

BE MAN ENTIRE, WHOLE AND IN EVERY THING

**A W O R D
T O
C A N A D I A N S**

By

HIS HOLINESS PARAM SANT PARAM DAYAL
PANDIT FAQIR CHAND JI MAHARAJ

Edited By

Prema Nana Roy

M.A., B.Ed.

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PREFACE

The present Booklet “**A Word to Canadian**” comprises of the four discourses of His Holiness Param Dayal Faqir (Pandit Faqir Chand Ji Maharaj) of BE MAN TEMPLE, Hoshiarpur, India, given to Mr. MCKENZIE of Swami Shiva Nanda Yashodhra Ashram Society, KEOTINAY BAY, BC, CANADA, who called on His Holiness in July 1973. Since some of the problems of Mr. Mackenzie are the problems of a common seeker after the Supreme Truth in the present day mechanised societies, these discourses are considered essential for publication.

His Holiness is probably the first saint who has revealed the most secret things of the Religion of Saints (संत मत) in such a scientific way, in the common language of the common people. He tells one and all such things which have hitherto been kept secret or if expressed at all, they have been disclosed to very few and that too in allegorical and mystical language, which was beyond the understanding and reach of the common seekers. His Holiness is probably the first researcher in the field of spirituality who has ventured to reveal the human weakness of saints also. Saints too, according to Him, cannot escape the fruits of their thoughts and deeds. The Karma philosophy maxim ‘ अवश्यमेव भोक्तव्यम् कृतं कर्म शुभाशुभम् ’ (Everyone is bound to reap the fruits of his good and bad deeds), is applicable to saints even. Therefore, he says, one must be true to oneself.

Many of his disciples are benefitted in several ways. They ascribe the fulfilment of their needs and desires to the spiritual power of His Holiness. What should people think where money and wisdom fail to achieve their desired objects ? Strangely enough, his disciples and others get the Vision of His Holiness Param Dayal Faqir which suggests them ways and means to solve their problems, riddles and intricacies of life. They do so, and so their needs are fulfilled. In ecstasy of gratitude they come to Him and prostrate themselves to the holy feet of H.H. Param Dayal Faqir with a huge sum as their deep obligation of gratitude. Like many others, His Holiness too could have amassed enormous wealth and led a life of ease. He could, on that score, increase the number of his disciples to lacs and crores. But what is it that he does instead ? He reveals the whole truth much against the belief of his devotees. He says, “It was not I who appeared before you in your vision, it was

your own faith which did all that.” He further explains that firm faith can do miracles. Have faith anywhere, either in Rama, Krishna, Christ, Mohammad, Guru or any form of your choice. But have faith in one and believe that one to be ideal and perfect. That one is omnipotent, omnipresent and omniscient. It is that one who listens to the calls of His true devotees. That way H.H. Proceeds to open the eyes of His devotees in particular and common people in general who are at other centers kept in the dark and are made to serve their Gurus throughout their lives. This, of course is his greatest and sincerest contribution to the Religion of Saint (संत मत). He has removed the curtain behind which the poor and innocent devotees have been befooled in many ways by the so-called Gurus. His Holiness Param Dayal Faqir is the SANT SATGURU¹ of present time and imparts true knowledge in the true sense of the term.

At the age of 87 he takes pains to give his discourses which are of the highest stage and unparalleled in the field of spirituality. He does so out of this extreme mercy, otherwise his frail physique is unfit to undertake such long journeys in India and abroad.

The gist of his teachings may broadly be divided under two heads:-

1. Path shown by scriptures (वेद मार्ग) is for common man to lead a happy life in this world.
2. Liberation from life and death. For this, one must resort to spiritual practice to gain access to the region of Light and Sound within and thus be free from the endless cycle of births, deaths and re-births.

The first one is the path based on the maxim “Peace to all” (शिवसंल्पमस्तु)². It is known as VED MARG (वेद मार्ग). Do as you wish to be done by. Live and let live. Do good to one and all. Think well and behave well. The elders should ever give positive and good thoughts to their younger. Help the needy and wish well of all. Be pure in thoughts, words and deeds. One must act up to high ideals and lead a practical life. Our behavior in family affairs should be based on love and sacrifice to have a peaceful atmosphere in the family and society. We should forget and forgive the faults of others just as God forgives our many faults. Our life should be based on truth. Man must earn his livelihood in a fair way. Service to humanity must be the motto of life. Be man in its entirety. A chaste life is

1. Who imparts true knowledge of saints.
2. Let our thoughts and intentions be auspicious.

required to lead a happy life. Celibacy (ब्रह्मचर्य) should be observed to gain physical strength, mental energy and seeds of spirituality.

These are some of the golden principles following which every householder (गृहस्थी) can reap the four aims of life, i.e.³, Dharma, Artha, Kama and Moksha (धर्म, अर्थ, काम, मोक्ष).

The second and the final is the search of the hidden treasure within us finding which one can be free from the cruel clutches of KAAL and MAYA⁴ (काल और माया) and escape the endless cycle of birth, disease, old age, death and re-birth again only to move round that circle leading from lesser miseries to greater miseries. This second is the occult process of spirituality which leads an adept through regular and austere practices into the spiritual region of Light and Sound within one's own Brahmand⁵ (ब्रह्माण्ड).

A true spiritual guide is required for this uphill ascent. When the self enters into the region of Light and Sound, one begins to be above desires (मन, बुद्धि, चित, अहंकार), mind, intellect, consciousness and egoism. When one loses one's identity and is completely lost in the highest region of Light and Sound, one is liberated from the effects of body, mind and soul. Such a person is above KAAL and MAYA. He is a saint who is free from birth, death and re-birth. And yet these saints, taking pity on the distressed souls, come to this earth, take pains and show the right path to the eager ones who want to return to their original home of Light, Sound and Eternal Peace.

