

“Vai Naam” Surti Dhara

TEN PRINCIPLES

The followers of Vai Naam Surti Dhara/ Sehaj Satt Marg/Path have to follow the ten (10) principles which are as under:-

1. Always speak the truth.
2. Always seek guidance from Satguru (Internally).
3. Ek Naari Sada Brahmchari.
4. Refrain from taking Liquor & intoxicants of any kinds.
5. Don't be slave of Mind and Body (Maya).
6. Only earn right type of earning to run your family.
7. Keep yourself away from theft and gambling.
8. Refrain from consuming meat etc.
9. Follow the policy of universal religion of love & affection only. (Vasudev Kutumbkam)
10. Do bhakti without any self interest.



(आत्मन कोष)

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**ASHRAM:- 15-GARDEN AVENUE, TALAB TILLO,
JAMMU J&K (INDIA) - 180002**

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मोक्ष का भेद



आत्मन कोष

SATGURU VAI NAAM PARAMHANS SAHIB



VAI NAAM SURTI DHARA

वे नाम सुरती धारा

आरती साहिब सतगुरु जी की

जय सतगुरु देवा — दाता जय सतगुरु देवा
सब कुछ तुम पर अर्पण — 2, करूं हर पल सेवा — साहिबा —

- | | | |
|----|--|------------|
| 1 | जो ध्यावे सुख पावे , दुख मिटे तन का | — साहिबा — |
| | वचन सुनत तम नासे — 2, सब संशय मन का | — साहिबा — |
| 2 | मात पिता तुम मेरे, शरण पड़ी तुमरे | — साहिबा — |
| | तुम बिन और ना दूजा — 2, आस करूं मैं जिसकी | — साहिबा — |
| 3 | गुरु चरणामृत निर्मल, सब दोषक हारी | — साहिबा — |
| | शब्द सुनत भ्रम नासे — 2, सब बंधन टारे | — साहिबा — |
| 4 | तन मन धन सब अर्पण, गुरु चरणन कीजे | — साहिबा — |
| | सतगुरु देव परम पद — 2, मौक्ष गति लीजे | — साहिबा — |
| 5 | काम क्रोध मद्य लौभ, तृष्णा अति भारी | — साहिबा — |
| | सुरत सब्द को देकर, सार सब्द को देकर, संत सब संहारें | — साहिबा — |
| 6 | ध्यानी योगी ज्ञानी, सब हरि गुण गावें | — साहिबा — |
| | सब का सार बता कर — 2, संत मार्ग लावें | — साहिबा — |
| 7 | मन माया निज घेरा, जीव बहे सारे | — साहिबा — |
| | सुरत सब्द को देकर, सुरति जहाज चढ़ा कर, संत पल में तारें | — साहिबा — |
| 8 | संत बिन दान ना होवे, साहिब ब्रह्मान करें | — साहिबा — |
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| 9 | दीन बन्धु दुख हर्ता, तुम रक्षक मेरे | — साहिबा — |
| | विषय विकार मिटाओ — 2, तुम दर्शक मेरे | — साहिबा — |
| 10 | सुरत कमल के दाता, तुम रक्षक मेरे | — साहिबा — |
| | मौक्ष पद दिलाओ — 2, तुम कर्ता मेरे | — साहिबा — |

जय सतगुरु देवा — दाता जय सतगुरु देवा
सब कुछ तुम पर अर्पण — 2, करूं हर पल सेवा — साहिबा —

आरती निरालम्भ राम जी की

जय राम जय राम जय राम जी — जय राम जय राम जय राम जी — २
निरालम्भ राम निरालम्भ राम निरालम्भ राम जी—जय राम जय राम जय राम जी

- | | | | |
|----|---|-----|--------|
| 1 | चौथे लोक के प्यारे राम, न्यारे राम जी | — 2 | जय राम |
| 2 | सांचा नाम सांचा नाम, तेरो नाम जी | — 2 | जय राम |
| 3 | तुझ में राम मुझ में राम, सब में राम जी | — 2 | जय राम |
| 4 | निरालम्भ राम निरालम्भ राम निरालम्भ राम जी | — 2 | जय राम |
| 5 | तेरो नाम तेरो नाम, प्यारा नाम जी | — 2 | जय राम |
| 6 | उपर राम नीचे राम, निरालम्भ राम जी | — 2 | जय राम |
| 7 | मेरे राम तेरे राम, सब के राम जी | — 2 | जय राम |
| 8 | निरालम्भ राम निरालम्भ राम निरालम्भ राम जी | — 2 | जय राम |
| 9 | गाओ राम सुनो राम, चौथे राम जी | — 2 | जय राम |
| 10 | मन कारण सुरति नहीं जगती, बिन सुरति नहीं राम | — 2 | जय राम |
| 11 | निजधाम के प्यारे राम, न्यारे राम जी | — 2 | जय राम |
| 12 | निरालम्भ राम निरालम्भ राम निरालम्भ राम जी | — 2 | जय राम |
| 13 | सुरति निरति स्वांस में डालो, संग में सार नाम | — 2 | जय राम |
| 14 | सतगुरु सूं भेद को जानो, स्वांस स्वांस में नाम | — 2 | जय राम |
| 15 | बिन सुरति आत्म नहीं जगती, बिन आत्म नहीं राम | — 2 | जय राम |
| 16 | आठों पहर सुरति में रहना, संग में प्यारा नाम | — 2 | जय राम |

जय राम जय राम जय राम जी — जय राम जय राम जय राम जी — 2
निरालम्भ राम निरालम्भ राम निरालम्भ राम जी—जय राम जय राम जय राम जी

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मोक्ष का भेद

**“Sahib Ji Aap Hi Aao, Aap Hi Likho, Aap Hi Likhao -
Aap Hi Sampooran Ho - Sarvagya Ho - Saamrthvaan Ho -
Aap Hi tou Karta Ho - Ham to Nimitt Bin Hain -
Keval Drishta Hi hain - Ham tou Saamrthheen Hain -
Hamara Saamrth Aap Bano”**

**“Param Poojniye ‘Santon Ke Sant’
Satguru ‘Vai Naam’ Paramhans Sahib Ke Shree Charnon
Mein Anant Koti Anginat Asankhya Baar Pranaam”**

**“सतपुरुष एक वृक्ष हैं, निरंजन उनके डाल,
तीन देव शाखें भई, पात फूल संसार”**

- 1 ‘वे नाम’ कहें किस किस को समझाऊँ, बिन अंधे जग ना कोये ।
 सार सब्द की दात सूँ, जग में अंधा रहे ना कोये ।।
- 2 सुर नर मुनि सब को मिल घेरे, कोई ना पावे पार ।
 ‘वे नाम’ जहाज पर, जो चढ़े सो उतरे पार ।।
- 3 सतगुरु सुरति सूँ, पल पल निखरे जीव ।
 हर पल सतगुरु सुरति सहारा दे, पल में जागे जीव ।।
- 4 जीव को जीव मिला, मन से दोनों एक ।
 अंधे को अंधा मिला अंध से दोनों एक ।।

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भजन

ना लो सपने – 2 कहीं सपनों से महं सागर पार होता है ।
कहीं मन माया में रहने से—पूर्ण मोक्ष दात मिलती है । ना लो सपने – 2

- 1 अंगारों में मिलावट है – यही दुखों का कारण है ।
हीरे समान बनना है – जो राख से दूर रहता है ।
इसी को सच्चा प्रेम तुम जानो – हर जीव सच में हंसा रूप प्यारा है ।
ना लो सपने –
- 2 मन माया जान लो कचरा – जो हंसा संग मन रूप लिपटा है ।
आशा तृष्णा धूल माटी है – जो हंसा को आत्म रूप देती है ।
हंसा को राख डकती है – जन्म मरन चक्र दे जाती है ।
ना लो सपने –
- 3 जीवन जिस को तुम कहते – वही तो राख की ढेरी है ।
आत्म मन मान में खोई – भगवन की पकड़ी लोई है ।
आप शून्य में हैं रहते – हंसों का बंधन वे ही हैं ।
ना लो सपने –
- 4 कचरे में भी हंसा जोत सुरति है – “वे नाम” सूं पहचान मिलती है ।
भरोसा विश्वास जगने से – निजघर की प्यास जगती है ।
सतगुरु प्रतिनिधि साहिबन के – सतपुरुष उन से ही प्रकटाते हैं ।
ना लो सपने –
- 5 जहां लग वाणी मुख मन सूं – तहां तक काल का वासा है ।
महां शून्य पार अलख पुरुष सुरति लखे – तहां हंसों का देश सुरति है ।
हर तरंग में चेतन सुरति वासा – वहीं परमपुरुष का वासा है ।
ना लो सपने –

- 6 सतगुरु सुरति बिन कचरे के प्यारो — आदि नाम में सुरति स्वांसा का जब वासा ।
जब तलक अर्द ओ उर्द में नहीं सुरति — तब लग संदेह का संग वासा है ।
सतगुरु को पूर्ण सौंप दे मन, माया — विश्वास भरोसे का सुरति में हो वासा ।
ना लो सपने —
- 7 सुरति सब्द में रहने से — मन, माया से खेल खेला जाता है ।
मन चेतन हो जाता है — मूल सुरति में जा समाता है ।
सुष्मिना सम हो जाती है — ईगला पिंगला बंद हो जाती है ।
ना लो सपने —
- 8 कृण्डलीनी सुष्मिना सूं चेतन हो जाती है — निरति इसी सूं दसवें द्वार आती है ।
सुरति निरति के मेल सूं हंसात्मां (शुद्धात्मां) — सतगुरु संग वे द्वार प्रवेश करती है ।
सतपुरुष प्रकट हो जाते हैं — सौलहं सूर्य रोशनी दे निजघर ले जाते हैं ।
ना लो सपने —
- 9 सुरति का खेल तुम जानो — सतगुरु महिमां को पहचानो ।
पारस सुरति की महिमां न्यारी है — सुरति चेतन करने की महिमां को पहचानो ।
दुख सुख में भेद मत जानो — 'वे नाम' दात पाना 'वे नाम' सूं जानो ।
ना लो सपने —
- 10 अक्षय पुरुष ईक पेड़ तुम जानो — निरंजन डार पहचानो ।
त्रिदेवा शाखायें तुम जानो — पात फूल संसार पहचानो ।
'वे नाम' पूर्ण मोक्ष दाता तुम जानो — निजघर निजधाम की महिमां को पहचानो ।
ना लो सपने —

ना लो सपने — 2 कहीं सपनों से महां सागर पार होता है ।

कहीं मन माया में रहने से—पूर्ण मोक्ष दात मिलती है । ना लो सपने — 2

Bhajan

Na lo sapne - 2 kahin sapno se maha saagar paar hota hai...

Kahin mann maya mein rehne se - pooran moksh daat milti hai - 2

- 1 Angaaron mein milawat hai -
 yahi dukhon ka kaaran hai.
 Heere smaan bunana hai -
 jo raakh se door rehta hai.
 Issi ko sach prem tum jaano -
 har jeev sach mein hansa roop pyara hai... Na lo sapne..**

- 2 Mann maya jaan lo kachra -
 jo hansa sang mann roop lipta hai.
 Asha trishna dhool maati hai -
 jo hansa ko aatam roop deti hai.
 Hansa ko raakh dhakti hai -
 janam maran chakar de jaati hai... Na lo sapne..**

- 3 Jeevan jis ko tum kehte -
 wohi tou raakh ki dheri hai.
 Aatam mann maan mein khoi -
 bhagwan ki pakdi loi hai.
 Aap shoonya mein hain rehte -
 hanson ka bandhan ve hi hain... Na lo sapne..**

- 4 Kachre mein bhi hansa jot surti hai -
 “Vai Naam” suin pehchan milti hai.
 Bharosa vishwas jagne se -
 nijghar ki pyas jagti hai.
 Satguru pratinidhi Sahiban ke -
 Satpurush unse hi praktaate hain... Na lo sapne..**

- 5 Jahan lag wani mukh mann suin -
 tahan taq kaal ka vasa hai.
 Maha shoonya paar alakh purush surti lakhe -
 tahan hanzo ka desh surti hai.
 Har tarang mein chetan surti vasa -
 wahin Param Purush ka vasa hai... Na lo sapne..**
- 6 Satguru surti bin kachre ke pyaaro -
 aadi naam mein surti swansa ka jab vasa.
 Jab taq ard auo urd mein nahin surti -
 tab lag sandeh ka sang vasa hai.
 Satguru ko pooran sowmp de mann maya -
 vishwas bharose ka surti mein ho vasa... Na lo sapne..**
- 7 Surti sabad mein rehne se -
 Mann maya se khel khela jaata hai.
 Mann chetan ho jaata hai -
 Mool surti mein ja samata hai.
 Sushmina samm ho jaati hai -
 ingla pingla band ho jaati hai... Na lo sapne..**
- 8 Kundlini sushmina suin chetan ho jaati hai -
 Nirti isi suin dasvein dwar aati hai.
 Surti nirti ke meil suin hansatma (purified) -
 Satguru sang ve dwar parvesh karti hai.
 Satpurush prakt ho jaate hain -
 soulan surya roshni de nijghar le jaate hain... Na lo sapne..**

9 **Surti ka khel tum jaano -
Satguru mahima ko pehchano.
Paaras surti ki mahima nyaari hai -
surti chetan karne ki mahima ko pehchano.
Dukh sukh mein bhed matt jaano -
“Vai Naam Daat” pana ‘Vai Naam’ suin jaano... Na lo sapne..**

10 **Akshay purush ikk perh tum jaano -
Niranjan daar pehchano.
Trideva shaakhayein tum jaano -
paat phool sansaar pehchano.
‘Vai Naam’ pooran moksh data tum jaano -
Nijghar Nijdham ki mahima ko pehchano... Na lo sapne..**

**Na lo sapne - 2 kahin sapno se maha saagar paar hota hai...
Kahin mann maya mein rehne se - pooran moksh daat milti hai - 2**

Surti Message

Dear all the Human Beings as well as Hansatmas,

We are not mere body, not Mann & Maya, even we are not Atma. Basically we are Hansas... non-perishable, immortal and possesses immense power within called 'Chetan Satta' & finally we all are part and parcel of 'Sahib Satpurush Ji' who is the only 'Surti Punj' complete in himself. And we all Human Beings/Hansas have emerged from that very 'Surti Punj' of 'Sahib Satpurush Ji' the ultimate 'Supreme Power'. Only the 'Satguru Paramhans' of 'Sehaj Satt Bhakti Marg' could recognise that power amongst Jeevatma and named as 'Hansatma'.

This unique alokik Granth containing huge divine material of 'Sahib Satpurush Ji' in it is fully devoted to all the Hansas/Human Beings which has been written for all the Hansas/Jeevas and written by all the Hansas only for the spiritual upliftment & complete Moksh of all the Jeevas/Hansatma. The only aim to write this Unique Alokik Granth is to make all the Jeevas/Hansatmas aware about the ideology of 'Sehaj Satt Bhakti Marg', so that they can liberate themselves from the Mann & Maya Mohini Jaal and clutches of Triloki Nath Kaal Niranjan Bhagwan Nirankar. This granth has been pendown the thoughts & sermons of Param Hansas through the Surti of Sahib Satguru Paramhans 'Vai Naam Ji' who has been bestowed with the 'Paras Surti' of 'Sahib Satpurush Ji' the ultimate Supreme Power in this Universe.

'वे नाम' कहे :-

प्यारो पाओ पूर्ण सतगुरु ओट, केवल वोहि तारनहार ।

यत्न प्रयत्न सूं कुछ ना होई, सतगुरु ही मोक्ष देवनहार ।।

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INTRODUCTION

“Vai Naam” Surti Dhara is flowing for the welfare of Atma/Hansa on the ideology of Sehaj Satt Bhakti Marg since Mar 18, 2012 as it was emerged by Sant Shiromani Satguru Paramhans ‘Vai-Naam Ji’ who possesses immense power within himself through Surti Naam (Saar Daat/Videh Naam/Sanjeewan Naam) given by ‘Sahib Satpurush Ji’.

Sant Satguru Paramhans Ji is only the dignity through out the universe after Sant Kabir Ji who have been given the ‘Saar Naam’ Daat directly through the ultimate supreme power “ Sahib Satpurush Ji”. “Vai Naam” Surti Dhara is spreading the true spiritual messages of Sahib Satpurush Ji through the surti of Satguru ‘Vai Naam’ Paramhans Sahib which can liberate the Jeevas/Atmas from the clutches of Kaal-purush the God of Trilok (Niranjan/Nirakar) and get them free from the endless cycle of deaths and births. i.e complete moksh. The person who does bhakti selflessly without any hope, demand and greed & follows all the ten (10) traits/principles of “Vai Naam” Surti Dhara, they are entitled for ‘Sehaj Satt Bhakti Marg’ to attain complete moksh.

The Ten Principles are as follows :-

- 1 Always speak the truth.**
- 2 Always seek guidance from Satguru (Internally).**
- 3 Ek Naari Sada Brahmchari.**
- 4 Refrain from taking Liquor & intoxicants of any kind.**
- 5 Don’t be slave of Mind and Body (Maya).**
- 6 Only earn right type of earning to run your family.**
- 7 Keep yourself away from theft and gambling.**
- 8 Refrain from consuming Meat etc.**
- 9 Follow the policy of universal religion of love & affection only. (Vasudev Kutumbkam)**
- 10 Do bhakti without any self interest.**

The Supreme Satguru Paramhans of present time our worthy, almighty, respectable and unique Sampooran Sant Satguru “Paramhans ‘Vai-Naam Ji’ and many other Saints of Nijdham have narrated the Supreme Power & Ultimate True God as ‘Sahib Satpurush Ji’ who is beyond the jurisdiction of Kaal Jaal... i.e. Three Loks and resides in the Fourth Lok i.e. Nijdhaam/Satlok, from where all Hans Aatmans have come.

As all religions, saints and granths are of the view that “God is One” but who is that one power who is the ultimate supreme power, only this thing is to understand and realised. As per Sehaj Satt Bhakti Marg the ultimate supreme power is only ‘Sahib Satpurush Ji’ to whom we all should worship selflessly to get ‘Complete Moksh’ i.e. liberation from the endless cycle of deaths and births for ever.

Sant Satguru Paramhans ‘Vai-Naam Ji’ tells the people about ‘Satya Bhakti’ of ‘Sahib Satpurush Ji’ through his own experiences of ‘Sahib Saakshatkaar’. He never preaches his sermons based on the holy and religious books of earlier saints and religions, but fully tells about the ‘self experienced’ ‘Safarnaamas’ and ‘Saakshatkaars’ with the Saints of ‘Nijdhaam’ and ‘Satpurush Ji’.

Everyone individual on this earth has a purpose of life. The purpose in general is to free himself from the bondage of life and death. This is possible when one rises above Karma theory. Karmas can only lead to fruits and can’t free us from the bondage of life and death which is true & real essence of life. Thus the purpose of life is to realise one’s essential being to discover the supreme self within and to attain spiritual enlightenment by the grace of spiritual guru who is already ‘enlightened’. ‘Surti’ plays a vital role in our body...

सुरति से देख सखी वह लोक, जहां से हम सब आये हैं ।
सत्य लोक सच्चा घर हंसों का, अमर लोक हमारा है ।।

We have come from Amarlok and are prisoners in this lok of Nirakar (Niranjan/Ek Onkar) where the philosophy of karma functions and you can’t get true liberation in karma philosophy. You can be dog of the street or of a rich house even with all luxuries and benefits but can’t be liberated from the bondage of karma.

All living beings have an Atma, a soul that provides us the characteristic of a living being, without the soul the body is lifeless i.e. garment (Dress) of 'Soul'... "Hansatma has nothing to do with 'Karma Philosophy'? The soul is a break away fragment of super consciousness (Satpurush, Sahib, Satnam, Parampurush Sahib). But here on this planet all souls are imprisoned by Kal Niranjan (God) Parmatma, who, due to karmic bonds is locked into a cycle of birth and death.

Try to understand ...

Who we are ?

From where we have come ?

Where we have to go ? and for what we have come ?

What is our true self (Nature)

Sahib Satguru Paramhans 'Vai-Naam Ji' is working on the ideology of 'Sant Matt' which was initially established by Sant samrat Satguru Kabir Sahib ji. He was the first to establish the sagacity, grace and importance of 'Sar Naam' (Satnam/Videh Naam/Sajeevan Naam/Alive Holy Name) which can neither be created nor destroyed and that can't be even written or spoken but can only be infused in Surti. It is also known as 'Para Bhakti'. The whole world is busy in worshiping God in their own ways, only the exception one, realized about the real secret of true worship of God (Satpurush/Parampurush).

Kabir sahib was the first ever Saint (Sant) in this universe of spiritualism, who revealed the most important secret of Supreme Lord (Parampurush/Satpurush/Sahib). He established the third right mode of worship associated with 'Supreme Lord' which is known as 'Pra Bhakti (True Bhakti/Satya Bhakti) after Sargun and Nirgun Bhaktis of Nirankar/Mann/Kaal Jaal.

"Vai Naam" Surti Dhara is throwing real and true knowledge before the world for spiritual elevation and obtaining permanent and everlasting bliss (salvation). Sant Satguru Paramhans 'Vai-Naam Ji' is giving all experiences undergone to establish truth before the human beings.

Sahib Ji has made very clear in the under line words :-

**“Kaag Palat Hansa Kar Deena,
Aisa Purush Naam Mohe Deena;
Akkah Naam Likha Na Jaaye, Parha Na Jaaye,
Bin Santan Koi Nahin Paaye”**

The Alive Holy Naam given by the ‘Supreme Lord’ to Satguru Paramhans ‘Vai-Naam Ji’ is a blessing in disguise in the whole Brahmand for the human beings for spiritual elevation, going back to real abode Satlok to attain permanent salvation and to be free from the bondage of life and death cycle. He blesses the devotees with ‘Paras Surti’ related to Supreme Lord. ‘It’ has the power to transform Soul to Hansa and enable it to reach the real abode ‘Amarlok’. Without true and real Satguru no body can be blessed with this ‘Sar Naam’ (Surti Sabad). Satguru gives real ‘Naam’ which is bodyless, not to be spoken or written, it can’t be recited by tongue. It can be received in ‘Surti’ through ‘Chetan Surti’ of Satguru Paramhans Ji.

**“Veh ghar ki sudhi koi na bataave,
Jahan se Hansa aaya hai”**

जात हमारी ‘वे नाम’ है, मात पिता निर्लम्भ राम ।
गृह हमारा सतलोक है, सतगुरु सुरति विश्राम ।।

सत आनंद प्रेम समान, धर्म नाहि कोये ।
चारों वेद नहीं जानत, सतपुरुष कहानियां ।।

‘वे नाम’ कहे :-

प्यारो पाओ पूर्ण सतगुरु ओट, केवल वोहि तारनहार ।
यत्न प्रयत्न सूं कुछ ना होई, सतगुरु ही मोक्ष देवनहार ।।

Moksh Nimantran

(For all the Jeevas/Hansatmas living in this Universe)

Dear Atamhans Jeevas, We all are the children of Sahib/Satprush Ji who possesses immense power of all kinds within himself. He is complete in all respects & supreme master of all the jeevas in this universe. He lives in all the jeevas and belongs to Satlok. We all living in this planet / triloki have been detached from Sahib Satpurush Ji since the creation of this universe / three loks / srishti and are grabbed very badly in the prison of Kal Niranjana / Kalpurush, the creator of this universe and continuously drowning deep and deep in the clutches of Kalpurush after being attracted and hypnotized by the lust & luxuries of Moh Maya jaal.

All the jeevas in this Triloki jagat are innocent and ignorant about the truth of Sahib Satpurush Ji. First of all only the Sant Shiromani Sahib Kabir Ji could know about the Truth of Sahib Satpurush Ji but the Jeevas of this three Loks could not get much from him about the Supreme Lord. After him Sant Satguru 'Vai Naam Paramhans Ji' is the only complete Sant in all respect in this Universr/Planet who got the "Sar Naam" and "Surti Naam" daats in Surti in two different times directly from supreme power 'Sahib Satpurush Ji' to his Paras Surti to get Jeevas liberate from the clutches of Kalpurush/Kal Niranjana and escort them to 'Satlok/Nijdhaam' which is the ultimate abode of all the jeevas in this planet.

As per the Sant Satguru 'Vai Naam Paramhans Ji' we all the Hansatmas/Jeevas were brought here only to play a match with Mind (Mann) and Maya (Body) and to get liberated permanently from the cycle of birth and death in this planet, but were misguided, deceived and mislead by the forces of Kal Niranjana in the names of caste, colour, creed, sargun/nirgun bhaktis, needs, desires, lust, greed, emotions and moreover a solid karam pralabd bhandan jaal etc. etc. to have actual survival over here. Most of the Hansatmas are grabbed very badly through Moh Maya Jaal and they are striving very hard and worshipping so many different different God Goddesses, Isht etc since the formation of this Triloki according to their faith, belief, dedication, devotion etc. But inspite of all these they all are being deprived of Moksh till now. Our Atma is now considering itself as if it

is also part and parcel of this Triloki and forgotten its original identity and abode permanently from where it has come. These all forms of worships takes the jeevas away actually from liberation i.e. moksh. That's why we all the jeevas are being brought again and again in the endless cycle of birth and death. But our actual aim is to find and realize the truth and achieve the ultimate goal of life i.e. Complete Moksh / Nirvana / Salvation.

Now, one question if we ask from ourselves, that for any above alike situation, Are we worried really about that ? Are we sure that the bhaktis which we are doing at present in different ways are sufficient enough to liberate us from Kaal Jaal ? and the 'Moksh' in which bhakti if it is available, should we not search and realise that option ? so that we may not waste yet another priceless human birth anymore which we get after so many difficulties. Simultaneously, we must also realise and check whether we are worshipping in different ways with self interest or selflessly and that too on blind faith or bhed chaal ? And finally whether we are serious actually and curious to know about the truth of Almighty Sahib Satpurush Ji, the ultimate Supreme Power ?

For all such type of queries and their solutions help us to achieve our spiritual goal i.e. the complete moksh from true and real "Sant Satguru Paramhans" who comes time to time in all yugs. To continue this process "Sant Satguru Paramhans" of present times Sant Satguru 'Vai Naam Paramhans Ji' is devoting his time constantly and guiding all the jeevas/hansatmas spiritually to get them liberated from the endless cycle of birth and death since May 3, 2012 through his alokik, divya, sermons of his own spiritual experiences.

Inspite of the very tough, struggleful, simple but complete life style he is unique in his spiritual teachings through out the globe. And not only of this country, planet, globe, brahmand but across the Sun-Maha-Sun stage i.e. of Satlok/Amarpur/Begampur 'he' is unique and uncomparable. He has been bestowed the immense top spiritual power of Sahib Satpurush Ji. He is working on behalf of Sahib Satpurush Ji' on this planet, as he possesses the 'divine surti' of Sahib Sat Purush Ji to liberate masses from the cycle of birth and death.

This all has become possible only through his more than forty five years of Nirankar Bhakti where he got Nirankar Darshan first and later on was handed over by Kalpurush to Sahib Satpurush Ji on 22-

03-2012 where too he got spiritually elevated within no time and got Sahib Satpurush Darshan along with all the powers with the purpose to get the shattered 'Hansatmas' liberated from the clutches of Kalpurush and escort them to their original home/abode Satlok/Nijdhama/Begampur.

Since then Sant Satguru Paramhans Ji is regularly doing efforts selflessly for the spiritual upliftment of the Jeevatmas. So, any one who is curious about the spiritual goal i.e. Permanent Moksh (Salvation/Nirvana) and ready to devote for the cause, we welcome them all to please come in the shelter of Sahib Satguru Paramhans Ji to have his divine Darshan and to move further for next course of action.

Basically, the teachings of Sahib Satpurush Ji are all about to achieve the purpose of liberation i.e. to sacrifice the belongingness, affections and emotions (art of leaving) along with the art of effective and purposeful service to humanity at large. His teachings tells us : Who we are ? From where we have come? For what we have come ? & Where we have to go ? How this universe came into existence ? And finally, how the elimination happens, all the way to attain permanent salvation (Nirvana/Moksh)/

"Vai Naam" Surti Dhara ideology has been emerged for the welfare of the masses in general and their spiritual upliftment, i.e. 'Complete Moksh' & many other materialistic economic issues are being taken care of selflessly under the complete control and command of Sant Satguru 'Vai Naam Paramhans Ji' & also to promote the cause of Sat Bhakti of Sehaj Marg/Bringa Mat/Para Bhakti of Satpurush Sahib Ji.

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Very Very Important Note :--

Where-ever in the "Vai Naam Surti Dhara" - Hanso ka pyara Nijghar AMARLOK' Granth, the word (i.e. 'Vai Naam') is written in single inverted comas represents only to Satguru 'Vai Naam' Paramhans Ji & the same word (i.e. "Vai Naam") where-ever have been coated in double inverted comas represents to Supreme Power Sahib Satpurush Ji's "Videh Daat / Saar Sabad" & "Surat Sabad".

MISSION / PURPOSE OF LIFE

Every individual on this earth has a purpose of life. But in general the purpose of all the human beings should be to free themselves from the bondage of life and death which is possible when one rises above karma-theory. The karm philosophy is all because of 'Mind' in our body. The continuous cycle of birth and death is the outcome of 'Kaal Niranjana' (Mind). All the souls on this planet are imprisoned by 'Kaal Niranjana' (God / Parmatma), which due to karmic bonds is locked into a cycle of births and deaths. The good and evil thoughts are being infused in every individual by 'Mind' in body and entraps soul to make it work according to his will.

हंसा भ्रमण को आया सतलोक सूँ, फंसा मन माया की लार ।
मन माया एको जानिये, सार नाम सूँ उतरो भव पार ।।

So soul acts as a slave of 'mind and body' and never attains freedom from the clutches or bondage of 'mind and body' (Mann & Maya / Kaal Niranjana). Mind and body toss the soul though soul can't be their part, but still it functions in an unawakened, unrealized person, under the will of mind. The body is only a shell that houses the soul.

Whereas pure 'Soul' lives for ever in 'Amarlok' (Satlok), the real home (abode) of every soul (Hansa). We have come from 'Amarlok' and are prisoner in this 'Trilok' where the philosophy of karma functions and one can't get true liberation in this philosophy. Every individual in this mortal world is living an unreligious and un-holy life. Our true religion lies within us and we are moving outwards. Our soul 'God Almighty' is in our every breath but, we are in search of him outside the body. Even 'Vedas' and other religious scriptures are silent about 'Satpurush' and doesn't give even a hint of 'Him'.

चारों वेद जानत नाहिं, सतपुरुष साहिबन का भेद ।
जग में पूर्ण सतगुरु बिन, कौन बतावे निजघर भेद ।।

Many 'Saints' had to face tempests of adversity for the cause of truth, but they faced all the opposition and oppressions with smile. They stand undeterred by criticism and coercion. The religious scriptures such as Vedas, Quran, Bible etc. provide knowledge to mankind of the universe (तीन लोक / त्रिलोकी) which itself is the creation of 'Kaal Niranjana' (Mind) and doesn't provide any description or knowledge of 'Amarlok' (Satlok / 4th Lok) which itself is the true and real abode of 'Supreme Lord' that exists beyond the limits of this perishable universe (Teen Loks / त्रिलोकी).

The uplift of soul and its liberation from mind and body (Maya) is possible, when we have a contact with 'True Satguru', who is himself enlightened and has not only realised self but has become free from the bondage of birth and death. He is the complete 'Satguru' by whose very contact there flows the Supreme Bliss through his 'Paras Surti' (Sat Sabad / Saar Sabad). For every hurt or happiness one always feels thankful. Whatever happens, good or bad, makes an opportunity to grow. Use that opportunity as spring board for something higher. A close relative dies, there is a pain, sorrow, anguish and misery, but use that opportunity to meditate on death and penetrate within to have a glimpse of real life purpose in this world. It is the body of five elements which get destroyed, but soul never dies.

We have to think about soul, how to spiritually elevate ourselves to understand the true purpose to be human being and get permanent liberation from the endless cycle of life and death in this world. The 'Soul' is entrapped in the shackles of karmas whereas 'Soul' has no concern at all with any kind of karma philosophy, countless human beings are entangled in 'Mind and Maya' and find no way to liberate themselves from the clutches of 'Kaal Niranjana'. This all is due to ignorance of human beings. They are not aware of true and real abode of 'Hansa' and its real father 'Supreme Lord' (Satprush). In the same way people are in search of true and real 'Sant' (Satguru) who can liberate human beings from the clutches of 'Kaal Niranjana'. 'Vai Naam Satguru' has performed miracle to change human life and elevated every 'Soul' to attain permanent 'Nirvana' (Salvation / Moksh) through his 'Paras Surti' for attaining the real abode Satlok / Amarlok / Begampur to have communion of 'Soul' with 'Supreme Super Soul'

This is India's message to the world at large :-

Sant 'Satgurus' possess 'Paras Surti' (पारस सुरति/चेतन सुरति) i.e. 'Alive Holy Naam' which has the power to eliminate all the ills with-in human beings and to purify 'soul' (आत्मा) from the dirt and dust like 'Mind & Maya' (मन और माया) to make one's life sweet and harmonic. We have to attain universal love and affection for each and every 'Jiva' in this universe.

Let's commit ourselves towards building a better world for everyone - a world which is free from Pollution, Crime, Corruption, Ignorance, Narrow-mindedness, false religions and views etc. We know that we are already committed to all this to overcome these big hurdles to attain spiritual elevation of soul's at the world level to find the real abode and to get permanent salvation from the bondage of life and death cycle.

If we truly want to escape the 'autumn' of life, let us be blessed with 'Paras Surti' from a true real 'Satguru' & go in 'Surt Sabad' (सुरत सब्द) along with breath in meditation and turn our lives into perpetual spring and everlasting bliss.

The main things which take the people away from their path and makes them to do the things they should't have, are 'Desire, Anger and Passion (Rajas gunn) . Desire comes in three shades - Sattva - purity, Rajas - passion and Tamas - ignorance. Thus Desire is our greatest enemy. It devours one and causes a great deal of mental agitation and stress. It is unquenchable, like fire. Trying to satisfy desires by fulfilling it, is like trying to extinguish fire with fuel. Moreover, it mutates into other far more destructive forms like greed, delusion, envy and arrogance. Desire is the outcome of 'Mind' (Mann) and we don't have any hammer to smash it. It is beyond the jurisdiction of 'God' (Nirakar/Kaal Niranjan).

Prior to this universe, we all were living in 'Amarlok' in the form of 'Hansas', swimming in the infinite ocean of 'Amarlok' like a fish in the ocean, in thiat world we were leading very happy and prosperous life along with 'Supreme Lord' (Sahib/Satprush Ji), who used to shower tremendous love and affection on us.

Those who have awakened spiritually, rising above physical reality, tell us that this world is nothing but an 'illusion' only. It is a passing show in grand scheme of creation. There are worlds upon worlds, plans upon plans within us. Who-so-ever is outside, all resides within us. 'Satguru Sahib ji' says to every soul of this universe that this lok belongs to 'Kaalpurush/Nirankar'. The net of karma is spread all over in this universe. All souls are in the bondage of 'Kaalpurush / Nirankar' and there is no way to escape from his shackles and to get liberation. Only a true Real Master (पूर्ण सतगुरु) can take anyone out of this chain of karmas. 'Kaalpurush' has entangled all the souls in the cycle of Eighty Four (84) lacs yonies. 'He - himself' resides in 'Niranjan (Nirakar) Lok', which is 'jyoti-saroop' all around the lok in the 'Shunya'. 'He' watches everything, every happening in these three loks (त्रिलोकी) which have been created by 'Him' out of the five material elements (पंच-तत्व). All these five elements are in different, definite and fixed ratio's. The life of the loks is 'Eight Arabs, Sixty Four Crores Years'. 'Four Arabs and Thirty Two Crores' years make a day and of the same duration a night of 'Kaalpurush's Ahoratri' (अहोरात्री night).

This world is like a beautiful and charming dream, don't consider any one in this world as your own or of any use. This is a land of 'Aliens' and not of 'Souls' to live in. This world is like a paper-boat which is sure to drown in the sea of water. This world is like a dry hay, a spark of fire is sufficient to destroy the whole world with a twinkling of an eye. The musical notes, Devi Devtas, 'Nirankar' (God) are nothing but a dream 'thoughts of imagination' (illusion).

There is a need for every human being to awake, arise and understand that you are the grain of 'Super Soul Supreme Lord' (Satprush). A 'Super Power' has been making its presence felt in us after we being blessed with 'Saar Naam' (सार नाम) (Paras Surti / Alive Holy Naam / Mool Surti) from 'True and Real Master' (Satguru). 'Mind and Maya' disappears as if they were purly illusions and dust, cover on the surface of 'Soul' (Hansa / Atma). 'Mann' (Mind) itself is 'Kaal Niranjan / Nirankar' exists in every human being. When 'Mind' is subdued, all the sufferings of the body will also get eliminated as they are the root cause of 'it'.

- 1 मन की तरंग जान लो, तो हो गया भजन ।
आदत बुरी सुधार लो, तो हो गया भजन ।
आये तुम कहां से, और जाना कहां तुझे ।
इतना सा बस जान लो, तो हो गया भजन ।।
- 2 चल हंसा सतलोक, छोड़ ये संसारा ।
ये संसार काल का देशा, झूठा ये संसारा ।।
- 3 सत प्यारा अमरलोक है, जाने सतगुरु प्यारा ।
बिन सतगुरु भेद ना पावे, नाम जहाज से पारा ।।

Leave this universe which is purely a dream, perishable, meaningless and not fit to live in. Births and deaths are jugglery of 'Maya'. He, who is born begins to die. He, who dies begins to live again. Life is death and death is life. These are merely doors of entry and exit on the stage of this world. In reality no one comes, no one goes, there is a need to change the path of movement ; and what is that path ? One need to go through the unique granth 'Amar Sagar' (अमर सागर) written through the 'Surti' of a 'Great Sant of Nijdham' "Sri Vai Naam Paramhans Ji", the only 'Supreme Power' at present on this planet who has been given the immense power directly from the ultimate "Ek Maalik" (एक मालिक) 'Supreme Satpurush Sahib' through his 'Surti'.

'Sampooran Satguru of Nijdhaam' Sant 'Vai Naam' Paramhans Ji is rendering his services to the masses to make people aware about the 'Sehaj Bhakti Marg', to liberate them from the chakravyuh of 'Kaal-Jaal / Nirankar', to educate the 'Jigyasus' (जिज्ञासु-जन) about the techniques and methods of spiritual elevation and also to give complete knowledge about 'Mann, Maya and Body'. (मन, माया और शरीर).

‘वे नाम’ कहे :—

प्यारो पाओ पूर्ण सतगुरु ओट, केवल वोहि तारनहार ।

यत्न प्रयत्न सूं कुछ ना होई, सतगुरु ही मोक्ष देवनहार ।।

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BADE SAHIB JI KI MAHIMA

SATGURU 'VAI NAAM' PARAMHANS JI'S REGARDS & DEVOTION TOWARDS 'SATGURU'

There is only 'key-word' to be successful in the field of 'Spiritualism' in 'Sehaj Satt Bhakti' marg and i.e. 'Complete Surrender / Samarpan before 'Satguru'. One has not to become 'doer' at any cost but only 'Drishta' the witnesser leaving each and everything upto 'Satguru'.

This we can very well understand through the intensity of 'Surrender/Devotion' of Satguru 'Vai Naam' Paramhans ji towards 'His' Satguru i.e. "Bade Sahib Satguru Paramhans 'Vai Naam' Ji". Even after reaching to the supreme heights of 'Sehaj Satt Bhakti Marg' of 'Sahib Satpurush Ji' i.e. attaining the stage of 'Satguru Paramhans' after being blessed with the "Surat Sabad & Saar Sabad" daats through the 'Surti' of 'Sahib Satpurush Ji', 'He' (Satguru) is so kind, great and down to earth that even after attaining the super spiritual status 'He' is not treating 'Himself' as 'Satguru' or 'Preacher' etc of 'Sehaj Satt Bhakti' "Gaddi" but representing 'Himself' as representative of "Bade Sahib Satguru Paramhans 'Vai Naam' Ji" while spreading the message of 'Sahib Satpurush Ji's mahima and ideology.

"Bade Sahib Satguru Paramhans 'Vai Naam' Ji" is at present of six years of age. In the morning of January 26, 2016 when he got up from bed in smiling posture and went immediately there after into Simran in 'Surti'. The next day, father of 'Bade Sahib Sri Saksham Ji' in sansarik relation who is the son of 'Satguru Paramhans Ji' in his earlier life, narrated all this incident before 'Sahib Satguru Ji' and requested him also to clarify something more about this episode. 'Satguru Paramhans Ji' then in the following Sunday Satsang narrated the whole alokik experience before all the saadhaks in the satsang as :-

"This is almost all about morning time, when I see something unique & special while going to Nijdham Safar as-usually during the routine Simran and Dhyan; What I see is that "Bade Sahib Satguru Paramhans 'Vai Naam' Ji" is walking almost ahead of me during the Nijdham Safar in such a way as if 'He' is already known to all the things coming through the way and he knows each and every thing.

After reaching Nijdham both of us did Namaskar with folded hands to Sahib Satpurush Ji, suddenly what I see that 'Sahib Satpurush Ji' has started playing with "Bade Sahib Satguru Paramhans 'Vai Naam' Ji" by tossing him up and catching him time and again, this all was happening in such a way as if both of them were known to each other since long. This all wonderful alokik scene I just continue to see which was giving me a strange alokik Annand. After seeing this all for some time I came back from 'Satlok Yatra' leaving both of them playing together in Nijdham.

Next day after this strange alokik incident, I felt in 'Surti' during Simran that how and why I delivered 'Sabad Deeksha' to 'Bade Sahib Ji' and that too in a very small age. But as soon as I went to my Dhyaan what I observed is that "Bade Sahib Satguru Paramhans 'Vai Naam' Ji" is not an ordinary human being born on this planet but a great pure 'Atma' who has somehow denied to enter into Nijdham due to some reason in the past but now he has been rewarded with this birth in the family of 'Sahib Satguru Paramhans Ji'. That's why I gave him Saar Daat Deeksha in this age. Bade Sahib Ji after receiving "Saar Daat" often discuss with "me" regarding different situations of 'Sahib Satpurush Ji'.

One day "Bade Sahib Satguru Paramhans 'Vai Naam' Ji" asked his cousin brother, you have not taken the "Saar Deeksha Daat" from 'Sahib Satguru Ji'. Ok, never mind, in future I, myself will provide you Diksha Daat so as to enable you to go Nijdham and attain Moksh. This whole incident proves & throws light on his 'Pooran Surtivaan' and 'Jaagrat Avastha'.

Sahib Satguru 'Vai Naam' Paramhans ji further says :-

"Bade Sahib Satguru Paramhans 'Vai Naam' Ji" has visited Nijdham earlier to me; from the spiritual point of view he is senior and better than me, don't see him as young, so from today onwards we will not treat him as younger or 'Chote Sahib Ji' but we all will call him 'Bade Sahib Ji' and not only this, but he will be the next Sanchalak & Pracharak of the mahima of 'Sahib Satpurush Ji'. From now onwards, I will not devote my time as 'Satguru' but I will continue to perform my all the duties as his 'sevadaar' & his representative with full dedication and devotion". From that very moment 'Satguru Paramhans Ji' does Pranaam daily on the lotus feets of "Bade Sahib Satguru Paramhans 'Vai Naam' Ji" and perform all the duties, and rendering Seva as a faithful & true disciple.

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Saadhika ‘Neena’ Doodh Wali ki Preet

To get liberation from the cycle of Deaths & Births i.e. ‘Moksh’ means one may not come into the womb of mothers again & again in this universe, is the only aim of human beings actually, which has been totally forgotten by him and amalgamated with ‘Mann’ very badly and treating himself as part of this human body. Where as by liberating ourselves from the clutches of ‘Kaal Bhagwan’, Ek Onkar, Nirankar Niranjan who is actually the fifth son of “Sahib Satpurush Ji” the ultimate supreme power who resides in Amarlok/Satlok; abode of all the hansatmas, we get rid off from the Karman Pralabd jaal of Triloki Nath Kal Niranjan and finally go to our permanent home of our Atma/Hansatmas i.e. Nijdham/Satlok to meet with our true father ‘Sahib Satpurush Ji’. And this all becomes possible only through the blessings of a complete master, guide, Satguru who has been blessed with the super power of ‘Sahib Satpurush Ji’ i.e. “Saar Daat/Vai Naam Daat” through the paras surti of Amarlok/Satlok.

At present the ‘Sant Satguru Paramhans Sahib ‘Vai Naam’ Ji is giving the same message of “Sahib Satpurush Ji” to all the jeevas/human beings/hansatmas to get them liberated from the clutches of Kaal Niranjan so that they can reach Satlok/Nijghar the original abode of all the hansas. From March 18, 2012 onwards Satguru ‘Vai Naam’ Paramhans Sahib ji is continuously delivering the super spiritual messages of “Sahib Satpurush Ji” among the general masses through out the universe. At present times he is only the complete ‘Saint’ of Satlok/ Amarlok who have been blessed with the unique true “Vai Naam” daat (Surat Sabad & Saar Sabad) two times, first on March 18, 2012 and then on March 22, 2012 respectively through the Surti of “Sahib Satpurush Ji” directly at Rehari Ashram (Tapo-Bhoomi of Satguru ‘Vai Naam’ Paramhans Sahib Ji). With this alokik unique daat Satguru Sahib ji is making the people aware about the ideology of “Vai Naam Surti Dhara” & the Sehaj Satt Bhakti Marg without any colour, caste and creed. He is working on the ideology of universal religion of all the jeevas/hansatmas (vasudev kutumbkam) and liberating themselves from ‘Mann/Maya’.

In this context, one of the most devotee Saadhika of Satguru ‘Vai Naam’ Parmahans Sahib Ji, i.e. ‘Neena Doodh Wali’ proved herself through her selfless ultimate committment and un-conditional devine love towards Satguru Sahib Ji. With this act of complete surrender and love into the lotus feets of Sahib Satguru Ji, she not only

established herself into the divine Surti of Satguru Sahib Ji but she also managed to find place in Satlok/Nijdham the ultimate abode of all the hansatmas.

Satguru 'Vai Naam' Paramhans Sahib Ji is observing and watching presently very minutely and deeply the whole of this universe as well as other loks in this planet. He even guides Trilok Pati Kaal Niranjana the God of this universe if need arises so that every thing goes on smoothly. But in general he never interferes in the working of 'Ek Onkar' Kaal Bhagwan.

But how Sant Satguru 'Vai Naam' Paramhans Sahib Ji could forget and ignore the devine love, preet and attachment through surti call of pure devotees which he felt in his divine inner Surti, when Saadhika Neena Doodh Wali appeared in his Surti while recalling Satguru through preet and virah. Sahib Satguru Ji was wondered & delighted with param joy and anand when he saw in his inner surti that some one is calling him with very high density of preet and attachment & got thrilled with the divine gesture of any saadhak for which he was delivering his sermons since March 2012. The same sort of jesture Satguru Sahib Ji is expecting from each and every human beings rather all the jeevas/hanstatmas. According to the wani of Sahib Satguru Paramhans Ji :- The purpose for which "Sahib Satpurush Ji" has sent me to deliver the spiritual messages among the masses has been acomplished fully through the divinity of Saadhika Neena Ji.

Sant Satguru 'Vai Naam' Paramhans Sahib Ji who possesses immense power of "Sahib Satpurush Ji" with in himself, after being delighted along with spiritual emotionality regarding this wonderful act of divine love and having tears of joy and pleasure in his eyes narrated this incident with another fully devotee Sadhika Rajni Ji who is also doing wonderful seva as per his (Satguru Sahib Ji) instructions and guidance as representative of Sahib Satguru Ji. Satguru Sahib Ji instructed Sadhika Rajni Ji to arrange and accompany him to visit and bless Sadhika Neena Ji (Doodh Wali) at her residence (Kutia). On hearing this Sadhika Neena Ji also got cherished with pleasure and joy within her inner surti and was very eager to see and have darshans of Satguru Sahib Ji.

Satguru 'Vai Naam' Paramhans Ji affected through the virah and preet of Sadhika Neena Ji reached in her house along with Sadhika Rajni Ji on March 18, 2021. From Ashram to her house

Satguru Sahib Ji who is at present ‘Malik of Chaar Loks’ came on foot filled and thrilled with surti preet with-in & tears in his eyes, which shows the intensity of the devine love of Sadhika Neena Ji. How much her surti was elevated towards Satguru Sahib Ji through her commitment and devotion which compelled him to visit at her home. Satguru Sahib Ji not only blessed Saadhika Neena Ji along with her entire family but also gave her all the rewards of each step of his journey on foot from Ashram to her home.

Sahib Satguru ‘Vai Naam’ Paramhans Ji says the Pooran Sants requires nothing except the selfless true love and devotion from their deciples & Sadhika Neena Ji has proved this with her such act of preet and devotion which has become the source of inspiration for all. Sahib Satguru Ji further says that never before this has happened since the creation of this universe in Sehaj Satt Bhakti Marg.

Although, in Dwapar Yug the incident of Lord Krishna & Vidhurani’s (wife of Vidur Ji) divine preet and in Traita Yug incident of Lord Rama & Shabri are very famous as far as true preet and samarpan (devotion) is concerned. But in Sehaj Satt Bhakti Marg never before this has happened. So Sahib Satguru Ji has instructed Sadhika Rajni Ji to include this whole alokik episode full of preet and devotion in all the future granths to come.

This whole incident actually took place during this Corona Epidemic period. Satguru Sahib Ji stopped all the Sangat to visit Ashram for satsang almost one month advance before Corona Epidemic emerged in March 2020 at Ashram. Satguru Sahib Ji was doing regularly satsangs since March 2012. But after the emergence of the Corona epidemic Satguru Sahib Ji started giving sermons on U-Tube Channel ‘Vai Naam Surti Dhara’ from April 12, 2020 onwards which are now continuously flowing really as “Vai Naam Surti Dhara” through the surti of Sahib Satguru Ji till date.

In his Satsang Surti wani, Satguru ‘Vai Naam’ Paramhans Ji often tells us about the importance & value of Rehari Ashram which is said to be the ‘Tapo-Bhoomi’ of Satguru Sahib Ji where he was doing all his meditations and tapasya-saadhna and all other spiritual activities from the last so many years in his life. The value which this Rehari Tapo-Bhoomi of Sahib Satguru Ji possess is found no where else through out this planet because this is the only place where the Maalik of Chaar Loks “Sahib Satpurush Ji’ along with other great Saints of Nijdham/Satlok/Amarlok/Begampur i.e Sant Baba Nanak Ji, Sant Sahib

Kabir Ji, Sant Meeran Bhai and Sant Ravi Dass Ji has come to meet and bless the Sahib Satguru 'Vai Naam' Paramhans Ji after the receipt of Surat Daat and Saar Daat from Sahib Satpurush Ji himself in the same under ground 'Tapo-Bhoomi'. Even after four days of receipt of the supreme Saar Surti Daat from Sahib Satpurush Ji Lord Rama and Lord Krishna too came to meet Sahib Satguru Paramhans Ji at this 'Kutia'. Never before such type of incident has occurred on this planet before this. As per the wani of Sahib Satguru Ji, any one who will visit this Ashram with true faith and belief, full devotion, dedication and commitment will surely get rewarded for what is wishes & desires regarding devotion and love. And that desire of him will also not count in his karams. So we all must bow down at this 'Tapo-Bhoomi' as much as we can to get maximum as far as true spiritualism is concerned. Where as Sahib Satguru Ji in general is not in favour of doing bhaktis with desires as far as true spiritualism is concerned. The person who does bhakti selflessly is more rewarded.

मांगन मरन समान है, मत मांगो कोई भीख ।

मांगन से मरना भला, यही संतन की सीख ।।

Having only this thought in her Surti, Sadhika Neena Ji went to Rehari Ashram so many times when no one could meet Satguru Sahib Ji during this period of Covid 19 pandemic. By just standing only at the gate she prayed in her surti to Satguru Sahib Ji along with Surti Pattian (letters) written by her in love and preet & something she could fetch as per her capacity and finally time came when Satguru Sahib Ji listened her surti prayer and was wonder struck emotionally as well as spiritually that who is that with such a lovable gesture recalling through the inner surti. Sadhika Neena ji wrote almost thirty eight (38) letters (prem pattian) full of surti preet, urge and desire to meet her beloved Satguru Paramhans Sahib 'Vai Naam' Ji in surti during this peak corona period. She wrote all her feelings, views, needs, happiness and every thing she realised through these letters and surrendered completely herself actually on the lotus feets of Satguru Sahib Ji. This process was continued for so many days by her in this state of surti. Sahib Satguru ji read all the letters of her which were written purely through surti dhara by 'Neena Doodh Wali Ji'. While reading the 'Kore Pattars' of such a noble devine soul of Neena ji, Sahib Satguru ji was so deeply absorbed and involved in to the surti pravah of such a wonderful fully devotee sadhika Neena ji, he immediately decided to meet, bless and reward her with all the things she was in need of.

The love and devotion for which Sahib Satguru Ji often narrates in his sermons was happening practically here through the Surti of Saadhika

Neena Ji for the first time since the creation of this universe. According to Sahib Satguru Ji he has got another Meera in Neena Ji. He further tells that the purpose for which I might have been sent through “Sahib Satpurush Ji” seems to be accomplished through this wonderful alokik incident of Neena Ji’s preet, love and devotion.

According to Sadhika Neena Ji... She was following each and every instruction of Satguru Sahib Ji with humility, politeness and with pure and sehaj emotions keeping aside the doer-ness, greedyness etc. She was also attending the Satsangs at ashram since long with full faith and belief in Satguru Sahib Ji’s satsangs. Although her domestic and financial situation was not allowing her to do so, but she kept her belief in Sahib Ji selflessly. She was getting through all the exams of her life through the blessings of Satguru Sahib Ji and never felt herself alone at any point of time.

She has laid an example before all the hansatmas/jeevas of this planet, not only about the glory of Sehaj Satt Bhakti ideology, Satguru’s devine preet but also has made the importance and value of Rehari Ashram attaining glory and height for the ‘Tapo-Bhoomi’ of Satguru Sahib ‘Vai Naam’ Paramhans Ji. And when we are talking about ‘ashrams’, relegious places, sthans etc. etc. we ourselves even after knowing the ideology of Sehaj Bhakti Marg i.e. ‘Vai Naam Surti Dhara’ from Satguru Sahib Ji, time and again get involved in the same discussions and statements of having our own ‘ashrams’ & ‘sthans’. According to Satguru Sahib ji this whole universe is ashram for all of us, where-ever we sit with the ideology of ‘Vai Naam Surti Dhara’ , that place is ashram itself. Even inspite of having already two great ashrams of Sahib Satpurush Ji, the actual importance and value is of that ‘Rehari Kutia’ only which is the ‘Tapo-Bhoomi’ of Satguru Sahib ji where all the top spiritual dignities have come to meet and bless Satguru Sahib Paramhans ‘Vai Naam’ Ji.

So we all must possess only love, preet, virah, tadap and devotion for Sahib Satguru Paramhans Ji and bow in surti all the times at ‘Tapo-Bhoomi’ at ‘Rehari Kutia’ because even no other religious place in this whole universe possess such a supreme value which this ‘Tapo-Bhoomi’ of Sahib Satguru Paramhans Ji has.

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सतगुरु 'वे नाम' परमहंस जी के श्री चरणों में
सभी गुरुमुखों और साधकों के श्रद्धा सुमन !

सार सब्द व सुरत सब्द की दात, सतपुरुष सूं।
ब्राह्मण्ड में देखी ना सुनी ऐसी कृपा, सतपुरुष सूं।।

'वे नाम' पास दो वस्तुएँ, सार नाम और सुरत नाम।
ब्राह्मण्ड में नहीं किसी पास, सुरत सब्द सार नाम।।

पंच सदी पहले साहिब कबीर ने, पाई दात सतपुरुष सूं।
सन 2012 निजधाम सूं होकर, वे नाम ने पाई दौ बार दात सतपुरुष सूं।।

साहिब प्यारे हंसो :- साहिब "वे नाम परमहंस जी" की शरणी
में ही मिलता है निजधाम, इस धरा पर एक मात्र सतगुरु साहिब "वे
नाम परमहंस जी" ही हैं सतपुरुष रूप निजधाम !

Very Very Important Note :--

Where-ever in the "Vai Naam Surti Dhara" - Hanso ka pyara Nijghar AMARLOK' Granth, the word (i.e. 'Vai Naam') is written in single inverted comas represents only to Satguru 'Vai Naam' Paramhans Ji & the same word (i.e. "Vai Naam") where-ever have been coated in double inverted comas represents to Supreme Power Sahib Satpurush Ji's "Videh Daat / Saar Sabad" & "Surat Sabad".

Sant Satguru 'Vai Naam' Paramhans Sahib Ji says :-

**"All this, which has been written is written by all,
& for all and by (Sahib Satpurush himself who is in every
body as a soul surti) Supreme Power also.**

आरती साहिब जी—1

असी तेरे तेरे तेरे साहिबा, हम सब तेरे होये हैं—2

तेरे तेरे तेरे तेरे ,साहिबा हम सब तेरे होये हैं—2

कोई नहीं आत्म बांधने वाला, आत्म निज को बांधा है—2 तेरे तेरे तेरे —

1 अमर जोत का दिया जला कर, हम सब तेरे होये हैं—2

कोई नहीं आत्म बांधने वाला, आत्म निज को बांधा है—2 ... तेरे तेरे तेरे —

2 अमर लोक सूं हंसा सब आये, अमर लोक के वासी हैं—2

कभी ना मरने वाले हंसा, सत्यपुरुष के प्यारे हैं—2 ... तेरे तेरे तेरे —

3 तीन लोक में खेलने आये, जहां मन ही राजा है—2

“सार सब्द” बिन बात बने ना, जो सुरति का राजा है—2 ...तेरे तेरे तेरे —

4 हम सब सत्यपुरुष के अंश प्यारे, उनकी आंखों के तारे हैं—2

वे पल पल पुकार हैं देते, माया कारण सुन नहीं पाते हैं—2 ...तेरे तेरे तेरे —

5 हम ही कचरा नहीं जलाते, जो सब मान के कारण हैं—2

कल और कल में जाना कचरा, इस पल से पार हो जाना है—2 ...तेरे तेरे तेरे —

6 मोह माया का बंधन धोखा, मन ने जाल रचाया है—2

आशा तृष्णा का बंधन धोखा, मन ने खेल रचाया है— 2 ...तेरे तेरे तेरे —

7 जग कर्मों का जानो बंधन, काल ने खेल रचाया है—2

सुरति सब्द से तोड़ो बंधन, सतगुरु भेद बताया है— 2 ...तेरे तेरे तेरे —

- 8 तज दे कल और कल में जाना, सुरति सब्द का खेल न्यारा है—2
तूं जो सुरति जोत अमर है, सुरति खेल प्यारा है—2 ...तेरे तेरे तेरे —
- 9 क्युं आया कहां से आया, सब सतगुरु सूं जाना है—2
हम सब सतपुरुष के प्यारे हंसा, बेगमपुर ठिकाना है—2 ...तेरे तेरे तेरे —
- 10 सत्त सब्द को पाकर प्यारे, हंसा रूप को पाना है—2
सुरति सब्द स्वांसा के जोड़ से, सुरत कमल में जाना है—2 ...तेरे तेरे तेरे —
- 11 सोलहं सूरज की जोत को पाकर, विहंगम चाल को पाना है—2
सतगुरु का संग पाकर प्यारे, निजघर को जाना है—2 ...तेरे तेरे तेरे —
- 12 सब परमहंसा से मेल है होता, अमृत प्याला पी जाते हैं—2
आने में क्यों देर करी प्यारे, यह सब पूछा जाता है—2 ...तेरे तेरे तेरे —
- 13 सतगुरु को दण्डवत करके, कोटि कोटि प्रणामा है—2
जोत में जोत मिल जावे, सच्ची प्रीत में वासा है—2 ...तेरे तेरे तेरे —

असी तेरे तेरे तेरे साहिबा, हम सब तेरे होये हैं—2
तेरे तेरे तेरे तेरे ,साहिबा हम सब तेरे होये हैं—2
कोई नहीं आत्म बांधने वाला, आत्म निज को बांधा है—2 ...तेरे तेरे तेरे —

आरती साहिब जी-2

तेरे तेरे तेरे तेरे, साहिबा हम सब तेरे होये हैं-2

अमर जोत का दिया जला कर-2, हम सब तेरे होये हैं-2

कोई नहीं आत्म बांधने वाला, आत्म निज को बांधा है-2 ... तेरे तेरे तेरे –

- 1 पूर्ण मोक्ष का अमृत पाकर, निज को पहचाना है-2
सुरति में सत्त सब्द को ध्या कर, मन का मान मिटाना-2
तेरे नूरी रूप को पाकर साहिबा, हंसा रूप को धारा है-2 ...तेरे तेरे तेरे–
- 2 चांद चकौर सी प्रीत हमारी, पल को भी ना टूटे ताड़ी-2
खाली कर दिया आत्म मन सूं, हंसा रूप को धारा है-2
तूं ही अंदर-तूं ही बाहिरा, किया तूने ठिकाना है-2 ... तेरे तेरे तेरे –
- 3 प्रेम गली अति सांकरी प्यारो, मन मान का प्रवेश तहां नांहि-2
आशा तृष्णा का संग छूटा, लागी सतगुरु सूं ताड़ी है-2
सच्चे सतगुरु सूं नाता जोड़ा, चरणों में अमृत सागर है-2 ... तेरे तेरे तेरे –
- 4 इस पल में रहना सीखा, सुरति सूं अमृत पाया है-2
निःअक्षर सब्द में साहिबन वासा, दूजा मन आन समाया है-2
सुरति में हर पल जाकर, सत्त का दीप जलाया है-2 ... तेरे तेरे तेरे –
- 5 बहु बंधन में जीव को बांध्या, काल का खेल ये सारा है-2.
कहें वे नाम किस किस को जगारूं, पंच तत्त्व सूं मन ने घेरा है-2
ऐसा ईक वी जीव ना पाया, जिसे केवल सच को पाना है-2 ... तेरे तेरे तेरे –
- 6 सतगुरु को दण्डवत करके, कौटि कौटि करो प्रणामा-2
कीट ना जाने बृहंगा को, सतगुरु करे आप समाना-2
जोत में जोत मिल जावे, सच्ची प्रीत में वासा है-2... तेरे तेरे तेरे –

- 7 तेरे चरणों की धूली पाकर, हम सब तेरे होये हैं—2
आशा तृष्णा को झाड़ू देकर, हम सब तेरे होये हैं—2
तेरे नूरी रूप को पाकर, हम सब हंसा होये हैं—2.. तेरे तेरे तेरे —
- 8 तेरे प्यार को पाकर साहिबा, हम सब तेरे होये हैं—2
विरह की आग में मान जलाकर, हम सब तेरे होये हैं—2
बिन तेरे कोई ना अपना, इस भेद को जाना है—2 ... तेरे तेरे तेरे —
- 9 मोह का मान सब्द सूं जला कर, हम सब प्रेमी होये हैं—2
सतगुरु रूप में तुझको पाकर, सतगुरु प्रेमी होये हैं—2
अमृत सब्द सूं मान जलाकर, हम सब हंसा होये हैं—2 ... तेरे तेरे तेरे —
- 10 सतगुरु चरणों में सर रख कर, हम सब तेरे होये हैं—2
निःअक्षर दात सूं भक्ति उपझी, प्रेम की जोत जगाई है—2
प्रेम उपझे सुरति जागी, सत्त में सत्त समाया है—2 ... तेरे तेरे तेरे —
- 11 कोई कोई प्यारा भेद को जाने, अमर लोक ठिकाना है—2
सत्त सब्द का सिमरन करके, सुरति सूं निज को जाना है—2
मोह का मान जलाकर हम सब, साहिबन तेरे होये हैं—2 ... तेरे तेरे तेरे —
- 12 तेरे चरणों की धूली पाकर, हम सब तेरे होये हैं—2
आशा तृष्णा को झाड़ू देकर, हम सब तेरे होये हैं—2
तेरे नूरी रूप को पाकर, हम सब हंसा होये हैं—2 ... तेरे तेरे तेरे —
- 13 प्रेम प्रीति को शुद्ध बनाकर, हम सब सुरति सूं जागे हैं—2
मान माया का भेद मिटा कर, सतगुरु जी तेरे होये हैं—2
विरह विराग की जोत जलाकर, हम सब तेरे होये हैं—2 ... तेरे तेरे तेरे —

- 14 बिन ईक कुछ और जग नांहि, सच्चे प्रेम को जाना है—2
बिन तेरे जीव जागे ना, सच्चे भेद को जाना है—2
हर ईक में साहिबन को जानो, सत्त की जोत जलानी है—2 ... तेरे तेरे तेरे —

तेरे तेरे तेरे तेरे, साहिबा हम सब तेरे होये हैं—2
अमर जोत का दिया जला कर—2, हम सब तेरे होये हैं—2
कोई नहीं आत्म बांधने वाला, आत्म निज को बांधा है—2 ... तेरे तेरे तेरे —

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Aarti Sahib Ji -1

Tere tere tere tere Sahiba, tere hoye hain -2
Tere tere tere tere, ham sab tere hoye hain -2
Amar jot ka diya jala kar, ham sab tere hoye hain -2
Koi nahin aatam baandhne wala, aatam nij ko baandha hai -
Tere tere tere tere---

- 1 **Amar lok suin Hansa sab aaye, Amar lok ke wasi hain -2**
Kabhi na marne wale Hansa, Sattpurush ke pyare hain -2
Tere tere tere tere---

- 2 **Teen lok mein khelne aaye, jahan Mann hi raja hai -2**
Saar Sabd bin baat bane na, jo surti ka raja hai -2
Tere tere tere tere---

- 3 Ham sab Satyapurush ke ansh pyare, unki aankhon ke taare hain -2
Ve pal pal pukaar hain dete, Maya kaaran sun nahin paate hain -2
Tere tere tere tere---
- 4 Ham hi kachra nahin jalaate, jo sab maan ka kaaran hai -2
Kal aur kal mein jana kachra, iss pal se paar ho jana hai-2
Tere tere tere tere---
- 5 Moh maya ka bandhan dhokha, mann ne jaal rachaya hai -2
Asha trishna ka bandhan dhoka, mann ne khel rachaya hai -2
Tere tere tere tere---
- 6 Jag karmon ka jaano bandhan, kaal ne khel rachaya hai -2
Surti Sabd se torho bandhan, Satguru ne bhed bataya hai -2
Tere tere tere tere---
- 7 Taj de kal aur kal mein jana, surti sabd ka khel nyara hai -2
Tuin tou surti jot amar hai, surti khel pyara hai -2
Tere tere tere tere---
- 8 Kyon aaya kahan se aaya, sab Satguru se jana hai -2
Ham sab Satpurush ke pyare hansa, Begampur thikana hai -2
Tere tere tere tere---
- 9 Satt Sabad ko paakar pyare, hansa roop ko pana hai -2
Surti Sabad swansa ke jorh se, surat kamal mein jana hai -2
Tere tere tere tere---

- 10 Solahn surya ki jot ko paakar, vihangam chaal ko pana hai -2
Satguru ka sang paakar pyare, nijghar ko jana hai -2
Tere tere tere tere---
- 11 Sab Paramhanson se mail hai hota, amrit pyala pee jaate hain -2
Aane mein kyon der kari pyare, yeh sab kuch poocha jata hai -2
Tere tere tere tere---
- 12 Satguru ko dandwat karke, koti koti karo pranama hai -2
Jot mein jot mil jave, sachhi preet mein vasa hai -2
Tere tere tere tere---

Tere tere tere tere Sahiba, tere hoye hain -2
Tere tere tere tere, ham sab tere hoye hain -2
Amar jot ka diya jala kar, ham sab tere hoye hain -2
Koi nahin aatam baandhne wala, aatam nij ko baandha hai -
Tere tere tere tere---

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Aarti Sahib Ji - 2

Tere tere tere tere Sahiba, tere hoye hain -2
Tere tere tere tere, ham sab tere hoye hain -2
Amar jot ka diya jala kar, ham sab tere hoye hain -2
Koi nahin aatam baandhne wala, aatam nij ko baandha hai -
Tere tere tere tere---

- 1 Tu tou aatam jot amar hai, Satt prem ajar amar hai -2**
Virah virag ki dowa thaami, pag pag karmon ka bandhan hai -2
Tere tere tere tere---
- 2 Choota sang Sahiban ka pyara, Nij ki bhool na jaani re -2**
‘Vai Naam’ Nij ki pehchaan karaie, Aatam prem pyas jagaie -2
Tere tere tere tere---
- 3 Amrit Sabad ki daat ko paakar, Satt ki jot jagaie hai -2**
Satt hi prem bhakti ka ang hai, prem jaage tou Satguru sang hai -2
Tere tere tere tere---
- 4 Kyun aaya kahan se aaya, sab Satguru suin jaana hai -2**
Ham sab nij ghar ke hansa pyare, Begampur thikaana hai -2
Tere tere tere tere---
- 5 Pooran moksh ka amrit paakar, nij ko pehchana hai -2**
Surti mein Satt Sabad ko dhya kar, Mann ka maan mitana hai -2
Tere tere tere tere---
- 6 Chaand chakowr si preet hamari, pal ko bhi na toote taadi -2**
Khali kar diya aatam mann suin, hansa roop ko dhara hai -2
Tere tere tere tere---

- 7 **Tu hi andhar tu hi bahira, kiya toone thikana hai -2**
 Sache Satguru suin naata jouda, charnon mein amrit saagar hai -2
 Tere tere tere tere---
- 8 **Prem gali ati saankri pyaro, mann maan ka prvesh tahan nahi -2**
 Asha trishna ka sang choota, laagi Satguru suin taadi hai -2
 Tere tere tere tere---
- 9 **Iss pal mein rehna seekha, surti suin amrit paya hai -2**
 Niakshar sabd mein sahiban vasa, dooja mann aan samaya hai -2
 Tere tere tere tere---
- 10 **Surti mein har pal ja kar, satt ka deep jalaya hai -2**
 Aisa ik vi jeev na paya, jise keval sach ko pana hai -2
 Tere tere tere tere---
- 11 **Bahu bandhan mein jeev ko bandya, kaal ka khel ye sara hai -2**
 Kahein Vai Naam kis kis ko jagaun, panch tatav suin mann ne ghera hai-2
 Tere tere tere tere---
- 12 **Tere charno ki dhooli pakar, ham sab tere hoye hain -2**
 Asha Trishna ko jharu dekar, ham sab tere hoye hain -2
 Tere tere tere tere---
- 13 **Teri jot mein jot mila kar, tere prem mein khoye hain -2**
 Tere pyar ko pakar sahiba, ham sab tere hoye hain -2
 Tere tere tere tere---
- 14 **Virha ki aag mein maan jalakar, ham sab tere hoye hain -2**
 Bin tere koi na apna, iss bhed ko jana hai -2
 Tere tere tere tere---

- 15 Moh ka eku sabd suin jalakar, ham sab premi hoye hain -2
Satguru roop mein tujhko pakar, satguru premi hoye hain -2
Tere tere tere tere---
- 16 Amrit sabd suin maan jalakar, ham sab hansa hoye hain -2
Satguru charno mein sar rakh kar, ham sab tere hoye hain -2
Tere tere tere tere---
- 17 Niakshar daat suin bhakti upjhi, prem ki jot jagai hai -2
Prem upjhe surti jagi, satt mein satt samaya hai -2
Tere tere tere tere---
- 18 Prem preeti ko shudh bana kar, ham sab surti suin jage hain -2
Mann maya ka bhed mita kar, satguru ji tere hoye hain -2
Tere tere tere tere---
- 19 Virah virag ki jot jala kar, ham sab tere hoye hain -2
Har ik mein sahiban ko jano- sach ki jot jalani hai -2
Tere tere tere tere---
- 20 Bin ik kuch aur nahi, sache prem ko jana hai -2
Bin tere jeev jage na, sache bhed ko jana hai -2
Tere tere tere tere---
- Tere tere tere tere Sahiba, tere hoye hain -2
Tere tere tere tere, ham sab tere hoye hain -2
Amar jot ka diya jala kar, ham sab tere hoye hain -2
Koi nahin aatam baandhne wala, aatam nij ko baandha hai -
Tere tere tere tere---

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Sant Satguru 'Vai Naam' Paramhans Sahib Ji says :-

“All this, which has been written is written only by all the “Hansas”, for all the “Hansas” and all its credit that too goes to all the “Hansas” of the universe.

