritual practices but over-indulgence in worldly activities is forbidden. If such a strategy is not adopted, salvation will remain impossible. No undeserving person can have access to Higher Spiritual Regions. Without cutting the attachments of the world and its objects, your spirit will not go into the higher regions. You should try to secure the attention of the Living Spiritual Master. One should pray for the Grace of the Supreme Father. He is out to bless the aspiring souls. Just take advantage of His Grace.

(2)

True humility is the quality of divinity. However, outward humility is circumstantial. Some times a person appears to be humble when he is engulfed in certain problems but as soon as the problems are over, the humility vanishes. Spiritual humility is everlasting. It has nothing to do with external circumstances or problems. Our Revered Second Master Huzur Maharaj was an example of true humility. Those who are desirous of knowing the Truth must be truly humble. God is All Pervading and truly humble. A person who knows the Truth also becomes All Pervading and truly humble. God knows the minds of all devotees. In true “Paramartha” Repetition of the Holy Name and Contemplation of the Holy Form has nothing to do with worldly gain or loss. True humility is not cowardice. Great warriors in the path of Truth are really humble. Spiritual practice endows this quality but no one can get it overnight. Spiritual transformation is always gradual. Special Grace of the Supreme Father in the form of the appearance of the Astral Form of the Master of the Time, is granted only to those who are pure in heart. God has the qualities of “ Sat, Chit, Anand, Prem and Prakash” but He has no ego. He is truly humble. However KAL is not humble. This body is given to you by KAL. You will have to return it. Your mind is the agent of KAL. Lust, anger, greed, attachment and ego are its attributes. Repeat the Holy Name “Radhasoami” and you will be saved from the effect of bad “Karmas.” Those who worship idols, and go to temples, mosques and churches do so for the fulfillment of worldly desires. Their belief in the deity is increased when the desires are fulfilled and decreases if they remain unfulfilled. However true devotees of the Lord are not motivated by any worldly desires. They worship out of love for the Supreme Father. True humility and contentment are the qualities of their life. You should all aspire for these qualities.

Supplement To Prem Prabhakar Jan 1995

## SEEKER’S GUIDE

( A Satsangi brother from Andhra Pradesh visited Dayalpuri during the last week of December and for his benefit His Holiness Dayal Sahab was pleased to deliver discourses in English. The same are reproduced below in our own words so that our English knowing readers may profit from the same. Editor.)

(1)

Follow “Paramartha” which is the essence of life. Without it, life will not be full of real pleasure and happiness. By blaming others for your ills, you cannot improve. The world will remain as it is. You have to remove your own faults, your short-comings. All faults and evils have emanated from the mind and they take physical forms. Deterrent laws have not improved the world, have not removed crime from it. Rather people make new devices to bypass stringent laws. There can be no peace and happiness in your life unless you adopt some subtle means to remove evil tendencies from your mind. Repetition of the Holy Name “Radhasoami” and contemplation of the Holy Form of the Living Spiritual Master will slowly wash away all sins from the mind. All false values will vanish. You will have deep involvement with the Truth. Some men use alcohol and other intoxicants to forget the deep grief and tension lying dormant in their heart but this only leads them to fresh crimes. The person who repeats the Holy Name and contemplates the Holy Form is protected from all this. So never allow your mind to waver from the path of Truth. In the zone of the mind there are so many pit falls. It is only with the aid of the Living Spiritual Master that man can go upwards. Unless the image of the Master appears, man has no anchorage in the subtle world upwards. After death every man or woman and all creatures have to take birth again. All are in a pitiable condition unless one does the spiritual practices and crosses the death zone during life time. All attachments of the world and all previous “Karmas” have to be wiped

out. It takes a lot of time. So never lose patience. Never slacken your efforts in performing the spiritual practices and always beg for special Grace of the Supreme Father. You should be humble and never be arrogant. Then only you will succeed.

(2)

The twin spiritual practices of “Sumiran” and “Dhyan” are very difficult to perform in the beginning but slowly a change comes with the Grace of the Living Spiritual Master. Appearance of the Astral Form of the Master is the secret of all success in spiritual journey, it is the appearance of the Supreme Being Himself. Unless the soul is awakened and there is effortless repetition of the Holy Name, the Astral Form of the Master does not appear. And when it does appear, it is a wondrous experience. It is indescribable. It can only be experienced. When a man dies some thing subtle goes out from the body. No scientist is aware of what goes out thus. No instrument devised by human intellect can visualise it. God resides in you, mind resides in you, spirit resides in you but you do not know. You cannot go inside. Only the Living Spiritual Master can lift you inside. You have to invoke His Grace. People do not do their duty in performing the spiritual practice but want the Supreme Being to come to their aid. The Supreme Being has appeared in the world to help man in the form of the Living Spiritual Master. In every living creature the spirit and mind have together formed the “Jeevatma” and this energises the body. At the time of death the “Jeevatma” leaves the body. In a devotee’s life this process take place during life-time. His body becomes rarified and several subtle changes take place in side. Pray that in your life-time, you may attain true knowledge and these changes may take place. Such a person is redeemed in his life-time “Uddhar” or complete redemption from the thralldom of “Kal” and “Maya” was impossible earlier but with the advent of Saints and Seers this has become possible. Param Guru Huzur Maharaj pined for the association of the Living Spiritual Master for full forty years although Param Guru Soamiji Maharaj was also in the same city. When Huzur Maharaj came in touch with Soamiji Maharaj He crossed all hurdles. His exemplary personality is unequalled till today. We should pray for similar Grace and spread our begging bowl internally before the Master.

(3)

The whole world is a manifestation of different forms of energy. However energy has become very scarce today. Man can contact distant parts of the world with the help of energy today. Greater than this physical energy is the energy of the mind and still greater is the energy of the spirit. The supreme source of spirit energy is God Himself. The person who can energise the spiritual energy will regard no man as ugly and will harbour no jealousy or rivalry of any kind. He will become a Universal Man. His greatness will spill over to entire humanity. Param Guru Soamiji Maharaj asked Param Guru Huzur Maharaj who was a Star-Disciple at that time to submit a selected list of his relatives as He was pleased to redeem them all. Huzur Maharaj pleased that the entire humanity was His Kith and Kin and He should be so pleased as to redeem them all. So Param Guru Soamiji Maharaj was pleased to ordain that the “Nij-Dhar” shall be present in this globe in human form till the redemption of humanity is complete. Today we all are indebted to Huzur Maharaj for this Grace. We should all follow His Footsteps so that our hearts are also transformed spiritually. A spiritual person finds that he is in the midst of a jungle of fools who are always running after worldly things and clamouring for the same, weeping and bemoaning for the same.

(4)

(4) Param Guru Sarkar Sahab’s exhortation is for all seekers of Truth. Performance of the spiritual practices and laying one’s prayer internally for Grace of Supreme Being should be the routine of everyday life of a devotee. This will give him a lot of wisdom. Involvement with the world will produce several thought currents which will break the continuity of spiritual thoughts. However constant repetition of the Holy Name and contemplation of the Holy Form soon stabilise the thoughts

of a true seeker and change his mind towards the Lotus Feet of the Master and the image of the Living Spiritual Master appears on the horizon of the devotee's inner eye. But the devotee should not sit idle but should go on increasing the pace of his spiritual journey. Naturally his involvement with the world will, to a great extent be diminished but this will take a great time. The precious time of a devotee should be utilised in performance of the spiritual practices as far as possible. Spiritual life is full of wisdom and happiness which is indescribable. Truth is hidden in the womb of Time. You have to discover it with the help of "Sumiran and Dhyan" Repetition of the Holy Name, contemplation of the Holy Form and Listening to the Holy Sound are numerous facets of the same. You have to withdraw the mind from worldly thoughts. "Vivek" derived from reading of Holy Scriptures is not sufficient. It disappears very soon. The devotee has to wage a regular war with his mind and when he is defeated he has to pray for the Grace of the Master. When the prayer is from the deepest recesses of the heart, the Grace of the Living Spiritual Master comes to the devotee's help. It is then only that the battle is won. Stability of the mind is essential for the appearance of the Astral Image of the Master. So do your duty in the performance of the spiritual practices and Grace will play its own part.

Supplement To Prem Prabhakar Mar 1995

## SEEKER'S GUIDE

(Some seekers from Andhra Pradesh visited Dayalpuri in February and for their benefit His Holiness Dayal Sahab was pleased to deliver discourses in English. The same are reproduced below in our own words so that our English- knowing readers may profit from them.- Editor)

(1)

In the dream state man has no body but things experienced there seem to be real. Pleasure and pain are felt although they are not real. In "Abhyas" a man is asked to concentrate at the "Agya-Chakra" which is higher and so the mind and intellect are not able to go to the higher plane of consciousness. Mind and intellect have worldly desires. They want peace and happiness which are the qualities of the spirit which is an atom of God. Mind and intellect are unable to know God. For this the help of the Living Master is essential. Every word of the Master removes all worries and clarifies doubts of the disciple's mind. It produces a rare sense of concentration in the seeker after Truth. Saints have dwelt on the vastness of the human mind. Man knows only a fringe of it. The words of the Masters of the past are inspiring humanity even today. Time cannot fade their words. Every individual is capable of earning "Paramartha." Do not run after things worldly. The Living Master is omnipotent and omnipresent. He helps true devotees when they falter. However "Paramartha" is individual accomplishment and needs individual effort. Salvation of humanity is the duty of the Supreme Lord. He sends His Agents to the world to salvage humanity. Catch the glance of the Living Master. Prepare yourself for His grip which means withdrawal of the spirit to higher centers. The mind is very wild. It is very difficult to train the mind. Repeat the Holy Name RADHASOAMI and the entire knowledge of spirit will come through it.

(2)

Good things are spoiled by adopting wrong methods and bad things are corrected by adopting the right method. The source of all trouble is the human mind. Man uses it in the wrong way to get happiness and peace out of his senses. The Supreme Father guides you to check the flow of your mind and sends His Messengers and Agents for this work. Check the flow of your mind with their help. Adopt the correct method taught by them and achieve bliss and happiness. Through the knowledge of spirit will come all wisdom but the zone of the mind stretches up to "Brahmand" and the need of the Master's

guidance continues every second of the devotee's life. The Almighty is ready to help the true aspirants and there is no danger of losing the game. But the seeker must obey the True Master in all matters.

Supplement To Prem Prabhakar Dec 1995

## SEEKER'S GUIDE

( Some Satsangis from Andhra Pradesh visited Dayalpuri during the second week of November. For their benefit H H Dayal Sahab was pleased to deliver discourses in English. The same are reproduced below in our own words for our English knowing readers. Editor)

(1)

If we go back and trace the history of mankind we think the past was glorious but actually discontent was always there, is there and will be there. Our ancestors were running the show with intellect which is always discontented. It is only the spirit which is contented. Development of intellect is directly related to discontent. Greater frustration strides our globe today. There is isolation every where. People feel they are alone. There is no happiness and peace. The world is ephemeral. Remaining attached to it invites troubles and miseries. Only that man who seeks the Truth and takes the help of the Living Master of Time, will reach the heights of true glory. Without this preparation if any one has come to the "Radhasoami Mat" he can make good his loss by inculcating in his life remembrance of the Holy Name and contemplation of the Holy Form. Your sincere attempts and genuine effort are bound to bear fruit. You will certainly be able to invoke the Grace of the Supreme Father.

Of all the species on this planet, human beings are only fit for redemption. So the teaching is given to only those who are seekers after Truth, because all are not equally fit to grasp this teaching. Some people come in association of the True Master and their whole attitude for "Paramartha" increases, apparent happiness comes to them but when they go away, the mood diminishes and the mind is not ready to do spiritual practice. Outer atmosphere makes a dent on the mind and what ever influence was acquired by the association of the True Master is lost. So internal association of the Master must be resorted to. Internal experience lifts man to a higher state of consciousness and dramatic changes take place in his life-style. So association of the Master both external and internal is necessary for this transformation. Adoption of Truth gives new dimensions to his personality. Formerly little things of the world provoked him but now even bigger events do not upset him. This phenomenal change goes on increasing. Efforts must be made for this. Repeat the Holy Name Radhasoami and contemplate the Holy Form as often as you can and invoke the blessings of the Supreme Father both in the beginning and at the close of your "Abhyas." Those who do not do this are cheating themselves. When the external association of the Master is available, remove all your doubts and when the outer association is not available resort to internal spiritual practice.

Supplement To Prem Prabhakar Jan 1996

## SEEKER'S GUIDE

(Seekers from Andhra Pradesh visited Dayalpuri in November last and for their benefit Huzur Dayal Sahab was pleased to deliver discourses in English. The same are reproduced below in our own words for our English knowing readers.-Editor)



(1)

Every man has a dual aspect. One is visible and the other is invisible. The invisible can be explored. In it lies the secret of life and death. The path of several lives is within you. “Karmas” of several lives are in the form of imprints within you. From the beginning of creation these imprints are in you in the form of “Adi-sanskaras.” The whole Cosmos and Divinity are there in the invisible aspect of life. You can see through the invisible aspect of your life during the tenure of your life but after death this is not possible. You can eradicate your “Adi-sanskaras” and the “Sanskaras” of previous lives by repeating the Holy Name RADHASOAMI and contemplating the form of the Living True Master. Herein lies the secret of emancipation. In dream also “Karmas” are formed but if man turns inwards he can eradicate them all. He can utilise everything which Benign Nature has created for man’s emancipation. Every man is apprehensive about the future because it lies in darkness. You must therefore adopt true strategy about true emancipation. You must explore the value of happiness lying in you. Therefore resort to internal practice taught by the True Living Master again and again.

(2)

The forces of “Kal” and “Maya” create odds in the path of “Paramartha” again and again through the mind and intellect of man and through the desires of the world. The way to know the Truth therefore lies in the opposite direction. A seeker after Truth has therefore to shun the world. He has to walk alone in this path. He must create an affinity with the True Living Master. ‘Bhakti is an essential ingredient of this path. Those who attach no importance to “Bhakti” are always unsuccessful in “Paramartha. People fight in the name of religion, they argue about it, debate its various aspects but do not practice it. However religion is a thing to be practiced and lived and not to be argued and debated. If the realization of Truth is not your ideal you are sadly mistaken. By adopting Islam or Christianity or Hinduism or Buddhism people do not become purified overnight. There are robberies, rapes and suicides in all Islamic, Christian, Hindu, or Buddhist countries. If your life style changes by adopting any particular religion, others will automatically follow you. The True Living Master can only bring about this kind of transformation in the life of a true devotee. Seek Him, follow Him. There is no other way for emancipation. Mind that religion is a personal matter and there is no scope for drumbeating in it.

Supplement To Prem Prabhakar Mar 1996

FELICITATION ADDRESS AND PRAYER ON THE OCCASION OF  
THE BIRTHDAY AND SILVER JUBILEE CELEBRATIONS OF  
MANIFESTATION AS GURU MAHARAJ OF HIS HOLINESS  
DAYAL SAHAB

Respectful felicitations and reverential prayers submitted by His innumerable devotees on this auspicious occasion which also coincides with the celebration of the ‘HOLI’ festival which has a special place in Radhasoami Faith.

Most Beloved Lord,

Today marks a highly significant and solemn day in the brief history of our satsang. No words can adequately express the joy being experienced by all of us at the unbounded grace showered on us by the Supreme Being Huzur Radhasoami Dayal in assuming the human form as Guru. His mission has been to constantly guide us on the spiritual path to the Highest Sphere in this entire creation (viz), The

Radhasoami Dham. But we are painfully aware of our countless imperfections and utter incapacity to undertake such a gigantic task. We therefore fully recognize the vital role of the Living Master to guide us from the innumerable pitfalls on the spiritual path. The most important achievement in this respect, therefore, is to correctly recognize the present Living Master and to firmly hold on to His Holy Feet. In this matter, we feel ourselves extremely blessed to have your Gracious Presence with us over the last two and half decades and for giving benediction as our Friend, Philosopher, and Guide.

While the internal spiritual progress of each devotee is not manifest to others, none can miss the other visible features in the Dayalpuri Satsang, such as the delivery of heavenly discourses every day, the divine compositions in the form of enchanting hymns of AMRITBANI, the constant exhortations in Satsang on the importance of Holy spiritual practices (like Sumiran Dhyān and Bhajan) and on the Vital Guru Bhakti (which is the back bone of all spiritual practices). These features, together with the equally visible guidance provided by your Holiness even in our day to day lives, gives unmistakable indications not only of Your Supreme Stature in Spirituality, but also of the most admirable task of any True Guru, namely the emancipation of poor, suffering humanity. To these supreme acts of Grace from you, which are patently clear to all true seekers, we offer with immense gratitude, our humble obeisance at the Lotus Feet.

In thus offering our respectful felicitations on this memorable occasion, we conclude by congratulating ourselves by remembering a couple of lines from our Holy Writings, (The Sant Bani) such as:

“Dhanya Dhanya Sakhi Bhaga Hamare  
Dhanya Guru KaSang Ri”

“Tum sang Mila Anmol Jagat Me  
Sukrana Hiya Bahut Bahut Hai”

Many Happy Returns and May you continue to guide us for many more years.

With Koti Koti pranams,

SATSANGIS OF RADHASOAMI SATSANG DAYALPURI

Prem Prabhakar Sep 2004

Discourse 1

For a person in this world, obtaining and owning any worldly object is a source of happiness. But that happiness is short lived is also a well known fact. If that is not so, all wealthy, educated and high status people must be full of happiness. There should be no regrets or complaints. Generally we find that when a man seeks happiness he will experience it for a short time only, afterwards it remains an illusion. After a while, this illusion also vanishes. You all know that wild animals live in jungles. Most of the people go to Zoo and jungles only to observe them so that they can know how they live, what they eat, how they quarrel and fight etc. Man derives pleasure in studying and observing these things. Most of them are interested in their way of life, how they behave and act. Likewise you might be thinking that animals also take interest in knowing the life of human beings. But that is not so. Animals spend their lives in filling their stomach and sleeping. Both man and animal are living beings. As animals are not developed mentally they are not interested in human beings. However as man is an evolved soul, he aspires to acquire knowledge and happiness by moving in the world. But after roaming and wandering in the world he returns dejected and disheartened as he could not achieve any happiness,

and all his endurance exhausted. No material object has any role in this aspect. Jungle, animal and society have not changed their places. They are still there. But after some time they become charmless and dry objects. They fade away with time and no attraction persists. The fault lies in man only. The mind and intellect with which he is endowed is not sufficient to acquire true happiness. That is why he falters and wavers and tries to get happiness and forget his sorrows in his day to day life. In quest of happiness he makes changes in his food habits also. Spending his time in entertainment and pleasure, he wants to get relieved from monotonous life. But as that happiness is also an illusion, it vanishes in a moment. The fault lies in the mind and intellect.

If we succeed in controlling our mind and have equanimity it becomes crystal pure and gets absorbed in deep concentration. In such a state man is charged with compassion and love towards all human beings and a desire to strive for their upliftment increases. Such people with their speech and action were able to enlighten and uplift others. They were instrumental in solving many of their problems. They tried their level best to awaken and glorify their lives. The life that is dull and burdensome will be transformed into a spiritually glorious one. Spiritual strength endows man with a special perspective. When mind and intellect is controlled, not only it enriches and glorifies man, but also benefits lakhs of people, who observe and get inspiration from him. If we look into the lives of saints we find that they enlightened mankind through their writings and discourses. All their experiences tend to awaken and enrich spiritual knowledge. The behavior, actions and deeds of saints have all inspired mankind and helped them to lead a noble life. If life of human beings seems to be dull and dry, fault lies in the fact that man has not utilized properly those methods which help him in the awakening of his soul. Instructions given in satsang should be followed totally. They bring about very good results and enrich man with spiritual strength. Saints have been propagating these methods since ages.

Just as animals derive pleasure in eating and wandering under-developed human beings, who do not want any good transformation and noble upliftment vainly wander in this world, indulging in unnecessary discussions, futile tasks and listening to cock and bull stories. They are not at all interested in spirituality. If you are also in the same position think that process of awakening has not taken root in you. If you are awakened, it will be projected in your actions and behavior. Wisdom dawns on you. By this we can evaluate his progress. An awakened soul is competent in knowing what the other man is through mere conversation. Saints and sadhus are all well conversant with all human beings such as who is at what level and whether someone is in deep waters etc. Be impartial in judging your self. If you find any fault in your self, try to correct it accordingly through sadhana, that is, repetition of Holy Name and contemplation of Holy Form. Whoever progresses in this direction is sure to eliminate the weakness of mind.

If you desire for strength and stabilization do not opt for gold and silver, but for noble and spiritual thoughts. Thoughts based on spiritual experiences enrich and ennoble your life. If that is not the case, even if you are motivated for service, in a moment such a thought will change and you abstain from it. This kind of wavering is a clear indication that you have not utilized your life properly. You remained bankrupt. You cannot withstand ever a small blow and fall down immediately. Even though a clump of trees is small and not wide spread, it can withstand heavy storms and gales and remains steady and strong.

You are all requested to look into your weaknesses and faults and put on a sincere effort to end them. You have to apply every possible way to annihilate them. Instead of restricting it to mere words and statements, you should try to practice them. Whoever practiced this, has been highly rewarded and enriched. The people who have not practiced are leading their lives in darkness just like frogs in the well. They have wasted all their precious lives. Utter darkness and despondency awaits them. Everyone

should be awakened. Awakening brings about great steward.

## Discourse 2

As the human intellect began to develop, man brought about very many new changes in his life style. Objects of comfort and happiness increased, many new eatables for the satisfaction of the palate, etc were introduced, so that he may lead a life of enjoyment and comfort. The development you see in society is the outcome of man's desires. Ancient man was not in need of Electricity or Petrol. However he also survived and led his life. But today's generation cannot think of living without them. If all these things are snatched away he will not live. If people do not know the hidden rules and regulations of nature, how can they implement them? The question arises: Is man happy with mere eating and other material pleasures? Does he enjoy peace and tranquility? Is he free of tension? If not, what is the thing that makes him unhappy? The fact is that the cause of all sufferings is his own mind and like people's minds; who are of same masala (material), he cannot live with them nor without them. This is not the case with under privileged or poor nations. Well-to-do families and wealthy nations are also facing the same situation. The root cause of all this evil is his own selfishness and play of the mind. Do not think that this is the problem of today's generation only. It was there previously also. A person has to conform to the laws of the country in which he lives. Laws and regulations are in a way, meant for curbing the wrong tendencies of the human mind. Man is afraid of man but he cannot live without him. Yes, it has become a problem for man to live in society. Laws are becoming more severe and rigid so that they can control and restrict the human behavior leading to smooth functioning of society. Excess of wealth and riches encourage man to break the laws. A rich man always hides his crime. But when he appears in public through his power and strength he reigns supreme in society and surpresses every one. If you look deeply into these things, you will find that man's mind is the root cause of all problems. That is why in spirituality control of the mind is advised and stressed. What a noble and beautiful advice. This is not under any pressure or law. As you are leading normal life you are conversant with its pains and pleasures only. But if you repeat Radhasoami name and contemplate satguru's form initially the mind is subjected to great stress and strain but the peace and tranquility that ensues later is something unique and inexplicable. The rewards you get by this repetition are immense and unique. The knowledge and wisdom acquired by this practice will enable man to know the secrets of this creation beyond the physical world.

Mind is responsible for breaking laws and again judgment on such broken laws is also given by mind. The person seated on the chair of justice is also lured and bought. Thus the laws are broken due to which many people turn into enemies. This enmity develops into hatred and how it takes an ugly turn is a matter of guess. In this world of trouble and turmoil when destructive and opposite forces attack man, no one knows. How to keep the mind under control should be the object of every individual. Acquisition of worldly reputation or wealth does not give any happiness. Entertainment, pleasure trips, mouth-watering dishes have all lost their charm and glamour. As the number of pleasure giving objects increases the attraction and demand for such decreases. Time devours all its beauty and glamour. Time swallows your mind's desires also. Confronted on all sides you will find yourself in a helpless condition. This is the future of all human beings. If any ray of hope sparks in you that supreme being has not created this world for despondency and depression, but to reward you with eternal peace and happiness, then think about how to achieve it. Man with his mind and intellect used to consider worldly things as most previous till now. But when they are aplenty, man is no more enamoured of them. The happiness achieved through them also vanished. Everywhere there is destruction, chaos and confusion. See, don't you want personal happiness and peace for yourself? Saints proclaim that you need not bring any changes in your day-to-day life except introducing Radhasoami Name in your life. Peace and

happiness are acquired through concentration. It is seen that if you are immersed in any thought, even though you eat food you won't relish it and enjoy its taste. In future you will be faced with so many problems and situations that you will not be able to handle them. Somewhere or other you encounter unfavorable and undesirable circumstances. Whatever time is left in your life should be utilized for repetition of the Holy Name and contemplation of the Holy Form of the Master. Then you see happiness everywhere. Sorrow and worry dare not touch you. You will easily swim through the river of life and reach the goal of eternity. Internal practice brings you everlasting happiness and bliss so that you become truly blessed.

At present man is engulfed in fear. The best remedy for this is repetition of name of the Lord. As the protecting hand of Satguru is with you no one can do any harm to you. All saints sang and praised the efficacy of Name and they have set an example in their own lives and emphasized it. True happiness is such that it was never experienced by any one in any era. Then how can you hope to get it. Happiness is an internal experience, which is acquired through spiritual knowledge. For this you have to explore deep into the recesses of the heart. The characteristic feature of such people is great humility. He does not boast because after internal practice of control over the mind with rigorous sadhana he succeeds in achieving this. In controlling the mind much struggle was not felt. Real life is always linked with truth. Whoever binds his life with truth is recipient of God's grace. Those who do not do so are fools. Enrich your life with this noble ideal and receive ever lasting happiness and peace.

### Discourse 3

Man is endowed with mind and intellect which is ephemeral and prone to constant changes and destructive also. When man is not conversant with his vast material mind and intellect how can he think of awakening subtle mind and intellect? Mankind, with this mind and intellect is indulging in all kinds of worldly pleasures since ages. It is not necessary that every generation which learns from its predecessors, is 100% true. In ancient times, people's view on the value of physical objects was different. That is why the experiences of our ancestors are out dated and not applicable to the present generation, whose values have changed a lot. That change, which does not give good results in every field of human life is not considered good. This resulted in creating wide gap among the generations in turn leading to persistent discord among families. Father and mother think that their children should follow in their footsteps; whatever they tell about their experiences they expect young generation to listen and act accordingly. But when the younger generations move in society, lot of interaction takes place by which they know that our ancestors opinions are not necessarily correct and suitable to the present environment. In this changed and new scenario man became very much attached to mind and intellect in many ways, resulting in trials and tribulations of a different order. Everyone, who has taken birth on this earth has to face, different and varied situations. Education and intelligence enable him to solve some problems of life but mostly he faces adversities and set backs. He is cut off from society and even from his family. He is bereft of both gain and loss. He experiences loneliness and helplessness. You might have all faced it in your life. One generation could not contribute any new thing to the other generation. The condition of extraordinary people was different then and also now; whether he wins or loses the result not to his liking. If the future is a source for inspiration then and you mould your life accordingly then you will be a failure in the present society. If any generation could bestow any knowledge to others then man should have been enriched and ennobled by the knowledge, which he acquired through ages. The mind you possess is a big treasure of knowledge and wisdom. In fact it is supernatural knowledge. The knowledge and wisdom that you acquired through ages did not help you in any way. You are endowed with huge treasure of knowledge and entitled to know the spiritual mind. But if you are ignorant and did not make any effort to realize it then how can you be



happy?

If any animal eats rotten grass it will fall ill and die. But if it has a discriminative power it selects and eats good grass. In like manner if you have good sense of discrimination and wisdom you will lead a life of happiness in this world also. It is fundamental duty of every individual to introspect every aspect of life and come to a conclusion that knowledge is with Atma only and the realization of it removes all conflicts and controversies. If you are capable of realizing this truth by yourself, then do so. Whoever is blessed with true association have undergone great transformation; experienced supreme knowledge of subtle mind and its abode (center) Radhasoami Name and its Nami (Possessor, Master of the time) are most important for a devotee to reach this highest stage. In divine arrangement problems do come but the outcome of it does not appear immediately. For that man has to fight opposite forces and struggle hard. After severe struggle he gets the solution but it is short-lived. If you can make life trouble-free then do it. However saints say that if you adopt Name and have Masters association in your life then everlasting happiness and peace fills you.

Whoever sings “Radhasoami Name” his emancipation is certain. If this Name is internally manifested then redemption is a certainty. The experience of celestial sound 'Radhasoami' is the secret of this. But without devotion, the experience of Dhun (the echo of celestial sound) is not possible. It is a Gift of the Guru. Those who are not interested in realizing the Truth and do not spend any time in this direction, they are not entitled to receive any Gift. You repeat the Name every second. Who has seen old Age? Daily we hear of so many untoward incidents. If you die you will be reborn. But the earlier spiritual awakening continues or not, we do not know. You proclaim that you are a seeker of Truth but you have not evaluated your life properly. It is time for everyone to awake and arise. This life is a gift of God. Every second is precious. But how did you spend that? You have wasted all these years in sensual pleasures. Even now you can wake up and rise to your full potential.

#### Discourse 4

Man is not aware of the kind of material that his mind is made up of and to control it is an uphill task. Generally a person, who is conversant with his mind to some extent, thinks that he can do whatever he wants with this mind and mould it to his convenience. It does happen in the world that wherever he fixes his attention, mind will automatically go there. Man never realizes that control of the mind is very essential. When a person faced with difficulties is very sad and worried, he wants his mind to be peaceful and tranquil so that he can perform the spiritual sadhana of satsang and attain happiness. When he asks the mind to repeat the name with concentration at a particular center, he finds that this advice is not palatable to it. It is always bent upon bringing the person to lower and lower levels. In this way, because of the argument put forward by intellect, he attempts sadhana for a short while but soon indulges in worldly activities. Again he feels, on the basis of his reading and hearing, that only if satguru bestows grace, then only one can do sadhana. But when satguru lays emphasis on annihilation of mind by doing spiritual practice his Intellect revolts and argues that this can be done only by Gurumukh (the star Disciple). Many Satsangis say that when emancipation is certain in four births as per Radhasoami scriptures what is the hurry to do spiritual practice? Let us postpone. Following the dictates of intellect man does not make any effort for redemption. In this way he is weakened and whatever precious time is left in his life will be wasted and his departure time comes near. No one gets inspired by such a person.

