

Shri Satguru Ve Namah

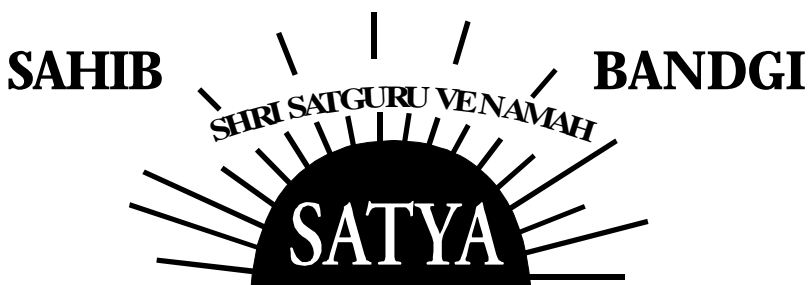
THE TRUTH

*Is duniya ki reet anoothi,
tajay saach aur zhooth se preeti.*

This world has altogether a very strange way of living where people discard the ‘Truth’ and has immense love and faith for ‘Falsehood’.

*Ved chaaron naahin janat,
Satya Purush kahaniyan.*

All the four Vedas does not know anything about the reality related to Param Purush.



Sant Ashram-Ranjadi, Post-Raya, Distt.- Samba

The Truth

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My Motive

The world of Holy Saints is unique and altogether different as compared to this mortal world. Holy saints used the common man's language in a very simpler form to convey their teachings to the common man, about the true presence and appearance of 'Supreme Lord' which can easily be realized from their sayings. Kabir Sahib and other Holy Saints used the words 'Ram', 'Hari', 'Har', 'Sai' etc in their sayings to make people understand in people's language, but the meaning to all the above said words for them remains the same which were used for 'Supreme Lord' (Sahib) only. So there is no need to get puzzled while reading out or hearing such words into their teachings. Kabir Sahib clearly mentioned about the presence of four different 'Ramas' in His own sayings.

*Sakaar Ram Dashrath ka beta,
Nirakaar Ram ghat ghat mein laeta.
Bindu Ram jin jagat pasara,
Niralanbh Ram sabahi te nyara.*

It means the 'Ram' to whom the world is worshipping and at the same time considering as 'Supreme Lord' is no one else but a son of king Dashrath. The Holy Saints never talked about to worship that 'Ram'. So, then some people do worship of 'Formless Ram' and considers that all Holy Saints were talked about the same 'Formless Ram' as 'Supreme Lord'. But, to this 'Formless Ram', all Holy Saints addressed him as 'Kaalpurush' who itself is formless 'Mind'. Now, comes the third 'Ram' who is the source of whole physical creation

and this is the 'semen'. So, the fourth 'Ram' for which the Holy Saints talked about is beyond all the three 'Ramas' which is immortal and it never comes in the circle of birth and death through any form of incarnation. To that very 'Ram' all the Holy Saints addressed him as 'Sahib'.

Somewhere people find the mentionings of both Sargun and Nirgun forms of worship and the 'Words' associated with the same into the teachings of Holy Saints which make them think as if the Holy Saints were also doing the same forms of worship and established the same into their ideologies, but that is not the truth. Such mentionings of both Sargun and Nirgun forms of worship are there into the sayings of Holy Saints (except Kabir Sahib) because before getting initiation of 'Alive Holy Name' by Kabir Sahib, they all were doing the worship of 'Kaalpurush' (Mind / Niranjan / God of Death). That is why the mentionings of those worships are there in their spiritual ideologies.

You will also find the mentioning about the secrets of kriya yog, anhad dhuns (jinglement of words), jyoti, 10th aperture etc into the sayings of Holy Saints. They mentioned such things only to convey the powers and limitations associated with it. They never established such things as the right medium of worship to realize the true 'Sahib'. While conveying all the facts about the above said mediums, Holy Saints actually established the 'Naam' (Alive Holy Name), alongwith its powers into the world of true spiritualism. Holy Saints never established those 'Words' (Holy Names) as true 'Naam' which are present in every human body and can be recited through tongue. The 'Naam' (Alive Holy Name) which Kabir Sahib and all other Holy Saints talked about is a

formless 'Word' that cannot be recited through tongue and in no way comes under writing, reading or speaking. That true 'Naam' is only available to real Holy Saints and is nowhere to be found in any of the religious scriptures/ manuscripts that are available to humanity. That true 'Naam' is the only key to unlock the 11th aperture that is present in the concentration (soul) of every being which actually is the gateway to 'Amarlok' (4th Lok) which exists beyond the limits of universe (3 lok's) i.e. beyond the reach of mind and body.

