

THE WAY OF LIGHT

I. THE NATURE OF THE MIND

HAPPINESS

Everyone wants happiness. Most of us spend our lives trying to be happy or, rather, accumulating around us "things" or external experiences which we believe will make us happy. But can anyone say that they are truly happy?

In our search for happiness we have established many religions. We have built so many places of worship: churches, temples, and mosques. Also we have elected church leaders, priests and elders; but has this particular spiritual endeavour brought us any closer to happiness?

In the last century or so, our scientists have made so many discoveries of nature's hidden treasures, there for our use. Mankind can be truly proud of the many inventions it has made so far to improve the quality of life. Certainly we have come a long way since the days of the caveman; but have these material achievements brought us any closer to the happiness we so urgently seek?

We have achieved all this and yet, truly, we have nothing unless we also have happiness.

PEACE

Peace is another quality much sought after by mankind; but when has mankind ever been at peace with himself?

Look back in our history! What do we see but a chronicle of strife? If there is no fighting here, then it is occurring somewhere else. The war might be over land owned by somebody, some community or some nation. If people are not fighting over the "land issue", then it might be over a so-called strategic mineral or over a natural resource like oil; or else conflict may arise because of religious differences.

After two devastating world wars, causing so much agony and destruction, what have we learned if anything at all? After World War I, world leaders came together in the League of Nations and decided very firmly on one issue: we must have peace at any price and that war is a terrible thing. Our children, they said, must grow up in a world at peace. But what happened? We had another war: World War II! Afterwards, world leaders came together once again and decided that there should be peace without the threat of a nuclear holocaust. But is mankind really free from this threat?

We seek peace but we always end up with war and with unhappiness.

THE MISSING LINK

Why, in spite of all our endeavours, have peace and happiness evaded us? Have we gone wrong somewhere? Is there something missing?

To me happiness, or peace, is an inner state of "being"; a state of being that receives an inner experience, an experience of its Self - not the self we see when standing in front of the mirror. No! I am talking about the YOU of you. This "Self" is that something which nobody else can give you, hence the difficulty in describing it. Nevertheless it does exist but the only proof is in the experiencing of it. Contact with the inner Self brings lasting happiness and peace.

You are the carrier of that something and have the potential or capability of enjoying permanent peace and happiness.

But, before we go on to discuss this inner experience of the Self, it is important for us to understand the nature of the mind. We need to understand its strengths and weaknesses, for therein lies our salvation.

THE NATURE OF THE MIND

The seat of the mind is a physical organ called the brain. The brain is grosser than the mind and connects to the body through the nervous system. Thus, we can say that the entire body is an extension of the brain. It is in the brain that all impulses are received and interpreted by the mind and decisions made and orders sent out.

But the starting point or beginning phase of all our experience is with what we call the mind. The innermost nature of the mind, according to my experience and understanding, is that it can travel without limit to any point of awareness, and has the power to create. Unfortunately, as a result of our **false beliefs** and **distorted** thoughts in **directing** the **activity** of the mind, we have, to a greater measure, **dissipated its energy**.

To re-establish the fullness of the mind we simply have to alter or change our thoughts and beliefs so as to correct our view or perception. Then we will know for sure that there is no limit to our learning simply because there is no limit to the mind. It has no boundaries other than those limitations we, ourselves, impose upon it.

In every mind is contained ALL MINDS, because all minds are **one**. Whatever we **accept** into our minds **becomes a reality for us**. It is our acceptance of the mind's creation which makes that creation real for us.

If our mind sees without love, then we are like an empty container and therefore not aware of the most **precious**, most **beautiful**, most **wondrous** experience of all, TRUTH, the life force, the sound or music that is the inner light, the WORD. Indescribable! Only through the mind can we join with the Light Divine. We cannot do this through the body because the body is limited.

It is possible for the mind to go to itself and within itself. It has no limits whatsoever and there are no limits outside it. The mind covers us entirely. It is as if we are inside the mind and it is inside us. This same power of the mind is shared by every individual.