He who introduces ' Satkarni ' and practice (Spiritual exercises) in his life retains equanimity in pain as well as pleasure. He welcomes even death and accepts it gracefully; no weeping, no grumbling in

leaving the body. But for him, who has not tamed his mind and remains unchanged, no one is inspired by him. He is not endowed with any remarkable change, which is appreciated and applauded by others. In times of peril, he loses courage and strength. By observing such people, true seekers also hesitate to search for the real Guru. In this way they stick to hereditary successors and crowds. Unsuccessful and failed candidates only raise this kind of argument. Seeker of Truth, who is fired by the desire to know the Truth also fails and falls sometimes but after taking inspiration from discourses and writings is again charged and resumes his pursuit of Truth and struggle with mind. He realizes that this step is very essential as his mind is full of impurities and weaknesses. He fights it with renewed strength. If he struggles relentlessly in this manner, God also is pleased, and bestows on him His Grace. In spirituality those who struggle receive help and grace and those who do not make any effort remain weak. When the all pervading supreme Father notices any person struggling in this manner He lends his helping hand and protects him. The victory of such a person is real victory and progress in spiritual path becomes easy for him, If you struggle internally the person sitting by your side may not know, but sitting thousands of miles away, the Master can see and know your struggle.

This creation is dry and barren. Here, Man is not changed with a desire to realize the Truth. Slowly and slowly the idea of awakening takes root. If at all we find anything lacking in this world that is “Atma Sakti (Spirit Force)”. It is very difficult to transform a burial ground into a productive one. Likewise, emancipation of mankind is also very very difficult. If you have tried to control your mind by scolding and forcing it to engage in spiritual practice, then you might have noticed how much time it took. But if it is a case of any involvement in worldly activities it happily involves and immerses. For an ordinary soul, engaging in Sadhana (spiritual practice) is highly difficult. In fact, diverting the mind and involving it in internal practice is ‘Paramartha’. But how to tame it successfully is a matter of concern. Those who are not blessed with True association are deprived of paramartha. Constant internal and external Satsang alone can enrich you with supreme knowledge. If external Satang induces concentration, and you fail to listen to his discourses and conversation, how can you go deep inwards. Try to defeat the mind with skill and wisdom. Whatever “Kal” does is through mind. It is very essential that every person should to repeat the Name and contemplate the Form of the Guru internally all the 24 hours. To annihilate all karmas, repetition of Name is the only solution and remedy. Some times Karma is individual and some times collective. When collective karmas explode the outcome of it is very disastrous in the form of famine, floods, cyclones etc. This is all the result of sins committed collectively. Man is not aware of his sins. But he should know that repetition of Radhasoami Name erases all sins. Every good action of present day may be termed bad in coming days. If you feel proud and great about your good deeds they automatically become sinful acts. It is very necessary to struggle internally. This is not so easy.

The mind, which resides in innermost corner, is the greatest enemy. To conquer and win it is very difficult. You, on your part make sincere effort. Whether you get happiness or not, do not think about it. Tread the path with sincerity doing ‘Satkarni’ ( Sumiran & Dhyan – Repetition of Name and contemplation of Form ). Mind is killed by ‘Satkarni’ and “Satkarni” is done by grace. If you do your effort sincerely, you will be entitled for grace and the pace of practice increases. In this way, one day you will be recipient of infinite grace.

## Discourse 5

As the seeker of Truth is called pilgrim his job is travelling, and travelling. If any seeker is not interested in travelling then he cannot be called a, “Paramartha” or Pilgrim. If you understand by talks and through observation of various facets of life that Truth is nothing but unalloyed love towards the

lotus feet of the Master, His association, and His name, then to attain it, you have to undertake this journey. But how is it achieved? Does it have any physical form? Since it can be attained only internally, the journey is also inwards. For this internal journey what are the things to be taken? And with whose help? Are we to collect food and water? No, but the most precious thing, namely your life, should be dedicated to it. If that is not spent and utilized, whatever wealth you may have, it will be of no use in this journey. With the company of the Master, His discourses and writings, Knowledge will be enhanced. Money is there or not, your journey is not at all affected. It is disheartening to note that in earlier times and even now also, people have not embarked upon spiritual journey. But of course they are stuck with labels of pilgrims. They were all for external show. Advancement of their creed, religion, society and family is their only “paramartha”. Please understand, and take recourse to the Repetition of Radhasoami Name at every step of your spiritual journey. The journey starts with Radhasoami Name only. If you fail to repeat the Name according to prescribed method or you are not imbued with required wisdom then the fault is yours. If you think that without undertaking this journey you will reach your destination then you are misled. If you are a traveler and pilgrim then you have to tread the path, step by step. In this world no journey is without the fear of some accident or other taking place irrespective of whatever your means of transport. Only spiritual journey is accident proof and full of gains. Even though this journey is not at all dangerous you want to avoid it. Therefore you should think and decide for yourself. Are you motivated to search for Truth and for this are you prepared to undertake the journey? If this is the ideal and object of your life then you have to do spiritual practice sincerely. The result of this is transformation. By a change in the plane of consciousness of the mind journey progresses very quickly. The devotee experiences a great change in the level of knowledge at each and every step. When he enters highest peak of knowledge, the pace of journey quickens. If that is not so, how can you cover the distance of million births, in one birth? Then you yourself judge whether spiritual effort is transforming you or not. Are you able to understand the subtle secrets? Innumerable questions cropping up in mind are being answered. In solving those critical problems and situations he displays highest form of wisdom and discretion, unlike his predecessors and ancestors who failed. Are you noticing even a spark of this wisdom, and transformation? By becoming wiser man is able to understand deep and subtle matters and able to apply them in his life.

Love Divine is very subtle and sublime. Without reaching the highest level of consciousness no individual can experience its beauty and charm. Nor he can understand and respect the subtlety of such love. If the journey is right, resting places do come and resting abode reveals its attributes giving knowledge and wisdom. If this type of spirituality or transformation is not seen in a person then he is not fit to be called as a pilgrim of spiritual path. He may not have been blessed with true association, or he may have covered himself with spiritual mask. With this mask you aspire to go to 'Satya Desh (Region of pure spirituality)', then you are not at all embarking on the path. That is why there is a process of elimination in Satsang also. All imposters and traitors come under the category of elimination. You have to decide for yourself and take right decision. If you think that you are the Master of your life, then decision is also yours. Till now, what was the decision you took? Have you taken the right decision and the right path? If you have not taken the right step in that direction, life is wasted and thrown into a dustbin. The loan you have taken from kal for this type of life, remains unchanged and unpaid. You have to take another birth for repayment and this cycle continues. If you want to continue in this way then, Radhasoami Religion teachings are not for you. For you, whether the satguru is there or not, makes no difference. You are not entitled for it. But if you are wise and bent upon undertaking the journey, then you will be made capable, and fit. Because of the rise in the level of super consciousness in you Truth will be established and stabilized. Otherwise it will remain a riddle and an unknown thing, Satguru and his Name will also disappear from your arena and you will remain empty handed. This is of course a very disheartening matter, but a true one. Truth is always unpalatable but it should be heard and digested. Every one should be faithful and honest in spirituality and make

true effort for progress. Otherwise, it will be a useless game or mockery. If you are striving to float with spiritual falsehood, then, no use. So think of any acts which give fruitful results. It indicates wisdom and nobility.

## Discourse 6

Kal ordains death of any person about six months in advance. But no one is supposed to know it. That is why, till his last breath man seems to be attached to world and worldly things. As soon as the commandment is received many changes take place in chakras and kamals of a person (centers in human frame corresponding to subtler higher regions). There are centers in brain where changes take place long before actual death. When spiritual force withdraws from these centers immense pain is experienced and death ensues. The face may become dreadful because of immense pain and death engulfs him. Science is not able to identify the center where 'jivatma' the individual soul resides in the body. In this, there is a blending of both Mind and spirit. Man is ignorant of his next birth, where and in which form it takes places. It is not in the hands of man. In awakened state, with full consciousness, he can involve himself in 'Paramartha' or indulge in world. If he engages himself in Paramartha, he is considered as a Noble Sanskari Jiv and he has taken birth only to be redeemed in this birth. You have no command over birth or death. You have command only on 'Satkarm'. If you do not do it the cycle of births and deaths continues. You will experience sometimes friendship and at other times enmity. Without knowing the secret of life you spend your life. This is the story of all 'Jivas'. That is why it is stated that there was nothing more precious than 'Paramartha' then, nothing more now or would be in future. But in which birth you will realize it is your concern. 'Kal', through mind, tries to convince you that this world is true and you believe it and act accordingly. However, in course of time every pain takes the form of pleasure and every pleasure takes the form of pain, and thus innumerable karmas are accumulated. To control the centers of karma and break the bonds, which chain the spirit, there is only one method.i.e.; Repetition of Holy Name, Radhasoami (sumiran) and contemplation of Satguru's form (Dhyan). The repetition of Name at the spirit center strengthens the spirit, and a unique and transcendental happiness and peace will be experienced, and all attractions of the world cease. It is the easiest method of cutting the cycle of births and deaths; otherwise this world remains a puzzle, and you have to undergo the sufferings of births and deaths. Until and unless spirit awakens, it lives in this body and death process begins. Emancipation is not in your hands but the preparation for it is in your hands. It is prime duty of all of you to awaken the spirit center. It is all beneficial. Without this, redemption is a riddle and will be so. If a person is seeking emancipation sincerely, he will listen to these preachings and practice them. But one who derives pleasure in worldly things and is attached to world, is destined to suffer very much and he will live in darkness. As he has no faith in spirituality he cannot reap any benefits and enjoy it.

If you are a seeker of Moksha (salvation) then transformation can be seen in you. Where great importance is given to practice, Grace is also considered equally important. There is no dearth of grace in this universe. The fault lies in Jiva, who is not attached to 'satkarni' because he has no detachment, no devotion and no faith. That is why he is entangled in every thing. Purifying the heart and praying for the boon of Devotion with sincerity and honesty are the typical attributes of a mature and evolved soul. There is no short cut in spiritual path. The journey is long and arduous and the destination far away. You have to relentlessly wage war against opposite forces. The seeker of Truth with this kind of determination will be able to know about his death, quite in advance say before six days, six weeks and even six months also. He experiences withdrawal of spirit current from every fiber of his body and becomes aware that death process has started. Only saints remain in their physical bodies even after withdrawal, for the sake of their followers. One who is dedicated to Radhasoami name, and who

repeats that day and night, is treading the right path. He is following the right direction. Those who while away all their precious time in worldly pleasures face serious problems resulting in lots of pain and sorrow in the end.

Childish impetuosity and ignorance in Paramartha

Translated from 'Prem Samachar'

Father with the intention of developing a garden for his children, makes preparation for it and tells his children that this place is going to be developed into a beautiful garden where numerous varieties of flowers and fruits, spring forth for their enjoyment, After hearing this children felt very happy and were eager to see flowers bloom and fruits ready. They were watching the progress attentively but found that lot of time is being spent on digging, clearing the ground etc; all dry things which did not attract them. They became impatient and observed that till now, no flower has blossomed nor any fruit ripened. Only we are seeing small plants and leaves and branches and seeing no hope for future also were very much disappointed. But Father, as he is a matured man, seeing their ignorance and impatience, tries to convince them and instill hope. At last, the same child, seeing beautiful flowers blossom and fruits ripen from the rotten earth and plants, is filled with joy and wonder. In the same manner the Supreme Being takes into his protection the devotees who are childish and ignorant. He promises them that with his Grace and benevolence, he would create a beautiful garden and bless the devotees with utmost love and happiness. The devotees also on their part, remembering this promise, engage in the spiritual practices with zeal and enthusiasm. But when trials and tribulations face them, which were created by the Lord, to cleanse the mind and ripen it, they tend to grow panicky. The goal is not to be seen in the near future and they become desperate. Even though they receive some experiences by Grace, they don't give credit to it. Just like children they lose all hopes and get disheartened. This sort of despondency is to be thrown away by listening to the discourses and with renewed hope and determination pursue the path and whatever little and ordinary experiences they receive should not be considered as low and small. Believe that the protecting hand of Supreme Being is behind such experiences. Through these illustrations and indications, you will be blessed with Supreme Bliss and elevated to highest position. From this ordinary stage your life will change into a glorious one.

Showers Of Wisdom

Man has taken birth in this world to realize Truth. Social and economic status and security is not a great thing. Whoever dedicates his life to the cause of Truth, his social and economic security is taken care of by Satguru Himself. You have to install the Name and 'Name' in the innermost corner of your heart.

In this world everyone seems to be miserable. All worldly objects tend to create grief and sorrow. There is no solution for the misery here. Man should be strong with great mental strength and without entertaining thoughts of loss or gain, he should face the challenges of the world. Whatever is the outcome he should think that it is God's gift, face it bravely and be happy. You have to become strong with Supreme Being's Name and form.

For countless births, man has been a slave of this world due to ignorance only. Knowledge is acquired only by repetition of Name and contemplation of the Form, if it is done without any selfish motive. But most people do worship only to fulfill their desires. So, they are not rewarded fully but get reward for virtuous action only.

Man's prime duty in this world is to do 'Satkarni' (spiritual practice) along with discharging other duties. It is a thing which intellect cannot comprehend. It is an art which is achieved in Satguru's



association. That is why Devotion (Bhakti) is considered very great. A pure and clear heart easily learns this art. Impure hearts take long time. If man engages himself in 'satkarni', essential transformation takes place both internally and externally in such a way that along with satkarni he is able to discharge his worldly duties also very well. You devote more and more time for repetition of radhasoami Name.

Whoever is blessed with Grace of Supreme Being, he only can see the true nature of his Kith and Kin. All their worldly actions display nothing but selfishness.

Radhasoami Religion is the path of Bhakti. Upanishads, Gita and all saints and sufis have explained 'Bhakti Marg' in detail. The unique feature of Radhasoami faith lies in the advent of True saints in whom the celestial sound of 'Adi Purusha' (Primordial Being) vibrates, fully awakened and active. Unless and until a person is fired by the desire to search for Satguru, he cannot find him and the tragic cycle of births and deaths continues. He cannot be in emancipated while living. As blind faith is based on fear it is of no use. The 'Bhakti' thus created is called 'Bhaya Bhakti'. It generally happens to those people who do not perform spiritual exercises according to Guru's instructions, but follow their own illusions. Where Satguru's devotion transforms a crow into a swan, these imposters are like crows under the wings of swan. Truth makes man to develop discretionary observation. If anyone does not show it in his practical life, consider him as bankrupt. In the guise of spirituality he wants to hide his own bankruptcy.

Supreme Being has created man far superior than all other living beings. Spiritual sadhana is endowed with such potentialities that if performed rightly, it can enable the spirit to be liberated from the bondage of mind and body and with the association of the Master, can reach the highest mansion of Supreme Being and be absorbed there imbibing all His attributes and knowledge.

It is clearly seen that man is suffering because of his karmas. Whoever is blessed by God, his suffering due to karmas is for a very short period. Only those who do not merit the Grace of God have to undergo the sufferings of karmas for a long period extending over many births.

Prem Prabhakar Oct 2004

#### Discourse 1

The teachings of ( Santmat ) Religion of Saints, raises the level of consciousness among human beings. Man who was a slave to his mind, becomes Master of it. No worldly desire or ambition can be an impediment in his spiritual pursuit and thus he can move forward. In this world both Saints and devotees live. But Saints live keeping their desires and mind under control. Those who were kings in the past or present were ruling the country dictating the people. But they could not control their own mind. They could not control its activities by any law. All were afraid of it and to escape from its domination, used to adopt various methods. Like any ordinary individual, they were also under the grip of fear. The king is not the king in real self. Real king is He, who subdues his mind, does not entertain any ugly qualities of mind, like lust, greed etc. The practical aspect of Religion should be introduced in your life and become real king. There is an old saying that those who want to rule others should know how to rule themselves. The practice of Santmat in real life, gives enormous strength which none can possess. When this level of consciousness is reached there will be no ego. If you want to achieve this then follow the path of Saints strictly and sincerely. In the realm of spirituality there is no vexation or fatigue. The followers of truth always remain happy and healthy from inside.



It is the duty of every individual to aspire for this noble achievement in his life and make sincere effort for achieving the same. The person who gives top priority to cultivate devotion and dedication, does not allow any one's interference in either external or internal pursuits and crushes his mind ruthlessly will definitely be successful in awakening his "Atma". Any casual approach will not help. If we give more and more freedom to mind its attributes become too strong and sinks your spiritual boat. The best way to suppress it is the repetition of Name and contemplation of Form. Without this the fire of Karmas (Law of deeds) is not extinguished and man will not be fit for devotion. He cannot derive any benefit or inspiration from Satsang's teachings and to embark upon spiritual journey will be highly difficult. Even after coming into Satsang ignorance is predominant in you. When knowledge is attained by 'Satkarni', every cell of your body is filled with "Atma Shakti", strength of the soul. If that is not so every thing that is touched by Saint cannot be "Prasad". If you make use of it properly, you will be blessed with internal experiences and urge for Sumiran and Dhyan will be intensified. If you introduce spirituality in your life, every cell of your body will be purified. In Satsang every object and action has significant power and potentiality. It generates internal sadhana. Both God's grace and man's effort are essential for its achievement. Every individual should be sincere and true in Paramartha. But if there is deceit and one aspires for both worldly pleasures and Paramartha then it never happened nor will happen. For a worldly person there is no enjoyment in Satsang. His mind remains dark and dull in Satsang. That is why you have to strengthen the link of Sumiran and Dhyan, otherwise the world is filled with so many attractions that not only you, even Gods and Goddesses cannot escape their glamour and attraction. You should observe every thing deeply and protect your life from those evil forces. Sumiran and Dhyan are the best means to achieve this. Paramartha is intended to free you from illusory things. Those who are attached to Santmat should get inspiration from this.

## Discourse 2

It is highly impossible for a worldling, to pursue the path of Truth. But after seeing the ephemerality of the world, if any one is much disturbed and wants to pursue the path he finds that due to inner and outer obstacles he is not able to do so. The power and strength of Saints is boundless. Seeker after Truth is aware of their enormous power. That is why his outlook towards worldly objects and their value undergoes a vast change. He realizes that to entertain worldly ambitions is futile. He wants to uproot them completely. In world also he lives aloof and restricts his worldly activities. A strong determination to search for the Truth in the remaining part of his life is fortified in his heart. This wisdom arises in those seekers whose emancipation is nearer or in those whose perception is right. Many people daily listen to discourses in Satsang but as their redemption is very far away there is no pining or maturity. A long period is spent in reason and logic. Now and then they feel strongly that they have not achieved paramartha to the extent that is required and that time is flying away. Life span is very limited and they have not even started in that direction. Such a person cannot inspire anyone. They deliver long lectures about paramartha but in practice they are nil. They are disturbed and worried over trivial matters. It shows that they have not understood the basic principles of spirituality. If anyone thinks that he can enjoy the world and at the same time pursue the spiritual path, then it is simply not possible. If he cuts down his worldly requirements and engages himself more and more in 'Paramartha' (Name and Form) that too for long periods, then he can be assured of quick progress in spirituality. To the extent he is capable of, he discharges his worldly duties also well but does not get enamoured of anyone's praise or appreciation. Those who praise are agents of Kal. They were being sent to trap you. It does not take much time to be trapped in worldly attractions. At present you may not be aware of it but when you embark upon the spiritual path sincerely you find that this world is full of beautiful colours which will lure you and it is highly difficult to escape from their attraction. Purification requires a special soap, which removes the stains slowly. Radhasoami Name and Nami, enable man to recognize his karmas,

and his own defects, which were hitherto unseen. He is not carried away by any false notion created by flattery but applies reason and logic to his conviction. These are all the results of satkarni and indicative of the fact that all the filth of his previous karmas is being washed away and that he is able to identify it. Due to his nonperformance of sadhana he could not recognize them earlier. When he suffered from setbacks retaliation was there. Through pain and misery, every cell of his body used to suffer. Faced with many challenging problems his individuality was damaged and he became ugly. To curse fate time or period will be of no help. When anyone faces troubles and tribulations finding fault with others is not correct. When he knows the truth about himself he becomes wise, serious, enlightened, and practical. Self-introspection makes him realize the truth about his own true identity. He is not affected by trivialities. If without satkarni man is not transformed then how can the society be transformed? If you are transformed, then you establish a small kingdom of your own where no enmity hatred etc.; exist. You can create a small heaven for yourself and remove all obstacles coming from outside. In this way you can know your own self as well as that of creation to some extent. The creation may disappear but knowledge never disappears. ' Satkarm' is helpful and beneficial to the entire world. You have to introduce it in your life and thus get enlightened and enriched. Simplicity nobility and forgiveness should occupy prime place in your life. Then you realize that all these qualities are due to 'Satkarm'.

A wordling becomes quite harsh and cruel whenever an opportunity arises. In every period, there were such people and will continue to be there. Man cannot perform 'Satkarni' if he is not unhappy with his mind. Without spiritual practice, man may be subjected to vagaries of the mind and thrown anywhere. Hence everyone should give prime importance to Radhasoami Name and Nami in his life and see whether any transformation is taking place or not. If you do not find any change, the reason may be that you have not executed it properly, the association is not true or the method is not correct. In Satsang (true association) to assume that all are true seekers is wrong. Salvation can come only with super consciousness. To make life fruitful Radhasoami Name is the only remedy. Search inwards. If external Satsung is granted to you it is not in itself sufficient. Only internal practice will give you the full benefit. Internally 'Surat' (the self-absorbing aspect of spirit) catches "Sabda" or sound current and 'Nirat' (the individual aspect of spirit) catches "Dhun" Echo of sound current. To attain purity Sumiran and Dhyan are very essential. Giving top priority to spirituality is the right thing. To restrict worldly desires is absolutely necessary.

You have never understood the real aspect of Paramartha. You have not attached 'Satkarni' to paramartha. It is part and parcel of it. Saints go on preaching. People should derive inspiration from them.

### Discourse 3

The awakening of spirituality is a reality and emancipation is a true achievement. For the realization of this you have to attach yourself to Satsang in true sincerity. This is not a collective affair. Seeker after truth leads a simple life, does not find fault with others, and does not entertain any bad and evil thoughts about others. Spiritual Awakening makes him broad-minded and he always wishes others prosperity and well-being. No other person can think in such terms as they are swayed by selfishness. Worldly learning and its knowledge are under the trap of intellect and so are inferior. If you want to be freed from the Sway of intellect, then Radhasoami Name and Nami should be fortified in your heart. Emancipation is individual and spirituality also individual. Since man is not ready for emancipation, his spiritual outlook and coaching are full of illusions and misconceptions. If emancipation is your prime goal you need nothing. You do not have the desire of even acquiring Spiritual powers. If you acquire these powers you may want to realize your desires at the expense of others.

If you do not give utmost importance to paramartha in your life you are bound to fall down, some times with disastrous consequences. Man has taken birth in this planet only to realize Truth. He has to attain redemption. For this, True association, True Satguru and His Name are most essential. You have to search for Supreme Being internally. If at all there is any sacred and perfect person in this world he is Satguru. If Satguru and His Name are most essential for salvation then that should be the only objective in your search. Seeker after Truth has only one ideal and goal and his thoughts hover around it. Unless and until his mind is not dissolved in the colour of Name, Spiritual strength is not acquired. This is all done by Satguru. This is why Satguru is called one who drenches you in colour. To drench in the colour of His Name internally and to merge every cell of your body in His Form is most essential. Every one should be alert and attached to Name otherwise if evil Sanskaras befall, you will be thrown out of Satsang. Be cautious and vigilant. Until and unless you practice and implement it on personal level, Spirituality remains a mystery. Until the celestial sound manifests in you, you should be very careful and do 'Sadhana' with sincerity and integrity. Truth will never face any defeat or be subjected to harm. Before the actual emancipation, all Karmas (both internal and external) will be eradicated. This creates great happiness and pleasure. You have to strive hard for that celestial happiness which was not bestowed upon even gods and goddesses. It is attained only by human beings. Your life should be dedicated to achieve it. If you have not utilized your life for this attainment, then you are a fool.

#### Discourse 4

Man has knowledge of his mind to some extent but he has no knowledge of Atma. He has to start his spiritual journey with this mind only. Since mind is outward and dependent on sensual organs, it experiences the pleasures and pains of senses only and thus invites misery and sorrow. The knowledge acquired by senses creates agony and ache. In this way precious moments of life are wasted. We can call only that spiritual practice as true, which eliminates mind's vagaries and by showing the joys and sorrows of not only this birth but of innumerable births, it establishes a feeling of renunciation and detachment. Without the help of some Mighty Power man cannot see his mind and detach from it. Many people commit wrongful deeds, but do not feel for it or abstain from doing the same in future. They have no guts to accept their faults in public or face their consequences. Yes, when faced with opposition or attacked, they accept their mistakes but will not discard their habits. Without the help of internal strength man cannot accept his mistakes and rectify them. In spirituality to recognize one's own weaknesses and get redemption from those happens simultaneously. For this achievement you have to enter the real Satsang and do spiritual practice with sincerity. After a few days of practice he will gain so much strength that he will be ready to accept his mistakes. At the same time he will be so self-confident that he would not depend on any one for anything. He is a real warrior and he will be successful in the awakening of his soul. Such a soul is entitled for grace and vision of the Lord. Without the help of Supreme Being emancipation is not possible.

It is the Prime duty of each and every one to lead a pure life as dictated by Satguru and merit his bountiful grace. The repetition of Radhasoami name has great potentiality and power. This detaches you from the vagaries of mind and awakens the attributes of spirit. If these attributes are not awakened, to tread the spiritual path without tension and fearlessness is not possible. You will be always worried and afraid whether the journey will be successful or not, bringing good results or efforts go wasted. You are tied down to intellect. Unless you achieve devotion and purity in True company, recognition of 'Atma' is impossible. You start questioning your mind that though you have given entire life to the world, the reward is utter misery, grief and despair. Are we to allow it to go on like this? When you become fully aware of the fact that this world is full of woes and miseries you should engage yourself

in spiritual Sadhana, with determination and dedication, just like a warrior. If you are prepared to wage war against mind in this way then God's strength will help you and success is guaranteed. How to get such training and help will be also revealed by Satguru. True seeker of Truth realizes that if he were not blessed with True Name and True Guru, his life would have been aimless and unaware of true beauty of life. The moments that were spent in Sumiran and Dhyan have been the most precious and rewarding.

In your day to day life you have to observe at what intervals you feel the need of Sumiran and Dhyan. If you are fired by the desire to do it as much as possible then you can be assured that you have reached the highest pinnacle of renunciation. If this process is going on continuously then you are crowned with highest spirituality. Every individual should awake and arise. Then he will reap enormous benefits.

## Discourse 5

Spirituality blossoms in pure hearts only and very few have it. Real seeker of Truth is an extraordinary person even though he lives among ordinary people. If any individual is worried and keen that his heart should be purified and rid of all worldly thoughts, then it can be done by performing spiritual practices in the association of True Master. In this way many people are cleansed and purified. But to see satsangis remaining in satsang for several years and still under the sway of mind causes great dismay and agony. Since they are not awakened and enlightened even after several years of learning they could not understand the greatness and richness of Radhasoami Faith. Because stone or rock is made of sand, it will easily mix with the same and becomes paste. Similarly, if a person wants that his mind also should become like dust after undergoing the required process of hammering and sorting, then he can transform his heart into a beautiful garden with lovely flowers and fruits, if he takes the protection of a Perfect Guru. In the mirror of his heart he can see the beautiful Form of his Master. Such transformation can take place only in human beings. If rules and regulations are to be observed for breaking crushing and sculpturing such stony rugged land of the mind, the weapon of Radhasoami Name should be applied simultaneously. If Satan (Kal) receives the blows then definitely he will get angry and create havoc. This is also an important aspect of paramartha. To break stones, hammer is used, and the sound emanating from repeated hits is symbolic of disastrous consequences. The process continues and the stone becomes soil/dust in due course.

If mind is dissolved and turns into dust, then God fills it with the water of Love and devotion. Then your heart becomes a greenery full of flowers and fruits. If your mind is not inclined to do 'Sumiran' and 'Dhyan', then you are under the sway of Satan. When you perform Sumiran and Dhyan, Satan wants to divert your attention here and there and cause mental disturbance. The moment you get up from meditation (Abhyas), you do not feel any anxiety or tension. Man spends 24 hours in worldly activities, but is not aware how much time he has spent. But if one or two hours are spent in spiritual pursuit, he calculates and feels as though he has sacrificed all his life for it. This indicates that you are in the grip of kal fully. You should be aware of your mind while doing 'Abhyas' and discover how much distraction it creates. In such a case you have to hit it with more powerful weapon and reduce it to dust. Then you will understand the subtleties of spiritual path and the aim and object of your life. You will realize that the Abode of Satguru is the only place of happiness and peace in this world. All other places providing so called pleasure are just like jails. Purity of thoughts and concentration of mind will be possible only in true association. If hot winds blow in summer a person loves to remain indoors rather than going out. The spiritual man witnesses the fire of selfishness and greed everywhere. He does not want to mingle with worldlings even for a minute. If he is forced by circumstances to go into the world, he feels nervous and wants to return immediately. If that is not so, then 'Paramartha' is far far away.

After listening to Discourses and Talks you have to introspect within your mind and find out its shortcomings. In this way you have to make a routine habit of daily waging war with the mind. Otherwise, life will be meaningless. We do not know whether we get satsang in future birth or not. Most of the people were thrown out of satsang in their lifetime. In one stroke they were separated from satsang in this life. What guarantee is there that in next birth, they will get the benefit of satsang? This birth should be fruitful and rewarding. For this, you make an attempt and try to do internal practice as much as you can. If you cannot do it, your life's ship will sway here and there in midstream. To rescue it from drowning, captain of the ship is needed. These good words are just like a captain steering your ship. They enable you to swim ashore to your destination safely. Those who have not awakened so far should awake now.

### Discourse 6

Mind is full of illusions and misconceptions, which can be called layers of the mind. Some illusions can be wiped out with reading and writing but misconceptions of past and future are not removed so easily. The whole country and society is attached to the past and bygone days. What happened in the past, nobody is aware of. What is written on stones in past ages is considered as true in the present age. In this a long web of illusion is created. You listen to the stories of kings of ancient period and imagine their mode of dress now. The method of eating and drinking was not similar to that of present period. No one has seen their way of dressing. Today you are sitting under electric bulb, travelling in motor vehicles and telling that past period was full of happiness and glory which is not correct. To attach yourself to the past, which is your own imagination, is utter foolishness. If you have 60 or 70 years old people among you, they will tell you the mode of dress they wore and what comforts and facilities were there. To think that past was golden and glorious is imagination and weakness of the mind only. Historians do research and give long lectures about small things. Their life was devoid of all facilities. They did not have a house or clothing. Today also we see such people but better than the past. Man should be contented with the present age. Whatever the supreme being gave is sufficient and you be happy with it. If man is attached to Truth in the present age, it is so powerful that it can bring about a great change in the period. His future will be noble and magnificent. Truth can alter the predictions of great astrologers. To imagine future and picturing it as super is also as dangerous as praising the past. In imagining the past, will you get back your childhood and youth? Then what benefit is there in imagining about the bygone days? But the more you try to drive away those thoughts, they go on persisting. This is not under your control. The attachment with mind is a big knot. Through wisdom also, you can remove it to a certain extent, but it is cut down fully by practice of spirituality. The moment you get the thought, you remove it with the repetition of Name. If your thoughts are linked with past, or future, you cannot do repetition. If repetition is not done how can you cut asunder the thick knots? Every thought whether it is a sweet one or a sour one should be discarded. There should be only one thought, namely, Repetition of the Holy name Radhasaomi. In this way after a continuous struggle for a long period their strength is weakened. You need not be afraid or go panicky. This is a struggle of entire life. One who engages himself in this noble conflict can remain aloof from others, restricting his worldly involvement and activities.