My real motive into this world is to create awareness about the true mode of worship associated with 'Supreme Lord' (Sahib) amongst the masses irrespective of caste, colour, religion. I really want to share the purest form of knowledge about soul, mind, body, universe and Supreme Lord with the whole of mankind where everyone is living in darkness due to complete ignorance and lack of true spiritual knowledge.



*Avval sant Kabir hain dooje Ramanand,
tasey bhakti pragat hui saat deep nav khand.*

*Yak araj guftam paes, tu darr gos kun Kartar.
Hakka Kabir Karim tu, be aib Parvardigar.*

—Guru Nanak Dev ji

The Truth

Satya sohi joh vinshae naahin.

The One who was present when there was no creation and will remain present even when the whole creation perishes. The One who is Immortal and never comes in the cycle of birth and death. The One whose existence and presence is far beyond from the limits of mind and body is the only truth which itself is the Supreme Lord.

The word ‘TRUTH’ means “The Reality Unknown To Humanity”. All Truth goes through three phases. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self evident.

The same thing happened (as mentioned above) between the year 1398 - 1518 in India, when ‘Sant Samrat Satguru Kabir Sahib’ for the very first time defined an unknown truth to the whole of mankind that, every single human being on earth is doing the worship of ‘Mind’(Niranjan/Kaalpurush) not of ‘Supreme Lord’(Parampurush/Sahib) which gave a real shock to everyone. At that time, Sikander Lodhi was the King and was ruling over India. The statement and popularity of Satguru Kabir Sahib became intolerable to Shaekh Taqi who was the Rajguru (Religious Preacher) of whole kingdom and he tried his level best to kill Kabir Sahib. He gave 52 death sentences to Kabir Sahib but failed to kill him. These 52 death sentences are popularly known as ‘Bawan Kasni’ or as ‘Bawan Zanjeer’. Kabir Sahib was a social reformer who worked only for the welfare of mankind. He was neither

against any religion nor an atheist. Kabir Sahib clearly mentioned in His own sayings that I have descended down onto earth from such a world which is unknown to all the religious scriptures/manuscripts that are available to the mankind. The world where there is no birth-death, no karmas, no body, no mind, no elements, no universe, no planets, no cosmos, no day-night, no time, no destruction, no dissolution, no punishment, no religion, no caste, no colour.

No secondary God (Niranjan, Adhya Shakti, Brahma, Vishnu, Shiv, Ram, Krishna, Ganesh, Gods-Goddesses, etc.) exists over there. The world which I am talking about exists beyond this perishable universe and is immortal. Kabir Sahib addressed that world with a name ‘Amarlok’ (‘Amar’ means Immortal & ‘Lok’ means World/Abode) in His ideology of SantMat which indeed is the true origin of all the souls and is the true abode of Supreme Lord (Sahib). Kabir Sahib says that I came here as per the desire of Supreme Lord just to liberate the souls of Supreme Lord from the entrapment of “Kaalpurush”(Niranjan/Mind) who is cruel by nature and has entangled all the souls in the endless cycle of birth-death by creating physical bodies, sex, anger, greed, attachment, ego and karmas. It is the ‘Kaalpurush’(Mind) himself who is giving pain, grief, suffering, sorrow to all the living beings in this mortal world. He also explained that the world in which we all are residing is the creation of ‘Mind’ (Kaalpurush) and is not at all our true abode. All beings who are present in this mortal world are completely entrapped in the endless cycle of birth and death. No being can attain permanent salvation from the entrapment of Mind and Body without a true ‘Satguru’ (Perfect Spiritual Master).

Kabir Sahib clearly explains that every single religion on earth is the creation of ‘Niranjan’ (Mind/Kaalpurush) and all are doing worship of ‘Niranjan’ (Kaalpurush/Mind) in one way or the other by considering him as ‘Supreme Lord’ (Sahib), who in reality is the 5th son of ‘Supreme Lord’ emanated from the word ‘Jyoti Niranjan’.

