

## NEWS FROM GOBIND SADAN

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### *Tapasya for his Birthday*

As always, Baba Virsa Singh declined his devotees' desire to hold a big celebration of his birthday. This year he clearly affirmed that all he wanted was tapasya (renunciate meditation). For a week before the birthday, his sevadars recited Jaap Sahib aloud for 8 to 10 hours a day. On his birthday, he spoke of the importance of spiritual practice rather than just coming to see the Teacher.



*Babaji on his birthday, with the scarf sent to him by the Prime Minister*

*Babaji said, in part, "God is always showering Love and blessing upon you. But you do not allow even a small drop to fall on you! You are holding your bags open, and all His blessings are raining down, but nothing is going into your bags. Why? As Guru Nanak says, 'I have seen the world as gamblers. They all want happiness but they are forgetting God's Name.' They are all losing this gamble and going away empty-handed.*

*The guru says, 'Chant Nam, work hard, love, and turn your attention toward God.' But instead of thinking of Him, you worry, 'What will happen tomorrow?' As Jesus asked, 'Which of you has seen tomorrow or the One Who has created tomorrow? You have not made tomorrow, nor is it under your control. The Sikh Gurus say, 'Don't worry -- It is God's job to worry about you.*

*As you return to your houses, take with you what you have heard here. Don't throw it away enroute. If your neighbor asks you have much happiness you experienced here, tell him you experienced the happiness you of Nam. If people at your office ask you why you are so*

*happy, tell them, 'Because I am reciting Jaap Sahib.' If you do these practices, other people will become good from seeing your example. But if instead, you are nervous, worrying, critical, they will ask where you got such bad advice. You must therefore become examples of the teachings. The Name of God and the blessings of God will then spread in the world, for people will see them in the devotees. "*

### *Success through Jaap Sahib*

A continual parade of people come to Babaji to tell him that after taking his blessings and counsel and reading Jaap Sahib regularly, they have got whatever position they were seeking. Jaap Sahib is the empowering hymn of God's limitless nature by Guru Gobind Singh, the Tenth Sikh Guru.

Among the recent government appointees whose success is founded on this spiritual programme are Sardar Buta Singh, now Cabinet Minister of Civil Supplies, and Amrik Singh Puni, the new Chief Secretary of Punjab. No one expected Mr. Puni to get the post, for he was near retirement, but per Babaji's hukam he spent hours each day waving Chaur Sahib over Guru Granth Sahib and reading Jaap Sahib. He explained, "I was a restless soul. I was lacking in confidence. When I was coming to see Babaji, I read Jaap Sahib for the first time in the English translation by Sri Surendra Nath. I understood for the first time what Jaap Sahib stood for. It has given me a confidence. I had complete faith in Babaji's greatness, that he will give me his protection and that I will succeed."

When A. S. Puni came to Gobind Sadan, wreathed in smiles, to express his amazement and gratitude, Babaji said to him, "*Guru Granth Sahib is not only the property of Sikhs. Many Names of God are included in it. How can we limit it to any sect? It is the primeval voice of God. Muslims, orthodox Hindus, and people of other faiths are now regularly reading Guru Granth Sahib and Jaap Sahib in their homes. When they do so, they feel something extraordinary, and they come here to tell us that such and such has happened.*

*Once people take office, they are afraid to speak about their religion lest they be considered sectarian fanatics. But why? Religion is our strength of character. If Guru Gobind Singh is not universal, then who is? Guru Teg Bahadur and Guru Gobind Singh brought religious freedom to all people of India. Guru Teg Bahadur wore neither the sacred thread nor the forehead mark of Hindus, but he sacrificed his life for the sake of those who did. This is a neutral fact, not sectarianism.*

*If Guru Gobind Singh desires that something should happen, even if no one else is backing that, it will happen. Now my prayer is, 'Oh God, give high positions to Your children so that they may read Jaap Sahib and preach about You in high positions, where they will be considered authoritative.' "*

### **Col. Malhi's stories**

Myriad people who have come to Gobind Sadan for Babaji's blessings and guidance have wonderful stories to tell. We are beginning to collect and publish them, so that people may grow in faith in God and in strength of spiritual practice.