It is dangerous to attach yourself to the past. You were dancing and singing in olden days. But is it real happiness and joy! So never attach your mind to the past, whether it is personal social or political because it never gives any inspiration. It may catch hold of your 'leg'. You should strengthen the thought that everything in this world is ephemeral and temporary and so do not have any attachment to them. But you people do not understand even simple and clear subjects. Then how can you understand subtle and hidden matters? Every one should know the fact that spirituality is not a subject of



imagination. This is an experience of the spirit which resides in you and which is the cause of all transformations every minute. Such knowledge and love will give you the reward of unbounded happiness, and that happiness goes on increasing. It is due to “Satyagyan”, knowledge of spirit. This is the boundless wealth of the spirit.

It is the prime duty of everyone to discard the thoughts of the world and engage his attention in deep concentration, and repetition of Holy name Radhasoami. Eyes open, attention fixed and, repeat “Radhasoami” peacefully. This is of course very difficult. After attaining subtlety and purity you will be in possession of such spiritual wealth, which is a very rare gift. Life’s moments should be spent in Repetition of Name without looking into past or future. This is the noblest cause. If you do not experience it, the commandments of Satguru will not be understood by you. True devotee understands His commandments by mere gestures. You do not understand even clear and simple instructions. Your paramartha train is running very slow whereas the destination is far far away. To accomplish the noblest cause, wisdom is necessary. But ignorance is on the highest peak. If you are not able to open the previous knots how can you remove the new knots which are going to befall on you. Do not be affected by praise or abuse. If you fortify the form of Supreme Being in your heart, then you will get protection strength, and awakening. Otherwise the clutches of karma will catch hold of you. Every minute ‘Kal’ (the Negative Energy Pole) tightens the clutches and again loosens. If you repeat the Name they will be cut down; otherwise they go on increasing. Man is helpless, with regard to karmas. It is very essential to cut asunder the burden of karmas with Radhasoami Name.

#### Discourse 7

When a person does not give importance to the search of the Master in his life, no one can help him. Search begins after experiencing the ups and downs of many lives. Even then only few people are inclined to search for Truth. In its absence as there is no sincere prayer, man may be considered as a fool. Even temperature variations in this world make him wonder and he begins to worship the same. Is it not utter foolishness? Out of ignorance animals wander in this world. But man who is able to see and understand the ephemeral nature of creation, and that of his own body, but does not feel the need of spirituality only means his 'Sanskaras' have not ripened. The reason for this is that he did not give importance to Repetition of Name, and contemplation of the Form of the Master of time. A blanket of ignorance has completely covered him. Unwise people run after the charms of the world. Knowledge and science proclaim that this world is ephemeral and is bound to perish. You should crave for the realization of truth. Otherwise, boasting of one’s own knowledge is mere foolishness. As age advances ego swells even though he is a slave to his mind and hollow inside. As he grows old, intellectual tolerance, sense control and memory power decline to a large extent. That is why he is easily irritated and worried. He blabbers like a chatterbox, and finds fault with every person. A great struggle enters his life. Highly educated men, great artists, and leaders of countries suffer from this ego, resulting in conflicts and wars. They derive pleasure from such acts but it proves to be very costly pleasure. If worldly gain is a source of pleasure then it is also the cause of great suffering and agony which is thousand times more than the joy it gives. These are all forms of Maya, which is the main cause of your suffering and pain. Since ages man, though living far away, is fired by jealousy and hatred. Though living miles away, he desires the destruction of the enemy. If wisdom rules one side of his mind then from the otherside he suffers from weaknesses such as jealousy and hatred which has been continuing from several births. Much effort in the form of 'Satkarni' is required for eliminating such tendencies. If spiritual practice and association with Master is true, then it should be followed strictly and sincerely. If you are not doing 'sadhana' it means your 'sanskaras' are not good. You have to overcome this weakness. Create good Sanskaras and eliminate the bad. Observe the ephemeral nature of this world, its



selfishness and transience. If you embark upon doing spiritual exercises, by Grace you will be endowed with superior wisdom and the truth which was never seen before appears to you now.

It is the duty of everyone to repeat Radhasoami Name. To achieve progress Repetition is the only noble and easy method. This is the most essential technique for all. At present you are relishing poison and throwing away nectar. Saints have been preaching to you that worldly activities should be restricted because they are the root cause of all sorrows and miseries. If wisdom dawns on you, you will be able to control worldly desires. This is not possible without 'Satkarni' (Repetition of the Holy Name and contemplation of the Holy Form of 'Satguru').

## Showers of Wisdom

Huzur Dayal Sahab

(1)

If there is immense yearning for satsang in your heart then that desire will be fulfilled sooner or later, by Supreme Being. To keep this yearning continuously increasing man has to devote more and more time for Sumiran and Dhyan with utmost dedication. Then realization of his desire is certain. Man is full of defects. He can be free from such frailties by repeating Radhasoami name.

(2)

In spirituality there is no need for undue haste. It is a slow process of invaluable transformation which takes place in an individual and which cannot be seen by even his kith and kin. However, Sumiran and Dhyan should always be adhered to.

(3)

Man is not capable of accomplishing his secular and spiritual activities simultaneously but through Grace he will be able to accomplish both in due course. You have to engage your attention more and more in the repetition of Radhasoami Name. While doing your worldly duties also you should engage your attention in repetition. By this you will receive enormous strength by which you will be able to do both secular and spiritual activities most successfully.

If you neglect the practice of sumiran then sooner or later you are bound to fall down and incur great loss. Man's mind is filled with the Sanskaras of several births. That is why to turn to spirituality has become highly difficult. Due to ignorance of this fact, Satsangis as soon as they are initiated dream of controlling their mind. But when they face disappointment, they turn away from satsang. To subdue the mind is very difficult and only after a long struggle one can be successful through Lord's Grace. Therefore you have to wage a war with mind taking help of the power and strength of the Holy Name

(4)

To see the filth of one's own mind is the result of spiritual Sadhana. Do not be afraid of it. In satsang if you do not participate in the recitation of 'Shabd' but engage in concentration, no harm is done. But many teachings, pertaining to spirituality are written. So you have to pay attention to those teachings; you will be benefited by them. Spiritual practice enables man to gain great self-confidence. If one boasts of self-confidence gained by other means it is only a show of ego and self-aggrandizement. In most people the self-confidence disappears like fog as soon as they face defeat. Build your self-confidence on the foundation of intellect, sumiran and dhyan.

(5)

The person whose ideal and object is to realize Radhasoami Name and Nami will definitely get redemption while living or gets access into higher spiritual regions or gets a most noble birth and pursues spiritual sadhana. Such a man does not go to lower regions. However if anyone acquires very bad sanskaras in this life he will be sent to lower regions for punishment but after a short period he will again get human birth.

(6)

Undoubtedly there was no Incarnation superior to Radhasoami Dayal in the past nor will there be in future. Man must cultivate an attachment to the Master of the time and dedicate his body and mind to His devotion. Whoever does so is the wisest man on earth. He clears all the debts of kal and karma in his lifetime, and gains access to Dayal desh. This is the greatest miracle of Radhasoami Dayal, which was not done by any previous Incarnations. Param Guru Kabir Sahab was the Incarnation of Radhasoami Dayal, but he did not emphatically declare the Holy Name 'Radhasoami' openly, because people were not ready and deserving. But eventually, when some seekers became fit enough to imbibe His teachings then Soamiji Maharaj was pleased to declare it in public.

(7)

To enter into eternal bondage with the supreme Father, Repetition of Name and contemplation of Form are the only means. The more you engage yourself in contemplation (Dhyan) the more pure you become thus paving the way for 'Ananya Bhakti'. This unalloyed love for the Lotus feet of the Master is called 'Ananya Bhakti'. The moment you are blessed with it the pace of spirituality undergoes a vast change, the gates of salvation are opened, and the forces of kal and Maya can no longer harm you.

(8)

Man is helpless before the forces of kal and Maya. To win over them, and to strengthen the bondage of Love with the Supreme Being there is no other way except the repetition of Radhasoami Name. The person who does not give practical shape to this will be full of doubts and undergoes sufferings. You have to give proper place to spirituality in your life.

(9)

Man should always have thoughts of gratitude for the Master in his heart. Until the vagaries of mind are annihilated 'Abhyas' will not be successful. But there is no reason for despair and disappointment. The moment mind is cleared of its impurities, contemplation of Form is achieved. For the accomplishment of this unalloyed faith in the Lotus feet of Master is most essential. Unalloyed faith blossoms in pure hearts. Divine Love floods the heart of that devotee who is blessed with the vision of Supreme Being.

The Teachings of Param Guru Huzur Sahabji Maharaj  
from

The publication 'JATAN PRAKASH'

(1)

While eating, drinking, moving and discharging worldly duties a seeker should necessarily do for a few minutes 'Sumiran' and 'Dhyan'. By doing so mind is restricted and controlled to some extent and thus will not be able to indulge in any worldly act more than necessary; and because of this 'Abhyas' can be performed regularly both morning and evening without any hindrance.

(2)

When the body is overstrained due to physical work or due to worry and tension mind is also disturbed. At such time you are not advised to sit in 'Abhyas' immediately. After giving sufficient rest to body and mind, you have to recite one or two shabdas of pining and love for lord in low tone and attention should be fixed more on the meaning of those hymns of poetry. For example, the following may be recited. "I am your child, you are my father and mother, I pray in your lap day and night." By this recitation, all your tiresomeness vanishes and you will be inclined to do 'Abhyas'. Then you are advised to do Sumiran and Dhyan while lying in bed and taking rest. After the body is relieved of fatigue and becomes normal you can resume the normal regular Abhyas.

(3)

If any person's attention is fixed in contemplation for sometime and again disturbed due to several thoughts and sometimes goes to sleep or pondering, then you have to observe and warn your mind whether it is doing Sumiran, Dhyan or whiling away the time in thoughts and sleep. This method of observation and awareness is also an obstacle in Abhyas. But when compared to other major hindrances, if this method of awareness is adopted there is no harm. After sometime when the concentration level is satisfactory the observation process can be increased. When you succeed completely in deep concentration then this method can be suspended.

Prem Prabhakar Nov 2004

#### Discourse 1

To be generous and broadminded one has to be detached from his selfish desires. Those who are attached to wealth, family etc., cannot be generous and liberal as their outlook is not broadminded. Man is always in the grip of fear because of his narrow outlook. Those who stay in the same house also cannot know each other's thoughts and opinions. When there is tension conflicts and troubles are bound to arise. The story is the same with the entire humanity. People are selfish and narrow in outlook. If any social worker or ruler is not generous and liberal people will not be benefited in the true sense. Those who want to live with generosity and selflessness cannot do so while living in this world. Through misery and sorrow no one can become desireless or generous. Man can bear sorrow and defeat but detachment from desires and generosity cannot be brought about in him. Radhasoami Name attaches you with Supreme Being and detaches you from the entanglements of the world. Those who adhere to the practice of "Satkarni" can easily loosen their attachments slowly and the seeds of Bairag are sown in his heart and every incident teaches him a lesson. The world's ephemeral nature is shown practically to him and enlightenment takes place then. Before this desirelessness and generosity cannot be generated. Satkarni attaches you with God and detaches you from the world. If people are attached to the world all the needs of their body and mind are fulfilled. Social and political organisations are created to look after the necessities of the people and so they become attached. If you are not inclined to limit your necessities how can you perform Satkarni. Most people proclaiming themselves as spiritually charged souls run after the world and are enamoured of its glamour. For them Satkarni becomes burdensome. They think that as God is all-powerful, He can give emancipation in no time. They are averse to Spiritual Practice. They will be waiting for that blessed moment of salvation, which will never come into their lives. Spirituality means annihilation of Self. Success cannot be achieved by whims and fancies of one's own and you have to tread the path of true seeker. You have to attach yourself to the True Name and Nami. In this venture even if the world is torn into pieces do not care. If separated from your near and dear your attachment receives a severe blow and you are deeply upset and dejected and you get estranged. The thing that binds you to God detaches you from the world. If there is destruction and turmoil you should face the situation with wisdom and courage. Desirelessness

and detachment can alone enable man to do service to mankind and society. Such people will not be affected by fluctuating events of life. The lives of great people are indicative of this fact. They were born in and lived in ordinary families. The knowledge of God made them detached and desireless. Their detached life was a source of inspiration to many people. In the time of Param Guru Soamiji Maharaj only a few people could recognise Him as a great Spiritual Master. But now their numbers have increased considerably. His teachings are spreading. His discourses lay emphasis on desirelessness and detachment and are based on real experiences. As the spirituality in man increases he is more and more benefited with His message. As a result he gains great wisdom and strength. You have to practice Satkarni in the right way. It definitely loosens the worldly attachments. You pray to the Lord that your attachment with body and mind should be minimal and for name-sake only and that deep concentration and stability of mind should be fortified leading to complete absorption in the Name and Form of the Supreme Being. Everyone should endeavour for the reformation of one's own self. The repetition of the Holy Name Radhasoami should be the prime aim of your life. Those who repeat the Name are very fortunate and blessed. They will be rid of worldly attachments very soon. Selfless man alone can render service to others. He alone can strive for enlightenment and spiritual awakening. You have to become completely selfless. Then only can you do good to others. Wealth, power and prestige cannot help you in doing selfless service to fellow beings. Wealthy people are very avaricious and ambitious. They waste their precious time in gambling and drinking. Such people often come and go but no one gets inspiration from them.

## Discourse 2

Some people have faith in Karma (Law of action) but such faith has no real basis. Man has done many karmas during his several births. While doing any karma he does not look into its consequences. It is essential he has to think about its outcome later. Looking into the past or remembering them will not wipe away the consequences of actions. To escape from the punishment for those karmas in future is also not possible. Man is not aware of the karmas which he has accumulated in the past. Then how can he eradicate the effects of those karmas now. Man is linked to the present both from the past and to future. The effects of the past karmas are seen in the present. The future is determined by the karmas you do now. Today's present becomes tomorrow's past. Awareness of Karmic effects in the present provides a key to the consequences you suffer in future. The annihilation of karmas is being done in the present only, not in the future. If in the present karma does not affect you, think that you are redeemed of karmas. Those who value the present are the conquerors of kal. They will not go astray. If you want your future to be strong and secured in spirituality you have to lay the foundation now. Every method which helps in its growth and stability should be followed. The good effects of satkarni are enormous. As soon as you have proper awareness of karmas and their effect, elimination of needless ones should be done with sincerity and determination. Those who are attached to Truth are the real living persons. All the others are suppressed by the burden of karmas. They do not know how much load is on their heads, how much is removed and how much is still there. They are completely covered by illusion. They suffer from worldly ordeals, disease, social and financial troubles and in the end death finishes them. You are attached to past and present but you are not able to recognise it. Today's present becomes tomorrow's past. The effects of past karmas will be experienced in future. People have to experience the results of "prarabdha karma". Some child is born handicapped, some other may succumb to accident during birth. These are all effects of "prarabdha karma". If we advance further "prarabdha karma" (consequences of the actions of the past) and chalayamana karmas (consequences of the actions of the present) mix up. If you do not attach your life to Truth you have to carry the burden of karma. The births and deaths cycle will continue. Saints tell us the method of eliminating the causes of happiness and sorrow. But people like to remain in the world of illusion.

Give importance to spirituality in your life with firmness and sincerity. This should occupy the whole scenario of your life. The repetition of the Name should be done in the prescribed way. While walking and doing any action Repetition of Name should be continued. If you forget, rebuke yourself. He who remembers the Lord in solitude is a wise person. People are accumulating the burden of karmas. A serious and determined person acquires spirituality in solitude. To escape the bad effects of karma is highly impossible. To silence the mind Repetition of Radhasoami Name is very necessary. To control the mind by any other means is not possible. Without “Nami”, Name will not give good results. Search for the True Master and engage yourself in His devotion. Then only you can see the benefits of spirituality. The person who is not attached to the Physical Form of Satguru cannot catch His Subtle Form. Those who shiver at the thought of poverty, those who cannot bear any bad remark or those who always fight amongst themselves are not real seekers. Their spirituality is based on imagination. They mislead people by posing as though they have had spiritual experience. First you should search for the True Master and engage in His devotion with selflessness. To follow His commands is Bhakti. Repetition of Name and Contemplation of Form is devotion. Give utmost importance to this.

### Discourse 3

By listening to the discourses in Satsang and by studying its literature man is able to know very much about religion but with regard to experience he is nil. The knowledge acquired through listening and studying becomes a burden on the brain. As soon as he goes away from the association downfall begins and the knowledge acquired through intellect disappears. They go on talking about foolish things such as pride, greed, lust etc. Due to their weak spiritual foundation they indulge in useless talk. The stability in spirituality lies in devotion to Guru. Without this basis even Sumiran and Dhyana become useless. The person who does not have an element of devotion for the Guru wavers on the plane of intellect and is weak in the performance of spiritual exercises. His time is wasted and he cannot realise Truth. You see for yourself how much time is wasted. Devotion to the Master is a unique experience. Otherwise everyone can cultivate devotion. Man is capable of having devotion to wife, son, power and position but not Satguru. An earnest seeker can listen to the inner call and the celestial sound in which process there is a great pull and forcible withdrawal. Those who are devoid of devotional element cannot experience the internal pull and an ordinary man cannot bear the pain of withdrawal. The suffering is unbearable. Even the pains of delivery are a natural phenomenon. It does not involve any thinking or observation. In withdrawal also lot of pain and suffering are experienced as though death is approaching. In death withdrawal is from all organs involving even biochemical responses. Internal spiritual practice also produces many similar responses. If he is not blessed with the association of Satguru he may die but if the devotee has true association he can go to the higher spiritual regions and also come back into the body. Those who do not have devotion cannot get spiritual elevation. There will be no transformation in his life. He can cheat and misguide ignorant people. The society is devoid of true spirituality. Impostors trap many people. The devotion to True Guru is very difficult. The Religion of Saints is the path of devotion (Bhakti). Those who do not want to be associated with this beautiful path are empty and dry. Whoever wants to be acquainted with this delicate path can practice devotion slowly and be the recipient of Supreme Father's mercy.

Spirituality is a thing to be practiced. True devotion alone can bestow on you the supreme gift of Name. Repetition of the Name cannot be done on the plane of intellect. The experience of death while living is possible only by the element of devotion. If you neglect spiritual practice “kal” will drown you. If you do the practice mind will be cleansed and purified and you will swim ashore through the mighty ocean of the world. If you do not go into deep concentration internally spiritual experiences do not come to

you. You have to engage your attention in internal practice. Of course you will fall down. But by falling ego is thrashed and mind's attributes such as lust, anger, greed and ambition are destroyed.

#### Discourse 4

“Kal” is a force which is active in the form of time. Pind and Brahmand regions are all under the sway of Kal and bonded to the cycle of Kal but all cannot see Kal. Kal has given you the form of a child later changing to old man's form. With the passage of time your thoughts have undergone a great change. The courage of childhood cannot be sustained. Time has given birth to you and time will swallow you. It has created many weaknesses at the physical and mental planes. Past is always looked upon as beautiful and glorious. In the present you are sad and remain aloof. Today's present is tomorrow's past. The qualities of great kings and incarnations were not recognised in their lifetime but after their departure they are adored and worshipped. Countless desires arise in the hearts of human beings like a torrent and unfulfilled desires and ambitions go along with them into the next birth. In this way you are entangled in the shackles of Kal. Man derives pleasure by participating in congregations and functions. Every individual is a separate entity internally. Loneliness in the form of fear grips his heart. Such a person experiences peace in the company of family members, congregations and social functions. In this way the society is born and has taken shape. After wasting away the opportunity provided in the “present” with old age and death approaching him, man repents. Are you also one of them? You praise the past as a glorious one and neglect the present. By the performance of Spiritual Practices you get to know Kal and his various ways of functioning. Your whole life turns into a sacred area of learning and you become a perfect man. Others are cheated and misled and this mistake is repeated again and again. As they experience negative results they begin to weep and moan. They accuse fate and karma. Desire is the weakness of man. Ambition, greed and lust drag man into the clutches of Kal and make him dance around him. He who destroys its roots can make Kal and all the three worlds dance around him. But man is not empowered with such capacity. If some greater force than Kal assists him, then only he can win. No one can conquer Kal in this world unless he gets the association and help of a True Saint. If you can find out how Kal is influencing your mind in every sphere much of Kal's effect can be eliminated. Kal is effective and active in both wakeful and dream state. If you are alert and cautious you can escape the trap of Kal. Saints are always cautious and help others also. They help by keeping the sorrows and miseries of devotees to the minimum, at the same time removing all their impurities. In a way they give commands to Kal to act like this. You utilise the present precious time best by attaching yourself to Radhasoami Name. Kal tries to thrash you down. You can analyse his ways of cruelty and punishment. Past should be no more glamorous. By doing satkarni you will be destroying the roots of desires. You no more entertain any desire for future. Future is dark. You also will be looking at the past with no attraction at all and no inspiration. In the absence of this type of awareness you will not be victorious against Kal. Ordinary people cannot understand these subtle points. To neglect present is precarious. Learned Pundits and gyanis run away from reality. You have to give proper place to satkarni in your life. Then only you can give importance to present.

#### Discourse 5

Most of the people study the teachings of “Santmat” (Religion of Saints) and when they explain it to others it looks as though the teachings are very easy to follow and quite beneficial. But even then people are not inclined to adopt it. Why is it so? There must be some secret behind this. The teachings of Santmat are very subtle. To follow and practice them requires some purification of the heart whether the causes are of past sanskaras or present sanskaras. One who has good sanskaras cannot be away



from Santmat for a long period. Generally man lacks purity due to the influence of forces of darkness. He has forgotten what real purity means. Worship, devotion, charity and rituals, which are promoted by Kal are considered to be pure acts by man. But this purity is of inferior type. Lust, Anger, Greed, Jealousy and Infatuation do not go from his heart. Unless he pines and yearns for the redemption from them, how can he get any awareness of Truth? If he thinks that fulfillment of desires of mind is happiness then how can he be pure and clean? Saints know very well the condition of such people and they have opened their gates to accommodate even the most impure jivas to make them pure through association. Man after seeing the enormous dirt in himself cannot know how it got accumulated. Slowly and steadily, after several births, he will be cleansed and he will be fit for Santmat and its Teachings. In all these acts the hand of Satguru works. He is great and in His inimitable way brings about the reformation of jivas.

You have to see for yourself how much importance you have given to the practical aspect of Santmat. How much desire is there for Satsang? Such an approach reveals the purity of heart. Without purity and without the help of that Great Power, the Supreme Being, transformation is impossible. The person who is endowed with devotion and dedication alone can do sadhana and enter the subtle world. When he is blessed with knowledge internally he is most excited and happy. If for any reason you are not attached to Satkarni as much as required, the fault lies in you. To overcome it you have to do Satsang often and also Sumiran, Dhyan without fail. These are all the methods which enable you to stand firmly and pursue the path vigorously. Of course the forces of darkness will deter you from the path but by Prasad, Service, Sumiran and Dhyan you will overcome all obstacles and be crowned with success. If you follow the right tactics and technique and be under the leadership of a capable leader then victory is certain. Huzur Radhasoami Dayal wants to lift you from this world of miseries and place you in a world of happiness and peace. You have to see how much you can attach yourself to this mission and how much time you can utilise for this purpose. For the worship and service of God, you cannot get any separate time or life. In this lifetime and in the midst of these trials and tribulations, seeker after Truth should proceed on his path. A brave person can act with beautiful coordination and adjustment. God wants you to be courageous and brave. But if you want to remain like a timid and weak person then it is your misfortune. Everyone should be inspired by this discourse.

## Discourse 6

Man's mind searches for solution whenever it faces any problem. Based on his perception and his previous experiences he evolves a suitable solution for those critical problems. Whenever the problem is found to be serious and grave its remedy and solution should be found immediately. Active research on any disease was undertaken when people were affected by it. When people suffered from diseases of the body and their enduring power declined then knowledgeable people through their intellect and past experience thought of various methods to cure them. When they were successful in finding the remedy for one, incidentally, they could find out remedies for some other problems also. Sometimes even though the entire life is spent no solution can be found. Your life becomes a big challenge. You are trying all methods to the best of your ability. If there is a problem you have to assess to what extent you were successful in tackling it and what further inputs are needed to solve the challenges (mental, environmental, social etc.) Such an approach gives you experience and success. It will benefit the lives of many jivas. For centuries man has been facing problems. Those who could solve them were able to go ahead. Some experiences give a momentary relief and later throw you into deep waters. Whenever man faces difficulties he accuses the older generations. You will not gain anything by throwing blame on others. Past virtues need not hold good now and they offer no solution at present.

If people are praising the virtues of earlier times how is it that they are not adopting their qualities and life style and moving forward? Those who say that past is glorious and golden run away from the problems yet somehow or other they want to fulfil their selfish desires. For the present day ills also we have to find a remedy discarding outdated solutions.

If man is unable to solve the problems of others at least he should find a solution for his own problems. In this context the best remedy would be Radhasoami Name and the Nami (The Master). By the repetition of Name, past, present and future can be evaluated. Kal will be in his grip. If you have not adopted Name as the remedy for all problems and are not devoted to it with sincerity then you have no knowledge of your weakness. Time does not wait for anyone and it does not remain still. If you do not feel the need for control over Time (Kal), then Time also floats you along with it. Those who have not utilised their lives properly are very sad now facing all kinds of difficulties and problems. The type of life they were living gave them only trials and tribulations. This is not only the case with individuals but with entire humanity. You have to search for the remedy with the help of Satguru's Name and His Form. If you embark upon this path you can enrich your life in future. You have to tag on your life to Satkarni. There is great benefit in this.

#### Discourse 7

The kind of material with which mind is made and which has given birth to intellect remains absorbed in the same material from birth to death. Even on deathbed no person will be able to say that he had full knowledge of the world. To acquire knowledge of this world and to fulfil his desires man passes through the cycle of births and deaths and in the end with his perceived knowledge of the world he realises that it is all nothing but dirt and gross matter. In this world many scientists and researchers have been doing research but nobody can say that they have full understanding of the subject. For man, even knowledge of material world is itself vast and boundless; even though he spends his whole life he cannot acquire the full knowledge of it. Great scientists also take birth in ordinary families. As their grasping power is great they learn very quickly. But with limited life span their knowledge also remains incomplete. The world which is made up of matter will no longer attract you because you have known its essence. One realises through the cycle of births and deaths that acquisition of complete knowledge of the world is impossible and whatever he had becomes useless with the passage of time. Then is it necessary to run after the world? Further, as the basic knowledge for survival has been acquired, is it not our duty to turn towards the realisation of knowledge of God. Even though we get applause for our progress in the intellectual field we feel disheartened to know that we are empty from inside. The instrument through which we gain worldly knowledge is mind and that also can be acquired by satkarni only. That is why satkarni is full in itself whereas full knowledge of even one subject is not obtained in the whole life. Divine knowledge can be gained only through Satkarni and the Grace of God. With spiritual practice mind's current flows upwards and the so-called "reality" of all knowledge associated with the mind will be known to you. In darkness without knowing you sit on a garbage bin and feel happy but when light comes you know that it is all filth and waste matter. In the same way when you are blessed with internal knowledge you realise the Truth and consider this world as dirty and detach from it. Satkarni reverses the flow of mind's current from downward to upward. If a person has no desire for inner transformation and the search for truth he gets disillusioned soon and wanders aimlessly. If after remaining in true Satsang and listening to many illuminating discourses your mind still favours the world, it means that you are carrying a load of karmas of several births and there is a danger of taking several more births. In such a case teachings of Saints are not for you. You will go far away from the plane of action. If you do not give importance to Spiritual Practice and Devotion to the Master in your heart, then you cannot escape Kal's clutches or the cycle of births and deaths. To

acquire True knowledge is also impossible. You may go on praising yourself thinking that your intellect is self-contained. Most people are leading their lives like this. To know your limits and then desire to become boundless and search for the Boundless is called Wisdom. Such realisation will not dawn on you by listening or telling but only by acquiring that technique which imparts to you Supreme Knowledge. Then, not only knowledge but even the Supreme Being will be in your possession. A spiritual person neither loses the world nor spirituality. Dedicate your life to the realisation of Truth. This is the greatest advice

#### Discourse 8

You all know that man's intellect helps him to tide over the struggles of the world but if they are successful in overcoming their difficulties, their mind and intellect come under the sway of ego which attempts to destroy them. Then even intellect and mind will not be able to find any way out. The world is full of so many challenges that even struggling with them for centuries was not of any help and no one was successful. After the departure of a person no one remembers him. In hundred years new generations spring up and whatever memories remain also vanish. Even great emperors and kings are not remembered. If your intellect cannot leave its imprint here then how can it help you in the inner conflict? If with mind and intellect man realises that inner conflicts cannot be solved then he should know that superior knowledge can be obtained with the same mind by resorting to the repetition of the Name and contemplation of the Holy Form. When knowledge is acquired strength and courage also come. Without strength inner stress continues to exist. After practicing Sumiran and Dhyan for some time man's ego begins to dissolve and then he realises that internal strength is devotion. Man's mind is not aware of "Nishkama Bhakti" or selfless devotion. Merely repeating the word Bhakti several times will not give you the required results. Even though he displays obedience and devotion to the Master externally, he remains disobedient and unfaithful at heart. Slowly he will realise that man by himself cannot practice selfless devotion. Then with humility he prays for such devotion. In this pursuit many years and even lives may pass.

