



NO PAIN OR BURDEN IN LOVE

by Sant Ajaib Singh Ji

The following Q & A session was given on August 23, 1976 at Sant Bani Ashram, Village 77RB, Rajasthan, and published in the Sept. 1976 issue of Sant Bani.

Q: You have given me some helpful tips on sitting so as to get more results, and the question of pain came up. Should we always sit in a position that is most comfortable? Or should we pick a position that might be a little painful? - not harmfully painful, but slightly painful, to help our attention come up. Maybe you could comment on that?

MASTER (Sant Ji): If we sit in a position that is too comfortable we will feel sleepy and we will go to sleep. You will think that you are doing meditation, but in fact you are sleeping. If you sit in a position and feel some pain, you will notice that pain only for the first two or three days; after that you will forget all about it. For Westerners it is very difficult in the beginning to sit in the cross-legged position but with some practice, many people have accustomed themselves to sitting in that position.

Yesterday I told you that I never used any mat or cushion or carpet under me when I was meditating. In the beginning I also felt some pain, but after a while I became accustomed to do that, and I did meditation without keeping anything under me. Mastana Ji - a disciple of Master Sawan Singh - when he received initiation from Master Sawan Singh, he prepared a bag and filled it with stones and small particles of brick. And he sat on that cushion for meditation. At I6PS when I was meditating underground, there was a wooden bench - you might have also seen it - and I never put any cushion or anything on that bench but I simply sat on it.

Q: How many hours a day?

MASTER: I was not aware of the time. Whenever my soul went to the Court of the Master - Sach Khand - then I sat for twenty-four hours or more. I was not sure of the time.

Q: But very long periods of time without moving.

MASTER: Yes. If I had moved I would have felt hungry, and I would have had to eat. But when I was sitting there I only had to come out to answer the calls of nature. But whenever I wanted to sit and do that type of meditation, for two days prior I used to take soups of vegetables like pumpkins, and other light foods, so that I did not have to go again and again to attend the call of nature. And if I sat

for two days continuously, then also I did not have to go out to attend the call of nature. The appetite of hunger will trouble you in the beginning, but afterwards it will not trouble you. In the same way you won't have any problem with sleep afterwards, but in the beginning you will have problems with sleep.

Q: You have more energy as a result of raising the vital fluids? That gives energy to the body, as well as resting the body because you are in deep peace? Is it accurate to say that?

MASTER: Yes.

Q: So this is one reason then to have chastity and preserve the vital fluids - the sexual energy. It is not strictly for social or moral reasons, but for this very practical reason that it provides strength and energy for the body as well as the soul?

MASTER: Before getting the initiation of the Two Words from Bishan Das, I was seeing light - like a diamond light - in my brain, and I was intoxicated with that light. I was very happy to see it. That was because of chastity. But by seeing that light I was in illusion, because I read what Guru Nanak has written: that seeing the Inner Light and hearing the inner Sound means you are contacted with God. So I thought that I was contacted with the Light, but I was waiting for the Sound Current.

Q: It was a lower order of light, or a reflection of the higher spiritual Light?

MASTER: That light was only because of the preservation of my vital fluids. It is said that it takes one hundred pieces of food to produce one drop of blood; and one hundred drops of blood for one drop of vital fluid; and one hundred drops of vital fluid produces one drop of ojas - that resides in the brain. Because they are able to store that ojas, the yogis don't sleep at night and do tapas or austerities. That light was of that ojas.

Q: So it was still within the realm of the body - it was not of the highest spiritual regions?

MASTER: No. It was of the brain. Because of the ojas.

Q: So it wasn't being above body consciousness, but still within the range of the body.

MASTER: Yes. And Bishan Das cleared up this illusion from my mind. When he told me about the light of the first plane, and he told me I would see the sun and sky in the second plane, I told him, "I am seeing the light. What are you going to tell me?" Then Baba Bishan Das told me, "You sit for meditation and the light you are seeing is the light of your own body - of the ojas. I will show you the

Light which is coming from God's place - the Home of God. That is different."*

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Q: Yes. Did you see that immediately after you received initiation from Baba Bishan Das?

MASTER: Yes.

Q: At the time of initiation; but afterwards did you continue to see that light that you received at initiation?

MASTER: I went on increasing that light. I never wasted any time, and I continued practicing. I was remembering Baba Bishan Das, and moreover the pangs of separation from Baba Bishan Das were troubling me. (Bishan Das Left the body three day after Sant Ji's initiation). But I continued doing the practices which he told me.

Q: How much time - approximately - would you average in meditation each day?

MASTER: At that time I was doing eight hours - sometimes six - a day. And sometimes I never came out for two days also. I used to close the door, but sometimes people would bang the door, and break it and take me out.