Satguru 'Vai Naam' Paramhans Ji has remained successful in explaining the 'Truth, Difference and Secret of 'Sahib Satpurush Ji' and 'Bhagwan Nirankar' to the masses since March 18, 2012 onwards. Since then regularly and constantly “Vai Naam Surti Dhara” is flowing like a river on this planet (Trilok) including the Satlok/Amarlok Nijghar Nijdhama, abode of all the 'Hansas' as well and which will also continue to flow and flow till many many Qayamats to come...and for the welfare of all the Jag Jeevas and Hansas as well.

Secret of Permament Liberation

मोक्ष का भेद

Some Important Keys of Sehaj Satt Bhakti Path :-

PARAS SURTI (Videh / Alive holy Naam)

“All qualities good or bad with motive and intension centre evolve round the ego. Without ‘Paras Surti’ ego can’t be eliminated, as one can’t be ‘Atmic’ without this “Alive Holy Naam”. Soul has no shape, colour, image & identity. Soul is purely activated power called ‘Surti’, When Soul completely get liberated from ‘Mind’ (Mann) & body (Maya) called ‘Hansa’. Pure Surti i.e. purified aatmic Soul is free from good and bad qualities. These good and bad qualities are out come of Mind (Mann) only”.

SOUL

“One can’t be Atmic as it is the by product of two souls i.e. “Surti Soul” and “Nirti Soul”, ‘Surti Soul’ called ‘Atma’ lives in the heart of each & every Jeeva and has forgotten its origional identity and power. Soul is performing all its daily deeds and activities assuming itself as ‘Mind’ & ‘Body’ (Mann & Kaya). “Surti Soul” lives in the Mind (Mann) and “Nirti Soul” (called ‘Pran’ in Vedas) in the breath of every individual. They can be united only by “Paras Surti” Alive holy Naam of Satpurush (Sahib Ji) which is transmitted to true and perfect Spiritual Master (Satguru Paramhans Ji)”.

HUMAN BEING

Every human being acts as a body in which Mind (Mann) and “Surti Soul” reside. Nirankar established himself in every Jeeva’s body in the

shape of 'Mind' (Mann). Mind resides in 'Sushmana' and Surti Soul in the heart (Mann/Mind) & 'Nirti Soul' in the breath of Jiva. Thus no one is Atmic. Nirti comes from supreme power "Sahib Satpurush Ji's" 'Satlok'

When we take breathe, the 'Nirti' (creative power of Sahib Satpurush Ji) comes in the heart with breathe and unites itself with 'Surti' (Soul). When 'Nirti' meets with 'Surti' (Soul) the human soul gets activated and becomes aatmic. After this while breathing out 'Mind' spread its wave and subside the aatmic state of 'Soul'. With every breathe 'Soul' gets aatmic and again comes under the bondage of 'Mind' (Mann & 'Maya') while breathing out. This whole process of breathing in and out is like the twinkling light of bulb. (When the electric wire gets connected bulb gets on and it gets off also on detachment of the same electric wire connection). Similarly 'Soul' also gets 'Aatmic & Non-Aatmic' with the process of breathing 'in & out' of 'Nirti'. During this process of inhaling and exhaling the cycle of Air and Nirti (Pran) is completed inside the body in a fraction of second air is divided into ten (10 Prans Vayu) parts to move in different units of the body to take foul air out and at the same time Atma formed is divided into Seven Surti's to function in the body in extracting foul air and maintain proper functioning of the body units. They function in the body and during exhaling breathe the impure air & poisonous gases comes out of the body. Thus the function of breathe (inhaling) is completed. It is a complete cycle of the Soul Surti (Atma) and air.

How you can subside and calm down Mind (Mann) ? One requires higher power than Mind to subside it. That higher power resides with true and perfect spiritual Master (Satguru/Paramhans).

MIND

Mind can't perform any function of 'His' own. He only orders Soul to perform all the activities in the body. It is because thus Atma is under the control of 'Mind' (Mann) only. It (Soul/Atma) consider itself as body.

“Mind (Mann) is no body else, but ‘God’ (Nirankar /Om/Khuda/Allah) almighty ‘Himself’. On the one hand all the human being wants to subside ‘Him’ as Mann/Mind (God/Allah) and on the other hand they worship ‘Him’ and subject ‘Him’ before his will, what a tragedy” ! We worship the ‘Mind’ (in the shape of ‘God, Allah, Khuda, Eishwer, Om, Omkar and so many other names etc.) with the help of Mind’s products (all the holistic words and products of this world is ‘Maya’ inside the body called ‘Mann’, and outside the body in the whole universe is also ‘Mind’ called ‘Maya’) with depth of heart (Mind/Mann). Thus, no one can liberate himself from the bondage of ‘Mind’ (Mann/Maya).

ROLE OF MIND

Mind (Mann) is controlling this whole universe i.e. (Three lokhs called ‘Triloki’). ‘He’ can’t work ‘Himself’ in the body but take the help of ‘Soul’ to perform all the activities like walking, eating, sleeping, lifting any object etc. It is because of ‘Mind’ there is ‘ego’ which never allows any human being to be ‘Aatmic’. The ‘Mind’ spread waves of lust and selfishness which generates ‘I’ (Ego) in every human being. Ego (I) is the supreme bondage of ‘Maha Kaal’ ‘Mind’ (Mann/Maya). Normally ‘Mind’ spreads approximately forty waves in a minute and forty to eighty waves in angry mood of the human being. There is a huge conspiracy and bondage (Karama Pralabd) of ‘Mind’ (Mann/Maya) to divert the Soul Surti from becoming ‘Aatmic’. ‘Mind’ deludes ‘Jiva’ every moment to moment and keeps him busy in past and future thought and never allow him to be in the present moment; which is yourself (Atma/Soul).”

PURE SOUL (HANSA)

“A new born baby (child) is pure, perfect and illuminated soul. He is in communion with Supreme Soul (Satpurush / Parampurush / Sahib Ji. In the mother’s womb he is fully in touch with the ‘Supreme Soul’ in ‘Surti Soul’. His first cry is for the ‘Supreme Soul’ and not for the mother and to

take first breath, as he is quite unaware of the material world. He is free from the influence of 'Mind' (Mann) which is ever ready to delude 'Jiva on this planet'.

“He is away from past and future which is due to 'Mind' (Mann). He is fully in the present and in the self (Soul). When one attains this stage, he is fully in touch with his father (Supersoul / Parampurush / Sahib Ji)”. He is love and love only.

“As the time passes, his distance from real home and father goes on increasing and with 'God' / Mann (Mind) goes on decreasing (shrinking). He goes on becoming less Atomic and more mindful with new learning of material world. Every moment, he falls into the trap of 'Mind' (Mann) and 'Maya' (Body)”. The modern teachings and study of the present times through out the universe keeps all the human beings away from the Supreme Surti (Sahib Satpurush Ji) and keep them away from their own Soul Surti too. All the daily activities of the human beings are being done now-a-days totally under the influence of 'Mind Waves' (Mann / Maya) and further has no concern with 'Soul Surti' (Aatmicta) at all. To liberate the human Surti/Soul from the clutches of 'Mind' (Mann/Maya) one needs the 'Supreme Power' of 'Satguru Parmahans' who is fully blessed with the 'Paras Surti' of ultimate Supreme power (Sahib Satpurush Ji). A real true Master/Satguru Paramhans can help all the human beings to get permanent liberation from the clutches of 'Mind' (Nirankar i.e. Mann & Maya).

Now it is the duty of worldly parents to be in search of True and Perfect Master (Satguru/Paramhans), who possesses 'Paras Surti' of 'Supreme Lord' (Satpurush/Sahib Ji) to bring one back on the track of Sehaj Satt Bhakti Marg to find his real father (Sahib Satpurush Ji) and real abode i.e. Fourth lok (Amarlok / Begampur) and get permanent salvation (Moksh / Nirvana) to be free from the endless cycle of birth and death in this universe of 'Kaal Niranjan' Lok (Three loks). to true and perfect Spiritual Master (Satguru)”.

MY ESSENTIAL BEING

I may mention that the 'Surat Sabad & Sar Sabad' are unique given to me by the 'Supreme Lord' himself in Surti to Surti of mine on my first two visits to Satlok in 'Hansa' (soul) state on 18th March, 2012 & one on his visit in my small room of Rehari Ashram at 3.00 a.m. on 22nd March, 2012.

1. The Bhagwat Gita literally means 'Song of God', it begins with the word 'Dharma' and end with 'Mama' 'essential being'. Together they mean 'my essential being'.

This 'My Essential Being' is the theme of Gita. Every individual on this earth has a purpose of life. The purpose in general is to free himself from the bondage of life and death. This is possible when one rises above 'karma-theory'. Karma can only lead to fruit and can't free us from the bondage of life and death which is the essence of life. Thus the purpose of life as per Gita is to realise one's essential being to discover the 'supreme self' within and to attain spiritual enlightenment by the grace of 'spiritual guru' who is already enlightened and attained that stage like 'Krishna' who is himself is carnation of 'God'.

2. The Gita forms the philosophical part of the great epic, Mahabharata, which is the work of sage (Sant) 'Vyasa'.

3. The central narrative speaks of the rivalry between two royal families, the cousins 'Pandavas & Kourvas'.

The Pandavas were five brothers moral, virtuous and duty bound. The Kouravas were a hundred brothers, immortal, wicked and vicious. Duryodhana, the eldest of the Kouravas jealous of the wealth, power, truth and their closeness with 'Lord Krishna' of the Pandavas. He time and again (continuously) harasses them. He always think of misdeeds and make mischievous planning to entrap Pandavas. He invites Yudhishtira, the eldest of the Pandavas, to a game of dice and wins it by

deceit.

As his prize he strips the Pandavas Princes of all their possessions. He also stipulates that the five Princes and their wife Draupadi live in exile in the forest for twelve years. At the end of twelve years they were to remain in cognito for an other year, undetected by the Kauravas. During there thirteen years Duryodhana would rule the Kingdom. If the Pandavas served this exile and remained undiscovered in the thirteenth year, the kingdom would be restored to them.

The Pandavas comply with all those terms and claim their Kingdom at the end of the thirteenth year. But Duryodhana refuses to abide by the agreement. Elders of the Kingdom try to negotiate a peaceful settlement. Regardless, the obstinate Duryodhana draws the Pandavas to battle.

It shows that he was acting as evil spirit which is always working as mind in every individual which joins with body and entraps soul and make it to work according to their will.

In this way soul acts as a slave of mind and body and never attains freedom from the clutches or bondage of mind and body. Without the help of soul mind and body can't perform any action of their own. Mind, in a very clever and cunning manner instigates brain which passes order to budhi, chit and ahankar to execute the plan of mind. It is not the brain which acts independently but gets direction in a very secret manner from the mind, which is very clever and cunning in its actions and plans. In the presence of mind and body soul is known as psendo soul (Hans-atma). **Hans - (Mind+Body) = Hansatma.**

HANSA (ATMA-MIND & BODY)

Thus, mind and body are deceased parts attached with soul. They need care, attention, treatment of Dhyan and Surti to be freed from their attachment with soul. Dhyan and Surti remove the ailment and make the soul free from ailment. In this the role of Kauravas and Pandavas is like good and evil forces. The evil forces try to destroy good, virtue and truth

to establish hellic activities to rule over the truth. Evil forces try to spread their tentacles in all directions to snub and destroy what is true and good. But the evil forces can't succeed for long and ultimately truth prevails over evil forces.

Secondly, let us draw another famous allegorical parallel.

"Two birds living together, each the friend of the other on the same tree. One eats the sweet as well as rotten fruit of the tree and the other simply looks on the first bird is jivatma as he possesses, body, mind and soul i.e. the finite self, eating and there by experiencing both pleasure and pain, part of inexorable cycle of desire and karma the observer bird is the real self witness to the turbulence and treachery along side quietly nudging us back to the "real-reality".

The first bird is in dark and doesn't get a ray of light where the second is awakened bird and realises the truth of life i.e. to observe and be detached from the wordly intoxication of pleasure and pain alike, as we tumble along in our search for the elusive musk fragrance.

Sants always down the process for disciplining and purifying the finite self to have truth and wisdom and chastity as possessed by pandavas satyameva jayate. These are necessary to transform the dross of the basic instincts in man.

On the battle field, prince Arjuna, an outstanding warrior ask Krishna, his charioteer (Guru) to drive the chariot between the two armies.

There he sees his own Guru Dronacharya, his grandsive Bhishma and a host of his dear friends and relatives... all arrayed on enemy lines. Overwhelmed by emotion, the distraught and shattered Arjuna becomes intellectually paralysed.

He lays down his bow and arrow and appeals to Lord Krishna (Guru) for guidance. Here it appears that Arjuna is struck by a whirlwind of thoughts. Lord Krishna (his religious Guru) remains silent spectator and

watches and listens to Arjuna as a true enlightened personality.

Arjuna does appear to be enlightened personality. His behaviour makes him an ordinary man, who shows and shower love and affection worldly men and material. He is still sailing in 'Maya' worldly pursuits. This all that he utters in words, thoughts and in action is nothing, but finds answer in nothing which does exist in real world. It is mere an illusion and shadow of Mind and Body which to him appears as reality of life. He has not understood life as it ought to be. He is not in his true self. His soul is under the clutches of mind and body. The soul i.e. his self being controlled and guided by the mind. It appears that he has submitted himself before the will of mind and body. That is why he is struck by a whirl wind of thoughts. He never realises that mind and body are impediments in the way of soul's action. Mind and body toss the soul though soul can't be their part, but still it functions in an unawakened, unrealised person, under the will of mind. The body is only a shell that houses the soul.

SOUL

Ultimately, all that matters in life is a good soul - a soul that translates into a good friend, a good father, a good husband or wife, a good son, a good disciple, a good guru, sant. That is why a pure soul without the amalgamation of mind and body attains nirvana (moksh). It becomes free from the bondage of birth and death. It never comes back on earth in the mother's womb. You can judge yourself the state of mind of Arjuna a good i.e. pure soul lives for ever in Amarlok, the real home of every soul (Hansa). We have come from Amarlok and are prisoner in this lok where the philosophy of karma functions and you can't get true liberation in karma philosophy. You can be a dog of the street or of a rich house with all luxuries and benefits and can't be liberated from the bondage of karma.

We must understand a person first and then his contributions without judging his physical attributes, his mental capabilities, his way of expression, his way of understanding, way of handling his own whims, attitude and feeling and above all whether he is enlightened or

still groping in the dark. Bhagvad Gita 6,26,29 itself propagate the happiness of being. Whenever the wavering and unsteadfast heart wanders away, then so often let him subdue it and bring it back to the control of the soul, for supreme happiness comes to a man of Surti (Dhayani or Yogi) whose heart is at rest, in whom passion is tranquillised who is one with 'Parampurush' (Satpurush) and free from sin. The enlightened person (true disciple of true and real Satguru) thus uniting his soul to almighty Satpurush.

By doing so the mind, intellect belief and disbeliefs, likes and dislikes, which have prevented vibrations of the soul to be felt and experienced, recede to the back ground and there is a spontaneous ignition of soul energy release brings out waves of bliss, where we feel immense happiness, satisfaction, joy and contentment. The full moon on undisturbed lake prevails everywhere, i.e. the whole lake becomes moon . So, when mind and body which are disturbed as disease is gone by Surat Sabad; you not only get the glimpses of Satguru but at the same time the effect of Mind and Maya reduces considerably.

Happiness doesn't depend on what happens to us, but on how we react to what happens to us internally and not externally. The external world is a figment of imagination. It doesn't exist, it is a dream world. What you dream inwardly is reflected back before you . Your Surti is a mirror and what so ever you presume appears before you as an image, a shadow of your own thought.

An experience soul can be happy, eternally. We are bipolar beings. When there is happiness, there is automatically sorrow, as there are two parts of the same coin and can't be separated. If we were purely happy all the time, it would get so damn monotonous, we'd wish for some sorrow or problem to overcome, just for the sake of a challenge. Just as without night, day is meaningless and without darkness, light is meaningless.

Thirdly, all living beings have an atma, a soul that provides us the characteristic of a living being, without the soul the body is a jiva, lifeless. The soul is a break away fragment of a super consciousness (Satpurush,

Sahib, Satnam, Parmpurush) Sahib. But here on this planet all souls are imprisoned by Kal Niranjan (God) Parmatma, which due to karmic bonds is locked into a cycle of birth and death.

The terms birth and death indicate the transmigration of the soul from one body to another. The soul in its purest form is called Hansa.

चल हंसा अमरलोक को, जग में पड़ा भरमाई ।
बिन 'वे नाम' कोई ना अपना, जो भ्रम से ले बचाई ।।

हंसा हमारी जात है, मात पिता साहिबन आप ।
राह हमारी केवल सतगुरु, "वे नाम" सब्द मिलावे आप ।।

The purest soul (Hansa) is a replica of the super consciousness (Parmpurush) and is thus all knowing, free from all feelings, and is a constant state of bliss. The true nature of soul is to revert to its purest form :- Atma-(Mann+Maya)=Hansa.

मन माया एको जानिये, माया मन ही समाई ।
मन माया जब दोनों गये, 'सार सुरति' आन समाई ।।

Both mann and maya are one and the same thing "Kaal Niranjan".

HANS-ATMA

Your real nature is calmness. You have put on a mask of restlessness. This is all because of agitated state of mind which provides stimli to your consciousness. You in reality are pure, calm spirit (soul). Try to understand who you are ? From where you have come and where you have to go ?

जो जाग गया प्यारो, वो त्रिलोकि में मेहमान ।
जो सोया पड़ा जग में, उसे ले जान मुर्दे समान ।।

जागत और सोये में, एक ही जोत उजियार ले जान ।
 'वे नाम' सतगुरु जागा सुरति में, जग सोया मन अनुसार ॥

Don't go in the past thoughts and ideas as well as in future wishes and plans. Try to be in the present moment i.e. "Be still and do see that I am God. You don't get God but become God... 'Annal Hack'. You are immortal, not to be crushed by mortal means, but understand and manifest your immortality by submitting yourself to Satguru (Paramhans) so as to be with Satpurush (Sahib) who is our true and real father. You can understand 'Supreme Lord' who is easily to be realised from holy saints who have known him like Kabir Sahib, Ravi Dass Ji, Guru Nanak Dev Ji...

प्यारो बाहर क्या दिखलाईये, अंदर सुरति महान ।
 रोना हंसना गाना नाचना, मन माया का खेल महान ॥

चौदहं लोक बसे घट मांहि, सब के अंदर लाल ।
 'सुरति नाम' सूं रंगाये ध्यानी, तन मेंहदी सूं लाल ॥

सतगुरु शिष्य व जीवड़ा, ता में भेद तूं जान ।
 सार सब्द ("वे नाम") आत्म संग प्यारो, सुरति सूं एको जान ॥

In Gita now where, Lord Krishna advice to Arjuna who is bound by time and space. Time and space departs the moment you become one with almighty. All is gone and soul joins with Super Soul. Drop of water mingled with ocean water is not lost, but itself has become an ocean.

HOW TO BECOME ATMA-CENTRIC ?

साहिबन मन मरघट भया, जब "सार सब्द" हो पास ।
 विदेह नाम धारे बिना, मन का छोड़े ना आत्म साथ ॥

सुरति के हर फेर से, सतपुरुष सूं जुदा हुआ ।
सुरति जब सब्द में डारी, जीव पल में हंसा हुआ ।।

बिन सत्संग जागे ना कोई, बिन जागे मुक्ति ना होई ।
बिन मुक्ति आवागमण ना छूटे, साहिबन से मेल ना होई ।।

The Gita is viewed from a metaphysical plane, with the battle field at Kurukshetra resonating the 'daily kurukshetra' we battle in the mind. Mind and body are deceased parts of soul and they need proper care, to be medicated by 'Dhyan and Surti' (Surat Sabad). Treatment is provided according to the disease. This mind itself is Kaal Niranjan who is himself Nirakar sitting in Banwar Gufa (Sushmna Dwar) and guides brain in fraction of a second. This way the body get involved with sexual desires, desire, anger, greed, attachments and ego etc. Because of this, the eternally blissful atma is lost in the perishable body. Jiva, Maya and Bramha are present in the body. The one who feels the existence is Jiva. The people on the planet live as Jivas. Satguru (Sant Paramhans) changes jiva to atma-centric by giving him a Surti (Sar Sabad) which is being provided by 'Satpurush' himself when. Hans Atma reaches Amarlok (Satlok) and on coming back enters in any available body to give the same Surti to jivas to get them liberated from the bondage of life and death. When we all were in Amarlok that "Sar Sabad and Surat Sabad" were with us, on this earth while having laks of birth have forgotten these "Surti Sabads" and have fallen in the trap of Mind (Mann).

'वे नाम' हो आयो सतलोक से, पाई सार सब्द की दात ।
पालो "वे नाम" सार सब्द की दात न्यारी, चलो निजघर संग दात ।।

"वे नाम" सार नाम निजधाम से आया, साहिबन कीन्हा निवास ।
जो जन सिमरे "सार सब्द" को, पाये निजघर वास ।।

At this stage your body becomes a dot-bindu. Your present, your past is gone and you have become stand still, time and space is gone, you are gone and god has appeared i.e. you will become (Atma-Centric) 'Hansa'.

Just like magnet attracts iron towards itself. 'Sar Naam' pulls the jiva from the worldly attachments (thoughts) and then the jiva itself makes a journey towards his real home (Satlok/Amarlok/Begumpur).

ALIVE HOLY NAAM

By Guru's grace we get 'Alive Holy Naam' (Sar Sabad & Surat Sabad)

“वे नाम” सब्द पाई मन वश करें, सहज को पावे सहज ।

“वे नाम” सब्द निज मोक्ष है, सहज योग निज सहज ।।

जिन सार सब्द को जानेया, वो भव निधि सूं पार ।

सार सब्द ईक जहाज है, जो चढ़े सो उतरे पार ।

जो ना जहाज पे आ सके, वो जावे यम द्वार ।।

The one who gives up the ego (I-ness) identity of Mind can only attain the goal with 'Sar Sabad'. In this world every one is infatuated with pride, ego and wishes. This 'Alive holy Naam (Sabad)' is the only medicine that can eliminate the diseased Mind and Body and make Soul as 'Hansa', free from body and Mind (Hans Atma). This is not the wordly 'Nama', this is beyond the fifty two (52) hindi alphabets. It can't be written in words or spoked or written. It is everlasting, bodiless and is hidden soundless sound 'Sabad'.

The secret of this 'Naam' (Sar Sabad) is only known to Sampuran Sant of Sehaj Bhakti (Para Bhakti) of Nijdham/Amarlok/Satlok.

When any jiva receives this 'Naam', he moves towards his true (abode) home i.e. Satlok like the bird 'Anal'.

Charioteer Krishna is the voice of reason, while the Arjuna is the deponent (feeble-minded) aspect in jiva that tends to pull him down. The dialogue between Krishna and Arjuna has nothing to do with religion, nation or even scriptures, though the Gita is indeed being described as scripture for convenience. It reflects all jivas, all religions for all times to come. It conquers time and space.

करो भक्ति अराधना सतगुरु की, ममता मोह क्रोध सब जाये ।
अमृत वृक्ष सत्यपुरुष सार नामा, हंसा निजघर सतगुरु संग जाये ।।

Only by the experimental knowledge of almighty, with the guidance and energy associated to "Sar Sabad/Surat Sabad" of a realised Satguru alone can open the finite mind to its own cosmic expanse.

He goes on to differentiate between the transitory character of the materialistic path and the permanent nature of the path of renunciation, which the Satguru see as a prerequisite to attain real happiness, when you are transformed from jiva to Hansatma.

SATYAMEVA JAYATE

All Sants believe and declares Satyameva Jayate... Truth alone triumphs. The Cardinal Principle of truth, to be practised as a striving principle of true love, to be practised as a striving towards perfection, where the finite self would expand and merge into a universal consciousness.

सतपुरुष नाम चक्षु परवाना, पावे जीव सतलोक ठिकाना ।
दृढ़ होई पकड़े सतगुरु चरणी, पल में मिले सतलोक ठिकाना ।।

Arjuna is effected by worldly relations and live for his Gurus,

elders, uncles, friends etc. but he no where penetrates within himself.

Just as a fish can't live without water, human beings can't live without joy and happiness. Joy and happiness does not lie inwardly things i.e. outside. Joy lies in our mind's inner most recesses, but some how it gets reflected only when we set some conditions. Whenever those conditions get fulfilled by-chance, co-incidence or strategic planning, we think we have found joy. It's difficult to define joy in words. During Dhayan in deep concentration the mind stops thinking i.e. it get isolated from Atma, gives a high feeling, where the mind is not clamouring, waiting or happening for any thing to happen, where for a fleeting second there is sheer fulfillment and that can be called joy.

MIND WAVES

The nature of joy depends upon your mind wish and desire. When one desire or wish is fulfilled an other desire or wish crops up and this process goes on and on, it never stops. So external situations would be absolutely different but what happens deep in the mind is exactly the same and that is the mind comes to a stand still. The problem of mind is that the very nature of mind is fleeting, changing, moving and transitory. Hence, now, this moment, you have joy, but the next moment, hour or day it simply vanishes and the unsuccessful pursuit begins once again, to try and make it successful this time now you have it, now you don't just like a rainbow, it is an illusion.

A man is not yet a master if he is still engaged in the ordinary life pursuits (life-battles); those of sensory temptations, desires, habits, identifications, mental doubts and soul ignorance.

The whole vicious circle of waiting-hoping-getting is deleted by the awaken wise person, who is aware of this phenomenon. It is not things which give us joy, but it is the stillness of our Mind. So this purest form of joy, happiness is perceivable by an enlightened person where Satguru has a divine Sar Sabad & Surat Sabad. The

true 'Naam' (Alive Holy Naam) which has the power to liberate an individual soul from the clutches of Mind (Mann) and Body (Maya) in accordance to the true wisdom of Sant Matt is "Supreme Lord" (Satpurush/Parampurush/Sahib Ji) himself that doesn't come under writing, reading or speaking as this word in the form of 'Surti' - is provided by "Supreme Lord" himself to Satguru to enlighten the masses and liberate jivas from the clutches of 'Kaal Niranjana' and to bring back these Hansas (Hans Soul) back to their real home 'Nijdham' (Satlok/Amarpur).

There are countless words (Naam) that are present in this mortal world into religious scriptures/manuscripts that can be written, spoken and recited by jivas. But, none of those words have the power to liberate an individual's soul permanently from the sea of miserable and transitory world to liberate him from the clutches of life and death and make him pure soul by liberating him from mind and body.

मन माया तो एक हैं, माया मन ही समाये ।
'वे नाम' सब्द धारते, मन छूटे सुरति समाये ।।

No one is your enemy except Mind who resides with 'Soul' (you) all the times. Both mind and body appear as two different identities but, in reality they are very much, "one" because body is also a physical form of Mind.

"Vai Naam" Gulam says :-

निजधाम सूं प्रकटे, साहिब पुरुष कबीर ।
"साहिब नाम" वर्षा करि, तौड़ी काल जंजीर ।।

The body in which we are residing doesn't belong to us, in reality is a cage which belongs to mind. Kabir has descended from Satlok (Nijdham) disguised himself as a devotee (Sadhak) and broke down the complete network of Kaal Niranjana (Kaalpurush).

चल हंसा प्यारे सत्यलोक को, छोड़ ये माया देस ।
ये संसार काल का देसा, झूठा ये परदेस ।

तन पिंजरा नांहि तेरा, तजो माया चल हंसा देस ।।

The body in which we are residing doesn't belong to us and in reality it is a cage which belongs to mind. We can learn to make our mind calm, still and anchored in equipoise, we have control of experiencing happiness whenever, wherever of our own free will; provided we have concentration (Surti Dhyani / Saar Sabad) provided by true living Satguru. When true living Satguru comes in contact with you and bless you with a true "Alive Holy Naam" (Saar Sabad / Satt Sabad).

दरिया भव जल अगम है, सतगुरु करहु जहाज ।
ताहि पर हंस चढ़ाई के, उतरो भव जल पार ।।

“वे नाम” आया अमरपुर से, कहने साहिबन सुरति बात ।
जो मान गया वो तर गया, “वे नाम” की हर बात में बात ।।

Sant Kabir Sahib's ideology says that "No individual soul can cross this worldly ocean of mind without the power of 'Naam' i.e. 'Sajeevan Naam'. This Sajeevan Naam is made available by Satpurush to a true living Satguru in this universe". When true Satguru receive this blessed Surti (Alive Holy Naam) from (Parampurush) Supreme Lord. All living departed Gurus, Satgurus, Devi Devtas come to see him in the sky to have his darshan when goes to meet Supreme Lord second or third time because, they are all linked spiritually with each other. It is a united universe. One's uplift is the uplift of all. They all get enormous enjoyment to see that occasion which binds time and space. One's uplift is the uplift of all. True Satguru is such a Supreme authority in this universe that he can give this Surti (Naam) Alive Holy Naam to living as well as departed souls even to those who have received Mukti from Kaal Niranjani and are living in heaven (Swarg/Jannat), Hell (Narak/Jahannam), Ancestral Lok, Dev Lok, Siddh Lok, Brahm Lok, Vishnu Lok, Shakti Lok and Nirankar Niranjani Lok (who is being worshipped as Supreme Lord (Abode of Niranjani/Kaal Purush) by the people of the world, Aatamluk, Niranjani Lok). He liberates Seventy one (71) old generations of his ancestors.

Satguru 'Vai Naam Gulam' says :-

"I stand as a witness to all these facts narrated as above".

चिंता मन की मोहनी, काड कलेजा खाये ।

“सार सब्द” की दात सूं, पल में शांत हो जाये ।।

‘वे नाम’ भाई बोलें विचारि, मोक्ष दात साहिबन सूं पाई ।

पल में कटे फेरी चौरासी, जब “वे नाम” दात हो पाई ।।

That there are crore over “Holy Names” (words/shabads) in this mortal world, they are all fail to provide us permanent salvation. Whereas, the true “Alive Holy Naam” possesses Supreme Power to provide us permanent salvation is an absolute secret to be known to a rare Sant (Satguru) in this dream mortal world.

मन की तरंग मार दो, तो हो गया भजन ।

आदत बुरी सुधार लो, तो हो गया भजन ।।

आये हो तुम कहां से प्यारो, और जाना है कहां ।

इतना सा बस जान लो प्यारो, तो हो गया भजन ।।

गुण सब साहिबन में प्यारो, मेरा काम जगाना ।

दास दे पुकार ये, एक में एक हो जाना ।।

KARMAS

That by mere subsiding the vibrations of brain commanded by the Mind and farsaking all the bad habits, actions and thoughts (Mansa, Waacha, Karmana) of mind, we can make gradual progress towards the path of attaining Moksh. Sant Samrat Satguru Kabir Sahib was the first to establish the sagacity, grace and importance of ‘Sarnaam’ (Satnam/Sajeevan Naam/Alive Holy Naam) which can neither be created nor be destroyed - that can’t be even written or spoken but can

only be joined in Surti - The field of true spiritualism, wakes up the individual soul from the deep slumber with mind and body. The Soul (Hansatma) can easily attain permanent liberation from the endless cycle of birth and death. He joins with the supreme being. i.e. ocean and drop and joined together but attain their individuality even though both are one. The soul lives like hansa in Satlok and never comes back in the mother's womb and attains permanent liberation, (Mukti/Moksh) nirvan from the world forever. This Bhakti is different from Sargun & Nirgun Bhaktis.

It is known as Para Bhakti /Sant Matt Bhakti. Sat Bhakti & Bringa Mat. The ideology of 'Santmatt' came into origion from "Sant Samrat Satguru Kabir Sahib Paramhans Ji". He revealed an unknown truth to the humanity as a whole that every human in this mortal world is worshipping "Kaalpurush" (Niranjan) by taking him as "Suprme Lord" according to their religion, philosophy and traditional way of worshipping God.

Due to our lack of spiritual knowledge we fail to visualise that mind present in every living being is none else than Kaal Niranjan himself who is residing himself in the 5th element of the universe (sky vaccum).

This Karama philosophy is all because of 'Mind' in our body. The continuous cycle of birth and death is the outcome of Kaal Nirajan (Mind). Thus our soul is poluted by Mind (Mann) and Maya (Body). So long this Mind is with us, the body too will be along it as ...

मन माया एको जानिये, जैसे रात और दिन ।
जीव तो सोया हर पल रे, रात हो या दिन ।।

This Mann and Maya in general are one in the endless life and death cycle which inhibits the soul to attain its true nature i.e. 'Hansa'.

इस जग की रीत अनूठी, तजे सच झूठ सूं प्रीति ।
मन सूं सिमरन करे, सुरति संग नाहि प्रीति ।।

एक अचम्भा जग में सदा, काल पुरुष को कहते सच्चा नाम ।
काल पुरुष मन रूप पसारा, सत्यपुरुष ही सच्चा नाम ।।

Every individual in this mortal world is living as an un religious life. Our true religion lies within us and we are moving outwards. Our Soul God Almighty is within us and we are in search of him outside the body. Outside is Maya and inside is our love (love soul surti) and we are busy in searching him outside. We are moving in the world like a person who is moving keeping his back towards sun and moving away from 'Him'. You can well realise how can you reach the (supreme soul) sun.

जग क्रूर सत्ता काल के हाथ में, जीव तड़फें और चिल्लाये ।
उसी को सेवेें उसी को पूजेें, कबहु पार ना पायेें ।।

Truth lies within where as falsehood lies out side. We are ignoring truth and chasing falsehood, so how can we reach to truth which is flowing as a nector from our body.

‘वे नाम’ आया सतलोक से, लिये साहिबन दात ।
चौथा लोक उस देस को कहते, अमरपुर की बात ।।

‘वे नाम’ जा के देख लिया, तीन लोक से आगे ।
सतलोक ही सतलोक है, तीन लोक से आगे ।।

Even Vedas and other religious scriptures are silent about Satpurush and does't give even an hint of 'Him'.

In Gita, overwhelmed by emotions, the distraught and shattered Arjuna became intellectually paralysed. He lays down his bow and arrow and appeals to Krishna for guidance. Krishna's serman to Arjuna at Kurukshetra is the Bhagwat Gita.

ROLE OF GURU AND SATGURU

Difference between 'Guru & Satguru' :- Let me first explain the role of Guru :-

"Guru" :- Supreme concentration (Naam Vidhi)

- 1. Guru doesn't have the powerful Paras Surti (word) to attain oneness with Supreme Lord (Satpurush) whose existence is beyond three (3) loks.**
- 2. This also shows that Guru has the knowledge of universe (three (3) loks) only. Thus his knowledge is purely upto "Kaal Niranjana" (Mind) is known as formless 'Supreme Lord' (God).**
- 3. It is limited only upto 'Sargun & Nirgun' type of worship, which is also the worship of "Kaal Niranjana".**
- 4. Guru doesn't have the true knowledge of a 'Soul' i.e. how to get it free from mind and maya and make change of 'Atma' to 'Hansa'.**
- 5. Guru can't transform any individual to make alike himself and provide 'Aatman Gyan'.**
- 6. Guru gives words to practise them and make progress of your own.**
- 7. Guru makes disciples to study scriptures/manuscripts, Self practice (Naam Kamai/Shabad Kamai) to get salvation.**
- 8. Guru provides knowledge upto Dasham Dwar (10th aperture) i.e. Agya Chakra i.e. the territory of "Kaal Niranjana" (Mind). He has no knowledge of Supreme Lord (Satpurush/Parampurush/Sahib Ji).**

9. Guru doesn't know about 'Hansa' and how to convert 'Atma' to 'Hansa' and make him free from the life cycle of birth and death i.e. to make human soul to go back to his real abode (Amarlok/Satluk) Amarpur.

10. Guru can't get "Alive holy Naam" (Saar Sabad) from Satpurush himself and to get liberated from this planet.

"Vai Naam" Gulam says :-

भक्ति दान बिन कुछ चाह नहीं, सतगुरु सुरति चेतन मान ।
और कुछ नहीं चाहिये, सुरति चेतन सूं सुरति महान ।।

11. Guru is a mediator. He brings man and God (Kaal Niranjana) together.

12. Guru is not the goal. Guru is like a boat for crossing the river. It is important to have a good boat and it is very dangerous to have a boat that is leaking. The boat brings you across the river. When river is crossed the boat is no longer necessary. But don't be ungrateful, always have him in your mind.

13. The Guru is the means of realisation, he makes one to bow, give up past memories and future plans and wishes. He imparts knowledge as teacher and guide & cultivate the mood of surrender which is the essence of worshipping God.

14. The Guru reveals the truth of God and encourages you time and again to progress towards it. He creates yearning in the mind of the seeker and infuses SPIRIT of feeling to think for the welfare of the general masses. He cultivates the habit of giving without having iota of thought of personal gain in return.

15. The Guru makes one to trust in God, cultivate forgiveness, there is God in himself. The best deed of a disciple is to forgive and forget. Where there is forgiveness. There is God himself.

SATGURU REPRESENT SATPURUSH (Supreme Power)

“Satguru” (Sant) :-

बिन “वे नाम” सब्द जग भूला फिरे, मरे जन्मे बारम्बार ।
सतगुरु दात पाई के, आवागमण सूं हो पार ।।

‘सार सुरति’ हल्का करे, सूखे पत्ते समान ।
जग में कुछ भी किसी हाथ नाहि, “वे नाम” हाथ कमान ।।

1. Satguru (Sant) is one who attains the state of oneness with ‘Supreme Lord’ (Satpurush/Parampurush/Sahib Ji). ‘Suprme Lord’ have neither any form nor he is formless.
2. ‘Satguru’ is bestowed with true knowledge of ‘Satlok / Amarlok / Begampur’ i.e. 4th lok.
3. ‘Satguru’ has the knowledge, ghyan of Pra Bhakti/Satt Bhakti which is ‘True & Real’ Bhakti of ‘Suprme Lord’ (Sahib Ji). Para Bhakti is above Sargun and Nirgun modes of Bhakti.
4. ‘Satguru’ has the knowledge of secret, true bodiless ‘word’ (Sabad) which is an ‘Alive Power’ given to ‘Surti’ of ‘Satguru’ by the ‘Suprme Lord’ himself. It can’t be written, can’t be read and can’t be spoken out. It lies in the concentration of ‘Satguru’. It is given from ‘Surti’ of Satguru’ to ‘Surti of sadhak’ (devotees).
5. It is only the ‘Kripa’/blessings of ‘Satguru’ that provides permanent salvation to devotees.
6. ‘Satguru’ has the true ghyaan of eleventh aperture (11th dwar) which is present in concentration and is far beyond the reach of Guru. Guru goes to ‘Agya Chakra’ (10th aperture/10th dwar).

*सुरत नाम' हंसा जिन जाना, सोहि हंसा लोक जा पाये ।
बिन "सुरत सब्द" दात के, वह काल ही के घर रह जाये ।।

7. 'Satguru' transforms his 'Sadhak' by concentration alike himself.
8. 'Satguru' has true knowledge of Mann, Atma and Hansa (Soul).
Atma-(Mann+Maya)=Hansa) which is the knowledge of Aatam Ghyaan.

मन आत्म का मेल ना, तो भी आत्म मन अधीन ।
मन आत्म को रक्खा, लाखों जन्मों से पराधीन ।।

9. 'Satguru' being enlightened soul, does't depend on any religious scriptures/manscripts etc.
10. 'Satguru' himself has the power to liberate any human being living or departed soul permanently from the endless cycle of birth and death.
11. 'Satguru' is free from the bondage of 'Mind' and Body (Maya) and can make any one free from them by his grace.
12. 'Satguru' is true and perfect master above "Kaal Niranjana" in the whole universe as "साहिब संतन के दासा".
13. He is the perfect, true and real guide and master in this universe who has the true and exact knowledge of the presence of 'Supreme Lord' (Satpurush/Parampurush) who is still a mystery to the whole of the souls in this world (three loks).
14. He enjoys the bliss of 'Paras Surti' (Saar Sabad) given by the 'Supreme Lord' as his concentration. It can heal any disease of any person within no time. The words uttered by 'Satguru' are as true as the concentration of 'Supreme Lord' (Paras Surti).

मन गुप्त रूप में संग सभी के, आत्म गई भरमाई ।
बिन सतगुरु बात बने नाहि, मन माया संग रहाई ।।

PARAS SURTI

How Paras Surti Make Soul free of 'Mind' (Mann) :-

The sadhak (disciple) keeps his 'Surti' in Paras Surti and lives in that moment. He never goes into the dream world. Whenever the wavering and unsteadfast heart wanders away, then so often let him subdue it with Paras Surti and bring it back to the control of the Soul, as the Paras Surti enlightens the Soul to attain supreme happiness. The supreme happiness comes when the heart is in the control of Soul and is at rest almost in paralysed state.

In whom passion is tranquillised, who is one with Supreme Lord, and free from sin, emotions, wishes and desires. The soul that has ceased from sin, enjoys easily the boundless happiness of union with Supreme Lord.

At this stage presenceness of the mind, intellect, beliefs and disbeliefs, likes and dislikes, which have prevented vibrations of the soul to be felt and experienced, recode the back ground and there is a spontaneous ignition of soul energy release brings out waves of bliss, where we feel immense happiness, satisfaction, joy and contentment. Happiness is our nature. Our soul knows only happiness, satisfaction and contentment. Soul always remain in the stand still state. i.e. to be in the present state of bliss. Make the ocean of thought waveless and you will be one with supersoul. Whenever you are in past and future, your mind is tossing to and fro and so are in experience of thoughts coming and going and put you in an agitated state of mind. An experience can't be in the present state so you can't be happy, eternally. We are bipolar beings. When there is happiness, there is automatically sorrow. If we were purely happy all the time, it would get so damn monotonous (of God, Condemn to everlasting punishment) we'd wish for some sorrow or problem to overcome just for the sake of a challenge. So long soul is there along with mind and body (maya) you have to face both.

As Lord Krishna says always be in the present and never penetrate into happiness and sadness. You will find yourself as if there is neither of these and you are calm and composed. These thoughts and ideas of happiness and sorrow are the out come of mind, they have nothing to do with the present that moment in which you are without the soul the body is a jiva lifeless.

तन मन हाथ कुछ है नाहि, कैसे छोड़े सुरति साथ ।
सुरति विचारि क्या करे, जे "वे नाम" दात (पारस सुरति) अंकुश नहीं हाथ ।।

The soul is considered to be a break away fragment of a super consciousness (Supreme Lord which due to karmic bonds in (three (3) loks) Kaal Niranjana Loks, is locked into a cycle of birth and death.

Lord Krishna says :- The term birth and death indicate the transmigration of the soul from one body to an other. It is just like changing clothes. It leads to karma philosophy that you will come and go as per your deeds i.e. 'Karma'.

"Vai Naam" Gulam says :-

जो दात "वे नाम" पास में, स्वयं सत्पुरुष द्वारा दी गई दात ।
ईक बार नहीं दौ बार में, सत्यपुरुष अमृत कृपा की बात ।।

'वे नाम' के पास दौ सब्द, "सार नाम और सुरत नाम" की दात ।
ब्राह्मण्ड में किसी पास ना, "सुरत सब्द" "सार नाम" की दात ।।

'वे नाम' गुलाम पाया सब्द सत्यपुरुष सूं, पारस सुरति संग साथ ।
साहिब सच्चे सूरमा, मारा बाण पारस सुरति संग साथ ।।

Kabir Sahib made it very clear in his ideology to the world that 'no individual soul can cross this worldly ocean of mind without the power of 'Surti-Naam' & 'Saar Naam'. I also make it quite clear that this Naam can't be created or made by any Guru himself. It is given in the form of Surti by

the 'Supreme Lord' (Satpurush/Parampurush) himself after 'Satguru' enter into 'Satlok' (Amarpur/Begampur) and that too after third or fourth visit of 'Satlok'. This Naam (Alive Holy Naam) is not an ordinary 'Naam'. 'Satpurush' himself resides in this 'Naam'. When a Satguru infuses this Surti 'Naam' in any sadhak, his Atma gets charged (ignited) by the energy of this poius and Holy 'Sabad'. This process of giving and receiving is known as "Guru Deeksha" (Naam Daan).

मन वाणी सूं पार है, सतगुरु सद्द सरूप ।
'वे नाम' दाता सद्द के, प्रकटावे पुरुष अनूप ॥

युगन युगन से हम सब, काल लोक चले आये ।
'वे नाम' सद्द चीन्ही के, साधक सीधा निजघर जाये ॥

When a true Satguru, a perfect spiritual personality transmits the supreme power into any person's soul through his "Paras Surti" concentration. Only after infusion of this supreme power, can make an individual to return back to his original and true abode. i.e. Satlok (Amarpur).

सतगुरु भेद से, पावें साहिबन द्वारा ।
'वे नाम' कहें सुरति सूं, सांचा वचन हमारा ॥

सद्द खुमारी ऐसे चढ़े, सुरति ही रह जाये ।
जन्म मरन की डौर भी, काल संग मिट जाये ॥

This 'Paras Surti' converts an ordinary person to 'Hansa', free from Mind and Maya. So long a man possesses Mind and Maya, he can't be called as awakened person, rather he is considered as amalgamated personality. He is being tossed in the ocean of disturbed mind and always persuade the person towards worldly persuits.

Let us see how this Mind Over Powers Atma. "Atma that can neither be created nor destroyed".

In Gita, Lord Krishna says “Oh Arjuna ! Atma doesn't have eyes, yet it can see in all the directions. Oh Arjuna ! Atma doesn't have legs, yet it can move in all the directions. Oh Arjuna ! Atma doesn't have mouth, yet it can talk”.

Before I proceed ahead with Atma and Mind, let me explain regarding ‘Saar Surti’ :-

Just like the movement without legs, speech without the mouth, sight without the eyes, Similar is with Mool Surti. With Mool Surti everything can be stored without the aid of mind. This mool surti exist in every creature of the world.

The Legerdemain (Magic tricks, juggling quick and clever performance of tricks with the hands, deceitful arguments) of the world is enacted by the mind alone. Like a dream generating another dream in it, the mind having no concrete form, as it is a black matter the 5th form of matter of which the human body came into existence. The perishable universe has no independent existence other than the mind. With the annihilation of the mind i.e. black matter, the subjective universe too can come to an end, but this will not happen soon, the detail of which will be elaborated in the coming Publication.

जीव देह को पाई के, नाम दान पा हंसा कहलाये ।
मन माया के बंधन तौड़े, सतगुरु शरण जब आये ।।

KAL NIRANJAN HIMSELF AS MIND (MANN & MAYA)

Atma is in bondage captivated in the prison of ‘3 lok's and ‘It' can't be liberated from the clutches of “Kaal Niranjan” (Nirankar/Kaalpurush) of its own.

आत्म ज्ञान में प्यारो, बाधक केवल मन ।
सार दात सुरति स्वांसा, सब्द सूं पार ले जान ।।

आत्म सुरति जब सब्द समाये, महिमां कहि ना जाये ।
यही सुरति सार सब्द संग, पल में निजघर ले जाये ।।

तन गया मन भी गया, सतगुरु का मिले जे संग ।
सार सब्द सुरति में डालें, मिले साहिबन संग ।।

I may tell you that atma is not a body, it is separate from body. There is a connection, direct link of Atma with the ocean of Atma. It is in the body of dam connected to the river which is coming from the top ocean and establishes link with the water of dam (human body). The ocean of Atma is Satlok (Amarlok/Parampurush Lok/Begampur Lok) our Atma over there was Hansa Atma, because it is pure and will remain pure, but engulfed by maya and mind in these three (3) lok's Atma is connected with 'Prans' coming to us through breathing thus breathing is a link of Atma with Paramatma (Supreme Lord). It is a science of spirituality and so who is busy with the external world can't understand the depth of this concept. It is known to 'me' because 'I' have grasped this whole knowledge through practical experience of my soul (spirit) to be in the body and out of the body. So many times I come out of the body which becomes lifeless, but do possess 'Chetna' and when I come back in the body, the breathing process starts again.

'I', myself is a witness to this link of soul with supersoul (Supreme Lord). Supreme Lord (ocean of soul) lies much above these 3 loks' which is our real and original abode (4th lok).

Atma is in 'Agya Chakra'. It goes where the concentration goes. Where ever you focus your attention (Surti), there the soul is. You sit in calm and composed manner, close your eyes. Breathe, 'in and out' you watch in 'calm and composed' manner, you will visualise that somebody in active participant in you in Agya Chakra who is inhaling. Quietly move your concentration (surti) towards Agya Chakra, you will come to know that it is Atma that is taking the breath first and then it goes to Nabichakra to body and finally gets out.

सुरति ध्यान सूं नर ना भटके, सतगुरु हर पल रहे समाई ।
मन सूं अब संबंध ना, जब सार सुरति में ताड़ि लगाई ॥

सुरति दात निजधाम सूं आई, सुरति बिन नर निजघर ना जाई ।
सुरति आधार भक्ति का द्वारा, सुरति सूं नर भव सागर तर जाई ॥

Don't be in confused state of mind. Try to bring the Surti to the fullest state of concentration in the undertaking task. If you allow surti under the control of mind, you will be drifted along with the waves and the boat will get detached from you i.e. Supreme Lord will not enter into your soul to affulge (ignite) your surti 'Mind'.

मन माला फेरत युग बीते, फिरा ना काल का फेर ।
कर मन की माला छोड़ी दे, सुरति सूं सार नाम तू फेर ॥

चढ़ि स्वांस ज्युं सुरति धारा, जैसे मकड़ी जाल मुक्तारा ।
'वे नाम' गुलाम हंसा रूप है पाया, ज्युं सागर सहज जल धारा ॥

"Saar Naam/Satt Naam/Saar Surti" is the universal truth pervading in 4th Lok (Amar Lok / Satt Lok). It is neither created nor destroyed. It can't be desimated i.e. imperishable. It has tremendous power to desimate mind to non existence. It make body free of mind and maya and liberate soul from the clutches of 'Kaal Niranjana' (Mind). It is known as universal truth of all the four (4) Loks {Three (3) Loks + 4th Amarlok}.

तीन लोक प्रलय: नगरी, चौथा लोक अमर है भाई ।
तीन लोक में काल है राजा, चौथे लोक को जान मेरे भाई ॥

Without 'Saar Sabad' life in this universe is meaning less and is of no significance as it can't get salvation from the cycle of birth and death and to attain 'Nirvana'/liberation (Mukti) :-

सात द्वीप नौ खण्ड में, सतगुरु भृंगा सुरति समाये ।
जो सतगुरु संग ना पा सके, कबहु निजघर ना जाये ॥

सतगुरु चरणों में समर्पित हो, मन माया मिट जाये ।
एक बार सतलोक जो जाये, बहुरि गर्भ ना आये ॥

Note:- 'I' do possess this paras surti given to 'me' by the 'Supreme Lord' (Parampurush) 'Himself'. You can contact myself and see the change yourself in 'YOU'. 'I' may be an ordinary person, but the thing given to 'me' by 'Parampurush' is 'Value-less'.

सतपुरुष कर्ता आप हैं, दूजा जानों संत ।
'वे नाम' पर कृपा करि, सार सब्द दे बनाया संत ॥

सार सब्द अमृत नाम बिन प्यारे, कैसे कोई पावे सुरति डौर ।
कैसे जागे जन्म जन्म से सोया जन, बिन पारस सुरति डौर ॥

Only when Atma, attains Atma-Anand (atma concentration) is realised, only with PARAS SURTI, only then Atma can be released from the bondage of Mind Cage.

विदेह नाम सभी जन को, बतला दिया 'वे नाम' प्यारे ने ।
सतपुरुष को पाने वाले ने, पूर्ण मोक्ष दे जाने वाले ने ॥

तीन लोक में काल है, चौथा नाम निर्वाण ।
जो ये भेद ना जाने, वो जन काल मेहमान ॥

That is the pure bliss of Atma. It's a pure eternal bliss obtained by Paras Surti (Saar Sabad) through Satguru possessing Paras Surti. By putting Surti in Paras Surti (True Naam) mind slowly get paralysed and Atma starts slowly and steadily purified and attains stage of Hansa

(Hansatma). "I am Atma" without mind, I am Hansa. As long as, the remembrance of the world is there in you so long is the mind attached to Atma.

सतगुरु सत्संग और नाम, पार लगाने का जहाज ले जान ।
सार सुरत नाम से जीव बने हंसा, जब अंदर गुप्त दात की होत पहचान ।।

Supreme Lord is perfect. He possesses perfect power. The perfect Amarlok/Satlok. Perfect Hansatma created by the perfect creator (Parampurush). Let us comprehend this perfect power in Hansatma when 'It' is enslaved in body cage in this three (3) loks by Kaal Niranjana (Kaal Purush). The wonders of wonder is : "The searcher is searching himself, I am searcher, when "I-ness, my-self" are gone, you get purified from Mind and Body. But there is a big question mark 'How' ?

‘मेरी नज़र में मोती आया है’ !

ACTIVISATION OF KARMA THROUGH THREE GUNAS

Let us start :- To whatever extent the five subtle senses, the four taints of emotions and the five instinctive senses of appetites are brought under control and well understood by a person who is well established in the path of righteousness to such an extent, with a torch of 'true naam' from a true 'Satguru' extending Surti from finite to infinite. The doorway for the entrance of mind is closed for that person. Diamond cuts diamond. Mind itself is a Surti, so it can be desimated with surti of more energy in nature alone. Thus Parampurush provides Saarnaam/Satt Surti to Satguru to desimate the naam effect (Surti of Mind) of three 'gunas' or qualities of prakriti, namely :-

- (i) 'Sativa' purity and light
- (ii) 'Rajas' passion and activity
- (iii) 'Tamas' inertia and darkness

There is meditation without wisdom and no wisdom without Paras Surti (Saar Sabad). When a man has both, he is indeed sure to attain nirvana (Mouksh). With in the lotus of the heart the Supreme Lord/Satpurush dwells, where surti (concentration) and nirti (pran) from breath taken in, meet like the spokes of a wheel at its hub. Meditate on him with Saar Sabad (true naam). The Mann and Maya decimate, free Atma (Hansatma) goes to his real home (abode) and gets liberated from the shackles (clutches) of Kaal Niranjan (Nirankar/God).

**पढ़ी पढ़ी मन चट्टान समः, लिखी लिखी भयो फूल दान ।
जब तक सतगुरु पाया नांही, सार सब्द का ना मिलता दान ।।**

**मन्दिर मस्जिद गिरजाघर, भक्ति से दूर के डाल ।
वेद बाईबल तौरा कुराण, निरंकार के सब डाल ।।**

Let me talk about the great philosophy, encapsulating just about everything from the self effecting meditation.

Buddhist and Jain schools of thought to those like Vedanta that advocate self-dissolution by transcending the sense of 'I' after wading thoughts through a sea of identities and existential conflicts. There is obviously, something of everyone in everyone. There is simply no 'other' - however hard you may try to conjure one.

Initially, you have to come out from so many conflicts and confusions to become free of yourself. Meditation (concentration) is the first and the last freedom, because it gives you a gallery view of your own body and your own mind. Atma has to maintain a distance from these two to be free from pangs of sufferings and sins.

Secondly, true freedom means to be free from the influence of others, of possession, position, faith, trust and expression and having nothing.

Thirdly, freedom mean, my body is illusion, my mind is illusion, this universe is illusion, all the five elements :- Earth, Water, Fire, Air and Aakash are illusions.

Fourthly,

(a) Freedom from the feelings of having house, village, city, country, world and universe.

(b) Freedom from the feeling of being religious, feelings of caste, creed, community, free from racial discrimination, family back ground and nationality at large.

INTERNAL FOUR PARTS OF MIND

(अंतःकरण की ईन्द्रियां)

(c) Freedom from Mind :- It has four parts :-

(i) Mann :- It mostly on the basis of past, takes you in the future. In this state of mind your wishes and desires arise. If one is fulfilled we bring forth the next and so on. The cycle of desires and wishes never subside in our mind, so Atma don't get liberated from the clutches of Kaal Niranjana.

(ii) Buddhi :- It takes message of wish and desire of the mind and it takes decision on that wish and desire i.e. you take the help of intellect to make any resolution and finally o k to the desired wish of Mann and sends it to Chitt.

(iii) Chitt :- It has go memory of past events, thoughts, ideas, wishes, desires etc made by Mann and resolution cleared by 'Buddhi'. It contemplates on the message received from buddhi with memory that this thing is available at that place, in that shop, in that area, in that locality, in that city and in that country.

(iv) **Ahankar :-** This message is then conveyed from 'Chitt' to 'Ahankaar' for execution of the idea, wish or desire of the mind. On the receipt of the message from Chitt and Ahankaar at once perform the work of purchasing a thing or abuse any body or kick any body or act as Militant to kill any body so on.

After discarding/discerning 'Mann', Buddhi', 'Chitt' and 'Ahankaar' that which remains is 'Hans Atma'.

"Be nothing, contemplate nothing, wish nothing, do nothing and become empty (attain vaccum) & become pure Atma".

HOW TO TRANSFORM "ATMA TO HANSA"

Role of Surti and Nirti :

हित अनहित, पशु पक्षी जाना,
कीट कुण्डर निज हित, तन को माना ।

(1) Once, I was teaching, a young cow came at my gate. It was looking towards me as I was facing towards her while writing on the black board. I was in the habit of purchasing flowers in the morning. On that day as usual I purchased flowers and idea struck in my mind to purchase a bread from the adjacent shop. I did so and came home. At this juncture my surti floated an idea in my mind that you have a bread in your sadhna room, give it to the cow. I at once took out bread and started putting the slice in her mouth, she consumed the bread and was still demanding more, I went upstairs in the kitchen to bring fresh prepared loafs for her. She ate three along with water in a bucket and then departed in content mood. Then she as a routine continued her visit to my college at the appointed time i.e. noon 12.00 approx. I, too, continued to do my job of providing due food to her. This is how surti works. It does wonders in one's life. After this in 'Saadhna' I visited Krishan Dhaam so many times.

(2) I was on the terrace, a stone slab was lying at an odd place. I took it down and placed in the corner of the terrace, so that one may not get stumbled. As usual, I used to sit for 'Saadhna Dhyan' at 10.30 p.m to 12.00 every night than at 3 a.m in the morning. I used to have 3 hours' sleep only. As routine work when I was going to concentrate my Surti, I saw so many Ants in very big size appealing and directing me with complaint, to please remove the slab as it has closed our gate (hole) of entrance and exit spot. I came back to my senses and went up stairs to terrace to remove that slab. I did so, and saw the hole beneath the slab. I realised my mistake on this act of mine. Like wise, I can enumerate so many instances of this nature, confronted me in my life.

In my child hood, I was studying in an orphan home known as "childrens home" at Talab Tillo, where, there is Bee Enn Charitable Hospital. I directly appeared in 2nd class examination in 1953 and entered in 3rd class. In the first six months the system was very good in all respects. Then the institution was shifted in Srinagar at Gupt Ganga in between Nishat Garden and Shalimar Garden.

Then the whole situation under went a great change. New staff came into being. The standard of diet fell down considerably.

This institute was being run under the welfare scheme of India and no private help was available. Students were happy in all respect except food problem. We were put to fast on every Saturday to compensate the shortage of food, but even then, the problem of shortage remained, as it was. No student was getting diet to its need and capacity. Some students left the institution, because of this acute; though shelter was quite good in all respects. I, even under such like situation used to give half loaf of chapati to a dog who was stray, but now was living in the institution. He too could't get food to its capacity, but he too was satisfied with the prevailing situation in the institution.

Besides study all the work had to be done by the students themselves, cooking, cutting vegetables, cleaning rooms, gardening, growing vegetables, flowers, washing personal cloths, cleaning things

like rice, pulses etc. Drill (piti) one hour in the morning and one hour games in the evening were necessary and binding for every one. At 10 p.m. all lights were switched off and at 4 a.m. one has to get up for studies as per our will. Throughout my career I stood 1st or 2nd in every examination over there. I passed my matriculation examination in 1961 and came out of the institution to join G.G.M. Sc. College, Jammu for further studies, as now my elder brother was under training as Sanitary Inspector. He started helping me in my studies to the extent he could. Then my Aunt came to my rescue to provide me food and accomodation and the chariot of my life continued towards its journey...

“The Supreme stage of the soul is free from birth, old age and death; he is supreme, but mind and maya departs according to the progress we make inwardly, by making continuous efforts to be empty of every thought, wish contemplation, memories and action”.

“Vai Naam Gulam”

The secret to be enlightened is to carry the spirit, thought and action of the child into old age, only by concentration to realise self and let go ‘I-ness’ which is thrown and can be removed by the saar surti (Paras Surti) which resides in the Surti of Satguru. On the receipt of this surti by a disciple (sadhak) ‘I-ness’ is paralysed and Hansatma (pure-spirit) is redeemed from the influence of Mind and Maya...

Vai Naam Gulam

Whoever quenches the fire of desire through the holy word ‘Sar Naam/Surti Naam’, spontaneously his ‘illusion of duality’ banish. Such is ‘He’ in whose heart the name dwells, by the master’s guidance.

पृथ्वी जल वायु अग्नि, सुत्र संसार नाषवान ।
बिन आत्म सब का नाष, अजर अमर निजधाम ।।

पंच तत्व का जीव ये, जग आवे बारम्बार ।
आशा तृष्णा जब तक संग में, जन्में मरे बारम्बार ।।

WHAT IS BODY AND HOW TO BECOME AATMIC

Our body is made up of five elements. i.e. Earth, Water, Fire, Air and Sky which are mere illusion, appear to be present, but actually it is all in dream world and perish like a dream.

One day of the universe is eight billion and sixty four million years, the day is of four billion and thirty two million years and night of the universe (three lok's) is also of the same duration. (This period is called Ahoratri).

As these five elements which are present in the universe are also present in the human body :-

- (a) The water dwellers like fish is made up of one element i.e. water. It always lives in water to survive.
- (b) The insects that can fly and live in corns & cereals are made up of two elements i.e. (i) air (ii) fire, that is why they always move towards light and destroy themselves.
- (c) The birds that lay eggs are made up of three elements i.e. (i) water (ii) air and (iii) fire
- (d) The animals are made up of four elements i.e. (i) earth, (ii) water, (iii) fire and (iv) air
- (e) The human beings are made up of five elements i.e. (i) earth, (ii) water, (iii) fire, (iv) air and (v) sky.

(1) The element - Earth :-

- (a) (i) Word - Satt ('Om' ॐ)
- (ii) Centre - Anus
- (iii) Colour - Yellow
- (iv) Taste - Sweet

(b) FORMS :-

- (i) Bones
- (ii) Flesh
- (iii) Skin
- (iv) Hairs
- (v) Nails

(2) The element - Water :-

- (i) Word - Onkaar (for concentration)
- (ii) Centre - Penis (Urination Spot)
- (iii) Colour - White
- (iv) Taste - Saline

(3) The element - Fire :-

- (i) Word - Jyoti Niranjan (Spot at Third Eye)
- (ii) Centre - Mouth
- (iii) Colour - Red
- (iv) Taste - Spicy

FORMS :-

- (i) Hunger
- (ii) Thirst
- (iii) Lazyness
- (iv) Sleep
- (v) Yawning

(4) The element - Air :-

- (i) Word- Sohang
- (ii) Centre - Naval
- (iii) Colour - Blue
- (iv) Taste- Sour

FORMS :-

- (i) Word
- (ii) Speed
- (iii) Hearing
- (iv) Force
- (v) Contraction/Expansion

(5) The element - Sky (for concentration) :-

- | | | |
|-------|--------|------------------|
| (i) | Word- | Ra-Rankar |
| (ii) | Centre | - Sushmana Nerve |
| (iii) | Colour | - Black |
| (iv) | Taste | - Tasteless |

FORMS :-

- (i) Word
- (ii) Appearance
- (iii) Juice
- (iv) Smell
- (v) Touch

THE HUMAN BODY CONSISTS

Five Karam Indriyaan (working organs) :-

- (i) Feet
- (ii) Anum
- (iii) Penis
- (iv) Mouth and
- (v) Hands

Five Gyan Indriyaan (senses organs) :-

- (I) Eyes
- (ii) Ears
- (iii) Nose
- (iv) Mouth
- (v) Skin

Four Sookshm Indriyaan (sensorium) :-

- (i) Mind
- (ii) Intellect (Buddhi)
- (iii) Memory (Chitt) and
- (iv) Action (Ahankaar)

All these five elements in us are also establish the truth of their presence in this universe i.e. in 3 Loks. This truth is also established by the utterance made by Lord Krishna and also by Jesus :-

Jesus said, "Father and I are one" and by saying so pointed towards the same ultimate experience and nature of oneness. In an other age, Lord Krishana said that I am the maker of this universe, all the universe lies in me and I am in the things visualised. Lord Krishna describes the presence of oneness, "among mountains I am 'meru', among rivers the 'ganga', among tree the 'ashwatha', among naags I am 'sheshnaag', and so on".

In the similar way we get the explanation in the book of 'Tao' about the presence of Tao permeating through "10000 things".

Lord Krishna says, "one who is awakened from ignorance, I am the self in the heart of all beings and their beginning, the now and their future". "That among the vrishnivi class I am Krishna". Lord Krishna's presence is realised every where and in all the objects of the nature and simultaneously the creator of the universe. Lord Krishna, "manifest in all and all manifest in Krishna" Lord Krishna is himself the incarnation of Kaal Niranjana (Nirankar) in this universe. Lord Krishna/Purushottam, Father, or Tao/God, thus we all essentially are one.

Importantly, he is into all in the form of Mind (Mann) residing in Sushmina and guiding brain to function as per its direction in every silent and congenial way. It generates 60,000 thoughts and sends to brain every day to a common unawakened person. The pangs of suffering are borne by the body. Pleasure and pain are borne by the body. Happiness and sadness are realised by the body. The age factor is borne by the body only.

It should be borne in mind that without the help of Atma, body can't perform any action. We have undergone many births and deaths in so many creation and destruction of universe (Kayamats). During all this period Atma remained with Mind and Body of 'jeeva'; so it considers itself as part of the body.

Importantly, who is into all this 'listening' ? The Keno Upanishad enquires, who is listening to sounds the ear brings in ? Who is 'seeing' what the eye captures ? To whom do 60,000 thoughts come every day ? Who smells the fragrance of fruit, food, flowers etc. Who enjoys the impact of senses. When somebody asks me the cause and remedy for one's suffering, he would say, "find out to whom is this suffering". The cause, remedy and experience all seemed one.

Enquiries and questions are meant to bigger Paradigm shift, and ingender transformational experiences, it is about changes in our consciousness and in our entire way of being. The wake up call.

Arjuna is called gudakesa meaning the "one who is awake from sleep or ignorance". What prevails is the one ultimate Mind, Body & Soul 'Advaita'.

The 60,000 thoughts a day, 10,000 things are what makes our mind, but these are not even a spark of Atma/divine splendour/Lord Supreme (ocean of super soul). Lord Krishna says, to be in sustained bliss and charity, thought bundles must gradually reduce, and, mitigate through constant enquiry, 'let go' and practice.

Sri Ramana says, "Let go on till, like the lost stick that churns the pyre, is also thrown into it, the 'I' shout be discarded too.

Osho says, the bigger thorn by which other thorns are removed is not preserved, it is also thrown away. 'Thorne is removed by thorn'... Osho. The question arises ; how to remove and discard the bigger thorn, Mind (Mann) which Kaal Niranjana himself instigating and stimulating all the, senses within us. Inside 'he', outside 'he', then who will venture to remove this big thorn and from where it will come. No body as ventured into answer this question. Simple answer, no body is aware of this big power to this 'Big' Lord Supreme. I have already made it clear that the boundless, limit less ocean of spirit (Hans Atma) itself is, 4th Lok for above these three (3) loks. We are descendant from that 4th Lok known as Satlok/Amarpur/Begampur which is real abode of 'Hansatma'. The bigger thorn is 'Saar Sabad/Saar Surti'. It lies in the Surti of Satguru given by Lord Supreme (Satpurush). When any devotee gets this, surti can get rid of 'Mind and Maya'.

I, 'Vai Naam Gulam' has been bestowed with Surti Sabad /Sar Surti by the Lord Supreme himself. Your 'Gulam' can perform miracles of removing 'Mind and Maya' and make 'Atma' free from the bondage of life and death with aid of 'Saar Surti/ Sar Sabad' (Supreme Spirit). A true Satguru always incite/infuse the pleasing impulse in one's soul (spirit) to fight against the evil impulses that originate from mind, subdues them - slowly and steadily with the laser surti paras surti (paras surti) infused by Lord Supreme (Satpurush) in the concentration (Atma) of Satguru ...'Vai Naam Gulam'.

'I' slowly and steadily get redeemed when a disciple, embraces simplicity, reduce selfishness, have mind free of worldly desires, never penetrates into past thoughts, never ponder over the future wishes and desires and always tries to be in the present undertaking with full concentration.... 'Vai Naam Gulam'.

“Without fear’....

**Where the mind is without fear and the head is held high,
Where knowledge is free;
Where the world has not been broken up into fragments by narrow
domestic walls;
Where words come out from the depth truth,
Where tireless string stretches its arms towards perfection;
Where the clear stream of reason has not lost its way into the
dreary desert sand of dead habit;
Where the mind is lead forward by thee into ever-widening thought
and action into that heaven of freedom,
My father, let my country awake..... “Rabindranath Tagore”.**

WHAT IS TRUTH AND HOW IT COMES

The ultimate goal of life is truth. Our true form of Atma (Hansatma) is truth to understand self and let go ‘I-ness’ it truth. The ultimate union of soul (spirit) with Super Soul is truth. Truth is Lord Supreme (the limit less ocean of soul (spirit) is ultimate truth. Which was true, is true will be true, in shape, form, colour, omni present, resides inside outside of every object, rather every object of nature ultimately is truth, because this universe is the composition of five elements on their inhilation and becoming one, will attain the original form its truth. Which can neither be created nor destroyed. Which can never be burnt, carried by the wind, which can never be changed in form, shape or size. Truth is God/Lord Supreme (Satpurush). ‘It’ is concentration/surti/dhayan. It is same in all creatures.

HOW TO UNDERSTAND TRUTH

To be creative doesn’t mean to be only scientist, a carpenter, a sculpture, a lyricist, a builder, a writer, a player, a singer, a musician etc. It is to be in that stage in which truth can come into being. Truth comes

into being when there is a complete ceasation of thoughts; and thought ceases only when the self is absent i.e. 'I-ness' is gone. When the mind has ceased to create all types of waves, good or bad.

Osho says, "Be creative, Don't be worried about what you are doing. One has to do many things, but do everything correctively with devotion. Then your work becomes worship. That, whatever you do is a prayer; and whatsoever you do is an offering at the lotus feet of Satguru

I would like to say unless and untill you have the instrument that makes you creative and instrumental, you can't be true creative, true worshipper, true devotee, true meditative; you can't subdue your ego, 'I' from your undertaking. You have to meet a true Satguru to receive Paras Surti (Sat Sabad) which has the power to let go your ego, 'I' i.e. your mind. By putting your Surti in Sar Surti the mind slowly and steadily get paralysed and you attain truth. Truth makes insignificant things significant, impossible into possible. Those who are in perpetual dark and brought back into illuminating sight. With their touch and sight the ailment departs spontaneously. It is 'Paras Surti' (Satt Sabad) which can transform Atma (soul+mind) into Hansatma; free from 'Mind and Maya'; which is truth 'Anand'.