Let us, therefore, surrender ourselves completely at the holy feet of Param Dayal Pandit Ji Maharaj and act up to His teachings for our redemption.

Prema Nand Roy

M.A., B.Ed.

Acharya Uttar Pradesh,
Shiv Samadhi,
P.O. Radha Swami Dham,
Gopiganj, Distt. Varanasi (U.P.)

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3. Dharma — Right path to live.
Artha — True inner craving of self.
Kama — Physical, mental and spiritual desires.
Moksha — Liberation from the above three.
 4. False show of events caused by various feelings of life.
 5. Abode of Soul.

CHAPTER I

Canadian :-

Sir, in your books "A Word to Americans" you mention that one must have faith. Therein you further say that faith is granted by the grace of God. It is not something that one can acquire of one's own. I consulted **Bhrigu Samhita**¹ and I found my name mentioned there, besides so many other things about my life. That shows that one has no free will, things including one's **Sadhna**², which is of paramount importance to a seeker, being fore-ordained. To learn **Sadhana** I need a spiritual guide. Don't you think that the particular spiritual guide who is destined to guide me is predetermined and will come my way at the fixed times ?

The astrological treatises, such as 'Bhrigu Samhita' are right or wrong is not a matter of concern. As a matter of fact astrology in the past was based on seven planets, namely, Sun, Moon, Mars, Mercury, Jupiter, Venus & Saturn. As a result of further research by human mind two more planets, such as Dragon's Head and Dragon's Tail were taken into consideration. But modern astronomers have recently discovered the existence of some stars, such as Neptune and Pluto. Hence their effects could not be taken into consideration in the past. Therefore, in my opinion the past astrological treatises, it may be **Bhrigu Samhita** or any similar book, are not complete, because the effects of the stars newly discovered existed in the past which were not known to the then astronomers. One must not, therefore, wholly depend upon Astrology, otherwise one's mind and heart will become suppressed and subdued, leaving no scope for independent effort and free will. This belief in fatalism provides some consolation to those frustrated by the struggle of life, but serves as a disincentive to the striving young people, like you, who have the guts to strive, struggle and achieve. Struggle you must; as one can change the effects of the planets up to a certain extent.

Now you will be anxious to know, how ? These stars are formed by cosmic rays of the biggest Sun, according to Science. If a person can elevate himself above the mental plane, he can have the power to make certain

changes in the influence of these stars. Your Real Self is beyond, rather above, these planets. If one can dive deep within oneself into the ocean of Light with any strong desires, the effects of the planets are lessened. So you leave aside the question of astrology. Simply by your **Sadhana** try to meditate within you in the Inner Light. According to science it is from the outside Sun that the Cosmic Rays come and make electrons and protons and form this body and the world. If you try to penetrate within you and catch the light within you, you will be in a position to lessen the effects of the stars. **Sadhana** if of different kinds, according to the temperament and the nature of the individual. One single way of **Sadhana** is not suitable for everybody. We have to catch the Light and Sound within us. So one has to control mental vibrations according to their nature. Why do these mental vibrations come ? These mostly depend on the desires which are partly a creation of the external influences and partly depend upon man's own nature. The mind of a man remains disturbed if he has lost much semen in his early age as a result of wrong thinking, passionate ideas or disappointment in love. In my personal life and observation I have found out the nearly 50% of the persons who are desirous of penetrating within themselves and try to do **Sadhana** are those who have some sexual weakness in them. Either they have been getting wet dreams or have suffered from some sort of urine trouble at some stage of their life. A man may not commit physical adultery but if his mind entertains sexual ideas he will surely be their victim and cannot get peace. The second trouble is ambition. A man wants something. When he cannot get that thing, he becomes nervous. So better concentrate your mind on the Light within yourself. But everybody cannot catch the Light easily. At first he mist love and have faith in some ideal person who is above the passions, greed and love of worldly affairs. I remember that an English Professor of Lahore came to me in 1942. He was well off, healthy looking and had a wife and children. He complained that he had no inner peace. I told him that his mind was sex-ridden and so he was upset. He felt annoyed. He said that he got married at the age of twenty three and went to U.K. He assured me that he had not wasted his semen. He had never touched any other woman. How could then I call him sex-ridden ? Then I asked him of what he had been thinking in his school life. He disclosed that he had been in the habit of looking at the pictures of naked girls for nearly half an hour everyday. So, I told him that because he had stored in his mind those sexy impressions, (therefore), his mind was peace-less. I advised him to meditate on an ideal

person whom he considered to be free from lower passions. So unless one concentrates on an ideal, believing that it is above those evils, one will not attain peace. You must meditate in the image of Christ, Krishna or any Guru with the faith that this is beyond these evils. Guru or God is an ideal. Put your faith where you have love and think that to be the image of the Almighty Supreme Power. If you meditate thus you will have an experience of Divine Light. This is the remedy for everything. A man can change the effects of the stars if he can go within himself into the ocean of Light, which we, the Hindus, call **Savitri**. The good wishes and love of those who live there can bring about changes in the minds of others. Out of the emanations of **Savitri** were the Sun and the Stars formed. Therefore, if a man can dive deep within into Divine **Savitri**, he can, from that source, influence the planets and their effects. Besides this, effects of the rays of the stars falling on persons can be modified with the help of certain diamonds worn by them through the rays that they reflect. So, the works of astrology, such as, **Bhrigu-Samhita** can be incorrect as the astrologers were not taking into account the effect of the Stars not known to them. Any other question please ?

Canadian :

The **Bhrigumanhita**, which I once consulted, states about me that I, Mr. Mackenzie from Canada, am here with such and such people. This states some events of my past life and also predicts the future course of my life.

His Holiness :

In my opinion, these things are not true. I am here and my image, I am told, is sometime seen by certain persons in America, in U.K. and in several other countries. The fact is that neither I go there nor do I project my image in their minds. Let me explain it. These are suggestions and impressions which had fallen on the man's brain by reading, seeing, by touching and some come through the atmosphere into a man's brain.

