



Meditation Talk

by Sant Sadhu Ram Ji

(29th July 2002 Morning)

I bow down to the lotus feet of Sat Guru Ajaib Singh Ji Maharaj, millions of times. He showered peace on us, made us meditate and inspired us to do devotion of Naam. Only by doing devotion of Naam,

one can get peace. Today we are sitting in the remembrance of our Great Sat Guru Ajaib, the purpose of remembering Him is to do the devotion of Naam (meditation) and get rid of five dacoits i.e. lust, anger, greed, attachment and ego, who are living in our body.

So Guru Bani, Rabbi Bani, Aakash Bani, Ram Dhun, Wahe guru, by whatever name we call Him, that Naam is inside our heart. Saints and Mahatmas give us the technique to meditate upon that Naam. By meditating upon that Naam, the mind gets the peace and these five dacoits leave the body. When these dacoits leave the body only then one can get peace. Until these dacoits leave the body, mind does not remember the name of Ram one cannot get the peace. As we want to do the devotion of God to protect ourselves from sufferings, now the God is residing in everybody and if we want to do the devotion of God, how can one hurt or discriminate between people or say something bad to anybody. If one understands that God is residing in everybody, then all beings are equal.

We have come here for the purpose of remembering God and to get rid of sufferings. We have to make our mind understand that till now it has done many bad deeds, but now onwards, it should keep away from them.

Why? Because when mind comes under the influence of anger, it is not in its senses and can also commit murder, the punishment for which is very long, and continues in many births. Mind goes on the wrong path

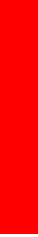
because of anger. If it had done the devotion of Ram, Allah, Wahe Guru, it would have been without ego. If it did not have ego it could make its life pure. When the thief does the theft he does not think about the punishment he will get and after getting caught he gets the beating. Mind is under the influence of the passions and pleasures of world. It does not listen to anyone. If someone is telling it that dear one there is a pit ahead, it does not listen. So He inspires the mind to do the devotion of God, if it wants to meet Him, which is residing in everybody, and quench its thirst i.e., desire of meeting Him.

Just think with a cool mind, whether someone has got Naam or not, there is still the same amount of lust, same amount of anger, same amount of greed, same amount of attachment and ego are present in us, so what is the use of taking the Naam and going to Saints and Mahatmas? We can get the advantage of going to Saints only if we leave the five dacoits and do the devotion of Naam and then will we get the peace (sukh). Guru Nanak Dev Ji also says, "Nanak dukhiya sab sansaar, sukhiya nazar naa aya". Sukhiya is that person who has trust in Ram

Naam. The one who has faith in Ram Naam, he is happy.

Our purpose of getting together in the name of our beloved is that we have to do Simran and pray to Him with pure heart. Baba Ji also prayed to Sat Guru to forgive him for his bad deeds. There is so much power in Naam, the Naam which is omnipresent. We should also meet that Naam so that our bad deeds are forgiven.

Kabir Sahib also says that remember Him, not with the outside rosary which is made up of wood or rubber but remember God with mind's rosary. He inspires mind to pray to God, we have to remember and pray



to the God with our mind. Only then will we meet the Sat Guru, our bad deeds will stop and we will get peace.

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