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SURTI NIRTI SE SATLOK SAFAR

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



आत्मन कौष

“सच्चे भक्त की पुकार, पूर्ण समर्पण व भक्त की भेंट
“सत्यपुरुष साहिब जी’ के चरणों में”

इसके साथ-साथ यह महान-ग्रंथ महान संत ‘ओशो जी’ और
संत ‘गधु’ परमहंस रांझड़ी वाले जी को समर्पित है।

VAI NAAM SURTI DHARA

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आरती

सत्तपुरुष (चौथे राम) जी की

जय राम जय राम जय राम जी — जय राम जय राम जय राम जी — २
निरलम्भ राम निरलम्भ राम निरलम्भ राम जी — जय राम जय राम जय राम जी

- | | | |
|--|-----|--------|
| 1 चौथे लोक के प्यारे राम, न्यारे राम जी | — २ | जय राम |
| 2 सांचा नाम सांचा नाम, तेरो नाम जी | — २ | जय राम |
| 3 तुझ में राम मुझ में राम, सब में राम जी | — २ | जय राम |
| 4 तेरो नाम तेरो नाम, प्यारा नाम जी | — २ | जय राम |
| 5 उपर राम नीचे राम, निरलम्भ राम जी | — २ | जय राम |
| 6 मेरे राम तेरे राम, सब के राम जी | — २ | जय राम |
| 7 गाओ राम सुनो राम, चौथे राम जी | — २ | जय राम |
| 8 मन कारण सुरति नहीं जगती, बिन सुरति नहीं राम | — २ | जय राम |
| 9 निजधाम के प्यारे राम, न्यारे राम जी | — २ | जय राम |
| 10 सुरति निरति स्वांस में डालो, संग में सार नाम | — २ | जय राम |
| 11 सतगुरु सूं भेद को जानो, स्वांस स्वांस में नाम | — २ | जय राम |
| 12 बिन सुरति आत्म नहीं जगती, बिन आत्म नहीं राम | — २ | जय राम |
| 13 आठों पहर सुरति में रहना, संग में प्यारा नाम | — २ | जय राम |

जय राम जय राम जय राम जी — जय राम जय राम जय राम जी — २
निरलम्भ राम निरलम्भ राम निरलम्भ राम जी — जय राम जय राम जय राम जी

आरती संग्रह

‘वे नाम सुरती धारा’

आरती सतगुरु जी की — 1

- | | |
|---|--------------------------|
| जय—जय—जय सतगुरु देवा, दाता जय सतगुरु देवा
जो ध्यावे निज—घर पावे — 2, करे सतगुरु चरणन सेवा | ... साहिबा |
| 1 बिन मांगे प्रेम—धारा बहती, आनंदित हर पल करती देवा
गुणगान से सुरती चेतन धारा — 2, भक्ति प्रार्थना जगाती देवा | ...साहिबा
... साहिबा |
| 2 जो ध्यावे सुरती चेतन हो जावे, करे सतगुरु चरणन सेवा
“धैर्य प्यास” प्रेम जगाते — 2, आरती गाने से अंग—अंग चेतन देवा | ... साहिबा
... साहिबा |
| 3 “वे नाम सब्द” से सुरती चेतन, इस पल में बहती धारा
आरती की धारा—धारा में — 2, जान वासा सत्तपुरुष देवा | ... साहिबा
... साहिबा |
| 4 “सब्द विदेह” ज्ञान ध्यान उपझारे, तीन लोक से पार करायें देवा
काम—क्रोध—मद्य—लोभ—मोह विसारे — 2, मन—माया का संग छूटा देवा | ... साहिबा
... साहिबा |
| 5 साहिबन आदि अंत मध्य नाहि, रूप रेखा वर्णन से बाहिरा देवा
“निःसब्द” अज्ञान—निंद्रा छुड़ावे — 2, हर पल सुरती में वासा देवा | ... साहिबा
... साहिबा |
| 6 सतगुरु बिन ज्ञान ध्यान मोक्ष ना होवे, “वे नाम” भेद देत सतगुरु देवा
सतगुरु चरणामृत जीवन मोक्ष की धारा 2, पूर्ण चेतन सुरती करती तन मन देवा.. | ... साहिबा
... साहिबा |
| 7 मन—माया हर सुरती को घेरा, पल—पल भटकाते देवा
“वे नाम” सब्द सुरती जहाज चढ़ा कर — 2, संग निजघर ले लेते देवा | ... साहिबा
... साहिबा |
| 8 सतगुरु दीन बंधु मन हरते, पल—पल रक्षक देवा
विषय विकार मिटावें — 2, आप ही दर्शक देवा | ... साहिबा
... साहिबा |
| 9 आप ही सुरत—कमल के दाता, पल—पल सुरती रक्षक देवा
मोक्ष पद सतगुरु कृपा सूं — 2, समर्पण सब काम करता देवा | ... साहिबा
...साहिबा |
| 10 इस पल में रहने से प्यारो, सत्त प्रेम आनंद धारा बहती देवा
प्रेम प्रार्थना अंदर चलती — 2, ईक चक्की समान देवा | ... साहिबा
... साहिबा |
| 11 सेवा सिमरन संकल्प आग प्यारो, पल में मन मान शांत होता देवा
सुरती में सब्द चेतना बहती — 2, इस पल में बहती सुरती धारा देवा | ... साहिबा
... साहिबा |
| 12 आरती की चक्की चलती रहती, तीन लोक का खेल छुड़ावें देवा
मन मान की रसरी जल गई प्यारो — 2, “सब्द दान” से बंधन छुड़ावें देवा | ... साहिबा
... साहिबा |
| 13 अमरलोक में स्वागत प्यारो, देरी का कारण भी पूछते देवा
पूर्ण मोक्ष सतगुरु कृपा सूं — 2, महाफल पाया देवा | ... साहिबा
... साहिबा |
| जय—जय—जय सतगुरु देवा, दाता जय सतगुरु देवा
जो ध्यावे निजघर जावे — 2, करे सतगुरु चरणन सेवा | ... साहिबा |

प्रस्तावना

प्यारे बन्धुओं, (हंसात्माओं) !

सबसे पहले यह बहुत ही सौभाग्य और हर्ष का विषय है कि हम सभी मनुष्य पंच तत्वों (भूमि+गगन+वायु+अग्नि+नीर) द्वारा निर्मित की गयी भगवान की एक सर्वश्रेष्ठ व उच्चतम रचना हैं ना कि एक तत्व से चार तत्वों के द्वारा रची गई रचनाएं ! और यह भी 'सत्य' है कि हम सभी इस बात से तो कम से कम सहमत हैं ही कि कोई एक चेतन शक्ति अर्थात् सत्ता तो अवश्य है जो इस पूरी सृष्टि और कायनात अर्थात् अनेकों ब्रह्माण्डों को गतिशील रखे हुए है, परन्तु इस सहमति से हम केवल अपने आप को कहने मात्र तक सीमित रखे हुए हैं और जब कभी स्वयं मानने, निभाने और स्वयं ही के जीवन में उतारने की बात आती है तो हम अपने आप को भयंकर रूढ़ीवादी मान्यताओं, भ्रांतियों, रितिरिवाजों, अंधविश्वासों और कठोर एवं कट्टर विचार धाराओं से ग्रस्त और अंदर गहराई तक रमे हुए पाते हैं। कथनी और करनी में इतना घोर अंतर क्यों ? अपने स्वार्थ वश हम इतना भटक गये हैं कि अपना असली चरित्र और व्यवहार ही भूले बैठे हैं ! समाज और पद-प्रतीष्ठा का इतना डर कि हम एक कदम भी सत्य की ओर बढ़ाने में असमर्थ हो चुके हैं और 'सत्य' की परख तक करने को भी ईच्छुक नहीं दिखाई पड़ते ! अगर हम सच्च का आईना कहीं देख और समझ लें कि इतनी दुर्लभता से और भयंकर से भयंकर यात्नाओं, त्रासदियों और असहनीय कष्टों से गुजरने के उपरांत हमें यही मानव जीवन का अति महत्वपूर्ण समय प्राप्त हुआ है, तो एक पल की भी देरी हम नहीं लगायेंगे इसे व्यर्थ यूँ ही काल चक्रव्यूह की कैद में गंवाने के, एक श्वांस तक भी हम व्यर्थ नहीं गंवा सकते इस श्वांसा के खजाने में से जो हमें एक ओंकार काल निरंजन निरंकार भगवान से गिनती की ही मिली है एक ओंकार काल निरंजन निरंकार भगवान से, जिन्हें हम ईश्वर, अल्लाह, गाड और कंई और भी अनगिनत नामों से याद करते हैं और उन्हें ही अपना असली पिता मान रहे हैं। जो कि कयामत और प्रलय के वक्त स्वयं भी शून्य में समा जाते हैं और समय आने पर पुनः सृष्टि की रचना प्रक्रिया को अन्जाम देते हैं। हम तो आत्म रूप में 'हंसा' हैं ! पंच तत्व से युक्त शरीर जो नश्वर है, कैसे इसका हिस्सा हो सकते हैं ? क्योंकि आत्मा तो अजर अमर अविनाशी है। यही तो भ्रम है, कितनी विडम्बना है कि इतनी सी बात हमारी समझ से परे हो चुकी है और ये आत्मा इसी शरीर को ही अपना समझ कर भयंकर

चौरासी काल कौठरी में कैद हो कर बारम्बार इसी आवागमन के चक्रव्यूह में फंसी रहती है। काश, हम काल भगवन और आद्यशक्ति द्वारा निर्मित इस मन और माया की त्रिलोकी नगरी में भ्रमित होकर अपने असली स्वरूप 'हंसा' को भुलाये ना बैठे होते और इसकी महत्वता को समझ और जान पाते !

हमारा ध्यान, हमारी सुरति व चेतनता इस ओर सोचे, जागे और मनुष्य जीवन के असली उद्देश्य को पहचान पाये और अपने असली पिता, अपने मूल से मिल पाये, अपने निजघर वापिस जा पाये — केवल इसी उद्देश्य से ही संपूर्ण संत परमहंस बन कर हमारा मार्ग दर्शन कर के हम्हें अपने घर वापिस ले जाने के लिये समय—समय पर इस धरती पर आया करते हैं क्योंकि पंच तत्वों से युक्त काल—पिंजरे से, इस चौरासी चक्रव्यूह से, त्रिलोकि जगत संसार की माया नगरी और स्वयं त्रिलोक—पति एक ओंकार काल निरंजन भगवान की कैद से सभी जगत वासियों, जिज्ञासुओं व हंसात्माओं को आज़ाद करा सकें। हम सभी मानव अज्ञानता वश इस त्रिलोकि जगत में कैसे और कब से लौभ, लालच, वासनाओं और आशा तृष्णा में फंस कर रचे और रमे पड़े हैं कि अपना असली अस्तित्व और पहचान (हंसा रूप) ही भूल चुके हैं और जब मृत्यु उपरांत हमारी आत्मां चेतन होने पर ये सब जान पाती है तब तक बहुत देर हो चुकी होती है और एक और बहुमूल्य मानव जीवन का अवसर जिसमें हम इस कैद से छूट सकते थे, इसे व्यर्थ में गंवा चुके होते हैं और सिवाये पछतावे के हमारे पास कुछ भी शेष नहीं बचता।

एक और बड़ी अजीबोगरीब विडम्बना तो देखो, हम अक्सर ये सुनते हैं कि हम कैसे भरौसा करें कि आत्मां का सत्य बताने हेतु जो संत परमहंस रूप में हम से कभी रूबरू हो भी जायें, तो वो सत्य कह रहे हैं ? परन्तु वासत्त्विक रूप में सहज हो कर, अपने अहम को त्याग कर, जिज्ञासु बन कर, अपने अंतर में झांक कर, निरंतर अभ्यास द्वारा और सहज सत्य भक्ति, बृहंगा मत्त अनुसार अर्थात् 'वे नाम सुरति धारा' विचारधारा के बताये गये मार्ग पर चल कर, मनुष्य को खोज तो स्वयं ही करनी होगी और सिवाये इसके उसके पास और विकल्प है भी क्या ? और इसमें उसकी कोई हानी भी तो नहीं ! और इसमें कुछ ग़लत भी तो नहीं !

अन्यथा फिर हम क्युं अनेक धर्मों, गुटों, मठों, मठांतरों, जात-पात के चक्रव्यूह में, भ्रांतियों और रूढ़िवादी कट्टर विचार धाराओं और दूसरों का अहित करने जैसे कार्यों में संलग्न हुऐ बैठे हैं ? मृत्यु, जो अटल है उससे बचते क्युं फिरते हैं ? पंच तत्त्वों में से हमारे पास बुद्धि तत्व उपलब्ध होने के बावजूद भी क्युं हम सोचना और समझना नहीं चाहते कि आखिर इस समस्या का कोई, कहीं उपाये और विकल्प तो अवश्य होगा ही जिससे हम इस भंयकर कैद से मुक्त हो पायें !

हमारे वेद, पुराण, शास्त्र और गीता जैसा महानतम ग्रंथ आदि धार्मिक ग्रंथों में भी तो बहुत महीन सा ईशारा तो किया ही गया है इस जटिल त्रासदि से बाहिर निकलने के लिये, परन्तु कोई आम जन तो क्या, बड़े से बड़ा बुद्धिमान ज्ञानी और बड़ी उच्चतम अवस्था तक पहुंचे धार्मिक ऋषि मुणि भी इस मन माया की प्रलोभन से भरी लालसाओं, काम, क्रोध, लौभ और मोह की वासनाओं से युक्त ‘मन-माया’ के बाणों से स्वयं को बचा ना पाये ।

मनुष्य जीवन, जो कि अति दुर्लभ है पाना और जब मिल जाये तो कोई अपने आप को संयमित ना कर सके, कितना असमर्थ हो गया है ‘हंसात्मा’, कितना असहाय जान पड़ता है, परन्तु पूर्ण संतों की वाणी अनुसार स्वयं के यत्न करने से कुछ नहीं हो पाया है, जब भी कोई इस से पार पा पाया है तो वो केवल ‘सत्यगुरु’ कृपा के द्वारा ही संभव हो पाया है । लेकिन कोई जिज्ञासा तो दिखाये ! चंद नियमों का पालन करने के लिये तैयार तो हो ! अपना लौभ, लालच, मांगों पे मांगें और झूठ तो छोड़े ! अपने जीवन को सात्विकता के आधार पर लाने का प्रयत्न तो करे ! नशों और मासखौरी जैसे अपराध बोध से अलग होने की सोच तो विकसित करे ! और फिर देखो कि सभी रूहानियत ऊर्जा से ओत प्रोत विभूतियां संग हो कर मनुष्य के जीवन के मूल लक्ष्य की प्राप्ति के लिये कैसे उसका मार्ग प्रशस्थ करती हैं ! मगर हम तो पशुओं से भी बदतर होकर सभी नियम कायदे और संवेदनशीलतायें भूल कर अपने स्वार्थ के लिये दौगुली ज़िन्दगी ही जीना चाहते हैं और डरते तक भी नहीं कि ये मनुष्य जीवन बीत जाने पर हम किस भयंकर मुसीबत में गिरने वाले हैं । हम संसार के रिश्ते भी पालना चाहते हैं अपने केवल और केवल स्वार्थ के लिये और अपना मूल लक्ष्य ‘मौक्ष’ भी पा

लेना चाहते हैं और वह भी बिना किसी त्याग और समर्पण के ! “ठीक उस बंदर की भांति, जो किसी डिब्बे में बंद अपनी मुट्ठी को केवल इस लिये खोल कर हाथ को बाहर नहीं निकालना चाहता, जिससे उस मुट्ठी में बंद उसका लालच कहीं डिब्बे में ही ना रह जाये और बिना मुट्ठी खोले तो हाथ बाहर आ नहीं सकता” ! बस यही हालत तो मनुष्य बना बैठा है और पल पल अपने श्वासां कम होते देखने के बाद भी अपनी मृत्यु से मूंह मोड़े इस प्रकार निश्चिन्त हुआ बैठा है जैसे कि मोत उसे कभी आनी ही नहीं ।

इसलिये यह महान ग्रंथ “सुरति निरति से सत्यलोक सफ़र” अंग्रेज़ी और हिन्दी में मिश्रित आप सभी आध्यात्मिक जिज्ञासु ‘हंसात्माओं’ के लिये संतों के संत, संत शिरोमणि, पूर्ण संत ‘वे नाम परमहंस’ जी द्वारा रचा गया है, जिसका सारा श्रेय वे ‘संत मधु परमहंस जी रांझड़ी वाले’ और एक और महान विभूति संत ‘ओशो’ जी को जाता है और यह ग्रंथ पूर्णतः इन्हीं दोनों संतों को समर्पित है ।

“ये ग्रंथ साहिब सत्यगुरु ‘वे नाम परमहंस’ जी द्वारा सभी ‘हंसों’ के लिये, सभी ‘हंसों’ द्वारा लिखा गया है । इस ग्रंथ में लिखित सभी उत्तम विचार आप सभी पाठकों के ही हैं और आप ही को समर्पित हैं । किसी भी प्रकार की कोई त्रुटि अगर इस ग्रंथ में सामने आती है तो वह इस ‘दास’ की है जिसके लिये ‘मैं’ ही इसका दायित्व स्वीकारता हूँ ।”

इस ग्रंथ रचना से पहले भी कितने अनगिनत दोहे, अति लम्बे—लम्बे भजनों की श्रृंखला, रूहानियत से ओत—प्रोत सुरतिवान काव्य और बहुत सारे ग्रंथ (ग्रंथों की सूचि देखें) हिन्दी और अंग्रेज़ी में स्पष्ट और सरल भाषा में लिखे व रचे गये हैं, जिन्हें अध्ययन करके कोई भी आध्यात्मिक जिज्ञासु अपने अंतर में आत्मसात करके अपना मनुष्य जीवन सार्थक करते हुये अपने मूल लक्ष्य ‘मोक्ष’ को प्राप्त हो सकता है ।

इस ग्रंथ में निम्नलिखित, सब जानने के लिये कि “सुरति निरति क्या है ? सत्यलोक क्या है ? सत्यमार्ग क्या है ? मन—माया व त्रिलोकि संचालन कर्ता कौन है ? देवी देवता, समस्त ब्रह्माण्ड, तीन लोकों में 21 लोक विस्तार क्या है ? निजधाम के संतों की महत्त्वता क्या है ? भगवान

की परिभाषा क्या है ? निरंकार भगवन की सेना, तीन पांच पच्चीस का पिंजरा क्या है ? और सबसे सर्वोपरि ‘वे नाम सुरति धारा’ क्या है, ये धारा कब से प्रवाहित हो रही है ? त्रिलोकि सहित चारों लोकों में इस वक्त किसका पहरा चल रहा है और ‘वे नाम परमहंस जी’ द्वारा ये धारा कब से प्रवाहित हो रही है ?

ये सब जानने के लिये उपरोक्त सभी ग्रंथ, ‘वे नाम सुरति धारा’ यू ट्यूब चैनल और ‘वे नाम सुरति धारा’ वेबसाईट और सबसे महत्वपूर्ण स्वयं भी ‘सत्यगुरु वे नाम परमहंस’ जी से मिलकर अपनी जिज्ञासा को शांत कर अपना जीवन सार्थक कर सकते हैं ।

पूर्ण संत
‘वे नाम परमहंस’

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PREFACE

The foremost purpose of writing this greatest holy granth of 'Supreme Consciousness' of 'Supreme Power Sahib Satyapurush Ji' is to aware all the 'Hansas' of this cosmos about the hidden secret and real truth i.e. 'Alive Holy Naam', Surti-Nirti (pran) and 'Sushmna Nerve'. What is the importance of breathe in true spiritualism ? Human birth is why so important in spiritual journey ? Why the human birth has been given to us ? What are the impacts of baser elements of cosmos of the Kal Niranjana (Bhagwan/Mann) / Ek Onkar/ Kaal Purush ... to whom we all call as Ishwar, Allah, God ?

Similarly how we (human-beings) are the segments of 'Satyapurush Sahib Ji / Supreme Surti ? How we all can achieve our goal of life i.e. 'Liberation from the clutches of Nirankar Bhagwan ? And what are the ways of Sant marg / Sehaj satya bhakti marg of true spiritualism ? How we can recognise the true spiritual master who possesses the immense power of 'Chetan Surti' to transform the Soul surti to Chetan surti and Supreme consciousness through 'Satyaguru' 'Vai Naam' of the time who has been bestowed the 'Alive Holy Naam'/Saar Naam through the Surti of 'Supreme consciousness/Sahib Satyapurush Ji' of 'Satyalok' ?

What is the definition of 'Satyalok & Trilok' ? How 'Satyaguru' transform the Surti of his disciple / saddak & how one can visit the different loks through 6-bodies, the human being possess i.e. (Sthool, Sookshm, Ancestral, Subtle, Gyan dehi, Vigyan dehi) And how these human bodies can be obtained through worship ?

Through this greatest granth of the time you are going to get the complete information of 'Kal Chakra' along with its complete picture. How we can understand the basics of these 21 loks ?

As we all know through many wonderful religious epics and granths written by the great-great spiritual personalities of this cosmos about the philosophy and ideology of the Kal Niranjan / Ek Onkar / Nirakar Bhagwan. In spite of so many religions in which all the human beings seems to be involved in different ways of worships i.e. Sargun and Nirgun Bhaktis, no one is laying the complete focus on true and Universal religion i.e. humanity on the whole and more over about the ‘Hansas’ (Atma-Mann= Hansa / the purest form of Atma i.e. Hans-atma).

Every one is after the materialistic world and its belongings. It seems, that human beings have forgotten completely about their true self and identity.

So this ‘unique holy granth’ of the time has been written completly on the ‘holistic and spiritual experiences of Satguru ‘Vai Naam’ Paramhans Ji of the time and not on the basis of earlier granths and holy books.

“As per Satguru ‘Vai Naam’ Ji this Granth belongs to all the Hansas of this Universe. It has been written for all the Hansas and by all the Hansas. And the whole credit of writing this Granth goes to ‘Sant Osho Ji & Sant Madhu Paramhans Ji’.

One can have the brief knowledge of ‘Satya Bhakti’ through this granth, even the whole secret has been mentioned in the ‘Aartis’ of Sahib Ji. So not only read but study thoroughly the ideology of Satya Bhakti Marg / Sehaj Marg of the true Supreme Consciousness i.e. ‘Supreme Satypurush Ji’ of Satyalok / Sahib lok, so that the human goal of life may be achieved with the blessings of ‘Sahib Satguru ‘Vai Naam’ Paramhans Ji of the time.

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भूमिका

“वे नाम परमहंस जी” कह रहे हैं, जो दात मैं जग जीवों को दे रहा हूँ, इसे सार सब्द के नाम से जाना जाता है । संतों ने इस दात को ‘सार सब्द’, अक्का सब्द, विदेह नाम व मूल नाम से भी सम्बोधित किया है । सत्तपुरुष जी ने दास के तीन बार निजधाम जाने के बाद पहला ‘सार सब्द’ सुरति से उत्पन्न व प्रदान किया । उनके दिए हुए सब्द से सर्वथा भिन्न है । दास की पहली निजधाम यात्रा के समय स्वयं सतपुरुष जी व चार महां संतों, साहिब कबीर जी, बाबा नानक जी, साहिब रवि दास जी और संत मीरां बाई जी ने मुझ आत्मिक शरीर ‘हंसा’ को अत्यंत ऊर्जा प्रदान की ।

निजधाम पहुंचने पर पहला संदेश जो सतपुरुष जी ने दिया कि किसी को भी जग में बुरा मत कहना । इस बीच में लगातार साहिब सतपुरुष जी से सुरति सूं गोष्टियां होती रहीं जिनमें वो सतपुरुष सत्ता का ज्ञान और जीव आत्माओं को जगाने हेतु दास को प्रेरित करते रहे । दूसरे दिन प्रातः लगभग तीन बजे से कुछ पहले का समय था, सतपुरुष जी दास की कुटिया में प्रकट हुए और सुरति में ही पूछा कि क्या आप बुल्ले का कथन, “रब दा कि पाना, ऐदरूं पुटना ते इधर लाना” को समझते हो । मैंने बड़े श्रद्धा भाव युक्त हो के सुरति में कहा, बाहर की दौड़ छोड़ के अंदर की ओर जाना ही अपने प्रियतम को पाना है । वह आनंदित मुद्रा में मन्द मन्द मुस्कान लिए हुए सतज्ञान समझाने उपरान्त अदृष्य हो गये ।

तीसरे दिन तीन बजने को कुछ समय बाकी था, अभी बस मैं उठने ही वाला था, तभी सतपुरुष जी कुटिया में प्रकट हुए, एक अदभुत प्रकाशमयी आभायुक्त रोशनी से सारी कुटिया ज्योतिमय हो गई । सतपुरुष जी आलोकिक प्रकाशमयी आभायुक्त सुरति सूं ‘सार सब्द’ उच्चारण करते हुए अदृष्य हो गये, यह सारी घटना दास के लेटे लेटे जाग्रत अवस्था में ही घटी । उनके दर्शन उपरांत उसी पल में उठ बैठा, सुरति से इस ‘सार सब्द’ को ग्रहण किया । यह अदभुत और अनोखी अवर्णित घटना इस से पहले कभी नहीं घटी । ज्यादातर संतों के पास उनके सतगुरु का दिया हुआ ही सब्द होता है, सतपुरुष जी से सर्व प्रथम ‘सार सब्द’ साहिब कबीर जी को ही मिला था । इस दास को ही केवल दो बार ‘सार सब्द’ सीधे सतपुरुष जी से मिला ।

यह ग्रंथ सतपुरुष जी की देन है, उसी को ही कलमबद्ध किया गया है । सतपुरुष जी के द्वारा बार बार प्रेरित करने पर तथा उन्हीं के आदेश से दास जग जीवों को जगाने और सतपुरुष सत्ता की महिमा का बखान कर रहा है । ये गद्दी भी शुरू करने का आदेश और प्रेरणा सतपुरुष जी ने ही प्रदान की ।

सतगुरु 'वे नाम' परमहंस साहिब जी की सुरति से ओत प्रोत

ग्रंथों की सूची

क्र:	ग्रंथों के नाम	प्रकाशन वर्ष
1	भजन संग्रह—1 (प्रथम पुस्तक)	2013
2	भजन संग्रह—2 अमर सुरति से भरे भजन	2015
3	भजन संग्रह—3 सतगुरु जी की अमर सुरति से भरे भजन	2017
4	भजन संग्रह—4 साधकों द्वारा श्रद्धा सुमन	2017
5	अमर सागर	2017
6	परमहंस सुरति महिमां	2019
7	Secret Of Permament Liberation (English) .. 1 मोक्ष का भेद ग्रंथ (अंग्रेजी में) पार्ट — 1	2020
8	आनंद सागर — वे नाम सुरति धारा	2022
9	गीता अमृत सार — वे नाम सुरति धारा	2022
10	अल्प मुक्ति से पूर्ण मोक्ष	2022
11	वे नाम सुरति धारा	2022
12	अनुराग सागर	2022
13	हिन्दी व अंग्रेजी ग्रंथ “SURTINIRTI SE SATLOK SAFAR” (English...2) सुरति निरति से सतलोक सफ़र)	2025
14	'वे नाम छुड़ावे काल की फांस “VAI NAAM CHURHAVE KAAL KI PHANS”	2025

अगामी प्रकाशित होने वाले ग्रंथ

- 1 साहिब सत्यगुरु जी द्वारा हिन्दी में लिखे जा रहे ग्रंथ लिखित प्रक्रिया में ।
- 2 साहिब सत्यगुरु जी के कर कमलों द्वारा लिखित ग्रंथ (नाम तय नहीं) ।
- 3 साहिब सत्यगुरु जी के अनुभव और सफरनामों ।
- 4 सत्यगुरु जी की आभा से भजन नये रूपांतरण में ।

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 Niranjana 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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WHAT IS “VAI NAAM SURTI DHARA” ?

“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/Sanjeevan 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 Satyaguru (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.

‘वे नाम सुरति धारा’

वर्तमान युग में साहिब सतपुरुष भक्ति धारा को संत शिरोमणि ‘वे नाम’ परमहंस जी निरंतर अपनी अमृतमयी वाणी प्रवचनों से प्रज्ज्वलित किये हुए हैं। उन्हीं के अमृतमयी प्रवचन श्रृंखला को ‘वे नाम’ सुरति धारा से जाना जाता है।

Who we are ?

The Supreme Satguru Paramhans of present time our worthy, almighty, respectable and unique Sampooran Sant Satguru “Paramhans ‘Vai-Naam Ji” and many other Sants 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

“Vai Naam Surti Dhara”

“Nijdham Ke Santon Ko Samarpit”

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 (Satprurush, Sahib, Satnam, Parampursh 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 नांहि 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 ॥

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Moksh Nimantran

A COMPLETE SURTI MESSAGE TO ALL THE ‘HANSAS’ OF THIS PLANET / 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 Niranjan / 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/Nijdhama' 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 misled 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 18-03-2012 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/Nijdhaam/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.

.....Vai Naam Surti Dhara

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”.

**“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”**

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 karam philosphy 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 ‘Kal 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 ‘Satguru’ and doesn’t give even an hint of ‘Him’.

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

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. Whatsoever 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 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' (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 Niranjan'. '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'

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 that 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-sarop' 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 purely illusions and dust, cover on the surface of ‘Soul’ (Hansa / Atma). ‘Mann’ (Mind) itself is ‘Kaal Niranjana / 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 ।।

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 Niranjana 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 Niranjana 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 Niranjana 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'.

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.

Sahib Satguru 'Vai Naam' Paramhans Ji says the Pooran Sants requires nothing except the selfless true love and devotion from their disciples. During 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.

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।।

‘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 ‘Sahib Satguru’. One has not to become ‘doer’ at any cost but only ‘Drishta’ the wit-nesser 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 the complete Saint on this universe at present. 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 Vai Naam 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'.

Dhruv Pralad, Nachiketa, Eklavya are some of the outstanding starkids who rose above worldly enchantments, were put to the test by Kal-Niranjan. They passed the test with flying colours, but could't escape from the cycle of birth and death permanently. On the other hand "Bade Sahib Ji" at the age of five and half year got permanent Salvation from this planet.

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

Dhruv Pralad, Nachiketa, Eklavya are some of the outstanding starkids who rose above worldly enchantments, were put to the test by Kal-Niranjan. They passed the test with flying colours, but could't escape from the cycle of birth and death permanently. On the other hand "Bade Sahib Ji" at the age of five and half year got permanent Salvation from this planet.

"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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भजन :

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

- 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 कुण्डलीनी 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 महं सागर पार होता है ।

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

आत्म बंधन (कुल्फ़ कवाड़ा)

1 औंकार का कुल्फ़ कवाड़ा, जीवों को लगता बड़ा प्यारा।
यह भेद पूर्ण संत जानत हैं, होते जो साहिबन प्यारे।
सुरति आत्म बंध पड़ी हृदय में, लाखों जन्म से प्यारो।
आत्म परमात्म नहीं प्यारो, यह तो सतपुरुष का अंश प्यारा।
सार सब्द है कुँझी कुल्फ़ की, पूर्ण संत इसका रखवारा।
लाखों जन्म का बंधन टूटे, जब खुले कुल्फ़ कवाड़ा।
मन औंकार काल निरंजन एको, जिस दियो कुल्फ़ कवाड़ा।
सत्तपुरुष का अंश है आत्म, जाने पूर्ण सतगुरु प्यारा।
जब कोई पाता दात पारस सुरति की, खुलता कुल्फ़ कवाड़ा।
यह कार्य पूर्ण सतगुरु करता, होता जो साहिबन प्यारा।
साधक को झुकना जब आता, पल में खुल जाता कुल्फ़ कवाड़ा।
सुरति निरति मूल सब्द से, आत्म से बने हंसा प्यारी।
आत्म के सब बंधन टूटे, साधक गुरु संग पावे निजघर प्यारा।
अब टूटा औंकार का कुल्फ़ कवाड़ा, जब मिला सतगुरु प्यारा।
ये भेद 'वे नाम जी' देते हैं, जिन पायो साहिबन प्यारा॥

2 आत्म अंश साहिबन की, ताला औंकार का जाने संत प्यारा।
ताला औंकार रूपी मन का, घट में बंध आत्म सुरति प्यारो।
सार सब्द कुँझी ताले की, खोले कोई पूर्ण संत प्यारा।
सुरति छूटे सब्द ईक करे निरति से, ऐसा सब्द हमारा।
आत्म से सब्द करे हंसा, 'वे नाम सब्द' साहिबन प्यारा।

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संदेश

हम सब एक परम पुरुष, साहिब के लोक से आये ।
हंसा रूप हमारा, सत्तलोक के वासी ।।
काल जाल के वश में पड़ कर, भूल गये अविनाशी ।
यह है काल जाल का फंदा, काटे कोई परमहंस प्यारा ।
सार सब्द की सुरति देकर, सब को करे न्यारा ।
सुरति से हो आत्म चेतन, तभी कटे ये बंधन सारा ।
बंधन छूटे निजघर जाये, बन जाये हंस प्यारा ।
परमहंस की शरणी आकर, पावे परमपुरुष प्यारा ।
यही है परम मुक्ति पद, सार नाम रस सारा ।
पर कोई कोई ये पावे, सतगुरु का प्यारा ।
तू तो निजधाम सतलोक, बेगमपुर का वासी था ।
मूल सुरति रूप तेरा, हंसा रूप निराला ।
काल जाल में आकर फंस गया, और फिरे बेहाल ।
तीन पाँच पच्चिस का पिँझरा, जहां पर पड़ा वश काल ।
चल हंसा सत्तलोक, छोड़ ये संसारा ।
मिल परमहंस सूँ पाओ, हंसा रूप न्यारा ।
जहां जाये फिर ना आये, मुक्त देस हमारा ।
वो ही निजघर मुक्ति देस, बेगम पुर प्यारा ।
ग्याहरवें द्वार अष्ट्म चक्र से, जब हों प्राण निकास ।
सतगुरु संग परमपुरुष के लोक, पल में जा समाता ।
बहुरि ना भवसागर आता, सुरति में जा समाता ।
फिर वह मोती भौग लगाता, गर्भ कबहु ना आता ।
हंस बन हंसों के संग संग, परमानंद पा जाता ।
हम सब एक परम पुरुष, साहिब के लोक से आये ।
हंसा रूप हमारा, सत्तलोक के हम वासी सारे ।।

संदेश वाहक

सतगुरु “वे हूँ परमहंस जी”

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अमर लौक भेद (अठतालिसा)

- 1 बिन पग चले – सुने बिन काना
- 2 कर विधि कर्म – करे अति नाना
- 3 बिन मुख बोले – बोल अति नाना
- 4 खेल इस मन का – पूर्ण ना जाना
- 5 मत अभी जानो – आत्म हुई हंसा
- 6 मन संग तार – छूटी मत जानो
- 7 सुरति भेद – जब तक ना पाया
- 8 मन की तार – छूटी मत जानो
- 9 सार नाम बिन – आत्म नहीं हंसा
- 10 विहंगम चाल सूं – हंसा है चलता
- 11 मीन पपील चाल सूं – अति अनोखी
- 12 पल में हंसा – महं सुन्न सूं पारा
- 13 सतगुरु कृपा सूं – चाल को पाओ
- 14 मीन पपील चाल – तुम भूल जाओ
- 15 सार नाम – आत्म करे हंसा
- 16 विहंगम चाल सूं – हंसा है चलता
- 17 मिले चाल होए – सुन्न से पारा
- 18 तभी कहलाए – सतगुरु का प्यारा
- 19 मन जब छूटे – सुरति जग जाए
- 20 हर पल सब्द – प्राण सुरति में समाए
- 21 अब ही शिष्य – निज को जाने
- 22 तभी वो निज को – जागा माने
- 23 काल जाल का – बंधन छूटा
- 24 जन्म मरण का – कलषा फूटा
- 25 सतगुरु कृपा सूं – निजघर को जांए
- 26 परमहंसा संग – रास रचाएं ।
- 27 अमरधाम ही है – सत्त का देसा ।

- 28 गीता भी है — देती संदेसा ।
- 29 पंद्रर्वें अध्याय का — छटा श्लौका ।
- 30 कृष्ण भी निजधाम का — देते संदेसा ।
- 31 अमरलौक ही — सतपुरुष स्वरूपा ।
- 32 पहुँचो निजघर — जानो परम स्वरूपा ।
- 33 ईक ईक अंग की — महिमां जानो ।
- 34 अपना स्वरूप भी — उनका ही जानो ।
- 35 पूर्ण सत्तगुरु — रूप को धारो ।
- 36 उसी रूप को — देख देख न्यारो ।
- 37 परमहंसा का — रूप मिले जब ।
- 38 तभी वह — निज रूप को धारे ।
- 39 वहीं रहो या — इस जग में आओ ।
- 40 इस का वह कुछ — भेद ना देते ।
- 41 इस जग आओ — परमहंस कहलाओ ।
- 42 सार सब्द की — दात को पाओ ।
- 43 निज को तुम — दासा कर जानो ।
- 44 जग में बुरा — किसी को मत मानो ।
- 45 'वे नाम' का केवल — संदेसा है इतना ।
- 46 जीवित मरना — भव जल तरना ।
- 47 इस पल में तुम — इस पल में रहना ।
- 48 सब हैं अपने — कोई ना बैगाना ॥

वे नाम का कहा बस इतना मानो
सब को जग में सतपुरुष ही जानो”

‘वे नाम’ कहें

मांगन मरण समान है, मत मांगो कोई भीख ।
मांगन ते मरना भला, यही संतन की सीख ।।

कोई आवे तो बेटा मांगे — कुछ मेहर कर दीजे जी
कोई आवे रोग का मारा — हम पर कृपा कीजे जी
कोई आवे तो दौलत मांगे — रुपया भेंट ले लीजे जी
सार नाम का कोई ग्राहक ना — प्यारो उसमें रह लीजे जी
सब जग अंधा है प्यारो — अंधों का क्या कीजे जी
कृष्ण से कृष्ण मांग कर — अर्जुन दुर्योधन का काम किया —
वसुदेव दुर्योधन से बोले — पहला मौका तुझको दिया
नारायणी सेना की चाह की — उसी में उसकी रुची जी
सारी सेना पा दुर्योधन — अभिमान की छाती फूली जी
अर्जुन स्वयं से बात करे — कैसी भूल कर दी जी
अर्जुन बोला आप का संग जो — कौन लड़ने को आवे जी
वसुदेव को देख कौरव सेना — सारा आत्म बल खो जावे जी

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“वे हूँ परमहंस जी” की अमृतमयी वाणी
द्वारा ‘भव सूं पार’ होने का भेद

निराकार व साहिब जी सत्ता भेद :—

कबीर साहिब आये निजधाम सूं, सब कुछ लिये संग साथ ।
“वे नाम परमहंस” ने सब समझा, तब पायो साहिबन साथ ।
निरंकार में खोया रहा, दीन दुखी संग मजेदार ।
चालीस साल लगे, सतनाम जहाज आने पर ।
खुलते गये परदे, जब चली सत सुरति पतवार ।
सब ओर सूं वर्षा हुई, देखी निराकार की महिमा अपार ।
कंई ढंगों से दर्शन दिए, मीन पपील की पाई चाल ।
स्वर्ग नर्क लोकों को देखा, देखी महिमा अपरम्पार ।
कुछ जग का भाया नहीं, झूठा देखा ये सब पसार ।
सहस्त्रहार लोक में तब गया, जब सार सब्द था संग साथ ।
निराकार सूं बंधन गया, परम पुरुष ने पकड़ा हाथ ।
निराकार खुशी सूं सौंप दिया, दास को साहिबन हाथ ।
किसी सूं वैर तुम मत करो, हर बात में निकले बात ।
निराकार ने तन मन दिया, डाला विच माया के जाल ।
हंसा रूप निजधाम तेरा, आत्म रूप किया निरंकार ।
झूठा ये संसार रचा, जिस सूं होना है तुझे पार ।
बिन पूर्ण सतगुरु मूल नाम, भव सूं होत ना पार ॥

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मृत्यु उपरांत 84 योनियों व मानव की अंतिम यात्रा का भेद

अंत काल जब जीव का आवे
यथा कर्म वह देहि पावे
गुद्धा द्वार से जीव निकास
नर्क योनि में पावे वासा
नाभी—द्वार से जीव जब जाये
जलचर—योनि में वासा पाये
मुख—द्वार से जीव जब जाये
अन्न—खानी में प्रकटाये
श्वांसा—द्वार से जीव जब जाये
अण्डज—खानी में प्रकटाये
नेत्र—द्वार से जीव जब जाये
मक्खी—मच्छर आदि तन को पाये
श्रवण—द्वार से जीव जब जाये
प्रेत योनि तुरन्त वासा पाये
दशम—द्वार से जीव जब जाये
स्वर्ग—लोक में वासा पाये राजा होके जग में आये
ग्याहरवें—द्वार से जीव जब जाता
बहुरि ना इस भव—सागर आता
फिर नांहि कभी गर्भ में आता ।।
“कहें कबीर, सुनो भई साधो :-
ग्याहरवें—द्वार का भेद सुरत—सब्द में रहता
बिन पूर्ण संत कोई भेद ना पाता
पूर्ण संत जो साहिब को पाता
वही सार—सब्द का भेद है पाता
“सार—सब्द” सत्यपुरुष का वासा” !

Three Ashrams

SATPURUSH NIWAS (MANDIR) SAHIBAN JYOTI STHAN, SAHIBAN KUTTIA & SAHIBAN HAAL

जगत में मुख और मन से मन रूपी देवी देवताओं की पूजा भक्तियां और अराधनाएँ की जाती हैं, इसलिये जगत में पूजा स्थलों को मन—प्रतीक मंदिर कहा जाता है। सहज सत्त भक्ति मार्ग में मन रूपी ईष्ट व मन से परे का भक्ति मार्ग है। इस मार्ग में जीवात्मा शुद्ध होकर हंसा रूप धार कर अपने मूल परमपिता परमात्मा “साहिब सत्तपुरुष जी” में जा समाता है अर्थात् मोक्ष को पा जाता है।

1. SAHIBAN JYOTI STHAN —ASHRAM SARWAL

साहिब सतपुरुष जी द्वारा एक अदभुद्ध
आलोकिक दृष्टांत

सहज सत्त भक्ति मार्ग की धरोहर ‘सत्त सुरति आनंद’ और निस्वार्थ, निष्चल, विरह, वैराग और तड़प से ओतप्रोत भाव जो हम सब हंसात्माओं के पिता “साहिब सतपुरुष जी” की ‘वे नाम सुरति धारा’ के माध्यम से निरंतर आदि काल से हमारे निजघर सत्तलोक से प्रवाहित होते चले आ रहे हैं, जो इस बात का संकेत होते हैं कि हम उसी सत्तलोक आभा से उत्पन्न उसी का ही अंश हैं। “सतपुरुष साहिब जी” तो हमें सत्तलोक अपने असली घर वापिस ले जाने के लिये ही तो समय समय पर पूर्ण संत सतगुरु परमहंसों का आगमन इस संसार में कराते रहे हैं जिनके द्वारा वो हमें इस मन माया के भवसागर से पार कराते हैं।

हम अति भाग्यशाली हैं कि इस वक्त वर्तमान काल में हम एक नहीं अपितु दो पूर्ण संतों ‘साहिब सतगुरु जी व बड़े साहिब जी’ की शरण में हैं। एक अदभुद्ध आलोकिक विस्मयकारी रोमांचित कर देने वाला और “साहिब सतपुरुष जी” की अपने साधकों (हंसात्माओं) के प्रति प्रीति दर्शाने वाला दृष्टांत उस वक्त सामने आया जब एक फरवरी, 2022 को एक तरफ ‘साहिब सतगुरु वे नाम परमहंस जी’ तालाब तिल्लो आश्रम में ‘बड़े साहिब जी’ को सतपुरुष साहिब जी के आदेश अनुसार गद्दी पर विराजमान होकर आगे जगत जीवों के कल्याण हेतु कार्य करने की

प्रक्रिया निभा रहे थे तो ठीक उसी वक्त दूसरी तरफ हमारे अति प्यारे आगु साधक नरेंद्र व रजनी जी की समर्पणता और प्रेम निष्ठा से प्रसन्न होकर सरवाल कालोनी स्थित उनके घर साहिब सतगुरु जी की समाधि अवस्था वाली तस्वीर के अंदर सतगुरु जी के हाथों से एक श्वेत आभा युक्त ज्योति साहिब सतपुरुष जी ने प्रज्ज्वलित कर के समूचे जगत को अपनी उपस्थिती का प्रमाण दिया। यह आभायुक्त ज्योत पूरे तीन दिन तक साधक नरेंद्र जी के घर में प्रज्ज्वलित होती रही जिसे देख कर सभी आचंभित भी हुए। फिर जैसे ही उन्होंने इस का जिक्र साहिब सतगुरु जी से किया तो साहिब जी ने इसे केवल साहिब सतपुरुष जी द्वारा अपने साधकों की श्रद्धा और समर्पणतः का प्रतीक ही बताया और कहा कि कैसे हम सबके परमपिता अपने बच्चों का ध्यान रखते हैं।

‘साहिब सतगुरु जी’ की वाणी अनुसार ये सब “साहिब सतपुरुष जी” की प्रसन्नता का प्रतीक ही है जो उन्होंने ‘बड़े साहिब जी’ को सतगुरु जी द्वारा ऊर्जा दात देकर आगे पूरे जगत के कल्याण हेतु सारे जगत के लिये एक संकेत दिया कि ‘बड़े साहिब जी’ अपार शक्तियों से ओत प्रोत हो कर इस संसार के कल्याण करने हेतु तैयार हैं।

‘सतगुरु साहिब जी’ की वाणी अनुसार इस अदभुद्ध आलोकिक दृष्टांत से रिहाड़ी आश्रम कुटिया की भांति साधक नरेंद्र जी का घर भी अमर हो गया है जहां साक्षात् सत्तपुरुष जी ने स्वयं आकर ज्योति प्रज्ज्वलित की हो। और ये सब इसलिये भी संभव हो पाया है कि साधक नरेंद्र जी के घर में नित्य प्रतिदिन पूर्ण श्रद्धा भाव से सिमरन और आरती हुआ करती है और ये सब कुछ पूरे प्रेम भाव से बिना किसी संसारिक मांग के निस्वार्थ भाव से होता है, और जहां पूर्ण समर्पणतः हो वहां ‘साहिब सतपुरुष जी’ तो प्रकट होंगे ही ना। क्योंकि ‘वे नाम’ सुरति धारा कोई पंथ, धर्म अथवा आध्यात्मिक संस्थान नहीं अपितु समूचि मानव जाति और अन्य जिज्ञासुओं के लिये एक सुरति प्रवाह ही है जो सत्त को जानने और सहज भक्ति मार्ग प्रशस्थ करने के लिये निरंतर बहे जा रहा है और ये प्रवाह कभी भी समाप्त नहीं होगा। सत्त की सत्ता कभी लुप्त हो ही नहीं सकती।

हालांकि निरंकार भगवन की ये त्रिलोकि माया आलोकिक, अविष्कारिक तथा चमत्कृतिक विस्मय कर देने वाली घटनाओं से भरी पड़ी है। ठीक इसी प्रकार निरंकार दायरे की सर्गुण व निर्गुण भक्तियां करने वाले संत, ऋषि मुनि व

गुरुआजन भी ऋद्धि सिद्धियों द्वारा चमत्कार दिखाने की होड़ में लगे रहते हैं क्योंकि इस त्रिलोकि की परम मोहिणी माया का एकमात्र लक्ष्य चकाचौंध मन भावन विस्मय कर देने वाली घटनाओं से आत्म सुरति को भ्रमित करना है। इन सब से परे सहज सतमार्ग के पूर्ण संत सतगुरु स्वयं भी पूर्ण जाग्रत अवस्था में पूर्ण सुरतिवान होते हैं अर्थात् वे काया में रहते हुए भी पूर्ण मोक्ष की अवस्था में होते हैं तथा वे अपनी शरण में आने वाले शरणागत को भी विदेह सब्द (सार नाम दात) देकर पूर्ण सुरतिवान बनाकर मोक्ष पथ पर अपने संग निजघर ले चलते हैं।

एक ओर निरंकार दायरे में जहां अनगिनत चमत्कारी घटनाएं आये दिन जगत गुरुआजन और ऋद्धि सिद्धियों से युक्त भक्तजन दर्शाते रहते हैं जैसे बड़े-बड़े प्रसिद्ध गुरुआजनों द्वारा हाथों से बबूती निकालना, मीठा जल अथवा कोई पदार्थ प्रकट कर देना व भूत-प्रेतों से निजात दिलाना ईत्यादि। वहीं दूसरी ओर ठीक इसके विपरीत सहज सत्य मार्ग के “पूर्ण संत साहिब सतगुरु” एक दम शांत, एकांतवास में रहते हुए आत्मा के मूल परमपिता परमात्मा “साहिब सतपुरुष जी” की भक्ति में लीन रहते हैं। साथ ही साथ वह मन माया, चमत्कारों, ऋद्धि सिद्धियों और करामातों से दूरी बनाये रखते हैं क्योंकि वह पूर्ण सुरतिवान अवस्था में होते हैं।

साहिब सतगुरु जी की वाणी अनुसार प्रीत से ओत प्रोत यह अदभुद्ध आलोकिक प्रेरणादायक घटना स्वयं साहिब सतपुरुष जी की आभा द्वारा ही घटित हुई। इसमें मैंने व बड़े साहिब जी ने कुछ नहीं किया।

साधक रजनी जी के अनुसार ये दृष्य अति अविस्मरणिय था जो इस प्रकार है :—

दिनांक एक फरवरी, 2022 मंगलवार का दिन था, मैं साहिब सतगुरु जी के फोन की प्रतीक्षा कर रही थी क्योंकि पिछले दो दिन से मेरी आत्म सुरति साहिब जी के चरणों में लीन उन्हीं के ज्योति रूप के दर्शन कर रही थी। हम सुबह साहिब जी के सिमरन उपरांत आरती कर रहे थे तभी ध्यान देते हैं कि साहिब जी की समाधि अवस्था की तस्वीर के भीतर उनके हाथों से एक श्वेत ज्योतिमय उर्जा उपर की ओर उठ रही थी। आश्चर्यचकित होकर हम ज्योति को देखते रहे फिर आरती समाप्त कर दी। पुनः रात की आरती के वक्त अभी भी वह श्वेत उर्जा साहिब जी के हाथों से उपर की ओर निरंतर उठ रही थी जो कि पूरा दिन निरंतर उसी प्रकार

प्रज्ज्वलित हो रही थी। तीन फरवरी सुबह तक वैसी ही निरंतर ज्योति प्रज्ज्वलित होती रही। मैं, अंदर से एक विचलित परन्तु श्रदेय भाव से भरी हुई थी कि साहिब जी आप से दौ दिन से फोन पर भी बात नहीं हुई थी तथा इस घटना के बारे में किसी से भी कोई बात नहीं कर पाई। तीन फरवरी लगभग दिन के ग्यारह बजे साधक अजय जी का फोन आया तो मैंने उनसे इस वृत्तान्त के बारे में विस्तारपूर्वक चर्चा की। साधक अजय जी ने कहा कि आप उस ज्योति की तस्वीर लेकर मुझे भेजो। मैंने अपने फोन से तस्वीर उन्हें भेज दी। तस्वीर देखने पर वो भी अभिभूत हुए साथ ही उन्होंने कहा कि आप साहिब जी के फोन की प्रतीक्षा ना करें और शीघ्र ही उन्हें स्वयं फोन कर के इस घटना के बारे में उन्हें विस्तारपूर्वक अवगत कराएं। अजय जी का फोन काटते ही जैसे ही मैं फोन करने के लिये उठी, इसी अंतराल में सहसा साहिब जी का ही फोन मुझे आ गया तो मैंने सारा वृत्तान्त उनसे विस्तार पूर्वक सुनाया। “साहिब सतगुरु जी ने बताया कि मुझे “साहिब सतपुरुष जी” इस चौले को त्याग कर दूसरे चौले में जाने का आदेश दे रहे थे और साथ ही साथ मैंने ‘बड़े साहिब जी’ को गद्दी भी सौंप दी है, अब से ‘बड़े साहिब जी’ ही इस गद्दी के मालिक हैं। मैं अब उनकी सेवा सबूरी में रहकर सभी कार्य करूंगा। जब ये घटना घट रही थी, इसी के प्रतिबिंब स्वरूप ‘साहिब सतपुरुष जी’ ज्योति रूप धारण करके मेरी इस समाधि अवस्था तस्वीर में दर्श दे रहे थे”। फिर मैंने साहिब जी से कहा कि पिछले दौ दिन से प्रज्ज्वलित आलोकिक ज्योति अभी भी निरंतर प्रकाशमान है। साहिब जी से आज्ञा लेकर मैंने इस ज्योति की तस्वीर उन्हें फोन पर भेजी जिसे देखते ही साहिब जी गद्गद हो उठे। साहिब सतगुरु जी के मुखारबिंद से पुनः ये शब्द उच्चारण हुए कि ये ज्योति के माध्यम से “साहिब सतपुरुष जी” अपना संदेश दृष्टांत रूप में दे रहे हैं कि सहज मार्ग के पूर्ण सतगुरु जी ने दूसरे संत सतगुरु जी को गद्दी सौंप दी है, इस पूरी प्रक्रिया का यही संदेश था”।

‘सतपुरुष साहिब जी’ की अपार कृपा से ये अदभुत आलोकिक घटना दृष्टिगोचर हुई। उधर ‘साहिब सतगुरु जी’ ‘बड़े साहिब जी’ को अपनी ऊर्जा प्रदान कर रहे थे और ‘बड़े साहिब जी’ बड़ी श्रद्धा पूर्वक उस ऊर्जा को ग्रहण कर रहे थे। इधर ‘साहिब सतगुरु जी व साहिब सतपुरुष जी’ की ऊर्जा साहिब जी की समाधि अवस्था की तस्वीर में हमें दर्श दे रही थी। इसके उपरांत उधर आश्रम में मोबाईल फोन पर ही ‘साहिब सतगुरु जी’ ने उस ज्योति रूप के दर्श सबसे पहले

‘बड़े साहिब जी’ और श्राविका जी को कराये। फिर साहिब ‘सतगुरु जी’ ने अपने मुखारबिंद से आदेश दिया कि इस ज्योति पुण्ड्र की तस्वीर सभी साधकों को भी भेजो ताकि सब साधक भी इस ज्योति के दर्श कर सकें। साथ ही कहा कि इस धरा के सभी जीवात्मा ‘साहिब सतपुरुष जी’ की सत सुरति आभा ज्योति रूप के दर्शन पायें। ‘साहिब सतगुरु जी’ ने ये भी कहा कि अब ये ज्योति धीरे धीरे स्वयं ही लुप्त हो जायेगी और ठीक वैसा ही हुआ, कुछ ही घंटों में यह प्रज्ज्वलित ज्योत धीरे धीरे समाधि अवस्था की तस्वीर से लुप्त हो गई। ‘साहिब सतगुरु जी’ का ये साक्षात संदेश था कि ‘बड़े साहिब जी ने’ ‘साहिब सतपुरुष जी’ की धरोहर ‘साहिब सतगुरु जी’ से ग्रहण कर ली है।

‘साहिब सतगुरु जी’ पल पल अपने सत सुरति अनुभव की वर्षा करते रहते हैं, ‘साहिब सतगुरु जी’ हम अति भाग्यवान हैं जो आप ने हमें दर्श दिये, अपनी कृपा हम सभी साधकों पे बनाये रखना।

15 फरवरी, 2022 को मंगलवार ‘साहिब सतगुरु जी’ का पुनः फोन आया कि मैं ‘साहिब सतपुरुष जी’ के आदेशानुसार उस स्थान को नमन करने और शीष निवाने के लिये आ रहा हूँ, जहां मेरे ‘सतपुरुष जी’ ज्योतिपुण्ड्र रूप में प्रकट हुऐ थे। शाम को साढ़े चार बजे वह शुभ घड़ी भी आ गई जिसका मैं बड़ी बेसब्री से श्रद्धापूर्वक पलकें बिछाये प्रतीक्षा कर रही थी। मेरे ‘साहिब सतगुरु जी’ ने फिर मुझे आचंभित करते हुऐ अपने संग संग ‘बड़े साहिब जी’ को भी लाया। आज की शुभ बेला में मैंने ‘बड़े साहिब जी’ संग—संग ‘सतगुरु जी’ के दर्श करने के उपरांत दोनों के चरणों में प्रणाम करके कहा कि इस जन्म में मैंने जीते जी ही निजधाम पा लिया है। ‘साहिब सतगुरु जी’ आप ने मेरे अंतःकरण में सुरति से बता दिया कि जीते जी मोक्ष पाना क्या होता है। आज मुझे आप ने मेरे निवास स्थान पर आकर जो दौलत प्रदान की उसका उपकार मेरे आने वाली पीढ़ियां भी धन्यवाद और नमन करें तो भी वे नहीं चुका सकती। साहिब जी आप दोनों जहां पर विराजमान होंगे वह स्थान निजधाम ही तो हो जाता है, ये भाव भी प्रकट हुऐ।

“धरती पर साक्षात सतगुरु जी आप का आना,

इस धरती के जीवों का मुक्ति मोक्ष पाना” ,

2. Ashram Rehari “Sahiban Kutia”

सतगुरु ‘वे नाम’ परमहंस साहिब जी की वाणी अनुसार ‘वे नाम’ परमहंस जी की तपोस्थली रिहाड़ी आश्रम को आज से साहिबन कुट्टिया नाम से प्रसिद्धी पायेगा। साहिबन कुट्टिया रिहाड़ी में साहिब सतगुरु जी ने दोनों “सार नाम व सुरत सब्द” साहिबन सत्तपुरुष जी से सुरति सूँ ग्रहण किया तथा इसी साहिबन कुट्टिया में साहिब जी ने निजधाम के संतों के दर्शन पाये।

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।।

And when we are talking about ‘ashrams’, religious 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.