A man and his daughter came to me. She was suffering from hysteria. Some devilish soul was believed to have entered her body and to be speaking through her mouth. The man told me that he had come to me some four months ago. I had given **Parshaad**³ to his daughter and told her that she would be all right. She had no fit for the last four months but recently she had a fit again and that is why he had brought her again so that I might do something for her. Suddenly she

started crying, moving her legs and hands and crawled about saying, "Why are you doing to drive me out of his body where I have been residing for the last six years?" Then I suggested that some water should be poured into her mouth. But I uttered no sacred syllables of any sort. That done she was all right. But after five minutes she again fell down and said, "All right, I am going now." And she became quite all right. The people who were listening and the girl's father thought that I had driven out the devil from her mind and from her body. The fact of the matter was that I had not done anything special. What was this due to then? She had entertained in her mind the idea of the devil coming to her. When physical senses cease to work, man goes to the mental region. Everything which is already imbibed in one's brain comes up and forms pictures. All that comes are the suggestions and impressions which we have harboured. Therefore, it is advisable that a spiritual aspirant should imbibe the radiations emitted by a Perfect Master, who is above all contaminations, in order to guard himself against all whimsical ideas. Whatever you are thinking is the outcome of the suggestions and impressions which you have derived from different sources, such as heredity and environment.

Canadian :

Yes, Sir, I understand it.

His Holiness :

The correct approach is that you should not fall a victim to worldly thinking.

Canadian :

I feel in you hypnotic power.

His Holiness :

This feeling of yours is psychological. I read in a newspaper that there was a lady in U.K. She used to imagine flies trying to hurt her. She used medicines and then she went to a psychiatrist. He asked her to relate her life story from her childhood. She said that there was a boy who used to trouble her a lot. She developed hatred against him. The idea of hatred was the root cause of the flies she saw coming to vex her. The psychiatrist advised the lady to get married telling that after the marriage these flies would cease appearing because they were symbolic of the hatred. This is the reason why the saints do not hate anybody.

They love everybody. They do not find faults. Love, compassion and devotion are essential for peace of mind.

Canadian :

Yesterday, when I came to see you, you said that you were not a magician. But I request you to do me a bit of magic.

His Holiness:

Look, I have gained this power in my life. If I use this, I become weak. Why should I lose my power ? You have no right to ask me for anything. My own life is more comfortable than all of yours. Sometimes it happens that when some distressed man comes to me there is a spontaneous feeling that his misery must end. But this is not in my power and this is not in the case of everyone. Sometimes it comes and whatever I talk becomes true. But my idea is different. I think when I do this work, I am in an unconscious state of mind. I do not do this willingly. So I have come to realize that these things happen according to the faith of the other man and the credit goes to me whereas I do nothing. But it is possible that good wishes for others are service to humanity. If you do good to others they will be grateful to you. Their true feelings for you will do the good to you. That is what I want to say. So I do not use my power. Automatically it becomes. There are so many miracles which are attributed to me. If I allow them to be published it will be a big book. But I do not want to do so, because I know I do nothing. Nature must have its way. Anything that is to happen will happen. Sometimes when I am in a happy mood, I say something to someone. It becomes true. There are so many people who come and say to me, "Baba whatever you say, becomes true." Because I am a man, a social being, I have to move in society. Sometimes, just to please others and give them encouraging thoughts. I willfully say something. That does not mean that whatever I say becomes true automatically. I must tell you that it is a question of faith. I have seen the instances where one or two women, who were not having menses and were about fifty years old, came to me. They had faith. They took **Parshaad** and were blessed with sons. Reverse is the case of my daughter. She was married eighteen years back. I have given her **Parshaad** many a time, but she has got no issue. To what conclusion should I reach ? People come to me and take **Parshaad**. If they have faith they stand cured. But when I suffer, I go to doctors. What is this ? Good feelings come in a man when someone does something to please him. I have instances. I am not an earning factor. I am leading retired life. Whatever pension I get I give (it) to the

temple. There is a man in Katni. For the last six or seven years he helps me with rupees two hundred per month and rupees fifty for the temple. I accept that money on the condition that he will not ask me for anything worldly or spiritual. He has agreed. Now he is a man of lacs. Why ? If that money is not received by me, I cannot meet my monthly expenditure which is about Rs. 400/- to Rs. 500/- as my son sends me only Rs. 200/- a month. So when his money comes to me, whether I wish or may not wish, the well wishing ideas for that man naturally come out from my mind and have their effect. Help others with good wishes and those who are helped by you their good thoughts will come into your mind and make you comfortable.

An issue-less doctor came to me from Jalandhar. I advised him to give free medicines to the poor people after his working hours or at night. After one and a half years I went there to give a Satsanga⁴. The doctor and his wife put their boy in my lap. I had forgotten that man. Who gave that child to them ? The good wishes which came out of the mind of the people who were suffering and whom that doctor helped free of cost. So, if one man helps the needy people in any form, their good wishes are bound to help him. This is psychology. But our religion, the religion of saints, is to go beyond mind. We are the followers of Light and Sound.

Canadian :

I have one problem. You may or may not call it a problem, but it is a problem for me. I am looking for a teacher. I wish to take the pursuit of **Sadhana**. Guru and **Sadhana**, just two things, I beg for.

His Holiness :

The real master, of whom you are ignorant, is within you. I was also like this. This is a question of devotion. I might have allowed you to stay here for one or two years but I too have my own problems. There is a question of funds. Because I speak the truth and as such nobody gives me anything. Had I kept the things secret, as other Gurus do, I would have befooled the world and gained as much money as I wanted. Since I cannot afford **to feed** you, I am not allowing you to remain here. There is a question of your diet because it is different from our diet. Then there is the question of your accommodation and above all is the fact that you are a foreign national. Who knows you may be a spy !