When there is no amalgamation, transformed Atma (Hansa) joins the Lord Suprme (Satpurush/Parampurush/Sahib).

Jesus Christ :- Jesus Christ proclaimed, "Verily verily, I say into thee, except d man be born again, he can't see the kingdom of God". Eidently he did not mean biological re-birth but referred to spiritual awakening of consciousness where the heavy and weary darkness of an unintelligible world is lit up. Lord Suprme (Parampurush) is elevated state of consciousness. Buddha describes enlightenment as the end of suffering and according to Maharishi Patanjali, root cause of suffering is avidya or spiritual

ignorance. Interestingly we notice that truth is singular but its expression is plural by different masters in different time and place.

निरंकार गुरु तीन लोक के, संतन से लेन ना देन ।
उलझा सब संसार है, पढ़ी पढ़ी चारों वेद पुराण ।।

Spiritual wisdom is never confined to the surface level of the intellect. The alchemy of transformation is hidden within the heart in divine love like “Meera” and Satguru Kabir Ji, Baba Nanak Ji, Ravi Daas Ji, Paltu Sahib Ji etc. We must cultivate love for Parampurush/Satpurush with due love and blessings of Satguru of the time. Hence, we must cultivate love for Satguru who alone can make us merge with our Lord Supreme in divine oneness.

भ्रम मिटे सतगुरु सत्संग में, विश्वास आनंद सूं पार ।
नर खर अक्षर में है पड़ा, निःअक्षर सब्द सूं पार ।।

बिन 'वे नाम' सब्द कैसे प्रेम उपझे, धीरज विश्वास जगाते प्रेम ।
लाखों जन्मों से कर्मों को करता, पारस सुरति 'वे नाम' ज्योति प्रेम ।। ।

Divine love manifest in mundane life but worldly love is uplifted to spiritual level; utilizing the same energy which was being utilised is physical and mental level of love.

Mundane :- worldly (contrasted with Spiritual or heavenly)

वेद चारों नहीं जानत, सतपुरुष कहां ।
साहिब सतपुरुष तहां, चौथा लोक जहां ।।

तीन लोक में सब ही अटके, चौथे लोक का भेद महान ।
खरे सयाने सोये पड़े, जाने ना सतलोक महिमां महान ।।

साधक सेवक सतगुरु का, पाई मोक्ष अमृत दात ।
सुरति लागी सतनाम सूं, पाई अमर प्रेम की दात ।।

HUMAN SELFISHNESS

This world doesn't understand the importance of truth, they want to have easy way of getting worldly pleasure and benefits. For the sake of worldly gains, profits, he can go to any extent to discard truth. As truth is God. Truth is soul the illumination of spirit. In life one faces happiness and sadness but one never wants to be attached to truth as it opens the gate for illumination of spirit to provide us rays of soul as the sun's rays are part of sun. This clearly makes it clear that people run after timely benefits which enchant a person temporarily where as truth is ever lasting bliss which enables man to be one with Satpurush (Parampurush). Suffering is not holding you. You are holding suffering. Where you become good at heart to let go sufferings, then you will come to realise how unnecessary these worldly power and puffs are burden around you, take you far away from the real truth of life. Truth is not to be seen, it is to be realised and observed well within you. It is concentration Surti (Dhyan) which enables you to be one with Parampurush.

वेद कुरान भ्रम में डालते, नर ना जाने साहिब दरबार ।
भ्रम करि कर्म धर्म में उलझे, नर ना जानें सच्ची सरकार ।।

“The prophet Mohammad had to face tempests of adversity in the cause of truth. He faced all the opposition and oppression with a smile. He stood firm, undeterred by criticism and coercion. A deputation of the leading Quraish called upon the holy prophet and tried to bribe him by offering all the worldly glory they could imagine. They wanted him to abandon his mission. The terms were extremely tempting for any human mortal. But there mortal things made no impact on the mind of ‘great prophet’. His reply was simple, “pray” ! I want neither wealth nor power. I have been commissioned by ‘God’ to warn mankind to follow the path of truth, be pious and righteous as there is nothing in riches and luxury. The prophet Mohammad (blessings of Allah and peace bestowed upon him) enjoined us to believe in following five articles of faith :-

- (1) **Belief in one God who has absolutely no associate with him in his divinity.**
- (2) **Belief in God's Angels.**
- (3) **Belief in God's Books and in the holy Quran as his last book.**
- (4) **Belief in God's prophets, and in Mohammad (Blessings of Allah and peace be upon him) as his last and final messenger.**
- (5) **Belief in life after death. These five articles are considered as the bedrock of Islam. One who believes in them enters the fold of Islam and becomes a member of the muslim community.**

तीन लोक से पार वह, बिसरा सांचा दातार ।
वेद कुरान बाईबल तौरा अंत नाहि, बेअंत बेशुमार ।।

Thus the religious scriptures such as Vedas, Quran, Bible etc. provide knowledge to mankind of the universe (3 loks). Karma is the main philosophy of this universe. Thus the whole emphasis in this universe is laidout on the foundation of Karma. Here 'mind' is functioning and making soul to act according to his wishes and desires. It always infuses the idea towards material things, which necessarily have a limit.

मन्दिर मस्जिद गिरजाघर, भक्ति से ना कोई काम ।
वेद बाईबल तौरा कुरान निरंकार भजें, लें उसी का नाम ।।

ये त्रिलोकि मोहनी माया पसारा, काल जाल मृत्यु धाम ।
सांचा अमरलोक घर हमारा, सतपुरुष निजधाम ।।

गीता श्लोक :-

नैनं छिन्दन्ति शस्त्राणि, नैनं दहति पावक
न चैनं कले भन्तमायो, न शेषयति मारुत

गीता श्लोक अंग्रेजी अनुवाद :-

Nainan chindanti shastrani, Nainan dahati pavakh
Na chainan kledayanty apo, Na sheshyati marutah

“Na - never, enam - this soul, chindanti - can cut to pieces,
shastrani - weapons, na - never, enam - this soul,
dehati - burns, pavakah - fire, na - never, ca - also;
enam - this soul, kledayanti - moistens; apah - water,
na - never, sheshyanti - dries, marutah - wind.

Meaning /Explanation :-

The soul can never be cut to pieces by any weapon nor burned by fire, nor moistened by water, nor withered by the wind. Soul (our true self) is immortal and is the part of Supreme Lord/ Parampurush (Sahib Ji) which is not the creation of blood and semen and has no concern with karma philosophy, because a soul does not have any physical or ethereal part in it. It has nothing to do with the physical world. The true origin of each individual soul is 4tgh lok (Amarlok/Satlok/Begampur) which is the real abode of Parampurush (Satpurush/Sahib Ji) whose existence is beyond the limits of these three loks (3-loks/perishable universe). It is beyond the limit of Mann (Mind) and Maya (Body).”

भक्ति करने से क्या हुआ, जे ना जाना आत्म भेद को ।
आत्म जाने बिना, निजघर के ना पावे भेद को ।।

आत्म को जाने बिना, जो नर भक्ति करे ।
सतगुरु को पाये बिना, भव सागर कोई कैसे तरे ।।

माला कर से सुमिरन मन सूं, निज का धोखा जान ।
कर मन का मनका छोड़ के, सतगुरु सूं सुरत सब्द की महिमां जान ।।

The soul is entrapped in the net of Karma in this perishable universe. In the real sense, it has no concern at all with any of the Karma and has nothing to gain in this mortal world.

This universe is an ocean of birth and death and none is able to liberate himself from the clutches of Kaal Niranjana (Mann and Maya). True and real Satguru can liberate any individual soul permanently from the clutches (entrapment) of Mind with his own spiritual powers i.e. 'Sar Naam' and 'Surat Naam' (Paras Surti) bestowed to 'Vai Naam Satguru Paramhans' by 'Supreme Lord' 'Himself'.

तेरा बैरी कोई नहीं, तेरा बैरी तू ।
निज को तू जान ले, तेरी छूटे तू ।।

भिखारी पन नहीं छूटता, जो ना जानो निज रूप ।
सार सब्द बिन जागे नहीं, जिसमें साहिबन रूप ।।

Inside the body our real enemy is only the mind which resides in Sushmina Nerve below Agyachakra. It is constantly sending wave to disturb soul all the times. The state of our life is nothing more than a reflection of your state of mind from child hood to adult-hood, we are constantly under the unending influence of our thoughts. The mind which creates there thoughts, is an instrument which always make us to pursue worldly pleasures. What you have, what you want, but with regard to the limitless enlightenment of spiritual development.

The uplift of soul and its liberation from mind and body (maya) is possible, when we have a contact with true Satguru, who is himself enlightened and has not only realised self but has become free from the bondage of birth and death; He is the Satguru by whose very contact there flows the Supreme Lord's Bliss, through his surti of Paras Surti (Surti

Sabad / Saar Sabad) true Satguru keeps the disciple (sadhak) absorbed in the love of Supreme Lord (Satpurush/Sahib). In the presence of the Satguru knowledge flourishes, sorrow departs, joy wells up and all talents bloom up. Here Arjuna submits himself before the will and guidance of Lord Krishna. Revived and recharged Arjuna is charged with a higher vision. Towards the end of the last chapter Arjuna's delusion vanishes. He visualised the real purpose of life.

The Pandavas and Kourvas represent the positive and negative qualities of an individual. The Kauravas out numbered the Pandavas just as negative forces tend to out number the positive. Kurukshetra symbolises the body in which the conflict between mind and soul exist

The God of our life (human existence) is the realisation of 'self' and union of soul with superior soul (Supreme Lord/Satpurush Sahib). In order to attain that stage you need to come out of 'mind and body' (maya). Mann and maya are two forces of the same coin.

Arjuna receives the sermon in the chariot between the Pandava and Kaurava armies. The Gita's 701 verses are spread over 18 chapters which in turn can be divided into three sets of six chapters and provide us excellent :

“तत त्वाम अस” or ‘THAT THOU ART’.

The first six chapters explain 'Tvam or Thou', the middle six 'Tat or 'that' and the last six, 'Asi or Art'

**‘वे नाम’ कहें आदि अंत का, सृजनहारा परमपुरुष प्यारा ।
वोहि शुरु वोहि मध्य वोहि अंत, उन्हीं से सब परिवारा ।।**

(1) ‘Tvam’ is the self ‘I-ness’ within

(2) ‘Tat’ the Supreme Lord and

(3) 'Asi' mentions that the self in you is Mind and Soul act as one because 'Mind' is controlling the Soul and makes soul to act according to the dictates of mind. Through breath Nirti (Pran) enters and come in contact with 'Surti of Soul and illuminates the consciousness and called as Spiritual enlightenment.

CONSCIENCE

- (1) There are six different levels/stages of conscience which lie well within every human body.
- (2) Human being to some extent are aware of only first three different levels of conscience of the following :-
 - (a) Awakened State
 - (b) Dream State
 - (c) Coma State
 - (d) Turiya State
 - (e) Turiateet State
 - (f) Supreme State i.e. (beyond Turiyateet State)

(a) **Awakened State** (जाग्रत अवस्था) :- In this state we will visualise the physical objects which are well before us and we see them, accept them, discard them i.e. our senses are there to visualise them. In this state of conscience, our concentration/Surti (Soul) resides well within eyes. In this state brain and heart don't work together in harmony (co-ordination). Every human being who is not awakened considers this state of conscience as the real truth of life. He worships out wardly and puts himself in the Karma theory and never comes out of life and death cycle. There people live in the dark and never allow the light of awakening to enter into their life till alive.

(b) **Dream State** (स्वपन अवस्था) :- This is the state of conscience in which we all experience dreams during sleep. Almost all human beings have to experience this state of conscience during the course of sleep in life. The level of knowledge is almost twenty times

lesser in this state of conscience as compared to awakened state. Whatsoever we visualise in the dreams appear to be real like the physical world, but the moment we are awakened, everything is gone in the same way when we are awakened from the side of this physical, this world disappears and we find ourselves as pure soul (truth/atma). In this state of concentration our 'soul' (concentration) enters into an ethereal body known as 'suksham shareer' which lies in the nerve, left side of the neck just below jawline. This nerve is 10,000 times thinner than a hair (1/1000). This all happens in the state of dream during sleeping. This state is not the reality and is attained at the time of death.

“All animals-insects lead a life in this state of conscience”.

(c) Coma State “सुशुप्ति अवस्था” :- This is known as deep sleep stage in which the concentration resides into the navel region. The level of knowledge is 1/1000 times lesser as compared to Awakened Stage. This state is also known as fools state. Its duration is almost 'two' to 'two & a half' (2x1/2) hrs. In 'Males' its time period is 3 a.m. to 5. a.m & in 'Females', its time period is 4 a.m. to 6 a.m. in the morning.

It is because of this the gents can get up early at 5 a.m easily, but ladies can't. If they follow the trend of males, they remain disturbed through out the day. This state is a must during sleep. The body get complete rest in this state of mind, as mind take complete rest in this stage of sleep. In this stage the complete memory of a person gets fully disturbed for three to two or two & a half hours while residing into deep sleep. This state of consciousness is also attained when a person gets a severe brain hammerage or injury. This is also known as a darker state in which the complete co-ordination of our heart and brain gets deranged and can't perform any physical activity. This state is also attained by those people who have not received the Paras Surti (Saar Sabad/Surat Sabad) from a true Satguru, who has been bestowed this 'Paras Surti' by the 'Supreme Lord' himself.

“Trees/Plants resides into this state of conscience”

In this stage mind is active to the stage of 90% and Atma's concentration is 10% and lies in throat (kanth).

(d) Turiya State "In every state above we have seen that Mind (mann) is the main agent which always remains conscious of keeping the Atma under its control and never allows any human being to realise his true-self (soul/spirit) in this cycle of birth and death. He never provides any opportunity to allow any human being to even think of self-realisation & salvation; In Sargun & Nirgun bhaktis no individual could attain the permanent liberation from the endless cycle of birth and death. From this we conclude firstly that 'Mind' never take rest or sleep so as never provide any opportunity to soul to get liberated from the bondage of life and death cycle. Secondly 'Mind' never allows any individual to meditate about his true abode and to worship perfect Spiritual Master, because it is only a true perfect Spiritual Master (Satguru/Sant) who has the true knowledge about mind, its existence, appearance, importance and liberation of soul from its bondage.

सतगुरु सद्द सत्त करि मानो, भृंगा मत्त साहिब का पाई ।
तजो जगत की आसा मन वासा, जीवत मुक्त हो जाई ।।

True Satguru is the only perfect master of mind, and has the knowledge how to make human being to realise his true self and to get liberation from mind. All saints like Samrat Satguru Kabir Sahib Ji, Sant Ravi Dass Ji, Satguru Baba Nanak Sahib Ji, Sant Dadu Ji etc. have made clear that Supreme Power who is our real father and ocean of Super Soul is none else, but Parampurush/Sahib (Satpurush) whose existence is beyond the approach of 'Mind' i.e. beyond three (3) loks. This universe what so ever we visualise with our open eyes is mere illusion and not a reality, but people fail to understand this all. All this is beyond the comprehension of human beings as they are grooming in the dark and living in the dark. This is the work of mind and body, where as the truth lies beyond the bonds of the universe.

Sahib Vai Naam Ji says ...

अमर लोक तीन लोक सूं न्यारा, मन माया ना पावे पारा ।
सार नाम की दात सूं, हंसा तीन लोक से पारा ।।

दास कहे जग में कोई नहीं कंगाल, सब हैं मालामाल ।
जो जाने निजरूप को, पाये प्रेम आनंद लाल ही लाल ।।

‘Amarlok’ is the true abode of all the souls who are imprisoned in this universe and are under the control of mind and body. Mind & body (maya) can’t leave the universe, but only the soul can break the shackles of mind & body and can move to its original abode (Satlok/Amarlok) 4th lok.

‘वे नाम’ का राखें आसरा, उन्हीं में सुरति स्वांसा नाम ।
मन को ऐकाग्र करो, सुरति स्वांसा नाम से निजधाम ।।

सब घट सुरति सूं भरा, खाली घट ना कोये ।
सार सुरत नाम की दात सूं, पल में आत्म हंसा होये ।।

Sahib Kabir Ji lays stress that one should not grumble that he doesn’t possess worldly wealth and power, but should be grateful to Supreme Lord that his soul is lying well within you. You have to open the mind and you can well see the bounty full miraculous power of Supreme Lord in you. Fountains of Amrit are playing well within you, but you are in deep slumber and can’t see them. Open your eyes and well visualise them inside every individual. Every one has the same soul and spirit in Aggyachakra in your forehead. This soul itself is Satpurush/Sahib (Supreme Lord).

बिन सार सब्द की दात के, मन तरंग होत ना शांत ।

धरें ध्यान सार नाम में, देखें जहां ऐकांत ।।

SEVEN CHAKARS

हृदय में प्रकाश जागे, अंदर मन माया विनाश ।

वही ध्यानी साधक प्यारा, जो सतगुरु का पावे साथ ।।

खेल ब्रह्माण्ड का, माया पिण्ड में देखेया ।

निज रूप भुलाया, हंसा माया रूप में देखेया ।।

Kabir Sahib says that I have seen the whole universe within the physical body and all my doubts regarding the existence of Super Lord vanished from my mind. But on the contrary, our ancestors who practically experienced there next level of human conscience and also experiences the existence of whole of universe within their own physical body; through their concentration (ध्यान), upto 7th chakra i.e. (Agya Chakra).

All Rishis (ऋषि), Munis (मुनि), Yogi (योगी), Siddh (सिद्ध), Peer (पीर), Paigumbers (पैगम्बर), Yogeshvars (योगेश्वर), etc. attained the knowledge and concentration upto 7th chakra i.e. upto Nirankar (Kaal Niranjan). They all gave the knowledge to the humanity which do exist in all the religious scriptures/manuscripts available to the humanity of the world. All these holy saints, peer-paigambers could not get as iota of knowledge about our real father (aatmic ocean) Parampurush/Satpurush whose abode is far away from these three (3) loks. We can realise the existence of Supreme Soul while attaining the Supreme state of consciousness when both body and mind get separated and soul attains its real stage of conscious which in reality is the true state of self realisation. The soul attains the stage of Hansa (Hansatma). This state is attained when we concentrate in Surat Kamal (Satguru Lok) 1 & 4th hand above the Sehstrar Chakra (सहस्त्रार चक्र). This state is beyond Turiyateet state which is free from the territory of mind and body. This body and mind is a combination of five (5) elements of the universe i.e. sky (shoonya-

vaccum) (सुन्न).

This stage is attained by a true Satguru who has visited Satlok and met with the Supreme Lord can have this knowledge and Satt Sabad (Sar Sabad) provided by Lord through Surti to the Surti of Hans Atma of Satguru, so as to enlighten the mankind to enable them to reach their own real abode (Satlok/Amarpur). We all are in the cage of Kaal Niranjana (Mann) which we consider as our real abode; is an illusion of yours.

TURIYA STATE / TURIYA AWASTHA

(1) This state is stage of complete concentration which can't be attained without a perfect master. This stage lies within oneself and is called 4th stage of conscience.

(2) Here the work of (Surti) complete concentration is accompanied with Paras (Nirti) of breath taking-in, enters into the 'Sushmana Nerve'. Do see that 'Ingla & Pingla' both are working together in the breathing process.

(3) The whole energy of concentration moves upwards. One should forget to utilize energy in physical love. It is only give and take and have no utility in attaining spiritual love. Second stage is 'mental love' i.e. Love at the level of sacrifice. In this state a person forgets his ownself and does think of a person to whom he or she loves. It is a love of sacrifice. In this a person forgets his own self, his emotions, surge in his mind for the lover. It is like a flower which blooms for a short duration for joy and pleasure to the onlooker and then weathers away. Mind can't stay at a place permanently, it moves like a pendulum which goes on moving without stoppage. Indian culture follows first kind of love at physical level which lives long like a stone. It is working properly since the period of Manu Ji Maharaj.

In western countries the marriage or love is at the level of mind which doesn't last long. After every three months the bondage of love breaks and struggle for new love begins. It is like flowers which have

destroyed and are giving foul smell. The third and everlasting love is Spiritual Love in which both lover and beloved are gone and only love remains. It is just like the light of so many burning candles. The candles are so many but the light is one. This is the stage which is permanent and everlasting i.e. communion of soul with over soul (Mukti/Nirvana/Moksh).

मुक्ति भेद कोई बिरला पावे, जाके बल हंसा घर जाई ।
मुक्ति भेद पावेगा सोई, जाका सतगुरु सांचा होई ।।

When 'Surti' moves upwards in the body, the body gets completely locked and the whole body appears to be empty (vacant). At this stage a person doesn't feel the presence of body. He nearly experiences death, while being in the body. He feels as if he is breathing without body. The 'Nirti' (Prans) in breathing is get completely concentrated in Sushmana Nerve along with (Surti & Nirti) concentration.

कौटिन कर्म मन माया सूं जुड़े, बचन का ना कोई उपाये ।
ये फंद केवल काल पुरुष का, बिन सार सब्द नांहि उपाये ।।

In this stage of conscience a soul gets liberated from three (3) elements of Mind & Body i.e. Earth, Water and Fire. The person can reach upto the Medula Plex (Agyachakra), Dhyanis, Yogis attain this level of conscience, when having complete concentration. This leads to higher level of temporary salvation. A person at this stage realises the reality of maya. The whole universe appears to him as nothing, of no use, immaterial thing of no significance. He can be selected for heaven or Ancestral abode as per his level of progress. He visualises the glimpses of God (Nirankar) as well. He visualises white clouds, yellow light, blue light, red light etc are the glimpses of God (Nirankar) which the Yogis see during concentration. In this state 20% mind is still there with the soul. In this stage a person doesn't realise the true nature of mind's entanglement and illusions that it creates to mislead every being from the real purpose/motive of human life i.e. salvation (moksh/nirvana). He doesn't come to know the secret of that path which takes the individual soul to its real abode Satlok (Amarlok/Begampur); which itself is the true abode of Supreme Lord (Sahib Ji).

“Idols, ”(मूर्तियां), Devi-Devtas, (देवी—देवता), Sidds, (सिद्ध), Yogis, (योगी), and Gods-Goddesses always remain in this state of conscience”.

(e) TURIYATEET STATE (तुरियातीत अवस्था) :—

This state of conscience is for ahead of the ‘Turiya State’ and is known as ‘super conscience stage’. To attain this ‘5th’ state of conscience we require an accurate and perfect guidance and direction of a true and perfect spiritual Master of the time to have true and perfect ‘Meditation’ with Surti.

The Nirti (Pranas) from breath inhaling, gets completely concentrated in Sushmana Nerve and enters into Bhanwar Gufa (Bunknaal). In this stage a Yogeshwar can hear with complete Surti i.e. jinglement of words (Anhad Dhuns) which are of seventy (70) kinds emanating from the word ‘Om’, are continuously jingling inside ‘Bhanwar Gufa’. These sounds cover a very high level of universe with the help of an ethereal body which a soul carries, so this stage is very superior to Turiya state. Here the element ‘Air’ is with the soul.

At this stage Yogeshwars can hear Anhad Dhuns while closing their ears and eyes i.e. the senses of hearing and sight. The sound ‘ghoon-ghoon’ is of the ear and not of Anhad Dhuns. You can hear sounds, like flute, veena, sitar, shankh, whistle of the train, tabla, sarangi, ringing of bells, church bell etc. Yogeshwars and Sadhaks can concentrate on only one of these sounds and can go to different loks of ‘shoonya & maha-shoonya’. If you concentrate on flute, you can go to Krishan Lok. If you concentrate on whistle of the train, you can go to Heaven. If you concentrate on veena, you can go to the Aad-Shakti Lok. If you concentrate on shankh, you can go to Vishnu Lok. If you concentrate on jingling of bells you can travel three to four loks at a time like heaven, sabad lok, krishan lok and Sehshastrar lok with “Meen” speed which is very high as compared to “Papeel “ speed. If you travel four loks at a time, it takes two and a half (2½) hours. In this stage you

can pass by Sehshastrar and can't enter into it without Satpurush himself along with you in the guise of Satguru. Maha Yogeshwar (Sadhak) pays full concentration or Surti towards the left ear, his conscience will move with a Papeel speed towards spirit lok (ghost) and If you hear and pay concentration on temple bell (church bell) you can directly go to "sehshastrar" with a speed of papeel and still, you can't enter the gate of 'sehshastrar'. From outside you will see all around excellent golden yellow light have one 'V' shaped gate of light for entrance of maha-yogeshwars at the time of attaining 'Nirvana'. You will well visualise the presence of your guru in 'V' shaped gate waiting for your arrival and you can have his glimpses. This also takes two and a half hours journey of your soul with little bit of mind.

STAGE OF MAHA YOGESHWARS

Their stage is much higher than that of 'Yogeshwars'. They move further and hold their complete concentration into 'shoonya' while entering through 'Sushmana' nerve and open the 10th aperture 'Dasham Dwaar' and tries to attain the ultimate level of Super Conscience level. In this conscience level the mind is still there in the form of 5th element of the universe i.e. sky (black matter) the abode of Kaal Niranjana (Mind/Nirankar). This is the final stage of conscience within 'Turiyateet state'. In this conscience state the soul is almost 98% pure with 2% mind of the sky (black matter). This state can't be called the state of Supreme Conscience nor the state of true self-reliance as a pure soul (Hansatma). In this state Maha-Yogeshwars in the state of 'shoonya' can see : God/Nirankar (Kaal Niranjana) in different five colours with tremendous effulgence :-

- (i) Maha Yogeshwars can see sum of white colour emanating soothing radiance.
- (ii) With the lapse of time, he starts visualising wonderful golden yellow colour of sun emanating soothing radiance.
- (iii) As he advances in concentration he finds before him a sun

of blue colour producing sparkling radiance.

(iv) At last he visualises sun of rainbow colour having blue colour in the core (centre) proceeded by yellow colour and then by red colour and the fourth circular ring is of white colour & fifth of black colour in their excellence in that brilliant soothing radiances of mercurious rainbow shaped circular sun of God (Nirankar). It is all due to the presence of mind with soul. Thus all the five states :

1. Awakened State, 2. Dream State, 3. Coma State, 4. Turiya State and 5. Turiyateet State of conscience come under the domain of mind and body which itself is Kaal Niranjan (Mind). Mind and body (maya) are not two, but one (maya). "Nirankar (God), Aad Shakti, Shiv Ji, Vishnu Ji, Brahma Ji, Maha Yogeshwars resides into this state of Super-conscience. (Turiyateet state).

(f) Supreme State (Beyond of Conscience Turiyateet State) :-

1. This state is for a head of Turiyateet State.

2. This state is really a wonder on this earth.

3. The secret of 6th state of conscience is known only to a true Satguru (Sant/Saint) who himself has got the secret of this conscience from Satpurush/Parampurush (Sahib) after his entrance to Satlok along with Satpurush himself in the concentration state. In this Supreme level of concentration the soul gets completely liberated from all the five elements of the universe i.e. earth, water, fire, air and sky and soul becomes pure Hansa after the liberation of Mind (mann) and Body (maya) and attains the lever of immortality i.e. oneness with Supreme Lord (Parampurush/Satpurush/Sahib). This state is permanent salvation (Nirvana/Moksh) and is the state of true self realisation as a soul (Hansa/Hansatma). This state of conscience is quite free from the clutches of Mind (Mann) and Body (Maya). On attaining this state of 'Hansa' one can enter along with Satpurush while visiting Sehshastraar were he receives a white paper, which conveys that you are liberated from these three (3) loks and then you can enter in 4th lok

(Amarlok/Satlok) the abode of Sahib (Satpurush/Parampurush).

All the three loks of Kaal Niranjana consists of Mind (mann) and Body (maya) where Bhagwan Nirankar has established himself as Mann in all the jeevas and Maa Aadhi Shakti as Maya in whole of the 3-loks. All the human beings have completely been grabbed by the lust and luxuries of Mann/Mohini Maya and also have forgotten their original identities (Hansa). After getting liberated fully from the clutches of Kaal Niranjana/Mann Maya through the blessings of 'Sahib Satguru Paramhans Ji' the Jeevas get back their original Hansa roop. As all the Hansas belongs to their original abode Satlok/Amarlok/Begampur which is totally free from the impact of 3-loks of Kaal Niranjana/Mann Maya.

निजघर अमरलोक

अमर आत्म का देसा प्यारो, अमर देस कहलाता ।
 मन माया का वास तहां ना, जिन का देस त्रिलोक कहलाता ।
 जो कोई जाये निज अमरदेस को, हंसा वो कहलाता ।
 जो कोई हंसा अमरलोक रहता, अजर अमर कहलाता ।
 खाने पीने को अमृत दात हैं पाते, सतपुरुष सूं दात को पाते ।
 सहज शांत आनंदमयी, भृंगी रूप में सदा हैं रहते ।
 प्रेम प्रीत विश्वास संग में उनके, उन्हीं में रमे रहते ।
 जो कोई जा कर आये अमरलोक से, अमर दात सतपुरुष सूं पाते ।
 जो कोई पाता सार दात को, महानिर्वाण को पा जाता ।
 सतगुरु सुरति में सुरति डाले जो रहता, वह सतपुरुष का ही हो जाता ।।

Amarlok/Satlok/Begampur is constant, calm, peaceful and attains fully the state of 'Annand'. There is no difference at all among the Hansas. They are all wandering there with love and equality and free from any sort of desires & feelings and living happily with Sahib Satpurush Ji. After attaining Moksh all the Hansas enter into 4th lok, Amarpur/Satlok where they know each other from the very beginning and realises the Satlok/Amarlok as their original abode.

PRE-CONDITIONS ARE

- 1. One should be a Sadhak of true Satguru.**
- 2. He gets Sar Surti / Sat Sabad or Surti Sabad in the form of Paras Surti from Satguru, who himself is a true perfect 'Spiritual Master'.**
- 3. In this level of meditation the Nirti (Pranas) from inhaled breath get completely merged into Surti (concentration) of Atma (Soul).**
- 4. This Surti, Nirti (Prans), Mann, Pavan get merged in 'Sushmana' nerve and starts moving upwards with 'Saar Sabad/Satt Surti' and concentration reaches 'Trikuti'; wait, contemplate and concentration attains supreme energy. The body is almost dead. Breath attains zero state.**
- 5. Now supreme concentration (Supreme wisdom) reaches to 7th Chakra, "Medula Plexus" (Agya Chakra). Hence, complete void is created, Mind (Mann) & life-force "(Maya) are withdrawn.**
- 6. Supreme concentration (Supreme wisdom of self realisation) visualises the presence of Satguru (Satpurush in the guise of Satguru) appears and take you along with him into the 8th Chakra (Plexus) which lies at a height of one & one fourth (1x1/4) hands above Sehshastraar (7th Chakra/Crown Chakra).**
- 7. This 8th Chakra is known as "Surti Kamal" which is the abode of "Satguru" and is called the opening of the 11th aperture (Gyarvaan Dwaar). This stage is attained when complete mind i.e. all the five elements of life force from the sensory and motor nerves are withdrawn. It is the**

easiest way of attaining permament Nirvana / Salvation (Moksh).

- 8. From here 'Hansa' (soul) goes along with Satpurush (Parampurush/Sahib) to 'Satlok'. It is the concentration (Supreme Wisdom) which is the abode of "Hansa" (soul) where Supreme Lord (Satpurush\)) himself resides. "It is the Mool Surti of soul which remembers all happenings during this journey of 'Satlok'".**

'Satguru 'Vai Naam Paramhans' has himself undergone these experiences and giving the true picture of the living facts before all humanity'.

IN BHAGVAD GITA LORD KRISHNA says :-

The Cosmic Lord Krishna said : O Sin less one, at the onset of creation, a two fold way of salvation is given by 'ME' to this UNIVERSE; for the enlightened, divine union through conscience (wisdom) for the Yogeshwars and divine union (Nirvan) through Suprme conscience (active meditation) for Maha Yogeshwars.

Lord Krishana tells Arjuna : "When I SENT MAN OUT in Universe, I provided him two paths for attaining Nirvana/Moksh. Karma Yoga, the highest activity of which is Meditation (concentration). Both enable man to attain Nirvans (salvation). But both are temporary one.

**नर तन मिला ना मरन को, भौगो और मर जाओ ।
मानव तन प्यारे दुर्लभ मिले, भक्ति में इसे लगाओ ।।**

**कंई जन्मों से निरंकार भजा, फंसा मोह माया के जाल ।
स्वर्ग नर्क कर्मण फल भौगा, फिर आन पड़ा मृत्यु जाल ।।**

The whole world is busy in worshipping God in their own ways, only

the exception one, realises about the real secret of true worship of God. In this Kabir Sahib has divided worship into three different modes in order to explain its limitations, achievements which are essential for the human being to realise in their true prospective just as Lord Krishna has laid stress on two modes of worship. i.e. Sargun and Nirgun modes of worship, which has its limitations upto the universe (3 loks) only. They both come under the jurisdiction of Kaal Niranjan (Mind). So Lord Krishna in this verse makes us to lay stress to (Mind) i.e. Sargun and Nirgun form of worship. In this way our soul can't attain permanent salvation from the endless cycle of birth and death.

‘Vai Naam Ji’ himself talk of third type of worship as well which pertains to soul Liberation from Mind (Mann) and life forces (Maya) from the sensory and motor nerves to attain eternal bliss (nirvana/salvation). Kabir Sahib was the first ever Saint (Sant) in this universe of spiritualism, who revealed the most important secret of Supreme Lord (Parampurush/Satpurush/Sahib) who is immortal and exists beyond this perishable universe. He established the third (3rd) right mode of worship associated with Supreme Lord. This mode of worship is known as ‘Pra Bhakti’ (True Bhakti/Satya Bhakti). Lord Krishna in the very open form gave two modes of worship i.e. (i) Sargun Bhakti & (ii) Nirgun Bhakti :-

(I) SARGUN BHAKTI :-

It is linked with the materialistic elements in their physical form present in an outer world all around us. In which sensory and motor nerves participate. Here Mind and Life (body) become united with the external wisdom like :-

(i) Visiting temple, mosque, church for prayer and worship performing religious rituals worshiping gods-goddesses, worshiping of idols, worshiping of planets, chanting of mantras etc.

(ii) This bhakti only revolves around the spoken words (varnatimic shabad) as prescribed in different religious scriptures.

- (iii) They worship God, believing 'him' to be present in some physical state (sakaar roop).
- (iv) They remain busy through out their life, searching him in outer world.
- (v) They believe that all actions are performed by the nature only.
- (vi) His mind is always deluded by egoism. He whose mind is deluded by egoism thinks 'I am the doer'. It comes as a big relief, (read Gita III -9) "I am the doer" is like confessing crime which can either produce, guilt or pride and will certainly re-inforce the idea that 'I am the body' and crush us in the wheel of birth and death cycle.
- (vii) Actions and thoughts are influenced by nature. This is the philosophy of Lord Krishana in Gita. We must always think of good and nature too would think on the same line of action. As to every action there is equal and opposite reaction. When action is positive, the reaction too will be of same in nature. This law also states that if you visualise and strongly think of any object or opportunity, then that object and the opportunity will both come to you. Always sent out positive thoughts with good intentions towards your friends and foes as you will get the same as you have sown in thoughts and actions. Thoughts are like seeds. Some seeds give fruit within weeks and some within months. The moment you entertain a strong thought, nature starts its work. When totality is working to fulfill that thought, we change that thought and create a new one. Therefore, totally again starts working on new thoughts. If you keep on changing your thoughts, there will be total chaos in the plans of nature. A half-baked understanding of this law will be harmful rather than being benevolent. Therefore, before you entertain a thought, please filter it through your intellect and then persue your desire. What ever thoughts you put out, will be returned to you in kind. It is a belief and scientific truth that likes attracts like. Our soul is pure conscience and if it becomes free from mind and body

(maya) we automatically get attracted by the 'Supreme Lord' (Satpurush), but so long we are under the control of mind and concentrate only on past experiences and make plans and wish for their execution, you are living in the material world and follow the dictates of Mind (Mann), you can't attain Nirvana (Salvation) and can't be free from the bondage of life and death cycle.

निरंकार रचयो जमी आस्माना, अनगिनत लोक जीव जंत बसाये ।
सबै भरमें निरंकार भजे, स्वर्ग सुन्न लोक भोग मृत्यु लोक समाये ॥

This type of worship can only provide to a 'soul' two types of temporary nirvana (salvation) :-

सालोक्य सायुज्य नाम सू, मुक्ति चार प्रकार की ले जान ।
मुक्ति काल पुरुष की जान, कर्म फल भोगन पर पुनः जग आन ॥

काल पुरुष के लोक में, मुख मन चित्त बुद्धि से सिमरन ध्यान ।
जाग्रत स्वपन्न सुशुप्ति तुरिया, चार शरीर तक होत पहचान ॥

CHAAR MUKTIS OF NIRANKAR BHAKTI

- (a) **SAMIPYA MUKTI** (Pittar / Inder Lok)
- (b) **SALOKYA MUKTI** (Swarg, Baikunth, Shiv Lok, Gho Lok, Aadh Shakti Lok etc.)
- (a) **SAMIPYA MUKTI :-**
 - (i) These two salvations are the creations of Nirankaar (Niranjan) for limited duration of time only due to our

good deeds (karmas).

- (ii) After death, the physical body departs, the 'soul' reaps the fruit against the benevolent deeds (karmas) put into Ancestral world (Pittar Lok) and get all sort of comforts over there. He leads a luxurious life over there so long the life granted to him as per his deeds.**
- (iii) The time period of one year in this world is equal to one day of Pittar Lok.**
- (iv) There too, they worship God on the same pattern as they were doing in this world.**
- (v) Law of the land is also obeyed over there.**
- (vi) What so ever the relatives on this earth give on their name, that too reaches to them. On the completion of their life span over there, the 'soul' again comes back to this material world i.e. re-birth takes place on this planet according to his previous deeds (karmas).**
- (b) SALOKYA MUKTI :- One gets this mukti as per the below :-**
 - (i) A noble soul who does noble deeds (punya-karma) without ego i.e. without self.**
 - (ii) As per dictates of vedas and other religious scriptures, they performs accordingly.**
 - (iii) One who never kills or give any physical harm to any creature and always look and think for the benefit of others without having any personal interest in that undertaking.**
 - (iv) He has clear thoughts, actions and deeds.**
 - (v) He is an enlightened person.**

- (vi) He has good control on his body and mind and never runs after physical and material wealth rather he keeps his hands open to come to the rescue of needy and helpless human beings.**
- (vii) They shower love to all and sundry what so ever is their religion, caste, creed, colour, nationality, rich, poor, high & low. He takes them as the sons of Almighty (Satpurush) so he showers his love and affection as if they all having the same soul as that of his. He believes in the proverb. One should not behave towards others in a way which is disagreeable to oneself. This is the essence of morality. All other activities are due to selfish desire.**
- (viii) He believe in the principle that nation is greater than the individual self. He always thinks for the betterment of humanity at large.**
- (ix) Such like person is like a mother to all needy and deserving souls. A mother understands what a child does not say, so is the case of conscience soul.**
- (x) He tries to live in present moment, which is devoid of any sense of ego. The pure present moment when disrobed of the past or future is just a sense of am-ness or I-ness. This am-ness has no name, no past and no aspirations, hopes and wishes. After death of a physical body, a soul of that awakened person (individual) do find a place in heaven (swarg/jannat). He enjoys all the comforts and luxuries of heaven along with others and spend thousands of years against good, noble and praise worthy deeds. But on the completion of time duration, against noble deed, the 'soul' again thrown back to this mortal world from where he had gone to heaven i.e. re-birth takes place and comes back on this planet (earth) with**

the same soul.

(II) NIRGUN BHAKTI :-

- (i) Nirgun Bhakti is directly linked (associated) with the Meditation :- It has no connection with the material wealth and pleasures of the outer world.**
- (ii) Nirgun Bhakti only revolves around the inner musical sounds (dhun-atmik shabad) and different forms of inner sunlight and their colours on which they concentrate and get immense pleasure and satisfaction.**
- (iii) They believe in one God (Nirankar) present in non-physical state (formless) and have full belief of God's presence, inside every human being.**
- (iv) In Nirgun Bhakti disciples (Yogis) only concentrates upon their own inner self and for self realisation as a soul i.e. to understand his ownself.**
- (v) In order to attain this stage, he has to under go regirous practice, patience, devotion, concentration and faith; but so long there is ego, 'self' there can be no faith. So long yourself is there, there can be your faith and not that of Surti soul. You are under the shakles of husk like a grain of rice or wheat in a husk. Unless husk is removed and you become 'soul' like a grain, there can't be faith. Secondly faith is established through self experience and continuous effort with devotion and dedication to achieve the goal. This faith is not established when your own conscience awakens and you realise the existence of God well within your ownself.**
- (vi) The mode of worship only revolve around five different ways of meditation postures mentioned in Vedas are as**

under :-

FIVE MUDRAS OF NIRANKAR BHAKTI

- (a) Chachri
- (b) Bhuchri
- (c) Agochri
- (d) Unmuni
- (e) Khechri

Each mode has its own speakable word to chant comemorate in one's own heart :

FIVE DEEKSHA SHABADS OF NIRANKAR BHAKTI

- (a) Jyoti Niranjan
- (b) Onkar (Om/Aum)
- (c) Sohang
- (d) Satt
- (e) Ra-Rankaar

All these words are present in every human being at their own particular plexus (anat).

- (vii) The disciple has to concentrate at the respective Chakra to have the experience to travel in wardly into the universe through Sushmana Nerve for all these five stages of meditation.
- (viii) In Nirgun Bhakti disciple (sadhak) can go up to 'Dasham Dwar' (10th aperture) i.e. one can have the understanding, awakening and knowledge upto the 7th Chakra (Crown Chakra/ Sehshastrar) through meditation with complete concentration.
- (ix) The whole universe lies within our physical body, as it is

present out side the body i.e. (3 loks).

- (x) You can travel into these 3 loks through different etherical bodies which are present inside every human being. There are six bodies within you and each body has its own importance. It is your concentration and purification of soul which penetrates into these bodies according to his progress of knowing himself and the Supreme Lord. There are three methods for soul to travel in these three (3) loks :-

THREE SPIRITUAL WAYS TO VISIT DIFFERENT LOKS

1. Papeel Marg
2. Meen Marg
3. Chaal speed of moving Vihangam (Vihangam Speed)

The speed of moving in 'Papeel' is slow as compared to 'Meen' and meen is slow as compared to 'vihangam' speed. The first two are up to six bodies which enables us to move in three (3) loks. Where as the third one is provided to your soul when it attains stage of 'Hansa' i.e. (Hansatma) the purest form, free from Mind (Mann) and body (Maya). The soul then goes to his real abode i.e. Satlok (Amarlok). Where the 'Supreme Lord' (Satpurush/Parampurush) resides.

WAYS OF MEDITATION IN NIRANKAR BHAKTI

In Nirgun Bhakti there are two ways of meditation :-

1. A yogi (Sadhak) moves from 'Manipur Chakra', pulling all his energy through Surti in the upward direction, combines Surti and Nirti (Pran) from the breath taken in and enters in 'Sushmana' and then to 'Trikuti' and from there to 'Sehshastraar' and then finally to 'Agyachakra'.
2. A yogi (Yogeshwars) concentrate on 'Muladhar Chakra' at the base of the spine. There is kundalini or the "serpent fire", said to be

coiled like a serpent at the base of the spine. Kundalini represents a very subtle yet extremely powerful bio-electrical force, with lightening-like action to unfold the higher states of consciousness and perception. It contains the secret evolutionary power of nature within us, motivating us towards a higher consciousness and self realisation. According to great yogis, the kundalini is the root energy of the soul and carries its power. It is the ultimate transformative power of the soul's fire. This kundalini awakened by chanting the five words of which the body and the universe is made of. These words were uttered by 'God' himself to make, Earth, Water, Fire, Air and Sky (black-matter/Shoonya- vaccum). When the kundalini awakens it rises through the spine and opens the seven chakras which are the seats of higher concentration placed along it. Once it reaches the head crown chakra, our consciousness is liberated from time and space. From here onwards both the methods join into one as a whole. The path is the same, words chanting are the same, process is the same and outcome is also the same. When our consciousness is liberated from time and space, we realise the universal self becoming one with the cosmic being or infinite light;

Finally a 'Maha Yogeshwar' enters into "Agya-Chakra" and 10th aperture (Dasham Dwar), the yogi concentrate on seventy (70) kinds of jingling sounds (Anhad Dhuns). In this stage the mind is calm, still and anchored in equipoise, we have control of experiencing happiness beyond once comprehension. Hence, we cut the shackles of slavery of Mind (Mann) and Body (Maya) and once one has happiness, it is always in abundance because joy never comes in droplets ; rather it is a gushing waterfall, just overwhelming the Sadhak who experiences it. He gets plentiful to share his experiences to arouse their curiosity to be like him. If only this thing could be understood by one and all, our notion can become a notion of liberated souls, irrespective of religion, citizenship, country race political ideology, theist or atheist, rich, poor, high and low. Once you realise this truth, you can become the creator of joy. Once you bring in contentment, stillness, and a very refined intelligence, you become master of your own self-happiness. All spiritual institutions has meditation as its basic and uppermost practice. Every one pays stress on meditation :-

Sahib 'Vai Naam Ji' says :-

ध्यान ही चारों वेद कहत हैं, ध्यान ही संतन गुण गाना ।
ध्यान ही पुनः काया के भीतर, कर बैठा अस्थाना ।।

सहज स्वभाव सब जीवों में, सच्ची भाषा कहलाये ।
सत्त सार सद्द सुरति सूं भजें, मोक्ष पद पा जायें ।।

This Surti-Dhyaan is an extra ordinary practice, concentration, power is essential for every activity of five senses. If the concentration is not in the undertaking activity and is some where else, even when the eyes are open, you will be above to see and perform that work properly.

The limitation of Nirgun Bhakti is only up to 'Dasham Dwaar' (Agyachakra/10th aperture) and possesses the knowledge up to 7th chakra i.e. 'Sehshastraar' (crown chakra) present on the top of the head. The joy, pleasure, happiness.... a Yogi, Rishi, Muni, Siddh, Sadhak, Peer, Paigamber, Yogeshwars, Maha-Yogeshwar's experience and feeling of true self realisation as a soul is beyond one's expression and the ethereal bodies they attain while making journey in that ethereal body in 'Sunn' & Maha Sunn Loks {three (3) loks}. Every human being do possess bodies there but is not aware of them. Our religious scriptures like Vedas and their universal trip of different loks within our body.

One thing I may mention that, I ('Vai Naam Gulam') have undergone these experiences of attaining these etherial bodies and have visited these 3 loks. I will try to write a book on these experiences of visiting those three (3) loks.

सत और भौग दोनों जगत में, निर्णय को जीव आज़ाद ।
मानव स्वयं ही कैद चुने, ऐसी मोहनी मन माया कैद ।।

Secondly, I also may mention that the ‘Surat Sabad & Sar Sabad’ are unique given to me by the ‘Supreme Lord’ himself in Surti to Surti of mine on my first two visits to Satlok in ‘Hansa’ (soul) state on 18th of March 2012 & one on his visit in my small room of Rehari Ashram at 3.00 a.m. on 22nd of March, 2012.

By undergoing Nirgun form of worship ‘a soul’ can achieve these two salvations which are far superior to those, that are achieved in ‘Sargun Bhakti’, these are :-

(c) Sarupya Mukti (Shudh Brahm Lok & Sunn Lok)

(d) Sayujaya Mukti (Maha Sunn Lok)

These are also temporary type of salvations (nirvana). These are created by ‘Nirankar’ (Niranjan) for limited time duration, though much longer duration than that of ‘Sargun Bhakti’, these are :-

- 1. Dev Lok**
- 2. Siddh Lok**
- 3. Brahm Lok**
- 4 Paar Brahm Lok**

They represent the higher limits of Universe (Mind) which is the 5th element of the universe. A soul can live there up to dissolution of the universe (Kayamat) just to get the reward of our Karmas.

And at the time of recreation of the universe ‘three (3) loks’, these souls are again sent back in this mortal world. In this type of worship too, a ‘soul’ can’t attain permanent salvation (eternal salvation/param moksh).

PARA BHAKTI/SATT BHAKTI/BHRINGA MATT ...

(III) PARA BHAKTI / SATT BHAKTI / BHRINGA MATT / “VAI NAAM” SURTI DHARA (Pooran Moksh ki Bhakti)

- 1. It came into existence from Maha Sant Kabir Sahib Ji.**
- 2. It is far ahead of Sargun Bhakti and Nirgun Bhakti Vedas & religious scripture.**
- 3. This mode of worship is true worship of Supreme Lord (Parampurush/Satpurush/Sahib) who is immortal and resides beyond the limits of this mortal universe (beyond ‘three (3) loks’) i.e. in 4th Lok (Amarlok / Begampur / Satlok).**
- 4. This ‘Shoonya’ ‘three (3) loks’ are the creation of Niranjan (Nirankar).**
- 5. Para Bhakti is known as true worship (Satya Bhakti).**
- 6. In this Bhakti the role of ‘Satguru’ (Sant/Perfect Spiritual Master) is unique, beyond one’s comprehension.**
- 7. Satguru (Sant) himself is an enlightened ‘soul’ (Hansatma).**
- 8. His soul is in complete touch with super-soul (Supreme Lord/ Satpurush/Parampurush/Sahib).**
- 9. He has attained the level of oneness with the Supreme Lord, where mind has no role to play.**
- 10. He has the power to liberate ‘soul’ from the bondage of ‘Mind’ (Mann) and Body (Maya) and make him free from life**

and death cycle i.e. eternal salvation (param moksh).

11. His Surti has been illuminated by the Surti of Supreme Lord (Saar Sabad/Satt Surti) by Satguru Surti to Surti of Saadhak at the time of manifestation.
12. In Satguru Bhakti, we have to meditate on to Satguru, through Satt Sabad. The alive holy name (Akka Sabad/Sajeevan Naam) 'Soundless Sound' (Mukat-Atmic Shabad). Satguru 'Vai Naam' is talking a lot about this. It doesn't come under any reading, writing or speaking. It is the real Alive Holy Name of Supreme Lord (Satpurush/Parampurush).
13. One doesn't need to perform any other sort of worship or to perform any religious rituals, religious prayers, worshipping of Gods-Goddesses - idols etc.
14. This bhakti has to be performed by soul, free from Mind (Mann) and Body (Maya).
15. In true sense, realisation of Supreme Lord is not possible without the blessings of a true living Satguru (Sant) and we have to concentrate ourselves purely upon Satguru through surti manifested in Satt Sabad/Saar Sabad.
16. In this Satpurush himself has given tremendous power to the Surti of Satguru's soul and has incarnated 'him' as the supreme power, beyond the comprehension of normal human being.
17. Our Supreme Lord exists beyond the limits of mind and body.
18. Para Bhakti (Sant Matt), starts from where Nirgun Bhakti ends. It means, that the meditation starts from the 8th Chakra. It is one and the one-fourth ($1\frac{1}{4}$) hands above from 7th Chakra i.e. (Sehshastraar) outside the body.

19. The journey ends in 9th Chakra (plexus) 'Satlok' (Amarlok/Begampur). This '4th lok' is known to living 'Satguru' (Sant) only. Satguru 'Vai Naam Ji' has undergone this journey so many times from this planet.

परमहंस महिमां

'वे नाम' द्वारे आना, केवल एक ओर आना ।
 परमहंस को पाना, है एक को पाना ।
 मन मन्दिर में, एक को ही बैठाना ।
 पर हम्हें इन दोनों से, पार हो जाना ।
 उस पार ही, ईक में ईक हो जाना ।
 सांचे सतगुरु बिन, ना हो निजघर जाना ।
 जीवन का एक मात्र लक्ष्य, है सतगुरु पाना ।
 जन्म मरन से मुक्त हो, निजघर है जाना ।
 बिन सतगुरु कृपा ना हो, भव जल पारा ।
 सतगुरु चरणों में मिले, पूर्ण मोक्ष द्वारा ।।

When the soul is blessed with alive holy name by a true living 'Satguru'. Satpurush or Satguru himself take the Hansa (Hansatma) along with 'him' to Amarlok (Begampur). Thus he gets the permanent nirvana (Param Moksh / Salvation).

भंवर गुफ़ा सूं शब्द उठत है, सो सब कहन सुनन में आवे ।
 खर अक्षर सब जगत कहे, निःअक्षर सब्द कोई बिरला गावे ।।

दात को पाकर निजघर जावे, सब हंसों से मेल हो जावे ।
 अमृत रस पीवे अमर हो जावे, सतगुरु बन इस जग आवे ।।

सतपुरुष सूं नाम दात जो पावे, जग में परमहंसा बन आवे ।
 सार नाम दात में सतपुरुष समावे, जीव पावे निजघर जावे ।।

WHAT IS MEDITATION AND HOW TO MEDITATE

- 1. Little do we realise that anyone who has achieved success in life has put in tremendous amount of effort to get their cherished goal of life to be achieved.**
- 2. Success is not a gift with which one is born ; Success lies in relentless struggle and never giving up.**
- 3. We see that athletes, hockey players, cricket players, swimmers and racers etc, who wins championships are practising day and night, while others show up reluctance ever on the time for practice.**
- 4. We do see how champions, in the making practice, put their heart and soul in their undertaking task and do tedious drills, day after day, year after year, to get to where they are.**
- 5. Similarly Supreme Lord, seekers have a long way to go to attain divine knowledge.**
- 6. We must realise that spiritual gifts are within us. God, to whom we are in search of, is with-in us, closer to us than the veins in our body. The most important thing we have to do is to get ourselves enlightened i.e. we have to come out of the dark to light, so that we could see the real and true path to follow. We have to perfect the techniques of finding them (i.e. Supreme Lord and self realisation).**
- 7. Self realisation is the first and foremost duty to perform. We are born in a certain family with certain religion, caste, certain beliefs, certain ways of worshipping God, but mostly outwardly. They water not the roots but wash leaves and branches .**
- 8. Parents try to make us religious by following their footsteps**

and the child follows them blindly without taking any decision from with-in. This is greatest blunder in one's life. One should be free to think, understand and follow as per dictate of Surti and not of mind.

- 9. We have to study according to their dictates and have to meet relatives as per their choice. In short we have to subject ourselves before the will of the parents and nothing from outside. In this way we waste twenty to twenty five years of our precious life. This period which is the golden period of childhood and youth full of energy, power, determination, devotion, dedication etc. seems to be thrown into the dust bin.**
- 10. Next, marriage of children i.e. full of responsibilities of children and parents, secondly domestic condition is mostly miserable. All this period has been utilised in persuing worldly pleasures, power, position status etc.**
- 11. By chance or sheer luck, he comes in contact with a 'Satguru' (Sant) and 'he' make me to realise the importance of time which according to him 'I' have wasted and has proven to be good for nothing person in this world, till now.**
- 12. Satguru (Sant) makes him to forget the worldly persuits and move inwards. Now when the tree is stout, strong bearing fruit can't be twisted. When it was in its tender age, lender saplings, easily to be twisted in the desired direction were made direction less, so how to restart the life cycle.**
- 13. This all was due to Mind (Mann) and Body (Maya) which always put the soul in the whirl pool never to come out. Only the daring and undaunting spirits can put a challenge to Mind (Mann) and Body (Maya).**

Now he determines to move inwardly and starts his struggle as per guidance of true 'Satguru' (Sant) mentioned here under :-

- (a) **Have minimum contact with masses.**
- (b) **Talk less, listen less, think of less about worldly things. What so ever you are doing, do it with dedication, devotion and with sincerity.**
- (c) **Help the needy without thinking of personal gain and profits.**
- (d) **Try to be 'soul' part of supersoul so has no caste, creed, colour, religion, nationality & have a relation of universal brotherhood.**
- (e) **Be true in thought, mind and action.**
- (f) **Karma is not in doing, but it is in thinking, the moment you think of anything right or wrong, good or bad, it gets printed in your 'Chitt'; that is Karma. It has nothing to do with action.**
- (g) **You will be given (Mukat-atmik-shabad/Saar Sabad/Satt Sabad) 'Naam'. Put it in your 'Surti' and fully concentrate on it in your breath coming in and going out. Your journey of worshiping true 'Satguru' and 'Supreme Lord' has commenced.**
- (h) **Sometimes, we realise that spiritual realisation is so close, yet so far, due to our inability to still our mind, quiet our thoughts and stay focussed within to find inner treasures of diamonds and showers of nectar (Amrit).**
- (i) **Through meditation, we perfect our ability to increase our concentration. We learn patience and perseverance. This helps us to progress within, instead of outer world which is mere illusion (maya). It takes practice, devotion, dedication, time, concentration, faith, love etc. We must be in touch with our 'Satguru' (Sant) who is everything for you ; provided he is true. If you are true, he too will surely true. True 'soul' can never be misled because the Supreme Lord is watching your thoughts and actions, so he will definitely come to your rescue in**

- selecting true and real Satguru (Sant) for you.
- (k) As you continue to meditate i.e. to remain in Surti, you will experience the inner peace and bliss. Then, you will everyday increase your ability to stay focussed in your Surt concentration in 'Satt Sabad' and in your 'Satguru'.
 - (i) By practising this each time, each day, you will find an increase in your patience, which will become a habit, even in sleep you will find yourself in Surti (concentration). As Lord Krishna says in Gita that when a common man sleeps, sadhak remains awakened. You will be in Surti even in your worldly endeavour and you will see that Supreme Power himself become doer and you will be silent spectator.
 - (m) You will gain strength and energy preserved, as you are not utilising it, as you are only watching as silent spectator and not a doer; thus you will start realising yourself.

Each day, you are one day closer to achieving your goal and your confidence goes on increasing along with your faith. As we go on making progress in meditation and concentration the roots of faith hold a strong grip in the earth and make tree strong. If we don't succeed in maintaining Surti in 'Mukat atmik Sabad'. Remember your mind is always busy in taking you away from concentration and to draw your attention towards worldly pleasures, but your Surti will always be with you to paralyse the wishes and desires of the mind. We should always be in 'Aatmik Sabad' so that our mind may not overpower our 'Soul' any more. It is only the continuous practice which make us perfect and lead us to our 'goal'.

Day to day, we will find that we are improving in our faith, making tremendous progress in self realisation and glimpses of spiritual progress of attaining ethereal bodies. In meditation, improvement is visualised in the ability to keep our body and mind (Mann) stilled and to keep our inner eyes (gaze) focussed within, without any intervening past memories and future wishes and plans of making worldly progress. We should try to be in the present moment, is 'soul' (Surti+Nirti=Pran).

Whatever we think in our mind and perform any action, Atma gets involved in that. Atma has forgotten its true nature and power because of under constant bondage of Mind (Mann). 'It' is caged by the mind in the body, intoxicating with wishes, hopes and desires. When one of your desire is fulfilled you get pleasure, but the next moment an other desire crops up and you make an effort to fulfill this new cropped up desire. Thus a vicious circle of desires and struggle for the fulfillment continues. This gives you pleasure of Maya (illusion), there is a punishment involved. Even in the enjoyment in the inner senses (Antakaran) there is punishment. Internal enjoyments take you to heaven, where as external pleasure take you to 'hell'. After enjoying those pleasures in heaven, one has to return back to the womb of the mother to get redemption from repeated birth and death cycle, is 'Mukti' (Liberation/Nirvana) for Atma.

SAHIB 'Vai Naam Ji' says :-

मुक्ति मुक्ति सब चाहें जग में, मुक्ति भेद ना जाने कोये ।
'वे नाम' शरण में जो जन आवें, मुक्ति भेद जानें सोये ।।

The main principle of Mukti (liberation/nirvana) is understood by a very rare personality. It means, release from birth and death. It shows that Atma is under the clutches of Mind (Mann) and it has to be liberated by some power more stronger than 'Mind'. Atma is said to be all powerful and is encaged ; very strange !

पहले सतगुरु सूं सब्द को पाईये, पीछे कीजिये मोल ।
पारखी बन सुरति में डालो, पारस सुरति का होत ना मोल ।।

Lord Krishna in Gita says, " It has no front and back, neither male nor female, it has neither birth nor death, neither decrease nor increase, neither birth nor death, can neither be created nor destroyed, Atma has neither hunger nor thirst, neither it is young nor old, it can't be differentiated, can't be buried, it can't be made to pieces. It is eternal.

जैसा पारखी सत्संग में, उस से वैसी बात ।
जो गाहक मन माया का, उस से कैसी बात ।।

जब तक लाल समुंद में, तब तक दृष्टि में ना आये ।
निकासी लाल हाथ में आवे, पल में दाम बड़ जाये ।।

Atma is extra ordinary strong. Vedas also say the same thing as the Gita about it. Its narration is very strange. Atma can't be conditioned with time and space. It can't be put to profit or loss. It is mind and body (maya) which pose indrance and put obstacles to let free 'soul' who has considered itself as body, as it has been staying in this mortal body for generations together.

तन मन मान की चौरी करि, देत शब्द एक का दान ।
ऊँचा चढ़ि के पुकारते, कहां हो मेरे भगवान ।।

साधु की परख सब्द है, कहां से पाई दात ।
नाना विधि के पुष्प हैं, बास से परख की बात ।।

Nirankar (Niranjan) as 'Mind' in the human body has created so many dharmas and religions in this world. Every one of us is linked through our ancestors to these bondages, which are so strong that they provide no space to soul for liberation. We must understand the broad spectrum of 'Dharam' and 'Religion'. They both are not the same. They don't convey the same meaning. Religion take us to way of worship. Dharama is neither faith nor religion.

सब्द हीरा तहां ना खोलिये, यहां कच्चे ध्यानियों का वास ।
प्रेम पिपासू साधकों को पल में दे दो, जाकि सुरति में खिले सब्द वास ।।

DHARMAS

Two kinds of Dharma :-

1. True (nitya/eternal
2. Naimittik (temporary) :-

True Dharma (nitya/eternal) is related to soul & spirit which is same in all human beings. Its relation is universal and can't be fragmented. It is related to Supreme Lord (Satpurush/Parampurush/Sahib). We have to follow the dharma of soul. Soul's dharma is to live for super soul. Soul is eternal, Super soul is eternal and relation between Soul and Supersoul is also eternal. The natural affinity between Soul and Super Soul / Satpurush is our nitya dharma. This is the nature of Soul (surti+nirti=pran). This is our real nature. We must try to liberate it from the clutches of Mind and Body (Maya) which has engulfed (husked) the soul/jeev and made it impure.

प्यारो जग में नर परमपुरुष रूप, मत जानों तुम इसे देह ।
इस में बसें अविनाशी चेतन स्वरूप, ये संसार तो केवल खेह ।।

Example :- Water is liquid by nature, when we heat water, it becomes steam, when we cool it below zero degree celcius, it becomes ice, so ice is the naimittik dharma. Thus temporary nature of water in the form of steam (vapours) and ice are forms of Naimittik Dharma. Whereas true nature of rain water is nitya dharma, eternal nature of water. Removal of cause (the heat and chill) will bring water to its own eternal nature. Like wise 'sea' water looks like water, but it too is not of eternal nature of water, but Naimittik nature of water as it contains salt and minerals as impurities which change its eternal nature. But the vapours in the form of clouds down pour in the form of rain drop, it attains the true nature of water i.e. eternal form of dharma.

Dharma brings peace, joy, happiness, whereas we are not in peace

with no permanent joy and happiness. This leads us to believe that there is something wrong with our soul. Like wise, living beings also have two kinds of dharma, i.e. naimittik and nitya, due to lack of understanding of our real self we humans tend to accept naimittik dharma as our main and only dharma.

Lord Krishna in Gita, Vedas and our religious scriptures point out, we are souls, free from hope (future) and egoism, (past) without mental weaknesses, performing righteous actions. One way of surrendering is by offering all actions to the Satguru (Sant) who possesses Supreme Power of Supreme Lord (Satpurush) in this world. 'He' will enable you to disconnect himself from Mind (Mann), Body (Maya) and sense organs, identifying himself with 'Atma', sees that senses are functioning according to 'Gunas' while the self is action less, and escapes the burden of Karmas. Unwise (unawakened) is he who imagines that he is doing the action, but in actual sense we are observers, not participant, not doer.

"The whole of existence arises in 'me' (Supreme Lord), in me arises the four fold loks. By me the soul prevails in this all, 'of' naught else does these four loks consists. Each jiva (soul) is a microcosm of the super consciousness (Supreme Lord/Satpurush). Your body (maya) is made up of all the elements of the world (Mind/Nirakar). The three loks, given to Nirakar by Satprush and 4th lok endless, dimensionless is none else but 'me'."

Man is the product of attributes of Supreme Lord (Satpurush). The body is the interaction of the dual forces of nature, the union of the (animal & mind) Nirankar and Soul (Mann/Jiva) of 'Supersoul' (Super consciousness/ Supreme Lord).

Guru Teg Bahadur says :- my mind is free from wandering and is established in peace, selfless love, justice and worldly love dare not touch me and pure divine knowledge fills me.

"GURUMUKH"

मरुं मरना सब जानते, वे नाम गुलाम की मरे बलायें ।

स्वांसा सुरति अविनाशी संग, अब क्युं मरना होये ।।
 वीर्य की एक बूंद कारणे, रोता फिरता सकल संसार ।
 लाखों बूंद खाली गये, तिन का ना किया विचार ।।

जा हथ कुण्डी सतलोक की, सांचा सतगुरु जान ।
 जब तक लगाये ना कुण्डी, खुले ना द्वार महान ।।

SATPURUSH/SAHIB/AMARPURUSH & AMAR LOK OF 'PARAMHANS SATGURU'

पुण्य कर्मों से लेन ना देन, सतगुरु दात सूं दूर ।
 आशा तृष्णा संग में रहे, मन मान के सदा हुजूर ।।

The (Amarlok/Satlok/Begampur) i.e.

1. **Sahib Lok /Amar Lok is quite different and far away from these three (3) loks.**
2. **These three (3) loks are not eternal have to perish, have a dooms day (Kyamat/Praley) but Amarlok is eternal, no dooms day, no dissolution of any kind and nature.**
3. **These three (3) loks are of Mind (Mann) and Body (Maya), pure illusion. Mind and Body i.e. Mann and Maya are one and the same thing. They have imprisoned the soul (Hansa). Without soul, Mann and Maya can't do any thing. Atma (soul) acts as their bonded labourer. They make soul to act according to their wishes. Without the help of soul we can't move our hands, legs, eyes, mouth and even can't hear and see anything. Touch, taste, smell, hearing, seeing all acts as senses are performed by the due cooperation of soul. So soul acts as an essential ingredient for mind and body. We all are living in this perishable illusionary universe. All Saints, Rishi Munis, Peer Paigambers who came to this universe, have come to know of three (3) loks i.e. Heaven, Hell and Earth. These loks are**

temporary, as they have to perish on dooms day.

In Yog Vashishth, 'Ram Ji' says to Vashishth Muni that the universe is an abode of sufferings, sorrow and insignificant. To explain this, Vashishth Muni says, O "Ram" ! About which universe you are talking ? There has never been any existence of such a universe. It is a figment of imagination (Chit-Memory). It is an 'ego'. You just remove your Chitt, don't go into past and future (desires & wishes - buddhi), the very existence of the universe will be no more, but an illusion. It is only the 'Chitt & Buddhi' (parts of mind) who have created the illusion to trap the soul, otherwise, there is no such existence of the universe. It is purely the creation of mind (mann).

Sahib 'Vai Naam Paramhans Ji' says :-

सार सब्द को त्याग कर, पाहन को भौग लगाये ।
सार नाम गंवाये रेत में, मरते पछताये कुछ हाथ ना आये ।।

मन तरंग से सब्द ना तोलिये, सार सब्द अनमोल ।
मूर्ख कैसे जानसी, कहाँ से आया सब्द अनमोल ।।

खर अक्षर संसार है, निःअक्षर साहिबन सरकार ।
निःअक्षर जब पावहि, पल में मन माया सूं पार ।।

Sahib Ji makes it quite clear that, there is no existence of the universe in which the soul can exist. This universe is only the creation of the Mind (Mann) to entrap the soul to make it realise that it is part of the body. Mind can't do anything himself. 'It' can only make the soul to work for him in the body.

यह जग, बिन सपन कुछ है नाहि ।
स्वपन टूटा तो, होश में आया ।
बिन सतगुरु कृपा, हाथ कुछ नाहि ।।

सूर्य चन्द्र तारा मण्डल बस स्वपन, पांच में प्रपंच स्वपन ।
तीन लोक धरती स्वर्ग नर्क बसें, वो भी जानो स्वपन ।।

निरंकार काल जाल फैलाया, सब हंस दिये भरमाई ।
आत्म स्वयं को कैसे जाने, सोई पड़ी तांहि भरमाई ।।

This whole existence of Sun, Moon and the whole galaxy is illusion (Maya). Jeevas residing on earth, heaven and hell are also residing in dream world. It is all farce and nothing else.

ओ३म और सोहम स्वपन्न सत, अलख निरंजन स्वपन्न ।
रारंकार औंकार भी स्वपन्न, पिण्ड और ब्रह्माण्ड स्वपन्न ।
आत्मां परमात्मां स्वपन्न, जो भी दिखे सोहि स्वपन्न ।।

Aum, Soham, Satt, Alakh Niranjan, Ra-Rankar, Aunkar the five words which are to be concentrated within physical body, as well the Brahmand itself is an illusion. Even Soul (Hansa+Mind) and Mind (God) are a farce. Soul along with Mind is an illusion nothing more than that. It is the soul that works for mind, as mind is incapable of doing anything of his own. It has not realised itself (Hansa) so called as soul. God is the name of Nirankar so it is also nothing but illusion, a farce.

सतलोक जो जाये, सोहि परमहंस कहाये ।
साहिबन दात जो पाये, पूर्ण सतगुरु कहाये ।।

सतनाम की दात सतगुरु सूं, कागा हंसा कर जावे ।
जाकि सुरति नाम सूं लागी, निजघर को वह जावे ।।

This is very important to understand the truth of God, Satguru (Santmatt) and Satpurush (Parampurush/Sahib).

In this universe, the Satguru possesses 'Surti' in which Satpurush/Sahib himself resides. It is because of this reason Satguru is the only truth in this whole universe. This 'Paras Surti' which is imperishable, eternal, can't be spoken, can't be written, can't be created, can't be destroyed, so it can't be an illusion. Thus Satguru is not a dream or illusion. He is a reality. He is not only a representative of Satpurush / Sahib / Parampurush but Satpurush himself acting in a body from which Mind (Mann) is gone and 'He' has come in. Thus Satguru is the only truth in this universe.

प्रथम परमहंस साहिब कबीर, दूजे साहिब 'वे नाम' दास ।
कलियुग में सार नाम जिन सूं प्रकटयो, पायो साहिबन पास ।।

Only a person (sadhak) who enters into Satlok can get this Paras Surti from Satpurush himself. There are three options for that 'Hansa' :-

सब हंसा पुरुष रूप हैं, सतपुरुष सूं करते प्रीति ।
साहिबन कृपा सूं पार हों, जब सतगुरु सूं सांची प्रीति ।।

- (i) He can stay in Satlok on his visit over there.
- (ii) (a) He can come back and enter into his own body and to enlightened the masses (about the existence of '4th Lok' and Satpurush (Parampurush/Sahib Ji).
- (b) On his return in this universe he 'may' enter into some other body as well.
- (iii) If a 'Sadhak' on his 3rd or 4th visit to 'Satlok' gets 'Paras Surti' from 'Satpurush', he is allowed to spread the knowledge and importance of this 'Sar Sabad' (Saar Naam / Sat Naam) to masses to get them liberated from the clutches of 'Kaal Niranjana' (Nirankar) on infusing this 'Surti' to their soul to liberate Mind from it and to return back to its original

true from 'Hansa' to make it free from bondage of life and death cycle in this universe.

