

BE MAN ENTIRE, WHOLE AND IN EVERY THING

**A
WORD
TO
AMERICANS**

By

HIS HOLINESS PARAM SANT PARAM DAYAL
PANDIT FAQIR CHAND JI MAHARAJ

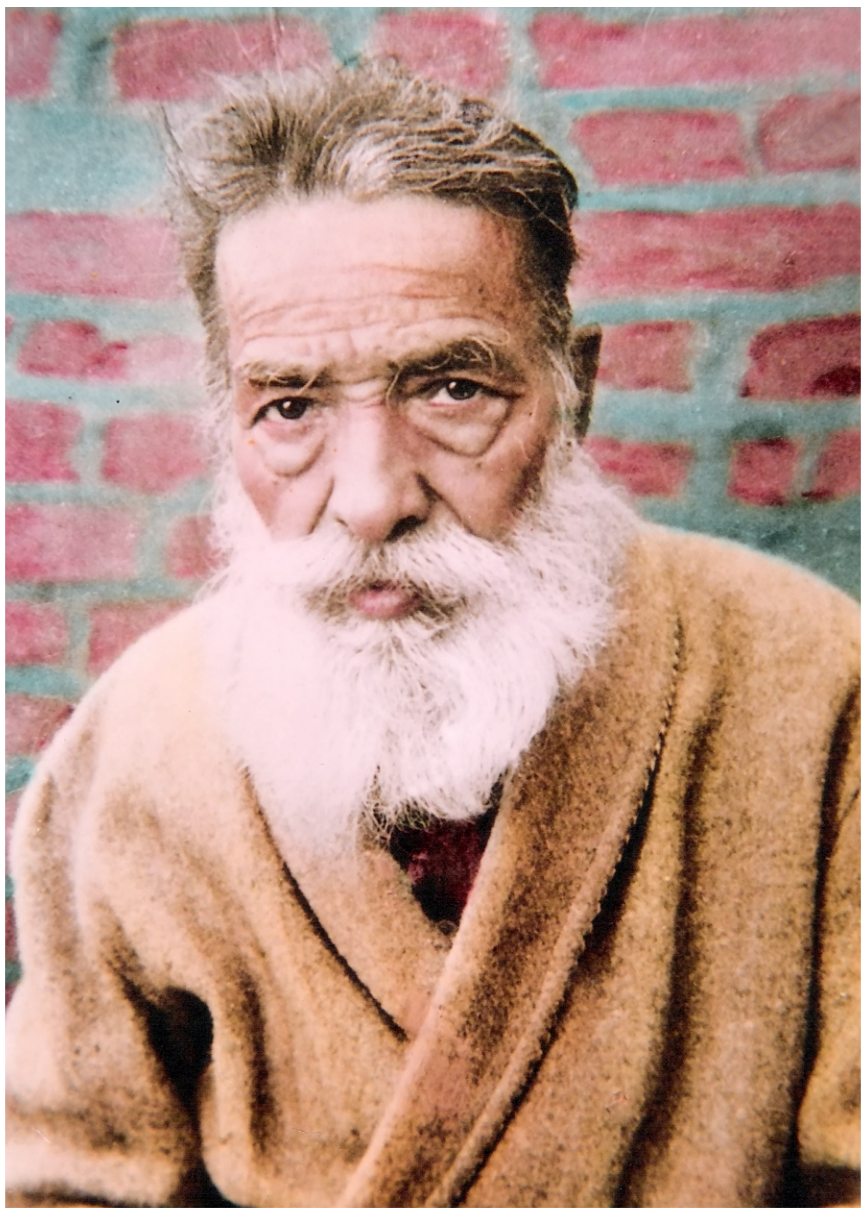
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INTRODUCTION

This small book replete with practical philosophy for the guidance of the modern man in East and West has been entitled as "A Word to Americans". It is actually a compilation of four discourses of His Holiness Faqir Dayal Pandit Faqir Chand Ji Maharaj of Manavta Mandir, Sutehri Road, Hoshiarpur, Punjab, India. His Holiness is one of the greatest saints of our century and a perfect living Master, whose aim of life is the uplift of the suffering humanity. Thousands of his followers have experienced the impact of his spiritual power and have been benefitted in various ways including physical healing and the solution of their domestic, social, economic and religious problems in a miraculous way. His Holiness discourages cultism and categorically denounces hero worship and idealization. He does not believe in establishing any new religion, cult or system. Throughout his life he has been experimenting with the spiritual truth and has no doubt attained perfection in this field. It would be out of place to cite many cases which look like miracles, because His Holiness does not claim to be personally aware of the miraculous happenings including his astral appearance in far off places as reported by hundreds of persons.

It would be sufficient to state that the material presented in the following four chapters is the truest account of the experiences of His Holiness and contains the essence of a true religion, which is not sectarian, but a most universal divine path leading to God-realization through a humanism of the highest order. His Holiness has proclaimed the truth of the divinity of man and his potential perfection in a most straight forward and simple language. I am convinced both by my personal attendance at his lectures and by my own experience that His Holiness has uncovered a spiritual truth, which had been concealed for the masses or which had been only indirectly and vaguely stated so far. According to

him every man must be completely human. His slogan is, "Be man, perfect, whole and in everything". I have stated the truth of his spiritual humanism in his own words. His Holiness is now eighty five years old and his latest lectures are most revealing. It appears that the spiritual maturity that he has gained is reaching the climax and its expression which is meant for the uplift of the whole humanity is now being made available to the masses as well as the classes today.

One would need a full volume to expound a systematic philosophy of Faqir Dayal. In nutshell it may be stated that he considers man divine, because the soul of man which is a combination of sound and light originates from that Supreme Source of all Power, all Energy, all Consciousness, all Existence and all Bliss. Since the source and Origin of man is perfect, man himself is perfect. The entire physical creation, cosmos, interstellar systems, the galaxies and the solar systems vibrating with sound and light is the creation of that perfect Being and is just a vibration of His thought or mental force. Man also participates in the whole creation not merely as a helpless creature, but as a creator, if he uses his thought force positively. A person with a firm faith can create thought forms which help him and others in various ways. But the goal of life is nothing short of perfections and God realization. This philosophy of life which helps the understanding of every religion and denomination is the sum and substance of these four discourses. The reader will find these lectures as most enlightening, free from all prejudice and superstition.

The first lecture is a discourse of His Holiness, which is a dialogue between him and a group of enlightened Americans, who visited India in March 1969 and who were very eager to meet him, because the purposes of the their visit, which was a part of their round the world trip, were meeting spiritually advanced persons and visiting places of religious and spiritual significance. This group of about forty persons including writers, professors and medical doctors was organized by the Association for Research and Enlightenment, Virginia Beach, Virginia under the leadership of Mr. Hugh Lynn Cayce, the Managing Director of the Association and the worthy son of the worthy father late Mr. Edgar Cayce

designated variously as the 'Sleeping Prophet', 'the great mystic' and 'The Mystery Man', etc. in a number of best-selling books, published in the United States. Since I was instrumental in arranging their meeting with His Holiness Faqir Dayal through correspondence from Virginia, where I was staying at that time, I was deprived of hearing the discourse myself. It is my privilege to be the editor of this book and the lectures which constitute the four chapters. The A.R.E. needs no introduction, because it is the most well-known organization devoted to the spiritual well-being and Christ-consciousness in the United States and abroad.

The last three lectures were delivered by His Holiness to an American lady from Virginia, who on account of her longing for seeking the guidance of His Holiness for her spiritual uplift went all the way from U.S.A. only for this purpose and was graciously granted the interview and the audience by him. I was present during these lectures throughout. I am sure that this book will be of great help to all the seekers of truth irrespective of their caste, creed, denomination and nationality. If there are any further inquiries they may be referred to His Holiness Faqir Dayal or to me. I hope that the readers will benefit from the most valuable ideas expounded in this small volume.

Dr. I.C. Sharma

509-I, Logan Place

Newport News, Virginia-23601

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CHAPTER I

Respected Ladies and Gentlemen,

You have come through Dr. I.C. Sharma, Professor of Philosophy and Religion, who is working there. I shall be very much thankful to you if you pay attention to what I say.

In this world everything is man's own faith. It is you alone; man alone, who takes suggestions or impressions on his mind. Those suggestions, those impressions play in man either in dream or in the state of Yoga or in wakefulness and take form according to the conditions and according to those suggestions, which man feels in his life. If he takes optimistic views his life is happy and if he takes pessimistic views he feels miserable. Our mind is such that it takes the suggestions and impressions either through books or through hearing or through the universal vibrations, which are prevailing all over this world. Yogis, who concentrate within themselves, get the vibration from the outside atmosphere as in television.

I struggled hard in my life for the attainment of that Reality. After struggling hard I have come to the conclusion in my life that man should be given correct impressions and correct suggestions so that he may change his life according to those suggestions.

This your I.C. Sharma, has been the cause, let me say, for me to have your Darshana (to meet you) at this time. Why did he do so? When he was going to America he called me at his home. I never knew him before. He requested me, "I am going to America, a foreign country. Just please help me so that I may be successful in my mission, I am going for." But I did nothing. I gave him my good wishes and he accepted them and now he writes to me that he is very successful and has peace.

What I want to tell you my people, my brothers! Always get encouraging ideas in your life from others. This is the way of leading a life. Take good suggestions; take good impressions; always remain optimistic, because the mind of a man is always wavering. It does not stick to one place. That is why the Indian sages have laid down different steps of Yoga to bring that mind to a proper and perfect thinking. We do not know how to think, what to think and where to think?

If you have any points about concentrating mind or the difficulties which other people gain in controlling their minds, I can only say that there are many types of Yoga. Some Yogis concentrate their minds on certain ideals; some concentrate in meditation; some in seeing the lights or listening to the voices inside. So, all these different ways are meant, for different people of different temperaments. No single way of concentrating mind can be advocated for all. There are different kinds of temperaments in men and the sages or the Gurus or the perfect master suggest the correct method after studying the nature of the person concerned. The diagnosis of a Guru is like that of a doctor.

There is a custom in India called Satsanga-devotion to Guru. I would rather translate it as association with the Guru. In Satsang, the master is in a position to know, what is in your mind. I generally say to my disciples to write all their daily experiences including their good and evil ideas in a diary and then send the same to me. I also advise them to record their dreams. After going through their record, I give them my advice accordingly.

I love you, because I am a man. My experience of life has taught me that humanism is much better than spiritualism. It is so because very few people in this world attain the highest peace. World needs domestic peace, physical peace, mental peace. It is in need of the knowledge of science and technology more urgently than the spiritual knowledge, which is craved by chosen few.

I am with you here for a very short time and hence you may not be able to understand exactly what I wish to communicate to you. I am very

keen to expound before you the essence of all that I have come to know and experience in my life. Some of my experiences which have been translated into English by my younger brother Rai Sahib Surendra Nath are here in the form of books. You may take these with you and read them on your way back home. If there are any enquiries in this connection you may refer them to me or to my younger brother, who also is saintly.