Only when this truth can be realised will we all be truly healed in our vision because, as I have said before, only through the correct direction of the mind can we be united. For instance, I cannot share your intentions whilst you are in your dream state.

POWER OF THOUGHT

The condition of our mind, together with our recognition of what is in the mind, depends on what we believe about our minds. Whatever these beliefs may be, they are the elements that will really determine what we accept into our minds. In that sense we have made it true for us. I do not know of any belief that remains static.

We have the power to dictate or question every decision that we make. What is a decision? A decision is a means of arriving at a conclusion on the basis of everything we believe. So the first step towards undoing our false notions or ideas is to recognise that which we do not understand. Then connection to the Truth will correct all errors in our minds and will open the way to truly constructive thought.

There is no terminology more confused than the expression: "idle thoughts". If a thought is powerful enough to give rise to a view of the whole world, for instance, it cannot be "idle".

Try to understand that every thought we have adds to our truth or illusions. It either extends the truth or multiplies the illusions.

THE AWAKENED MIND

Only an awakened mind can know itself, its origin or source, its completeness or holiness. It is this mind that can serve its complete spirit or light and become unlimited forever, in all its ways, including being free from the laws of time and space.

When the mind becomes free from its conditioning, from ingrained ideas, it has the power to do anything it is directed to do. With that realisation we come to know and can say with certainty: I RULE MY MIND. I HAVE A CITY THAT I MUST RULE - EVEN THOUGH OFTEN IT APPEARS THAT I AM NOT ITS KING, THAT IT OVERCOMES ME AND DICTATES TO ME WHAT I SHOULD FEEL AND DO. YET IT WAS GIVEN TO ME FOR A PURPOSE AND THAT IS "TO SERVE ME".

In this knowledge of the mind let us now pledge that: **"From this moment onwards I must direct the mind to the light within, to my Creator, for Him to use as He sees fit. In this way my Creator's Will be done!"**

THE WAY OF LIGHT

II. THE PURPOSE OF SATSANG

SATSANG

Satsang offers us a way of awakening and, like most such ways, points out to us that our usual view or awareness, our sense of identity or attachment, and our judgement are distorted and clouded.

Satsang is an important means of correcting these distortions so that we may be able to see this world and our views more clearly. This clarity is indeed a miracle in itself.

Enlightenment is simply Self-recognition and not a change.

Through the nature of Satsang we can open to the Way of Light and learn to return to the eternal Self, the Self that, regardless of the religion we subscribe to or believe in, we thought we had lost.

The aim or goal of this life is to "know thy Self". To know this Self requires on our part a burning desire and a willingness to question everything and every value that we hold.

No person can teach us the meaning of LOVE. It is simply beyond teaching in the ordinary sense. The goal of Satsang is to remove any obstacles to the awareness of the presence of Love, which is in fact our true nature and natural inheritance.

To find out who you are is the goal: the purpose of this lifetime.

THE PURPOSE OF THIS EXISTENCE

When we are uncertain of the purpose of life we should simply ask ourselves: "What do I want out of this life?" or "What is the purpose of life?" It is important to have a clear understanding of our goals at the outset because this clear understanding will determine the result, the outcome.

Nothing is difficult if it is completely desired. Any person who has a single purpose, who is united with himself and is sure of himself, can never be overcome by fear. So the function of these Satsangs is to make us realise:

To experience the peace of my Lord God, my Creator, is my one aim and goal. It is the purpose and function of my existence, of my life, of my being here.

That is why I am here.

CHOICE

You see, we have been deceiving ourselves that we are helpless victims of the actions of others. But that is merely what we have CHOSEN to believe.

If we see ourselves as unloving people, then we certainly will not be happy. We will keep on condemning ourselves and will always remain unfulfilled.

All the trials and tribulations that we go through are, in fact, lessons we "failed" to learn and which are once again presented to us. If, in the past, we made a wrong choice, we are given another chance to choose correctly and thereby escape from or erase the pain and misery that brought the lesson in the first place.