The person who is very clever and active does not hesitate to use his cleverness even in spirituality. But the person who has a child-parent relationship with the Master attains the plane of "Nishkamata" very soon. Such persons, as soon as they form the association, feel as though they have entered their own home and everything there appears to be their own. They have the earnest desire for Bhakti and soon realise that this cannot be achieved by intellect. For attaining the same one has to face many challenges. The man realises that to be committed to spiritual path by an easy method, it is most necessary to have a natural attraction towards Paramartha where humble prayer for Truth is an integral path. These devotees are called "Hans Jiv" (swan-like jivas) blessed souls and noble sanskaris. They are also eventually blessed with emancipation. The others would merit salvation in one birth or several births. If life is precious then devotee has to aim for attaining the precious things only to attain salvation from this perishable world. Crying for the world will not fetch you anything. With tearful eyes you have to cry for the Supreme Being. These tears come out due to repentance and devotion. This cruel world will not do any favours to you. On the contrary it gives you great shocks. If you think that only others get blows and you will be spared then you are a big fool. Strive for spirituality sincerely and pray for Grace.

Showers of Wisdom

From Huzur Dayal Sahab's Discourses

(1)

Realisation of Truth was always the ideal and goal of every seeker after Truth. As he prepares for the achievement of this ideal by making all efforts Nature also bestows on him the golden opportunity. For realisation, great courage, adventurous spirit and internal strength are needed. The greatest warrior also cannot compete with the seeker of Truth. You do spiritual sadhana more and more. It will eliminate all sins and establish Truth in you.

(2)

Mind obsessed with worldly desires makes man unfit for performing spiritual exercises. But slowly and slowly it comes under control through “abhyas” only. You have to continue your spiritual sadhana uninterruptedly and sincerely.

(3)

Repetition of Name and Contemplation of Form though appearing to be easy and natural require lot of concentration of mind. Mind suspends its fickleness because of the thoughts of “vairagya” (Renunciation) for a while but unless this is transformed into “anurag” (devotion) stress continues. But you should not be disappointed or dejected. By the repetition of the Holy Name Radhasoami slowly and slowly mind’s “vikar ang” (negative traits) get weakened and dissipated and spiritual tendencies blossom forth. When spirituality gets strengthened “anurag” (Love for the Supreme Being) fortifies in the heart and “abhyas” (Spiritual Practice) becomes a natural act.

If you neglect the practice of sumiran then sooner or later you are bound to fall down and incur great loss. Man’s mind is filled with the Sanskaras of several births. That is why to turn to spirituality has become highly difficult. Due to ignorance of this fact, Satsangis as soon as they are initiated dream of controlling their mind. But when they face disappointment, they turn away from satsang. To subdue the mind is very difficult and only after a long struggle one can be successful through Lord’s Grace. Therefore you have to wage a war with mind taking help of the power and strength of the Holy Name

(4)

There is no doubt that after being away from satsang atmosphere (company of the Master) one’s mind finds difficulty in performing spiritual exercises. That is why frequent participation in satsang is most necessary. But if that is not possible you sit in a secluded place in your house and do Sumiran and Dhyana. By this you will be endowed with mental strength.

(5)

When attacked by forces of Kal and maya, in the form of mind’s desires, man is totally desperate and helpless. The realisation of this fact does not come to any person in his lifetime but only when he is blessed with the Grace of God. That means when the time for his emancipation approaches, he is made to experience Kal’s mighty strength and he becomes more and more humble. If this humility in the realm of spirituality is found in any person he will steer through the ocean of world safely. You have to act with great courage and in doing spiritual exercises you should not fall prey to mind’s desires and should not compromise with it on any account.

(6)

Life is a big struggle. Man has to accept this fact and live accordingly. For those who lead spiritual lives the struggle with the world does not seem to be burdensome because all the vagaries of the mind have been destroyed. As long as the neurosis of mind is not destroyed, man aspires to own everything in the world as they are most needed by him and consequently he experiences happiness or sorrow, all of which is in fact an illusion. By mere words this illusion will not go. It will disappear only with the

Repetition of Name and Contemplation of Form. You have to engage in it more and more.

(7)

In the religion of Saints man gets redemption from the bondages of the world. Mind is attached to the world for innumerable births and because of this a person's heart is filled with worldly desires resulting in everlasting sorrow and misery till his death. The practice of Santmat removes and throws away the roots of all desires from his heart slowly and slowly. It exposes the ugly form of it in such a way that man develops aversion and hatred towards it and eventually gets separated from them and redeemed.

Prem Prabhakar Dec 2004

Discourse 1

You all know that if a child is born in a well-educated family but does not make any effort to study and learn he cannot become a learned and educated person. Of course he can do any business with the property inherited from his father or grandfather but he cannot become a learned man. No one need undergo any trouble if wealth and money is inherited but education cannot be acquired without effort and a little bit of trouble. Spirituality is also an education which is not acquired by intellect. Ordinary intellect is incapable of acquiring that superior knowledge. But ordinary intellect can enlighten the person by reaffirming the fact that this universe is impermanent and is an illusion. There must be some reason behind his taking birth in this world. The human form he is having at present was not there in the previous birth. He was not in human form then. But as he faced many challenges and trials the people who were waiting in the line got the way. When greater difficulties were faced for communication and interaction words and language was brought into use so that they can talk and exchange their views. In India there are several languages. On the verge of development and progress people needed many things. They were not having the benefit of travelling aids such as trains, buses etc. The movement of people was also very less. Communication was very difficult. People used to understand each other's language by gestures. Today the mode of travel and communication has increased. If one goes to another country he has to learn the language of that country. In this way there was a problem of the language also. Religion is not at all to be enforced on any one. But followers of one Hindu religion also worship in several different ways. The challenges and problems of the world are creating tension and emotion in them and all their hopes and ambitions are tarnished by the adverse results which are quite opposite to their expectations. On the whole it can be said that in religion people are passing through a grave and disastrous situation. Riches and reputation can be attained by inheritance but not education. He has to achieve it by effort.

God has created this universe for the development of mankind. But without striving for spirituality the knowledge of spirit will not dawn on you. If mind and intellect embark on the search for truth, then, even while being in this body man can awaken his latent "Atma Sakti by performing spiritual practice. Until the spirit is awakened Master's company and repetition of Radhasoami Name is most essential. Without the presence of the Living Master mind will not die. Being born in a King's family will not entitle you to intelligence. Spirituality is to be learnt, practiced and achieved. This deals with the awakening of spirit. Riches and wealth are not needed for such an achievement. The association of the Master is very precious and a rare boon. This is not to be inherited. It has to be acquired. If any one has taken a resolution that he should do Repetition of Name And Contemplation of the Form till his last breath then he finds in due course that lot of transformation has taken place and he is able to know very many things. His outlook has undergone a great change. Such a person will not be deprived of his spiritual wealth. All of you should give highest place to spirituality in your life.

## Discourse 2

Spirituality can be considered as action related to transformation of a human being. It is similar to the action of physical exercise resulting in the body getting strength and mental faculties developing through studies and learning. By doing spiritual exercises and internal practice transformation of the mind takes place. If you are to go to a foreign country leaving your home you have to face many challenges in that new country and new environment. In that situation if you happen to meet anyone who is more loving and caring than your kith and kin then you develop a strong attachment to him. But a person who never goes out and who is not at all aware of the challenges of life is not fired by the desire for search. The person who is blessed with a great companion feels that his goal has been reached. The seeker after Truth also, in the beginning, floats along with the tides of mind and realises his helplessness in the ebb and tide of life's events and then embarks upon the search. Then he will be able to evaluate benefits of Satsang in true perspective. A healthy man may not know the benefit of medicine but a diseased person easily recognises its efficacy. If any person has not struggled with the challenges of the world it means his mind has not undergone any change. It is hard and inflexible. Most people think that following the dictates of mind will fetch them many benefits. The people who are deprived of the benefits of Satsang do not practice "Satkarni" in the prescribed way but only as a routine ritual which is devoid of any inspiration or feeling. That is why no transformation is seen in them even after a long period. The people who want to mask their minds and who do not feel and repent for their weaknesses even after noticing them are not fit for the boon of spirituality and have to face disasters. "Satkarni" which gives transformation is not to be acquired without diverting and reversing the flow of mind. Mind has to ascend higher regions from the lower ones. If man is not prepared to be relieved of the burden of sanskaras which are the root cause of all miseries, then how can he perform the Repetition of Radhasoami Name and practice "Satkarni". Even if he does the repetition the desire of the world remains and no enlightenment or reformation is possible. If the desire is not fulfilled he distances himself from spirituality but if the desire is fulfilled faith and dedication naturally follow.

The process of reversing the downward flow of mind in which transformation takes place will be known to the person. He sees for himself that by this method his body mind and sense organs are under control. In such a state even though he remains in the new awakened body, in practice he becomes very mature and wise. The number of such people is very small. Due to the advent of Saints and Satsang the numbers are increasing but even then they are not significant enough. If mind is undergoing transformation then be aware that it is with you only. You will be noticing its waves, aspirations and attributes. If there is transformation in them are you not going to change also. At present individual achievement in this world is measured in terms of his reputation, name and fame, authority and power. People are focussed on achieving the same. However if you regard spirituality as the Ultimate Truth, try to achieve it by practicing as a true and honest devotee. Guru's Grace also will be bestowed upon those who adhere to the Sadhana. You observe for yourself how much your mind is attached to "Satkarni". This is the real attainment. If you do not acquire this you will remain poor. There will be no change in your miserable plight.

It is most important to note that if you love your life and consider it as most precious then enrich it in a precious and noble way. You should not waste your time in gossip and unnecessary discussions. You have to devote more time for devotion to the Lord. It is left to your decision whether you follow it or not. If this decision is correct then you will be blessed. Otherwise you will wander aimlessly.



### Discourse 3

To interpret the word “happiness” one should fully know what it is. Unless its nature and fullness are known real happiness remains a puzzle. As this creation is itself imperfect, by attaching himself to this, man is disillusioned and misled. He is tied down to its wonderful attractions and allurements and continues to stick to the same. Most people and even animals often become so fat that life becomes unbearable for them. In appearance they look strong and energetic but actually they suffer from many weaknesses and defects. It is often seen that one’s achievements in the world weaken his inner, imaginary and emotion-filled world. He becomes a dry and mechanical man without any joy and inspiration. His latent talents in the fields of art and culture are suppressed. He notices the barren nature of his existence and that the creative talent in him is lost. The present scientific era is the era of machines. On the one side it has benefited man with latest technological equipment for all comforts. On the other side it has destroyed the emotional nature of man thus making him a dull and dry person. The person who lives in a world full of sound and fury naturally becomes a dry and dull person. He can neither give happiness to his family members nor to himself and cannot contribute anything to anyone. Only money and money alone is everything for him. Today computer is doing much more work than human intellect but it cannot enrich the beauties of life. It can neither laugh nor weep. Whatever is fed into it is gathered by the computer and stored. There was a time when man was inspired by beautiful and noble thoughts. His behaviour used to be very cordial and affectionate. If you find good behaviour and affection in anyone, know that they are simple and virtuous people. But their number is also decreasing. Along with the advancement of science at present man is ready to sacrifice his fellow beings also. Do you call this as advancement and progress. Development means the eradication of the dirt of the mind thus making him a perfect man. Then you can see true human qualities in him. This is not only seen in his speeches and writings but also in his sincerity and honest behaviour and conduct. His thoughts and actions reflect humanitarian outlook and compassion. Such people are also very few. Man’s heart is becoming hard without any feeling of love, affection and kindness and even the desire for getting real happiness is lacking. Therefore it has become very essential to inculcate higher values in human beings. If man is to develop love towards another person he should first attach himself to that Superior Power which is seated in him. Right attitude and discernment come with spiritual exercises. Every individual should be strong and rich in this way, otherwise peace and tranquility will elude him.

There was a time when a person was attached to his family emotionally with warm and affectionate feelings. But due to the development of intellect his cleverness began to act and he thought that he is all powerful and all intelligent. All the old feelings and traditions were abandoned. On one hand he boasts of his great knowledge but on the other hand he exhibits his ignorance and bankruptcy. You should all believe that truth is the basis and essence of life. If you run after worldly attractions you are bound to fall down. The people who are of generous nature and whose main aim is to realise Truth inspire others for generations and elevate them to higher levels of Consciousness. If you do not give proper place to “Paramartha” in life then you are imperfect and bankrupt. To rectify this you have to tread the path of Truth. Along with man’s intellect if his gentle and emotional feelings remain intact then he looks beautiful. Every one should strive hard to eradicate the ugliness of their lives. To achieve perfection man has to introduce “Santmat” (Religion of Saints) in his life. Such a step would be so great as to enable him to experience all the wonderful attributes of the Supreme Being. You will reap the full benefit of Radhasoami Name and the Association of the Guru in this life.

### Discourse 4

Man's awareness of his attachments and the experiences of happiness and sorrow are all on the mental plane only. Man is unable to perceive any subtle matter or superior power except his mind. Until man realises that intellect is the other name of mind and it is a non-entity before the power and strength of karmas, he will not stop relying upon his intellect. When he realises that without turning inside and without performing "Satkarni" he will not be able to control his mind then he adopts those methods which are helpful in the diversion of mind. The downward mental currents cannot be changed in minutes by mere service and Prasad of the Master. For this you have to weaken the force of mind by Sumiran and Dhyan and by the discriminating power and understanding which is obtained in Satsang. Without self effort, no one can get devotion, which is indeed a rare gift. Even if you are fortunate enough to live in the company of the Master, if you are not ready to accept this fact and reverse the flow of the mind with Sumiran and Dhyan then you will be faced with many problems. Further the nature of your mind does not change even though you remain in Satsang. You are not able to practice that art which ensures devotion and reverses the flow of mind. On one side Kal alerts you by inflicting great pain and misery. On the other hand, Satguru, by preaching Satkarni and delivering illuminative discourses cleanses the mind of impurities to some extent. Such a person turns towards the Lotus Feet of the Master and seeks His protection again and again. With sincere devotion, through sacrifice, service and dedication, spiritual progress is fast and he goes through subtle experiences of a high order. He will be overwhelmed with joy but never expresses it to any one. He endures silently the trials and tribulations of life but never allows his spirituality to be disturbed by those situations.

If you want redemption you have to be detached from mind. As soon as mind is detached the spirit is absorbed in Absolute Truth. Until the spirit reaches "Trikuti" (the higher region in Brahmand from where the three gunas and mind originate) emancipation is not complete. As long as the mind is with you, you have to be alert and merit the Grace of the Master. His protecting hand is most essential. The devotee, as he progresses and advances, becomes more cautious and sees that no thought, action or mistake is done which causes displeasure to Satguru and His benevolent look is withdrawn. Every step he takes is very carefully taken. He gives utmost importance to practice and he wants to attain Paramartha not through intellect but by Guru's Grace. Intellect is impure and you have to leave it along with mind. The contribution of intellect is limited to induce the person to pray for the gift of devotion. Afterwards devotee does not need intellect. He resumes the precious spiritual journey whether there is increase or decrease in its pace. True devotion appears crystal clear in pure hearts and Satguru provides full protection to it. In spirituality these fundamental factors are to be considered and kept in the heart. Slowly and slowly he discards and throws away mind and intellect which are responsible for his earlier power of understanding and the onward journey is undertaken with the help of Love. If there is Brahmandi mind or Kal's involvement there is bound to be immense harm. Even the great Saints and Seers fell down because there was dearth of Guru Bhakti in them.

In spirituality lot of importance should be given to Guru Bhakti and this should be followed by sincerity and faith. Deceit and showmanship will not work in spirituality. Further they causes disaster and destruction. You evaluate your sincerity with your behaviour and the transformation that took place rather than show and exhibitionism. You should introduce the element of sacrifice in your life. Those who are ambitious of progressing in the spiritual path very quickly become victims of deceit and their downfall is certain. You have to judge for yourself what is most important in life and then priority should be given to it. By adopting this there will be great progress.

#### Discourse 5

As man is able to perceive the hidden hand of nature on the physical plane his attention and respect

towards nature takes root and develops. He also thinks that one should not play with nature. No one has any command over nature. Physical energy apparently controls nature but hidden power of mind and maya is also working. One side if we see its destructive nature the other side displays its creative power. If we want only construction and not destruction then it is not possible. It was never there nor will be in future. In this physical plane, for development and advancement, struggle is always there between construction and destruction but ultimately constructive activity triumphs. This is true even on mental plane. Man thinks of both victory and defeat in the war field. That is why life undergoes both physical and mental struggles which were the creation of nature. Without knowing this fact, out of ignorance, preferring and running after worldly happiness is foolish. The goat does not know that eventually it is going to be sacrificed. It eats the green grass which is given to it with great happiness.

A truly unhappy event that is going to occur appears as a very happy event to man because of his underdeveloped mind. This happiness is the happiness of ignorance. If you happen to know that after a short while you are going to receive news of some unhappy incident then you will not relish the meal you are taking and you do not show any interest even in happy conversation. One tragic and painful information is able to cause lot of disturbance in you. But at the same time it alerts and cautions you to think and think. The path you want to escape through is very narrow. You may have to incur great loss of wealth and worldly objects. Then you begin to think whether it is for this wretched life that you were going to pay such a heavy price. Is it really worth the price. After some time you realise that the path which appeared as protective is itself destructive. Then you will be perplexed as to where to go. Kal has closed all the doors. You begin to wonder whether running from one end to the other would give you any peace. This is not merely the situation at present. Since the advent of man on this earth the scenario is the same. On a large scale the inner struggle of man extends to relationship between countries. Each country is worried about its identity. Most countries have realised that those countries which were advocating integrity and security are now on the verge of causing destruction.

To be redeemed from the forces of Kal and Maya is not an easy task. This is an internal phenomena. If you are not fired by the desire for salvation and think that the pleasures of the world can be enjoyed and at the same time be the recipient of devotion it is absolutely impossible. You have to do internal preparation for one thing only. Those acts which are helpful in this direction are to be given more importance. You have to discard those attachments which are in the form of illusion and ignorance which were created by Kal and Maya. You have to make your mind fit for abhyas. This is definitely very difficult. Not only ordinary people but even extraordinary people are not fit for this. Being aware of the difficulties of redemption, you should bring about transformation of the mind slowly and slowly. Whoever understands Radhasoami religion will inherit all the qualities of Supreme Father. The entire spiritual game and the realisation of Truth is all internal and a hidden story. No one can explain this through speeches or writings. It is real experience which is connected with transformation. If any animal consumes poison kept by you unknowingly and dies then the next time you will not keep the poison within the reach of anyone and take great care for preserving it. One experience has brought about a big change in the way of action. If you are blessed with any spiritual experience of higher consciousness will you still remain in the same state. No. That transformation which helps you in liberation is the right one. It is most beneficial. If body gives trouble you should reduce your diet. If sleep disturbs then you should reduce it. True association will help you to overcome these obstacles.

Have you found any transformation in you. By employing war technique you have to fight with mind at every step. If you embark on the path then struggle is indispensable. The entire path and journey is internal. Every one should catch hold of Radhasoami Name internally and adopt in your life. You have to try for its manifestation and be absorbed in it. This is a game of several lives. If you start on this journey even the longest distance also can be covered in minutes. When the Grace and Mercy flows is

not known to the boatman but he strives hard to drive the boat. Those who are valiant and courageous are successful in this journey. Those who act according to their intellect, mind and desire face big failures and their journey will not start. Mind and man's desire go in a different direction. It is essential to bring spirituality onto the platform of experience. If you do not realise that this world is ephemeral then there will be cunningness and imitation in your performance. Otherwise detachment and vairag can be seen to some extent.

You talk about spirituality on one side and on the other side you weep for the world and derive pleasure in worldly objects. You are two-faced. If external Satsang is not given importance then how can you value the internal Satsang. Most people sleep in Satsang or engage in unnecessary thoughts. In this world Name of the Supreme Being (Satguru) and His association are True. In Santmat Truth alone commands high value. Satguru has manifested to ensure Truth. The doors are opened for all. If emancipation is bestowed, it is according to His guidelines and not your wishes. For this purpose Sants are appearing on this earth. What is spiritual outlook. In what way should it be accomplished. All these matters are discussed in Satsang. Man should feel that spirituality is a must and most essential. Emphasis should be laid on the practice. Otherwise he will be doomed.

#### Discourse 6

It is a well-known fact that time passes very quickly. That is why the things which are left behind will not be useful in future. Of course the things which were in one's possession will be preserved by him according to their value. He retains those things which are beneficial and less harmful. In ancient times when medicine was introduced many people were cured but a good number were not cured also. That is why scientists are striving hard to produce special drugs which are more effective and beneficial than the earlier ones. Using it over a period of time their merits and demerits were observed. The earlier drugs remained in books and writings only to explain their effects. In medical field lot of new research is being done. However whenever it is found that the new drugs are not as beneficial as the earlier ones, people reverted back to the old things. In this world, on the plane of mind and intellect, there is no such thing which is all perfect. That is why intelligentsia observe the trend of new thoughts and discoveries and their defects, supported by experiments. In this way there is great change in all ASPECTS OF LIFE. If anyone, without observing its merits and demerits, simply attaches himself to old system and thoughts then he is a fool. Man is willing to accept any transformation that is good for the present day society. But only in the field of religion he would not leave his old traditions and thoughts and sticks to them. If such thoughts result in the fulfillment of his desires then he adopts and follows them.

Today man has to face many challenges in the world. If he has not recognised his own self then how can he face them. If you are aware of the attributes of your mind and also channelise and control them, then you can solve any problem by yourself. Extraordinary wisdom and discretion are the qualities of spirit and are internal phenomena. A story goes like this. A soldier died in the battlefield. When his dead body was shown to his wife she was shocked and dumbfounded and did not cry. All those around her opined that she should cry to ease her grief. One old lady was standing and observing this scene. She told her relatives to bring her youngest child and keep him on her lap. They did accordingly. On seeing the child the woman cried and wept inconsolably. Everyone heaved a sigh of relief. The essence of the story is that in the old woman's timely act and wisdom there was inspiration and experience. This type of wisdom is the attribute of Atma.

That religion which does not give you knowledge but takes you to blind faith is not a religion at all. If the practice you followed did not give you introspection of your life and did not make you aware of

your own faults then how can it be called an internal practice. A child out of ignorance plays with mud. Do you also play, out of ignorance, with the dirt and filth of the world. Nature, slowly and slowly, to enlighten you, creates worldly challenges and trials. You fight with them and the whole life is wasted but the challenges are still there. If you want to be relieved of them then you have to practice the spiritual sadhana. With the Repetition of Radhasoami Name and the Contemplation of Satguru's Form your wisdom and vision become clear. If you advance once you will not come back. If you decide and aim at a goal then you will not find time to look here and there. If you do not start spiritual practice in right earnest you will never get solace. Till death you will be wavering. Much before merger with the Supreme Being, who is omnipresent and omnipotent, transformation should come within you. You should imbibe the qualities of Supreme Being. That is why that "Mantra" which fills the Jiva with God's attributes should be adopted. Its repetition and the association with True Guru will lead you to salvation. Otherwise the mystery of life becomes more and more complicated. No one could solve it through intellect. This was solved only by Saints who were themselves redeemed from Kal and Karma. This world's game is full of selfishness. If you do not attach yourself to the Reservoir of Truth you will wander aimlessly and suffer. It is absolutely necessary that you should give top priority to Name and Namiby which your life becomes fruitful and inspires one and all.

#### Discourse 7

If man is awakened his outlook changes, he becomes more and more concentrated internally. If you do not turn inwards and in 2 or 3 minutes you are vexed with abhyas and not at all attracted towards internal practice then know that your journey has not yet begun. Of course it is very difficult because of mind's obstructions. However if it is not possible will you leave it like this. If you neglect and reject spiritual practice at any stage, your life will go in vain and you remain empty. If anyone is blessed with the association of Guru, he should surrender to Him and embark upon the spiritual path. Until the urge for realisation of Truth arises, world does not seem to be sour and unpalatable. Whatever sourness and emptiness we see in the outer world is only peripheral. Once awakening starts then the real picture and facts appear before you. If one has started on his journey, then how can he know the sourness and emptiness of the world? If any disease or calamity strikes him then he abuses and curses his fate but never accuses the world, and with the hope of happiness in the next birth he leaves the body. In the next birth he may find some happiness but its emptiness is not known. Whether you see the world as a rich man or a poor man or handicapped, this world is unchanged and remains the same.

The state of sorrow and tension which was ordained by the Supreme Being is for our well being and enlightenment only. Everyone entertains the hope that the present time is not good but in future it will be bright and in this way life goes away and the end comes. Man is very much afraid of death. To escape it he tries all methods and in the end grieves and mourns. Every minute someone dies, is cremated and again reborn. Since birth to death this is the story of all. There is always an increase in the sorrows and miseries. No one has experienced true peace or tranquility. If you do not find the necessity of spirituality so far, it is clear that worldly desires are dominating your mental horizon. Without the removal of such desires how can you perform spiritual practices which have a most important goal in life. If one is successful in fulfilling his worldly desires will he be motivated to fathom his Inner True Self? If one happens to win a lottery will he be able to turn inwards? If he gives a portion of it as "bhent" can it be called "Paramartha"? Does he feel the need to explore the potentialities of the Inner Self? That is why, in whatever circumstances you are, you should be fired by the desire to go inside and do spiritual practice. You have to observe that irrespective of the ups and downs of your life, whether your spiritual life is progressing or not. If even immense happiness or great sorrow is not at all affecting your spiritual career, it means that you are the greatest man on earth and



no one can compete with you. Such a person is not an ordinary soul. He has understood the reality of the world which in its essence is nothing but filth and dirt.

If you want rapid spiritual progress see for yourself how much time you are giving for Sadhana in a span of 24 hours and to what extent you are able to retain and be successful in it. While doing worldly duties with eyes open, if you are remembering the Name and Form, how long does it last? At home are you attached to your family members very much? Then internal practice will not be possible. It is every one's duty to give prime importance to spirituality in their lives. For devotees life is very precious and priceless. Merely feeding the stomach and gaining power and popularity will not make man a better individual. The whole world is filled with ego and people want self praise. If you are also having this defect then your entry into spirituality becomes a big show and exhibition and spiritual awakening becomes impossible.

### Discourse 8

All the attachments of man are internal. If any object is imprinted in him and he gets attracted to it then it becomes an attachment. You may not cling to it externally but mentally you are attached to it and you spend your whole life in guarding, enhancing and protecting its growth. In the life that you had spent so far in attaining the same, have you achieved any happiness? This you should see for yourself. Then you become aware that these attachments bring you misery. Every object undergoes change and as man sees his attachments being broken he is shocked and worried. From this point of view, irrespective of whether a man has riches, name and fame, power and progeny or not, his sorrow and misery continue to haunt him. The person who does not possess them aspires for them and the man who has them wants more and more. Such people see only one side of the coin. In order to acquire them see how much trouble they have to take. The most precious thing in life is Time. Happiness is short-lived and temporary but worries and sufferings are many in life. Every attachment results in sorrow. Man, overburdened with suffering, leads a miserable life. The seeker after truth should endeavour to cut off the attachment as soon as it is formed. If you like any eatable and you desist from eating it, do not think that as you are not eating it the attachment is cut. It can be truly cut off only by internal strength of Sadhana. Internal practice consists of two things. One is Repetition of Name (Sumiran) and second is Contemplation of the Form of True Guru (Dhyan). The next is listening to the Celestial Sound (Bhajan). Without the awakening of the spirit the listening is not possible.

When the Form of the Satguru is implanted in the mind of the devotee and he is blessed with unalloyed devotion, a state of withdrawal is experienced and the spirit catches the sound in higher region. This is a gradual process. Until man practices spirituality in right earnest these things are not known to him and spirituality remains in imagination only. You have to be very vigilant and do Satsang. You have to carefully inspect and observe how much your life harmonises with these things. If there is no harmony it means you are far away from Truth. True seekers get benefit of Satsang through right perspective. But if spiritual practice is not given the most important place in one's life he cannot remember the discourses of Satsang. For him Satsang is only a social congregation of brothers and sisters. You should strive hard to become an enlightened and blessed soul. Without such intense desire the spiritual journey becomes rickety and SantMat which is a living and dynamic religion remains in imagination only.

You have to give proper place to Paramartha in your life. You spend your time in Repetition of the Name more and more; if not with the mind do it with the tongue. If at any time you happen to forget it, the moment awareness comes please remember it. This must be the goal of your life. As the mind is attached to Name more and more it will be slowly and slowly charged with spirituality. If you are not



able to get rid of attachments you do not merit any spiritual experience. Everyone should be aware of the implications and importance of Spiritual journey.

### Showers of Wisdom

( H.H.Dayal Sahab)

(1)

Defeating the mind is itself a spiritual victory. That is why it is stated that hidden hand of Grace is there whenever mind receives setbacks. The trials and tribulations which man undergoes are created by the Supreme Being to annihilate the mind. Realise that Grace is behind such trials. Man has to do his spiritual exercises in such a way that he will be able to recognize the benevolent hand of Supreme Being under all circumstances.

(2)

This world is a plane of action. Man has the right to do karma. In a person's life there are types of karmas. One type awakens the latent spiritual energy and gives you permanent happiness and peace. Second type is secular in nature. These karmas facilitate the smooth running of his life with necessary comforts and needs. If a person gives priority to the realization of Truth his secular life and worldly prosperity runs on a safe track. But for those who give importance to the world their secular life, even though they follow the best methods, does not give them happiness and peace. On the whole they lead a miserable life and in the end they leave this world groaning and grumbling. If you are giving prime importance to religion then it is an indication of wisdom and knowledge. You have to accomplish it and enrich your life.

(3)

Man is a slave to mind. That is why he experiences downfall. To check and prevent it he has to face many challenges and difficulties through which he gets rectified. However the slavery of mind does not end. To get relieved from the mind's slavery correct Repetition of Name and Contemplation of Form are the only means. If anyone is in possession of these things then he is most fortunate and blessed.

(4)

Difficulties of which man is very much afraid are actually full of Grace. Due to these only man gives importance to Truth, faithfulness and Spiritual Practice. If they are not there heart is filled with the desires of the world.

(5)

You are averse to Sumiran because of the slavery of your mind. This is not proper because mind is the root cause of all sufferings. Repetition of Holy Name Radhasoami is the only way to pacify it. If you do not give proper place to Sumiran in your life then downfall is certain. You find yourself surrounded by misery and suffering.

(6)

Eradication of mind's impurities takes much time. Act with firmness and boldness. Slowly transformation takes place. Everything will be successful only with Grace. Man has to discharge his duty with sincerity and honesty.

(7)

Supreme Being is omnipotent and He knows everyone's heart. Till man knows this secret he remains

under illusion. If this Truth is known the knowledge of Supreme Being is attained.