Q: They were afraid something was wrong with you?

MASTER: They were afraid that probably I had left my body. They were thinking that without any food or water, how can a man live?

Q: The other day you told me that after initiation it was six years before you had any real progress. What did you mean by that? I mean compared to my experience and many others who haven't understood and applied themselves, and we feel that we have not made best use of our time and did not get much spiritual progress as far as inner experience is concerned. What did you mean in comparison to that?

MASTER: Guru Nanak practiced this meditation for eleven years sitting on stones; and Guru Amardas used to tie his hair to a nail and sit for meditation. If they had seen the real thing - the glimpse of happiness - within on the very first day, then what is the need of practicing for so many long years? Swami Ji Maharaj from his very childhood - the age of five years - sat in a dark room for meditation. He did it for eighteen years. If he had seen or experienced the real thing in a very short time, what was the need for practicing long years and

giving pain to the body?

When Baba Jaimal Singh was meditating in the ditches, he used to bring food for one week from the railway station. He put the chapatis in one place. Whenever he was feeling hungry he would take out the food and wet it in the water, and then eat it. Whenever he was feeling sleepy he would beat himself on the back with a stick. So when I was initiated by Baba Bishan Das into the knowledge of the first two Words, if I had seen the glimpse of happiness on the very first day, then what was the need of eating the vegetable soup, and doing meditation? Masters' initiates get a first hand experience and a little bit of capital. If they don't give that capital, then how can the disciple work on it?

Translator: He [Sant Ajaib Singh] was given first-hand experience and some capital to increase, and he worked on that doing meditations. He reached the goal after six years - the goal of the two worlds. [Sant Ajaib Singh reached the top of the second plane under Bishan Das, his first guru, before meeting Kirpal Singh - who then took him to the fifth plane - Sach Khand]. He attained that position in the second plane, and merged with the God of that plane. Just as we are given the knowledge of Five Words, and we know that Sach Khand is our goal, but we are not going to see Sach Khand on the very first day. We are given a first- hand experience and a little capital; we are given the knowledge and glimpse of the first stage.

Q: Some of us - by being lazy or not being properly disciplined -have even lost the light that we were given the very first day. You never did. You got the Light at the time of initiation and you worked at it steadily and faithfully so it grew and grew, and within six years you had accomplished the goal that Bishan Das had set before you. Some of us don't even see Light because we have been lazy.

MASTER: That is not good for them. And they will never progress. Those who are working according to the instructions of the Master from the very first day, and those who daily first give food to the soul in meditation, and afterward they eat, only they will progress and attain the position in the place from which Master comes. They will attune themselves with Master.

Q: How long was it from the time you were initiated until you began seeing Master Kirpal Singh inside?

MASTER: (Long pause) I am not sure about the dates because I do not remember them; but it is my guess that it was approximately twelve years.

Q: So you knew that You had to go further than Just the second plane - there was more for you to traverse in the higher spiritual regions?

MASTER: Yes. Bishan Das had given me a promise that "The Guru will come to your place to give you more."

Q: Many of us who haven't had this long background of spiritual awareness and development may progress slowly and think that this is only for exceptional people who can achieve this human evolution to the highest spiritual perfection. But I spoke to Babu Ji yesterday. He said he had worked for 37 years and then retired as a station master. All that time he was sitting on chairs - he had not been sitting cross- legged. He is an older man. I just wanted to raise the point that Westerners also, even though they have been sitting on chairs and are not accustomed to sitting still for long periods of time also progress if they apply themselves. Would you agree and comment on that?

MASTER: When Babu Ji was retired and he came to me, I told him that he should sit on a chair, and he should also try to sit on a wooden bench, and then on the earth. So he used to sit on the chair for two hours, and then he sat on the wooden bench for ten to fifteen minutes or half an hour. In that way, he learned to sit on the wooden bench and then on the earth. Now he is always sitting on the wooden bench. There is no burden and pain in love - if you have love for God, and if you want to meet Him, you will not be having any pain or any burden. You will never hesitate in helping your friend, on the worldly level, if he comes to you and asks for your help in the night time: it doesn't matter to you if you have to go across a very dangerous road. Even then you won't hesitate to go with him. So can't you understand the love for your God as much as the love for your friend?

Q: Masters say that We have to leave the body sometime. Now many people in the West do not understand that we can learn to leave the body now. It's not just a fairy tale, or fantasy, or imagination; it's a fact. It was interesting to me to meet Babu Ji who is 65 or 70 - and his father is 105 years old and has only been meditating for eight years - yet they have begun at this advanced age and are putting in time regularly. So people in the West I think could also do this.