(The Canadian laughed and said, "I am a spy.")

So until one does not know about a man and his purpose one has to be careful in dealing with him. Once I went to Lahore to my spiritual father. There was a man who was very devoted to my spiritual father. When I went there my spiritual father told me that he was a C.I.D. Man and I should be careful in talking to him. So we always remain cautious. I do not allow any Sadhu to stay in this Be-Man Temple. People are past masters in the art of concealing their actual object, so we have to be careful. There is some possibility that there may be some C.I.D. men after me, but I do not say anything against the government.

I may tell you the shortest way. Be true to your conscience. Whenever you are alone, surrender yourself to that power. In any form make one ideal. So if you are true to your conscience the nature will place you in such circumstances that you will be able to realize the truth. Yesterday there was a **Satsanga** here. Radhaswami Dayal has written that only those men who are not desirous of name, fame and worldly things can come to this line. If anyone comes to this line he may attend the **Satsanga**. Make anyone your ideal. Even if that ideal is not up to the mark, your sincerity of mind and the service rendered to him by you with true conscience will bring the real Satsanga to you. Your true desire will lead you to the right path. No other man can help you. Your conscience can help you. Your own desire can help you. That is what I have realized in 87 years of age. People come to me. They have faith, they get with their faith. So this is thy own faith.

Canadian :

I may come tomorrow for meditation.

His Holiness :

Yes, you can. I will be in meditation and you may also come and sit in meditation.

Canadian :

Maharaj Ji ! Will you kindly give me your good wishes ?

His Holiness :

Certainly. I heartily wish you health, wealth and peace. If a man is starving and has no means of livelihood he cannot have peace in any case. He may do thousand types of **Sadhana**. First question is livelihood. This is the truth. We, Mahatmas, come to you or you people come to us for what ? We want money.

Why we go to foreign lands ? For money. I am not free from getting money. But I do not cheat the people. If anybody thinks my doctrines and my way of expression are beneficial to mankind, he can serve the Be-Man Temple with anything he likes. If I say I do not want money, I am a liar. I want the thing, but in the right way.



CHAPTER II

You have come. You say that you have some questions. Unless one penetrates within his own brain, he remains in his mind and will remain so for ever. Some sort of questions will always creep up in man's mind and he will want to know their answers. When does this finish ? You take your own life. The whole day you work with different ideas in your brain. When you go to sound sleep, do any ideas come to your brain ? Not in sound sleep. Unless one penetrates in his self into his brain and reaches the stage in the brain where we forget all physical, mental and spiritual senses, these questions will always arise. This is a law of nature. Some sort of questions and some sort of desires, some sort of mission will always come in the mind except after realization, as I have realized. I enter within myself, I penetrate and go into sound sleep, not physical sleep, not mental sleep and not spiritual sleep but the sleep of myself. Now remember that every individual whatever it is, whether it is a vegetable or animal, stars, earth, anything, it has got three functions, wakefulness, dream and sound sleep. According to our scriptures, even this earth also sleeps. The creator of the world, Lord Brahma, also sleeps. So there are **three** kinds of sleep, **one is physical sleep, one is mental sleep and one is spiritual sleep.** Beyond these three sleeps, there is a fourth sleep also when self merges back into space-less infinity. I am sorry you do not know Hindi. There is a saying of R.S. Dayal:-

जग जाग्रत मौ दुख भुल ।
सुपना भी दुख सुख सूल ॥
सुषपति कुछ घर आराम ।
वह भी नहीं ठहरन धाम ॥

He says that wakefulness is troublesome. Dream is troublesome. There is some comfort in sound sleep. But that is not the stage, where we can stay for ever. Then he says, "Go beyond". Beyond after transcending physical senses, physical dreams and physical sound sleep, then comes mind. Wakefulness of mind, dream of mind and sound sleep of mind. Wakefulness of mind, when you are awake and not sleeping, you go in idea and in meditation, any thought, while you are sitting, you do not feel the existence of the body.

That condition of the mind when you are meditating on your ideas, is the wakefulness of mind. I think you follow me. When that mind ceases functioning, consciousness of mind is decreased and consciousness of mental vibrations remains, that is called mental dream. In the similar way, there is spiritual wakefulness. What is spiritual wakefulness ? We forget physical senses, mental senses and we go within and see light only. Seeing of the light, forgetting physical and mental senses, is the wakefulness of spiritual and to enjoy the bliss of spirit, is the dream of spirit, and to merge back and forget the consciousness of Light and feelings of joy of spiritual Light, then there comes wakefulness of our self. These grades one never feels till such time when one enters within himself, reaches the top. Now I ask myself, " Do you have no questions when you come down in physical form ?" Yes, I do have. What is the difference between questions of others and mine ? Questions do arise in my mind too. But because I have realized how the formation of Physical and mental form is created, that knowledge immediately answers the questions which come into my mind. This condition is called in our Hindu Language " **Jiwan-Mukta Awastha**". "**Jiwan-Mukta**" means while alive, we are unattached. For example, a man comes here. I am not connected with him. He comes here, suffers and dies in the hospital. Because I have no attachment with him, I will not feel sorrow. I will arrange for his funeral and everything else, but I will not be sorry. Why ? Because I have no attachments with that man. So when man realizes himself or who he is, knows that he is neither a body, nor mind, nor light, nor sound. He is in a state of statelessness, a conditionlessness. He who lives with this knowledge is called **Jiwan-Mukta**. So this state comes only to that man who attends sermons and loves, adores, worships a saint, who lives in this state. His radiations, his vibrations help the man naturally. But to whom ? To one who is desirous of such thing and who has got ambitions for such things. For example, a beautiful woman is passing by the road side. A young man, who has got the passionate desires in him, happens to see her and gets excited. Now who made that man visualize such ideas ? Since that woman has been endowed with beauty by nature, the rays come from here body and touch that man, because he too was possessing similar desires and feelings. Only those men who are desirous to see the truth, desirous of realizing the truth can be benefitted, not everybody. If you want the answer to these questions and satisfaction, penetrate within you. It is not the work of one day and can be attained by only those men who have a strong desire of self-realization. But this idea comes to a man involuntarily. I think, it is