For example, Col. K. S. Malhi was introduced to Babaji in 1990 because his son had a serious brain problem. The doctors said that he would have to live on medication, year after year. When Col. Malhi came to Babaji at that time, he said, 'Son, don't worry. Everything will be all right.' And it was so -- the boy is absolutely normal now. He is studying, he is playing. The doctors were also astonished.

At another time, Col. Malhi and his son both had a very serious skin problem, with fluid oozing from their arms, legs, and body. Col. Malhi says, "We both suffered very badly. We got a lot of medicines -- allopathic, homeopathic, ayurvedic -- but the suffering continued. Babaji said, 'You always get worried for nothing. It will be all right. Go, do some floor scrubbing (pochha) in the havan (eternal sacred fire area) and read Jaap Sahib there.' When I lifted a bucket of water to start doing pochha, I thought I would not be able to do it. But to my pleasant surprise, I did the whole thing, and as I kept on doing it, I felt relieved of the pain. Within a couple of days we both were absolutely okay."

Col. Malhi had some difficulty in his service, which he attributes to the fact that he was not reading Jaap Sahib regularly as Babaji had instructed him. At Babaji's advice, Giani Ji prayed for him and took God's hukam (divine command), which was for his whole family to do Chaur Sahib as much as possible. As they did so, not only was he freed from his difficulties, but also he was promoted to Colonel. .

Now Col. Malhi says he has realized that "whenever I read Jaap Sahib, and I went for any job -- official, unofficial, personal -- I was totally a success, and I did everything very fearlessly. I suddenly realized later on, was it really I who did this or Somebody Else? "

### **Maharaj on the hill**

Sarweswara Somajulu Yechury, Adviser to Inland Waterways Authority of India, dreamed of

making certain rivers navigable for slow water transport, which does not now exist in India. In particular, Mr. Yechury wanted to make the Godavari River in Andhra Pradesh navigable. He says, "It was a difficult job, and many people tried as the years went on -- only trials but nothing happened. I came to Gobind Sadan and took Babaji's blessings." Then he went to inspect the river, travelling by two boats tied together. He relates, " At some point I thought I saw Maharaj on the top of a hill on the left bank. In the hills there are no people, and then Maharaj with his white dress is very conspicuous, and the hill background is deep brown. I thought maybe it was imagination. So I rubbed my eyes, and opened them again two times, and still I saw he was there. I asked the Chief Engineer on the other boat, 'Look at that hill. What is its importance?' because I wondered why I was seeing him here. He said, "That is the left bank of the Ramapada Sagar Dam which we had planned.' I saw Maharaj in exactly the same place where the dam should have come up."

### **Mental Healing**

The International Consultation on Medical Anthropology and Alternative Systems of Healing came to see Babaji on February 21 because of his renown as a healer who works in many subtle ways. He told them:

*"The greatest healing comes from looking to see what is within ourselves. We all have a wonderful power within us. Whether we are poor or rich, sinner or saint we have light within us. The supreme truth of going deep inside oneself is that we recognize that Power which lies within us as light. When we are in love with God, kindness will develop within us, and love, and feelings of service. When our mind is healed, our thoughts will become very pure and holy, and our body will also be very happy.*

*By contrast, when a person is under the influence of fear, of hatred, they have a very negative effect on the body. This is our greatest ailment -- that we have fear, hatred, ego, anger within us. Whenever we are under the influence of anger, every part of our body trembles. When we are afraid, fear weakens our mind and also our body. The disease of nervousness, of worry, afflicts ninety percent of people. I think that if this affliction is eradicated from the mind, all physical diseases will also end.*

*We may try to heal our body with the help of herbs, or allopathic medicine, or homeopathy. But who will heal our thoughts? The body may of course be healed and the ailment eliminated. But it is our thought which irritates us.*

Everywhere people are trying to be comfortable by every means possible, be it yoga, or medicine, or acquiring big cars and big houses. But despite all this, people are not happy. We should instead transform our mind, our thoughts. When we heal our mind, disease will have very little chance to enter our body and negative thoughts will not have the opportunity to pollute our mind.