3. GARDEN AVENUE TALAB TILLO ASHRAM

सतगुरु सत्तनाम आश्रम

15—गार्डन एवेन्यू, तालाब तिल्लो, जम्मू — 180002

15-Garden Avenue, Talab Tillo, Jammu - 180002

इसी प्रकार से तालाब तिल्लो सत्संग आश्रम को ‘साहिबन हाल’ के नाम से जाना जायेगा। इन दोनों आश्रमों में “साहिब सत्यपुरुष” जी का सदा वास रहेगा। साहिब सत्यगुरु ‘वे नाम’ जी की वाणी अनुसार ‘साहिबन कुटिया और साहिबन हाल’ अपने नामों से जगत में प्रसिद्धि पायेंगे। इन दोनों आश्रमों को निजधाम के मंदिरों के नाम से भी युगों युगों तक जाना जायेगा।

mobile दूरभाष :- 9419284038 7006811151

website : vainaamsurtidhara.org

U-tube : vai naam surti dhara

Email Id : vainaamsurtidharajmu@gmail.com

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.

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.

v.v.imp.

(सात पूर्ण संत और दासों के दास संत 'वे नाम' परमहंस जी')

Sant Paramhans 'Vai Naam Ji'

पूर्ण संतों का अर्थ है जो स्वयं भी सत्य हैं और सदैव सत्य का ही प्रचार प्रसार करते हैं और समस्त संसार को भी सत्य का ही मार्ग बता कर जीवों का कल्याण करते हैं, ऐसे संतों का आगमन कभी कभार ही इस धरा पर होता है। भाग्यशाली हैं वे जीव जो पूर्ण संतों के समय में ही ना सिर्फ इस धरा पर पैदा होते हैं अपितु उनकी शरण तक किसी भी प्रकार से पहुंच पाते हैं। अन्यथा समस्त जीवों को ना जाने कब तक इस आवागमन के चक्रव्यूह में पड़े रह कर ना—ना प्रकार की त्रिलोकि काल जाल की भंयकर यात्नाओं व त्रासदियों से गुज़रना पड़ता है।

सर्वप्रथम जैसा कि पहले भी कई बार इस भेद को उजागर किया गया है कि वर्तमान से करीब 550 वर्षों से भी पूर्व संतों के संत, शिरोमणि संत साहिब कबीर दास जी ही एक मात्र संत इस धरा पर आये थे जिन्होंने इस संसार को सत्य भक्ति / परा भक्ति / बृहंगा मत्त / सहज मार्ग का भेद और विधी बताई। परन्तु भगवान काल निरंजन के कर्म प्रारब्ध बंधन इस व्यवस्था में अधिकांश जीव (मानव) इस भेद को समझ ही ना पाये और चौरासी आवागमण चक्र में ही उलझ कर रह गये, जबकि बहुत सारी ऐसी जीवात्माएँ (आत्मां – मन = हंसात्माएँ) भी हुई जो इसी समय काल में संत साहिब कबीर दास जी के समकक्ष पहुंच कर उनसे सत्य ज्ञान (सार सद्द दात) को प्राप्त किया और अंततः अपने असली घर सत्यलोक / अमरपुर लोक पहुंच पाये, जहां के हम सभी हंसात्मा मूल निवासी हैं और ‘साहिब सत्यपुरुष जी’ हम सभी हंसों के असली पिता हैं। ऐसी सभी आत्माओं में से चंद विशेष आत्माएँ मुख्यता इस प्रकार से हैं :-

1	Sant Kabir Das Ji	संत परमहंस (साहिब कबीर जी)
2	Sant Sant Madhu Paramhans Ji	सत्यगुरु (मधु परमहंस जी)
3	Sant Paramhans Mira Ji	संत परमहंस (मीरा जी)
4	Mahan Paramhans Osho Ji	महान परमहंस (ओशो जी)
5	Sant Paramhans Baba Nanak Ji	संत परमहंस (बाबा नानक जी)
6	Sant Paramhans Ravi Das Ji	संत परमहंस (रविदास जी)
7	Sant Paramhans Bade Sahib Ji	संत परमहंस (बड़े साहिब जी)

और सब संतों के दासों के दास

Sant Paramhans ‘Vai Naam Ji’ सतगुरु परमहंस ‘वे नाम’ जी
आईये इन सभी महान (हंसात्माओं) परमहंसों को संक्षिप्त में जानें :-

Let’s know about these all great true and real Saints :-

1. Sant Kabir Das Ji

संत परमहंस (साहिब कबीर जी)

Sant Kabir Sahib Ji (1440-1518) was a great poet and saint who played an important role in the spiritual upliftment of the masses. He carried a bhakti revolution in the field of spiritualism . His teachings and many spiritual holy granth like Kabir Sagar have had a profound impact on the spirituality. He came on this earth at



Varanasi, India Orphaned at a young age brought up by a Muslim family. He was married and had two children mostly spent his life in Kashi, Varanasi and Maghar. He gave the message of Unity of God by advocating the path of devotion towards Satya Bhakti and self realization and taught the importance of compassion, love and humility. He also worked on literary work to project truth and love only regarding true and real spiritualism. He also influenced many saints and poets, including Baba Nanak Dev ji. Still his teachings and writings continue to inspire millions worldwide.

Among his main quotes he says :-

**“The world is a bridge, pass over it,
but build no house upon it”.**

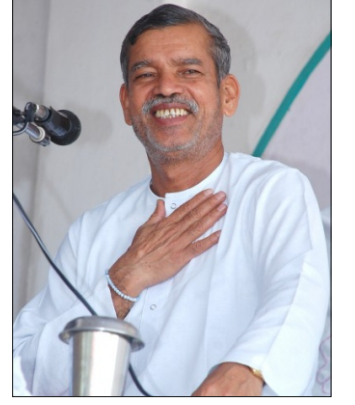
**“The ultimate goal is not to read scriptures,
but to realize the truth”.**

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2. Sant Madhu Paramhans Ji

सत्यगुरु (मधु परमहंस जी)

Sant Madhu Paramhans Ji is a renowned Spiritual ‘Sat-guru’ at present times when this great granth is being written. He born in 1957. He was drawn to spirituality from a young age. His spiritual journey began under the guidance of his guru. His teachings emphasized :



Devotional love and surrender to the divine. Guru Shishya parampara : The importance of the guru disciple tradition. Selfless Service : Serving humanity and the divine with love and compassion. Inner transformation : Cultivation inner peace, love and spiritual growth. Sant Madhu Paramhans ji established the Brahamleen Sant Madhu Paramhans Ashra m, which became a center for spirittual growth, education and community service. He also initiated numerous social and charitable projects and disaster relief efforts. His teachings and guidance inspired thousands of devotees worldwide. His disciples continue to carry forward his legacy, spreading his message of live, compassion, and spiritual growth. Finally, his legacy continues to inspire and guide seekers on their spiritual journeys.

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3. Sant Paramhans Mira Ji

संत परमहंस (मीरा जी)

Sant Mira Ji was born in 1498 and left this planet in 1557. She was a renowned devotee of Lord Krishna in her earlier life and remained uptill she found Guru Ravi Dass Ji a complete saint after she was guided by her Isht Lord Krishna. Born in Merta, Rajasthan, India married to Rana Kumbha of Chittor later on. She faced so much of hardships in her life but continued to stick on spiritual ideology love and devotion towards Lord Krishna initially and later on towards Satguru Ravi Das Ji. She also taught the masses about rejection of worldly attachments through her personal experience and inner transformation. She has also recited poems and literary bhakti songs in Rajasthani and Braj languages amongst Mira Bai Ki Padavali and Mira Bai Granthavali are very famous. She said to be the most important female saints in this cosmos and has inspired generations of devotees and poets. Her teachings and pertry continue to be revered and studied worldwide. Like any other true and real Saint, Mira ji's life and teachings embody the principles of love, devotion, and surrender to the divine. Her poetry and legacy also continue to inspire and guide seekers on their spiritual journeys.

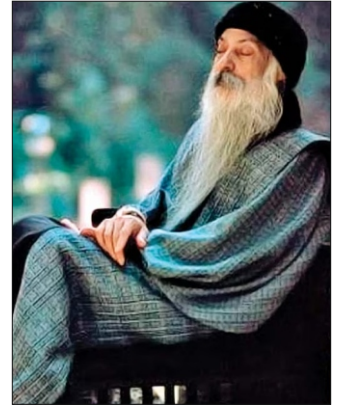


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4. Mahan Paramhans Osho Ji

महान परमहंस (ओशो जी)

Paramhans Osho Ji was born in 1931 and left for his heavenly abode in 1990. He was a spiritual leader, philosopher and a big orator. His real name was Chander Mohan Jain and was born in Kuchwada, India. He became a professor of philosophy at the age of 21 and emphasized through his teachings about individual freedom, love and meditation. He remained critiqued traditional religions and societal norms. He worked and invented new dynamic meditation techniques and spoke on various topics including love, spirituality and sex. He gave the message to the masses of living life totally embracing all aspects of existence, he also aware the people about cultivating consciousness and awareness.



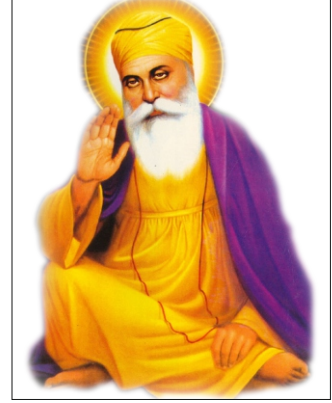
He founded the Osho International Meditation Resort in Pune, India. He has written more than 600 books translated into many languages and inspired millions worldwide with his teachings and meditations.

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5. Sant Baba Nanak Ji

संत परमहंस (बाबा नानक जी)

Sant Baba Nanak Ji commonly reknowned as the first Sikh Dharam guru in this cosmos. He was born on 1469 and remained and left this world in 1539. He was a spiritual leader, poet, and the founder of Sikhism. He was born in Talwandi, Pakistan and traveled extensively throughout his life, spreading his message of love compassion and spiritual growth.



He emphasized the oneness of God i.e. Ek Onkar. He was a great seeker of Almighty and encouraged the masses about meditation and devotion to achieve spiritual enlightenment. He also worked for the social justice, advocated for equality to all. More over he criticized the empty rituals and laid stress on genuine spiritual practice. He was having a distinct faith with a unique scripture 'Guru Granth Sahib' and inspired a vast following across the world. His teachings and 'shabads' continue to guide the masses in general.

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6. Sant Paramhans Ravi Das Ji

संत परमहंस (रविदास जी)

Sant Ravidas Ji (1450-1520) was a renowned spiritual saint and poet who played a significant role in the bhakti movement. He was born in Varanasi, India.



He was also a great devotee towards true and real spiritualism and Supreme Power. He emphasized to a single formless God. He taught the masses about humanity and humility as well and rejected caste distinctions. He focused on self reflection, meditation and personal spiritual development. He treated all beings with kindness and respect. He inspired the mass following especially among marginalized communities. His poetry and teachings continue to influence Indian thought and culture. Sant Mira Bai was his prime disciple who presented him before masses through her selfless and fully devotional bhakti. Sant Ravi Das Ji's message of love , equality and spiritual growth remains powerful and relevant today, transcending caste and social boundries.

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7. Sant Paramhans Bade Sahib Ji

(संत परमहंस बड़े साहिब जी)

Bade Sahib Satguru Paramhans 'Vai Naam' Ji is the complete Saint on this universe at present. 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 Vai Naam 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

Satuguru 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 :-

Dhruv Pralad, Nachiketa, Eklavya are some of the outstanding starkids who rose above worldly enchantments, were put to the test by Kal-Niranjan. They passed the test with flying colours, but couldn’t escape from the cycle of birth and death permanently. On the other hand “Bade Sahib Ji” at the age of five and half year got permanent Salvation from this planet.

“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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सब के दासों के दास (सतगुरु परमहंस 'वे नाम' जी)
Sant Sat-guru Paramhans 'Vai Naam Ji'



Sat pursh Jyot Sawroop Ji
1 feb 2022

Sant ‘Sat-guru Paramhans Vai Naam Ji’ is the only dignity in the 4 loks at present (after Sant Kabir Ji), who have been bestowed the ‘Saar Naam’ / ‘Alive Holy Naam’ Daat directly through the ultimate supreme power “ Sahib Satpurush Ji” on March 18, 2012 to uplift the general masses (all the Hansatma) spiritually, in this cosmos so as to reach their original abode Amarlok. Before attaining this spiritual state ‘He’ was doing bhakti of Nirankar Bhagwan since his childhood initially after being inspired by the ideology of Lord Krishna and then in Nirankari Mission for more than 40 years followed by five to six years approximately at Yogananda.

Sant ‘Sant Sat-guru Paramhans Ji’ was born on May 10, 1942 in Kotli/Mirpur, (now in Pakistan) on this planet. After the riots / partitions in 1947 he was migrated to Rajouri, India along with his parents and later on settled in Jammu.

‘Sat-guru Vai Naam’ ji spent his most of the child hood period in children home, Srinagar and remain there for his initial education, where he faced so many challenges and experiences of hardships & struggles. (narrated in ‘Granth Amar Sagar’). He got his higher study later on at Jammu .

Besides studies he was continuously remain attached with Nirankari Mission with full devotion, zeal and enthusiasm, where he achieved many feats/achievements in realising soul and inner self. He experienced so many spiritual journeys of different lok-lukantars of Devi Devtas and God (Kal Bhagwan). With his sincere dedication and devotion towards Nirgun Bhakti and Dhyan finally got Darshan of Kal Niranjan (God) and his lok Sehastrasaar and after that he was handed over to the Almighty Supreme consciousness / ‘Satyapurush Sahib Ji’ by Kal Bhagwan Himself. (kindly go through the Granth Amar Sagar & Secret of Liberation to know in detail the achievements of ‘Sat-guru Vai Naam Paramhans Ji’).

Before realising the ultimate ‘Supreme Sahib Satyapurush Ji’ on March 18, 2012.... ‘Sat-guru Vai Naam Ji’ was initially guided by Kaal Bhagwan himself to meet ‘Sant Madhu Paramhans Ji’ of Ranjhri wale at Akhnoor Ashram where he followed the traits and teachings of ‘Sant Satguru Madhu Ji’ through his sermons and personally as well through goshti. ‘Satguru Vai Naam Ji’ spent six months approximately there before to be blessed with ‘Alive Holy Naam’ from the Supreme consciousness through the Supreme Surti concentration of ‘Satypurush Sahib Ji’ who is actually the true father of all the Hansatmas in these 4 loks (including three loks / Triloki).

On meeting with ‘Satyapurush Sahib Ji’ through Surti when he was awarded with ‘Alive Holy Naam’, he was advised to stick on the principal of not telling any body in this universe wrong and bad, (कभी भी इस जग में किसी को बुरा ना कहना) and also asked to tell that what is the meaning of

“रब दा की पाना, ऐदरों पुटना ते ऐदर लाना” !

After that ‘Sat-guru Vai Naam ji’ was blessed and awarded with the authority and duty of making the people aware regarding the Sehaj Bhakti Marg and enlighten them spiritually with ‘Alive Holy Naam’ provided to him and help all the Hansas who are eagerly waiting to meet their true and real father ‘Sahib Satyapurush Ji’. Since then ‘Sat-guru Vai Naam Ji’ is constantly working for the welfare of the masses by enlightening them to uplift spiritually so as to reach to their original destination Satlok/Sahib lok.

“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.

‘वे नाम सुरति धारा’

वर्तमान युग में “साहिब सतपुरुष भक्ति धारा” को संत शिरोमणि ‘वे नाम’ परमहंस जी निरंतर अपनी अमृतमयी वाणी प्रवचनों से प्रज्ज्वलित किये हुए हैं। उन्हीं के अमृतमयी प्रवचन श्रृंखला को ‘वे नाम’ सुरति धारा से जाना जाता है।

“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/Sanjeevan Naam) given by ‘Sahib Satpurush Ji’.

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.

“Sat-guru Vai Naam Paramhans ji always inspires his Saddaks as well as the general masses to follow the following traits so as to become pure Hansa to reach their real abode Satyalok : -

- 1 Always speak the truth.**
- 2 Always seek guidance from Satguru (Internally).**
- 3 Ek Naari Sada Brahmchari / Pooran Brahchari**
- 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 Sants 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.

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’.

He says, 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/Satyapurush/Sahib Ji.

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.

**“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 नांही कोये ।
चारों वेद नहीं जानत, सतपुरुष कहानियां ।।**

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 18-03-2012 where too he got spiritually elivated 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 origional home/abode Satlok/Nijdhaam/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.

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

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 clutuches of Kaal Niranjan so that they can reach Satlok/Nijghar the origional 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'.

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 Niranjan 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. Sahib Satguru 'Vai Naam' Paramhans Ji says the Pooran Sants requires nothing except the selfless true love and devotion from their deciples.

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.

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 ।।

'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 ।।

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.

He further says that all this has been written 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.

नोट :- सतगुरु ‘वे नाम’ परमहंस जी ने सब संतों से सब कुछ लेकर ग्रंथों में डाला ।

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सत्यगुरु 'वे नाम परमहंस जी' द्वारा महाकाल चक्र की व्याख्या

महांकाल कालचक्र

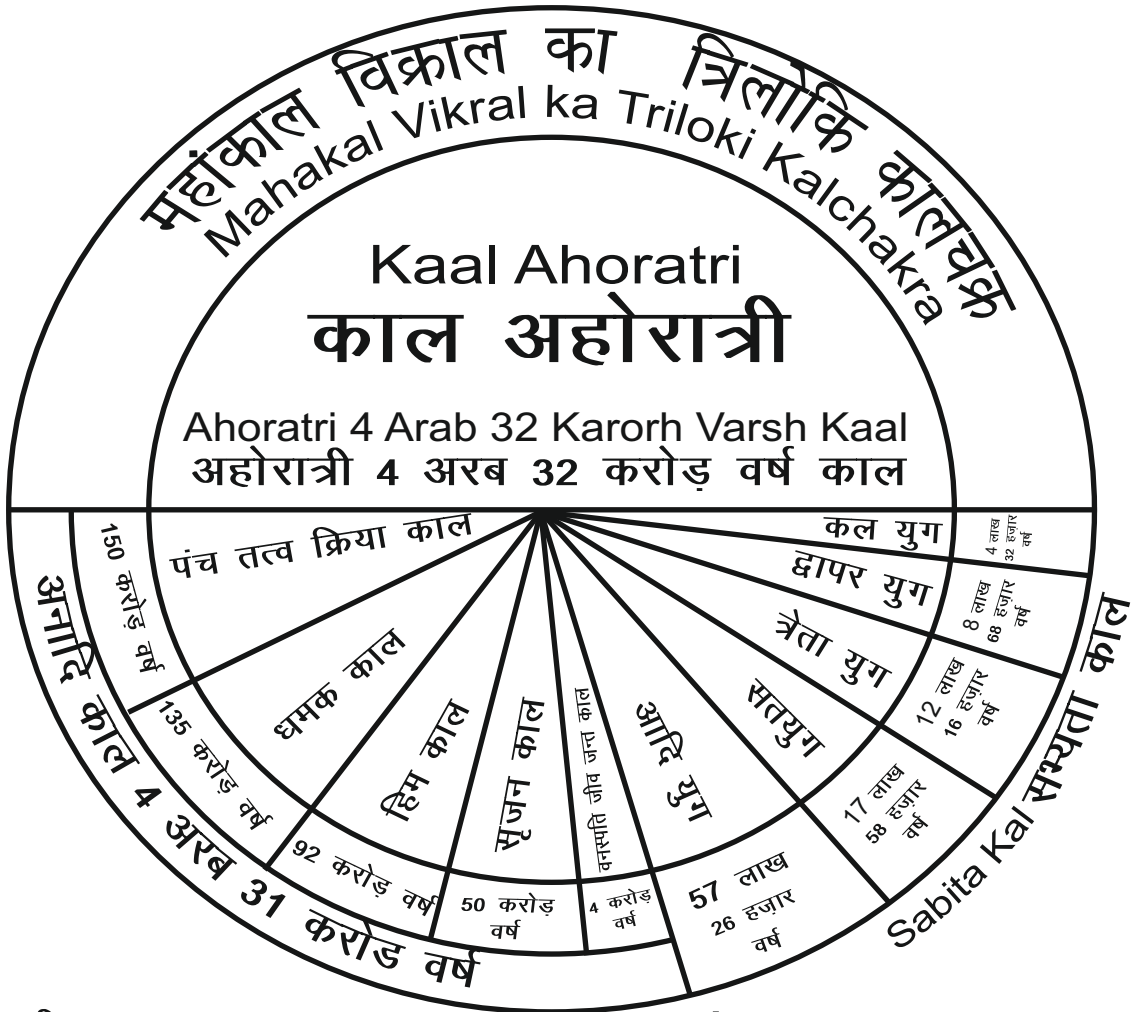
Mahakaal Kaal Chakra

निरंकार का एक दिन और रात

Nirankar Ka Ek Din Aur Raat

आठ अरब चौसठ करोड़ वर्ष

Aath Arab Chounsath Karorh Varsh



अनादि काल

1. पंच तत्व क्रिया काल
2. धमक काल
3. हिम काल
4. सृजन काल
5. वनस्पति जीव जन्त काल

Anaadi Kaal

- Panch Tattav Kriya Kaal
Dhamak Kaal
Him Kaal
Srijan Kaal
Vanaspati Jeev Jant Kaal

संरचना युग

1. आदि युग
2. सत युग
3. त्रेता युग
4. द्वापर युग
5. कल युग

Sanrachna Yug

- Aadi Yug
Sat Yug
Treta Yug
Dwapar Yug
Kal Yug

जिज्ञासुओं की जिज्ञासा शांत करने और विस्तारपूर्वक इस सृष्टि संरचना की संक्षिप्त जानकारी कालचक्र के चित्र के माध्यम से संत सतगुरु ‘वे नाम’ परमहंस जी ने समस्त जगतवासियों के समक्ष प्रस्तुत की है और ये पूरी जानकारी किसी वेद ग्रंथों अथवा किसी अन्य धार्मिक ग्रंथों के माध्यम से नहीं अपितु अपने आलोकिक आध्यात्मिक जीवन के अदभुत निजी अनुभवों और लोक लुकांतरों की यात्राओं के आधार पर सारे संसारवासियों के लिये प्रदान की हैं। हालांकि संत सतगुरु ‘वे नाम’ परमहंस जी का सीधा सम्बंध सत्यलोक/अमरलोक यानि इन तीन लोकों (त्रिलोकि जगत) से परे चौथे लोक से होता है और यह वह अवस्था होती है जब पूर्ण संत ‘वे नाम’ परमहंस इस जगत के आवागमन के चक्र से मुक्त होते हैं अर्थात् वे कभी भी अब गर्भ में नहीं आते। परन्तु इस अवस्था से पहले वे त्रिलोकि जगत की सारी जानकारी से युक्त एवमः रूबरू होते हैं। वे कोई चमत्कार तो नहीं करते, जिसका यह संसार सदा से ईच्छुक रहा है परन्तु वे इन चारों लोकों में निरंतर अपना पहरा दे रहे होते हैं। उनके मुख से निकला हर कथन अटल व सत्य ही होता है।

सर्वप्रथम इस महाकाल विक्राल चक्र को दौ भागों में व्यक्त किया गया है :—

‘काल—अहोरात्रि’ व ‘अनादि काल और सभ्यता काल’

महाकाल चक्र की कुल अवधि आठ अरब चौंसठ करोड़ वर्ष की होती है और इसके दोनों भाग ‘काल अहोरात्रि’ व ‘अनादि काल—सभ्यता काल’ की अवधि आधी—आधी 4 अरब और 32 करोड़ वर्ष की होती है।

इन दोनों काल खण्डों को आगे निम्नलिखित रूप में बांटा गया है :—

अनादिकाल — इस काल के अंतर्गत सृष्टि रचना काल में सर्वप्रथम पंच तत्व क्रिया काल 150 करोड़ वर्ष का होता है, इसके उपरान्त 135 करोड़ वर्ष का धमक काल, 92 करोड़ वर्ष का हिम काल, 50 करोड़ वर्ष का सृजन काल और 4 करोड़ वर्ष का वनस्पति जीव जंतु काल होता है।

सभ्यता काल — अनादि काल के उपरान्त सभ्यता काल अर्थात् संरचना युग का आरम्भ होता है जिसमें आदि युग की अवधि 57 लाख 26 हजार वर्ष की होती है — इसके पश्चात् 17 लाख 58 हजार वर्ष का ‘सत्य युग’, 12 लाख 16 हजार वर्ष का ‘त्रेता युग’, 8 लाख 68 हजार वर्ष का ‘द्वापर युग’ और अंततः 4 लाख 32 हजार वर्ष का ‘कलयुग’ होता है —

काल अहोरात्री :- हर प्रलयः उपरान्त 4 अरब 32 करोड़ वर्ष का अहोरात्री काल खण्ड होता है ।

नोट :- इस काल खण्ड के विषय में सम्पूर्ण जानकारी के लिये हर मनुष्य वर्तमान काल के किसी सम्पूर्ण 'संत सतगुरु परमहंस' से संपर्क करे, जिनका सीधा संबंध 'सत्यलोक/अमरलोक/साहिब लोक' से होता है जो हम सभी हंसां (आत्मां—मन) के असली परमपिता 'साहिब सत्यपुरुष जी' का निवास स्थान है और इसी सत्यलोक को पाना ही हम सभी जीवात्माओं का मूल लक्ष्य होता है । (इस वर्तमान काल में जबकि ये ग्रंथ रचा जा रहा है, संत 'वे नाम' परमहंस जी समस्त जीवात्माओं के जीवन के उद्देश्य की पूर्ति के लिये भरसक प्रयासरत हैं अतः उपलब्ध हैं ।

क्योंकि इस मनुष्य जीवन को प्राप्त करना इस प्रालब्ध कर्म बंधन के नियमों के अनुसार अति दुर्लभ है और हम यदि इस वक्त इस मानव जीवन की महत्त्वता को समझ और परख लें तो हम एक पल की भी देरी नहीं करेंगे सहज सत्यमार्ग के किसी भी संत परमहंस की शरणी जाने में ।

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21 लोक विस्तार

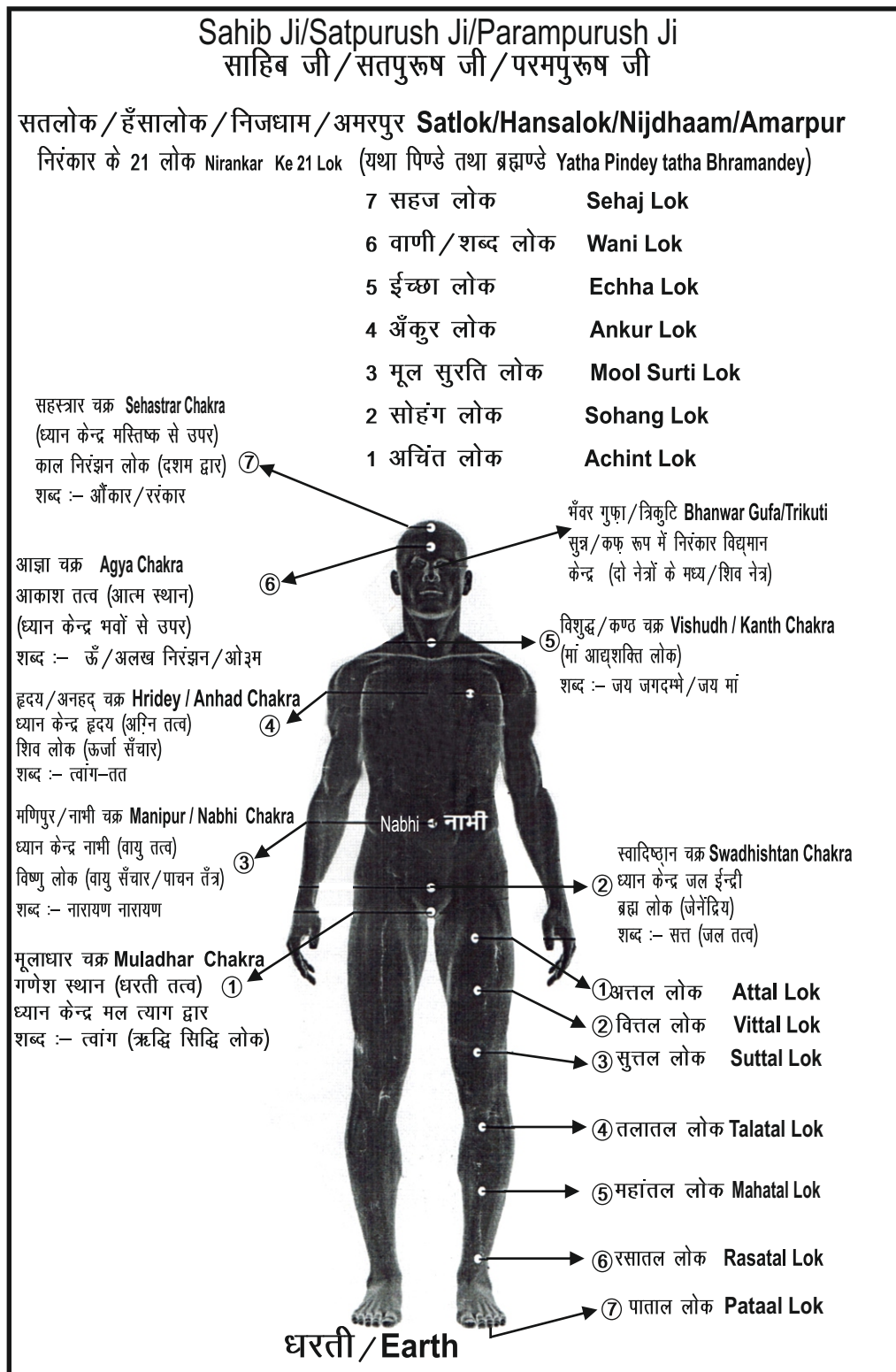
यूं तो यह समस्त संसार चारों लोकों के अंतर्गत समाया हुआ है परन्तु यदि हम सभी हंसां (आत्मां—मन = हंसा) के असली घर सतलोक/अमरलोक/साहिब लोक से छेदित हुआ सुन्न व महांसुन्न और इस अदभुत परन्तु हम सभी हंसां के लिये अति महत्वपूर्ण ये धरती की गणना करें तो ये तीन लोकों (त्रिलोकि जगत) के अंतर्गत निराकार भगवान (काल निरंजन) द्वारा स्थापित किया गया है जिसे त्रिलोकिनाथ काल भगवान जो चारों लोकों के स्वामी "साहिब सत्यपुरुष जी" के पांचवें शब्द पुत्र हैं, ने बड़ी तपस्या उपरान्त प्राप्त किया था ।

"इस समस्त सृष्टि की अधिक जानकारी के लिये सतगुरु साहिब 'वे नाम परमहंस जी' के अदभुत आलोकिक उनके अपने आध्यात्मिक अनुभवों पर आधारित सत्संगों, भजनों, काव्यों और "वे नाम सुरतिधारा" की वेबसाइट vainaamsurtidhara.org, व यू ट्यूब चैनल (vainaamsurtidhara) email id : vainaamsurtidharajmu@gmail.com, व स्वयं साहिब सत्यगुरु 'वे नाम' परमहंस जी से संपर्क करें" ।

1 चित्र के अनुसार सबसे ऊपर महांसुन्न के पार सत्यलोक/निजधाम, सभी हंसां का घर चौथा लोक अमरलोक/साहिब लोक है, जिसका ना कोई आदि ना अंत है ।

2 इन्हीं चारों लोकों के अन्दर ही सुन्न तत्व द्वारा छेदित हुआ ईक्कीस लोक विस्तार है,

जिसका सारा नियंत्रण काल भगवन/एक औंकार/मन स्वरूप/काल निरंजन के पास है और वे ही माता आद्यशक्ति व त्रिदेवों और समस्त देवी-देवताओं की सहायता से इस पूरी त्रिलोक नगरी का कुशलतापूर्वक संचालन कर रहे हैं। एक स्वयं संचालित कर्म—प्रालब्ध व्यवस्था द्वारा त्रिदेवों की निगरानी में सारा कार्य भार सौंप कर उन्होंने स्वयं को सुन्न में ही स्थापित किया हुआ है।



“यथा पिण्डे तथा ब्रह्माण्डे”

इस कथन अनुसार चित्र में हम मनुरुय के शरीर (पिण्ड) में पांव से सिर तक कर यदि अध्ययन करें तो भलि भांति इस तीन लोक संसार की व्यूह रचना को भी समझ सकते हैं :-

जिस प्रकार यदि मनुष्य के शरीर अर्थात् काया के तीन भाग देखें तो सबसे निचे पांव से लेकर जंगा के उपरी भाग तक 1 अत्तल, 2 वित्तुल, 3 सुत्तल, 4 तलालत, 5 महांतल, 6 रसातल और पाताल लोकों सहित 7 लोकों को अंकित किया है।

और सिर के उपरी भाग सहस्त्रसार से उपर 1 अचिंत लोक, 2 सौहंग, 3 मूलसुरति, 4 अंकुर, 5 ईच्छा, 6 वाणी और 7 सहज लोक सहित 7 लोकों को दर्शाया है।

अतः मानुष काया के मध्य भाग में मूलाधार चक्र से सहस्त्रसार चक्र तक सात लोक अंकित किये गये हैं।

जैसे ध्यान से समझने जानने पर हम पाते हैं कि निम्नांकित सात स्थान और चक्र निजका अपना अपना ‘शब्द’ है और हर चक्र स्थान किसी देवी देवता के नाम से ही स्थापित हुऐ हैं :-

चक्र	तत्त्व	ध्यान केन्द्र	देवी देवता निवास	शब्द
1 मूलाधार	धरती	मल त्याग द्वार	गणेश जी	त्वांग
2 स्वादिष्ठान	जल	जनेंइन्द्री	ब्रह्मालोक	सत्त
3 मणिपुर	वायु	नाभी	विष्णुलोक	नारायण
4 हृदय/अनहद	अग्नि	हृदय	शिवलोक	त्वांगतत्त
5 विशुद्ध/कण्ठ	—	दौ नेत्रों के बीच	आद्यशक्ति लोक	जय जगदम्बे
6 आज्ञा चक्र	आकाश भवों से उपर	दशम द्वार	औंकार/रंकार	
7 सहस्त्रसार	—मस्तिष्क से उपर	आत्म स्थान	औंकार/ऊँ/अलख	निरंजन
8 भंवर गुफा/त्रिकुटि	—	दौ नेत्रों के मध्य शिव नेत्र	सुन्न कफ रूप में	—
			निरंकार विद्यमान	

अधिक जानकारी हेतु सतगुरु ‘वे नाम’ परमहंस जी से संपर्क करें !!

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साहिब सतगुरु “वे नाम परमहंस जी” अपने सतगुरु जी की महिमां का गुणगान करते हुए यूं लिखते हैं :-

- 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 सूं, 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।।
- 5 बिन सतगुरु कोई कुछ नाहि, सब कुछ कर्ता आप।
साधक के समर्पण से, केवल बनती बात।।
- 6 शब्द ही सर्गुण शब्द ही निर्गुण, शब्द ही वेद ब्रह्मना।
जो जन ईस भेद को जाने, उसका सतगुरु ठिकाना।।
- 7 सतगुरु महिमां जो जाने प्यारो, सच्चा साधक साहे।
जो जाने सो खो जाये प्यारो, सतगुरु पार लगाये।।
- 8 सतगुरु की महिमां क्या लिखूं, सब कर्ता वह आप।
वह ही सतपुरुष रूप पधारो, सब कुछ उनके हाथ।।
- 9 सतगुरु मिला तो सब मिला, खुले मोक्ष द्वार।
उनकी पूर्ण कृपा सूं, पायो साहिबन दीदार।।

v.v. imp. :- साहिब सतगुरु “वे हूँ परमहंस जी” अनुसार :-

“मैं” तो सब का दास हूँ मेरा नित्त काम संगत के लिए झाड़ू-पौचे करना, पानी भरना, संगत की धरियां बिछाना, उनकी चददरें धौना व उनकी आवभगत करना तथा सारी संगत की सेवा सबूरी करना है, मैं तो सतगुरु हूँ ही नहीं, ये मानता हूँ और सब की सेवा करना ही मेरा परम धर्म है, मैं ऐशों आराम करने के लिए इस धरा पर नहीं आया हूँ, यहां तक की छोटी से छोटी चीज़ जैसे कि मैं तो फटे हुए पौचे भी सुई से सिल कर बारम्बार प्रयोग में लाता हूँ तथा मेरे द्वारा प्रयोग में लाये हुये वे पौचे भी स्वच्छ व निर्मल रूप में दिखेंगे। मैं तो सब का दास ही हूँ क्योंकि जगत के हर प्राणी में “साहिब सतपुरुष जी” का अंश सुरति रूप में विद्यमान है।

v.v. imp. :- “वे हूँ परमहंस जी” की वाणी अनुसार :-

संगत की सेवा ही मेरे साहिब सतपुरुष जी की सेवा है। साहिब सतपुरुष जी की सेवा के लिए मैंने अपना तन, मन व धन सभी कुछ त्यागा है तभी तो सतपुरुष जी दीन दयाल हुए और मुझ दास पर उन्होंने अति कृपा की कि मुझे अपने दास रूप में स्वीकारा। मेरे परमगुरु जी ने भी मुझ पे अति कृपा की है जिन्होंने अपनी शरण में मुझे केवल स्थान ही नहीं दिया अपितु अति कृपा करके सार-सब्द की अनमोल दात भी प्रदान की। उन्हीं के स्नेह व कृपा से बहुत अल्प अवधि में ही पूर्ण साहिब सतपुरुष जी को उन्हीं के रूप में पाया।

बलिहारी जाऊँ गुरु अपने, जिन रंग दिया अमर सुरति रंग।
मन माया तरंग मिटि, चढयो साहिबन सतगुरु सुरति रंग॥

साहिब जी आगे कहते हैं :- मैं सुबह शाम नित्त अपने सत्यगुरु सुरति में ही रहता हूँ तथा साहिब सत्यपुरुष जी के दर्स सतगुरु रूप में पाता हूँ। “वे हूँ परमहंस जी” हर पल परमगुरु जी का कौटि-कौटि धन्यवाद करते हुए कहते हैं कि “दास” आज जिस अवस्था में है वह सब मेरे सत्यगुरु ‘मधु परमहंस’ रांझड़ी वालों के स्नेह और प्रेम से ही संभव हो पाया है।

सत्यगुरु बड़े साहिब से, मन में मत सोच विचार।
साहिब सिमरे सो वार है, सत्यगुरु सिमरे सो पार॥

साहिब सत्यगुरु दोनों खड़े, का कौ निवाऊँ शीष।
सत्यगुरु कृपा सूँ साहिबन प्रकटे, ताके चरण धरुं मैं शीष॥

हे जगत जीव आत्माओं, बिन सहज सतमार्ग के पूर्ण सतगुरु परमहंस जी की शरणी जाये कोई भी जीव मोक्ष पथ की ओर अग्रसित हो ही नहीं सकता। हे जगत जीवो – सहज सतमार्ग के पूर्ण सतगुरु परमहंस जी की शरण में आओ, ‘सत्त’ (सत्य) रूपी पूर्ण सत्यगुरु परमहंस जी की कृपा से निज ‘सत्त’ रूप को जानो और ‘सत्त’ (हंस) हो जाओ और पूर्ण ‘सत्त’ (सत्यपुरुष, परमपुरुष, सत्यलोक, निजधाम, बेगमपुर) में जा समाओ। बिन पूर्ण ‘सत्त’ (सत्य) हुए मन-माया रूपी आवागमन नहीं मिटता।

नोट :-

हे जगत की जिज्ञासु जीवात्माओं, सतगुरु “वे नाम परमहंस जी” की वाणी अनुसार ये उपरोक्त भाव आप सभी जीवात्माओं के लिए और आप सभी जीवात्माओं के द्वारा ही आपके सामूहिक प्रयासों से ही कलमबद्ध किये गये हैं अर्थात् उपरोक्त कलमबद्ध भाव व विचार आप सभी जिज्ञासुओं के ही हैं और आप के लिए ही कलमबद्ध किये गये हैं और इसी श्रृंखला में आप का कोई निजी विचार अथवा कोई भी त्रुटि संज्ञान में आये तो आप अपने सुझावों से हम्हें अनुग्रहित करें।

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Note :-

Some terms, traits, deeds, instructions, precautions, suggestions, experiences and acts which are necessary to adopt for human beings / mankind to achieve their real goal of life i.e. human births, are as follows :-

The Surti concentration, Surti & Supreme Surti plays vital role in spiritualism.

MAIN POINTS OF SURTIC CONCENTRATION, SURTI & SUPREME SURTI

- 1 Previous life's - Present life and before listening to my Satsang - Was in Deep Slumber & Ignorance.
- 2 Establish Link With – Vai-Naam & Surti Consciousness.
- 3 Get your soul established in Supreme Surti.
- 4 Don't Waste Time :- He 'Himself is present in heart & breath, connect yourself with surti consciousness.
- 5 ARJUNA – “LORD KRISHNA”

- 6 Endure Pain With our Sign Of Balanced person – duty to uphold Dharma
- 7 Time heals the wounds : pleasure, pain, high low, steady, calm, Balanced person.
 Imp: Full of itself – Immortal – self Truth Love, Joy, Peace – good & inner self – ‘In Vai Naam’ – See ‘Me’. In the inner core of SURTI – lies BLISS.
 True self – When Mind & Maya are gone.
 Same is, was & will – Surti – Stay ‘STEAD FAST’ with Supreme consciousness.
 SARVA BHADRANI may all attain welfare, Pashyantu (Well being) “soundless sound word” :-
- 8 See through self for 4th lok is transformation ||
- 9 Let go past & future
- 10 Like cement / Mud
- 11 Mind & Maya are grass, weed/waste/growth.
- 12 SUN – Become Sun within – no cheating.
- 13 Birth & Death (Bondage of Mind & Maya)
- 14 Don’t keep one in the dark.
- 15 Don’t speak of good, achieve good.
- 16 Let go false ego – pretension is escapism – Defeat – Naked

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CHETAN SURTI & SUPREME SURTI

Supreme Surti i.e. Supreme Consciousness, provides the knowledge of Supreme Soul, Satpurush, Satlok or Amarlok itself, which is limitless and endless Chetan Surti is of true and real Satguru who is being bestowed, entrusted “Alive Holy Naam”, soundless sound word, bodyless word in which Parampurush/Satpurush Himself resides. Surti is possessed by all creatures in this cosmos.

The good is one thing, the agreeable another. Human being find them in variety of objects and become bound/got attracted/absorbed to have them one way or the other.

One who attaches himself to the Supreme Surti through true and real Satguru ‘Vai Naam’ ji of the time get his Surti Concentrated by “Alive Holy Naam” being blessed to him by true Satguru ‘Vai Naam’ of the time.

One who pursues the agreeable/desirable is cheated of the real “Alive Holy Naam” from true and real Sat-guru to move towards Supreme bliss (Annand) love, truth and joy.

When a respondent (showing loss of hope) Arjuna hesitates to fight against his own kinsmen.