In India, there are many denominations, schools and sects of religious creed. I have been trying hard to bring them to one level. Therefore I have given the slogan "Be man, entire, whole and in everything." This is the essence of the theory, which I have arrived at through the spiritual struggle of my life. I have only given you a brief idea. I think I am capable of counselling others how to lead life in this world so as to become complete man. My dear brothers! My experience says that whatever we think or wish sincerely, we always attain. We are ourselves responsible for our misfortunes or sorrows. As we sow, so shall we reap and as we think so shall we be. This is the conclusion, which is the fruit of my life long spiritual research. You may hand over these books to Dr. I.C. Sharma after you have gone through them. This one is "Discourses on the teachings of His Holiness Param Dayal Param Sant Pandit Faqir Chand Ji Maharaj---Part-I Manavta (Humanity)". The second is "Discourses on the teachings of His Holiness Param Dayal Param Sant Pandit Faqir Chand Ji Maharaj---Part-II" and the third is "A Glimpse Based on the Teaching of Param Dayal Param Sant Pandit Faqir Chand Ji Maharaj, Manavta Mandir."

Please carry this gift from me to my brothers, who live in the Western countries. These books will give you an all-round information with regard to the conduct of life in the domestic, political, worldly as well as spiritual spheres. I have shared with you my ideas and I always try to be true to my conscience when I express my ideas to others. I have made it a principal of my life that before I share any ideas with others, I must have the experience of those ideas myself. I always ask myself, "Faqir Chand, do you have the peace of mind? If you don't have it, you have no right to preach the doctrine of peace to others." But I do have peace. I have it, because I have realized who I am.

My brothers! I want to explain to you two aspects of the truth. One is theory and the other is practice. Mere knowledge is not enough. A man may have studied all the theories and principles of engineering. That does not make him an engineer unless and until he has applied those principles in building and constructing in practical life. Thus knowledge is one thing and the application of knowledge to life is another. The sermons, the statements and the lectures may give us knowledge. The practical way of life or the practical application of knowledge is always personal. I hope that I am communicating to you what I want to say. I am not well versed in English. I am trying to express myself with my limited vocabulary.

Since you have come to tour India, we welcome you heartily and embrace you like brothers. India is a complex country. She has made much progress within the past twenty years. She has been marching on the path to build herself as a strong nation. But the truth which I preach is something different. This will help to make India a better nation. It is not in the hands of the political leaders to build a better nation. I think you have followed me. I have a yearning to share the secret which I have discovered with the people and to convey my views to America. A story from Mahabharata illustrates what I want to convey to the masses. This is the story of Abhimanyu, the son of the great warrior Arjuna. He had very skilfully manouvered to enter into a strategic arrangement of the armies of the enemy in the battle-field. It was during the war of Mahabharata that he accomplished this act of bravery. He had not been taught this strategy by any one in his life. When he was asked how did he learn it, Abhimanyu replied, "I remember that I was in the womb of my mother. Once, my father explained to my mother, how to enter such a strategic scheme of the enemy. I had listened to the whole discourse of my father at that time. Thus I learnt the art of breaking through the strategy of the enemy, when I was in the womb of my mother." This is a historical event of ancient India.

I want that the scientific truth of this story should be applied in the practical life everywhere. My daughters, my sisters and my mothers, I am sorry to say that we Indians have failed. We have forgotten our own teachings, therefore our nation has degenerated. The example of Abhimanyu, who learnt during the pregnancy of his mother, shows the

presence of inherent tendencies, which are called Sanskaras or the innate impressions. It is a pity that the present generation of India is being misled. At this time majority of people are unwillingly producing children. People satisfy their carnal desires during the pregnancy of their wives. We should remember that a man is as he thinks. This act of the parents creates bad sanskaras in the mind of the child who is not yet born. Therefore when the child grows his mind is already polluted by the carnal desire. Thus the children take after their parents. This is not an empty theory, but a reality. You ladies, who are here, I am talking to you with love as a father talks to his daughters. I am communicating my message to you for the well-being of humanity. I will quote my own example, if you can communicate these ideas of mine to Americans, you may do so. I have not given you an empty idea, but a fact of life.

I have a daughter, who is the wife of a Block Development Officer. She is most dutiful to her husband and most obedient to me. But whenever she would talk to her mother, she was disrespectful to her. So my wife used to complain to me and say, "You are a big preacher and a Guru, but it is a pity that you cannot mend your own daughter." I used to tell her, "She is not to be blamed. You are responsible for her disobedience." Now I will explain to you why I said so, I had children before she was born. I did not want more children, but I could not control myself. Evidently my wife became pregnant even though it was not my desire, nor that of my wife. During the very first month, she took a medicine for abortion, but it failed to bring any result. Now you imagine yourself when a mother does not welcome the expected child, how can that child be obedient to her? I do not believe in empty lectures. I have love and compassion towards whole humanity. I believe that man can correct himself, if he follows the right path and does not entertain negative thinking. The same daughter came to me and said, "Respected father, though I have no cause of worry, yet I am always indecisive. I am worried about every simple problem of the family but I am puzzled what should I do about it. I am always confused."

Her condition compels me to ask from myself, "O Faqir you have become Param Sant, people love you, adore you, but you cannot mend

your child. Why? I have already given the answer. I could not control my carnal desire and at the same time I was myself confused whether I should go ahead or not. So my indecisiveness has been inherited by my daughter.

The gist of my teaching is, "AS YOU SOW, SO SHALL YOU REAP." Man must have self-control. I know it is very difficult to control one's mind. Even though I preach this to others, I know what happens to me in my practical life. One may deliver most eloquent lectures in public and impress thousands of audiences in conferences and meetings; but the true test is to be faced when one has to apply the ideal in a real situation.

You have come to visit India, the country of Mahatma Gandhi; I will tell you the secret of Mahatma Gandhi's success, which is not known even to the Indian leaders, who are his followers. Since Mahatma Gandhi was ill-treated by the British government, he decided to make India free from the British rule. During those days he went to Calcutta and met an old poet Mr. Amar Chand, who was eighty years of age at that time. Gandhi sought his advice in his mission. Mr. Amar Chand said to Gandhi, "You cannot be successful in this mission unless you acquire the four characteristics, viz., (1) Truthfulness (2) Fearlessness (3) Strong will to execute the mission and (4) Unattached attitude towards life." Gandhi admitted that he did not possess these qualities and requested the poet to guide him so that he might acquire these virtues. The poet told him, "You should resort to celibacy physically as well as mentally throughout your life." Mahatma Gandhi has admitted in his autobiography that in his younger days, he was over indulged in sex. He is regarded as the great saint of India to day. He said to the poet, "I am hopeless, because it is very difficult for me to exercise self-control in this matter." He sought further guidance from the poet, who said, "Do you have love for any person?" Gandhi said, "I always loved my mother, who is now dead." The poet said to Gandhi, "Recall the image of your mother in your mind and take a vow in the presence of that image as witness that you would observe celibacy henceforward." Gandhi acted upon this advice and never violated that vow throughout his life. That is why he attained such fame in the whole world.

The purpose of telling this story is that self-control is the key to success. But self-control can be brought about, if you meditate on the image of that person whom you love. If you are a true Christian, you must love Christ, if you are a Buddhist, you ought to love Buddha and if you are a Hindu, you may love Rama or Krishna. You may have faith in any founder of a religion, you must be firm in your faith and meditate on his mental image, you are bound to be successful. Let me give you a living example. Here is one of my disciples. He is a retired director of the department of agriculture. He had a keen desire to advance spiritually. About twelve years ago he wrote to me in this connection. I replied to him, "I do not initiate persons and guide them in meditation. I was taught meditation by my Spiritual Father, who directed me to concentrate my mind on any one whom I loved most. This is what I can suggest to you." This man practised meditation and within three years reached the highest stage of yoga. I have only been advising him to study my lectures so that he may not go astray. When he showed me his diary of three years, I was myself surprised how he could attain such a high spiritual knowledge. He got all this through meditation.

If you are Christian, you must follow Christianity. I do not know what your religion is? My advice to you is that if you want to advance spiritually, you must set your mind firmly on one master. Concentrate your attention in the centre of your forehead. When the image of the master appears before you, you will gain spiritual power. This is a pure spiritual experience. I can give an analogy. A person who hypnotizes can change the hands of your wrist watches by turning them back or makes you see that he wants you to see. In self-hypnosis also a person can see what he desires to see through concentration of mind on one point. Though I do not have command over English language, I desire that you may convey these ideas of mine to your country men for the betterment of their body, mind and soul.

I have tried to emphasize that the success depends upon the intensity of your own desire or thinking. If your desires are positive and your mind optimistic, you will be successful everywhere. No power on

earth can deprive you of your rightful success, which is the fruit of your own sincere desire. Man is the maker of his destiny and his mind is the creator of the universe. My experience tells me that everything is within man and he is potentially perfect. Let me give you another example of attaining success in life. Here is my younger brother, who translated my ideas in very lucid English. When he was nine years old I took him to my Guru, whom I call my Spiritual Father. Though he initiated my brother, yet he did not advise him to practise meditation and said to him, "Your way to God is through active life. Life means work and work means life." This brother of mine is not highly educated academically. He did not even graduate from high school. But he rose to the high position of Traffic Manager of the railways and his salary runs into four figures a month. He also received the title of Rai Sahib. All this is due to the blessings of my master, who initiated him.

I hope that you are understanding, what I want to convey to you. I am trying to elaborate my point by giving you different illustrations. My gift to you is this that every person must resort to meditation and have a very strong will to search God. I want to tell you that all your thought, all your speech and all your action remains in the atmosphere. It is not destroyed. Let me tell you something more in this context. There is one Mr. Bajaj, who is very fond of attending my lectures. A few months ago I came to Delhi as usual. He took me around in his car and said to me, "I had a problem in my mind throughout my life. I could not solve that problem till I heard your sermon." I asked him, what was the problem, which had been solved by my lecture. Mr. Bajaj said, "It is an old story. When I was twenty one years of age my elder brother was a government contractor in Abbotabad, which is now in Pakistan. He had two sons. I took them to Abbotabad. They wanted to enjoy a theatre. Since those were the days of economic depression, I suggested that they should not spend money on theatre and save the same to help the poor. My brother agreed with the suggestion and set aside five rupees to be given in charity to the poor. On the third day a man who was a Muslim priest appeared at the door of our house and addressed to me saying, "Who is the master of this house?" I replied that

he was my brother and was not at home at that time. He said, "All right hand over to me those five rupees, which you had set aside the other day for charity." I was surprised how could he know this fact. I told him that he was telling a lie and that we had not set aside any money for the charity. I further asked him how could he say that some money had been set aside. He replied, "I am Imam (Muslim preacher) here. I am hungry, because I have no money. I have starved for the last three days. This morning I prayed to God sincerely and an angel appeared before me. He directed me to come to this house. He told me that you have set aside five rupees for charity. That is why I come here. If you have really done so give the money, otherwise I will go away."