(8)

There is no dearth in the benevolence of God. The fault lies in man. In the absence of Spiritual practice His Grace is not seen. You devote more and more time for the Repetition of Radhasoami Name and Contemplation of Satguru's Form

Prem Prabhakar Jan 2005

Discourse 1

No Saint or Seer has ever said in the past 500 years that realisation of God can be achieved in any external place. Everyone has emphasized that since the Supreme Being is residing in every human being we should search for Him internally. No one has said that they had realized God by going to external places. In Santmat also, it is preached that Lord is manifest in the Living Spiritual Master. Going to Him and participating in His Satsang is a sacred and noble act. Firstly a person should be a seeker and recognize the benefit of True association. In True association emphasis is laid on internal practice. In this internal pursuit whatever difficulties and experiences are felt and gone through by the disciple are explained by Satguru, according to the disciple's level of consciousness. They are vividly explained in discourses and writings also. He, by giving answers to your questions, removes all your doubts. If your goal is not the realization of Truth you search for God externally and not internally and consider this as a sacred act. In this there is a satisfaction of the ego. Such people are not yet fed up with the pain and pleasures of the world. If the situation is like this nothing can be achieved. Most of the people who are born in Saints' family and who come closer to Satguru also but are far away from Him internally. They perform internal practice only occasionally. We should question that when the practice is so simple how is it that it is not being followed. Is there dearth of Grace. You should find out. No, it is only due to the burden of innumerable karmas and sanskaras. To eliminate the karmas, Repetition of Radhasoami Name and Contemplation of the Holy Form is the only means. By doing this all the karmas will be cut asunder. If you are afraid and say that spiritual practices are very difficult to perform then your dirt does not go and awakening does not take place. Knowing everything fully well you are still leading a life of ignorance. On the plane of intellect you know everything and yet you do not throw away that ignorance. It means you are worse than the actually ignorant man. If the weaknesses go on increasing, praying for forgiveness is also futile. One who knows his weaknesses and wages war against them and prays for Grace will draw the attention of the Supreme Being and in one birth he will be able to cut off the barriers of Kal and Maya and be freed. Others remain as before. It is clear that such people have no faith in the preachings of Saints. They do not even know that Lord resides in the inner recesses of human beings. You find out for yourself whether your understanding conforms to what is stated on any aspect. In your daily life evaluate how much you are implementing Saints' Teachings. If you want to go in this direction and strictly follow the principles, then Repetition of Name Radhasoami and living in His company will become your main object. Lakhs of people came into Satsang but even though they were physically present in Satsang they had innumerable desires and thus were mentally far away from Satsang. The path is inwards. If your attention is not focused inside, you cannot experience internal bliss. If an individual is not interested in his upliftment then Guruji cannot help him. In Religion of Saints no guarantee of worldly prosperity is given. If a person is desirous of emancipation then he should give importance to these words.

Perhaps everyone comes into Satsang with the intention of achieving worldly prosperity and well-being. No one really wants to pursue the internal path. That is why they do not even bother to inquire

about the obstacles that come in the path. Everyone is engulfed in “Maya” or illusion. This illusion is the strategy or trick of Kal. When he wants to do any harm he will create illusion. You are advised to always remain alert and cautious in this world of Kal. If you listen more to Kal’s words, sooner or later he will drag you into his net. Kal creates pseudo Gurus and people are attached to them. You put a question to yourself “Are you searching for Truth”. If the answer is yes, then what are you doing to realize it. Whoever answers this question, it should be based on his own personal experience. It is the duty of all of you to see that your outlook is clear and perfect with regard to spirituality. This is something to be practiced. It is not related to intellect and thinking. In practice, you should defeat your mind. That is why you should ignore other things and concentrate on that method which gives you success. For this person, except the True association (Sant Satguru) everything is worthless and immaterial. If you do not become aware of your own life then others also will not be able to see you. Concentrate on that work which purifies and sanctifies your heart. This is the real evolution of life.

## Discourse 2

Everyone experiences very many things on the plane of sense organs and with these experiences his intellect and mind get attached to countless thoughts and feelings. In this way man, whether he is rich or poor, whether he lives on mountains or plains, or in big mansions or small huts, becomes worried and agitated. If a dozen sounds are heard simultaneously you will be confused and cannot find out from which quarter these sounds are coming. Only if a person tries to cut them out with strong determination he will be successful. For this great attention is needed. In today’s changing world you are witnessing so many scenes, both bitter and sweet, which cause a great deal of misery and suffering. This is the main reason for man’s problem of sleeplessness. People lose their balance. If a man is imprisoned in a locked building full of negative vibrations he loses his composure. In such a situation he falls sick both mentally and physically. Then his hidden sanskaras appear with all their might disturbing his thoughts and making him feel very desperate and worried.

If a thief happens to be in the midst of general public he is not afraid. However if he sees a policeman he is very much frightened and wants to flee from him. People think that a calm-going person who lives in jungles and mountains must be happy in his solitude. But it is not so. His sense organs, by giving him all sorts of experiences such as pain and pleasure, good and bad, sour and sweet cause him great worry. Then he tries to relax through all kinds of entertainment but his confusion persists and he wonders where to get happiness and peace. Outwardly he appears normal but no one knows his inner pain and stress. Death is not the cure for any problem. If the person’s inner self is not pure and his mind does not turn inwards, then he becomes very unhappy further leading to the dictates of lower mind. In the recesses of your heart there should be no place for the world. However you should give importance to that thing which raises you much higher than the inner self. Until the desire for realization of Truth and search for it arises, you will not get peace and tranquility. If this transformation takes place in you then be assured that you are taking a step towards happiness. By following the teachings and commands of True Master you will be successful in removing all desires including subconscious ones. The person who is desirous of realizing Truth will always be helped by the Guru. Without help sorrow will not go. The contribution of Saints in the elevation of humanity is something unique and wonderful. Out of selfishness man destroys and defaces all the beneficial things. If you are not distressed and worried by this and continue to remain so then preaching of Saints will not appeal to you. You will not even attempt to be freed from the desires of the world. Remember Time is running out for you.

In this world of darkness the desire of becoming immortal and eternal is utter foolishness. However everyone wishes immortality which is against the laws of nature. Nature has given birth to you. But

most of the time is passed in ignorance unknowingly. You did not give the deserving place for spirituality in your life which should have been given. You are not aware of your burden. The person who does not accomplish this work even though he has plenty of time is a fool. To think of eternity and without change is also foolishness. Thinking of the past is also futile. The time you have before you now should be spent in the Repetition of the Name and Contemplation of the Form and controlling the senses. If you repeat the Name while doing work, the vagaries of mind will be eliminated. The person who performs spiritual practice is a wise man. After eliminating thought waves he would be able to see the future. An intelligent boatman, by seeing the waves of the sea can understand that a cyclone is going to come and will drop anchor. Wise people, even though living in this world, by the wisdom of discretion catch hold of the future (Permanent Truth) steering through countless thought currents. However there is no show and display. Whoever has spirituality is wise and intelligent, Others are just like animals. Everyone should strive hard for upliftment in spirituality.

### Discourse 3

The main principle of Santmat is devotion. For devotion purity of heart is essential. Mind is purified to some extent through the experience of sufferings of births and deaths. Without devotion there is no achievement. One type of devotion is blind devotion based on imagination. People worship an imaginary God and develop devotion towards Him. They offer sacrifices in religious places and thus show their faith. People do service to their family, society and Nation. They do sacrifices thinking that it is their prime duty and object in life. They are even ready to sacrifice their lives. But this is blind faith in which there is no Truth. Such people are disappointed in the end and suffer immensely. Entire life is wasted. If the devotion is a living devotion then its rewards will be coming every minute. The outcome of devotion should be the dissolution of ego and attainment of the treasure of knowledge. Only by devotion to the Living Satguru this can be achieved. The person who wants to realize God through the path of devotion should search for the Living Master and surrender to Him. The fruits of this devotion are immense and great. Even kingdom, wealth, name and fame will not endow you with such benefits. To reap full benefit devotion to the Living Master is essential. Saints and Seers have always been advocating Bhakti. Purity of heart is essential for true devotion. You search for True Guru and spend precious moments of your life in His company. Saints have been describing and emphasizing on this for some five hundred years. They narrated their own experiences and gave examples of their lives. However people are still blind and deaf. Even after coming into Satsang they entertain worldly desires. You introspect yourself. In True association there is no place for show and exhibitionism. Man sometimes cultivates devotion for show and display. He wants to be praised. He cannot tolerate any bitter word. He can cheat himself which is very easy. But to escape from deceit and controlling his own mind is the task of a sincere devotee and a lover of Truth. Where are you in the path of spirituality. What does your mental attitude indicate. How about your desires, ambitions and spiritual awareness. You have to introspect your life all the time and give highest importance to spiritual practice.

### Discourse 4

In this ephemeral world one has to quit and leave everything that he has acquired and enriched in his life. Man's body is torn into pieces. No one can partake in any other's sorrow and misery but even then to sustain his own life he does all odd jobs, some proper and some improper. He does not value others' lives. By posing himself as a gentleman he becomes a hypocrite. We have to extract a true thing from this impermanent life. If you do not engage yourself in this pursuit then participation in Satsang is futile. God will give you the opportunity of Satsang in one or two births. Afterwards He withdraws the

opportunity. Many people may be separated from Satsang in this life only. Worldly needs are proper only to the extent necessary to fulfill your social obligations and responsibilities. If you engage and bind your thoughts to the world you cannot achieve spirituality. Such people consider this world as real. For success you have to raise a barrier for restricting worldly pursuits and then devote the remaining time to spirituality. Even if you give more importance to the world, desires of the world are not always fulfilled. If one desire is fulfilled Kal will cut off another from the other side. Sometimes, rich people may not be blessed with children. So the desire for having children is predominant in them. Even if they have children they may be worthless. That is why enhancing the desires is foolish.

Even after coming into Satsang we see people worried and weeping. In their lives they remain millions of miles away from the goal. Those who are desirous of achieving ephemeral things are not allowed to live in True association. They will be thrown away sooner or later. To attain spirituality world should be sacrificed. Whoever is not prepared for this will come under the elimination process.

#### Discourse 5

The world is very big. Daily many people are born and many die. Among them quite a few like writers, doctors and lawyers become very prosperous. But after achieving so much name and fame even one person is not able to inspire the future or set an example. Time is not static. Changes take place with time. For the new generation perceptions of the earlier generations could be troublesome. The traditional and restricted culture which fails to understand the modern changes will perish gradually and does not inspire anyone. In every period there were Saints but people were not able to recognize them because their planes of consciousness were not sufficiently advanced. However when the Great Personality departs from this world and Nation advances into new age they begin to feel “what bad luck! We could not heed to his teachings during his lifetime”. But through Their discourses and writings it is revealed that any age is not bereft of great Saints. Today also there are great people. We have to search for them. People appreciate their greatness but do not feel the need for their guidance. Any nation advancing and progressing means it has developed mentally and in its outlook In this way man has been evolving and transforming from time immemorial. When he turns back and sees the past he realizes that he had made a great mistake by not seeking and following the teachings of Saints. The reason for this delay is that man, as soon as he reached the point of awareness, did not realize that life is very precious and the hidden ideal and goal should be attained. He never thought that life will become a great burden. Life is burdensome not only to the poor, diseased and worried people but also to wealthy and powerful people. Otherwise they would not have wasted their lives in this fashion. In their times they were hailed and praised but now they face insults and humiliation. The person whose mind is obsessed with the world will lead a life of vice, drinking and gambling. He will not give inspiration to anyone.

People in every society, every family, every culture are leading their lives desperately with no happiness. As long as this situation continues you remain confined and restricted and do not inspire anyone. Even Jesus Christ had lived as an ordinary individual. Because of His open utterances of the facts selfish people were annoyed and He became a problem for them. He advocated a method of redemption which is beneficial to humanity. People revolted and determined to kill Him. When once He was deeply absorbed in worship, He received a commandment from the Lord that His desire is such. Then with full acceptance He bowed to the will of the Supreme Being and ascended the cross. He deliberately suffered all the treacheries meted out to Him as God’s commandments. He prayed to God to pardon all those persons because they knew not what they were doing. The reason for this feeling of acceptance is his having love and inspiration for the people since generations and His determination to

show compassion to them rather than taking revenge.

Today whatever plan you follow try to implement it. Are you fired by the thought of sacrifice or not. When troubles and misery make you suffer how are you reacting? Is it with acceptance or revenge? If you welcome them as God-sent then you are becoming just like Jesus Christ. But today when we see the so-called worshippers they are full of anger, greed and infatuation. Your thoughts are primitive while the nation is progressing very fast. Those who are egoistic would be punished. Supreme Being is wisdom personified, all-knowing and generous. By worshipping Him you will imbibe those qualities. Without such change how can you claim that you have knowledge of Supreme Being? If you regard life as very precious and world as a dustbin, by attaching yourself to this dust and having unbridled ambition for this kind of life, what example are you setting?

Kabir has accepted everything that was given by Supreme Being. He has spent his whole life in poverty as a weaver. He used to weave clothes but never complained or grumbled. This was evident from his writings. He accepted whatever is ordained by God. Why are you bent upon wasting and destroying your life?

Many people had the benefit of Satsang prior to you. But today where are they? Please do not waste your life. It is very essential that you perform Satkarni as there is nothing nobler than this. All of you know that this is most valuable yet bargain for temporal things. Radhasoami is the name of the Supreme Being. Everyone should repeat the Name more and more. Attach your life to Radhasoami Name. Every second of your life should be dedicated to Him. If sorrow, misery and adverse situations do not lead you to repeat the Name, then your life is a waste. You will not be entitled to emancipation. That is why a true seeker after Truth prays for trials and tribulations so that through them he will be rectified and reformed. Try to understand the reality of spirituality. Man is ready to kill his fellow human beings for money, gold and property. He blindly follows others. He does not know what the result will be.

Consider your life as most precious but remember that even more precious are Name and Form which are to be fortified in your heart. Then only life becomes fruitful and you can say that whatever you wished has happened. You should see that not even one moment is spent without His memory and feel separated from Him. Even when you are asleep you should be bound to Him. Param Guru Soamiji Maharaj had written Sar Bachan but it was not printed then. Param Guru Huzur Maharaj subsequently published it. Today many people are being benefited by it. In those times it was not given proper recognition as it was quite ahead of the times. To explain Radhasoami Name in detail Soamiji Maharaj has taken birth. You should all wake up and see that your most precious life be utilized only for Name and Nami. No other method is equal to it.

## Discourse 6

The story of man is full of woes, miseries and sufferings. He cannot notice which power is acting behind these sufferings. By the study of spiritual books and from the speeches of Saints he understands that through good Karmas happiness will be achieved and bad karmas lead to unhappiness. Thus reconciling himself he spends his whole life. Even after attaining happiness, are people not committing sins and bad karmas. After achieving wealth and name in this world they start doing sinful acts. But if he has wisdom he never thinks of sin. As wisdom is lacking he is helpless in controlling the vagaries of mind which are very powerful. When suffering becomes more due to sinful acts he tries to overcome them and to save himself he defends by saying that all his acts are good and beneficial which are in fact



just the opposite. Man's intellect cannot perceive who is controlling his life. The definition of sin and virtue as he has understood, is it correct and relevant? After not getting any solution for this riddle he wants to be released from miseries and sufferings. He realizes that his intellect, of which he was very much proud, is of no use. No one knows which power is acting behind all pain and pleasure. Both prince and pauper are all ignorant because God has made them limited in every aspect. Man wants his boundless desires fulfilled in a time-bound life. He eats, drinks, dances and sings. He is emotional from inside. Because of this man falls prey to bad habits. We have to observe life from this direction. Neither God nor Kal are visible. You cannot see their strength. You have to apply war technique to combat the negative forces of Kal and to be free from the wheel of pain and pleasure. If man cannot see the fruits of Sadhana, that practice which results in knowing the Truth, then you have not started on the journey. That is why no transformation takes place in you.

People who bathe in rivers and worship idols do not get enlightenment even on the verge of death. Realisation of Truth is an internal act. If you have not accomplished it you cannot set an example for others or impress any one. That is why your culture apparently has no impact. If life is to be seen from this perspective, today the need for spirituality is more than in previous times because challenges are more on mind rather than on the body. When challenges and trials attack you, you will turn inwards and pray for internal strength. Notes of spiritual awakening will ring in your ears.

If man is not associated with Truth, he will be unsuccessful in every field. If you persist with Truth then you get all benefits and all success. That is why seeker after Truth depends on Radhasoami Name. He may not see the immediate benefit but he should not rely on anything except Radhasoami Name. Supreme Being becomes a source of inspiration in both friend and foe. He will make you know who is who. Seeker after Truth is not bothered about who is a friend and who is a foe. He is bent upon doing Repetition of the Name and believes that in doing so all that is bad will be eliminated. Because of karmas man is subjected to happiness and sorrow. If karma is there you will be wallowing in happiness and sorrow. The annihilation of karmas is the sure guarantee for your emancipation. Until man sees them he cannot know them. That is why if you repeat Radhasoami Name, karmas and diseases of several births appear before you and disappear also. You will be able to catch hold of the Sound Current of the Spirit. On this earth you can see a small portion only but when you sit in a plane you can see the vastness of the earth. If your level of consciousness is raised you can perceive the karmas of innumerable births. Then seeker after Truth cannot accept any other method of spiritual progress. You will not find fault with the others' methods of worship. But, if asked, you will advise them to seek the Real Path. If he is a seeker he will be interested. Otherwise he merely listens. Are you among one of them who even after listening to the lesson for so many years are not willing to accept. The defect is in you. Please remove it.

#### Discourse 7

If, for clear understanding, concentration is called Atmasakti (strength of spirit) then it is apt and correct. This strength is under the control of mind and intellect. Where mind is drawn concentration is there whether the results are sour or sweet. Such a person does correctly and perfectly whatever work he concentrates on and gets absorbed in. In all other aspects he is weak. Man's life is full of challenges. He wants to solve them through intellect and he devotes his entire time to achieve worldly happiness, peace, respect and wealth. He is better than the ancient animal but even then his sufferings and sorrows are not lessened but are further increased. There was a time when man had no great danger from other men. They, with their physical strength and with small weapons were harming each other but at any one time a single person could not destroy a large number. Today, man with his intellect, is able to destroy

the whole world by merely pressing a button. But when common people of both warring sides saw that along with the enemies they were also being destroyed, they realized that war was not the right way. Earlier thought of victory was so domineering that they could not think of anything else. If Atmasakti is under the sway of mind and intellect and applied to worldly affairs, great disaster will occur, sins will be committed and untold misery ensues. If Atmasakti is channelised properly then creativity takes place benefiting one and all. With the strength of this creative power man becomes not merely proficient in one subject but acquires great knowledge including that of scriptures. When spirit ascends to higher regions you have all virtue and virtues only. If it descends to lower levels then only miseries and sorrows follow. Many years have passed in your life. What did they give you? Nothing but pain and misery. You are yourself a witness. Even after losing so much still you are ready to lose more. In this world of Kal and Maya, if anyone wishes to raise his spirit force to higher regions it is not possible. However, if he is blessed with the association of Satguru and His devotion, then the spirit ascends to higher region on its own. Whatever man had lost earlier will be compensated and his life will be happy and peaceful.

In the life of Saints, True Name is the light and splendor. That is why if you have not found True Guru in your life you remain desperate and the forces of Kal and Maya will make you helpless. Being associated with darkness, you will remain blind and your sadhana remains only a show for the masses. Today the followers of Santmat are attached to those things which Saints were trying to remove from their minds. For a long time the teachings of Saint Kabir have been very inspiring. People appreciated them but they have not followed that path even after being inspired. At the same time they did not have the courage to deny or condemn them.

Param Guru Soamiji Maharaj has said “Search for the Master who is in tune with the Celestial Sound. It is your duty to channelise the spiritual current inwards. You sit in Sumiran and Dhyan but as you have not left the mind behind, it does not allow you to do so. No doubt when there is devotion you will practice. But it blossoms only in a pure heart. You turn your attention from the world and fix it on the Lotus Feet of Supreme Being. If this 24 hours effort becomes continuous, then emancipation even while living is certain. If this boon was not granted to you and you are on spiritual path applying your own methods then great trouble awaits you. Devotion should be of only one color which is full of sacrifice and dedication. Otherwise man will face many pitfalls repeatedly. Everyone should try to gain spirituality through this method only. You do not know how much load of karmas and attachments is on your head. You have to search for a method to ward off these karmas now itself. There is no other way. Radhasoami Name is so powerful that it annihilates all attachments. The devotion to True Guru (Bhakti) is very essential and precious. If anyone gets this boon of devotion he becomes fit for liberation. You should evaluate and conduct your life accordingly.

## Discourse 8

People became successful by putting in hard work in study or business and whatever setbacks they had earlier were not allowed to hinder the present achievements. The earlier challenges and setbacks were instrumental in improving his perspective and paved the way for success now. Similarly in life if there is no intense effort and there are no trials, man will not progress. God does not go out of His way to favour anyone, whether they are Saints or seekers of Truth. They were subjected to all kinds of trials and tribulations, even more than ordinary persons. But they never grumbled or complained about their sufferings. Such difficulties helped them in realizing the fact that worldly respect and honours are all illusions. Those incidents were helpful in one's progress. They used to lead their lives with that confidence and faith. The challenges bring about a transformation in a person by which the desire for

reaching the goal intensifies. In the battlefield, as soon as the “Ranabheri” is sounded, brave warriors are overwhelmed because the opportunity of showing their war skills has come. Timid soldiers are frightened by the sound of the “Ranabheri” and hesitate to go to the battlefield for fear of death. If they have any complaint or grudge in their mind they are not fit to receive any beneficial lesson. Their life’s ambition is eating, drinking and enjoying material pleasures. They want to lead a life of great comfort and security which no one is ever destined to have. They have not set up any great ideal. Their life is filled with complaints and grievances till the end.

If realization of Truth is your cherished goal then mind becomes weak. All experiences in life will strengthen you. You will become the wisest among many. If spirituality does not bestow on you this boon then it is not worthwhile. Detachment from worldly acquisitions is possible even through one’s own intellect. This is no great achievement. Wise people can rise above these attractions by themselves slowly and steadily. But it is sad to note that those who are in Satsang are also very much attached to worldly things. Man cannot achieve both material and spiritual things simultaneously. He has to subdue his secular ambitions to some extent. Then only he can attain spirituality. Till that stage is reached spirituality remains a myth. You have seen the ephemeral nature of the world and are very much frightened and worried but still you are running after it. You have not yet made the required preparation for the attainment of your goal. The attributes of spirituality are lacking. Please try to imbibe these qualities. You perform Repetition of the Name and Contemplation of the Form. Then only you can separate spirituality from worldliness. Every event in your life will enlighten you from the point of view of Paramartha. You give highest importance to Paramartha. Then you can become a swan from being a mere crow. Try to attain the highest stature that man is capable of. By the association of Huzur Radhasoami Dayal and his devotion you will be crowned with success.

### Showers of Wisdom

(H.H.Dayal Sahab)

(1)

It takes time to clear the debt of Kal and karma. The person who is always engaged in Sumiran will clear all the debts and leaves this world to join the Supreme Being in His abode. Act with courage.

(2)

The heart in which the thought of the Supreme Being continues all the time will be purified and cleansed in the same measure day by day and it is a sign of Grace. You should surrender your prayer at the Lotus Feet of Radhasoami Dayal with Love and “Viraha” (pangs of separation)

(3)

Only after renouncing the world you can enter the domain of spirituality. If you are tied down to the world you can get neither material nor spiritual happiness. If you are very much interested in spirituality then renounce this world and engage in spiritual practice. In this no one is any one’s son, grandson, mother, father or husband. These are all social bonds and the entanglements of Kal. Rise above this world and repeat Radhasoami Name. By doing so you will get tranquility.

(4)

The person who recognizes his faults, repents and prays to God with tearful eyes is blessed with spiritual enlightenment. You should feel and repent for your errors with sincere heart thinking that Supreme Being is everywhere. Then you will be entitled to receive Grace.

(5)

A person should live according to the “Mauj” - Will and dictates of the Supreme Being and eliminate thoughts of sorrow from his mind. The power of man is limited and he can neither make himself nor others as per his wishes. Do not worry your mind too much by remembering the sorrows as they lead you to greater fear.

(6)

To see one's own faults is an attribute of spirit. In doing so, wisdom is fortified and a person can escape many trials and tribulations. Do not allow your mind to be overwhelmed by the world, In other words, Repetition of Radhasoami Name should be constant in your mind. By this you will progress in spirituality.

(7)

If spiritual aspiration is increasing day by day then you need not worry about anything because this longing and determination will help you to do Sadhana again and again. Hence it should be regarded as a scale to measure your spiritual progress. Whenever you develop disinterest in spirituality or you are lacking in emotion and attention, then participate in Satsang, take Prasad and pray for Special Grace of Supreme Being. By this reformation takes place.

(8)

Though you are blessed with the opportunity of Satsang you will not reap the full benefit of Satsang as there is no prior preparation. You perform internal practice more and more then transformation takes place in you. When man is sad and disturbed he gets dreadful dreams by which his sorrow is intensified. If the person repeats Radhasoami Name his mental agony is lessened and bad dreams will not haunt him.

(9)

There is great power in Radhasoami Name. By Grace, if this Name manifests in you, emancipation is a certainty. God's attributes are in this Name and all defects of mind, body and intellect which are the byproducts of mind will be insignificant before the magnificent Power of the Name. Then there will be no effect of these in the life of a person. You on your side submit your prayers for Grace and devote more and more time for Sumiran and Dhyana.

(10)

A person should spend more time in the Repetition of the Holy Name Radhasoami and Contemplation of the Holy Form of Satguru. By this the gates of internal path are opened and spiritual practice becomes regular. A spiritual person is not afraid of the struggles of life. He knows that in this way he is gradually relieved of the debts of Kal and karmas and keeping full faith in His benevolence he treads the path of spirituality.

(11)

The more the seeker of Truth prays with Viraha and Prem, Malik's Grace is also granted in the same proportion with unbounded flow. The awakening of Viraha and Prem in a devotee is an indication of Grace just as the onset of clouds indicates the advent of rain. You should bow down in prayer charged by Viraha and Prem to Supreme Being as frequently as possible.

## Discourse 1

Man after taking birth in this world, destroys his own life. Some people lead their lives, considering wealth family and education as the main objects and in the end repent and die. By leading life in the right direction, the goal and ideal will be also the right one and there would be no cause for repentance. If life is only attached to the world, it will be empty. Man is tied to the body, food, shelter air and water. In the absence of these things he cannot live. Of course while conceding that these things are most essential for human existence it is noted that they are available even to animals such as birds and all living beings. If man also spends his whole time only with these things then how can he be better than animals and birds? If he distances from the world and engages in devotion to Truth then he can be called a better and noble person otherwise you are no better than animal even though you assume human form. Many animals can run with high speed and can see any object however far it may be, which is not possible to human beings. Saints and Seers say that if there is no spirituality in human beings life, they can be considered as dead. Even though they are living the clouds of darkness are hovering over their heads. Have you given proper place to spirituality in your life? And started on the path of wisdom and progress? Are you able to separate the vikaras(vagaries) of your mind? If you are able to do that then it is the indication of mental development and onset of Vairag (detachment). If Vairag is stabilised man will be able to turn inwards for some time. Even then kal and Maya will deter him. Saints and Seers make devotees aware of the difficulties of spiritual life. They teach the method of overcoming those difficulties also. Devotees follow that method. Slowly and slowly Kal and Maya lose their power and become weak. The seeker feels the need of special grace and love of the Supreme Being. Just like a beggar he prays and begs for Grace and love all the time. As soon as he receives Anurag (love), happiness does not remain merely as happiness but assumes another dimension. Until the flow of mind and maya does not change in this way spirit cannot go towards “ Satdesh.”. Atma (spirit) awakens when it absorbs in the form of Satguru. The Form is very subtle and to catch hold of it is very difficult. Only fully detached person’s spirit will be awakened and it can behold the “Swaroop” (form). You should strive to eliminate all the sanskaras while living. Setbacks and challenges do come and putting an end to them is itself a commendable process. Give a true and a real form to spirituality in your life by which you will be rewarded and ennobled. Seeker after Truth knows that he is the most fortunate person in this entire world. Without really experiencing this some think that they are the chosen beings and their ego gets boost. The Truth of it is only known to that person who achieves supreme knowledge during his life. He is humblest and meek. He always hides from others. To find a Satguru is itself a very rare and precious experience. Are you able to realise this? You should bring in a change in your outlook and practice. You should experience the Truth of spirituality in your life. You have to do the internal practice sincerely. If any one is lagging behind in this preparation and practice he will come under elimination process. You should be alert always. Be true to yourself. Give proper place to “Satkarni” in your life. Do not turn away from it. If there is lull in the practice, service, sacrifice and prasad all become useless. Regular spiritual practice is fundamental. All other things are only aids and helpers. Give right direction to mind. without “Vairag” (renunciation) Sadhana cannot be accomplished. The journey advances with “Anurag”. Real Anurag (Love) starts only after some purification of heart is done. You have to pray for it but in the absence of “Sadhana” prayer becomes false without any effect. Through Sadhana man can be protected and saved from the dreadful trials and challenges of Kal and Maya. In future people feel the necessity of spirituality but in your case you should do it now itself.

## Discourse 2

The spiritual practice adopted in Santmat is very subtle. It requires lot of wisdom and concentration. Very few people enter this religion and very few people adopt its practice. People join this Faith for some show or for some gain and are deprived of its enormous benefits. Ordinary person cannot reap the full benefit of SantMat as he has no real desire for search for Truth. This creation has been under the sway of Kal since ages. Good “Sanskari Jivas” are very few. Even though Santmat is there and Satguru has manifested there are some impediments. To practice Santmat requires right attitude and approach. The person who does not see the destructive nature of this universe will not be detached from it. Even though he adopts spiritual life he will be wavering and wandering. The gates of “Santmat” are always open so that people can acquire noble sanskaras through satsang, service and sacrifice. The person who performs spiritual excercises will be redeemed in one birth only. Saints have always been trying to awaken the masses but only few people were inspired. Life is being wasted. In this if any one gets wealth, respect and fame, then he is drawn towards the world and in the end he leaves the world weeping and groaning. If you are attached to your wife, children, body, wealth and name then the thoughts of those things will trouble you. Wealth and fame do not allow any person to renounce the world. This is the misfortune of every individual. Wise thoughts will not stay in the mind. You have to try for good “samskaras.” Merely listening to discourses will not help. With internal practice good samskaras will form. The desire for paramarth increases and the yearning for Lord’s vision intensifies. If this is not achieved, devotee remains sad but with better knowledge he remains contented and cheerful. His sadness is for the realisation of Truth but outwardly he is happy. A worldling is worried and desperate outwardly and is also completely empty inside. A devotee leads a humble life and in the world he is pure and noble. Think of how much your life matches with this life? Are you not linking your material desire with spirituality? If you do that you are committing a grave mistake. Even after being fully aware that attachment to this world in the cause of all miseries you are engulfed in fear. This is due to the nonperformance of internal practice. Such people are worried over trivial matters. Others laugh at their way of living. You be true and faithful to your life. Do not neglect spiritual practice. With the ebb and flow of life (ups and downs) the accumulated karmas of man are eliminated. Life is very precious. Do not waste it in worldly pleasures and plays. A spiritual person will not encounter any danger without proper thinking. Life is not intended for worldly applause and praise. Attach this life to Truth. If you live for the sake of the world then you are not a spiritual man. You live for your own sake. With the teachings of satsang, a person can evaluate his own self. His understanding will be clear. Without it everything is imagination. Where there is no true Guru these matters will not be emphasised. Satsang is not a social congregation. Please give full importance to spirituality in your life.