In other words, it is up to us to choose whether we link up with Truth or with illusion. Whichever we choose, there is room for only one choice, not two!

Do you know that to choose illusion brings pain? Illusion is deception. Reality is Joy. It is Awakening. It is Truth. So we make our choices: Truth or illusion, Joy or pain, Heaven or hell. Reality is all here in the NOW and not in the past or in the future. Being in the NOW each and every one of us has to see and know that we are responsible for choosing the feelings we experience. We are responsible for deciding what we would like to achieve.

Everything that appears to happen to us does not happen by accident. We receive only what we have asked for. The receiver may not necessarily remember but the Giver never forgets. Sooner or later, the thing we have asked for becomes a reality.

TRUTH & REALITY

Truth can only be experienced. It cannot be described and therefore cannot be explained - no matter how long we may discuss it, write about it, read about it or even sing about it.

Truth is beyond our ability to alter, but it is certainly within our ability to accept and experience.

"Where might I find the Truth?" you may ask. The answer is that we must look for it **within** - inside this body, this temple of God. That is where the Truth can be found.

What is the point of looking elsewhere? That would be like applying balm to the toenail in order to treat the pimple on the nose. Applying treatment to the wrong place is not going to work. It never has worked and never will. So the starting point in our search for Truth is **within**, inside ourselves.

Truth is only in the PRESENT, in the NOW, in the HERE, and that is where we have to find it.

You see, we are re-established in, or joined to, that Truth through our desire, because it was through our desire for something different from the Truth that it was lost to us in the first place.

A fact can only be feared if it disagrees with the Truth. You see, Truth always IS. It cannot be found, or lost, or even sought. It is always within us wherever we are; but we have the choice to either recognise or ignore it.

I see people deceiving themselves that they are safe from the Truth, that they can disregard It with impunity. But the REAL is the only safety.

Simply by being IT, Truth, releases us instantly from everything Truth is not. When we accept Truth, the only things that are threatened are our illusions.

Truth in itself is **real**. It is the only reality and therefore it cannot be destroyed.

In Truth lies the peace of our Creator.

When a situation has been dedicated to Truth in fullness, in completeness, in wholeness, peace and joy and bliss **must** come. It is inevitable.

We are in need of nothing but Truth. That is the ALL. That is the ultimate experience!

Attending Satsang as often and as regularly as possible opens us to Truth and supports us in that Truth on our journey towards the **kingdom of heaven**.

THE WAY OF LIGHT

III. ENTER THE KINGDOM OF HEAVEN

THE INNER YOU.

As I stressed in the previous Satsang, to me happiness is an inner state of being; a state of being that receives an inner experience, an experience of its Self.

This inner you is the land that so many poets, philosophers, Saints, and Holy men and women, the Masters, the Guides and Teachers have tried to describe in so many different languages. It is the land of milk and honey, of love and understanding, of beauty, of peace and contentment, of a very special confidence, of just "knowing" deep within yourself.

There is a passage in the Bible which says: "But seek ye first the Kingdom of God and all these things shall be added unto you." (Matt. 6:33). What do you suppose the Great Master meant when he uttered this beautiful truth nearly 2000 years ago? Where do you suppose the Kingdom of God is, if indeed it exists?

In answer to this very question the Great Master said, "The kingdom of God is WITHIN you." (Luke 17:21). Is this not a clue to us to look for it somewhere within ourselves, inside this body?

Five thousand years ago, another Great Master said "Leaving aside the desires of the mind, enter you into your soul." (Gita 2:55). Now where do you suppose your soul is? Where is this Life Force? Could it be outside this body? And if that be the case, how does this wonderful piece of divine engineering we call the body exist?

THE LIFE FORCE.

Science with all its wonderful discoveries and advances in chemistry, physics and genetics might one day manufacture a copy of this body, but what about the Life Force, the something that is so subtle, so light that it does not weigh anything, that something which exists and permeates everything from the most gross to the most subtle? How and from where does this Life Force come in order to activate this body? Is this Life Force not a Divine Power, the Ultimate Power?