We ask how pollution can be cleansed from the world. If we see clearly, humans are the most poisonous of all creatures. When we become angry and commit a crime, a wave of poison spreads through the air. If we purify our thoughts, if we make them loving, serving, and compassionate, I think the whole world will be cleansed.

When our thoughts are poisoning us, how will worldly medicine help us? If we could achieve pleasure through medicine, then those kings who have learned doctors would be supremely happy. But both the kings and the doctors are unhappy.

The medicine for our thoughts is not worldly medicine. We can get it only from meditation. When we turn within and meet God, we will all be healed. God will heal our inner sickness and our outer sickness as well. Crores of dollars being spent on medicine to cure the human body will be saved. If anger leaves us, we also will not have to spend crores of dollars on armaments. What are weapons but expressions of our anger, of our ego?

Search for the essence which lies inside everything. That same thing is lying inside me which is also inside you."

### **Eradicating corruption**

An official came to take Babaji's blessings for his dream of eradicating the corruption which pervades Indian society. Babaji said to him:

"The attitude has become entrenched in people's minds that it makes no difference if you injure people's feelings or accept bribes. Training in dharam has so declined that the world remembers only one thing: self interest. Everyone can be bought.

Individuals who want to change this are discouraged. They feel, 'Alone, what can I do?' But from time immemorial, it has always been just one good person who uplifted his ideals, prayed for God's help, and thus changed the direction of workplaces, of whole countries. Why has a single person been successful in this? Because he speaks with love, from his heart.

Consider the story of Abraham Lincoln. He was just a woodcutter, at a time when there was a movement to free the Negro slaves. He was just a poor man, but he thought to himself, 'Have I just taken birth to sell wood or have I come here for some other purpose? What can I do to help these people?' He was only one person, with

no organization. But he began speaking to people of the injustice of slavery. In his determination to help the slaves, he began learning to read the alphabet, and eventually began speaking on behalf of the slaves in court. When he ran for election and was defeated, he said, 'My mind is undefeated. My mind has become stronger through this defeat.' Eventually this small farmer became the top lawmaker of the United States.

Truth is never in the majority. It is not a matter of quantity - its strength lies in quality. The majority is like sheep. If you catch hold of one sheep, all the others will follow after, bleating.

It is my firm belief that when a person sets a goal and puts his energy into achieving it, he will never be disappointed. When you set a good goal, God will help you one hundred percent-- not ninety percent. God will bring out His people and tell them, 'Let us go where there is a goal.'

If you mention your goal to someone else, he will say, 'What can you alone do?' But God is only One; God is not two. A saint is only one. The prophet of God is only one, not many. A leader is only one; there are not five or seven leaders. When they make their aim, they rise like the sun. By the grace of God, one person alone carries out scientific research, one person alone changes countries, one person alone changes societies.

It is likely that God is not happy with the state of the world. God works through humans; God does not work through the air. God raises a person and says, 'Oh my son, my daughter, go and work there. Go and tell the world.' The person speaks, and God changes the people's minds.

Make this your aim and think of it day and night: 'This is our birthplace. We have to make it great. We have to eradicate corruption in this country. We have to bring goodness forward in the people. We have to reestablish the great ancient background of this country.' If bad people have come in, remove them quietly, because a thief has no strong foundation. A thief has great fear in his mind. If there is a little knock at the door, he starts trembling, because he has entered the room in order to steal. A little knock at the door will make the thieves run away.