सतगुरु सत तो नाम सत, साधक भी सत होत ।
तीन सत जब संग हों, अमृत वर्षा होत ।।

जीव जंत सब एक हैं, सब में एको प्राण ।
सुरति सूं बोलें जब प्यारे, आत्म से हंसा महान ।।

When 'Sadhak' / disciple concentrates on 'Saar Surt Sabad ' with his own concentration without allowing 'Buddhi' and 'Chitt' to participate in it, then his concentration remains in the present and his body slowly and steadily becomes dead, at that stage he visualises his true Guru before him. Satguru possesses 'Alive Holy Naam', of Satpurush . Thus in concentration of 'Sadhak'/Disciple are the three, 'Sadhak, Satguru and Satpurush' become one and 'Sadhak' becomes ocean of concentration and he gets tremendous pleasure happiness in absence of Mind (Mann).

It is the Atma which gets pleasure, because it is the quality of Atma only and not the mind. Common man always thinks that he gets pleasure and happiness only in external objects. It is the Mind, which always takes towards 'Maya'; it plays a deceptive role. Extnal pleasure doesn't last long as every thing has to perish, nothing is permanent, so it is the mind which gets temporary pleasure, but on the contrary it is Atma that gets permanent pleasure. So long Atma is with Mind and Maya, one can't enjoy complete and permanent bliss. Those who contemplate on five words which exist in Vedas and Scriptures neither give permanent pleasure nor external bliss.

Similarly, when Dhayani Yogi concentrate on 'Anhad Naad/Anhad Dhun, musical sound continuously going on in every one's body, gives him immense pleasure. They drink Amrit as well. This all is true. I too have observed all this. All these are not Aatmik bliss, it is just a pleasure, enjoyment and nothing more than that. It is a game of Maya. It is just to delude a person, thus it is a play of 'Nirankar'.

‘वे नाम परमहंस’ जी कहते हैं :—

निरंकार की जोत में धरो, तुम अपना ध्यान ।
 निरंकार के दर्शन पाओ, उपमा जाकि महान ।
 यहां पर रूक मत जाना, यह नाहि सच्चा मुकाम ।
 सुरति को उपर सरकाओ, परमहंस का धरो ध्यान ।
 पल ही पल सतगुरु प्रकटें, संग अपने तुम्हें ले जायें ।
 जा पहुंचे सुरत कमल में, सतगुरु के निज धाम ।
 पल ही पल चरण कमल में, श्रद्धा से शीष नवायें ।
 संग साहिब सतगुरु रूप में, निजधाम ले जायें ।।

Those who worship ‘God’ (Nirankar) must realise that all will vanish there which is temporary and not ever lasting as on dooms day all will ‘go’ except the Supreme Power of Satpurush who is eternal.

वेद क्तेव भ्रम में डालते, नर ना जाने साहिबन सरकार ।
 भ्रम करि कर्म धर्म उलझाया, नर ना जाने सच्चा दरबार ।।

Sounds are mere illusion, deception, trick of Nirankar where as the real abode of ‘Hansatma’ is Satlok far away from this mortal universe.

चल हंसा सतलोक, छोड़ ये मृत्यु लोक संसारा ।
 ये संसार काल है राजा, कर्म का जाल पसारा ।
 कितने तपसी तप कर डारे, काया डारी गारा ।
 गृह छोड़ भये सन्यासी, तो ना पावत पारा ।
 नाम लिया जिन सब लिया, सब शास्त्रण को भेद ।
 बिन नामे नरके गयो, पढ़ी गुढ़ी चारों वेद ।
 सुमिरन तूं घर में करे, घर ही में करतार ।
 घर ही भीतर पाईये, सुरति सब्द भण्डार ।।

Atma, Soul or self are one but a step away from your ‘being’. Budha calls it as no-self or anatta, dissolution or disappearance. Our inner most being is non-being. Nothing is there, or only nothing is present there. At

the centre is pure dissolution, disappearance i.e. (Hansa). A thin layer that surrounds is that of body (maya) and mind (mann). In the presence of the thin layer around. 'Hansatma' can't meet with Sahib (Satpurush / Parampurush). What I am ? What the universe is ? What God (Sahib/Satpurush) is ? And What is the role of True 'Satguru' (Sant) with respect to all the three entities. Once you get answer to these three with due role of 'Satguru' divinity is realised. These are to be felt as truth is always half said and half understood when it is expressed in words. We are in it but it remains unknown to us as long as we don't seek it. And that seeking has to come from within self. If I know a person intimately I automatically come to know about his possession and if I try to collect information on his account without knowing him, seeking will always remain incomplete and inadequate. If someone tries to deliver discourses, all that would have no impact on the listeners, as artificial flowers look beautiful but they don't spread fragrance. For that we have to go to original flower plants. Thus atma seeker never tries to preach until he himself realises and gets direction to that from the true Master (Satguru) or Sahib (Parampurush/Satpurush). Then only what he says, what he preaches, what he gives in Surti becomes effective in the life of 'Sadhaks' and other listeners who go to listen.

MEDITATION

In the field (jurisdiction) of Kaal Niranjana (Nirankar) Yogis and Yogeshwars felt the need of meditation and struggled hard in isolation before they could unravel their research findings.

Questions arise :-

1. What is meditation ?
2. How to meditate ?
3. Whom to meditate ?
4. Why to meditate ? and finally
5. Who should be our guide in all these activities ?

परमहंस सब्द रहस्य
 सार सब्द सतपुरुष जी वासा ।
 सार पारस सुरति परमहंस पासा ।
 सतगुरु सूं है साधक पाता ।
 जो पावे वह निजघर जाता ।
 जन्म मरन से वो बच जाता ।
 फिर ना गर्भ जून में आता ।
 अपने निजघर बेगमपुर है जाता ।
 साहिब संग आनंद को पाता ।।

Before moving to these questions, there is need to understand the basic principles, i.e. :-

1. How to lead a life ?
2. What type of person I am ? and
3. My own Love, Passion, Thirst to know my ownself, from Where I have come and Where I have to go ?

मेरी तमन्ना ही, बंदा बना गई मुझको ।
 नहीं तो एक ही क्षण में, खुदा हो जाता ।।

SOME IMPORTANT POINTS REGARDING SEHAJ SATT BHAKTI

- 1 Invisible is ignited by the invisible light.
- 2 What is required from the side of the disciple is complete surrender.
- 3 It is light which is within all, but hidden under six bodies and several layers of thoughts and desires.
- 4 It is available to all, only if we are aware of it and have a deep yearning to connect with it.
- 5 Master is must to ignite this spark when master's invisible match stick once ignite it, then one's whole life's journey becomes illuminated for ever .

- 6 This one spark can go on to rekindle many more hearts and souls.
- 7 One has to be constant in search of that master who possessed this invisible light of lights.
- 8 One has to be receptive and open for that luminous showering to happen.
- 9 That one glowing jyoti or diya has the capacity to light up many diya's.
- 10 It is not an ordinary diya of earthly lamp and a wick. It is a sourceless light, a light that has no known origin and one that is eternal.
- 11 Resorting to silence of deep sleep.
- 12 When desires and vasnas have been destroyed, the mind becomes no mind.
- 13 The mind does not abandon the life force till self knowledge arises.
- 14 By self knowledge, vasnas are destroyed and thus the mind too; it is then that the prana does not move. That indeed is the supreme peace.
- 15 It is by self knowledge that the unreality of concepts concerning wordly objects is realised. This puts an end to vasanas and to the link between mind and life force (soul).
- 16 Vasana constitute mind. Mind is aggregate of vasanas and nothing else; If the latter cease, that itself is the supreme state. Knowledge is knowledge of reality.
- 17 We are all born with the seed and the possibility to know our inner light, but due to ego and ignorance the majority of us die as seeds only.
- 18 The seed has the potential.
- 19 They treat criticism and praise alike, so the question of them cursing any one simply does not arise.
- 20 In addition a genuine saint already knows that wordly people are veiled by ignorance and are bound to commit transgressions.
- 21 Saint can never become angry with any one ruffians –

compassion of saint Hari Dasa, who was an associate of Chaitanya Mahaprabhu. He was so severely beaten by ruffians that his clothes were soaked in his own blood.

When his assaulters presumed him dead, they tossed him into a river. However, upon gaining consciousness, Haridas prayed to God, "O Lord ! it is not their fault for they are ingnorant. If you love me, then please accept my prayer and purify their hearts". Just imagine how kind hearted saints are, even towards their adversaries. With this being the case, how could they possibly curse any one ? There is absolutely no question of any genuine saint wishing harm to any one. True Saints don't pretend to give blessings. Don't follow any stunt of blessings. Empty Surti will get every thing... True Saint is a well wisher of the entire universe, but even so, he will not give verbal blessings merely to enhance your wordly (life) ego.

- 22 Find time for unbridled laughter – stretch our lips to 'wear a smile' in surti concentration. Actually not being able to laugh easily is the cause of all our problems. They are so caught up in the daily grind that they have no time to laugh.**
- 23 We can know only what is happening in time and nothing beyond that, but saints can go beyond time and space history can't transcendent time. (1)when & (2) where that cross point between time and space.**
- 24 When and where can be asked about time and space.**
- 25 Spiritual happenings can't be asked between time and space.**
- 26 Progress of conscious is not in time - only progress of history is in time.**
- 27 These time and space are both irrelevant.**
- 28 Prem – spirituality is individual – which is beyond comprehension. Its process is infinite in finite time.**
- 29 Society is afraid of Individual.**
- 30 It is fearful of spiritual persons-because they go beyond society.**
- 31 They are rebellious – but not consciously– not knowingly.**
- 32 The very nature of saints is rebellious.**
- 33 They are not against anybody– anything.**
- 34 Society does not accept genuine religion, they are after false -**

- religion, because they are in majority and vote banks.
- 35 They want to learn everything without true religion.
- 36 Society create civilization not religion – it is lying dead since centuries.
- 37 Civilization has history – true religion has no history as.
- 38 It is not collective – It is individual – yet inivertive – we both have same target like buddha – christ – Ram & Krishan but appeal is universal & beyond these three loks (i.e. 4th lok). Our Satguru's and 'Vai Naam's' appeal is beyond cosmos(Amarlok) annihilated – time and space – He transcends collectivity but becomes one with the creator. He becomes cosmic divine – “He looks absolutely dead”.
- 39 What you book in life, the same appear in your thoughts. You keep noticing what you have booked in your thoughts. This is law of thoughts and same appear in your life.
- 40 If you have booked love, peace , you will experience them.
- 41 Your success, failure project in your thoughts.
- 42 Waxed and waned over the years.
- 43 True thinking – Satt Sabad leads us to Surti Kamal.
- 44 Mind and Body are separate when breathe is not under consideration
- 45 Breath + (Saar Naam/Surti Naam)+Surti = Hansa (Activated Soul)
- 46 Satguru Paramhans 'Vai Naam Ji' says :-

Every work that life has assigned us is meditation itself. We must known that to pursue work as a part of meditation. Even a mundane job can be pursued in such a manner that it becomes part of meditation.

This all is possible when your face is inwards i.e. towards 'soul'. Your concentration, meditation is to focus in the present moment. Your past is your ego (Chitt), Your future is your desires and wishes. Your present is that moment in which you are 'soul'. Whatsoever you are

doing, do it with concentration (meditation) live in that moment only, think in that moment only, do in that moment and think this moment is every thing for you and there is no other moment for you to think or contemplate about you will know 'thyself'.

This all is not an ordinary thing to do. It is hard nut to crack. Without the guidance of Pooran Satguru Paramhans Ji of Sehaj Satt Marg you can't understand this all. He is the True Master who will open the gates of truth before you to enter into.

That is why emotional and spiritual maturity are achieved only when we have learnt the art of entering within self with the true and real guidance of true Satguru (Sant).

जगत भगत में वैर है :—

मैं कहता आंखन की देखी, वह कहता कागद की लेखी,
 वह कहते — हम्हें नास्तिक मत बनाओ — मैं कहता निजघर को जाओ —
 वे कहते चुप हो जाओ — मेरी चुप्पी उनके मान को ताकत है देती —
 अब वे मुझको कुछ ना कहते — चुपचाप तिलक लगाते —
 मन्दिर को जाते — अच्छे बुरे का भेद बताते — रात को सोते —
 दिन को काम पे जाते — पहचान मुझ से इनको काम नहीं है —
 निजघर की कुछ याद नहीं है — नशे में डूबा कुल संसारा —
 कल कल कर के काम है चलता — कल के नाम पर जीता मरता —
 नेता जितना मीठा सपना देता — उतना ज्यादा वोट है पाता —
 दोनों खुशी खुशी दिन काट रहे हैं — हर एक की जेब पर ध्याण धरे हैं —
 निंदा उसतत खूब है करते — अपने नेता का दम हैं भरते —
 उनको काम से काम नहीं है — नेता का मानो पैगाम यही है !!

Every human being needs a supportive, nurturing environment i.e. Satsang of a true Satguru. There we get following three types of energy which subsides Mind so as to control our ego, lust and greed.

(i) Ist through the eyes of Satguru.

- (ii) Through his words full of fragrance of 'Paras Surti.
- (iii) By means of touch.

सार नाम निजधाम सूं आया, साहिबन कीन निवासा ।
जो जन सिमरे सार सद्द को, निजघर पाये वासा ।।

हंसा हमारी जात है, मात पिता हैं साहिब ।
राह हमारी केवल सतगुरु, नाम मिलावे साहिब ।।

We are aware of that dhayan is Atma. In any thing and person you put your dhayan with full concentration, you imbibe the same qualities that person inherits.

जप तप सयम साधना, सब सुमिरन के मांहि ।
'वे नाम' कहे विचार के, सुमिरन सम कुछ नांहि ।।

Once Pt. Ravi Shanker a renowned Sitar player went to Canada for 15 days to present his programme before the audience. The authorities arranged flower beds all around the venue where he had to play his Sitar to win the hearts of the audience. They also prepared some beds of flowers outside the venue and the seeds of the season were sown at both the places. When Pt. Ravi Shanker who was a magician of Sitar playing, performed his show for fifteen days. The authorities visualised that at the venue place the flower plants attained much more height and large size of flowers as compared to flowers that were grown outside the venue.

This clearly shows a light on concentration and Surti which effects the growth and development of flowers, fruits and vegetables, in the same way the energy flow of true Satguru flows from him to 'Sadhaks' / listeners.

If you meditate with complete awareness or listen to with meditative mood and not with the fickle mind, your mind will become calm very soon and you will be able to give it a new inward direction. Swami Muktananda says :- "No matter what thoughts and images arise in the mind, be aware

that there is no concrete material from which they are being manifested". These are the waves of true Satguru whose Hansatma is illuminated and infused with Supersoul of Supreme Lord (Sahib).

Your own concentration will imbibe according to your capacity and capability.

‘Nothing more, nothing less’ !

Tree is known by its fruits, which is the final phase of the tree's life. Similarly, the pattern and truth of true Master's (Satguru) life and impact on the Sadhak is to be judged by the transformation in the life of listeners and 'Sadhaks' and not by the style of his living and the number of masses as his disciples.

An individual should first of all discover his ownself ; let ego go, for the sake of wishes and desires of wordly pleasure which is mere illusion and nothing more than that ; ignite your thirst to know your abode of coming and going. Trust in your ownself and try your best to be true disciple. If you have a thirst for Sahib to know and have love and faith in true Master (Satguru), you are sure to have true master and salvation, (Nirvana/Moksh), is where you are standing.

ESOTERIC MEDITATION

An individual has six bodies and seven chakras in our body to concentrate at and meditate. These Chakras are :-

1. **Muladhar Chakra**
2. **Swadhishtan Chakra**
3. **Manipur Chakra**
4. **Anhad Chakra**
5. **Vishuddha Chakra**
6. **Sehshastrar Chakra and**
7. **Agya Chakra**

कल और कल में जीव फंसा, इस पल रहे ना कोये ।
आशा तृष्णा में सब डूबे, आज व्यर्थ ही खोये ।।

Man's eternal quest is one pointed concentration exclusive of all other thoughts like past thoughts which lead to ego (Chitt) and future thoughts which include desires and wishes (Buddhi).

समय गंवाना आदत तेरी, कैस रहे इस पल ।
कल कल करते अवसर बीता, अब कैसे रहे इस पल ।।

तू इस पल में जीना सीख ले, यही सुख का आधार ।
इस पल में जीना ही जीना है, इसी सूं जोड़ो तार ।।

These two pots are our past and future which always take to outer world. Our past provides us pain and pleasure and we remain contemplating on those incidents which give strength to our ego and on the foundation of that we build our future which lure us to have more and more and this lust never get quenched. If one desire is fulfilled it provides us pleasure and happiness which is for a short duration and the next moment new desire and wish crops up and we restart to satisfy our thirst and this vicious cycle of struggle and happiness completes our journey of _suffering & happiness in this universe and take our karmas with us in a 'Chitt'.

Thus on the one side the higher power (super consciousness) pulls us towards the domain of eternal consciousness and on the other, the power of Mind (Mann) and Body (Maya) or delusion is pulling us towards the superficial glitters of the universe.

In other words to ensure that the seeker (Sadhak/Disciple) does not get bogged down by material enchantment, he should have a true Satguru as a true guide to liberate him from the clutches of Kaal Niranjana (Nirankar).

In order to undergo for concentration (Dhyan/Sadhna) the

most appropriate time, preferably is in the early hours of the morning i.e. 3.30 a.m. Just uptake bath, chant in Surti the Saar Sabad / Surt Sabad (Alive Holy Naam) along with breath.

सुरति निरती मन पवन कर एक, ऊँची तानो सुरति को ।
सुरति निरति मिल मूल सुरति बने, तांहि पाओ परमपुरुष को ।।

Soul is :- {Surti+Nirti-Mind(i.e. Maya)}

काल विक्राल महाकाल, मन माया सबै निरंकार ।
आत्म ता के वश पड़ा, निज भूला बना लाचार ।।

मन और माया, एक ही जाने ।
सुरति इन का, भेद ना जाने ।।

Mind and Body (Maya) both are one and the same thing. 'Satt Sabad' is very powerful. It makes you Aatmik and paralyses the Mind. Now mind can't disturb you. It is alive but can't distract soul to concentrate.

‘वे नाम’ कहे आदि अंत का सृजनहारा, परमपुरुष प्यारा ।
वोहि शुरू वोहि मध्य वोहि अंत, उन्हीं से सब परिवारा ।।

जीरो के हेर फेर से, खुदा से जुदा हुआ ।
जीरो पलट सीधा किया, तो खुद खुदा हुआ ।।

Before concentration, see that Sushmana has become Sarswati, i.e. it is fully concentrated. Secondly see that your breath has started its upward journey. Now concentrate on breath along with 'Surat Sabad' to subdue the turbulent mind full of distracting thoughts. I suggest you that by focussing attention on the 'Alive Holy Naam' at the 'Trikuti' i.e. Kutastaha centre, the point between the eye brows in meditation, you can gradually succeed in harnessing scattered thought emanating from Chitt and Budhi to take you to past and future

i.e. in Maya, but your powerful 'Alive Holy Naam' will paralyse 'Mind' to take focus you whole concentration onwards from the seat of the 'Mind'. There are two petals, nadis on each side of eye brows (ajna chakra) and the spiritual vibrations that emanate from these subtle nadis 'Soham' (I am that). This is known as the third eye of Shiva ; by concentrating on this centre, the Sadhak gets connected to the constantly blazing flame, the 'divya jyoti' which bestows on the 'Sadhak' greater power of concentration.

अंदर का दीप जगमग करे, खोलें अंदर के नैन द्वार ।
 अनदह झणकार हो रही, खोलो अंदर के श्रवण द्वार ।।
 कीचड़ सूं कमल खिलकर, सूबास फैलाये चहुं ओर ।
 लोभी मानवा कभी ना रजता, लूट मचाये हर ओर ।।

Pay full concentration on your breath that is moving upwards and your body is completely ceases to function. It has become almost dead. Now the breathe will get inverted and will not fall in the naval base. It will automatically move upwards.

नैनन बनज बसाऊं री, जो मैं साहिब पाऊं री ।
 इस नैनन मेरा साहिब बसत है, डरती पलक ना लाऊं री ।
 त्रिकुटि महल में बना है झरोखा, तहां से झांकी लगाऊं री ।
 सुन्न महल (आज्ञा चक्र) में सुरत जमाऊं, सुख की सेज बिछाऊं री ।
 मीरा के प्रभु गिरधर नागर, बार बार बली जाऊं री ।।

Your mind at this stage tries to prevent you from making use of this Divya Drishti (inner eye) which is Atma. The awakening of the inner eye will enable you to know and understand your inner enemies i.e. Mind (Mann) and Body (Maya).

At this place you will rise and fall as this path is very difficult to rise up. Concentrate on 'Surat Sabad', the life force (Atma) i.e. Aatmik energy revolve upwards and downwards around the six spinal centres controlled by Mind (Mann) existing in the Sushmana. This immortal 'Sabad' hastens the process of spiritual evolution, purify surti of the

Sadhak of all sorts of impurities (Mann & Maya). This in turn brings about 'intennonsation' of consciousness that enables the 'Sadhak' to penetrate the darkness behind the closed eyes and gain access to the endless region which is called 'Darklss dark and lightless light'.

If you are charged fully by continuous concentration on Saar Sabad (Surat Sabad/Satt Sabad) before starting your journey inwards, this spot will illuminate by the presence of Suprme Lord himself in the guise of 'Satguru' (Sant) and you will cross this abode of Kaal Niranjana (Mann) with an ease.

You are now a little above Banwar Gufa i.e in 'Agya Chakra'. Now you are pure soul, every thing is gone except 'Satguru' ready to take you to 8th Chakra while crossing the 6th Chakra (Sehshastrar) earlier, i.e. Surat Kamal which is one and one-fourth (1x1/4) hands above Sehshastrar.

Now you are 'Hansa' free from Mind and Body i.e. (Mann and Maya). 'Satguru' is before you, put yourself on the feet of Satguru. The feet of Satguru is gone and Satpurush in the form of Supreme Soul is before you. 'He' takes you to Amarlok where 'He' resides. Now you are in your true abode Satlok (Amarpur/Begampur).

आओ चले निजघर को हंसा प्यारे, साहिब देत पुकार ।
तीन लोक मन है राजा, सुन लो साहिबन पुकार ।।

पिण्ड ब्रह्मण्ड से पार वह, साहिबन लोक निजधाम ।
सतगुरु सद्द सुरति सूं जो सिमरे, पावे तहां विश्राम ।।

तीन लोक के पार वह, सतपुरुष निजधाम ।
सत सद्द जो कोई गाहे, पावे तहां विश्राम ।।

IMPORTANCE OF SATGURU PARAMHANS

O Hansa ! leave this universe and let us move to Satlok.

गुरु जानो राह बताने वाला, सतगुरु सांचे घर ले जावे ।
गुरु शब्द लिखन पढ़न में आवे, विदेह सतगुरु सद्द मोक्ष दिलावे ।।

It is good if God shower his blessings and grace. But it hardly matter if 'He' doesn't do so. Sahib says that without the grace of Satguru all progress inwardly towards almighty will go as wastage.

सार सद्द पाई नाव सतगुरु, स्वयं ही खेवनहार ।
जो साधक नाव बैठ गया, सतगुरु लगावे पार ।।

सार नाम ही साहिबन जानो, करे सुरति सूं सब काम ।
सतगुरु संग ना छोड़ना, सतगुरु सद्द करे सब काम ।।

Supreme Lord (Sahib) gave me this Paras Surti (Alive Holy Naam) and directed to liberate the human beings from the bondage of Mind (Mann) and Body (Maya) and send them back to their true abode (Satlok). 'He' gave me two paras surti (Alive Holy) Naams i.e Sar Naam and Surti Naam first time since when the world is created.

सतगुरु सा प्रेमी जग में नाहि, जिस सूं सुरति जगायें ।
वह ही पूर्ण साहिबन है, तीन लोक से पार ले जाये ।।

Satguru comes from Amarlok, who is unique in all respects as compared to this universe {three (3) loks}.

अमरपुर प्यारा देस हमारा, जहां नहीं यम त्रास है ।
काल जाल तहां नाहि, ना वहां वेद विचार है ।।

पंच तत्व जहां नाहि, वहां प्रलयः का क्या काम ।
काया नाहि मन भी नाहि, वह तो अमरपुर निजधाम ।।

It is eternal, no dooms day comes there, its dissolution is not possible. There doesn't exist any physical or mental love or any external objects to attract our attention to delude us.

**दुख सुख का भ्रम तहां ना, काम क्रोध ना लेखा ।
पंच तत्त्व जहां नाहि, वहां प्रलयः का नाहि लेखा ।**

There is no air, water, rain or shower, male or female etc. There is no existence of Brahm Jiv. There are no bodies or any kind of indriyans to function. There is only soul which feels secure over there. It is not in the shackles of Mind (Mann) and Body (Maya), Brahmand, three (3) loks etc. There is no Kaal Niranjana to torture the jivas.

**धरती पानी नाहि अंबर, वह देस त्रिलोकि पार ।
हर हंसा अंश साहिबन जानो, सुरति सूं देत पुकार ।।**

This abode belongs to Parampurush/Satpurush. In this only souls (Hansatma) resides. This lok is unique as compared to this universe three (3) loks. There are no Suns, Stars, Days and Nights and five (5) material elements to exist. There is no body, no diseases, no sorrow and sufferings. That abode is quite calm and composed with soothing visibility and most beautiful at its glory and calmness is beyond description. There is truth and only truth. It is unique in every respect. Lightening can be seen there even without the presence of any sun. Even without the presence of air the atmosphere is very soothing and pleasant.

**साहिबा जो मैं बिछरूं आप से, मूल सब्द खो जाई ।
मूल सब्द हंसों की निशानी, सब्द जाये काल खा जाई ।।**

**सुरति आई सतलोक सूं प्यारो, ले चले हंसा सतलोक ।
ये लोक काल है राजा, यही है दुख सुख का लोक ।।**

O Hansa ! leave this universe (three (3) loks) and accompany me to Satlok. There is no problem from the side of 'Jamm' over there.

You are free to move and enjoy with our soul who live happily along with Satpurush. You are given to eat and drink by Satpurush himself the effect of which remains for long period. I too was provided something to drink by 'Meera Ji' whose effect is beyond description. You can sit where ever you like even though there is no earth. You can move, walk, sit, stand, talk in 'Surti', understand all in 'Surti'. Satpurush do appear to guide and direct what to say and what not. In the beginneing 'He' appears in the guise of your 'Satguru' (Sant) with whose blessings you enter into Amarlok.

साहिब संतन के दासा, संत बसें निजधाम ।
मेरे साहिब मुझ को भजें ,मैं पाऊं विश्राम ।।
काल पुरुष कुछ ना करि सके, पुरुष नाम जे पास ।
सतगुरु चरणन ध्यान धरें, उन्हीं पे पूर्ण विश्वास ।।

जब मन सूक्ष्म रूप सूं, मूल सुरति में आत्म कहलाये ।
मन का संग जब छूटता, आत्म तब हंसा कहलाये ।।

Sahib 'Vai Naam Paramhans Ji' says :-

सुरती विरह

भंवर गुफा निरंकार रे, पुरुष ईक सार है ।
सत्त सत्त कहे मीरा दासी, वही तो करतार है ।
कनक कटोरे अमृत भरियो, पीवत कौन नारे ।
मीरा के हैं साहिब अविनाशी, तन मन तांहि तारे ।
लागी लगन सतगुरु चरणन की, चरण बिना कुछ ना भावे ।
जग माया सब सपन की, भव सागर सब सुखी गायो है ।
फिकर नहीं मोहे तरनन की, आस वही गुरु चरणन की ।।

HAPPINESS

Happiness is when what you think, what you say, what you do and what is the outcome are in harmony. If I believe I can't do something desirable, it makes me incapable of doing it. But, when I determine to do it, then I acquire the strength to accomplish it even in the presence of obstacles.

Prayer is not asking demanding. It is a longing of the soul, a daily struggle to subside desires, wishes and past memories. It is better in prayer to make soul free of mind and body (maya) and be in the immediate present. The best way to be in yourself to go on losing external things (maya) in the service of needy.

Patience is precious virtue, it costs nothing but comes in the contact of true Master (Satguru) and his divine 'Surti' (Alive Holy Naam). 'Right here, right now' is a formula of life that has gained due importance in the present age.

Everyone in this world, is struggling for happiness. The main criterion is whether a person is able to maintain his happiness and sense of satisfaction right to the end of his life or not.

Happiness is one's nature. We have brought it with us when we came into existence in this universe ; but Mind (Mann) and Body (Maya) distract the 'soul', its true nature (happiness) all the times.

Our happiness lies in the soul which lies within us, but it is in the strong cage of Mind (Mann), so the moment you come into self i.e. present moment, you become happy but in the same moment Mind disturbs soul, you become sad, defeated, frustrated because of the waves of the Mind (Mann). An individual should first of all discover his own self and then plan accordingly for his life.

People generally set their goals out of zeal, but this is certainly not a mature way of making decisions. The better way to decide one's goal is to understand the realities of life and then to act in accordance with them.

To go forward, we have to develop skills of negotiating its various twists and turns. We have to develop thick skin not just to guard against criticism but also unfair behaviour by others. Thus life becomes a challenge because of every step we have to learn to transcend the reflections of life.

**मन उपझाये दुख पास में, कौटिन कूकर्म कराये ।
अपने किये कुछ ना होत, 'वे नाम' सब्द पार कराये ।।**

The spiritual path is one where our moving upwards and forwards depends on our contact with true Spiritual Master (Satguru). 'He' is the true guide to make you to move inwards to know 'thyself'. Supreme Lord (Sahib) and the external world (maya) and how to achieve the goal of life i.e. permanent salvation (Nirvana).

The 'Yoga Vasishtha' says that the world is imagination 'illusion'. The throbbing of 'prana', the life giving force makes the Mind more active. The movement of Mind in turn brings into being a wondrous thought provoking Universe with my names and fames.

The creation of the Universe is due to the force of 'Vikshepa' or the creation of the Mind (Kaal Niranjana) himself. The 'Vikshepa' force operates both in the waking and dream states of the physical body and mind is quite conscious. The 'soul' consciousness is operative under the influence of Mind.

The world is enacted by the Mind (Kaal Niranjana) alone. The Mind, having no concrete form, brings into being that which is non-existent. The perishable universe has no independent existence other than the Mind (black matter) 5th element of the whole universe.

With annihilation of the four elements Earth, Water, Fire and Air, the Mind (black matter) remains and undergoes deep slumber for 4 arabs and 32 crores years (प्रलय: काल).

The Mind borrows its light and intelligence from the "Super Soul"

and in the body from the 'Soul'. Mind (Kaal Niranjana) can't do anything of his own. Mind acts in the same way as 'heater' borrows its heat and effluence from light energy.

A typical nature of Mind is that it is 'Chanchal' or ever fluctuating and keeping moving from one thought (dream) to another at rapid pace.

साहिबा मन भरमावता, हर पल नाच नचावे ।
ध्यान में बाधा बने, आशा तृष्णा नाच नचावे ।।

मन मानयो तो काल ना छोड़े, गर्भवास बहु दुख पाई ।
मन मैला तन उजला, जीते जी प्रेत दुख देई ।।

Just like monkey master makes the monkey to dance & act on his tune and directions, in the same way our 'soul' is completely under the control of Mind (Mann) and acts according to the direction and dictates of Mind (Mann) as soul has considered himself as body.

Mind itself can't perform any act, it can only use soul to act as per 'His' directions and dictates. The Mind is constantly drawn towards universal objects and creates countless worlds according to his own Sankalps or thoughts.

The main reason why the Mind is ever-fluctuating and restless is that it is under the constant sway of three Gunas (qualities) of prakriti and jivas namely :-

- (i) Sattva
- (ii) Rajas
- (iii) Tamas

Sattva guna denotes to Truth (Purity) and purity (light), Rajas to Passion and Activity and Tamas to Inertia and Darkness.

SECRET OF PERMANENT LIBERATION

जो वस्तु 'वे नाम' सतगुरु परमहंस साहिब पास प्यारो ।
साहिब सतपुरुष सूं पाई महान रे ।
सतपुरुष की सुरति सूं आई प्यारो ।
सुरति सूं पकड़ी जान रे ।
साहिब जी सार सब्द, सुरत सब्द दो जान महार रे ॥

मोक्ष का भेद

When Lord Krishna tells Arjuna “All actions is universally engendered by the attributes (gunas) of primordial nature (prakriti/mind). A man whose self is deluded by egoism “ I am the doer” (III v-27)

Kaal Niranjana (Mind/Nirankar) created nature. It manifests the attributes of the creator, (Nirankar/Kaal Niranjana) but under a camouflage of decision. Man is the product of ‘Superlord’ (Satprush / Parampurush / Sahib) and visible nature ; therefore he is dual-pure soul (Hansa) hidden in a physical Body and Mind (Kaal Niranjana) whose functions are governed by the attributes of nature (Mind).

The five kingdoms of creation :-

- (i) Human beings**
- (ii) Animals**
- (iii) Plants**
- (iv) Birds,**
- (v) Insects and water dwellers all alike**

All the above are guided by the gunas (attributes) of Mind (nature).

In all these kinds of kingdoms, ‘soul’ is the real ‘Doer’. An intrinsic quality of the soul is free will ; True Master (Satguru) is fully illumined soul is a personality of free will. He is the only true awakened personality in the whole universe.

(i) ‘Sattva’ :- If ‘Sattva’ dominates the mind, it becomes one pointed and the seeker (Sadhak) enters into a meditative mood spontaneously. It is ‘Supersoul’. This condition in which the seeker_forsake past and future thoughts i.e. ego, wishes and desires are gone and he has attained the immediate present moment. This present moment means he is in free state. The free state is the state of ‘soul’. Soul always live in the immediate present moment.

(ii) ‘Tamas’ :- If ‘Tamas’ dominates, the soul is enveloped by my Mind (darkness) and makes body to sleep and soul comes in the left side of the neck nerve and its power of discrimination is enveloped by Mind (Mann).

(iii) 'Rajas':- If 'Rajas' hold sway, the Mind hankers after power, position, prestige (ego) and becomes over ambitious. He becomes part of external world from morning till he is in sound sleep.

This all work is collaborated in the human body. In the presence of these three gunas Mind is fully active and 'soul' is fully in the control of Mind (Mann).

A man in the presence of these three gunas, goes in the past thoughts and develops ego, goes in future to fulfill desires and wishes. Thus he can't realise 'himself' nor can attain liberation (salvation) from this mortal world.

When Lord Krishna tells Arjuna, attractions are done by nature (Mind) only. He whose Surti is deluded by egoism thinks, "I am the doer". It comes as a big relief, "I am the doer" is like confessing to a crime which can either produce guilt or pride and will certainly reinforce the idea that "I am the body". Here lies the whole problem, because the 'soul' has forgotten its real strength, nature (quality) and has taken it for granted that it is physical body and so acts as per dictates of the Master (Mind). The 'soul' also realises that death and birth is not only of the body, but 'His' own along with body. Lord Krishna makes us to see that action and thoughts are influenced by Nature (Mind).

We have only one option with us to get liberated from these gunas by self action, meditation, worship positive thinking and living in the immediate present by completely surrendering all actions to true Master (Satguru) with love, devotion & faith. As 'Satguru' has met with the Supreme Lord and bestowed with 'Paras Surti' (Alive Holi Naam) with which a 'Sadhak' seeker can be liberated from the shakels (clutches) of Mind (Mann) and body (Maya) and to make him to go back to his real and true abode (Satlok/Amarpur) Nijdham to attain complete salvation (Nirvana) i.e. free from life and death cycle and never to come back into the womb of mother i.e. to attain eternal bliss by Satguru ?

We know that ego of doer-ship strengthens identification with body, mind and senses which leads to accepting its good and bad results, to identifying with body, mind and senses is ignorance as they take away attention of 'soul' from its real self to body and its results which is 'ego' desires, depression, wishes, mental weaknesses and ultimately our downfall. These are not the qualities of soul, but of Mind and Body alone.

This universe is led by Kaal Niranjana (Nirankar/Mind) who is mind himself. Mind can't be liberated from soul by concentrating on mind. In order to get 'soul' to be liberated from Mind (Kaal Niranjana) we require more powerful force i.e. Supreme Lord. This power lies with true Master (Satguru/Sant) who has met with Supreme Lord (Satpurush/Sahib) and has been entrusted with 'Paras Surti' (Alive Holi Naam) from Satpurush to 'Him' on his visit to 'Satlok'.

Importance of Satguru (Paramhans)

सतगुरु के सानिध्य में, अनुभूतियों का सुरति भण्डार ।
सतगुरु में सुरति डाल दो, अमृत कृपा बरसे अपार ।।

सुरति से सतगुरु साधक को, करे आप समान ।
ज्युं भूंगा निज सुरति सूं, कीट करे आप समान ।।

सतगुरु बन केवट नाव चलाता, हर एक को करता भव पार ।
कोई भुला भटका नाव पर आवे, सतगुरु ले चलें मोक्ष द्वार ।।

साहिबन सतगुरु रूप धरें, प्यारो मिले मोक्ष द्वार ।
जगमग जगमग हो रहा, परमपुरुष दरबार ।।

DESIRE, IGNORANCE & EGO

"I also may mention that the 'Surat Sabad & Sar Sabad' are unique given to me by the 'Supreme Lord' himself in Surti to Surti of mine on my first two visits to Satlok in 'Hansa' (soul) state on 18th of March , 2012 & one on his visit in my small room of Rehari Ashram at 3.00 a.m. on 22nd of March, 2012" .

This is the trinity of bondage, control on Mind and Body (Maya) and knowledge of self is the trinity of liberation. Mind, Buddhi, Chitt, Ahankar (ego) are the sources of taking us into the dark are the sources of past remembrance and future plans of success, desires, wishes part of bondage.

**सोया जीव वचन नहीं माने, आप ना करे विचार ।
सतगुरु नाम में रहना आ गया, छूटे सपनों का संसार ।।**

No fire can be created without burning material. When material is there, source of fire is there and the person to ignite is there, you can lit the fire.

**मूल सब्द परसे बिन, कभी ना मिलता सतगुरु प्यार ।
पारस रूपी आत्मां, सपन रूप संसार ।।**

In the same way you have every material in you but the person who can make you prepare you for your goal to make you understand about goal and create thirst to achieve goal and what to accept and what not to accept for achieving the goal, need for the goal, source of goal and destination of the goal is a must. For this true and real Master is must. Without real and true Master (Satguru) we can't control our senses, understand Mind (Mann) and Body (Maya). Without the knowledge of our senses and how to harmonize them we can't achieve our goal of life.

जग में सबसे सांचा सत्त, जो मन माया असत्य सूं दूर ।
ये काम सहल ही जानिये, सतगुरु हाथ में पारस सुरति डौर ॥

No great work can be achieved by humbug. It is through proper harmonious control on our whims and thoughts. How to control our Mind (Mann) is very up hill task. It is kinetic energy which is in constant motion and always tossing you up and down, right and left and make your presence every where at all the places.

सांचा सौदा कीजिये, मन से ना उठे विचार ।
सांचा सार नाम पाईये, तब सुरति सूं हों सब काज ॥

People say, we can achieve our target, great tasks through love, a passion for truth, concentration, devotion, will power and grace of God. The question arises, how can you harmonize these all. If you think that through your body you will accomplish the undertaking. It will lead you to material success and possession. It is all Maya (illusion). It will lead you no where. Some say, for success - you must have tremendous will power, constant hard labour will make you to reach the goal, but all towards material gain. Thus whole achievement will lead you no where. In this way, we have wasted thousand and thousand of lives without achieving the true goal of life. Each work, each successful person has to pass through three stages - rejection, opposition and finally acceptance. Each person who is ahead of others in material progress or spiritual progress is sure to be misunderstood in the beginning.

जो मन रहित है, उसे तूं जागा मान ।
वह तो कर्म बंधन मुक्त, जीवत मरा उसे जान ॥

देहधारी बिन सार सब्द, कभी त्यागी ना होये ।
कर्मा का फल त्याग दे, तो सच्चा साधक होये ॥

EGO

It is all because of ego. They can tolerate that any body who was like them should be above them in anyway. First they will try to bring him down to their own level, but when they fail, they start finding faults in him. When they fail to find anything wrong in him, they become silent, after lapse of time, they start recognising him and ultimately start praising and worship him. Their constant touch with spiritually elevated person can only make them to act likewise.

नर तन मन वाणी से, उचित अनुचित कार्य कर रहा ।
इसके फल स्वरूप, पंच कारण सूँ मिल रहा ।।

Power of 'Surti' consciousness and how to harness it for prosperity, spiritual elevation and to attain Nirvana/i.e. free from the bondage of life and death. The words like 'I am', 'I Myself', 'Mine', 'Yourself', 'You', 'Thyne', 'His', 'himself', 'herself', 'theirs', 'thine'. In these 'am' (selfm, ine, eirs,) come under one word 'e' as in 'ego'. This 'e' is most abnoxious for any individual. Let go 'e' from 'ego' and see what one becomes. This 'e' has separated us from our real goal and we have fallen a prey of life and death cycle.

go with 'E' but let go your e-go

श्री कृष्ण जी कहते हैं :-

इस मृत्यु जगत में, सब जीव मन रूप मेरा ही अंश जान ।
तन मन के कारण, हंसा नर रूप तूँ जान ।।

(I) Men and Women don't exist without 'E'. House and home can't be made without 'E'. Bread and butter can't be found without 'E'. 'E' is the beginning of 'existence' and the end of trouble. It is not at all in 'war' but twice in 'peace'. It is once in hell, but twice in 'heaven'. 'E' is represented in 'emotions'. Hence all emotional relations like, father, mother, friends have 'E' in them. Hence to be

better from good both 'E's are added. Without 'E' in this world we have no love, life or hope and senses like, see, hear, smell or taste as eye, ear, nose and tongue are incomplete without 'E'. So go with 'E' but let go your e-go.

**नर वो दिन याद कर, गर्भ में साहिबन सुरति प्रीत ।
मृत्यु लोक में आते ही, भूला साहिबन प्रीत ।।**

It is not an easy task to let 'go' 'e' of 'ego'. For this very reason you are not able to realize your aatmik principle.. In forgetting this 'e' we attain the realisation of Atma. It is because of this 'e' of 'e-go'. The realised (conscious) individuals are very rare to be found in this world. When you forget 'e' you forget 'I'. i.e 'I am body' and we realise that we are not body but 'soul' (Atma). Atma is engaged in breathing activity for the sustenance of body. Breathing down the air into this body is to sustain the body i.e. to keep it alive. In order to make the breath to turn upwards and outwards through the body, you need 'Surti Sabad'/Saar Sabad/Alive Holy Word of Satupurush/Parampurush/Sahib. This process enables Surti (concentration) and Nirti (pran) of intaking breath to soul (Hansatma). Hence 'e' i.e. 'I' consciousness of (Hans-Atma) is attained i.e, Aatmic wisdom. This is possible only when you come in contact with a true Alive Satguru, who has gone to Satlok and has been bestowed with this Alive Holy Saar Sabad/Surti Sabad. These words of wisdom directs towards simple and easy path of permanent Salvation/Nirvana. In this Alive Holy Naam Satpurush (Parampurush) himself resides.

**पारस रूप सतगुरु हैं, जा में सतपुरुष का वास ।
काया मांहि जोत है, सकल निजधाम उन पास ।।**

Whatever action we perform there is a participation of Atma in that. It is done with complete ignorance. By the way of action, Atma is bound to birth and death. Through the cycle of Karma and deeds it adopts different bodies. The characteristics of the Mind are all Evil i.e. Kaam, Anger, Greed/Lust, Attachment, 'Ego' etc. relations.

जो निज को नहीं जानता, आत्म ज्ञान सूँ दूर ।
उनकी चेष्टा निष्फल प्यारो, जो सत्संग सूँ रहते दूर ॥

These evil characteristics of Mind are present in every human being and have direct link with physical body. All these characteristics are quite contrary to the characteristics of a soul (Hansatma).

सतगुरु कृपा बिन ना हो सके, निष्पाप कोई भी नर ।
अज्ञान अंधकार हर ओर है, सतगुरु सब्द सूँ पार ॥

जो कुछ है वह सुरति है, सुरति बिन झूठा संसार ।
रिश्ते नाते सब झूठ हैं, तीन लोक झूठ पसार ॥

We take the relations as true and real, but in the real sense it is all illusion and Maya. This wakeful state is a delusion. This all is a play of mind.

Satguru 'Vai Naam Ji' says :-

सुरति केवल सब्द में, तन मन सूँ नाता ना ।
मोह छोड़ माया ध्यान सूँ, रिश्ते नातों से नाता ना ॥

सतगुरु सूँ प्रीति ऐसी लागी, यम सूँ ले बचाये ।
और कुछ मांगो नहीं, निजघर संग ले जाये ॥

This world is just like a dream. Nobody in this world is your own who can be of any help to you in spiritual elevation except true Master (Satguru) who himself is spiritually elevated and can infuse the same Surti in you to attain salvation/nirvana.

सार नाम सतपुरुष है वासा, ले चले संग निजधाम ।
यदि ध्यान सार नाम में, संग ले चले आत्म हंसा महान ॥

EFFECT OF SADNESS THAT PREVADES OUR LIVES

संतन वाणी प्रेम रस, जो सुने प्रेम रंग धारे ।
सतगुरु दृष्टि में दृष्टि डाल दे, हर अंग सुरति धारे ।।

Anxiety is an emotion that we all experience. Anxiety as well as all the other emotions can actually be turned around to our advantage. When we use the right amount, in the right place, at the right time, for the right thing, then these feelings can have a positive (+ve) effect. When we use the wrong amount at the wrong place, at the wrong time, for the wrong reasons, they start brooding over the future or regret over the past gives rise to worry or anxiety. Let us see how we can use the word worry to remind us how to avoid worry.

जो जन भजे मूल नामा, विक्सित कबहु ना रुख ।
इस नाम में रहना आ गया, ताको सुख ना दुख ।।

प्यारो मूल नाम सतगुरु रूप है, मूल पूजा सतगुरु चरणन ।
मूल नाम सतगुरु सुरति है, सत सुरति नाम का बाण ।।

Worry starts with the letter 'W'. We always think of the worst when we are conducting our business, we worry, 'what, if I can't make any profit ?' What, if I make a loss ? 'we never ask', 'what, if I make a profit ? Worry always arises from the negative tendency in our Minds. Yet, very often, when we have believed that the worst would happen instead something good happened. Whenever you recognise the symptoms of worry, check this out yourself. You will be thinking about the negative possibilities. Don't think about the worst, think instead about the wonderful things that might happen.

सतगुरु सूं सब्द पाई मन वश करो, सहज योग है येह ।
सार नाम सुरत नाम निज सार है, बिन पाये झूठी देह ।।

मूल नाम जाने बिना, नहीं मिटता कर्मन जाल ।
पारस सुरति से सब पाईये, जब छूटे मन माया जाल ।।

Always think positively about the result, but don't be obsessed with it. Sometimes we get more benefit from our actions than we expected, and at other times, not quite what we hoped for, but if we are so obsessed with a particular result, we usually start thinking negatively. That is, we fear the worst. Why ? Because we came to believe that the only good result is the one we imagine we want. Thus we became pessimistic rather than optimistic. We can't predict the future, we can only plan for it and work towards it to the best of our ability. Don't become obsessed about achieving a particular result. Who knows, the out come may far exceed your expectations. Constant worry not only arises from brooding over the future, but also from regretting the past. We are in the habit of forgetting all of the positive results from our past actions, and remembering only the negative things that have happened. How easily we gloss over all the victories, achievements we have had in our lives and dig up minor failures from the past to re-inforce our gloomy out look.

माया का सुख चार दिन, फिर कल और कल का साथ ।
सपने पाया राज धन, जागे तो फिर खाली हाथ ।।

So, it is important to remember all of the positive thinking from the past, and optimistic for wonderful things in the future. Don't use your memory to think about the worst that has happened and be filled with regret.

माया तजना सब कहत हैं, कोई साहिबन प्यारा करता त्याग ।
बिन सार सुरति छूटे नाहि, बिन सतगुरु सत्संग नहीं त्याग ।।

We want results but we don't want to work for them. Have you noticed yourself that you always remain occupied with ideas - good or bad, high or low, Joy, bliss, mercy, love, grace, kindness, benevolence etc. which are not in our hands but divine attributes i.e. 'Divine will'

because you are following karma philosophy. Lord Krishna in Bhagwat Gita says to Arjuna that you can act but the fruit is not in your hands. Leave the fruit or result of any undertaking upto 'Almighty/God'.

भगवान श्री कृष्ण अर्जुन से कहते हैं :—

जो भगवान को जैसे भजें, तैसा ही फल पायें ।
अर्जुन ये तीन लोक, मुझ में ही आ समायें ।।

जप तप नियम व्रत, इन से पार नहीं होत ।
पांच तत्व तीन गुण तीन लोक, बिन सतगुरु ना पार होत ।।

While moving on this path of karma philosophy, you can not escape from the bondage or shackles of life and death cycle. Everything in this universe is ephemeral, so be grateful, but don't indulge in its beauty and enjoyment. The idea is to tell you that every thing is ephemeral, whether it is a bubble of water, a flash of light, Sun, Stars, Moon, these Galaxies, Mountains, Rivers, Enchanting pools & Oceans, Heavens, Hells, three (3) loks, everything exists, but for a short while.

भगवान कृष्ण और मन में भेद ना, दोनों एक लो जान ।
आत्मां से कुछ लेन ना देन, आत्म मन बंधन में जान ।।

There are spiritual teachers like Osho who say that taking pictures and revisiting them, only takes you back to the past, where as life is forever revealing its beauty in the present and now.

पिण्ड नांहि ब्रह्माण्ड नांहि, नांहि तीन लोक आकाश ।
इस ब्रह्माण्ड से भिन्न है, अमर लोक बिन आकाश ।।

“Well, the past enriches your present and future, these moments are not finished, they continue. Every thing is adding to my experience, my joy”. My eyes are mere tool that aids my memory. There are many courses and traits available to you - just pick one and move out, explore and you will see the function of soul and not of mind. Where ever and in what ever you concentrate; you forget yourself, Mind and Body, i.e. the whole universe, the presentmoment is glimpses of soul, function of soul, realization of soul. When you are in the immediate present you are ‘soul’ without mind and body. It is pure concentration i.e. consciousness. Some people climbed towering peaks and called it conquest, some traveled unending roads to be called the best. Now he walked a mountain but with a goal, to seek its spirit and worship its soul.

कर्म करे सब प्राकृति, हंसा आत्म निर्लेप ।
मूल सद्द के ध्यान सूं, दूर करो विक्षेप ॥

1. **“Now dare we call them inanimate ?**
2. **Is it simply because they can’t reproduce ?**

That is a very narrow distinction. They have a life of their own, a soul of their own.

3. **Why must we vanquish them, defuse them, or blast them ?**

नाम सुरति पवन जो निस दिन ध्याना, वाणी मन चित्त विसारन ।
धन साधक जो अवसर पाये, सतगुरु सुरति चरणन ध्यान ॥

Just because they have life within, and are still without, do I have the right to disturb them.

जो कोई साधक ध्यान में जावे, तन विश्राम मन तारि लावे ।
सद्द सुरति स्वांसा सुरत कमल में जावे, तब गगन मंडल में तारि लागे ॥

बाहर भीतर जो ईक हो जावे, सतगुरु आवागमण मिटावे ।
कोई ना यम से बचया, नाम पावे निज लेखा मिटावे ॥

FIVE ELEMENTS IN BODY ARE NOTHING WITHOUT ATMA

All these objects contain earth and water contents which are the elements of the universe. This whole universe is composed of five elements. Our body is also made up of five element i.e. Earth, Water, Fire, Air and Sunn (Black Matter). In all living things there is soul which makes the body to function. Without soul no body take the help of Mind for each and every function which the body performs.

Except soul, everything is ephemeral, every thing changes. Everything that we possess, what we see, is for us to derive maximum joy from it because it is not there to stay. This joy, pleasure or happiness we feel and observe is the function of soul not of the body. So, enjoyment is the moment of soul and not of the body. With reverence for the living and not what seems next, is my message.

प्रेम प्रीत से जिन सतगुरु पाया, सुरति संग सतलोक दिखाया ।
फिर पावे सब्द सहदानी, तिन सतगुरु संग निजघर पाया ।।

There is life, which makes you move, think, see, feel, touch & taste, every one is evolving good and bad trade places with time. You are not what you were ten years ago... and in all this changed creation continues to sustain you.

सुर नर मुणि सब कर्म भुलाना, होई निष्कर्म नहीं नाम समाना ।
नाम बिन जीव यम ले जाई, कोई ना जग में सतगुरु समाना ।।

“We need the air to soar into the sky, the earth to feed us, The water to quench our thirst, The fire to cook our food, The sun to make the day & night, The moon to give soothing touch to my mind & life to plants, The star to mesmerize us, The whole of creation sustain us, We feed on all of it”.

बिन निःअक्षर जग झूठ है, निःअक्षर मोक्ष का सार ।
निःअक्षर भेद जिन जिन पाया, बन हंसा गये निजघर द्वार ।।

In this whole world, we are members one of an other. We should avoid to say that 'he' is my relative and that is a stranger. Our relation is unique and inseparable as we are not body but 'soul' which is same in every living creature. We are drops of the Super Soul (Satpurush/Parampurush). We are inhabitants of Satlok (Amarlok/Begampur). Individually, we are one drop. Together we are an ocean. There can't be any purpose of the individual apart from the purpose of the whole nor any purpose of the whole that doesn't include the purpose of the individual. All the creatures in the entire universe from a vast complex linked together by there dual purposes to uplift each other towards spirituality to attain the real goal of life i.e. to attain Nirvana (to be free from the cycle of birth and death).

सर्गुण में संसार भुलेया, निर्गुण किन्ही बिरले भेद है जाना ।
अर्थ विचार पढ़ि पढ़ि गीता, बिन सतगुरु नर अंधा जाना ।।

"Satpurush has bestowed upon me the Supreme grace of Surti Sabad in which 'He' himself resides. One who receives this Surat Sabad is sure to attain Salvation/Nirvana i.e. free from the bondage of life and death". Supreme Lord (Satpurush/Parampurush/Sahib) himself comes to take him along to his real abode (Satlok/Amarlok/Begampur).

Every mistake we make in our lives has a cost. Awareness with due consciousness prevents or may reduce our resultant sufferings. In our actual life we usually choose to be unhappy, unsatisfied, sad, dejected, frustated, cynical, unfortunate, contemplating, brooding and always remain in deep slumber. This is one of the most complex human problems. This is how every body is behaving, thinking, choosing & wishing for the sad and thus remains depressed, dejected, rejected and miserable. There must be profound reason for it and there is.

सत्त नाम है एक प्यारो, सतगुरु के पास यही मोक्ष दात ।
तन मन धन सतगुरु अर्पित करो, सुरत सब्द सूं बनती बात ।।

Osho says, "If you are unhappy, you gain something from it, you always gain". If you are happy, you always lose. From the very

beginning, an alert child starts feeling the distinction. Whenever he is unhappy everybody is sympathetic towards him, he gains sympathy. Every body tries to be loving towards him, he gain lose. And even more than that, when ever he is unhappy, every body is attentive towards him, he gains attention. Attention works like food for the ego, a very alcoholic stimulant. It gives you energy, your ego gets stimulus. Hence, so much need so much desire to get attention.

शीष सतगुरु को अर्पित करो, कीजिये सुरति से तत्व विचार ।
सतगुरु दया से फल मुक्ति, जीव उतारे भवजल पार ।।

Secondly, whenever you are joyful, happy, blissful, successful and gaining popularity, everybody is jealous of you, inimical towards you, so you decide not to consider him blissful and spiritually elevated, if we consider him elevated, socially, morally and spirituality, we feel jealous. Because of jealousy we condemn him. Because of jealousy we will try in every way to put him back to his old state normal, like ourselves.

जाति धर्म कुल भूलि के, सुरति सूं करें विचार ।
पूर्ण सतगुरु तब मिलें, जब मन में नाहि विचार ।।

Satguru 'Vai Naam Ji' say that society can not allow you spiritually elevation in any way. To follow truth and to more inwardly is the greatest revolution. Path which leads us to self realisation and to move in a direction make a communion of soul with over-soul is the greatest revolution in one's life which can't be tolerated by your kith and kins and your known people. If the people follow the whole society will have to change, because this society is based on sorrows, sufferings and misery. If people are spiritually elevated towards Supreme Lord (Satpurush/Parampurush/Sahib) you can't befool them and lead them to malpractice like treachery, cheating, bribery, sexual harrasment, robbery, dacoity, accumulating wealth by unfair means, false religions & wage wars etc. They will not waste their precious life in worldly persuits. It will all appear to them as madness to make out worldly progress which is just like grooping in the dark, exchanging his life for dream pursuit, which always keep the hands empty. Dreams only provide timely consolations but never give anything substantial of any value.

कामनाओं से विरक्त हो कर, सतगुरु सद्द में सुरति ध्यान ।
कर्म जाल भव सागर में, साधक ना धरे ध्यान ।।

We must try to teach true and universal value of religion to children at the very infancy level. Truth should be the basic principle. He should be allowed to move independently to pursue religion not in the narrow sense of parental heritage, but in the broader sense of universal religion and self realization. We must make them to realize that we all are drops of the ocean and have to go back to the same and original abode. They should come in contact with spiritually elevated Masters (True Satgurus) to get true and real knowledge of what we are, from where we have come and where we have to go.

भक्ति बिन भक्ति कहाँ, सब संतन करें पुकार ।
जिन जिन सुरति को त्यागा, बिन सुरति पुकार नहीं पार ।।

We all living beings are same as the soul within us is the same. We have come from the same and we have to remain same, when we will remain same i.e. pure 'soul', we will ultimately amalgamate with the Super-Soul (Parampurush) to get salvation.

"We all are the one and we have to share the world's pain. And the world too will share our pain".

हर नर कल और कल में जी रहा, मन माया किया बेहाल ।
इस पल में जीना सीख ले, तेरा छूटे काल जंजाल ।।

"We all have come from the Super-Soul, we are drops of Super-Soul, true and pure, keep it pure and join back into the pure".

Our sufferings and sorrows are because of impurity of Mind (Mann) and Body (Maya). Come in contact with the true spiritually elevated Master (Satguru) to get Alive (Holy Naam) Surti Sabad of Supreme Lord, in which 'He' himself resides, can subdue Mind and Body to purify your 'Soul' (Hansatma) enable you to attain salvation. This Mind and Body (maya) are one and the same thing. i.e. (Kaal Niranjana).

सब जग झूठा जान के, सतगुरु की करो तलाश ।
सार नाम को पा लिया तो, सतपुरुष हर पल तेरे साथ ।।

“We should believe that the Earth is but one country and living beings its ‘soul’ and all are well knit with each other”.

सतगुरु हमसे रीझ कर, कहा एक प्रसंग ।
बरसा अमृत सतलोक का, चेतन हुआ हर अंग ।।

“Satlok is one and Earth’s are crores, in motion as one body. The end of a finite being is a return to the endless infinite, the beginning and the end are one. The source is elevated Soul to elevate soul’s to return to the infinite for ever”.

सतगुरु कृपा सूं नर हंसा कहावे, जा सिधावे सतलोक ।
यह काज यत्न सूं ना होई, सतगुरु कृपा सूं निजलोक ।।

“The whole universe lies in us, our Supreme Lord (Sahib) is in us but our Mind (Mann) and Body (Maya) distract our attention from the real and true goal of life. Be an elevated person first, and you will realise the presence of Supreme Soul as your guide and the result will follow itself within you”.

पाप पुण्य आशा तृष्णा गई, निष्काम भाव से सेवा ।
बृहंगी मत्त होवे जिनके पासा, सतगुरु चरणन सेवा ।।

All the energy of the universe is within you. It is me who has closed his eyes from the real purpose of life and cry to be in the illusion. We are as rich as Supreme Lord (Sahib) himself, but without a true knowledge we consider ourselves poor and worth less.

‘वे नाम’ सतपुरुष सूं आया, उसी का रूप सुरति निरति स्वांसा साथ ।
‘वे नाम’ सुरति संग जोड़ दो, मन माया त्याग कर सतगुरु संग निजघर साथ ।।

“We all are brooding over the past to satisfy our ‘ego’ and move in the future to satisfy our lust of desires and wishes, which have no end. This is the cause of our bondage of Karma Philosophy. I am a drop. He is an ocean. I am not frighten for his ‘infinite’ nature, as on one time, ‘He’ will join in me to make me with ‘Infinite’.

जो बीत गई सो बात गई, पाया ना परमहंस प्यारे को ।
इस पल रहना आत्मिक होना जान, जे पाया संग सतगुरु प्यारे का ।।

Be in search of true spiritually elevated Master (Satguru) to be one with Supreme Lord (Satpurush/Parampurush/Sahib), without ‘Him’ no one can enter the gate of Satlok (Amarlok/Begampur).

बिन सतगुरु कोई पावे नहीं — कोई कौटिन करे उपाये ।
परमहंस वे नाम कृपा सूं, पल में भव पार हो जायें ।।

“Stand up for Parampurush/Sahib and the world will follow you”

भीतर सुरति सार नाम संग, सतगुरु पारस सुरति संग साथ ।
उस अंदर सुरति में वासा साहिबन का, स्वांस स्वांस में संग साथ ।।

You can’t find ‘Sahib’ outside of yourself. Our own pure soul without Mind (Mann) and Body (Maya) possess all of the divinity within ourselves.

प्रेम तार से जोड़ो सुरति, सतगुरु पारस सुरति संग साथ ।
सतगुरु प्रेम बिन कुछ नाहि, प्रेम सुरति सूं सतगुरु संग साथ ।।
सुरति निरति मन पवन कर एक, ऊँची तानो सुरति को देखो पुरुष अलेख ।
ये काम शब्द से नाहि सब्द से होये, जा पर देखो पुरुष अलेख ।।

As we move inwardly and make progress towards spiritualism, the soul starts purifying from Mind (Mann) and Body (Maya). The body is very ancient, because it was there when you were a water dweller like a fish,

made up of water as an element. Then you became flying insect of two elements i.e. Fire and Air, then we became birds of three elements, i.e. Earth, Water and Air, & the tree of the three elements, i.e. Earth, Water and Air. Then we came as animals of four elements, i.e. Earth, Water, Air and Fire. Last of all we came as human beings of five elements as Earth, Water, Air, Fire and Sky 'Mind' (Black Matter, Mann).

सतगुरु आप सत बतावे सत, काल सूं आन बचावे ।
सतगुरु सतपुरुष मूल दात दे कर, नर को पार लगावे ।।

Thus upto four elements the body was without Mind or we can say it was in fast asleep. You became a tree, the body was there but without 'Mind'. We became a lion, a tiger, a dog, a cat etc., the body was so alive with energy, but the 'Mind' (Kaal-Niranjan) was not there to function.

आत्म तृष्णाहीन है, रिश्ते नातों से कौसों दूर ।
मन माया बिन आत्म हंसा बने, जो प्रेम प्रकाश का नूर ।।

The body has been functional for the last three Arab years without 'Mind' but soul was very much functioning within the body to provide energy to function properly. We can't make any movement without 'Soul' but can without 'Mind'.

मन मान मिटाना, जानो काम इस संसार में ।
मन मिटे आत्म हंसा हो, जा पहुंचो निजघर में ।।

We attain the fifth element 'Mind' (sky) when we come on the planet as human being. Thus 'Mind' is new and body is old enough. Mind is very wise as it is 'Kaal Niranjan' (Nirankar) himself sitting in 'Sushmna' in the form of cough material. 'Mind and Body' is one and the same thing. 'He' has closed the doors of 'Sushmana' to stop the spiritual progress of 'Jivas'.

माटी का घट पाईके, किया ना सतगुरु सूं मेल ।
माटी माटी को रौंदे, कैसे हो साहिबन सूं मेल ।।

TRUTH

“Thoughts that break the connection from Mind and establish connection with the Surti of Soul means you are on the right track. Truth comes from the ocean of Super Soul, to establish its permanent link with Super Soul. If you follow spiritual path you put yourself on right track that has been there all the while, and the life you ought to be living is the one you are living, establish the truth to reach the truth.

सांचे साहिब सूं सुरति लगा लो, प्रेम तार जोड़ो ताई संग ।
सुख सम्पत्ति की आशा त्याग दो, प्रेम जोत जले ईक संग ।।

If you are on the right track, right path and right place. Don't regret for the past and don't wish and desire for the future, keeping smiling, being happy, being punctual, move on the prescribed path of spiritually elevated (Satguru), the destination is in you.

गर्व गुमान जब छूटते, तभी होत सतगुरु सूं भेंट ।
जब लग मन अहंकारिया, कैसे हो सतगुरु सूं भेंट ।।

Mind is also a link between the 'sense world' and 'soul' realm. Mind operates through thoughts and 'Soul' through Surti. Mind and Maya is one and the same thing.

ये जन्म ना जान तन काजा, प्यारे सतगुरु शरणी आजा ।
आशा तृष्णा का संग करे अभागा, मन मान तजना ते शरणी आजा ।।

“Thought is a subtle wave or vibration emanating from the Mind (Mann) and body is the means of executing thoughts. 'Soul' is source of energy working in the body”.

मनुष्य देह आत्मां पाकर, मोक्ष दात पाने का अवसर पाये ।
मोह माया के बंधन तोड़ कर, सार नाम की दात को पाये ।।

There are infinite types of vibrations of love, hatred, envy, jealousy, anger, sexuality etc., in the cosmos, depending on the principle of 'like attracts like'. Our Mind and Body (Maya) attracts material objects to satisfy our ego, desires and wishes. The soul attracts material objects to satisfy our ego, desires and wishes. The soul attracts the Super Soul through Surti, provided we have been bestowed Alive Holy Surat Sabad by the true Master (Satguru) who has received the same Surat Sabad from Supreme Lord (Parampurush) and who resides not in this Universe but far away in Satlok (Amarlok).

सतगुरु नाम पाये बिन, मिले ना पूर्ण मुक्ति दात ।
लाखों जन्मों से प्यासी आत्म नाम की, बिन सतगुरु कैसे बने बात ।।

Nirankar (Kaal Purush) is the fifth son of Supreme Lord (Satpurush/Parampurush). Satpurush created sixteen sons and one daughter (Aadd-Shakti) through Surti. This black matter (Kaal Niranjana) is also created by Supreme Lord through Surti. Thus all the five elements Earth, Water, Fire, Air and Sky (Sunn) are created by Satpurush (Supreme Lord/Sahib). These all are created by Satpurush through Surti.

श्री कृष्ण अर्जुन से कहें, परमपुरुष भौतिक प्राकृति सूं पार ।
उनके तेज का वर्णन कौन करे, वाणी भाव सूं वे पार ।।

Kaal Purush has made body of all Jeeva's by Mind waves. Some are of one material, some of two, some of three, some of four like animals and all human beings of five elements which includes Mind (Mann/Sky). When you have Mind you can get salvation. Thus only human beings can attain salvation, as they contain most important material black matter (Sunn) along with soul. Mind ignites soul with his powerful waves and at appropriate time when any individual gets the knowledge of Surti Sabad which has the power to subdue Mind and get spiritually elevated and attain salvation. Surti is very power energy which liberates the soul from the shackles of slavery of Mind (Kaal Niranjana/Kaal Purush). To get liberated from a powerful energy, we have to apply more powerful energy to suppress the ist and join with the powerful to be librated.

प्यारो सतगुरु भक्ति बिना, मृतक जान संसार ।
सतगुरु की दात बिन, कैसे जागे संसार ।।

Supreme Lord is our real father. His Surti can only liberate us from the clutches of Kaal Niranjana (Mann). We attract same type of vibration from the cosmos as are there in us. They can have link with our own present and past life's instincts. We can be in touch with our own kith and kins, alive or dead with our Surti depending on the level of purification of 'soul' from Mind (Mann) and Body (Maya) when the frequency of our soul's surti matches with any body living or dead can exchange thoughts and ideas very easily and when the Surti of same frequency come in contact with each other. I have met with Lord Rama, Lord Krishna, Baba Nanak Ji, Sant Kabir Sahib, Hazrat Mohd. Sahib Ji, Sant Ravi Das Ji, Sant Mira Ji, Guru Charan Singh Ji, Guru Gobind Singh Ji and so many others living and departed souls.

जो सार सब्द की दात है पाता, ईक़तर पीढ़ी को पार लगाता ।
लाखों जन्मों का चक्कर छूटे, सतगुरु संग पा निजघर जाता ।।

I have visited Heaven, Hell, Gou Lok, Shiv Lok, Seven Sunn Loks, Seven Maha Sunn Loks and Sehshastraar Lok. I have met with Nirankar (God) touched his feet and on moving up his whole body turned black and I forgot the shape. It shows that I knew him so I bowed down to touch the feet. I have met with Satpurush talked with each other in Surti, have received Surat Sabad from 'Him' to enlighten the masses. 'He' has provided me enormous energy to heal any body of any disease, provided he wants to get himself spiritually elevated along with the recovery of ailment. I often visit Satlok to be one with Supreme Lord (Satpurush/Parampurush).

आपा खोवें आप को जाने, तब जागा कहलायें ।
मन माया तृष्णा सुरति में रहे तो, सोया ही कहलाये ।।

The cosmos is directed and governed by Kaal Niranjana (Nirankar) silently, secretly and subtly. Nirankar directs the working of every

living being of this vast Universe. 'He' is present in every individual and functions secretly, invisible and vibrant. This secret and sublime process of Mind (Mann) has been going on so smoothly, perfectly, efficiently and regularly since eternity, silent, invisible and incessant flow of Kaal Purush's life current is independent of any outside help, guidance or interference, so long a man does not come in contact with true and spiritually elevated Master (Satguru) to get 'Sar Naam' to subdue Mind and Body.

सुरति निरति सब्द में, सुरति सब्द की धार ।
निरति आती प्राण संग, सब्द मिलावे सब्द ही ईक धार ।।

UNIVERSAL RELIGION

Religion :- Religions were created as said by Khoji Sahib - to inspire and guide the inner consciousness of man and to transform it :-

‘वे नाम’ कहें :-

सुरति केवल सब्द में, तन धर्म मान सूं नाता ना ।
वैर छोड़ मन माया ध्यान सूं, रिश्ते नातों से नाता ना ।।

From animality to humanity, from humanity to nobility, from nobility to spirituality, from spirituality to the engetic , from the engetic to God (Nirankar) consciousness.

बिन ज्ञान नहीं भक्ति, ज्ञान भक्ति का प्राण ।
बीत राग में भक्ति है, भक्ति बिन अज्ञान ।।

But let me add to it as under :-

From God (Nirankar consciousness) to Supreme Lord (Satpurush/Sahib) this will take place when 'Mind' (Mann) is completely annihilated and 'soul' and become 'Hansatma' from Mind

and Body. This stage is obtained in 'Para Bhakti'. This stage is obtained when Sadhak has come out of four bodies (i.e. from Maha Praghya stage).

जो अनन्य भगत ना, कर्मयोग ज्ञानयोग हठयोग में अटके ।
निज को कर्ता मानते, जन्म मरन में रहें सदा अटके ।।

When a Sadhak comes in the Gyan body and then to Vigyan body, the Mind is completely annihilated and Soul becomes Hansatma and goes to Satlok (Amarlok/Begampur) by means of Vihangam Chhaal in which 'Hansatma' travels crores of miles in a second along with Supreme Lord (Satpurush/Parampurush/Sahib). That Hansatma never comes back in mother's womb to take birth. He attains complete Nirvana (Moksh).

आत्म हंसा हो गई, जाई बसे निजधाम ।
सब हंसों से मेल है होता, सतपुरुष का मिलता प्रेम ।।

I believe in universal religion where only soul is to be realised self, is spiritually elevated without any bondage of caste, creed and religion, though they are flowers of the same garden, but they can't live like flowers, like trees nor like birds and more over not like the animals. Man has got Mind (Black Matter) which doesn't allow man to live in harmony, so as long as there will be caste, creed and religions, there will be constant struggle and fight for the uplift of one's own religion and to curse, obscure other religions.