This very power or energy, or whatever you might call it, has its presence within you at this moment. That is why you exist. That is why you are alive right now!

How do we know that we are alive? What is it that lets us know that we are breathing right at this very moment? Is it the nose, the ears, the eyes, or even the skin?

What is it that experiences and informs us or makes us aware of our existence? Is it not what we CALL the mind or consciousness?

Even so, behind the mind is an even subtler power from which the mind draws its energy. This is the Soul or Life Force.

KNOWLEDGE.

How to enter the soul is called "Knowledge". It is the method by which one may enjoy an inner experience, an experience of joy, a knowing of bliss, of beauty- an experience which surpasses all understanding.

This is the realm that all the great Masters, the poets, the philosophers, the Saints and their disciples try to describe.

Only those who have had this inner experience will try to express it and they always do so in their own way and own language.

This experience is not peculiar to any one particular religion, sect, cast, creed or colour. It is common to each and every living being.

It is like water. We all need water to quench our thirst, don't we? Of course, there are many people who quench their thirst by drinking other liquids - and that is fine. However, I am talking about water and it does not matter one bit to water whether you are brown, black, blue or pink; or whether you are Christian, Hindu, Jew, Moslem etc.

The water is not going to say, "Look here, you can drink of me as much as you want but because you are so-and-so I am not going to quench your thirst". No! That does not happen! Water is available to all and I mean ALL.

In this same way, this Power, this Energy, this God, this Creator, is ONE for ALL.

THE SEEKER.

Now we come to the question: "Who needs water?" The answer is: "The person who needs water is the one who is thirsty!"

If you are thirsty you will seek this water, this liquid, whatever it may be.

I am referring to someone who is very thirsty, really, really desperate in fact. His lips are dry and cracking. His tongue is swelling. The inside of his mouth feels like sandpaper - really rough.

In his desperation this person will look in all directions to try and find water. If at that moment someone should give him a Bible and say "Here read this and it will quench

your thirst" will that help him in any way at all? Of course not! You see, he KNOWS that he wants water.

This precious liquid is what he wants right now and nothing else will satisfy him. He needs the "real thing", not books, not pictures of a glass of water, nor a discourse on the merits of water or on its chemical composition; nor technical details of the size of a particular lake, how many millions of litres of water it holds and how it is distributed to a community via pumping station No 4 etc. No! All that is irrelevant.

He needs very desperately to quench his thirst now - not in two hours time, or tomorrow, or the day after. The need is NOW.

It is the same with this something, this Power, or Energy, or Happiness, this Knowledge.

Are you thirsty for it? I mean really thirsty, desperately thirsty for an inner experience of Joy, a Joy that gives you everlasting contentment?

You see, it depends on your need, your thirst for such happiness, and that urge for such a happiness is also within you. Since it **appears** to be an external urge, we keep looking everywhere - and I mean everywhere - for this Knowledge, except in the one place, the one point where it actually can be found.

PREPARATION FOR KNOWLEDGE.

First of all we have to prepare ourselves to receive this experience, because the mental attitude with which we seek Knowledge is very important.

Look at yourself at this moment. You are all sitting relaxed, as you should be. The only thing you have to do is to focus single-mindedly on my voice and not be distracted.

Your eyes have to open and shut to function. Your head has to turn for you to see in a particular direction. **But** your ears are always open. You don't have to do anything to hear. My voice is reaching you via the ears. It is not as if you have to actually do something to catch my voice, is it?

Whatever I am saying to you, some of you are understanding deeply, some of you are **only just** understanding and others are understanding **very little**; but the most important thing is that you **are** listening to me with all your **attention**. In doing so you are **connecting to me**.

When you give your full attention, you **know** that you are listening to me and not just imagining that I am sitting in front of you. You know that I **am** sitting in front of you and so you are **aware** of me **HERE and NOW**, at this very moment. You are experiencing whatever **is** RIGHT NOW, in **this moment**.

In the same way, this Life Force, this Power is NOW and you have to be **aware** of it **within yourself**.