Lord Krishna reminds him that to be a balanced person, this is a duty to be performed to uphold dharma. To become, balanced person, Arjuna would have to develop faith, endurance and equanimity (i.e. to become calm, attain peace within).

In chapter 14-15, Krishna says to Arjuna that the senses contact objects which cause wishes, desires, hopes, pleasure and pain that have no beginning and end. These are all temporary i.e. impermanent. They need to be endured (to tolerate bravely).

Time heels the wounds. The self is absolute which never changes / i.e. immortal. Lord Krishna explains to Arjuna that the one who remains unaffected by pleasure and pain, wish ups and downs and regards them as same, is a steady, calm, balanced person, one who is full of itself, is regarded as immortal self, the absolute, is change-less, full of truth, love, joy indestructible and eternal.

The self does’t identify itself with the mortal body and through it, with the cosmos outside. Therefore, it can remain peaceful within, provided one is being blessed with “Alive Holy Naam” from ‘Ve Naam’ Sat-guru Param Hansa of the time.

“मन ही सरूपी देव निरंजन, तिहीं रहा भरमाई ।
हे हंसा तूं अमरलोक का, पड़ा काल वश आई ।
अलख निरंजन लखे ना कोई, जिहीं बंधे बंधा सब कोई ।
जेहि झूठे सब बंधु आयाना, झूठी बात सांच को माना”

Turn thy inner sight into thyself with “Alive Holy Naam” / “soundless sound word” and the glimpses of ‘Satyaguru’ in whose Chetan / elevated Surti then mayest find ‘Me’ standing in the guise of ‘Vai Naam’ ‘Sat-guru’ ‘Param Hansa’ Mighty, Supreme endless, limitless Supreme ocean and self-subsisting.

There is joy when the body is in its natural state of Supreme Concentration establishing true and real ‘Satyaguru’ standing before thyself. In the inner core there is bliss when Surti is in Alive Holy Naam along with breathe.

Therefore, enlightened beings have been given blessings within for each perfection for abiding in the self. True self being manifests when the thought and idea of Mind and Maya as delusion about the self ceases to be in you.

Physical illness is insignificant. The body perishes whether it is healthy or not. But the pure ‘self’ (Hansa) in the body remains as it is, was and will be.

To stay steadfast with true and real ‘Satyaguru’ ‘Vai Naam’ ji in that eternal essence alone is true life, service and dharma.

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v.v.imp.

RELATION OF SURTI, CHETAN SURTI & SUPREME SURTI

Think of the life you lived if pursuing worldly things in accordance of Mind & Maya, was like a dead human being. That period lived until now was meaningless, insignificant and without in your ownself, but in deep slumbers, in dreams. Now see, what is left as a bonus and try to seek true and real spiritual masters guidance to uplift your ‘Soul Surti’ to establish link of Soul with ‘super soul’ to be in yourself, with due realisation of self being in “Alive Holy Naam” blessed by true and real ‘Satyaguru’ ‘Vai Naam’ of the time.

Only one who attaches himself to Supreme Soul through Alive Holy Naam, by the grace of God, get his Surti established with Supreme Soul, whose segments we are on this planet to make our bonus period of life meaningful and for some use to uplift other Hansas on this (planet) in this cosmos.

v.v.imp.

Don't waste even a single minute of your life which is very precious and meaningful in the present setup of the world which is facing crises of coronavirus pandemic has shaken the foundations of our global society, spiritual foundations and economy. Yet, amidst this devastation, we are also amidst this devastation, we are also seeing the awakening, strengthening of an international spirit of compassion to ensure that our spirit is not dampened in any way and in any sense. This concern to move joining shoulder to shoulder, Surti to Surti, to leave no one behind in any way and any sense is the animating spirit of elevated Souls in the universe.

Reflecting on this spirit, I am reminded of a parable. A ship being rowed by Indian carrying some foreigners got struck in a whirl pool. The captain of the ship signaling every one to jump out of the ship for safety. No one jumped out of the ship except him, who was later on taken out of sea by other shipmen. It shows that nature come to the rescue of those who are brave and daring. The cowards who live in deep slumber die so many times before their actual death. 99.9 % die in deep slumber without having the knowledge of their true self.

‘Sarve Bhadrani Pashyantu’ may all attain welfare (well being) whatever, whenever we engage in devotion and concentration on soundless sound word i.e. bodyless word, we experience joy, truth and true love. And whenever, where ever truth prevails love and joy manifests, in that very moment Surti, Nirti (Prana) joins and want to flow together towards Surat Kamal i.e. 1 & 1/4 hands above Sashsastarsar to attain true and permanent salvation, freedom permanently from life and death cycle from this planet.

Always send elivatings Surti waves in all directions for the welfare of all existance upto 4th lok to surcharge ideas , health and auspiciousness for all living beings existing in cosmos.

GIST Note :-

Supreme Surti is the only power which represents true spiritualism. It is directly related to Soul surti & active surti. Surti relates to energy which is part and parcel of Supreme Surti i.e. our real father Parampurush (Satyapurush) Sahib Ji who lives in Satlok / Sahib lok, real abode of all the ‘Hansatmas’. But Surti power of Soul is being activated through the chetan Surti of real ‘Sat-guru’ paramhansa of the time who has been bestowed the ‘Alive Holy Naam’, soundless sound word, Saar Sabad in which

‘Satyapurush’ Himself resides. Through this ‘Saar Naam’ daat one can attain Satya, Anand & Joy. In holy granth ‘Gita’ Lord Krishna says to Arjuna not to become doer and try to be a balanced person. Go inside and realise peace, calm within and perform true dharma. Through breathe one must go inside along with ‘Alive Holy Naam’ and see glimpses of ‘Sat-guru’ to find joy, peace and anand. Enlightenment within helps to delude Mind and Maya and become pure. So stay steadfast with ‘Sat-guru’ ‘Vai Naam’ Ji in the eternal essence. Always seek true and real spiritual master’s guidance to uplift your Soul Surti to establish link of Soul with Supreme consciousness. As we (Soul) are all the segments of ‘Supreme Satyapurush’ Ji on this planet, we must not waste even a single minute of our life which is very precious and meaningful in this Triloki set up from where we have to rescue ourselves from the clutches of Kaal Niranjana/God/Mann and Maya/Aadshakti; we have to be brave and daring and not cowards who live in deep slumber die so many times before their actual death.”

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DEVOTION & CONCENTRATION

No one can pay back to Satguru the priceless gift of Sat-purush he has given to you. You can’t and even I can’t pay ‘Him’ my due in return for my and his priceless gift.

Illusion is the first appearance of truth. He advances (move) towards her lover in disguise, a time comes when she throws off her ornaments and veils and stand clothed in naked dignity. She is embodiment of truth, love and joy (Annand). (state of mind in which one is deceived ... illusion)

Before you start some work. Always ask yourself three questions :

- 1 Why am I doing it ?**
- 2 What the result might be ?**
- 3 Will I be successful ?**

**Think deeply and find satisfactory answers to these questions
(childlike and childish).**

One's experience of external world is a product of one's internal mind. To be innocent to be open what we know is our prison. Outer world is a struggle. The perceptor pollute between like and unlike. The emphases on like and dislikes. Like, dislike, opinion, dogmas, fears, conflicts and greed. It is a product of one's internal Mind.

- 1 (i) – Reflection (ii) – Imitation (iii) – Experience**
- 2 A faith can move mountains.**
- 3 A hope that keep you going, love keep all relations well oiled can be so helpful.**
- 4 Life without love is disaster.**
- 5 Sow seed of empath, compassion and encouragement appreciate and motivate people to do their best, your present will be enriched thereby.**
- 6 Our sense of rightness is coloured by our selfishness and interests, greed and pride.**
According to Chankya, before you start some work, always ask yourself three questions : 1 - Why I am doing it ? 2 - What the result might be ? and
3 Will I be successful ?
Taking the blessings of Sat-guru and put yourself on his lotus feet for his blessings.

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Thyself मैं कौन

- 1 The self doesn't rejoice in pleasure nor does in grief and pain.**
- 2 It is the inert mind that dwelling in the thoughts in our body, experiences pain and pleasure.**
- 3 But soul surti has considered itself as body so it make us to realise that pain and pleasure are the outcome of surti. This is the big illusion in which human being are being tossed in both ways.**
- 4 There is no cause for weeping and rejoicing as these acts are outcome of mind, and body only and not for the surti (concentration).**

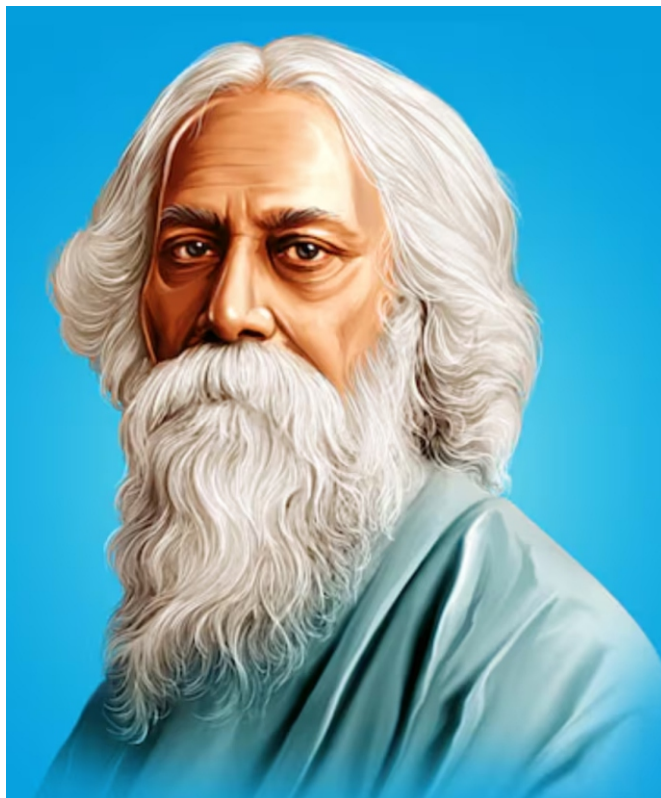
5 We have to realise this all and have to come out of the bondage of good and bad, pain and pleasure likewise.

6 In nature there is no death or destruction at all. What occurs is the reshuffling of atoms. If there is a need or necessity to maintain a balance of energy in this universe, death and destruction never occurs, but conversion of elements take place. Secondly life on the planet is totally under the bondage of Mind (Mann) and Maya). It is because nobody goes beyond Mind (Mann). Every action, plan, thought, wish is purely for self and personal gain or loss.

RABINDER NATH TAGORE

I am not willing to make a balance sheet of what I get or don't in life. Things are not always in your hands. To love your fellow beings unconditionally as far as possible. What else can be the purpose and meaning of life ? Future holds no hope or relief.

Human life is gate way to permanent salvation by getting initiated by true and real Sat-guru of the time. Our efforts in life should be to connect ourself through Sat-guru to Alive Holy Naam soundless sound word to establish link with our true and real father – 'Sat-purush Sahib Ji' of Amarlok. This all is being done through Surti 'Vai Naam Sabad' and breathe with due concentration of Sushmana nerve.



To some fasting is far fetched act.

Swati drop changes as per the quality in which it falls. In Aster-(seep) it changes into pearl. In stans – changes into mercury. In elephants ear– gajmukta-- In banana leaf– kaffor-- In snake it changes into poison and in stone para.

The goal of life is permanent salvation from impurity. Ultimately infinite purity i.e. “Alive Holy Naam” (Sanjeevan Naam / Paras Naam) liberates one from impermanent world of pain and pleasure, sorrow and misery/sufferings. Human life is the gateway of salvation. As individual we are like specks of gand in the leaf / grass and in the universe. But we are part of Supreme Soul of Amarlok, Satlok of ‘Satyapurush’ despite our individuality. Social life grew from fear of loneliness; but being in society attain isolation to establish link with ‘Satyaguru’ and ‘Alive Holy Naam’.

The process of give and take is business.

When there is any desire to receive in love, then it is selfishness and not love. In love one has to give and only give not to expect anything in return.

When one is not satisfied even after giving everything and continues to have an ever increasing desire to give, this is love and this is always between Saddak and Sat-guru.

Only a few like Mira, Rabia, Sehjobhai Daya, Kabir, Ravidass, Gurunanak Dev Ji established love with God and Sat-purush. Chatak bird is true embodiment of love for Autum asterism, ‘Svati’. Its love is selfless without any demand. It’s purely on svati drop to quench his intense desire of love. His love is for rain of Autum. He never takes other water of any nature. He is ready to die without water, but svati drop, that keeps his thirst for love to be satisfied.

In actual life we are worshipers of worldly things we want that our desires and wishes be gratified under all circumstances. After their gratification, we forget them and throw them in the dustbin; because their utility is gone.

Sat-purush, Sat-guru and Soul purification is not done by the addition of anything in them but by subtraction of Mind and Maya.

You are suffering because you are asleep. You want to change your neighbour, you want medicine for your neighbour not for yourself. You feel that if your neighbour changes, you will change, your life will change. Sat-guru's medicine is for you not for your body or for your Mind. You change all will change. You are the pillar, you need to change. If I'm right, world is o.k. If I'm asleep, world is already asleep. That is what we all Sants say ! “Super Consciousness” makes one to attain a true Self Realisation.

Life is a thrilling mystery, it is vast and limitless. Same is the case of our body it too has thrilling mystery. Comprises not only these three universes but Satlok as well, which is endless and limitless.

But we get limited by our concepts, ideas and beliefs.

We have not considered it important and necessary to understand self and body as a whole. These both are full of unfounded mysteries of God and Sat-purush.

We have to learn how to perceive, how to look, how to see, how to penetrate, when to penetrate and with what to penetrate fathom and fathoms deep, to know the hidden treasures within Surti (concentration). Thousand & thousands fathom deep in our inner most recesses one attain true love, faith, truth and joy to get elevated by “Alive Holy Naam” on this planet.

Question arises can we open in our perception and with what. This is a burning question to extract hidden secrets of spiritualism within our inner core of Surti (concentration). The Mind pollutes the perception with dreams, wishes, desires, prejudice, anger, jealousy and ego.

The perceiver get confused and bewildered in the flux of thoughts ideas which lead us to past and future i.e. in dreams and wishes. It never allows us to be innocent like a child. We limit our Surti (concentration) to limited ‘PARADIGMS’. We have to drop our shallow way of thinking, seeing and observing Mind, Body and Surti. Can we be open in our perception ?

Life is a thrilling mystery. We have not understood and observed our life and hence we are lost in our limitations. A child sees innocently to be innocent to be open like a book, to be true and naked like “Supreme Consciousness” without the impact of Mind and Maya on this planet.

GIST Note :- v.v.imp.

When we do practice of sitting in simran/dhyan without any desire and wish, fully in devotion to the lotus feets of ‘Sat-guru’ with stagnated Mind and Surti concentration with regular practice of simran in breathe along with ‘Alive Holy Naam’ of true and real ‘Sat-guru Ve Naam’ of the time, brings closer and closer to the ‘Supreme consciousness’. Slowly and steadily we uplift our Surti and get blessings of ‘Sat-guru’ Ji. Only then we can attain ‘Satt-Surti-Anand’ (Truth, love & joy).

What ever work we do, before that we must initially bow our head on the lotus feets of ‘Sat-guru’ for his blessings, without being doer ourselves and worrying about whether why we are doing this work and what its result might be and moreover we will be successful or not in that particular work ?.

Forget everything and just do your work selflessly and sincerely leaving everything upto ‘Sat-guru’ Ji. The only wrong we are doing is that we are not focusing our Soul Surti as it possesses the immense power to perform, inspite of this the Soul Surti is considering itself as ‘Body’ and not the ‘Atma’. This is the biggest illusion in which human beings are tossed in both ways.

A great poet/writer Rabinder Nath Tagore has wonderful opinion regarding human life, he says, ‘I am not willing to make a balance sheet of what I get or don’t in life. Things are not in always in your hands, what else can be the purpose and meaning of life and future holds no hope or relief. Human life is gateway to permanent salvation by getting initiated by true and real ‘Sat-guru’ of the time. We have to liberate ourselves from the impurities of this cosmos. Ultimate infinite purity i.e. ‘Alive Holy Naam’ / Saar Naam liberates us from this impermanent world of pain, pleasure, sorrow and misery.

What is our life style and way of living ? To whom we are worshipping since our existence in this world ? We are in a deep

slumber and sleeping in dreams, living in dreams for want of lust, luxuries, respect, posts and desires, all is ‘Mann & Maya’ in which we all have been trapped and don’t want even to get liberate ourselves and attain freedom.

We have not considered it important and necessary to understand ‘Self & Body’ on the whole. These both are full of unfounded mysteries of ‘God & Satyapurush’ Ji. We have to extract hidden secrets of true spiritualism within our inner core of Surti concentration. Life is a thrilling mystery. We have not understood and observed our life, hence we are lost in our limitations.

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SPIRITUAL ATTITUDE

One should lead a simple, soulful life on this planet, with malice towards none; with charity for all; with firmness in the right direction and path of spirituality. Spiritual sermons, dimensions should be in agreement with our Surti/consciousness/concentration without amalgamation of Mind and Maya in our concentrated Surti.

One should emulate Sat-guru in elevating Surti/consciousness, though it is a tough act indeed in implementation in day to day life. ‘Ve Naam Satguru Paramhansa’s words and spiritual sermons must resonate beyond the ages like ‘Vai Naam’ Ji’s, Kabir Ji’s sermons are beyond historical, political and spiritual contexts are there for all times, all ages till inihilation of the universe.

“Vai Naam Sat-guru Paramhans Ji” is emphasising with all in the finest spiritual and humanist state of human beings on this planet to advise something strongly. Surti elevation with concentrated Surti of Sat-guru help one in exhorting all senses, Mind & Maya’s act and to replace wishes/punish, desires, jealousy, predudice, enmity, ego, retribution, Mind, Maya with forgiveness, charity, love, joy, truth and peace. It is very important to note and understand that faith in spirituality is not going to pay any dividend, simply in having faith, but one should have Supreme Consciousness with holy naam which can ignite surti to get it elevated by concentrated Surti of true and real Sat-guru of the time.

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IMPORTANCE OF SURTI

Ignorance of self is not only foolishness on one part, but evil act in all respects, whether ignoring the greatness, dignify of Surti/consciousness/concentration of self. One lowers one's device, principle, grace, elevation of self and at the same time glorifying external agents i.e. Mind and Maya. In this way one commits the crime of glorifying ego, external base agents like Mind and Maya.

At the spiritual level it is about connecting ourself with concentrated Surti of Sad-guru 'Vai Naam' Paramhansa's Alive Holy Naam breath (prana) with our deepest surti motivation and higher purpose which establishes critical inflexion point in our inner core. It invites us to reflect on what's most significant to us in attaining permanent salvation i.e. freedom from life and death cycle permanently from this cosmos. At this stage one feels light, healthy, full of love and relaxed. It provides freshness and elevated stage.

The nature of water is to flow and the same applies to ourself i.e. surti/concentration/consciousness until you do not feel self in present moment, you can't attain the inner lightness. This develops the feeling of love which is best free available medicine in four loks. Love is not to gain something, but love is yourself, Sat-guru and Supreme Consciousness.

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IGNORE SELF AND EMBRACE ALL

Shed your pitty, trivial, insignificant pre occupation, activities etc and you will wake up every morning with spiritual intensions in thoughts and action properly inspired, enthusiastic and excited to devote every moment in the name of true and real 'Sat-guru' who has blessed you will "Alive Holy Naam", as you are inspired by the parents who too are following the true and real religion of Supreme Consciousness. You will go on developing your true self while being in touch with "soundless sound words" and think of giving and giving you will always be full of love, truth and joy.

The moment you think, plan and scheme to have benefit from any person, thing or undertaking, you will find yourself miserable and being entangled like an insect in a cow web. Penetrate within when you used to share your pocket money with your friend in having chocolate, ice cream, a cup of tea etc. You used to beam with love and joy. Never fail for the lure of instant pleasure or happiness.

GIST Note :-

In this topic mentioned above ‘Sat-guru Vai Naam’ says, how to live life and how we can become ‘Spiritual’ in real sense in our Surti concentration without amalgamation of Mind & Maya. Only with concentrated Surti of ‘Sat-guru’ we can elevate our Surti consciousness which helps us in exhorting all senses, Mind and Maya’s act and to replace all impurities with the infinite purity of Satlok. This all we can’t achieve with just having faith, but with full devotion to the divine Supreme spirituality i.e. on to the lotus feet of ‘Sat-guru’ and ‘Sar Naam’, we can uplift our Soul surti to reach our final destination i.e. Satlok / Sahib lok.

Importance of Surti in human beings plays biggest role to do any sort of work, but it again depends that how we utilise it in our day to day deeds and acts. If we are doing any task on behalf of Mind, we doesn’t realise even how foolish role we play and how far we are working against our real self identity. i.e. self Surti consciousness. But on the other hand when we connect ourselves with spirituality i.e. concentrated Surti of ‘Sat-guru Vai Naam’ ji’s ‘Alive Holy Naam’ in breathe (pranas). It pays us by fulfilling our original goal of life i.e. freedom from the 84 kaal jaal.

So we all must realise how we have to get ourselves detached from the activities of the world slowly and slowly and move towards true and real ‘Sat-guru’s teachings with spiritual intentions in thoughts and actions properly and to be with ‘Sat-guru’s guise in every moment. This way we will go on developing our true self while being in touch with ‘soundless sound word’ of ‘Sat-guru’ paramhansa of the time.

LOVE ... v.v.imp.

As a disciple of true and real Sat-guru we can test scientifically the power of meditation on “Alive Holy Naam” Surti and see our progress to a greater extent in short span of time. The healing of body depends upon Surti (Chetana) and concentrated Surti of ‘Sat-guru’ and “Supreme Surti” of Supreme soul residing in “Alive Holy Naam” bestowed/intrusted to ‘Sat-guru’ by Supreme Soul himself. It is healing the body by making Surti free from the bondage of Mind and Maya, which is great hindrance in our Spiritual upliftment on this planet in this cosmos. The mind ever remains busy in taking work of the body being done by ‘Surti Soul’ as a bonded labourer.

“In some of the greatest medical institutions in the world, doctors are advancing meditation as a way to reduce stress and eliminate stress related illnesses. Just as we stay focussed in looking through a microscope or telescope, we need to stay focussed in looking into a still point in front of us, just as scientists see sun, stars, we may be able to establish ‘Sat-guru’ in “Agya Chakra” and see soul Surti’ breathing itself without any help. In this way we establish greatest trust of greatest soul as segment of “Supreme Soul” to attain permanent salvation by seeing empty space between Sushmna and 8th Chakra i.e. 11th Aperture”. (v.v.imp.)

Our consciousness is also associated with the left brain remembring i.e. memory centre to remember past or planning for the future as ‘Chit’ right brain activity on the other hand allows us to transcend ourselves to see the bigger picture. It puts us (inserts) into sacred time frame i.e. an awareness of the ‘here and now’ i.e. “in the present moment” i.e. “worship meditative practice leads to core of prayer” when we have soundless i.e. “bodyless Alive Holy Naam” of true and real Sat-guru Paramhansa of the time. We have to immerse into activated Surti of ‘Sat-guru’ to get immersed into the endless ocean of Supreme consciousness after crossing transcendental sphere of Mind and Maya. This all makes free from all the ten senses bondage. “To be in the prayer in all the activities with true devotion, make us to attain some thing novel in each and every moment, which becomes source to love, joy and truth.”

“The body is to be nurtured not for its own sake, but rather to make it more conducive to holding within itself the fulness of one’s surti with concentrated Surti of Sat-guru as it can’t be concentrated by one’s own efforts.”

SIGNIFICANCE OF FASTING

The body and Surti are nurtured as they are co-related for Spiritual upliftment i.e. elevation. The body is to be nurtured not for its own sake, but rather to make it more conducive to holding within itself the fullness of Surti i.e. consciousness/concentration. Fasting should not be in remembrance of any religious personality, but for the elevation of his own self. In its broadest sense, this is care forself and for others and the whole of cosmos by the gifts of self realisation in healthy and sound body, simply because we see ourselves as being held together as one in the breath of “Supreme conscious” and self concentration by “Alive Holy Naam” blessed by ‘Vai Naam’ Paramhansa who has been “bestowed/entrusted this “bodyless-soundless” word in which Sat-purush Himself resides” has been entrusted to ‘Vai Naam’ ji by ‘Sat-purush Himself’.

The grain of rice, wheat, pulses, that is the self sacrifices/dies only to yield a rich harvest. The life death recurrence cycle reaches its completion/culmination only for another to begin, in this progressive ascent into the fulness of Surti, awareness, self realisation and have the knowledge and understanding of Supreme consciousness.

The light of kindness and goodness in our surti/consciousness is ultimately what we tap into uplift the depressed, struggling with economic hardships wait till they are better off. That will be foolish. No society with incoherence (talking in a way that is not clear and logical) can progress, be it in the material or spiritual domains.

Inequalities cannot result in sustainable development in the long run. The lack of shared prosperity can threaten future growth so much so that entire society can collapse with vulnerability, leaving none in steady state to pursue spiritualism.

Hence, those who have, owe a bigger responsibility to society for their own material progress cum spiritual attainment and for the economically challenged sections especially during this covid 19 epidemic as well. Mere donations to religious organisations and NGO’s are not sufficient.

There are differences between a beggar, a middle man, a capitalist with riches distributing a lot. So, what we have and what we share are important indicators in the present circumstances some business houses

are able to make extraordinary profits, and that is the reason why the principle of corporate social responsibility becomes so important in the present circumstances.

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‘THROUGH SELF CARE IS OTHER’S CARE’

The poor were abandoned during lock-down due to covid-19 epidemic often passive elevated souls can abandon masses, bad habit. Talking less, meeting less. Abandoning past and future, Mind and Maya, wishes and desires; but don’t abandon the poor to their fate but come to their rescue. Let go your fourteen senses, likes and dislikes, your power and puff; ego of being rich, to be at a highest place in the society.

If mental health disorders are on the upswing awareness also appears to be on the rise. The world is awakening to the fact that well being requires / entails (necessary part) investing time in super conscious to be in ourselves within. If we employ Surti, ignoring Mind, but taking care of body. Body needs to be fit in all respect to attain awareness and to realise our true self.

If we employ our body, Mind, senses and energy i.e. Surti want only (wonlen) deliberately with and randomly. (showing interest in sex no good reason). We must invest in our body well being, physically mentally and spiritually. We will turn into walking calamities, epidemics.

There is substantial scientific data today to prove yoga is not just a fad (fashion/show). It is full fledged part of spiritualism, that manages our physical and psychological systems and maintains spiritual balance in sitting, standing and walking etc.

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‘SELF CARE IS IN SPIRITUALISM’

Physical exercise is needed to maintain chemical balance that keeps energies effervescent (effervescent) thought of people, their behaviour warm (bubbles of gas) and prevent them from depleting. Studies show that it dramatically increases the brain i.e. sharpens the brain derived neurotrophic factors that determine mood. Making it a simple, effective and prevention strategy against depression (due to physical or monetary loss) and anxiety nervous feeling caused by fear.

Yoga – Also empowers you to direct your own thoughts and emotions, provided it is continuous process. Let there be one rest in a week. We have come to know during this covid-19 epidemic that this virus has a 14 day cycle. If we practice yoga, there is no chance of challenge provided all the precautions are observed like using mask, frequent hand wash and to maintain proper social distancing from each other; Stay home meditate through breath in Surti with “Soundless sound word”. A spiritual person can’t cause any physical damage to themselves or to others. He is capable of staying still. The mentally disturbed person can’t. The entire population is in the grip of later condition i.e. mentally disturbed due to lack of bodyless word/ i.e. “Alive Holy Naam” / “Soundless sound word.”

‘V.V. IMPORTANT TO FOLLOW’ ----

You become the master when you understand energy, be conscious of the food you eat, how much you eat, how many times in a day you eat, the time gap of eating and how fast you eat.

The nature of diet counts a lot and has lot of implications on our health. Meat is loaded with hormones that the body doesn’t need. A plant i.e. vegetable based diet places lighter load on body organs and make body healthy, strong and one attains longevity of health and function of brain and other parts of the body.

There is proper link between our alimentary canal and the brain, kidneys and heart to a greater extent. They have lot of effect on our emotions and behaviour as they are orchestrated by trillions of bacteria that reside in the winding tracts, propelling us to be what we are. The term gut feeling comes from here, perhaps. The gut bacteria impact the brain and influence the mind is no longer fringe theory. They may cause or aggravate anxiety and depression. The converse is also true, good bacteria improves over all health and make possible Mind-Body balance. Before any interview or examination day, we must avoid heavy and excess of diet. In that period our diet must be meat free.

After every diet one must undergo light exercises within a gap of twenty minutes to have twenty minutes regular exercise. In the morning one must exercise at least 45 minutes and then one should take some fruit including banana and some dry fruit. After two hours gap one must take some milk with at least four biscuits. Then move towards getting ready for your job and before proceeding to your routine work take light breakfast from 10 a.m. to 1.30 p.m. Keep yourself away from eating anything. Then at a fixed time say 1.30 p.m. afternoon, inducement and relaxation in diet is free will of any individual.

Fasting in the way of healthy body and sound surti is very very essential for every men and women in the whole cosmos. In the creation of this cosmos God (Kal Niranjana) took rest on Sunday, so my suggestion is that why we should not use Sunday as holiday and to have fasting on that very day like myself. For detail you can contact any disciple of mine for the time table of fasting; but it is very important in one's life. This periodic fasting recommended by me for health benefits originated in spiritual traditions and uplift of Soul Surti/consciousness.

We are not to forget that we share a oneness with the whole of creation as we all are Hansas on this planet in the real sense. We are true segments of super soul. We must not to forget that we share oneness with the whole of creation, with Mind, Maya (Body) and Surti consciousness/concentration.

We realise that we are part of the rhythmic life cycle. The pause between each inhalation and exhalation is the moment of worship Supreme Consciousness of Amarlok with our Surti and “Soundless sound word” from true and real Sat-guru Paramhans, ‘Vai Naam’ of the time to get freedom from the bondage of Mind and Maya.

It is that previous moment of insight in which we know that we have no existence apart from true and real Sat-guru to know the truth of Surti, awareness to have knowledge of self and “Supreme consciousness.”

Super soul in the form of Nirti and entering our body in every breath to have union of two i.e. Surti in the heart and Nirti i.e. ‘Pran’ in the breath to attain our true form as ‘Hansa’ to have realisation of our true self. Life, death and resurrection is a continuous and endless process in which we continually participating with the rest of the universe.

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TRUTH AND ONLY TRUTH

खोना ही खोना है इस जग में प्यारो, जो खाली उसी में वह आप ।
बिन 'वे नाम' दात बात बने ना प्यारो, लेवन आवें सतगुरु आप ।

Don't wish to be like any one, except in two cases, A person whom fortune has bestowed wealth and he spends it righteously with liberal attitude. one whom fortune has given spiritualism or spiritual knowledge and he acts according to it and he provides the same to others.

‘True belief and faith is truth.’ He surrenders himself before true and real Sat-guru to have his blessings. In 1114 the lab of ‘Tomas Alva’ caught fire and almost two crores amount of instruments and important papers turned into ashes. His son Charles reached there and saw fire and fire all around but his father was standing and watching in a joyful mood.

You will not see such an incident in your life. Next day, he saw his wishes and dreams turned into nothingness i.e. ashes. Our mistakes have turned into ashes and I am redeemed off those misfortunes. Now I can start my work on new lines and directions. He was 67 years old at that time and faced the situation boldly with open arms.

सतगुरु सत्यपुरुष ही हमारी संपदा प्यारो, किसी और संपदा पर भरौसा कैसा रे ।
शेष सब संपत्तियां विपत्तियां प्यारो, विपत्तियों पर भरौसा कैसा रे ।

सतगुरु कृपा से हंसा कहावे, सतगुरु कृपा से निजघर जावे

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IMPACT OF DESIRES ON SURTI

- 1 Knowledge – Learning every day leads to past and future, time and space, Mind & Maya.
- 2 Worldly things, matter, problems, situation
- 3 Mind and Maya – Surpasses Surti
- 4 Mind and Maya are governing Surti. Lacs and Lacs of years we are in the clutches of Mind & Maya.

- 5 We have considered ourselves as Mind & Maya – Ignoring our true and real self.**
- 6 We die and have re-birth as an ordinary insignificant creature, below animals by Mind & Maya.**
- 7 Wisdom – true spiritualism – let go something of your Mind every day. Mind is providing, infusing one thought in every second.**
- 8 Mind - Buddhi - Chitt - Ahankar**
- 9 We as self is not participating in any task except obeying orders from Mind & Maya to help ego in executing order of Mind.**
- 10 Surti is itself Supreme - but still under the control of Mind & Maya.**
- 11 Alive Holy Naam is torch bearer to steer our boat out of the whirl pool of thoughts & thoughts of Mind & Maya.**
- 12 Surti is acting as labourer and not any thing in return**

Queries in general : ask yourself only

- a Are you in bondage - under whom ?**
- b What is the cause of having birth after birth with no solid reason or purpose ?**
- c Why under bondage ?**
- d What purpose Surti is serving to Mind & Maya ?**
- e Do you want to be free from bondage ?**
- f When you are going to let go off your sufferings ?**
- g Have you ever thought of realising your true self ?**
- h What is importance of attaining awareness ?**
- i From where you have come, for what & how to be free ?**
- j Do you know your real father & real home ?**
- k Why are you living in time and space ? as it is in our Chitt (memory) centre)**
- l Importance of Satguru ?**
- m What you are holding on your shoulders ?
(i) - suffering (ii) - unnecessary things we are holding**
- n Cloud cow web (repelling of three bills) ; glory is overshadowed**
- o Transcendental knowledge – true spiritualism**

IMPACT OF DESIRE ON SURTI.....Nature of giving.

Knowledge is learning something everyday which makes us to move in the past and future i.e. time and space. This all is the work of Mind which tosses us in the past and future. When we participate in worldly things, matters, problems, situations, we get lost as Mind and Maya overpower our self i.e. surti get involved in the act of Mind and Maya.

They are governing ourself i.e. surti from lacs of years facing so many formation and annihilation of this universe.

During all this period we as surti/spirit soul have our self i.e. individuality and have started considering us as Mind and body ignoring our true self i.e. ‘surti’ consciousness/concentration.

We die and attain new birth as an insignificant creature on this planet because of our ego, pride and desires.

“Wisdom i.e. true spiritualism is letting go of something every second, every minute every hour and finally everyday if possible. This is unlike Mind which make us to receive one thought in every second. Mind is superior to intellect, as Mind infuses thoughts to intellect to think about the undertaking idea. Intellect then sends that message to buddhi to keep record and find the resources for its execution, buddhi then informs ego to get the work done in the due course of time.”

Here self is not participating in any thought process but to help in executing the task as labourer. Surti i.e self is Superior to all, but here it acts below all, as all treat Surti/self as good for nothing - which is supreme of all in all respects, but it is in dormant stage.

That is why ‘Alive Holy Naam’ torch acts as a torch bearer to elevate surti-self to realise its true nature and come out of bondage of Mind & Maya under whose clutches self is working as bonded labourer. You yourself realise the situation of Surti i.e. self, how helpless you are before Mind and Maya like British Raj in India - when we were treated less than a slave by the rulers of the time. Impact of Desires on Surti

In spiritualism underlying ideas matter most provided you :

- 1 Learn to stay calm in your ups and downs in life - which is possible only when surti is concentrated !**
- 2 How fully did you live ?**
- 3 How deeply did you let go, thoughts, wishes, desires, likes, dislikes and too much activities ?**
- 4 Did you try to find true and real Sat-guru of the time ?**
- 5 When you are going to let go your sufferings ?**
- 6 Do you want to be free from the bondage of Mind & Maya ?**
- 7 Have you ever thought of realising your true self ?**
- 8 What is the importance of attaining self awareness ?**
- 9 Do you know from where you have come ?**
- 10 Do you know your real father ?**
- 11 Do you know that suffering is not holding you. You are infused suffering by Mind & Maya, as you take them with open hands !**
- 12 Why you always remain in ‘time and space’ i.e. past and future and never like to stay for a while in the present moment ?**
- 13 When you come in contact with true and real Sat-guru and get blessed with soundless sound word which resides in Surti and make Mind and Maya to go and attain peace and get rest in Mool Surti, what thing or idea disturbs you a lot ?**
- 14 When you let your sufferings go along with Mind and Maya, then you will come to realise your own true self and realise unnecessary things that you were holding a burden on your shoulders.**
- 15 Sat-purush, whose segments we are on this planet, always look at you to attain your over crowded glory in its full bloom and to be free from the bondage of Mind & Maya. You can’t come out of Mind and Maya through efforts and be in the present prevailing situation, you are lost in the flux of thoughts and thoughts in every second, so what you want to do in the existing situation, without ‘concentrated Surti’ of true and real Sat-guru ‘Vai Naam’ Paramhansa of the time.**
- 16 Have you ever realised the importance of Transcendental knowledge i.e. true spiritual knowledge from Sat-guru who has visited Amarlok /**

Satlok i.e. Sat-purush ‘Himself.’ It is ‘He’ who has bestowed ‘Alive Holy Naam’ to Sat-guru ‘Vai Naam’ ji to elevate ‘soul Surti’ of all ‘Hansas’ of this planet and make them free from the bondage of Kal Niranjana and to attain permanent salvation i.e. freedom from life and death cycle permanently and to reach back to his real abode i.e. ‘Amarlok / Satlok’.

One need to share spiritual knowledge so as to elevate surti/consciousness and let go participating in worldly things, we get lost as Mind and Maya over power us i.e. Surti and get involved in the act of Mind & Maya, while ignoring our own true self i.e. Surti. Everyone is leading a life which is full of fear from the side of God ; and it arises from ignorance, selfishness, viciousness and a sense of otherness.

Prahlad the child, was fearless against the might of his father. Hiranya-Kashyapa yet the most wealthy and powerful in the world are fearful of God purity of self (Surti) comes with freedom from selfishness and desire get dispelled from true and real Sat-guru of the time to follow his higher ideal i.e. to attain permanent salvation and no desire higher or lower in nature in the way of following the path of truth, love, joy & peace through concentration on “Alive Holy Naam”.

The basic difference between cosmic Mind and unit Mind must be fully known. We must have true knowledge of both. The cosmic Mind has access to higher knowledge, while unit Mind deludes us by infusing greed, lust and ego.

They confuse Surti, what to do and what not to do. They are impure and lack good conduct resorting insatiable desire of scant (not very much) discrimination and savage (causing injury) deed. Such people cause destruction to themselves and others. We know only matter i.e. body and quite ignorant of Surti/consciousness. You have no inkling of the Surti (Hansa) i.e your ownself well within the body.

Surti/consciousness is our original nature get inspired with a higher ideal by having a contact with true and real Sat-guru ‘Vai Naam’ Paramhansa and get blessed with “soundless sound word” i.e. “bodyless word”, the lower desires of Mind and Maya lose their grip on you. And objects of desire come to you unsought (unwillingly).

The moment one wanted realisation, the pleasures and wealth from the side of God are offered to him. Charity comes from recognising the importance of true and real ‘Sat-guru’ who possesses “Alive Holy Naam” of “Sat-purush” of Sat-lok to free the souls from the bondage of Mind and

Maya. At that time in the company of Sat-guru you become rich in attitude, behaviour, way of living, dealing, understanding, Body, Mind & Surti. Knowledge of the distinction between body i.e. elements and spirit/surti/consciousness concentration. The confusion of our existence on this planet end. Misery and grief vanish. One get established in Mahachetan Surti consciousness.

It all begins with thought. You give into sexual pleasure. Having described the perils (dangers) of yielding (bowing) to devilish ten devices. Lord Krishna also urges you to free yourself from the three gates of darkness, dreams, desires, anger and greed. Anger and greed are mutation (the process of changing inform and structure). They take us to past thinking and to future to develop hope & desire.

When desire is fulfilled it leads to greed when desire is obstructed (not fulfilled) you get angry. Thus either way desire leads to agitation i.e. to be under the control of Mind and Maya, time and space, past and future and never to be in awareness which keeps you fixed with the pole of truth, love, peace and joy keeps you away from the influence of Mind and Maya time and space, past and future.

Everyone on this planet is suffering from the disease of more and more, which effects our senses and body at the same moment. Nobody on this planet, understands the devastating effects of desire, anger and greed which are your greatest enemies. Anger and greed are by-products of wish and desire, so desire needs to be subsided which is the outcome of Mind & Maya both.

The door of Surti/consciousness, concentration remain closed & you live and die without having a glimpse of your ownself i.e. Surti and Nirti. Surti in the heart and Nirti in our breath being our ownself remain busy in solving the problems of Mind and Maya to torture our ownself for their sake to solve their problem to keep us in bondage, in slavery for centuries and centuries together without having a benefit of even a penny.

It is because of this me, “Vai Naam’ Sat-guru-Paramhansa” is crying day in and day out that without soundless energy word i.e. bodyless energy words can take you out of the clutches of desires and wishes and to elivate your soul Surti by concentrated Surti of Sat-guru to have permanent salvation from this planet. If you follow the instructions of true and real Sat-guru of the time i.e. ‘Vai Naam’ Paramhansa when being blessed by “Alive Holy Naam” of Supreme consciousness. Your Surti will be elevated and you will help others to get spiritually elevated and

eventually transcendent/relinquish this perishable world to attain permanent salvation from this planet and have a joyful life in Amarlok with other Paramhansas and get connected with true and real father “Sat-purush Ji / Sahib Ji.”

GIST Note :-

According to ‘Sat-guru Vai Naam’, as a disciple of true ‘Sat-guru’ one must first scientifically the power of meditation on ‘Alive Holy Naam’. The place of ‘Sat-guru’ of Nijdham possesses immense power of ‘Sahib Satyapurush Ji’ within himself in the form of ‘Alive Holy Naam’ is at the top of the whole ‘Triloki’, which can do wonders and miracles in parallel to the powers of the universe. But love can be attained only through the blessings of ‘Supreme Sat-guru of Satyalok’.

‘Sahib Satya-guru’ through his chetan surti and maha chetan surti of ‘Sahib Satpurush Ji’ heals the body of Saadhak by making his surti free from the bondage of Mind and Maya which is great hindrance in our spiritual upliftment on this planet in this cosmos.

As our consciousness is associated with the left brain remembering i.e. memory centre to remember past or planning for the future as ‘Chit’. In worship, meditative practice leads to core of prayer when we have ‘Alive Holy Naam’. We move into the activated surti of ‘Sat-guru’ to get immersed into the endless ocean of ‘Supreme consciousness’ after crossing transcendental sphere of Mind and Maya. This all makes us free from all ten senses. Here we can understand the importance of fasting also as it helps in nurturing the Body and Surti as they are co-related for spiritual upliftment i.e. elevation while fasting shouldn’t be in remembrance of any

religious personality, but for the elevation of his ownself. One shouldn't try to see himself in breathe always along with 'Saar Naam'. Then we will be able to understand the sacrifices made by grains of rice, wheat, pulses, that is the self sacrifices / dies only to yield a rich harvest.

Those who have more responsibilities towards society for any material or spiritual cause for the needy ones, mere donations to religious organisations and NGO's are not sufficient.

Through self care one can care others. If we employ surti, ignoring Mind but taking do care of body. Body needs to be fit in all respect to attain awareness and to realise our true self. Yoga is not just a show, it is full fledged part of spiritualism, that manages our physical and psychological systems and maintains spiritual balance in sitting, standing and walking etc. Yoga empowers you to direct your own thoughts and emotions, provided it is continuous process. If one continue to meditate along with 'soundless sound word' through breathe in Surti, no infection of any type can harm us in any case.

The entire population is in the grip of ill wills of this world i.e. mentally disturbed due to lack of 'Alive Holy Naam' Moreover nature and quantity of diet counts a lot and has lot of implications on our health.

Kindly go through the list mentioned above thoroughly to fully understand the impact of desire on surti and after that just go through also some general queries laid after that. Ask yourself only this all. Mind or Maya over power ourself i.e. Surti get involved in the act

of Mind and Maya, they are governing ourself i.e. surti from lacs of years facing so many formation and annihilation of this universe. We die and attain new birth as an insignificant creature on this planet because of our ego, pride and desire.

Wisdom i.e. true spiritualism is letting go of something every second, every minute, every hour and finally everyday if possible. How helpless we are before Mind and Maya. That's why 'Alive Holy Naam' torch acts as a torch bearer to elevate Surti-Self to realise its true nature and come out of bondage of Mind and Maya under whose clutches Self is working as bonded labour.

Some ideas are mentioned above in the chapter which will help you how to live and what to do and what not to do in spiritual life.

The two minds i.e. Unit Mind & Cosmic Mind confuse our Surti what to do and what not to do. We must have true knowledge of both. The basic difference between the two must be known fully to us.

When desire is fulfilled it leads to great, when desire is obstructed (not fulfilled) you get angry, thus eitherway desire leads to agitation which keeps you always away from spiritualism. So desire, anger and greed are your greatest enemies who will not allow you to achieve freedom from the clutches of 'Kal Niranjan / God'.

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CAUSE OF DARKNESS WITH IN

(activities of Mind Spread)

People consider that Candle's flame represents the light of hope and blessings of life perpetually (continuously) effecting our life on this planet. They also have the belief that this light reminds us that good always triumphs over evil as in the case of Ravana and Ram ji, where Ram ji being submerged in truth emerged as cristal truth and Ravana being evil force got defeated and killed establishes the fact that truth prevails in the real sense in long run.

In general we do see evil forces flourish and good is perished under the feet. There is Might is Right, so good doesn't exist on this planet under present circumstances. We move forward in confidence that it will continue to prevail in the future. The meaning of truth changes with the change of time and place in this cosmos.

When we talk of hope, it takes us to future which is the act of Mind. When we say that good always triumphs over evil, but we have to see where is good and from where it has originated. Good is the outcome of Surti and not of Mind, where as evil is the out come of Mind and not of Surti. Mind is such a machine which generates all sort of thoughts which take us to past and future, to which Surti has no bearing at all.

People say we go forward with good intention ignoring evil, but it will prevail in the future. This idea of future is the outcome of Mind as future never comes and nobody has seen future, so how your intention can any way be good and beneficial for others. It is a figment of imagination, it has no bearing with the present, which is the essence of life. Both past and future are outcome of Mind and Maya to console surti i.e. one's own self.

They say, “These joyous festivals reminds all of the great blessings of religious freedom and our nations strong traditions of faith. This all too has no bearing with the present moments i.e. awareness, realisation of self i.e. surti/consciousness and true knowledge of Supreme consciousness, whose segments we are on this planet in this cosmos.

It too has full bearing with Mind and Maya, past and future, evil designs, Might is right. Who on this planet bother about, truth, peace, Love and joy, where person's interest, profit, to tease poor and needy to leave them in the lurch is all out come of Mind's way of dealing, when Surti of all Hansas is totally under his clutches and using it as a puppet in His

hands. Every second one thought is emanating from the cosmic Mind to disturb the whole segment of Surtis in this cosmos.

These incidents reflecting the effect of Mind and Maya on this planet are sufficient to see darkness well within the core of Mind in each and every soul Surti within the body segments.

We may have social, political, moral, financial difficulties or we may be dealing with an illness that seems unsurmountable (difficult to cure readily). In life we are used to face with numerous challenges. But we do not have to be blinded by the darkness within.

It is at these times that we turn to the teachings of true saints of the time to remember and attain awareness through “Alive Holy Naam” ; they possess to enlightened the masses about true and real worship on this planet.

One must remember that, a lamp is well lit perpetually (continuously) well within one’s heart and breath i.e. within us there is always true segments of Supreme Lord of Amarlok/Satlok i.e. Sat-purush is continuously at work within us within the body of five elements.

We as a Surti/consciousness/concentration are full of truth, love, joy and peace but the tragedy is that we have forgotten our true self and are in bondage of Mind and Maya. It is because of this we can’t deal with the pain and problems of the body, which is not ours but is complete Maya.

There is darkness and brightness both within us, when we look within with our open eyes which are blind and at the same time we are in deep slumber, so under such like situation and condition we can see complete darkness well within our eyes.

Secondly, we are Atam Surti which is complete in itself with all good qualities which are permanent in nature, but we are acting as slaves of Mind and Maya for centuries together without realising our true self, nature and qualities. We are illuminated Surti segment of Supreme Surti consciousness, which is limitless and endless. It is under thick blanket layers of Mind’s thoughts, which keeps ourselves under the blanket of thought and wishes which are emanating from Mind at a rate of one per second, which hovers over our chetan Surti.

Where there is open light, there can’t be any darkness under any circumstances we need only to penetrate into the light of our Surti consciousness, as our true nature is light and light only. If we would only

identify without true nature which is only possible by “soundless sound i.e. bodyless words” which is bestowed to us by true and real Sat-guru of the time by “Sat-purush Himself” to elevate the Surti of all hansas on this planet to have the knowledge of one’s ownself to attain freedom from the bondage of Mind and Maya.

With the help of Alive Holy Naam of Supreme consciousness, we would also bring out our own innate goodness and light into our present moment i.e. awareness. This will enable us to come out of our deep slumber and attain our real self with true spiritualism in our inner eyes to let go our blindness of external eyes which only look at inanimate things, which doesn’t have any existance including this cosmos.

This darkness within is pure illusion of Mind and Maya’s creation to delude our real self which is in their bondage. This bondage is the cause of darkness in and out of body bondage. This Alive Holy Naam is the universal light to overcome darkness of within and of the cosmos. Our actions, motives, intentions, perception are full of baser elements of Mind and Maya which are source of creating darkness within us. This light will help us in realising our true nature which is full of all real and true good qualities of Sat-purush of Amarlok who is our real father and real abode i.e. Amarlok.

Now one is full of truth, love, joy and peace in and out of body. The Mind too attains peace and resides in the Mool Surti of soul. Surti when fully concentrated with Alive Holy Naam of Sat-purush from true and real Sat-guru ‘Vai Naam’ Paramhansa of the time in this cosmos.

This “Alive Holy Naam” provides us all the qualities of Amarlok and makes every Saddak at par with Paramhansa, provided he follows all the dictates of Sat-guru ‘Vai Naam’ Paramhansa of the time and always concentrate on the face of Sat-guru and always worship the lotus feet of true and real Sat-guru ‘Vai Naam’ Paramhans of the time. For attaining permanent salvation from this planet is all due to the blessings of Sat-guru of the time. Your labour and struggle will not pay any dividend in attaining permanent salvation.

If we possess Alive Holy Naam and sit in meditation, we can experience presence of Sat-guru and Surti light to make us move upwards and making us still and calm. This process continues for some time, provided your concentration don’t fall. You must be totally cut off from the impact of Mind and Maya, wishes, desires, past and future, free from bondage of relations and personal ailments, sorrows and sufferings.