परमपुरुष एक है, हम नारी बहु अंग ।
उसी एक से प्रेम कर, पूर्ण मोक्ष का अंग ।।

What so ever Supreme Lord created got utilized, what so ever God (Nirankar) created got utilized and in the same way, what so ever man has made will get utilized one day and the whole civilization will come to an end. We have dug big pit for us all to fall into it one day, which doesn't seem to be far off.

बिन ज्ञान सब्द भक्ति करे, सो अंधा जग जीव ।
भक्ति तत्व नहीं समझा, फिर कैसे पावे पीव ।।

We can save ourselves from this human created doom, but not from dooms day which is destined and fixed. We can avert our own created doom by adopting true and real path of spirituality. It can be achieved by inner awakening and realizing our own self and let go 'I am' which is 'ego'. We can make spiritual progress by virtue of our devotion.

मन भीतर का घर तुम जानो, तन बाहर का घर ।
ना जहां मन ना जहां तन, सब्द आत्म हंसा कर ले जाये निजघर ।।

The micro cosmic point advances towards the nuclear point (constant purification of soul) of Supreme Lord (Satpurush/Sahib). The close it gets (i.e. Maximum % of mind is subdued), more it realizes the proximity of the macro cosmic nucleus, (i.e. when a Sadhak comes out of four bodies : physical, astral, turia and turiateet stages), the more 'It' gets purified, the more the micro cosmin point advances towards the micro cosmic point, (Supreme Lord/Sahib/Parampurush), the more it imbibes the qualities of the macrocosm (soul gets completely free from Mind and Body) and attains Hansatma.

दुख दर्द और रोग में, मुझे ही प्रकट तूं जान ।
अब तूं चुप्पी धार, सतगुरु चरणन में ध्यान ।।

The more a seeker (Sadhak) advances, the more his qualities change. When, in the process, you come into close proximity with the nucleus i.e. true Master (Satguru) who possesses the qualities of Satpurush as he has met with the Supreme Lord and has imbibed all the qualities of 'Sahib' Satpurush, you lose your micro qualities and acquire the qualities of 'Sahib' (Satguru) object of ideation.

पारस सुरति में सूरति डाल दो, सब्द से जोड़ो तार ।
दुख दर्द का संग छूटे, अब बरसे अमृत धार ।।

प्रेम ही आत्म जे सुरति निरति ईक संग, प्रेम की जोत जग उठे ।
फूल खिले सुरति का, जे सतगुरु की ले ली हो ओट ॥

Radha while thinking of Lord Krishna, was so radically changed in wardly that her 'Mind' transformed into Krishna. At this stage there can only be traces of Mind effect and the two souls almost become one. The 'soul' of Radha got merged with Krishna. Ultimately there can be almost no duality. This is known as Praghya Awastha stage when soul has come out of three bodies and attains 'Turiya Awastha'. At this stage 'I' exist to some extent and 'God' also exists. The soul does not merge with the macro. There are two identities 'I' and "My God" so one can feel waves of joy can travel different loks with 'papeel marg' a floating way with tremendous speed and can listen to universal music and seventy kinds of sounds. One can see the brilliance of luminous light within himself during concentration.

तेरे अंदर घौर अंधियारा, रहता तूं भयभीत ।
अंदर का द्वीप सार सब्द सूं जले, फिर कैसे कोई भयभीत ॥

For the removal of these two bodies you have to move towards 'Para Bhakti' and for this you have to search for true and real spiritually elevated Master (Satguru) who possesses Paras Surti. He will provide you 'Sar Naam & Surat Naam' in which Supreme Lord himself exists. This 'Naam Daan' has 'Paras Surti'. Which possesses the power of Satpurush, which eliminates (subdues) Mind and Body completely from the 'soul' and soul attains the stage of Hansatma. The purest and original state of Hansa. 'Vai Naam Gulam' says :-

सतगुरु सतपुरुष का भेद है, जो आवे जाने वो ।
कहां सूं आया कहां है जाना, हंसा सतपुरुष जाने वो ॥

सतगुरु सूं दात को पा ले, सार सब्द सुरति सब्द से जोड़ो तार ।
मन माया के भेद को जानो, छूटे तीन लोक काल पसार ॥

**When you move towards Parampurush by the proper contact with true and real Satguru; you lose your existence and experience unity, but still you attain your identity as you had at the time of creation, a shining drop in the ocean of Supreme lord.....
(Parampurush/Satpurush/Sahib)**

जब आत्म सतगुरु बिन दिखे, तुम दौ से एक नाहि ।
जब आत्म में सतगुरु दिखे, तुम हुऐ एक अब दौ नाहि ।।

सुरति सब्द में समा गई, सब्द ही प्यारी जोत ।
अब सतगुरु सब्द सुरति स्वांसा, एक महान जोत ।
अब तीनों सब्द में समा गये, अब रही केवल परम जोत ।।

When $1+1=2$, this is initial stage

$1+1=1$, this is second stage

$1+1+1=(1+1+1)$, final stage

धर्म बाहर की वस्तु नाहि, अंदर के खोलो द्वार ।
अंदर आत्म जगा लो, सुरति निरति सब्द स्वांस से खुले द्वार ।।

NEED FOR INTELLECTUAL & SPIRITUALLY ELEVATED PERSONALITIES

आध्यात्मिक पौधा क्रमशः बढ़ता जाये, उच्चतम लोक में वास ।
अमर लोक सब हंसों का लोक, प्रीत जागे तो मिलता वास ।।

What is wrong in the world :-

Let me start from home :- Our every thing depends on our birth. We have to adopt the religion, faith, way of living as per norms of the family. We are not allowed to move an inch out of these ritual dogmas

and religion. Now from where the real religion which was with us at the time of birth our promises with God that I will not forget you even for a moment. They have gone with the whirl wind of old dogmas and religious traditions. Why don't we allow the child to grow, develop and establish his laws of religion and path of spiritual life as was done to me by my parents, who never persuaded me to follow any path or religion. Throughout my life career I never gave any importance to any religion. My religion was humanity at large and still it is the same. Now I have crossed seventy years on this planet and remained in search of true religion of human beings and at the end this humble human being has no religion, no caste, no name. This humble creature is known as "Vai Naam Gulam". I am worshiper of Supreme Lord (Sahib) of Satlok (Amarlik/Begampur) my original abode.

मात पिता को बांटते, यह नाहि अच्छी बात ।
धर्म जगाता निज आत्मां, मत कर मन तरंग की बात ।।

Let me come to India :-

जीवित मरुं सतगुरु को पाऊँ, एक धर्म सो सुरति जान ।
यह है जीवित मरना संग सब्द के, आत्म हंसा महान ।।

What has gone wrong with India before Independence, everybody had high hopes of freedom, but now we feel that something more is required to fulfill their dreams and aspirations. The strange thing is that we are not aware of the missing items, needs and their nature. There is a need to discover these items, needs and nature and to replan our strategy accordingly. This is the most urgent task before us all. If we go deep into our inner most recesses, we realise that there is an aspect of us that is a witness to all the events remote past, past and present events that took place with in our body. This witness inside us is unchanging, unmotivated, uninstigated, unstimulated and unimagined. It is from here that we observe all the changes that time brings and get visualized. Lord Krishna says to Arjuna that I know hundred of 'My' births were as you Arjuna don't know beyond this birth of yours.

मूल सुरति आत्म की ईक सुरति, चित्त मन का कर्ता धर्ता ले जान ।
मन माया का संग गया, मूल सुरति आत्म सुरति का संदेश ले जान ।।

You can yourself see that every body in every country is totally based on material process i.e. science and technology know, how? This external progress can leads us no where. It is making a circle, the moment this circle attains its circumstance the inhalation of the universe is imminent. This is the truth of life, that what so ever is visible has to destroy and get perished.

जो दिखा बिन सपने, कुछ ना जान प्यारो ।
ये सब मन का धोखा, पल पल भटकावे सुरति ध्यान प्यारो ।।

This universe is an illusion. When ever there are challenges, we need to keep making efforts to create a better world. This is possible when we are established within ourselves. In us, there is an actor and there is a witness. As you go inwards, the witness aspect grows in us and we remain untouched by events. And as we go out wards, the actor in us becomes more skillful in responding to situations. These two entirely different aspects and opposit aspects of our being are nurtured by meditation and concentration. Here actor is Mind (Mann) and witness is (soul/self).

गुप्त भयो है संग सभी के, मन ही कृष्ण राम औंकार होई ।
अपनी चाल हर युग में चल गये, इन सब की महिमां ना जाना कोई ।।

When we come closer to self, our action becomes powerful in the world and right action in this direction bring us closer to the self i.e. we begin to realise what we are, from where we have come and where we have to go. Every picture within us becomes clear and soft and make a platform (foundation) to launch to our cherrished goal.

सतपुरुष का घर दूर है, जैसे आत्म सुरति डौर ।
उस घर से आये सभी उस घर है जाना, जब संग में सार नाम की डौर ।।

All events in our life that have passed have become dream and deeds. Surti is becoming aware of this dream like nature of life even as it is unfolding now. Keeping the Surti intact and in the present moment, brings tremendous strength because the focus of the Surti is immediate present and you don't get shaken by events and circumstances how difficult and dreadful they might be. This Surti of intense power makes a focus, concentrate at a point and burn ego, desires and wishes, just like a double convex lens focus on a black paper burns it instantly.

We need to learn from such like elevated spiritual souls and keep going. Time changes people, but there are people who change the time. The country, the nation, the world and even this universe is led by these spiritually elevated souls who possess 'Paras Surti' of 'Satpurush' to lead the masses. May you be one of them. Have blessings of 'Sahib'.

"The Holy spirit rests on him only who has 'Paras Surti' in him".

Every spirit of man is (innocent) in the beginning and original but the moment it got intangled in Mind (Mann) and Body (Maya), it become :- Hansa={Atma/soul-(Mind+body)}.

"Hope is internal where as ego is our past, wish and desire are future and external".

बाहर केवल धोखा ईन्द्रियों का, भीतर मोती लाल ।
बाहर के पट बंद कर, सब्द सुरति देख अंदर के कमाल ।।

"The body is for the experience of physical. It is the attachment to the physical which ties one to the cycle of pleasure and pain leading to disease and aging".

दुख सुख मन की देन है, आत्म सूं लेन ना देन ।
एक नाम 'वे नाम' सूं जान लो, पल में टूटे अहम अभिमान ।।

“If we have faith nothing is impossible in this world. Faith is an inner conviction where as prayers are premised on faith in divinity within”.

सतगुरु पर आस विश्वास जब, सब कुछ तेरे पास ।
सब्द सहारा पकड़ ले, सतपुरुष भी तेरे पास ।।

“Rituals are only aids to help us to find ourselves in narrow sense. Spiritual elevation is an aid to help us to understand universe, in the universal sense”.

ये जग सपन समान है, सोवो तो रहता साथ ।
पल में जब आंख खुले, फिर किसका किस संग साथ ।।

“Focusing your inner eyes at the 10th aperture ‘Agya Chakra’ is most difficult without ‘Paras Surti’, because it requires stream line flow of ‘Sushmana’ stilling of thoughts, stillness of inner eyes and upward movement of breath are vital as full focus of all is needed to avoid any wastage of energy. Energy is the source of creating light and sound (anhad sabad) within you. It gets depleted when you think very intensely about something past or present. These thoughts are of Mind which wants to distract your concentration (dhyan)”.

सुरति में सब्द को डाल कर, स्वांसा में करो निवास ।
आज्ञा चक्र में सुरति ले चलें, देखो सुनो सब्द जोत प्रकास ।।

Focusing your inner eyes at the 11th aperture ‘Surat Kamal’ (Satguru Lok) which is 1 & 1/4 hands above your head and requires all the conditions that I have mentioned for 10th aperture (Agya Chakra) but you have to shift attention to 11th aperture with full concentration on your Satguru. Real true spiritual Master (Satguru) gives us ‘Paras Surti’ which gives us strength, courage, patience, hope, direction and always be with us in Surti, renewing our spiritual resources to concentrate on ‘Him’.

सुरत कमल ग्यारवां द्वार तूं जान, सतगुरु लोक ले जान ।
केवल सार नाम सुरत दात सूं, साधक पावे सतगुरु दर्श महान ।।

Satguru invokes, serenity, tranquillity of Mind (Mann) and a peaceful, joyous, harmonious and healthy successful life without fear, worry or tension.

सतगुरु निःअक्षर सब्द से, मन शांत निर्मल बन जाये ।
आशा तृष्णा का संग छूटे, सब्द सूं आत्म हंसा बन जाये ।।

“He make us to learn to have confidence in ourselves, truthful dedicated and devotional love, so that we can face the future unafraid and helpful, make out our lives long, joyful and helpful to others without any wish of gain or loss to others in all possible ways.”

“Hope and imagination are always linked together because hope & imagination can be a source of fear”.

‘वे नाम’ निःअक्षर सब्द से, मन तरंग मिट जाये ।
जगत मोह ममता छूटे, आत्म हंसा बन बेगमपुर जाये ।।

Your life, so often, is spoilt due to your differences with others. Differences with others need not end up as hatred. Difference are just differences, but the moment the Mind gives them a name tag of hatred; Mind and heart get polluted.

राग द्वेष क्रोध भय त्याग कर, सतगुरु में ध्यान लगायें ।
देह छोड़ कर निजघर चलें, संग सतगुरु ले जायें ।।

When you become a slave to society, You are afraid of society. Such fear will make your life ineffective and miserable with fear, you will not be able to discern facts of life. With fear, your perception will be distorted. Then, instead of the actuality of life, only the illusion of life will be experienced. You have to drop fear. Then you will comprehend facts as facts, otherwise fear will distort facts to fit into its hopes and manipulations.

जब लग बूंद ना सिंधु समाये, तब लग भय लौभ अहंकार ।
सतगुरु मिलें तो दात मिले, छूटे ये मन माया अहंकार ।।

“Desires and aspirations for attaining or possessing something can lead to disappointments, we often mistake a desire of the body for a yearning of the soul”.

अच्छे व बुरे गुण, मन की उत्पत्ति ले जान ।
दुख सुख जन्म मृत्यु, सतगुरु सूं ले जान ।।

“We ought to consider our wishes in life to determine which are ephemeral and very negligible and truly worth while”.

बावन अक्षर छोड़ कर, निःअक्षर में सुरति समाये ।
लिखना पढ़ना दूर कर, निःअक्षर बिन सब दे बहाये ।।

“Expectation is something reciprocal and invective where as hope is sufficient into itself. There is no medicine like hope, no incentive so great and so tonic so powerful”.

आशा तृष्णा झूठ सब, विश्वास सूं बनें सब काम ।
विश्वास आत्म अंग है, मन मान जाये हंसा से सब काम ।।

“Keep hopes alive via faith and vision. No obstacle stop them in their undertaking provided they concentrate in the immediate present”.

इस पल में रहना आ गया, आत्म से होत सब काम ।
आप में आप को जान ले, विश्वास करे सब काम ।।

“The biggest secret to happiness is to have good wishes and pure feelings in your heart for everyone, no matter who they are whether friend or foes”.

शुद्ध प्रेम अति गुण बढ़ा, तीन लोक काल ले जान ।
मीरां को तुम देख लो, पा लिया निजघर धाम ।।

“The best way to increase happiness is to share it with other. Hence be happy and share it generously to fly high in spirits”.

निज को निज से जान ले, निज में सुरति महान ।
निज ही आत्म रूप है, मन छूटे तो हंसा महान ।।

When you find peace within yourself, you become the kind of person who can live at peace with others, when you have Paras Surti' along with your 'Surti', one should always be true in thoughts, words and deeds to purify his 'soul', subdue his 'Mind' and 'Body' (Maya), with a vehicle of 'Saar Naam'.

पारस सुरति सतगुरु पासा, सार नाम संग वासा ।
जो कोई सतगुरु में ध्यान लगावे, निजधाम निजघर वासा ।।

“When we find ourselves in darkness, let us close our eyes and focus untill we see the light that bring peace, joy and love”.

हर जीव मन का दास जग में, चारों ओर अंधकार का वास ।
सुरति सतगुरु दात में, तन मन में नांही वास ।।

“Paras Surti is a nectar for the human soul to make it Hansatma”.

सतगुरु का हंस रूप सतपुरुष, सुरति सूं सुरति दे जाते ।
संग में सैल सहशास्त्रार और निजधाम की, भेद महान दे जाते ।।

Satguru is your guide, generator of creating thrust, energy, subduer of 'Mind' and 'Body' (Maya) infuser of love, hope, kindness, difuser of hatred, lust, greed, dispell hatered, affection, anger, ego, fear and to make soul free of Mind (Mann) and Body (Maya) and to establish link of pure soul (Hansatma) to Super Soul (Param purush /Satpurush/Sahib).

सतगुरु सूं प्रीती ऐसी लागी, जैसे चांद चकौर ।
और कुछ दरसे नांही, सुरति सूं सुरति जोड़ ।।

“Mind is there in you to put hurddles, create problems in your path of inner progress and always shake up your faith and hope in persuing the true and real path of spiritual progress and uplift of soul from the shackles and bondage of Kaal Niranjani (Mind)”.

मन वाणी से पार है, आत्म हंसा रूप ।
सुरति में पारस सुरति वास जब, पावें पुरुष अनूप ।।

To count beads or practise ritualistic worship without directing one's Surti towards the Supreme Lord (Parampurush / Satpurush / Sahib). To pretend to be virtuous outside while harboring sinful thoughts within is absolutely meaningless go without knowledge, if you want to find the truth. The knowledge of a person is a barrier between you Soul and Super Soul. This knowledge is your 'I-ness' (ego).

अंदर बाहर एक सब, प्रेम की डोर संग साथ ।
भक्ति तत्व पाया नाहि, फिर कैसे सतपुरुष साथ ।।

Let go ego, become a child, become more creative. Remember, knowledge is gathered - you need not be creative about it, you have only to be receptive. And that is what man has become, man is reduced to be a spectator rather than to be creator. This is true knowledge, to seek the self as the true end of wisdom and to seek anything else is ignorance.

शील क्षमा सुरति में उपझे, परम दृष्टिमान उसे जान ।
बिन शील कैसे जागा कोई, मन में मान महान ।।

Bhagwad Gita elevate soul, subdue Mind, Let go body (maya) penetrate within, find some one standing at your door.

“No one has ever become poor by giving and nobody has become rich by gaining material wealth”.

बलि हरीश्चन्द्र कर्ण बड़े दानी, काल तिन करि बहु हानी ।
मुक्ति की नर आशा लावे, काल की मार बहु हानी ।।

You can become rich by spiritually elevating your 'soul'.

हंसा सतपुरुष अनुपम छवि देख कर, अत्यंत आनंद पावे ।
जैसे कुमुदिनी चंद्र देख कर, प्रफुल्लित हो खिल जावे ।।

Full concentration of Surti, balanced talk, and life of service and compassion are the things which give flow to love and faith. I believe compassion, hope and belief are noble things we can practise, that will bring immediate and long term love and affection for the humanity at large. There is nothing more advanced than relating with others in surti. There is need of the time to establish communication, compassion through the baton of Surti (concentration). Yourself is colourless, but in the presence of Mind, it attains colour. Dip it in red dye, it turns red ; dip it in green, it turns green ; put it in sunlight for long ; it loses its colour. It is the mind which changes colour not your real self. Self is bundle of Surti (Hansatma).

सतपुरुष अंश हंसा क्रीड़ा करते, प्रफुल्लित हो उठते ।
जैसे चन्द्रमां देख कर, खेत कुमुदिनी खिल उठते ।।

The individual Super Conscious self is a gateway to the Supreme Universal Consciousness Self, which is infinite in power. Self is considered as two fold, pure and impure. It is impure with the resolve of personal desire and wish and ego due to past re-collections. It is pure when devoid of all external impacts on self.

‘वे नाम’ बार बार समझाने पर, ये प्राणी जान ना पावे ।
काल बुद्धि हरि मन मुरीद की, बिन ‘वे नाम’ दात कैसे कोई बच पावे ।।

The impure self is marvelous melodramatic entity. Its diet is desires, wish for power, puff, wealth controversies and frustrations. It always remain spinning some thing for external pursuits. Make yourself pure by subduing mind which always remains in oscillation to engulf the true self to delude it not to penetrate within to be converted back into its original form i.e. true self (Hansatma).

True love is the string to cling and elevate the soul to realize the Super Soul (Supreme Lord) to establish the permanent bondage to get salvation (Nirvana); so as to be free from the bondage of life and death cycle. Parampurush should be loved for Parampurush's own sake, not out of fear - as there is practice along some seekers.

"Rabia prayed, "O, Allah ! if I worship you for fear of hell, burn me in hell, and if worship you in hope of paradise, exclude me from paradise. But if I worship you for your own sake, grudge me not your everlasting beauty".

**जैसी सुरति वैसी आत्मां, तैसे ही घर जाये ।
पारस सुरति तत्व का कार्य करे, निजघर ले जाये ।।**

For many days Rabia had been watching a well known cystic, Hassan, sitting before the door of the mosque and praying to God with intense devotion. "God open the door ! let me in !"

On that Rabia could take it no more, Hassan, let us have a heart rending wail, tears rolling down his cheeks. He was repeatedly shouting, "Open the door ! Let me in ! Why don't you listen ? Why don't you hear my prayers ?" Everyday, Rabia had laughed quietly to herself whenever she had heard Hassan uttering his plaint. But today was too much. Hassan was weeping his heart out. She went up to him, shook him up and said, "stop all this nonsense ! The door is open - infact you are already in !

**आत्म हंसा जब बनी, छूटे मन माया का संग ।
अंदर की जोत जग गई प्यारी, मिला प्रेम आनंद का संग ।।**

Hassan looked at Rabia that moment became a moment of revelation for him. Looking into Rabia's eyes, he bowed down, touching her feet and said, "you came in time, otherwise I would have spent my whole life just calling God in vain. For years I have been doing this - where have you been all these years ! Why did you not come earlier to take me out of my misery."

Rabia said to Hassan, "Yes, but truth can only be cais at a certain moment, in a certain space, in a certain context. I was waiting for the right moment, the ripe time. Today it has arrived hence I came to you. Yesterday if I would had told you, you would have felt irritated ; you may have even become angry. You may have reacted this, "you have disturbed my prayer !" and it is not right to disturb anybody's prayer.

Rabia said, "I had wanted to tell you this longtime back, but I had to wait for the right moment. It did not come till now."

बिन पारस सुरति सतगुरु हो कैसे, नर धोखा खाई लुट जावे ।
कच्चे घड़े संग नदी पार हो कैसे, धोखा देई टूट जावे ।।

अवगुण मेरे साहिब जी, बख़्शो प्रेम नवाज़ ।
जे मैं कपूत हूँ, तो भी राखो लाज ।।

OUR BODY IS COMPRISED OF THREE MAIN PARTS

1. Physical body
2. Arterial body
3. Casual body

Hassan was first in physical body and his love was at the physical level and he was unnecessarily wishing his entrance into the gate of heaven. At this stage a person is purely under the influence of material objects and physical love which is all rubbish and dirt and only gives foul smell like rotten eggs. It is like a stone which lives for years, but without any smell and real love. With passing days Hassan made a progress inwardly and reached at the level of Man like flowers which give fragrance which refreshes the minds of passers-by just like flowers, this love is short level and temporary. Mind (Mann) can't attain stagnation easily. so this love is also transitory and fleeting.

When Hussan attained the third stage of internal love and reached turia stage and visualizes the glimpses of bright light and inner musical

sound. He forgot his ownself and started shedding tears out of true love of God and crying out ecstasy. Thus his spiritual awakening took place and the soul got purified upto 75% and Rabia came to his rescue and made him to realize that he is very much inside the gate of heaven. Give birth Parampurush where there is light there can be no darkness. Our true nature is light. Bring out innate goodness and light into our daily life. Outer world is darkness and illusion. Saints while throwing as you are moving inwardly towards one self which is infinite itself.

Love (Prem) : Prem is the way to attain nirvan, to reach up to Parampurush (Supreme Lord). Love is to dive and concentration, the art of living and at the end both come to same place. In the eye of love (Prem) all is present before you.

जब अहम था तो सतगुरु संग नाहि, अब सतगुरु हैं अहम नाहि ।
प्रेम में जब दौ ईक बनें, सतगुरु संग साधक सतपुरुष समाहिं ।।

Love (Prem) doesn't know 'Death'. It is itself death. It removes the barriers of time and space. The glimmering example of Meera who loves Krishna who came on the planet five thousand (5000) years back of Meera, but still Meera created 'Him' before her eyes and danced with 'Him'. She conquered time and space and thus became more powerful soul than 'Radha' and made her love meaningless before her own love for Lord Krishna. When Lord Krishna moved from Gokul to Dwarka, Radha felt the absence of Lord Krishna though 'He' was very much on the planet, there was no barrier of time, but was only of space which is insignificant.

विश्वास का झाड़ू पकड़ कर, सुरति को ले जगाये ।
'वे नाम' सब्द सुमिरे जो प्यारा, आत्म को ले जगाये ।।

Blissful Love :- Sharad Purnima celebrates ecstatic divine love and several stories in the Bhagvat illustrates this. Shiva, roused from meditation on hearing Krishna's flute, rushed to Vrindavan where Vrinda Devi stalls him saying that rasa is meant only for those with Sakhi-

Bhaav (friendly attitude) and a male devotee can not have such as attitude. A dip in the Yamuna transforms Shiva into a beautiful Gopi and she enters Raas Mandal slightly. Calling her 'Gopeshwar' Lord Krishna dances with her, making her dizzy with ecstasy and her hair and sari come undone, making everyone laugh.

The flute's enchanting melody slakes the thirst for spiritual knowledge in those gopi's who loved Krishna with friendly or loving attitude. Four kinds of gopi's participated in it - gopis who did austerities to get Krishna. Shrutis or mantras personified as gopis, rishimpa gopis and nityasidha gopis who always remain with the divine in each yug. Krishna appeared differently for each gopi according to their age and emotion.

सतगुरु भक्ति चाह कैसी, वह तो चाह से रहित ।
काल का दण्ड जीव छलनी करे, मोह माया से प्रीत ।।

On Sharad Purnima night, Krishna played the flute and gopis left their homes, husbands and children to seek Krishna in whatever state they were in, each one of them hearing her own name in the music. Gopis who were stopped forcibly at home became so desperate with intense desire that Krishna appeared in their hearts and to make them dance in turiya state i.e. Pragya Avastha. His presence before them broke their bondage of past samaskarmas, chains of bondage, and they united with him forever, achieving knowledge of self, overcoming all duality. This is a temporary salvation as it the unions of, not the pure soul 'Hansatma' but 'sky' material does remain with the soul. It is 3rd type of Mukti in which a soul joins with sky material and remains there till this universe reappears again and have re-birth in the next 'yug' in this universe. This is what we call fruits of action which is devoid of desire, wish and ego i.e. 'I am'. In Raaslila the relation is romantic self less love, but in this 'sky matter' does remain.

जहां भौग तहां विनाष, अमली कैसे करे ध्यान ।
साधू ध्यानी हो कर कूटे भंग, इनसे कैसे हो ध्यान ।।

All souls are connected, when we talk of togetherness even a small incident can have a drastic impact on our ancestor who are living or departed. Why you got this gift of awareness or enlightenment is because the Supreme Lord (Parampurush/Sahib) knows that all souls are his parts and have come from Amarlok (Satlok/Begampur). One liberated soul can liberate seventy one ancestral families. I myself is the witness of this. The day I got Surti Sabad from Parampurush, the next night at 3.00 a.m. 'My' ancestors started coming to get my blessings and 'Daan' of 'Surti-Sabad'. It did not stop here all, big Gurus, Rishis, Satgurus came to see me and even some demanded 'Surti-Sabad' (Sar-Surti) from me at 3.00 a.m and 'I' gave them for attaining salvation. They have to chant this Surti for a period of Six months and then they go to 'Satlok' (Amarlok). They get liberation and never come back to this universe to have re-birth. This stage can be obtained when you have a true real Master (Satguru) entrusted with a power of 'Paras Surti' (i.e. Alive Holy Word) from 'Satpurush' (Supreme Lord) on his visit to Amarlok (Satlok) the real abode of all Souls (Hansatmas).

सतगुरु बृहंगी दात सूँ, साधक को करे आप समान ।
नाम पारस सुरति मांहि, करे कागा से हंस महान ॥

The self in you and God (Supreme Lord) are one. You are soul of Super Soul, but retain your own identity even when you join 'Him'. You live in him as 'Hansa' i.e. '1' + '1' = (1+1). The Gita leads one to the ultimate state of spiritual enlightenment. Moreover, it offers a philosophy of life which can be translated into practical living in one's social - official, domestic and spiritual lives.

जैसे डौरी उड़े आकाश, सब्द सूँ सुरति ना टूटे ।
सिर पर घाघर बात सखिन सूँ, सुरति सूँ घाघर ना छूटे ॥

Meera Bai says,

"The love that binds me to you, 'O' Lord is unbreakable / like diamond that smashes the hammer / when it is struck / like the lotus rising from the mud and dirt my life rises from you / like night bird chokar constantly gazing at the passing moon / I am lost dwelling on you / 'O' my beloved Sahib Ji -

‘You’ have accepted me as pure Hansatma (Hansa) a drop in ocean (i.e. Hans in Amarlok)”. Love is above religion. It unites all the souls as one unity (identity). It has universal value. Supreme Lord ‘Himself’ nothing less than love.

When any one comes in turia stage ‘pragya avastha’ his soul is 75% and mind is 25%. At this stage you can have the blessing of faith otherwise faith is amalgamated in mind and is non functional. When faith moves towards purity and amalgamated in mind and is non functional. When faith moves towards purity and amalgamation/galvanisation of mind is removed, the result can be an increase in hope, hope is not the out come of Mind (Mann) but of soul.

Faith accompanied Dhayan (Surti) can deliver ‘Satguru’ in the guise of ‘Satpurush’ (Supreme Lord) by concentrating ‘Saar Sabad’ in which ‘He’ himself resides. ‘Surti-Sabad’ (Saar Sabad) can make Supreme Lord possible through Surti (concentration/dhyan). Surti can deliver ‘Supreme Lord’ (Parampurush/Sahib). Supreme Lord is not a thing but creation through the concentration on real, true, alive Satguru. And those who create, find.

मन औंकार काल निरंजन, आत्म भ्रमित करे हर पल ।

सतगुरु आत्म हंसा रूप बना कर, करे मन माया से पार उसी पल ।।

‘He’ can’t be discovered or invented like scientific invention. Every one has to create Supreme Lord ignoring and leaving Mind (Mann) and Body (Maya). You have to become like Satguru Sahib, Kabir Ji, Baba Nanak Sahib, Sant Ravi Daas Ji. Each individual has to give birth to Supreme Lord (Sahib Ji) in his own womb. Each individual has to become pregnant with ‘It’ and pass through the pains of birth. Each one has to carry ‘It’ in one’s womb, feed ‘It’ by one’s own blood, and only then one discover.

जो साधक सतगुरु संग करे, आत्म का बदले प्रवाह ।

सतगुरु सतपुरुष और साधक, सुरति का बने ईक प्रवाह ।।

Go naked, open and empty.

- (i) **Go without conclusion / go without knowledge / go without any external, thought, wish, desire, ego deeds if you want to find the truth.**
- (ii)
 - (a) **Knowledgeable person never finds it.**
 - (b) **His knowledge is barrier.**
 - (c) **Drop the knowledge and become more creative.**
 - (d) **Remember knowledge is gathered, accumulated.**
 - (e) **And that's what human being has become individual is reduced to being a spectator.**

ONE-NESS

In the Vishwarupa Darshan, Lord Krishna describes the presence of oneness, that among mountains I am 'Meru', among the rivers 'The Ganga', among trees the 'Ashwatha' and so on...

Jesus said, "Father and I are one" and by saying so pointed towards the ultimate experience and nature of oneness. It is something like the explanation in the book of 'Tao' about the presence of the 'Tao' permeating through ten thousand (10000) things.

Lord Krishna says, " to one who is awakened from ignorance, 'I am the self in the heart of all being and there beginning, the now and their future", And among the Vrishnivi clan 'I am Krishna'. "One wonders, who is then expounding the Gita". Is it the self in you and me and the, "10000 things" ? or, is it the Purushotama, Father or Tao ? then, Are we all essentially one ?

Importantly, who is into all this 'listening'. The Keno upanishad enquires; who is listening to sounds the ear brings ? Who is seeing what the eyes captures ? To whom do sixty thousand (60000) thoughts come every day ? For whom the smell of good food brought faithfully

by the senses ? When a devotee asked his Guru the cause and remedy for one's suffering, "Find out to whom is this suffering". The cause, remedy and experience, all seemed one ! Arjuna is called ejudakesa, meaning the "one who is awoken from sleep or ignorance", what prevails is the one ultimate - Advita !

There is need of change in our consciousness and in our entire way of being. There is a wake up calls to let go wish, desire, ego and deeds. Move inwardly, concentrate on Surti 'Sar Sabad' which is 'Paras Surti' to elevate your soul and extract it from 'Kaal Niranjana's (Mind) shackles (bondage). Mind always tries to toss you, in his own created sixty thousand (60,000) thoughts a day or ten thousand (10,000) things are what makes up our mind, but these are not "even a spark of my divine splendor" as Lord Krishna says to be in sustained bliss and clarity, thought bundles must gradually reduce and mitigate through constant concentration on 'Surti-Sabad' (Sar Naam) and satsang of real true spiritual alive Master (Satguru) burn your all thoughts, emotions etc by 'Surti Sabad' go until the last thought (stick) that churns the pyre, is also thrown into it, the 'I' ... 'ego' deeds, should be discarded too. The bigger thorn by which other thorns are removed is not preserved, it is also thrown away i.e. Mind (Mann) and Body (Maya) ought to be burnt completely.

Let me again make a mention of our nature which oscillates between good and bad deeds. Sometimes we are incredibly good and divide. At an other times, almost against our wish and desire, the demon (Mind) in us, surface and we become vicious and harmful, which is the real 'I'.

We all have devil (Mind) within us, something that makes us pursue self destructive ways. Yet, even the worst among us has extraordinary divine traits. The Bhagwad Gita in chapter 16 speaks of daivik, divine and asurik, demonic qualities. It is easy and pleasant to take to the demonic i.e. dictates of Mind. The divine path is uphill and unpleasant in the beginning. The Gita helps us steer clear of the evil in us and focus on the inner good. Chapter 16 enumerates 26 qualities of

the divine and six traits of the demonic. Fearlessness, purity of heart and charity are some of the good qualities emanating from Mind (Mann) with minor participation of soul, as no action good or bad can be performed without the help of 'Soul'. Thus the above good qualities can't be called as divine qualities enlisted.

Fear arises from ignorance, selfishness, viciousness and a sense of otherness. Prahlad, the child, was fearless against the might of his father 'Hiranyakashyapa'. Yet the most wealthy and powerful in the world are fearful. Purity of heart comes with freedom from selfishness and desire. Get inspired with a higher ideal and lower desires lose their grip on you, and objects of desire come to you unsought. When 'Nachiketas' wanted 'Realization' the pleasures and wealth of heaven were offered to him ! Charity comes from recognizing the infinite benevolence of 'Supreme Lord' (Sahib). Charity is paying dividend to the stake holders in your spiritual progress and he can be real true alive spiritual Master (Satguru) who gives you 'Saar Naam' in charity and takes your everything, Mind, Body and external possession and makes you complete surrender on his feet. But true 'Satguru' gives you every thing back except your Mind (Mann), as 'It' is the main power which always drags the 'Soul' towards worldly pursuits and pollutes the 'Soul'. True and real 'Satguru' possesses 'Paras Surti' which slowly and steadily subdues the powerful 'Mind' (Mann).

भय शंका संशय अज्ञान चारों की, अंधकार से उत्पत्ति ले जान ।
अंधकार कोई ना देख पावे, औंकार इसी में ले जान ।।

You become extraordinary rich inwardly i.e. spiritually by what you give to 'Satguru'. The attitude of grabbing impoverish is the basic difference between the divine and demonic in spiritual elevation. The divine have access to higher inward spiritual drag, while the demonic, deluded by greed, lust and ego. i.e. outwardly drag. Those who move outwardly for worldly possession, are ignorant of their inner potential. They are heading confused life and don't know what to do and what not. They are impure and lack good conduct. Resorting to

insatiable desire, of scant discrimination and savage deeds, such people cause destruction to themselves and others who come in their contact.

We are combination of Mind, Body and Spirit. We know and understand only Body (Maya). We have no inkling of the 'Soul' in us. Our original nature is 'Hansa' (Soul-Mind+body). 'It' makes its presence felt when we do anything with complete concentration e.g threading the needle. When we forget ourselves and the universe at large, we become pure 'soul' (Hansatma).

A tree is known by its fruit, which is the final phase of the tree's life. Similarly, the pattern of human life will be judged by what it turns out to be in its final days.

बिन सतगुरु कोई पावे नाहि, कोई केता करे उपाये ।
लाखों जन्म गीता पढ़ि, निजघर कभी ना जाये ।।

**ANAND=SURTI=HANSA=TRUE LOVE=SOUL
ATMA=(SURTI+MIND/MANN & BODY/MAYA)**

दर्शन सूँ प्रीती जागे, संत चरण में ध्यान ।
उन्हीं चरणों में पाईये, मोक्ष पद का ज्ञान ।।

Love is not an origin of Mind (Mann). It has nothing to do with body and wordly things, love is not a thing to feel or understand, love is not a thing to exchange, love a thing to shed off thoughts of past and future and live in the present moment, love is to become free of Anger, jealousy, hatred, wishes and desires. Love is to spread as Surti (consciousness), love makes us to enter into mother's womb. Love is Annand, Love is truth, Love is soul (surti), Love is super soul (Satpurush) whose part it is , Love is paras surti, Love is

free of any bondage, Love is from which nothing is added or taken off, Love is Satt, Surti, Annand, Love has no external and internal bindings, love (soul) is endless ocean of Super Love (Supreme power/Sahib Satpurush Ji), Love is only existence, there is nothing other than Love (Hansa).

{Love=Hansa=Atma-(Mann+body)}

Love is true Satguru 'Vai Naam Paramhans Ji'

प्रेम में दुख भी सुख दिखे, प्रेम है सुरति अंग ।
प्रेम सूं साहिबन पास हैं, बिन प्रेम ईक ना संग ॥

LOVE

सतपुरुष को बड़ा कहिये, जो जाने वो बड़ा होये ।
बड़े ने बड़ा कर दिया, ऐसे ही प्रेम हंस कोई होये ॥

प्रेम सूं उठाया एक पग, कभी व्यर्थ ना जात ।
जो प्रेम सूं सतगुरु चरणन रहे, साहिबन संग हो जात ॥

When there is nothing left in the arsenal, and nothing more human effort can do, grace steps in, to do the useful. Druaupadi threw up her hands and grace stepped in. In fact, it is said that it is only with divine grace the self realisation is achieved, as human effort alone is not equal to the task.

यहि विधि मीरां हंसा, आज्ञा चक्र दर्श किया सरकार ।
सतगुरु संग ले चले, अपने सुरत कमल दरबार ॥

यहि विधि मीरां हंसा सुरत कमल में, चरणन शीष दियो वार ।
सतगुरु कृपा ऐसी होई, जा पहुंची संग साहिब दरबार ॥

Teachers, scriptures and vedas can stimulate spiritual awareness. But when a real, true Spiritual Master (Satguru) comes in contact with a true, real and wise disciple (Sadhak) crosses the ocean of his ignorance, by direct illumination, only by the grace of 'Satguru', "You may put in every effort in an endeavour, but, however much you strive, ninety percent is beyond your control to reach the real abode Satlok (Amarlok/Begampur) and to see and meet with Supreme Lord (Parampurush/Satpurush/Sahib). How does one get chosen to receive grace ? Is it a divine lottery ? Scriptures, Vedas and Sants give the answer that the surest way to find Supreme Lord (Parampurush / Sahib) is simply to love your true and real Master (Satguru) with all your might. Grace is bounty we receive even beyond earned merit. Love is what yield such benediction. When the love becomes pure spiritual (Aatmik) then the divine hand give beyond expectations. Very often we are misled into thinking that we can "buy" Guru's grace by offering huge donations or by offering money, flower and fruit at temples and charities. Though sharing excessive wealth through donations is always desirable, that alone can't win grace of 'Satguru' or of God/Godesses.

जो कुछ आया तीन लोक में, साहिबन मोन स्वीकृति आधार ।
प्यार सूँ ही निरंकार हैं, जग में कोई रूप नहीं बिन प्यार ।।

What matters is not the amount of money you offer, but the inner motive behind it. A hand fold prayer before true 'Satguru' weighs far more in racking up divine merit than tons of gold offered from a surplus abundance. So money doesn't really count in divine dispensation. Then there are those who try to please the 'Supreme Lord' by following rituals assiduously and yet others, by learning and reciting religious texts. Some dedicate themselves to seva or service, which though landable always has the danger of getting vitiated, when ego creeps in.

काम क्रोध दुख डर, ये ना तेरे अंग ।
ये तो केवल भ्रम, मन के दिखते अंग ।।

Love is the essential component, if anything is done with love, it pleases 'Satguru', Supreme Lord (Sahib) immensely. Without love and the sweetness of devotion, even spirituality becomes a dry, academic enterprise. The greatest examples of divine love are the example of Meera Ji, her divine love is the devotion drenched Meera Bai. Rustic and unlettered... She had nothing else to offer to her beloved 'Satguru' Ravi Dasa, but her heart sweetened with total love and surrender and this became the highest gift, earning her the epithet of the greatest devotees as also the supreme reward of meeting with Supreme Lord (Parampurush/Sahib) and going back to real and true abode Amarlok (Satlok) to attain permanent liberation from the bondage of life and death.

संजीव नाम परम पुरुष सूँ पाओ, जब सुरति में सुरति महान ।
सतपुरुष को दण्डवत सुरति सूँ, करो कौटि कौटि प्रणाम ।।

Great saints 'Sants' have quoted, "the heart of true and real 'Satguru' is like butter... when the warmth of a devotee's true yearning reaches him, even if the disciple (sadhak) is contemplating thousands of miles away. When the Surti of disciple 'Sadhak' matches with the 'Paras Surti' of 'Satguru' what happens is beyond one's description. "Satguru's heart melts and grace pours forth in cascades".

जीव सुरति मन बसे, निरति प्राण आधार ।
मूल सुरति निज रूप है, प्रेम मिलन आधार ।।

It is through 'Satguru' you can reach to real abode 'Amarlok' and realise the 'Suprme Lord' (Sahib) who resides inside, real and true 'Satguru' as 'He' has not only seen 'Satpurush' but has received 'Paras Surti' from 'Him' (Sahib) to provide salvation to human beings in this universe.

आत्म शक्ति समान है, मन के संग कुन्द ले जान ।
जागे को जग के कर्मों में, कबहु ना मिलता चैन ।।

LOVE & ONLY LOVE CAN PROVIDE YOU PERMANENT NIRVANA (SALVATION)

This world life is basically insecure. That is its intrinsic quality, it can't be changed easily. Death is secure absolutely secure. The moment one chooses security, unknowingly one has chosen death. The moment one choose life, unawares one has choosen insecurity, such is the law of life, something which is enevitable.

जग अच्छा बुरा कुछ है नांहि, जिस सूं कोई करूं मैं भेद।
जिसे देखूं साहिबन रूप है, अंदर की आंख खुले रहे ना भेद।।

The moment things are secure you will feel bored because there is no possibility of any exploration. That's why physical love, marriages create so much boredom. It is the same love affair that was such an adventure and unknown, once it becomes institutionalised as marriage it loses all joy, all dance, all poetry, it becomes mundane (known) and routine, but it is secure.

मन गया माया गई, अब कुछ अपना नहीं बिन एक।
अपना तो कुछ था नहीं, एक सूं प्रकटे अनेक।।

Love is insecure and unknown, limitless with no boundreis. One never knows the ways of love. When it happens it happens, when it disappears it disappears. You can't do any thing about it. Marriage is manageable and becomes known so it loses charm. The law, society, public opinion, fear, morality, religion, fear of

losing are all props which keeps marriages some how alive. But it is the end of Love, whereas love have no end. Physical love has a limit where as true love is limitless. Its thirst is quenched by Supreme Love i.e. endless ocean of love.

साहिब निरंजन जो भी मिले, कैसे करुं का से मैं भेद।
सब अपना कार्य कर रहे, छोटे बड़े का रहा ना भेद।।

True love is always moving from the known to unknown. And the crossing point from the known to the unknown leads to insecurity at every step of known and unknown. Whenever you want to cross the boundry insecurity crops up and makes you to grop in the dark with the known one becomes bored, he doesn't what to see and grop is the known. This is the play of Mind (Mann) which propose at first sky is the limit of grabing and knowings. Mind (Mann) keeps Surti (concentration) busy in wordly things which never gives any insight into the real truth of Love. One has never been shown the mirror of true life and Love, as every Soul is in the bondage of (Mann) Mind and Maya (body). The absence of clear understanding the nature of true love in the presence of Mind (Mann) and Maya (body).

प्रेम सूं उपझो तीन लोक हैं, प्रेम सूं हंसा रूप।
गहन सुरति सूं सब मिला, प्रेम सुरति सूं साहिबन रूप।।

Love is the basic need and necessity of Soul consciousness, but it is playing in the hands of Mind (Mann) and Maya (body). Mind and Maya are busy in creating negative feelings in our body and our Soul Surti and considered itself as body. Here lies the whole problem. The

Soul has forgotten its true nature as Love. The negative feelings created by Mind (Mann) are :- desire, greed, lust, anger, attachment & ego. Thus man is not leading humble and truthful life on the planet (Earth).

जागने से सब होत है, बिन जागे कबहु बने ना बात ।
ये कला जब आप में, तो मन भी झुकावे माथ ॥

Soul is cheated at every step by Mind (Mann) and Maya (body) who created religions and why ? When people wonder why there are so many different religions, they are right, actually there is only one religion. Religion means obedience to law of Satguru not of God, for developing Love in each and every soul for the Super Soul. It is called Sanatan Dharma which means we all are part and parcel of Satpurush (Parampurush / Sahib) of Amar Lok (Satlok / Begampur) and our constitutional position is to serve 'Him' with love through Alive holy 'Naam' . 'Vai Naam' from real and perfect spiritual Master of the time, who has been bestowed (intrusted) 'Alive holy Naam' by 'Satpurush' Himself. Sanatan Dharma is the essential truth that underlies all religions.

ये जग झूठा काल पसारा, प्रेम सब्द नहीं है ईक धारा ।
ये शब्दों में मन याद करे, सतगुरु मिलें तो बनती धारा ॥

Everyone needs affection. It is the fundamental craving of the Surti (consciousness) and not of the heart to give affection and to receive affection. Love (Prem) is the eternal nature of the soul as it is outcome of the Super Soul (Satpurush) not god who is Mind (Mann).

Health and wealth can't make us happy permanently as they take us away from true and real love. Love make us to die being alive, as 'god is love'. This means that devotion is the eternal natural energy of the soul. What if we own everything in the world, but we are not body but Soul Surti (consciousness) ? Who are you going to enjoy all the things with ? We have to become free of Mind (Mann) and Maya (body) i.e. Hansa = {Atma- (Mind+body)}. The Soul's journey began with the creation of Universe, and it has been in in search of Super Soul ever since. The soul is a spark of the Divine (Satpurush/Parampurush) within body. As long as the soul inhibits the body the body is alive. He has also provided a way for souls to return to Him through ('Sarnaam' - Surti Naam) i.e. 'Vai Naam' from the true and real Satguru of the time. The soul can be separated from Mind (Mann) and (body) Maya by Alive Holy Naam from Spiritual Master (Satguru) 'Vai Naam' of the present time. Satguru 'Naam' make us free from all evils created by Mind (Mann) and Maya (body) in order to progress on our spiritual journey within. We need to overcome anger, lust, greed, attachment, ego, selfishness, pride, envy, advance, hatred, deceit & injustice with the aid of Alive holy Naam i.e. (Sar Naam-Surti Naam) in which Satpurush Himself resides.

प्रेम तो जीवन है नहीं, ये तो मृत्यु के पार।

मरना तुझे जब आ गया, मिले प्रेम सागर भण्डार।।

All worldly connection are temporary and ephemeral and are bound to vanish at the time of death but spiritual connection with Satguru and Alive holy (Naam) name will be permanent and

everlasting. One need to be true lover of Supreme Soul (Satpurush/Parampurush/Sahib Ji). Supreme Lord is always and ever present in your breath. Being the very embodiment of Love, His attainment is actually the goal behind everything we do and achieve.

प्रेम हंसा प्रेम सतगुरु, प्रेम साहिबन अमरपुर देस।

ये तीनों मिल जब एक हों, फिर कौन साहिब कौन देस।।

“A man can be himself only so long as he is alone, and if he does not love solitude and have no blessings of Satguru, he will not love freedom, for it is only when one possesses “Alive holy Naam” and is alone, then and then he is really free”. All search regarding to the realisation of Soul (true-self) and Supreme Lord comes to an end when a true living Satguru comes in your life and bless you with a true “Alive Holy Naam” i.e. “Sar Naam” & “Surat Naam”

दरिया भवजल अगम है, सतगुरु करहु जहाज।

ताहि पर हंसा चढ़ाई के, उत्तरो भवजल पार।।

Spiritual adepts lay great emphasis on ethical living and speak of it as a stepping stone to spirituality. If our planet, with its inter dependent ecological systems, is to survive, we have to learn to live in harmony with all creatures.

प्रेम प्रेसी जब दोनों गये, केवल बचता प्रेम सार।

प्रेम प्रेम में जा मिले, पल में जीव भवजल पार।।

When we advance spiritually, we begin to live with sensitivity and treat others and the environment specially water and air pollution with care and proper precautions to safe guard the live of human beings and all other creatures on this planet. When human beings (living) will be purified and spiritually uplifted, the imperfections and pollutants that covered us will be taken proper care to purify and restore to their original purity. He who is not spiritually aware about himself can't have any peace and love. One who does't have peace and love for others can't foster peaceful co-existence. Selfawareness is the outcome of consciousness (self realisation). The same divine soul permits all whether birds, animals, insects and human beings, so it is incumbent to treat and love all alike.

**आशा तृष्णा तब मिटे, जब तुम छोड़ो गहरी नींद।
बिन सतगुरु ये संभव नहीं, वोहि खोलें तेरी नींद।।**

The intension must be infused with love, devotion and dedication without any intension of personal gain or profit. Love is the outcome of unidirection Surti concentration without any motive, wish or desire. In this state one can have full control on Mind, provided he possesses 'Alive holy Naam' from true and perfect spiritual Master (Satguru) who has been bestowed 'Paras Surti' from 'Satpurush (Parampurush/Sahib Ji) Himself; After His (Satguru) visit to Satlok (Amarlok) who is endless ocean of Surti Love (Soul Hansa).

**मनवा केवल सोया ही नहीं, गहरी नींद में हर एक।
बिन सार सब्द की दात के, भव पार नाहि कोई एक।।**

“Alive holy Naam” fights against the evil impulses originated from Mind (Mann). It subdues them slowly and steadily with the lazer Surti/Sar Surti/Paras Surti infused by Supreme Lord (Satpurush/Parampurush/Sahib Ji) in the concentration of Satguru.

प्रेम सार नाम में बसे, यही प्रेम जगाये ।

तुम जागो प्रेमी बनो, महं प्रेम आन समाये ।।

Cleanliness : In every brain the T.V or Radio is set of ‘ Mind’. It is a receiver of information from the Mind. The brain doesn’t know that it is a receiver aside from the fact that it doesn’t know anything about itself. It is too much involved in the reception. When thoughts, feelings, sensations, and images are infused in brain the outcome of Mind (Mann) in the form of waves. The problem of the Mind is the problem of body, not a neuroscience problem. All knowledge comes consciousness (Surti) which act and perform work as per order of the Mind (Mann). Our body can’t perform any act without the aid of consciousness (Surti). If we understand Surti (consciousness) we understand Mind, Budhi, Chit and Ahankar. The waves rising in the sea due to the impact of air, wind etc., but not due to any effort of the sea. The sea itself is stable and at rest. Like wise, the conscience (Surti Soul) is stable but the different type of waves upsurging from within our body are due functions of Mind (Mann) itself. The Surti Soul / consciousness has nothing to do with the upsurging thoughts in the Mind.

सब आते और हैं जाते, जो आये जाये नांहि सच्चा संग ।

इस पल में जो रहते, वोहि जानें प्रीत प्रेम विरह का रंग ।।

The existence of whole of the world (universe/three loks) is all due to Mind (Mann) alone. Every Soul is (entrapped) in the clutches of (Mann & Maya) Mind & Body. The combination of Surti and Nirti at the time of breath in unite for the time being to become stable for a moment to attain soul realisation at the very moment. Surti and Nirti are two forms of Soul as pure love.

सुरति निरति धीर होने से, प्रेम जोत जग जाये ।
ऐसी अवस्था होने पर, सुश्मिणा चेतन हो जाये ।।

When surti become free of all thoughts of Mind and Body (Mann and Maya) the Soul (Hansa/Love) reaches that endless universal ocean of (concentration) Surti (universal love) after crossing the Maha Shunya (Seven Loks of Maha Shunya).

When problem comes, learn to watch your feelings while being in Surti Naam in breathe. You become aware of your feelings and perceptions in the present moment. Let the past and future go by the practice of breathing and visualising 'Sar Surti Naam' provides awakened state, we become aware of problems, feelings and solution in a moment. There should be oneness in thought, action and speech. If there is some difference between the three, one will not be able to invoke universal love in him. Live in Surti (Sabad) Naam and extend your entire self at the lotus feet of Satguru, to have continuous flow of Satguru's chetan paras surti in your surti. (consciousness) to enable you to extend your entire self for service of society without having grain of personal interest in the undertaking. If we are on the side to true and perfect spiritual Master (Satguru) we will be victorious in infusing and restoring love.

प्रेम में जीते बहुत हैं, मरता बिरला बिरला कोई एक।
जो कोई जीवित मर गया, डूब के पहुंचा बिरला कोई एक॥

Full concentration of Surti with 'Alive holy Naam' of Satguru 'Vai Naam' Ji param Hansa, balances talk, understanding life of service and compassion are the things which give flow to true love, compassion and faith, compassion, hope and belief are noble things we can practise, that will bring immediate and long term love and affection for the humanity in the larger context.

Super conscious infused love in a self is a gateway to the Supreme Universal Love (consciousness) has infinite power and energy. True love is the string to cling and elevate the soul to realise the Supreme Lord (Super Soul) to establish the permanent bondage to get permanent salvation (Nirvana) so as to be free from the bondage of life and death cycle. Parampurush ought to be loved for your own sake, not out of fear or some personal wish or desire.

प्रेम निशानी मोत की, जीवन सूं कौसों दूर।
एक बार जो तुम मर सको, बरसे प्रेम अपार॥

"Rabia Basra prayed to god out of love, "O, Allah ! If I love you for fear of hell, keep me in hell, and if I love you in hope of paradise, stop me from entering paradise. But if I love you for your own sake, accept my love in the wide ocean of love"

True Love is known to awakened free from ignorance Saadhak who feels the presence of love in every realised soul surti (consciousness) in all the objects of nature and the creator of the universe and Amarlok (Satlok) Himself.

**TO FEEL RICH, COUNT ALL THAT YOU HAVE
THAT MONEY CAN'T BUY, IT CAN'T BUY LOVE**

Lord Krishna's Love, "Manifests in all and all's love manifests in Krishna".

The ultimate goal of life is love (truth). Our true form of Atma (Hasa) is love (truth) to understand self and let go 'I' is love (truth).

The ultimate union of soul (Hansa) with Super Soul/ Super Love) is love (truth). Love is Lord Supreme (limitless ocean of love (Soul/Spirit) is ultimate love (truth).

**TRUTH IS OFTEN CLINCHED, NEVER EXTINGUISHED
TRUTH IS SOUL SURTI HANSA , AND PARAMPURUSH**

Love is truth, truth is love. Which was true, is true and will be true in shape, form, colour. Love resides insides, outside of every object, rather every object of nature ultimately is love (truth), because during inhilation Surti & Nirti two souls become one, will attain the original form Love (Soul/Spirit/Truth); which can never be created nor destroyed. Which can never be burnt, carried by the wind, which can never be changed in form, shape or size. Love (truth) is god/lord supreme (Satpurush/Parampurush). Love is concentration/surti/dhayan. Love is present in all creatures.

**THERE IS ONE THING, YOU CAN'T RE-CYCLE
THAT IS WASTAGE OF TIME, WHICH IS NOT PART OF LOVE**

It is the final analysis, nothing matters but how much love you have in your heart for the whole humanity in this universe. It does not really matter, how wise, intelligent, rich or beautiful you are, but how much is your capacity to love all beings, for that translates to loving 'Satguru' and 'Supreme Lord'. True love does make the world go round. It expands your outlook and elevates your consciousness, preparing the ground for receiving abundant grace.

**"SURT OF TRUE SATGURU PARAMHANS, IS MORE SECURED
THE BLOOD OF MARTYRED, AS IT IS LOVE AND ONLY LOVE"**

"True love is selfless, it is prepared to sacrifice. If my love is without sacrifice, it is selfish, such a love is barter, for there is exchange of love and devotion in return for something, it is conditional love. True love is the union of soul with over soul, a living death i.e. $1+1=(1+1)$, one but identity of soul still remains."

प्रेम में पाना कुछ है, सब कुछ खोना है ।

जिस ने मन माया खो दिया, हंसा होना ही पाना है ।।

"There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and he who fears is not perfected in love. We love, because he created us out of love. 'He' got immense pleasure and joy to see us (Hans) happily moving and enjoying with 'Him' in 'Him'. If any one says, "I love Supreme Lord (Parampurush)" and hate his brother or friend, he is a liar, for he who does not love his brother or friend whom he has seen and lived, can't love Satpurush (Sahib)".

As men approach me, so 'I' receive them. All paths, Arjuna, lead to me / however men try to reach me / I return their love with my love / whatever path they may travel / it leads to me in the end.

(Bhagvad Gita 4.11)

“If I move one step towards true ‘Satguru’ following the path of love ‘He’ moves hundred steps with hundred percent more intense love toward me.”

“Life and death are one thread, Soul and Super Soul are one Surti; the same line viewed with Surti from different sides and angle.”

One should not expect from Allah/God but one should not be afraid of anything but his sins; the ignorant should not feel shy to learn and when asked a question, a learned man should not feel shy to say ‘I don’t know’ when he does not know.

Whatever is good for you, wish the same for others. Then only you can become a true human being. I pray Allah to spread peace all over the world and make it prosperous.

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The sun never fails to perform its function, the moon is never late. The seasons come and go, never failing to arrive. A child grows physically, mentally and spiritually. The whole of creation evolves. No two moments are entirely alike. All that exists is a sign of Allah (God). For Sufis, this sign is the innate ability of the soul to perceive the presence of God in all things. As Muhammed Ibn Wasi says, “I have never seen a single thing without seeing God in it.” People often ask; “Where is God” ? The response is that God is all and all is God. God is in the roar of lion, bark of a dog, the buzz of a bee, the silence of a tree, the hug of a mother, the smile of a child, the colour of a flower, the singing of the birds. Everything is a sign post to the oneness of God.

His creation blesses us to see ‘His’ beauty in nature - the ocean, sun, moon, stars, birds and mankind. What absolute magic Ibn Arabi says, “Divine mercy that gives rise to the universe is existence itself. The very act of bringing things into existence is an act of gentleness and kindness.”

Creation provides for everything humans want. It provides for all human needs. God is most beneficent and most merciful. His arms are always open to us all. Rumi beautifully says : come, come whoever you are, wanderer, worshipper, lover of leaving, ours is not a caravan of despair, come even if you have broken your vow a thousand times, come, come, again, come. This poem symbolises God's mercy. Contemplate creation and marvel at its beauty, majesty and complexity. When we ponder the natural world, we get a glimpse of the true wonders of creation. We begin to understand the beauty and wisdom of the universe and its creator. (Azim Jamal).

LOVE, JOY AND HAPPINESS

Just as fish can't live without water, human beings can't live without air and love (joy). Love and joy is not the content of Mind (Mann) but of Soul. It gets reflected only when we set some conditions. Whenever those conditions get fulfilled - by chance, coincidence, or strategic planning - we think we have found joy and happiness. It is difficult to define joy and happiness in words.

Any thing which stops the think of the Mind, gives a high feeling, where the Mind is not clamoring, waiting or hoping for anything to happen, where for a fleeting second there is sheer fulfillment and that can be called joy or happiness. This external joy or happiness is for a time being. It is mere a dream world in which we see a dream and get enhanced to see a beautiful sense of a picture but the moment to get up and see the whole scene is gone and all happenings were the outcome of dream. In the same way this outer happiness or joy is mere an illusion, a figment of imagination. This all is the outcome of Mind. The very nature of the Mind (Mann) is fleeting, changing, moving, you have joy but the next moment, hour or day it simply vanishes. And so the unsuccessful pursuit begins once again, to try and make it successful this time. Now you have it, now you don't - just like a rainbow, it is an illusion. One thinks of only I get a promotion or transfer or get married or may be get divorced or have a child or may be alone, I will be joyful. This is the tendency of human Mind (Mann).

This whole vicious circle of waiting hoping, getting is deleted by the spiritually elevated people, who are aware of this delusion of the Mind (Mann). It was not things which were giving me joy but it was the momentary stillness of the Mind and Surti of Soul.

So the purest form of joy and happiness and love is the outcome of 'Soul' as its nature is happiness and love. Spiritually enlightened disciple (Sadhak) know that happiness is not outside of us but within and we have been provided with 'Paras Surti' from real and true spiritual Master (Satguru) can make Mind (Mann) calm, still and anchored in equipoise, we have control of experiencing happiness whenever, wherever, of our own free will. Hence we cut the shackles of slavery, of any person who has been provided with 'Paras Surti' which is more powerful than Kaal Niranjana (Mind). This 'Paras Surti' is given by 'Parampurush' (Sahib) who resides in 'Satlok' the real abode of we all souls (Hansatma). Kaal Niranjana (Mind) is the son of 'Supreme Lord' (Sahib). We all over here in these three loks are imprisoned and never allowed to go back to our real abode. If one comes in contact with true real Spiritual Master (Satguru), can go back to his real abode to attain salvation (nirvana) and to be free from the shackles of Kaal Niranjana (Mind) and be liberated the cycle of life and death.

With the help of Saar Naam (Paras Surti) the Mind can be made calm and still and anchored in equipoise, we can have happiness, joy and love, whenever, wherever, of our own free will. Hence we can cut the shackles of slavery in no time and can move inwardly, where happiness and love is always in abundance and love is the nature of soul and super soul. It never comes in drop lets, rather, it is a gushing nectar fall, just overwhelming the disciple (Sadhak) who moves inward and have experiences with 'Satguru's inner appearance in Surt-Kamal, eleventh aperture (11th dwar). And there is plentiful to share and to attain complete salvation from life and death cycle of this 'Karma' universe (three loks). You are master of your own happiness, as it is your nature.

सतगुरु कृपा सूं सुरति पाना, प्रेम आनंद की बरसात ।
सुरति में रचयो संसारा, सुरति सूं सतलोक की बात ।।

Surti based on love and happiness is thousand time more powerful effective, permanent than derived from Mind (Mann). With 'Paras Surti' of true Master (Satguru) one can be liberated from the shackles of Kaal Niranjana (Mind) within no time". We are the true sons of 'Supreme Lord' (Sahib) and in the shackles of Kaal Purush.

"Every person in this universe is tempted to go astray does not deserve punishment but 'love' and 'love' only."

स्वभाव बदला हृदय प्रकाशित, पारस सुरति से सुरति महान ।
पाप कर्म का संग छूटा, सुरति निरति सूं हंसा महान ।।

Humble and insignificant human being 'Vai-Naam' Ji pray you all to open your eyes to reality. Don't close your eyes to say, there is no light, but dark. "Vai Naam" Ji has seen, experienced met with 'Supreme Lord' have a talk of Soul Surti with Super Surti of Sahib".

'वे नाम' आया सतलोक सूं, पाई पूर्ण मोक्ष की दात ।
सतगुरु को मानस मत जानो, चरणामृत मोक्ष की दात ।।

"Vai Naam Ji" has been enlightened with 'Paras Surti' to elevate the 'Souls' in bondage in this world."

पल ईक ध्यान विदेह समाई, ताकि महिमां कहि ना जाई ।
विदेह दात पावेगा सोहि, जाका सतगुरु निजघर का होई ।।

Awake to reality / See the truth / Know thyself / Know 'Vai Naam Gulam' & judge him through experience / Listen to his words / Penetrate within / Let go your wish, desire, ego, deeds / Have Saar Naam (Saar Surti) / Move inwards / Experience truth / Get salvation / Go back to real abode 'Satlok' (Amarlok/Begampur).

MEDITATION BEYOND THOUGHTS

“वे नाम” दात को पाकर, सेवा भाव सत्त का करें विचार ।
‘वे नाम’ सूं सुरति जोड़ लीजिये, छोड़ दे सबै विचार ।।

Meditation is a process of ‘being’ and not ‘doing’. It helps us in making our mind pure to certain extent but not complete. Just as we take care to remove all the dust and dirt from our body, hours, streets etc. we need to clean our soul from the dust of Mind (Mann) and Body (Maya) on a daily basis. We think we get happiness in our body because of Mind (Mann) we are in the wrong. Mind always takes us towards wordly things and persuits. We think that Mind is giving us happiness in most loveable objects or relationships, this is not true. This is due to temporary stillness of Mind (Mann) in which Soul Surti concentrates and provide us happiness for the time being. Happiness & love is the quality and characteristic of ‘Soul’.

We see an external object and interpret it as being good for our happiness. Then the Mind becomes restless till we get that object. Once that object is acquired, the Mind becomes quiet for some time, only until a new desire arises. We must understand that happiness is the basic nature of Soul or Atma. Our core self is described as Sat-Chitt-Anand. But why can’t we feel bliss all the time ? This is because the bliss of Atman is reflected by the Mind. If the Mind is made still calm, so that ‘soul’ attains purity, then the reflection of Atman is better and clear i.e. the clouds of Mind are dispersed away and Soul is there to send its Surti of love and happiness in all direction to relish and feel happy. So the bliss is felt. But if our Mind is always wanting, schemeing, judging, the reflection of Atman will be poor, we feel perfect bliss in deep sleep stage, even when there are no objects before us. That is because the Mind is not interfearing, so the reflection of Atman is perfect. That is why we get so much enjoyment in deep sleep and get refreshed from all fatigues of body, mind and intellect.

जागो सुरति से हर काम, सुरति सूं देखो और बात करो ।
सुरति सूं आओ और जाओ, सुरति से ही भव पार करो ।।

However, we can't remain in deep sleep always as the sleeping nerves will awake and awaking nerves will take the charge of rest nerves and start functioning in the body. Thus there is exchange of duty.

MEANING OF YOGA

If you were to ask a regular person "what is the meaning of yoga"? The answer most probably would be - 'Physical stretches and breathing exercises' as in the 'Hatha Yoga' or 'Meditation - a technique to calm and relax the mind'. Others may say yoga means connection, that it, whatever the mind is connected to, then the mind is in yoga with 'that'.

A serious practitioner would describe the philosophy of yoga and spiritual disciplines of a yogic life style. He would value the practice of yoga as a way to acquire subtle powers and perception to understand and experience the purpose and meaning of life.

सांचे से सत का पता मिले, झूठे से झूठ का भेद ।
सार दात झूठे को सच्चा करे, दोनों का मिटे सब भेद ।।

And those who are experimenting with the spiritual trajectory of collective consciousness may describe yoga as a unifying spiritual principle and claim that it is the 'culture' for peace and non-violence.

RAJ YOGA

As a practitioner of Raja Yoga by the Brahma Kumaris, I would describe it as a way of life. It is a pilgrimage of remembrance. The 'Soul' is the traveller and life is the journey. It is a return journey to self sovereignty and the catalyst, remembrance - remembering who 'I am', 'To whom I belong', and the part 'I' play on the world stage, interacting with other actors. It is the paradox of self realization within the context of the collective. The goal is liberation and liberation in life of souls through a process of purification, purification and perfection.

चिंता केवल सतगुरु सद्ब की, और ना कुछ सुरति साथ ।
जो कुछ भी सुरति निःसद्ब बिन, सो ले काल का संग साथ ।।

The method is yoga with the 'Almighty God'. Yoga is connecting with the source through which spiritual energy is received and the will power in human souls is activated by an enlightened conscience. Shakti is spiritual might and it comes directly from God and is the only energy that can purify souls and remove the effect of Mind i.e. the toxic waste of anger, attachment, authentic self, to the treasures within wisdom, virtue and spiritual powers. It provides the basis of life - changing experiences through understanding the non-negotiable laws of life, making meaning out of intentions and purpose, discerning truth from facts and figures and seeing clearly the distinction between internal and external world of super consciousness. A human beings deepest quest is to experience truth for himself. When he is able to explore and feel within the core of his heart the subliminal (mental process) impact of universal truths, only then will doubts be removed, darkness recede and righteousness be restored.

According to Yogananda

He talks about esoteric meditation; one pointed concentration on the innerself to the exclusion of all other thoughts - is the highest form of human activity and it the best method to get connected with the Supreme spirit. On the one side the higher power is pulling us towards the domain eternal consciousness and, on the other, the power of Maya (body) or delusion is pulling us towards the artificial glitter of the physical universe. In order to ensure that the seeker does not get bogged down in 'Maya'.

Yogananda recommends the practice of meditation on a regular basis supplemented by three techniques that could help the seeker delve deep into innermost recesses of his being and experience the supra-casual state of consciousness pray and chant before meditation; Before starting your meditation, preferably in the early

hours of the morning, pray for a new minutes and chant the Divine Naam with deep feelings of devotion. Repetition of the Divine can be truly effective only if it is accompanied by spiritual fervour and intense yearning for God realisation. Mere mechanical repetition and lip service to the supreme will not yield the desire results. Cry to the Almighty as you would cry to your mother and, with all the love you can muster, tear at the veils of silence again and again and express your devotional feelings with the words, "God, I can't live without you. You are the power behind my consciousness. 'I Love You'. Must you remain hidden ? Reveal yourself to me". If you constantly invoke divinity, you are bound to achieve progress in the spiritual sphere.

ATMA MIND AND MAYA

Human being with any amount of knowledge without Atmic awareness, is considered to be ignorant. A person who is under the influence of Mind (Mann) and Body (Maya) is living in the dark. In the darkness you wouldn't be able to follow the path of truth and non-violence. Darkness gives birth to ignorance. It comes from 'Akash Tatva' (ether). This universe is the outcome of five elements (tatavas) and human being is also is outcome of five element. These five elements are space (Aakash/Black matter), Air, Fire, Water and Earth.

When an individual first appears in the womb of the mother, matter of five elements appears instantly. At that stage Mind lies in a state of inertia. But Mind and matter are, but one. With their gradual manifestation the differences in them are identified. This world is out come of illusion (Maya); which keeps Atma away from the Suprme Lord (sahib). There is no pleasure or joy in the things we see and observe. The pleasure is of Atma only. But it is not in fullness, it is entangled with 'Maya' so it is a temporary pleasure and not the permanent bliss. So long Atma is within Mind and Maya we can't experience complete and permanent bliss.

दुख सुख एक समान हों, तभी जागा तू जान ।
सत सब्द सुरति में धारें, मन में रहे ना मान ।।

Those who concentrate inwardly like yogis get temporary pleasure not eternal bliss. The pleasure the yogis attain or derive is from the subtle senses, so it is a kind of pleasure of higher in nature than that of senses of gross body.