MASTER: To leave the body is not a story or fairy tale - you can do it practically, and it is a practical fact. And they can also do it if they wish to do it. In Sant Mat, leaving the body means that you can leave the body whenever you like by closing your eyes and doing Simran, and afterwards you can again enter the body. To most people, to leave the body means you have to die. But in Sant Mat it means that you can leave the body as many times as you want, and you can again enter the body.

Q: You mentioned that before you had met Bishan Das or Master Kirpal Singh, you had been involved all your life in doing different practices. One thing that you mentioned was the practice of sitting in the circle of fires, and even though that had no spiritual results for you, it did help to discipline your concentration and control of your body. Could you describe that a little bit so we might get a little understanding of the background that helped you grow quickly when you did receive Naam?

MASTER: The only thing about that I would like to say is that if one has diverted his attention toward the way of God from his very childhood, he won't have any problems about progress. But you should not have any problem after you get the Naam initiation. After getting Naam you should cut your attention from the worldly things and you should give more attention to spiritual things. Then you can progress.

Q: But the key to success as I interpreted what you told me in the last few days is to be able to give full concentration - full attention to the inner practices. And the problem that most of us and most of the world has is that our mind is so scattered through the senses into the world outside that we cannot concentrate our attention inside at the third eye center.

MASTER: You have to think why you were given the man body. What is the purpose of your existence in this world? After death where are you going to go, and what are you going to do there? What are you going to eat and drink there? So you should be prepared for the journey beyond your death. You should utilize your mind in preparing yourself for the journey of beyond. You should utilize your mind in the spiritual practices, then only can you concentrate.

Q: A practical question that is of value for us to understand in our practices is the question of controlling the vital fluids in our practice. I often lose those fluids in dreams. Maybe you could comment on this.

MASTER: Those who are losing vital fluids are doing so because they are not having good thoughts. So whenever they go to sleep and have bad dreams - any woman inside the dream - they will lose vital fluid. You are a young man ... in Delhi also I was trying to tell you that you are not a married man, but you are not in a position to store your vital fluid. I was going to tell you but I thought that probably you would ask me this question. And now I will tell you about my own self. I have never seen any woman dancing. I never went to see any movie in my whole life. In the military they were showing movies free, but I was praying to my commanding officer to give me any duty rather than to tell me to see the movie. So my officer never forced me to go and see it. And he used to tell me, "OK, if you are not interested in this, you go and rest." The other people used to go to the movies, but I always sat and repeated the names "Hey Ram, Hey Gobind." I never played - I don't even know how to play cards, or chess.

I don't have very much knowledge about worldly affairs. Secondly, Bishan Das told me to always eat simple food. And Bishan Das Maharaj Ji always emphasized to live chaste: he used to ask me if I was losing vital fluid in dreams. He never allowed me to eat onions or garlic; he never allowed me to eat much - he did allow me to drink milk and eat light food. And he never allowed me to sleep deeply. He used to put wooden sticks on the bed in this position - like a "V" - he did this so that I would not have deep sleep and lose

control over kam, krodh, etc. I was young, and according to the nature of my age, I sometimes tried to sleep very deeply. But whenever he saw me, he would come and give me two slaps.

That's why I am very grateful to Bishan Das and I still love him - because he was the maker of my life, and he put the cornerstone in my life. Even now I was sick for the last twenty days, and only yesterday I have taken food. But still I am sitting in a very good position, and I am ahead of you because while you are sitting here you are hanging your position, and I am still in one position [laughter]. I had fever and I was vomiting whatever I drank or ate; even so, I am not more tired than you. About my diet you can ask Pappu; I have stayed at Pappu's house and he knows what I eat.

Translator: Very simple, light. Twice a day he took food - one vegetable and chapatis. And twice a day he took tea and nothing else.

MASTER: Anyway, this was my personal experience, and now I would like to advise you. The first thing is: never go to see movies. Never read romantic or obscene literature. Never look at pictures of women from which you get a feeling of lust. Use radio and television only for the purpose of listening to the news, and don't watch any movies or any other thing on television. Moreover, you should read only spiritual literature. If you do what I have told you - that you should not use radio and television, and if you want to read something, read the literature written by Saints and Mahatmas, and live on simple diet - then your diet will go on decreasing and your vital fluid will still be in your body. When you stop losing your vital fluid, then your diet will also decrease and you will eat less. And start giving rest to your body only for four or five hours in a day. And do Simran whenever you are doing any other work also. Then you will never lose your vital fluid. And if you will work according to what I have told you, you will know, and you can write me once a month about it. You will never lose your vital fluid; you will never feel tired while you are sitting; your attention will never come down from the eye center. Meditators should always protect the vital fluid. If you will not protect it, you will not progress and you will not succeed in meditation.

