



Peace is Found in Naam

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This Satsang is based on hymn of Guru Ram Das Ji

Guru Ram Das Ji has said that inner peace is found in Naam or Word. Even if you get the kingdom of millions of khands and brahmands, you may still lack peace. There is no peace in worldly things. Peace lies within, and it cannot be attained unless one rises above body-consciousness. If peace could be had from outside things then scientists and others would have achieved it.

Peace, happiness and satisfaction, says Guru Ram Das, are all in Naam or Word, and unless you come in contact with a perfect Master or a saint who can link you with Naam, it is like living a life in the lower species of creation. He says that he would sacrifice himself, heart and soul, for a saint who can give him contact with Naam.

Guru Ram Das says that he cannot do without Word or Naam, and he prays that a perfect Master or Satguru gives him this inner contact so that he can practice it all his life and meet God. No doubt, books are full of praise for Naam or Word. But Naam or Word cannot be described in words or writing for it is neither Gurmukhi, Arabic, Persian nor Sanskrit. You can experience it when you rise above body-consciousness and transcend into the spiritual regions above. If it could be attained so easily then why in his old age would Guru Amar Das put his heart and soul into serving his Guru daily by bringing water to him from a long distance? Others have also put in hard labor for their Guru's service.

*Naam or Word is a precious jewel
and is the property of a saint;
Serve Satguru and he will
give you contact with Naam.*

The saint says that the Word is a precious gem, and it is the property of a perfect Master. Guru Granth Sahib is full of praises of the Guru's greatness. Nothing is more precious than Naam. But there is a great number of false gurus which has caused people to dislike gurudom. But the fact is that so long as you do not find a perfect Master, you cannot come in contact with Naam. Saints are born into all castes and religions. Only those persons are fortunate who come in contact with them. Guru Nanak says:

*Those who are destined from
above by the Lord and have faith in God-
The Word or Naam resounds within their soul.*

Only those persons whom God wants to liberate believe in Him, have faith in Him. And the Eternal Music resounds within them. Saints come with a mission and bring the wealth of Naam for us, but we do not listen to them and do not follow their advice. The result is that we come into the world blind and leave it blind. Instead of benefitting from the saints we question their motives and we treat them poorly. Guru Tegh Bahadur was beheaded in Chandni Chowk in Delhi. Guru Arjan Dev was made to sit on a hot iron plate under which fire was burning, and Christ was crucified. The saints come to liberate us, but we mistreat them and torture them. When a real saint comes, the Negative Power simultaneously sends its agents to mislead people from the path.

The Satguru does not want your mind, body or wealth. He feels happy if you devote your time to bhajan and simran so that he may take you to Sach Khand. At the time of initiation he instructs you how to rise above body-consciousness by constant spiritual practices.

*O Lord, I am the lowliest of
the lowly, saith Nanak;
Keep me under Your protection.*

So long as the saint is on the physical plane, he never says that he is a Guru. Guru Gobind Singh also says:

*I am the servant of the Lord,
And have come to see the
world's play.*

The saint says that you may call him your elder brother, or your friend. When you rise above body-consciousness and witness his glory then you may call him by whatever name you like. Satguru teaches us to leave the nine doors of the body and rise to the eye-focus and meet the radiant form of the Master. There is no service greater than this.

It is said in the Guru Granth Sahib:
Guru is always with me.

Wherever you go, whether England, America or Africa, or anywhere else in the world, the Guru is always with you. Even if you remember him in the middle of the night in your own room, he is in front of you and will talk to you. Naam is with the saints. Those who tap inside know the value or worth of a saint. Others do not know who a Satguru is.

*Fortunate are those who came
in contact with the Guru,
Those who do not meet Satguru
are under the sway of the Negative Power.*

Guru Ram Das says that those persons are fortunate who come under the care and protection of the Guru and who practice meditation. He says further that persons who do not find a Satguru in their lifetime are very unlucky, and at the time of their death the Angel of Death comes and takes their soul. Guru Nanak's following verses prove true in the case of those disciples who practice Naam or Word:

*The Angel of Death yields
before none. but never
comes near the Guru's Naam.
If it hears Naam, the Angel
of Death runs away.*

At the time of death, the Angel of Death never comes to a person who practices Naam. Instead, the Satguru comes to take him. Even if an initiated disciple has not practiced Naam, out of compassion, the Guru still comes to take him at the time of death. The Gurbani also says:

*Those who come in contact
with Satguru, says Nanak,
Their coming and going cease.
But those who do not contact
a Satguru, They continue in the wheel
of eighty-four.*

The saints say that persons who do not meet a perfect Master and receive the initiation of the Charged Words from him, will take birth again and again. Guru Granth Sahib is full of praises of

Naam or Word. If an owl does not see the sun, it is not the fault of the sun. In the same way, if a person does not recognize the greatness of a saint, it is not the fault of the Guru.

A void the company of those
whose hearts are full of
anger and bigotry.

Now Guru Ram Das says that if a man whose clothes are besmeared with filth enters your kitchen, you will hesitate to take your meal. Such is the case of persons who are full of vices; we should avoid their company.

*By the grace and blessings
of Satguru, fortunate souls
taste the Elixir of Naam.
Those who practice meditation,
all the sins of their past
lives are wound up.*

Every person, of whatever caste or creed, has a fountain of Elixir overflowing within him at Par Brahm. If one does not meet a Satguru, he remains devoid of Naam and the Elixir. But if a person gets initiated and acts according to the Guru's instructions, the Satguru takes him above body-consciousness to Par Brahm where he tastes the Elixir of Naam. Guru Nanak says that within the body is the true Amritsar [fountain of Elixir], which is the panacea for all the ills of life. You cannot attain salvation by going on pilgrimages or by reading scriptures. He further says:

*You may go on reading books . for months and years
together- So long as there is life in
the body. But O Nanak, there is only
one thing of value- to go within.*

The rest *is useless.*

It is not bad to read books. But reading them cannot take us to the ultimate goal. The real aim of life is to use every means possible to contact Word or Naam and wash clean the impurities of the past lives by rising above body-consciousness.

Guru Ram Das says that when we come under the Guru's protective care he gives us contact with the inner Light and the Sound Current, and by constant practice and progress our soul passes from plane to plane until it reaches God.

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