But always remember: Whatever you want to say, first practice it yourself. Prove that you yourself will not practice corruption, that you have no price. It is not necessary to make a big commotion. The point is to strengthen your character. Truthfulness is not a matter of talking; it is a matter of action. When they see that you do not practice corruption and that there is so much progress in your department, everyone's thinking will be changed. Those who will rise against you have no goal. Their arrows will be wasted. You have the goal, and your arrows will strike them.

*A person's glory diminishes when he is unjust, when he deprives others of their rights. At present the end of the bad people is approaching. God is watching. God knows. As Guru Gobind Singh said, 'Do not give trouble to Creation, because it belongs to the Creator. When the Creation is hurt, the Creator becomes angry.'*

*You should not worry. Always remember the One who has created the whole Creation. Do whatever you can for others, from the core of your heart. Your glory will increase and the things you do not want will decrease. This is the eternal nature of God. Today people think they will become great through money, but No! One becomes great through high principles, through progressive ideas, through serving people, through loving people.*

*Do not be overwhelmed by today's situation. It will not last much longer. It is just a drama."*

### *New Russia*

Russia is going through dark days, but Babaji affirms that it will rise again, on the foundation of its deep but long buried spirituality. Professor Valentin Sidorov, president of the Association for Peace through Culture, came to seek blessing for the "New Russia" movement. After meeting Babaji, Professor Sidorov said, "Every time I meet Babaji, I get a stronger feeling of the love that he gives the people. I live in a Christian country, but I came to Babaji's ashram, and here I had the overwhelming feeling that I communicated with Jesus Christ. And after I listened to Maharaj's message to our inaugurating congress, I had an impression that it was created by our Ascended Master Moria. Actually, Babaji is beyond any religion."

Babaji emphasized to them, "*Only tell people those things which your mind has fully believed. You should not speak of enlightened wisdom unless you yourself have it. You should not speak of the Light unless you have seen it. If there is divine light in your mind, it will be communicated to others when you speak. When the sun arises, where is the darkness? It lasts only until the light comes. But do not speak of light if you are standing in darkness.*

*Do not start speaking about peace if you have no peace in your mind. Otherwise, it is like advertising that you have goods to sell, but when the trucks come to collect them, the storehouse is empty and everyone goes away disappointed.*

*You say you desire to save people from the negative influence of mass media. Consider this: People choose to look at these things because they want healing. When people receive the Great Healing of God, in which there is love, truth and service, then these other things will appear very small and will no longer attract them.*

*Do not worry. God is the King of the Spirit. First receive the rays of God and be healed by God. Then calmly tell people that the happiness they are seeking in material thing will not be found there. In what does happiness exist? In loving God and receiving God's blessing.*

*Your good ideas will be transferred to others if and when you yourself are healed. There is no doubt that when these waves arise in Russia, they will spread throughout the world. The sign of success will be that you feel that Great Power. Then you will surely succeed. When the Light comes, darkness will disappear.*

*Develop full control over your mind and don't be overwhelmed by the darkness. Keep your attention on the thought 'May the whole world become good' and remember your ideals – that no one should be violent, that all should love each other, that we should share our food, our vehicles, whatever we have. God will like these ideas very much. If He wants, it will surely happen.*

*The kingdom of God of which Jesus spoke is one in which people's minds are transformed. When enmity ceases, you will serve each other, love each other, and all believe in One Father. Once that kingdom comes in our hearts, it will automatically come forth in the world. "*



**Babaji and Professor Sidorov discuss new Russia**

*Gobind Sadan is a programme of spiritual and social uplift for people of all faiths and all walks of life, Supported by the transformation of barren wastelands into extraordinarily productive farms. Baba Virsa Singh Ji's communities in India and the USA are also informal schools for training the mind toward love of and faith in God. People from around the world come as volunteers and as worshippers of the one God.*