This report, of Mr. Bajaj, raises the question who told the Muslim priest all these things? My answer is that your thought, feelings and your speech whether good or bad remain hovering in the atmosphere. This is a scientific truth. Therefore our ancient Vedas says, SHIVA SANKALPAMASTU, which means let all your thoughts and intentions be auspicious. I have realized the truth of the statement, 'As you sow, so shall you reap.' Now, I will like to stop here, but if anyone of you has any questions, I will be happy to answer you to remove your doubts.

One of the persons from the group said that they had many questions and continued, "I know that everyone here has been pleased to hear you and I think that they all have been amazed. It is so because whatever you have said is exactly what Edgar Cayce has stated in his readings. It is exactly what he said and we feel that truth is truth wherever you find it. You have said that when you have a disciple you ask him to write everything down, his dreams and what he thinks. One of the things that Edgar Cayce said in his readings was, "Dreams and study of dreams is the best way to develop spiritualism." The fact you said that the vibrations of things are in the atmosphere and we feel them and they affect us also agrees with Edgar Cayce. This is also familiar to our understanding that many things which you say remain here. I have heard something of the same essence. Some other things you said we have to appreciate so much. Now first I would like to know this. We have heard

many people. But I do not think that we have heard from any other person the same message that you have given. I am now interested in communication between countries for our spiritual, physical and mental welfare and understanding.

His Holiness: You feel this way, because I have spoken from experience. Only that person can preach correctly, who has the practical experience of what he teaches. There is no use of preaching anything which a person himself has not experienced. It is therefore necessary to learn from the saints. In our movies even the prostitutes play the noble role of Sita, who was the purest example of womanhood. Similarly they play the role of other pure characters. But their acting cannot influence others. Human body is a transmitter. It has been scientifically proved that the vibrations of every man influence others. Therefore it is necessary that a preacher must be true. As a person walks about, his vibrations flow from him and all those, who come in contact with those vibrations become their recipients.

One way to fulfil the mission that you have mentioned is to practise the truth individually. If you are peace loving everyone who meets you will become peace loving. The second way to accomplish this is the communication which I have given to you---I mean the literature containing my ideas. I wish you could give me your literature. Dr. I.C. Sharma wrote to me that the association to which you belong was founded by a saint of America, who is not living now. But I am told that his teachings exist. I will be very happy to receive and study those teachings. We publish four journals. Two are published in Hindi and two in Urdu language. All my speeches are published in these.

The best way to bring about peace is to practise it as I have said earlier. I think you are already doing so. You are truthful and concerned for all human beings, therefore your vibrations will affect automatically. There is no need of formal preaching. Jesus Christ also was full of compassion and love for the whole humanity; therefore anyone who came in contact with him got confidence. It was due to his compassion and love for others that people benefitted from him. This is practical way of teaching.

As regards literature and books, one must be cautious. Hundreds of thousands of books are being published in the world. But the books cannot change the world. Similarly there are thousands of people in India, who profess to be saints. But all of them are not true and practical. India has no doubt perfect knowledge but only perfect and true saints of India can bring about the well-being of whole humanity. Those who are not true saints and dress like saints deceive others whether they are Indians or belong to other nations. Therefore the correct way of teaching is being true to oneself. I heartily wish all of you success in your life and I also wish that you spread the truth. I had written to Dr. I.C. Sharma that he should unveil the secrets of Indian Philosophy and Indian Spiritualism in the language, which is intelligible to the Americans so that they may be benefitted.

I do not belong to India; I did not belong to America. My real abode is not here. I have come in this form here with a message for HUMANITY. Our region is beyond the atmospheres and the universes. We have all come from that place. You may be surprised to hear what I say to you. Our physical form is made of vitamins. Therefore it has come from this world's atmosphere. Our mind has come from stars beyond. The vibrations of these stars are received by our brains. Our, soul, which is a light has come from the vast ocean of light and we ourselves have come from the ocean of infinity. I live in that abode, since I have come from thence to this world. Not only myself, but every one of you has come from that. I had my Spiritual Father Maharishi Shiv Vrat Lal, who made me realize where my real abode was. With his compassion I have been awakened. This world looks to me like a DREAM. But it is difficult for you to understand what I am saying. Therefore I have told you what you can understand. If you have to ask any other question, you may do so.

Q. *What is your opinion about family planning?*

His Holiness: The problem of population explosion has made family planning unavoidable. From the worldly point of view the methods employed in family planning may be useful economically, but we cannot say that they are conducive to spirituality. Family planning should entirely

be left to the husband and the wife. My opinion is that self-imposed celibacy after the birth of one or two children would be spiritually commendable. In one of my articles, I had explained the significance of approach. Let me repeat it here. In my opinion that even if couples from ten different states of India determine to adopt celibacy after the birth of one child and remain true to their decision, the vibrations of their thoughts can change the world.

Family planning is a necessity. We cannot avoid it. But let me tell you something that time is approaching when the population of this globe will be reduced to one half. This is not a prophecy, but a psychological realization, which has dawned upon me. You know that thoughts remain in the atmosphere. But most of the people in the world are vibrating hatred, non-cooperation and evil thoughts in all countries including India. This is not going to bring any good result. Evil cannot beget good. India might be saved a little due to the existence of the spiritual atmosphere of the past. But other countries might be worse. Take the example of China. Whatever is happening there is due to the production of the unwanted children.

For the general public, it is necessary to adopt family planning, according to the instructions of the government. However I am indifferent in this matter. I feel that the best thing would be to have sex relations with one's wife only when one desires to have an issue. But this is not possible as a general rule today. In ancient times this rule was adopted by the Hindus, because they followed the scheme of life advocated by the sages. The life was divided in four stages called Ashrams each lasting for twenty five years. The first twenty five years were devoted to Brahmcharya Ashrama or the stage of celibacy or studentship. The next twenty five years were allotted to married life. During this period husband and wife could have a few issues. At the third stage called Vanaprastha, they would retire from sex and at the last stage called Sanyasa everyone had to renounce the world completely. Thus, in ancient times, there was a systematic family planning. But in our times we must adopt the present system of family planning. This will be helpful for the economy and for food shortage. But the misuse of the present system of family planning can

lead to over-indulgence in sex, which would be harmful to the health and the character of the people. Have you any other question?

Q. *Your Holiness has mentioned about the population being reduced to half. We have been hearing this prophecy in America as well. Can you expand this?*

His Holiness: You see; I am not God, nor am I an astrologer. I have studied the philosophy of mind, which is based on my personal experience. I have realized that if there is disharmony, hatred and ill will amongst the members of family is bound to suffer from destruction. I am not telling this theoretically, but it is based on my personal experience. I lost one of my sons. I had predicted his death two and half years earlier than it actually occurred, when I was getting a house built at Hoshiarpur. My son-in-law said to me, "Father, you should get the house so constructed that both of your sons can occupy a separate apartment." I told him, "You should thank God if one of them survives." I said this on the basis of facts in my family and on the same basis I say that the future suffering of humanity is inevitable. Let me elaborate it further. My younger brother Rai Sahib Surendra Nath was away in Mesopotamia. At that time I was drawing only Rs. 95/- a month as a Station Master. I had to feed his three children as well as my own family. It was very difficult for me to manage with the limited means. My wife used to grumble everyday. I mean to say that she had a bad temper and attitude of hatred and ill feelings. It was therefore natural for her to suffer from the consequences. It is the worst thing for a woman to trouble her husband or children. Hence I predicted the death of one of my sons. Because this prediction came true, I venture to say that the existence of hatred in all the countries is bound to bring the catastrophe. Humanity will suffer, because of its own thinking and feelings, which are at their worst during the political elections. All vibrations spread over the world. It takes time for these vibrations to fructify. You already have scientific attitude. Even Newton had stated that the motion of your hand initiated by you influences the stars. You can understand that our bad thoughts influence the events of the world.

I therefore say that there should be co-operation and fellowship among all the nations. America and India should love each other. Unless we have good will and positive feelings for all we cannot achieve this mission. We must eschew hatred, ill will, jealousy and personal prejudice.

I have already stated that my conclusion are based on my personal experience. Let me emphasize again that negative attitude would bring the ruin of all. It will make the future of humanity dark. No country is free from prejudices and hatred. That is what the Saints say, "Oh! This world is full of evil. Try to save your neck and meditate on that God, who is above all. Ultimately man has to go to that infinite abode." Therefore, I have only given my view based on experience. But sometimes whatever I say is spontaneous and intuitive. Mr. Mohan Lal, who is the vice president of our institution, brought to me the picture of Mr. John F. Kennedy, when he was elected as the president of the United States. The moment I saw it, I immediately said, "This man will not have long life." You know what happened to him. Now if anybody asks me, how did I, say so, I can only reply that I do not know and that it was my intuition. Similar thing happened, when our late Prime Minister Mr. Lal Bahadur Shastri was going to Tashkent. When this news was brought to me I was delivering a discourse and I spontaneously said, "Mr. Shastri will not come back." He died in Tashkent.

The only explanation that I can give you is that these things happen, when a person has a special gift of intuition. Your Edgar Cayce gave all the reading, because he had the gift of intuition. Dr. I.C. Sharma wrote to me that Mr. Edgar Cayce founded the Association to which you belong. Intuition is the gift of God. It cannot be acquired by effort.

Q. *Your Holiness! You say that sickness is brought on by our wrong thoughts and wrong learning. Is it correct?*

His Holiness: Yes, it is correct. It is not only our wrong thoughts, but also the wrong thoughts of our parents, which affect us adversely. I have already given the example of my own daughter. I need not repeat

here. On the other hand positive thinking always pays. I never get any trouble. Whatever I say, automatically it is fulfilled. I do not know how, but it so transpires that my desires are fulfilled. Since I do know the reason, I can only say that everyone can benefit through positive thinking. "Have firm faith in God; be true to yourself; think well of others; never try to harm others". This is the way I pass my life and nature helps me---ALWAYS-ALWAYS. If you surrender yourself to Him and resign yourself to Him, He looks after you. This is my firm conviction. Any other question?

Q. You mentioned that you ask your disciples to bring dreams to you and it helps you to understand them. Could you discuss this and say what symbols in dreams are helpful?