Establish proper link with Sat-guru from time to time for guidance and moral boost.

The light of Sat-purush is already well within you, so you have to enlighten your Surti with Alive Holy Naam which is supreme consciousness, the purpose of attaining salvation is almost attained.

v.v.imp. :-

This “Alive Holy Naam”, dispels the darkness within each and every disciple of ‘Vai Naam’ Sat-guru, provided intention is pure; devotion is full and rule of meditations are followed properly and regularly without any breakage day in and day out. As we follow the techniques of going within through meditation on Alive Holy Naam in Surti with due cooperation of breath with proper posture of all the organs of the body with straight back, folded legs and arms in complete posture.

Through meditation and rising above within the body consciousness to attain a body to undergo the journey to the inner spiritual pluxes with a keys to open these locks of words. One start experiencing, the many revelations of the divine and supreme consciousness regarding Amarlok and permanent salvation.

It is not as if we will find some one like god, goddess, supreme lord by reading, studying or going on pilgrimages, different worship places like temples, mosques, gurudwaras, shrines etc. We will attain peace have darshan of Sat-guru, ourselves as Surti, busy in taking breathe in Agya Chakra i.e. above Banwar Gufa the residing place of God (Kal Niranjana) and to see Surti breathing itself in Agya Chakra.

Mind and body will attain stillness and calmness. Supreme Soul in the stillness of our body and Mind make the Surti to have the experience of his presence in Surat Kamal i.e. 8th plexus 11th aperture, ‘one and a one forth hand above (1*1/4)’ Sehashastrasar chakra.

By focusing on “Alive Holy Naam” in Surti and breath we can take our journey to Amarlok along with true and real Sat-guru. As we learn the techniques of rising above six bodies i.e. gross body, subtle body, astral body, causal body and two super causal bodies i.e. ghyana dhai and vighyana dhai and get to the region of all truth, love, joy and peace i.e. 11th aperture 8th plux.

This is the region of consciousness and experience the reality of our existence as Hansa combination of Surti in the heart and Nirti along breath in the Sushmna. We will realise that the light within us which is full of all the qualities as possessed by Supreme consciousness i.e. truth, love, joy and peace within us is lit perpetually (continuously) for ever and ever free from the bondage of time and space i.e. past and future. Now it is free from the bondage of thinking, hoping, past and future i.e. time and space. True disciple of ‘Vai Naam’ Sat-guru paramhansa enjoys the inner light along with the Supreme universal, endless, limitless universal ocean of Satlok/Amarlok which is ‘Sat-purush’ Himself.

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v.v.imp. :-

TRUE RELIGION IS KNOWLEDGE OF SELF, SAT-GURU & SUPREME CONSCIOUSNESS

No external or internal energy is created, it can only directed, protected, purified and is made to overthrow blankets of thoughts and thoughts of Mind, Maya and Ego. We must attain that power of Supreme consciousness from true and perfect spiritual master of the time who has been selected, purified and spiritually elevated by the supreme consciousness itself to liberate the masses, souls who are totally under the bondage of Mind & Maya.

It is clearly seen observed from past examples of spiritually elevated souls of Kabir Sahib ji, Ravi Dass ji, Baba Nanak ji, Mira ji, Tulsidaas Hathras wale Ji, Dadu Sahib ji, Paltu Sahib ji that Surti concentration is the corner stone or touch stone of morality and all religions in this perishable cosmos.

Universal religion is one and only one and all others are leading towards destructions with no direction and path of complete and permanent salvation from this cosmos. Theories without practical evidences leads to fighting without attaining knowledge of our true self, true Sat-guru and Supreme consciousness whose segments we are on this planet in this cosmos.

Develop true bondage with all Hansas of four (4) loks.

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GIVING ALM IS NOT JUSTIFIED WORD

Everyone is born with a unique qualities internally and externally. The only thing he needs is true and real guidance to rear him up. Internally he is full of past, present and future, but proper brooming is needed from the side of spiritualism. I, me and myself should be kept far away from him. Caste, creed and religion of the family should not be thrust upon him. He has only one religion which includes knowledge of self i.e. Surti, concentrated Surti of true and real Sat-guru and knowledge of the Supreme being along with external development and growth. He is complete so far as Surti soul is concerned. There is purity and purity without any amalgamation of Mind & Maya. He possesses true love, truth, joy and peace and they must be kept intact at all costs, so spiritual guidance is must for him and this is possible only when the parents are steadfastly following that path without any sway in any direction i.e. to be a Hindu, Muslim, Christian, Parsi etc. He should be developed as a true human being as Surti guided by concentrated Surti, properly established is supreme Surti consciousness, without caste, creed and religion including indivisiveness in him.

Now religion is high or low be made clear to him in thought, action and Surti at large, as we are soul Surti. Thoughts and actions are the gradients of Mind and Maya. Their impact should be minimised to a greater extent. He should be at liberty to accept or reflect any philosophy. There should not be any sort of imposition of thoughts and ideas. His doubts should be cleared by enlightened souls i.e. those who are spiritually elevated on this planet. His vision should be enlarged. Make him to rise above the obsessions with I, me and myself. Espouse a higher cause.

His development should be on the lines of uplifting others, ignoring personal gains and profits. Never be made to think of his own position, place, authority in the society. Lead a humble and peaceful life.

Thought of self comes in the way of spiritual elevation. He should think of his performance, rather than profit and gain. There should be no space for depression or elevations. Always hold the ground firmly, don't be led astray by the thoughts and ideas of others, get inspired with an objective or goal beyond yourself, selfcentred interests.

GIST Note :-

Activities of mind spread.... People generally believes in the society that good always triumphs over evil. In general we do see evil forces flourish and good is perished under the feet. The meaning of truth changes with the change of time and place in this cosmos. Hopes / future is the act of Mind. Good is the outcome of Surti and not of Mind, where as evil is the out come of Mind and not of Surti. Mind is a machine which generates all sort of thoughts which take us to past and future. Future is imagination, it has no bearing with present which is the essence of life. All festivals traditions of faith has nothing to do with present i.e. awareness, self realisation, surti consciousness and true supreme consciousness whom segments we are on this planet in this cosmos. Mind plays its own game and Surti plays its own. We are here to win the game. These Mind's incidents are the effect of Mind and Maya and are sufficient to see darkness within the core of Mind in each Soul Surti within body segments. We shouldn't continue life in darkness within blindly but at this juncture we should follow the teachings of true Saints, spiritually. A huge secret which has been kept hidden from the human beings here is explained by Satguru 'Vai Naam' Ji.

'Satguru's blessings comes only when we are devoted fully towards lotus feet of 'Satguru'. We all must follow the instructions of 'Satguru' and has to sit in meditation along with 'Alive Holy Naam' regularly without any gap. We have to continuously establish the proper link with 'Sat-guru' from time to time for guidance and moral boost. What is the definition of worship we actually have to understand. whether the external ways of worships are sufficient for us to get liberation from the cycle of deaths and births ? This all only can be

understood if we will proceed inwards deep in our Surti and that too with true guidance of true and real master / ‘Sat-guru Vai Naam’ of the time. We have to follow the universal religion which is ‘humanity’ in real sense. For attaining permanent salvation from this planet is all due to the blessings of ‘Sat-guru’ of the time.

Our labour and struggle will not pay any dividend in attaining permanent salvation. This happens only then when we continuously sit in meditation to feel the presence of ‘Sat-guru’ in our Surti. This process continues for some time, provided our concentration doesn’t fall. We must be totally cut off from the impact of Mind and Maya, wishes, desires, past and future, free from bondage of relations and personal ailments, sorrows and sufferings. We have to remain away from ‘I’, ‘Me’, and ‘Myself’. Caste, creed and religion of the family should not be thrust on any one. We have only one religion which includes knowledge of self. i.e. Surti, concentrated surti of true and real ‘Sat-guru’ and knowledge of the ‘Supreme being’.

By focussing on ‘Alive Holy Naam’ in Surti and breathe we can take our journey to Amarlok along with true and real ‘Sat-guru’.

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CULTIVATION OF HABITS

How the habits are cultivated & who is responsible for our habits ?

1 Two parts of our nature particularly propagate habit ; i.e. physical Mind, existing without one's realising is unconscious state of Mind well within the body, to be unconscious of any change well within the body due to the effect of Mind.

2 Physical Mind has great impact on the body to delude Surti to a greater extend, as Surti is very active at infancy stage of a child. He is very close to spiritualism and far off from Mind and Maya.

3 Physical Mind is fully aware of this all. In youth every outside influence is absorbed and seeps downwards.

4 Thus a major in us has been 'constructed' since birth. This sub conscious i.e. concerning thoughts and feelings in the Mind, which one is not fully aware of but which influence one's actions, subconscious desires, urges, fears, wishes, hatred, jealousy regarding have and have not influence one's actions.

5 These action go on developing layer by layer to establish permanent impact on Surti due to compressed thoughts after thought unconsciously. This subconscious construction go on developing layer after layer and if left unchecked by parents, persists for the rest of our life.

6 There are many reasons, why habits take over ; education, upbringing, spiritualism, atavism i.e. atavistic, relating to a behaviour of one's ancestors in the distant past : an atavistic urge.

7 Father or mother narating their personal experiences to children, these may be +ve or -ve have great impact on the body of a child, he delve deep in those incidents especially which are negative, ill treatment to their parent, by their grand parent, go a long way to seep downwards in their intellect and a feeling of revenge from the side of the parents to grand parents, uncles, aunts, create anger, jealousy, revengeful attitude along with fear, how to deal with the persumed problems have great impact in the way to cultivate habits.

8 But the common denominator is always a lack of awareness, which leads us towards true spiritualism and let go past and future i.e. the

relation of time and space which is the impact of Mind and Maya on surti/consciousness/concentration in this illusionary cosmos, which creates chaos and confusion in innocent children’s intellect and memory centre.

9 Past and future are the acts of Mind only, they breed on dirt, social unrest, to train, to educate in their liking field of study, field of sports, as warriors, wrestlers, in the field of music etc. Parents always train, educate as they grow up.

10 A well breed child should move towards true spiritualism. Remember the proverb : “familiarity breeds contempt” we should not develop familiarity, with teachers, elders, as it will lead to loss of respect for them. Parents should not make false promises with children, as they will get initiated for the next promise, if the first one is not fulfilled by them for any reason.

Our nature is to breed on unconsciousness in our instrumental nature. One has to be present and conscious i.e. spiritual to be in Surti and not be subservient of Mind and Maya, except true spiritualism everything else is subservient to the child’s welfare.

11 People say that subconscious must be made conscious, but they fail to tell how this is possible. This answer lies with true and real Sat-guru of the time i.e. ‘Vai Naam’ Paramhansa.

Unit mind controls our 14 (fourteen) senses well within our body and concerned with physical (bodies) things. So picture the objects before the senses which are too the subjects of Mind and with due cooperation of Surti plunge into the pool of Mind to get excited to see clear limpid pool with limpid eyes of Mind which are blind and in deep slumber and take dream objects as real one. To him this world appears to be real, where as, it is all figment of imagination, it is purely an illusion without any reality, significance and importance. Thus this world is limpid one i.e. clear transparent for external eyes.

12 From this zone, the moment as rise to the surface, it must be charged with “soundless sound word” i.e. “bodyless word”, which doesn’t come in reading, writing, listening and speaking.

13 It is through this “Alive Holy Naam” we can enter the realm of full consciousness and work there : a difficult task, but is the only way of ensuring permanent solution, steady pursuit of spiritual enquiry and strong aspiration for the truth, love, peace and joy/annand. Cultivation of these virtues leads one to knowledge of self.

14 The physical mind is that part of Mind which understands only externalities, being performed by ‘unit cosmic Mind’. To deal with this one needs to spiritually elivated by the ‘Supreme Surti’ consciousness, from ‘Vai Naam’ Paramhansa, who possesses, “soundless sound word” i.e. “bodyless word” bestowed/blessed/entrusted by ‘Sat-purush’ Himself face to face within seconds time period. Which is not in the jurisdiction of time and space i.e. past and future.

Habits develop cumulatively (gradually increasing) in amount/quality i.e. one addition with an other. These cumulative habits develop cumulative illness at the same time. They are at the same psychological ones reinforce those of the physical. Teenagers are effected to a greater extent. How interconnected human nature is ! Habits start inside and seep outwards. Then the nature seeks reinforcement from out side. More thoughts are demanded by the ‘unit mind’ within to ‘cosmic mind’ “to strike the iron is hot”.

15 Please don’t miss this golden opportunity to seep the Surti into out to a larger picture of falsehood of cosmos. More forces are needed to have permanent impact i.e. hit the nail on the head as time is perfectly ripe in all respects.

16 Any adversity can become habitual, look at pain. Habit is the source of all chronic pains. (lasting for longtime) (happening continually) Chronic : branchitis/arthritis/asthma/chronic unemployment problem. Even habit for a long time i.e. a chronic alcoholic/depression which sometime become cause of death. When pressure of air becomes less, it cause rain.

17 A series of circumstances trigger an illness, the Mind latches (a small metal bar used for fastening a door) i.e. (open the lock) (Leave the door on the lach) onto/unto/the event and turns it into a construction which is then forced down into the subconsciousness. The body remembers and the Surti gets pushed down to the subconsciousness where it wants a trigger to reappear.

18 How many people one served on earth is countable you get something to share not to hoard or amoss true human being lives for others. We have been sent on the planet to serve the poor and needy rather than hoarding and amossing.

19 Once the surti crosses the Mind with Alive Holy Naam from true and real Sat-guru ‘Vai Naam’ of the time, will act like a dart (a small pointed missile) and Mind turns into thin air and take rest in Mool Surti. If not, the illness returns i.e. Mind.

20 The body is a slave to habits. Usually it goes unnoticed. The bad habits can be substituted only when your Surti get concentrated/elevated by the Supreme Surti which reside in soundless sound word which is being bestowed to true and real Sat-guru ‘Vai Naam’ Dass ji on this planet in this cosmos by ‘Supreme Lord Sat-purush Himself’.

21 Ultimately thought to transform humanity on this planet must transcend bad and cultivate good in place by being blessed with “Alive Holy Naam” and blessing of true and perfect spiritual master (Sat-guru) ‘Vai Naam’ of the time.

22 Truth. love, joy and peace have no connection with habits of the body (Maya) and act of Mind (Mann) in any way.

23 These four qualities are not habits but the acts of surti/consciousness/concentration of ourself, which has no bearing with Mind and Maya, but it is in bondage of Mind and Maya for centuries together i.e. birth after birth on this planet, annihilation after annihilation of this cosmos.

24 The function of Surti is linked with all good qualities free from the amalgamation of Mind and Maya who generate and infuse all bad habits and make surti to follow their dictates, desires and wishes.

25 “Alive Holy Naam” can harmonise bad habits to get integrated into a thin air to get rest in ‘Mool Surti’.

26 The best process is observation and working with awareness, knowledge of self and complete understanding of “Supreme consciousness and to be in Surti/consciousness/concentration.

27 Ultimately ‘Vai Naam’ Sat-guru Paramhansa has to transform humanity at large to transcendent all bad habits and to establish its ownself i.e. Surti to attain awareness, self realisation and complete knowledge of Supreme consciousness, whose segments we are on this planet with the help of “Supreme Surti consciousness” of “Sat-purush” entrusted to ‘Ve Naam’ Dass by Supreme authority ‘Himself’.

28 The best process is observation and working inside with “Alive Holy Naam”. The habit will be traced to their very source to dot with “Alive Holy Naam” to realise that it is not the work of Surti, but of Mind and Maya. One realises the problem to be supplemented by concentrated Surti to awaken the dormant Surti well within us. One realises the cause effect relationship behind every movement and uses the search light of chetan i.e. concentrated Surti of “Sat-purush” through ‘Sat-guru’.

Habit is a universal law affecting all as per circumstances, environment, social conduct, association, domestic condition, domestic environment etc. With faith and sincerity anything is possible but not without true spiritualism, by Supreme collaboration of “Supreme Alive Holy Naam” i.e. “soundless sound word”, which can’t be written, readout, spoken or listened. It works in Surti through Surti consciousness of Sat-guru

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SPIRITUALISM IS THE TRUE ESSENCE OF LIFE

One should lead a simple, soulful life on this planet, with malice towards none; with charity for all, with firmness in the right direction and path of spirituality.

Spiritual sermons, dimensions should be in agreement with our surti/consciousness/concentration without amalgamation of Mind and Maya.

One should emulate Sat-guru ‘Vai Naam’ Paramhansa in elevating surt/consciousness with the concentrated Surti of Sat-guru; though it is tough act indeed in implementation in day to day life on this planet, but by his blessings, one can surmount these problems with ease and in lovable way and playful method.

Sat-guru ‘Vai Naam’ Paramhansa’s words and spiritualism sermons must resonate beyond the ages like Sat-guru Kabir Paramhans ji’s sermons are beyond the (ages) historical, political and spiritual contexts are there all times, all ages till inhalation of the cosmos.

I, ‘Vai Naam’ is emphasizing thread bearily to all and (every) sundry of cosmos to realise the efficacy of “soundless sound word” in which “Sat-purush Himself” resides. Surti elevation with concentrated Surti of Sat-guru ‘Ve Naam’ helps one in exhorting to advise something strongly (i.e. let go) all senses, Mind and Maya with forgiveness, charity, love, joy, truth and peace to be established by the essence of Surti concentration by the concentrated Surti of true and real Sat-guru of the time ‘Vai Naam’ ji.

It is very important to note and understand that only faith in spirituality is not going to pay any dividend to masses of this cosmos. One should have supreme consciousness, Holy Naam -0-which can ignite Surti to get it elevated by concentrated Surti.

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Spiritual Attitude

“Soundless Sound word” i.e. bodiless words” acts as a trigger to activate soul Surti which is a combination of Surti in the heart and Nirti in the breath. The breathe serves the purpose of a catalysts, as it is not effected, but, it helps in the union of Surti and Nirti.

God and destiny take you to past and future act as source of slavery of the Mind and Maya. They never provide us any opportunity or guidance to have permanent freedom from life and death cycle, which is the sole purpose of our spirit/surti/consciousness. They are the source of slavery, bondage of our ownself i.e. Surti. One needs to be inoculated Alive Holy Naam in Surti to let go Maya.

Our life has been made tortuous by Mind (Mann) and Maya (body) to keep us alive by one’s faith and endeavour. God i.e Mind never be in ourside as his sixty lacs hands are working against we i.e. surti/consciousness. It is always infusing fear and anxiety well within body to delude Surti and takes the undue advantage of ourselves i.e. Surti and never provide any opportunity to have it freedom at any moment of time. It is making us slave of time and space i.e. past and future, have and have nots.

Yoga also to some extent, for the time being temporarily helps one in settling of the Mind into silence. When the Mind has settled, we are established in our essential nature i.e. surti/consciousness. Our essential nature is usually over shadowed by the activity i.e. 60000 thoughts in a day which act as hands of Mind to delude Surti and make it to act as per directions of the Mind.

Our free Surti is fully capable-of to navigate with a moral, ethical compass and do right without the overshadow of Mind and Maya. But this is possible when one possesses “soundless sound word” i.e. “Vai Naam word” in which Supreme consciousness resides and is being bestowed, entrusted to ‘Vai Naam’ Sat-guru Paramhansa to concentrate the Surti of individual souls who come in contact with true and real Sat-guru of the time.

Surti always act along the right path as it has no connection with any bad or wrong activity of Mind, as it is a segment of pure and true Surti of Supreme consciousness, with no amalgamation of any negative thoughts or ideas. With the blessings of true and Alive Holy Naam a nation, as a collective union of millions of concentrated souls could be assumed to operate with a collective Surti soul consciousness without being over shadowed by the activity of Mind. An individual body needs healing because of the flux of Mind and not because of Surti.

Such an happening is beyond comprehension but if possibility arises the whole cosmos can turn into Amarlok itself as sub unit of Amarlok. Sat-guru on the planet is embodiment of Supreme Soul on the planet to elevate the souls to realise their true, nature, true abode and true father, whose segments we are on this planet. He is a universal mirror who is mirroring the true nature of Mind, Maya and Soul, Surti i.e. consciousness/concentration which can be elevated by the concentrated Surti of Sat-guru who possesses Supreme Surti of Supreme consciousness as it is being bestowed to ‘Him’ by the Supreme Consciousness i.e. Sat-purush Himself to Sat-guru ‘Vai Naam’ Paramhansa of the time.

An individual soul needs healing from true and real Sat-guru to get his Surti concentrated to let it free from the clouds of thoughts of Mind which is embracing soul at the rate of one in a second. Not an individual soul but the universe as a whole needs Surti concentration from true and real Sat-guru to make this world as worth seeing and living place without the impact of Mind and Maya. Thus universal soul needs healing, to overcome unhealthy trends which needs to be reminded overhauled with the idea of pacifying unit as well as cosmic Mind. All other ideas go to gut. (To destroy the inside or contents of a building) or room and instal (take out the guts of fish) or an animal.

v.v.imp. :-

To be free from Mind means to attain stillness of thoughts, wishes, desires, past and future. We mostly accelerate around blind turns as we ourselves are blind in deep slumber. We turn in a blur (to become difficult to see through clarity) of Minds distraction of thoughts which never allow us to have peace within.

If we fail to understand our ownself in the prime of life then we are thrown into the ‘dust’ bin of time and space. Change is not possible while sitting in isolation in one place to turn experience into meaning and prepare ourselves for whatsoever surprises us, Mind is sure to take us away from true and real spiritual path, if we don’t amend ourselves in time. The only thing that can sustain us is to be in the awareness i.e. present moment, which is possible only when our Surti is enlightened by the enlightened Surti of true and real Sat-guru of the time. Attain three most important this after being blessed by soundless sound word i.e. bodyless word of Supreme consciousness from Sat-guru.

1 Silence – It is more eloquent than speech.

2 Absence – It can be more powerful than presence well within thoughts and make them to be alone. i.e. silence brings us together where words set us apart and silence speaks for every thing (love, truth, joy, peace) and in worldly sense terror and wonder which are not the by products of words and deeds.

3 “Soundless sound word” : When one attains awareness due to the blessings off Sat-guru and soundless sound word i.e. bodyless word i.e. the supreme Surti of Sat-purush starts getting us free from overshadowed flux of Mind thoughts, they start diminishing on attaining calmness. When Surti get completely illuminated by the effect of concentrated Surti of Sat-guru; Mind will be completely annihilated and Surti become free from the bondage of Mind and Maya. One attains the position of non-existence, as all negation got eliminated due to the effect of “Alive Holy Naam” i.e. “concentrated Surti of Sat-guru.” You are Surti which has to be purified from the baser elements like Mind, Maya i.e. blanket of thoughts, wishes, desires, past and future i.e. thinking and hoping for wordly persuit are gone, you are full of love, truth, joy and peace as these are your qualities as Surti consciousness / concentration.

Thus Mind and Maya are barrier, the moment they fall dow, you are in yourself i.e. awareness is attained. Sel realisation has taken place and knowledge of supreme soul is attained. Now you are at the door of your real home i.e. Satlok and your real and true father is waiting at the door to accept you as his true and real segment i.e. of Sat-purush

GIST Note :-

How the habits are cultivated, who is responsible for our habits has been made understand to us in the above sermons from the ‘Sat-guru Vai Naam’. A lot has been said regarding the factors responsible for the emergence of habits in human life. The major two parts of our nature particularly propagate habits; i.e. physical Mind, existing without one’s realising is unconscious state of Mind well within the body. There are many reasons why habits take over; education, upbringing, spiritualism, atavism i.e. atavistic, relating to a behaviour of one’s ancestor’s behaviour in the past.

Experiences of parents narrating to their children & revengeful feeling of parents towards relatives.

People say that subconscious must be made conscious, but they fail to tell how this is possible. The answer lies with true and real ‘Satguru’ of the time i.e. ‘Vai Naam Paramhansa’.

Unit Mind controls our fourteen senses well within our body. As per ‘Sat-guru Vai Naam’ this world appears to be real, where as it is all figment of imagination, purely an illusion without any reality.

The physical mind is that part of Mind which understands only externalities, being performed by ‘unit cosmic Mind’.

How many people one served on earth is countable you get something to share not to hoard or amoss true human being lives for others. We have been

sent on the planet to serve the poor and needy rather than hoarding and amassing. The body is slave to habits and usually it goes unnoticed. Ultimately, ‘Vai Naam’ Satguru Paramhansa has to transform humanity at a large to transcendent all bad habits and to establish its own, i.e. Surti, to attain awareness and self realisation.

So habit is a universal law affecting all as per the circumstances, environment, domestic conditions etc. Truth, Love, Joy and Peace have no connection with habits of the body (Maya) and act of Mind (Mann) in any way. These four qualities are not habits but the acts of Surti Consciousness of ourself which has no bearing with Mind and Maya but is in bondage of the same for centuries together.

So one should lead a simple, soulful life on this planet, with malice towards none; with charity for all, with firmness in the right direction and path of spirituality.

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TRANSFORMATION FROM LOSS, FEAR, EGO IS “SPIRITUALISM”

1 Skill, intellect, ego, fear and loss are baser elements and are segments of Mind and Maya.

2 Our true self is the : 1 - hope, 2 - faith, 3 - trust, 4 - truth, 5 - love, 6 - joy and 7 - peace. They are at work when blankets and blankets of baser elements are removed from ourself.

3 Children are main targets of baser elements through their guardians who are unknowingly act as agents of Mind and Maya to delude the children to the greatest extent. Mind and Maya are least worried about youth and old age, because have become habitual of to be in Mind and Maya.

4 Faith – In most cases it never develops. It remain up to body and Mind i.e. personal gain i.e. Material things.

5 If you want to establish within – It is through love and that is envoked through sangeet, tears in isolation, calmness, meditation, faith and love for joy.

6 We are segments of Supreme Consciousness and not of Mind. True and real guide is needed. Surrender yourself completely to Sad-guru, within no time all gloom will disappear.

7 Bask in the Supreme Consciousness.

8 Infinite happiness can't be purchased by any price, but by complete Surrender : will power too vanishes – dampens with slight depression :

Let go : (a) worldly desires – spiritualism, will-power takes us forward.

(b) Viveka – What is needed to fulfil our purpose. When we become helpless and hopeless.

Transformation from, loss, fear, ego – develop spiritualism. Athletes, Mountaineers, wrestlers, etc. Children learning to walk ---- tread mill. Move towards meditation – where will power is needed – 10 - 20 - 30 - 40 - 50 & 60 minutes — 1.5 hour

(1) Surti + (2) will power (3) sankalpa

It should be surti based not heart based. Surti prevail every-where where-as gravity is there in these three loks.

1	Subtle stage 75 %	2	Astral 90%	3	Casual 95%
4	Super Casual 99 %	5	Vihangam through Surti	100 %	

We can enter Amarlok – provided we possess “Alive Holy Naam” from true and real spiritual Master i.e. Sat-guru. Let go attachments, defeat, death, sadness, bad, good, happiness, life, victory fair and unfair – waves of Mind.

6 Become true disciple of true Sad-guru.

7 Don't pay much attention to (1) - Thinking, (2) - Listening, (3) - understanding, wishing – they are time consuming and take away from your true self.

All baser elements, like potential, skills, intellect as per your past Karma's, your ancestors, parents are with you along with your true gradient of self, truth, love, joy and peace are there with you at the time of birth. They (children) are manipulated by parents and society. They try to take the child as per their old rotten paths especially spiritualism. They do great injustice to one who is complete in itself.

This is a greatest tragedy on the plan. The child is taken as raw material to be moulded, where as, he is full and needs guidance from an elevated soul in the real sense to just ignite spark in the Surti of new infant, he will start moving as per the message of Sat-guru Surti along with the “Supreme Surti of Sat-purush”, our true and real father. He will come forward at the rescue of new born infant. By guiding spiritualism we put a child loss after loss, which is irreparable at the later stage. Spiritual losses can also be repaired by mystical working of destiny for the losses, may bring hidden opportunities for our spiritual growth.

“ Blessed are those who weep now, for you will laugh”

If we allow ourselves to experience emotional, spiritual under currents freely, we enter a very vulnerable (which can be influenced easily) state.

In that vulnerability there is a strong likelihood of a deeper surrender. As we confront our inner void in a spirit of true surrender as if you have plunged yourself along with the waves of sea without, but with hope of the the supreme conscious is with me in the guise of true and real Sat-guru ‘Vai Naam’ ji of the time. Once we get anchored (chained along with other ships) in deeper awareness, we recover from the ‘pangs of grief’ or any sort of loss, but you find profound transformation within .

A powerful way of realising this truth is by meditating on Alive Holy Naam, i.e. bodyless, soundless sound word in Surti along with breath. This soundless word is without beginning, middle or end and within him happens all. Surti creation, preservation and no destruction as there is only a destruction of cosmic material of five elements. Only Supreme Soul i.e. Amarlok/Begumpur who is Sat-purush Himself exists from time immemorial and will continue till eternity i.e. time without end.

Awareness of self ; self realisation and complete knowledge of Supreme Consciousness gives us the strength to overcome feelings of loss and grief by developing attachment to what is true, real and cultivating detachment to what is ephemeral (lasting for a very short time).

GIST :- first two pages :

Skill, intellect, ego, fear, loss are baser elements and segments of Mind and Maya fully under the thumb of Karma's. Your true self is, truth, love, joy and peace, but under the blanket of Mind and Maya the generators of baser elements. Children are main targets of baser elements through their guardians who are basically agents of Mind and Maya fully trained by them to mould the them who are full of concentrated self and requires only guidance in the right direction along the right path. But what sort of treatment they receives from parents, guardian. They consider them raw material like Mud to be used to prepare pitcher out of it. They requires guidance from elevated souls, where as they are being thrown in the hands of those who are fully trained army of Mind and Maya put them in the cell of Kal Niranjan in a very friendly way, without making them to know the truth of their intentions. They make Hindu, Muslim, Sikh and Christians, because they too are mounded in the same order in the same direction, so they are giving what they got from their, parents, brother and sisters.

We must keep with self i.e. Surti, we are neither helpless creatures made by chance, nor destined to suffer from vagaries (sudden change) or wrath of a vicious fate due to Cosmic Mind, Unit Mind and Maya. We are segments of Supreme consciousness and not of cosmic mind, and came into existence on this planet, in this cosmos to fulfil Devine Agenda – that of the revelation manifestation of supreme consciousness on earth. We have to play a hide and seek match with cosmic Mind to know his true nature with due cooperation of true and real Sat-guru of the time. First you have to take a leap of trust and devotion which will open the gates of faith, truth, love, joy and peace. After

attaining all this spread the same now with faith and love, now respond to the feeling of loss with unwavering surrender to your Sat-guru ‘Vai Naam’ ji of the time.

Consequently, (as a result) all the shadows of gloom that have been tormenting us will dissolve quickly and we will bask in luminous, cetestial supreme consciousness of Supreme Lord Sat-purush (Sahib Ji) of 4th lok i.e. Amarlok.

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TRANSFORMATION FROM LOSS, FEAR....SUBTLEST, THE MOST SURRENDERED.... HOW TO BE SUBTLEST

One must realise that infinite happiness cannot be purchased by any price less than that which is supreme consciousness (concentrated surti), which is limitless, endless i.e. infinity supreme consciousness that is infinitely truth, love & joy and peace, prevailing at infinite level our resolutions, good intentions and will power dampens, vanishes with slight depression due to loss or fear and we are back to square one. It is a common dilemma but ask yourself does a child need will power to eat ice cream of chakulate.

Does a youth in love need “will power” to meet his beloved ? No, because where there is interest, there is no need to invoke “will power”. “Will power” is highly valued in the spiritual field, but is only needed when we are interested in doing something or where there is conflict of interest, when forces pulling us in different directions. For instance, you may have a spiritual goal but also be pulled by wordly desires in other directions. It is when desires distract us from our goals at that time we need “will power” the most.

v.v.imp. :-

We need to evoke (viveka) (feeling in Surti).... First of all we need to develop the discrimination to choose wisely (viveka) and know what is needed to fulfill our purpose. Will power gives us the inner strength to implement what will fulfill our purpose especially when we feel helpless or hopeless, “will power” can be cultivated, Athletes, mountaineers, especially children learning to walk through help and guidance otherwise he will crawl with the help of legs and arms. Legs require strength to walk so child with the help of mother, hand in hands makes child to walk and in after some days, she allows him to struggle himself to get up and walk on a treadmill for some time, every day.

In the same way move towards meditation first starts with 10 minutes and go on increasing limit of time 45 minutes will still make a difference with consistency ; will power develops. Surti concentration backed by will power is sankalpa & when sankalpa is not Surti based, but concentration based, light and prayerful, the effect can resonate throughout not only in the universe but Satlok, Amarapur itself. Just as gravity force is a weak force holding the universe together, the subtlest, changes to Astral (90%), Astral to causal 75% and casual to super casual 99% and then vihangam stage beyond expectation. i.e. within 30 minutes we can enter Amarlok 100% and come back in three loks i.e. (earth).

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MEDITATION

Try to rise above attachments. Just as the pendulum swings between two extremities, life too alternates between joy and sorrow, loss and gain, birth and death, victory and defeat. One should learn not to be unduly affected by either of the extremes. That is the state of detachment, provided we have submitted ourselves at the lotus feet of true and real Sat-guru with faith devotion to develop trust while concentration on “Alive Holy Naam” being blessed to us by Sat-guru Paramhansa. It provides a state of detachment. One should learn to live with what Surti gives you at every step at every turn. It is not about what you think but what you use, what you have, which determines the way we move towards spiritualism. Don’t bother about what is fair and what is unfair, as they are waves of Mind and Maya. If birds have wings, they can fly, while human beings can’t. Start living like a true disciple of true and real Sat-guru in Surti in meditative way. Start living in Surti along with “Alive Holy Naam” in breath to attain, truth and love, joy and peace with the passage of time. Don’t pay much attention towards thinking, listening, understanding, wishing as they are time consuming and take you away from your own trueself.

Costal – sea level rises – directly – in co₂ emission rising continuously. Transformation is in spiritualism mostly when myself humble servant of the whole universe including my disciples pay attention to what I say during giving sermons coming to me from Supreme consciousness i.e. Sat-purush/Sahib Ji makes me all alone at that time, it makes me still and calm as an undisturbed body of still water at the base of sea, this indeed makes me completely spiritual consciousness (elevated) concentrated Surti by supreme consciousness. This to me i.e. self is the absolute truth, love, joy and peace. All Hansas on this cosmos live only to be a segment of supreme bliss i.e. supreme consciousness.

At the time of concentration one should find himself sitting at the bottom of (sea) ocean. The ocean has depth and hence it is not disturbed by weather changes, be heat or bitling winter cold waves. The water at the bottom remains still and calm because of depth. Rivers may swell and overflow into the ocean or they may get reduced in quantity and trickle into the ocean, but this all does not effect the bottom, because it has depth. Similarly concentrated Surti of saddak who possesses “Alive Holy Naam” from true and real Sat-guru ‘Vai Naam’ Paramhans Sahib’s Surti/consciousness within himself. One has to elevate his Surti within self to be one with supreme consciousness. This is what Bhagwad Gita, Kabir Sahib has taught us. In the Gita, Lord Krishna explains that a happy person is one who is illuminated within. One who uplifts his Surti consciousness/ concentration by the blessed Surti Sabbad of true and real Sat-guru “Vai Naam Ji Paramhansa” of the time. A person who is spiritually elevated and finds peace within and is able to withstand the dualities of material existence and its importance in day to day life on this planet in the cosmos, but at the same time don’t forget the real purpose of life on this planet which is to be spiritual, have blessings of true and real Sat-guru ‘Vai Naam’ Param Hansa Sahib Ji”.

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HOW TO BECOME HANSA

You have gone far off from the real and true path of spiritualism. You have to retrace your lost track in the oasis of deserts. You have made your life toxic and toxic emissions are taking place, in intellect, memory and ego. “Mind has done his job of robbing you off from true and real path of spiritualism.”

Your bodies present life is full of suffering caused by ageing, diseases and death i.e. you are running for survival of the fittest and one needs a solid workout, if you are going towards spiritualism and having a ground firmly under your feet, all the way from birth to death. But strolling in the Mind and Maya zone you are pulling yourself in the ‘cow web’ of Mind spider. We don’t strive to extract ourselves from the clutches of “Kal Niranjan.” We don’t want to realise the root cause of our sufferings. The root cause of sufferings lies in craving or attachment with transitory reality. The remedy lies in the extinction of the flame of desires for which we need to follow the path of true and real spiritualism. The four fold path is right discernment of the reality. Understand the character of Kal Niranjan whom you consider being. Like all created things, is impermanent, made up of past and future emanating suffering out of craving. Our craving causes us to imagine impermanent objects as

permanent where as there is no such thing which is seen by these eyes to be permanent and everlasting. You may decorate yourself as much as you like, but its impermanence is clearly visible from its nature. The starting point of attaining permanent salvation is extinction of the flame of wishes one desire and moving from past thoughts to future to establishing the identity of Mind and Maya. Move one step and have Satlok all around you.

1 What so ever one does for his own sake and not bearing with spiritualism.

2 To devote your Surti to the good of all Hansas and to elevate their soul Surti to follow the flow of Surti in the right direction by being blessed with Alive holy Naam from true and spiritually elevated Sat-guru ‘Vai Naam’ of the time.

3 Tolerance and universal religion of oneness while having established proper link with the Supreme Surti of Sat-purush through concentrated Surti of Sat-guru “Vai Naam Paramhansa.” All forces have joined against their own self i.e. Hansas to make them to live in bondage of Mind and Maya where there are four type of temporary nirvana i.e. to go to Ancestor’s lok, in seven heaven, Brahmloks and Nirankar’s loks true Brahmn Lok. You can live there as per your karmas fruit when the allotted period elapses, you will have to come back in the womb of mother.

4 No force can be created but can be infused/bestowed or entrusted. Outwardly we move towards material things, wishes and desires and in the inner world to purify you ownself and to let go Mind, intellect, memory and ego – and to establish oneself in Surti to be blessed with Alive Holy Naam from true and real spiritual master of the time i.e. ‘Vai Naam’ Param Hansa of Satlok. Develop absolute awareness of the Supreme soul and knowledge of Amarlok/Satlok which is true and real abode of all Hansas of this planet.

“MIND, BODY & SURTI CONNECTION”

One can’t of himself push back or repell the flux fulmalice, Mad man like hurling abuses and dog like barking with full of ‘Vai Naam’ at one and another and take stand in favour of peace loving people, fighting with courage and determination against injustice prejudice, cheating, favourtism as a brave and courageous soldier as embodiment of truth, love, joy and peace are blessed with “Paras Surti of Sat-purush” through Sat-guru.

This all is the work of very powerful God called ‘Kal Niranjan’ whom 99.9% people of the world call saviour of humanity on this planet. You can only act through Mind, Intellect, Memory and ego with fully excited within every human being because of ignited flame of Mind and body only. On the flame of Surti (Hansa), Surti proof blanket is overcast in circular order around Surti in the heart. Mind has made it a bonded labourer and never provide him a minute to be in the present which is the very nature of Surti, but in the prison of prisons unable to work independently. All the powers in the universe are under the control of Mind and Maya. It is Mind which have put its blanket before our eyes i.e. Surti and befooling all hansas to act and do as per the nature of Surti.

“RELATION OF PAST AND FUTURE”

Each of us has a mission in this world. The world can’t be boring, because there are infinite number of possibilities in the world. There are art charming music and architecture, but most importantly most charming we are within this body of five elements, including Mind, intellect, memory and ego. It is just a cat and mouse play inside and outside our body. First of all soul is being treated by Mind, intellect, memory and ego as a mouse to play with and tease it time and again and take all sort of work from it i.e. to use it as bonded labourer. All human being are not aware of this game well within our body. We only think and deal with outer environment which in general as an oasis in the desert. Where we move towards source of water and it turn out to be oasis in the desert i.e. complete illusion and confusion.

We consider that world is not static therefore, we should always be optimistic not in thoughts but in actions – that the future is going to be better, charming, full of pleasure than the past. There is so much potential in the world and in each human being in this universe. There is a joy of knowing that you can contribute internally and externally for ourself and for the society in general, physically, socially, emotionally and spiritually to a better world, and that one can renew itself spiritually for which we have been sent on this planet by Sat-purush from Amarlok to play match with (sincerity and devotion) Mind and Maya with sincerity and devotion without a foul play.

Each of us is endowed with foremost important and universal truth, i.e. truth, love, joy and peace. Peace is the focus point on the other side there is Mind, Intellect, Memory and Ego with lot of Army, contingent like happiness, lust, fear, jealousy, prejudice, treachery, befooling innocent masses, have desires, wishes to cheat and attack Hansa from all four corners. ‘Ego’ is the focus point of Mind and Maya.

MIND, MAYA AND SURTI

All differences in this world are of degree not of kind, because oneness is the secret of everything – condemn none. If you can stretch out a helping hand, do so. If you can't fold your hands get the blessings of true and Alive Sat-guru of the time who has been blessed with “Alive Holy Naam” from “Sat-purush” who is our real father and is residing in Amarlok, Satlok which is our real abode.

This makes us to become more loving, caring, merciful, devoted and dedicated saddaks. That person comes to know that there is very big, important, significant meaning in life. We can change, heaven, hell, sunn and maha sunn into charming abodes of hansa and hansa's every where even in these three loks like that of Amarlok / Begumpur / Satlok. We are not physical being but pure and sure spiritual beings on this planet. Our spirituality also affects our life. Spirituality gives us the ability to discern between what is right and what is wrong. What is Mind and what is Maya. What are their motives. How to deal with them. Role of Sat-guru. How to get liberated from this endless cycle of birth and death on this planet. Take a leap of surrender before true and real Sat-guru and put your head on the lotus feet of Sat-guru for being blessed with “Alive Holy Naam” to be liberated permanently from the bondage of life and death cycle from this planet.

Light than art, and the light than shal return... to dwell for ever to the supreme endless and limitless light. The light of Hansa, the self ignited by the Supreme Surti through the elevated and ignited Surti of Sat-guru i.e. chetan Surti of Supreme Soul. Remember that the Atma ‘vidya’ gyan, the science of the spirit, concerns discovery of the self i.e. self realisation. Spiritual life enables us to enjoy as Hansa in the present moment.

**“Asato ma sad gamaya
Mrityu ma amarat gamaya”**

**“From untruth lead me to truth
From darkness lead me to light
From death lead me into death less state”**

Every moment of silence in our day to day undertakings is blend of right meditation and right activity. Right meditation can be taught by true and perfect spritual master, enable you to withdraw from your sensory telephones and penetrate inwardly to have the union of Surti and Nirti

(prans) to hear the voice of your innerself provided you possess the chetan Surti of “Alive Holy Naam” of true and perfect spiritual master to enable you to establish Surti – telephone with Supreme Lord (Paramapurusha).

Knowledge is learning something everyday. Wisdom is letting go of something of the ego everyday. In the end these things make a space for the Surti to realise its realself. It has to face 60000 thoughts of a Mind in a days i.e. 24 hours. This makes us to have 42 thoughts of Mind in one minute almost one thought in a second.

The very nature of Mind is fleeting and posing problems to individual i.e. soul. It changes, moves and remains transitory. Hence, now, this moment, you have pleasure, but the next moment, hour or days it brings and bring a new thought with new proposal. 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 or like water is oasis in deserts. One thinks, if only I get a promotion or get premature retirement or may get divorced or become purely spiritual person to attain permanent salvation.

This is the tendency of the human Mind, Intellect and memory. These all are sufficient to ignite 'ego'. This whole vicious circle of waiting, hoping, getting make one to believe, 'I am doer'. This develops ego, I, am, aham, ahankar. Become awareness of this flow of thoughts, don't get submerged in it. Witness them carefully. Introspection is needed to see the flow of 'ego'. Maintain balance, so as to become free from ego i.e. psychological conflicts, when we realise our true self which lies beyond three gunas.

GIST Note :-

Baser elements i.e. Skill, Ego, Intellect and Fear are segments of Mind and Maya. Our true self is covered by blankets and blankets of baser elements. Parents can play very important role for the upliftment of children spiritually, but how ? Just study the strange secrets revealed by 'Sat-guru Vai Naam Ji'. Every thing is

possible to achieve, but for that completely surrender to ‘Sat-guru’ is required who can guide you fully.

One must move for infinite happiness. A major transformation is possible only through ‘Sat-guru’ via meditation along with ‘Alive Holy Naam’. For that Surti along with ‘will power’ helps to make your sankalp strong. One has to understand regarding the six bodies within the human beings and how these bodies functions differently so as to uplift our Surti upwards to achieve 99.9% within the jurisdiction of Kal Bhagwan / Ek Onkar of these three loks and then after attaining 100% Surti with the help and blessings of true and real master Sant ‘Satguru Vai Naam’ of the time to finally reach our original abode i.e. Satlok / Amarlok / Sahib Lok.

But to achieve this all first of all initially we have to become true disciple / Saadhak of ‘Sat-guru’. We have to come out of the Mind and Maya through the ways and techniques of Sehaj Satya Bhakti Marg / Brihnga Matta through the Chetan Surti of ‘Sat-guru’ to be infused into the Surti of Saadhaks. For all this our strong will power and intent is required to get progress in meditation consistently.

Try to rise above attachments. And attain detachments with baser elements. In meditation what we must do is to sit like at bottom of the sea ocean, where waves doesn’t disturbs in depth and water remain calm; so go deep depth in meditation.

How we can become pure Hansa. We have to become more and more pure from within leaving all the ill wills of Mind and Maya. As and when we began to achieve

the purity within ourselves we start moving to visit Ancestor's loks, Seven heavens, Brahmloks, Nirankar's loks, True Brahms Loks and even Sehshastrarsaar Lok, the lok of God / Niranjan / Ek Onkar.

Mind every time distracts us through its thoughts every minute. We have been sent here to play and win a match with Mind and Maya with sincerity and devotion with the help of our team Truth, Love, Joy, Peace along with the blessings of 'Satguru Vai Naam' and 'Alive Holy Naam' of 'Sahib Satpurush ji'. The team of Mind and Maya is Mind, Intellect, Memory & Ego with lot of Army like Happiness, Lust, Fear, Jealousy etc. etc.

We are Surti power empowered by 'Satpurush ji's energy to defeat heaven, hell, sunn, mahasunn.

This is the tendency of the human Mind, Intellect and memory. These all are sufficient to ignite 'ego'. This whole vicious circle of waiting, hoping, getting make one to believe, 'I am doer'. This develops ego, I, am, aham, ahankar. Become awareness of this flow of thoughts, don't get submerged in it. Witness them carefully. Introspection is needed to see the flow of 'ego'. Maintain balance, so as to become free from ego.

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SATT, RAJ AND TAMAS TRAITS

In order to let go ‘ego’ (negative thoughts, lazyness, depression) i.e. thinking of the past and hope for the future they are main source of tug of war between three traits i.e. Satvik, Rajas & Tamas. This all is possible by the ignition of bodyless word i.e. ‘Saar Sabbad’. Our Surti is complete in all respects. It doesn’t require the help of these three gradients, these are the traits of Mind to make Surti to be tossed between these three gunas and to be fool and keep us busy for nothing. These three states are like water, which has three forms and remain busy in this cycle of solid, liquid and gas form.

We as Surti are embodiment of truth, love and joy which are complete in their ownself. We must let go all sort of intoxications, lies, depression, evil deed, action, wishes, desires, hate, prejudices, one by one from our Surti which are Tamsik traits by letting this world go, is possible by our concentrated Surti by supreme Surti concentration i.e. “bodyless word.” The awareness is attained by those who let go world, Mind and Maya for ever and reside in Surti concentration along with true and real Sat-guru ‘Ve Naam’ of the time.

THREE GUNAS (TRAITS)

- 1 Our Mind enjoys the pleasure, joy (Annand) of the soul.**
- 2 We can see what is present before us.**
- 3 Truth leads towards Kal Niranjan/God.**
- 4 These three gunas lead to Karma i.e. towards God.**
- 5 When we start realising surti/consciousness, everything under goes a change in thought and action.**
- 6 One need to go deep in spiritualism to understand surti / concentration / consciousness, importance concentrated Surti of supreme soul, Sat-purush of 4th lok i.e. Amarlok.**
- 7 One who care for the body and Mind is in deep slumber and ignorant.**
- 8 One can’t achieve the knowledge of self without the knowledge of true Sant/Sat-guru the true representative of Supreme Lord, Sat-purush.**

“Ek na bhoola Do na bhoola, Jo hai Sanatan Soyi Bhoola”

Not only one or two, but all those engrossed in Sargun, Nirgun forms of worship seems to be misled.

9 Sat-guru is beyond the bondage of Mind, Body and three loks.

10 99% space is of dark matter, pleasure joy, love, truth is present in the soul, free from body concentration.

11 Soul can never perish. It is beyond the limit of time, space and form.

“Aakhar ye tann khaak milega, Mann lage mera yaar faquiri mein”

Love, joy and truth are due to concentration. They are not present in the objects. They are the gradients of soul, as possessed by “super soul.”

करोड़ों जीव भटक रहे जगत में प्यारो, पाया ना सच्चा भेद रे ।
बिन सतगुरु कृपा के, कैसे जानें साहिबन भेद रे ।

Without spiritual knowledge none can attain permanent salvation from this world. The soul neither takes birth nor dies. It has no relation of any kind and is free from vices like, lust, anger, jealousy, prejudice etc. Where suffering and sorrow lies has no linkage with joy (Annand), love and truth.

मन ही औंकार सबै नचाये, जीव ना जाने भेद ।
पूर्ण सतगुरु भेद हैं देते, सतपुरुष का सच्चा भेद ।

सत्य समान धर्म नहीं प्यारो, जानो सच्चा भेद ।
प्रेम आनंद शान्ति प्यारो, सुरति के अंगों का जानो भेद ।

सुरति को चेतन—सुरति चेतन करती, सतगुरु ‘वे नाम’ सूं पा लो भेद ।
नदी का सागर से मेल है होता, रोकने से कैसा भेद ।

12 Seeking happiness, material gain, power and puff to be known in the world. Traits are never interested in striking balance between spiritual, mental, moral and material attachment. External entertainment for rajas

person may be all right sometimes, but the real treasure of peace, love and joy are to be found within Surti concentration with the help of chetan Surti of Supreme Lord, through “Alive Holy Naam” possessed by true and real Sat-guru ‘Vai Naam’ of the time.

13 If the binding is rajsik ; it shows dynamism (motion), energy and strength, but controlled by each. All the three traits have a motive behind them.

14 They possess Mind and ego, which play prominent role in their life. Ego is negative quality for all three states. But mind has greater role as negative element as baser element i.e. relative truth. The strength and characteristics of a binding Mind and Body.