You are going to become aware of the Life Force by **gathering your attention**; by **disconnecting** it from every other thing, situation, event, circumstance, and by **concentrating it at one point** and one point only.

Eventually, this means that you will experience immense Joy, an overwhelming experience, the experience described by the great Masters, Saints, Guides and Teachers, and also by the philosophers, poets etc.

This experience has **nothing** to do with **imagination** because that point, that particular spot, is truly the **heavenly** abode mentioned in all the **scriptures**.

For example, in the Bible the great Master said: "**If therefore thine eye be single, thy whole body shall be full of light**" (Matt 6:22).

In the Gita, the great Master said: "**By entering that point, that abode, you will see a light - a light so bright that even if a thousand suns were to rise simultaneously, the light from those thousand suns would be insignificant, you could not compare it with the light that is within you**" (Gita 11:12 & 17); so bright and beautiful is it.

In the Koran, the great Prophet PBHS also described this light as the light of God: "**Noor I Allah**".

THE THIRD EYE

All the masters make it possible for their disciples to experience this light-to "see" this light **within** themselves.

It is a light that **can be seen**. So what do we "see" with? To "see" something we need **eyes**.

The eye that all the Masters have spoken about and have tried to show those who were keen to "see", is the **immortal eye**. It is also known as the third eye or the eye of **wisdom**.

It is **called** an eye because it **is** an eye. It exists in everybody right now, only we do not **know** it exists.

You see, these mortal eyes are perishable and they can see only **outwards** and everything **gross**. It has been said by the Masters that with these mortal eyes we can see only the **impermanent**, the imperfect, the gross.

If we want to see very minute matter, we need to look through a microscope, because

a microscope can greatly magnify the particle of matter we want to look at.

In the same way, to see things **Divine** we need to look through the **third eye**. It is through the third eye that we **can** see the **Light Divine**. It is the point where Eternal Joy can be found.

We have only to **enter** this area, this point, and "all other things can be **added** unto us".

We have to drop every other thing, desire, anxiety, or whatever, in order to enter this kingdom. Only then can we have an inner experience. This **is** the only **truth**.

THE WAY OF LIGHT

IV. THE NAME OF GOD

AN ETERNAL TRUTH

The kind of peace we have known so far in our lives is **relative** peace. It is a peace **dependent** upon material conditions and on our **false beliefs** based on what **appears** to be true - an **apparent** truth, a truth **derived** from our **concepts**, our ideas, our inventions, our **values**.

You see, we have **painted a picture** of that truth according to our ideas and concepts. We are doing this all the time, are we not? Yet we are nowhere near to that Truth.

Truth is Truth. You cannot paint a picture of it. You cannot say "Oh, yes, it **should** be like this or that, by doing this or that it will be the Truth".

If I light a candle or a lamp, face east or north, say my prayers, wear this colour robe, become a Hindu, Christian, Moslem or Buddhist, will I automatically find the Truth?

Can I say that if I give charity, or donate some food to a particular community, then I will be blessed with happiness? How is that possible?

I am talking about a practical situation, not a theory, a practical experience, a real experience, an experience within, inside us.

I am not here to start a **new** religion. No, I am not here for that. If you have any **ideas** of changing your religion on the basis of what I am saying, **then do not**. I will even plead with you not to do so because it will **not do you any good**.

You see, the word "religion" is just that: a word. It is derived from an ancient language and originally meant "a realisation".

A realisation of what? A realisation of something. A realisation of Truth, an inner experience of an Eternal Truth. That is what **all** the Masters have been **trying** to convey, using the language of their time and place, of their environment. We have to experience the **essence** of that Truth.

It is like the word "sugar". Is it the sweetness that we call "sugar" or is it the **taste** of that sweetness in the word, or is it the actual grain?

NAME AND FORM

We know many words and the meanings they are supposed to convey. Every form that we know we have a name for. The name and form go together.

Once you **have** seen the form, when the **name** is mentioned you immediately **know** that this is what is being **referred** to. If you are looking at the **form** and you know what you are looking at, you will know the **name**.