At the same time, Kabir Sahib also explains that Supreme Lord (ParamPurush – Sahib) is neither have any Form (Sakaar) nor He is Formless (Nirakaar). Supreme Lord is neither a Word, Anhad Dhuns (jinglement of words), Jyoti, White Light, Golden Light nor He is Onkaar, Sohang, Jyoti Niranjan, Satt, R-Rankaar. Supreme Lord is present within every individual’s soul and is nowhere to be found in an outer world. But, realization of Supreme Lord cannot be possible without the blessings of a true living ‘Satguru’.

Kabir Sahib clearly explains that Supreme Lord (Sahib) is the only ‘Truth’ and rest all which we are seeing, writing, reading, speaking, listening, believing and experiencing in our due course of life is perishable and is the secret play of ‘Mind’ (Kaalpurush/God of Death) just to entangle every single soul (our own true-self) within his own territory i.e. within the limits of universe (3 lok’s) which holds the endless cycle of birth and death.

“Satya” samaan dharam nahin aana.

Sahib Ji says that there is no religion equivalent to the religion of “Truth”.



Ideology of Satguru

Teen Lok se bhin pasara, Amarlok Satguru ka nyara.

The real abode of the Perfect Spiritual Master (Satguru) is Amarlok (4th Lok), which exists beyond universe (3 Lok's).

The ideology of “SantMat” and “Saints” is beyond the limits of Sargun and Nirgun modes of worship, which is totally based on true self-realisation. The complete ideology revolves around “Satguru” (Perfect Spiritual Master) only and has no dependence onto any kind of manuscripts / religious scriptures. The word “Satguru” firstly came into existence from the spiritual ideology of “Sant Samrat Satguru Kabir Sahib”.

Kabir Sahib was the only saint in the history of mankind who placed Guru (i.e. in SantMat word Guru is referred as Satguru) onto much higher platform as compared to God and declared that “Guru is greater than God”. Neither any saint nor any religious scripture ever challenged to declare a Guru being greater than God. There is a real reason behind such a bold statement, which Kabir Sahib understands. But, in today’s modern world, people are fighting to establish their own individuality and religious rituals due to selfish motive and lack of true spiritual knowledge.

Sahib Ji says that this universe (3 Lok's) belongs to Niranjan (Kaal Purush), who himself resides into every human body as Mind and rules over the universe. The whole world is doing worship of Kaal Niranjan (Mind) in one way or the other by considering him as their Supreme Lord who created all the entanglements for each individual soul. Mind

is the closest enemy of every human being and is the only barrier between a Soul and Satguru (Perfect Spiritual Master) because he knows that only a real Satguru has the power to liberate each individual soul from the endless cycle of birth and death. Sahib Ji has always encouraged people to worship One and only One Supreme Lord (Param Purush/Sahib) who is immortal and is present into the concentration (soul) of every human being. But, without getting blessed up with Real Alive Holy-Name (Sajeevan Naam) of Supreme Lord from a real Satguru, no one can liberate himself from the trap of Mind and Body. The existence of Supreme Lord is far beyond from the reach of any religion, religious scriptures and religious rituals. Sahib Ji says that only a Satguru knows about the real identity of Supreme Lord (Param Purush/Sahib) who is neither have any Form (Sakaar) nor is He Formless (Nirakaar).

The ideology of SantMat explains the importance of the Perfect Spiritual Master (Satguru) from whom one can understand the Truth of Life and can easily attain permanent salvation from the endless cycle of birth and death, only with His blessings in form of real Alive Holy-Name (Sajeevan Naam) which does not comes under reading, writing or speaking. Real Alive Holy-Name (Sajeevan Naam) which Satguru Kabir Sahib and other Holy Saints talked about is not at all the subject of speakable words or sentence. It is not available into any religious scripture or manuscripts. It is only available to a true living Satguru who has the complete authorisation to transmit that Alive Holy-Name to any individual Soul in the universe through His concentration.