Q: So we can say that the effect of the mind is very powerful on the body, and if through our experience over the years we have developed certain habits of thinking and feeling, then this will automatically affect such things as our fluid. So this is why we should practice chastity, love for all life, etc.: so that we can transform our habits to where the mind will always be directed towards God in this practical sense - and not merely for social benefits?

MASTER: Yes. Chastity and the other things will help in every aspect of life, and also in the worldly affairs to which you have to attend.

Q: In the West there is a lot of influence - they sell commercial products by appealing to our sexual desires. In the entertainment shows, and in commercial

advertising, they are using our sexual desires to make money, and so it is everywhere we look. So the practical thing is that even though we may have developed these habits of mind or attitudes which may be misguided, we can change our mental and emotional orientation so that we can become pure and have control over our energies and our mind so that we can have better meditations-through Simran?

MASTER: In military there are various types of people: some of them drink wine and go to prostitutes. But I was never affected by them, and I was never worried about them. In the evening some people used to drink wine and come to my bed, dancing and using very bad words, but I used to sleep like this [sheet up over his head] and I never paid any attention to them. Sometimes they would pull the sheet from my body [laughter] but I never allowed them to take it from my eyes. So in the same way in the West: if people are doing such shows or things which give rise to lust, then you don't look at that. You can control your mind. At that time you should have your Guru on one side, and your mind on the other side. If you will obey your mind - if you will become the disciple of your mind - you will have to watch the shows and television and things like that. But if you will become the disciple of your Guru or Master, you will have to do Simran. That you have to choose; and you can do it... What do we have to take from the world? The life of a satsangi is different from other people. Guru Nanak also said that there is no comparison between those who are doing bhakti or meditation and those who are living a worldly life. That is why I was asking you about your intention for marriage.

Q: Well, the ideal that I have is to have control of my desires, my senses, to be able to live purely and be in control, because Master Kirpal has said marriage is no bar to spirituality. But it is a bar if we are not in control of our desires, emotions and our senses.

MASTER: Those who are the slaves of mind and senses, how can they control their senses and outgoing faculties? Saints never say that you should leave everything, or that you should leave the worldly life, but they teach how to control the mind and senses and your outgoing faculties. Many boys come to me and ask whether they should get married or not, and I tell them they should. And many boys come saying that they don't want to get married, and I tell them, "If you can control yourself, then it is all right. But first you should see whether you can control yourself or not."

Babu Ji's son always used to come to me and now also he is coming here. He was not ready for marriage. Babu Ji told him many times to get married, but he always refused. So he came to me and I told him that, "If you are very pure in your mind and you don't have any feeling of lust, and you have never used your feelings of lust, I am ready to bow down at your feet.

If you are looking at other women, then it is better to have your own woman in

your house." He was married in June. He is a nephew of Pathi Ji, and whenever he came here, Pathi Ji also told him to get married. But when he came to me I told him only the one thing: that if you are very pure in your mind, and if you are chaste, then it is all right to be single. But if you are not chaste - in thought also - then you should get married. It is better to have your own woman in your house than to look at other women. Many people do not get married but still they are not controlling their minds and their senses and desires. What is the use if they are not married but still they are repeating women's names like a rosary?

In the Vedas also it is written that the sexual act in marriage is only for the birth of a child, not for pleasure. Guru Nanak Ji - He was also married and he also led a worldly life - but what has he written about lust? That "for the pleasure of one minute you have pain for a long time."

Q: In my case, and I know many other Americans who try to improve themselves through their spiritual practices, it has been a struggle because we want to love everybody, and we want to love also women. At the same time we want to have pure love and not be lustful towards them. But getting married, as I saw it, does not solve the problem of lust because I know many married men who have lustful feelings for their wife, but they also continue to have lustful feelings for other women. So in order to overcome the problem of becoming a slave to our blind desires of lust then it's part of the process of self-awareness, self-knowledge, on the way to God knowledge. Before I could make a commitment - just speaking personally - before I could make a commitment to go ahead and get married, or to say that I don't want anything to do with women, I had to understand what it is that causes me to have the feelings that I have so that I can be freer to love and to choose my relationships with people on the basis of love and goodness as opposed to being a slave to desires.

MASTER: Mind is only pulling you toward your desires. You are thinking that when you are loving all - and especially women - your love is not remaining pure; but your thinking is wrong. Because that is also of our own feeling. If we understand that someone is our sister and she is beautiful, then also you are loving your sister, and Indians embrace their sisters; but their feelings are not polluted. If the woman is younger in age you understand her as your daughter, if she is of your own age you understand her as your sister, and if she is older than you, you consider her as your mother. It doesn't matter to a father if his daughter is beautiful. She may be loving her father, but he will not have any feeling of lust - even if she puts her head on her father's breast. The feeling of lust arises in your mind when you have not controlled your mind, and when you are not seeing that woman as your sister, mother, or daughter.