not is one's own power, it is nature's gift to man. There are certain men who are born impotent. No one can attract them. So there are certain souls, who have been endowed with this lofty aspiration. Only such men can be benefitted. I think, I have answered your questions. Penetrate within own-self. Go above the physical form and mental form but it is not the work of one day. You cannot expect that you will gain this within a minute. Offer yourself and give your body, mind and soul to the master. There is a parable in our Hindu Religion. There was a king, named Janak. He was desirous of gaining spiritual knowledge. Many saints were invited. He put questions to them. No one could answer to his satisfaction. He was disgusted with saints and ordered them to be imprisoned. There was one saint, named Ashtavakra. He came and said, "O, King ! You are against the Sadhus. What do you want ? " The King replied, "I want **Gyan** (True Knowledge)." The saint said, "**Gyan** cannot be had, unless you offer something."

So, Mr. Canadian ! Don't take my words ill. You are not going to gain anything from me because you have come empty handed. When you go to children, never go empty handed, when you got to a Sadhu, never go empty-handed, if you go to a higher official, do not go empty handed. So you people or others who come here empty handed, must go empty handed. Neither you nor they deserve anything. Anyhow, as you have come from a foreign land, I have paid attention to you as a social being. Had you been an Indian, I would not have talked to you. I am very frank. Social law binds me, so it is my legitimate and social obligation to attend you.

So, Ashtavakra told King Janak, " You cannot get something for nothing. You are sitting on a throne as a King and I am sitting here. You want **Gyan** as a King. What can I do ? Hand over your kingdom as an offering to me." The sensible King said, " All Right. " He at once got down from the throne and offered it to Ashtavakra. Then he was no more a King. The kingdom now belonged to the Saint. He said, "One thing more is required. " " What is it ? ", asked the King. "Give me your body," said the Saint. Janak was sensible and thought that if he gave his body to him, he could not move it, because body then did not belong to him. He thought that if he was desirous of **Gyan** he must not move his body. He said, "I give my body to you." The Saint continued, "The third thing is also required. Deliver your mind to me." Janak thought that if he **gave** his mind he would no longer be able to think. He said, "All right, I give my mind also to you." When he said that, his mind ceased to function. He went into the sound sleep of mind, then in light and got Samadhi (trance). After half or one hour, the Saint woke him up

and said, "I return your mind to you. I return your body to you. Tell me, have you realized the truth?" He said, "Yes, I have realized." Then he said, "This Kingdom of yours is being handed over to you. It is yours. Live as Jivan-Mukta and liberated sage. Do your work without any attachment. You have realized what you are. We are above the physical and mental senses."

So you have come. Your questions will never cease unless you realize what you are. I have very limited means, otherwise I would have allowed you to stay here but now I cannot. Your customs are different; your food is different. But remember if you have a strong desire in your mind and true desire, I am quite sure that you will attain the truth or knowledge within your own self in course of time. Intense longing helps a seeker. Demand and supply is the Law of nature. If man has got a deep longing, true desire, he must attain. He might be disheartened at many times. But in the longer run, he is sure to be successful. It is my reading.

Canadian :

You say that I may have success in the natural course of time. I personally believe that there is a particularly appropriate time for happening of events, particularly spiritual ones. There is a time when **Sadhana** becomes easy and bears fruit without much effort. At other time, regardless of the efforts made, no fruit appears. Once when I was living in my Ashram in Canada, I undertook the chanting of Mantra and chanted Mantra for eight hours everyday for two months. I did not gain anything from it. I could not have any particular benefit.

His Holiness :

If you have faith, a true desire, but you are attached even to a Master who is not perfect and is even evil minded. If you are true and sincere to him in your mind, nature will bring about the circumstances, when you will be a position to realize the Supreme Truth. It is not the master, who gives you. It is your own true craving. I think, you follow, what I mean.

Canadian :

Yes, I understand. Surrender yourself to him. I know of a man who had true desire and he got the Master. His Master also told him that he was not the real Master. Real Master was his own true desire and the pursuit of **Sadhana**. But why is a Master necessary?

His Holiness :

Spiritual guide gives to the aspirant solace and mental support. Man is weak. He cannot depend solely on his own-self. He requires help from some other person. It is your own faith which works. I receive everyday so many letters. Today I have received a letter from a person from Bady Gaon stating that I was seen by him at Bombay. But I was not there. This is that secret which the sages and religious Gurus generally keep secret and befool the world.

Canadian :

Sir, I also has such an experience. Because in that Ashram I did Sadhana, some people developed respect for me. One of my friends once had a vision of me in his meditation. He said that I had told him to leave that place. He told me about this even and expected me to comment on it. I said, "No, no. It was the creation of your own imagination." So I had also this experience like yours.

His Holiness :

My advice to you is this; When you go into meditation, **Sadhana**, be true to yourself. According to your strong desire have faith within you. Without uttering any word with lips, you will reach the goal.

Canadian :

One more questions comes, and I think, this one is important. I do not ask it only for myself. Many-many young people in America and in the West in general are taking great interest in the spiritual teachings of the East, mostly of India. We have found ourselves in a strange situation. We are born into a society which does not much believe in Spirituality. In our society there are very powerful persons. The persons of Technology and science over-power us with logical reasons and tell us that there is no God. There is nothing spiritual to look for. We rebel against this. At the same time we do not have great men, there to help us. So we come out in quest of spiritual power.