“Sahib Bandgi” spiritual organisation has brought a scientific revolution in the world of spirituality. The organisation is totally based onto the principles of True Spiritualism (Satya Bhakti) which completely revolves around a living Satguru who himself is a truly enlightened soul - His Holiness : “Sant Satguru Madhu Paramhans Ji” (Sahib Ji).

Sahib Ji himself has the realisation of Amarlok (4th Lok), which is the real abode of Supreme Lord (Param Purush – Sahib). Sahib Ji has revealed all the secrets and limitations of Mind-Body, Creation of Universe, Modes of Worship, Kaal Niranjan, Realisation of Supreme Lord, True Abode of Souls, Salvation and many other hidden mysteries which are unknown to the humanity.

The five major things which Sahib Bandgi spiritual organisation has revealed as per the true “Satguru Ideology” are mentioned below :

1. This is the world of Kaal Niranjan (Mind) and he rules over the universe.

2. Yogis have to struggle really hard to reach up to the abode of Niranjan (i.e. shunya - the 14th lok, which is present in every human-being). In veda’s ‘Niranjan’ is being referred as Nirakaar, Aad Niranjan, Onkaar, Paar-Brahm, Nirgun Brahm etc.

3. Rishi, Muni, Siddh, Saadhak, Peer, Paegambar, Yogi, Yogeshvar etc had reached upto the 14th Lok (Shunya) only, but all failed to attain permanent salvation from the endless cycle of birth and death i.e. could not escape from the territory of Niranjan (Kaal Purush - Mind) who himself resides in shunya (sky-vacuum-space).

4. Beyond “Shunya” there is the creation of “Maha-Shunya”. In Maha-Shunya there are 7 Lok’s (worlds/abodes) where no articles exists. These 7 Lok’s are : 1. Achint lok, 2. Sohang lok, 3. Mool-Surti lok, 4. Ankur lok, 5. Ichha lok, 6. Vani lok and 7. Sahaj lok. All 21 Lok’s (i.e. 14 Lok’s up to Shunya plus 7 Lok’s of Maha-Shunya) up to Sahaj Lok comes under great dissolution.

5. The soul has descended into this universe from ‘Amarlok’. Amarlok is a world which never comes under any dissolution and is immortal in nature. In Amarlok, there is no existence of five elements (water, fire, air, earth, sky), cosmos (sun, moon, star, planets), gender (male, female), body, mind, time (day, night, period, phase, era), secondary god (Niranjan, Adhya Shakti, Brahma, Vishnu, Shiv), birth-death, punishments, sounds, words, jyoti, jinglement of words (anhad dhuns) etc.

Bin Satguru pavey nahin, koi kotin karey uppaey.

Without the blessings of a true perfect spiritual master no individual soul can attain permanent liberation from the entrapment of ‘Mind’ and cannot reach back to its real abode ‘Amarlok’.



Naam videhi jab miley, andar khulein kapaat.

Daya Sant Satguru bina, ko batlavey baat.

—Tulsi Sahib (Hathras waley)

Tulsi Dass ji says, “The inner gate of conscience gets opened only after getting blessed with the bodiless ‘Naam’. None but the grace of Sant Satguru can show the needed path in this regard.”

Differences Between Guru and Satguru

Devi Deval jagat mein, kotin pooje koye.

Satguru ki pooja kiye, sab ki pooja hoye.

The worldly people are engaged in the worship of gods-goddesses by performing thousands of rituals. Whereas, the worship of a true Perfect Spiritual Master (Satguru) alone includes the worship of whole divine wisdom.

| GURU | SATGURU |
|--|---|
| 1. Guru does not attains the state of Oneness with Supreme Lord whose existence is beyond the limits of both the Form & Formless states. | 1. Satguru truly attains the state of Oneness with Supreme Lord who neither have any Form nor He is Formless. |
| 2. Guru has the knowledge of universe (3 lok's) only which has its limitations upto Kaal Niranjan (Mind) to whom all religions considers as formless Supreme Lord. | 2. Satguru has the true knowledge of Amarlok (4th lok) which exists beyond universe (3 lok's) and is the true abode of Supreme Lord. |
| 3. Guru is limited only upto the limits of Sargun & Nirgun modes of worships which both comes under the territory of Kaal Niranjan. | 3. Satguru is the one who knows about the secret of 'Pra Bhakti' (Satya Bhakti) which is the true worship of Supreme Lord and is above Sargun/Nirgun modes of worships. |