माया मन की मोहनी, पल पल ले भरमाये ।
सतगुरु सद्द जे संग में, कर्म भ्रम मिट जाये ।।

When a Yogi sees the tremendous light with in the form of candle light of different colours like, white, red, yellow or blue and sometimes the who innerself is illuminates with a tremendous light of big sun of different colours or some times to different musical sounds and concentrate on them get immense pleasure and enjoyment are also temporary in nature.

This 'Vai Naam Ji' has experienced the vision of Nirankar in its three firms if 'Sunn' in the inner concentration on the 'Naam' word in the breath in 'Padam Aasana' keeping the inner eyes fixed on the breath in and out and putting the Surti on the complete movement of breath. You will feel the expansion of universe within. Every object of 'Maya' vanishes and after some time the breath also reduces to zero; the 'Naam' word/words 'is/are' gone; you will observe the inner sky has become complete red then suddenly a white sun in its full glory appear in that sky, the Yogi puts his whole Surti on that Sun and gets immense pleasure. This journey is of the peirod of one and a half (1 & ½) hours to two and a half (2 & ½) hours sitting. The body is completely locked up and all sort of waves of the Mind get subsided and 'Yogi' becomes to some extent Aatmik.

सतगुरु मात पिता मित्र सखा, प्रेम आनंद मेरे भाई ।
'वे नाम' ही बंधु सुरति संवारे, मन मिटावनहार मेरे भाई ।।

With the lapse of time and continuous practice both in the evening and morning, will surely lead you towards progress. The outerword will not be able to attract you. You will like to be alone talking to your

ownself. You will start avoiding the association of friends and relatives one would prefer to be all alone and concentration on breath will make you Aatmik. When you see the 'Naam Sabad' and put it in breath, you will move more closer to Atma rather than to be in Mind and Maya. To be of Supreme Lord and live in the words and not to be like a person who lives in the God and tries to be of God.

There is lot of difference between these two persons. One is becoming Aatmik in the real sense and the other is mere pretending to be Aatmik. Truth is only truth, it doesn't require amalgamation. Amalgamation shield the real nature of the object. The diamond shines only when properly cut at particular angles to make the diamond to have maximum total internal reflection to make it glitter in the day light.

‘वे नाम’ दिये दिव्य नैना, मुख बैन मेरे भाई ।

स्वांस स्वांस में सुरति डौरी, घड़ी घड़ी निस्तारनहार मेरे भाई ।।

Our Atma is a pure diamond make it completely free from the impurity of Mind and Maya. While making progress in changing the way of living in the world, you can change a lot within, as the outer world 'Maya' has an immense impact on our senses which are there to delude and engage Atma towards their pursuits and galvanize 'It'. At this stage the 'Yogi' in complete concentration advances inwardly and visualizes yellow Sun of God and get immense pleasure out of it. This all change is due to purity of 'Soul' from the shield of Mind and 'Maya'. The Yogi has attained Turiya Stage. There is a complete void within. He can listen to the voice of heart beating and with more intense concentration of Surti when effect of Mind is reduced to 25%, the Yogi's Atma is 75% pure. He listen to musical sounds emanating from the word 'Om' and visualises a very 'big' formation of well defined golden yellow colour, which vanishes in a very slow manner. In complete 'Sunn' the musical sound of Flute, Sankh, Veena, Sarangi, ringing of Bells, Whistle of the train, falling of Rain and gong of Bell etc. capture his attention and provides immense pleasure and bliss of 'Nirankar' (God).

प्रेम प्याला पीवे साधक, सुरति सूं सुरति दे जगाई ।
सतगुरू पारस सतगुरू परस, वोहि पारस सुरति महान मेरे भाई ॥

चाहे लख यत्न करो, छानो चाहे सारा ब्रह्मण्ड ।
बिन सतगुरू सब्द छूटे नांहि, देह घेर का दण्ड ॥

Now his period of concentration increases to 2 hours journey. This all happens automatically by the watch of 'Nirankar' (God) emerging 1st blue inside, then yellow outer ring, proceeding to red followed by white and the outer whole black.

काला रंग पंच तत्व है, जा में निरंकार समाई ।
इसी को मन तुम जान लो, अंदर बाहर रहयो भरमाई ॥

This stage is attained by a Yogi who has become free of four elements mentioned hereunder :-

1. Earth - Yellow in colour

पीला रंग पृथ्वी तत्व है, भय का है प्रतीत ।
भय में रहता वह प्राणी, दुख मिटन का ना प्रतीक ॥

2. Air - Blue in colour

नीला रंग वायु तत्व है, जीवों में प्राण संचार ।
वायु से ही अग्नि जल हैं, सुन्न सूं होत संचार ॥

3. Water - White in colour

श्वेत रंग पानी तत्व है, जब बर्फ बन जाई ।
त्रिकुटि में केवल ध्यान सूं, सफेद बादल दरशाई ॥

4. Fire - Red in colour

लाल रंग का सूर्य जब दिखे, मन प्रेम रूप हो जाई ।
हर दिशा प्रेम ही प्रेम प्रकटे, जीवन हरा भरा हो जाई ।।

You can't be free from the fifth (5th) element i.e. 'Akash' (Sky/Black matter) in God's concentration. This stage is attained when a person crosses Turiya state of consciousness and enters into Turiyateet stage i.e. in fourth (4th) body.

5. Sky - Aakash / Black Matter

तेरे भीतर घौर अंधियारा, सुन्न आकाश सूं रहे भयभीत ।
अंदर का दीप सार सुरति सूं जले, फिर कैसे रहे कोई भयभीत ।।

At this stage the person gets immense power within and come very close to Nirankar. While attaining all these stages one needs faith, love and thirst for the goal to achieve. When a Yogi enters into fourth stage i.e. Turia Teet stage of concentration, every thing is gone only 'Sunn' is there and musical sound enters into his 'Atma' without closing any part of senses like eyes, ears, etc. Very intense sound mostly of your 'Surti' is heard and Yogi makes a journey of different loks of 'Sunn' and 'Maha Sunn'. If you concentrate on flute, you will move toward 'Gou Lok' but if you have not served food to cow, you can't enter the lok, but can see it from above up boundry range, this is my own experience which 'I' (Vai Naam Gulam) is elucidating as under :-

सार नाम लिया सब लिया, सब जन्मों का भेद ।
बिन नामे जग में रहे, काल जाल संग नांही भेद ।।

'Yogi' has to move in swimming posture with 'papeel' speed, in which 'Atma' with a little bit of Mind moves with Surti (concentration).

तन मन दिये मिलें संत प्यारे, 'वे नाम' साधक वत्सल्य जान ।
सुरति सूं आप समान करें, साधक का करते कल्याण ।।

If you concentrate on the whistle of a train, you will visit 'Heaven' which has very high and beautiful building of white and black marble; Desired food and fruit from ever green trees, varigated flowers and beautiful falls of nector. You have to remain ever young and smart over there. Remember that one year of earth is equal to one day of 'Pittar Lok' and one year of 'Pittar Lok' is equal to one day of 'Heaven', thus one day to live for a pretty long time in Heaven and then have to come back into the womb of mother to follow the life cycle of birth and death on this planet, which is a Karma Centre of the universe.

If the Yogi continues his daily routine practice of concentration and goes for a visits to different loks and never wishes for any 'Lok', he is sure to move ahead in his journey from 'Sunn Loks; to 'Maha Sunn Loks'. He makes a progress in speed and way of moving to different loks. Now he moves from 'Papeel' speed to 'Meen' speed which is thousands times faster than 'papeel' speed. In this case one moves straight like a fish dashing a particular 'lok'.

If you concentrate on the sound of 'Sankh' you will visit 'Vishnoo Lok' which is as beautiful as 'Gou Lok', the difference is only of greenery and water falls. In 'Gou Lok' there are cows and cows all around, with arranged rows of trees and greenery and water falls. No sign of any dirt and rubbish. In 'Vishnu Lok', there is water and water every where with very less area of land with wonderful water falls and greenery all around.

विषय विकारों में तूने, अनमोल जीवन किया बरबाद ।
लक्ष्य जीव का पूर्ण मोक्ष, सतगुरु को ना किया कभी याद ।।

In all these loks there is no sign of Sun and Moon, but sill, we see soothing and pleasant light of 'God' himself. If you concentrate

on the sound of bells which is very pleasing light of 'God' himself. If you concentrate on the sound of bells which is very pleasing and makes you to cover three to four loks at a time in single trip of two and a half (2 & ½) hours duration of concentration. You can visit, Gou Lok, Shiv Lok, Heaven & Shabad Lok (Waani Lok) . I saw the glimpses of Hazrat Mohd. Sahib, Guru Charan Singh Ji Maharaj of Radha Swami Matt walking on a broad foot path in front of their palace. I stopped there in the Aakash (ether) for some time and saw the house of 'Hazrat Mohd. Sahib' very simple of Kashmir Pattern house with two doors in a beautiful garden of normal height plants & trees of same in size in well arranged rows in miles all around. The room is well decorated with round flat pillows all around for sitting. I came in contact with the 'Prophet' three times uptill now.

OUR VEDAS

मान ले कहना 'वे नाम' का, 'वे नाम' सब्द को पाई ले ।
 सोया माटी का खिलोना हर तन, जाग कर सब कुछ पाई ले ।।

The Vedas are having different views about (Nirankar) God. We do know that these scriptures are the oldest in the world. Six (6) Shastras are produced out of the Four (4) Vedas & Eighteen (18) Puraans are the outcome of Six (6) Shastras and One hundred and twenty eight (128) Upnishads.

'वे नाम' ब्रह्म लोक में पहुँचे, किया जब सतपुरुष का साथ ।
 ये सब विज्ञान देहि पाने पर, ईक प्रतिशत मन सूक्ष्म संग साथ ।।

Rig Ved, Sam Ved, Yajur Ved & Atharv Ved :- throws light about God that 'He' is neither Sargun nor Nirgun. He who dies, attains nirvana. After death none can attain the human body again. It is just like the case of a leaf falling down, can't be fixed back at its original place. It preaches only Karma philosophy as you sow, so shall you reap. It preaches that Karma alone as God.

According to Samved, the 'Soul' itself is God. It doesn't take God as Sargun or Nirgun. When the Vedas express different view about God, the

common man is deluded by these different versions and nature of God's existence in this universe. Man has been put under this misconception right from the beginning. He is unable to come out of this misconception.

सहज सहज कहते रहो, सहज चीन्हे ना कोये ।
जिन सहजे साहिबन मिलें, सहज कहावें सोये ।।

In this way Kaal is making whole of the world to dance to 'His' tune like a puppel, keeping himself hidden from the masses. Thus we do say that he is formless. In Patanjli Shastra, importance has been laid on Yoga. According to it, the whole of universe lies within the body of every human being. One who meditates, practises yoga, can have a glimpse of it. Patanjli has laid stress on inner awakening and realising God within. According to it outward worship is useless and fruitless. According to 'It' soul itself is God, and through yoga practice we can realise 'Him'.

सहज कबीर, सहज 'वे नाम' परमहंस जी प्यारे ।
सहज से मिल सहज बनो, देखो सहज साहिब प्यारे ।।

During your cosmos Trip to these loks, you can stop at any place where your Mool Surti likes to stop and see those loks properly. The contact of the body does remain with Mool Surti string of 'Atma'. The time period of his journey is almost two and a half (2 & ½) hours meditation. Sant Satguru 'Vai Naam Gulam' has under gone these cosmos trips of '3 loks'.

साहिब सहज सतलोक सहज, हंसा सब हैं सहज ।
सहज जे सतगुरु मिलें, तीन लोक भी हों सहज ।।

For spiritual elevation one must have a universal religion from within and not externally. Forget you are Hindu, Muslim, Sikh and Christian, as they are all external religions and has nothing to do with 'Soul' which is eternal, everlasting and same in every 'Jiva' in this universe. The body is made up of five elements (Kaal Niranjana) on dooms day (Kayamat). Thus universal religion is only 'Aatmik' as 'Atma' is same in every 'Jiva'.

बूंद बूंद मिल धारा बहे, धारा मिल बने दरया ।
 बूंद को महानदी जानो प्यारे, बूंद बूंद मिल सिंधु बनया ॥

When a child is born, all the alternatives are open, he is utterly free. He can be musician, poet, writer, teacher, disciple, wrestler, a politician, he can be anything like Mahatma Gandhi, Rabia, Kabir Sahib, Baba Nanak, Rahim Ji, be Hindu, Muslim, Sikh and Christian, anything is possible. But sooner or later choices starts coming and he starts moving in a certain direction. Then that direction remains his world.

कौटिन कर्म मन माया सूं जुड़े, बचे का कौन उपाये ।
 ये फंद कालपुरुष का, बिन सार सब्द नहीं उपाये ॥

मांग पे मांग बढ़ती जाये, कर्मन जाल सूं छूटे ना देह ।
 बिन सतगुरु कृपा के, मन माया सूं छूटे ना नेह ॥

So, always remember whatsoever has happened to you, you have been cause of it. Sometimes it hurts that you are the cause of all the misery that has happened to you; you feel sad. But there is no need to feel sad, because through it, you come to an understanding, and then things need not happen the same way again to you. For every hurt or happiness always feel thankful. Whatsoever happens, good or bad, make it an opportunity to grow. Use that opportunity as spring board for something higher.

मन वासना बंधन बढ़ा, स्वयं ही है प्रधान ।
 मोक्ष की आस किस काम की, पाया ना सब्द महान ॥

कीचड़ सूं कमल खिल कर, बास फैलाये चहुं ओर ।
 लोभी मानव कबहु ना रजता, लूट मचाये हर ओर ॥

A close relative dies, there is a pain, sorrow, anguish and misery, but use that opportunity to meditate on death and penetrate within to

have a glimpse of real life purpose in this world. It is the body of five elements which destroys, but soul never dies. We have to think about soul, how to spiritually elevate yourself to understand the true purpose to be human being and get permanent liberation from the endless cycle of life and death in this world.

जग का जीव अंधा और गंधा, कैसे छूटे काल का फंदा ।
अमरपुर से आये हंसा रूप, सतगुरु सद्द काटे हर फंदा ।।

WHAT IS CONCENTRATION

जैसे नैनों में पुतली, त्यों सत सद्द सुरति मांहि ।
अंधा नर जाने नांहि, सो तो सुरति मांहि ।।

Absence of Mind doesn't mean you are careless or lacking in focus; it just means the mind is meandering through labyrinths invisible to the open eye.

मन बुद्धि चित्त जब संग में, कैसे कोई उतरे पार ।
सुरति धारा जब तक नांहि, कैसे कोई पाये मोक्ष द्वार ।।

All of us have moments when we lose track of the present, traipsing off into another world. Scientists, poets, philosophers and creative people are most notorious for their absent minded ways, hence the absent minded professor, syndrome. Several anecdotes revolve around Albert Einstein and Sir Issac Newton due to their scattered, forgetful ways. Einstein once called the university he worked at to ask for his own address ! Einstein too needed reminders to eat and take his classes ! Sant 'Satguru Vai Naam Gulam' while teaching remained so ingrossed that he forget the bell and remained teaching for at least three hours at a stretch and mostly forgot to take lunch. This all is due to concentration in the undertaking. It is purely Aatmik state as it works in the present only.

जा कारण जग आया, कुण्डी 'वे नाम' सब्द मांहे ।
पर्दा मन माया दिया, 'वे नाम' सूं मोक्ष दात पावे नांहे ।।

Second way of following spiritualism and religion along at the country level, national level, if not at world level at present in the prevailing conditions. It is spiritual resilience that is keeping the country united despite the inherent diversity. Our spiritual ethos ensures everyday the freedom to practise what ever faith they believe in, making it the most democratic and tolerant country. The field of spirituality and religion has seen many changes in recent years. We have seen on television how many false religious leaders have been caught.

सतगुरु अमृत सागर हैं, कोई बिरला जाने भेद ।
मन मान तभी तजे कोई, सतगुरु सूं मिले सब्द का भेद ।।

बिन सतगुरु कोऊ होये, नांहे वो को दर्साये ।
सतगुरु आज्ञा ना माने, वो अवगति को पाये ।।

Spirituality is of great importance, and when there is a fall in respect and honour in spirituality, it affects the morale and self confidence of the people. The spiritual field plays a very big role in uplifting people. It upholds 'faith' in people, in themselves, faith in society and ultimately, faith in the divine. So spirituality is very important for a healthy society.

सतनाम को जानि के, छूटे भय काम क्रौध जागे विश्वास ।
हर हंसा अमृत पान करे, जब सुरति में सार सब्द करे वास ।।

सतगुरु सत तो नाम सत, साधक भी सत होत ।
तीन सत जब संग में, अमृत वर्षा होत ।।

Each one of us is like a flute. When we get rid of all negativity and become hollow and empty from within, then a divine harmony starts to play and resonate from our being, provided we come in contact with true real 'Sant' Satguru who can make your flute empty from the impact of Mind and 'Maya' to develop your true faith and love towards Supreme Lord (Sahib).

मन गया माया गई, छूटा आशा तृष्णा का साथ ।
अंदर सुरति अकेली रह गई, सुरति सब्द स्वांसा संग साथ ॥

Then the entire space and environment around us becomes melodious. All the rhythms and sounds of our life come together in a blissful harmony. When there is sweetness in our voice, then every one will belong to you and you will see that no one appears a stranger to us.

सहज योग के नाम को, जाने ना जग संसार ।
हर मत सहज की बात करे, पहचाने ना सतगुरु द्वार ॥

This is India's message to the world - Sants 'Satgurus' possess 'Paras Surti' i.e. 'Alive Holy Naam' which has the power to eliminate all the ills within us and to purify 'soul' from the dirt and dust like Mind & Maya to make one's life sweet and harmonic. He turns a question into a wonder and bring a new transformation in our life and we forget ego, deeds, borrowed and false, caste, creed and religion in the narrow sense. We have to attain universal love and affection for each and every 'jiva' in this universe.

आप जाग सब जागा ले जान, सभी हंसा रूप हैं प्यारे ।
सहज सत और विश्वास संग में, जागे अंदर बाहर वैराग प्रेम प्यारे ॥

Let's commit ourselves towards building a better world for everyone - a world which is free from pollution, crime, corruption, ignorance, narrow mindedness, false religions etc. 'I' know that we are already committed to all this to over come these big hurdles to attain spiritual elevation of soul's at the world level to find the real 'abode' and to get salvation from the bondage of life and death cycle.

सतगुरु दरबार में प्यारो, बिगड़ी बनाई जाती है ।
सार सब्द की दात सूं, सुरति हंसा बन निजघर जाती है ॥

FIVE MUDRAS

WHILE CONCENTRATING ON 'NIRANKAR' GOD WE HAVE THE FOLLOWING FIVE 'POSTURES' (MUDRA) TO ADOPT :-

जहां जाना तहां निकट है, कारण तन जान महान ।
ध्यान को एकाग्र करना, कारण तन करता काम महान ॥

1. Chachri Mudra
2. Bhuchri Mudra
3. Agochari Mudra
4. Unmuni Mudra
5. Khechri Mudra

अंदर तनों के काम की, अदभुत महिमां ले जान ।
स्थूल सूक्ष्म तन छूटें, कारण तन में सुरति ले जान ॥

बिन सतगुरु बात बने नाहि, नर सोया ही मर जाये ।
ध्यान केद्रं सतगुरु सूं मिलता, निज को पा बात बन जाये ॥

This stage is obtained by Yogi He controls the four elements. All gods and the goddesses are the member of this family. They represent Mind and resides in all human beings.

विचार ही मन, निःसब्द बिन विचार ।
मन औंकार, मनभावन करवावे निरंकार ॥

He is 99% Aatmik and only 1% of Mind (sky) matter, so, he enters into Maha Sunn lok and lives there till dooms day of the universe. When a yogi attains this stage, he doesn't need to concentrate on sound. He attains 'Sunn' within and can visit different loks in the universe 3 loks automatically. At the time of meditation, he drink Amrit which falls on the tongue of its own, the source is unknown. This is

true, as 'Vai Naam Gulam' has undergone all these experiences, during meditating and considering 'Nirankar' himself as my true and real Guru. This all happened before meeting with my real and true Satguru going to Amarlok to see Supreme Lord (Parampurush) and getting 'Alive Holy Saar Naam' from Supreme Lord (Parampurush/Satpurush/Sahib Ji) to awaken the human being of this universe, as Yogis and Maha Yogis do come to me from heaven, pitter lok and even from Sunn, Maha Sunn to get this Alive Holy Saar Naam.

निरंकार भक्ति ऊँ नाम, सब नामों में नाम ।
जो सिमरे ऊँ सद्द को, सुन्न में पावे विश्राम ।।

All the above mentioned achievements during meditation of these five Mudras by Yogis provide happiness and pleasure. They do not provide Aatmik bliss and permanent liberation (Mukti) from the life and death cycle in this universe.

सिद्ध साध और ऋषि मुनि, पंच शब्द भरमाये ।
पंच मुद्रा पर ध्यान घट भीतर, फिर गर्भ में आन समाये ।।

The awareness of Yogi's increase or decrease; visit of different loks is also in the hands of God (Kaal Purush). Maha Yogeshwars can visit at a time Swarg Lok, Brahm Lok, Wani Lok & 'Niranjan Lok' (God/Niranjan Lok). Niranjan Lok is whole black with gold yellow space all around it. It has a V-Shaped door of black matter through which a Maha Yogeshwars enter. Nirankar receive the Maha Yogeshwar in the guise of his Guru, so no one can enter the gate of any lok or 'Swarg/Jannat' without having a Guru. One who goes there, lives there till dooms day. When this universe after a lapse of four crores and thirty two lacs of years, is reincarnated, one has to come back into life and death cycle. Thus in this universe there is no permanent salvation (Nirvana/Moksh).

WHOLE UNIVERSE MERE A DREAM

जैसी कमाई वैसा फल, शिष्य शिष्य में भेद ले जान ।
भौग मत में गुरु की भूमिका राह दिखाना, शिष्य की कमाई स्वयं करनी जान ।।

Thus this whole universe is a dream. The appearance of Suns, Moons, Stars, Galaxies Meters etc all are nothing more than a dream. Those who reside in heaven or hell or in any other lok are also living in a dream world. What so ever you see and perceive in this universe is nothing else but a beautiful and charming dream.

तीन लोक में सभी अटके, चौथे लोक का भेद महान ।
खरे सयाने सोये पड़े, सतलोक की महिमां अति महान ।।

बह्मज्ञानी की है, ईक निरंकार पर आस ।
इस भक्ति सूं मत करूं, पूर्ण मोक्ष की आस ।।

(Atma) Soul = (Hansa+Mind+Maya)

(Mind) Parmatma (Mann) = Akash (ether sky)

Thus Soul & Parmatma/God are a dream. There is nothing in this universe which can subdue Mind (Mann) and Maya completely from the 'soul' to convert into Hansa (purest form of Hansatma), so this all is nothing else but a beautifully magnificent dream situation.

निर्लोभी निष्कामी, सोहि सतगुरु महान ।
उनके दर्शन पाई के, पाओ सुरत कमल स्थान ।।

सहज स्वभाव सब जीव में, सांची भाषा कहलाये ।
जो सार सब्द सुरति सूं बजे, मोक्ष पद पा जाये ।।

Thus Sahib Ji says that there is no difference between Mind and Nirranjan. They both are the same. If we know Mind we can know about Nirankar to attain salvation (Moksh). In this Bhakti you can attain a lot but can't obtain permanent salvation. To attain permanent salvation, you have to move towards Supreme Lord through Satguru (Parampurush/Satpurush/Sahib) who is our real father and ocean of 'Hansa'.

बिन जाने कैसे कहें, साहिबन का क्या है रूप रंग ।
ना ये पीला ना ये नीला, कैसे कहें उनका रूप रंग ।
जो जाने निज रूप को, वोहि रंगे साहिबन रंग ॥

"Vai Naam" Surti Dhara ideology is throwing real and true knowledge before the world for spiritual elevation and obtaining permanent and everlasting bliss (salvation). Sant Satguru 'Vai Naam Gulam' is giving all experiences undergone to establish truth before the human beings. Sahib ji has made very clear in the under line words :-

बिन सतगुरु बात बने नाहि, नर सोया ही मर जाये ।
ध्यान भेद सतगुरु सूं पाओ, निज पहचान से बात बन जाये ॥

संत मत में सतगुरु ही कर्ता जान, सात द्वीप नौ खण्ड में उनसे बड़ा ना एक ।
ग्याहरवां द्वार ही मोक्ष द्वार प्यारो, सतगुरु सतपुरुष की सुरति एक ॥

Here the distinction between the Naam related to the body and the one that is purely soundless sound has relation to Satlok (Amarlok/Begampur). The true form of worship can be performed by the word which is pure Surti (concentration), that can't be written, spoken either through lips, throat or mind. It is given to Mool Surti of Satguru by the Supreme Lord himself and Satguru gives in Surti to devotees (Sadhaks). This is Alive Holy Naam (Saar Naam). It helps in subduing Mind and eliminating Body (Maya) to make 'Soul' free from Mind and Maya i.e. Hansatma.

काल जाल सब माया नाम, विदेह नाम कोई एक ।
विदेह नाम सतगुरु सूं पावे, ऊंचे भाग तिस कोई एक ॥

सार सब्द पाई नाव सतगुरु सूं, खुद ही खेवनहार ।
जो साधक नाव पर आवे, सतगुरु पार लगावनहार ॥

“The Alive Holy Naam given by the ‘Supreme Lord’ to Satguru (Sant) ‘Vai Naam Gulam’ is a blessing in disguise in the whole Brahmand for the human beings for spiritual elevation; going back to real abode Satlok (Amarlok/Begampur) to attain permanent salvation and to be free from the bondage of life and death cycle.

अपूर्ण व सम्पूर्ण मुक्ति

निरंकार और सत्तपुरुष में, बड़ा ही अंतर जान ।
निरंकार कर्म बन्धन उलजावें, सत्तपुरुष तुम्हें हंस बनावें ॥
निरंकार चार मुक्ति दिलावें, सत्तपुरुष तुम्हें अमर बनावें ।
चार मुक्तियों में कुछ समय बितावें, शुभ कर्मों का फल पावें ॥
पित्रलोक स्वर्ग सुत्र शुद्ध ब्रह्म में रहकर, पुनः जगत में वापिस आवे ।
जो कोई पूर्ण सत्तगुरु सूं, सार सब्द की दात को पावे ।
सत्तलोक सत्तगुरु संग जावे, साहिब के दर्शन पावे ।
बहुरी जन्म मृत्यु के जाल से, वह पूर्ण छुट जावे ॥

He blesses the devotees with ‘Paras Surti’ (Alive Holy Naam) related to Supreme Lord (Parampurush/Satpurush/Sahib Ji). ‘It’ has the power to transform Soul to Hansa and enable it to reach to real abode Amarlok without true and real Satguru no body can be blessed with this ‘Saar Naam’ (Surti Sabad).

सात सुरति का सकल पसारा, हर सुरति का भेद न्यारा ।
जाने है ‘वे नाम’ प्यारा, सुरति बिन कैसे कोई जागे प्यारा ॥

PARAMPURUSH

All Sants in this universe from time to time has given the description of 'Parampurush' (Sahib Ji) who resides far above this universe, also includes in 'that' infinite universe.

मौक्ष रहस्य : "वे नाम" कहत है :-

'वे नाम' दास हूं, कहता हूं मैं ।
 सुनो भ्रमित भटके, जग वालो रे ।
 सत्तगुरु की, चरण शरण में आओ रे ।
 सार नाम की दात को, पा चेतन हो जाओ रे ।
 समर्पण करो खुद को, सत्तगुरु चरणों में रे ।
 'मै' को छोड़ो प्रीत सूँ, सत्तगुरु संग नाता जोड़ो रे ।
 जब 'मै' और 'मेरी' गई, तभी प्रीत प्रेम जागे रे ।
 प्रेम है जीव प्रेम सत्तगुरु, प्रेम ही साहिब प्यारा रे ।
 सत्तगुरु में सत्तपुरुष का वासा, सत्तगुरु साहिब एक सरूपा रे ।
 जो पूर्ण सत्तगुरु को है पाता, वह भवसागर से तर जाता रे ।।

Kabir Sahib says that the basic principle of liberation (Mukti) is understood only by the limited persons. Liberation mans salvation of human beings from birth and death cycle. Atma is beyond annihilation of time and space and can't be conditioned with time and space. Atma is indestructable and can't be put to any loss and gain any where, at any place, any condition, any situation, any means, anytime and any space. Gita as well as Vedas stand witness to 'It' (Atma).

तन काजा बिन सुरति नांहि, हर सुरति करे निज काज ।
 प्रथम अनमोल सुरति ले जान, आनंद देना इसका काज ।।

There are five elements in the universe i.e. Earth, Water, Fire, Air and Sky (ether). Sound is produced by the contact of Air and Earth which emanates from the heart of a person, but the sound that is produced from

the 'Akash' does not need air and earth element and it is heard without the application of hands & closed ears and eyes. In the same way Heaven Pitter Lok (Ancestral), Gou Lok, Bharatpur Lok, Baikunth Lok, Shiv Lok, Brahm Lok, Swang Lok, Wanilok, Nirankar Lok etc. are luminous i.e. shining without the existence of any Sun in those Loks.

Let me make it clear that these '3 Loks' in this universe are God's Lok where the Yogis go after leaving this body but they have to live there according to their Karmas and after the lapse of these Karmas, they have to come back on this planet to continue their life and death cycle. Some of these loks are as under :-

Heaven (Swarg/Jannat), Hell (Narak/Jahannam), Ancestral Lok, Dev Lok, Siddh Lok, Swang Lok, Brahm Lok, Vishnu Lok, Shiv Lok, Shakti Lok and Niranjan Lok (Nirankar abode).

SATGURU IS BLESSED WITH SUPREME POWER IN THIS UNIVERSE

These abodes are Nirankar's Lok, but not of the Supreme Lord (Parampurush/Sahib) and nor of Hansa (Hansatma). In short the 'Soul' is entrapped in the shackles of Karmas where as 'Soul' has no concern at all with any of the Karma philosophy as initiated by Gita and Vedas. Due to Karma's countless human beings are entangled in Mind and Maya and find no way to liberate themselves from the clutches of Kaal Niranjan. This all is due to ignorance of human beings. They are not aware of true and real abode of Hansa and 'Its' real father 'Supreme Lord'.

In the same way people are not in search of true and real 'Sant (satguru) who can liberate human beings from the clutches of 'Kaal Niranjan' and lead them to their real abode (Amarlok/Satlok) and real father (Parampurusha/Sahib Ji) for their permanent liberation from the clutches of Mind (Kaal Niranjan) and Body (Maya).

परमहंस के दरबार में प्यारो, हर बात बन जाई ।
सार सब्द सुरति दात सूँ, जीवन नैया पार लगाई ।।

I am laying stress on 'Sants' (Satguru's); as they are as powerful as the 'Supreme Lord' Himself. There is no difference between 'Satguru' and 'Supreme Lord (Parampurush/Sahib Ji) because a true saint attains Supreme consciousness and gets oneness with 'Supreme Lord'. True 'Sant/Satguru' merges in the ocean of 'Supreme Lord' after complete liberation of 'Mind and Maya' and imbibes all the qualities and power of 'Supreme Lord'. Secondly, 'Supreme Lord' infuses 'Alive Holy Naam' (Paras Surti) in the 'Mool Surti' of 'Satguru'. This 'Paras Surti' is 'His' own spiritual power, which is now with 'Satguru'.

परम दासों के दास, मिलो सेवादार 'वे नाम' सूँ ।
जिन पाई दुई बार दात, सतपुरुष साहिबन प्यारे सूँ ।।

सार नाम सुरति साहिबन अंग, गूंझे भीतर और बाहर ।
सच्चा धन सुरति ध्यान, ले चले तीन लोक सूँ पार ।।

'Sahib Ji' was the only saint in the history of mankind who placed Satguru onto much higher platform as compared to 'God' and made it very clear that Satguru has the power to make 'Soul' free from the bondage of Mind (Mann) and Body (Maya).

Thus the ideology of Sant Matt / Para Bhakti / Sehaj Marg explains the importance of the perfect Spiritual Master 'Satguru' from whom one can understand the truth of life and how to attain permanent salvation from the endless cycle of birth and death, only with his blessings with the real Alive Holy Naam (Saar Naam/Sajeevan Naam) which do not come under reading and writing. It is only available to a true living 'Satguru' who has the complete power to transmit that Alive Holy Naam to an individual Soul in the universe through his concentration to concentration of Sadhak.

सतगुरु चौथे लोक का वासी, सहज में सहज का वासी ।
तीन लोक काल पुरुष न्यारा, सब हंसा सहज लोक के वासी ।।

“In order to lead a meaningful life, you need to cherish others, pay attention to spiritual values and establish true relationship with true living ‘Satguru’”.

“No one need to cause another pain or injury. All mankind need to get spiritually elevated to attain salvation from the endless cycle of birth and death”.

If we truly want to escape the autumn of life, let us be blessed with ‘Paras Surti’ from a true real ‘Satguru’ & go in Surti Sabad along with breath in meditation and turn our lives into perpetual spring and everlasting bliss.

Bhagwad Gita chapter 4 prescribes the technique by which the Mind remains serene while the body acts intensely. Action is given. The quality of action is determined by the intension, the motive perform nityam-karma, obligatory action, the highest quality of action. Reduce kamay-karma, desire driven action, which can take you away from your goal. Keep away from nishiddha-karma, actions prohibited by your conscience. As long as you remain focussed on duty the mind is calm, intellect sharp and action brilliant.

As desires mount the mind gets agitated and action becomes flawed. When desires outstrip your resources, you perform dangerous actions that your conscience revolt against.

Lord Krishna underscores the importance of Yafna (Sacrifice), actions dedicated to a higher ideal. Your great and unique capacity is tolerance and sacrifice. Having these qualities you can elevate your spiritual power to concentrate and meditate and let go ‘ego’ desires and wishes. But this all is possible when you are under the guidance of true spiritual Master (Satguru).

The rajasvika acts for selfish ends but the result is stress and mental agitation. Whenever acts are sinful, we eat sin.

The sattvika works in a spirit of sacrifice for a higher ideal. He enjoys the fruit of sacrifice and evolves to the highest goal of enlightenment.

Identify your Svadharma, inner calling core interest. In the area of your Svadharma fix a goal that is beyond your selfish interests. Thought of self is the greatest barrier to excellence. There is perfection in everyone. All that you have to do is get yourself out of the way - your 'ego' i.e. your past memories including deeds and selfishness and future wishes and desires. The higher ideal helps you never thought you had. You get creative. And you are exhilarated at work. This creative energy which tends to dissipate into the unproductive avenues of past worry and deeds i.e. ego, future anxiety and present frenzy.

जो सतपुरुष को जान ले, पावे भृहंगा सब्द का ज्ञान ।
सोहि सतगुरु तीन लोक में, मुक्त कर दे भृहंगा सुरति दान ॥

Here only Surti (concentration) can plug this wasteful dissipation. This success can be achieved by Paras Surti, which we can have from a real and true spiritual Master 'Satguru' to make 'Soul' free from Mind (Mann) and Body (Maya).

चला जब लोक को, शोक रोग सब तजाई ।
हंसा रूप सतगुरु बनाई, मन माया काल छुड़ाई ॥

Arjuna asks - What takes me away from my path and makes me do things I ought not to do ?

सम्पूर्ण राम रहस्य

निरंकार सत्ता के तीन राम ।
अति प्यारे हैं सभी नाम ।
एक राम दशरथ घर डोले ।
एक राम घर घर में बोले ।
एक राम का सगल पसारा ।
उसी से चलता जगत सारा ।
पर चौथे राम के हम हंस प्यारे ।
उसी लौक से हम आए हैं सारे ॥

Lord Krishna answers - It is desire, it is anger, born of the quality of rajas, passion. Desire comes in three shades - Sattva purity, rajas passion and tamas ignorance. Thus desire is our greatest enemy. It devours you and causes a great deal of mental agitation and stress. It is unquenchable, life fire. Trying to satisfy desires by fulfilling it is like trying to extinguish fire with fuel. Moreover, it mutates into other far more destructive forms like greed, delusion, envy and arrogance. Yet everyone is fanning desire-individuals, society, nation as well as the world at large. Rise to a higher desire, the lower will lose its hold on 'soul'. Desire is the outcome of Mind (Mann) and we don't have any hammer to smash it. It is beyond the jurisdiction of 'God' Kaal Niranjana (Nirankar).

**दसों अवतार निरंजन करे, कोई ना पहुंचे निजधाम ।
सब जग को भरमा रहा, कोई बिरला जावे निजधाम ।।**

As we are aware of that fire can't be extinguished by fire, similarly Mind can't be removed or made still by Mind. Therefore, we require some more powerful source to eliminate the Mind. 'Supreme Lord' (Parampurush/Satpurush/Sahib Ji) is our real God, who resides in Amarlok (Satlok/Nijdhama). Prior to this universe, we all were living in Amarlok in the form of Hans, swimming in the infinite ocean of Amarlok, like a fish in the ocean, in this world we were leading very happy and prosperous life along with 'Supreme Lord (Sahib), who used to shower tremendous love and affection on us.

THE SUPREME LORD IS WITH-IN US

Those who have awakened spiritually, rising above physical reality, tell us that this world is but an illusion. It is a passing show in grand scheme of creation. There are worlds upon world. Plans upon plans with in us. Who so ever is outside, all resides in us. This world is an illusory impact as images on a movie screen. When we watch the world, it appears to be real, but it is only rays of light. Similarly a dream appears real while sleeping, but we realise its illusory nature when we awaken. Likewise, this world will seem like a dream when we experience a higher reality.

गुप्त भयो संग हर जीव के, निरंजन मन लो जान ।
चार वेद बखान करें, आत्म उसी के वश ले जान ।।

The real dreamer of this world is Mind, but 'Soul' perceive as its own. This is the state of ignorance of 'Soul'. 'Soul' thinks that the show it is watching here is real, as 'It' considers himself as body, is its ignorance. When the 'soul' turns its attention to the spiritual realms, it leans of the true reality. It then sees that the only reality is the power of Supreme Lord (Sahib/Parampurush). Soul is the true mirror of Supreme Lord, but it is covered with the dust and dirt of Mind (Mann) and Body (Maya), so it can't see the real image of Supreme Lord in 'It'.

Supreme Lord is an infinite ocean of spirit and the soul being a part of Supreme Lord, is also spirit known as 'Hansa'. It is only the true Master (Satguru) who possessed 'Paras Surti' 'Bhringa Matt' a process of pulling back the veil of Mind (Mann) and Body (Maya) that separates us from the Lord. As we focus our attention on 'Surti Naam' provided by True and Real Master (Satguru) we start to see the inner awakening in us. Ultimately by the grace of 'Satguru' the 'soul attains its real state of Hansa i.e. {Soul - (Mind & Body) = Hansa} and reaches the purely spiritual realms of Amarlok/Begampur, the place from where we all Hansas have come into this karma universe. There the Hansa merges back into its source and becomes one with Supreme Lord, but it still retains its identity as Hansa in infinite ocean of spirit.

चल हंसा सतलोक हमारे, छोड़ो ये माया पसारा ।
ये त्रिलोकि निरंकार मन खेला, कर्म का जाल पसारा ।।

Sant Kabir Sahib says to every soul of this universe that this lok belongs to Kaal Purush. The net of Karma is spread all over in this universe. All souls are in the bondage of Kaal Purush and there is no way to escape from his shackles and to get liberation. Only a true real Master (Satguru) can take you out of this chain of karmas. He has entangled all the souls in the cycle of 84 lakh yonies. He himself resides in Niranjana (Nirankar) Lok, which is jyoti saroop all around the lok in the sky. 'He' watches everything, every happening in these three loks which

have been created by him out of the five material elements (panch tatva). All these five elements are in different and definite and fixed ratio. The life of these loks is Eight Arabs, Sixty Four Crores years. Four Arabs, Thirty Two Crores years make a day and of the same duration a night of 'Kaal Purush'.

साहिब ही अमरलोक हैं, अमरलोक ही साहिब जान ।
उनका आदि अंत कहीं ना, तीन लोक भी उनमें जान ।।

सतगुरु शरणी पाई के, पाओ जीवन सार ।
सुरति सूं सुरति ईक हो, पाओ साहिबन दरबार ।।

TRILOK

This is a period of day and night of these Three (3) Loks that include 'swarg/jannat' lok, pittar lok, brahmlok perish during the night and then reappear during the day. These loks have to perish, as they are not true and real to exist in this cosmos. This universe is purely a dream and nothing more than this.

True and Real Master/Sants, Satguru's have the complete knowledge and understanding of the infinite.

These infinite can be divided into three parts :-

(1) Shoonya - having Seven (7) Loks

(2) Maha Shoonya - having again Seven (7) Loks

(3) Amarlok (Nijdhaam/Satpurush Lok/Parampurush Lok/Sahib Lok) which itself is infinite, includes all loks.

चल हंसा सतलोक को, छोड़ ये मन माया ।
ये संसार मृत्यु देशा, काल ही सबै नचाया ।।

Leave this universe which is purely a dream, perishable, meaningless and not fit to live in. This universe is not fit for you to live in, come out, accompany me to Amarlok, the real abode to live in, as you have already come from that infinite lok into this temporary universe to get permanent salvation and permanent liberation from the endless cycle of birth and death.

**‘वे नाम’ परमहंस जी प्यारे, शरणागत को तारनहारे ।
सब जीवों में निज को देखें, सब जीव हैं साहिबन प्यारे ।।**

ENDLESS JOURNEY OF BIRTH AND DEATH

Birth and death are jugglery of Maya. He who is born begins to die. He who dies begins to live again. Life is death and death is life. Birth and death are merely doors of entry and exit on the stage of this world. In reality no one comes, no one goes there is a need to change the path of movement. Just as you move from one house to another house, the prans followed by soul passes from one body to another. It is the soul, ‘who’ follows prans considering it as his own part, to gain experience.

**पूर्ण सतगुरु मोक्ष का दाता, सब्द दात देई करे पार ।
जन्म मरन का छूटे संग, सतगुरु सब्द सूं पहुंचो निजघर द्वार ।।**

Just as a man casting off worn out garments takes new one's, so the dweller in this body, casting off worn-out bodies, enters into others that are new. Death is not the end of life. Life is one continuous never ending process. Death is only a passing and necessary phenomenon, which every soul has to pass to gain experience for its further evolution. Death is like sleep. Birth is like waking up. Death brings promotion to a new and better life.

**परमहंस हैं तारनहारे, साहिबन सुरति के रखवारे ।
पारस सुरति पास तुम्हारे, काल जाल से पार उतारे ।।**

A man of discrimination and wisdom would like to understand and persue to be free from this life and death cycle, by understanding the nature of death and how to come out of it. Every soul is a circle. The circumference of this circle is nowhere but its centre is in the body. Death means the change of this centre from body to body but the need is to end the cycle of birth and death by attaining permanent salvation on meeting with true and real spiritual Master 'Satguru' who possesses 'Paras Surti' to break the shackles of life and death cycle established by 'Kaal Purush'.

SATPURUSH IDEOLOGY IS IMMORTAL & NEVER VANISHES

सतपुरुष तो जानते, अनुभूति का महासागर ले जान ।
'वे नाम' दात बिन बने ना बात, निज की कर पहचान ।।

The Supreme Lord (Parampurush/Satpurush/Sahib Ji) is deathless and spaceless, timeless, causeless, decayless. There is death of the physical body only, which is a compound of five elements. How can there be death for the eternal soul which is beyond time and space and causation ?

सतगुरु सतपुरुष तत्व को पा कर, शिष्य के भीतर स्थापित ले जान ।
यहि पूर्ण मोक्ष दात प्यारो, मोक्षदायी सत नाम ले जान ।।

If we wish to free ourselves from birth and death, we have to become bodiless and mindless. Body is the result of karmas and actions. We must not do any action with expectation of fruits. If you free yourself from raga-dvesha or likes and dislikes, we can be free from karma. If we kill egoism only, we can free ourselves from raga and dvesha. If we annihilate ignorance through knowledge of the imperishable 'Soul', we can annihilate egoism. The root cause of this body is therefore ignorance.

निज का संग, निज से कर ले ।
'वे नाम' सब्द पर, सुरति तूं धर ले ।।

He who realised the eternal soul, which is beyond all sound, all sight, all taste, all touch, which is formless and of five elements, which is infinite and unchangeable, which is beyond jyoti swaroop, which is infinite and unchanging, whose one speak is thousand times more bright and sparking than Kaal Purusha (Nirankar), free himself from the jaws of death, who lives in Amarlok (Satlok/Begampur) who is known by the name of Parampurush (Satpurush/Sahib). That lok is our real abode. One who goes there feels and realises that it is his real home. He recollect has past memories which lie in the Mool Surti of 'Soul'. It is just like visiting Delhi and coming back to real home which is in Jammu.

AMRIT / SWATI DROP

निजघर जो हंसा जायेगा, निजघर जैसा छोड़ा था वैसा पायेगा ।
मन माया से पार हो जायेगा, सब हंसों को पहचान जायेगा ।।

There is no bondage of karma philosophy over there. Swati drop of water which is considered to be purest in form can be converted into pearl, in 'seep', gajmukhta in elephant's ear, para in stone, kaffor in the leaves of banana, in the same way, when a soul becomes free from Mind and Maya attains the stage of 'Hansa' where holy Amrit water begins to extract in the mouth of Saadhak at this stage, here saadhak attains the full Surti power of Sahib Satpurush Ji and turns purly Hansatma. It is only in that stage we can go back to our real abode Amarlok (Satlok/Begampur) and can meet our real father Supreme Lord/Satpurush/Parampurush/Sahib Ji) to get permanent salvation from life and death cycle in this universe. Those who attain this stage never come in mother's womb to have birth.

निज को मन माया सूं, दूर तूं कर ले ।
सुरति की आंख सूं 'वे नाम' के, दर्स तूं कर ले ।।

सहज सहज कहते रहो, सहज ना चीन्हे कोये ।
जिन सहजे साहिब मिलें, सहज कहावे सोये ।।

YOUR & 'VAI NAAM GULAM'S EXPERIENCES

‘वे नाम’ कहें :—

मैं आया साहिबन देस सूँ, पारस सुरति संग साथ ।

मन माया का भेद जान लो, तो चलो हमारे साथ ।।

If we know one and understand one we know everything. If we don't know one, we lose all. Always be in search of real abode and real infinite ocean of 'Soul', let go Mind and Maya, understand yourself, lead a meaningful life by elevating your spiritual concentration, let go old rituals, dogmas, false beliefs, wish for a true and real Master 'Satguru' for finding the real purpose of life and how to attain it. While concentrating on light and sound of cosmic, we can't attain permanent salvation, as they will vanish altogether on the day of dissolution i.e. 'doomsday' of the universe. Only true and real Master 'Satguru' can lead you towards permanent salvation. 'He' can make you pure and real to join Supreme Lord, the infinite ocean of spirit.

‘वे नाम’ दात को पाई कर, स्वांस स्वांस सुरति संग ध्यान कर ।

पूर्ण मोक्ष की दात ये, विश्वास वैराग जगा कर भव सागर पार कर ।।

CONCENTRATION ON SOUND

This universe is out come of Surti Sabad. Thus in the beginning there was sound. The manifestation of sound is the subtlest, even more so than light. The ear is considered as the subtlest organ.

Acoustic expressions are of two kinds, one is the divine, or spiritual acoustic expression and the other is the physical. While closing the ears and eyes we hear sound which is pleasing but is of ears itself. The sound we hear is the physical acoustic expression.

The ordinary ear does not perceive the vaster spiritual acoustic expression. In the divine realm, in the cosmic domain in the inner

sphere there are several stages, start and phases, and when the inner senses develop by dint of concentration on Surti Naam by dint of Sadhna one will hear that divine sound the inner sound, the sound of silence. It is known as 'omkar prana'. When these inner senses develop and the soul comes in the praghya avastha, in the first phase spiritual aspirants (Sadhaks) can hear that inner sound. In the first phase it is like the sound of 'crickets', rustling of leaves, falling of rain, blowing of wind.

In the next phase, when their inner senses become sensitive and soul comes in Maha Praghya Avastha, it is as if some one is dancing with bells (nupur) around their ankles, as Mira perceived during her spiritual concentration. Next you will hear the sound of 'Sankh', 'Bells' etc. And finally the sound and yellow bright light of the 'omkar' (om) in pure form. After that there is no sound. While concentrating on these sounds you can have cosmic journey of Sunn and Maha Sunn Loks. There are seventy (70) kinds of sounds in cosmos.

After the sound of omkara, there is no sound, because the realm of sarguna ends and that of nirguna begins. In the realm of nirguna there cannot be any sound, because there cannot be any manifestation. Not even divine expression, not even superpsychic expression.

When one hears sound of Omkara or Sankh (संख) and concentrate on this sound, can visit Brahm (Nirankar) Lok which is jyoti sarop (yellow bright colour) all around with a 'V' shaped Sunn gate for entrance. The inner portion is of thick black in colour. There is no earth matter in it. From the entry gate only one soul with a True and Real Master 'Satguru' or Satpurush enters into it.

**Note :- For more detail contact personally
'Sant Satguru (Vai Naam Gulam) Paramhans Ji'.**

“Nothing is to be changed, except one’s own self, because all that is true and real is still unknown. Arise, awoke, search for true and real Master (Satguru) to get true, real and permanent salvation”.

Our soul does not belong to this universe. It is in bondage over here. Try to know your realself, real abode, real Supreme Lord (Parampurush / Satpurush / Sahib Ji).

The sounds and lights of cosmos are for temporary pleasure and temporary four (4) types of salvations. Come to your senses and make a true search of true abode and real father. Whatsoever is there upto Kaal Niranjana (Nirankar) have perish and destroy. It is purely an illusion and nothing more than that.

SOFISM ACCORDING TO SATT-BHAKTI

Sofism is the path of love. Sufis say, your inner most core is emptiness, pure sky or nothingness. They call this fana or dissolution. The first layer around fana is that of baqa or individuality, what Hindus call as Atma, Soul or Self. But the soul is already a step away from you being as it contains the impurity of ‘Mind and Maya’. Budha calls this ‘soul’ as no self or anatta, dissolution or disappearance.

Our inner most being is non-being. Nothing is there, or only nothing is in nothing.

At the centre is fana, dissolution, disappearance. Even at the point of baqa or individuality we do not meet God, through very little of you is left there, may be a thin line. Even that has to disappear in fana only then you attain God.

Sofism is among the easiest and a unique path to achieve ultimate flowering. It is not a religion but the way. It is the art of

science of correct living through a systematic understanding and following of austerities :-

This path has three pillars which form the basis :-

- (1) Meditation**
- (2) Master**
- (3) Remembrance**

Zikr qulb or repeating the remembrance at the heart centre, tasubbre Sheikh or remembrance of the Master and markaba or meditation. The association of the master is Satsang or the only scriptures. Thus the entire edifice of the Sufi path rests on the Master.

The word maste does not refer to specific person. This is the state of spiritual awareness. As an individual you can not see beyond your understanding. And as you are, you cannot envision a master. This is the reason the master appears from time to time to manifest that state of awareness, the light absolute and the path laid down by other masters. Most do not see beyond physical appearances. You need to feel the under current of consciousness behind name and form. A master represents truth according to the context. The master's presence enables us to experience love, awareness and compassion to take that leap of faith. A master is the bridge, a guide towards our own inner master.

Sofis use stories and parables. These are teaching devices. Sufi masters use meditation as one of the pillars for transformation. Meditation works like an energy that is communicated to all. In doing so, the master uses various centres from where the energy is communicated to all.

A master can only help you in removing the obstacles, so that meditation happens properly and in true sense with faith and devotion. Trust and faith are very essential to under go meditation in presence of master.

“Do not commit any unwholesome actions, Accumulate virtuous deeds, Tame and Train your own mind”. — Shakymuni Buddha.

“Compassion and love are not mere luxuries. As the source both of inner and external peace. they are fundamental to the continued survival of our species”. — Dalai Lama.

चल हंसा तूं देस हमारे, साहिब देत पुकार हैं ।
सत्य तो केवल अमरलोक है, झूठा सब संसार है ।।

This world in which we are living is purely an illusion. All those who are concentrating on Niranjan (Nirankar) can't escape from the bondage of Mind (Nirankar). The real abode for every soul is Amarlok (Satlok) which is far beyond this cosmos. It is because of this that 'Sahib Ji' is calling us all to leave this world, join hands with true and real Master (Satguru) to be blessed with 'Sar Sabad' (Alive Holy Naam) to attain nirvana and to be freed from the bondage of Kaal Niranjan.

The four salvations that we attain in this universe don't provide permanent salvation. We can go to Ancestral's lok, Heaven, Sunn (Akash) and Nirankar Lok for a certain period of them, after the lapse of that period we have to come back into womb of mother to follow karma philosophy. Thus this world is nothing but an illusion.

**WHOLE TRILOK IS ILLUSION EXCEPT AMARLOK
ANT MATT / PARA BHAKTI / SEHAJ SATT MARG
& “Vai Naam” Surti Dhara.**

मन ही सरूपी काल निरंजन, सबै रहा भरमाई ।
हंसा तूं तो अमरलोक का, पड़ा मोह वश आई ।।

मन पल पल भरमा रहा, पल पल बदले रंग ।
आत्म मन वश ऐसे पड़ी, माने मन तरंग ।।

Alakh Niranjan, Soham, Satt, Aum, Ra-Rarankar, the physical body, the Earth Solar system, Milky way, Laniakea - immeasurable Heaven, Hell as well as the universe itself are a illusion. Even soul and god are a farce. Hansa accompanied by Mind an Maya is known as soul. Soul in this state is really not in the awakened state is really not in the awakened state. Similarly Kaal Niranjan (god) none else but a Mind and Maya is known to be awakened by true and real Master (Satguru). 'He' possesses Alive Holy 'Surti Naam/Saar Naam', which can't be written or spoken. 'He' resides in Surti and this Satya (Surti) Naam alone is the truth. This Surti (Saar) Naam has its link with 'Supreme Lord' (Parampurush/Sahib Ji) 'who' never perishes. He resides in infinite and everlasting 'Amarlok' (Begampur/Satlok). Mind and Body (maya) has no existence in Amarlok, the real abode of all Hansas.

ये संसार काल का देसा, कर्म जाल पसारा ।
सभी अटके काल जाल में, कैसे छोटे काल पसारा ।।

चल हंसा सतलोक, छोड़ ये संसारा ।
ये संसार मृत्यु देस, हर थां मोत का भय पसारा ।।

PERMANENT REAL ABODE OF SOUL IS SATLOK

All souls in this world are Hansas who have come from Amarlok and are imprisoned in this impure destructive and perishable world. Mind and Maya have bound him with invisible string. He can only be made free by a true and real Master (Satguru) to move back to his real abode Amarlok. There is no problem of Yama in Amarlok (Satlok).

The material five elements in this universe (Brahmand) will get destroyed one day. That Amarlok is a rare one. Only he who reaches

there, can give real and true description of 'it'. It lies far beyond this universe. 'His' body extends upto infinite yojans. He is beyond the units of measurement distance. Kabir Sahib has described infinite number of infinities. He possesses such a vast body, in fact, 'He' has no body. He never comes to take birth on this planet, in the womb of mother to follow life and death cycle. He himself is Amarlok. His beauty is beyond description.

Every 'Hansa' (soul) in Satya Lok is immortal and alike in appearance. They have the power to assume any shape of any age to transform their body. Any Hansa who goes from this planet possessed a light equivalent to that of sixteen (16) suns. In Amarlok every Hansa possesses a light equivalent to that of sixteen suns. Parampurush possess beauty which is beyond description in words.

The light of crores of suns seems insignificant before the light emanating from his single pore. He who sees and meets with Parampurush in Amarlok, becomes pure, true, real like a Hansa. One who goes there or lives there, taste the food in the form of nectar. It satisfies their hunger for yugas together. Parampurusha himself is the nectar over there on whom the Hansa live and enjoy together.

'Sant Satguru Vai Naam Gulam' has undergone all these experiences and got back into this body. It is up to a Hansa to live there, or come back on this planet either in his own or some other available body in this universe. Hansa moves with 'Vihangam Chaal' / tremendous speed. The size of Hansa is about finger tip with tremendous light of sixteen suns. The moment the Hansa enters into the body back, the light departs instantly (at the same moment). Mind and Maya never join back to that Hansatma. He lives free of all weaknesses. He is at liberty to go and come back from Amarlok. If Parampurusha blesses the blessings of 'Surti Naam' (Saar Naam) to that Hansatma, to elevate the jivas spiritually on this plane, he is called 'Sant Satguru', and 'Param Hansa'. This is Alive Holy Naam (Paras Surti) which can't be written or spoken with lips, mouth and mind. It can only be put in Surti only.

An enlightened soul is that which keeps in Surti the Saar Naam blessed by the Satguru. He who is blessed the secret of 'Saar Naam', becomes pure like a Hansa. With the power of this 'Saar Naam' the 'Sadhak/Disciple' can certainly go back to his real abode 'Amarlok'.

'One whosoever is blessed with 'Saar Naam' goes back into Amarlok'.

जब लग घट मोह माया बसे, चारों ओर अंधियार ।
जब कोई संत प्यारा मिले, विदेह सब्द उतारे पार ।।

It is Naam of Parampurush that helps souls to reach Amarlok. Rishi Munis, Yogis, Sidhs and the like can't reach to Parampurush (Amarlok) without the blessings of 'Saar Naam'. A 'Satguru' is one who has a knowledge of a 'Satyapurush'. He remains connected with 'Him'. He is free from all sorts of sins and lives like a 'Hansa' in this universe. Mind (Mann) and Body (Maya) can't effect his Hansatma with any evil design.

सतगुरु सब्द ही कुण्डी जानिये, जा सूं खुलें किवाड़ ।
पल में पहुंचो निजघर में, सतगुरु खोलें किवाड़ ।।

This human body is meant to worship Supreme Lord (Parampuush/Sahib) to seek salvation. But on the contrary the human being engages himself in lustful activities and wrong doing to fulfill the wishes, desires, ego and deeds for external gain. The grace of God helps one to attain salvation. But remember the worship of a 'Satguru' is just like walking on the edge of a sword.

None but a spiritually elevated soul free from Mind and Maya, can perform it. Without a 'Satguru', there is none who can help a 'Sadhak/devotee' to attain spiritual knowledge. A 'Satguru' creates thrust, establish faith, provide energy, remove all misconception to elevate the soul of a disciple.

‘Vai Naam Ji’ says :-

मन में धारा अशुद्ध कार्य की, हृदय सूं प्रकटाई ।
क्या कल्याण इसी कार्य में, जीवित मरन सूं बड़ाई ॥

ये ऐसा संसार है, जैसा फूल सुमेर ।
पल में छुट जायेगा, जैसे औस सवेर ॥

The world is an illusion. It is a dream world, where every one is purely an illusion; so don't take any one as your own. It is only in human body, we can achieve nirvana. As compared to Animals human beings have live and active 5th element (sky) thoroughly absorbed in the four (4) elements. This 5th element is none else, but Niranjana himself, out of 84 lacs yonies, the yoni of human beings possesses a body like that of Nirankar (Niranjana). This human body is also known as 'Hari Mandir' as well. This 5th element sky sides within every human body in the guise of Mind. These 84 jiva-yonies are in fact in the bondage of Niranjana. The soul has nothing to do with Mind (Mann), Body (Maya) and Kaal Purush, but entangled (encaged) by 'these all'.

जग है ईक रैन का सपना, समझो ना कोई इसे अपना ।
बिन सतगुरु काल नचावे, सतगुरु बिन कोई ना अपना ॥

Our jeevatma is a part of Parampurush, burns without any wick and oil, sees without eyes, walks without feet and hears without ears, none can cut 'It'. It fears none, neither increases nor decreases. It poses threat to none, poses fear to none, afraid of none, never sleep, full of energy. It never dies and is immortal.

सतगुरु सब्द सुरति लखाया, मोहे पिया मिले ईक क्षन में ।
पिया मिले मोह पे कृपा कीन्ही, दीदार दिखाया साहिबन ने ॥

TEN PRINCIPLES OF "VAI NAAM" SURTI DHARA

The followers of Sehaj Satt Marg/Path have to follow the ten (10) principles which are as under :-

- 1 Always speak the truth.**
- 2 Always seek guidance from Satguru (Internally).**
- 3 Ek Naari Sada Brahmchari.**
- 4 Refrain from taking Liquor & intoxicants of any kind.**
- 5 Don't be slave of Mind and Body (Maya).**
- 6 Only earn right type of earning to run your family.**
- 7 Keep yourself away from theft and gambling.**
- 8 Refrain from consuming Meat etc.**
- 9 Follow the policy of universal religion of love & affection only. (Vasudev Kutumbkam)**
- 10 Do bhakti without any self interest**

सतगुरु की महिमां क्या लिखूं, सब कर्ता वे आप ।
वोहि सतपुरुष रूप जग पधारयो, सब कुछ उनके हाथ ॥

सतगुरु मिला तो सब मिला, खुलें मोक्ष द्वार ।
उनकी पूर्ण कृपा सूं, करो साहिबन दीदार ॥

WHOLE TRILOKI IS JUST LIKE DREAM

All of us are fully aware of 'Parampurush as well because prior to this world, we all were in Amarlok living and enjoying with 'Him'. We were pure 'Hansatma', without 'Mind' (Mann) and Body (Maya). Thus on reaching there, one finds as if one has reached one's own home after

wandering about in this universe. It is just like a visit to some other city, state in India or in some other country for the time being and then come back to our own home and city. Here we are in the dream state following the dictates of 'Mind' (Mann) and the Body (Maya). The moment we attain the awakened state, all of us will realise and find ourselves in our own home, city, country and infinite universe.

सुर नर मुणि सिद्ध और ध्यानी, सब ही की उल्टी कहानी ।
मन सब को अपनी ओर लगाये, मन की गति कोई पार ना पावे ।।

We don't find the existence of three Devas 'Brahama, Vishno and Mahesh' over there. There is no sun, moon, stars, galaxy etc. Amarlok itself is 'Parampurush'. 'It' is purely of white colour with soothing light. There is no light of any sun and its glares in that infinite universe of 'Satpurush'. It is strange that vedas which are produced by 'Niranjan' (Niranka/God) do not mention anything regarding our Real and True 'Supreme Lord' (Parampurush/Satpurush/Sahib) & Amarlok (Satlok/Begampur).

The real and pure forms of sayings contained in 'SWASAM-VED' deliberately made to disappear and the whole information about our real and true father couldn't reach to human beings in this world. 'Nirankar' didn't mention the contents of 'Svasam' in the four vedas produced by 'Him'. 'His' abode is far away from this universe, so the human beings are quite ignorant about 'His' existence. There is no any existence of five (5) elements (Earth, water, Fire, Air and Sky), three 'Gunas' (Rajo, Tamo and Satva), even words 'Aum', 'Soham', 'Ra-Rankar', 'Jyoti Niranjan', 'Nirankar', 'Niranjan' and the like are not to be found there. It is because of this reason that 'Kabir Sahib' has made a clear mention of 'Parampurush' and 'Amarlok' (Satlok) in the underlines :-

त्रिदेव नर तन धरिया, कहीं नाहि निपटारा हो ।
सुर नर मुणि सभी भरमे, मोह माया का पसारा हो ।।

‘वे नाम’ आया सतलोक सूँ, लिये साहिबन दात ।
चौथा लोक उस देस को कहते, अमरपुर की बात ।।

Sahib Ji makes an appeal to all human beings in this universe to leave it and move towards ‘Satlok’ (Amarlok) the real abode of all ‘Hansas’. This world is based purely on ‘Karma’ philosophy. Here we are leading life full of miseries and sufferings. It is purely a dream world. There is no any existence of ‘Aadh Shakti’ and ‘Tridevas’ ‘Shiv, Brahma and Vishno’. In this universe all Sur-Nar-Munis or the like are following the cycle of life and death in ‘Eighty Four’ (84) lacs yonies. Nirankar himself is residing in the ‘Sky’ in the invisible state in ‘Jyoti Saroop’, can be visualised within. ‘He’ possesses light of crores of suns.

ब्रह्म रूप में जगत रचायो, विष्णु रूप में जगत चलायो ।
महां काल रूप जीवों को खायो, निरंकार ही ये खेल रचायो ।।

ऋषि मुनि सिद्ध और ज्ञानी, निरंकार की महिमां गायो ।
निरंकार की सब सेव करें, उसने कर्मन जाल उलझाया ।।

SATPURUSH/SATLOK IS ONLY THE TRUTH

Far away from this cosmos, there is a cosmos where the current of nectar keeps flowing. Crores of suns and galaxies fall into insignificance before the light of even one pore of ‘Satpurush’. Sahib Ji says to Dharam Dass, see the beauty, charm and splendoredness of the Durbar of ‘Parampurush’ (Satpurush/Sahib).

ऋषि मुनि सिद्ध और ज्ञानी, निरंकार के कार्य को आयो ।
चार मुक्ति निरंकार दीनी, भौग भौग फिर जग में भरमायो ।।

“One truly is desirous of following the path of true and real worship of ‘Supreme Lord’ (Satpurush) will never wait for tomorrow, as he knows that today is the only day to know the secret of true and real

Supreme Lord (Satpurush/Sahib) through true and real Master (Satguru)".

बिन सतसंग कुछ हाथ ना आवे, सतगुरु कृपा बिन सतसंग ना पावे ।
बिन सतगुरु कुछ ना भावे, सतगुरु देख यम पास ना आवे ।।

Life is about truth, life is about faith without ego. Life is about love of the 'Supreme Lord'. Life is to get elevated spiritually by true and real Spiritual Master (Satguru) to attain permanent salvation.

"In impure and selfish love, one thinks only of one's own joy and happiness, not that of others. Make your contact with true and real Master (Satguru), who is blessed with 'Paras Surti' (Alive Holy Naam), get blessed with that 'Sar Naam', Put yourself in 'Surti' (concentration) and enjoy the true and real 'Bliss'."

"Man is a social animal and hence the essence of his life lies in establishing new relationship whose foundation is based on truth, establish the nector of truth through the contact with a true and real 'Satguru' who is a nector of truth and maintaining them till his death and even beyond 'Satlok' (Amarlok)".

"We need to grow from the inside out, when some one is there to create thrust for true love, let our ego, deeds, desires and wishes be eliminated, we are spiritually elevated, need a true and real contact with a true and real Master (Satguru) to be permanently free from life and death cycle of this universe".

"That individual who is on the real way to attain permanent salvation is not disturbed by 'Mind' (Mann) and the 'Body' (Maya)."

"Nirvana is not merely the realisation of the self, but never be deluded by 'Mind' (Mann) and 'Body' (Maya), is possible when you are blessed with Satguru 'Paras Surti' (Saar Naam)."

When you experience and see your true self, within no time the individual 'I'-ness will disappear.

सतगुरु की महिमां जानो प्यारो, सच्चा साधक जाने सोये ।
जो जाने सो सब खो जाये, अमृत वर्षा हो निजघर जाये ।।

JEEV-KAYA / BODY IS CAGE OF SOUL

**Every one in this world is moving around in search of material things.
Thus every one is intoxicated in this world.**

सतगुरु नाम की दात सूं, कागा पलट हंसा हो जाये ।
निरंजन सूं कागा बना, सतगुरु सूं आत्म हंस बन जाये ।।

It clearly reflects that whosoever is born in this world can't get temporary or permanent salvation without being blessed by 'Guru' or 'Satguru'. It is only the true 'Satguru' who can enable you to get the true bliss. In comparison to 'Mind and 'Body', the body is the oldest companion of 'Atma', e.g. When we were as a fish (one tatva water) and 'Atma' was without 'Mind (Mann), we couldn't attained 'Moksh' (permanent salvation) then. Next we became as lizard, snake, scorpion etc without again 'Mind' (Mann), still our 'Atma' remained in the clutches of 'Body' and could not attain 'Moksh'. Then we became mosquito, butterfly and bee etc. (two tatva) jivas without again 'Mind' (Mann), still 'Atma' remained entangled with the body and could not attain 'Moksh'. Then we became birds (of three elements i.e. fire, water and air) even still without 'Mind' (Mann) here but body remained with us and could not attain 'Moksh'. Afterwards we became four tatavas jivas like cow, bull, dog, cat etc. containing earth, water, fire and air elements and without 'Mind' (Mann) but body was very much there, here too our 'Atma' could not get 'Moksh'. In these four yonies with 'Body' (Maya) with 'Mind' (Mann) our 'Atma' remained in the clutches of 'Kaal Niranjana'. The sense organs make 'Atma' realise that 'It' is body, where as 'Atma' has nothing to do with body and its sense organs. 'Atma is pure'. This is same in every jiva. In all these cases 'Atma' has begun to believe that it is the body. This has created all the problems of bondage. No living being want to be seperated from its body. Snake, lizard, scorpion etc. too want to live. Thus each creature loves to live. This clearly shows that 'Atma' has forgotten its true identity and purpose of living in this body.

आत्म भूली निज रूप को, जाना तन को ही निज रूप ।
मन माया की आज्ञा पालन किया, खोया निज का चेतन सुरति रूप ।।

‘It’ want to enjoy the pleasures of the senses. So when we become human being of five (5) elements including ‘Mind’ (Mann), the idea of ‘Moksh’ crops up. ‘Mind’ plays all sorts of tricks to keep ‘Atma’ busy in wordly pursuits. ‘Mind’ divides our ‘Atam Surti’ into seven parts to distract the attention of ‘Atma’. Human beings have brain to think and take decisions internally and externally. When an individual moves externally he makes inventions and discoveries to enhance the comforts of human beings. When an individual move inwardly, he elevates the ‘Soul’ spiritually to attain ‘Salvation’ (Moksh). It is a blessing in disguise, because here we can make our ‘Atma’ (Soul) to realise its true power, true father, true abode of ‘Soul’.

साहिब जी कहां से उत्पन्न हंसा, कहां जा समाई ।
आदि अंत मध्य ना जानो, पूर्ण भेद ना पाई ।।

We should not exegerate that flower contains thorns, rather we should be thankful that thorns bear flowers. If we remove all the thorns of rose flowers, we can’t get flowers, as thorns inhance the function of stems which protect the leaves of the flowers. Take the case of cow, who transforms raw material consumed like grass etc. to convert it into milk for the benefit of human beings. All these animals live in the dream state but still great helper to human beings. This is nature. We make so many things of milk and see that basic taste of milk remain in all these things we make i.e. sweets, cheese, butter, cream, ghee etc from milk by adopting different ways and means but the basic taste of milk remains intact in each and every material. In the same way the basic quality of ‘Atma’ remains the same whether we were fish, butterfly, snake, crow, cow or human being.

आत्म निर्लेप सर्वशक्तिमान साहिब जी, स्त्री पुरुष नहीं जान ।
जमना मरना घटना बड़ना नांहि नित्य, आत्म रूप महान ।।

When 'Mind' joins with 'Atamdev' like a thorn with the body to disturb it in all respect, but at the same time provides an opportunity to 'Soul' to realise its true sense and escape out of 'Mind' (Mann) and 'Body' (Maya) and to attain permanent, everlasting 'Salvation' (Moksh).

बिन सुरति शुद्धि ना होई, कौटिन यत्न जे नर करे कोई ।
बिन सतगुरु सब्द आत्म हंसा ना होई, बिन हंसा भव सागर तरे ना कोई ।।

TO ATTAIN MOKSH/SALVATION WHAT ONE MUST DO

1. If you want 'Salvation' the first and foremost task before you is to move inwardly as the whole 'Universe' and even 'Satlok' resides in you.
2. Secondly don't demand any thing from any Devi-Devtas, Guru, Satguru, God (Niranjan) and 'Satpurush'.
3. Put yourself in any undertaking with complete concentration (Surti).
4. Always live in the 'present' and never move in the 'past' ego, deeds and 'future' wishes and desires.
5. Put your 'Surti' in your breathe to be in the 'present', as it functions like a 'pendulam' which moves 'to and fro' and never stands still, as it is movable energy.
6. Attain universal religion which has no religion but a true and real human being. Narrow sense of 'Caste', 'Creed' and 'Religion' is nothing but 'ego'.