We feel rather precarious because the materialism is being forced on us. We do Sadhana like the one that I tried, but we see no apparent results. Is some result oriented course possible for us ? Some young Americans have taken to Sadhana. More and more men come to this side. What specifically should be done in meditation ? This question is most important.

His Holiness :

You should first personally attain the Truth and then preach. Teachings for everybody are not the same. One line of action is not for everybody. Aim and object of our action is the same. The aim and object of life is to be at peace. One may be a materialist and possess millions, yet he may not be at peace. He may have a wife and children, still may lack peace. When a man comes to this stage, he realizes that there is no peace in wealth. This spirituality is meant only for those persons and not for everybody. Nature of every man is different. Their desires are different. So a real Master alone can guide him. Only a doctor can properly diagnose the disease and prescribe the right medicine. So I never preach the same thing to everybody. Some persons come to me and tell me about the loss of their wives. Generally I tell them to remarry. There are certain persons whom I advise not to marry. I do not claim perfection, but my diagnosis turns out to be correct in about 80% cases and those people are benefitted.



CHAPTER III

You may clearly understand why I have come to this world. I was in search of the truth. To-day you have been listening to the Tape Record. It was on the basis of sermons of Saint Kabir. He says that all the devotees, even past saints and sages, failed to realize God. These were the ideas which were given in the books. I was born as a Hindu and got impressions and suggestions from the books to worship God or some ideal. I was not in a position to understand the sayings of the great Saints. It has been confirmed to me only by my disciples or from the experiences of the life of those who keep faith. How these devotees, worshipers of Christ, worshipers of Rama and Krishna and worshipers of any Guru have failed to reach the goal ? It was a problem. Now it has been solved. How ? People with their faith, create my image and my image helps and guides them, tells them certain medicines to cure their diseases and while they die, they say my image takes them to destination. But I am not there. From this, I draw the conclusion that all the worshipers of any ideal, it may be Rama, Krishna, Christ or Guru, have not been able to go beyond the mind. They have not understood the reality. They all are moving and have been and will move in their mental region, in their thought whim. This morning one Sadhu was here. He in his mental intoxication (MASTI) hurt himself with a knife inflicting two blows, one on right and one on left side. Now look towards yourself. You are also entrapped in your mind. You want to solve the problem with intellect. You are searching that thing with you mind. You are searching the truth with your mind and senses. No one can reach the goal unless one goes beyond the mental region. He alone can reach the region of spirit or soul or real God. Somebody told me that you have come from Canada. I thought it my duty to guide you and I wanted to be true to my conscience, otherwise I would have not talked to you. Carry on with your work, but one thing always remember. All the religions, all the goodness, all the evils, any kind of ideas which come to a man's brain, are nothing but suggestions and impressions of mind and thought. Therefore, according to Hindu Shastras, we are directed in the beginning to go and catch the inner light which is called Savitri in Hindi script. If you wish that you may not come again in the physical form, the only way is

to concentrate within yourself and go beyond the mental region. Concentrate on Light and Sound. Christ also said that word was with God and God was with the word. Is it not ? That voice is inner sound. So I had an idea to publish these lectures, which I have given to you, in a book form. When will you be back to your Ashrama? I don't say that founder of the Ashramas are wrong, but they are incomplete. They are not wrong. There are stages in man. Now suppose, I have studied up to M.A.; I cannot say that primary classes are unnecessary. If I say so, I am a fool. These are also required. Those who wish to reach the top and wish salvation they must concentrate and meditate within them on Light and Sound. This is not a work of a day. Majority is not fit for this system of attaining the truth because the world wants mental solace and mental happiness, **SAT**, **CHIT** and **ANANDA**. Everybody is after **SAT**, **CHIT** and **ANANDA**. What is **Sat** ? Physical feelings. What is **Chit** ? Mental feelings and What is **Anand** ? Happiness of soul or bliss. If a man tries to remain in the body, mind and spiritual senses, he cannot go beyond the region of Trinity. The world is made of Trinity—body, mind and soul. Our origin from which we have come is beyond **Sachchidananda**. We came from there under the law of evolution, in this physical form. Due to our ignorance we are entrapped in **Sachchidananda**. In Hindus, there are so many faiths and most of them are the followers of Sachchidananda. But till this stage, one is desirous of **Sat**, **Chit**, **Ananda**, good physique, good body and good mind, good ideas of happiness and good ideas of bliss. This is the work of this stage. The real abode from where we have come is beyond the physical form and mental region. Now you can go. I have got good wishes for you. I heartily wish you health, wealth and peace of mind so long you are in this world and if you want salvation, try to catch the inner Light and Sound with faith within you.

Canadian :

Which first ? Light or Sound ?

His Holiness :

First Light and then Sound.

Canadian :

How can one concentrate on the Light ?

His Holiness :

In the beginning, you must leave the physical senses and then you can attain by concentration on some ideal which is made by your own mind. We meditate on some image or ideal. If you continue this, automatically, you will forget the physical senses. When this practice is enhanced then you will catch the Light. After meditating on the Light, you will hear the sound and go in the sound. When you go in the sound, you will hear from inside, you will have different kinds of realizations. The different sounds have their own effect. For example, when one listens to the outside music, if it is **Maru Rag**, which is sung when soldiers go to war, one feels courageous. If one listens to the tunes played on the occasion of someone's death, one feels sorrow. Similar is the case of inner sounds. Different types of Lights and Sounds and their effects have been experienced by **Yogis**. This is called the science of **Yoga** and it needs practice. One experiences certain happiness and knowledge when one meditates on Light and Sound.

Canadian :

I want elucidation and clarification. How should one be sure that he is on the right path and has reached certain stage ?

His Holiness :

In the beginning, the association of a perfect man is very necessary. He will give you instructions according to your circumstances and your religion, place and time. It is not a work of one day. First of all you should pass primary classes, then in the course of time you will pass the M.A. class. If one gives ideas of M.A. class to the student of primary classes, they will not be able to understand. Therefore one should keep the association of goodness and remain under the guidance of perfect men.