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| <p>4. Guru only knows about those ‘Words’ which are speakable, writable, readable and are present in human body.</p> <p>5. Guru solely concentrates all his devotees to ‘Self-Practice’ (Naam Kamai/ Shabd Kamai) to attain salvation.</p> <p>6. Guru has the knowledge upto 10th aperture (Dasham Dwaar) which remains under the territory of Kaal Niranjana (Mind).</p> <p>7. Guru does not have the power to transform any individual being alike himself.</p> <p>8. Guru does not have the true knowledge of a Soul (Aatam Gyaan).</p> <p>9. Guru has its dependance on religious scriptures/ manuscripts.</p> | <p>4. Satguru knows the secret of true bodiless ‘Word’ which is an Alive Power that does not come under writing, reading or speaking and is present in His own concentration.</p> <p>5. Satguru solely concentrates all His devotees to ‘Kripa’ (blessings) which leads to permanent salvation.</p> <p>6. Satguru has the true knowledge of 11th aperture (Gyarvaan Dwaar) which is present in concentration and is far beyond from the reach of Kaal Niranjana (Mind).</p> <p>7. Satguru has the power to transform any individual being alike himself just through His own concentration.</p> <p>8. Satguru has the true knowledge of a Soul (Aatam Gyaan).</p> <p>9. Satguru has no dependance on any of the religious scriptures/ manuscripts because He himself is an Enlightened Soul.</p> |
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| <p>10. Guru cannot liberate any individual's Soul permanently from the endless cycle of birth-death.</p> <p>11. Guru itself is a being who fails to attain complete liberation from the entanglements of mind & body.</p> <p>12. Guru in true sense do worship of Kaal Niranjana (Mind) and not of Supreme Lord (ParamPurush/Sahib).</p> <p>13. Guru do not have the true realisation of Supreme Lord and knows nothing about His true presence and appearance.</p> <p>14. Guru do not have the 'Paras Surati'. (Supreme Lord's Concentration).</p> | <p>10. Satguru himself liberates each individual Soul permanently from the endless cycle of birth-death.</p> <p>11. Satguru attains complete liberation from the entrapment of mind & body and is the only Perfect Master in the whole of universe who completely rules over 'Mind'.</p> <p>12. Satguru in true sense is the only true Perfect Spiritual Master who do worship of Supreme Lord (ParamPurush/Sahib) and not of Kaal Niranjana (Mind).</p> <p>13. Satguru has the true realisation of Supreme Lord and is the only Perfect Master in this universe who exactly knows the true presence and appearance of Supreme Lord which still remains a secret for the whole of mankind.</p> <p>14. Satguru has the 'Paras Surati' (Supreme Lord's Concentration).</p> |
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*Tab tak karo Guru dus paancha,
jab tak Guru miley nahin saacha.*

A devotee can seek the shelter of as many Gurus as he/she wants to, till such an individual ables to seek the shelter of a true Satguru.

Features of A Real Satguru

Satya Purush ko jaansi, tiska Satguru naam.

A guru who has the true realisation of Supreme Lord is a Satguru.

Kabir Sahib in his ideology of SantMat clearly explain that without understanding the basic difference between a Guru and Satguru, and by simply considering every guru as a Satguru is not going to serve the most important purpose of human life i.e. Maha Nirvana (permanent salvation from the cycle of birth-death). Such a devotee won't succeed in his true purpose and will not be able to reach back 'Amarlok' (4th lok). He will instead attain heaven at the most. Kabir Sahib also explain that a Guru who shows the path of Sargun and Nirgun modes of worship is without a doubt to be considered as an ordinary Guru. But, a Guru who shows the true path of worship related with Supreme Lord (ParamPurush/SatyaPurush/Sahib) alone, which in reality is far above from both Sargun and Nirgun worships, is a true living Satguru. But, in modern times every Guru considers himself as a Satguru, so in such circumstances it is but natural for the people to get misled. There are thousands of religious preachers who talks about 'Amarlok' , but have not actually seen it.