His Holiness: I will again give you an example, because examples are understood easily. What are the dreams? Even this life is a long dream, which ends at the time of death. The regular dreams are short once. There is a person Subedar Hazari Singh. He is my disciple. He related to me a story of his uncle who was suffering from a boil. The doctor operated on him and Hazari Singh's uncle was unconscious for two hours. When he regained consciousness, he told this story to Hazari Singh, "When I became unconscious two ugly looking persons came to me. They took my soul in their hands and flew up in the sky. They came to a place where hundreds of thousands of other souls were lying. There I saw a dark coloured lady with a very large tongue. I saw flames of fire coming out of her mouth as she was looking at the souls lying there. I was terribly afraid and I said to those two men who guarded me, "I want to see a person before this lady swallows me up. When they asked me whom I wanted to see? I told them that I wanted to see Hazari Singh. Immediately Hazari Singh appeared before me and I implored him to request Faqir Baba to save me. Then Hazari Singh disappeared and His Holiness Faqir Dayal came to the scene. He took my soul into his hand and said to the lady, "You cannot swallow it now, then I came to senses."

Now I ask myself, did I go there? Did I do anything? The answer in both cases is negative. All this was the creation of the mind of Hazari Singh's

uncle. He had been entertaining these ideas and his thoughts turned into reality. Because he loved me and was devoted to me as a pious and saintly person, therefore his thoughts created my form to help him.

I think you are following me. I mean that thoughts are things. All our dreams are due to our own thinking. Sometimes people dream of being burnt in fire, sometimes they see heaven, sometimes they fly. All these are the outcome of our desires. Mind is the creator of all these. If you are sincere and true, you may dream of angels or you may see some Guru. Good thoughts will create good dreams and evil thoughts will lead to nightmares. So from these dreams I come to understand the nature of a person. Anything else?

Q. *You said that mothers, but not the politicians bring about better life to the world. But how would the mothers bring this about?*

His Holiness: The question again is related to our way of thinking. I have already given you the example of my older daughter. Whatever the parents are thinking at the time of mating is bound to affect the child who is conceived. My youngest son is an engineer, because at the time of his conception I had a desire that my would-be-child should be one; who can serve our country. He is a specialist in meteorology. Therefore the parents must entertain positive ideas, when they are expecting a child. The modern world has improved in technology and it is benefitting the material progress. The production in agriculture and in industries has tremendously increased due to the modern methods. Thus the matter has improved. But nobody has taken care to improve the mind. There is no institution in the world, which may teach how to produce highly evolved children. Please excuse me for my straightforward talk. No institution, no government has paid attention to this problem. By improving materially and by paying more attention to luxuries and comforts the new generations are being spoiled. The remedy lies in handing over the charge of the improvement of human breed to ladies. They should be the Gurus of the human race. The ladies would excuse me for my frank views. I consider all of them as my daughters and sisters. But by this talk I want

women to realize how to produce better children. They should remember whatever they think and whatever they meditate on during their pregnancy, will influence their offspring.

Let me elaborate this with reference to a concrete example. This case was reported in the Daily newspapers sometime back. A white couple was blessed with a son, who was exactly like a Negro. This happened in England. The husband doubted his wife and filed a case against her for her infidelity, by stating that the son was illegal. He categorically refused to accept that the boy was his real son. But the wife pleaded not guilty and affirmed that it was the real son of her husband. When the blood of the child was tested and matched with that of the father, wife's contention proved to be true. Later on it was discovered that there was the picture of a Negro hanging in the living room of the couple. The wife used to look at the picture during her pregnancy. The result was the formation of Negrite features of the would-be child in her womb. This is the clear proof of what I have been saying. Any other question?

Q. Why do we take birth again and again in the world? What is the purpose of it and where the chain ends?

His Holiness: Well Gentlemen! I have pondered over this problem and solved it to my own satisfaction. But unless one has the basic knowledge of the truth, it is very difficult to understand the solution, which I have arrived at. When a person is sick and consults a doctor, the later prescribes a medicine. If you ask the doctor as to why has he prescribed a specific medicine, he will not explain, this to you because you are not knowledgeable. So take me to be like that doctor. Since you have come from America and I love you, I would try to explain something to you. You should try to know your real self. Who are you? Enter deep into your mind and exert hard to discover yourself. You have come from your mother's womb. How did you originate in her womb? You were originally in the form of a germ in the semen of your father. Where did that semen come from? It was caused by the food which your father had taken. From where did the food come? It came from the atmosphere. Nothing can germinate in this

world without the light of the sun. The light of the different stars is the cause of everything which is material. So you are ultimately light. This light is your real root. I may say that there is something even beyond light, but you will not be able to understand it, even if I try to express it in words. Let us stop at light and accept that this is the ultimate cause of all origination. All evolution and change has been brought about by that light which is in me, in you and in everyone else. Because we do not know our real selves, because we have not gone back to light, which is the source of our real self, therefore we have been involved and caught up in our mental and physical undertakings. We are caught up by our intellect. Unless you remove intellect from your way, you cannot go back to your own light, which the Hindus call Atman. You cannot have self-realization. So a person, who goes back to the light (Origin), at the time of death, he merges into that light. Then there is no question of that light to take birth again. That light must become the part of that Infinite Ocean, which is called Brahman. You may give any name to it. Our origin is from that very Source. This is my personal view.

So I have been able to resolve this problem through the spiritual experience. The question is who am I? The answer is I am light; I am sound and I am beyond these two. You know that the Sun's rays reach this earth and cause evolution. But Sun, which is the source of life does not live here on earth. So is the case with God. God does not live here. If the Sun were to descend here on this earth, everything will be burnt to ashes including ourselves. I hope you understand me. So, real God is beyond. His vibrations do exist here. These rays or vibrations are manifested in every human being. Therefore my religion is the service to humanity, which is the real worship of God.

This is my message to America with regard to religion. To serve humanity is to worship God. That is all. There is no other manifest God. If there is any God, it is manifested in light and sun. You should realize that God in your ownself, merge yourself into that self. Go beyond physical senses and beyond mental experience. Become light within your own self and merge with that light.

I hope that now you understand what is meant by saying that mothers can give birth to great children, if they entertain Divine thoughts during the conception. I mean to say that both the parents must entertain pure thoughts at the time of conception as well. Thus they will be able to give birth to those children, who possess divine qualities.

It is a pity that people do not follow what I say. Therefore my words carry no meaning. But I am a plain and straightforward person. I have also erred in my life and entertained evil ideas especially when I was young. I have once failed in my cherished ideal. Sometime one is forced most unwillingly to be influenced by evil thought even though one may not turn that thought into action. I call this situation also as a fall. When I fall like this even temporarily, I surrender myself to His supreme will and get peace of mind. HIS WILL IS ALWAYS SUPREME. EVERYTHING THAT WE DO IS ULTIMATELY DRAGGING US TO THAT DESTINY WHICH ENTIRELY DEPENDS UPON HIS WILL. This attitude of self-surrender has given me perfect peace. This essence of my life long experience has given me solace.

My daughters! My American brothers! I have spent seventy five years of my life in the spiritual line. My whole life has been spent in the unending search for Truth. I have been pondering upon the question what is the ultimate reality? What is the meaning of life? From where have I come and where am I going? The essence of all this is that I must surrender myself to that Infinity. That infinity simply is I see Him; I feel Him; I hear Him everywhere. HIS WILL IS SUPREME, BUT OUR SENSES ARE BEFOOLING US. THE MORE EMPIRICAL KNOWLEDGE WE ACQUIRE, THE MORE WORRIES AND SUFFERINGS WE HAVE TO UNDERGO. But this stage of self-realization is the highest. It is not attainable without one's own experience and struggle. I can say that perfect peace and satisfaction is attainable only through complete SELF SURRENDER TO THAT INFINITY. I have come to the far end of this struggle. I can only say, "O, LORD IT WAS YOUR WILL." This is what I have realised in my life. You tell Dr. I.C. Sharma that I do not like to be advertised as a saint. I have no ambition for name, fame or wealth. This has been the ideal of all the true saints of India. This is also the essence of

my experience. I heartily wish success, health, wealth and peace to all of you. From the core of my heart I again wish you health, prosperity and peace of mind. That is all I can do in this world.

Since people attribute many things to me out of ignorance and since I know that only my image helps others in their consciousness, in their dreams or in their meditation, I have come to one conclusion. This conclusion is that there is one universal power, which is present in every man, I can only say, "O, Man! All this is your faith---your own conviction." I do not know more than this. I consider my disciples to be my Gurus, because their faith in me has worked miracles with them. They have opened my eyes to truth. I have made no secret of this truth, because I know that the Creator, the Lord is within the self of every man.

Hence my advice to you is to have firm faith in Him. The time will come when your empirical knowledge ceases to be; peace and spirituality is attained only, when discursive intellect is transcended. I felt that I personally cannot work wonders. I can only share my knowledge and thus bring peace to mankind. I wish peace to whole humanity and peace to every one of you. This has been the cherished goal of my life and this is what I have attained. Do you wish to ask any other question?

Q: We have come to recognize that certain psychic powers or capabilities have been associated with the development of spirituality within individuals, but not all. There are some people who have these abilities but they are far from being spiritual. What is your understanding of the real meaning or significance of the manifestation of abnormal or psychic capabilities?

His Holiness: May I ask you a question gentleman? Is it possible for any man to help another in spiritual development? With regard to psychic power, I admit that it exists. But it affects only those who are its proper recipients. I would give you an example. There is one rich person Seth Moti Lal of Indore. His wife was medically incapable of conception. She was fifty years old and Moti Lal was fifty five, when they came to see

me at Indore. She cried buckets before me imploring me that I should bless her, so that she may beget a son. I gave her Prasad (some fruit) and said, "Eat this mango and you will be blessed with a son". She took that mango from me and after eating it went to her doctor and said, "You told me that I am incapable of having an issue. Now I have taken Prasad from Baba Ji and am sure to beget a son." She was really blessed with a son and I named that boy as Shri Bhagvan. Now my own daughter has been married for the last fourteen years. She has no children so far. On many occasions I have given her Prasad with the same feelings with which I had given it to the wife of Moti Lal. But it has not worked in the case of my daughter. The only reason is that faith is the sure ground of the fructification of all powers. Man's will power does work, but it is effective only when there is firm faith. Where there is lack of faith even a saint is powerless to help. My answers to all your questions are based on such personal experiences and observations.

I have been reminded of another case. This refers to a man whose son is now in America. One day he brought his son to me when he was only ten years old. On seeing the boy I spontaneously said, "This boy will be a millionaire". This happened when I was at Amritsar. When I returned on my headquarters this boy was struck with tuberculosis and was admitted to the T.B. Sanitorium in Amritsar. His father wrote a letter to me which was delivered through a person named Amar Chand. In the letter he wrote, "Baba Ji! You had stated that the boy will be a millionaire, but he is suffering from T.B." What could I do at that time? I was smoking the Hukka (Big Tobacco pipe). I took that letter in my hand; put a match stick to it and let it burn in my Hukka. I said to my secretary, "Write to the father of the boy that the T.B. has been swallowed by Baba Ji." When the boy heard the letter read out to him, he got up from his bed and said to doctor, "I am no more suffering from T.B. Let me go." The doctor did not believe it. But when the tests were conducted after fourteen days, it was discovered that the boy has been completely cured of the disease. Now this very boy is in U.S.A. But I must tell you that my own sister-in-law died of T.B., I could not cure her. Therefore I always say that faith can move mountains.