Q: Yes, I understand. I was bringing up this point because I know as a man of the world I have experimented with sex until I discovered something higher to experiment with. And I know; that these desires both in the woman and in the man exist. And in the West this is an endless cycle that keeps us enslaved to

each other - the man to the woman -because we do have pleasurable experiences through this. And in the West it is very popular, now especially, we have lots of contraceptives for birth control. We seem to have talked a lot about this subject, but it is something in the West today that we need to understand so that we can direct our attention to something besides the body of the opposite sex, so that we can begin to see the love in each other and not merely have the physical attachments.

MASTER: Unless we raise our love above the body and attachment to the body, we can never progress. Those who are loving the body - it doesn't matter if they are loving the body of their Guru, their wife, or other relations - it is still the body, and they have to face sometime that it is an illusion - because the body is not going to stay there forever. One day will come when it has to be destroyed. So those who are attached to the body and who love only the body, they will not progress.

Q: So we have - through Simran, Bhajan, and having a right understanding - we can direct our mind, to attach it to the higher center of concentration so that we can begin to change those mental habits that we have acquired over a lifetime?

MASTER: The love of Satsangis is different from the love of the worldly people. You see, the body with which we are enjoying pleasures is not going to last long, and the pleasures will not have the same enjoyment if you enjoy them daily. They will lose their interest. Nobody's body is going to remain as it is now. When time passes by and old age comes, the face of the woman grows bad, and it is the same with the face of the man and the body of the man. They will not like each other, and they will hate each other (if physical desire is their only bond). And they will also not enjoy that pleasure any-more. They will not like it.

Q: Well we have talked a lot about this physical attachment that limits us. I found part of the difficulty that I have experienced in not having a clear understanding, I found that I could not make a total commitment since I still had the attachment for women. And I know many satsangis who have the same problem. So without having the understanding of why we need to control and direct our energies upward to the eye center, we're afraid we will lose something in life if we don't associate with women on this physical level. We haven't learned to love purely - it would always be mixed with lust.

MASTER: Men are not loving women, but they are loving to lose vital fluid. If they love women, they will never enjoy pleasures with women. As it is, unless a woman satisfies the feelings of lust in a man, the man will not be happy with her. And women also are not aware that we should preserve our vital fluid. They are also doing the same thing.

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MASTER: No. It was of the brain. Because of the ojas.

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MASTER: Guru Nanak practiced this meditation for eleven years sitting on stones; and Guru Amardas used to tie his hair to a nail and sit for meditation. If they had seen the real thing - the glimpse of happiness - within on the very first day, then what is the need of practicing for so many long years? Swami Ji Maharaj from his very childhood - the age of five years - sat in a dark room for meditation. He did it for eighteen years. If he had seen or experienced the real thing in a very short time, what was the need for practicing long years and

giving pain to the body?

When Baba Jaimal Singh was meditating in the ditches, he used to bring food for one week from the railway station. He put the chapatis in one place. Whenever he was feeling hungry he would take out the food and wet it in the water, and then eat it. Whenever he was feeling sleepy he would beat himself on the back with a stick. So when I was initiated by Baba Bishan Das into the knowledge of the first two Words, if I had seen the glimpse of happiness on the very first day, then what was the need of eating the vegetable soup, and doing meditation? Masters' initiates get a first hand experience and a little bit of capital. If they don't give that capital, then how can the disciple work on it?

Translator: He [Sant Ajaib Singh] was given first-hand experience and some capital to increase, and he worked on that doing meditations. He reached the goal after six years - the goal of the two worlds. [Sant Ajaib Singh reached the top of the second plane under Bishan Das, his first guru, before meeting Kirpal Singh - who then took him to the fifth plane - Sach Khand]. He attained that position in the second plane, and merged with the God of that plane. Just as we are given the knowledge of Five Words, and we know that Sach Khand is our goal, but we are not going to see Sach Khand on the very first day. We are given a first- hand experience and a little capital; we are given the knowledge and glimpse of the first stage.

Q: Some of us - by being lazy or not being properly disciplined -have even lost the light that we were given the very first day. You never did. You got the Light at the time of initiation and you worked at it steadily and faithfully so it grew and grew, and within six years you had accomplished the goal that Bishan Das had set before you. Some of us don't even see Light because we have been lazy.

MASTER: That is not good for them. And they will never progress. Those who are working according to the instructions of the Master from the very first day, and those who daily first give food to the soul in meditation, and afterward they eat, only they will progress and attain the position in the place from which Master comes. They will attune themselves with Master.