## Discourse 3

If you are an experienced driver of any vehicle which is completely under your control, then traveling by that vehicle will be very safe because you can control it according to your wishes and be saved from any accident and also enjoy the journey. Life is also a journey and the driver of the vehicle is the mind. Many people do not know the destination or goal of their journey. All people aim at worldly prosperity and after achieving it they become aimless. Saints say that controlling the mind is very essential. It travels through sense organs. People whose aim is study and learning spend their lives aimlessly after achieving their goal. If they get wealth and riches they spend their money for unnecessary things and become victims of bad habits. They suffer from unhappiness and agony. They will not be able to come out from that trauma. The journey ends with disease and death. Every person’s life is filled with sorrow misery and pain. No one can escape them. Childhood passes in ignorance. But with maturity right outlook and noble ideals should come and mind’s domination should be curtailed. How to win over the



mind is the question before every person. Without this the journey does not even begin. In human society all problems which are faced by mankind are created by man only. His mind is the creator of that problem. Without controlling one's own mind, if a person thinks of controlling and reforming the entire society it is nothing but egoism. Kings and emperors wanted to reform society through strict legislations and rules. Of course it was nothing but a way of stabilising their position. All people are now used to exploitation of others and destruction. The history of human society is indicative of this.

Man should be able to have full control over his mind. The knowledge acquired through "Atma" alone can bring the mind under control. To realise Supreme Being Atma should be awakened. Man is lacking in spirituality. By the association of "Satpurush", by His benevolence and by internal practice, spirituality awakens. The spiritually awakened person takes the method from Satguru for the control of mind and for success in his journey. Even though he falters for a while he will successfully advance. The human birth is intended for the realisation of Truth. Are you feeling the necessity of controlling the mind and realisation of Truth? If the answer is yes then it is the result of satsang and association. Do not think over the reformation of the world. Think of your reformation. Try to bring the mind under check. Do not be overwhelmed if Satsang is granted to you. Try to realise the ultimate Truth. Pray for grace with a sincere heart. Radhasoami Dayal is protecting all the jivas but foolish people become inactive due to mind's evil designs and accumulate bad karmas. Living in this world and at the same time detaching from it alone will make man deserving for complete "Uddhar" You keep your ideal to achieve the Name and Form of Supreme Being. Man though living is very sad and worried. His journey is aimless. He is leading a dreadful life. Please be fearless.

#### Discourse 4

The entire essence of spirituality lies in the association with the Master of the Time and in spiritual practice. If the association is true, practice will be rewarded and it stabilises the faith of man. In this way progress continues always because of association. Centuries come and go with time, and some periods are marked by wide spread explosion of knowledge and thought processes. We may ask who was responsible for the awakening and evolution of thought process? Who inspired and who brought about the new reformation? These are matters to be taken into account.

In 18th century when diesel Engine was made, usage of it was on a small scale but gradually it increased. Then another engine was made similar to it and was tried to drive the train with it which was quite successful. As the researches and inventions were successful people were ready to use them. As per their convenience and comfort they thought of increasing its capacity and were successful also. In this way the century advances. First flying was tried with the help of a balloon. Afterwards Wright Brothers have made Aeroplane. In this way you might have seen that every century which was noted with merely passage of Time earlier is now being valued with the stamp of new achievements. Each century is marked by outstanding intellectual and other achievements. There is fastness of approach and thought. In spirituality also the life of a seeker is marked by great transformation with introduction of new strategies for rapid and complete changes in his mentality and outlook. These changes are indicative of his enlightenment and uplift. Even after several years of satsang, if he suffers from worry and tension and the thought of high and low does not leave him then his mental attitude is not changed. In satsang new concepts are being introduced, and Truth is explained in new forms. All of that is a source of inspiration. This is not to say that what ever was done by earlier Saints is useless and waste. What was revealed had the imprint of that century. In the present day discourses and speeches of Saints, imprint of present times will be there. Solutions for current day problems are given. With changing times if your mental attitude does not change with satsang and noble attributes do not appear

in you and you do not adopt them then you are still a follower of tradition. However old you grow you have not imbibed the modern valuable trends.

Many countries which are highly developed in intellectual pursuits did not leave their primitive mentality and thoughts. Were it not to be so, dynastic rule would not have been there and revolt should have taken place. Man must be suffering from some karma which makes him blind even though it is clearly seen. His karma does not allow him to tread the right path. Such people are blind and illiterate even though they have eyes. You see for yourself whether you have this weakness. You find out what kind of attitude prevents you from removing this defect. In the path of progress unnecessary things have to be discarded. You should also see that all the karmas and sanskaras which do not give you any spiritual benefit but obstruct you in the path should be discarded. The person who listens to this advice will illuminate his spiritual path. You have to look into your real self. When you see the Truth you should strive to remove those karmas and sanskaras. Your effort will be crowned with success. Every person should evaluate life in terms of progress. Time is running out. As man is limited in every aspect he goes to obscurity along with time.

#### Discourse 5

The roar of a lion is very loud when compared to other animals. If any person has not seen a lion but has heard its roar, he will think that it must be some other animal which has a very loud roar. If he has seen the lion and also heard its roar then he can recognize that there must be some lion here. If any person is not a seeker and has not listened to speeches of Saints with attention, then also he feels that the Saint's discourses are very different. This kind of discourse was never heard. There is absolute Truth in the words of the person who has the opportunity of listening to Saints. There will be no doubt in him that what he is hearing is the absolute Truth based on real experience. But if anyone is not interested in following them, in spite of hearing it several times, he will remain where he is, unaffected. Due to some selfish motive or greed he must have entered Satsang and may not behave properly. Even such people maintain that "Satyavani" (the Saint's sayings) is different and distinct.

If true search is not there in spirituality difficulties are bound to occur. In Satsangi families Truth is worshipped but as there is no inner search they remain where they are and are not entitled for emancipation. True awakening is not experienced in them and they follow merely tradition. To come into Satsang is not great in itself. Search has to be done inside. If anyone is lacking in search his life will be wasted but if he has that urge he will not sit idle. After coming into Satsang if a person is not keen about his emancipation and due preparation is not done then how can he be a seeker? Even though he was not a seeker earlier but wants to become one now, he has to introduce Radhasoami Name in his life.

“ Bin karni nahi pragat phal

Nij ghar koi na jaye”

Emotional devotion is all sadhana. If any person does not repeat the Name and Contemplate the Form what else does he do? Whatever he does for the maintenance of life is correct but he will not achieve emancipation. If he is a follower of Truth he should see what are necessary for his life. Through the daily discourses he will be able to know how to tread the path of devotion, what are the methods to be followed and so on. Seeker after Truth draws inspiration from his daily practice and covers the distance of several births in one birth. He attains the knowledge of subtle matter and achieves the vision of the Supreme Being. For this achievement you have to spend every moment of your life in the cause of

Truth. The person who views life from the worldly perspective is not happy. You have to put an end to the values of the world. You have to assume the form of humility and poverty. One who is not prepared for this transformation is not a spiritual man. If he becomes a spiritual man he leads the life of a poor man even if he is a millionaire. If spirituality is awakened he values and respects everything in a deserving manner. If he sees anything being destroyed he feels very unhappy. But you are not bothered. You lead your life seeing only the world. If you can achieve spirituality you respect every person. You will share in his joys and sorrows You give good advice to him. Your behaviour with him will be cordial without any selfish motive. If transformation is not like this your karma is defective. In this world and in life nothing is useless or good. According to circumstances, when something turns out good or bad you will be able to recognize and live accordingly.

To lead a life of spirituality one should adjust to the circumstances and lead a life of equanimity. Kabir Sahab never complained that he was born in a poor weaver's family. He led a life of surrender. Whatever commandments were given by the Supreme Father, he was passing on to the public. To enrich your life please do satkarni. Then you will experience equanimity and bliss. Lover of Truth treats all with love and affection whether he is a childhood friend or a member of the family. When Truth prevails even an aged man experiences fatherly love in Satguru. To be attached to Truth is the search for Truth. Truth is Radhasoami Name. To experience and be attached to it is doing service to yourself. If beauty is seen with happiness from one side it becomes the cause of jealousy from the other side. You will be above such perceptions when you perform spiritual exercises. You introduce this subtlety of spirituality in your life.

#### Discourse 6

There is destruction and decay everywhere in this universe but it is not seen by every person. Because of this man experiences many difficulties. To believe mire as true leads definitely to disappointment. Whole world is weeping and waiting since ages because of this misconception. Man is shocked and perturbed whenever he sees death or any collective calamity and understands the destructive nature of the world. But the realization disappears in the next moment. He reconciles by feeling that some bad period has been overcome and after that he no longer sees its destructive nature and engages himself in the joys and pleasures of this world. He takes pleasure in seeing other people suffer. In ancient times rich people used to enjoy the torture and sufferings of criminals after they were thrown before lions. They were not aware of their own destruction. Those who take pleasure in other people's sufferings are the worst kind of persons. If you are also not seeing the destructive aspect of this universe, then you may be having some defect. Out of compassion, Supreme Being has taken human form to redeem the downtrodden jivas. To describe His benevolence is impossible. If you can see the destructive nature all illusions will be dispelled and you can steer through the darkness of Kal. The followers of Kal have this trait that they lose wisdom and become blind.

You have to act with great wisdom and utilize every moment for good cause, thinking that your existence is limited and temporary in this world. Then transformation takes place in your talk, behaviour and outlook. Without spirituality man cannot value his life, he suffers and body goes on changing. Try to put an end to this tradition. After coming into Satsang everybody should wake up to see the reality of this world. To enhance the spiritual urge and yearning, you have to perform spiritual exercises with sincerity. The person, whoever acts like this, will value Paramartha while discharging his worldly duties. To be attached to Truth means giving real value to life. If you are attached to the world you have to leave this world with utter disappointment. Such a person will make everyone sad and leaves weeping and wailing. On the contrary seeker after Truth, keeping his attention and mind on the

Name frees himself easily from the bondage of Kal and Maya. Of course it involves much time. The sanskaras and sins of crores of births will be cut asunder in 10 or 20 years. Man due to lack of proper understanding displays haste and hurry, which is also unwise. To know the infinite Truth, wake up and ignite the qualities of the spirit.

#### Discourse 7

A great treasure is hidden in every human being. If a person does not have the key to open it, he will remain poor only. His future is full of sorrow and misery. That is why it is very necessary for man to know the technique of opening that treasure and utilize it properly after getting the key. When a child grows up his father and mother send him into the world to learn and enhance his knowledge. After that he does not ask them for every trivial matter. Circumstances teach him every lesson and he progresses gradually. After a certain age, man needs spiritual awakening. He has to learn from the treasure of knowledge. If he does not, his material knowledge remains imperfect. To enrich several aspects of life he has to open the treasure of knowledge. This will be opened with the repetition of Radhasoami Name in the prescribed way. The treasure contains wisdom which brings in happiness, peace, fearlessness, and bliss which are very helpful. Everyone is lacking in happiness, peace, fearlessness and bliss. Food and shelter are also essential but in the absence of the above, life is incomplete. Radhasoami Name is the key to that treasure. You have to utilize it fully to get full benefit. Give proper place to spirituality in your life. It is the greatest decoration. Try to achieve happiness, peace and knowledge of Supreme Being in this precious life. If spirituality is practiced, even dull intellect becomes active. Every person should strive to uphold the practical aspect of Radhasoami religion. If you are not doing spiritual sadhana with peace and tranquility do not give up. Try to do more and more. Install the Form of Supreme Being in your heart. Otherwise you will be far away from that treasure. Life will be full of sorrows and miseries. Being a Satsangi is not sufficient to be relieved from the clutches of Kal. You must engage in spiritual pursuit all the 24 hours, otherwise there is danger of your downfall. Many people had to be thrown back to Kal due to their negligence. After the departure of Saints, they became selfish and forgot spirituality. Those who sacrifice their selfish interests at the altar of spirituality are the real seekers of Truth. Until the doors of the treasure are not opened you have to give prime place to spirituality in your life. Everybody should be aware and strive for higher life.

#### NEW YEAR MESSAGE

(For the benefit of the readers of Prem Prabhakar, we are republishing the New Year Message which was given by H.H.Dayal Sahab in the year 1999).

In Radhasoami religion two points are very important. One is Radhasoami Name and the other is True Association, where True Master resides. True Master is He in Whom the celestial sound vibrates. That is why everyone should always pay attention to these two points of Santmat. If he looks down on these two points, he will not see success even though he is in Santmat. It is true that an ordinary individual cannot know whether celestial sound is vibrating in that Great Person or not but at the same time it is true that the great personality's position will be just like all the previous Gurus. He tackles all spiritual problems just like His predecessors. If you have earlier enjoyed the association of a Saint and heard His discourses, you will not find difficulty in recognizing the person in whom these qualities are found. True seeker will not be harmed. He is worried if he does not get the recognition. He gets up in the midnight and weeps and prays for the boon of recognition. His sincere prayer is bound to be heard. In his abhyas or in semi-sleep he gets the flash and knows where his Guru is. This is a wonderful

arrangement of Nature. Only true seeker can reap the benefit of this wonderful arrangement.

It is taught in the religion of Saints that every person should take decision according to his own thoughts but not those of his father, brother, grandfather or some relative. If this wisdom is not there he will be influenced by the showmanship of masses and groups and goes there. Large gatherings are seen for the bath in Ganges. If any person left all those old traditions and joined Santmat, it means he will never follow such foolish traditions again. In Santmat Satguru is the leader who shows the path. Param Guru Soamiji Maharaj has said "Search the Guru, O' beloved. In this world He is the most precious diamond who is not available. Guru is the embodiment of celestial sound".

People who are very advanced in the path of devotion perform abhyas with great concentration and attention. So they do not face any difficulty. When they attend true Satsang, they experience a little bit of withdrawal and some concentration. In other places this does not happen. Just as magnet attracts metal, an abhyasi satsangi is attracted and drawn towards the Guru. For those who repeat Radhasoami Name and pray for real devotion spiritual progress is very quick and in this life itself they become eligible to enter the True abode. Even this eligibility is also granted by the Satguru. "First do devotion to Guru, otherwise all other methods without the devotion to the Guru fail and attachments of the world will not be cut asunder"

All jivas, even though they are capable of devotion, are unable to accomplish this. Devotion detaches you from all attachments. While cutting the attachments harsh methods may also be applied. In this process undeserving people who are tied down by attachments lose their wisdom and discretion. People who are true to themselves are true to spirituality. They should remember these two points in their life and engage in the performance of spiritual exercises.

You are welcoming the New Year today. You have to take a resolution that you will be attached to the practical aspect of Santmat. If you are firm in this resolution pray for Malik's help again and again. If you face some difficulties along with the boon of devotion accept them whole heartedly. If anyone follows this principle then he can cover the distance of several births in one year only. He is blessed with such purity that no Seer or Muni, Jogi or Jogeswar, have ever achieved. The teachings that are given today should be followed and applied in your life. It would be rewarding and beneficial to all of you.

Showers of Wisdom

Huzur Dayal Sahab

(1)

There is no doubt that to be liberated from the attachment of crores of births takes a long time. But seeker of Truth need not be afraid of it. Through Abhyas and Grace, these will come under control slowly but surely

(2)

Man, due to the weakness of his mind, finds fault with the world. This can be eliminated by spiritual exercises only. You have to devote more and more time for Repetition of the Name and Contemplation of the Form

(3)

Man should beg for Grace internally. Without practice of spiritual exercises no external methods will be

of any help. The Supreme Being is omnipresent and fully knows the condition of every jiva. You have to strike a balance in your life and be saved from lust, anger, greed and infatuation. It is the instinct of mind to be hasty in every action whether it is good or bad in practice. But as he has no control over its execution, he faces disappointment only. It is the duty of every person to work hard. His endeavour will certainly lead him to success in his advancement on the right path one day. It is your duty that you should not be afraid of difficulties. You should try from your side.

(4)

Thoughts of spirituality are sprouting in you. They are the indication of good sanskaras. For the upliftment and enrichment of your life there is no other way except the path of spirituality. Supreme Power is certain to help the seeker. There is no doubt about this.

(5)

As the heart is purified, the effulgent Form of the Supreme Being will appear in your heart again and again and the feeling of True Love is strengthened. In fact spirituality is True Love and through this man is able to free himself from the bondages of body and mind. To bring the mind under control man has to repeat Radhasoami Name again and again. By this slowly and slowly mind weakens and success in spirituality becomes easy.

(6)

By giving proper place to spirituality in your life, you will be happy and peaceful in all circumstances whether they are favorable or unfavorable. You have to give more attention to this and enrich your life.

(7)

Man was unhappy, is unhappy and will be unhappy unless he gives a proper place to Truth in his life. If he has the desire to learn Satkarni, that itself is a good thing.

(8)

God is very merciful towards the humble and meek. You have to cultivate humility by which you will be recipient of Grace. Repentance is one of the forms of humility. If he adopts this in correct measure he can steer through the ocean of this world. You have to strive hard with the help of Radhasoami Name. Sooner or later you will be crowned with success.

(9)

When a person prays for Grace with ache and love, that prayer will be heard and Supreme Being will manifest and illumine his heart. To progress and advance in spiritual path is beneficial in all aspects. Man is born to achieve this goal only but due to ignorance, he turns towards the world. Without worrying for any other matter of the world you should strengthen spirituality in your life and give utmost importance to it to reach your goal.

(10)

Reformation and elevation of man involves lot of time but there is no reason for panic. To cut asunder the attachments of millions of births definitely takes a long time. Whoever is chosen and blessed for emancipation by the Lord have the desire to be free from the mundane desires of the mind and if such persons are given the opportunity of the association which curtails these tendencies, they get overwhelmed with joy. If they find that the lower tendencies are destroyed then they are ready to dedicate their heart and soul to the congregation. One's desire and yearning completely destroys the remaining vikaras of the mind. Eventually a stage comes when he himself becomes divine. In this way, while living, he will be able to attain salvation. You have to engage yourself in the repetition of



Radhasoami Name and Contemplation of the Form with full courage. Do not be afraid of failures. Slowly and steadily, by the Grace of God, the difficulties will vanish and life will be flooded with the glory and bliss of spirituality.

(11)

Real worship is internal practice only. You turn inwards and perform spiritual exercises wholeheartedly with full zeal. As soon as the heart is purified, Grace flows with full splendor.

(12)

For man, Repetition of the Name and Contemplation of the Form is the most difficult task because it weakens the mind and saves him from sin. In its absence, man's mind gets strengthened and by the force of karmas, it makes him take to the path of sin. You decide for yourself whether you want to lead a fruitful life of happiness, peace and tranquility or a life of sorrow, misery and pain.

(13)

To the extent that man's heart craves and yearns for "Paramartha" Malik's Grace is bestowed in the same proportion. You have to utilize your feelings and emotions to turn inside and engage in "sadhana"

Prem Prabhakar Mar 2005

Discourse 1

In the religion of Saints, devotion (bhakti) has been given a most important place. If we say "Santmat" is synonymous with devotion it would be apt. If there is no devotion in a seeker of Truth so far or if he thinks that it is not the right way to reach God, then that person is not fit for religion of Saints and he cannot practice the sadhana of "Santmat". You should all know that man's body is capable of attaining of knowledge of Supreme Being but the material of "Pind" and the forces of kal and Maya are very powerful. Spirit is weak under the control of these two powers. Attachments play a dominant role in many "chakras"(spirit centers). To be separated from them is highly impossible. Man's life span is limited. The age of youth and adulthood is most suitable for achieving spirituality. Old age is difficult. Childhood disappears in no time and in old age the body becomes weak and suffers many diseases. He will not be in a position to do abhyas. To spend 20 or 22 years in opening the chakras and kundalis is foolishness. The energy and power which is related to body and mind was achieved in those fields but due to the dominance of some forces it has been destroyed and man is left where he is. Supreme Being out of Grace has cut the journey through the chakras of Pind and Brahmand. The path begins from "Teesra Til" the center above Agna Chakra the third eye so that man's redemption process is completed in his life time only. There is no hindrance in those Kamals and Chakras. The "Chakras" and "Kamals" of Brahmand are very subtle and create many troubles and obstacles. Without the awakening of "Bhakthi Anga" (the attribute of devotion) entry into "Satdesh" True Spiritual Region and opening of Kamals is highly impossible. Without devotion, remaining stationary in "Til" is also not possible. The path is such that without the power of devotion, you cannot tread on it. If any person wants to know Truth but the devotional element is lacking, then to understand Radhasoami Religion and to control intellect is very difficult. This intellect acts like an enemy. Nevertheless, if devotion is there this fundamental defect can be eradicated.

Scientists who send spaceships or people who are sent in those are ordinary persons but their abilities and power of discretion and discrimination are tested in a very subtle way. They live in special environment, wear special clothes and their heart and brain functions are continuously monitored to see

whether they are normal. Further they will be trained to operate all things on the ship. Though hundreds are trained this way, only a few will be successful. When space journey which is only a physical operation distinct from other programmes needs so much preparation, without having the attribute of devotion, how can you understand Radhasoami religion? Can you open the “Chakras” and “Kamals”? Does your intellect not create obstacles? The devotee who feels the necessity of pleasing Satguru and prays for it will be successful. Many people want devotion but the yearning and craving is not there in the required measure thus they remain empty. It is not that Supreme Being does not want their emancipation but due to some bad sanskaras heart is not in a position to imbibe Spirituality. That is why they fail in the examination. They have to prepare the ground of their heart for this boon. They should know their real state and find out a way to remove their weakness by which emancipation process begins. In the very first birth of Spirituality you should have devotion to God. Its efficacy is described in clear words. All Saints have experimented and emphasized this and the awakening of Jivas took place through devotion. Saints do not tell anything without testing and experiencing the benefit themselves. That is why all their speeches and discourses are based on their own experiences. Whoever wants real experience, their discourses are essential. If you find devotion is lacking in you then you have to involve body and mind in spiritual exercises. The things which obstruct you should be discarded. Adopts those methods which are helpful. Radhasoami name is the highest form of wealth. If you own this, the progress and fulfillment of desire for devotion takes place quickly. Mind is agitated and yearns for “Bhakti” and prays for it. It will be bestowed also. The liberation process which may take millions of births is completed in no time. The opening up of “Kamals” of Brahmand is relatively easy. But the opening up of “Kamals” and “Chakras” of Pind is very difficult. Huzur Radhasoami Dayal has already cut off the difficult ones. How much more easy do you want it to be? If you try from your side, Malik will also help you. Decision is yours.

Every one left this world with disappointment and discontentment. Every person who is attached to daily food, comforts and ohasoami Name. Then that Name itself will tell you what is what.

Radhasoami Nam jo gaave soee thare  
Kala kalesh sab naas  
Sukha paave, sab dukha hare  
Aisa Naam apaar, koi bhed na jaanayee

“Whoever sings Radhasoami name will be redeemed.  
All sufferings, worries and tensions are gone.  
Happiness gained, misery is lost.  
This Name is all powerful. No one knows its secret”.

The secret of the Name is within you. This is True “Adi Naad” (Primordial Sound), its vibration is going on. You have to identify and own it. Then who can obstruct you? You will open the “Chakras and Kamals” which were not opened by any one till now. Spirituality is devotion. It is not an intellectual phenomenon. If you do the practice, Bhakti will be achieved and if Bhakti is there, practice is also done in a good way. The points which are taught in Radhasoami Religion, can neither be denied by great scholars, nor be influenced by them. Radhasoami Religion is devotion and practice. You utilise your precious moments in this direction. Your life will be a living canvas of achievements.

## Discourse 2

Seeker after Truth understands very easily that in this life both Virtue and Vice, evil and good are all

harmful and it is not possible for any one to be relieved from these evil tendencies while discharging his worldly duties. No other Religious act is so simple and easy to practice as that of Radhasoami Faith which can be done at all times while eating, drinking or doing any work. Most of these acts are external , where mind and Kal's forces help. The only aim and object of such action is relief from sorrow and pain. People who follow religion also think in the same way, pray and beg for this boon and pin their hopes. It is a matter of their own experience, whatever reward they get from such external worship and religious acts. Even after such worship, the same indecisiveness and fear continues. No act will indicate what will happen in the next moment. These people want to see their dreams fulfilled in the next moment. All their dreams and desires are not fulfilled resulting in disappointment and despair. Truth is always unpalatable. All wish that their defects are controlled and in trying to do so they experience lot of distress. Pure life with gentle outlook is not to be seen. Man lives under lots of pressure and tension. He does not know what is happiness. Whatever he thinks as happiness turns into unhappiness in a few minutes. It remains a puzzle throughout his life. If any one asks "are you satisfied in life"? the reply is not there. No one knows when death comes. He has the fear of death also. Whatever is said in the name of death it does not give relief from this mockery, tension of life, thoughts of sin and virtue and fear of death. For your happiness and well-being, you adopt devious methods and attempt to mislead that invisible Supreme being also through the same. Can it happen? When that Supreme father is omnipresent and resides in every heart, will He not know the Truth about you? Do you think that He is also a slave of desires just like all other human beings? This is all the illusion of your mind and intellect. Truth is for namesake only on the plane where man is seated. Change should be brought about on the plane of intellect and mind. This change cannot be brought about by any means except through "Satkarni." Emancipation of mankind started only after the advent of Saints. You should remember two points. For internal practice you should set apart some time in your busy life and install Name and Nami in your mind and thoughts. Of course, obstacles do come but if you make sincere effort Malik's Grace will be there and the impossible becomes possible. While discharging every duty of this world, you will walk fast on spiritual path. For the purpose of awakening Truth, human beings were given birth and brought on this planet. To live here is also required and essential. He who strives hard for the attainment of truth in both favorable and unfavorable circumstances will cover the path of crores of births in one birth only. Karmas of several births will appear and disappear also. In your mental plane sanskaras of previous and present birth appear. You will be frightened but with spiritual practice they will not appear again. With the present mental setup, how can you go to "Satdesh" . As purification of heart is done you find the association of Guru as full of knowledge. As the fly sticks to the sweet dish, seeker after Truth sticks to Satsang. If he goes any where, he suffers from the ache of separation and prays ardently for His manifestation and the Lord appears also. He does not think of time and distance. To achieve this noble spirituality, one should have longing and yearning. If you are a seeker of Truth these few words will inspire and enhance your enthusiasm and ambition. Otherwise, you will remain unaffected even though you listen to such good words. Try to bring success in your life through spirituality.

### Discourse 3

If the two back legs of a horse are tied tightly, it will not go forward even if you beat it incessantly because it is helpless and ignorant. As soon as man stepped into this world he is anxious to know his future but it is not possible. Even after knowing the astrological predictions his future is in darkness. When the sanskara of previous births is on your head, you will not know the future. Whatever comes with the time you have to accept it. Change is the fact of life. Future becomes clearer, as attachments are cut. Cutting off shackles is very essential. They are very subtle, to cut them subtle method has to be adopted. The person who installs Radhasoami Name and form in his heart would be able to do it, but it

is very difficult with wavering mind. Dhyan cannot be done. It is difficult to do Sumiran and Dhyan. Constant practice for long durations is necessary. In its absence, future is not safe, however much you may learn and earn money. Even though you come to Satsang, you remain as a rock of water. Those who were associated with Satsang for long period behaved as worldlings, as soon as they were out of Satsang. They have not given due respect to the name and Nami. As and when sanskaras are destroyed, peace, happiness, fearlessness and purity come. Otherwise, even though you talk of good things you revert back to your old habits, as soon as your social environment changes.

To give value to the time is wisdom. By repeating Radhasoami Name time is utilized properly and value is given. You have to do it again and again. But you do not do that. Your life has become full of conflicts. Everyone should wake up to reality. You are doing harm to yourself. You will not become a Satsangi by just passing of the age. He who values every second can lessen the burden of sanskaras, become a true Satsangi and be protected from worldly allurements. Give place to spirituality in your life.

#### Discourse 4

Generally all people especially those who are attached to Satsang, should think over for what purpose they are attached to Satsang. If realization of truth and emancipation is their aim, then the next step is what are they doing to realize their ambition. Do their lives demonstrate this aim and object and are they living suitably to achieve this? If that is not so, it is evident that they have not given due consideration to their aim. If you are not at all aware of the aim and ideal then how far it is proper to say that for the realization of this aim only, you are attached to Satsang? If you are wearing the mask of spirituality then you have to remove it. Otherwise, God will remove it mercilessly with severe punishment. A great number of people were made to remove their coverings unceremoniously. If this applies to them, then it applies to you also. Large number of people were wearing masks. In reality they were after pleasures, comforts, joys and relaxation. Whenever Guru Maharaj left His mortal coil, these things become evident. Every seeker after truth should remove and throw away his mask. In this way he can merit the Grace of the Master. If anyone wants to cheat the Supreme Being by wearing a mask, he has to undergo many sufferings. If your ideal is the realization of Truth, how is it that you have not known so far what is to be absorbed and what is to be discarded? This lesson is repeated several times in a day, yet it is not fortified in your heart. It will be apt, if we say that you are not at all a seeker after truth. 99% of Satsangis do not know what is Radhasoami religion. They are not at all attached to Radhasoami religion. They are tied to the Sanskaras of their earlier lives.

Many people after coming into spiritual institutions, seem to be very active and wander here and there, but they do not care to know what purpose is behind this. They come without any thirst for search and without knowing what is Santmat, they leave the institution. In the present times also, the situation is same and people suffer from those weaknesses. That is why you have to examine your covers of illusion, remove your mask and find out your weaknesses and limitations. You have to awaken the desire to know the truth and strive to achieve it. In this way life will be successful and you will be able to know the truth. Satsangi is he who lives and dies for truth. It is proper to be attached to food and profession, but besides this, he is tied to very many things, which are quite unnecessary, and improper. You have to completely change your way of life. By this life will be glorious.