THE HOLY NAME

In the same way, there is a **Name** within you, a live name, a living Name that **exists** now. It has its **form** too and when that form leaves the body, this vehicle, this temple, its Name also **goes with it**.

From that point or instant, this body, this vehicle, this temple, has no value; absolutely no value at all. We call **this** event "death". It is also known as "expired" or "passed away" or even "no more". Then, if your friends call out your name, there is not going to be any response. How **can** there be a response?

So many Masters have mentioned this Truth, this living Name. For instance, in the Bible it is referred to as the "Word": "**In the beginning was the Word and the Word was with God, and the Word was God.**" (John 1:1).

The great Master, Jesus, showed his followers how to pray: "**Our Father which art in heaven, hallowed by thy Name.**" (Matt 6:9). What Name? What Word?

In the Koran, the Prophet PBHS mentioned "**Paaknaam**" - Pure Name. What Purity? What Name?

In the Gita, the great Master, Krishna, refers to it as "**Sat Naam**", the True Name, or Hari Naam; and in other scriptures it is called "**Ram Naam**" meaning Ram's name. What Ram? What Name?

So now comes the question: if God, that Power, that Energy, created this world, this universe, and if that Power is **one** and only one, and if His form and name is of the same power and energy, then in whose creation are we now living and existing?

There are Christians, Hindus, Moslems and Buddhists, all of whom believe they are living in THEIR God's creation. And there are atheists, people who do not believe in God at all. What about them? In whose creation are they living?

You see, we can **have** all our beliefs and concepts and religions and our theories, or our rituals or customs or ceremonies; but it makes no difference at all because this Power, this Energy, is above and beyond all that. It has nothing to do with any of that.

Truth is Truth. It is infinite in its totality. And there is only one Truth. We cannot imagine Truth. It has no end. It is eternal and everlasting.

So coming back to the Word, the Holy Name, the Pure Name or Sat Naam, there is in

actuality no language that can say this name. Certainly we can try to describe it and say that it sounds **like** this or that; but no one can **articulate** it.

It is, in itself, the thing that I am trying to describe and so you have to experience this Name **within you, inside you**. It is **repeating** itself within you in a very melodious vibration. It is a very **subtle** vibration.

The deeper you dive into this vibration, the more you will enjoy the experience of that Power, that Energy, for yourself and realise the Truth; the perfect thing that so many Masters, Saints, philosophers, poets, guides and teachers have experienced.

It is about **this experience** that so many scriptures have been written.

THE TRUE PURPOSE OF THIS BIRTH

Although so many volumes have been written in so many languages, the experience cannot be had by **simply** reading the good books.

For you, the experience **lives** inside you and unless or until you get there, until you "touch" that Name, nothing real is going to happen for you.

But once you have contacted this Divine Source, you are filled with Joy, filled with a beauty that is ALL.

To contact this Source is the **true purpose** of this **birth** in human form. That is **why** this birth is so **valuable**. It is especially precious because you have a **limited** time. Every moment is final and every moment **without** the **enjoyment** of this divine experience is a waste and therefore **your** loss.

What I am telling you is not a gimmick. It is not merely imagination. I am not here to **sell** you anything. You cannot pay for this knowledge. It **is** a **priceless jewel**. This jewel is wrapped up in you now. I **can** help you to find it.

How did it happen for **me**? Well, just as I am offering my help to you, someone helped me to find that jewel within myself, that something which has made everything possible. So my search, my urge for the "something" missing in my life has ended. My doubts have ended because I have **found** my **Self**.

THE WAY OF LIGHT

V. LIVING MASTER

RECOGNISE THE LIVING MASTER

Language of the soul is a divinely simple introduction to a way of living, to experiencing or realising perfect lasting peace. We all need this, for when we look around us we can see how troubled people are in this world.

When you offer to commit yourself to this meditation with love and devotion, you may find the Divine Power to remedy all your ills, be they physical, mental or spiritual. With the help and guidance of Living Master, the seeker experiences true peace of mind and tastes the sweetness of Divine Love and Bliss, which in turn flows to others - Selfless Love - filling them with compassion and humility.