There are numberless such examples. A student created me in his examination hall and got his examination paper solved from my image. Another woman saw my image in the light, when she strongly desired to have a son, because without any child she could not be happy. This image gave her a baby of light and she was blessed with a son. But I again affirm that I am not conscious of my participation in these events. I again and again declare that I do not agree with those saints and gurus, who have made a secret of such happenings and have deceived the general public by letting them believe that they are conscious of their supernatural powers. I am sorry that very few people in this world are true and honest. I wish everyone could speak the truth. I am just a researcher of truth like you. My final conclusion is that man's own perfection becomes manifest through his own faith and it works wonders. Are there any other questions?

Your Holiness! Mt. Hugh Lynn Cayce who is Edgar Cayce's son is here.

His Holiness: I embrace you. We are happy to meet you brothers. I do not claim to have any special knowledge. It is possible that whatever I have realized through my experience is not correct. But my conscience is clear. No person can boast that his realization is cent percent true. Nature is so vast and human experience is so limited. I have spent eighty two years of my life in search of the Ultimate Reality and have just expressed before you the essence of that search. I do not know what Dr. I.C. Sharma has told you about myself. I am not familiar with the modern ways of life. I have never talked to any group of foreigners. That is why I have conveyed my ideas to you in simple and plain language.

Hugh Lynn Cayce: Just to be with you is quite wonderful.

His Holiness: I do not claim anything. It is all God's Grace. Suppose there is a very pretty girl. Every young passer-by is forcibly attracted by her beauty and fascinated by her charm. What is the reason for this? It is so because the beauty has been bestowed upon her by

nature. Similarly a saint is bestowed with some characteristics by God. He has no right to brag about what has been bestowed upon him by nature. It is a gift of God to him. I hope you understand what I mean. Everything rests in the HAND OF THAT POWER. I am pleased to see you.

Hugh Lynn Cayce: We are pleased to be here.

His Holiness: This is alright. Should I take your leave?

Hugh Lynn Cayce: I think I can say on behalf of everyone that it has been a wonderful experience for us to be here with you. As I said earlier I am seeking to understand. We have appreciated what you told us. We appreciate Your Holiness and think we understand a lot of what you said. We are trying to learn what you have expressed.

His Holiness: I thank you very much. My children! Let me say a word more to you. Be true to your own self. You may deceive others if you please, but do not cheat your own self. Only a person who is true to one self attains the highest spiritual power. Whatever I am is due to my attitude of truth. I have not concealed anything for any false prestige. There have been cases where a dying person has declared that I appeared with a palanquin to take his or her soul to heaven. But I have categorically denied any consciousness of such a happening on my part. This fact will always give me peace of mind. I will die a peaceful death, because I have neither deceived others nor deceived myself. Barring my one fault of youth, I have always safeguarded myself from all undesirable behaviour. To be free from all evil motives and to be purely selfless is the ideal of the saints of India. Such a person may not be materially rich, but he is blessed with the richness of the peace of mind. I am happy that I have attained this stage. Now I take leave of you. God bless you all.

Hugh Lynn Cayce: Your Holiness! Thank you again.



CHAPTER II

You have come from America to India to meet me. Why have you come? This is known better to yourself. Perhaps I was awaiting you to deliver my message to a pious soul to fulfil my duty assigned to me by nature. Dear daughter! Let me tell you that I have been struggling from the early age of seven years to find out where from have I come? What is the source of my being? I have spent my whole life in this search for the eternal. Nature took me to the holy feet of my Spiritual Father---Guru Data Dayal Maharishi Shiv Brat Lal Ji Maharaj, M.A. in the year 1905. I reached him and met him after I had been weeping, craving and yearning for twenty four hours. I had been shedding tears in the same way as you are doing. That holy person loved me, encouraged me and helped me to attain that goal for which my soul was yearning. He allotted three duties to me. The first was to help the innocent, ignorant and poor people. The second was to work for the promotion of peace in the world. The third duty was to uncover the methods of salvation of the soul or the self-realization for all the people. I had promised him to fulfil these duties when he departed from this physical world in 1939. At the time of his death, I was not near him and so I sent him the following telegram, "I solemnly declare and promise that I shall convey your true teachings throughout the world to the best of my ability and circumstances." I have done much in this country. But all the people are not capable of understanding. I had a strong desire to spread this truth throughout the world. But it seems impossible. Perhaps nature might have moved your soul to come into my contact for this purpose. I think you are, understanding what I am saying to you. I love you. We have all assembled here on account of the effect of our Karmas of the past births. My Spiritual Father used to tell me that in his previous life he was the Budha and I was his disciple. I have no proof of this fact. But there is no doubt that he declared this over and over again. It is quite possible that you might have been my sister in some previous life.

Since you have come here, I want you to listen to what I desire to convey you. You should follow it yourself and try to convey the same to others. It is possible that Dr. I.C. Sharma might have come into my contact through nature. I have no desire for any material thing, name, fame or wealth. Because of a duty entrusted to me by nature, I welcome you. I greet you like my daughter.

Now let me tell you, what is life? It is a sort of energy whose existence we feel in ourselves. There is something more in us than that energy. It is that something or force which feels it (energy), sees it and fathoms it. When that energy is in the physical form, it feels the sensation of the body and experiences the external effects on the physical body. When this energy of self is in contact with mind, it imagines and thinks the thought. It reflects and knows that it is a perceiver. This energy is higher than mere life and higher than what is called soul. When it is in soul it sees the light. At that time it also listens to the inner voice. That power or energy is absolutely different from the material world. It is different from the physical frame and physical experiences. It is different from the mind and the mental functions and also from soul and its functions (this is the word Surat, which the great saint is trying to convey in language. This has been called the Braham or Pure Spirit, Pure Existence, which is indescribable, but without which nothing ever can exist.) That is the Reality.

I have discovered the Light and Sound within myself (he says elsewhere that Light and Sound are the only manifestations of that Supreme Being which is indescribable or Anami). That present day medical scientists and the intellectuals think that the sound, which is within ourselves is produced by the circulation of blood. I may agree that there is such a sound which is the effect of the blood circulation. Such a sound creates different vibrations in different sense organs. Beside the sound, the blood circulation also creates light. In other words, light and sound vibrate in the physical body. But I go a step further and believe that mind is also constituted by subtle matter, which we call thinking. There are light and sound vibrations in the mind as well. Thought itself is a vibration in brain. This vibration creates light and sound. But this is not the end of

matter. The spirit in man which is primarily light also vibrates. It is manifested both in light and sound (here the saint is trying to distinguish between the physical light and sound, the mental light and sound and the spiritual light and sound.)

Now with reference to these three aspects of man, I want to clarify the need of getting help from other persons for improvement of the physical, the mental and the spiritual aspects. Suppose that man is physically weak. His legs and arms have no strength to move. He can be helped by a person whose limbs are strong and who can lift him up. A person who is physically weak can be helped by another who is physically strong. But this is possible only provided the weaker person allows the stronger one to lift him up. In other words provided he surrenders his physical body to stronger person for being lifted. The weaker one has to remain in a posture which helps the stronger man to lift him up. If it is not the case the stronger person can never help him. Similarly is the case with a person who is mentally weak and who needs the help of a mentally strong person whose will power is unique. A person with stronger will power can help the one with the weaker will power only if the weaker allows him to do so. A person whose mental power is great and who is a master can help the mentally weak only when the latter surrenders his mind to the master. If this is not the case the master cannot help the pupil. I think you are following me Dr. I.C. Sharma; you are to open your eyes. You were attracted to me due to this mental lifting up. That is the case with you. You had faith in me. You acted upon what I told you and you were successful in your intellectual work. This is with regard to him. It was entirely due to his faith in me. Do you follow me or not? He maintained his faith in me and obeyed my orders by self-surrender. Therefore he was successful. In the same way any person who wants to advance spiritually can be helped by a man with the highest spiritual powers. However, this help is preconditioned by the self-surrender of the aspirant. Just as it is necessary for a physically weak person to surrender his body to the stronger person, so that he may be helped. Similarly it is necessary for the spiritually weak person to surrender his soul to the spiritually strong one.

In the case of mental surrender, a mentally weak person surrenders his ideas and desires to the mentally strong and is thus helped. In the same way a spiritually strong person can help those who surrender to him not their physical body, not their mental self, but their soul. To surrender one's soul means to be in Satsang. It means to be in rapt attention or concentration on the person the spiritual master. But this self-surrender or concentration on the master is not possible without the renunciation of worldly desires. One has to give up all longings for physical and mental or intellectual achievements. That is why I told you why you are not yet prepared for spiritual take off on the Dussehra Day (addressing to Dr. I.C. Sharma). You are not yet ripe for it. I said so because you still have mental and intellectual diversions as she has also got. This state of affairs has to continue for some years more. The reason is that worldly attachments are got rid of only after a sufficient experience of practical life. Therefore the Satsang or the Divine Company of the saints and holy persons is essential. Saint or a holy person is one who can expound the real nature of man and the world through his sermons. When a person attends the Satsangs or the discourses for some time he comes to know the real meaning of life. He also comes to understand his relation to his family and the world, after that he gains enlightenment or true knowledge. That knowledge makes him unattached to the worldly affairs. For the present time both of you should work for the well-being of humanity. Spiritual realizations transcend intellect. Spirituality begins where philosophy ends. You will have to come again to me for your spiritual training. I am talking to you very frankly. You are a pious soul. Every individual gains different experiences in numberless births. I wish you could stay with me for about a week and attend my discourses. But the time is very limited and I cannot stay here longer. I will give you time tomorrow morning and also tomorrow evening. After meeting you I do have attraction towards you, but I do not know why. The details about many physical levels and mental levels of the cosmos have been given by me in one of my books. In man also there are different levels and the highest spiritual level in him is that of Surat. This Surat which enters into contemplation is the element of the Supreme Being in man. This Surat or Self enters the body. When it so

enters the physical frame, it moves through the circulation of the blood. One can develop one's physical organ by physical exercise. Physical body follows the physical laws. The brain which is the organ of the physical body is twofold viz, white and brown centres. There are centres in the brain just as there are in the physical body. When the Surat concentrates on certain organs and performs exercises, this activity of the Surat is called Physical Yoga. When physical body becomes healthy, man gets physical happiness. (The idea is that even physical happiness or health is due to the activity of the self or Surat on the physical body). In the same way the Surat also concentrates on the mental centres which are situated in the brain. This leads to the mental development and bliss. It also brings about the development of the intelligence and the joy of wisdom. I am finding it a little hard to express myself fully such matters in English language. Whenever there is self, there is light and sound.