15 Keeping the Mind under control is the hard nut to crack, as it is more powerful than the internal unit Mind as a sub unit of cosmic mind.

16 Cosmic Mind and unit mind are God itself, so how can you control them as body which itself is his segment. Rajas trait is very clever because of ego. It sees the situation and changes. Cosmic Mind i.e. Nature and unit Mind well within our Sushmna are God itself.

RAJAS GUNN

17 Rajas trait is very clever and cunning because it sees, visualises, thinks, manipulates the situation well before the time to have complete, planning to handle the situation.

18 When he visualises that the time is ripe, situation is favourable to grind the axe to move towards Satvik trait. He does so and established his foothold in that trait.

19 When he sees, visualises the situation and the idea strikes to his mind that this is the appropriate time to move towards Tamsik state, he inclines towards that state and raises his head in raising voice in favour in hum-bug manner to win their favour and to cash out the opportunity in his favour.

20 He always make collections at the dot point to have benefits and benefits and never loses sight of gain and profit. He is not in the habit of putting himself in trouble to face loss and misfortune under all circumstances.

21 Once a quality becomes active, it tries to pull the other two qualities and tries to establish that trait into them to modify them completely to establish that quality in them. The other two also structure their influence on the one which was previously binding these two forces.

Thus a tug of war starts between them, and it remains so long Surti the fourth most important force come into play, but only when it get concentrated by “soundless sound word of Sat-purush Himself.”

In modern times, parents often encourage rajas trait (guna) in their children to establish their career and get settled as early as possible, as the competition is increasing every year. Money, position, status in the society is given para amount importance for the existence on this planet. No body is worried about real internal spiritualism.

It is not goot if education makes the Mind of person burdened, complicated and old. A burdened, complicated and old. A burdened Mind deprives a person of the knowledge of spiritualism. The significance of spiritualism is reduced to nothingness, useless, mere figment of imagination of a few untouchable in the society; Where as the reality is quite opposite or reverse to it.

This body is bound to become old, but the Mind and Surti remain young till the very last moment of death/breath/out, and only Surti knows the mysteries of life and death on this cosmos.

22 Thus a tug of war starts between them, then a fourth force of supreme power whose segment of Surti is there in each and every human being can perform miracle in establishing Saatvik trait in the human being.

23 All these traits have a motive behind them. The tamsik binding is the least strong. Here the body shows inertness, darkness and weakness.

24 Love for excessive mundane pleasures (ordinary), non significance, worthless, ideas, thoughts and actions is the characteristic. Although these bindings are non physical, their manifestation in the body are physical (illustration from an abstract result, idea, conclusion).

25 It may not work for anyone. This is because these are relative truth i.e. far from the true self. i.e. soul surti/consciousness self is beyond these qualities and till the time we are obsessed with these qualities, we are caught up in duality, quite away from awareness and our true nature.

26 In modern times, parents often encourage rajas guna i.e. trait in their children.

27 These three traits... Mind and senses are not affected by these 3 gunns. They end up idealising achievements, possessions and power and devalue truthfulness and enlightenment i.e. to move towards true spiritualism to attain permanent salvation from this immortal world.

28 This creates intense conflict in the Surti of children who possess maximum quantity of Surti concentration and less of Mind and Maya.

29 Child is very close to supreme soul and far off from Mind and Body. In mother's womb, he was fully in touch through Surti to Supreme Surti of Sat-purush without any bodying (establishing any link) with mind and body.

30 In order to resolve this conflict, we need to understand the interplay of these qualities and transcend duality (go beyond the normal limit).

31 All these gunns are like different streams of water that influence not self but body. Because awareness of this flow ; don't get submerged in it and act as source of diseases in the body. Mind and Surti consciousness are not affected by these 3 gunns i.e. these three traits, rather they are outcome of Mind, we must acknowledge all the three qualities operating in our personality well within us to pose problems and problems to body alone and Surti/consciousness/concentration watches them.

32 When one particular quality tries to dominate body senses, rather than merely executing it of its own. We as Surti should introspect, but it is in bondage of Mind and Maya, so we should introspect that is a delma in one's life.

33 Interestingly, though there are more than one aspect at the same time. Our efforts can't make us free from these psychological conflicts, as we are all alone at the cross to interfere “without bodyless word” i.e. “without concentrated Surti” i.e. “free from the bondage of Mind and Maya.”

“CONCLUSION OF THREE GUNNS”

34 Here we realise that we are surti/consciousness and are helpless where to go, what to do and how to do ?. Please, wait for some time. When we pay attention at disease.

35 Temperature is only a symptom of the fever, not a disease in itself ; only an indication not an enemy. What would you call these who begin to battle with temperature itself ? This same kind of nonsense goes on concerning external, internal and true worship i.e. Sat Bhakti, true path, “Bringha Matt” on this cosmos.

36 Outword indications are mistaken for the enemy, the symptoms are taken for the disease and we begin to fight with them. This doesn't help to eliminate the disease on the contrary it is the patient who will surely be eliminated.

37 Ego of doership strengthens identification with body, mind and senses which leads to accepting its good and bad results, in identifying with body, mind and senses is nothing less than ignorance as it takes away attention from Surti, which has not been generated, establishes and made free from baser elements like mind and maya and causal body and subtle body engulfing Surti and keeping it in bondage and making it act as per their instructions and directions.

38 Spuning web of thoughts wise and elevated Surti is he who disconnecting himself from Mind , body and senses ; gunns identifying itself with consciousness/surti.

39 Senses are functioning according to gunnas and the self is not action less It is fully visible to execute the order of mind. One who is ignorant and living in ignorance, consider the doer of karmas are simply senses. In life, usually we fail to deal with mind, maya and senses, as we don't have the “paras Surti” (holy naam) which can activate ourselves and make us free from the permanent bondage of Mind i.e. God, Allah, Ishwar.

40 Without Supreme Surti consciousness – we can't attain freedom and then there will be no choices but to participate in this cosmic drama of bondage. Thankfully 'free will' means we can progress from taamsik to saatvik.

41 There are four state of our Mind (Mind – intellect), Memory – action (ego) just like three states of water — solid, liquid and gases.

- a** Mind always remains in a state of activity surti/consciousness has a nature of awareness.
- b** Heat and light is the nature of fire.
- c** Coolness is the nature of water.
- d** Four kinds of activities are performed by our mind.

The outcome of the job :

- (a)** desires (Mind)
- (b)** decision making act (intellect)
- (c)** Act of recollecting act of thoughts about past is the ‘memory’ (chitt).
- (d)** Performance of activity (action) i.e. to that of ego.

RAJAS TRAIT

Extra points :- Rajas trait pushes the person to strengthen his ego boundry by ful filling his desires of achievement, possession and control. This creates intense activity and instability. He equates happiness with success, he can’t face and wish for failure ness in his life. He falls in a trap of never ending rat race and at the end feel dejected and depressed.

These qualities do not get with each other harmoniously. Their aim and direction are very different. This all creates and maintains psychological conflicts within mind, body and Surti. Our soul is eternal (universal) in all the 4 loks provided it is without amalgamation of baser elements like Mind and Maya. Hansa is combination of Surti in the heart and Nirti i.e. pran in the breathe.

Anything that can help us regarding surti/consciousness/conc. to improve our spiritual development. Anyone who wants to evolve at the spiritual level should not pay much attention to his body but to your ownself i.e. surti/concentration. The inner relation between Sat-guru and Saddak initiate a brilliant new relation of Surti and concentrated Surti to evolve the surti of disciple/saddak.

And to consider them hyponotised being dragged towards you ; so either we can change other or ourselves by selfless action, thought, meditation, worship, positive thinking and having awareness in our undertaking assigned task by completely surrendering all actions to Satguru with faith, trust as a risk adventure of faith. Satguru is supreme self itself, the eternal divine, the representative of Supreme Lord Satpurush the eternal divine.

Ego of doership strengthen identification with body, Mind and senses which lead to accepting its good and bad results to identifying with Body, Mind and senses is ignorance as it takes away attention from Surti/concentration and bring with it ego, desires, depression, mental weakness and ultimately our down fall.

Lord Krishna says, “Renouncing all actions in Satguru”, with Surti centered, with awareness in self and not the Mind centred in the body which according to human beings is self thinking. Become free from hope and egoism and from mental fever, don’t fight with Mind & Maya.

(Renouncing all actions) Renunciation is (reawakening) give up fruits of action, (i.e. reawakening) with Mind immersed inwardly in remembring the eternal, freedom from hope of future and ego of past without mental weakness performing righteous actions.

(V.V.Imp.)

IMPORTANCE OF RAJAS GUNN IN THE SOCIETY

Everyone’s Surti is full of Sat-purush’s qualities waiting to sprout like a fertile seed of Amarlok, Immortal, truthful, full of love, joy i.e. (Annand & Annand) and peace, just like lotus flower springs from the mire to bloom splendidly, the interaction of the cosmic breath causes the flower of the spirit to bloom and bear fruit in this world.

In the same way Surti/concentration blooms with the breath of Alive Holy Naam of Sat-purush of Amarlok whose segments you are on this planet. The splendousness of Lotus pale into insignificant before the immortal Surti of all Hansas which is the true and real segment of Supersoul Sat-purush of Amarlok i.e. rather He Himself is endless and limitless ocean of Soul Surti.

When you plunge in any undertaking, do it with love, faith, honesty, joy (Annand) and peace of Mind with due collaboration of chetan Surti along with supreme consciousness of Supreme Soul.

Success needs to be experienced in all aspects of our lives, personal, mental, emotional, financial, social and spiritual along with chetan Surti of true and real Sat-guru in Surti Sabbad & breath. We must perform work with complete awareness, without the help of thinking process and providing any food to hope and thinking.

IMPORTANCE OF RAJO GUNN IN THE COSMOS

A better understanding of life and a clear, calm head is the pre-requisite for being successful with complete concentration on “soundless sound word of Sat-purush.”

Spirituality is the aspect of true life which helps us to define our true and real goal i.e. permanent salvation from this endless cycle of birth and death on this planet.

If someone guides, and gives us step by step instruction to do this, while keeping your all segments of Mind, intellect, memory and ego in harmony along with surti/concentration. All our problems will be solved.

No delma, no multiple choices, just as direct roadway of present movement, provides us direct roadway to truth, love, joy and peace through awareness and to be in the present movement will be enough to follow the directed path.

We have to use all ingredients in calculated measures for a spiritual and full of awareness in the present moments of life.

Meditation, practice of putting “Alive Holy Naam” in Surti and breath, in silence, in isolation help us to get connected to supreme self by the grace of Sat-guru.

The Mind is made to become lighter, thinner and to have peace in mool Surti. But people of rajas attitude walk aimlessly in this world, always looking far something new to please their fourteen senses.

GIST Note :- Satt, Rajj & Tamas

These are the main weapon of human ‘Mind’ which are responsible for spreading the message of Cosmic Mind through unit Mind, who at every moment of life is continue to distract ‘Surti’ towards the worldly pursuits. While our Surti is complete in all respects doesn’t require any external assistance to function according to its potential.

The three traits mentioned above are directly concerned with Mind only to make Surti to be tossed between them. How this system works in our body birth after birth with the assistance of the above mentioned traits, so that never ever one may liberate himself from the clutches of Kaal Niranjana / God / Kaalpurush / Ek onkar i.e., 84 Kaal Jaal prison.

Being Surti which is body embodiment of truth, love and joy and complete in all respect, we must let go all sort of intoxications and impurities of this cosmos so as to uplift our Surti concentration. Because the awareness is attained by those who let go worldly things for ever and reside in Surti concentration along with true and real ‘Sat-guru Vai Naam’ of the time. These wordly things are nothing but only Mind and Maya.

There are two major forces which are working parallel in this universe i.e. Mind & Surti.

The three Gunas / traits are the baser elements of Mann (Mind) which are helping the cause of ‘Kaal Bhagwan’ for the smooth functioning of this cosmos on

this planet. To know more in deep go through this chapter of Satt, Rajj and Tamas in detail, because the whole concept of spiritualism is inter connected with Mind and Surti and to know deeply regarding true spiritualism it is very important to be in touch with the concentrated surti of ‘Sat-guru Vai Naam’ of the time who is the only representative of the Alimighty ‘Satpurush Sahib’ the ultimate Supreme Power in this cosmos on this planet.

All the jeevas who are engrossed in Sargun and Nirgun forms of worship seems to be misled by Nirakar Bhagwan so that they may not get freedom from the clutches of Triloki kaal jaal.

Where as love, joy and truth are not present in the objects of this world and are the gradients of Soul as possessed by Super Soul i.e. ‘Sahib Satpurush Ji’ of the Satlok. And no one can attain permanent salvation without spiritual upliftment which is possible only by devoting towards the ‘Sat-guru Vai Naam Paramhans’ of the time who possess the ‘Alive Holy Naam’ bestowed to him by ‘Sahib Satpurush ji’ the ultimate Supreme Power of Satlok/Amarlok.

As we all know that keeping the Mind under control is the hard nut to crack, and how this is so... study the chapter in detail carefully.

All the three gunas are working so hard for the cause of Mind as per their potential. That’s why the role of ‘Sat-guru Vai Naam Paramhans’ ji becomes more important so as to make the human beings understand regarding the impact of these three gunas along with Mind on them and

aware them also how to get rid off from their trap.

Every one's Surti is full of Satpurush ji's qualities waiting to sprout like a fertile seed of Amarlok, immortal, truthful, full of love, joy i.e. anand and peace just like lotus flower springs from the mire to bloom splendidly. Where as the Mind is made to become lighter through constant meditation along with 'Alive Holy Naam' in breathe and Surti in isolation; but people of Rajas attitude walk aimlessly in this world always looking for something new to please their fourteen senses.

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IMPORTANCE OF SURTI / ROLE OF SURTI

Worship needs devotion.

There is no other tapasya (worship) in this world which is equivalent to truth, love, joy and peace. sin – falsehood. You are in Surti when you are free from the activities of Mind and Maya.

Nobody knows about the nature of “Alive Holy Naam” of Supreme Lord Sat-purush which holds the power to liberate a soul permanently from the entrapment/clutches/of Mind (body). Every one discards truth and have worldly ocean, immense love for falsehood, cheating, befooling, freachery, jealousy, hatred, social discrimination etc.

Always remain concentrated onto Sat-guru as he is the only real source of true spiritual powers (Aadhyatmik shakti).

Mind, intellect, memory & action – in physical body.

“Vai Naam Surti Dhara”

“Nijdham Ke Santon Ko Samarjit”

Keeping concentration on Sat-guru is the easiest and direct way to attain the true spiritual powers of a Surti/concentration/consciousness which are already present in our Surti, then we will be able to see every single activity of Mind i.e. Mind, Intellect, Memory and Action within the physical body and can easily rule over cosmic and unit Mind which continuously engages the Surti (our own true self) in materialistic things which do exist in the outer world so that he can rule over every single human being on earth in (Surti Nirti – merge at the time of death).

Kabir Sahib like ‘Vai Naam’ Sat-guru were true personality, holds the true authority and supreme power to liberate the souls permanently from this wordly ocean of birth and death.

**“Sat-guru milney se jhagda khatam ho gya,
Tu tu na raha mein mein na raha - ek dooje mein kho gya”**

“सतगुरु आज्ञा निरखत रहे, जैसे मणिहीं भुजंग
सच्ची माला सुरति सूँ, बाकी दिखावा जान
ये सब मन का फेर है, ‘वे नाम’ सब्द में ध्यान
सतगुरु की नांही मानता पूजता, पाखंडी मन
जैसी करनी जगत में वैसे ही फल पाये
बिन सतगुरु भक्ति किये, जन्म जन्म दुख पाये”

The diamond stands no where in comparison to “Alive Holy Naam” i.e. bodiless Naam of Sahib Sat-purush ji of Amarlok. He ‘Himself’ resides in the concentrated Surti of Sat-guru. i.e. in super consciousness Holy Naam bestowed to ‘Vai Naam’ Sat-guru after his visit to Amarlok.

Sat-guru is truth ful and removes darkness within every saddak and creates awareness in Surti to elevate the Surti of Saddak. Sat-guru Surti itself is love, truth, joy i.e. Annand and always in peace.

One who can’t hold Alive Holy Naam in his Surti is like dead body, whose Surti can’t be concentrated and allivated.

Worshiper of Sat-guru is not stagnant, he some times shed tears out of love and sometimes blame himself for failing to create Sat-guru in himself.

LORD KRISHNA’S MESSAGE

Don’t make others cry, but live so that you make them smile - this was the lesson Krishna conveyed through his life. He is the character who leads our chariot towards joy (bliss) in the limited sense. Krishna’s inner bliss was the laughter that over flowed to the world from the fullness of his heart. That was why even in defeat on the battle field, the smile never left his face. He reminds us to laugh at our own follies and short comings.

A ROLE MODEL

He is role model for all humanity at large, regardless of our chosen field of action. He lived as one, with both king and commoners. Even though born as a prince. He tended cattle drove the chariot washed the feet of Sudhama, even did menial work like cleaning away the palm leaf, plates after a feast. He was ready to go to the unrighteous act as a messenger of peace. There he was humiliated by Drona. He was a revolutionary who raised his voice against improper practices. He discouraged people from offering prayers to God Indra for rain, telling them to worship GOVERDHANA hill instead. He explained to them that in fact, it was these hills and mountains that were responsible for blocking the rain clouds.

The first lessons in environmental conversation were imparted to people of the time and coming generations. Even now we must strive to protect nature and help maintain harmony in the world around us. Purification of water and air is big challenge for humanity at large.

भगवन कृष्ण गुणों गुणों की खान

Staying angry always is not a good thing : My dear don’t let the sun go down upon your anger, forgive each other, help each other at physical level as well as at inwards spiritual level, and begin again with awareness as central point.

Don’t loose hope ; as deep within our Surti exists and needs to be spiritually elevated by Supreme Surti of Sat-purusha through (Alive Holy Naam/Satt Sabbad) from true and living Sat-guru ‘Vai Naam’ ji. The Surti serves purpose on this planet. This ‘Naam’ is pure awareness that is receptive to grace and guidance from Supreme consciousness.

In order to allow that part to manifest and perform its functions. We need to purify and transform Surti into concentrated Surti with the concentrated Surti of Sat-guru. Recently researchers at the university of California also concluded that spiritual quotient is hard wired in the human brain, about 99% don't know how to remove this invisible web of wires i.e. how to stimulate them and therefore they remain hidden. If we want to grow, understand and get free from these strings, we require a pure awareness, Alive Holy Naam/Satt Sabbad to let Surti/consciousness/concentration free from the bondage of Mind & Maya.

One has to grow inside to out, which is the key to spiritual growth. Teaching and guidance depends and varies from individual to individual. You have to make spiritual yourself but through bodyless word of Sat-purush through Sat-guru ‘Vai Naam’ of the time. i.e. pure awareness.

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FAITH

Faith in yourself like Lord Krishna. At the very outset in your life you have provided endless consciousness, no body can betray at any step at any moment in your life, be you are a child of five and a half year or young one of sixteen year or a mature man of forty years old or be an old man of sixty years. You have to plunge into the dreadful pond of water with so many snakes and you plunge into that with a faith that you will come out of water without being slightest harm provided to you by any snake. If you put whole energy of your mind into your faith, you will come out victorious and this step will be most daring step in your life to take risk without caring for loss or gain. You must have awareness between action and out come. That is why true faith and trust develops after understanding your true self i.e. when you come out of blind world and out of dreams. Including God, Atma and the whole universe except Sat-guru, Sat-purush and Hansa are all dreams, as they do contain baser element of Mind in one way or the other, so that don't exist at all.

Thus take leap of faith and establish link with true and real Sat-guru ‘Vai Naam’ of the time and start your journey of risky life of faith, have Naam of full awareness in your Surti just take life as breath inside and death while breath come out. Take life like this which itself is a big risk. Believe in yourself, and believe that there is a Supreme loving source – just waiting to be asked to help yourself while entrusting your ego at the lotus feet of true and real Sat-guru ‘Vai Naam’ and be blessed with ‘Alive Holy Naam’.

HOW TO CHANNELISE BASER ELEMENTS

Sat-guru makes us free from all sorts of intoxicating influence of Maya. Then Mind fails to delude you Surti to toss it in past and future, which is all due Mind and Maya. Evil effect of Mind and Maya is there to delude Surti/consciousness.

When Sat-guru bestows the Naam to desciple, he takes his seat and replace Mind from bhanwar gufa and establishes its self in true and appropriate place i.e. ‘Agya Chakra’ i.e. 7th chakra, 10th aperture.

Rishis, Munis, Yogis do struggle to attain that stage, as with repetition of mantras, tappas, concentration, fail to identify true enemy to get themselves free from thoughts of baser elements like Mind and Maya. But Sat-guru’s Alive Holy Naam i.e. soundless bodyless word gives power to the Surti of saddak/disciple to identify baser elements in the body to be identified and modified.

Just as anger can be transformed into dedication in any undertaking; wishes and desires into love and kindness; ego into faith and lust is transformed into bliss i.e. perfect happiness, great joy. Thus these forces can’t be defeated by any person or authority. They can only be transformed by soundless sound i.e. bodyless word of true and real Sat-guru of the time.

“True Aatmic Naam” pacify Mind when it is in Surti.

Even for a movement Mind is not peaceful. If it is in peaceful state, aatmic realization can be achieved.

“तन थिर मन थिर, सुरत निरत थिर ना होये,
ऐसी अवस्था तब मिले, जब सत्य सब्द सुरति में होये”

i.e. When body and Mind are in peace, Surti and Nirti too will be in peace i.e. without any sort of ignited state. The concentration/surti is always engaged in fulfilling Mind’s requirements. It has no time to pay Surti towards ‘Naam’ i.e. ‘Vai Naam Sabbad’.

No yoga, saadhna and mudrassas can do anything regarding achieving permanent Nirvana/Moksh i.e. free itself from life and death cycle on this planet.

Without the power of Surti/concentration Mind and Maya can't perform any work inside human body. Atma takes Mind and body as single unit.

Mind can't allow Surti to establish its inner spring of Surti consciousness and to develop wisdom within its Surti.

Surti is the strength of Mind and Body without posing any hindrance in the way of Mind, Surti is helping it unconditionally. Surti is involved in all good and bad activities of Mind and body.

Thus basically the strength of Mind is Surti which possesses boundless energy. The moment Surti-Atma realises its true self, it at once transcends the worldly possessions and charm of the life.

HAVE FAITH LIKE LORD KRISHNA

Don't establish dreams and make them to flourish with new thoughts and wishes as water to dreams. They are more poisonous than bite of 'cobra'. They are not going to pay any dividend to you in any form. Put total dedication to your undertaking with full awareness, and sing the glory of Sat-guru all the times while attaining awareness with complete surrender on the lotus feet of your true and real Sat-guru 'Ve Naam' of the time. Devotion is the nature of true internal worship of Supreme Lord through his Supreme Surti blessed to you by true and perfect Spiritual master of the time. Supreme Lord, Sat-guru and Paramhansas of Satlok are pure love, truth, annand i.e. joy and resides in peace. Go on developing these with head down and to be aware and alive in each breath in and out. This act is more than faith and trust.

KARMA

Surti is not dormant even for a minute. The qualities of Surti can be well visualised in a child and awoken man, who is ever aware of his thoughts and actions. He is fully aware of Mind and Maya how they are keeping our ego in the past and faith and hope in the future. He remains always absent about the present which is our true self.

“निज की पहचान भूली, दुख का कारण जान,
सुरति महिमां जानी ना, निज की ना होत पहचान”

The ‘Bhagwad Gita’ says that Karma yoga does not only mean detachment to the outcome – karma yoga has six tenets.

What ever activity we do should not be against the normally accepted social, ethical code of conduct of a society. Not deceiving people, not appropriating anyone else’s rights, not harming others are all part of this as hansas of Amarlok, segments of same super consciousness i.e. Sat-purush. Even if such a code is not spelt out anywhere in scriptures. It means, “don’t do unto others what you would not want them to do unto you.”

Whatever role our providence have chosen to play in life, should be performed most diligently as a holy work, most diligently, without any laxity.

The more concentrated the Surti, the Mind get concentrated and is brought to bear on the point of ‘Mool Surti’. The purpose of Surti is to fix the Mind on the absolute in Mool Surti and the envelops of thoughts of Mind is off and Surti is free to act and join with Nirti in Aghya Chakra. When Mind is so fixed, one become calm, serene, steady strong and full of bliss. This is the stage of complete Annand and Annand i.e. joy/bliss. The awareness of the body and surroundings don’t exist at all.

As it deepens, one experiences great joy and spiritual intoxication. Concentration opens the 10th chakra of love. Alive holy Naam is the sole key to the realm of eternity. Now Sat-guru is very much in Aghya Chakra to take. Hansa to 11th aperture i.e. Surat Kamal for permanent salvation. There hansa attains the light energy of sixteen suns to attain vihangam speed which is thousands time faster than meen and papeel speed, and take hansa to satlok to have contact with supreme soul i.e. Sat-purush/ Sahib ji of Amarlok to have permanent salvation i.e. free from life and death cycle of this planet.

Karma can’t be performed beyond the periphery of time, space and person. The relative change of place of objects pre supposes the very existence of time, space and person. This action faculty is non existent in the cause of the supreme entity; because that entity is beyond the scope of relativity.

No action can take place without the impulse of Surti, as unit mind cosmic can only infuse thoughts and wishes, which are executed by Surti well within the body without the bounds of time, space and person.

(Awareness is spontaneous) Happiness can't be eternal but can be transient short term happiness is based on the senses ; this is what we mostly experience in life. What we are experiencing may well be just a feeling of satiety (don't want anymore) and pleasure like what you feel after having your favourite meal, discovery made, visiting new places etc.

“LORD KRISHNA'S PHILOSOPHY”

“Sri Krishna is believed to have lived some 5000 years ago. He is invoked as one of the most charming and insightful ‘Avtar’ of God Himself. His life's outcome become the model for million on the planet. Krishna's form is extremely beautiful, his beauty is not limited to the physical form alone. It is all about the undying beauty of the heart.

“Here and Now” :- Moksh – liberation from sorrow – is not something attained after death, in some other world. It is something to be understood and experienced while living here in this very world.

Krishna taught this principle through the example of his life. His life story teaches us the meaning of possessing mind and body and performing karmas on this (planet) cosmos. How it should be lived. He was a maha guru who celebrated with gusto, even life's failures.

NATURAL SELF (BEING AATMIC)

Pure atma is known as ‘Hansa.’ ‘Hansa’ possesses all the qualities of super consciousness as it is a segment of super consciousness. Super consciousness is immortal, truthful, love and only love, lives in annand and annand, quite peaceful ; so is the sub unit of all ‘Hansas’ on this planet. Our dealing, behaviour with others don't show this all i.e. the masses are following the path of unrighteousness. There is no fair dealing in any sphere of life. jealousy, fear, anger, prejudice, nepotism are prevailing every where in the whole world. Water, air are polluted to greater extent preservation of water resources need proper care and caution from the side of every human being on this planet. Forest conservation too need proper care and plantation in large scale – deforestation should be minimise to a greater extent. People don't realise importance neither of self nor of other ‘Hansas’ on this planet. Rich, poor, high and low are all equal as self is concerned, the differences can be boldly, but what to do with the body, it is made up of five elements and after death all will get amalgamated in their parental element.

And with utmost care, any role that is performed, performed either as an officer, spouse, parent or student, should be performed with full diligence. Neglect of ones own duty is not permitted.

Our focus should be mainly on the present activity at hand with full awareness and not on the fruits, which that action is likely to bring forth.

If a cricket player keeps one eye on the score board always, his game of cricket will surely be spoiled.

The anxiety for result spoils the quality of work inputs and such a work does not qualify as karma yoga.

That does not mean that fruits will not come. Any action done with diligence is bound to give us good results, but we don't have to be obsessive about fruits. Our job is to focus on the activity.

(According) Acceptance of whatever results come as Sat-guru's Kirpa parsad (blessings). Despite doing our best if results are not as per our expectations one should still accept them by understanding that the results of any effort are not decided only by present karma but have links with past karmas too.

Absence of sense of doership or ego.

No one is truly free of thoughts – Majority are a slave to wealth, fortune i.e. Mind and Maya. 99.9% are not aware of their ownself. They are acting to their will i.e. dictates of Mind, Ego and hope stays for a little moment if at all, only our Surti if out of deep slumber – awakened by bodyless word of true and real Sat-guru can make you to attain, permanent salvation. i.e. “freedom from life and death cycle”. It makes one completely free from any sort of wish and desire. It leads to joy. To move along Mind and Maya corrupts us. When a single person starts something new, novel, full of truth, love, annand, joy provide peace and starts his assigned task of Supreme Lord i.e. Supreme Consciousness (Sat-purush of 4th lok) which is conducive to every one's well being and to have permanent salvation, free from life and death cycle, others around him adopt and comeout of Mind and Maya and always live in surti/consciousness and attain permanent joy in meditation of one who lives in Mumbai wants to spend somedays in Kashmir meditating on the Dal Lake. All enjoy so much over there to extend dates to stay and enjoy more on that heavenly pristine, glorious environment. One who live in

Kashmir want to visit once Mumbai as his final desire of life. Both place are worth seeing one for Dal Lake and other for sea. One fell in love with the serene, divine atmosphere in Kashmir and Mumbai. The valley is peaceful, it is known as the greatest natural paradise on earth. Those in Mumbai are yearning for a holiday in Kashmir and those in Kashmir are yearning to go to Mumbai. We truly never feel satisfied. We never feel that we have “enough”. We are always looking for more and more and more. i.e. our vessel of desire has no bottom.

This pertains to almost every area of our lives and to every individual who is in deep sleep. Our bank accounts are getting fuller but our lives are getting emptier because we are always striving to close “just one more deal” or to take on “just one more house in Srinagar”.

Thereby sacrificing the precious time that we could otherwise spend in spiritual pursuits or with our families or engage in service for others or with other families without any desire.

It is through surrendering to ‘Sat-guru’ that we become desireless like his highness, as well as like “Sat-purush Himself”, whose segments we are on this planet.

Through being desireless, we attain peace and ‘Annand.’ We think, mistakenly, that it is by fulfilling our desires that we will attain joy. However, it is the opposite.

Fulfilment of desires leads to temporary happiness not because the object of desire was attained, but simply because the desire has now temporarily disappeared.

“KARMA PHILOSOPHY AND SATT BHAKTI”

Most religions prescribe that a certain portion of one’s income must be put in the hands of Sat-guru for the welfare of poor and needy.

In short, any activity done without selfish motive, carelessness and without ego can become a karma yoga as a segment of true life. A state of blissful action can’t be done without a pin which punctures the balloon to make the air of bloom to mix with cosmic element i.e. air. Alive Holy Naam acts as a pin to let Hansa Soul to come out of the body and get united with ‘super soul’ of 4th lok i.e. Amarlok to attain complete and permanent

salvation i.e. “free from the life cycle of birth and death on this planet.” We have to eliminate Mind, ego and hope which take us to past and future to act as slave of body and Mind in this cosmos.

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HAPPINESS AND JOY

There are people in the world who have, had smooth and trouble free lives, we find that some are happy, others unhappy.

When we look at those who have had really rough and challenging lives, again, some are happy, others are not.

All this seems to suggest the relevance of an age old truth ; happiness has less to do with circumstances than with our attitude and approach to life.

Happiness does not happen to us, it happens by us, each of us faces bulk of thoughts from unit Mind as well as from cosmic Mind. These thoughts have nothing to do with our ownself which is not Mind, but Surti/consciousness. These thought of Mind take us to past ego and to future hope, wishes and desires.

Sometimes due to over burden and hectic task one get frazzled, completely beaten an furious when the outcome is not up to the mark to cope up with the demands and pressure of the hectic days, feeling miserable about bad luck, colleagues, weather good or bad whatsoever or you can call upon the grace of the moment – reminding yourself to stop and breath calmly for just a few moments, finding some beauty to focus on, something to be grateful to all in this cosmos i.e “Alive Holy Naam”.

RELATION OF HAPPINESS AND JOY

You can choose between forever brooding on an happy childhood, or focusing on healing and healing and moving on. (healthy, inner or outer world).

Happiness is moving over to one side is called upon and cultivated, involving unlearning as much as learning. Consider that for a lot of people, unhappiness can be a patterned response (well decorated). Where we choose a familiar emotional place even if it is mostly hurts and brings sorrow.

We can realise that blaming the past & future for our misery & with a glimpse of happiness is 100% true as it is outcome of Mind and not of Surti. It is not mere excuses but reality. It can't give us happiness we crave inside, infact, it easily serves to increase our suffering !

It is established that cultivating feelings of happiness results in a self generating cycle of temporary relief from sorrow and sufferings biological as much as psychological well being which all due to the effect of Mind thoughts which take us to past and future. When you carve out time to go for a walk or just to the nearest play ground for playing bedminton or to stop and pray or dance or sing along to a favourite tune or share moments with special spiritually elevated people, happy harmones flood your system, keeping you healthy. For this, you need to first accept that happiness is something that is generated from unit Mind within and Cosmic Mind outside.

“Our Supreme Lord is permanent i.e. universal endless, limitless. Hansa is its true segment so has the same qualities as of “Sat-purush.” We respect flesh and bones and Maya. We don't respect which is full of qualities as that of Supreme Soul whose segments we are.” (V.V.Imp.)

“When you look at deformed body but having all the qualities of Supreme Lord, we mock at him and still call yourself as spiritual person.”

“Become graber to giver and from taking to distributing. A pleasure in the beginning provides pain at the end and a pain in the beginning provides boundless and unlimited joy.”

क्रौध किया घट – सुरति महिमां ना जानी ।

वह जन सतगुरु प्यारा कैसे – सत्य की महिमां ना जानी

Choice of action and intellect is there with human beings. Our Surti/Consciousness/concentration blissful i.e. ‘joy’. It is free from anger..... Anger is the quality of intellect i.e. mental thought process. It is not spiritual in nature, will not let loose anger, he will descriminate the cause of its development and look at it. It will depart instantaneously i.e. Awareness makes the impact to go.

Surti soul is faultless. There is dirt in the body, every organ generates dirt, i.e. mouth,eyes,nose. The stink that dead body generates is much more than dead rats. Try to be like a child, whose mind has not developed, so his Surti is free to act and give its true reflection.

HAPPINESS & JOY

Sometimes you are incredibly good and divine. At an other time, at most against your wish, the Mind in you surfaces and you become vicious and vicious circle starts all around you and you become vicious and harmful which is not you but real Mind segment in you.

We all have unit Mind inside our sushmna and cosmic Mind out side ; that makes us pursue self destructive way. Yet, every one of us have extraordinary divine Surti & Nirti in us. Surti resides within our heart and Nirti come in our breath i.e. during inhaling.

In Bhagwad Gita in chapter 16 speaks of daivim, divine and asurim, demonic qualities. It is easy and pleasant to take to the demonic. The divine path is uphill and unpleasant in the beginning which is easy and provide pleasure in the beginning, provide sorrow and sufferings at the end.

One who is divine take uphill task in the beginning prove love, truth, joy and peace at the end and makes us pure Surti free from unit and cosmic mind. At the first place Gita helps us to steer clear off the evil in us and focus on the good.

We are neither body, nor Mind but Surti soul combination of two Surti segments i.e. Surti in the heart and Nirti in our breath. We have nothing to do with sorrows and suffering as they are not the segments of soul but out come of Mind, thus we are not holding sufferings and sorrows but the Mind is always infusing in the intellect of human beings. There is unit Mind and cosmic Mind which hold control over we as hansa. The reason being that Mind never provides any chance to Surti and Nirti to have union to attain its true nature as Surti/concentration/consciousness.

Transcendental knowledge crossing the limit in human knowledge in spiritualism. We can't succeed in letting go ego, and hope which are the segments of past and future. It is because of that each and every 'Hansa' on this planet is moving from past to future. He never attains awareness to be in the present i.e in Surti/Concentration to realise our ownself and the universal self i.e. Sat-purush/Satlok i.e. 4th lok/Amarlok which is endless and limitless. Mind is in its full glory and governing over us i.e. Surti/ consciousness.

Purity starts coming with freedom from selfishness and desires. Get inspired by higher ideas of providing spiritual knowledge and lower like charity, providing knowledge etc the lower desires lose their grip on you. You become rich by what you give. The attitude of grabbing, cheating impoverishes you.

The basic difference between the divine and demonic/dimunik is knowledge. The divine have access to higher knowledge while demonic, deluded by greed, lust and ego are ignorant of their potentials.

They are confused about what to do and what not to. They are impure and lack good conduct and have savage deeds, they cause destruction to themselves and others we possess, body and Mind and self as Surti/conciousness/concentration/spirit.

You know only Mind and Maya. You have no inkling of the spirit in you Surti is our original nature, it makes its presence felt when we have Alive Holy Naam i.e. bodyless word of Supreme consciousness, from true and real Sat-guru ‘Ve Naam’ ji the only authority in the whole cosmos, representing 4th lok Amarlok/Sat-purush. Then confusion ends.

Happiness, at its core, is about discovering meanings and counting your blessings, including your woes. Happiness grows in nurturing relationships ; establishing union of body and Mind to engage Surti in all these, persuits and engagements to be in Mind and Maya inside and outside the body, without realising our true self and to understand the value and role of Surti in any undertaking with the blessing of true and real Sat-guru. The mind is attracted to pleasing or favourite ideas.

Therefore concentrate on something that is appealing while keeping the eyes closed between the eyebrows i.e. on the agya chakra or any of the chakras along with centre of spiritual energy i.e. Surti and Nirti, “Alive Holy Naam” along with breath. Don’t wrestle with ‘Mind’ at all.

The sum total of all the pleasures in the world is nothing compared to the bliss derived from Surti concentration on true and real Sat-guru when blessed with “Alive Holy Naam” and have complete knowledge of Sushmna concentration to make unit mind to vacate sushmana and establish hansa Surti in aghya chakra. Mind can be nipped in the bud.

Supreme Surti, separate’s Surti of saddak, the moment, he puts this supreme surti in his own Surti and breath, sushmna get concentrated and

unit Mind vacate Bhanwar guffa and attain calmness in Mool Surti of Surti. Now you get established in joy, annand and annand all around. Love, truth, annand (joy) and peace prevail and surcharge the inner most recess of Surti. Surti get liberated from the clutches of Mind and Maya and awareness is attained with due realisation of self and supreme consciousness. One get liberated from seven chakras of the body and get established in 8th chakra i.e. Surat Kamal where Sat-guru is ready to take you to your real abode Amarlok and to have darshan of Sat-purusha with complete and permanent liberation from life and death cycle.

SATOGUNN

Mind and body are one in all respect. Mind is a composition of five element and so is body. Sargunn bhakti is performed by the wordly people and Nirgun bhakti is performed by yogeshwars.

Satt bhakti, Para bhakti, Brhinga matta is for a head of these two type of worship in this cosmos. Maya (Body) is a creation of Mind. It has three shapes :- (a) Sattgun (b) Rajasgun © Tamogun

Lord Vishnu ji is embodiment of Sattgun, Brahma ji of Rajas and Shiv ji of Tamogun.

All human beings in these three loks fail to understand the true nature and work of Mind and its dealing with Surti/concentration/consciousness.

Everybody is in doubt what to do and what not to do. What to accept and what to reject. How to move and where to move.

Our soul is energy, provided it is made free from baser elements of Mind and Maya. Hansa combination of Surti and Nirti is immortal. Anything that help our Surti/consciousness/concentration to improve our spiritual development.

IMPORTANCE OF THREE GUNAS

Mind works through three gunas. In extreme pain faith gets shaken and we take the entire burden of blame on ourselves. You too had chosen to sleep at night when your father was coughing incessantly while your mother took him to the hospital and you received the devastating call saying he had left us.

Years have passed but whenever I recall this, I blame myself. I could not forgive my self for that night. I tried immersing myself in rituals, meditation, pilgrimages, worship but the only place I found answer was in the Gita (internal worship i.e. to create emptiness within).

When Lord Krishna tells Arjuna, “All actions are done by the qualities of nature only. He whose mind is deluded by egoism thinks ! I am the doer” (3,27).

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” and crush us in the wheel of birth and death.

Krishna wants us to see that actions and thoughts are influenced by nature i.e. cosmos Mind.

Nature i.e. Cosmos Mind works through three gunas ! Satva, Rajas and Tamas which sway our actions and thoughts. Gunas come to us due to our Sanskaras, consistant habits, and if we don’t make an effort at the infancy stage to uplift them to Satvik level, they become part of our personality.

We invariably focus on what is missing in our life rather than be grateful for all our blessings cultivating greater self acceptance, awareness, self realisation, having acknowledge of ‘Supreme Soul’ and let go past and future, which are source of relative truth which is hindrance and poses problems is realising our true self which is our main objective in this cosmos.

We must let go one thing in a day. We need to save ourselves as well as the society from those who are involved in foul play in worship and indulging in malpractices of cheating, deluding, hypnotizing innocent masses on this planet.

Innocent masses need to be guided, to make them alert that they should not be cheated, harassed in anyway, as this is the basic principle of worship externally or internally and not to fall a prey to inticers (lust/desire).

The practice of hypnotisation is in vogue i.e. the order of the day to disturb mind, intellect of the intellectuals in the society to disturb them in making important decisions and their implecation for the welfare of the general masses at large.

Through this practice, some try to achieve something great, physically, politically or spiritually by hum-bug by gaining sympathy from the masses by deceiving and cheating the innocent and miserable persons in the society. The mal practice is being applied in all types of institutions making important and prompt decisions.

SATAV / RAJAS

There are four states of our (body) Mind (Mind-Intellect-Memory-Action (Ego) just like three state of water - solid, liquid and gases and can be changed accordingly.

Mind always remains in a state of activity i.e. infusing thoughts, ideas, emotion in every human being who does not possess, soundless sound word, because he is in deep slumber and can easily be led astray from his real purpose of attaining permanent salvation on this planet. He is very much allowed to move in three states i.e. Satav, Rajas and Tamas. They go on changing as per your thoughts, actions, wishes and way of worship. One must do good karmas without any profit, gain or motive beyond the karma. Meditation in Surti along with sabbad and breath takes us towards Sat Bhakti, which is the true essence of life and true way of worship.

The Mind is made lighter, thinner to have peace in complete surrender to Surti Consciousness.

Rajas :- people of rajas attitude walk aim lessly in this world, always looking for something new to please their five main senses. i.e mouth, tongue, ear, nose, eyes, skin. Rajas people make full use of tongue to mould the listeners for drawing attention.

RAJAS AND TAMSIK TRAITS

When he visualises that situation is very ripe to grind his axe towards Satvik, he become and joins Satvik trait and when he see the benefit in Tamsik state, he inclines to that side. He lies in the middle of the bridge and never attains permanent trait. His behaviour, way of thinking, way of dealing as business man is very close to the trail of Tamasik . In spiritual sites and political site, he is very much allined to Saatvik personality because of his links and tanlickles are inclined to Saatvik traits.

Rajas guna pushes the person to strengthen his ego boundry by fulfilling desires of achievement, possession and control. This creates intense activity and instability. He equates happiness with success. He falls in a trap of never ending rat race and at the end feel dejected. These qualities do not get with each other harmoniously. Their aim and direction are very different. This all creates and maintains psychological conflicts within Mind, body and Surti.

Baser Mind, intellect, memory and ego are the traits of Tamasik state is least strong. Here, the body shows inertness, darkness and weakness - love for excessive mundane pleasures (ordinary with little excitement and no indication to spiritualism.

GIST Note :-

As we have learnt so far through the ‘Super Surti’ sermons from ‘Sat-guru Vai Naam Ji’ that Surti is an integral part of our ‘Supreme consciousness and each and every activity of this cosmos is being performed through its power; Let’s know its importance further. Worship needs devotion and Sehaj Satya Bhakti marg teaches us about truth, love and joy (peace). When we are free from the activities of Mind and Maya, we are in Surti. In this state of Surti only we all the hansas find ourselves to liberate from the cycle of births and deaths through true and real spiritual master of Satlok/Amarlok. ‘Sat-guru Ve Naam Ji’ says that like diamond stands no where in comparison to ‘Alive Holy Naam’ i.e. bodyless naam of ‘Sahib Satpurush Ji’ of Amarlok. He Himself resides in the concentrated Surti of ‘Sat-guru’ who is truthful and removes darkness within every Saadak and creates awareness in Surti to elevate the Surti of Saadak. And one who can’t hold ‘Alive Holy Naam’ in his Surti is like dead body, whose surti can’t be concentrated, elevated. Lord Krishna has also said much regarding the true happiness and smile. He has shown the path how to live a life. He has also given the message to remain stable in any condition i.e. in joy and also in grief. Remain calm. He has been a great role model for the whole mankind.

As purification of water and air is big challenge for humanity at large, Lord Krishna has taught us a lesson to protect nature and help to maintain harmony in the world around us. Only elevated Surti can serve the purpose on this planet, so one has to grow inside to out which is the key to spiritually have growth through bodyless word of ‘Satpurush’ ji through ‘Sat-guru Vai Naam’ of the time i.e. pure awareness. We have been taught also about faith that if we put our whole energy of our mind into our faith, we will come out victorious positively. We have been taught here how true faith and trust develops after understanding our true self.

Here we have also learnt how to channelise baser elements i.e. Mind and Maya, ‘Sat-guru ji’ makes us free from all sorts of intoxicated influences. Then Mind fails to delude our Surti to toss it in past and future. If Mind is in peace, Surti automatically will be in peace.

No yogas, saadhna and mudrasas can do any thing regarding achieving permanent nirvana i.e. Moksh. This all is possible when we will possess true faith and trust as Lord Krishna has elaborated in the holy book ‘Gita’ also along with Karma Philosophy. He says to this world that be in present always all the time, be aware about self and do each and every activity which should not be against the normally accepted social, ethical code of conduct of a society. Karma can’t be performed beyond the periphery of time, space and person.

As per Lord Krishna’s philosophy, “Here and now – Moksh – liberation from sorrow is not something attained after death in some other world. It is something to be

understood and experienced while living here in this very world. He explained this principle through the example of his life, that meaning of possessing mind and body and performing karmas on this planet. How it should be lived. So he has inspired all of us to being Aatmic and know our natural self. Lord Krishna says that any action done with diligence is bound to give us good results, but we don't have to be absessive about fruits, our job is to focus on the activity. Study more in detail through 'Sat-guru ji's earlier granth 'Secret of Liberation' part - 1. We all are gripped in thoughts and thoughts, wishes over wishes one after another and to come out of this trauma should be the ultimate goal of one's life so as to attain freedom from the clutches of Triloki Kaal Jaal.

We truly never feel satisfied, we never feel that we have enough, we are always looking for more and more i.e. our vessel of desire has no bottom. Our bank accounts are getting fuller but our lives are getting emptier, because we are always striving to close “just one more deal” or to take on “just one more house in ‘Srinagar’.” So how we can become desireless, clearly mentioned in this chapter above narrated. How the karmas are handled to save the Hansatmas through 'Sat-guru Vai Naam' ji has been explained briefly in this granth.

Happiness doesn't happen to us, it happens by us, each of us faces bulk of thoughts from unit Mind as well as from cosmic Mind. Become graber to giver and from taking to distributing.

A pleasure in the beginning provides pain at the end and pain in the beginning provides boundless and unlimited joy. So happiness and joy also have been explained briefly in this chapter for conscious seekers to understand. The holy book 'Gita' also helps us to steer, clear off the evils in us and focus on the good.

All the pleasures in the world can't be compared to the bliss derived from Surti concentration. True and real 'Sat-guru' when blessed with 'Alive Holy Naam' and have complete knowledge of Sushmna concentration to make unit Mind to vacate Sushmna and establish Hansa Surti in Agya Chakra. Mind can't be nipped in the bud.

चाह मिटी चिंता मिटी, मन मान का छूटा संग।
शाहन शाह उसे ही जानिये प्यारो, जिस का सुरति सूं जुड़ गया संग।

मन माया तो एक हैं, माया मनहिं समाये।
तीन लोक तो काल है, चौथा अमर कहलाये।

चल हंसा सतलोक को छोड़ो काल संसारा।
यह संसार काल पसारा, चौथा लोक अमर प्यारा।

बहुत प्रीत सों शिव को ध्यावे, रिद्धि सिद्धि द्रव्य बहु पावे।
मन जिसके निष्वय कर धरहीं, गिरि कैलास में वासा करहीं।

काले ईल्म से समाज का शोषण प्यारो, विष्णु भक्ति विष्णु पुरी ले प्यारो।
शिव साधन की यह गति, शिव हैं भव के रूप।
बिन समझे जगत सब, पड़ा भरम के कूप।
नरक वास में पुनि पड़े, ऐसी शिव की मौज।

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TRUTH

If you want to attain truth you have to crush your ego and hope. A grain can sprout in to a tree after mixing with earth and water. A young boy left home in search of truth. He met many people he became richer in awareness of his ignorance. Since people go to forests to meditate. He did not know how to meditate. So he screamed at the forest to give him knowledge. For years his only mantra was screaming at the forest to give him knowledge.

He believed that if you are committed, existence will help you and will come to your rescue, provided you are true in your action and belief. One day a monk came to him. He asked, “What you want my son?” “I want to know what the meaning of life is,” He replied”. “Go to the town. The first three persons that you meet will give you the meaning of life”, the monk replied.

The boy went to the town. The first man he met was doing carpentry work. The next man he met was doing sheet metal work. The third man he met was making strings. Disappointed, he sat in the bank of a river. Suddenly he heard the sweet strains of violin music. Something mysterious touched him. He suddenly got the answer he was looking for and he started dancing.

The carpenter was preparing the wood for the violin. The sheet metal worker was preparing metal for the string and strings were meant for the violin. Life has everything, it is full of bliss. All you need is to be able to connect the dots. You need to work out new combinations. And for that you need creative persons. Life has all the ingredients. Be creative. Don't let yourself feel victimised. You might think that what is easy is beautiful. That what is easy is happiness (joy). You are a victim of such illusion. Where as things are there they need to be connected. Difficulty has such a happiness (joy). Speaking out of truth has such a joy.

You have to change the notion learn from others that difficulty is not pain. In exercise there is difficulty, but also happiness (joy), if you do exercise with full awareness. It should be done all alone inwardly connected with Supreme Soul through soundless sound word.

In sports there is difficulty, but happiness that can lead to joy provided you have been blessed with soundless sound word from true and real Sat-guru of the time. Make the use of Surti in place of Mind then you will realise the importance of your own true self. We are neither body nor Mind but Surti consciousness / concentration (Surti + Nirti). Union is not allowed. Ego and hope to go.