Kabir Sahib knew that in kalyug (modern times) even unreal Gurus will try to mislead people. So he spoke about the distinguishing features of a real Satguru. Further, all the

true saints have recognised and accepted the same features when realized the true presence and appearance of Supreme Lord (Sahib). In fact, the word 'Satguru' is not be found in any of the religious scripture/manuscript before the advent of SantMat. It is only Kabir Sahib who gave the name 'Satguru' to the real holy saints. Earlier there was only the mentioning and the talk of Guru, Sargun and Nirgun mode of worships alone which were available to the religious scriptures/manuscripts. Kabir Sahib for the very first time revealed the secret of 'Supreme Lord' and 'Amarlok' (4th lok) to the whole world that lies far away from this universe (3 lok's). In the world of spirituality, all true holy saints addressed Kabir Sahib with the names 'Sant Samrat' ; 'Sant Satguru' and accepted all his true sayings and teachings.

Kabir Sahib shares and further explained all the seven special features of a real Satguru (Perfect Spiritual Master) which will help the devotees in seeking up a true living Satguru. The seven special features are :

1. Nirvasna.
2. Nirbandhan.
3. Saargrahi.
4. Nirlobhi.
5. Satyavaan.
6. Sarvagyi.
7. Ekroop.

NIRVASNA – It means that he should never have sex with anyone. The lustful activities are always performed in a state of ignorance. So, how can such a person be called as the true representative of Supreme Lord. Just as a person

cannot experience dreams in an awakened state, likewise a person cannot indulge in sexual activities in the state of awareness. It is the appearance of sex that makes a man forget everything else except lustful ideas and deprives him from the power of rightful thinking. Such a person cannot be considered as a true enlightened being. Keeping this in view you must make a search for a Guru who is Bal-Brahmchari (No sexual relation with anyone right from childhood). Kabir Sahib says that if a person fails to find a Bal-Brahmchari Guru, then he should find such a Guru who has become a sanyasi (who has renounced the world) on becoming enlightened.

NIRBANDHAN - It means that the Guru should not have any special attachment with his family members. He should only have relation with his disciples alone. If he maintains relation with family, he will then utilize the money received from the disciples for the welfare of his own family instead of using that money for the noble deeds. He will behave in a partial manner and at the time of his departure from this mortal world will make someone from his family members or near and dear ones as his successor. The process of choosing the successor to a Guru should not take place on the basis of one's descendant but, should take place on the basis of the competence of the disciple. The real duty of a Guru is to liberate the soul of the disciple from the grip of attachment and to lead him back to its real abode. If a person wants to liberate himself from the worldly bondage, he should seek the shelter of such a Guru who himself is free from all the worldly bondages.

SAARGRAHI - It means that the Guru should live his life on his own earnings and never beg money from anyone to feed the body. One should not bow one's head at the feet of such a Guru who does not live on his own earnings. Kabir Sahib says that a Guru who lives on the offerings made by the disciples will teach the same to his disciples.

NIRLOBHI – It means that Guru should not keep an eye on the wealth of his disciples. He should instead, utilize the wealth of his disciples for noble cause. If the Guru does not possess this virtue, then the future of the disciples will surely drown in the middle of nowhere.

SATYAVAAN - It means that Guru should be truthful in all means. Supreme Lord resides only in the heart of truthful person. Alongwith, the Guru should be one who serves the society in selfless manner. There is no sin greater than falsehood and no worship greater than truthfulness.

SARVAGYI – It means that Guru must have hold the complete in-depth knowledge of all the religious scriptures/manuscripts as well as know each and every aspect of the inner spiritual journey and about the whole spiritual world, so that he may be able to clear all the doubts of his disciples regarding true spiritualism. If a Guru is not in a position to clear the doubts of his disciples, then he is not worth being called as a Guru.

EKROOP - It means that a soul of a Guru should have become in union with Supreme Lord (Sahib). This seventh feature can be found only in that Guru who has all the aforesaid six features. It is such a Guru alone who can be called as a real 'Satguru'. He who does not possess all the seven features should be totally consider as an unreal Guru.

Kabir Sahib says that if you find that your Guru is not a real one and is not in a position to provide you permanent

liberation from the endless cycle of birth and death, you should not waste any time in shunning that Guru. Some people think that they will commit a sin if they leave their Guru. But, Kabir Sahib says that such a thinking is not a rational one in the field of spirituality. You must have no doubt about it, because every single being has the right to choose the perfect spiritual master who can easily remove all the darkness and illusion from the heart of a disciple with his true spiritual powers in a truthful manner. There is no harm in seeking the shelter of even 5 to 10 Gurus by the time one finds a real Satguru.