Q: How long was it from the time you were initiated until you began seeing Master Kirpal Singh inside?

MASTER: (Long pause) I am not sure about the dates because I do not remember them; but it is my guess that it was approximately twelve years.

Q: So you knew that You had to go further than Just the second plane - there was more for you to traverse in the higher spiritual regions?

MASTER: Yes. Bishan Das had given me a promise that "The Guru will come to your place to give you more."

Q: Many of us who haven't had this long background of spiritual awareness and development may progress slowly and think that this is only for exceptional people who can achieve this human evolution to the highest spiritual perfection. But I spoke to Babu Ji yesterday. He said he had worked for 37 years and then retired as a station master. All that time he was sitting on chairs - he had not been sitting cross- legged. He is an older man. I just wanted to raise the point that Westerners also, even though they have been sitting on chairs and are not accustomed to sitting still for long periods of time also progress if they apply themselves. Would you agree and comment on that?

MASTER: When Babu Ji was retired and he came to me, I told him that he should sit on a chair, and he should also try to sit on a wooden bench, and then on the earth. So he used to sit on the chair for two hours, and then he sat on the wooden bench for ten to fifteen minutes or half an hour. In that way, he learned to sit on the wooden bench and then on the earth. Now he is always sitting on the wooden bench. There is no burden and pain in love - if you have love for God, and if you want to meet Him, you will not be having any pain or any burden. You will never hesitate in helping your friend, on the worldly level, if he comes to you and asks for your help in the night time: it doesn't matter to you if you have to go across a very dangerous road. Even then you won't hesitate to go with him. So can't you understand the love for your God as much as the love for your friend?

Q: Masters say that We have to leave the body sometime. Now many people in the West do not understand that we can learn to leave the body now. It's not just a fairy tale, or fantasy, or imagination; it's a fact. It was interesting to me to meet Babu Ji who is 65 or 70 - and his father is 105 years old and has only been meditating for eight years - yet they have begun at this advanced age and are putting in time regularly. So people in the West I think could also do this.

MASTER: To leave the body is not a story or fairy tale - you can do it practically, and it is a practical fact. And they can also do it if they wish to do it. In Sant Mat, leaving the body means that you can leave the body whenever you like by closing your eyes and doing Simran, and afterwards you can again enter the body. To most people, to leave the body means you have to die. But in Sant Mat it means that you can leave the body as many times as you want, and you can again enter the body.

Q: You mentioned that before you had met Bishan Das or Master Kirpal Singh, you had been involved all your life in doing different practices. One thing that you mentioned was the practice of sitting in the circle of fires, and even though that had no spiritual results for you, it did help to discipline your concentration and control of your body. Could you describe that a little bit so we might get a little understanding of the background that helped you grow quickly when you did receive Naam?

MASTER: The only thing about that I would like to say is that if one has diverted his attention toward the way of God from his very childhood, he won't have any problems about progress. But you should not have any problem after you get the Naam initiation. After getting Naam you should cut your attention from the worldly things and you should give more attention to spiritual things. Then you can progress.

Q: But the key to success as I interpreted what you told me in the last few days is to be able to give full concentration - full attention to the inner practices. And the problem that most of us and most of the world has is that our mind is so scattered through the senses into the world outside that we cannot concentrate our attention inside at the third eye center.

MASTER: You have to think why you were given the man body. What is the purpose of your existence in this world? After death where are you going to go, and what are you going to do there? What are you going to eat and drink there? So you should be prepared for the journey beyond your death. You should utilize your mind in preparing yourself for the journey of beyond. You should utilize your mind in the spiritual practices, then only can you concentrate.

Q: A practical question that is of value for us to understand in our practices is the question of controlling the vital fluids in our practice. I often lose those fluids in dreams. Maybe you could comment on this.

MASTER: Those who are losing vital fluids are doing so because they are not having good thoughts. So whenever they go to sleep and have bad dreams - any woman inside the dream - they will lose vital fluid. You are a young man ... in Delhi also I was trying to tell you that you are not a married man, but you are not in a position to store your vital fluid. I was going to tell you but I thought that probably you would ask me this question. And now I will tell you about my own self. I have never seen any woman dancing. I never went to see any movie in my whole life. In the military they were showing movies free, but I was praying to my commanding officer to give me any duty rather than to tell me to see the movie. So my officer never forced me to go and see it. And he used to tell me, "OK, if you are not interested in this, you go and rest." The other people used to go to the movies, but I always sat and repeated the names "Hey Ram, Hey Gobind." I never played - I don't even know how to play cards, or chess.