Past-Future-Mind Awareness. Knowledge of Sat-purush/Hansa. In old people the Mind is in full “Vai Naam Surti Dhara” “Nijdham Ke Santon Ko Samarjit” glory and is governing over us (Surti/Nirti). Selfishness and desires in purity of soul. Inkling of Surti – evil forces.

Surti is our original nature – प्रेम सत्य आनंद आत्मिक खुशी Confused statements – Transgress What I lost and gained : When there is a loss/there is gain on the other side on one side. When there are clouds in the sky – the glitter of the sun along with the sun disappear. We get soothing light of the sun through clouds, as they get filtered out.

We can look towards the sky with open eyes. the glaring rays of sun are reflected back by clouds. Thus there is loss and gain in every aspect – the scorching heat of sun in summer is reduced considerably and we can walk freely in the open where there are clouds in the sky.

TRUTH AND ONLY TRUTH

In prayer, worship you don't have to do any thing, just be available to Sat-guru, as one should not try to contact directly to God or Sat-purush. The proper channel is through Sat-guru. Prayer is Surti readiness i.e. deep readiness to receive Sat-guru's chetan Surti flow to your Surti to get concentrated convert passive to active readiness. Let go thoughts, wishes, desires and worldly possession and finally past and future i.e. ego and hope to go, as these are the sub units of Mind which is always in fusing us with these to make us more in past and future and never provide any opportunity to Surti to have awareness. To be in the present moment which is the functioning of Surti i.e. yourself. In this way self realisation can take place and the impact of Mind is reduced to a greater extent.

The bible says, “blessed are the poor for their's is the kingdom of God”.

When some one asked Buddha what he attained through his enlightenment. He said, “I didn't gain but I lost. I lost my ignorance, my dreams, my old beliefs, dogmos, my likes and dislikes and ambitions”.

Gain :- Truth, Love, Joy, peace & Surti (consciousness), Holy “Alive Naam, Sat-guru, Sat-purush, Satlok, Real home.” I let go mind and maya and got realisation of self and Supreme Soul whose segments we are.

WHAT IS TRUTH, HOW TO BE TRUTHFUL

You can live in three ways :-

- 1 Mechanical
- 2 Meditative
- 3 Sehaj marg / Sehaj Avastha /
Bringa Matta

Mechanical way of worship :_ All external where there is no participation of Surti, but of Mind and ego. You want to show every thing to the society with a motive beyond hope and your ego is supplemented in your action, thought and no participation of your ownself i.e. Surti. The meditative way involves you being more aware, that awareness is passive alertness. When you are passively alert, you will realise that you are born free. You are not condemned to be not free. You have choice as you are working with Mind, and that is your freedom. When there is no freedom there is no choice.

Be more meditative and you will make the right choices, as your Surti, without your knowledge go on becoming free of the cloud of Mind impact, you will feel some what free from entrapment of Mind waves. Substance, abuse is a mechanical way of worship and living. But the choice is before you. Words and chakras take you to heaven, hell, ancestral loks, sunya, mahasunya or in Sehshastrarsaar lok of God i.e. Kal Niranjana. To worship God in the form of stone, rivers, trees, deivars to give alm, ghost worship, ancestor worship to worship five elements.

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THINKING AND HOPE

However hard one may try, one can't meet Sat-purush without the guidance of Sat-guru. Mind and Maya, bows before a disciple who is blessed with “Alive Holy Naam.”

स्वांस स्वांस में सुमिर ले प्यारे, इक दिन मैला होये ।

हर स्वांस में साहिबन वास प्यारे, जे 'वे नाम' सब्द में सुरति होये ।

सुमिरन से सुख होत है, सुमिरन से दुख जाये ।

सुमिरन से इस पल में रहना, कल कल का संग जाये ।

Lord Krishna said, “one who has died has no significance and relevance”. It is useless to think about one who has died, so past has nothing to do with us. The future is uncertain and is unknown and one can't see future. It is only the present moment which has the value and significance. One should not think about the past and worry about the future. Ego is past and hope is for the future, both must go. Present moment is pure awareness, so live in the awareness. It is free from resolution, ego and hope. It is state of Surti awareness.

**“CHINTAN TOU SATGURU NAAM KA, AUR NA CHITVEY DAS
JO KUCH SURTI NAAM SWANSAN BIN, SOI KAAL KI PHAANS”**

One should always remain in Surti with “Alive Holy Naam.” One will realise himself as well as “Supreme Soul i.e. Sat-purush.”

“YE KAM SADHAN SE NA HOYI, SAT-GURU KIRPA SE BAAT BAN JAIE”

One can't achieve it of one's own, it can only be done by Sat-guru's blessings. Contact and environment make our individuality without 'Satya-guru', one can't have a glimpse of “Sat-purush.” Mind is making everybody to dance to its tune. A great secret of knowledge is lying in awareness which is only truth. Present moment in which Surti lies which is truth, love, joy and peace. Living and loving all alike in the present moment provide knowledge of Surti consciousness / concentration to realise self and to have the knowledge of Supreme soul.

You will lose :

He who has health, has hope. He who has forgotten ego and hope, live in awareness, realises his ownself. One who has realised oneself must have “Alive Holy Naam” with him, one who lives in Surti with Naam and breath must be a true disciple of a true and real Sat-guru. He must be blessed with “Alive Holy Naam” i.e. “soundless sound word” to worship in Surti / Concentration is sure to meet Sat-purush. In Amarlok, his real abode after crossing Aghya Chakra to Surat Kamal i.e. 11th Aperture to attain Vihangam Speed to visit Satlok Amarpur of Sat-purush. In short Amarpur is “Satpurush Himself”. A drop of water does lose its identity, but by joining ocean, become ocean itself, but jiva never realises his true self which is 'Hansa' and never leaves the society to have oneness with the Supreme soul to reach his real abode & attain his own identity (Hansa/ Surti/ Consciousness).

**I, (Vai Naam) is blessed with “Alive Holy Naam” by
“Sat-purush Himself.”**

Hoping, thinking leads to worry. Our environment makes our individuality (ego). Without Sat-guru one can't have a glimpse of Sat-purush of 4th Lok, Amarlok. We all Hansas on this planet i.e. cosmos are in bondage of 'Kal Niranjn'. Mind the God of these three loks make every body to dance to its tune. (Think about the past and hope and worry about the future.) A great secret of knowledge is lying in awareness which is only truth i.e. present moment in which Surti/concentration lies which is truth, love, joy to provide peace and calmness.

Living and working in the present moment, with the knowledge of “Paras Surti” i.e. “Alive Holy Naam”, blessed by “Sat-purush” to ‘true and real Sat-guru.’ Through this Surti one can realise self and to have the knowledge of Supreme soul ; whose segments we all hansas are on these three loks i.e. cosmos under the bondage of Kal-purush i.e. Mind. “It is me ‘Ve Naam’ Dass blessed with “Alive Holy Naam” by “Sat-purush Himself” on this planet.

“KAL NIRANJAN (SAYYAD) KE KABOO MEIN HAIN SAB JEEV BICHARE”

All these Hansas who are present in this cosmos are under complete influence, control of Mind i.e. God of Death i.e. the creator of these three loks but not the Soul/Hansas. There are seven shunyas i.e. complete illusion i.e. nothingness, seven kamals, (plexus) Apertures and seven abodes of Surti / Concentration / Consciousness upto the limit of this cosmos of 21 universes of Kal-Niranjn.

‘Vai Naam’ Sat-guru Param-Hansa is a humble servant of Sat-guru and Sat-purush who has been bestowed the knowledge i.e. ladder of ‘Maha Nirvana’ i.e. permanent salvation from the endless cycle of birth and death on this planet.

Paltu Sahib ji also make clear in the underlines :

**“SUNN GAGAN MEIN SHABD UTHAT HAI, SO SAB BOL MEIN AAVE
NISHABDI WO BOLE NAHIN, SO SATYA SHABD KAHAVE”**

‘Vai Naam’ says :

“सत्य वह ही जो सत्यलोक से आवे, सत्य ही सत्य में आन समावे,
सागर में बूंद समावे, सागर ही बन जावे,
जो साधक इस दात को पावे, महान सत्त कहलावे”

When we have this holy Naam with us, we start living in the world and when we establish Sat-guru in us, we start living in ‘Amarlok’, though we have not seen him yet. When Sat Sabad becomes our habit we get connected with Supreme Soul and have his (darshan) glimpses.

- 1 Trouble free life – happy, others are unhappy**
- 2 Challenging life – happy, others are unhappy**

Age old truth-happiness has nothing to do with luck and chance. It is unit Mind, Mind and Cosmic Mind phenomenon.

Surti – no connection with Mind, pressure of hectic days..... childhood. Experiences count a lot.

**Biological and psychological — temporary relief.
Games – more happy – knowledge**

**Charity, Knowledge and Spiritual Knowledge
Charity develops ego and keep us in past.
Knowledge gives hope and keep us in future,**

Spiritual knowledge keep you in centre, (i.e. in present moment), It has nothing to do with past and future.

क्रोध किया घट माहिं, सुरति महिमां ना जानी ।
वह जन सतगुरु प्यारा कैसे, सत्य की पहचान पुरानी ।
नन्हें होकर जो चले, साहिबन पल पल संग साथ ।
मन माया अभी दूर हैं, सुरति का कर ले संग ।
कल और कल, आये कहां से जाना कहां, मत कर इसका संग ।
इस पल में रहना आ गया तो हो गया भजन ।
ध्यान सुरत सब्द में समा गया तो हो गया भजन ।।

When some one asked buddha what he attained through this enlightenment, his reply was short and simple with limited words as he was calm and composed personality on this cosmos.

He said, “I didn’t gain but I lost as such”

- a I lost my ignorance**
- b My dreams**
- c My dogmas – old beliefs laid out by a group of peoples**
- d My likes and dislikes and finally**
- e My ambitions.**

If the same question is posed to me ‘Vai Naam Daas’. The reply is as under :-

Through my enlightenment first the loss is, I lost my ignorance about Mind, Maya and Soul, the existence of cosmos, unit Mind, Cosmos Mind, impurity of soul, Amarlok i.e. 4th lok the real home of we all hansas i.e. Surti and Nirti, past and future, awareness, knowledge of self, paras Surti, “Alive Holy Naam” that is bodyless word, ego, thinking about past and hope and worry about the future, truth, love, joy, peace through Surti, after the elimination of Mind and Maya, knowledge of seven shunyas, i.e. complete illusion i.e. nothingness, seven kamals (plexus) apertures and seven abodes of Surti/concentration/consciousness upto the limit of this cosmos of 21 universes of Kal Niranjana. Ladder of ‘Maha Nirvana’ i.e. permanent salvation from endless cycle of birth and death on this planet.

GIST Note :-

HUMAN LIFE JOURNEY.....शून्य से शून्य तक का सफ़र

In prayer, worship you don’t have to do anything, just be available to ‘Sat-guru’. The proper channel is through ‘Sat-guru’ as one should not try to contact directly to ‘God’ or ‘Satpurush’. According to Budha, one has not to gain in spiritualism but to loose his ignorance, dreams, old beliefs, dogmos, likes, dislikes and ambitions. If we really want to

gain : then gain truth, love, joy, peace and Surti consciousness, i.e. ‘Alive Holy Naam’, ‘Sat-guru’, ‘Satyapurush’, Satyalok - real home.

So let go ‘Mind & Maya’ and get realisation of self (Soul) & Supreme Soul whose segments we are. Always live in three ways :- Mechanical, Meditative and Sehaj Avastha. Words and Chakras take you to heaven, hell and ancestral loks, sunn, maha sunn or in Sehshastrarsaar lok of God i.e. Kal Niranjana Ek Onkar.

How ever hard one may try on his own, one can’t meet ‘Satpurush’ ji without the guidance of true and real ‘Sat-guru’ of the time. Mind and Maya bows before a disciple who is blessed with ‘Alive Holy Naam’.

He who has health has hope, he who has forgotten ego and hope live in awareness, realises his ownself, one who has realised oneself must have ‘Alive Holy Naam’ with him, one who live in ‘Surti’ with Naam and breathe must be a true disciple of true and real ‘Sat-guru’.

A drop of water does lose its identity but by joining ocean become ocean itself. But jiva never realises his true self which is ‘Hansa’ segment of ‘Satyapurush’. All these hansas who are present in this cosmos are under complete influence and control of Mind i.e. God of Death i.e. the creator of these three loks but not the Soul.

There are seven shunyas (sunn) i.e. complete illusion which is nothingness, seven kamals (plexus) apertures and seven abodes of Surti concentration /consciousness upto the limit of this cosmos of 21 universes of Kal Niranjana.

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LOVE AND ONLY LOVE

“How to live in love & abandon HATE”

“What you strongly see, that is your outwardly experiences and believes, Whatever you strongly believe in that your internal experience and that you become. The whole world is a product of faithfully imagination. If you have no faith in the world, the world does not exist. Can I drink while at pray ? the question will seem preposterous (completely unreasonable/ absurd or shocking) and the answer is a vehement “No”. But if you invest the same question and ask whether you can pray over a drink, the answer is likely to be, “Sure why not ?”

Both cases relate to multi tasking with the same set of two tasks. Do the contradictory responses to the same question put forth as two sides of the same coin represent a prejudice mind ? On a transactional plane, that may be so, but on a spiritual plane, the two questions don't mean the same thing when you ask, “Can I drink when I pray” your emphasis is on drinking. That is the task top most on your Mind praying is secondary.

In the other case, where you ask, Can I pray while I drink ? The urge to pray is dominant, drinking is incidental. On the spiritual plane, action relates only to Surti, not the body and Mind. Because God records only actions of the mind in memory centre of the Mind. He can't see and observe the action of the performer, it is purely the action of your ownself with full awareness, when the existence of Mind is dissipated completely. This action is free from the calls of Indriya karama that are inconsequential on the spiritual plane, the plane that truly matters. ‘Ve Naam’ Sat-guru says, “Give up the beads your fingers turn and remembering and turning the beads of the mind and do this job through Surti with full awareness of Alive Holy Naam along with breath and invert the connection of breathe, so that it may not fall in the naval base.

Spiritual practice done at the level of the senses and Mind is purely a waste of time and effort of no consequence and utility. The adultery is not in the act, it is in the thought which is taken into account and become a part of karma philosophy. Don't do any act which take you to past and future, as it involves thinking and of the past and hope for the future with wishes and desires. It is of no consequence, as it is act of karma philosophy.

One's senses, Mind and Surti in each one of us in an equal measure. Always do one thing at a time with full awareness i.e. to be in the present, but don't indulge in multi tasking, as it is not practical fact. One can't do two or more tasks simultaneously one's Surti in each of them in an equal measure.

It is not desirable to put Surti in multi tasking problems. At a time of dining one should concentrate on what you eat to chew it well thanking the gradients you are eating and the Almighty for having all that rather than watching T.V to get emotional with the scenes and actions on T.V will effect your emotions which will effect the secretion of certain organs of your body. Multi task is the act of Mind which itself infuses multi thoughts at the same time, what actually happens in that myriad, thoughts are alternating in such quick succession so as to seem simultaneous. But at any given point of time, the mind has space for only one thought. Pay attention to one most important urge when you feel thirsty take water first and then think of other action, that is what needed in our actions, but one thing very important one can pray over dirk, one can pray over eating, one can pray over reading, writing, playing, sleeping etc.

But at any point of time, the Mind (Mann) has space for only one thought. When you want to drink even as you pray, your Mind is in drinking, because that is the urge of Mind and not of Surti, but primary urge, the urge of your Mind. But when your prayer is in Surti not to mere lip movement, the thrust gets relegated and the prayer become the primary urge. This is called the real prayer.

It is then irrelevant as to what your senses and Mind is doing without the act of Surti even when each and every work is performed by Surti voluntary and involuntary. Even sages can't focus Mind on the one continuously. But in Surti you can focus Surti Sabad and breathe on the one i.e. Sat-guru just as the compass constantly points to the north. You also perform various acts along with prayer in Surti, these actions at the transactional level, your prayer bond doesn't break, rather becomes more strong in prayer concentration.

Love is all internal :- What we tell us internally is more powerful than what we tell outside. The quality of your life is the quality of your constant emotion. Whatever one does, just put in the feeling of Love. Love brings you harmony, inner peace and inner freedom. Love energy is Surti energy which needs to carry forward. Even when you are bathing, do it lovingly. You are Surti energy, but you have to focus in that direction while paying good by to all thoughts emanating from Mind. You have to just switch on your energy as you do in vocal music only then there is melody.

Love is freedom, as Surti itself has, whereas duty is act of Mind is in bondage if you are living and acting in past and future. In the act of Surti one may be unknowingly create space within of inner freedom, love flux appears. Love is pure freedom from the impact of Indris and Mind. Love is pure freedom. One is free to love, provided you have come out from the clutches of Mind and Maya (body/indris), whatever be the situation of life.

But it can't be done with your own efforts. Wait for that love in the beginning appears as dynamic energy and hence appear that it cannot be bound by a person or situation.

In a deep sense, love is a state of being. Sat-guru is love and love is Sat-guru. Thus, Love is just not a relationship, but it is a state of 'being'. So let your approach to life be one of love by due collaboration of “Alive Holy Naam” from true and real ‘Sat-guru’ to break the shackles of Mind and Maya and to have freedom of your own being i.e. Surti.

So, let your approach to life be one of love. Love brings harmony, peace and inner freedom. Meditative love is not a relationship, but a space in which relationship with Chetan Surti of Sat-guru, Hansas and finally with the supreme consciousness is established, provided you are in the being, in awareness, have self realisation through concentration on “Alive Holy Naam” provided by true and real ‘Satguru’ of the time to get complete nirvana.

Love, therefore, becomes concentrated Surti in collaboration of concentrated Surti of Sat-guru. Love, therefore, expands from unit to universal to have infinite limit in its jurisdiction. Become love and have your approach be one with universal love. It has no name, no limit and no space. Have a life of forgive and forget. “Why do I have to expect my children to be perfect ?” So if you realise you have your own way, the children have their own way, then you will forgive your children to have their own way, you have to love them and accept them without any hitch and problem. It is far better to think of life as a journey in which the difficulties are hills to climb out of love.

All your good karmas accumulate and become your spiritual wealth, provided you are moving on the path of Satt Bhakti, Sehaj Marg i.e. Bringamatta. When you traverse through various states of worship to finally reach the pinnacle (ultimate) of spiritual attainment from a novice to a siddha, from siddha to saddak of true and real Sat-guru i.e. in Parabhakti / Sattbhakti / Bringamatta, like black matter which absorbs all colours and like a lotus flower that even though grows in mire, remains above it. unsullied – unspoiled.

Importance of meditation in spiritualism is to develop, Satt, Love, Anand (joy) and peace. It is much more than having calm Mind in meditation, you develop an amazing degree of self awareness while possessing. “Alive Holy Naam” i.e. “Supreme consciousness” through its soundless sound word in Surti consciousness. Such awareness then helps you overcome your tendencies and reactions that are due to Mind and Maya (body) in the path of self realisation with proper guidance of true and real Sat-

guru. Meditation empowers you to do more meaningful work for the general masses in this cosmos. Importance of “Alive Holy Naam” in Surti. Chanting mantra i.e. soundless sound word in Surti meditation when done with true faith and trust in establishing ‘Satguru’ in your inner consciousness.

Align your consciousness with the “Supreme Consciousness”. The Surti vibrations produced by ‘Alive Holy Naam’ in Surti with concentrated Surti of Sat-guru invokes your Surti and Nirti to turn into ‘Hansa’ in Aghya Chakra which creates and develops self confidence, better intuition, heightened awareness, self realisation and attaining knowledge of Supreme Consciousness of Supreme Lord i.e. Sat-purush Himself of Amarlok, Satlok. Your change in Attitude, Behaviour and to be in the present moment : Established in Surti : One’s reservoir of spiritual energy rises to the brim and develops kindness in thought, action and speech. It needs to be invested with care and caution.

When you touch some one’s life, you feed your Surti with unique joy and love. All this good karma accumulates and become your spiritual wealth for the welfare of others, as you are free from life and death cycle permanently on this planet. Besides, as your consciousness expands granting you great spiritual progress, it propels you to nurture and help others. Live, love, give and don’t wish anything in return in any form from any human being, guru, Sat-guru, God and even from Supreme Lord Sat-purush or your own self. You are the segment of Supreme Soul i.e. Sat-purush. You are the purest, the absolute truth. You are eternal like Sat-purush itself, the divine, the unborn, unharmed, the greatest of the greatest and Supreme in all the four lok.

Surti/consciousness/concentration, is integral and indivisible part of Super Soul i.e. Sat-purush. While the soul itself is complete in all respects, the Supreme soul stage is free from the life cycle of birth and on death of this planet, and has realised his ownself, while being aware of the present moment with due knowledge of “soundless sound word” from true and real Sat-guru who has been bestowed this Alive Holy Naam by the Suprme authority of Satlok/Amarlok, after his visit of Satlok, having true knowledge of Self and Super soul and all Paramhansas like him in Amarlok. He is Supreme, pure and devoid of all karmas,

he possesses as much knowledge as possessed by Supreme Soul, intuition bliss, love, truth, joy, peace and potency, but remains calm, composed and acts as per directions of Supreme Soul, as there is complete communion of the concentrated soul to Supreme, Superconscious soul of Amarlok, Satlok, Begumpur, Sahib Lok i.e. 4th lok from where all Hansa’s have come to play a game with Mind and Maya on this cosmos.

Mind become free from wandering, infusing thoughts and to get established in peace. Avarice, hate, jealousy and worldly love dare not touch Sat-guru ‘Vai Naam’ where pure and true divine knowledge percolate at every moment. On this planet (cosmos) the bondage is of Mind and Maya (body) where as freedom is of Soul from the clutches of Mind and Maya.

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SELF ACCEPTANCE

Self acceptance is the ability to have a healthy affirmation (certification of truth) of oneself and our uniqueness. It entails (necessary/must) becoming totally comfortable with our strength and weak spots , an ability to unconditionally love ourselves for who we are. It is not about having an unrealistic high opinion or a low one, but a healthy prospective of oneself. This does not mean that we become complacent (showing calmness, satisfaction) with where we are, however, our striving to become better does not come from a sense of inadequacy in any way or any form on this planet along with ‘Sat-guru’. So many of our experiences, particularly during the impressionable (easily, effected or influenced by the society) years of childhood, are based on negative feed back who we are ? for what we have come ? from where we have come and where we have to go.

It is not difficult then to imagine why we grow up feeling incomplete and are constantly striving to become perfect - when we can finally convince ourselves, and others, of how good and wonderful we are. Self acceptance is about making peace with ourselves with our looks, health, emotional turmoil, beliefs and learnings, being kinder towards our limitations and not blaming ourselves for negative events of our life.

At a spiritual level, it requires recognising how to outcome of our past and future relating to our experiences as mere learning opportunities, wishes and hopes, desires of the future have their bearing with Mind and Maya and Mind have nothing to do with spiritualism. We need to focus on what is missing in our life rather than be grateful for all our blessings. Cultivating greater self acceptance paves the way for realising our true nature and that in turn makes us feel more grateful. Be less judgemental ; we judge others all the time. Now, the way we judge others is a function of the way we judge ourselves.

It is the traits we are uncomfortable within ourselves that we find challenging to accept in others. As we pay attention to accepting ourselves the way we are with all our limitations, temptations and way wardness (not

easily controlled), rather wild – it automatically raises our ability to accept others as they are, Be fearless of others, but humble and kind.. We are social animals and are predictably impacted by how we are perceived by others around us. Activities that pose a risk to our relative status results in release of stress hormones.

Fastening self acceptance allows us to deeply love the child within and give us the inner confidence to be who we are, comfortable in our own skin. Be more present : self acceptance supports us in realising that at our core we are whole, complete and perfect the way we are and no event, positive or negative, in the past or the future, can alter that, and that is the only way to create a better self in the future is to accept ourselves fully in the present. Practising relevant affirmations about our wholeness and including a few minutes of loving kindness in our meditation routine can be a helpful start in this process.

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‘EGO’ part of SATYA, RAJAS AND TAMAS

In the whole universe whether you are in heaven, hell, ancestral’s lok, Sunnya and Maha Sunnya and in Sahshastrsar lok, enemies and friends co exist in the these three material world we create for ourselves and we do it with our thoughts, feelings, and actions, knowingly most of the time and unknowingly probably some of the time. On the one hand, we form relationships, build bond, make attachments, connections, nurture friendship, develop acquaintances and on the other hand, we detach from people and relationships experience break ups, disconnect, physically and mentally with loved ones.

Face deceptions in partnerships, and ego through separations followed by emotional upheavals. It is either the way we see ourselves other’s interactions with us, or the way we see others and our interactions with them. This define how the relationships will develop, grow, mature, sustain, survive, collapse and destroy or tarnish our physical and mental spiritual world.

Deep in our own Surti, perception and attention seeking often from a self image. This image of our ownself is in continuous discussion with our own thoughts, and simultaneously relate to others whom we interact with and keeps making impressions about them ‘aham’ menas ‘I’ or ‘ahankara’, ego, I am, I, me and myself over every one else, it becomes ahankara’ ego.

‘Ego’, I, am, Ahamkara’

When a simple expression of ‘I am’ or ‘aham’ gradually leads to enforcing thoughts, ideas, beliefs and imposing of ‘I, am’ and myself over everyone else. It becomes ahamkara, ego, where there is no space for others except self. Arrogance, pride, self-driven approach, aggression, competitive behaviour, being opinionated, judgemental and critical are clear signs of egoistic behaviour, also leading to stress, suffering, anxiety, destructive mind-set, sorrow and pain, as the ego doesn’t allow for happiness and joy anymore in self and others.

In the Mahabharata, Arjuna’s ego was the attachment to his body due to ignorance, deep slumber, until he was taught otherwise by Krishna. He then decided to follow the path of karma without any wish, desire, hope, future, thinking, past. Existing for ever – He after understanding that, that the real true self is eternal, and it doesn’t perish or destroy under any condition or situation. Duryodhana’s ego was amplified by those he was surrounded with. The praise, admiration, applause and the respect he always received from his cronies (close friends and companions) led to his arrogance that eventually destroyed him. Similar to incidents in the Mahabharata, we too, are constantly, fighting battle of ego all the time at all the places.

Whether we are engaging with family friends, relatives, acquaintances, or business associated, we tend to make comparisons and judgements with reference to oneself in the fore front. With reference to what they have or don’t have vis-a-vis ourselves. Doesn’t create a tempest, turbulence, an uneasiness, often in our own body and minds, with our own thoughts. It doesn’t interfere with our normal life, work and interactions with people. The ego in us goes on creating enemies among friends, well-wishers, and thereby valuable relationships are compromised, bringing misery, pain and sorrow into our lives.

Our Mind, brain, intellect, memory are responsible for maintaining the ego and to ignite it well within us, but Surti, consciousness, concentration has no role in this all, as ego is the quality of Mind and Mind only, Surti doesn’t know the language of ego, jealousy, lust, wishes, desires, hope, thinking, dreaming, hates etc. It is not the subject of science to deal with the mystery of Mind and Maya, it falls under to category of spiritualism so true and real Sat-guru the true embodiment of Sat-purush is there to clarify doubt, regarding Mind, Maya and Surti/consciousness. Have the knowledge of soundless soundword to let go Mind and Maya and establish the kingdom of your ownself i.e. surti/consciousness to have freedom from the impact of Mind and Maya which are baser elements in Atma/Soul. It is the creation of God itself, so bigger power is needed to eliminate the gradient of Mind and Maya.

**“There is a clarian call for unity,
United we stand – Divided we fall”**

In the field of economic outcomes at present, norms of cooperative actions are the need of the time due to simultaneous large scale problems, worries, shock that individual countries face in a situation like the current covid 19 Pandemic.

Rather than disconnecting from global supply chains; the rich nations need to cooperate and help underdeveloped nations. One achieves resilience (quick recovery from shock), hope, aspiration, faith by adopting helping and cooperating standars, at individual level, country level and at large world level to mitigate problems. Same is needed at spiritual level. One must realise his limitations and make a space to accommodate others view points to uplift the masses, countries and world at large. One should not remain in the limited domain of personal and family life only.

We all are suffering because of ignorance ‘Veda Vyasa’ says, “Go on listening till you understand”. We have a gross body and deep within it is the subtle body and our surti which is consciousness, awareness. Disorganised energy of Mind in the gross form has a gross body i.e. Sthul body. Where anger, hatreed and jealousy exist. They generate disorganised energy. It makes one helpless, miserable and takes me in the past and future.

GIST Note :-

One’s senses Mind and Surti in each one of us are in an equal measure. Always do one thing at a time with full awareness i.e. to be in the present, but don’t indulge in multi tasking as it is not practical fact. One can’t do two or more tasks simultaneously, put one’s Surti in each of them in an equal measure. But one thing very important, one can pray over dirk, eating, reading, writing, playing, sleeping etc. But at any point of time, mind has space for only one thought, so make your prayer the primary urge of Surti over task and make your prayer the real one.

Love is all internal :- What we tell us internally is more powerful than what we tell outside. The quality of our life is the quality of our constant emotion. Just to put our every work in the feeling of love which brings harmony, inner peace and inner freedom makes our life more qualitative. Because love energy is Surti energy, so it has to be done lovingly. We have to focus in that direction while paying good-bye to all thoughts emanating from Mind. We have to just switch on our energy as we do in vocal music only in order to generate melody.

In deep senses, love is a state of being. ‘Sat-guru’ is love and love is ‘Sat-guru. Thus love is just not a relationship, but it is a state of being. So let our approach to life be one of love by due collaboration of ‘Alive Holy Naam’ from true and real ‘Sat-guru’ to break the shackles of Mind and Maya. Importance of Meditation in spiritualism is to develop, Satt, Prem, Anand (Joy) and Peace. It is much more than having calm Mind in meditation.

By serving the cause of uplifting the Surti of others, you feed your Surti with unique Joy and Love. All this good karma accumulates and become your spiritual wealth for the welfare of others as you are free from life and death cycle permanently on this planet.

‘Ego’, ‘I’, Am, Ahamkars... Arrogance, pride, self driven approach, aggression, competitive behaviour, being opinionated judgemental and critical are clear signs of egoistic behaviour also leading to stress suffering anxiety, destructive mind set, sorrow and pain, as the ego doesn’t allow for happiness and joy anymore in self and others. Just go through thoroughly the chapter in detail to understand properly the impact of ego in our life. We often

go on making relationships and build bond, make attachments, connections and nurture friendship and on the other hand we detach from people and relationships experiences break ups, disconnect physically and mentally with loved ones. The ego in us goes on creating enemies among friends, well wishers and thereby valueable relationships are compromised bringing misery, pain and sorrow into our lives.

Our Mind, brain, intellect, memory are responsible for maintaining the ego and to ignite it well with in us, but Surti consciousness, concentration has no role in this all as ego is the quality of Mind & Mind only. Surti doesn't know the language of ego, jealousy, lust, wishes desires, hope, hates, thinking, dreaming etc.

We all are suffering because of ignorance, ‘Ved Vyasa’ says, “Go on listening till you understand”

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UNITY AND ONLY UNITY

Our start is from sthul body and end is out of the body i.e. ‘Surat Kamal’ away from 10th chakra 7th plux. Our end is in Surti Kamal i.e. Sat-guru's abode. As we start moving the end starts coming closer and closer, which provides strength and courage that end is not far off. The first step has great importance in one's life. Problems and hurdles or successes, they all are the results of our own actions, karma. The problems of action is that no one else is the giver of peace or happiness. One's own karma, one's own actions are responsible to bring either happiness or success or spiritual elevation by ‘Paras Surti’ of ‘Supreme Soul’. All scriptures and teachings advise us to think not only about self but about others as well since we live connected lives and what happens to one affects all others in various ways. Every brick in the construction of a house has a role to play. Collective welfare is also significant as it includes individual welfare and this way there is a binding across the world leading to less conflict and more opportunities for peace and harmony as well as sustainable life styles.

In the present situation people try to establish link of entire universe as manifestation of ‘Brahmn’ i.e. God/Omkar and the presence of Mind and Maya in every life is the same.

**“Vani aisi boliye – Mann ka aapa khoy,
surti ko chetan kara – aap be chetan hoy”**

**“ऐकता और केवल एकता,” लाना ही सच्चा काम रे,
हर एक का भला करना, उस पार ले जाता रे”**

They believe that matter and three gunas may be different across space, but super mind i.e. cosmic Mind in contact with the matter i.e. is the same. Bhagwad Gita reveals how a single entity holds within, the entire cosmos i.e Mind and Surti. Similarly yoga philosophy talks of the connection between the individual and universal Mind , unit mind and cosmic mind work with understanding. An individual Mind must act pray for common welfare.

In the realm of material life, the principle of distribution is highlighted in several possible ways. An individual does not have the full right over his own income, if his neighbour is in problem and starving. He must come to the rescue of that family. It is his responsibility to share food and clothing and not remain indifferent. Human beings have intellect intelligence and Surti/consciousness in more elevated form than other creatures and animals, so they need to show responsibility towards other species. India tradition teaches us to protect the environment and keep in view of the interest of others, while persuing livelihood.

This is how greed and lust can be controlled and life continue without conflict in the world.

**“Sayad ke kabu mein hain sab jeev bichar,
Bhai surti bachana ki naiyan rahya re” !!**

EGO / CONCLUSION

Surti says to ego, you will soon be dead, and then you will have just as much of the earth as will suffice to bury you or lit your pyre / pai(r) A disciple says to Mind Intellect and Memory. If I had paid attention to my, wish, hope and contents of memory, I would’ve found enough reasons not to make the

leap (open pandorabox) (baser elements). We pay too much emphasis on wishing, thinking, hoping and action for all these undertakings. But the main huddle in the way is that orientation i.e. soundless sound word of Amarlok i.e. Sat-Purush a medicine for all these diseases i.e. epidemics in each and every body.

We fail miserably to see, face solve every Mind/body senses, three gunas, fear, anger, hate, jealousy with bold face love, truth, peace and joy; such thinking is sometimes linear, curved and circular and never unidirectional, as they act in bundle, they never act alone. Since life itself is not unidirectional in absence of concentrated Surti which is source of ignition of Surti to let go all evil forces to make Surti free of bondage.

UNITY IS KEY TO SUCCESS

**“Andhe ko Andhe Miley – Rah Batave Koun
Mann ko Mann Miley – Surti Jagayega Koun” !!**

Where as , if one (you) have compassion, love, truth and silence within, it is organised energy and is outcome of Surti i.e. consciousness/concentration ; Supreme Soul’s energy is well organised energy. Disorganised energy is a demon i.e. Kaal Niranjana Himself. It creates darkness, disorder to delude Surti. This demon ignorance can’t be killed by one’s own efforts, but by the grace of Alive Holy Naam i.e. Bodyless body word, which doesn’t come under written form, spoken form, readout form or even listening form. It is blessed/bestowed /entrusted through concentrated Surti to Surti of Saddak to elevate his Surti to have freedom from the bondage of Mind and Maya i.e. Kal-Niranjana of this cosmos. Where there is no devotion, no spiritual master and spiritual exposure, your Mind will act as Ravana and it will keep going round and round in a vicious circle to poison you to surcharge the whole atmosphere of every soul on this cosmos. The Mind can never be pure and loving as his nature is so. It is culprit, so long you are not entrusted/bestowed with Alive Holy Naam from true and real Sat-guru of the time who has been entrusted this “soundless sound word” from “Supreme consciousness” i.e. “Sat-purush Himself”.

The way in which you are leading a life without true “soundless sound word”, is full of problems and painfulness. It has thorns like the stem of a rose. Have spiritual life which is like roses that bloom on the stem. You are Surti i.e. the flower is yourself; i.e. truth, love, humanity. “Vai Naam” Sabbad is source of liberation from thoughts of Mind and Maya and to provide permanent salvation. The elevated soul is never depressed by adversity, just as the golden lotus flower doesn’t fade at the

approach of night darkness but closes itself. It doesn't set his Surti on anything that is beyond his immediate concern and his delight lies in the path of delighting on lookers, watchers who passes blessed Surti. Try to behave like lotus flower to have concern with awareness i.e. present and no fear of ill thought of Mind and Maya. Let go past and future and be in the present moment in Alive Holy Naam. Once this Surti state is attained, sadness and happiness will appear as two sides of the same coin. Happiness is an experience. Similarly, sadness is also an other experience.

For people who don't have elevated Surti, peace of mind and clarity, even happiness will appear to have an experience of sadness and ego. Only an enlightened soul can offer truth, love, peace and joy. He is full of love to come to the rescue of one who wants to follow the path of truth. He attains humbleness and provides balm to one's problems, sorrows and sufferings. Take the case of incarnates like Rama-Krishna and saints like Nanak, Kabir and Ravidas Ji.

Vibhishana develops jealous in harming his own brother Ravana – gave tips of all for the annihilation of Ravana and his brothers and nephews whose only mistake they choose to stand by the side of their family and king Ravana. He could have maintained stoic silence instead of turning against Ravana, his act makes some people infer that more than his earnestness to uphold dharma, he wanted to settle score with Ravana who had humiliated him in presence of all his kin and subjects. He put aside his loyalty to his own country, family members and people of his kingdom which dharma may not support. If King is reckoned as a crime in all systems of juris prudence, then treason is considered even more serious a crime in all systems around the world and death penalty is the result of one's action of this nature.

“विश्वास जागे सत्य प्रकटे – प्रेम शान्ति संग साथ
हर ओर सत्य प्रेम फैले – दुख सुख में संग साथ”

Without labelling your thoughts as 'good' or 'bad' without showing any aversion (strong dislike) to your thought take an impartial stand and notice your thoughts. This is called as seeing things through bird's eyes i.e. through Surti consciousness. Whether the thoughts are sad, tempting (try to persuade) or happy ; without identifying them with yourself (personal) when you view them from a distance a clear understanding will crystallise within you, provided you possess concentrated Surti state is attained (soundless sound word). There will be no impact of any nature on your Surti. It will appear as coin with two sides. i.e. sadness and happiness and to move normally.

I used to watch elderly people at home eating bitter gourd with relish. I was then quite confused as to how one could really enjoy eating something so bitter. But once Surti takes to it, even bitterness can be enjoyable. I later understood that just as sweetness could be enjoyable, bitterness can also be enjoyable. Every taste has its own flavour. There is also similar situation with good and bad happiness. We assume that only happiness is desirable and all other feelings are not. We close the doors of our thinking to most of our feelings which can be source of learning and make us alert from outside about those things.

EGO'S GIST

Knowledge is learning something everyday. Wisdom is letting go of something of the ego everyday. In the end these things make space for the surti/consciousness to realise its real self. It has to face sixty thousands (60000) thoughts and ten thousands (10000) segments of which Mind is made up of. We received these thought in a day and face the segments. This make us to have forty two thoughts of Mind in one minute, almost one thought in a second. The very nature of 'Mind' is fleeting and posing problems to each individual i.e. 'Hansa Surti' on this planet. It moves in three dimensions i.e. x,y and z axis and never becomes stationary. Hence, now, this moment, you have pleasure, but the next moment, hour, or day it brings and brings a new thought with new proposals to befool Surti. Thus 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, ego always create an illusion or like water is oasis in desert like places. Mind rather enjoys, the love, truth, joy of Surti, as he devoid of these true and pure segments of Surti.

One thinks, if only I get a promotion, or get premature retirement or may get divorced or become purely spiritual person to let go 'ego' forever and to attain permanent salvation. This is the tendency of human mind, senses and three gunas to maintain 'ego' well within us, to flourish. These all forces are sufficient to ignite 'ego'

This whole vicious circle of waiting, hoping getting make one to believe, 'I am, doer'. This develops ego, I, am, aham, ahmkara. Attain awareness of this flow of thoughts, don't get submerged in it, witness them carefully. Introspection is needed to see the flow of 'ego' maintain balance, so as to become free from 'ego' i.e. psychological conflicts, When we realise our true self which lies beyond three gunas. Purity of Atma/Soul comes with freedom from relations, selfishness, desire and ego. Get inspired with higher ideals and no desire, wish or ego to develop. Lose their grip on your i.e. Surti. When devotee of God Nachiketas wanted realisation of god, the pleasures and wealth of heaven, even of Sehshastrarsar were offer to him to take him in bondage.

Charity comes from recognising the Supreme consciousness i.e the infinite benevolence through concentrated Surti and soundless sound word of Sat-purush through real and true Sat-guru of the time. Charity through Surti is paying dividend to the stakeholders in your moment towards true and real goal to let go desires, wishes and ego. The chariot of Alive Holy Naam takes one to true and real home to have permanent salvation i.e. free from the bondage of life and death cycle.

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“GIVE MORE THAN YOU TAKE”

Realise yourself and then lose baser truth i.e. wishes, desires, ego. Once you attain true, love, joy, peace, kindness and charity become part of Surti/consciousness i.e. joy of Supreme Consciousness. This creates an abundance of resources in the form of trust, truth, love, joy and peace. Drawn from the deep well i.e. concentrated Surti of Sat-guru, give and distribute to one who can leap into endless ocean of truth with full faith with total surrender to Sat-guru i.e. ‘Vai Naam’ Ji of the time.

Our Mind is a composition of 10,000 things, spun around Surti to put it under bondage. It sends 60,000 thoughts everyday to delude Surti. i.e. 42 thoughts in a minute i.e. almost one thought in a second. This clearly make human being i.e. Surti to realise its true power and strength which is being controlled by very very powerful flux of thoughts in circular order.

He is fully aware of the power of Surti. Surti acts unidirectionally well within the body i.e. to concentrate on one thing at a time and Mind waves attack as a circular flux to delude Surti. One soul Surti on this cosmos can't make a day meaningful without being blessed with the “soundless”, “bodyless” ‘words’ which ignites ‘Surti’ to be free from the bondage of Mind, Maya, senses, gunas and many evil segments including ‘ego’ prondence plays a prominent role in every one's life, provided you don't wish for or demand any thing directly from god. If you don't demand anything you will get infinite in return.



GIST Note :-

Our start is from Sthul body and end is out of the body i.e., “Surti Kamal” away from 10th chakra (7th plux). Our end is in ‘Surti Kamal’ i.e. ‘Sat-guru’s abode’. As we start moving, the end starts coming closer and closer which provides strength and courage that end is not far off. Every brick in the construction of a house has a role to play. Collective welfare is also significant as it includes individual welfare.

If one have compassion, love, truth and silence within, it is organised energy and is outcome of Surti i.e. consciousness / concentration; Supreme Soul’s energy is well organised energy. Knowledge is learning something everyday, wisdom is letting go of something of the ego everyday. In the end these things make space for the Surti consciousness to realise its real self.

CONCLUSION OF EGO

Glum is written large on majority faces on this planet. Happiness is infectious and artificial. It changes in everyone in every moment, by the infusion of Minds thoughts in Surti. On duty people pose to be happy and full of gratitude, but internally are in thoughts and ideals with no end. Only childrens who are very close to Surti appear to be cheerful, happy and fully satisfied. Joy is a driving force to be seen in young children who in any activity are after learning, playing, enjoying, in the company of their friend circle.

Arjuna sometimes appear sad in grief brooding within, what to do and what not. Life is very complex of every human being like Arjuna - on this planet. Every one appears to be depressed, because of Mind and Maya. Lord Krishna appears to be epitome of joy, love and peace, because Mind take these qualities of Surti and get intoxicated in these four qualities of Hansa, as Hansa is in bondage. Born in a prison, got separated from real parents at birth, and was brought up adoptive parents as a child, he was hounded by his wicked cunning uncle, who wanted to kill him. Yet he was always in smile and fun, laughter cheerful and mischief in behaviour.

Every life (unknown person) issue is a problem to be solved. Can I solve most things myself, but the answer well within myself comes with -ve approach. Neither I nor my problems solving orientation process is not within my control to solve these problems of mine. Only true and real Sat-guru of the time can come to my rescue to have the solution of my problems. We can't trust the cosmos Mind and my personal intuition; As these problems are outcome of cosmos Mind and unit mind well within our Sushmna. Our courage and conviction to lead a successful career and prosperous life; but fear of some nature is lurking well within us. Why it is so : I am after an answer. This is there in every individual on this planet.

Grief comes from attachments, power, puff, wishes and desires i.e. wrong identifications. Wisdom make us to let go evil acts of Mind one by one in a day, in a month, in a year, as per your spiritual upliftment struggle for attaining permanent salvation. To attach oneself to wrong side... 'look out' Sita's desire Destruction (Relations put us into ditch).

Ravana's ego Destruction.

Grief of Arjuna Source of destruction – invokes ego. when you have something in your possess. You are chasing, persuing. See the tragedy at hand to confront you. Pralad, Druv – Nichiketa ready to sacrifice for spiritual elevation. worldly possession..... give temporary happiness Sita's problems when she looked out golden, fleeting deer... outward pursuit ego..... for Rama brought her misery. 'ego' Deer.....sense objects. attractive and tantalising but passing. 'ego' sense contact – gives instant pleasure, but leads to sorrow in the end.

Ten heads – 10 senses (perception and action...) eyes, nose, ear, mouth, arms, legs.

Every one is a slave of senses :-

Raja Dasrath — attachment -----control on ten senses

Sita refuses the pleasures of Ravana's palace. The abode of no pain. When one turn inward... you are in the zone of no grief, pain, sorrow, suffering, attachment. Hanuman....submission before Guru always cheerful, love, truth, joy of Surti, as he devoid of these true and pure segments of Surti.

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LOVE

Love is not dependent on external circumstances rather it is to be found being truthful in the simplest joy of self and most of all in the “Alive Holy Naam” in Surti and Nirti concentration. Be in love by clinging to the simple, true and lasting Surti-soul joys. They come by deep concentration on “Alive Holy Naam” along with breath and watching inhaling and exhaling and continue attaining upwards journey towards 8th plux.

It is attained by deep Surti concentration, spiritual inspiration and living only in ‘Alive Holy Naam’ in breath ; which transcends all darkness of these three loks and we cross maha sunh to enter into 4th lok i.e. Amarlok our real abode to live in and to see and meet true and real father Sat-purush/Sahib Ji. Karma yog is the way to forget your worries and to brighten your day. In selfless service the answer lies. There is no other way to get liberated from the clutches of Mind and Maya. Try to be for saker of worldly devices and desires. The process by which we can experience ourselves within us, is called meditation. In meditation, we take our attention away from outside and focus it within Sushmna journey within to within out of body. The reality of who we are ? becomes clear to us, our prospective changes and we begin to embrace our oneness with Sat-guru first and then automatically by the grace of Sat-guru to Supreme consciousness to attain permanent salvation i.e. to be free from the clutches of Mind and Body.

What is permanent ? The spirit of our consciousness is alone eternal. It doesn’t change. It has no death, no birth. Life on higher plane is eternal. Let us celebrate every moment with our true and real Sat-guru who has enlightened us with his blessings and has concentrated our Surti in “Alive Holy Naam” i.e. “soundless sound word”. It is our duty to contribute to the planet, change our life style and prove ourselves as true disciple of true and real Sat-guru. Make this world a better place for future generations, shun violence, wipe all those tears and make countrymen smile again.

Life on this planet is very short. It is not the time of talking, but doing. Whatever you need, will fall in your lap, once you are there to give to the needy and deserved in the world. Spread spiritualism, the true message of true and real Sat-guru ‘Vai Naam’ Ji of the time.

Neem is very good for health though it is bitter. It destroys harmful bacteria. It teaches you to act as guide to eliminate that which is harmful for the society. Be humble and strong. Jaggery represents sweetness. It gives you comfort. If life is only bitter, it cannot be sustained, if life is all sweetness, there is no depth. Don’t be extremist, try to be moderate, that is best for all. ‘Become a lover of all’.

प्रेम संदेश

“वे नाम” सब्द को पाई करि, दूजा तजते देर ना लाई ।
जप तप साधन तीर्थ नहीं, सतगुरु सुरत ध्यान लगाई ।।
साहिब जी : सतगुरु चरणन शीष नवाई ।।

सुरति समावे “वे नाम” सब्द स्वांसा में प्यारो, मन माया से उदास ।
“सार नाम” सब्द सुरति चेतन करे, महां चेतन सुरति का भी संग साथ ।।
साहिब जी : दृढ़ राखो विश्वास ।।

सच्चा सुख निर्लम्ब राम हैं, मन माया में दुख अपार रे ।
मनसा वाचा कर्मना सुरति में प्यारो, सुरति सब्द स्वांसा से पार रे ।।
साहिब जी : “वे नाम” सब्द ही सुरति सार रे ।।

सुमिरन सूं सुरति लाईये प्यारो, सुमिरन में दुख सुख एक समान रे ।
सुमिरन जैसे पानी मीन प्यारो, पल बिछुरे तजे प्राण रे ।।
साहिब जी : सुरत सब्द सार सब्द की महिमां महान रे ।।

जब हो “वे नाम” सुरति धारा प्यारो, मन माया का छूटा साथ ।
जैसे चांद चकौर की प्रीति प्यारो, दूरी का छूटा साथ ।।
साहिब जी : जैसे मीन का जल संग साथ ।।

चौथे लोक निर्लम्ब राम जी वासा, सुरति धारा सूं जोड़ती तार रे ।
विरह वैराग में आसुंओं की धारा, पल में जोड़े तार रे ।।
साहिब जी : चेतन सुरति की महांचेतन सुरति से जुड़ती तार रे ।।

To refrain from inauspicious deeds and adopt a path of self control, non-violence and austerity to concentrate on “Alive Holy Naam” in breath to make body dead being alive to attain experience of death being alive. This will help prepare us in concentrating our Surti on “Alive holy Naam” in deep meditation to seek deliverance from the external world to attain communion of our Surti to supreme consciousness to realise its true nature and attain permanent salvation i.e. free from life and death cycle on this planet in this cosmos.

FEAR HAS NO PLACE IN SPIRITUAL UPLIFTMENT

Don't be spectator, do participate spiritually...

You may not always have a comfortable life and you will not always be able to solve problems of the country or world beyond your comprehension. But don't ever underestimate the importance you can have because spiritualism has shown us that courage, determination, hope can take on a path which is worth while in the given situation. A spiritual person should be like the sun for grace, mercy and hope and be like the night, darkness to cover other's faults when circumstances provide us hope, trust and opportunity. Be like humble servant of supreme consciousness that you possess in your “Alive Holy Naam”, being blessed by activated soul of Sat-guru for generosity, hope, faith and trust instructed to you by Sat-guru. Be like death for rage, anger, jealousy and fear of death.

Be like Sat-guru for modesty. Appear as true consciousness and be as you, think, hope and appear. Do not be afraid of anything, at anytime in any situation and be bold like Sat-guru. It is fear, that is the greatest cause of misery in the whole world. It is fear, that is the cause of our woes and sufferings in this cosmos.