These are the qualities so lacking in human beings right now. Mankind **needs them now** to make this a better world to live in. Time and time again the Masters, Sainly Beings and Guides have come, in all ages and climes, to show us the way. They say: "First know thy **Self** and the knowledge shall set you free."

They come with love, and only love, for all mankind to experience from **within**.

The very life and love of Living Master singles Him out as a unique individual, one apart from the rest of mankind. He is always bestowing priceless gifts, asking nothing in return, accepting neither payments nor gifts for the spiritual instructions He imparts. He gives the teachings freely, like any of the other gifts of God such as air, water and light.

With all the greatness and powers that co-equal the Creator's, He serves with humility and simplicity. He never claims credit for anything but attributes all to His Creator.

Whatever His material or monetary savings be, if any, He spends on the needy.

He is at peace with all and forgives with a smile especially those who choose to harm or talk ill of Him. He looks for no faults in others and points out only the goodness in them, embracing all with equal love.

The light of His love flows out from Him like a fountain of never-ending waters, cooling and refreshing the dried up and arid hearts of seekers of this Divine Love who, **after** being connected within, joyfully bathe in this Light Divine with the perfect rhythm of the Divine Melody within.

He appears to be ordinary: simple in His dress and inconspicuous, performing all His duties to earn His own living.

His Royal road or Path bypasses austerities, rituals, festivities and ceremonies. He imparts the **TRUTH** in an easily digestible way so that it can take root in the hearts of all

who connect with and through Him to their own God-self within, regardless of cast, creed, age or sex.

He keeps His powers and treasures very well concealed deep within Himself and makes use of them only of necessity or on special occasions.

Of course, those individuals who are connected to Him with mind, body and soul experience and feel His guiding hand helping them in their daily living. **He who regards Himself as the servant of all is in fact the Saviour.**

The Satsangs and examples He gives are certainly not limited to any religion. Sat or Truth is universal and therefore acceptable to all peoples. Truth is there only for one purpose and that is to **re-join** the Self or for **discovering your own very personal connection.**

Living Master always says "**Don't just believe everything you read or hear just for the sake of believing or because it is fashionable to believe**". No! When you have found the Truth of **YOU** then where is the question of belief? It does not arise! It becomes an EXPERIENCE, of **KNOWING**, of being **CONSTANTLY AWARE** of the God-in-action, the Power within.

Know Him by His fruits.

MEDITATION & INITIATION

Find the Power within and then meditate upon this Divine Being. Why within? Because He has placed Himself in His original form of light and sound, with all His treasures, in this human body.

It is in this body therefore that we will find Him and realise Him, **NOW**, in this lifetime, this moment, this instant. Why postpone the experience until tomorrow? What is the guarantee that we will see tomorrow or even the next moment?

This meditation is of the splendour of the soul, not of mind and body. This soul-glory is hidden under layer upon layer of matter and mind negatives. Ignorance has been our lot from time immemorial: the "not knowing" of negative conditioning.

At the time of initiation, techniques are taught to us and we are **awakened** within. We come into contact with, and experience, that Power. We see His Light Divine and hear His melodious sound.

So long as we remain within His Kingdom, then we are in His meditation. And when we are out of His Kingdom, then we are in this worldly meditation. Whenever, wherever, whatever we are attending to **with all our attention** is our **meditation.**

With persistent and constant application with love and devotion to this practice, we experience a continuous awareness of the sweetness of nectar and love, peace and

wisdom of this Power that we call God.

Dedication:

Dedicated with love and devotion to all Avatars, Saints, Masters, Messengers, Guides, Lovers and Seekers of this Divine Truth.

THE WAY OF LIGHT

VI. BHAJAN TO MASTER'S GRACE, LOVE & MERCY

This bhajan was written by a devotee in praise of his Master. Our Master has translated it, on the next page, for the benefit of His Satsangis.