Satsangi is he, who sacrifices the ephemeral things in the pursuit of Truth. For this you do not have to dig a big pit. You should penetrate inwards. This looks as ordinary but to execute it is difficult. Due to "Adi" and "prarabdha karmas" sufficient dust has covered the mind and its arena. Due to this dirt if you

are not able to achieve success, is it not your duty, to devote time for its removal? It is true that the accumulated dirt of bad karmas of several births cannot be cleansed in short time. It is an unpalatable truth. This advice also may not be digestible but Truth is this. You have to do your spiritual sadhana whether your body, wealth and people support you or not. Such an ideal, which aims at reaching the highest peak, is itself great. By this, life will be reformed. He, who leads his life with such determination and dedication can overcome biggest karmas in one life only. That man would be able to receive such magnificent, boundless mercy is itself wonderful and exciting.

That is why a person should be steadfast, determined and devote his precious moments for realization of his goal. He will be rewarded with Love Divine, which will be much more than the effort he has put in. You can achieve this boon through Santmat, a boon which you cannot get anywhere else. You have to learn a lesson through this.

### Discourse 5

Saints and Seers have said that in spirituality educational awakening is obstructive. Many people have argued that educational pursuit should not be done. But this is utter ignorance. Fact is that, after completing education you have to search for the hidden power and know that some hidden power is acting in this creation. Under- developed intellectuals accept whatever arguments are put forth but developed intellect sees things with rational outlook and values them. If a person is able to find any Saint and surrenders to Him, intellect creates hurdles in the beginning, but afterwards it does not interfere. Intellect develops through the mind only when mind is relieved of its vagaries, intellect also becomes peaceful. Saints have professed that education was not a hindrance in their spiritual studies and learning. This is also true that if the seeker after Truth comes to the association and “Bhakti ang” (Devotional attribute) has not taken root in him, then his intellect also will not help him. But when in anyone’s heart, need of Bhakti for realizing truth is felt and effort to achieve it is done, then he will be quickly relieved from the weaknesses of mind. His intellect also assumes purity.

Do not be disappointed or dejected. You have to see whether your intellect is not feeling the necessity of devotion. If you swing this side, both the mind and intellect will help you in attaining supreme knowledge. At one stage, if “Bhakti ang” is absent in you they create hurdles otherwise they will not. It is your duty to know that if intellect creates problems and you want to achieve spirituality through intellect, then there is a heavy burden of evil karma on you. That is why problems are bound to come and journey goes on a slow pace. You have to consider thoroughly these points and pray for the boon of devotion. If there is desire and yearning for Bhakti it will be granted definitely. This is the law of Supreme Being. You have to clear your spiritual outlook. By partaking in Satsang many doubts are cleared and queries solved. But if practice is not done, even though you listen to the answers given for questions, you will not benefit because they do not come in your experience. Satsangi is he, who is attached to truth and spirituality. If any person has to travel, then he will somehow push through the crowds and groups. But he, for whom travel is not necessary, will simply wait for the vacant train. Satsang is achieved. So many desires are in the mind, but if those desires are spiritual no need to worry. As your thoughts are dissipated, your journey becomes easy. But unless the journey is most necessary you will not care to undertake the journey at all. If you understand these points, you do not care for karmas and as mind is not allowing you to do abhyas, you refrain from it. This is foolishness. If karmas are thrown away in great numbers, then journey becomes easy and comfortable. If that is not the case who will be attached to spirituality and be prepared to sacrifice all.

The beauty and grandeur of spirituality makes the devotee so enamored and fills him with so much

knowledge, that he is ready to leave his body, and not a trace of regret. Until you rise above the attraction for the body, how can you experience withdrawal? Devotees will tolerate this pain cheerfully. To be faithful to spirituality is an essential duty. But jiva is tied down by intellect. Through good counselling spirituality has to be introduced in our lives and we thus show our wisdom. By the power of Radhasoami Name, Kal and Maya shiver and the devotee begins to follow the dictates of the spirits but withdrawal will cease. Be honest and sincere to spirituality. If there is dearth of devotion, pray for it and do the necessary preparation for achieving it.

#### Discourse 6

Man under the influence of his desires and sanskaras acts in different ways. Sons of same father may have varied professions and studies. Some may not be interested in studies at all. Action (Karma) is important in man's life. Depending on it, his interests, work values and ambitions are linked. Man, for countless births, has been under the sway of karmas. If man is unable to find out an easy method to cut off the karmas, emancipation is impossible. By the adoption of Radhasoami Name in the right way even though karmas had been accumulating, the elimination process also starts at the same time. Karmas accumulate in all three states, wakeful state, dream state and deep slumber. Hence there should be a method by which karmic cycle is cut asunder and further even Adi karma is also annihilated. They who repeat Radhasoami Name in the prescribed way are freed from the burden of karmas in a short period. Their interests do change. They lose interest in worldly matters. They are barely attached to world and its objects, and discharge only those functions, which are most necessary for the smooth running of their lives. This attachment is also only external not deep rooted. The world of a person who does spiritual practice goes on changing day by day. He is redeemed slowly and slowly. This is the form of true spirituality. However if there is no change in your outlook it shows that you are running after the wares of the world. If you are upset by fulfillment or otherwise of desires, then either you have not done the repetition of Radhasoami Name in the prescribed way or whatever you did is not upto the mark. It's effect is not felt. You do it without fail and march forward. In this way you do introspection and take a right step. You will enter into the world of truth.

You find out whether your attachment with world is decreasing or increasing. For complete redemption you have to quicken your pace. Those who have faith and devotion to Radhasoami Name will taste the fruit of eternity, in their lives and acquire great knowledge. Without this if anyone wants to achieve spiritual progress with intellect or to think of purifying the mind with undesirable methods in foolishness. In earlier times people have ruined their lives by resorting to purifying the mind with undesirable methods is foolishness. In earlier times, people have ruined their lives by resorting to such odd methods. In the religion of Saints, penance and other methods are forbidden. By leading ordinary life and repeating Radhasoami Name properly a devotee can make the doors of emancipation to open. To execute the practical aspect of religion is wisdom. In the absence of spiritual practice the required reward will not be granted and life is wasted. You give prime importance to spirituality in life. You will be benefited.

#### Discourse 7

It is not possible for the mind of any one to get concentration. Rich, poor, strong, weak beautiful, ugly, clever or fool, are all under great stress and worry. As intellect develops mind becomes more fickle. Man is superior to all human entities because of his intellect. No one wants to lead an animal life stopping the development of intellect. When mind is not there in one state then the happiness got



through mind also becomes momentary. Mind can be made to concentrate for a few moments but it gets distracted very soon and happiness and peace become sweet dreams. As intellect develops mind's attributes are fear and thoughts of unfulfillment dominate. In this world no one is peaceful. Great scholars, scientists, men of great physical strength, pious people, all of them think that they are imperfect. They do not have the feeling of completeness. Further they suffer from inferiority and intense stress even though they may hide them cleverly. Unless man forms communion with the all perfect, he is not entitled to know him. Mind and intellect cannot gain anything except distress and agony. Everyone wants to live by falsifying truth. When they form a communion with Truth they will not hanker for outward show

Father and mother do not educate their children about social matters. As the child develops, he becomes fit to go deeper. If you want to lead a perfect life then enter into communion with the Perfect. Then you can balance and harmonise with every situation. Spirituality is not a ritual or tradition. It is related to internal practice and association with a Great Person. It is difficult to recognize the true Association with the True Guru. To whatever extent Spiritual awakening takes place in you, to the same extent your thoughts and feelings will synchronize with Satguru. You can then live a life of surrender and acceptance. Till "Surat" awakens lot of effort and practice is needed. If lover moves one step Beloved Lord will move two steps towards him. Seeker after truth may be anywhere but his attention would be fixed on the Name and Nami. He does not like the pleasures and games of the world. He is one among lakhs and millions of people. People, though living in Satsang, are not sincere regarding practice. Kal is dominating them. Discourses and speeches do not have any impact on their hearts. Even after listening and understanding the words of Truth they do not practice. Such people will come under scrutiny. After the departure of Satguru they lose the power of determination and are engulfed by darkness. If mind is averse to spiritual practice it is a great disaster. Please value the time, repeat the True Name and Contemplate the Form, by which the boon of devotion is granted and service done. Give importance to spirituality in life. Life will then be fruitful. While leaving the body you experience the fullness of it.

#### Discourse 8

People who are learned in music say that there is great power in it. In earlier times there were singers who, by their singing, brought rains during the drought period, made the candles light up in darkness, attracted and mesmerized birds and animals and even induced cows and buffaloes to give more or less milk as per requirement. When we hear of these extraordinary acts, we are surprised how music can do so many wonders. But musicians say that if the singers sing with right 'swaras' (note, melody) and with harmonization of their swaras, their hidden power becomes manifest and influences the environment.

The pages of history are filled with the stories of such miracles. It is said about Tansen, that though he was a great singer his ego and pride were dispelled by a wandering 'sadhu' by name Baiju Bawra. Tansen once failed to demonstrate his singing talent in public. On hearing a beautiful song rendered by Baiju Bawra a deer came near him. Baiju garlanded it. Once the song was over the deer went away to the forest. Then Baiju said to Tansen "You with your music talent call the deer back". Tansen tried his level best to call back the deer, but no deer came. Tansen then went on saying that deer given to wandering and roaming accidentally came there. He said "It cannot come again. It has gone far away. It's coming to you is not on account of your singing". Then Baiju resumed his singing again and the same deer came along with the garland given by Baiju. All the people were stunned and Tansen had to accept his defeat. His ego had been dissolved. There was a special art in the singing of Baiju Bawra, which was lacking in Tansen's singing.

In this world most of the people repeat some Name or other of the Supreme Being. Many people repeat Radhasoami Name also, but they are not aware of the efficacy of it, which is hidden. They are disillusioned and think that this name is also like all other names and the argument of its greatness is all imagination. But our revered leaders have demonstrated the great potency of this Name again and again. This Name is the life of this creation. Supreme Being is hidden in this name. Saints have revealed the power of this name. Generally satsangis are not conversant with the greatness of this Name. They do not see the effect of this Name in their lives. Definitely there must be some defect in their method of repetition or some other fault. They do not repeat the Holy name with enthusiasm, love, “virah” delicacy and inclination, which is most needed. They merely repeat it as a ritual due to which its latent power not revealed. The repetition of this Name in the prescribed way leads to great transformation in the life of a devotee. In his living style, eating habits, talking and interacting, a sort of decency and delicacy is seen. His life’s string is attached to Supreme Being. He absorbs himself in the vast happy and peaceful reservoir of Bliss. Doors of emancipation are opened for him. His attachment with the world and its ephemeral objects has ended. Worldly loss or gain does not harm his spiritual progress.

Ordinary person runs after the transitory things of this world day and night. They do not come to his hand. Even if they come, they do not stay for long. But Supreme Being remains with the devotee all the time. He, by keeping the Lord in his heart rises above all the worlds of this universe. You have to see whether you are getting benefit from spirituality or not. If you are experiencing the benefit and its truth is reflected in your life then your method of repetition is in the right way. If you do not find these things in your life mere arguments will not help. You can console your mind by falsehood but nothing good will happen. Time is flying away. You have to do some necessary changes and adjustments in your life, and merit the grace of the Supreme Being. By repeating Malik’s Name in prescribed way, you have to awaken the Divine music internally. In this lies the victory of life. To achieve real happiness and peace, this is the only way.

### The Teachings of His Holiness

SAHAB JI MAHARAJ

That Sumiran alone is correct which leads one to the state of dhyān; and that dhyān alone is correct which results in rendering one able to hear the spiritual sound, and that bhajan alone is correct which produces forgetfulness of the physical body and its surroundings and leads to experiences of the spiritual plane, and those experiences of the spiritual plane alone are correct as generate enthusiasm for sumiran, dhyān and bhajan in the mind of the devotee and such enthusiasm for these spiritual practices alone is correct as impels the devotee to engage himself in abhyās. If these conditions are not fulfilled, the devotee, though he remains attached to satsang and sings the praises of Sumiran, Dhyān, Sewa and Satsang will not be able to enjoy the blessings of Radhasoami Faith.

It has been observed that there are some people who do not hesitate to communicate even their most trifling difficulties to the Satguru, while there are others who hold that worldly needs and difficulties ought, on no account, to be represented to Him. Neither of them is in the right. It is improper to ask for help in trifling matters, and it is absurd not to ask for Grace and help when one is afflicted with troubles that are unbearable and agonizing. For a devotee, however, whose mind remains unaffected by the pleasures and pains of the world and whose equilibrium cannot be disturbed by any kind of worldly prosperity or adversity it is quite sensible to keep his troubles to himself. But it is foolish and even harmful, for a devotee of ordinary caliber to simulate the ways of a devotee belonging to the former class. Radhasoami Dayal is our Supreme Father, and as such we must knock at His door for Mercy and

Grace whenever we find ourselves placed in circumstances that perturb the peace of our mind or obstruct and mar our spiritual progress

It is true that it has been taught that the man who possesses the spark of divine love in him, need have no worry about spiritual practices, but surely this does not mean that he is thereby allowed to neglect them altogether. All that is meant is that such a devotee has not to entertain any anxiety regarding the successful performance of the spiritual practices, for the man, who carries the spark of divine love within his heart, is in the first place sure to perform the practices successfully even though it be for a short time only every day, and in the second place, nothing can stop him from being regular in attending to his spiritual practices. The truth of the matter is that only those who are wanting in love for the Supreme Father shirk the performance of spiritual practices.

From- "TABLE TALK"

Prem Prabhakar Mar 2005

Discourse 1

He, who does not look into his defects, cannot progress in spirituality and remains in illusion. His comprehension is not clear. If any one wants to print a cloth, first he cleans the cloth. Printing cannot be done on a dirty cloth. Until mind is purified, Love (Anurag) cannot be obtained/received/granted. Service, sacrifice, dedication, spiritual attachment will not be helpful. The aim is realization of truth. But it requires certain amount of purity. In the absence of this, concentration will not come. Those who sit in Abhyas for hours are enriched by innumerable thoughts. One who is attached to worldly desires cannot attach himself to God. First you try to know the vagaries of mind and try to eliminate them. After knowing the causes of these vagaries, do repetition of Name and contemplation of form, again and again, cleansing process requires long time. With the help of the true master purification of mind is obtained in a short time. He who thinks of spiritual progress without trying to purify his mind is a fool. Only an extraordinary person recognizes his defects and prays for their redressal and adopts proper method to get rid of them. He ties himself to Sumiran and Dhyan until spontaneous/effortless repetition of name is achieved. Many good and bad sanskaras accumulate. One should be very cautious and vigilant and Sumiran and Dhyan should be practiced very often. If the purification of mind is not given prime importance you will be swaying in illusions. You will fathom your ego through out life. There is great difference in achieving a thing and imagining to achieve it. One who imagines will face disappointment. After reaping spiritual benefit, much transformation takes place in one's behavior and practice. Seeker after Truth pines for the vision of the beloved. He becomes the source of happiness. Great change is seen in his way of talk, behavior etc. Satsangi who does Repetition of Name and Contemplation of the form merely as a ritual remains empty inside. Everyone should develop a clear perspective regarding spirituality. Are you finding your defects more now than in the past? Do Satsang's discourses and speeches give solace and relief to your wounded heart or not? Spirituality is not a matter of intellect. Everyone should wake up to reality. Purity of mind is essential. The happiness and peace of a pure mind is very great. He will have no desire even for Satdesh (pure spiritual region). The lover is fully alert in spirituality. He finds a device to ward off the sanskaras that affect his mind and intellect.

It is immaterial for a person to be a Satsangi or not if he thinks that he is all perfect without any defects. He, like all others religion's followers, by tradition gets attached to Satsang and becomes a bigot. The real seeker after truth is conversant with his defects. You introspect your mind and follow spirituality in

the right way. This would be the greatest stepping stone in your spiritual life.

### Discourse 2

He who is not vexed with worldly pleasures and does not notice the sufferings and agonies behind them is not eligible for Santmat. We find only one among lakhs of people who is wise and tired of the worldly pleasures. But even if an immature person also forms contact with Satsang his emancipation process quickens. Due to power of Satsang and the influence of satkarni he covers the path of several births in a short time. People lag behind in practice. They are tied down by the load of sanskaras, which can be cut asunder only by satkarni. They always remain burdened with doubt. Their spiritual bond is weak. People think of the experience of withdrawal and other spiritual experience in them, but Supreme Being's rules and regulations cannot be changed. Intellect may imagine many things but God acts according to his own laws and rules. Without clearing the debt of kal and karma, withdrawal is not possible. If you do not give importance to spiritual awakening and want to associate spirituality based on your imagination it becomes impossible. Without distancing from the world, spiritual progress is not possible. People want to be relieved from sorrows and miseries of the world but an awakened person sees misery and sorrow in happiness. He perceives a chain of innumerable karmas. He alone adopts the sadhana of Santmat and then love for the lotus feet of Supreme Being is installed. Kal and Maya become inactive before 'Love Divine'. Much preparation is needed in spirituality. He, who does not have faith and respect for the Guru's association cannot achieve spirituality. He wants the fulfillment of his worldly desires through Satsang. He considers as Grace, if his worldly desires are fulfilled. If you want to be saved from this disaster then spiritual practice is to be followed. Real dedication and devotion are necessary. If the person prays to God with real devotion his prayer is heard. The Supreme Being is omnipresent in every human being. He is all knowing. No one can cheat him. He who is sad and dejected by his weaknesses, and surrenders to Satguru and does internal spiritual practice will be owned by God. Spirituality is not a matter of one or two hours. As long as you breathe and be conscious, please do it. For this a long struggle and Grace of the Lord are essential. Slowly situation takes a good turn. Real begging, real endeavor, and real repentance go a long way. You cannot hide your defects from the Lord. In your practice, in your conversation, you should be sincere and honest. If you are absorbed in spiritual practice then awakening is bound to take place. You enter the realm of experience, which is permanent. Man is diverse in body but in the plane of spirit he is one. After attaining the spiritual plane, all differences and negative thoughts are dissolved. Enrich and accomplish your spiritual sadhana with devotional fervor. If you really pine for it, success is achieved. Millions of people in this world worship the lord in various ways and are searching for him in different ways. Many people pose as renunciates and sages and cheat themselves. Supreme Being is no imaginary entity. He is the Reality. To realize this truth, you have to search a true Saint and seek his guidance. You have to value your life with satkarni and SatSanjog (True Association).

### Discourse 3

People have many sanskaras but all are not equal. Man has sanskaras of several births of which he is not aware. Chalayaman Sanskaras are created in the environment in which he lives. Because of these Sanskaras, he is not able to have the vision of the Lord. These covers have to be removed. If Saints do not initiate, Sanskaras cannot be eliminated by the circumstances of the world. For a seeker after truth, discourses and speeches are very essential. He who is not a seeker does not require any internal experiences. His attachment with Satsang is only for worldly gain. People worship tree, stone and water for worldly prosperity. There is no difference between such a person and a satsangi who is after world. Some persons with skill such as sleight of hand etc attract people and gather crowds. He, who is not a sincere seeker after truth, will associate himself with that group. People even after coming into the true

association do not give proper value to it. There is no persistent desire to know the truth in them. They do not show interest in discourses and speeches. They are Satsangis for mere show. Discourses and speeches do not leave any impact on them. But seeker after truth is very much inspired by discourses and speeches. His understanding is very deep. He regards them as the flow of Nectar. He is ready to follow any instructions contained in them. You observe in which direction these discourses and speeches are leading you. If you do not scrutinize and verify them it means there is no craving for truth in you. You just profess that Satguru has divine powers. You want only fulfillment of worldly desires. People, even after coming into true association aspire for ephemeral things. How can you be true seeker after truth if you consider the world as true? Radhasoami religion remains puzzle for you. You swing between dedication and distrust. It is your duty to first recognize yourself. In spirituality introspection of one's own self is very important. The number is high of persons who while away their time in utter negligence. They do not want any spiritual enlightenment. They expect success in spirituality while having desires of the world. This never happened and will not happen. How long can you be safe with your feet in two boats? He who does not introspect himself and is not aware of his state of mind is a false paramarhi. He, who was indifferent to the world, came into this world only with the aim of realization of truth. He does worldly acts only to keep his body fit. He does not aspire for worldly fame and name. He involves himself in the world in a very restricted way. Such a person is a noble 'sanskari' and a deserving person for spirituality. Even bad 'sanskari' person can also progress provided he is sincere in the pursuit of truth and understands and thinks over the discourses and speeches. In large meetings, people recite the speeches of great people but they do not understand its essence.

If a person is worried about his life, he should understand the purpose and aim of his life. If he does not act accordingly he will come under Master's scrutiny. Man's life is based on karma. He should acquire spirituality while being seated on the plane of mind and intellect. You see for yourself how far you are faithful to spirituality. Do not argue that worldly desires are also proper. Otherwise you will also come under scrutiny.

#### Discourse 4

A person who does not observe self-control is not a free man. Political mental and spiritual independence will not be useful if there is no restraint in the character of rulers. Many independent nations lost their independence because they did not observe restraint. A leader who can control his mind alone can make his country independent. For one who does not consider social economic and political control as essential independence becomes a curse rather than a boon. Mahatma Gandhi could control his desires and thoughts. He got tremendous power. When no one thought of independence he could, and kindled the light of freedom in the suffering humanity but as soon as it was achieved, the same people did not control themselves and could not restrain their desires. Such people do not contribute anything to their own countrymen but make them suffer due to their selfishness. Their own independence will be in danger. If control is essential for physical and material independence then it is more necessary for spiritual independence. He who thinks that control of mind is not necessary will not get spiritual independence nor live in this world without fear and tension. Thieves and robbers cannot move freely in society. They are engulfed in fear. In the darkness of light they move covering their faces. They are not independent. You are also worried about your safety and spend a lot of money for it. Even great people dance to the tunes of mind and intellect, get entangled by problems and are drowned in a cesspool of sins.

If any person wants independence of his spirit, he should practice control over his body and mind. Such control should be through wisdom. Wisdom comes through satkarni. True association is essential for this. Do satkarni. You will be happy and peaceful. But for complete independence and to be relieved



from every speck of your mind and intellect, love for the Lotus feet of Satguru is indispensable and essential. God is independent but he observes and lays down certain rules and regulations. All physical organs work as per some rules and regulations. Saints and Seers also observe the rules and laws of human beings. They do not break the laws. There are so many stars, moon sun etc., who act according to the rules and regulations. He who breaks laws cannot give reverence to Supreme Being. After starting on spiritual path if anyone aspires for independence, control and restriction are absolutely necessary. He who has happiness tolerance and vairag in his heart can alone achieve spirituality. He who is attracted to worldly pleasures like eating, playing etc., cannot do Sumiran and Dhyan. He cannot concentrate even for a minute. After spiritual awakening, man feels that poverty, humiliation and destitution all help in his spiritual progress. He is not afraid of these things and does not complain or grumble. In whatever situation God is willing to put him he accepts. Mind is the known enemy of man. Day and night it wavers. It does not allow him to engage in spirituality even for a minute. Are you getting memories of your past life? Are you worried over the bitterness of present times? If it is so then you are a worldling. The call for independence is useless for you. Worldly progress and prosperity will not allow you to repeat Radhasoami Name. Do you want to become a spiritual man or a worldling? They who want to flee from the world also suffer from memories of world and they start seeking ways for their safe possession. They are not seekers of independence. If you think in terms of self-control, then you are wise and alert. Try to check the mind all the 24 hours. Do not be swayed away by lust, greed, ego and infatuation. To see one's weaknesses and vagaries of mind is the reward of Satsang. Seeker after truth takes a lesson in his life.

#### Discourse 5

A person, who has spiritual awakening can see the transformation taking place in him and will introspect and observe it. He creates adverse circumstances knowingly and observes how far his mind engages in truth in difficulties and in this way he tests his mind just as housewife checks household things. By making pickles she knows it can be eaten through out the year. She protects it from those things, which destroy its qualities. If something is lacking in it, she rectifies it. In this way she is benefited by her own experiences and passes on to others. A spiritual man also observes his state of mind which is generally influenced by its environment and place. He observes whether his mind is sad due to circumstances. He always does self-introspection. You also examine if you are faithful to the cause, whether it is due to intellect and mind or to really please the Lord. Seeker after truth always observes his own behavior. If there is any fault, he will submit to his master in few words. Mostly, without telling anything he gets answer for his worries through talks and discourses. But the number of such seekers after truth is very less. Many people want the world. Generally we see that undeserving people do not come to Satsang. But if they come, they come only for food and fun. But all are not like this. The seeker of truth comes to Satsang only for truth.

If spirituality is a personal affair, you should look for it under the guidance of Satguru. He imparts wisdom, inspiration and comprehension. A true seeker always remains at a distance. He cannot even write his mental agony in a letter. He goes into solitude and prays and whatever he gets as reply accepts it whether it is favorable or unfavorable. The faith of the seeker is not for show or display. It is based on manifold experiences of his inner self. After noticing the vagaries of his mind, he wants them to be destroyed very soon and for this, does internal sadhana vigorously. In the beginning, he may expect much more result for his sadhana. It is incumbent for a seeker after truth to pray for devotion and grace and absorption in the feet of Satguru and leave the result in the hands of the Lord. Then his feeling of service increases tremendously. He acquires spirituality by keeping his body and mind under control. Such a seeker will definitely go to Satdesh (pure spiritual region). Others may take many births. Are you going to sit here for many more births or do satkarni in the remaining little time and leave the body



without any anxiety and fear at the time of death by the strength of your sadhana.

#### Discourse 6

Without defeating mind and intellect, surrendering to God is very difficult. We have to reduce the force of karmas to defeat mind and intellect. Devotion should be practiced in a sincere and dedicated manner, which is a difficult task. Without this accomplishment, mere putting a label of Satsangi is false. The reward of spirituality is achieved by him who surrenders totally. To put a sword on your mind and intellect is not an easy job. It is impossible to get True association without the eradication of sanskaras. People did not do satkarm after getting True association. They did not dissolve their mind in the Name and Form, putting a seal on their mouth. It will be futile if these people dream about their emancipation. In Radhasoami religion, false assurances are not given to attract people. Intellect will be alive in those who do not have devotion. They ride the horse of imagination and dance around their ego. Kabir Saheb has said about Bhakti in the following couplet “ A valiant man alone can have Bhakti he loses his caste, identity, nationality and everything else.”

Intellect fuels ego. He does not know what is meant by surrender. The religion of Saints is the path of devotion. It requires pure and sincere heart. Pure and sincere person alone can achieve success in it. Others have to undergo the sufferings of birth and death. Eventually they become pure and sincere and are eligible for Santmat. A seeker is inspired by God in his search. Unless a strong desire for search does takes root, and mind and intellect are subdued, man cannot get devotion even if he were to be from a traditionally satsangi family or became a Satsangi out of selfishness. He cannot remain silent closing his lips. He is of no use in paramartha. However, if he does spiritual practice quest for Truth develops in him and he will be able to have devotion. There is no other easy way than this. After the advent of Saints, realisation of God has become easy. Supreme Being has taken birth in human form and manifested in the midst of jivas. Jivas should avail that opportunity and be blessed.

People who do not practice sadhana will come under scrutiny. Satan is seated in man. If they do not repeat Radhasoami Name and contemplate the Form they are satsangi for namesake only. You want to build a wall on a grave (an impossible task). The more you do the Repetition of Name and Contemplation of Form, the more will be the progress. Spirituality needs sincerity. Without it truth will not be revealed and success is not achieved. All saints have advocated this.

#### Discourse 7

Spirituality is the urge (call) of the inner self of man but he does not understand it. Mind and intellect see the world only and regard it as time. In the pursuit of world, man accumulates sin, resulting in suffering, misery and turmoil and finally disappointment. Death will silence him and he disappears from the arena of the world. Whoever considered spirituality as their goal and prayed for truth are happy and redeemed. This is knowing the reality of world and getting rid of its attractions. Peace and happiness enter his life. Relief from problems will come only through highest wisdom. He gets the strength to face trials and tribulations. He perceives Grace. A seeker after Truth, though he seems to lead an ordinary life, is an extraordinary person among millions. His face is always bright with happiness and joy. Whoever comes to him will also experience peace and happiness. His talks create right perspective and are a source of inspiration to all. After associating with spirituality how far were you able to get peace and happiness? How much has True Name and True Form, become basis for your life? How far were you able to be absorbed in them and how much joy and intoxication were you able to get in them? He who sees happiness in this world cannot have the privilege of this experience. To the

extent you withdraw from the world and turn internally, to the same extent Truth becomes the support of your life. The impression that world is true, created by the mind and intellect should be thrown away. This is not possible by mere reading of books. They who consider reading books as spirituality may get intellectual happiness but not spirituality. Only he who installs name and form in his heart will have clear understanding. He rises above mind and intellect and enjoys peace and happiness. If he does not achieve this through Guru's association then that association is not true. Seeker after truth does not play with his life. He has experience of real transformation through Satsang and he accepts humbly whatever is granted by the Guru.

Even after coming into true association if any one does not do internal sadhana he will be disappointed and remains under illusion. To think that everything will be done by God is foolishness. God has come to redeem you but you have to do sadhana. They who do not do this cannot inspire the coming generations. Transformation should be such that it enables the seeker to progress in spirituality in the right way. You all learn a lesson and devote more and more time to satkarni. Then only you will be endowed with peace and happiness. Wake up and do Satsang. Submit prayers with deep fervor. Transformation is bound to take place. In earlier times after the departure of Saints people used to dance to the tunes of kal. Worldly desires swallowed them. Everyone should be now awake. As long as the spiritual urge in a seeker does not become intense he cannot be called a seeker after Truth. One craves for truth if he has good sanskaras. Has the intense desire to know the truth awakened in you or not? Have you submitted your prayer for this? If not, there is danger. You do spiritual sadhana from now onwards. You should be fired by the desire to be in Association, to hear talks and discourses and to do service.

#### Discourse 8

In this world many people do philanthropic acts such as building temples, mosques, taverns, schools, colleges etc., for the benefit of society. They firmly believe that by doing so they get peace of mind, but none has said openly that they got peace and that their evil sanskaras got destroyed. Unless you have vairag in your mind, whatever you do will not give sweet results. The person who has vairag (detachment) firmly rooted in his mind is not an ordinary person. One type of vairag comes when you are affected by any untoward incident or subjected to disease. But the state of mind will not change in such vairag. For a true vairagee (renounced person) no special dress is needed nor any restrictions imposed on him. While discharging his daily routine work, he can be a full-fledged vairagee and all his acts are aimed at others' well being. If he touches coal, it becomes gold. If people touch gold it will become coal. A renounced person will only do those deeds which are correct in spirituality. He does not do any act without a purpose or benefit. He has very little time at his disposal. This type of vairag is not an ordinary vairag. He must be a Brahmandi Soul who has noble sanskaras or he might have inherited noble sanskaras by doing satkarni. He alone can become a vairagee. A worldly man appears to be doing some work but he is trapped in greed, lust and ego. You have planted acacia tree. How can you expect mangoes from it?