I don't have very much knowledge about worldly affairs. Secondly, Bishan Das told me to always eat simple food. And Bishan Das Maharaj Ji always emphasized to live chaste: he used to ask me if I was losing vital fluid in dreams. He never allowed me to eat onions or garlic; he never allowed me to eat much - he did allow me to drink milk and eat light food. And he never allowed me to sleep deeply. He used to put wooden sticks on the bed in this position - like a "V" - he did this so that I would not have deep sleep and lose

control over kam, krodh, etc. I was young, and according to the nature of my age, I sometimes tried to sleep very deeply. But whenever he saw me, he would come and give me two slaps.

That's why I am very grateful to Bishan Das and I still love him - because he was the maker of my life, and he put the cornerstone in my life. Even now I was sick for the last twenty days, and only yesterday I have taken food. But still I am sitting in a very good position, and I am ahead of you because while you are sitting here you are hanging your position, and I am still in one position [laughter]. I had fever and I was vomiting whatever I drank or ate; even so, I am not more tired than you. About my diet you can ask Pappu; I have stayed at Pappu's house and he knows what I eat.

Translator: Very simple, light. Twice a day he took food - one vegetable and chapatis. And twice a day he took tea and nothing else.

MASTER: Anyway, this was my personal experience, and now I would like to advise you. The first thing is: never go to see movies. Never read romantic or obscene literature. Never look at pictures of women from which you get a feeling of lust. Use radio and television only for the purpose of listening to the news, and don't watch any movies or any other thing on television. Moreover, you should read only spiritual literature. If you do what I have told you - that you should not use radio and television, and if you want to read something, read the literature written by Saints and Mahatmas, and live on simple diet - then your diet will go on decreasing and your vital fluid will still be in your body. When you stop losing your vital fluid, then your diet will also decrease and you will eat less. And start giving rest to your body only for four or five hours in a day. And do Simran whenever you are doing any other work also. Then you will never lose your vital fluid. And if you will work according to what I have told you, you will know, and you can write me once a month about it. You will never lose your vital fluid; you will never feel tired while you are sitting; your attention will never come down from the eye center. Meditators should always protect the vital fluid. If you will not protect it, you will not progress and you will not succeed in meditation.

Q: So we can say that the effect of the mind is very powerful on the body, and if through our experience over the years we have developed certain habits of thinking and feeling, then this will automatically affect such things as our fluid. So this is why we should practice chastity, love for all life, etc.: so that we can transform our habits to where the mind will always be directed towards God in this practical sense - and not merely for social benefits?

MASTER: Yes. Chastity and the other things will help in every aspect of life, and also in the worldly affairs to which you have to attend.

Q: In the West there is a lot of influence - they sell commercial products by appealing to our sexual desires. In the entertainment shows, and in commercial

advertising, they are using our sexual desires to make money, and so it is everywhere we look. So the practical thing is that even though we may have developed these habits of mind or attitudes which may be misguided, we can change our mental and emotional orientation so that we can become pure and have control over our energies and our mind so that we can have better meditations-through Simran?

MASTER: In military there are various types of people: some of them drink wine and go to prostitutes. But I was never affected by them, and I was never worried about them. In the evening some people used to drink wine and come to my bed, dancing and using very bad words, but I used to sleep like this [sheet up over his head] and I never paid any attention to them. Sometimes they would pull the sheet from my body [laughter] but I never allowed them to take it from my eyes. So in the same way in the West: if people are doing such shows or things which give rise to lust, then you don't look at that. You can control your mind. At that time you should have your Guru on one side, and your mind on the other side. If you will obey your mind - if you will become the disciple of your mind - you will have to watch the shows and television and things like that. But if you will become the disciple of your Guru or Master, you will have to do Simran. That you have to choose; and you can do it... What do we have to take from the world? The life of a satsangi is different from other people. Guru Nanak also said that there is no comparison between those who are doing bhakti or meditation and those who are living a worldly life. That is why I was asking you about your intention for marriage.

Q: Well, the ideal that I have is to have control of my desires, my senses, to be able to live purely and be in control, because Master Kirpal has said marriage is no bar to spirituality. But it is a bar if we are not in control of our desires, emotions and our senses.

MASTER: Those who are the slaves of mind and senses, how can they control their senses and outgoing faculties? Saints never say that you should leave everything, or that you should leave the worldly life, but they teach how to control the mind and senses and your outgoing faculties. Many boys come to me and ask whether they should get married or not, and I tell them they should. And many boys come saying that they don't want to get married, and I tell them, "If you can control yourself, then it is all right. But first you should see whether you can control yourself or not."