Your 'Surti' is pure love, it will start pouring out of 'Aatmik' nector for all jivas equally in all directions.

परमपुरुष सुरति अगम सागर है, महांसुत्र से पार ।
तीन लोक खर अक्षर में लागे, निःअक्षर सब्द तीन लोक से पार ।।

After attaining all the qualities, God himself will take you to 'true and real Master (Satguru) to be blessed with 'Saar Naam' (Mool Surti / Paras Surti / Alive Holy Naam) to attain permanent salvation (Moksh).

सतगुरु 'वे नाम' पूर्ण सूरमा, कस कर मारें बाण ।
अंदर अब नाम विराजे, मिले मोक्ष पद निर्वाण ।।

'Vai Naam Gulam' followed the same above mentioned principles and got not only the same Surti but thousand times more than that. He is here to elevate the 'Souls' to attain permanent 'Moksh'. The true and real 'Satguru' is always unique in the whole universe. He himself performs his duties on behalf of 'Parampurush' on this earth. He possesses 'Paras Surti' and his touch can provide 'Moksh' to any human being who puts his head on 'His' feet for blessings. 'He' is not a human being, but 'True and Real Satguru' in this whole universe. I don't have the words with me in 'His' praise. It is all because of his blessings. 'He' is only one who talks about 'Parampurush' and 'Amarlok' (Satlok/Begampur) and none else.

जिन सतगुरु पूर्ण मोक्ष दिया, सुमरो स्वांस स्वांस सुरति में प्यारो ।
भय भ्रम मन माया से छुड़ा कर, किया निर्भय जगाया विश्वास प्यारो ।।

"A disciple can't mention the name of his 'Satguru' as it makes one 'Sin' Sinner and Sinnest'. A 'Satguru' has no caste, no religion, no country, no family, no relation and even no name. He has a universal religion of 'Love & only Love'. 'He is none else but represents only "SAHIB" 'HIMSELF' on this planet".

साहिब ने पशु रूप से हंस किया, सार दात दे चेतन सुरति सूँ ईक किया ।
तन मन से 'वे नाम' को पार किया, पूर्ण चेतन कर मोक्ष का दान दिया ।।

WHAT IS SURTI AND ITS ROLE IN OUR BODY :-

सतगुरु भाव विवेक वैराग्य प्रेम प्रीति को, छान दिया मेरे भाई ।
पारस सुरति सब्द से दिव्य दृष्टि को, काम क्रोध लोभ मोह से पार किया मेरे भाई ।।

‘Mind’ (Mann) delude the ‘Atma’ all the times as it require the power of ‘Atma’ to perform different activities of the ‘Mind’ and the ‘Body’. This world exists only because of ‘Aatam Dev’. If Atma is removed from this world, the whole existence will come to an end. Then ‘Atma’ will realise its true value. Thus it is very much clear that ‘Mind’ is the main source to dilude the ‘Atma’. Desire, lust, anger, greed and ego are its characteristics with the help of which he entices human beings. Awareness of the nature of ‘Mind’ helps human beings in making calm and peacefulness. Meditation comes only to one who has searched out ‘True and Real Master’ (Satguru) who provides ‘Paras Surti’ that enables him to subdue ‘Mind’ (Mann).

दया मेहर सतगुरु की, बिन मांगे साधक पर रहती ।
शिष्य की फरियाद सतगुरु चरणों में, सुरति सूं बहती रहती ।।

The Yoga Vashishtha says that the world is ‘manomatram’ or imagination. The throbbing of ‘Prana’, the life giving force, makes the ‘Mind’ move. The movement of the ‘Mind’ in turn brings into being a wonderous universe with myriad names and forms. The creation of universe is due to force of ‘Vikshepa’ or the movement of the ‘Mind’. The ‘Vikshepa’ force operates both in the waking and dream states of consciousness, therefore, the world appears in these states. It is not wrong to say that this world is enacted by the ‘Mind’ (Kaal Niranjana) along.

हर नर भव सागर में, डूबा जान तू प्यारे ।
हर कोई पार लगन की चाह में, बिन सुरति दात कैसे कोई पार प्यारे ।।

Like dream generating another dream in it, the 'Mind', having no concrete form, brings into being that which is non-existent. The perishable universe has no independent existence other than the 'Mind' and 'Maya' with annihilation of the 'Mind', the subjective universe too comes to an end. A typical feature of the 'Mind' is that it is 'chanchla' or ever fluctuating and keeps moving from one object to another at a rapid pace. This is why it is often compared to a monkey that keeps jumping from one branch of tree to another. The 'Mind' is constantly drawn towards objects and creates countless worlds according to its own 'Sankalpas' or thoughts.

हर पल चलता चारों ओर, मन चंचल मन भाव ।
आत्म को वश में किया, लाखों जन्मों से बदले ना ये भाव ।।

आत्म को कोई बांध ना पाये, आत्म निज को बांधा जान ।
सार सब्द सुरति सूँ चेतन जब, मन माया की टूटे कमान ।।

Our 'Mind' tries to prevent us from making use of inner eye 'Divya Drishti'. This is because the awakening of the inner eyes will 'enable us' (soul) to realise and understand the true nature of 'Mind' (Mann) and 'Body' (Maya). The whole play is that of 'Surti' and there is need to subdue 'Mind' with 'It'. 'Surti' is itself a 'Soul'. We have forgotten our importance as 'Soul' that can't be overpowered by an external or internal force, however powerful it may be.

सुरतिवान सुरति में रहे, सेवादार बिरला कोई होये ।
सेवक सेवा में तभी, जब सुरति चेतन होये ।।

This world is like a beautiful and charming dream, don't consider any one in this world as your own or of any use. This is a land of 'Aliens' and not of 'Souls' to live in. This world is like a paper boat which is sure to drown in the sea of water. This world is like a dry hay, a spark of fire is sufficient to destroy the whole world with a twinkling of an eye. The musical nodes, Devi-Devtas, Nirankar (God) are nothing but a dream 'thoughts of imagination' (illusion).

तन में आत्म ब्रह्म और माया, तीनों का विस्तार ले जान ।
सार सब्द सुरत सब्द से, हंस रूप से निजघर ले जान ।।

There is a need for every human being to awake, arise and understand that you are the grain of 'Super Soul' (Supreme Lord). A 'Super Power' has been making its presence felt in us after we being blessed with 'Saar Naam' (Paras Surti/Alive Holy Naam/Mool Surti) from 'True and Real Master' (Satguru). 'Mind and Maya' disappears as if they were purely illusions and dust cover on the surface of 'Soul' (Hansatma). When 'Mind' is subdued, all the sufferings of the body will also get eliminated as they were the root cause of 'It'.

सब को जान दूर है, 'वे नाम' सब्द से बात बन जाये ।
'वे नाम' सुरति आत्म हंसा करे, सब्द सुमिरन नाव से पार हो जाये ।।

Just an evil spirit needs a physical body to avoid heat and cold to quench its thirst, to extract energy, in the same manner, the 'Mind' needs the 'Soul'. All the actions of 'Mind' are performed by the 'Soul'. This 'Mind' makes every human being to dance on its tune, but subject himself before one who gets blessed with 'Saar Naam' (Satt Sabad).

जोह लोह पारस से परसा नाहि, सोना कैसे होये ।
जो आत्म सार सब्द सुरति सूं परसे नाहि, हंसा कैसे होये ।।

The true and real abode of Hansa (Hansatma) is 'Amarlok' where 'Supreme Lord' (Satpurush) himself resides. Every object and element of this universe is the out come of 'Satlok'. 'It' belongs to 'Supreme Lord' (Satpurush/Sahib) only.

'वे नाम' कहत हैं :-

ध्यान सतगुरु रूप का, पूजा जान सतगुरु पादुकम ।
सार सब्द सुरति चेतन करे, जब चाह से ना कोई काम ।।

अमरलोक ही सतपुरुष प्यारो, हंसों सूं करते प्रेम ।
मांगों से लेन ना देन साहिब का, उन्हीं से मिलता अमृत प्रेम ।।

The ideology of 'SANT MATT / PARA BHAKTI / SEHAJ SATT MARG' has come from Sant Samrat Satguru Kabir Sahib Ji who explained the secret of 'Surti Yog' into the field of spirituality for self realisation and the true realisation of 'Supreme Lord (Parampurush/Sahib).

प्यारो सुरति तो एक है, सार सब्द से चेतन ले जान ।
सार सुरत दात प्यारो, पूर्ण सतगुरु पास ले जान ।।

Second kind of yoga is known as 'Suksham Yog' based on meditation in which an individual concentrate on to one of the Seven (7) different chakras (plexes) that are there in every human body. When we say 'yoga' for many of us, it might mean physical postures of body (Asaris) to lead a healthy life. It has no connection with self realisation and is called 'physical yoga'.

उठत बैठत कबहु ना टूटे, ऐसी ताड़ि लागी ।
प्यारो सहज सुरति भलि, सब्द स्वांस संग लागी ।।

Yoga in real sense menas to be in perfect tune. When you are in 'Suksham yoga', your body, mind and spirit and existence are in absolute harmony. When you fine tune yourself to a point where every thing functions beautifully within you, the best of your abilities will jsut flow out of you while concentrating on breath with deep concentration on words. Your body will move in different worlds of 'Sunn Loks' with 'Papeel' speed (like ant) and 'Maha Sunn Loks' with 'Meen' speed (like a fish) which moves/travels crores of miles per second. An individual also experiences, white sun, golden yellow sun, jyoti of blue colour, Anhadd dhunns (jinglement of words/heavenly music). The five (5) words used are 'Alakh Niranjan, Soham, Satt, Om (omkar), Ra-Rankar (Nirankar). The master key to unlock these seven (7 chakras) is concentration (Surti).

सुरति फंसी मोह पाष में, प्यारो मन माया के संग ।
सुरति सब्द में स्थिर करो, छूटे मन तरंग का संग ।।

सुरति निरति मन पवन, सब सुरति ईक हो जाई ।
उल्टी स्वांसा जब हुई, अब सुरत कमल में जाई ॥

सुरति ही मूल बीज प्यारो, सुरति ही सब सार ।
सात सुरति सात चक्र लखाई, सार सुरति सूं पार ॥

‘वे नाम’ सुरतिधारा मेरे भाई, सुरति सब्द सूं निजधाम ।
निजधाम खाली पड़ा, साहिबन सतगुरु धाम ॥

While pulling complete concentration onto any one particular chakra along with the world given by the ‘guru’, the innermost deeper cells of the body with due cooperation of deeper nerves of the chakra get activated and generates tremendous power within the body, which is the outcome of the ‘Mind’ (Mann). This ‘Mind’ power bestows yogi with ‘Riddhis-Siddhis’ to delude the masses. This method is not the true technique of spiritualism or self realisation (to understand self ‘soul’). It is not the true realisation of ‘Supreme Lord’ (Sahib). This ‘Sukhsham yog’ has the limitations upto the 10th chakra (Dashamdwar) which is under the domain of ‘Nirankar’ (God/Mind).

तुरिया अवस्था पपील गति, कारण तन का पाना ।
रास्ते में विघ्न अनेक हैं, किसी बिरले पास अवस्था का आना ॥

The ‘Mind’ remains with the human beings in a manner the juggler remains with the monkey and makes it to dance on its tune. Mostly the most of human beings are in the clutches of ‘Mind’ and follow all his dictates as a humble servant.

जैसे नटवर नट को दुख देई, नाना नाच नचवा लेई ।
तैसे मन माया आत्म को नचावे, नाना कार्य करावन लेई ॥

WHAT IS CONSCIENCE & ITS LEVELS :-

Death is separation of the soul from the physical body. Death becomes the starting point of a new and better life. Death merely opens the door to a higher form of life, it is only the gateway to a fuller life. Birth and death are jugglery of 'Maya'. He who is born begins to die. He who dies begins to live. Life is death and death is life. Birth and death are merely door of entry and exit on the stage of this world. In reality no one comes, no one goes. Only change of body takes place. During this change one does not lose any thing but on the contrary gets new and fresh body with same Mind and Soul. The Soul is still in the entanglement of 'Mind' (Mann) and 'Body' (Maya).

सतगुरु समाना शिष्य में, तन मन सुरति सूं चेतन ले जान ।

चेतन मन समाना मूल सुरति में, हंसा चेतन सुरति निजघर वासा ले जान ।।

'It' could not attain Salvation (Moksh) from the continuous cycle of birth and death. Death is not the end of life. Life is continuous never ending process. Death is only a passing and necessary phenomenon, which every soul has to pass and has to remain in bondage of 'Mind' (Mann) and 'Body' (Maya). A man of discrimination and wisdom needs to think and realise the importance of 'Soul' and how to get it free from the clutches of 'Mind's slavery.

निरंकार भी सब छोड़न को तैयार, वचन कारण ना होत आज़ाद ।

झूठी माया झूठी छाया, सत सुरति सत नाम संग होत आज़ाद ।।

Our soul like 'Supreme Soul' is death-less, decay-less, time-less, cause-less and space-less. It is the source and substratum for this body, mind and the whole world. There is a death for the physical body only which is a compound of 'five elements'. How can there be death for the 'eternal soul' that is beyond time, space and causation ? If we wish to free ourselves from birth and death, we must become bodiless. Body is the result of karma or actions with expectations of fruits. If we

free ourselves from raga-dvesha, or likes or dislikes only when we receive the 'Holy Naam' (Saar Naam/Satt Naam) from 'True and Real Master' (Satguru). We ourselves can't make the 'Soul' free from the entanglement of 'Mind' (Mann) and 'Body' (Maya), as God is the name of 'Mind', similarly 'Paar Brahm' is also the name given to 'Mind' as well. This all is dream and we have to come out of this dream universe. Life, death, Kaal Niranjana, Akshar, Ni-Akshar and 'Soul' (Hans+Mind) are dream like. Our pure 'soul' is 'Hansa' the true part of 'Supreme Lord' (Parampurush / Satpurush / Sahib Ji). Thus the whole of Brahmmand is a dream, the wakeful as well as the dream state are also unreal. The enlightened souls (Hansas) have a great awareness in them. The awareness in the dream state is more than of the 'Sushupati' avastha (deep sleep). In the waveful state, the awareness is one thousand (1000) times more than of 'Sushupti state'. In the 'Turiya state' the awareness become tremendous times more than that in the wakeful state. 'Turiya state' is also known as 'Praghya Avastha'. Then comes 'Turiyateet' (Maha Praghya) state. In this state the 'soul' is 98.5% whereas 'Mind' is only 1.5%. The Yogeshwars attain this state. We can travel in 'Sunnh and Maha Sunnh' loks in 'Praghya Avastha (Turiyateet state) with a very high speed in cosmos. We can also visit Brahm Lok. Only six (6) Yogeshwars succeeded in attaining this state. Only some lucky and highly devoted Yogeshwar's can reach Brahm Lok but on the dissolution of the universe and on its re-creation, the Maya brings us back to this world.

भंवर गुफ़ा में ध्यान लगा कर, सुनो अनहद की प्यारी ताना ।
 औंकार को पाना ररंकार सब्द में ध्याना, अमृत रस पी जाना ।।

संतन चाल विहंगम चाल, निजधाम जाना ले जान ।
 सतगुरु संग संग साथ देते, सोलह सूर्य जोत संग सतगुरु निजघर ले जान ।।

Let us talk about the state that lies beyond that of 'Turiyateet'. Amarlok (Satlok/Begampur) lies far away from Brahm Lok (Nirankar Lok). Birth and death cycle in this universe is only due to change in the level of conscience. The change into the level of conscience in the soul

due to the impact of 'Mind' and 'Maya' is 'Birth and Death'. There are six different levels (stages) of conscience that is prevailing in every human being on this planet. We in general are aware of three different stages of conscience i.e. :-

अमरलोक अति दूर प्यारो, मीन पपील चाल सूं बनें ना काम ।
छे तन से हंसा बाहिर जब, विहंगम चाल सूं बनें सब काम ।।

THREE STAGES OF CONSCIENCE

1. **Awakened Stage**
2. **Dream Stage**
3. **Coma Stage**

1. **Awakened Stage (जाग्रत अवस्था) :-**

जीव जाग्रत अवस्था में, तीन लोक को जान ना पाये ।
अंदर की आंख जब खुले, तीन लोक ईक धोखा पल में भेद पाये ।।

We all human beings are fully aware of this stage in which we observe everything through senses. In this state, our concentration (Soul/Surti) resides into eyes. In this state of conscience brain and deart do not work in harmony. Every human being perceives everything in this universe as reality of life and complete truth. To his life and death appears to be a reality of life. He lives taking karmas as the real philosophy of life. The true and real understanding of this play of 'Mind' (Mann) and 'Body' (Maya) is beyond the comprehension of common human being in this world. Only a true and real Master (Satguru) has full knowledge and understanding of 'Mind' game in this universe. Mostly, human beings don't understand the foul play of 'Mind' and live into this state of conscience.

2. Dream State (स्वपन अवस्था) :—

ये जग बिन सपने कुछ नांहि, मन का किया सब जान ।
पूर्ण सतगुरु सूं दात पा के, पल में भेद ले जान ।।

This is a state in which all human beings undergo dreams during sleep. In this state of conscience we all experience pain, pleasure, joy, sorrow, loss, gain, high, low, rich, poor etc. which appears to be real in our dream state of conscience. In this state, our cocentration (Surti/Soul) enters into ethereal body (सूक्ष्म शरीर) in a nerve located on the left of the neck at a distance of four fingers above the neck base. This nerve is 10 (+3) times thinner than hair. This all happens of its own. In this state heart and brain work in harmony. The impact of 'Mind' on the 'Soul' is almost negligible, till the person is in dream state, but this is all 'Maya' i.e. illusion. This is the state attained by an individual at the time of death. All animals and small creatures live in this state of conscience.

3. Coma State (सुशुप्ति अवस्था) :—

स्वपन में सब सच है दिखता, जागे तो खाली हाथ ।
तीन लोक बड़ा सपना प्यारो, जागो तो कुछ ना आवे हाथ ।।

This is a deep sleep stage, the duration of which is two to two and a half (2x1/2) hours. The time period of males of this stage is 12.30 a.m. night to 3.30 a.m. while that of females is 3.30 a.m. to 6 a.m. It is because of this the ladies should not be disturbed before 6 a.m. in general. This deep sleep is also known as fools state. This state of conscience also takes place at the time of severe brain injury. In this state of sleep the complete memory of a person gets disturbed. This is a complete dark state in which the harmony (co-ordination) of our heart and brain stand still and doesn't respond to any physical activity. This is known as death stage but those who are disciples (sadhaks) of true and real Master (Satguru) take the breath out of body into 'Surat Kamal' the abode of 'Satguru' to attain permanent salvation.

Sushupti is a very subtle state (foolishness) when we attain this state, the awareness disappear and ignorance crops up. In this state we forget our past births in different forms in this universe. Our 'Chitt' which takes the note of every action but not of this stage. In this state of deep sleep which is a period of almost two and half (2x1/2) hours is consider as a period of ignorance. In this state the awareness is 10x3 times lower than that of wakeful state. It is because of this, not a state of remembrance and recollection of experiences. It is known as a state of 'Mind' game. In this state we forget even our ownself, when we come out of it, for some time we fail to recollect where I am, who I am, what doing, thinking etc.

Thus for few seconds we fail to recollect our intellect, wisdom and awareness. This awareness reaches the 'Agya Chakra', as the 'Soul' resides in the 'Agya Chakra'. Thus, when the awareness reaches to 'Agya Chakra', we come back to ourselves and realise our true self.

When our awareness (Surti) remains in the 'Agya Chakra', we remain 'Aatmik' without 'Mind'. So long we remain in 'Mind', we feel bewildered, without proper understanding of self. When he comes to senses, the realisation of wakefulness get restored and his concentration comes back to eyes. We are aware of that in wakeful state Atma residess in the eyes. This means one has come back to his senses. 'Mind' always tries to keep soul entangled in 'Sushupti' stage and attain dream stage, Atma comes to the left side of the neck and 'Mind' and 'Maya' creates imaginary dream world for us all. The movement of 'Mind' inturn bring into being a wondrous universe with myriad names and forms. The creation of universe is due to the moment of 'Mind' which operates both in the waking and dream states of consciousness, therefore, the world appears in these states. The whole world is enacted by the 'Mind' alone.

A dream generates an other dream out of it even when we are in the awakened state. The 'Mind' having no concrete form, brings into being that which is non existent. The perishable universe has no

independent existence other than the 'Mind'. With annihilation of the 'Mind', the subjective universe too comes to an end. 'Mind' is ever-fluctuating and keeps moving from Sushupti to Swapna (dreams), from dreams to wakeful state, from wakeful state to Turia State at rapid pace. The 'Mind' is constantly drawn towards objects and creates countless worlds in these four state.

Some do remember their earlier birth, because even in the deep sleep one attains the knowledge of different births in any form, shape, sex, relation etc. in this universe. This all is possible when our concentration shifts to 'Mool Surti' which can recollect even thousands of births on this planet. Just as 'Soul' is immortal, its 'mool-surti' is too immortal. Even when 'Hansatma' goes to 'Satlok' (Amarlok), it atonce recollect 'Satlok' as his real abode and 'Satpurush' as the real father of all 'Hansas'.

SUPREME STAGE OF MEDITATION

All types of trees and plants resides into this state of conscience".

Note :- Fourth (4th) Turiya State, Fifth (5th) Turiyateet State & Sixth (6th) Supreme State (beyond Turiyateet State) are the next three (3) stages :-

Mind allows Yogis, Yogeshwars and Maha Yogeshwars to go upto Turiyateet (Super Conscience) State only. 'He' doesn't allow any body to cross Turiyateet Stage and go to Supreme State (Beyond Turiyateet State).

4. Turiya State :- (तुरिया अवस्था)

जो जागे सो यूँ कहत है, जग खुली आंख का सपना ।
आंख खुली पर लेती सपना, बिन स्वार्थ कोई मीत ना अपना ।।

This is the higher state of conscience in comparison to our present level of conscience in which the human being in the mortal world live. In order to attain this state of conscience we need proper and accurate guidance and procedure to follow the path, of a true and perfect spiritually elevated Master (Satguru). There is need of complete concentration (Surti) along with breathe containing 'Prans' (Nirti) into the 'Sushmana' nerve. There is a need of complete coordination of Surti and Nirti in 'Sushmana'. The concentration is maintained on breath. Within minutes, the physical body becomes empty of thoughts. In this state of conscience a soul gets liberated from three elements i.e. earth, water and fire, and concentrates only on the fourth element i.e. air. The person attains ethereal body with its own innerself. This body attains the power of travelling into different 'Sunn' Loks. The limitations of this level of conscience is only upto 'Agya Chakra' (Medula Plexes). This state is higher level of temporary salvation (Moksh.) Yogis attain this level of conscience with the help of complete concentration. In this state yogi visualises illumination of the sky, with white and gold yellow suns of immense brightness. Yogis concentrate on this light and gets immense joy out of it. 'Mind' becomes visible into this state of conscience which is present into 'Sushmana' nerve. He understand the game plan of 'Mind' (Mann) and 'Body' (Maya). The whole world appear to him as jugglers play and purly an illusion to entrap human beings into its bondage of life and death cycle. 'Mind' created this all to misled every human being from the real purpose of human existence i.e. nirvana (Moksh). This state of conscience is not the true and perfect state of Supreme conscience nor the state of self realisation to become elevated spiritual 'soul' (Hansatma) "God-Goddesses, Siddhs, Yogis resides into this state of conscience".

5. Turiyateet State :- (तुरियातीत अवस्था)

तन मन गया आत्म हंसा रूप, पच्चीस प्रतिशत मन साथ प्यारो तो भी जान महान ।
अंत वाहक कारण तन मिलता, हर ओर दिखती सुनती बोलती आत्म महान ।।

This is the higher state of conscience as compared to turiya state. To attain this fifth state of conscience we require proper,

accurate and complete guidance and direction of a perfect, true and real spiritual Master (Satguru). In this stage of meditation, the breath associated with Nirti (Prana) needs to be fully concentrated in 'Sushmna' nerve with complete concentration into 'Bunk Canal' (Bhanwar Gufa). In this stage the 'Body and Mind' shifted and our gaze focussed within without any intervening thoughts. Returning to such awareness is a returning to the language of life, no longer from a place of separation but from a place of sacred communion. When we hold this awareness within our body we become a full participant with the earth and the cosmos... at that moment something is allowed to live according to its true nature. We remember, that which is allowed to live according to its true nature. We remember, that which is remembered lives. When we hold this consciousness, we naturally offer it back to life. This not only gives life meaning, but like a seed, revitalises it.

There are three golden rules to follow during meditation time :-

- 1. To be nothing**
- 2. To want nothing**
- 3. To do nothing.**

In the beginning, there was sound. The manifestation of sound is the subtest, even more so than light. That is why the kar mindriya, the ear, is considered as the subtlest organ.

Acoustic expressions are of two kinds, one is the divine or spiritual acoustic expression and the other is the physical. The sound you hear is the physical acoustic expression. The ordinary ear does not perceive the vaster spiritual acoustic expression in the divine realm in the cosmic domain. We may capture physical sound according to the capacity of one's acoustic organs, one's ears. We can't catch very short or very long sounds. Similarly in the inner sphere there are several stages, strata and phases, and when the inner senses develop by dint of concentration (Sadhana), we will hear that divine sound, that inner sound, the sound of silence. It is known as 'Anhadd Naad' (Omkara/the Pranava).

जहां अनहद की, घौर शब्द झंकार है ।
योगी यत्ति सिद्ध साध, कोई ना पावत पार है ।।

Different kinds of musical sounds are emanating from bhanwar gufa within every human being. All yogis and yogeshwars remain absorbed in these musical sounds, but none can get liberation for the sound concentrations. When those inner senses develop, in the first phase, yogeshwars can hear that inner sound like crickets, dancing with bells (nupur) around their ankles, the sound of flutes, sound of ocean, tam tam the sound of bells, gong sound of big bell, the sound of omkara and its golden yellow shape in pure form.

By dint of Sadhna, in the last phase you hear the sound of omkara or the Pranva. In the vedas it has been said, "pranavatmakam brahmn". It means, "Brahmn is of the same nature as pranava". Brahmn expressed as Shabad or sound. Yogeshwars are capable of 'out of body experiences' and can visit 'Maha Sunn' Loks with 'Meen Speed' (crores of miles per second). They are 98.5% pure 'soul' and 1.5% 'Mind' (sky).

मन ही शत्रु निज जानिये, आत्म का ना चलता ज़ोर ।
राज ही मन का चल रहा, तांही त्राहि त्राहि हर ओर ।।

Their awareness increases or decreases. They can see brightness of luminous sun of varigated colours, which provides them pleasure, but not eternal bliss. The pleasure the Yogis derive is from the subtile senses. Some of the Maha Yogeshwars moves further and establish complete concentration into 'Shoonya' while making a passage through 'Sushmana Nerve' and to open up the (Dasham Dwar/Aperture) 10th Chakra. In this level of conscience the soul still remains in bondage of 5th element (sky/black matter). This sky is the abode of 'Kaal Niranjana' (Mind). This state is not at all the state of Supreme Conscience and neither a state of true self-realisation as a Soul (Hansatma). All the five states including 'Turiya state and Turiateet state' falls under the jurisdiction of 'Mind' (Mann) and 'Body' (Maya).

“Niranjan, Aadh Shakti, Three Devtas, Maha Yogeshwars concentrate into this state of Super consciousness.”

Guru Nanak Ji says :-

“जोन सपना पेखना, जग रचना तिन जान,
इसमें कछु सांचो नहीं, नानक सांची मान”

Sahib ‘Vai Naam Ji’ says :-

यह संसार मृत्यु का परदेसा, कर्मन जाल पसारा ।
सभी अटके इस काल जाल में, छूटे ना काल पसारा ।।

‘He’ says that there is nothing everlasting in this universe. All these are just a dream and nothing more than that.

SUPREME STATE

This is the 6th state of conscience. It is far ahead of turiyateet state. This state of conscience is only known to a True and Real Master (Satguru/Sant). This supreme state ideology has been initiated by ‘Sant Kabir Sahib Ji’. ‘Sahib Ji’ has opened all the gates of conscience for every human being to get elevated spiritually by a perfect, True and Real Spiritual Master (Satguru) who has gone to ‘Amarlok’ (Satlok/Begampur), the real about of all ‘Souls’, the blessings of ‘Supreme Lord’ (Satpurush /Parampurush / Sahib) and blessed with ‘Paras Surti/ Alive Holy Naam/Saar Naam’ which doesn’t come in speaking and writing.

Sahib ‘Vai Naam Ji’ says :-

सार नाम जा के पासा, जग में सांचा साधक न्यारा ।
सार नाम जो पायेगा, वोहि अमरघर जाये प्यारा ।।

One who is blessed with 'Saar Naam' by 'Satpurush' 'Himself' can be called as a 'True Satguru' and a disciple (Sadhak) who is blessed with this 'Alive Holy Naam' will go to his real abode 'Amarlok' (Satlok). Sahib Ji was an extraordinary personality as a 'Satguru' who had complete control on 'Mind' (Mann) and 'Body' (Maya) in this universe.

Yoga, saadhna and mudras can't take us to 'Satlok' our real abode, much higher than 'Nirankar-Lok'. Everything upto 'Nirankar Lok' is purely a dream world, an illusion and nothing more than that. It is a play of 'Mind and Maya'.

Sahib 'Vai Naam Ji' says :--

"A true 'Satguru' removes all types of pride, ego, deeds, desires and wishes, takes us out of karmic ego, establishes faith for real abode, real 'Supreme Lord' enables us to be with 'Him' as a true 'Soul' (Hansa). When we experience and see our true self, we at once become 'Hansa'. In this stage 'Hansa' possesses light of sixteen (16) suns and starts moving towards the real abode 'Amarlok' along with 'Supreme Lord'.

यह सब जीव से ना होई, सतगुरु कृपा पाये बिरला कोई ।
तब ही हंसा सतलोक को जाई, जब परमहंस कृपा होई ।।

How hard a person or a yogi may try through meditation or concentration, will not be in a position to attain permanent and everlasting salvation from the bondage of 'Kaal Niranjana' (Nirankar).

जिस घर पूर्ण मोक्ष की दात ना, सो घर बांझ ले जान ।
जा घर सतगुरु पूजा नाहि, तिस घर वासा प्रेत मसान ले जान ।।

In the 'Sehaj Marg' 'Satguru' acts as a charioteer to carry 'Hansa' to 'Satlok' (Amarlok/Begampur), the real and original abode of all the 'Hansas'. Here 'Hansa' has nothing to do himself. He has only to submit himself on the feet of 'Satguru', rest will be executed by 'Satguru Himself'. Atma does not need any external support as it is a

spark of 'Parampurush' and has immense power. 'Satguru' simply removes the darkness of 'Soul' which is in the form of 'Mind' (Mann) and 'Body' (Maya).

Sahib 'Vai Naam Ji' says :-

बिन सतगुरु नर पावे नांही, चाहे लख करे उपाये ।
सत तो केवल अमरलोक है, झूठे सब उपाये नर करे कराये ॥

'Satguru' helps 'Atma' to realise its ownself. To experience the bliss of 'Atma' one needs True and Real 'Satguru'. True 'Satguru' has with him the 'Alive Holy Saar Naam' (Bodiless Name) of 'Supreme Lord' (Amarlok/Soundless Sound). It is also called as true 'Naam'. It is purly different from the wordly names like Soham, Satt, Joyti Niranjan, Omkar, Nirankar, Ra-Rarankar contained in vedas and scriptures.

जग में हर नर मुर्दे समान सोया पड़ा, बिन सार नाम जागे ना एक ।
सांचा धनी 'वे नाम' सब्द का, सब तजे जा पावे साहिबन एक ॥

Without the knowledge this blessed true 'Naam' one can't experience complete 'Aatmik bliss' and permanent salvation. True 'Naam' brings Aatmik awareness and freedom from the bondage of 'Mind and Maya'. The 'Soul' free from 'Mind and Maya' attains its original, real and true state 'Hansa'. Then and only then it merges in the 'Bliss'.

तीन लोक में तीन का मिटना, सार सुरत सब्द से आत्म हंसा ले जान ।
भय ईर्ष्या आन का मिटना, निजघर में सतपुरुष संग ले जान ॥

"Difficulties do come in life, but to overcome difficulties, one needs to be true, free from ego and to concentrate in the present, to be in the present to attain strength and power through Spiritual Awakening".

इस पल में रहना आ गया, क्या कर सकते माया और मन ।
दोनों कल और कल में लेते, इस पल में ही सतगुरु महान ।।

In a parable, the vine provides nutrients and life to a branch without which branch can't produce fruit. A branch without its vine is merely a dead twig. We, too, must connect to a flow of energy from a power generator 'True Naam' rather than our own. For those of us connected to a spiritual path of supreme state of conscience, the 'Sant/Satguru' is the vine, the source of the True 'Naam' power that elevates the 'Soul'. When we cut ourselves off from 'Saar Naam' (Alive Holy Naam), we are left with only the power of ego (Mind). The 'Mind' has its realm, mainly in a small area of 'Kaal Niranjana'.

जब सतगुरु त्याग दिया, मन मान अहंकार संग ले जान ।
विश्वास वैराग्य प्रेम प्रीति नाहि, बिन बास के फूल ले जान ।।

True 'Sant/Satguru' does 99% work himself, whereas the disciple (Sadhak) has to remain faithful humble disciple (Sadhak). He should never say, "I did it all myself". The disciple realises that the energy, intelligence and will, disciple utilizes comes from the infinite ocean 'Parampurush' through 'Satguru' in whom the infinite ocean exists. Our will power and face extracts a tremendous power from True 'Naam' acts like a (rain coat) covering fence. As we open up 'utilize' the value 'Saar Naam', more and more water flows through i.e. the flow of energy from 'Satguru' depends upon the concentration of a disciple (Sadhak) on 'Satguru' and 'Saar Naam' (True Naam). We have to overcome the delusion that we alone are the doers. A 'Satguru' is the doer through us to reach our real abode 'Amarlok' (Satlok) to attain permanent salvation (Moksh). We need to attune our consciousness to the 'Sant/Satguru' who enables us to realise and attain true 'bliss'. By attuning to his consciousness, we draw his grace.

We need devotion. It is through the love of our 'Surti' (Spirit) that we open a channel to that sustaining power. Grace then comes in, like sunlight of thousand suns through a window and changes our consciousness.

ज्युं तिल मांहि तेल है रहता, चकमक में रहती आग ।
जब स्वांस स्वांस सब्द का वासा, सतगुरु चेतन सुरति सूं सुरति पराग ।।

Finally we need to meditate deeply on 'Satguru' and 'Saar Naam' in 'Mool Surti' which is universal companion of 'Hansatma'. We expand not only by contacting that power of 'Satguru' and true 'Naam' but also by offering ourselves into it. It is like the branch and its leaves offering energy back to the vine (soul) that sustains it (super soul). Then, with a flood of love, we re-establish our union with 'Supreme-Lord' (Parampurush/Satpurush/Sahib).

बिन सतगुरु नर फिरत भुलाना, खोजत फिरत ना मिलत ठिकाना ।
'वे नाम' सब्द बिन नहीं ठिकाना, परमहंस शरणी सतलोक ठिकाना ।।

The guru place himself in the disciple (Sadhak). Though they appear in two bodies, yet they become one from within. Two lights unite to become one bright light. The duty of the disciple is to follow the dictates of his 'Satguru'.

'वे नाम सब्द'

'वे नाम' सब्द सतपुरुष का वासा ।
साहिबन पारस सुरति 'वे नाम' पासा ।
सतगुरु सूं साधक है पाता ।
जो पावे वह निजघर है जाता ।
आवागमण उसका मिट जाता ।
फिर ना गर्भ जून में आता ।
अपने निजघर सतलोक है जाता ।
साहिबन संग परमानंद को पाता ।।

When any disciple (Sadhak) engages his concentration (Surti), his breathe (Pranas/Nirti) to any place, thing, god, goddesses, Nirankar, 'Satguru' will surely lead over to that thing, place, god or goddesses and completely gets merged into that, at the time of (death) leaving the body.

संसारी को मन माया भावे, इसी में रहे भरमाये ।
निरंकार की भक्ति करे, फिर कैसे मुक्त हो पाये ।।

Yogis and Dhayanis are engaged in Sargun or Nirgun form of worship with due sacrifice of every worldly things and engaged themselves in meditation and concentration, but failed to get true satisfaction and permanent salvation.

Sant Kabir Sahib, my 'Satguru' and 'Satguru Vai Naam Gulam' shows the real true and rare path to be chased which is beyond the reach of both Shoonya and Maha Shoonya existence in this cosmos. Life without 'Saar Naam' (Saar Sabad) is just like living in hell. This world is like a dream mirage. In this type of meditation, the Nirti (Prans) in breath gets fully merged into 'Surti' (concentration) and enters into the 8th plexus (chakra) which is at the height of one and one-fourth (1x1/4) hands above 'crown (7th) chakra' Sehastraar. This is abode of 'Satguru's lok called as "Surat Kamal" and is the opening of the 11th aperture (ग्याहरवां द्वार) which leads to 'Satlok' (Amarlok/Begampur). It is the above of 'Hansa' (soul) where 'Supreme Lord (Satpurush/Sahib) 'Himself' resides. In this 'Supreme' level of conscience, the 'Hansa' gets completely liberated out from all the five (5) elements of the universe.

WHAT IS DREAM & DEATH

जग में रह कर जग को जानो, छोड़ दो सपन संसार ।
अंतकरण में 'वे नाम' सब्द बिना, कोई नाहि निस्तार ।।

The pristine nature of the soul is sullied and its inherent equanimity disturbed when it comes in contact with the 'Mind' (Mann) and 'Body' (Maya). The contact between these allow the inflow of karmic cycle by obscuring right knowledge, right perception, right faith and right conduct obscure the blissful nature of soul. Consequently, its quality of equanimity is masked. In the lived world, misery and unhappiness arise because the soul get obscure and loses its

equanimity. Misery is produced by one's own deeds (Karmas), not by fate, but by the direction of 'Mind' and 'Maya', which turns out to be karma. So long we remain under the influence of 'Mind and Maya', we can't escape the effects of one's deeds. To escape existential suffering, soul has to be brought back to its original unspoiled state of equanimity.

Every one, irrespective of his birth or class, has to retrieve the true nature of his by uplifting himself spiritually by the blessed true 'Naam' from True and Real Master 'Satguru'. True Master, enables one to get back to one's original state. The only way to regain the pure state is through self restraint and self purification and to understand the true nature of life and death cycle.

Kabir Sahib says that millions of great dissolutions have taken place, but I am a _celibate prior to this all. It clearly indicates the true nature of soul, which has nothing to do with time, space and nature of soul.

Sant 'Vai Naam Ji' also says :-

कौटिन प्रलयः हम सब ने देखा, साहिब का संग न्यारा ।
अमरलोक में साहिब का वासा, जहां रहता हंसा प्यारा ।।

It is very important for us to understand, the nature of death. It stands on four pillars :-

1. Sushupti (Deep Dleep State)
2. Dreams (Swapna State)
3. Wakeful State (Jagrat State)
4. Turia State

We remain revolving on these four pillars.

मन पल पल भरमा रहा, पल पल बदले रंग ।
आत्म मन वश ऐसे पड़ी, माने केवल मन तरंग ।।

पांच योनि का खेल चौरासी, हर योनि पच्चत्तर करोड़ वर्ष भरमाये ।
जीव पड़ा बहु माया लूट में, मन तरंग भरमाये जान ना पाये ।।

You were in the wirl wind of 'Mind' waves and 'I' have extracted you out of these ever disturbing waves to your 'soul'. 'Mind' is there to entangle you in karma bondage and never provides any opportunity to think about your own self (soul). The day your love will be true, pure and develop thirst for permanent salvation, 'True and Real Master' (Satguru) will 'Himself' come to knock at your door to bless you with blessed 'Saar Naam' (True and Holy Saar Sabad).

तेरी सोच और समझ ही, तेरा कर्म जाल बन जात ।
अपनी समझदारी छोड़ दो, तो आत्म मुक्त हो जात ।।

Happyness is when what you think, what you say and what you do are the outcome 'Surti' and not of 'Mind', you will find loaded with 'Bliss'. The best way to find yourself is to lose yourself, to be in the present breath in 'Surti'.

साधो अनमोल जन्म गंवाया हमने, सब लूट लिया मन माया ।
सांचा सतगुरु जे मिले, पल में छूटे संग पराया ।।

"The worship of a 'Satguru' is just like walking on the edge of a sword, moving in the love of deep ocean, burning wishes, desires, deeds, ego in the river of blazing flames, none but a true, loyal and ever ready to follow the dictates of 'Satguru' can perform it. Liars, sinners and egoist can't even dream of doing so".

वेद क्तेव बाईबल कुराण, भक्ति सूं दूर के डार ।
सबै मिल निरंकार उरझावें, ना जानें साहिबन सरकार ।।

The mere study of the 'Vedas & Puraans' and the 'Gita' can't elevate us spiritually. No spiritual knowledge can be attained through them. Without True and Real Master (Satguru) there is none who can come to the rescue of a disciple (devotee/sadhak) to attain spiritual knowledge.

सुरति जानो आत्म वाणी, काल सूं ना पकड़ी जाये ।
अमरपुर सतलोक सूं आई, केवल परमहंस सूं पकड़ी जाये ।।

True 'Satguru' helps disciple (devotee/sadhak) to shun off past and future and live in the immediate present.

IMPORTANCE OF SEVEN SURTIS IN HUMAN BODY

What is 'Surti' :- It is concentration, it is 'Atma'. It is a pure 'Soul' (Hansa). It is divided into seven parts. Our 'Atma' works in the body on seven fronts :-

सात सुरति का सकल पसारा, बिन सुरति कुछ नाहि संसारा ।
सार सुरति आत्म रूप है, चेतन सुरति ही है हंसा प्यारा ।।

SEVEN SURTI

1. Amiya Surti
2. Mool Surti
3. Chamak Surti
4. Shoonya Surti
5. Nischay Surti
6. Thaanyv Thaanyv Surti
7. Hridey Ke Mahi

1. **Amiya Surti :-** This provides immense pleasure which is nature of 'Atma'. 'Atma' can help body to experience pleasure. The human being feels that this pleasure is the outcome of the body but in reality it is the out come of the 'Atma'. It has a bliss in it. 'Surti' is mixed up with the 'Mind'. 'Mind' makes us to believe that this is the out come of fulfilling desires and wishes. Mind takes us to worldly things. These worldly things are nothing but an illusion. The pleasure is the outcome of 'Surti' (concentration) only. Among animals, this 'Surti' performs wonders in circus, shows, as they are devoid of 'Mind's

impact on 'Surti' (concentration). The human beings get disturbed by the 'Mind', so they have to exert a lot to focus on 'Surti' (concentration).

This Anand 'Surti' (concentration) is in every human being. 'Mind' makes us to believe that pleasure is the outcome of the world. Thus 'Mind' and 'Maya' try to delude the blissful 'Surti' in illusion. It makes us to believe that whatsoever pleasure we get is from external material only. If we try to concentrate inwardly, we can realise the truth of this 'Surti' (Anand).

जब कोई संत साहिब संग प्यारो, सतलोक को जाये ।
मूल सुरति सब याद है रखती, चित्त से महान कहलाये ।।

2. Mool Surti :- It is present in every living being. What so ever activity and individual performs is only through this 'Surti' (concentration). When we do anything with deep penetration, it needs the involvement of 'Mool Surti'. It makes the idea, understanding clear. During examination days students study with concentration (mool surti) and gets the concepts clear within no time. In human beings, concentration is effected by 'Mind'. 'Mind' dictates and directs 'Mool Surti' to delude it. 'Mind' directs it to work as per its directions. It remains with us in all states in any form, in any life cycle, in any planet, even in 'Satlok' in Hansa (Hansatma). This is mool avastha of 'mool surti'. This 'surti' is part and parcel of pure 'soul' (Hansa). It is also universal like 'Hansa' (Hansatma). It was, it is, it will be for ever to keep the record of 'soul' (Hansa). It keeps the record of all pre births in any state, in any place, in any shape of the universe and even of real abode 'Satlok' (Amarlok/Begampur). The cover of 'Mind and Maya' has kept all the secrets of any individual hidden in the pure soul itself. 'Mind and Maya' has put blanket over the pure soul and has kept it in the bondage.

लाल को पाया, लाल हो गया ।
सहज सब्द सूँ, सहज हो पाया ।

सहज सूँ सहज हो, सहज में समाया ।
सतगुरु संगति सूँ, सहज हो पाया ।।

When 'Atma' gets released from the clutches of 'Mind and Maya', enable it to reach 'Amarlok'. When we attain that stage our 'Mool Surti' reminds every thing purely and perfectly to reflect at any time and at any moment. Our 'Atma' is in the body and not a body itself. This is the absolute truth. Thus 'Atma' is separate from body. There is a connection from where 'It' can be separated from body. 'Amarlok' (Satlok) is a infinite world of 'Supreme Lord' (Satpurush/Sahib) which is of pure 'Soul' (Hansa). To attain that point of separation there is a need of True and Real Master (Satguru) to provide knowledge (gyaan) of all this.

जिन सतगुरु पूर्ण पायो, जन्म मरन का लेखा मुकायो ।
काम क्रोध मन माया गयो, सत सुरति सूँ साहिबन पायो ।।

When we travel in the internal universe, 'Mool Surti' remains with us and records every thing in 'Turiya', 'Turiateet' as well as in 'Sunn' states without the aid of 'Chitt'. 'Mool Surti' always guides us about wrong doing and makes us to move towards the truthful and right actions and motives. 'Mool Surti' is considered as most prominent effective and 'Queen' of all the 'Seven Surti's.

मूल सुरति जब चेतन होती, संग साधक के रहती ।
तीव्र गति से है चलती, तो भी लाखों जन्म याद दिलाती ।।

3. Chamak Surti :- It activates eyes, legs, arms, mouth, tongue etc. Eyes sees, legs move, hands lift something, mouth eat, tongue and teeth chew something by the activation of 'Chamak Surti'. There is light on the planet during the day because of sun & darkness without sun and moon. 'Atma' also works in seven different fronts. All the organs and parts of the body function because of activation of 'Chamak Surti'. It activates the whole body and keeps it functional. It works in the body as water works in plants.

4. The Shoonya Surti :- This 'Surti' keeps a person away from hustle and bustle of the crowded places. It makes a person calm and composed. He wants to remain quite and keeps himself away from any sort of discussion, higgling and haggling with any person or society. Those who meditate don't want any sort of thought idea, wish or desire to crop up and disturb their 'Surti'. It is there in every living being. Every living being wants to attain that stage, which is quite obvious and can be visualised in their behaviour and deeds.

5. Nischay Surti :- It gives us the knowledge of desirable and undesirable in our life. This 'Surti' mostly under the influence of 'Mind' makes one to realise his mistake in any undertaking, decision making and contemplating. Any individual makes hasty decisions and regret over his action. It was all due to the impact of 'Mind', but 'Nischay-Surti' reminds you time and again to be calm and composed while making decisions. One must sit in meditation to contemplate before venturing into any difficult and complicated undertaking, as this 'Surti' will definitely lead you to real and true decision making process. This 'surti' based on the real and true ground of life. This shows that 'Mind' takes the charge of 'Atma' in you, in making decisions. 'Atma' is in the shackles of 'Mind and Maya' which is purely an illusion in one's life.

6. Thaanv Thaanv ras chakhey Surti :- With this 'Surti' we experience the sense of taste. All our sense (Indriyas) are activated in this. 'Mind's influence is too there. It activates our intellect (Buddhi) memory (Chitt) and anger as well. Without 'Atma' our body can't function, so this all is due to the role of 'Atma'. Without 'Atma' our body can't function, so this all is due to the role of 'Atma'. Without 'Atma', body is incapable of performing any activity. When 'Atma' comes out of a body, it becomes function-less and dies. Sometimes 'Atma' leaves the body without any disease or accident, the death is caused. In general 'Atma' plays the whole game in the body. It is the game plan of the 'Atma' in the body to make it functional.

7. Hridey Ke Mahi Surti :-

सप्तम सुरति है हृदय के मांहि, हृदय से कुछ न्यारा नांहि ।
सुरति सूं चेतना जग मांहि, बिन सुरति जग कुछ है नांहि ।।

It helps in the digestion, as well as in excretory process. To us, it appears that body is performing all the activities with the help of its organs, but in real sense, this all is the game plan of 'Atma'. 'Atma' does perform all the work within the body herself. These 'Seven Surti's are performing all the activities in the body parts.

सात सुरति में रम रहा, खुद की चलाये आप निरंजन ।
हंसा सुरति को बांट दिया, हुक्म चलाये आप मन ॥

'Atam Dev' is bound by 'Niranjan'. Human being are unable to understand the game plan of 'Mind'.

CONCLUSION :

WE ALL ARE PART OF SUPREME SURTI POWER OF ALMIGHTY SAHIB SATPURUSH

Today that which aids us - as individuals, communities, societies, religious groups and nations -- is 'seperation'. The border and boundaries between 'me' and 'you' and 'us' and 'them' are thicker and more intractable then ever. Our personal frame of reference narrowing each day.

"Our culture expands" (Vasudev-Katumbhkam) that the world is one family. However, today most of us do not identify as the members of the world family. Rather, we identify as member of a political party or a religious groups, or a country club, or followers of a particular guru. The lines between us get thicker and thicker. That separation, that sense of 'self' verses 'other' is what permits us to dehumanise each other so drastically that we can be complicit, directly or indirectly, in each others suffering and death. That separation is also what leads to the increase of depression world wide. Depression is marked by feeling alone, disconnected, isolated from the world, feelings which, when taken to an extreme, permit us to even to take our own lives without realising the pain our death will cause others. True understanding of 'Mind' (Mann) and 'Body'

(Maya) and real knowledge of self, the source of soul, true abode of soul, True and Real Master (Satguru's) role in all this lies the solution .

Human beings are unable to understand this all. Our rishis-munis and sages gave importance to yoga. According to them yoga is a solution. Yoga is also a solution to that which ails our planet. But this all is not a proper solution of our real problems in this planet. Find and search out True and Real Master (Satguru) with whom the Master key of all these intricate loks of life lies.

‘Satguru’ brings the ‘Surti’ at one point and fixes it on the pin point (Bindu). Then and only then we can fight with ‘Mind’. This ‘Mind’ has divided this ‘Surti’ into seven parts. This has made ‘Atma’ difficult to come out of tangible ‘Mind’. When all these Seven are made to focus at one point, the hold of ‘Mind’ is relaxed to a greater extend. This is done by meditation (dhyan) i.e. ‘Surti’. Our ‘Atma’ is nothing but ‘Surti’. All the body works are performed by ‘Surti’ (concentration/dhyan). Dhyan is closest to ‘Atma’. Thus the basic principle is concentration. Every one lays stress on concentration (meditation).

सुरति सूं सतगुरु साधक को, करे निज आप समान ।
ज्युं भुंगा अपनी सुरति सूं, कीट करे आप समान ॥

जब तक तुम्हारा साक्षी ना जागे, निज को अंधा जान ।
सपने भीतर ईक सपना, माया के भीतर कर्ता जान ॥

सतगुरु के सानिध्य में, अनुभूतियों को सुरति भण्डार ।
सतगुरु में सुरति डाल दो, अमृत कृपा बरसे हर द्वार ॥

Where ever is our ‘Surti’, there is the ‘Atma’, greater is the power of concentration in any undertaking, more perfect is the outcome. Your physical presence doesn’t count, concentration’s presence counts. Alertness is needed in any undertaking, otherwise disastrous will be the outcome. When some one avoids alertness, causes accident. Atma has nothing to do with body, sense, karmas, but still it is involved, as it takes body as its own, this is illusion and

ignorance. This world exists because of memory (Chitt). Empty the Chitt (memory), the world vanishes. Whatever, we experience, it is 'Mind'. All the time 'Mind' dilutes 'Atma'. When any one is blessed with 'Paras Surti' (Sar Naam) from a blessed 'Satguru', this delusion departs like a ghost in the darkness or like a twisted rope as snake in the darkness disappears.

सतगुरु शिष्य भौतिक शरीर, ता में भेद तू ना जान ।
सार सब्द आत्म संग, सुरति सूँ एक लो जान ।।

DEATH EXPERIENCES

LESSONS FROM NEAR DEATH EXPERIENCES COMING BACK TO LIFE AFTER DEATH

Robert Crook all records a vivid account of a young woman who was presumed dead in the labour room during child birth. I heard the doctor say well she's dead ! (must tell her husband) ! Meanwhile I had left my body and felt myself floating in what seemed like a dark tunnel. I had no plan only a wonderful feeling of happiness... I heard a voice which said, 'You must go back ! the child needs you, I returned to my body and heard the doctor say 'no', by god, I can still feel her heart !

जा कारण जग कैद पड़यो, कुण्झी 'वे नाम' सब्द मांहि ।
पर्दा मन माया दिया, 'वे नाम' सूँ मोक्ष दात पावे नांहि ।।

As core experience, these people heard a diagnosis of clinical death, felt their consciousness located outside the body with clear perception of their surroundings, felt floating in a dark tunnel, had a glimpse of bright light at the beginning or end of the tunnel, felt no physical pain and finally an instruction to return to body again and reoccurrence of physical pain once again.

‘वे नाम’ कहे :—

प्रेम विश्वास के पहले कदम से, परमपुरुष जानो संग साथ ।
मन माया संग छूट गया, जब ‘वे नाम’ ने पकड़ा हाथ ।।

जो सतगुरु दासा बने, ताके साहिबन सतपुरुष दास ।
परमहंस सतगुरु कृपा बिन, मिले ना निजघर वास ।।

प्यारो पाओ पूर्ण सतगुरु ओट, केवल वोहि तारणहार ।
यत्न प्रयत्न सूं कुछ ना होई, सतगुरु ही मोक्ष दिलावनहार ।।

‘वे नाम’ सोवे साहिब में सुरति साथ, बन पूर्ण से पूर्ण सेवादार ।
जो भी बोलूं और लिखूं, साहिब ही करण करावनहार ।।

DEPRESSION

Depression is a prevalent psychological disorder that effects people of all age groups, across the world. The depressed individual feels low and sad most of the time and nothing seems to lift his mood. These are feelings of hopelessness, helplessness and worthlessness and has a wrong notion that there will be no change in his inner state of ‘Mind and Surti’.

One should not lose hope. Make a search with true dedication, affection, devotion, of a true ‘Satguru’ to provide balm to your wounds. You are not ordinary human being but ‘Hansa’ with ‘Soul & Surti’. You have to realise your true self through love and affection which are true gradients of life on this planet. Hatred and anger overcome with true love, and when we understand & learn to develop love deeply, depression and fear terminates. Just as, mother would protect her only child at the risk of her own life, in the same way a ‘True Satguru’ will come to your rescue to uplift you to be free from the shackles of fear and depression which are out come of hatred and jealousy. The moment these defects are removed you will become balanced personality.

Let thoughts of boundless love and affection without personal gain, pervade the whole universe without obstruction without any hatred and without any enmity. We need to uplift our own true nature of love, honesty and truth. We have to develop everlasting encompassing love which is the true nature of our Soul. It is very important to acknowledge that no one including ourselves is inherently bad, people behave harshly because they have been hypnotised. Lust and greed makes people turn selfish, cold and unforgiving to protect their self interest. This is all because the first two parts of our six bodies function as main & important parts of the body. 1st body functions from 6 a.m to 10 p.m. and 2nd body takes the charge from the 1st body from 11 p.m. to 6 a.m. of the next day. They consider 3rd, 4th, 5th and 6th body as fools and don't allow them to perform any function. These two bodies take us towards worldly things, power and puff i.e., towards 'have' and 'have nots'. These two never provides any opportunity to think and focus on the potential light and goodness within them due to rest four bodies.

Whole of the body is 'Kaal Niranjana' (Mann/Maya) 'Mind-Body'. 'Mind & Body' don't provide any opportunity to man to understand their real motive. Even a person with all sorts of bad habits has enough degree of bliss and purity of 'Surti'. There is more to life than eating, working, making, enjoying, sleeping, dreaming and it is important that we don't brush aside Joy / 'Annand' (आनंद) everlasting bliss. Modernisation and technical advancement notwithstanding, joy, Surti, Annand remains elusive. We all lead a mind-driven life. And for most people their 'Mind' (Mann) is in a state of chaos, driven by unpleasant desires, shackled by countless emotions and drowned in a deluge of futile thoughts. And they think this is the only way to lead life on this planet. We are rather slaves of 'Mind' (Mann).

"Countless Jivas remain entangled in the worldly ocean of 'Mind' (Mann) facing births and deaths and none is able to be liberated without the blessings and grace of 'True & Real Master' (Satguru) who descends from 'Amarlok' (Satlok) with 'Alive Holy Naam' (Saar Naam / Surti Naam) blessed by 'Satprush' (Paramprush)".

It is possible to transcend the boundaries of 'Mind' (Mann). Human beings have the potential to evolve consciousness to the highest realm of existence to go beyond the confines of 'Mind' (Mann) and experience a state of being which is independent of 'Mind'. Human alone have been endowed with an intellect that can think and can contemplate the purpose of human life. Evolution is not only about the external world, it is more about inner uplift by six bodies. It is important to investigate the self and eternal, imperishable, untouched by birth, decay and death. There is no utility in embracing this world of sorrow and sufferings. But it will be imprudent to accept this as the reality without finding out for ourselves by the blessings of 'True & Real Satguru'.

It will be imprudent to accept one's identity as this Body, Mind, Soul, Surti without exploring the central core within (i.e. self) present ; which is placeless and timeless.

In material science, first a hypothesis is put up and then experiments are carried out to either prove or disprove it. The key word here is experimentation. The same can be done in the science of spirituality. The great sages and saints have stated the truth in all its glory. Simultaneously they have also given the methods of penetrating within one's ownself with true faith in 'Satguru' and his blessings.

**आशा तृष्णा सब छोड़ कर, सतगुरु चरणी सुरति वास ।
सतगुरु कृपा ज्युं बरसी, हंसा पाये निजघर वास ।।**

One can't achieve the target on one's own efforts only. One can do so only by the blessings of 'True & Real Satguru'. One should bear in 'Surti' that blessings and grace of 'Satguru' have a miraculous strength and power in 'Surti'.

**खाक हो सतगुरु के चरणों में, तो तुझे मंज़िल मिले ।
तेरे यत्न करने से, तो खाक भी ना मिले ।।**

If you want to achieve your target and to reach your destination (i.e., to achieve Nirvana / Moksh) i.e., 'Amarlok / Satlok', you will have to make 'Complete Surrender' before your 'True Satguru' blessed with 'Alive Holy Naam' (Devine Naam). Whole of the spiritualism is spiralling around this very centre point. In general, all our activities are performed by the will of 'Mind' (Mann).

सतगुरु "वे नाम" दात को बांटे, सतपुरुष सुरति में प्रकटाये ।
यही नाम मन माया सूं पार करे, जाके बल हंसा निजघर जाये ।।

One can't reach the destination without proper and true knowledge and guidance of 'Satguru'. It is 'Satguru' who provides 'Alive Sat Sabd / Holy Naam' (bodiless/soundless), 'Mind' can't be sub-dued without this 'Alive Holy Naam'. The power of 'Satguru' enables one to reign on the all powerful 'Kaalpurush' (Kaal Niranjana / Mind).

काल पुरुष कुछ ना कर सके, पुरुष नाम जे पास ।
सतगुरु चरणन ध्यान धरें, सतगुरु में पूर्ण विश्वास ।।

'Kaal Niranjana' is 'Mind' itself. It performs all the activities 'Himself' in the human body. The 'Mind' subsides before a true devotee, who is blessed with 'Alive holy Naam'. There is need to separate the 'Soul' from the emotions and feelings of 'Mind'. For subsiding 'Mind' we need higher power, so 'Holy Naam' (Sar Surti / Sar sabad) can perform this complex task. This 'Naam' is given by 'Satpurush' of 4th lok (i.e., Amarlok / Begampur) to 'Satguru'.

(Note :- Get the remaining informations in detail in our next publications of material in English).

Full concentration of 'Surti', balanced talk in 'Surti', life of service and devotion, compassion which envoke our third body which gives flow to love and faith. When we do possess 'Alive Holy Naam' from 'True and Real Satguru', Our Atma is a pure diamond, make it completely free from 'Mind and Maya'. The yogi has attained

‘Turiya State’. There is a complete void within. He (yogi) get ‘Soul’ (Atma) purified upto 90% to 95% i.e., 10% to 50% ‘Mind’ is still there . He listen to musical sounds emanating from Banwar Gufa visualises a very ‘big’ formation of ‘Om’ shape in golden yellow colour as well, which vanishes in a very slow manner. In ‘Turiya State’, the ‘Soul’ has tremendous awareness as compared to our ‘Mind’. Whereas in ‘Turiyateet State’ the ‘Soul’ has 98% to 99% awareness whereas ‘Mind’ has only 2% to 1% awareness.

Love is not a need but a state which is the outcome of our 3rd, 4th, 5th and 6th body. Freedom, not binding is in possession of any Jiva as a commodity. Every Jiva is ‘Soul’ and ‘Soul’ flies high in the domain of ‘Nijdam’ (Amarlok) from where we all have come in the cage of this body. ‘Soul’ (Hansa) is 100% pure love like our ‘Super Soul’ (Satprush) ‘is’ endless ocean of ‘Love, Truth and Annand’. Then one has to attain that stage in the body to love and yet allow the other freedom. Love is not possessive, but pervasive. The other will go on sabotaging your efforts to possess. Nobody wants to be possessor. This effort is doomed to fall sooner or later you will start feeling that our two bodie’s functioning is meaningless. You will feel and consider it as pathological Love, Surti, Nirti and Samriti play a dominant role in life after receiving ‘Alive-Holy Naam’ from ‘True and Real Satguru’ who is blessed by the ‘Holy Naam’ from ‘Satpurush’ (Parampurush / Sahib ji / Supreme Lord) of ‘Satlok’ (Amarlok) i.e., 4th lok. Now different kinds of love springs up, even to think of, it will shake you thoroughly. It is the outcome of 3rd body onwards, where as we at present live only in two bodies :-

- (i) **Sthul Shareers** (स्थूल शरीर)
- (ii) **Sukshhm Shareers**, (सूक्ष्म शरीर) in three different levels of conscience state :-
 - (i) **Awakened State** (जाग्रत अवस्था)
 - (ii) **Dream state and** (स्वपन अवस्था)
 - (iii) **Coma state** (अति गहन निद्रा अवस्था)

When 'Sar Naam' charge 'Surti' in heart and 'Nirti' in breath to unite these two 'Surti & Nirti' in 'Soul Surti' as Atma, Surti and Nirti are two forms of soul in 8th chakra (Surti lok/Satguru lok) become one 'soul' Atma the 'Mind' (Mann) has to depart and subject itself to the will of Atma. It invokes true and creative feelings of love, when you say "I don't need you, I truly love you". Just meditate over it, repeat it silently in 'Surti' within yourself, "I don't need you, I love all and sundry in this universe. Now your every breath emanates love, freedom, joy, happiness without any bondage and captivity. Now love is in, love is out and nothing else, but love. It is the grace and blessings of 'Satguru' to enlightened human beings to realise truth and attain permanent salvation (Nirvana / Moksh) i.e., to reach back to your true home destination 'Satlok'. One can liberate himself by submitting himself at the lotus feet (Charan-Kamal) of true and real 'Satguru'. "Nirvana is not attained (achieved) by process of addition of anything to 'Surti', but by a process of subtraction". You don't do anything to be free, you drop everything of 'Mind' (Maya), then your self is free (i.e. soul).

How do you change things ? How do you change yourself ?

Drop visible as well as invisible things both like wise. To much talk ; association, power, position, rituals, Sir-name and even name, then you can be in yourself in the present movement. 'Mind and Maya' are gone, now you are pure 'Soul Surti' (Atman). You want others to change, but you don't want to change your ownself, what a tragedy !

सतगुरु संग है सतपुरुष की सुरति, सुरति की महक अपार ।
जो सतगुरु का संग करे, सतगुरु कुपा अपरम्पार ।।

World is right if you are right. Always give, give and give never demand anything from 'Satguru'. He knows your limitations, concentrate on him in 'Surti' without 'Mind' and then see yourself in the core of your ownself ; 'Satpurush' (Parampurush / Sahib ji) is not attained by the process of addition but by subtraction ; then you are soul, timeless and placeless like the 'Super Soul' (Satprurush / Parampurush / Sahib ji).

“Vai Naam says” :-

सुरति सुहागन सतपुरुष सूं आई, सतगुरु में आन समाई ।
‘वे नाम’ देत दान सुरति का, साधक में आन समाई ।।

Through concentration one can attain Nirvana.

“Vai Naam says” :-

सुरति से देख सखि वह देश, जहां से हंसा हैं आये ।
सत संगति मिली रहे जब, जाये उसी देश जहां से आये ।।

‘Surti’ can’t be understood without “Alive Holy Naam” (Sar Naam / Videh Naam). The ‘Soul’ attain concentration after crossing the ‘Seven Swargs’ & ‘Seven Loks’ of Maha Shunya, this ‘Mind’ can’t cross that place. Now ‘Hansa’ (Atman) becomes free of ‘Mind and Maya’. It has attained the stage of pure and perfect bliss of ‘Love’. This is the outcome of spiritual visits of all the 21 loks in this universe and finally of ‘Amarlok’ (Satlok / Begampur).

सुरति ध्यान सूं नर ना भटके, सतगुरु हर पल रहे समाई ।
मन सूं ईब ना रहा सम्बंध, जब सतगुरु सुरति में ताड़ी लगाई ।।

You can’t believe in ‘Satpurush / Sahib Ji’ unless you believe in yourself. If I have nothing to sacrifice, I have nothing to gain in life. True love is selfless, it creates sense of sacrifice and devotion. It blooms like lotus flower in the muddy water and spreads its fragrance, beauty and charm of dew drops shining and glittering like diamond and pearls and intricate-harmonical arrangement of petals-light and dark shade of pink colour of petals. It all puts us awe stricken. This beauty is remarkable one and soul capturing. This all is outcome of ‘Surti’ through ‘Sar Naam’ without any trace of ‘Mind’ (Mann). ‘Surti’ is virgin when you let go all tensions, fear, anxiety, lust of power, ‘e’ of ego, what dawns upon you is freedom, joy (Annand) and Love and only Love.

सुरति दात निजधाम सूं आई, ईस बिन नर निजघर ना जाई ।
सुरति आधार भक्ति का द्वारा, 'वे नाम' सूं नर भवजल तर जाई ।।

‘Soul’ is :- “Sat- Surti- Annand”

‘Mind’ is :- “Ego, selfishness, wishes, desires, hate, anger, jealousy”, i.e., all dark material to put blanket on ‘Soul’ and remain in deep slumber.

‘Body’ :- “Body and Mind are one and the same thing. It represents ‘Maya’ (Aadh Shakti)”.

Hope :- is internal, whereas ego is our past, wishes & desires are future and external. ‘Parampurush’ has love for all Hansa’s alike and hatred for none. He doesn’t provide body to any ‘Hansa’, so question of births and deaths doesn’t arise at all in ‘Satlok’ (Amarlok / Begampur).

Human spiritual elevation has two steps to take - from being ‘somebody to being nobody’ and from ‘nobody to being everybody’.

“Love demands sacrifice of all we have and we wish to have and wish to take all that you don’t wish to have. Always remain is ‘Sar Surti Naam’ (Satnam) and spread the fragrance of love ‘far and wide’ to boundless region of ‘Satlok’ which is our real abode, & ‘Satprush’ our real father”. Love purifies us and enable us to enter into the gate of ‘Satlok’ by the grace and pure love of ‘Satguru’.

“Vai Naam Ji” stayed away from inner and outer world, developed pure love, illuminated by ‘Surti’, more powerful than illuminating Suns and Stars glittering in Lakhs and Lakhs of galaxies, orbiting in the universe appear in-significant before “Alive Holy Naam” intrusted by ‘Paramprush’ ‘Himself’ to “Vai Naam Ji”.

“Hansa is pure love and ‘Satprush’ is infinite ocean of universal endless love bond between him and all Hansas”.

The human body which is made up of five elements (tatav) i.e., Earth, Water, Fire, Air and Sky is imperfect, impure in nature. Vedas also mentions the importance of 'Satguru'.

मेरी लागी ईक साहिबन सूं प्यारो, वोहि रहते सब घट माहिं ।
'वे नाम' जग में दास सब्बन का, सतगुरु बिन दूजा नांहि ।।

Always concentrate on the lotus feet (Charan Kamal) of 'Satguru'. Take his works as carnation and his pure love loaded blessings are the stepping stone to salvation (Nirvana) . Only the Maha-Yogeshvars are in a position to attain the 5th body. It is known as 'Gyan Dehi' (ज्ञानदेई). On attaining that body they are called Brahm Nishath, absorbed in Brahm (Niranakarn / Sunn Roop).

The 6th body is known as 'Vigyan Dehi' (विज्ञानदेई). In this body one can see without eyes, can listen without ear, eat without mouth and walk without feet. All sorts of work too can be performed by this body. You can visit all the 21 loks with this body, as 'Satguru Vai Naam Ji' did visit 14 loks, Shunya, Maha Shunya with Papeel and Meen Chaal (Ant and Fish alike) like moment faster than the speed of light.

'वे नाम' लाया दात सतपुरुष से, प्यारो जान लो सच्ची बात ।
जो पावे इस दात को, सदा सत रहे संग साथ ।।

When a perfect and true 'Spiritual Master' bestows supreme power through 'Surti' into one's soul, 'Mind' departs leaving soul free and opens the gate of 'Satlok' to enter into its true and real abode. 'Supreme Lord' has love for all, as he is the endless ocean of Supreme love and only love.

“ 'Satlok is One' and 'Earths are Crores' in motion as one body. The end of a finite being is a return to the endless infinite the beginning and the end are one. The source is alivated 'Soul' to alivate curious 'Souls' to return to the infinite for-ever” To get liberated from a powerful energy, we have to apply more powerful energy to suppress the Ist and

join with the powerful to be liberated. 'Supreme Lord' is our real father, only his 'Surti' can liberate us from the clutches of 'Kaal Niranjana' / 'Mind' (Mann).

सतगुरु सुरति सूं जुड़े जब तार, घड़ी घड़ी निखरे जीव ।
पल पल सतगुरु सहारा दें, निजघर पावे जीव ।।

Whatever I am putting forth for the world to understand true abode of us all and our real father Supersoul / Paramprush, after understanding 'Vai Naam's' own experiences, as being guided and directed by the 'Supreme Lord Satprurush' from time to time.

CAUSE OF OUR SUFFERINGS

Every thing has a cause, 'Atma' has come from 'Supreme-Atma'. Mind is the out come of 'Kaal Niranjana'. Nothing comes out of nothing, the fact of suffering has to have cause. It must depend on some antecedent conditions. There is suffering because of birth. Birth is because of will to born, which in turn is because of clinging to wordly objects due to desire for enjoyment of earthly objects. Craving is because of sense, experience that comes with contact with the objects. Contact is possible because of five sense organs. Sense organs cannot exist without the Mind-Body organism i.e, 'Chitt and Ahankar' (चित्त व अहंकार). "Mind, Body, Chitt and Ahankar" would not function without consciousness. Primordial consciousness is due to impressions of our 'Karma' (कर्म).

Finally impressions are there because of ignorance. Removal of ignorance leads to cessation of suffering, desire, wish, ego, attachment. This all is the creation of 'Mind' (Mann) which is in control of 'in and out' of our body. It is a main hindrance in attaining permanent Nirvana (Salvation-मुक्ति) from the life and death cycle i.e., liberation from suffering. Conscious or unconscious desires and will are responsible for the external phenomenon of suffering.