Canadian :

In America, there are no such men.

His Holiness :

I cannot say that there are such men or not, but I feel that we, Mahatmas or **Ashramwalas** are not true to our conscience. We do this work for our name and fame or for any other desire. I am also not free from this desire. I have made this Temple. I ask myself if I am free from this that one may come and give

something for the Temple ? But what I do ? I express the truth. I touch my nose directly and not indirectly. You understand or not ? This world is such. We depend on the help of each other. It is human nature.



CHAPTER IV

Young generation of America and Western Countries, in general, is after spirituality, but their technology and science does not permit their senses to believe in the spirituality. The way of **Sadhana** which is given to you by Indians or by someone else in your countries, has not become fruitful. Why? Those men, who have got scientific brain, will not have faith unless they are taught spirituality based on the present Physics and Chemistry. In our Indian system we are taught from the very beginning that it is essential to remain pure in thinking, word and deed. This is the fundamental law of Hindu Philosophy. **MANA BACHANA AUR KARMA SE SHUDDHA RAHO** (Be pure in your thoughts, words and deeds). It means your thinking, your words and your actions must be pure, free from hatred, free from jealousy, free from undue greed. These are the teachings of the Saints. If one follows this principle, he can attain spirituality, otherwise not. But if I, now, say that foreigners will not have a faith, I give you the scientific proof of it. You know Newton's theory. If you move your hand, motion or action of the hand, vibration of hand goes up to the stars and comes back and effects the same place from where that motion had started. It is not the Newton's theory ? Yes, it is. The motion of my hand is a physical action. Our mind is also a body made of subtle elements. In your mind and thinking, the same power, light, Akasha (Ether), water, solidity, they are all in that matter. Proof is this is that when we form an image, it immediately vanishes and another image comes. It proves that there is a liquidity and solidity in our thought. Our thinking goes high. There is air in it. You get certain sort of strength in your thought, which becomes strong if there is Light also. When our mind thinks anything the same action of Newton's theory comes therein. Our thinking goes up in the sky and its action comes back at the same place from where it has oozed out. Only those men, who do not entertain any evil idea and do no mischief or harm in any way, can attain spirituality. Because in foreign countries and even in India now, we are not free from evil and have no control over our mental thinking, therefore we remain miserable. What is spirituality ? I don't know what Indian Sages feel about spirituality ! What I feel is that it is to attain a stage or attain a perfect bliss in our self which is free from jealousy, hatred and passionate ideas. When this comes then we attain that stage. If the foreigners are told the correct way of living then only can attain the

stage of spirituality otherwise not. The present system of elections in Democracy in our country or in other countries is a sweet poison for the human race. I wrote a book on it some 24 years back. Why? In the elections, one thing, we keep in mind, is hatred. One keeps jealousy in one's domestic life. Now these political parties, what they do except spreading jealousy on national and international level? How many mischiefs, these people make? You are seeing the Water Gate Scandal. What was there? The same thing. So, in my opinion, peace on this earth is not possible. So those men who want to attain this, unless they keep their mind free from jealousy, hatred, wrong and undue greed or anything, they cannot attain spirituality. You may do any kind of Sadhana, unless these fundamental principles based on science or on Newton's theory, are not followed, peace cannot be had. I am sorry, I am not finding proper words to express my inner feelings, but I am trying to explain to you the answers of your questions. The fundamental principle of attaining spirituality is to make one's mind pure. When your mind will be pure and pure thoughts will come into your mind, those thoughts will go into the atmosphere and when those will come back, it will affect your soul. If you will feel hatred, if you have got evil thoughts in your mind, the same thoughts will come back according to Newton's theory.

Canadian :

How can a man abstain from evil thoughts and entertain good and positive ideas?

His Holiness :

In my opinion if one man is desirous of anything, he must keep that strong idea in his brain. If one wishes that his mind should be pure, if he struggles, he will come to this point. If anybody says that any Guru will tell you something or do some magic to you, it is all wrong and false. Guru means **Gyan** (Knowledge). Those who follow that knowledge, can be benefitted. You are doing **Sadhana**. There are so many people who do **Sadhana**. When they do **Sadhana** they must have any aim and object in their mind. Why are you doing **Sadhana**? For what purpose are you meditating? There must be some desire. If one man, with that desire in his mind, does the **Sadhana**, he will be successful. But if one man does **Sadhana** without any aim and object, the Sadhana will not help. I think, I am very clear. I gave an idea for your foreigners, whom Physics and Chemistry will help. It is Newton's theory. When the motion of gross matter touches that, the motions or movements of your mind also go above. This would be all motion. Now you see

that aeroplane is flying into the space. The ground people control it. Here the electricity works and brings that action which is visible to the people. This thinking of mind is not visible but it has forms—size, shape, color and quality. Photographs, if taken by means of a camera, can be visible but when I see you with my eyes your impression is formed in my brain. My mind perceives your images, it exists and has size, shape, color and quality. Similarly my reflection is falling on you. This is the law of nature. In this way we create our mental world, which is made of subtle matter; whereas external world is made of gross matter. Creator of the world is nothing but a law of nature which is called radiation.

Those people who wish to attain spirituality is **state** of bliss must keep a strong desire. Only those persons who are not peaceful in physical and mental life and have adverse experience of the sexual world try to have spirituality. This is called Vairagya (non-attachment) in our Hindu Scripts. Spirituality is attained according to the degree of Vairagya one keeps. It is not for everybody. Suffering of a man forces him to go beyond the physical and mental region. This is my answer which I could think in my mind. I do not say that whatever I say is right, but it is my conclusion. I wrote a book entitled, “Key to Freedom” in 1941 or 1942. According to my reading, I wrote there that Indians who are now struggling for freedom of India, will have more worries and troubles after getting freedom. What they are feeling now ? Because my reading became true, although India is independent but people are not at peace. Why ? Because their thinking is not in their control. That’s what I feel. Therefore, if you want to attain spirituality, I do not say that a **Sadhana** is wrong, but unless, you will try to keep your mind pure, you or I, may be anybody, one cannot attain the state of spirituality.