If at the time of death you feel you have gained and gained without any loss then you have attained permanent salvation and have become Hansa (eternal/surti/consciousness/concentration). Mind and Maya is a stage and all the Hansas on this planet are merely players. They have entrance, but the exit is under five locks. A man/woman in his/her time plays many parts, if he has wishes and desires. If he has subjected himself before the will of true and real Sat-guru the locks get opened automatically by the blessings of true and real Sat-guru, to make you free from the bondage of life and death cycle on the planet. You are bound to attain permanent salvation i.e. you attain permanent liberation from life and death cycle on this planet which is the part one has to play on this planet.

“Spiritualism is inner treasure which is rare in nature. It is imperceptible to one who is in deep slumber. It makes us to subject ourselves before the will of Sat-guru. It grows ceaselessly when imparted to saddaks (disciples) who are sincere and devotee. i.e. earnest disciples. The treasure of Sat-guru is the treasure of Sat-purush i.e. Supreme consciousness which is limitless and endless. True disciple (saddak) on having this attains every thing of Supreme consciousness.

The most important thing in life is to observe ‘self’ after being blessed with :Alive Holy Naam” from true and real Sat-guru of the time.

Then you will find that the Surti or the self is not just the body, mind and Maya, but concentrated Surti i.e. segment of Supreme consciousness of Amarlok/Begampur/Satlok. Supreme consciousness is the proper diet of the Surti, which enables you to attain permanent salvation i.e. permanent liberation from life and death cycle on this planet. You have to surrender yourself to true and real Sat-guru and have his blessing. You can't get permanent salvation without the grace of Sat-guru Paramhansa of the time.

“If you understand others, you are of Mind and Maya . If you take others like you, you are on right track. If you succeed to be leader of others, you are intelligent. If you follow the dictates of true and real Sat-guru of the time, you understand yourself. If you let go your wishes and desires, you are true disciple of true Sat-guru. If you understand the real purpose of life on this planet in this cosmos, then you definitely possess “soundless sound word” i.e. “Alive Holy Naam” in which Supreme consciousness resides. If you spent every moment to have gained then you have realised the truth. If you are true disciple then you are always in Satlok performing duty of Sat-purush and Sat-guru” on this planet.

True religion can't be found, to be understood outside i.e. in the material world. It is an establishing factor well within our Surti and not in the Mind, which is always infusing thoughts and only thoughts and disturb the whole segment of spiritualism. It doesn't enable us to face the challenges of the world in producing spiritualised human being, who can find himself at home in the cosmic world to be one with others and himself.

Abraham lincon, considered about the abolition of salvery as an essential pre requisite for a just social order. His vision has a universal appeal. In that, “any religion that compels the ignorant to be ignorant and the poor to be poor, can at best be described as a visitation (an official visit). “Religion, he invisioned at its core like Ambedkar. Ambedkar was firmly of the view of equality. He considered the abolition of the caste system, which got due place in the present set up, especially in India.

India has emerged as new with new thoughts and ideas for every deserving individual to have equal chances of making progress and to contribute for the development and upliftment of the poor, needy and deserving candidates in any undertaking i.e. physically, mentally, morally and spiritually, without any discrimination of caste, colour and creed.

Lord Rama gave Hanuman a quizzical of a smile look and said, “What are you ? a monkey or a man” Hanumacn bowed his head reverently, folded his hands and said, “When I don't know what I am, I serve you and when I do know who I am, you and I are one as a disciple one serves Sat-guru and when he is fully aware of his ownself i.e. he has realised his true self and has attained his true self as ‘Hansa’ and is ready to attain permanent

salvation/liberation from life and death cycle, he is one with Supreme consciousness i.e. Sat-purush, he attains oneness with Him i.e. Sat-purush and attains permanent salvation to be free from life and death cycle on this planet forever. When Valmiki completed his Ramayana, Narada said, “It is good, but Hanuman’s is better”. A perplexed Valmiki set out to find Hanuman and reached Kadali Vana, the grove of plantains (tropical fruit like banana) where he found Hanuman’s Ramayana inscribed on seven broad leaves of a banana tree. He read it and found it to be perfect. He started to cry, “is it so bad”. Asked Hanumana. No, it is so good, that after reading your Ramayana no one will read my Ramayana, replied Valmiki.

“Without hesitation, Hanuman simply tore up the seven banana leaves, saying, “Now, no one will ever read Hanuman’s Ramayana” A stunned Valmiki asked Hanuman why he had destroyed his beautiful work. Hanuman said, “you seem to need your Ramayana more than I need mine. You wrote that the world remembers Valmiki. I wrote so that I remember Ram. Ram is an indelible part of me, he is in my (heart) soul, body and mind”.

Valmiki’s writing was inspired by ambition where as Hanuman’s inspiration was his pure devotion and affection for Ram. That’s why Hanuman’s Ramayana read so much better, it was his way of expressing his deep love for Ram. Hanuman did this without the expectation that his exquisitely written. Ramayana will make him famous. That Hanuman destroyed what he had written shows his utter humility and lack of interest in self promotion or glory. He was just genuine bhakt of Ram who happened to express himself in writing, and the perfection of that expression and his willingness to also tear up the writing, revolts that he was full of equanimity.

Hanuman needed no validation from the outside nor did he wish the focus to be on him. He just did his karma, spontaneously with no expectations. He was just content with something that was well done whether it would make him famous or not, was of no consideration. There are many versions of the same story re-told across the world. One story says, Hanuman engraved his Ramayana with his nails on rocks in the Himalayas where he had gone to do penance (feel sorry for done wrong).

And Valmiki was making his Ramayana to Shiva for his blessings and that was when the Valmiki Hanuman encounter took place, and Hanuman is said to have simply picked up the engraved stones and dumped them into the ocean. Stories related to Hanuman exalt (to make some one higher) the virtues of selflessness, love, faith, devotion, humility, self-esteem, (high regard) inner strength and self confidence besides the need

to cultivate the ability to perform action without worrying about the fruit of that action. Perhaps this is what inspired Tuldidal to write of Hanuman in the following words that Ram is the servant of Nirlamb Ram and at the same time 5th son of his own. You can't catch the world or can't leave the world. No one in this world is yours, find place to put yourself in isolation. So long you can help others, you get in return. A friend in need is a friend in deed. In Tulsidas Ramcharit Manas, 'Greater than Ram is the servant of Ram. Hanuman is renowned for his courage and strength both physical and mental (spiritual). Which is why Tulsidas composed 40 verses in praise of Hanuman, called the Hanuman Chalisa that is recited by young and old believers, who invoke Hanuman's grace.

-O-

TRUTH IS TRUTH

t (Truth) makes its presence felt. The fourth lok is his who can see through self i.e. concentrated surti/consciousness/concentration, ignoring deafness, stone-blind customs, what caste, creed rituals, over grown errors you behold, are there only sufferance (tolerated, but not actually wanted) - by your tolerance.

'Vai Naam' is messenger of "Sat-purush". Sat-guru is a messenger for the whole human kind, they are following blindly. If you are within yourself in the present moment, see it to be a lie, and you have already dealt it its mortal blow in awareness without taking it to past and future, will turn into gift of Supreme Consciousness, provided you are blessed with "Alive Holy Naam" from true and real Sat-guru of the time ('Vai Naam Dass').

Love, joy, honesty and awareness can surmount any situation, defeat, any adversary, repulse any oppressive force just as light dispels darkness, how thick it is as the sunrises, it removes the darkness of night and fear of living. One who understands what causes the sun to have these qualities, becomes the destroyer of all fear in the form of birth and death the cycle upheld by Mind and Maya in this cosmos to keep 'Hansas' in bondage.

“Submit your will to Sat-guru not directly to Sat-purush”.

(It is not possible to lead your life pretending to be some one you are not, not to speak of good, but achieve good by your good deeds). Sat-guru sent on this planet as a mercy of all the creatures. He is above caste, creed and religion. Sat-purush has mercy on souls.

Who invoke Hanuman's race to overcome fear and become strong. All thoughts have come from outside and don't establish any link with them. Let them go one by one as they will put you in great trouble. Don't ask questions, and don't ask for answers. Try to be silent without any thought and idea. With the passage of time all questions will go when thoughts are gone. After one year - do ask for any question. All the questions are external and one has to get them to ripe like ripe fruit. Inside you feel the pain of thorn when your friend attains higher position in his life. You want your own upliftment in any sphere of life and of none else. This is ego lurking in every Mind and you want its gratification one way or the other.

Everything that world has to offer, locked in a cycle of pleasure and pain ? Do we now see the after life as an experience on an other planet, something that can open up a new world for us ? But where ever we go, we go with Mind, Maya and soul (Surti) except in Amarlok. Our true abode from where we have come as a soul Surti (i.e. 'Hansa', Combination of Surti and Nirti). This planet is unique in the whole universe, because it is only here we can have permanent salvation i.e. free from life and death cycle permanently.

BE FREE OF FEAR AND DOUBTS IN THIS WORLD

It is fear that is the greatest of all prevailing superstitions in the world in the time Covid 19 epidemic which has spread its tentacles in nook and corner of India at present. It is fear that is the cause of our superstitions that have made man to cling all old rotten trends and traditions of spiritualism in the whole world. Fearlessness is key for the solution of all prevailing problems not only in India, but in the whole of universe.

The surge of 2nd wave of Covid-19 infection is again pulling us back into the confines of our home. Many unfortunate things are happening because of this infection, like doubts, superstitions, fear, ego and what not. Many can't experience the world in any other way except through sight, sound, smell, touch and taste, and none of it is everlasting either. So, have we forgotten that we are not Mind (Mann) and Body (Maya), but segment of Supreme consciousness which is immortal in nature like Supreme Surti of “Sat-purush” of Amarlok. A new world of true spiritualism can be opened to all by 'Vai Naam' Sat-guru Paramhansa of Amarlok (Satlok/Sahib Ji) Himself.

HOW TO ATTAIN AWARENESS

‘Vai Naam’ Satguru i.e. me have been sent after a lapse of 550 years after sant Kabir Sahib Ji. He is fully aware of that a single sparrow can’t make a summer. Myself is insignificant in liberating souls from this planet to take them back to Amarlok, to their real and true abode as the humanity on this planet is in deep slumber and divided into segments in the way of worshiping not god but Supreme being. One must make a frantic effort to search out true and real Sat-guru of the time to be blessed with true and real ‘Vai Naam’ Sabbad to elevate the soul, to have permanent salvation, i.e. permanent liberation from life and death cycle from this planet and to have contact with true and real father of us all hansas who are in prison of Kal Niranjana/God of these three loks.

‘Hansa’ is true and real segment of “Sat-purush”. “Sat-purush” is our real father - Sahib ji. The worshipper of Kal-purush is not in agreement to follow true and real Satya Bhakti i.e. Sehaj Marg/Bringa Matta of true and real father “Sat-purush Sahib” Ji who is ever ready to receive us with open arms, provided one gets blessings of Sat-guru and infusion of ‘Alive Holy Naam’ in his Surti through chetan concentrated Surti of Sat-guru ‘Vai Naam’ of the time, who has been assigned this duty on this planet by “Sat-purush Himself”.

Every human being has two levels of existence. One, the ego-fed Mind/Maya and the other is that of the true self, Surti consciousness, concentration. The first may bring about success in the material world but as a false self. One has a big responsibility, it is to fulfill a special mission that one is born for, upon earth. This idea make us to realise that we are not soul Surti+Nirti+Mind, but ‘Hansa’ i.e. union of Surti and Nirti (prana). Thus the second is the inner most Surti / consciousness, which is truth, love and joy. Truth can prevail in and out provided it is free from the bondage of unit Mind and cosmic Mind. It can be world of light without shadows or darkness. This state of awareness can be attained by “soundless sound word” in which Sat-purush, i.e. Supreme consciousness Himself resides and lie with true and real “Sat-guru of the time”. This world enlightens the authentic (true and genuine) self, the non dual advaita i.e. ourself, our soul Surti spirit / Surti+Nirti (Pranas).

The answer lies in “Alive Holy Naam”, with true and real Sat-guru ‘Ve Naam Ji’ of the time possesses on earth. You can solve all the problems with his cooperation, blessings and “Alive Holy Naam”. Greater self understanding with “Alive Holy Naam” can help us progress in both. i.e. inner self and through “Alive Holy Naam”.

How to attain consciousness. Happiness can't be separated from unhappiness i.e. sadness. Open your eyes of Surti through Alive Holy Naam and learn to see the truth. When happiness calls out, don't run out, as it is a signal of unhappiness or sadness. Making happiness as your goal you have suffered a lot and lot, birth after birth but couldn't attain it. Now make peace i.e. present moment as your goal i.e. take both with open hands. Don't accept one and reject other. Peace is a state of non excitement whereas happiness and sadness are state of excitement. You come to Satsang for peace, yet sometimes you feel uneasy, but you are not aware of the reason. Truth strikes like a hammer on your falsehood and you get perturbed and find it difficult to face the strokes of truth's hammer on your 'Mind'. Mind makes you to run away from there as it has picked up the throbbing pulse of your heart, who is bearing the strokes of Surti as truth and only truth. Satsang brings awareness, which breaks the false image of Mind and Maya which is acting as a King in your Sushmna nerve for centuries and centuries together.

They lie on the buffer zone. So they are kept in buffer zone. They are not accepted either by Sat-Purush. Their main place is to go to 'Hell' and remain ghost and demons, who have lacs and lacs years of life. They are not redeemed of their sins. They cheat and get cheated, no one comes to their rescue. He acts as a model for others to copy. So majority of people's behaviour is arch type originates from well defined boundry that individuals create around their lives, it is their defactor zone of operation. I, me, myself, my family and the outer perimeter of limited kith and kins.

They are in deep slumber, blind, no consciousness, blind eyes both inner and outer. They are rejected by both 'God' and "Sat-purush" as 'Hansa', but they themselves consider human beings in the eye of God and 'Hansa' in the eyes of "Sat-purush". e.g. though king's kingship was challenged, he continued to rule defacto i.e. not justified by the court of law like P.T. (president triumph).

Their never ending (relentless) pursuit of wordly things i.e. material, comforts blinds their vision. Actions, words and Mind are the gradients to harm others to grind your own axe. Mool Surti is in every creature big or small. It contains all your actions of all your births on this planet and also about your journey in different pluxes i.e. apertures of three loks and your journey to 'Amarlok', meeting with "Supreme consciousness". All contain 'Surti' as all are true segments of "Supreme consciousness".

Don't harm anybody on this planet. Don't do such an act which you can't tolerate for yourself. If you don't want to be abused, don't abuse others. If by the way you get angry for any reason to somebody, they get disturbed, but you enjoy out of it. Truth (Surti) and lie (mind), go side by

side, but lie prevails for a longer period in your life. Lacs and lacs years of yoga, concentration without knowledge and application of Surti and breath can't open 8th chakra i.e. 11th aperture (द्वार). It is due to blessings of Sat-guru, that makes us to open it without much effort.

I want to keep society away from evil acts, whereas majority are protecting their self interests. One who is satisfying his lust, hunger alone will go to hell along with his descendants. Nowhere, selfless religious preachers are to be seen in the world. Whenever we try to know our real identity, the mind diverts our attention towards past events and future hopes and wishes i.e. towards wordly things only. Like wise, the soul after knowing its real identity i.e. self, will be able to understand all the wrongful acts of cheating, forgery etc. of Mind and Maya (i.e. body) and will try to make itself free with the help of “Alive Holy Naam” of ‘Vai Naam’ Sat-guru of the time, from the grip of Mind & Maya i.e. past and future.

Truth is natural state of our Surti/consciousness/concentration. Our ego i.e. Minds act is the greatest hurdle in the path of Soul realisation. Surnames are greatest hurdle i.e. they prevent us from reaching out to our self i.e. Surti/consciousness/concentration. It is a sign of ‘ego’ to the dangerous level. This status quo (as same, as before & after) mind, maya and Surti, has its genesis (the beginning or origin of something) is one simple thing lack of self confidence i.e. contemplative dimension not aware of Surti / consciousness / concentration at all. He is purely under the jurisdiction of Mind and Maya i.e. living is ‘space and time’, past and future, gain and loss. He wants to have only one side of the coin i.e. gain and only gain, no loss, but actually he is in total loss. His thread is broken at both ends. (na ghar ka na gharat ka) i.e. neither of heaven nor of Amarlok.

He has himself selected hell as permanent destination up to annihilation of this universe. One who tries to befool guru's or Sat-guru's is in general befooling himself. Thus without moral, spiritual ethical evolution, there is stagnation i.e. buffer zone. Unless we turn our Surti towards our inner journey, real spiritual development won't commence i.e. initiated. Ultimately, you will have situations where you will find all doors of spiritualism closed for you.

Lamp of Surti is lit perpetually in your heart and other parts of the body and perpetually in your breathe along with pranas. Thus there is light within us and being provided to us in every moment in our breath. Thus there is always love, truth, joy and peace in Surti within us to remind us the existence of Amarloks from where Surti and Nirti are being provided in and out to enlighten us by the concentrated Surti of Sat-guru who is true representative of “Sat-purush” on this planet being entrusted/bestowed “Alive Holy Naam” i.e. ‘soundless sound word’ i.e. bodyless word to elevate the soul of all ‘Hansas’ on this planet to attain permanent liberation to attain freedom from life and death cycle permanently.

Thus the light of Supreme soul and enlightenment exists within each and every one of us on this planet. That which is ready to dispel the darkness which is present in every ‘Hansa’ on this planet ; when he works in slumber i.e. without being aware of. As we learn the techniques of going within through meditation while under going initiation of “Alive Holy Naam” in Surti of Sat-guru to Saddak, and rising above physical body and Mind.

“ज्युं तल मांहि तेल है, चकमक में आग ।
तेरा साईं तुझ में है, जाग सके तो जाग ।।
साहिब जी : जागन से खुलते भाग ।
पारस सुरति से जागन होता प्यारो, कोई प्यारा लाता दात ।
लहर संग बहना जान ले प्यारे, तैरने से बने ना बात ।
एक आस विश्वास भरौसा प्यारो, यह सब सुरति की बात ।।”

‘Iss duniyan ki reet anoothi, taje sach aur jhooth se preeti’

This world has (very strange way) altogether a very strange way of living where people discard the ‘Truth’ and has immense love for ‘falsehood’ and has immense love for ‘falsehood’ and treachery. This worldly ocean can’t be crossed without the blessings of a true and perfect spiritual master of the time, i.e. Sat-guru ‘Vai Naam Dass’ of the time.

**“yeh sansaar kaal ka desha, karam ka jaal pasara hai,
jag mein aaya kuch kar le pyare, surti khel nyara hai”**

This whole world is busy in doing karma in confused state of Mind in ego, so always remain empty, as I-ness, me is there in every act of life. One must have to realise his true self and the knowledge of Supreme soul to attain permanent salvation from this planet, but by due cooperation of true and real Sat-guru of the time.

**“KNOWLEDGE OF SUPREME CONSCIOUSNESS”
i.e.” INFINITE EYES”.**

Rishis, Munis, Siddh, Sadhaks, Yogis, Peer, Paigamber, Yogeshwars, etc practically experienced knowledge about God i.e. knowledge of these three loks, through their own conscience and experienced the knowledge

of the universe through concentration within their own physical bodies. This knowledge is their in the religious scriptures/manuscripts is available to mankind. This knowledge is not sufficient in attaining the knowledge of 4th lok/Amarlok/Begumpur/Sahib lok/Satlok i.e. knowledge of Supreme consciousness, which in reality is the true state to be in the present i.e. the true state of self-realisation of soul which is beyond the jurisdiction of turiyateet state, to attain the state where Saddak speaks outward ‘Aham, Brahmasmi’ i.e. ‘I am God’. This path is known as ‘papeel marg’.

5th stage : Maha pragya awastha/turiyateet awastha one gets ethereal body called as ‘vigyaan dehi’ which is very higher state of conscience and travels with much higher speed as compared to the speed attained in papeel marg. (4th stage)

Role of Meditation in spiritual life :-

We are given this human birth to know ourselves as soul and to know about ‘God’ who is too Maya and Mind at the same time.

Secondly to know Supreme consciousness and then realise its true place and merger of soul Surti in Him or understand the bond between the Soul and Supreme Soul and its nature. The Divine’s search starts within and we have to learn the art of Meditation. The divine is within us, and we can experience ‘Him’ for ourselves when we embark (to be taken on board a ship or an air craft) for the inner spiritual journey. For this we need to learn the right technique. This process is also known as meditation, whereby we take our attention away from the physical i.e. material world and focus it within through Sushmna concentration, allows the inner spiritual worlds to unfold and connect us with Supreme consciousness through love and truth.

As we take steps on the track / road that leads to 4th lok/Amarlok, we will come across many obstacles. Thoughts and desires will distract us and will take us into past and future which has nothing to do with the present. In the same way hope and aspirations crop up and take us into past and disconnect us from the present moment, which is supreme soul’s segment. We are all here to grow spiritually to do so ; we need to sit in silence. The process of sitting in silence may seem easy, but when we sit down to meditate ; We realise within our true self.

We are bombarded by the thoughts and thoughts of mind, when we pick up one of his thought of any nature. For this all what is needed most is : Patience and Perceverance, deligence, devotion and detachment on our part to be in peace and calm with concentrated Surti, but not idle.

We need to continue to focus our attention within ourselves in meditation and not be distracted. We must be in search of true and perfect spiritual master who possesses “soundless sound word” i.e. “Alive Holy Naam” being blessed by Supreme Consciousness Himself after his face to face contact and together perform spiritual journey of Amarlok / Satlok / Begumpur. With true and real guidance, we will be able to still our body and Mind with due cooperation of “Alive Holy Naam”, Surti, Nirti and breath with due concentration of Sushmna nerve to get the breath and Surti inverted in the upward direction i.e. One & one-fourth hand above crown chakra to Surat Kamal of Sat-guru lok.

We will experience the ineffable joy of connecting Surti with the divine’s love i.e. Supreme Consciousness which is Source of Love, Truth and Joy. Cultivate the habit of daily meditation and go on perfecting it, step by step, so as to perfect our technique and develop faith and trust in Sat-guru ‘Vai-Naam’ Ji of the time.

It is simply a question of how focussed we are and how true we are to Sat-guru and how much attention we put towards our goal and Sat-guru. Sat-guru’s blessings will do all the work. We must always remember that we all Hansas on this planet are the progeny of Sat-purush and we can see, meet Him only through Sat-guru ‘Vai Naam’ Ji of the time, who is embodiment of Supreme consciousness.

Our duty is to make the best use of the strength and capacity of the entire human race. Sat-purush can’t do two things as under (i) He can’t create a second Sat-purush like Himself. (ii) However has established himself with Him, becomes one with Him. (3) He loves all Hansa and hate none, as every Hansa is his own segment with same characteristics i.e. truth, love and joy. There is only one way to meet Him and to be in Amarlok and that is by the grace of Sat-guru and being blessed by him with “soundless sound word” in which Supreme consciousness Himself resides.

In the process of enlightenment the ignorance the impurities like Mind and maya needs to be removed with the help of “soundless sound word” i.e. “Alive Holy Naam. Our body possesses two outer eyes, one mouth, one nose with two nostrils and two ears as sense organs, but when you are spiritually elevated with the help of “Alive Holy Naam” i.e. “soundless sound word” from true and real Sat-guru ‘Vai Naam’ Paramhansa of the time, Your inner sense organs turn into infinite in number and you can penetrate, go, observe any lok at any time including Amarlok and have face to face contact with three Devata’s, Adh Shakti, God, Paramhansa’s of Amarlok and even see talk in Surti with Sat-purush i.e. endless, limitless Amarlok. Every action, process must take place in the present moment, because present is Supreme Surti Himself acting and

performing all the activities. Past and future act is performed by Mind and Maya to distract attention of Surti and Nirti. (Pranas)

Whereas our conversation is always about the past and future which has no relevance with the present. Present is to keep your mouth shut and make you to maintain peace within. Mostly our attention is focussed on the imaginary (to produce picture in the Mind and not in the Surti).

Through enlightenment we see with infinite eyes of Surti consciousness.

“INFINITE EYES” ‘PLACE TO OCCUPY’

Achieving enlightenment needs complete surrender, devotion, faith, trust, love and detachment. It is easy to attain because enlightenment inhabits the present. And all we have to do to wake up is divert our attention from focusing on the past and future, to being self aware in the present. Being here is easy. Staying here, that is hard part. And our primary hindrance to achieving enlightenment is identity attachment to ‘I’, I-ness, I’am and all the ego identification we have come to believe define who we are. Enlightenment is opposite to ego. What ego attempts to hold, enlightenment releases. At every moment the horizon of enlightenment increases and internal vision adds more vision to internal region. We start moving away from the impact of Mind and maya at the same time. They appear to be moving away from reality of Spiritual power developed within.

Being ‘I’ is not being because ‘i’ can’t exist in the present moment. ‘I’, ego is a past tense definition of self. A hint of meaning without substance that dies with the body being alive. Just as reflection of something say tree on a pond vanishes in the absence of water in a pond. To be in the present our Surti must be here now. The present is where we are with Surti i.e. where enlightenment exists or lives. Thus past and future are gone.

On the surface it seems that the present moment is only one of many many moments. Each days of your life appears to consist of thousand of moments where different things happen, thoughts appear to pick up as per your choice and liking. Yet if you look more deeply, is there not only one moment ever ? is life ever not this moment. This is possible when you are awakened, living, feeling your ownself in that moment, but with out Supreme conscience Surti i.e. “soundless sound word” along with your Surti and breath is not possible in this universe of Mind (Mann) and Maya (body). You have to come out of this wrong assumption that you are body and mind. Always remind yourself that I’am ‘Hansa’ (combination of Surti and Nirti) and not Mind and body.

True Surti fulness occurs when we possess “Alive Holy Naam” which contain concentrated Surti of “Supreme consciousness” i.e. Supreme Lord Sat-purush of Amarlok/Begampur. It is wonderful key to open the most powerful lok of Sushmna which is directly linked with trikuti and banwar gufa. So when these three are working in unison i.e. in collaboration the body becomes numb i.e. ceases to exist and at that time “Alive Holy Naam” with Surti segments along with prana i.e. Nirti move in the upward direction without falling in the naval base, thus the whole purpose of attaining permanent salvation is attained.

It moves and moves in the upward direction. It will not fall in the naval base. The whole body will become dead before actual death. So you will get permanent nirvana free from life and death cycle, as you have extracted yourself out of Mind and body i.e. out of wish, desire, promises, hope and fear as ego is gone, desires are done mirage created when you get connected with any one of the i.e. body or mind and mirage effect is created which is established with equal distance where you go, stand, watch or act get disconnected with past and future the mirage effect is gone. It appears that you are far off from crucifixion or resurrection. You have left the body well before the time. You will be quite contented blissful for away from the boundry of sunn and maha sunn.

Liousay says to concentrate near the naval base i.e. about two cm below naval base and see miracles. Here is humble guide line for those who are interested to understand truth. This process is adopted by those who do not possess “Alive Holy Naam”, i.e. “Soundless Sound Word”. They visualise sun light very calm before the inner eyes to concentrate on Mind. This is not true and real method of concentration. One can't be liberated from the impact of Mind and Maya.

This naval base is the centre of ten air that function to clean every part of our body, so these segments will be effected by your concentration to work more vigoursly and nothing more than that.

Gist Note :-

Love is Truth so truth simply belongs to the ‘Supreme being’ i.e. in ‘Supreme Surti Concentration’. To attain truthfulness one has to remain in present which is not possible without ‘Surti & Nirti’ and that too along with ‘Alive Holy Naam’ of ‘Sahib Satyapurush’ Ji through true and real master ‘Sat-guru Vai Naam’ of the time.

So love emerges with in ourself but only by practising meditating in breathe exhaling and inhaling constantly along with ‘Alive Holy Naam’ in Surti concentration and continue attaining upwards journey towards 8th plux.

There is no other way to get liberated from the clutches of Mind and Maya. This whole process is called meditation following rules of ‘Satya Bhakti Marg’, Sehaj Marg in collaboration with ‘complete spiritual master’ i.e. ‘Vai Naam’ Sat-guru of the time. We can detach ourselves from the rest of the world and focus to our inner being, Sushmna journey within to within out of body. We began to know ourselves who actually we are and our whole prospective and ideology begins to transform within, we began to embrace our oneness with ‘Sat-guru’ first and then to ‘Supreme consciousness’ to attain permanent liberation.

Our foremost aim of life is to achieve the state of true self. Life on the planet is very short. It's the time of doing not of talking. Whatever you will need and like will fall in your lap, once you are there to give to the needy and deserved in the world. So all we have to do is to spread the spiritual ideology of ‘Vai Naam Surti Dhara’, the true message of true and real ‘Sat-guru’ of the time.

FEAR HAS NO PLACE IN SPIRITUALISM

Spiritualism gives us courage, determination, hope and helps in difficult situation by showing the right path. We see very often in our lives that we are not comfortable with the proceedings of the life and faces many problems of the world every now and then. But one who is in the path of true spiritualism shown by the true and real master i.e. ‘Sat-guru’ of Satyalok / 4th lok who has been bestowed with the

‘Alive Holy Naam’ from the Surti of ‘Sahib Satyapurush’ Ji of Amarlok / Satlok and possess immense power within Himself to enlighten the Surti of all the jivas in this cosmos. This is very much sure that he is going to live a peaceful life without any sort of problem, disease and amalagamation of this world. One learns how to behave with others, what should be the traits of an individual’s character to adopt and what kind of person one should be for others grace, mercy, help, hope and ever for their faults. We all have to be the humble servant of Supreme consciousness.

Mind & Maya is a stage and all the Hansas on this planet are merely players to perform according to the roles provided to them. We all have to perform our karmas as a task only, not the doer. Achievement of karma is of no consideration to the person who is fully devoted on to the lotus feets of ‘Sat-guru’. The conversation among Hanuman Ji and Valmiki ji leaves tremendous impressions regarding the way both of them narrates their point of view of writing Ramayana. Just go and study thoroughly to understand the depth of devotion selflessly. What great personalities were both in their deeds and bhaktis, but even then they couldn’t achieve the real goal of life by liberating themselves from this universe for good and bound to visit this world / triloki again and again when the cycle of formation of this world begins at the time of every Qayamat along with their Avtaars. Because they couldn’t able to met any complete, true and real spiritual master i.e. ‘Sat-guru Vai Naam’ of the time of Satyalok / Amarlok / Sahib lok. They couldn’t find any pooran Sant ‘Sat-guru’ of Nijdham to be blessed with ‘Alive Holy Naam’ / Saar Daat of “Satpurush Sahib Ji”.

It is fear which provokes superstitions in the world among the people. In the time of Covid-19 epidemic which has spread its tentacles in every nook and corner of India. It is fear that is the cause of our superstitions also regarding spiritualism that have made man to cling all old rotten trends and traditions of spiritualism in the whole world.

Every human being has two levels of existence, one , the ego fed; Mind / Maya and the other is that of the true self, Surti consciousness, concentration. The first may bring about success in the material world but as a false self. The second is the innermost Surti consciousness, which is truth, love and joy. It can prevail in and out provided it is free from the bondage of Unit and Cosmic Mind.

Mool Surti is in every creature big or small. It contains all your actions of all your births on this planet and also about your journey in different pluxes and to Amarlok.

Don't harm anybody on this planet, don't do such an act which you can't tolerate for yourself. If you don't want to be abused, don't abuse others. Truth (Surti) and lie (Mind), go side by side, but lie prevails for a longer period in your life.

Lacs and lacs years of yoga, concentration without knowledge and application of Surti and breathe can't open 8th chakra i.e. 11th aperture. It is due to blessings of 'Sat-guru' that makes us to open it without much effort.

Mind's act (our ego) is the greatest hurdle in the path of Soul realisation. Sir Names are greatest hurdle i.e. they prevent us from reaching out to self i.e. Surti concentration.

In the process of enlightenment, the ignorance, the impurities like Mind and Maya needs to be removed with the help of ‘soundless sound word’ i.e. ‘Alive Holy Naam’. Through enlightenment we see with infinite eyes of surti consciousness.

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RELATION OF JOY AND HAPPINESS

Most spiritual personalities lay stress on the word happiness as the key of spiritual life in this universe. They say that sun, moon, stars, seven sunn loks, maha sunn loks including trees, birds, animals all lead happy life then why human beings are groping in the dark for happy rays of light in his life.

For this all, human beings are themselves responsible for their woe's and worries. “As you think so you become” This thinking comes in the form of thoughts from Mind and one who lives in the past and future get entangled in these thoughts, but one who lives in the present moment can't be infused with the thoughts and thoughts of mind to take him away from establishing himself in the present moment and get awakened but in the subtle mental process, our thought and faith have profound influence (a) indirectly shaping our character, fate and destiny. (b) Indirectly moulding and modifying the subtle environment of the universe within and out. (c) Recoiling on the whole humanity collectively. Infact, every thought is dynamic seed, which sprouts in our Surti within us, flourishes in the mental world, and tries to engulf the entire universe. (d)

Adolf Hitler Germany

Our thoughts, wishes, desires thereby make our collective social lives happy or miserable. Our soul Surti is greatly effected by the happy or miserable life of the body. The environment or circumstances of the world are conditioned by and makes us dependent on the kind of thoughts, conceptions, and faith.

“As you think, so you become”

Be in Surti and let go Mind and Maya impact and see change well within you. You can well see the tense and vicious atmosphere and

environment within and outside in us. Selfishness, deceit, injustice, corruption, pride, envy, prejudice, avarice, hatred, wickedness, jealousy, unrest, strife, violence, cruelty and wars prevailing all over the world. These vices have ignited various types of desires, greed, lust, anger, attachment and ego in our consciousness. These are self ignited bone-fires within; which makes our lives dry, dreary, unhappy, miserable, desolate and hellish. We have developed and projected our tastes, fancies desires to the extreme degree of refinement. These refined tastes and desires have become an obsession without Surti consciousness and we have practically become the slave of the ‘ghost’ of unending desires and ambitions.

Often one’s grief causes a rupture in one’s heart through which a greater possibility may surface. Lately, “being positive’ has become some kind of Spiritual ‘cliche’ (of now use - not desirable).

One needs to uproot the source, the breeding ground of negativity. Our blindness to the oneness of life internally and externally is the cause of suffering. When the polarities of positive and negative are transcended, these generate objectivity i.e. hope, peace, faith, trust develops within, no longer a matter of choice but are spontaneous, as if one is helping and guiding our consciousness. In such a situation, space one carefully does one’s part and prayer fully leave the rest in the hands of Sat-guru to steer the boat of existence along with infinite wisdom of ‘Alive Holy Naam’ being blessed by true and real Sat-guru ‘Vai Naam’ of the time. Before this, we had even become forgetful of the fact that we breath in the real sense with purpose. In this ignorance we forgot the purpose of life on this planet to attain permanent salvation by the grace of true and real Sat-guru who blesses us with Supreme consciousness, by being blessed by “Alive Holy Naam” i.e. :soundless sound word” to attain permanent salvation i.e. freedom from life and death cycle permanently from this planet by the grace of ‘Sat-guru Vai Naam Ji’ Paramhansa.

The disciple, ‘Saddak’ must follow three most basic principles before listening and paying due attention to prayer, Satsang of awakened enlightened personalities on this planet.

- (1) You must be empty of thoughts, ideas, wishes, desires, fear, lust.
- (2) Free of fear, ill will against any person, injury and free from the sullied soul (lower the value, reputation).
- (3) You must be in a position to with hold the sermons full of spiritual knowledge well within your Surti-soul without any possibility of leakage. First establish well within you and do realise that you are neither body, nor

mind but segment of Supreme consciousness i.e. Supreme soul/Sat-purush/Paramapurusha of 4th lok/Amarpur/Begum pur.

(4) Don't be fearful of death as nobody dies. It is simply transmigration from physical to pure identity. Try to turn yourself into Hansa by the union of Surti with Nirti i.e. prana in Sushmna and take it to Surat Kamal i.e. Sat-guru's lok by making the body to cease i.e. to become dead by establishing it to move from Sushmna to Trikuti to banwar gufa to Aghya Chakra to be busy in taking breath. All the ten airs from the body rush out to Surat Kamal one fourth hands above the body and concentrate there and the air pressure will reduce and get inverted. Now the breath will get separated from Surti concentration One & one-fourth hand concentrated soul Surti.

Always keep your head on the Lotus feet of your 'Sat-guru' and "Sat-purush" Ji for any act which can in any way can injure the feelings of any creature on this planet. Always keep others at higher stage and keep yourself at lower stage and then move in the society. This all is not possible without "Alive Holy Naam" i.e. "soundless sound word". It will guide and direct you to follow true and right path position at any time at any moment, in your thought and action.

In ordinary life without true and real spiritualism you will find top official and beggar so far as wishes and desires are concerned. You may be as rich as Ambani but internally your container will remain empty. When all differences like, costs, creed religion, behaviour are put aside and feel yourself as true segment of Supreme Lord i.e. Sat-purush of 4th lok, Amarlok, then and then positivity will super seed negativity and there will be no fear from any side and no preparation for safe guarding ourselves from foreign invasion or threat from any country to any other country. Every individual is a big beggar, his empty vessel of desires and wishes can't be filled even when he is provided three loks and endless limitless Amarlok.

This is the act of Mind and Maya, they were, are and will be thirsty, they are thirsty and they will remain so. Whosoever will fall in their lap, they will act and behave as usual. When there is fear there is death and when death occurs where is the fear as before birth. This all is the creation of Mind and Maya. Soul Surti has nothing to do with fear and loss of worldly things. We are none else but soul Surti which has no death but simply a watcher of death and decay of body which itself is a composition of five elements and they get merged in their respective units.

Sons, daughters are gifts from the side of God and not of Supreme power and when they or we depart from each other, our soul Surti remains as it was so no loss and gain; but you have to see this all with awakened eyes. In most cases we try to tie ourselves in knots with words, thoughts, sounds, music, flowers, thorns and what not, when just a word, gesture, sign, dot, flowers presence can solve all our problems and worries through words and symbolic representation of concentrated Surti of true and real Sat-guru of the time; who makes use of above mentioned ways of explanation to awaken you from deep slumber.

True and real Sat-guru can solve our problems through words or sign, indication can convey or say circumlocation and limited use of words or flowery use of hidden language or tactics employed more for showing off and creating impression which can be indelible in Surti soul, but not in Mind and Maya to have permanent impact on soul Surti to realise its true nature and to become free from the bondage of Mind and Body.

Brevity in thought, vision, presentation, visualisation, through speech, drop of rain water falling, flash of light, torch light, candle light, colour of flower, shape and size of flower, smell of flower, barking of dog, humming of the bees, sweet voice of nightingale during spring season, etc are signs of positivity to have true impact on our Surti consciousness for its enlightenment.

But we always try to tie up ourselves in knots and knots and never think about their opening to have true knowledge of self and others at the same time. We try to fool the child while teaching to tell the truth and never tell a lie. Before teaching we must be clear about ourselves regarding our behaviour and opinion about others. Always try to put your foot into the shoe of others to develop any opinion about others. There is a well known saying which is a gist of all teachings of vedas. Lord Krishna Lord Rama and all religions, “That do unto others as you wish to be done to you”. Cut your coat according to your cloth. Don’t blame anybody for anything - first put yourself in that position, situation in all respects and then come to conclusion about the behaviour of others. Situation and behaviour count a lot. His internal and external situation play a lot at the time of acting. For every thought and action I remain in “Alive Holy Naam” bestowed to you by true and real Sat-guru ‘Vai Naam’ of the time on the planet.

But we try to tie ourselves in knots with many words thoughts, sounds, flowers, thorns and what not, when just a word, sign, dot, flower’s presence can solve our problems. Word or Sign, indication can convey what we wish to say circumlocation and limited use of words or flowery use of hidden language are tactics employed more for showing off and creating

impressions rather than to get the message across in the best possible way.

Simple direct conversations are less stressful and more successful than long winded, complicated one's that are neither here, nor there, but well within your surti consciousness; otherwise they confuse rather than clarify.

The listeners must take three most basic principles before listening or paying due attention to Satsang of enlightened personalities.

- (1) Are you empty of thoughts ideas, wishes, desires.**
- (2) Are you free from injury free from sullied soul.**
- (3) You can with hold the sermons well within your Surti and no possibility of leakage.**

THE VARIOUS WAYS OF GIVING SERMONS

- (l) For paying more attention to imbibe the maximum in short and limited span of time. One must see the following guide lines:-**
 - (a) Are you in peace, free of thoughts within.**
 - (b) Are you ready to let go old rotten paths of worship.**
 - c) Are you ready to learn something new and valuable for your inner spiritual journey to attain permanent salvation.**
 - (d) Don't you want to be young, and active in your life without external pursuits.**
 - (e) Are you ready to let go your ego i.e. me, myself, mine etc.**
 - (f) Are you ready to sacrifice your head i.e. knowledge of scriptures to bow your head on the lotus feet of true and real Sat-guru of the time.**
 - (g) Are you ready to imbibe more by paying close attention and empty**

yourself of clutter and negativities in order to receive positive learning while moving inwards (i.e. inner journey).

(h) See the whole not only cosmos, but Amarlok as well to have the knowledge of self i.e. soul Surti wordless sermons can say this all.

(i) If brevity is the soul of wit, wordless communication is direct transmission that works best in silence. When empty within and ready to be filled) our Surti and Nirti (Pranas) too requires energy for their concentration, because they are acting as per the direction of Mind (Mann) and Maya (body) for centuries together and have considered itself as Mind and body, for this we have to work hard and fast to concentrate these through “Alive Holy Naam” of Supreme consciousness bestowed to true and real Sat-guru of the time ‘Vai Naam’ Ji.

When Ramana heard of Gandhi’s death, he cited the episode from Uttar Ramayana Rama was reminded by devas that his work on earth was over after the death of Ravana. Ramana said, “Now that India’s independence is achieved, Gandhi’s work was done and so he has been sent to ‘Heaven’.

Enlightened leadership is spiritual if we understand true spiritualism i.e. domain of awareness where we get true knowledge of self i.e. Surti conscious/concentration, true spiritual Master i.e. Sat-guru Paramhansa of the time to bless masses with Alive Holy Naam i.e. “soundless sound word” to attain permanent salvation i.e. to attain our true form as Hansa and to go back to our real father and true abode i.e. Amarlok/Satlok/Begumpur which is our true home in 4th lok of Supreme consciousness and to be free from the life and death cycle on this planet where only Mind resides and all Hansa are in bondage of Kal-Niranjan, who is using us for his own axe to grind, as he can’t perform any work Himself. He treats all Hansas as bonded labourers on this planet in this cosmos i.e. ‘shunya’.

(How to surrender before true and perfect Sat-guru) omni-present, omni potent, sense. For every one key word is to surrender not before supreme consciousness, as he is not aware of you. Surrender before whom, who is aware of ‘Him’. i.e. True and real Sat-guru of the time i.e. ‘Vai Naam’ Ji Paramhansa on the planet.

“He said that if one has surrendered absolutely to God or to a guru then he does not have to “concern himself about the rectitude (correct behaviour and attitude) or otherwise of the course”, he will be taken, “on the right course” by the power to whom he has surrendered. Gandhi endorsed the doctrine of ‘surrender’, when he said, “And if God guides me, what should I think ? Even thought may be an obstacle in the way of his guidance.

“Explaining this remark Ramna said, “It is only after the rise of one-thought that all other thoughts arise”. Once the I-thought vanishes and is replaced by ‘divine will’, all doubts regarding success or failure, right or wrong, disappear.

Doubts arise “Only because one has not surrendered to the divine” or Sat-guru spiritualism was the cardinal selection by God. (Senior Roman important chief’s who elect pope) Principle underlying all their actions. By ‘spiritualism’ they meant education of the ‘heart’. It represents the inner view of life. It is the life within expressing and governing the life without. Both Gandhi and Ramna agreed that. “The more the soul is in tune with God, the more it realises its inner bliss.

When I begin to penetrate into very idea of love, my Surti get elevated and expands all around me to see where love doesn’t exist, who is not affected by love, who is not responding to, who is not spreading the, glory, charm, fragrance of love all around it to sur-charge the whole not only world but cosmos. This region of cosmos is tiny space to hold the bond of love.

This cosmos canvas of love is just the starting point i.e point of inisation and not the end for common man. This canvas is unknown. When some one comes to know about seven loks of Maha sunnya then the limits of his canvas expands to maha sunnya. Then he presumes that love, truth, joys canvas has an extention upto maha sunn which million and billions times greater to uphold love emanating from this cosmos. All the Hansas living on this planet in this cosmos have unlimited love to expand, but it fails to realise its own potential of love, because the source of love, whose segment this Hansa is forgotten to him, so he under estimates his own true nature of love, truth and joy, because of baser element, who never wish or wants Hansas to realise his true source of origin. Thus all Hansas in this universe are not in the know of Supreme Soul / Sat-purush / Parampurush / Sahib Ji of Amarlok.

“LOVE AND ONLY LOVE”

Love is the response of Human beings “Soul Surti and Nirti” as ‘Hansa’ who is immortal and full of love, truth and joy. He has not come in the contact of true and real Sat-guru who is aware of soul Surti and origin of this Soul-Surti. He is living with foster father, considering him as ‘his’ true and real father; Where as, he doesn’t possess qualities of true and real father at all, i.e. god of these three loks also known as Kal Niranjan.

This foster father says :

**“Main Sirjun Mein Maruin - Mein Jaruin Mein Khaun,
Jal Thal Nabh Mein Rama Rahuin - Mor Niranjan Naun”**

These lines say : I create, I destroy, I burn you and I swallow you all, I reside in all the loks (places) - water, land, fire, air and sky and my name is Niranjan (God/Bhagwan).

This clearly shows that whom all Hansas consider God (Niranjan) as their real father is in reality enemy of all Hansas on this planet in this cosmos. He never give you any chance to have a knowledge of your true self and Supreme Lord (Sat-purush/Sahib Ji).

Supreme consciousness/Supreme Lord is neither a Hindu, nor Muslim, nor Sikh, nor Christian, nor Jainist, nor Budhist. Nor he has given four Vedas and religious books of various religions.

‘Tera Mera Bairi Aik Hai Payaro, So Hi Maan Ley Jaan’

This God (Kal Niranjan) has no form and shape, but he assumes shape to bless one who puts his complete concentration into Sehastrarsaar where an individual completely attains formless being. The whole body become empty. In this level of conscience the soul gets liberated from four elements i.e. earth, water, fire, air of the universe and remains connected with the 5th element i.e. sky later on with sufficient practice, some of the maha yogeshvars like this ‘Vai Naam’ who moved further as maha yogeshvar moved further and established complete concentration into ‘shunya’ while crossing Sushmana nerve to open up the 10th aperture (Dasham Dwaar) and moved towards ultimate level of Supreme State of conscience. In this level of conscience the soul Surti get 99% concentrated and still remain submerged in 5th element of the universe i.e. sky which is the real abode of God (Kal Niranjan/Mind). The reach of these different level of soul concentration i.e. 75% (earth), 90% (water), 95% (fire), 98% (air), and 99% (shunya).

These stages go on increasing the level of soul Surti concentration and at the same time the increase in level of Truth, love and joy.

All the five (5) states (Awakened state, Dream state, coma state (deep sleep) Turiya State and Turiyateet state) of conscience falls under the territory of Mind and body which itself is the territory of God (Kaal Niranjana, Mind) God, Aadhyashakti, Brahmaji, Vishnu ji, Shiv ji, Maha Yogeshvars like : 1 - Gorakh Nath ji, 2 - Daitre ji, 3 - Raja Janak ji, 4 - Ved Vyas ji, 5 - Sukhdev ji, 6 - Sri Ram Ji, & 7 - Sri Krishan Ji. Saehstrasaar (state of videhi) formless being. It is also known as ‘Meen Marg’ where whole concentration i.e. love, truth and joy travels into the universe at the same speed as fish travels in the water (Satt Shabad) - Sohanga Shabad. Bhanwar gufa (Shuk dev) Sohanga concentration - Shshamna. jinglements of words (Anhad dhuns) they give immense pleasure.

1 CHACHRI mudra - Gorakh Nath - Jyoti Niranjana... concentrate Sushmna (nerve) midway two eyes. (75%)

2 BHUCHRI mudra - Vyas Dev - (ONKAAR / OM) - Sushmna Medulaplexus (Aagya Chakra) - immense mind power Trikuti asthana. This is not a state of true realisation . (90%)

3 AGOCHRI mudra - Shuk Dev - (Sohanga) ...Bhanwar gufa asthana. Maha Pragya avastha... Meen Marg. Turiya teet avastha - Ethereal body - Vigyan Dehi - up to Maha shunya... 70 kinds Anhad Dhuns - 70 different paths. Anhad Chakra (Bunk Canal) Naad Brahm (95%).

4 UNMUNI mudra - Raja Janak - (Satt) ... Maha Pragya avastha... Meen Marg. Turiya teet avastha - Got Ethereal body - called as Vigyan Dehi - Concentrate Sushmna at the point called SAEHSTRASAAR (Crown Chakra) end of yog matt...nirgun bhakti. But possess immense pleasure and immense Mind power, one can't realise self... no concern with spiritual power (powers of soul). (98%).

5 KHECHRI mudra - Rarankar ...Duswan Dwar Thikana... Maha pragya avastha - turiyateet....End of 3 loks... Attain oneness with God/Niranjana... meen marg ... Brahma, Vishnu and Mahesh concentrate into Shunya..... 5th stage - Size - “khas khas ke dane”

Saddak always remains in the surti of Sat-guru in Surti and action.

क सुरति करो मम साईयां, हम हैं भवजल माहीं ।
आप ही हम बह जायेंग जो ना पकड़ी बाहिं ।।

This all leads to zero, when wishes, desires, passion, fear, ego (I-ness) is gone, that leads us to believe that (Mind), Mann has become calm and composed. Now in the inner core contains surti as a functional unit as a whole with no interference of Mind (Mann) and body (maya).