It is not important when you came into satsang. What is important is, inspite of loss and gain of the world, how far you are attached to truth while attending to your social and domestic responsibilities. This kind of perspective yields happiness. Many people were there in the past who had vairag of some form or other and no hatred or dislike. There was sympathy for all in them without any discrimination. Whatever they did was inspiring. If you have embarked on spiritual path, then observe your state of mind. How much are you attached to honor and dishonor, wealth and children? Is your mind running here and there for trivial matters? If it is so, the noble words you utter will not give inspiration to anyone. The act itself is not great but the ideal is great. Today all big people give talks on ushering in a

special nation. If a person is not selfless, he cannot uplift the society. Service whether it is for satsang or for family, will not yield any good result, if it is not done selflessly. You have to be selfless and do service with body, mind and money. Vairag comes by a change in the plane of consciousness. Noble thoughts and feelings come only when enlightenment takes place, through satkarni and after knowing the true nature of the world. Then he withdraws from the world internally and consolidates his vairag. Without vairag the level of consciousness is not raised and karni becomes merely a superficial act.

Egoistic people follow the path of show. Vairagee's every act is intended to merit the Grace of the Master and he is successful in that. Whatever vairagee does is bound to be beneficial. In this selfish world he is most reasonable. Selfish person cannot do any service to anyone. Service done for the purpose of show will not inspire anyone. Without vairag, neither your life will be happy nor is it beneficial in any form. Everything in the creation is impermanent. After seeing it you lose all charm and become disinterested. If you feel the burden of karmas you should repeat Radhasoami Name to get rid of them. If there is awakening and vairag, everything is transparent to you. That is why it is your duty to reform your life. If practice is done with sincerity, vairag is also established. Everyone should wake up to this reality.

Until strong vairag is achieved the person remains internally depressed though outwardly he boasts of his well being. If there is desire for redemption from the world, then life should be molded accordingly while attending to your worldly duties. This mind is given for the worship of the Lord and to acquire right wisdom. Observe this reality and plan to achieve it. Then only, after one or two births, the journey starts. Without vairag, neither sumiran nor devotion is achieved. Saints have stated , "without having vairag, how can a person be called a devotee?"

## SHOWERS OF WISDOM

By H.H.Dayal Sahab

To be aware of one's own faults and sincerely pray for their redressal is a sign of Grace of Supreme Being and this is the only method by which, heart is purified. Give more and more place to it in your life. Do Sumiran and Dhyan as much as possible.

As spirituality ripens, Radhasoami Name attracts the mind and pining for Satguru;s company intensifies. There is Grace hidden in all these matters. The day when spiritual feelings arise due to the ups and downs of the world, the process of emancipation quickens. No doubt it takes time but success is certain. Repentance indicates purity of heart and at the same time a miracle of Radhasoami Dayal's Grace. Try to fix your mind to Name and Form so that all the imprints of this life and several lives completely disappear from the arena of the mind.

Spirituality is the game of pure hearts. By the repetition of Radhasoami Name heart is purified. Man does not know how much load of karmas is on his head. That is the reason why he is not able to pay attention to karni. Simply he cries for redemption. Jiva should do his spiritual sadhana without fail. Redemption is the task of Satguru. He executes His work in a perfect way which He was doing earlier and will continue to be doing. There is no doubt about this.

Every person has oneness with the Supreme Being and came to this world to get redemption from the effects of karmas. Through sufferings, misery and pain, purification process is done. But due to lack of wisdom, he finds faults in them and also imbibes those faults, which are again the cause of birth and death. Until Radhasoami Name has not manifested in this world, man had no opportunity to get wisdom. With the advent of Huzur Radhasoami Dayal every person can dive deep into his self and

acquire vast knowledge. He will be able to see the benevolent hand of God in life's ups and downs. In this transformation, man gets the help of True Master at every step.

### SHOWERS OF NECTAR

By H.H. Rajji Maharaj

If you love God even in personal rejection and humiliation, then know that your love is perfect and the disease of the mind is cured. A person in whom the Love for the Lotus Feet of the Satguru is awakened, can experience the Master's greatness and after his departure, can recognize his successor without any difficulty. Even if he does not recognize the Guru due to some reason, he will not go to false Guru under any circumstances. This happens after love matures.

After prolonged period of discourses and speeches if Satguru remains silent for some time it should be understood that much greater Grace is going to follow, just as a cyclonic storm is preceded by absolute stillness in the sea. In the same way after a few days of silence, a great discourse or a new flow in the discourse is going to come. If the bondage of Love is formed with Satguru while living, then there will be no difficulty in searching for the new Guru. If oneness with Satguru is achieved once, then separation will not be there. This oneness is achieved by acting according to His will and becoming dust of His feet. You should become so subtle that you see God even in the soil touched by Guru.

It is divine rule that when clouds thunder, lightning may not appear but when there is lightning clouds also thunder. In the same way, when there is a false guru, he knows merely how to roar, but real Saints and Seers roar and also shine, just as when calmness prevails in the sea, it takes people to the other side and if cyclone occurs then also it floats thousands of people.

Amruth Vachan

By H.H. Maharaj Sahab

Ignorance is the cause of all evils. As it covers intellect man is not able to see the bad effects of evil karmas and desires. By remaining in the presence of Saints, such ignorance will go to some extent and with His Holy Darshan some deserving seekers will become aware of their defects and feel highly repentant. But the real inner purification is obtained through the nectar like discourses delivered by Satguru. Besides this he gets the right perspective and proper discrimination which enables him to observe the behavior of his mind. With true perspective and discrimination he can eliminate undesirable thoughts and deeds which are against the wishes of Satguru and His teachings. The atmosphere of Satsang, Sant Satguru's darshan and His divine discourses all create great impact on the spiritual awakening of satsangis. As and when devotee progresses in Abhyas he experience the intense Love for the Master whenever he attends Satsang. He finds all pleasures of this world as very trivial. In satsang, from beginning to end, he is absorbed, ecstatic and thrilled. Kabir has described this state of mind in his couplet.

“Murakh jan koyi marm na jaane satsang me amruth bares”

Foolish people do not know the secret that nectar rains in Satsang.

## Discourse 1

In the religion of Saints, prime importance has been given to practice. It is the essential spiritual feature of that religion. He whose mind is not prepared to do practice will not be benefited in any way even though he belongs to satsangi family or might have come to satsang for some reason. In fact he who enters satsang as a true follower realizes that he has very many weaknesses fear and indecisiveness. As such he wants to be relieved from the burden and stress of bad karmas. He on his part has studied many books and discussed with many teachers and scholars but no one has given the secret of satkarmi or solved his problem. He is always very sad due to this. At many places instructions are given that if you close your eyes and apply pressure you will see light. With such practice you can not get peace. If the defects of mind are not dissolved and mind is still wavering, seeker after truth can not understand the point that light is being seen. People who are pleased and satisfied with the thought that irrespective of their mind being purified or not, they would see light are not real paramarthis. They wear the garb of spirituality and do not seek real truth. Truth is inside you. Vision and Darshan of Supreme Being is achieved in heart when it becomes pure and unalloyed. All saints seers and Avatars had knowledge of Supreme Being in their hearts only. You want to experience internally through mind and intellect. Mind and intellect are imprinted with impressions of the world. While doing spiritual practice this imprint comes to the forefront and you will waste your valuable time. If you can know God with you own method then you will become a great warrior. There are many people who can do many gymnastics with their body but no one has got anything. To dive deep into your self is most important. True form of Satguru and true Name are a burden on mind and intellect. If this burden stresses you internally, then it will not allow it to come outside. If life's moments are spent in the repetition of Name and Contemplation of Form, all the vagaries will be destroyed. Very quickly mind which was obstructing you in your contemplation, will not do it after the vagaries are destroyed. Then that person will derive benefit from discourses and remains detached from the world and its attractions.

If the tendencies of your mind are getting weakened and if you feel that your way of living previously was not correct, then it is a welcome development. This realization and sadness comes to those who follow the practice of truth. For others this world looks like true even through destruction takes place every minute. He who sees this world as myth and destructive, he alone can tread the path of Truth. Such a person, though he does all worldly activities, will be aware that he should not forget the True Name and Form of the True Satguru. Then you yourself will see that if you move one step, Malik will reward you four times and no obstruction will be faced in your worldly endeavors. If any person knows swimming, he can cross the sea sitting in the ship, and enjoy the beauty of the waves of the sea. He cannot reach the shore without the ship. If you adopt the Radhasoami religion, then know for certain that it is a religion of 100% practice and that you should adhere to it. It is not a matter of discussion. Intellect cannot understand it. To know the virtues of Radhasoami faith you should practice and imbibe those qualities which come automatically. If you say that sweet is sweet without tasting, it is not correct. You can not prove it with argument. By doing practice only you can know its truth. But if you imbibe all those qualities you will not boast of it. In religion there is no place for propaganda. Saint's prime duty is to clear the doubts of seekers but if there are no replies for the questions of seekers in any spiritual association it is not a true one. Truth is not dependent on anyone's help. It was there and it will be there. Truth is spread every where. Recognize it. The mind, which is dependent on world, is full of fear. You can not remove this fear unless you have real experience for which you have to do the practice. You have to become fearless and bold on the basis of your experience then you can bear the pain of death cheerfully.

When you become unalloyed and pure by doing sadhana then death process starts and in few months time it will be completed. That person alone can know how valuable human life is. He can

realize God in this human frame. If you become a good human being and get emancipation from this world it is through Radhasoami name only. You install it in your heart. No moment should be spent without repeating Radhasoami name. In whatever profession you may be, please remain attached to this name.

## Discourse 2

A person, who is fired by the desire to get good education, will seek a good teacher so that he can understand the subtle matters in that education. He knows that if he cannot get a good teacher his learning remains incomplete. He wants to join that school only where there is good teacher. The teacher of that particular subject of study is most valuable. The same rule applies to spirituality. He who does not want a proficient and good teacher will manage with any teacher. A determined and dedicated student runs to the good teacher as soon as he hears about him. A real seeker also goes to the real Master as soon as he knows about Him. People have no urge and yearning to seek spirituality. They are fond of the world. They attach themselves to that way of spirituality which assures their worldly prosperity. As soon as their desire is fulfilled, they stick to that path. But there is no end to the desires. They run here and there. They go on worshipping every one. This is the misery of all in this world. In every era due to ignorance and worldly attachment man could not value the Holy association. He could not open the doors of emancipation. He was attached to worldly desires all through his life. Spiritual man alone can evaluate True association and his own life. Search your heart. You will at once see how much you are filled with worldly desires. In the absence of spiritual practice, world will occupy your heart. You will be deprived of the true benefit of Association with the Master. True seekers only had valued the True Association and fully benefited from it. People full of worldly desires remain empty even after coming to the True Association. Worldly desires indicate the dirt of the mind. Annihilation of desires is purity. Spiritual persons will not neglect the spiritual practice while doing worldly duties also. This is related to Malik's grace. In the absence of spiritual practice no one can really benefit from the spiritual discourses that are delivered in Satsang. Your outlook is not clear. Worldly filth has accumulated in it. The real value of life lies in the repetition of Radhasoami Name and contemplation of Holy Form. People go away from spirituality, thinking that mind's desires are the desires of Guru. They associate their personal opinions and aspirations to the discourses and the Guru and thus stray away from the path. You have to do spiritual practice. Taste its fruits. Do more and more practice. By this awakening takes place and the doors of the future path opened. "Nami" the Named is more powerful than Name. If True Association is got it would be like a pot of nectar to a real seeker of Truth. For a worldling it is nothing. Predominance of darkness is there. God wants the emancipation of jivas. Many will have set backs. They will be seen perplexed and worried. People filled with innumerable desires are seen dancing and singing. Drugs are also being used on large scale. Those who are enamoured of such things are not fit for Satsang. Such people will be thrown away in no time. True Association and spiritual practice give meaning to the value of life. This world is filled with sorrow and misery. This is the abode of kal. In the absence of spiritual practice, you cannot know the Truth. Utilize your time and life properly and enrich it with spirituality. Otherwise you will lose your body and the burden of karmas will hang over you.

## Discourse 3

When science developed and was applied to the service of mankind man thought that he would become the creator and he can do what ever he wanted and can control nature and its activities but it proved wrong. Scientists, who are studying physical laws, began to attach them with nature. Human



race should harmonize with nature and adopt and apply their laws. If through scientific techniques, nature's functions are mishandled, then there will be no clean water and air. Population will go on increasing. For the benefit of mankind several medicines have come into the society. The life span has been increased and mortality rate diminished. When population explodes, living conditions deteriorate and comforts cease. The study of science brings man nearer to nature. Seeing the ill effects of some chemical elements to earth, researches for new techniques are carried out. Research is going on to find out elements which help as manure and at the same time destroy poisonous germs and insects. Neem oil is being tested. Scientists say that this earth is just like a needle's tip when compared to the universe. They are surprised and stunned to see how the whole creation is being controlled by the Supreme Father. Children of same father and mother are different in their ways and behavior. This difference is due to their sanskaras. Man takes rebirth after death. How is it possible that this vast and big universe is running so smoothly? Supreme Father is the creator of this whole universe. He is acting with some purpose. To think that science will dominate true religion is wrong. That will never happen. Spirituality will not only enrich the life of human beings but also enrich the life of animals and birds. No one should have illusions. Man cannot become a challenge to God. He has to take shelter under truth. If you do not adopt spiritual practice all activities related to life become a big riddle. Man will be harming himself, society and country due to belief in the influence of planets. History tells that King Prithivi Raj Chauhan had belief in planets. When Mohammed Ghani invaded him astrologers advised him not to wage war at that time as the planetary position was not favorable. Mohammed Ghani then defeated him. There is no truth in this belief of planetary controls. You have sanskaras of several births, which you do not know. You cannot throw them away. By satkarni they will come out and be destroyed. You suffer from fear if you have attachment with the world. By associating with Truth you become fearless and free from worry. Your life is engulfed in darkness. You do not know the future events. By the knowledge of god, future will be enlightening. You can dissolve all your vikaras. The Form and Name of God will be the prime attachment in your life. You will get immense happiness and peace. Give first priority to spirituality so that there will be awakening of soul.

#### Discourse 4

Kal is alerting all mankind to the fact that attachment to the world is false and an illusion by creating destruction and decay everywhere. But due to the wavering mind and burden of sanskaras, man is not able to adopt and accept truth even though he sees and understands that every thing is perishing. As the world is advancing, intellect is also developing and man's conflicts and tensions are increasing. This is a matter of concern. If man becomes wiser from his miserable plight and also by the illuminating discourses of saints, inner awakening takes place quickly and he becomes fit for the realization of truth. This awakening may help him to know all the secrets of body and mind. If any person gives places to satkarni in his life and associates himself with True satsang, real awakening takes place and he becomes aware of the inner world. After a long conflict with the negative forces his spirit becomes fit to go to Satdesh. Of course, Supreme Father's help should be there. His unbounded grace is always there and a devotee will avail that to the full extent, when he goes deep into his inner self. For this achievement love for the Holy feet of the Master is essential. This love will free him from shackles of body and make him capable of gaining entry into Satdesh. This love is a gift of that great Master. This is not an imagination. But no one is fit to receive this love. When a person is fully purified and becomes deserving enough to follow the path of devotion, then only this great boon is granted. In spirituality all worship is internal. External worship has no effect. The Association of True Saint and Malik's name are very essential. No spirituality can be achieved without them. He, who utilizes these two aspects in right direction, will derive maximum benefit.

Adopt satkarni and enhance your good karmas. Throw away the attributes of mind. Whoever does this will be recipient of grace.

#### Discourse 5

When man realizes that his life will not be free from sorrow, disaster and troubles without satkarni and that his life will be unhappy without knowing the secret of emancipation then only he will be very keen to know the key to truth. He will not rest until he knows the path to truth. He is conversant with the anomalies and bankruptcy of religions which are prevalent now and knows that truth cannot be attained by those outdated methods. Such a person gets contact with True Association sooner or later. He views the True Association as vehicle which lifts one from this burning world to a very cool and peaceful place. A hope generates in his mind that by following this practical method he will be gifted with unique experiences of truth in a short period. The talks of Saints indicate this. There is no show in it, there are many facets of real experiences. Saints and Seers are not at all tired of describing them. All experiences are instant. A new flavor and a new knowledge is reflected in them. Descriptions of Love Divine, of Mahamantra Radhasoami and of spiritual centers are all there in religion of Saints. Living religion, Living Satguru and Living experience are described. The seeker after truth will not indulge in customs and traditions which are intended for display. You see for yourself how far your understanding power is increasing and how much you are fired by the desire for Association and its benefits. Have you entered Satsang for realization of truth or for show. Has your attachment to Satsangi family led to the desire for Realization? Are you spending your valuable time for this purpose (Realization). If this is not so, you have to pay more attention to the speeches and discourses and digest them thoroughly. If the desire for Realization of Truth has reached culmination, then you will crave for association and darshan of the Master all the time. This is the practical result of Satsang. Seeker after truth will not continue in false association. He can not breathe in that environment. Life's value lies in the realization of truth. You have to do the repetition of Radhasoami Name and Contemplation of Form frequently. Fix your attention on this even while doing worldly activities. Devotees of God have benefited from it. Arise and awake for your fortune.

#### Discourse 6

How many of you have that level of intellect and wisdom to know that whoever received the knowledge of God that was through internal experience only. No person could achieve it externally. That is why no importance has been given to external things. External service is only to help the internal path. All types of external acts create only wavering in the mind. If you do not have the determination to give prime importance to internal sadhana, you will be far away from the roots of spirituality even though you spend hours in the recitation of Sabdas and discussions on the subject. Seeker after truth knows fully well that God is realized internally only. There is kal and mind within you and also God. The seeker after truth knows that though there are many methods, not one has helped him. He has spent major portion of his life in testing these paths but no transformation has taken place. He was in search for that method which brings about transformation every minute. Mind and intellect, which are seated in you, do not allow you to concentrate internally. In olden days people used to punish mind and body to weaken them. But there was no result. If these points are studied closely we know that there is a battlefield inside every person and seeker after truth should fight with the forces of Kal

and Maya. Mind and intellect are so powerful that all the efforts of jiva will never be fruitful. When such a person gets the Association(Guru) and through that association he gets inspiration to turn inwards, then devotion blossoms forth in his practice and he becomes confident that he is on the right path. He comes to the firm determination that he will spend his entire life in internal pursuit and practice. To channelise your thoughts in the beginning, you have to attend Satsang. Through the merciful glance of Satguru control of mind becomes easy. This is not the effect of Satsang environment but is done by the command of Satguru. He will help him to remain antarmukh (turning inwards). From one side he wants to be uplifted from every fibre of his body and mind. He realizes his inability to do so and experiences that everything can be achieved only in the company of Satguru. Whoever experiences this will dedicate himself to the company of Satguru who adorns his heart with spiritual feelings and thoughts. He remains silent and happy and accepts as God's gift happiness as well as sorrow. He has no friend or foe. For him every thing is True company (of the Master).

Is there any one who accomplishes what all he wanted to? If that is so why every one is worried and sad? If you are without any spiritual support your ship remains without an anchor. If seekers are blessed with True Association they will not look here and there. They are ready to sacrifice their lives also. To conquer mind and intellect is more difficult than having one's throat slit. An expert can attach and stitch it. Malik gives opportunities to all. The seeker after truth is able to receive and absorb even the small favors and grace of the Master and attracts His attention. Mamukh loses even the greatest of gifts and favors. If that is not so why do the people around Satguru exhibit utter darkness? You may also become a victim of circumstances. If God is realized and emancipation attained it would be internally only. He who helps in this endeavor is a friend. You should always try to focus inside. By this power of intellect gets nullified. If it is not nullified then there is dearth of devotion. To gain the gift of devotion, one should turn inwards and pray looking at the Holy feet. In Radhasoami religion True Association of the Master has been given a powerful place. External satsang leads you to turn inwards. You see for yourself that the Holy atmosphere of Satsang is creating great impact on you and the extent to which you are able to turn inside.

## Discourse 7

Until full spiritual knowledge is achieved kal enhances the strength of mind in several ways and man is engulfed in karmas and sorrows. If happiness is not permanent then sorrow is also not permanent. But the root of happiness is in sorrow and sorrow's root is in happiness. That is why there is nothing to panic. One should not be afraid of sorrow and in time of happiness he should be alert and be in control of the mind with Name and Form. You should not be overwhelmed when joy comes should be able to bear sorrow also with the strength of Truth. Control over mind in times of happiness and learning lessons in times of adversity during sad period is the characteristic attribute of a paramartha (devotee). If that is not so, think that you still have a great load of karmas. There is a danger of your downfall from the spiritual path and consequent suffering in the cycle of birth and death. If any person is entitled to taste the sweetness of Radhasoami Name, his outlook changes completely. After completing the cycle of his sanskaras, he becomes the beloved of Malik. He discharges all his family duties but is not at all attached to them.

Man is encircled by kal in visible or invisible forms. The five attributes of mind are inside which arouse many desires and aspirations within the limitations of time. Man along with these five devils lives with innumerable other devils. How can anyone be happy with them when fear is entrenched inside. If you have any talent or if you are very beautiful you will be more frightened

because they may be snatched away with time. Then how anyone can lead a happy life? All persons are desirous of this type of life and try to get happiness from ephemeral things. Remove this foolishness from your heart. Truth is not achieved by mere listening to discourses and speeches. See how much are you reformed by these talks. Reformation takes place when you start real sadhana. If this is palatable to you then put it in practice. You can introspect the mind only by Radhasoami Name. Man's karmas are solely responsible for his birth and death. If soda and soap are applied in washing a cloth, it becomes more clean. If you do spiritual exercises you will be able to bear with the pain and problems of your life. Even a small event cleanses your heart; otherwise you will be upset with the ebb and tide of life.

It is your duty to accept whatever is given by God whether it is favorable or otherwise. You should not be afraid of it. If diseases and difficulties are not intended for your benefit God would not have given them. Their benefit is thousand times more than satkarni. He, who does not perceive life with this outlook, will not hear discourses or speeches or do spiritual exercises. If you do practice, Guru's discourses and your understanding power all would be of very good help to you in facing painful events. Man, for his progress, upliftment and emancipation, should install Radhasoami Name and Form of Satguru in his heart. This would be a great favor to your life. There will be no reason for you to get birth again. This is the preaching for your emancipation. Your ideal will be to absorb yourself in Name and Form and listening to Shabd. Such a person will lead a fearless and peaceful life whereas all others lead a life of fear. If you are determined to take a long journey, do not think of rest but think of spiritual practice.

## Discourse 8

In every century, Saints have described the causes of misery, but man's intellect is covered with so much dirt that he can neither understand it nor can he try to overthrow it. Defect lies nowhere but in his own mind and body. The sense organs accumulate misery but instead of looking into his own defects he finds fault with his relatives and friends. He cannot understand what is meant by setting right the mind. Man's mind, though full of defects, feels that it is spotless. He does not know how much of ego is there, in which conditions he gives priority to things out of his ego. When such situation arises they who call themselves Saints also become slaves of mind. Then people will be surprised. Because mind is subtle, vikaras are also subtle. You cannot penetrate into the recesses of your heart. You act and behave externally and when you are wounded and upset you abuse the external acts but you cannot look into what is within you. When the event has happened then sometimes you blame God or some others. If you are of that mentality you do not deserve Satsang. That much of discretion must be there in a satsangi to accept his own defects and keep a watch on them. It is your duty to see that mind is not misled. You have to bind it with Radhasoami Name. If this mind can lead you to emancipation, it can also become the cause of destruction. If its approach is external it is always bent on fulfilling the desires, which eventually result in great misery and sorrow. If the defects of mind are overthrown, peace and happiness come automatically. This happiness is not due to riches or status or prestige. Mind after being diverted inside, experiences peace and happiness and such a person is completely changed. He is not dependent on the world or its objects. He relies upon the treasure of happiness, which is within him. It can be achieved through Radhasoami Name. If this name is initiated to anyone in True Satsang (The Real Guru) it gives immense benefit. If the Name is with you all the time your life's inner thirst would be quenched. Just doing internal practice for 2 or 3 minutes will not remove your defects. Have introspection of the days of your past life and find out which factors were obstructing your progress in paramartha. No one will come from outside to tell you. Your own mind tells you and this is a clear indication of awareness. Your mind will not die as soon as you come to Satsang. If you search

for happiness in the world and you do not get it, then the path, which gave happiness to others, should be examined by you. All have proclaimed that God resides in every person. You see for yourself. To be relieved from sins, attach yourself to Radhasoami Name. If Malik wants your emancipation you may be subjected to ignominy, disrespect and poverty. So you should give full importance to Radhasoami Name. Slowly and slowly, transformation takes place and the impending path is covered. Repeat Radhasoami Name again and again in the prescribed way. Do not allow the mind to grow. In this way you will advance spiritually and reach the goal. Future path is very wide. Adopt this path. This is an internal path, sense organs have nothing to do with it.

Radhasoami Mat Sandesh  
by  
Param Guru Huzur Maharaj

Sitting in Satsang and listening to the discourses attentively will enable man to get rid of many illusions and doubts. Further attachment to thoughts and objects, which was very strong earlier, will be weakened and reduced. In this way slowly and steadily, jiva becomes fit to do Surat Shabda Abhyas. Those who did not attend satsang earlier but entered only after hearing about the greatness of Abhyas, took initiation, but they will not be able to practice in the prescribed way or enjoy the bliss of it because unless, doubts and illusions are dispelled internal purity is not possible. Till then, spirit and mind cannot engage in Abhyas with full fervor and zeal.

In the same way when any person sits in Satsang and hears about Radhasoami Dayal, His abode, the Secret of this path and the greatness of Surat Shabda Marg, and understands them thoroughly, then he will get confidence and faith. After doing Abhyas and getting some experiences of bliss and Grace, he will be able to awaken true love in him and faith and liking for Abhyas increases.

Without such interest and zeal, to go through this path and see the divinity inside is very difficult. Without intense desire, faith and love do not generate in the heart. Spirit and mind cannot engage in Abhyas with full concentration and it will not give any bliss, resulting in devotee stopping Abhyas altogether disappointed and ignoring discourses of saints.

Love is called a magnet because it attracts and draws a person. The whole creation which is an amalgamation of atoms is stable and all the actions or functions of whole humanity are dependant on this great potential of love. If there is no love, no person will meet another and do service whole heartedly.

Not only is the whole creation based on love but also it is stable because of love. Then how can spirituality where the individual drop meets its source, the ocean, not be based on love? And without desire and attraction, how can they unite and merge?

Discourse  
by  
Param Guru Huzur Rajji maharaj

Silence has been given a prominent place in the life of a devotee. True devotee always keeps and hides his spiritual aspirations and feelings from the eyes of the public. There is no show and

exhibitionism in his life. He spends most of his time in solitude contemplating Satgurus form and Repetition of His Holy name. He observes his mind and seeing its defects, repents and prays. Except this, he does not allow his spiritual strength to be weakened by other worldly acts. He knows that indulging too much in the worldly affairs beyond the requirement will harm his spiritual interests, and precious time will be wasted. He is always unattached in the world, sitting in a secluded place and absorbed in the memory of his Beloved Master. He applies a sticker on his mouth, because unless the mouth is closed, switching off mind is not possible. If we do not close the external doors, internal doors will not be closed.

Those who do not give importance to this spiritual principle will be failing in their endeavor. Spirituality is a matter of seriousness. It requires stability of body and mind. You have to create an atmosphere of solitude in your own place, so that the greatness and glory of Supreme Being is bestowed on you and you will be able to listen to the spiritual sound.

The blending of materialism and spirituality is right to a certain extent but if further liberty is given, materialism dominates and occupies more place resulting in the negligence of spiritual pursuits. Materialism makes the mind of a devotee very dirty and deprives him from the precious boon of Supreme Being.

Your aim should be to achieve spirituality. Do not allow too much materialism to interfere in your spirituality. Malik grants some facilities and comforts to his devotees every without asking. To aspire for more is not the quality of a devotee. You dedicate your heart, without any desires and ambitions at his feet which will be accepted with Grace. Remove all selfish desires and pray. Satguru will certainly listen. You beg for the boon of Love Divine forgetting the world and self. This is the priceless diamond in his treasure. Worship God with love. Selfish worship will not yield any result. Tread the path as a sincere devotee. Try to follow and implement the wishes of God. If sometimes, worldly tensions worries and miseries befall you, do not panic but face them with courage, leaving consequences to the will of God. As soon as the clouds of troubles are cleared you will understand the will of God. Remember the lesson of gratitude and tolerance always. Whenever it is necessary, please repeat Holy Name. But under any circumstances, do not complain or grumble. Do not think Malik's grace is less. It is abundant, value it. Supreme father bestows on devotees whatever is beneficial to them and no complaint should come. But ignorant people cannot understand his Grace.

Satsang ke Updesh  
Param Guru Sahabji Maharaj

When any institution is progressing it has to face many difficulties and its members lose heart seeing the adverse circumstances, which are against their will. Because of this many Sikhs left Guru Govind Singh in difficult times though they had faith and love for him earlier for a long time. Remember that Satsangis also may face the same situation. To think that Satsang goes on progressing without any obstacle or trouble is not correct. Of course Grace will be there and even though troubles come, they recede in no time and the protecting hand of Supreme Father will be taking care. It is better for weak hearted Satsangis to shed weakness or leave Satsang now itself.

Repetition of Name is not mere repetition of any Holy Name by tongue. Saints say that repetition should be done with language of spirit. It means its full power of utterance and with great attention. If repetition of holy name is done on any internal centre in the prescribed way Abhyasi (one



who does spiritual practice) will get the hidden power of that region slowly and steadily and when that power is bestowed, the Deity or God of that station manifests and gives Darshan. This is called Mantra Siddhi. This situation is like this. When floods come sea water will go into the nearby streams and lakes and when cyclone comes all the water of rivers flows into the ocean. In the same way the power of Abhyasi goes to the Supreme Father and the power of that Lord flows into the Abhyasi. According to this principle if really any hidden powers of higher region is awakened, man can form contact with the supreme being while living.

Prem Prabhakar

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Prem Prabhakar contains, in the words of the editors, discourses delivered by Huzur Dayal Sahab. We have attempted to translate these into English and place them on the website, beginning with the september 2004 issue. We hope to continue this effort and bring the English translation of Prem Prabhakar to the readers every month.

Some of the earlier issues also carried discourses delivered in English by Huzur Dayal Sahab. We are also adding these progressively to the website.

The translations as well as the reproductions are in our own words and reflect, within our limitations, our own understanding of the discourses.

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