Babu Ji's son always used to come to me and now also he is coming here. He was not ready for marriage. Babu Ji told him many times to get married, but he always refused. So he came to me and I told him that, "If you are very pure in your mind and you don't have any feeling of lust, and you have never used your feelings of lust, I am ready to bow down at your feet.

If you are looking at other women, then it is better to have your own woman in

your house." He was married in June. He is a nephew of Pathi Ji, and whenever he came here, Pathi Ji also told him to get married. But when he came to me I told him only the one thing: that if you are very pure in your mind, and if you are chaste, then it is all right to be single. But if you are not chaste - in thought also - then you should get married. It is better to have your own woman in your house than to look at other women. Many people do not get married but still they are not controlling their minds and their senses and desires. What is the use if they are not married but still they are repeating women's names like a rosary?

In the Vedas also it is written that the sexual act in marriage is only for the birth of a child, not for pleasure. Guru Nanak Ji - He was also married and he also led a worldly life - but what has he written about lust? That "for the pleasure of one minute you have pain for a long time."

Q: In my case, and I know many other Americans who try to improve themselves through their spiritual practices, it has been a struggle because we want to love everybody, and we want to love also women. At the same time we want to have pure love and not be lustful towards them. But getting married, as I saw it, does not solve the problem of lust because I know many married men who have lustful feelings for their wife, but they also continue to have lustful feelings for other women. So in order to overcome the problem of becoming a slave to our blind desires of lust then it's part of the process of self-awareness, self-knowledge, on the way to God knowledge. Before I could make a commitment - just speaking personally - before I could make a commitment to go ahead and get married, or to say that I don't want anything to do with women, I had to understand what it is that causes me to have the feelings that I have so that I can be freer to love and to choose my relationships with people on the basis of love and goodness as opposed to being a slave to desires.

MASTER: Mind is only pulling you toward your desires. You are thinking that when you are loving all - and especially women - your love is not remaining pure; but your thinking is wrong. Because that is also of our own feeling. If we understand that someone is our sister and she is beautiful, then also you are loving your sister, and Indians embrace their sisters; but their feelings are not polluted. If the woman is younger in age you understand her as your daughter, if she is of your own age you understand her as your sister, and if she is older than you, you consider her as your mother. It doesn't matter to a father if his daughter is beautiful. She may be loving her father, but he will not have any feeling of lust - even if she puts her head on her father's breast. The feeling of lust arises in your mind when you have not controlled your mind, and when you are not seeing that woman as your sister, mother, or daughter.

Q: Yes, I understand. I was bringing up this point because I know as a man of the world I have experimented with sex until I discovered something higher to experiment with. And I know; that these desires both in the woman and in the man exist. And in the West this is an endless cycle that keeps us enslaved to

each other - the man to the woman -because we do have pleasurable experiences through this. And in the West it is very popular, now especially, we have lots of contraceptives for birth control. We seem to have talked a lot about this subject, but it is something in the West today that we need to understand so that we can direct our attention to something besides the body of the opposite sex, so that we can begin to see the love in each other and not merely have the physical attachments.

MASTER: Unless we raise our love above the body and attachment to the body, we can never progress. Those who are loving the body - it doesn't matter if they are loving the body of their Guru, their wife, or other relations - it is still the body, and they have to face sometime that it is an illusion - because the body is not going to stay there forever. One day will come when it has to be destroyed. So those who are attached to the body and who love only the body, they will not progress.

Q: So we have - through Simran, Bhajan, and having a right understanding - we can direct our mind, to attach it to the higher center of concentration so that we can begin to change those mental habits that we have acquired over a lifetime?

MASTER: The love of Satsangis is different from the love of the worldly people. You see, the body with which we are enjoying pleasures is not going to last long, and the pleasures will not have the same enjoyment if you enjoy them daily. They will lose their interest. Nobody's body is going to remain as it is now. When time passes by and old age comes, the face of the woman grows bad, and it is the same with the face of the man and the body of the man. They will not like each other, and they will hate each other (if physical desire is their only bond). And they will also not enjoy that pleasure any-more. They will not like it.

Q: Well we have talked a lot about this physical attachment that limits us. I found part of the difficulty that I have experienced in not having a clear understanding, I found that I could not make a total commitment since I still had the attachment for women. And I know many satsangis who have the same problem. So without having the understanding of why we need to control and direct our energies upward to the eye center, we're afraid we will lose something in life if we don't associate with women on this physical level. We haven't learned to love purely - it would always be mixed with lust.

MASTER: Men are not loving women, but they are loving to lose vital fluid. If they love women, they will never enjoy pleasures with women. As it is, unless a woman satisfies the feelings of lust in a man, the man will not be happy with her. And women also are not aware that we should preserve our vital fluid. They are also doing the same thing.

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