A person who becomes a devotee of a real 'Satguru' will definitely achieve Maha-Nirvana (permanent salvation) and that is a true guarantee. There should be no doubt about it. In order to know the true importance of worshipping a 'Satguru', it is very much important to understand the true difference between Nirgun form of worship and the true worship of Satguru. But, it must be borne in mind that the worship of a real Satguru is altogether different from that of both Sargun and Nirgun form of worships.

Guru milney se jhagda khatam ho gaya.

All search regarding to the realisation of soul (true-self) and Supreme Lord comes to an end when a true living Satguru comes in your life and bless you with a true Alive Holy Name.



*Dariya bhavjal agam hai,
Satguru karhu jahaaj.
Tahi par Hans chaddayi ke,
utaro bhavjal paar.*

The Reality of ‘NAAM’

Koti Naam sansaar mein, tintey mukti na hoey.

Mool Naam yeh gupt hai, jaane virla koey.

There are countless Words (Naam) that are present in this mortal world into religious scriptures/manuscripts which can easily be recited with the tongue. But, none of those Words has the power to liberate an individual’s soul permanently from the worldly ocean of birth & death. Whereas, the true ‘Naam’ (Alive Holy Name) which Satguru Kabir Sahib has talked about is really a secret which is not at all present in any of the religious scriptures/manuscripts and is only known to a rare being.

“Sant Samrat Satguru Kabir Sahib” is truly the originator of true ‘Sajeevan Naam’ (Alive Holy Name) which He talked about in His ideology of ‘SantMat’ (Pra Bhakti) is not the subject of writing, reading or speaking. It is not available in any of the religious scripture/manuscript known to mankind. The ‘Naam’ (Alive Holy-Name) which Satguru Kabir Sahib and all other true Saints talked about as per the true wisdom of SantMat, is neither a Speakable Word nor an Inner Musical Sounds (Anhad Dhuns). It doesn’t mean that Satguru Kabir Sahib and other true Saints in past denounces the importance and presence of Words that are related with religions and religious scriptures. But, the Words that are present into religious scriptures does not have the power to liberate an individual’s soul permanently from the territory of Kaal

Niranjan (Mind/Mann) i.e. from the endless cycle of birth and death.

The true ‘Naam’ (Alive Holy Name) which has the power to liberate an individual Soul from the entrapment of Mind (Mann) and Body (Maya) according to the true wisdom of SantMat is “Supreme Lord”(ParamPurush) himself which does not comes under writing, reading or speaking to whom mankind wrongly considered as some ‘Speakable Word’ due to the limitation of their own intelligence and imagination along with the religious preachers (Gurus) who preaches the same. Hence, they completely failed to understand the true secret of ‘Naam’ (also called as Sajeevan Naam or Saar Shabd) which Kabir Sahib established through His ideology of SantMat.

Kabir Sahib clearly mentioned in His ideology that “No individual soul can cross this worldly ocean of mind without the power of Naam” and at the same time also declares that “The Right to give Sajeevan Naam to an individual being is only available to a true living Satguru in this universe”. Due to complete failure in understanding the secret behind the above mentioned statements and power of true “Naam” (Alive Holy Name), thousands of Gurus, Religious Preachers, Yogis & Self-proclaimed Saints came into existence and started giving ‘Naam’ (Holy Name) to people in the name of religion and Supreme Lord by mixing the ideology of Satguru Kabir Sahib (SantMat) into both Sargun and Nirgun modes of worships. Likewise, they all become Gurus and established their own individual organisations of ‘Naam’ (Alive Holy Name) and declared between people that the “Naam” which they are giving as in form of “Guru Deeksha” is the only true

“Naam” (Alive Holy Name) which liberates them from the worldly ocean of birth & death. Hence, all the self-proclaimed Gurus entangled the whole mankind into Sargun & Nirgun modes of worship which completely revolves around 5 Speakable Words – Jyoti Niranjan, Onkaar, Sohang, Satt & R-Rankaar. In reality all these Words (as mentioned above) are perishable and cannot liberate an individual Soul (our own true-self) permanently from the territory of Kaal Niranjan (Mind).