Modern science has also proved this. A scientist has written a book entitled "Inner Reality". In this book he has tried to prove that there is a ring of cosmic rays beyond the lunar region. The entry of these rays into our atmosphere creates electrons and protons and the protons in turn create gross matter. Thus we have that creative power in us because of the light and sound in us. The entire energy of the universe, the creative power is within yourself. Human individual consists of three bodies, the physical, the mental and the spiritual. Just as the physical body, created by the physical genesis of the parents exists, and has come from outside of us, similarly the mental body is also constituted by thoughts and mental ideas, etc. and comes from outside. Some thoughts form this body on account of listening to others on account of reading and television etc. and still others come to us through the atmosphere. The Yogis meditate and concentrate their thoughts within themselves and they do get something from it. By listening to the inner sound and by seeing inner light through meditation with love and devotion, they experience a bliss and joy. Such Yogis can help others, provided those desirous of help surrender themselves to the Yogis for this purpose. Jesus Christ could help only those who surrendered themselves to him. He could not change the ideas

of those persons who condemned him to death and crucified him. The same Jesus Christ, who could help others, was not able to help his prosecutors. What it means is that one must have faith. Now you may ask how to have faith. Truly speaking faith is a gift of nature. One cannot have faith by one's own efforts. It depends upon His will. It is due to His Mercy. All the souls are born with some purpose. Some souls have the spiritual mission to fulfil. In a way everyone has to fulfil some mission or the other. We are all instruments in the hands of Nature.

Tomorrow, I will try to explain to you the method by which all human beings can be benefitted by thought, force or by spiritual power. Doctors heal patients with physical aid, but I have seen that if somebody's mind is helped and strengthened all the physical ailments can disappear, because mind is a creator. Mind itself is transformed into physical pattern. Atman or self gives out the cosmic rays. It is full of light and hence it releases the cosmic rays. If these rays are concentrated and intense they can also change the physical form of objects to a certain extent (the saint is trying to explain what parapsychology calls psychokinesis). I have myself experienced this power of the self. Many people create my image with their cosmic rays due to their own faith. Some do so in their dreams, some in their meditation and some even in the waking consciousness. In all these cases this image helps them. I do not know why. I do not claim to have been my own image. I have come across cases where my image has been experienced by others. The school boys create my image in their examination halls and get help. They claim that my image has dictated them the answers to the questions. Some people say that I have saved them from being drowned in water. Since I know that I was not physically there, I have come to the conclusion that all this is the result of the thought force or the cosmic rays created by their own minds. Faith can work wonders and turn impossible things to a possibility.

Today I have explained to you some of my views. Your arrival also is one of the links of universal arrangements. I had a very strong desire that my message should go out to the whole world. Nature has sent Dr. I.C. Sharma and you to be in contact with me so as to convey these ideas

to other people. Again this is also the result of the thought power. I have said the same thing in my previous three discourses or Satsangs. But they are all in Hindi language. I wish that they should be translated into English language so that you can communicate my ideas to the Americans. I do not belong to any particular religion. My religion is a universal religion of humanity which admits no caste, creed, state or country. It embraces whole humanity. I close this lecture with these remarks.



CHAPTER III

I am truly a saint. My purest daughter! I want to tell you how the soul transcends time and space. The medical science has discovered that the middle of the forehead there is an organ which seems to have no significance in human brain. This may be called third eye. This third eye exists in the animals as well as in the birds. In the case of animals and birds it does have a special function. Whenever there is some danger, unexpected heavy rainfall or storm the animals and birds come to know about it before hand and flee from danger. Thus the third eye is useful in animal kingdom. Though the medical science has not yet discovered the function of the third eye, yet the saints know how it functions. In the case of man when it is opened the cosmic rays vibrate in it and forewarn man about the dangers. The animals and birds are forewarned because of the similar function. The medical science is trying to find out ways and means to activate this third eye of man.

Yesterday, I had told you that Surat or spiritual attention or self-works or functions in physical body and in mental realm of man. When this Surat is fed up with body, mind and senses it craves to go beyond them, because all these are the limitations and cause sufferings to the self. These enchantments called Vairagya or spontaneous detachment. This leads man to spiritual path. All great saints and spiritually realized persons have experienced similar sufferings in their life and these sufferings have inspired them to follow the spiritual path and to emancipate the Surat of self from the physical and the mental realms. No one can experience the function of the third eye without Vairagya or spontaneous detachment. I don't know why you have chosen to follow this path. But I can guess that there must have been some kind of dissatisfaction experienced by you. I do not know this, but you do. This dissatisfaction may be due to three causes. One cause is some physical ailment, the other is some physical impression from outside and the

third may be some domestic trouble from husband and children. Whatever might be the circumstances, whenever a person seeks this path, it is because he suffers from ignorance of some kind. The Buddha also was dissatisfied by the external world. He saw a sick man; he noticed public suffering and also saw a funeral procession. These sights stimulated him to contemplate within himself and to search out a heaven of peace for his Surat or soul. You perhaps know about the Association of Research and Enlightenment at Virginia Beach. The members of this Association met me in Delhi last year. They gave me a book written on a man called Edgar Cayce, who used to give readings for the sick persons and also gave some prophecies. How could he make prophecies while he was asleep? When a man goes to deep sleep, his attention of the soul or Surat dissociates itself from the physical environment. Is it not so? Now every human being is gifted by nature with the power of the third eye. But there is a path for those who want to penetrate through this third eye and gain the invisible knowledge of things and happenings. Those who want to attain this have to adopt certain methods to become oblivious of the physical surroundings and the physical knowledge so that they may become aware of that knowledge which comes through the third eye. The religion of saints prescribes a method which consists of Simran or meditation on some holy name (which people call Mantram). This method helps the concentration of the mind on the centre of the forehead. This concentration is possible by the repetition of the name or the word given to the aspirant by his Spiritual Guide or Spiritual Father. When a person thus engages himself in Simarana, he rises above his physical senses. This third eye which is in the middle of the forehead is called Trikuti in our language. So my daughter! You and many other aspirants are bestowed with the power of the third eye which has been discovered in animals and birds. But people are ignorant of this fact. This is the method and the procedure to develop the inner vision which transcends the physical realm. One has to follow the proper procedure with the guidance of the Master.

I have stated that the spiritual development and the enjoyment of the bliss by Surat or self is possible only through Simran. I have also told

you that the name or the word for Simran must be given by the master. This name or word has special significance for the disciple. Unless this meaning or significance is known to the disciple the mere repetition of it cannot bring about spiritual development. I will clarify it with an example. You know that if somebody eats or drinks something sour in your presence, you might begin to have the flow of Saliva at the mere sight of it. The reason is that the sour object carries meaning for you. Sometimes even the mention of lemon or a sour object might cause the flow of saliva, because the word carries a particular meaning to us. Similarly the spiritual master gives a name which carries meaning. The spiritual master must have the practical experience of that name and effect of that name himself.

This is necessary because when the disciple looks at the expression of his master, who is enjoying the spiritual bliss, he also feels the similar bliss by uttering the name. Let me clarify this again with the same example. When we look at the expression and the behaviour of a man who is tasting lemon, we spontaneously recall to our mind the effect of tasting lemon and begin to experience the flow of Salva. Similarly the association with the spiritual master just like the association with the sour objects is necessary for experiencing the effect of Simarana. I have now reached a state which is that of infinite peace. I have passed through all the lower stages cosmic rays, mental regions and even spiritual regions. Due to this stage, the people who come into contact with me automatically get spiritual benefit. Just as in human relations you can infer whether another person is pleased or displeased just by observing his behaviour; similarly one can infer and be benefitted spiritually by just being in the presence of the master. That is why the people who are in touch with a true saint are benefitted. This is the law of nature. You have come from America to India not accidentally, but due to your past Karmas or His Will, Nature's Will, Master's Will, God's Will. Master may suggest any name for Simaran, what you have to do is to meditate into your-self through Simaran regularly. Sometimes one rises above Simran and sometimes even the longing of man is enough for spiritual experience. This is the

stage where a person reaches a higher level. But Simaran helps a person to rise above the physical and mental levels and to be free from the influence of worldly troubles and sorrows. A man without Simaran is shocked by untoward happenings. Everyone experiences problems and difficulties of life. But meditation which conveys the desire of the solution to problems to the third eye brings about the resolution of the problems.

Let me give you another example. There is a person, who is a School master. He came to me and told that though he was a school teacher, he used to treat patients to supplement his income. But he was not a registered medical practitioner. He told me that about a year ago a very well-to-do man of the town came to him for treatment. He prescribed a particular medicine to him, but that medicine had an adverse effect, with the result that the patient was almost on the death bed. Now the school master was perturbed and became extremely nervous. He had not known me before but he had full faith in God. He prayed earnestly. He said that a light appeared within him and he saw my image in that light. He did not know whose image it was. That image told him that he should give another medicine to the patient to save his life. He said that he followed his advice and went to the patient at midnight to administer the suggested medicine. The patient was saved. Afterwards he met somebody who was in my contact and who gave him the books containing my lectures. When he saw my picture he immediately recognized it, because of his experience of the appearance of its image.

Oh daughter! I have come in the physical form of Faqir in the present age to remove the ignorance of the people, people who do not know the truth. All these happenings are governed by a natural law. Why did my image appear to the school master? I can swear upon my honour that I had no knowledge of it. I am the first saint in India and perhaps in the world who has disclosed this well-guarded secret. Other saints have not disclosed this secret on account of two reasons. One reason has been that they wanted the people to have firm faith, the second reason has been that acquiring name and fame. But I do not believe in acquisition of wealth or in name and fame. Four years ago I went to a village where I had

been earlier and where many people almost the whole village considered me to be their master. A man came to me and placed a baby in my lap saying, "Baba Ji this is your gift." I was surprised to hear this. But he related the story to me. He told me that his wife has no issue for eighteen years after their marriage. His parents were my followers and had my picture in their home. But they were keen that their son and daughter-in-law must have a child. They decided that their son should be remarried. But his wife who was grieved went to the room where my picture was placed and wept bitterly before it praying that she should be blessed with a son. According to her report a light appeared in the dark room and my image handed over to her a child of light and said, "Do not weep, you will have a son". She was blessed with a son after ten and a half months. I can assure you that I had no knowledge of these happenings at all. I never knew even the name of that lady. Dr. Sharma's sister Krishna also tells me many similar stories. All this is due to one's own mind. If you concentrate within yourself and entertain sincere prayer and pure thoughts, you are benefitted. In Christianity prayer is the fundamental law. In prayers the soul or Surat activated the third eye, which sets in motion the cosmic rays and one comes to know the future happenings. It is so because the soul is enlightened. On account of this spiritual law of radiation you have been dragged here from America. Thought is indestructible just as matter is indestructible. Matter or material energy simply changes its form. Thought is subtle matter and follows the same law. It changes the forms, but remains indestructible. Science is gradually trying to understand this truth. You might have heard about Newton's theory of motion. According to it the motion starting from one place comes back to that place after a circuit. Therefore your thought, your desires, your words generate motion, which goes up in the atmosphere. It remains there for some time and returns to the person and place from where it had started. This law explains the statement, "As you sow so shall you reap." Hence whatever you think this, you actually experience. The fundamental law of light is that one should not entertain negative thoughts for others. A person who is sincere and whose thoughts are pure attains great mental powers. The thoughts of such a person remain in the atmosphere and any desirous

soul needing help is influenced by those thoughts. When a person prays sincerely, these pure thoughts come to his help directly or through other persons.