1) Gurudev muje apane....Thoom charanome lelo..... Chorus

2) Thoom mera sahara ho.....Thoom mera keenara ho..... Chorus

3) Jeesne apana samaja.....Usene roolaya hame....

4) Ye swarth ki dunya hay....Mera koy nahi apana....

5) Jo thoom hame meelbi gaye....Hame duniyase kya karna....

Chorus lines 1) & 2) Gurudev muje apana etc.....

6) Juga mohaka pinjara hay....jaha kalaki khabaria nahi....

7) Thoom yuga yuga aathe ho.....Lekhin pahechana nahi....

8) Thoomane apanya muje....Mera koyi sahara nahi....

Chorus lines 1) & 2) Gurudev muje apana etc.....

9) Hame duniya se darate the....Jeesne sataya hame...

10) Jisese hame darana hay....Useka hame darahi nahi....

11) Mainay janam janamka sukh....Tere charanome paaya....

Chorus lines 1) & 2) Gurudev muje apana etc.....

12) Hame tere krupase prabhu....Yaha manushya janam meela....

13) Leichin kyu aathe hay....Useko hame bhul gaye....

14) Jees-a deen apanaya muje.....Hame subakooch yaad aya....

Chorus lines 1) & 2) Gurudev muje apana etc.....

MEANING OF THE BHAJAN DEDICATED TO MASTER'S GRACE, LOVE & MERCY.

- 1) Oh Master, take me unto Your feet (ie Take me within Your Divine Self).
- 2) You **are** my supporter and You **are** my shore (ie destination).
- 3) Those whom I understood to be mine. They are the ones who made me cry (ie The transient, impermanent & fragile nature of relations with our relatives such as parents, wives, children & friends, and also our possessions, material wealth and things of this seemingly real world bring us pain, agony and misery due to our attachment to them).
- 4) This world is full of selfishness. Nobody is truly mine (ie Nobody or thing in this world really belongs to us as such).
- 5) **Should I find** You, then what have I got to do with this world? (ie I need **You**, I want **You**, I **thirst** for **Your** Grace, for only **Your** Divine Love).
- 6) This world is a cage of attachments where tomorrow is unknown (ie Due to ignorance we are attached to illusions of tomorrow. We scheme and we plan as if we are **actually in control of the unknown future**).
- 7) You come from age to age but unrecognised (ie The Lord comes in human form in every age but we **do not** recognise **Him**. We think of Him and see Him as an ordinary human being because of our **limited thinking**, because of our **small mindedness** - narrowness; also because of our ego, pride, jealousy and greed which veil our inner vision, the Divine Eye with which we **can** see Divinity).
- 8) You **have** taken me. I **have** no other support (ie You **have** accepted me. You have graced **me** with Your Mercy. You **are** my everything).
- 9) I became afraid of this world which kept me in illusion (ie I remained in fear of criticism, of poverty, of pain, of difficulties, of losing out on wealth, property, friends and relatives; and of death itself).
- 10) That which I **should** have feared, I feared not (ie I **should** have feared my jealousy, greed, anger, hatred, violence, pettiness, fault-finding in others, selfishness and possessiveness; but, no, all **that** I held on to **so dearly!**).
- 11) From birth to birth it was **Your** Joy that I experienced at Your feet (ie You have been with me from birth to birth. You are with me at all times, every moment of day and night. At every breath Your Grace flowed).
- 12) It is Your Grace, my Master, that I am born in this human form.
- 13) But **why** I came, **that** I have forgotten (ie I have forgotten the purpose of my birth

in this human form. I don't have the knowledge. I do **not** know. My vision is clouded. What am I to do here in this human body?).

- 14) The day You accepted me, You took me deep within Your Self and I REMEMBERED EVERYTHING! (ie The day You revealed Your wondrous Divine Light, Your Divine Name, Your Divine Music, Your Divinely Sweet Nectar, within this human body; from that instant **I remembered** and knew how valuable a gift it is to have this birth in human form through which You express Your Grace and Your Divine Love. I now **know**. You are my knowledge, my wisdom, my everything. All glory **is** yours!).