For cutting fruits or vegetables we require knife. In the same way in our daily dealings we can't shift on our own from busy to easy, stress to

relaxation, worry to confidence because this all play is created by 'Mind' itself which is 'Kaal Niranjana' himself residing in us and sending vibrations to hypnotize us. In order to control negative feelings and develop positive thoughts of 'Soul' through 'Surti' we require 'Alive Holy Naam' of 'Satpurush' which is too strong to control 'Mind' and our negative thoughts. This is not possible without true and real 'Satguru' who is true representative of 'Parampurush' (Satpurush / Sahib ji).

REAL SOURCE OF TRUTH ABOUT 'GOD & SATPURUSH'

वेद चारों जानत नाहि, सतपुरुष महिमां महान ।
निरंकार भेद वेद बतावें, सतपुरुष सत्ता सूं अन्जान ।।

'वे नाम' जाके देख लिया, तीन लोक से आगे ।
सतलोक ही सतलोक है, तीन लोक से आगे ।।

This world doesn't understand the importance of truth. Human beings want to have easy way of getting worldly pleasure and benefits. For the sake of worldly gains, profits, they can go to any extent to discard truth. A truth is 'Satpurush', truth is 'Soul' the illumination of truth. In life one faces happiness and sadness but one never wants to be attached to truth as it opens the gate for illumination of spirit to provide us rays of soul which itself get rays of illumination from 'Super Soul' (Satpurush ji) as sun's rays are part of sun. This clearly makes clear that people run after timely benefits which enchant a person temporarily whereas truth is everlasting bliss which enables us to be one with 'Satpurush' (Parampurush). Suffering is not holding you but you are holding suffering. When you become good not only at heart but in 'Surti' by getting 'Sar Naam' (Sar Sabad) from true and real 'Master' who has been bestowed this 'Alive Holy Naam' from 'Super Lord Satpurush Himself'.

Only then you will come to realise how unnecessary their worldly power and puffs are burdens around you take you far away from the real truth of life. Truth is not to be seen. It is to be realised and

observed well within you through spiritual contact internally with the 'Surti' of real spiritual 'Master (Satguru). It is called Surti / Dhyān which enables you to be one with 'Supreme Soul' through 'Surti'.

The word Bhakti means devotion. The concept is total surrender to 'Super Soul' through real 'Master' (Satguru) to attain 'Alive Holy Naam' (Sar Naam / Sar Sabad). A devotee (Saadak) attains the stage of nothing and possesses nothing. He becomes free of thoughts, wishes, desires and let go caste, creed, religion and relations. He is occupied with true and real love sufficient to spread it all around to every one without any discrimination. It is a new wave in which the life blooms like a flower and make others to grow like wise. There ought to be true ferment in the 'Surti' and 'Mind' of all to awake and make others to come out of their deep slumber.

सतगुरु 'वे नाम' परमहंस प्यारे, शरणागत को तारनहारे ।
निज को सब जीवों में देखें, सभी जीव जंत साहिबन प्यारे ।।

'Vai Naam Ji' has been commissioned by '*Satpurush Ji*' to warn mankind to follow the path of truth, be pious, noble and righteous as there is nothing in religion, caste, creed, riches and luxury. 'Vai Naam Ji' has been blessed with 'Alive Holy Naam' by 'Satpurush' (Param Purush) to control 'Mind and Body' and make free soul from the clutches of 'Mann and Maya' (Mind/Body). 'Mind and Body' are one and the same thing.

The religious scriptures such as Vedas, Quran, Bible etc. provide knowledge to the mankind of the universe (3-loks) which itself is the creation of 'Kaal Nirājan' (Mind) and does't provide any description or knowledge of 'Amarlok' (Satlok / 4th Lok) which itself is the true and real abode of 'Supreme Lord' who exists beyond the limits of this perishable universe.

तेरा वैरी कोई नहीं, तेरा वैरी तू ।
'वे नाम' कृपा जब बरसी, 'मै' रही नां 'तू' ।।

Inside the body there is Mind and Soul. Mind resides in 'Sushmina' (सुश्मिना) and Soul in 'Agya Chakra' (आज्ञा-चक्र). Soul exists

as 'Soul'. 'Surti and Nirti' are the two forms of 'Soul'.

How to achieve this absolute concentration ?

(I) First of all, there is dire need to make the body stable. But 'Mind and Body' don't give any opportunity to human being to understand their designs. 'Mind and Body' cannot perform any activity without the aid of 'Surti and Nirti' (Soul). Without their energy our body is incapable to perform any activity. 'Mind' can only send messages and signals but can't act and perform any activity of its own. 'Mind' always distracts the 'Surti' of human beings and never allow them to understand their ownself and live in the 'Present' while ignoring 'Past' and 'Future'. We all have been entrapped by the combination of Mann & Maya i.e. Mind and Body. They never provide any opportunity to human beings to understand their true nature. Every human being is blessed with bliss, purity and truth within him. For any desire or wish of human to be executed the soul's energy is required for that purpose to get it executed.

If you sit for meditation, the mind (mann) at-once try to disturb you by all possible means. The devotee (saddak) should ignore the instructions and dictates of 'Mind' but without 'Alive Holy Naam' he is helpless to do so. He must understand that he is a 'Soul' & not 'Body and Mind'. 'Mind' is not an ordinary thing who himself is 'God' of three loks. Every creature in these three loks is solely under his control.

The soul is capable and has capacity to reach the ocean of supreme concentration, with the aid of 'Alive Holy Naam' from true and real spiritual 'Master' (पूर्ण सतगुरु) of the time. 'Mind' never allows us to understand our true self. He himself is 'Kaal Niranjana' and makes every human being to act as per his dictates and instructions. Our soul is fully in his clutches and executes the order and dictates of (Mann) 'Mind' like a true and real servant of 'Mind' (Kaal Niranjana).

चाचरी मुद्रा मुक्ति का कारण, सुन्न लोक ले जाये ।

बिन 'वे नाम' परमहंस कृपा, नर कबहु ना निजघर पाये ।।

To attain salvation is the main and sole aim of Devotion and Bhakti. Without true and real knowledge of (Saar Naam / Surti Naam) 'Alive Holy Naam' which is gradient of energy of 'Satpurush' of 'Satlok' i.e. 4th lok.

सुरति प्यारो आत्म की वाणी, काल सूं ना पकड़ी जाये ।
अमरपुर निजधाम से आई, बस परमहंस सूं पकड़ी जाये ।।

We can't have 'Alive Holy Naam' by our own efforts. It is only obtained in Surti through the Surti of Satguru. None can cross 'Seven Loks of Maha Shunya' so as to reach Amar Lok (Begampur) the true abode of 'Satpurush' without the 'Alive Holy Naam'.

A grain can sprout into a flower by ignoring its ego and amalgamating himself with earth. Without devotion, complete surrender you can't be true disciple of true and real 'Satguru'. You have to forego your self ego, wishes, desires. 'Satguru Vai Naam Paramhans ji's' chief mission is to regenerate 'Surti' concentration to attain Supreme truth consciousness to understand Self, Mind, Maya, Soul, Supersoul and his true abode.

This all is possible when we are in touch with a 'Satguru' who has accomplished this all. Our ego is so big that we fail to understand the true nature of true and real Satguru in our first, second or third encounters with 'Satguru'. We have to realise the reason and cause of lack of understanding self and others. First of all we have to understand sense-object as they follow the instructions of Mind and act accordingly. Money is no doubt a very important and useful thing. But its use is restricted to sense-objects. We can use money to transact in sense objects. You can buy food but not appetite; Bed but not sleep. That does not mean we discard money. It simply means that we understand its worth. We need to follow a middle path i.e. neither exaggerate nor underestimate its worth.

Similarly emotions - If we are reliant on the emotions of others and not personal, we subjugate our lives to the whims of others. Never pay attention to thinking and reasoning i.e. out come of mind, but of

surti, provided we are habitual of its use. A passive person functioning from his minds feeling and emotions may be good or bad fails to understand the utility of Surti in his thoughts and actions. Surti is the uni-direction energy of Soul with no amalgamation of Senses and Mind.

Similarly an aggressive person uses his intellect to evaluate his role in life is actually making the use of mind to establish his 'ego' on attaining glory and accomplishment of personality upliftment in the society is for off from Surti concentration.

बहु विधि मन भ्रांति नशाये, कैसे सत को पायें ।
'वे नाम' मन बुद्धी सूं पार करें, परमपुरुष संग पायें ।।

We are in deep slumber and Mind is taking the advantage of our weakness. Thus mind acts as a controller of Soul and makes 'It' to act according to 'His' directions and wishes.

Mind (Kaal Niranjana) himself can't perform any activity in our body. It can only expand, spread its energy in all directions to entrap 'Soul' in our body. 'It' can act as remote control and directs soul to perform all sorts of activities like walking, talking, listening answering, running, eating, drinking, exertion, sleeping, waking up etc.

मन ही काल निरंजन प्यारो, रचयो त्रिलोकि सारा पसार ।
हर आत्म को बांध नचावे, भ्रम में पड़ा जग जीव प्यारा ।।

In general Mind makes Soul to dance on its tune and thus has enslaved 'Soul' in the body cage. Soul has nothing to do with sorrow, suffering, wishes and desires etc. These are the arrows of Mind (Kaal Niranjana) to inflict and envoke all senses to disturb Soul. It makes Soul to act and function as per 'His' directions and wishes. This all happens at the time of performing karma. Once Karma is performed then it become law, where there is no interference. It becomes cosmic law and not something 'done' by an individual human being. This is called Karma philosophy.

The 'Working/active Surti' (चेतन सुरति) is a great help. It is concerned with resolving a practical problem in the present moment. It always keep one to remain, think, act in the present about the present. At this stage there is complete unity of Soul with the 'Super Soul' (Hansa-Parampurush) through the string of Satguru.

'The mischievous thinking mind' dips into the past, projects itself into future uncertainties, intrupts the smooth and efficient functioning of the 'Surti' {Surti+Nirti(Pran)=Soul} in the present moment. If you don't have 'Alive Holy Naam' of true and real Satguru, you are bound to fall in the trap of 'Mind & Mann', (body & maya)

A common man can't understand this all by just reading and thinking. He has to establish link with Satguru "Vai-Naam Paramhans Ji" to shift himself from 'Canal (मन—माया) to River (मोक्ष पथ)' which is linked to the ocean of Supreme Consciousness !

HOW TO ATTAIN NIRVANA / LIBERATION FROM LIFE AND DEATH CYCLE ?

"We don't learn from wordly successes; we don't learn from, awards, prizes, we don't learn from celebrity, we only learn from wounds, scars, empty stomach, mistakes and failures, and that makes us to realise the need of true Satguru (true master), the truth, love, friendliness, Surti, Nirti and 'Soul'.

जगत है प्यारो क्षण भंगुर सपना, बिन सतगुरु कोई ना अपना ।
जो कोई पावे दात 'वे नाम' की, उसी को जानो अपना ।।

This world is like a dream. It is mere delusion. Whatever we see out wordly is a chaos and confusion, which has to perish. Our Body, Mind, Man, Universe (Three Loks) are all confusion. In short they don't exist at all. There is nothing in the world without the seed of 'five elements'. God Nirjanjan has created the 'five elements' i.e. Sky, Air, Fire, Water and Earth. (Sky / Black Matter) creates Air, Air creates Fire, Fire creates Water,

Water creates Earth, Earth creates Water, Water creates Fire, Fire creates Air & Air creates Sky.

This is a reversible cycle going on so long this universe exists. With these elements, 'he' created forty nine crores cosmos (glyxes / universes) including earths, suns, moons, stars, planets, metors etc, seven patals (Loks) i.e. abodes below the earth seven other lokes in Shunya and Seven others in Maha Shunya.

"VAI NAAM" SURTI DHARA ideology is totally based onto the principle of true spiritualism i.e. 'Satya Bhakti' of Supreme Lord (Satyapurush) of 4th lok i.e. the real abode of Parampurush Sahib (Supreme Lord). These three loks belongs to Nirankar (Kaal Niranjan/Kaalpurush) who resides in shunya as well as in every human body as Mind. He is ruling over the universe. The whole world is busy in worshiping Nirankar or Sakaar in one form or the other. He is none else but Kaal Niranjan (Mind). He acts as an impediment between Soul and real spiritual master (Satguru). There is only one supreme lord (Satpurush/Sahib) who is present in every creature of universe. In human beings 'He' is present in the Soul i.e. into the concentration. Soul is the drop of this endless ocean. He is immortal so is the soul. His identity is known to true and real master 'Satguru' who knows the truth of life and has attained permanent salvation from the endless cycle of life and death by dying alive by real 'Alive Holy Naam'. (Real / Naam / Sajeewan Naam / Sat Naam / Sar Naam / Sar Surti Naam). It is given to true and real 'Soul' who visits Satlok/4th Lok along with Satpurush himself or with true Satguru; provided he is blessed with 'Alive Holy Naam' by real and true 'Satguru'. 'Alive Holy Naam' is given to 'Surti' which unites 'Surti and Nirti' in breath to make 'Soul' to enable it free itself from the bondage of Mind (Kaal Niranjan)/Sakaar/Nirakaar). Without 'Alive Holy Naam', one can't become Aatmik, so can't be free from the clutches of Kaal Niranjan (Mind). 'Sahib Satnam' explains the importance of the true and real Satguru/Spiritual Master) who can make people to understand the real purpose of life on this planet and how to attain liberation from the endless cycle of birth and death.

“Alive Holy Naam” is given by bodyless ‘Sahib Ji’ in ‘Surti’ to bodyless ‘Soul’ and ‘Surti’; So this is real ‘Alive Holy Naam’ which does not come in words, thoughts, but in ‘Surti’ (Concentration). It does not comes under reading writing or speaking. It makes one Surti concentration without amalgamation of thoughts (Mind . He never goes into past thoughts and experiences nor goes into future thought and ideas (desires and wishes). He always remains in the present situation with full concentration and remains alive in the ‘True Naam’.

“Vai Naam Says :-

बिन सतगुरु सार नाम पावे नहीं, जे कौटिन करो उपाये ।
सर झुकाने से बात बन जाये, सुरति से झुके मोक्ष को पाये ।।

Without the blessings of a true and real Satguru an individual (Soul) can’t attain ‘Alive Holy Naam’ (Sar Naam), so can’t attain permanent liberation from the clutches of Kaal Niranjana (Mind) and can’t reach back to 4th lok the real abode (Satlok/Amarlok), as Hansa.

You have to bow before ‘True and Real Satguru’ to get blessings of ‘Alive Holy Naam’. It purges off one’s ego, desires, wishes and superstitions. The soul has come into body from Amarlok/Satlok to play with mind and defeat it to get back to real abode Satlok (Amarlok). Amarlok (Satlok) is a endless world which never get perished or destroyed in any way and is immortal in nature. It does not come under dissolution but ever fresh and new. There is no existence of five elements (sky, air, fire, water, earth), cosmos (sun, moon, star, planets, metors, glyxes etc.) god, mind, body, time, death, punishment, reward, words finglement of words (Anhadd Dhunns), gender (Male, female) secondary god (Niranjana) Aadh Shakti, Shiv, Brahma, Vishnu, Ganesh.

देवी देवल पूज रहे, जगत मे सब कोई ।
सतगुरु की जे पूजा करो, सब की पूजा होये ।।

Sant 'Vai Huin Ji' is making quite clear that only "Sar Naam" can make Surti free from mind through breath; as surti lies in the heart and nirti in every breath, so Alive Holy Naam unites these two to create Atma which exists in between two breaths. Thus one can become atmik only when he keeps holy naam in surti to dispel mind. None, but by the grace of 'True Satguru', one can attain permanent salvation i.e. redumption from endless cycle of birth and death. The worship of a true perfect Satguru (spiritual master) can save one from endless cycle of birth and death.

Sargun and Nirgun modes of worships comes under the territory of Kaal Niranjana (Nirankar). True and real Satguru attains the state of oneness with Sahib (Supreme Lord /Parampurush) who neither have any form nor he is formless. He himself is Amarlok (Satlok) which is of white in colour. When soul becomes free of Mind becomes 'Hansa' and flies back to his real abode Satlok (Amarlok) All Hansa's reside in Amarlok. Satguru is a pure and enlightened soul and has no dependence on any religious scriptures/manuscripts. He is pure Surti and is fully in touch with the Super Soul for any guidance. He has the power to transform any human being alike himself through his own Surti (Concentration). He has complete and true knowledge and guidance of eleventh aperture (Gyaarvan Dwar) known as Surti Kamal (Satguru Dwar). It is Satguru's blessings to devotees to attain permanent salvation. Alive Holy Naam always remains in Satguru's concentration (Surti) to be in touch with Supreme Soul (Satpurush). Satguru is fully alive about the secret of Pra Bhakti, (True worship / Sat Bhakti) of Satpurush (Supreme Lord / Supreme Soul Concentration).

सांचा नाम सोहि पावता, जिन आशा तृष्णा त्यागी ।
कल और कल को छोड़ कर, 'वे नाम' सूं प्रीती लागी ।।

Forth (4th) Lok is the true abode of Param Hansa's and Satpurush (Supreme Lord). It is Satguru who liberates each

individual soul permanently from the clutches of Kaal Niranjana and from the endless cycle of birth and death. He is a perfect spiritual master who always remain in Surti of Parampurusha (Supreme Lord) and Amarlok and Param Hansa's. He possesses "Supreme Lord's concentration (Paras Surti).

सत्तपुरुष जिन जानया, सतगुरु तिसका नाम ।
सुरति में सबन वासा है, संग में सार नाम ।।

One who has complete knowledge and acquaintance with the Supreme Lord is known as true and real Satguru. He is fully alive Soul and visualises Supreme Lords in his Surti. He never keeps himself away from Parampurush even for a fraction of a second. He is the only perfect master in the whole of universe who in the perfect sense rules over 'Mind and Body'.

सतगुरु पाया, मन माया का संग गया ।
सुरति जगी, आशा तृष्णा का संग गया ।।

'Satguru' is a touch stone, he separates soul from Mind and Maya. He liberates Soul from Mind and Maya, wishes and desires Sar Surti awakens one's Surti and Soul to attain liberation from Mind, Maya and all evils of Body.

सतगुरु पाने से, झगड़ा खत्म तुम जानो ।
सार नाम पाने से, निज को पार तुम जानो ।।

He is lucky who has searched out true and real Satguru. Once one is blessed with 'Alive Holy Naam', his search regarding the realisation of Soul (true self) and Supreme Lord comes to an end.

संसार में लाखों नाम हैं, मुक्ति दे ना एक ।
"मूल नाम" तो गुप्त है, बिन इसके परहित ना एक ।।

There are lacs of Naam (words) present in this mortal world which can easily be recited with tongue. But, none of those words

has the power to liberate an individual's soul permanently from the clutches of 'Mind' and 'Maya'. Where as, the "Alive Holy Naam" (True Naam) of 'Supreme Lord' (Parampurush) is a secret which is not at all found in any of the religious scriptures/manuscripts. It is only known by a true and real 'Satguru' and without that 'Holy Naam' one can't get salvation i.e. true and real salvation from the endless cycle of life and death.

“सतगुरु सजीवन, नाम संग लाए ।
जा के बल, हंसा घर जाये ॥”

'Satpurush' transmits True Naam to 'Satguru' on his visit to Amarlok (4th Lok). He (Satguru) becomes perfect Spiritual Master who can transmit this supreme 'Holy Naam' (Power) into an individual through his concentration. This 'Holy Naam' makes an individual's soul to reach back to its true abode (Amarlok).

“To Know Thyself”

काग़ा से हंसा करे, “वे नाम” सब्द का तीर ।
सतलोक को पा लिया, पल ना लागे देर ।
सतगुरु कृपा सूँ, छूटे जन्म मरन का फेर ॥

All individuals without 'Alive Holy Naam' are no more than crowing crow. It is the spiritual power of Satguru which enables an individual to become true Soul (Hansa) by the transmission of Alive True Naam through Surti (Concentration) to the concentration of individuals' soul. It is all due to the blessings of Satguru to make one Hansa to enable him to reach back to its true and real home (abode) Amarlok (4th lok).

The mind (Kaal Niranjana) resides in 'Sushmna Nerve' i.e. the central nerve in between the two nostrils - Ida & Pingla of every single human being on earth. His limitations are upto Sahastrasara (Crown Chakra/7th Chakra). From where he (Mind) regulates brain of every single human being on this planet except the true and real Satguru (Spiritual Master) to fulfill his desires and wishes. These desires and wishes of human being are endless.

GREED & LUST

It is said in Bhagvatam 9,13,19 “Even if one is given the wealth of infinite universes, his desires, cravings and longings will not reduce in the least”

“When one try to satify desires, they sprout even stronger”. Love and faith increases with the passage of time provided man is awakened otherwise it is the reverse of it.

Worldly opulence, no matter how great, cannot provide true and real happiness and therefore, it is foolish to desire wordly objects as a source of enjoyment and happiness. To ask God or Guru for them is even greater foolishness inhuman act of human beings. Devotion practised with the sole aim of satisfying material desires has many and multiple perils. Firstly it is evident that such a devotee is not only ignorant of where true happiness lies in the world, in the God or in the communion of the soul with the over Soul i.e. Soul with Super Soul (Satpurush)

SLAVERY OF SOUL

Without the spiritual knowledge an individual keeps wandering in holy places like Mathura, Kashi, Haridwar to befool himself and throw dust in others' eye to pose himself a holy and religious person. Our soul is nothing more or less than concentration alone. It performs all the activities under the guidance of mind who has treacherously tied it without any rope. The true spiritual knowledge enables us to know not only the secrets inherent in our body but also the manner in which the soul has been intangled. Without the knowledge of nature of bondage, we can't make any effort for its emancipation (freedom) from slavery.

SLAVERY

The key to open the lock of prison of slavery lies in the hands of true and real Satguru with whom the key of concentration i.e. Alive Holy Naam lies. He will transmit this key through Surti to Surti to let soul free from the clutches of Mind/Mann.

ROLE OF HIMSA IN OUR LIFE

Who are the enemies ?

Not our neighbours and those are different from us in faith or belief. The enemy is within us as well as our ownself; if we fail to create harmony within and self.

(I) We need to learn how to relate to people, especially family, society and nation in a positive way.

(ii) So more than any perceived external threat to freedom of our Surti is internal.

The external threat is the reflection of internal threat - the reason being, we are the doers - whereas society is the mirror of each doer. Since every one is doer and every one is a mirror of the others act. Thus the actual danger is deep within, where we are shackled by our own rigid beliefs and prejudices. We need to fill ourselves with positive values and transmit these in young sapling in kinder garden, schools, higher schools, colleges and universities and even in society, through curriculum to respect religions, cultural and ethical diversity with positive approach to make it meaningful.

There are two types of freedom - freedom 'of' and freedom 'from' :-

(a) There is freedom of speech, religion, belief and expression.

e.g. There is also freedom from hunger, disease, poverty, corruption, illiteracy and unemployment.

Some times these freedoms tend to be in conflict with each other and we need to find a balance. We need self discipline to resist negative (-ve) influences and to act in positive (+ve) way.

Any religion's main concern is to inspire positive goals which enable people to interact with others in a positive way and to help bring about justice, peace, harmony and prosperity to all segments of society and one's own self through self introspection and meditation.

Main gradients of meditation are as under :-

- (a) Mind and body should be calm as the still water in a pond in which you can see the reflection of your soul.
- (b) 'Surti', 'Mool Naam' and 'Breath' should be aligned, then an individual becomes Atmic, mind becomes quite calm and composed.
- © To keep the body fit, good health is must, otherwise we will not be in a position to kindle the light of Soul Surti to subdue mind and its effective forces.
- (d) For attaining awakened state, we need true and real Satguru ; without him our Mind is the main source of guidance and acting. Satguru is in possession of Paras Surti which subdue Mind and make one Atmic. Then a person works with Surti and not with Mind. Mind is God within the body of every creature whereas 'Satpurush' (Sahib ji) resides in the soul of every creature. In between the two breaths, soul reside. 'Paras Surti' activates Surti from mind and nirti from breath to make 'Soul Surti' which performs wonders in the spiritual field universal underaking.

INNER EYE

This is a transcidental stage going into a spiritual area.
"You are in every thing and every thing in you love, faith, friendliness, Aanand are one".

A similar experience appears in a poem in Tagore's gitanjali.
The poet would like to die into the deathless as he looks for the perfect pearl of formless in the endless ocean of forms. Mudra of bliss. It suggests that entire existence has the capacity through the aid of "Alive Holy Naam" to travel far beyond Maha Shoonya i.e. (Satlok/Amarlok/Begampur). But that superstate can be attained from the ocean of mundane.

When one learns how to die alive before actual death.

Moksh - Liberation from life and death cycle is not something attained after death in some other world. It is something to be understood and experienced while living right here in this very world. We have to understand the meaning of life and how it should be lived through the teaching of true and real Satguru who has been blessed by Alive Holy Naam by Sahib Ji (Satpurush) himself. Smile and let others smile like Lord Krishna !

Satguru is the charioteer like Krishna who leads our chariot towards bliss i.e. permanent salvation (Moksha) i.e. freedom from the endless life and death cycle on the planet. Ordinary people like to derive pleasure from the sorrow and suffering of others. However, Satguru's inner bliss is the sweet words that overflow to act as balm on the wounds to heal them. Without activated soul human being lives like human being who is in deep slumber and function with the help of Mind.

Mind can't do any thing by himself, 'He' takes the help of Sat Surti of Soul, who acts as a slave of Mind and acts according to the instructions of Mind. Soul has forgotten its true nature and identity. "Sar Sabbad" is unique and is known as 'Paras Surti' as it is the surti of 'Satpurush' (Sahib Ji) given to true and real 'Satguru' on this planet "Vai Naam Ji" paramhans got it transmitted by 'Satpurush' (Parampurush/Sahib Ji) of 'Satlok' (Amarlok) through 'Surti' to 'Surti' of "Vai Naam" Satguru Paramhans.

It may be hard for an egg to turn into a bird. It is quite impossible for it to learn to fly while remaining an egg. Thus, remember that all human beings are like eggs at present scenario. We must be hatched (by true Satguru) or faces worst. Your eyes are 98%. Mind and rest nine senses are only 2%. In the awakened state our soul resides in eyes, but is under the control of 98% mind and has to execute all activities as per dictates of mind. Yours eyes take you to past, future and never on the present (work of soul).

Two remarkable lines of inner eye :-

**"I gazed - and gazed - but little thought and later,
"they flash upon the inward eye"**

Sri Krishna's inner bliss was the laughter that overflowed to the world from the fullness of his heart. That was why even in defeat on the battlefield, the smile never left 'his' face.

He reminds us to laugh at our own follies and shortcomings.

AROLE MODEL GURU

Krishna is a role model guru for the masses who are in deep slumber. He lived as one, with both Kings and commoners. Even though born as prince, he tended cattle, drove the chariot, washed the feet of others and even did menial work like clearing away the palm leaf plates after a feast. He was ready to go to unrighteous as a messenger of peace.

"He was a revolutionary who raised his voice against improper practices. He discouraged people from offering prayers to Indra for rain. Telling them to worship god without any gain or profit. He laid stress that we should be able to perform all kinds of work with joy and contentment. We should all strive to emulate the enthusiasm and patience demonstrated by Lord Krishna".

"You may engage in any and all type of duties, but through your inner eye remain a witness. This is the meaning of Krishna's smile. It is this principle that is a big message for all the masses for all the times. We should all strive to emulate the enthusiasm and patience demonstrated by Lord Krishna. Sometimes circumstances will be favourable, sometime unfavourable. Regardless of the kind of circumstances perform your duties with enthusiasm and zeal".

"Take care of your thoughts, for we are formed and moulded by our thoughts".

Those whose minds are shaped by selfless thoughts which is impossible through mindful activity, so invoke surti for that, which acts selflessly without discrimination and prejudice, which are acts of joy follows them like a shadow that never leaves them."

Sahib Ji says :-

जिन ली सतगुरु ओट है, उनके पूर्ण भाग ।
माया नींद सूँ सतगुरु जगावें, वोहि जगावें भाग ॥

This world is like a dream. It is mere delusion. Whatever we see outwardly is a chaos and confusion, which has to perish one day. Ourbody, mind, universe are all confusions. In short they don't exist at all. It is the Mool Surti of Atma which plays a prominent role in liberation of Soul from Mind and Body by the Transmission of Paras Surti from true and real Satguru to disciples' 'Soul Surti'. Mool Surti take note of every action and activity of Surti even while in Amarpur (Satlok) with Satpurush (Sahib Ji).

Drop all desires and wishes and you evolve spirituality. Move from a strongly entranced feelings of separateness to that of oneness i.e. the whole universe being one family of Hansas of Amarlok. This world has altogether a very strange way of thinking, living and doing. They discard the true, real, truthful, friendliness way of living and have immense faith, friendship, love, devotion for negativity (false hood).

"All the four Vedas doesn't know anything about the real home of 'Soul' (Hansa), Parampurush (Sahib Ji) whose real drops of limitless ocean, we are".

The real abode of the perfect spiritual Master (Satguru/Sant) is 4th lok (Amarlok) which exists beyond universe (Three loks) where from all Hansa have come into this universe. Hansa can go to Satlok (Amarlok) only by the grace and blessings of Satguru. After attaining that abode he (Hansa) never comes back into life and death cycle in these three loks'.

“Sahib Vai Naam Ji” says, “ that for the first time, it was Sant Samrat Kabir Sahib who enlightened mankind with the knowledge of Satlok / Amarlok / Begampur and the Supreme endless ocean of Supreme Soul / Parampurush”.

“Sahib Vai Naam Ji” says, for me ‘Sant Kabir Sahib’ is Sant Samraat, as all his experiences and work is in agreement with my visits to Sat lok and Surti transmission of Sahib to mine;

The nature and environment of Satlok, absence of five elements, absence of body, mind, suns, stars, sky, climate, earth have no existence but still it is white glittering soothing endless ocean. Sant/Satguru get Sarnam/Surti Naam from the Supreme Lord (Sahib) through transmission of Surti to Surti of Satguru to liberate souls from the clutches of Kaal Niranjana who tries his level best to keep Hansas under his clutches and power and not to provide any chance of liberation to souls.

Attain death stage and reach there. It takes place in twinkling of an eye.

भक्ति सोही जानिये, जो ले चले साहिबन द्वार ।
 जे भक्ति करो तुम काल की, कौन करावे पार ।
 भक्ति निशानी मुक्ति की, सार नाम सूं उतरो पार ।
 सार नाम जहाज है, चढ़ो तो उतरो पार ।।

In these lines “Vai Naam Ji” makes quite clear that the main and sole ‘aim of life’ or ‘worship in this world’ is to attain Salvation (Nirvan/Mukti) provided the approach is true, real, full of dedication, devotion and full faith in Satguru.

Simply performing noble deeds, visiting holy places of worship with a motive of satisfying personal ego, is no way going to help you in any way. First let go your personal motive of power, puff, ego which is not an easy task. Without the aid of true Satguru (real master) who has attained this all and leading a lonely life in public, but always alone without any prejudice, belongingness, ego but only love, truth and friendliness.

“ A devotee (Saddik) can be ‘in himself’ only when he is ‘alone’ not physically, mentally, emotionally but in Surti (Concentration). If he doesn’t

love solitude, not only physically, mentally but spiritually in Surti, (concentration). Otherwise he will not be in love even with himself, and will not be free in any sense, for it is only when he is alone physically, mentally and spiritually. He is totally ingrossed in love with Satguru.

His love will bloom, spread like fragrance of rose flower and will become universal like the sun, that doesn't shine for its ownself but for the world at large.

SAT SURTI ANAND

If you look upon your Satguru as a conveyer of Divine love and do unto your relations as you should do unto the Satguru (The Divine) and if your Satguru too responds accordingly your life as a disciple will surely grow into blossom of love. Your personal attachment with any will turn into universal and your inner love and friendliness will not be confined to your own frame work but will go beyond limits not only in the universe but to Satlok to parampurush (Sahib Ji) and will become infinite friendliness and love. At that time you being alone will find the presence of Satguru, Satpurush i.e of infinite in and out you. Aren't your relations divine manifestation ? Should you not serve them devotedly, though without attachment.

In the classification of connection between, Saatvik-Rajsik and Tamsik material knowledge, Lord Krishna said in chapter 18 of Gita, "Understand that knowledge to be in the mode of goodness by which a person sees the one undivided, imperishable reality within all diverse living beings". It talks of connection between anything with any other thing. A Saatvik person sees a world of many, connected to each other. The universe is conceived as a truly many body system i.e. Souls (Hansas) of interacting entities, controlled by an all-unifying force (Supreme Soul / Parampurush / Satpurush) through Satguru as binding force. 'Who' binds three into single unit (Identity). Talking about Rajsik nature, Lord Krishna said, that knowledge is to be considered in the mode of passion by which one sees the manifold living entities in diverse bodies as individual and unconnected. Rajasik person sees the world as isolated, non-interacting and unconnected. Visualising an unconnected world is easy. Therefore many people think that way. That is why rajasik people are more in

number than the saatvik persons. It is a self-centric picture of the society. But the true picture of life is an inter connected one. Cooperative endeavour induces order. Unconnected, individuals behaviour results in disorder and randomness. Consider, for example, the random walk, random drive, random flight, random speech. These orders does not show a coherent picture of progress.

Today that which hails us as individuals, communities and relations - is separation. The border and boundries between 'me' and 'you' and 'us' and 'them' are thicker and more interactable than ever. Our personal frame of reference is narrowing each day. "Our culture expands" 'Vasudev Kutumbkum' that the world is one family. However, today most of us don't identify as the members of the world family. Rather, we identify as member of a political party or a religious groups, or a country club, or followers of a particular Guru or Satguru. The lines between us get thicker and thicker. That separation, that sense of 'self' versus 'other' is what permits us to de-humanise each other so drastically that we can be complicit, directly or indirectly, in each others' suffering and death. That separation is also what leads to the increase of depression world wide.

Depression is marked by feeling alone, disconnected, isolated from the world, feelings which, when taken to an extreme, permit us to even to take our own lives without realising the pain our death will cause others.

True understanding of Mind (Mann) and Body (Maya) and real knowledge of self elevated one from Rajasik nature to Saatvik nature which makes one to have contact with True and Real Master (Satguru) to elivate Soul and attain Salvation (Nirvana). Lord Krishna said, "There are some people who don't see whether or not the world is connected. For them it is meaningless, because they always live in a self created darkness, devoid of knowledge. There are Tamasik people who are lazy, slothful, inert and blind to reason, friendliness, truth and Annand". Extremely Saatvik people are rare, so also the extremely Tamasik ones. This is perhaps good because too much of both goodness and badness is deceptive. But they are in opposite directions. The former is deceived

and the later deceives. The Rajasik state is the middle order. They use connections or non-connections as per circumstances demands.

सत्त रज और तम, तीनों अंतःकरन मन के अंग ।
जीव की आत्म सुरति को, उलझावे मन तरंग ।।

Saatvik, Rajasik and Tamasik is a nature due to Mind (Manna) and Maya (Body) where as the identity of the Soul is same in all the three types of individuals. For spiritual elevation we have to get rid of Mind (Mann) and Maya (Body) so equal effort is needed. Moreover there is ego in all the three by reverse is the order so 'e' is more dangerous in Saatvik as compared Rajasik and more in Rajasik as compared to Tamasik. Iron can be of any nature get attracted by the touch of magnet. More soft without rust, more is the attraction. Thus ego is the greatest enemy of human being which is by product of Mann (Mind) and Body (Maya). Paras Surti of true Satguru elevates Soul and make passive the mind and body, so one should have true faith and devotion in Satguru; rest is in the hands of Satguru, he doesn't make any difference regarding the nature, caste, creed and nationality. He awakens soul surti (concentration) to make one free from life and death cycle of this universe; and provide true nirvan (liberation) to the individual 'Soul'. Satguru provides Master key to one who comes to him with true devotion and dedication to open the lock of Surti (concentration) and subdue Mind (Mann) and Maya (Body).

AHIMSA

Not to talk of hurting others, but to self as well is a core (basic) value of humanity on this planet. It is what makes the world in perfect harmony with actions, thoughts of mind, Surti (concentration) of soul.

ACTS OF HIMSAARE

(a) Violence i.e physical act of hurting or killing any animal or

human being (someone).

- (b) Don't laugh at any body in any circumstances in any situation.
- (c) Through the acts of thought (Mind), speech.
- (d) Through Surti (concentration) by being Atmic i.e. by spiritually alivated persons.

(In short...amongst Mansa, Vacha, Karmna & Surti 'Surti' is most powerful and effective).

(a) It is easier to contain physical violence than control the himsa of speech (words) as every human being is in deep slumber and not aware of the words coming out of his intellect. We can't follow scriptures unless we are awaken persons. Himsa caused by Surti (Concentration) can destroy or create the whole world within twinkling of an eye without any knowledge to God who is Mind (Mann).

(b) Laugh in the morning when alone or in the company of laughers to relax your mind and body. Laughing is so spiritual, there is enough in it to save you from deseases and mental sufferings. Do this exercise in the open sky and laugh deeply to be free from all mental tensions. The walls of mental tension, disappear in a moment.

**"Laugh and get 'relaxed', do it every morning,
Begin the day with 'laugher', and collect the diet for the day,
If you want to lead a 'happy' life, do this exercise every day,
Make one person to 'laugh' everyday"**

Don't laugh at the guest or passerby like Draupadi at the wrong time and wrong occasion. She laughed at Duryodhana when he was passing through the lawn of newly constructed 'Palace' by Pandava's at Hastinapur. There was magic spell all around, all appearances were deceptive. Where there was water, it appeared dry to Duryodhana, his foot slipped and he fell down in water and his clothes got wet. Draupadi was watching this all and laughed at

Duryodhan's ignorance of magic spell at the spot. It was not proper on her part to laugh at this juncture and humiliate Duryodhana at his foolishness. This pierced Duryodhana's heart like an arrow full of poison head. This initiated Duryodhana beyond comprehension of any human being and he vowed vengeance.

This incident took the shape of war between Caurva's and Pandav's at the later stage and destroyed the whole civilisation and moral code of conducts of warfare :

- (i) One can inflict Himsa as doer (krit)
- (ii) Secondly by instigating others for the act (Karta)
- (iii) By approving the act as an authority (anumodita)
- (iv) By Surti (concentration) (spiritually alivated personality). It is very effective and powerful arrow which doesn't go without effect.

All these four steps inflict violence without being directly involved. Thus speaking, thinking, persuading, meditating in mind and 'Surti' (Concentration) at the wrong time is Himsa.

Purest quality of thoughts, emotions, actions can pent up when you get attached with the purest of the purest and he is true and real Satguru (Spiritual Master) who has been transmitted paras surti by the purest endless ocean of truth, Annand, love and friendliness Parampurush (Sahib ji) of 4th lok (Amarpur).

पूर्ण मुक्ति मोक्ष, निशानी भक्ति की ।
जे करता भक्ति, सतगुरु समदर्शी की ।।

True and real Satguru treat high and low, rich and poor, educated, uneducated, married, unmarried, normal, ill all alike. That is why Satguru is called 'Samdarshi'. One who worships Satguru is sure to attain Salvation (Nirvana). He becomes free from the endless cycle of births and deaths. When a disciple attains salvation get the reward of true and real Sehaj Bhakti. True Satguru with true knowledge can remove all the doubts of the disciple in the field of spiritualism. This quality of Satguru shows that he is perfect in spiritual knowledge (Sarvagya).

सच्ची बात जग में, जानत ना कोई ।
बुरा लोभ ते, और ना भरमावे जोई ।।

The basic truth is that the greed is the most dangerous of all the vices. People never try to penetrate into this basic truth, which is basic gradient of life on this planet and every body is running badly after wealth and power which is a source of destruction.

तेरा बैरी कोई नहीं, तेरा बैरी तू ।
'वे नाम' कृपा जब बरसी, 'मै' रही ना 'तू' ।

It is none else but you, yourself is your enemy i.e. (i), (ego). You understand yourself in the company of real Satguru to know thyself is the real purpose of coming on this planet from 4th lok (Amarlok).

मन ही काल मन ही निरंजन, मन ही औंकारा ।
हर दम तेरे अंदर रहता, काल निरंजन जान प्यारा ।।

Ignorant man does't know that death in the form of mind is at all the times, hovering over him and ready to provide him next body to keep jiva in the continuous life and death cycle.

Remember ! Some dips in some holy river like Ganga or recitation of sacred words are in no way going to help you to attain freedom from the bondage of mind (Mann). Remember that none can attain salvation of his own on this planet. One has to subject himself before true and real Satguru.

तीन लोक में मन ही विराजे, ताहे चीन्हत पंडित काजी भाई ।
बिन परमहंस शरणी प्यारो, परमपुरुष का भेद ना पाई ।।

It is the mind that is prevading in all the 3 lok's but the religious priests are at a loss under the real truth of this all. All Sants' including Kabir Sahib said, "That Sahib (Parampurush) is

the only one and is altogether different from magic illusion of God. He never moves-about in Amarlok (Satlok/Begampur). His meeting place to Sants (Satguru's) is fixed.

'Vai Naam' visited Satlok unaccountable times and the meeting and communicating place is the same. Even meeting with Param Hansa's over there is near by that centre of communication or taking any soul over there from this universe. 'He' neither take birth nor gets destroyed (perished). This very knowledge to some extent is contained in 'Garurh Puran'. 'Vai Naam Ji' who is writing this all is witness to all these incidents. 'Vai Naam Ji' has visited Seven Shoonya and Seven Mahashunya loks as well as 4th lok (Amarpur/Satlok).

The sole function of "Saar Naam" and "Surti Naam" is to awaken soul to make it understand its true nature by igniting Surti and Nirti (Praan) to get united along with breath to be present in the form of soul in between two breaths to move up in Sushmina nerve towards Surt Kamal, Eleventh Lok to get salvation (Nirvana/Moksh). If you want to get elevation of soul i.e. spiritual uplift you have to let go (e) of 'ego'. A grain can sprout into a flower in the open atmosphere, mixing with earth and water.

बिन सतगुरु कोई पावे नहीं, कोई कौटिन करे उपाये ।

'वे नाम' सूँ "वे नाम" दात पाकर, करो भव पार बिन उपाये ।।

However hard one may try of his own self, can't achieve the goal of Nirvana (Moksha) without the guidance and blessings of real and true Satguru.

चल नर सतलोक को, छोड़ त्रिलोकि पसारा ।

सांचा केवल हंसाघर है, वोहि निजघर हमारा ।।

SEHAJ STATE / PARA AVASTHA

O Hansa ! leave this world (universe) and move towards Satlok.

ब्रह्मां विष्णू महेश तहां ना, नहीं तहां वेद विचारा ।
हंसा जहां सुरति सूं डोले, हंसों का निजघर प्यारा ।।

There is no presence of Brahma, Vishnoo and Mahesh in Satlok (Amarlok). True Satguru is one who has complete and true knowledge of Satlok (Amarlok) and Satpurush (Parampurush). The whole of Brahmand is nothing more than a dream. The different states of body are :-

(1) The wakeful as well as the dream are also unreal. This state is full of ignorance. There is nothing like awareness in this stage. The enlightned souls those who have Alive Holy Naam of true Satguru have great awareness in them. The fact is that, the awareness in the dream state is more than that to be found in the Sushupti (Deep Sleep) state.

(2) The awareness in the wakeful state is more than that to be found in the dream state (Turiya state / Turiya awastha)

(3) In the Turiya state the awareness becomes many times more than that in the wakeful state. It is known as pragya awastha. It is very prominent state of soul elivation, but the turiya is a dream state. So long mind (mann) is there the state is known as dream state. Mind never allows any individual human being to attain his own true self (soul) i.e. self realisation and salvation, so that none could attain the permanent liberation (Salvation Moksh) from the endless cycle of birth and death. Mind always remains in awakened state. He never allows any human being in this mortal world to do the worship of a true and perfect Spiritual Master (Satguru) who has a complete knowledge of Satpurush (Parampurush) Amarlok and have complete control over Mind and Maya. This state is fully known to Rishis, Munis, Siddh, Saadhaks, Yogis, Peer, Paigambar and Yogeshwars etc. who transmitted this knowledge to humanity of all religions in their religious scriptures/manuscripts available in the world at large.

This is the next level as in comparison to present level of conscience in which we all human beings are living in this immortal

world. But they all couldn't reach upto the supreme state of conscience which in reality is the true state self realisation. In this state one becomes 90% Aatmic and 10% Mind is still there and thus the yogi remain in the territory of Mind which itself is the 5th element of the universe i.e. (sky/shunya/vacuum). Satguru can only attains the level of Supreme state of consciousness, because 'He' is the only authority who has complete control over mind (mann) and maya. He knows all the secrets of Mind i.e. (3 loks) and the 4th lok (Amarpur) and at the same time transmitted Surti (concentration) of Satpurush (Sahib Ji) to liberate Souls from the clutches of Kaal Niranjan (Nirankar/Mann). In this state of conscious a soul gets liberated from three basic elements Earth, Water and Fire and find himself engaged in air i.e. breathing and travels into the different worlds i.e. 7 loks of shunya with the help of ethereal body within the innerself. The limitation of this level of conscience is only up to Agya Chakra (Medula plexus).

HOW TO ATTAIN NIRVANA / MOKSH

Satguru is true and real authority to control mind in this mortal universe. He rules over Mind as he is out of five elements with which the whole universe is created i.e. earth, water, fire, air and sky (vacuum/shunya), Nirankar/God/Kaal Niranjan/Man) is fifth element sky so Satguru has over powered Mann as black matter (shunya). Satguru is above temporary salvation like Ancestral abode (pittar lok). Heaven (swarg) and seven lok's of 'Maha Shunya'. Crossing Maha Shunya one reaches to 'Maan Sarowar' the part of Amarlok (Satlok/Begampur) and after that there is Satlok of Satpurush (Sahib Ji).

Mind keeps human beings busy in worldly pursuits i.e. material only. This entanglement of Mind is to mislead every human being from the real and true motive of human soul i.e. nirvana (moksh) freedom from endless cycle of life and death in this materialistic world of Mind (Kaal Niranjan/God). This Turiya state of conscience is not at all the Supreme and ultimate stage of conscience and thus not a state of Soul liberation or self realisation. All Siddhs, yogis, Devi devtas, Idols, Rishis, Munis, Gods goddesses, sufi mystic etc.

Moreover this is not a stage of stand still. The problem is the very nature of mind is fleeting, changing, moving and transitory. Hence now, this moment, you have joy, but the next moment, hour or day it simply vanishes. And so the unsuccessful pursuit begins once again to try and make it successful this time. Now you have it, now you don't just like a rainbow, its an illusion. One thinks, if only I get a promotion or transfer or get married or may be get divorced or have a child, I will be joyful. This is the tendency of human mind. This whole vicious circle of waiting hoping getting is deleted by the awakened person who attain turiya state of conscience. We can get joy, happiness when we get stillness of our mind (Mann). So this purest form of joy is perceivable by spirituall elevated saints and for foolish people it is always outside of them. But shouldn't satisfaction be called, happiness, friendliness, truth, joy, Annand etc. ? Because if you are sitting in heaven and your mind is dissatisfied, you will not be joyful. There are three types of Heaven. Supreme form lives in the top heaven, the mid in the second heaven and the lowest one in the third heaven. They are jealous of each other, they have animoly, they have fear of each other. This all is due to the presence of Mind (Mann).

Those in first heaven have 10% mind, those in second heaven have 12% mind (Mann) and those in third heaven have 15% mind (mann). Thus each stage contains mind along with Atma so wishes, desires and hatred are still working in their conscience. If only this thing could be understood that stillness of mind is must for spiritual upliftment of soul, irrespective of religion, citizenship, country, race, policial ideology, theist or atheist. Once you know that, you can become the creator of joy, happiness, friendliness, true love, Annand and truth etc.

“Power, based on ‘love and friendliness’, is unlimited times more effective and permanent than the one obtained from fear of punishment physical, mental or spiritual”.

‘Vai Naam’ Paramhans Ji Says :-

“There is no fear in love, but real and perfect love costs out fear”

“With our love only’ we can save the world from the present crises”

“Give love you gain, grab love you loss”

AHAM BRAHMSMI

In the words of Ramna Maharishi :-

“The world is perceived as an apparent objective reality when the mind is externalised, thereby abandoning its identity with the self. When the world is thus perceived the true nature of the self is not revealed, conversely, when self is realised, the world ceases to appear as an objective reality”.

A realised person sees the entire world as a blissful play of the self. Where the knower, the known and the process of knowing merge together and become one.

In the words of great guide :

“The essence of life of realisation and contentment, a man does not need the world. The real wealth consists of having no desire for it”

SWARA/ MANN

When some one attains this stage of consciousness, he calls “I am that” refers to the subject of formless nearest to being “Aham Brahmas Mi” as that supreme energy, which you already are. Similarly Mansur Allah, spontaneously uttered the words “Anal Haqq”. I am the truth - in a state of spiritual ecstasy.

(5) Turiyateet state (awastha) :- This state of conscience is to attain communion with god by delving deep into the inner most recesses of his being through intense meditation as per guidance of your guru religious master - sufi mystic, who has attained that stage in his life through intense meditation, would say “you can

break a temple, you can break a mosque, but you must never break the human heart, because the heart is the very dwelling place of the 'Surti not 'Soul'.

The self is encased not merely in four bodies, physical astral, casual (Turiyastate/Turiya awastha) super casual (Turiyateet state/Turiyateet state (awastha) but six bodies. I deal 5th and 6th also. To attain this state of conscience i.e. spiritual elevation we need timely, accurate guidance and direction of a perfect guru (spiritual master). In this higher level of meditation the need to be more still. This is transcendental stage of spiritual elevation.

(1) In the initial stages of meditation the physical body appears as red light which envelops the seeker like a flame of fire or jyoti.

(2) As the seeker progresses in meditation, he passes from physical to astral body. This makes soul free from three basic elements of the universe . i.e (1) earth (2) water (3) fire with continuous practice and concentration he attains casual body (turiya state). He is now in air which is blue in colour. The seeker finds himself flying in the sky with tremendous speed and moves in papeel (ant) awastha. Soul manifests in self as a white thumb sized light of great brilliance. This shows that the seeker is crossing the air element i.e. moving from casual state (turiya state to turiyateet state. Now he moves in the sky with Meen (fish) speed. This speed is very high as compared to papeel speed (moving like swimming posture without movement of hands and legs).

In turiyateet state (turiya awastha), the seeker attains standing posture moving of its own towards sixth chakra / some call it 7th chakra i.e. 9th aperture / Sahastrasaar where an individual completely experiences himself as a formless being. This state is referred to as the state of total darkness, the state of void, where one is completely unaware of one's existence.

It is important for the spiritual aspirant to remain steadfast in this practice of meditation and to have unflinching faith in the divine power. The seeker attains communion with god who manifest itself in the form of the dazzling blue effulgence called the eternal blue of the consciousness.

The physical movements of the body get completely locked up and the whole body appears to the void (empty/vacant). Here in this level of conscience the soul gets liberated from four elements of the universe i.e. earth, water, fire and air and find himself only in 5th element sky (black matter).

The seeker becomes 98% Aatmic where as 2% mind (mann) is still present in this state of consciousness. This state of conscience is not at all the state of supreme conscience and neither a state of true self realisation as a soul (Hansa) “Niranjan, Aadh Shakti, Brahma ji, Vishnu Ji, Shiv Ji, Maha Yogeshwars resides into this state of Super conscience”.

In this stage with continuous meditation and concentration one can visit three to four loks at a time with Meen (fish like movement, straight) speed, which is very high faster than the speed of light, can see Sehastrsaar lok, which is golden yellow from outside and thick black inside. There is no earth, water, fire, air. The entry gate is of V shaped. This gate is crossed along with or the presence of guru at the gate to receive the disciple.

“One can find himself in the present moment. The past is gone, the future has not yet come, and if we don’t remain in the present moment, we can’t know our true self” ... Vai Naam Ji .

“ ‘you’ and ‘I’ are actually the same, but ‘I’ has yet to come out of the egg”. It is because of ‘e’ of ‘ego’ the cosmos (universe) exists; i.e. remove ‘e’ and be one with the supreme energy (Power/Satpurush). The eternal knowledge can’t be experienced and realised neither by the mind nor can be understood completely.

(6) Supreme state (Beyond turiyateet state/awastha) . The secret way of this 6th state of conscience is only the subject of true and real Sant (Satguru/Spiritual master). Our soul is a combination of (Surti + Nirti Prans). Surti lies in the heart and Nirti in every breath. When Nirti merge into Surti (concentration) and move through Sushmna into the "Surti Kamal" i.e. 8th Chakra (Plexus) which is at height of 1¼ hands above 'Sehastrasaar' (7th Chakra) which is abode of a "Satguru" and is the opening of the 'Gyaarvan Dwar' (11th aperture) which is linked to (Amarlok/Satlok).

This is the true home (abode) of soul (Hansa) where Parampurush/Sahib/Supreme Lord himself resides. This stage is called the supreme level of conscience. Here the soul gets liberated completely from the 5th element as well. Thus Atma gets free from all the five basic elements of universe. This provides permanent salvation (liberation) from the bondage of Mind (Mann) and Body (Maya) and attains the level universal immortality. In this stage soul attains the level of oneness with Parampurush/Sahib Ji when there is light, there can be no darkness. Our true nature is light.

If we would only identify with our true nature, we would find there is no darkness (Mind/Mann) and Maya (Body). If we are on true path, with true and real Satguru of Para Bhakti (Sehaj Marg) who liberates us from all the five elements when we sit in meditation, We can experience that the Supreme Soul (Sahib/Satpurush) waiting for us within. Let us not be distracted by the darkness of Mind (Mann) and Maya (Body) and let us also not be distracted by the darkness of thoughts (Mind/Mann), but instead sit in stillness and wait lovingly for Supreme Lord/Satpurush/Sahib to shine light upon us and open the arms to receive us in the immortal ocean of endless Surti (Satlok/Amarlok) Lok our real Abode.

आस लिये सबको तारन की, साहिबन महिमां सदा हूं गाता ।
हर प्रयास करूं जग ना माने, तो भी प्रयत्नशील हूं रहता ।
'वे नाम' कहो या गुलाम कहो, गधा भाई हूं कहलाता ।।

IMMORTAL SOUL TRUE SATGURU

“Handle that one thing - consciousness like a true Saint (Satguru/Spiritual Master) by which every thing else is handled” and live in Satlok/Amarlok/Begampur; Supreme Lord’s Amarlok.

A true spiritual master not only helps you in removing the obstacles, so that meditation happens, but do give his blessings to cross the ocean of this universe to go back to your real and true abode (Amarlok). True Master (Satguru) is enlightened soul, real and authentic and possesses unfocussed, unaddressed love, truth, friendliness attitude not from one individual to another individual; but from one individual to the whole existence may it be in these three loks or in Amarlok (Satlok) of Satpurush (Sahib Ji). True Satguru works in these three loks, but in Surti. remains with Satpurush in Amarlok, like other Param Hansa’s as immortal souls.

“ True Satguru’s humbleness, friendliness, truthful attitude, blissfulness, silence nature, real and authentic love radiating in a glance to purify the Surti of onlookers; is a thing of beauty, joy and Annand for ever”.

Written and Composed by : -

“All of You, For all Humanity, For the Spiritual Upliftment...

Many- Many thanks from :-

**“Vai Naam” / “Vai Huin” /
“Gadha Bhai” / “Vai Naam Gulam”**

कर्ता पुरुख साहिब सतपुरुष जी (Do'er is Supreme Lord Satpurush only)

This “Granth” the holy book in all respect contains all the secrets and truths of the ultimate Supreme Power “Sahib Satpurush Ji” and has been brought forward by paras surti of Sant Satguru “Vai Naam” Paramhans Sahib. With the deep regular inspirations which were continuously being showered on ‘Satguru Paramhans Sahib’ through the Satt Surti of the Supreme Lord {”Sahib Satpurush Ji”}.

Satguru ‘Vai Naam’ Paramhans Sahib is enlightening the masses explaining the truth of Supreme Power to them to get them liberated from the cycle of birth and death. Even the process of this holy ‘Gaddi’ was also started as per the instructions and guidance of “Sahib Satpurush Ji”.

“ ना मैं कर्ता – ना कोई कर्ता
जो किया साहिब किया – सोहि करन करावनहार
हम तो केवल दास हैं – साहिब ही पार लगावनहार
‘वे नाम’ भी तो उन्हीं का नाम है – जान ले सब संसार
उन्हीं से कर लो प्यार – प्यारो उन्हीं से कर लो प्यार”

‘वे नाम’ हर पल साहिबन सुरति में – साहिब सुरति भण्डार ।
आप बोलावें आप लिखावें – आप ही करन करावनहार ।।

Prayer to Sahib Ji (Parampurush / Satpurush Ji)

This prayer makes me feel like surrendering myself - submitting and bowing down on the lotus feet of 'Satguru that stands for peace, purity, humility, discipline, truth, Annand, friendliness and love for all Souls (Hansas) who have come in this universe from 'Satlok' (Amarlok) of 'Satpurush / Parampurush / Sahib Ji (Supreme Lord).

The term submission to 'Satguru' is a deep and divine term when it is followed in true and real spirit. We are not expected to visualise the Supreme Soul, but to worship 'Satguru' and adore him as a guide, protector and a bridge between 'me' and 'Parampurush' (Satpurush) to attain Permanent Salvation (Nirvana/Moksh) i.e., liberation from the permanent cycle of birth and death on this planet.

The world for which Satguru 'Vai Naam' is talking about exists beyond this perishable universe which is immortal. I, (Vai Naam) am talking about 'Amarlok' which is the real abode of we all Souls (Hansas).

'Vai Naam' came here with true 'Alive Holy Naam' of 'Satpurush' (Sahib) Ji, just to liberate the souls of Supreme Lord who are in the clutches of 'Niranjan' (Mann / Kaalpurush) who is playing a match / game with the souls to defeat them (souls) and keep them engaged in the endless cycle of births and deaths by providing bodies, sex, anger, attachment, lust, desires, karmas, ego, superstitions etc. We can't attain permanent salvation, so long we are in the clutches of Mind & Body. Without true, perfect spiritual Master (Satguru) we can't get liberated to attain permanent liberation / salvation from these three (3) lok's of 'Kaalpurush'.

Supreme Lord (Parampurush / Sahib Ji) doesn't have any form (sakaar) nor he is formless (Nirakaar / God). He is the only Truth, Annand, Love, Friendiness. All the four Vedas don't have knowledge about the reality related to 'Parampurush' (Satpurush / Sahib)

....."Paramhans Vai Naam"

“VAI NAAM” SURTI DHARA “वे नाम” सुरति धारा

‘Dhara’ means ‘wave’ flow (प्रवाह) to move on & on constantly and when we are thinking about ‘Surti’ wave which is directly coming from the ‘Surti’ (concentration) of complete master, a ‘Pooran Sant Satguru Paramhans’ who possesses the immense power with in himself, of the supreme power ‘Sahib Satprush Ji’, we say yes, the whole atmosphere is in harmony with Peace, Annand, Truth etc. Nothing is comparable in this ‘Universe’ as far as this ‘Surti Wave’ is concerned which is nothing but only and only “Vai Naam” Sabad “Saar Sabad” which is immortal and non-perishable and has emerged from the ‘Surti Punj’ of ‘Sahib Satpurush Ji’.

After ‘Sant Samrat Sahib Kabir Ji’, Sahib Satguru ‘Vai Naam’ Paramhans Ji is the only ‘Sampooran Sant on this planet who has been bestowed this “Videh Daat” (“Vai Naam” Daat) directly from the ‘Surti’ of “Sahib Satpurush Ji” the ultimate supreme power (Parampurush Ji). All the saints of ‘Sehaj Satt Bhakti Marg’ have mentioned the ‘Sehaj Bhakti’ as ‘Sehaj Satt Marg/Para Bhakti/Satt Bhakti/Bhringa Maat’ names. Very rare Sants are there who have explained the ‘Sehaj Satt Marg’ ideology to the masses in a right way in the past.

Basically, the ‘Chetan Satta’ to whom we call as ‘Atma’ is the adulterated name of ‘Hansa’ who have completely forgotten its original identity of Nijghar ‘Satlok’ and have been amalgamated fully with ‘Mann’ & ‘Maya’ when came here on this planet.

This so called ‘Atma’ has been very badly misguided and mislead by the bhaktis of Nirankar Bhagwan, Kaal Niranjan through the Jagat gurus, dharmas, granths and all the Devi-Devtas etc. No human being is in a position to get himself liberated from the endless cycle of deaths and births even inspite of the efforts and devotion they are doing with lot of respect to their religions, matts etc in Nirankar bhaktis. Although there are certain temporary Muktis present in the different Sargun/Nirgun bhaktis of all the religions, if they are done without any demands, desires, greed and lust etc. But even after completing their rewarded tenure of these Muktis one has to come back again into the womb of mother in the cycle of birth and death. Although all the ignorant jag jeevas including very intellectual and spiritually elevated personalities in the jurisdiction of Kaal Bhagwan idelology treats these temporary Muktis as ‘Moksh’ which is totally beyond the truth and reality. They all are regularly after

these Muktis ignorantly as if they are getting the highest supreme rewards. Come what may, they all have to abide by the rules and regulations layed by the Karam Pralabd philosophy of Kaal Jaal & has to come back on this planet again and again for re-births after completing the rewarded tenure of different loks including 'Swarg and Sunn' loks.

But if we re-collect ourselves and start getting our all attentions diverted towards our innerself for self-realisation, slowly and steadily try to leave all dreams and desires, lust and luxuries of this world and focus on just never demanding anything from the master of this universe (3-loks) to whom we worship in different different forms treating him as the true God, Kaal Niranjana and moreover try to live in present always without worrying about all the tensions and anxieties of the world surrounding us, Bhagwan Nirankar himself helps and escort us to the complete 'Satguru Paramhans Ji' of the present time who is fully equipped with the 'Surti' of 'Sahib Satpurush Ji'. This 'Surti' is nothing else but 'Paras Surti' which we have earlier mentioned that this is a 'surti wave' which is constantly flowing from the Eyes, Wani and Darshan of 'Sahib Satguru Paramhans Ji'. This 'surti wave' (Dhara) is called as power "Videh/Vai Naam Daat" which is part of only 'Sahib Satpurush Ji' the ultimate supreme power of 'Satlok/Amarlok'.

This power "Surti Dhara" / "Vai Naam Daat" / "Saar Sabad" which is prevailing all the time in the "Surti concentration" of Satguru 'Vai Naam' Paramhans Ji, a complete master / Sant of Nijghar Nijdhama/Satlok/Amarlok/Begampur, is an alokik powerful 'surti wave' (Dhara) which is said to be the "Vai Naam Surti Dhara". And the period which is currently going on at present is completely full of "Vai Naam Surti Dhara" which has tremendous power in it to control and command whole of the universe/planet and its functioning.

Yes, there was a time, when 'Sahib Kabir Ji' was on this planet almost more than approximately five hundred and fifty years before to spread the 'Sehaj Satt Marg' message of 'Sahib Satpurush Ji' and he has done it very well according to the situation and circumstances of that time and tried his best to get the curious jeevas and human beings liberated from the cycle of Kaal Jaal and to attain Moksh, that period was of 'Sahib Kabir Surti Dhara' but nothing much even he could do to spread the message of 'Sahib Satpurush Ji'.

Sahib Kabir Ji was blessed with “Saar Daat” through ‘Sahib Satpurush Ji’. Except ‘Sahib Kabir Ji’ all other ‘Sants’ of ‘Sehaj Satt Marg’ have been given the ‘deeksha’ from their ‘Satgurus’ only.

But with due respect and regards to him, after so long now, today’s time belongs to “Vai Naam Surti Dhara” of Amarlok/Satlok the Nijghar of all the ‘Hansas’. This “Vai Naam Surti Dhara” is flowing from the ‘Surti’ of ‘Satguru Paramhans Ji’. ‘Vai Naam Paramhans Ji’ has re-established once again the almost forgotten ‘Satta’ of ‘Sahib Satpurush Ji’. And how this could happen so ? As we know that no deed/action is possible without the will of ‘Sahib Satpurush Ji’ and ‘He’ ‘Himself’ is the ‘Karta’ only.

But to re-establish the ‘Satt’ and ‘Satlok Satta’ of ‘Sahib Satpurush Ji’ which was almost going to vanish from this world, how one can under-estimate the sacrifice, struggleful life, life style, tapasya of Nirankar Bhakti followed by the fully devoted bhakti of Sahib Satpurush Ji, which Satguru ‘Vai Naam’ Paramhans Ji has made. Sahib Satpurush Ji has always been very kind to all the ‘Hansas’ all the time but surely something special Satguru ‘Vai Naam’ Paramhans Ji has earned through his complete surrender and devotion to ‘Sahib Satpurush Ji’ with his love, hardwork, behaviour, faith and commitment as ‘Sevadaar’ in his life. That’s why ‘Sahib Satpurush Ji’ is so proud of Satguru ‘Vai Naam’ Paramhans Ji which ‘He’ (Satguru Ji) has done. So our Koti-Koti Naman to “Vai Naam Surti Dhara” which Satguru ‘Vai Naam’ Paramhans Ji possess. May this “Vai Naam Surti Dhara” continue to flow to all the jag-jeevas for their spiritual upliftment and Moksh from the clutches of Kaal Niranjan - Kaal Jaal. This “Vai Naam Surti Dhara” has immense power in itself to destroy all the ‘Karamas’ including ‘Pralabd’ in seconds only.

Satguru ‘Vai Naam’ Paramhans Ji is the only Sant in this universe who have come back to his body after his sakshatkaar with ‘Sahib Satpurush Ji’ after leaving his body. Satguru ‘Vai Naam’ Paramhans Ji is the only Sant on this planet who have been blessed with “two sabads” in his ‘Surti’ through the Surti of ‘Sahib Satpurush Ji’ in two different times. First time on March 18, 2012 ‘Satguru Paramhans ji’ was blessed with “Surat Sabad” and afterwards on March 22, 2012 ‘He’ was blessed with the “Saar Sabad” respectively through the ‘Surti’ of ‘Sahib Satpurush Ji’ who is the ultimate supreme power of the Satlok/Begampur the abode of all the ‘Hansas’.

With the emergence of “Vai Naam Surti Dhara” a new spiritual revolution has taken place, a new trend of Satt Bhakti was set up, a new era has come, truth of spiritualism has come out, meaning of sanatan in real sense has been understood, last but not the least the secret of Nirankar Bhakti and Sehaj Satt Bhakti Marg came into light. The Sehaj Satt Marg is not about any panth, caste, dharam or religion etc but it belongs to the universal religion even of all the jag jeevas and human beings which shows the path of truth, love and true sanatan which is the ultimate supreme ‘Satta’ of ‘Sahib Satpurush Ji’. The ideology of Sehaj Satt Marg helps everyone to remove dust covers from their minds who have fallen in trap of bhagwan “Kaal Niranjan” and lost their original identities and existence as well.

Satguru ‘Vai Naam’ Paramhans Ji after attaining “Saar Daat” from ‘Sahib Satpurush Ji’ started spreading among the masses the message of Truth of Satlok/Begampur/Amarlok the original abode of all the ‘Hansas’ on March 18, 2012 as per the instructions and guidance of ‘Sahib Satpurush Ji’ through ‘Surti’ which ‘He’ is continuously doing till now. Satguru ‘Vai Naam’ Paramhans Ji tells about all the truths and realities of ‘Sahib Satpurush Ji’ and that too of his own spiritual alokik experiences of Nijdham safarnamas. And the truth of Sehaj Satt Marg on which ‘Satguru Paramhans Ji’ is saying very boldly has neither been uttered earlier through any of the ‘Satguru’ of Nijdham, nor has been written in any of the Granth, Vedas, Upnishad, Puran, Bible, Tohra and Quran in Sargun-Nirgun bhaktis of Trilok jagat as well.

There is no doubt about Sant Shiromani ‘Sahib Kabir Ji’ that he is the foundation of ‘Sehaj Satt Marg’ and he has spread the message of Satt Bhakti of ‘Sahib Satpurush Ji’ among the masses in general. In this context Sahib Kabir Ji has emphasised Satpurush Bhakti and explained Sahib Satta with the names of ‘Hari’ & ‘Bhagwan’ and even used the word ‘Mann’ instead of ‘Satt Surti’ in most of his writings i.e. Dohes etc. in granth ‘Kabir Sagar’. This might be possible that this type of mistakes regarding ‘Satt Bhakti’ and ‘Sahib Satpurush Ji’ has been committed by the followers of ‘Sahib Kabir ji’ while writing his sermons and other spiritual views in the granth ‘Kabir Sagar’ and other literature of Sahib Kabir Ji. And moreover Sahib Kabir Ji couldn’t superwise and cross check all his sermons and alokik pravachans personally which he uttered in his surti wani in the satsangs. Sahib Kabir ji used to do pravachans only in his wani which were being written by his followers and devotees as mentioned earlier.

Some thing went wrong is that the followers of 'Sahib Kabir Ji' have adulterated the ideology uttered by 'Sahib Kabir Ji' with Nirankar Bhaktis while writing the holy granth 'Kabir Sagar'. 'Sahib Kabir ji' couldn't cross check it personally as he was not having bookish knowledge with him. Slowly and slowly the shadow of Nirankar Bhakti over power the ideology of 'Sehaj Satt Bhakti Marg' due to which the original message of 'Sahib Sant Kabir ji' was vanished and the people were confused totally to know 'Satt' / truth actually. But Satguru 'Vai Naam' Paramhans Ji is personally looking after each and every step of writting/printing & every thing which is being written in 'His' own supervision and control so that nothing wrong message about Sehaj Satt Bhakti Marg may reach the masses in general.

As earlier been mentioned that Satguru 'Vai Naam' Paramhans Ji is the only 'Pooran Sant' of the present time who is spreading the message of 'Satt Bhakti' in the masses through 'His' sermons full of 'Satt Surti', 'His' writings such as 'Dohe' (more than 8000), 'Kavya' (more than 100), Bhajans (more than 600), Granths such as 'Amar Sagar', 'Annand Sagar', 'Paramhans Surti Mahima', 'Geeta's)' (both- 'Alp Mukti se Moksh ki aur' & "Vai Naam" Surti Dhara' etc. along with so many 'Dhrishtant' (experiences/anubhav). Everything which has been written/pendowned through the 'Surti' of Satguru 'Vai Naam' Paramhans Ji has written in easy techniques, language and emotions so that every one can understand it easily. Even then 'Satguru Paramhans Ji' is so kind in himself that he accepts gracefully all the lapses, if any, and gives all credit of these 'Granths' to all the 'Hansas' readers without any hesitation.

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“वे नाम” सब्द को त्याग कर प्यारो, साधक पुनः काल में भटका जान ।
काल भी उसको सहारा दे ना, युगों युगों तक भटका खोया जान ।।

बुद्ध महावीर तक भी भेद ना पा सके प्यारो, कौन सच्ची सरकार ।
भगवन तक ही जान कर रह गये, रहे बिन जाने साहिबन सरकार ।।

Sant Satguru ‘Vai Naam’ Paramhans Sahib Ji says :-

“All this, which has been written is written only by all the “Hansas”, for all the “Hansas” and all its credit that too goes to all the “Hansas” of the universe.

Satguru ‘Vai Naam’ Paramhans Ji has remained successful in explaining the ‘Truth, Difference and Secret of ‘Sahib Satpurush Ji’ and ‘Bhagwan Nirankar’ to the masses since March 18, 2012 onwards. Since then regularly and constantly “Vai Naam Surti Dhara” is flowing like a river on this planet (Trilok) including the Satlok/Amarlok Nijghar Nijdhaam, abode of all the ‘Hansas’ as well and which will also continue to flow and flow till many many Qayamats to come...and for the welfare of all the Jag Jeevas and Hansas as well.