Canadian :

Does true **Sadhana** or Real **Sadhana** make one’s mind pure ?

His Holiness :

Sadhana does not make one’s mind pure. **Sadhana** creates your will power. If you have not got the will to keep your mind pure, you may do any kind of **Sadhana**, your mind will not be pure. This is my experience of life. So if anybody does **Sadhana**, he must first think why he wants to do this and for what object. If anybody is poor and he wants to be rich, he must keep this idea in his brain and then do the **Sadhana**. He will attain richness. Therefore, two things are necessary, Satsanga (association of perfect man) and **Sadhana** both together.

Now you do Sadhana. There is a possibility of your falling down in such a way which I cannot express. When the mind will be concentrated here (between eyebrows) willpower will be increased. Whatever one wishes, it becomes. So unless he has not got good association, I never tell anybody the way to do Sadhana. Why ? I have had an experience in 1942 in my life. There was a woman. Her husband was an inspector in Telegraphs. She had 3 children. She came to me at Ferozpur city in Punjab State. She was doing **Sadhana**. She used to see my image in red sun and used to listen the sound. She asked me that she had 3 children who were the cause of interruption in her **Sadhana**. They did not allow her to sit in Sadhana. She requested me to ask her husband to help her in looking after the children so that she might be free from worries. At that time, I was not definite, but my conscience believed that it would harm her children. There was a physician, Shri Wali Ram, sitting besides me. I told him that I felt that her three children would die. I prophesied. He said, why ? I told him that she was doing **Sadhana** in her brain. There she saw my image in red sun. She now wanted to be free from the worries of her children. Neither she had got her mother nor a sister who could help her. So her strong desire to be free from her worries, caused by her children, showed that her children must die. It was my conclusion. When she left, I wished her that Data Dayal (Merciful God) would help her for what she wanted. Her three children died within 9 months. From that time onward I never initiate the people. I simply tell them to try to make their minds pure and always think good things. When you do the **Sadhana**, what is that ? Your mind becomes strong and your wishes must be fulfilled up to a certain limit according to your **Sadhana**. But if you have got wrong ideas in your brain, you are not sensible enough; you will ruin yourself. In our Hinduism, we do the process of **Sadhana** in **Gayatri Mantra**. It was given to the high class people and not to the low caste. What is high class ? Those who have got good ideas and are pure minded and true to themselves are the high class. But those who are not, they should not do any practice. So you do your **Sadhana**. I do not say that you should not do it, but keep your mind pure and be mindful of what you want and then do **Sadhana**. You will be successful. That is my personal observation. People are there; I do not know them. They do **Sadhana**. Whenever they do, they create my image and say, "Baba, you have come and fulfilled our desires." I say that I do not know them. I know that I did not go.

Most of the religions, whether in India or in foreign lands, are based on ill will and hatred against others. As such they are not right. They have exploited the innocent souls and put mud into your eyes just to gain their own benefit.

Anything which you keep in your mind, if you will do **Sadhana**, the idea which is in your mind, will develop. I wrote a book in which I said why Jesus Christ was crucified ? Why Mahatma Gandhi was shot dead ? I gave an answer, Jesus Christ used to hate the evils and hatred the evil-doers, because he had hatred in this mind against evils and evil-doers, when he meditated, the hatred ideas cropped up and he was crucified. Where lies the root of Mahatma Gandhi's non-cooperation and civil disobedience movements ? Because he was troubled in Africa. He was personally insulted. In his conscience he had an idea of revenge. His mind became pure afterwards. But the object with which he started non-cooperation, was the cause of his being shot. That is my view. Now take Lord Krishna. He joined the Pandavas in their war against the Kaurvas. What happened ? His own family, the Yadavas, fought with one another and died during the life time of Lord Krishna. As you sow, so shall you reap. We cannot be free from our thinking. First is thinking and then comes the deed. The main cause is your thinking. **One cannot control his mind**. Therefore, ideas given to a man make an ideal of the stage, which is free or above the thinking. Then you will attain this, otherwise not. I have given answer according to my ability and according to my circumstances.

Canadian :

I have a question which concerns the above matter. Can one be always able to change the flow of one's thoughts ? I beg pardon. My question is that sometimes I had thought in my life, which I tried to change but I could not. I tried through labour. Sometimes the change is easy, but then more thoughts crop up.

This happens in spite of utmost efforts. Sometime thoughts change without much effort, at another time they don't change, however hard one may try. Therefore, I feel, we have no free will regarding the change.

His Holiness :

What you have said is cent per cent correct. But its expression for the masses, in this way, is not desirable because people get discouraged. Do you follow what I say ? It is only at that time when man wants to free himself from the bondages. The similar events also occurred in my life. Sometimes the ideas come to my brain, which I do not want but these ideas do come. What do I do ? Because I have realized that these ideas, which come to me, are nothing but suggestions and impressions which my brain accepted either from my past life or

present life or by reading books or by feelings, with this knowledge, those ideas, which creep in my mind and which I do not want, will leave no effect on my brain. But those ideas which I have taken into my brain, when I was ignorant of the truth these do come in dream, if not in wakefulness. I have worked in the 1st Great War as a Station Master and Telegraph Instructor. Nearly all my dreams bring engines, rails and telegraphy, but this temple or you people or my other friends never come into my brain. Never. At that time I was ignorant; I had been thinking that whatever visions were coming were real. But now I have found out that whatever I think is nothing but (**Maya**) illusion and delusion. Any other question ?

Canadian :

No, Sir, Thank you very much.