Your coming here has the same background. You have come to me because I had a desire that my message of truth should be known to the world. These ideas of mine were present in the atmosphere and they influenced your mind, because you were fit to receive them. These ideas have perhaps moved you. I am telling you this, because I want that the people should know the truth through their own personal experience. They should not be misled and made crazy. They should not act like mad men. A mad person enjoys his madness but he ruins his life. There is no need of crying my daughter! Even though crying and weeping are essential in the beginning. It is so because in the beginning one's mind is not strong and capable of expressing the feelings. One acts like a child who cannot express his feelings of hunger to his mother except through crying. When he cries his mother immediately attends to him and feeds him. I was telling you how to develop the power of the third eye. The best way is to follow the path of love and devotion to the Master. I am the Master. It is not necessary that one should consider the Master as a Guru. One should simply love him as a brother or as a father or in any other pattern. The idea is to love him and to associate with him. Your devotion to him in any form would be beneficial to you. This is the first pre-requisite. The persons who consider themselves to be true disciples to the master and try to play the role of servant, traverse a very difficult path. When a servant commits a blunder he is punished and he may even be expelled from the service. But the relation of father to son or daughter or that of brother to sister is different. In such a relation the shortcomings are overlooked. A son may not be truly devoted to his father, yet he is entitled to inherit the property of his father. So you should simply treat me as a father. I will treat you as my daughter. The purpose only is to remain in touch affectionately through physical, mental or spiritual communication. When someone loves a person, who is yet at the physical level, because his soul is yet attached to the physical body, can love only physically. Therefore, if a person has a faith in a man, who is at the physical

level; his love for him would be confined to the physical body. But when a person rises to the spiritual level of the third eye his soul is not confined either to body or to mind. The third eye is here in the middle of the forehead. When the Surat passes through this place one gains the experience of higher regions. Edgar Cayce, I am told, gave many prophecies which came true. But he did all this while he was in sleep. If a person adopts self-control, one can have these experiences, while awake.

This is also possible through the attitude of reverence and worship of the Master. The worship here means listening to his discourses and applying the ideas expounded by him to practical life. This leads to mental peace. Let me tell you that mental enjoyment is one thing and mental peace is another. Similarly physical enjoyment is different from the physical peace. Physical enjoyment means using the physical body by playing, eating, physical exercise, etc. Physical peace means sleep, which brings complete rest. Similarly the concentration on the third eye brings about mental enjoyment, which brings wisdom, prophecies, etc. But mental peace is higher than all these things. Mental peace is as necessary for the mind as sleep is for the body. If a person does not let his body sleep, he cannot have the physical peace. Sleep is the law of nature for the body. There are three stages of the body, i.e. waking, dreaming and sleeping. Similarly there are three stages of mind, wakefulness, dream of sub-consciousness and the Samadhi, where there is no thinking at all. Just as one cannot get sleep of the body without the enjoyment of the body, similarly one cannot get the peace of mind without the enjoyment of the mind through the third eye.

My child! This is the way; I explain the truth every day. The purpose of the religion of the saints is to suggest the remedy for the suffering of humanity. This religion leads the soul of man beyond physical and mental regions so that it may not return to lower stage. This is true spiritualism. But in order to attain this stage it is necessary to go through sufficient experience of practical life. The life teaches man through suffering. Those who are blessed with children are also not satisfied and show sufferings. Those rich persons who are issueless also

have worries and sufferings. The perfect peace is attainable only when man goes back to his origin. The origin of man is that invisible energy which exists in the genesis of the parents. Unless a person goes back to that origin which is manifested in light and sound and which is beyond the self and beyond the world, one does not reach one's original home. Even in the Bible this sound is referred to as Word in the gospel of John. It is stated there that in the beginning Word existed with God and Word was God. In Hinduism the sages have mentioned that this Sound is cosmic Word, which they call Shabda Brahman. Thus it is a truth that light and sound enter into the spermatozoa of the father which causes the origin of the child. Sometimes it happens that even without the spermatozoa from the father, a woman conceives a child. This is quite possible. Birth of Jesus Christ is one example to prove this. There are many similar examples in the history of Hindu culture. The purpose of stating all this is that all matter including the spermatozoa is produced by the electrons of light and sound. So our origin is light and sound and also something else which is beyond light and sound and also something else which is beyond light and sound.

I know that it is very difficult for you to understand what I have said. In the beginning even I had the same difficulty. I had a strong desire to go beyond my mental self. But I was so much engrossed and involved in the experiences at the mental regions that I was at a loss to understand this truth as a beginner. But luckily I had my Guru, my Spiritual Father. He had come in this world to reveal this truth. He entrusted me this duty, so that I may be able to attain the goal of life. When he made me a Guru to guide others, I did not know the purpose of this duty. But it was through his experience as the guide to others that I was awakened and I came to know the final truth of perfection of man, which is within himself. Oh daughter! People like you are my real Guru.

Let me clarify this again with an illustration from my vast spiritual experience as the Guru appointed by my Spiritual Father. This example confirms that the so called miracles happen due to the law of radiation. This is the story of a man, who was upset due to the illness of his wife. She

had been ailing for five or six years. He had been crying and crying before my picture. According to his report my image appeared to him and told him that he should give such and such medicine to his wife and that she would be cured with it. When his wife was cured with that medicine, he came to me and related the story. Now Oh! My daughter! I am talking to you as a saint and since I am true, I want that people should understand the truth. I do not know how my image appeared to him. I do not want that spiritualism should be measured with money. I know that many people in America make spiritualism a profession. I want the American people to know the truth and to resist the misuse of spiritualism. This has been my desire and I think that your contact with me has this purpose. My message is that no one should be duped by false teachers of spiritualism. I am thankful to you and all others, who would help me in conveying this truth to the whole mankind, "Man, you are the author of your thoughts and you are perfect." Dr. I.C. Sharma, I am telling you that I want to convey whatever I have gained to my own experience. However I cannot boast that my experience is hundred percent correct. I think no one has been able to know the whole truth at one time. Kabir had one vision of this truth. Jesus Christ had another and Mohammed had still another partial view of the same truth. Even my Guru had a limited view of this truth. But there is no doubt that this truth has been revealed to a great extent through the master. In the next lecture I will tell you why man has appeared on this earth. I will also tell you about the creation of man. This morning I have only explained to you that if a person does not want to come back, he must penetrate first through the third eye, then enjoy the bliss at mental level and finally go beyond the mental region through the Samadhi. One should not be hasty, but slow and steady on this path.



CHAPTER IV

I may question you, what are you? Can I know what you are? Can I know where is yourself? Can I know what is the purpose of your coming to this world? In my life have not been able to solve all these questions to my entire satisfaction, yet I believe that you exist. If I say that you do not exist, then my own existence would be denied. How can I say that you do not exist, when I experience my own existence and also existence of the external world? When I see the earth, the moon, the stars, how can I say that the world does not exist and you do not exist? I had promised to my teacher that I would share my experience with others. Here is an American lady, who wants to know the secret of existence. I don't think that I have an authority to satisfy this curiosity of her completely. But I would try to express myself. In my realization, I always feel the presence of my Lord, my God, the Lord of the Cosmos, of the stars, the sun and the moon and all human beings. Under the spell of this realization, I think that I have the right to say and to express whatever I have realized. Hence I promise to expound to you the truth about the creation and the creator.

I started worshipping God at the early age of seven years. I worshipped Him in many physical forms according to Hindu mythology. This helped me in concentrating my attention within myself and in experiencing mental manifestations. Instead of visiting temples for worshipping idols, I created these idols in my mind, prayed to them and worshipped them. But at home I performed all the rituals of worship only mentally, and not outwardly. I offered flowers and food to the idols mentally. Since I never did all these things outwardly my mother would remark, "Oh my foolish son! You have not worshipped the idols today." I would tell her, "I am worshipping." Then she would take me to prayer room and show me that the idols were not clean. One day I left worshipping the idols and began to meditate on my concept of God in the form of Rama

and Krishna. I did experience the actual sight of Rama and Krishna both inside myself and outside in front of me. I was extremely happy at that time. But I neglected my worldly duties. I remember when I was in Railway Service assisting the station master, I committed many blunders. But he always overlooked them. He used to perform my duties himself. During those years I experienced many miracles. Once I went to a holy place which was about two miles away from the railway station where I was posted. As I was walking I saw the image of Lord Krishna face to face. It walked ahead of me, when Krishna ran after him. When he stopped, I also stopped. While returning to the station following Krishna's image I noticed cow dung on the roadside. The image asked me to swallow the cow dung. I obeyed the order. When I was alone I began to think and reflect on the matter. I thought that nowhere in the history of religion and Hinduism is there any example where Rama or Krishna had asked a devotee to eat cow dung. This led me to realize that the image which appeared before me could not be real God.

I prayed to God and said, "Oh God! Appear before me as a living man, so that I may see you personally, talk to you and embrace you. I cried and shed tears for twenty four hours. A physician was called to examine me, because my parents thought that I had become mentally sick. My mother also cried bitterly. I woke up at five a.m., after weeping for twenty four hours constantly. I saw the image of my Spiritual Father Hazur Data Dayal Maharishi Shiv Brat Lal Ji Maharaj Verman, M.A., LL.D. I had never seen him before. His image gave me his address in Lahore, Punjab and also initiated me by giving me the name 'Radha Swami'. This image took me to a well, drew water from the well and gave me a bath. After this my father appeared. He complained against me to image and I again began to weep bitterly, while I was awakened to senses by another man, who was on duty at the railway station. I came to empirical consciousness with full memory of the vision and the dialogue with the perfect master, whom I had not seen physically so far. I started writing letters to the master. For full ten months I continued sending one letter per week. I keenly awaited the reply which never came. I was so eager and yearning to hear from him that

I used to travel three miles to the post office daily to receive his letter which never came. After full ten months, I received the reply from my dear Spiritual Father in which he wrote. "Faqir! I am in receipt of all your letters posted during the ten months. I appreciate and value your ideas. I have attained the highest state of Supreme Reality and peace eternal with the grace of my Spiritual Father of the Radha Swami faith. I have no objection in inviting you to join this spiritual experience. You may come and meet me in Lahore." This letter thrilled me and I had the happiest experience of my life. The problem was how to go to Lahore. This letter was received by me at 9 a.m. at eleven o'clock the station master came on duty, made all the arrangements for my leave and permitted me to go to my Master. Everything was so smoothly arranged that I had no difficulty in rushing to Lahore. I was initiated there by my Spiritual Father who taught me the technique of entering into myself and gave me the books by Saint Kabir and other Radha Swami literature. This literature contained new information about the religion of the saints which was quite different from the common religion. According to the tenets of the faith the Creator of this Universe was painted as cruel. These ideas were absolutely new for me. But I determined in my mind that I must follow the path of saints whole heartedly and devotedly. I also determined that I will share the experience of my realization with the whole world. Whatever I have done to fulfil this mission is not any favour on my part to any individual. All this was due to my accumulated Karmas. Without these, I would not have realized this truth. I have continued to fulfil this mission of my life.