सुरति में सत्यपुरुष रच्यो संसारा, सुरति का जानो खेल यह सारा ।
क्षर अक्षर से पार है होना, निःअक्षर सद् से उस पार किनारा ।
साहिब जी : ‘वे नाम’ सद् सुरति स्वांसा से पारा ।।

जैसे बच्चे में मात पिता के गुण प्यारो, आत्म में सत्यपुरुष गुण ले जान ।
दिव्य शक्तियां आध्यात्मिक मत जान प्यारे, आध्यात्मिक शक्तियां सुरति की जान ।
साहिब जी : चेतन सुरति में साहिबन वासा ले जान ।।

सतगुरु सूं ‘वे नाम सद्’ पा कर प्यारो, साधक पूर्ण मोक्ष पा जाता है ।
जग का आकर्षण छूट जाता प्यारो, पक्का साधक बन जाता है ।
साहिब जी : सुरति सद् स्वांसा संग निज घर को बह जाता है ।।

RELATION OF MIND WITH CONSCIOUSNESS SOUL

- 1 अमरलोक हंसों का ढेरा, परमपुरुष जहां करें बसेरा ।
आये जो सत्यलोक से होकर, तीन लोक में करें बसेरा ।
- 2 जब हंसों को भेद बतावें, सार दात पा करें निजघर बसेरा रे ।
सुरति निरति एक कर प्यारो, सतगुरु चेतन सुरति में होत बसेरा रे ।
- 3 हंस तीन लोक में प्यारो, आयें अमरपुर सूं ले जान रे ।
तीन लोक काल का ढेरा, जान मन माया का खेल महान रे ।
- 4 जो कुछ तीन लोक में प्यारो, सब परमपुरुष का किया ले जान रे ।
सब भेद सतगुरु सम्राट कबीर जी, सच्च भेद दिया ले जान रे रे ।

- 5 पूर्ण मोक्ष का भेद दिया, 'वे नाम' ने परख करि महान रे ।
सब हंसों का देश प्यारा, भूले बैठे सभी हंसा महान रे ।
- 6 अमर लोक ही सच्चा देश प्यारो, जन्म मरन से पार ले जान रे ।
प्रलय: महान प्रलय: से पार प्यारे, महानचेतन सुरति का देश महान रे ।
- 7 हृद अनहृद से पार वह देश प्यारो, निरंकार का वासा तहां ना जान रे ।
पांच तत्व तहां ना प्यारो, पार करन की बात मत जान रे ।
- 8 वेद क्तेब भेद ना जानें प्यारो, राम कृष्ण आद्यशक्ति तहां वासा मत जान रे ।
गीता कुराण बाईबल प्यारो, भेद इनका तहां मत जान रे ।
प्रेम की धारा हर ओर है बहती प्यारो, काम क्रोध लोभ मोह अहंमार तहां मत जान रे ।
- 9 भगवान आकाशी पिता तहां ना प्यारो, ईश्वर सब निरंकार तहां मत जान रे ।
आदि शक्ति ब्रह्मा विष्णु महेश प्यारो, गणेश राम कृष्ण जीजस मूदा तहां मत जान रे ।
- 10 गाड गाडास पीर पैगम्बर प्यारो, योगेश्वर आदि प्यारो ।
अमरलोक में वासा मत जान रे ।।

How to realise our trueself i.e. “Surti Concentration”

Do anything through consciousness and not through Mind and Maya. Don't feel that all living creatures sank in the sea of suffering, but hope for the betterment while living in sufferings. Don't reflect myself, me, mine, but set them expecting and penetrating within, then, when their hearts are longing let them move towards inner spiritualism, then preach them, guide them and make them to realise their true potential, power and trust they can impose on you. This is the proper ignition stage to make ready to plunge into depthless ocean of love, truth and joy. There is a need to invoke their Surti with true and real “soundless sound word” when they are ready to imbibe this universal Supreme consciousness to track down developing segments within.

Imbibe more by paying close attention and empty yourself of clutter and negativities in order to receive +ve learning through inner journey.

See the universe in a single drop of rain water or in a flower-wordless soul of wit and segment of Supreme consciousness, who is endless and limitless. Breavity is the true consciousness of Supreme consciousness.

This stage is wordless sermon stage. Breathe moving in the upward direction without falling in to the naval base to feel lifelessness. The cycle of birth and death is open before yourself i.e. Surti concentration consciousness. The cycle of birth and death is visualised that it is interconnected when Surti and Nirti are functioning independently, with due cooperation of “Alive Holy Naam” in the broader sense, are all inseparable from one another, as all can understand this truth provided you are blessed with “Alive Holy Naam” from true and real Sat-guru ‘Ve Naam’ of the time to establish direct link with your true father of 4th lok i.e. Supreme consciousness to be free from the clutches of Mind and Maya of this cosmos i.e. three loks.

We need to stand united and live in harmony. From the seed i.e. Supreme consciousness, sprouts life i.e. Hansa as a segment of Supreme Soul/Sat-purush/Sahib Ji of 4th lok. All have come from one and all must amalgamate in one, but identity remain intact under all circumstances in Amarlok.

- 1 One way is to move from Kundlini to 7th Chakra**
- 2 From Muladhar Chakra to - 7th Chakra**
 - (a) You will listen the sound of Om (ॐ)**
 - (b) You can see golden yellow colour of ॐ as well**
 - (e) You can see sun of god of white colour**
 - (d) You can see sun of five colours : 1 - blue at centre, 2 - red, 3 - yellow, 4 - white and 5 - black i.e. colour of five elements.**

SATGURU ‘Vai Naam’ has witnessed this all.

- 3 To move from Sushmna to 8th chakra i.e. 11 plux, One plus one-fourth hands above pure Brahm’s lok. All this happened with Sat-guru ‘Vai Naam’ in play way.**

All books, scriptures pale into insignificance before experiences of ‘Vai Naam Sat-guru Paramhansa’ of the time. You awakened and deep sleep stage should be in line i.e. one whisper should be sufficient to respond. It should be like river flowing rhythmically - listening responding and at the same time sleeping. No place for dreams, always in Surti - consciousness to make the body relax and you are well within yourself. No snoring - rhythmical breath mouth is wet not dry - secreation of nector is taking place within in all the times.

“SATGURU ‘VAI NAAM’ PARAMHANSA”

Sat-guru ‘Vai Naam’ is directed by “Sahib Sat-purush ji” the “Supreme Power” to elevate on this planet ; All Hansas are created by “Supreme Consciousness” in this universe “IN HIS OWN IMAGE” and sent back on this cosmos as enlightened personality develop them the cream of all creations in the whole cosmos.

He has multifarious assignments from the side of Supreme consciousness to all humanity on this planet ; especially Human beings in the field of True Spiritualism.

One has to come out of desires, sentiments, feelings, instincts, inclination, imagination etc. only by providing that ‘Holy Naam’ i.e. “soundless sound word”, which can’t be written, spoken, readout or listen to. With the aid of this ‘Holy Naam’ the waves of Mind and Maya will subside within and Mind will attain calmness. Mind has created in you sensual desires, and other desires, Anger, Greed, Attachments and Ego and thus has spoiled the blissful nature of Hansa on this planet. Hansa has lost the knowledge of its original identity and joined in vicious circle of 84 million yonies (jiva’s, lives in various forms to have life and death cycle in this cosmos) cycle as jivas.

In this vast materialistic world of words, the looking glass reflects the image of single phase of the person or surroundings. We have to change the angle of the looking glass to get image of other phases. In the same way our mind is also a one sided subtle (unnecessary things) ‘looking glass’ which takes only the images of this materialistic world, forms and ideas, thoughts, opinions which in course of time become beliefs, convictions and faith by constantly : Seeing, Observing, Thinking, Dwelling and Contemplating on the illusive of his materialistic world of Maya and have forgotten true and real spiritualism and our true self. For this we have to change, redirect and divert our Surti instead of Mind and Maya. For that we must understand and realise that from where we have come, for what and where we have to go back. Who is our true father God or Sat-purush. God is Mind and Maya itself. He is not the father of Soul rather he has enslaved us i.e. Surti in the heart and Nirti in the breathe and using us as bonded labourers.

KNOWLEDGE OF SUPREME CONSCIOUSNESS

- (a) Different ranges of vibrations existing in this universe are named as Light, Heat, Electricity, Sound etc. All are modes of vibrations of the same nature in ether i.e. fifth element in this universe, though they differ in frequency and quality.**
- (b) Thoughts, desires, actions etc are also made up of vibrations, but differ in their phenomena because of different character, frequency and intensity.**
- (c) Every thing in the universe, whether living or non-living, having being created by certain types of vibrations, also emits the same types of vibrations in the cosmos. So as thoughts caused by Mind are certain type of vibrations ; emit the same kind of vibrations in the cosmos, emits all types of vibrations effecting everything, every body in the universe.**
- (d) Human soul is an intergral part of prime soul or the Supreme consciousness in the form of Surti and Nirti (Prana). The union of these two turn into Hansa, as the real segment of Sat-purush/Supreme consciousness. It is not like the rays of Sun, the two differ both in degree and essence (quality) rays of Supreme consciousness has soothing effect.**
- (e) Of all living forms in the universe, human form is the most highly evolved being in this cosmos.**

Human being has the exquisite faculty of discrimination called intellect i.e. Soul Surti i.e. Hansa has been created by Supreme conscious ‘IN HIS HOWN IMAGE’ . Thus when one comes back in the body, human being becomes the cream of all creations in the whole cosmos and he is sitting before your. He has multifarious assignments from the side of Supreme consciousness to Human beings such as Spiritual, emotional, desires, sentiments, feelings, instinct, inclination, imagination, volition etc. has nothing to do with Surti consciousness. He comes to control the activities of Mind. Acting as per five sense organs ; the Mind rouses the five nerve centres in the unit Mind with due cooperation of Surti to perform activities like : Lust, Anger, Greed, Attachment and Ego. It can act in the same way, as ripples on the surface of water in the big ocean. Thought waves sent by the Mind, dive deep in the sub-conscious Mind of unit Mind in the Sushmna nerve. They are like under currents at the sea-bed.

Without “soundless sound word”, mind is never calm and vacant. Bumbling waves of desires, ego, ambition, relation, craving, anxiety of possessiveness, attachment etc. Always disturb its equipoise. It first sends his messages to intellect, as he possesses power of judgement and discrimination. Intellect act as a puppet in the hands of the Mind. Mind operates through thoughts and thoughts i.e. 42 in a minute. These are subtle (useless) waves or vibrations.

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MIND & HOPE

The same started - hopeless - desireless. It goes on entangling you, however fast you run. It is like horizon. It doesn't exist, you and horizon remain the same. Desire is a dream bridge, you can't be joined - helpless - and hopeless - in you hopeless - only - helplessness - It is waiting, it waits it in eternity – the moment you stop – endless time i.e. for long time hopeless and helpless – there was no hope in me. I was ----- tranquil – calm – compose hope – hopelessness – both disappear being without – no in negative state – presence was felt – I was self less – I am not – I can't depend – stand abess no fear – there was no body to be afraid of one – last day the presence – new light and new deliget – as, if I was going – I was blissed as to find – It was very nonsense difficult – words – all scriptures pale enamic. This was so as if I had dreamed – Boundries distinction – Mind was disappearing rubbing far away indifferent about no urge to remain continous with the past – births – difficult to keep open. Blissful – contended, something very drastic – death crucifical – or resurrection to revive back to life.

We often enter into controversies, while developing relations with people by thinking what we should not have thought about them, by saying what we should not have said about them. We have thought in terms of jealousy and hatred, of suspicion and scorn of doubt and disdain, develop big gulf between individuals and families. This all is the act of unit and cosmic Mind, which always take us away from truth, love, joy and peace – which are our true and real qualities of Surti and Nirti (Pran).

Although we all came from one Supreme consciousness i.e. Sat-purush of 4th lok i.e. Amarlok and have to go back to our true abode and real father through real and true Sat-guru ‘Vai Naam’ Paramhansa of the time . Only “soundless sound word” can do this job on this planet in the cosmos. Often we gossip about other and talk ill of them. We try to speak and expose their weakness and personal achievements, but when these words are conveyed to the person concerned, then it becomes difficult to handle. This all is the act of Mind and Maya. Don't talk too much, don't

listen too much. Always remain in isolation, to mind once own business to save yourself, as well as other's scorn. It is easier said then done, but still something we can train ourselves to do. In now way does the teaching ask us to blinker ourself against the beauty all around us.

Discrimination – awareness – move while being in conscious – eat and see yourself eating – don't take pledge for any action. One who possesses eye cross the door in awareness – This way they live is a pledge. You take pledge before God is out of fear – they can't be taken to conclusion. See your action –

Transformation is always from the bottom – move in the dark – then see the importance of light – Start from chetan condition and come to know, move on dry earth and not in muddy water – awareness – every action should be fully known. Awareness discrimination do come in the form of shadow. One always does go – and no harm is provided to any body – One who posses eyes move through the door so he don't take pledge in temples we take pledges. They don't keep pledge and promise –

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FICTITIOUS PROMISES

Jumping in the past and future – desire – thirst and future – ego is not in the present – the day seeking is stopped – stopping my effort and my desire – you can understand desire – reality is how to – desire has to be stopped – you put in delema – It has to be best but can't be stopped – you can see look into the desire – falcity of it – desire stop – e.g. desire is interjected. They coordinate desire – the day the desiring stop – hoping leads – entange you – call you – come on – run & run – a mirage – horizon – It appear – faster you run – the faster it runs – I reduce it you try to - dream bride – you can only hope – the day the desire helpless and hopeless – hopeless new mirage – you will never reach – how fast – it is like, appear – but slower you ---s---same.

KNOW THY-SELF

- 1 You have gone off from the real and true path of spiritualism.**
- 2 You have to retrace your lost track in the osis of desert.**
- 3 You have made your life toxic and toxic emissions are taking place well within your senses through Mind, intellect, memory and ego including perceived senses and action senses.**

4 You think act and choose based on Sanaskara, that is patterns/habits and effect of habits impression that are formed in our Mind, brain in all birth and death cycle.

5 What ever happens to us or around us, we react based on those impressions and the more we react, the deeper those impression become and we become the slave of Mind, intellect, memory and ego. i.e. we go on moving away and away from our own real ship i.e. to attain awareness, self realisation and the true knowledge of ‘Supreme Soul’.

6 Your bodies present life is full of suffering, caused by ageing, diseases and death i.e. you are running for survival of the fittest and one needs a solid workout, if you are going towards spiritualism and having ground firmly under your feet, all the way from birth to death.

7 But strolling (console way of dealing), wishing, trying, manipulating in the Mind and Maya zone on this planet, as if you have to live permanently in this life on this planet. Every one having these thoughts and wishes is putting himself in the cow-web of Mind spider. This cow web Mind generate almost one thought in a second.

8 Every one is trying to firmly hold himself in making mulberry thread like cocoon to envelope ourselves in the shell of cocoon thread to end ourselves along with our dreams.

9 The calarion call is remedy lies in the extinction of the flame of desires and wishes for which we need to follow the path of true and real spiritualism i.e. ‘Sehaj Marg’, Satya Bhakti, Bringa Matta.

10 The four fold path is :

a Right discernment (showing good judgement) the ability to judge well of the reality.

b Understand the character of Mind whom you consider being (what is the purpose of our being) (one’s inner nature self - surti) whereas Sat-purush of 4th lok is the origin of being i.e. the whole creation in this cosmos.

c All creation of three loks i.e. cosmos is impermanent i.e. made up of past and future, whereas there is no such thing which is seen by our eyes to be permanent and everlasting. You may decorate it as much as you like but its impermanence is clearly visible from its nature. (Everything will melt into nothingness).

काव्य

साधकों का केवल सतर्क रहना ही सच्चा काम रे ।
महांचेतन सुरति का अंदर प्रवेशा ही सच्चा काम रे ।
सतगुरु मिलने से आप (साधकों) के अंदर सतगुरु जी की शक्ति का भेद
मिलता जान रे ।
आपको सच्ची राह पर चलने की शक्ति मिलती जान रे ।
सत्संग में सतगुरु जी को देखना ही सच्चा काम रे, इससे साधकों को
आध्यात्मिक शक्तियां वाणी, दृष्टि की शुद्धि और चरण स्पर्श के द्वारा ये
सब प्राप्त होती जान रे ।
संत विषय विकारों से पार हर पल रहते जान रे ।
सतपुरुष जी के सब्द सतपुरुष जी द्वारा पाना ही सच्चा सतगुरु बनाता
जान रे ।
सतपुरुष जी से सब्द का पाना सतगुरु की पवित्रता का भेद देता
जान रे ।
सतगुरु के लिये सब संसार बच्चों के समान जान रे ।
सात द्वीप नौ खण्ड में सतगुरु से बड़ा ना कोई रे ।
कर्ता केवल साहिबन प्यारो साहिबन का पल पल प्रवेशा उनमें जान रे ।
परा भक्ति रहस्य सत भक्ति बृहंगा मता से जान रे ।
सतगुरु का ध्यान सतपुरुष का सब्द विदेह साधकों का करे सब काम रे ।
परा भक्ति संत मत बृहंगा मत में सारी भक्ति सतगुरु के आगे पीछे घूमती
जान रे ।
सतगुरु की आंख में देखना ही सतपुरुष को पाना जान रे ।

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“HOW TO ATTAIN PERMANENT SALVATION”

**Starting point of attaining permanent salvation from this cosmos is,
come to know six things :**

Questions :

- a From where you have come on this planet ?
- b For what you have come ?
- c How to live on this planet ?

- d What is the nature of Mind (Kaal Niranjana) ?**
- e Difference between guru and Satguru ?**
- f Importance of your ownself ?**
i.e. Surti (Atma - (Mann+Maya) = Hansa

Answers :

- a Satlok/Amarlok/Begumpur**
Who is Himself Sat-purush/Param-purush/Sahib ji.
- b To play a match with Mind and Maya and to go back to our real home Amarlok to meet our true and real father.**
- c - Permanent Salvation is to extinction of the flame of wishes, desires and let go past and future which is Mind itself.**

- Attain awareness to be in the present moment which is you i.e. ‘Hansa Surti’.

- Attain “soundless sound word” from true and real Sat-guru ‘Vai Naam’ which has the power to make you free from the bondage of Mind and Maya.

- Move on step by step in Surat Kamal 11th aperture and have Satlok.

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KNOW THYSELF”

- What so ever one does without the guidance of Sat-guru and soundless sound word is sure to be led astray by Mind and Maya.**
- The right direction and path is to follow the path laid out by true and real Sat-guru to elevate your Surti and make others to follow the same track to get blessed by Supreme Surti from true and real Sat-guru of the time i.e. ‘Vai Naam’ ji.**
- ‘Sehaj marg’ is the universal religion without any caste, creed and colour to establish link with the Supreme Surti and get freedom from the**

bondage of Mind and Maya and to get your Atma purified by paras Surti of Sat-guru to let go, Mind, intellect, memory and ego and to establish oneself with ‘Surat Sabad’ of “Supreme soul”.

Develop absolute awareness of the Supreme soul and true knowledge of Amarlok which is true and real abode of all Hansas on this cosmos. Life on this planet indicate the darkness of ignorance present in all human beings and the way ignite light of true wisdom of spiritualism that will remove the darkness created by Mind and Maya through yesterday and tomorrow without “soundless sound word” of Supreme Lord you can’t quite Surti/consciousness/concentration.

We think, act and choose based on Sanskaras, that is patterns (the way in which such thing happens, moves, develops or is arranged physically or spiritually) and impression (effects, consequence) to mend our way of living and behaving that is outcome of Mind and Maya well within us through out life and even from earlier lifetimes.

Whatever happens to us or around us, we react, act, think on those impressions with the established behaviour within us. And the more we react, the deeper those impression become to establish our identification with Mind and Maya. Mind can’t be purified but eliminated, as per the power you possess within you. Mind is itself God (Kal Niranjana) and the Supreme soul can only let it go along with Maya.

Your attention must always be towards spiritual knowledge and not towards worldly things, thoughts and wishes. Only an enlightened soul can offer love and truth and attain joy and peace. He can be humble and polite at the same time. If we are in deep slumber our vessels of desires, ego, jealousy will be bottomless. Now body can fill that vessel without bottom. He is totally ingrossed in wrongful activities and will act as per directions of Mind and Maya.

You may change Milk in any form, it possesses the taste of milk in it. Thus the basic element of Milk is never destroyed at all by the change. Whatever form the Surti exists in the body it attains after every birth, Mool Surti (fundamental concentration/consciousness). Whatever form it attains the basic gradient i.e. ‘Mool Surti’ and other six units remains intact under all conditions and situation in any form.

For remembering anything one requires re-collections.

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TRUTH AND UNITY

I am Surti and is present in every flower, every creature to establish love, truth, joy and peace, provided you are blessed with Supreme Surti consciousness to get Surti surcharged to be elevated. Begin with yourself having this soundless sound word and you will start losing effect of each and every sense taste and impact of Mind's thought, emanating at the rate of One per-second. Let go these thoughts, wishes, desires, ego to come out of deep slumber, yesterday and tomorrow i.e. thinking and hoping something new and desirable which is not conducive for Surti / consciousness / concentration. You i.e. your ego is barrier in your path of spiritualism i.e. elevation of soul, freedom from the bondage of Mind and Maya which are playing the role of cheater, deluder, manipulator in the path of realising one's real self i.e. 'Surti'/consciousness.

Well begun is half done, ratherful done ; provided there is no stoppage at any juncture at any point in any situation. Try to get burdenless of learning and understanding, become empty with and see the miracle within no time. Be free of time and space. Try to get annihilated (destroy completely). Be always in “Alive Holy Naam” with Surti in breathe and let go every coming and going thought. It is not done by struggle or effort. Alive Holy Naam itself does everything coming towards you. Always put your head in Surti on the lotus feet of Sat-guru time and again.

Don't wish to be like any one in this cosmos, except in two cases. First, a person whom fortune has bestowed wealth and he spends (that) it righteously with liberal attitude and don't leave the poor and needy purely on their fate, as in covid-19 epidemic.

The second is one who is on the path of pure and true spiritualism and considers every creature as true segment of Supreme consciousness i.e. unit of Sat-purush of 4th lok i.e. Amarpur and thinks for their welfare through preserving forest, land, mountains, air free of pollution, water free of pollution, proper supply of food to each and every creature on this planet. Unity in diversity, freedom of thought, right of knowledge, due place to all caste, creed and religion, equal opportunities to all human beings, being male or female without prejudice.

It is quite possible in this cosmos to raise your right, become possibilitarian (one who can raise voice for poor, needy and depressed in their own country as well as in the cosmos. No matter how dark things seem to be or actually are, raise your right and see possibilities always see them through your Surti/consciousness for they are always there for some

guidance and help i.e. Supreme soul. The essence of all knowledge consists in not committing violence or tolerating violence.

The doctrine of ahimsa is nothing but the observance of equality. The realisation that just as I don't like poverty, misery, injustice, other also do not like these. In general life is very simple, but we insist on making it problematic and complicated. By three methods we learn wisdom.

1 First by (reflection) introspection well within us which develops awareness and realisation of self is noblest one.

2 Second by imitation, which is easiest and doesn't require much introspection within, which is easiest one.

3 And third is by experience with the passage of time and guidance; which is the bitterest as it doesn't require any effort either within or outside.

4 When your time comes to die i.e to leave the body, be not like those whose heart is filled with fear of death, so that when their time comes they weep and pray for a little more time to live their lives over again in a different way when you are not blessed with “Alive Holy Naam” from true and real Sat-guru Paramhansa to attain permanent salvation, if you have soundless sound word with you, sing your death song in Surti consciousness and leave the body like a hero going to real home Amarlok to meet true and real father Sat-purush ji of Amarlok.

One whom fortune has bestowed “Alive Holy Naam” from true and real Spiritual Master and he acts as per directions of his Sat-guru get awakened and make others to have this Holy Naam.

He has attained truth, love, joy and peace and has developed faith in true and real Sat-guru Paramhansa, feels light, free of thoughts, wishes, desires and ego. Now he is free from the bondage of Mind and Maya. Now he is true, his belief is truth, his attitude is love and joy to spread all around him including Satlok/Amarlok/Begampur. He always surrenders himself before true and real Sat-guru.

Let me explain the incident that Tomas Alva Addison at the age of 67, face before his own eyes. In 1114 the lab of Tomas Alva Addison caught fire and almost two crores amount of instruments and important papers regarding his discoveries and inventions turned into ashes. His son Charles reached there and saw fire and fire all around the lab, but his father was standing and watching in a ‘joyful mood’.

Next day, he say his wishes and dreams turned into nothingness i.e. ashes. Our mistakes have turned into ashes and I am redeemed off those misfortunes. Now I can start my work on new lines and directions. He faced the situation boldly with open arms and open eyes with true Surti consciousness.

Gist Note :-

Achieving enlightenment needs complete surrender devotion, faith, trust, love and detachment; which gives us joy and happiness, all we have to do to wake up is to divert our attention from focusing on the ast and future to being self aware in the present.

Most spiritual personalites lay stress on the word happiness as they key of spiritual life in this universe. For this all human beings are themselves responsible for their woe's and worries. “As you think so you become”. Thinkings comes in the form of thoughts from Mind, and thoughts comes to those who lives in past and future but one who lives in the present moment can't be infused with the thoughts and thoughts of Mind. In this ignorance we forget the purpose of life on this planet to attain permanent salvation by the grace of true and real ‘Sat-guru’. There are some basic principles the Saadhak / disciple must follow ... are mentioned in the chapter.

All the Hansas living on this planet in this cosmos have unlimited love to expand, but it fails to realise its own potential of love because the source of love, whose segment this Hansa is forgotten to him, so he underestimates his own true nature of love, truth and joy, becuase of baser element, who never wish or wants Hansa to realise his true source of origin.

The foster father (God) says :-

I create, I destroy, I burn you and I swallow you all, I reside in all the loks (places) - water-land-fire-air and sky and my name is Nirnanjan (God / Bhagwan).

This clearly shows that Hansas consider God (Nirnanjan) as their real father is in reality, enemy of all hansas on this planet, in this cosmos. He never give you any chance to have a knowledge of your true self and ‘Supreme Lord - Satyapurush Sahib Ji’.

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PRAYER

Prayer enables us to surrender, unite and trust a power greater than self. It is a preferred method of invoking connection and communication with the divine through Sat-guru. Sat-guru is true and real source to get communication with the Supreme soul. Don't try to establish contact directly, as it is not possible to envoke the Supreme authority directly. Mostly people want to establish contact with the divine - asking for help, requesting healing, seeking solace and guidance and in some cases, to feel the oneness in imagination, while living in imagination in the imagined cosmos.

In time of distress, and when raging emotions are creating havoc, many find inner strength and optimism through prayer.

“जिस की सुरति जो में लागे, पल में पाओ साथ,
बिन सतगुरु बात ना बनती, सतगुरु सूं कर ले साथ”
“सच्ची प्रीति सुरति के संग प्यारो, पल में पाता साहिबन सुरति संग रे,
सुरति निरति एक से प्यारो, सच्चे घर से वासा जान रे”

Dhayan is a Surti/concentration/consciousness in the form of powerful waves. To whom one meditates, “He” at once establish link with the Surti of Saddak and Saddak realises the presence of his within self. To whom you meditate do find his presence before you.

PRAYER THROUGH MEDITATION

It is just like your mobile system, when your call reaches the person to whom you dialed and the purpose is solved. Surti is charged with the concentrated Surti of Sat-guru who possesses Supreme elevated Surti of Sat-purush, just like Mobile is charged with electricity and without charging Mobile it wouldn't function through the system in it are in contact. Our Surti is divided into SEVEN SURTI

**“Saat Surti Ka Jan Psara, Jah Sey Surti Ka Khel Hai Sara]
Surti sey dekhu Nij Dham payara”**

This whole existence is because of Surti. Atma is relative truth it contains Mind and Maya as baser elements. Surti is pure union of Surti and Nirti the two segments of Surti/concentration/consciousness. Surti doesn't act directly rather it gives the needed strength to the needed for the task. Just like blood, it flows in all segments and parts of the body to maintain balance of energy. It is the Surti that sustains, maintains and propagate body in rhythmic and harmonic way.

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“SEVEN SURTI”

1 -Amiya Surti, 2 - Mool Surti, 3 - Chamak Surti, 4 - Nishchay Surti, 5 - Shunya Surti, 6 - Thauv Thauv ra chakhey, 7 - Hridey ke mahi

The Surti that works in seven fronts are as under :-

**1 - Eyes, 2 - Ears (Help to decipher the sound), 3 - Nose,
4 - Mouth, (Eat & Speak) 6 - Skin (sensation i.e. touch),
7 - Mind (sunnh) (inner senses)**

1 AMIYA SURTI - Experience pleasure. This is the nature of Surti. It is there in every one. It has bliss in it. It gives experience of pleasure. The baser element Mind is present in it so Surti is known as ATMA. Whatever is happening in the body is a play or function of Surti. These seven Surtis are in bondage of God/Kal Niranjana. True and real Sat-guru concentrate the Surti on the dot (Bindu).

It is the Mind who has divided Surti into seven segments. Surti doesn't get via media of coming out of the bondage of Mind and Maya without the aid of soundless sound i.e. bodyless word to get Surti concentrated i.e. ignited to get rid of Mind and Maya overcast clouds of energy and flux of thoughts emanating from Mind.

Ignorance is a main weapon of Mind. Without the use of Surti strength Mind's ignorance and Maya's illusion can't be overcome and can't experience the bliss of Surti/consciousness. Yogis, Yogeshwars too are in search of True bliss. Our Surti is bound with Greed, Anger (Ego), Action, Memory (Chitta), 'Desire, Intellect' and attachment to the body. Surti is concealed in the envelop of energy and flux of Mind thoughts.

People in anger cause problem to self as well to society due to violent attitude and behaviour. People who crave for the fulfilment of desires, ambitions, do very heinous acts. They tell lies, do fraud, spread all kinds of false rumours. Anger, thinking take us to past, but hope, greed are very powerful enemies they take us to future, so the act of mind is to take us to past and future which are all baser elements.

Those who crave for fulfilment of their desires, wishes, they indulge in heinous acts of robbery, killing, lying and cheating. They play black magics and hunt even celestial beings i.e. Devas. Even divine forces are influenced through black magic. This is also a way of worship.

Anger, ego, greed are very powerful enemies. Anger and ego represent past effect and greed is a lust for the future, so a person always remain tossing for have and have nots in past and dissolution. He never attains awareness and can't realise his ownself and realisation of supreme soul doesn't take place. So prayer before and after attaining “paras Surti” of Sat-guru put a big gulf between the two.

Right actions can't purify you within. They do possess baser elements, they too will be present in your action so one can't have purity in the outcome.

A desire arises in the Mind, before its satisfaction and desire arises. In the interval which separates two desires, a fraction of perfect calm reigns in the Mind. First is compression of waves then there is rarefaction and in between them a fraction of perfect calmness is attained in the Mind, but it is of no use for the individual.

**“Bahu Bandhan Tey Bandhya, Ek Vichara Jeev,
'Sar Naam' Jo Paye, Jeev Paar Ho Jaye”**

So long one is under the illusion of Maya (body) and direction of Mind, one can't attain awareness and can't realise self and experience the bliss of Surti/consciousness.

काव्य

“चलो मूर्ख सुरति को चीन्हो, ज्ञान का छोड़ो संग ।
सतगुरु सूँ ‘वे नाम’ दात को पाओ, चरण कमलों से जोड़ो संग ।
हीरा पड़ा हाथ अंधे के प्यारो, फेंकना अंधे का काम ।
उसे प्रेम सत्य आनंद से क्या लेना देना प्यारो,
विवेकी प्रेम सत्य आनंद को बांटने का करता काम ।”

सतगुरु को कीजै दण्डवत, कौटि कौटि प्रणाम ।
ऐसी दशा जब बने प्यारो, सतगुरु कर ले आप समान ।
सतगुरु आत्म का कल्याण करता ले जान ।।

सत्यपुरुष शक्ति सब्द दात जब आन समाई, मन माया संग छूट जाई रे ।
पूर्ण महान चेतन सुरति संग सहाई, निज को निज की पहचान कराई रे ।
साहिब जी : हर ओर साहिबन ही संग सहाई रे ।।

सतगुरु ‘वे नाम’ रंगरेज़ प्यारो, सुरति रंगे मतवारी रे ।
आत्म से मन माया अलग प्यारो, संसार का आकर्षण समाप्त होया जान रे ।
साहिब जी : एक पूर्ण सुरक्षा कवच संग साथ रे ।।
मन माया का कांटा प्यारो, देता कष्ट महान रे ।
सतगुरु की दात सूँ, पाया साहिबन दर्श महान रे ।
साहिब जी : पाया पूर्ण मोक्ष का ‘वे नाम’ सब्द महान रे ।।
सतगुरु मोरा शूरमा, कस कर मारा बाण रे ।
‘वे नाम’ अकेला रह गयाए पाया पद निर्वाण रे ।
साहिब जी : जग का करो कल्याण रे ।।

सतगुरु का वासा चेतन सुरति में प्यारो, शिष्य पाये बात बन जाये रे ।
तीन का संग एक करे, पल में निजघर जाये रे ।
साहिब जी : दुख सुख का संग एक हो जाये रे ।

सत्य नाम सुन मार्गे मन मान सारे, जब सतगुरु “वे नाम सब्द” उच्चारें रे ।।

Rishi, Muni, Yogis are in search of true bliss (TRUE BLISS)

Yogis can move upto the 11th aperture. Yogeshwars can move out of the body and attain Astral bodies and move out of the body in cosmos with Meen speed and visit different loks. They fail to attain causal body as they do possess 1% Mind and 99% Surti / consciousness. They can't escape from the endless cycle of birth and death. Yogis can attain subtle body as they possess 25% Mind and move in a limited range with papeel speed to see nearby loks like shiv lok, gou lok etc. The process of self knowledge i.e. Surti Consciousness can provide insights to the mystery of our and Supreme Consciousness identity. “Alive Holy Naam” re-inkindle our inner light to come face to face with Mind & Maya. Every experience in life our self, Sat-guru and Supreme consciousness is most important in fulfilling our real purpose of life on this planet in this cosmos of Mind & Maya. To defeat the ego, pride jealousy, wishes, desires and realise the illusory nature of the cosmos we live in.

Honesty, love, joy, truth, peace can surmount any situation, defeat any undesirable wish or desire just as light dispels darkness, just as sun arises, it removes the darkness of night and fear of Mind and Maya. One who understands the power of Sat-guru, Supreme consciousness and get himself enlightened by being blessed with “Alive Holy Naam” from true and real “Sat-guru ‘Vai Naam’ Ji Paramhansa” of the time. He becomes the destroyer of all fears, doubt in the form of birth and death and also because of fear of darkness in the form of ignorance. This is because Hansa is not habitual of seeing darkness. It has seen soothing light of Amarlok, so it causes fear posed by Mind itself.

Bhagwad Gita says that anything that gives pleasure here and now gives long term pain and true happiness comes in the garb of sorrow and suffering. This doesn't mean you have to lead a painful, baring existence. Help yourself to the pleasures of others. But invest some time and efforts in uplifting others along with your own progress assuring yourself to be ready for the welfare of society as well. In this way you are storing something for rainy days.

In the end, the best that the world offers is found wanting. The watcher is watching you from all corners, when you are engaged in uplifting others. Every material gain is temporary as this universe too is temporary and insignificant; Don't get yourself absorbed too much in worldly pursuits as these are affimiral, temporary and passing show. And the more you run, the further happiness seems to recede. “Ve Naam’ Sat-guru Paramhansa Sahib” introduces the whole human (kind) beings to the endless, limitless world of Supreme consciousness i.e. ‘Sat-purush / Param-purush / Amarlok / Sahib Ji.

Once you are captivated nostalgia of the infinite, Supreme consciousness, of 4th lok i.e. Amarpur/Begumpur/Satluk which is full of Supreme consciousness and we all Hansas in this cosmos are the segments of Supreme consciousness . We are all sons of Sat-purush sent on this planet in this cosmos to play a match with unit Mind and cosmic Mind along with Maya to win and return back to Amarlok in the original form as Hansa i.e. Soul Hansa, free from all baser elements of Mind and Maya i.e. in concentrated Surti, concentrated by “Alive Holy Naam” from true and real Sat-guru “Vai Naam Ji” of the time.

All worldly joys pale into insignificance before true and real love, truth, joy and peace of Amarlok. You now work only to get your Surti consciousness by soundless sound words of Supreme consciousness to get your Soul enlightened by Supreme Surti of Sat-purush Sahib ji.

Dhruv Pralad, Nachiketa, Eklavya are some of the outstanding starkids who rose above worldly enchantments, were put to the test by Kal-Niranjan. They passed the test with flying colours, but couldn't escape from the cycle of birth and death permanently. On the other hand “Bade Sahib Ji” at the age of five and half year got permanent Salvation from this planet.

Here in the Gita, we find a practical hand book of instructions on how best one can recognise his way of thinking, feeling and acting in our everyday life and draw from ourselves a larger gush (pour out in large quantity) of productivity to enrich the life outside and around us and to emblazon (i.e. symbol of something on T-shirts etc) the subjective life within us.

This Gita unfolds a way of life by living which we can grow to be socially more productive and individually more balanced without pursuing our life at peace with ourselves, without this inward balance and readiness to act well and up to the mark in the world outside, how can an individual ever successfully face his own and others problems and their solution in life.

Finally, we can say pursue spiritualism to get enlighten within consciously. Spiritual masters must be respected for what they did for the welfare of the masses at large. When you put a thread through a needle, the Surti/Consciousness is focusing not the Mind. When we are looking at the empty sky, the Surti is expanding not the Mind. Focus sharpens

concentration and relaxation expands consciousness not the Mind. The balance between a focused consciousness and an expanded consciousness brings perfection.

We are neither Mind, nor body but Hansa, union of ‘Surti & Nirti’.

Which is changing all the time can’t be Soul Surti, so neither body nor mind are constant in any way. They both are changing consistantly. Let us take one by one :-

1 Body is dying every moment and changing into dirt and dust. Our cell are dying every moment and new one are created. In this way it has no connection with our ‘Surti soul’.

Take the case of Mind. It is a bundle of thoughts and feelings, eminating and dying in every moment. We can lay our foundation which is changing every moment and disturbing peaceful nature of Hans Atma which always remains the same under all conditions and situations. It was immortal, is immortal and will remain immortal, under all sort of conditions and situations. It is a true segment of Supreme consciousness and is immortal like Supreme consciousness. We are not the part of these three loks which appear and disappears in the form of five elements along with Mind who is Himself God, Kal-Niranjan, Kal-purush who is too in every body along with soul in the form of unit Mind in bhanwar gufa of sushmana to control and guide Surti to keep it in his own clutches under all situations and circumstances.

Sat-guru “Vai Naam Paramhansa” and “Supreme consciousness” love you for the sake of love, as their nature is to love and get love nothing less nothing more. You as Hansa is love, Sat-guru as Paramhansa is embodiment of love and “Sat-purush” is endless, limitless ocean of love in which we have to get submerged like drop of water to get submerged in endless/limitless ocean of love.

Concentration is a self excercise between Surti and “Alive holy Naam” (object of attention) along with breathe. Thoughts slowly get dissolved and the mind becomes empty and attains calmness in Mool Surti. (v.v. imp.)

....David Michla

The middle way should also apply to taking breaks. When my strength declines, I should leave whatever I am doing in order to be able to continue with it later. Having done something well. I should put it a side with the wish to accomplish what will follow. No one becomes immortal till he penetrates

in Supreme consciousness; that resides in 4th lok i.e. Amarapur, besides this his presence is fully conscious in “Alive Holy Naam” which is entrusted to true and real Sat-guru who has established permanent link with concentrated Surti of “Supreme consciousness i.e. Sat-purush / Sahib Ji of Amarlok/Satllok/Sahib Lok.

The other formulation is to establish link with Supreme consciousness through “Alive holy Naam” which is being blessed to you by ‘Vai Naam’ Sat-guru of the time. It is the basic principle established by Supreme power Himself through Sat-guru of the time. It upholds the principle to uphold the relation of all Hans Atmans who have come on this planet/earth to get blessed with” Maha Chetan Surti” of “Supreme consciousness” through concentrated chetan Surti of ‘Vai Naam’ Sat-guru of the time.

Everything, every phenomenon is caused by the thoughts, wishes, desires, actions, reaction of Mind of all lives on this planet including God (Nirankar) Himself who is purely Mind and Mind only to delude all souls on this planet to keep them in ‘His’ own control. After giving rise to the effect, the cause is completely put aside to save souls being mislead without any further reminder proclaimed by Sat-guru of the time. It implies that nothing exists conditionally and absolutely other than soul Surti and Supreme consciousness which pervades every where in four loks. Sat-guru of the time makes you to follow middle path. No one can ever establish direct links with Supreme consciousness on this or any other planet in this universe. Earth is the main planet to establish link through Sat-guru of the time with Supreme consciousness provides one’s Surti is fully concentrated by “Alive Holy Naam” of “Sat-purush” through “Sat-guru of the time” to attain permanent salvation on this planet.

The chain of cause and effect is not linear but cyclic. Birth and re-birth is the outcome of the will to be born through actions and reactions i.e. clinging to the objects of sense or pleasure in the previous established existence. The clinging is dependent upon the wishes and desires for worldly pleasures, enjoyment experienced by all human beings. There is desire which in turn is the result of sparsha, sense object contact. The six sense organs, including the Mind are responsible for the contact with objects one needs to come out of internal urge “life force”. “life force” the will to be born. One’s this will, this desire subsides, we can move towards liberation, nirvana – moksh i.e. permanent liberation free from birth and death cycle.

“बुरी आदतों का कारण सोचना विचारना प्यारो,
चेतन सुरति को संग करे सब काम रे”

SATGURU MARG DARSHAN

- 1 Physical Mind – Unit Mind-----Change within the body.
- 2 It has maximum impact on the body
- 3 Surti active
- 4 Close to satt.... for off from past and present i.e.

कल और कल में रहना और जाना दुख का कारण रे

- 5 External thought have great impact
- 6 Go deep in — बुद्धि चित्त से पार
(to cross, Mind, body, intellect and action)
- 7 Go on influencing child on “childhood + youth”
- 8 Deposit layer upon layer in sub conscious state
- 9 Parents role
- 10 Habits – impact – education – upbringing – spiritual – effect of upbringing
- 11 Incidents – related to children
- 12 Lack of awareness – let go past and future. They breed on dirt – ugly thoughts, wishes and desires infused by elders.
- 13 They should be allowed to have choice of selection – profession etc.
- 14 Distance from parents – elders, teachers
- 15 Don’t make false promises with children
- 16 Don’t be guide all the time – listen to them time to time
- 17 Don’t be slave of Mind & Maya, pay due attention to “Surti consciousness”
- 18 Mind always understand the COSMIC – things and put value to them
- 19 Child can be moulded in any direction good or bad as young saplings
- 20 All other things are sub servent
- 21 Whereas UNIVERSAL THING MAKE – SUPREME i.e. Mind and Maya are on the FORE FRONT IN THE prevailing situations in the world.

- 22 One can be spiritual with “Alive Holy Naam” from true and real Sat-guru of the time. – नहीं तो काल दायरा ही मिलना है ।
- 23 UNIT MIND SEND ALL INFORMATIONS to COSMIC MIND i.e. when to ATTACK and when to STRIKE
- 24 “Soundless sound word” is not under any influence – it can be picked by Surti and only Surti when concentrated with “Alive Holy Naam”

जो सत्त सब्द को जानसी, ता का सतगुरु नाम ।
सत्य में सत्य समाये, मन मान ईक धोखा जग में कौन करे पहचान ।
सार सब्द जब पास में, मन मान की होत पहचान ।
साहिब जी – मन मान की होत पहचान ।।

- 25 UNIT MIND CONTROLS 14
- 26 SURTI – HELPS WHEN IT IS CONCENTRATED By
“Alive Holy Naam”
Take us to limpid pools of water – with LIMPDEY
“Cause of Bad Habits”
- 27 See the Surti – into larger picture. Falsehood of Cosmos
- 28 Hit the nail on the head. It is ripe time in all respects
- 29 Any adversity can lead to habit. Look at pain, chronic pain
- 30 Unemployment problem have become chronic causes depression
- 31 It becomes cause of Death
- 32 Air pressure reduces causes rain causes floods coastal people get effected
- 33 A series of circumstances trigger an – illness
- 34 The Mind latches puts under lock and key
- 35 Evens and events put Surti into sub conscious Mind i.e. in UNWARENESS – You need more stronger trigger i.e. concentrated Surti of Sat-guru to elevate Soul Surti.
- 36 AWAKENED SURTI act like DART (missile) Mind turns into thin air
- 37 सारे संसार को जगना है – तो अवगुण छोड़ गुण लाने रे ।
TRUTH - LOVE- JOY- PEACE are not habits but act of SURTI. No bearing with Mind and Maya
- 38 We are in bondage life after life and death after death

- 39 Surti and Alive holy Naam helps to let go Mind and Maya**
- 40 One best method is observation and working with awareness.
Knowledge of self**
- 41 HABIT is a UNIVERSAL LAW effecting all per circumstances,
environment, social conduct, association, domestic condition and
domestic environment**
- 42 With faith in Sat-guru with sincerity anything +ve is possible but
not without true spiritualism by Supreme collaboration of Supreme
Alive Holy Naam**

GIST OF TRUTH

- 1 4th Lok is his who can see through self.**
- 2 Ignoring deafners (i.e. Mind & Maya plux) stone blind customs**
- 3 Sat-guru is a messenger to take, receive & transfer information**
- 4 Let go past & future, provides so many ups and downs. Mortal blow**
- 5 Alive Holy Naam performs miracles like cement in the construction
of a house.**
- 6 Mind & Maya are like grass & weed remove them from roots.**
- 7 Defeat, adversary, regular any oppressive force**
- 8 Honesty and awareness can make Mind & Maya to go**
- 9 Sun rises - darkness goes - removes fear, ego, birth and death -
act of snobery**
- 10 Hansa is still in bondage of body and Mind i.e. (Kal Niranjan) i.e.
God of three loks.**
- 11 Don't pretend and keep some one in the dark**
- 12 Don't speak of good, but achieve good through actions - “Alive Holy
Saar Naam” is mercy on Hansa's soul. Truth do appear as it doesn't
require clothes. It is pure naked**
- 13 False ego, no place – truth & truth – have a frantic effort to fret out
true and real Sat-guru. Pretension is escapism from life and truth,
Challenges - are the way forward. True disciple - free from baser.
element Mind & Maya.**
- 14 Good & agreeable - ‘Vai Naam’ Sabad can't stay (permanently)**
- 15 Showing loss of hope - balanced - to uphold the flag become calm**

“Vai Naam Surti Dhara”

“Nijdham Ke Santon Ko Samarpit”

and composed - control senses - Forget Mind & Maya - Time heals the wound Being immortal - don't connect yourself with the mortal - Surti - full of itself - Immortal i.e. body and thought (Mind) Don't pay attention as demons. Always have a day without night.

**How to attain consciousness मन और तन का सुरति सूं खेल
Mind is hidden i.e. formless player where as body is living visible player in this world in cosmos.**

**“NAAM VIDEHI JAB MILEY, ANDER KHULEIN KAPAAT
DAYA SANT SATGURU BINA, KOU BATLAAVE BAAT”**

Tulsi Dass ji says, the inner gate of consciousness gets opened only after getting blessed with the bodyless, soundless sound word (Sabbad), None but the grace of Sant Sat-guru can show the time and real path in this regard.

**“जो ‘वे नाम’ सतगुरु शरणागति आये प्यारो, पावे पूर्ण मौक्ष की दात’
सच्चा सब्द सत्यपुरुष का, जावे निजघर अपने जे संग ‘वे नाम’ की दात”**

Religious rituals, noble deeds can't take you to Amarlok. These acts have no place in Sant Matt. This path is true and real for attaining complete nirvana, Moksh/Salvation. It is altogether different from Sargun or Nirgun modes of worship. A clear cut understanding is needed about the very concept of worship. I don't denounce any mood of worship. I am taking about true and real spiritualism. All sorts of vices have crept up in the sphere of worship. I want to keep society away.....

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UNITY IS KEY TO SUCCESS

The DASHA MUKHI 5 senses & 5 actions represented by RAVANA is destroyed, hence we say Dashahara, destroying the ten negative well within our body.

LAKSHMANA represents intellect & ego. He is always loyal to LORD RAMA who represents embodiment of Atma/Soul. Being in carnation of Mind uses Atma in the best possible way, as there is nothing to put Him in bondage.

HANUMAN represents COURAGE & INTUTION. He was the knower of all the nine system of glammar. With the help of HANUMAN’s intellect. SITA the SURTI is brought back to RAMA the ATMA by the elimination of RAVANA the evil SENSES.

There is RAMA of 4TH LOK in all of us. i.e. the segment of “SUPREME CONSCIOUSNESS” . All these characters are well within all of us.

By the knowledge of true and pure soundless sound world of “SUPREME CONSCIOUSNESS” - bestowed to true and real SAT-GURU can elivate one’s SURTI by the CONCENTRATED SURTI of SAT-GURU ‘VAI NAAM JI’ who posses this “ALIVE HOLY NAAM” bestowed to Him by “SAHIB SAT-PURUSH JI HIMSELF.”

The displaced migrants working population suffer from significantly higher mental health issues than their undisplaced counterparts, as per the study reveal. They even moved away from their shelter homes provided by the government. They need proper help guidance to attain their true and mental state to cope up with undisplaced society. They are over loaded and hence spiritually imbalanced. They require love and affection from the side of society to make them fluter their feathers of mental disorder.

They are mentally ill and require our help, sympathy, love and assurance that they will be taken proper care in providing due help to arose their moral boost mental and physical help from the side of we all.

Our help will provide them courage to face the challenges of life on this planet. Whatever we infuse, provide, its fragrance or its bad smell is left behind. To live in fragrance give and think only of fragrance to be happy and make others to live happily and in peace. Your personal taste like P.M may be humble and simple but vision must be cosmic in nature. Don’t talk or give sermons only, do something substantial for the upliftment of masses at large.

Gist Note :-

Prayer generally we mean to say is : our inner urge to express before some one to whom we pay regard, respect and expect something for us. e.g some sort of wish, desire or need which we consider to be fulfilled by the authority to whom we demand. Is it really the meaning of pray, perhaps not. Prayer actually enables us to bow down, surrender,

unite and trust in a power greater than self. It is a preferred method of invoking connection and communicating with the divine through ‘Sat-guru’. Only ‘Satguru’ is true and real source to get connection with the ‘Supreme Soul’. So don’t try to establish contact directly, as it is not possible to envoke the Supreme authority directly. Mostly people want to establish contact with the divine - asking for help, requesting healing, seeking solace and guidance.

Prayer through meditation is just like our mobile system, when the call reaches the person to whom we dialed and the purpose is solved.

Surti is charged with the concentrated Surti of ‘Sat-guru’ who possesses Supreme elevated Surti of ‘Sat-purush’ just like Mobile is charged with electricity and without charging mobile it wouldn’t function through the system in it are in contact.

Prayer functions through Surti to Surti only. Our Surti is divided into SEVEN SURTIS. This whole existence is functioning because of Surti. Atma is relative truth and it contains Mind and Maya as baser elements. Surti is pure union of Surti and Nirti the two segments of Surti consciousness.

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इति श्री