All the cases reported me by those who consider me to be the guide have confirmed my belief that the appearance of my image as Faqir to all of them is due to their earnest prayer to God, who makes them see my form. Their thoughts create my form. Just as man is the creator of his thought forms, similarly there is a universal creator, a universal person, whose thought has created the entire nature, the cosmos and the individuated souls. This is my own conclusion based on my experience as mentioned above. The desire of this Universal Man or Supreme Person (Param Purusha) has brought about the existence of the individual minds

and souls. According to Hindu Philosophy also this Param Purusha is the cause of creation. Though I do not boast that my findings which are based on my experience are final, yet they are corroborated by the concepts of ancient Hindu Sages. According to the Hindu Philosophy, the physical gross matter is the body of that Supreme Person. This is called Prakriti. The mind of that person is called Mahat. His soul or self is light, which is called Jyotirmaya Purusha of the self which is illumined. I believe in this philosophy. The Supreme Self has omnipotence. The earth may be considered as His body in this world. The rivers may be regarded as His arteries, the mountains His bones and the vegetables as His hair. All these organic parts of this Universal Man are sustained by the great power or omnipotence of that Creator of this world. That creator has created man, but He is not concerned about man in the sense that he gave him the freedom to choose the right or wrong path. He is not concerned even with the world in this sense. The material laws govern the matter. The biological laws govern life. There is the survival of the fittest in the biological world. The stronger animals eat the weaker. Even in human society the stronger over-powers the weaker. In this sense the Universal Creator may be said to be cruel. Similarly, we human beings are also cruel, because we produce children not with the purpose of looking after them but only to satisfy our sex desire. We procreate children. Do we ever think what will happen to this creation? Do we ever worry that they will die in accidents; suffer from terrible and incurable diseases? In this world of ours there is trespass and violence. Man uses different kinds of poison and insecticides to kill germs and bacteria. Are we not cruel in this sense? I want to go to that abode, where there is no violence at all. In this world of ours there is suffering, pain and violence. Sons are arrogant to fathers and fathers hate sons. Brothers are against brothers and nations. We are witnessing all violence, we are witnessing wars and the atrocities of the totalitarians and yet we are not awakened. When an accident takes place, some people come to the scene to take away the belongings of the victims. Others rush to the scene to help and render medical aid and still others arrive at the spot to enquire about the cause and to punish the culprits. There is the fourth category of people who come to the scene of

accident to comprehend the whole situation and to suggest the remedy for avoiding such catastrophes in future. The saints belong to fourth category. The religion of Saint aims at remedying the sufferings of the world. The saints tell us that we should realize the Surat or the Self. The saints turn their attention not to the worship of God, who is the Creator of this world, but to the realization of the pure Self. The concept of God of the religion of saints is higher than the religious concept of God as Creator. It goes beyond the personal aspect of God.

There are two approaches to self-realization. The one is the way of leading a balanced, cheerful and peaceful worldly life with positive attitude. This method leads to mental, physical and spiritual happiness and joy. But this is a limited way. The other way leads us beyond all creation. The first does give happiness and worldly peace, but the second leads to Nirvana having attained which, there is no coming back.

Since I have told you that every individual is like a small battery, the source of electrical charges just like God who is the Universal Dynamo of infinite energy, it is desirable that he should generate positive charges. In other words every individual should think positively and enjoy the bliss of this life through goodwill. Our thoughts should always be pure and auspicious. In order to do this the parents should create children with all good intentions and not for sexual satisfaction. It is so because that the desires and thoughts of the children are influenced by the desires and the thoughts of the parents who create them. My message as a Satguru or the giver of the true knowledge is that human beings should create children as I have said above. They should have marital relations with the sole purpose of procreation. The sole cause of the younger generation's rebellion lies in the intentions of the parents. All over the world the younger generations is revolting against the older one, because of the reason explained by me. This is my message to Americans. Create children by entertaining the purest thoughts and good intentions at the time of marital relations. This would build the future of all nations. The younger generation would be automatically reformed. The parents should adopt the role of good gardeners, who nourish plants carefully. The mothers

should become nation builders and creators of leaders. Good ideas should be inculcated in the minds of the children. This would be true baptism as compared with the formal and ritualistic baptism. The thought force can move mountains. Jesus Christ could perform miracles. He did so because of the control of thought. But thoughts affect the proper recipient i.e. the recipient who has faith. I cannot affect the improper recipient.

As I have told you earlier according to the law of the nature every one reaps the fruit of his action or Karmas. The thoughts of a person and groups of persons remain in the atmosphere and continue to influence the persons and events of the world. The present happenings and the destructive tendencies all over the world are indicative of the effect of such polluted atmosphere created by evil thought. I have written a book entitled 'Real Independence' which was published long ago. In that book I have mentioned that this polluted atmosphere would cause famines, earthquakes, wars and epidemics. During the past twenty years this prophecy of mine has come true. Thought is a great force, because it can move the cosmic rays of light, whose original source is God and a part of it exists in human soul or Atman. It has been established that the cosmic rays are the cause of material creation. Since our thought can cause cosmic vibrations, it alone is responsible for the calamities with human society faces today.

In that very book I have stated that even great persons like Mahatma Gandhi and Jesus Christ, inspite of being so good and loving, had to suffer for the bad vibrations emanating from their conscious or unconscious temporarily angry attitudes indicative of hatred. Why was Mahatma Gandhi shot dead? I think that inspite of being the leader of non-violence throughout his life and inspite of avoiding physical violence at least in the beginning of his political career; he must have entertained evil thoughts against the British. Jesus Christ was no doubt a true lover of God, but there is evidence to show that many times he burst into fits of anger, used harsh language and even beat the money changers in the Jewish temples. That is why he had to suffer on the cross at least

physically. I do not mean to undermine the greatness of Jesus Christ or that of Mahatma Gandhi. But my opinion is that hatred towards evil and evil doers pollutes the mental atmosphere and brings sufferings to its generator. I cannot say that Gandhi was spiritually perfect.

A true saint hates the evil or the evil doer. They behave equally towards the good and the evil persons. Let me give you the illustration of my Spiritual Father. When he was living in Lahore, there was a rich man who had a prostitute as his concubine. Whenever she came to see my Spiritual Father along with her paramour, he used to stand with folded hands and bow to her respectfully addressing her as 'Mother'. When he was invited to stay with that rich man he was criticized by the public that he was degrading himself by residing at the house of a prostitute. But my Spiritual Father said, "I do not care for the criticism. I have come in this world for such souls." The religion of saints is above relative good and evil.

You have asked me to explain to you how the creation came about my answer is that the entire creation is the outcome of thought or desire. The Cosmic Person or God created this world by his desire or the wave of thought. His first wave of thought created man or individualated soul; then followed the material creation of the cosmos. This thought of God arises from that aspect of God which is called Kal or Time. That is why I say that all the cases of my followers in which they see me prove the truth that thought is the creator. The first man, who was created by the thought of God was without woman and was called Manu. Manu further created woman by his desire and thus the human creation was furthered.

In the history there are examples that children can be created by thought without sexual intercourse. In the great Hindu epic Mahabharata such example is given. A great sage created three children by causing conception by merely looking at the women. Therefore my repeated suggestion is that everybody should entertain optimistic thoughts and entertain pure desires. This is my message which I want you to convey to the American people. This is my word to the Americans. I have just given you a brief outline of my philosophy. The spiritual path is not easy. One

should not forget that the Karmas, the actions performed in many previous lives have a very strong effect, which sometimes hinder the progress. I have a long experience of practical life. I retired from service in 1943. I was very zealous and vigorous worker. Since I worked in Railway Department and have been associated with railroads, trains and engines. I sometime dreams of all these things. What I mean to say is that the impressions of your past Karmas cannot be easily erased. I am now more than eighty three years of age. You will say that I am saying all these silly things and yet I call myself a Satguru. I would answer that if a medical doctor has himself suffered from a disease, he can diagnose and treat that disease better than the one who has not himself suffered from it. That is why I can diagnose the causes of the sufferings of the human beings. I must emphasize that the effect of one's own Karmas or actions has a great significance in spiritual progress. When the people are benefitted from me; that benefit is not due to my personality. They are benefitted because of their own Karmas, because the time for the fructification attracts them towards me. Since I had promised my Spiritual Father that I will share my true experience with others, I am speaking the truth. I have disclosed this secret which had been jealously guarded by the other spiritual teachers.

I do not want to conceal the truth because that concealment would recoil on me as an evil effect. I think I have given you enough food for thought. Let me now stop the lecture. You may pick up the name Radhaswami. I do not mention other names. My Spiritual Father had given me this name. Radha means soul or self and Swami means Origin--God, real God or Guru. The external Guru is needed in the beginning, because one is weak enough to believe in the internal Guru. In the beginning one has to pass through the physical and mental stages, but later on one begins to love God in the form of sound and light. Ultimately one comes to love God in one's own self. I have passed through all these stages. Now I have reached the highest stage of meditation in which I surrender my whole self to the Supreme Being. The lower stage is comparable to milk. The butter is present in milk and yet one does not

enjoy the taste of butter. After the milk has been churned and butter has separated, one gets the real taste while eating that butter. The secret of the creation is that all souls originate in God and then ultimately must go back to that origin. One must surrender oneself to Guru, because one cannot go beyond just in the beginning. That is why I suggest to you that you should not try to go beyond at once. You should meditate on my features in the picture with the recitation or Simran of the name Radhaswami. Whatever you experience in this meditation should not be told to others. If you give out the secret, you will be hindered I attaining that power. Since it is the tendency of everyone to speak out, whatever one experiences especially because such experiences are fascinating, therefore it is very necessary to control this temptation while following a spiritual path.

This is my message of Americans. Preserve your strength and meditate as I have directed you to do. I heartily wish you health, harmony and happiness.