As a result of this, most of the people who adopted the profession of a ‘Guru’ started giving ‘Naam’ to people with a motive to Earn Money, Fame & Name. Such kind of self-proclaimed ‘Gurus’ who have no personal interest in Supreme Lord, Salvation, True knowledge of a soul, are quite busy in enjoying luxurious lifestyle. Hence, Sahib Ji warned mankind to be aware of such self-proclaimed gurus, religious preachers & saints.

*Guru sajeevan Naam bataey,
jaakay bal Hansa ghar jaaey.*

A Perfect Spiritual Master when transmits the Supreme Power into an individual through His concentration, after then only an individual’s soul will reach back to its true abode.



*Kaag palat Hansa kar deena,
Aisa Purush Naam main deena.*

The Mind

*Mann He Nirnanjan, mann he Onkaar, Mann he hai Kartara.
Jeev ke sang Mann kaal rahai, agyani narr jaanat nahin.*

Mind himself is Nirnanjan, Mind himself is Onkaar, Mind himself is the Ruling Power of the Universe (3 Lok's). The Death of every being resides with him as in form of Mind for whole life but, the ignorant human being is not at all aware of this truth.

The Mind (Mann) is Formless (Nirakaar) and body is nothing else but a Form (Sakaar) state of Mind. Nirnanjan (the 5th son of Supreme Lord, emanated from the Word : Jyoti Nirnanjan) himself is present as Mind in every human body who is the Creator of 84 lac living species including human beings and is the Ruling Power of this universe (3 Lok's). His abode is Shunya (vacuum-space-sky) from where he regulates the whole universe which itself is the 5th element of the universe emanated from the Word: R-Rankaar. The colour of Sky (vacuum-space) is black and is formless in nature. The universe along with this mortal world in which we all (each individual soul) are living belongs to Mind (Mann) and Body (Maya) which all comes under great dissolution. This universe (3 Lok's) is neither the true abode of Supreme Lord nor it is the true abode of a Soul (our own true-self).

The Mind (Nirnanjan) resides in 'Sushmana Nerve' (the central nerve in between the two nostrils-Ida & Pingla) of every single human being on earth and has its limitations upto Saehstrasaar (7th Chakra/Crown Chakra) only from where he

regulates the brain of every single human being on earth except the Perfect Spiritual Master (Satguru). Each individual human being on earth except Satguru is working as per the command of Mind just to fulfil the never ending desires of the Mind (Mann) itself which is only associated with a physical Body (Maya) and has no concern at all with a Soul (our own true-self). This is only because of Mind that we all (souls) are living in this mortal world as a physical body, which in reality is not ours. Every individual Soul except Satguru who is present in this universe (3 Lok's) either residing into a physical body or ethereal body is in the imprisonment of Mind (Mann).

The Mind (Kaalpurush-Niranjan) is the King of the Universe (3 Lok's). The world in which we all are living is completely an illusionary world which is being created by Mind itself just to engage each individual Soul into materialistic things so that none could recognise his true identity and he can easily mislead each individual being from its supreme goal of life i.e. Salvation. The Mind only gets afraid from the Perfect Spiritual Master (Satguru) into this mortal world because in reality 'Satguru' himself is the Supreme Power who can easily liberate each individual Soul (our own true-self) permanently from the endless cycle of birth-death with His own Spiritual Powers. The human body is the only way of means through which we can liberate ourselves (soul) permanently from the endless cycle of birth-death by doing worship of the Perfect Spiritual Master (Satguru).

The Mind itself has four different types of forms which all are formless in nature and is directly associated with each other.

1. When the Mind creates a desire, at that very moment it is being addressed as Mind (Mann).

2. When the Mind starts making decision to fulfil that desire, in that very form the Mind is being addressed as Intellect (Buddhee).

3. When the decision gets final by the Intellect, then it is being passed on to the Memory (Chitt) which acts as a guiding system on the basis of previously stored information to produce the best possible way out to fulfil the decision made by the Intellect.

4. At last, when the Mind commands the physical body to act, in that very form it is known as Action (Ahankaar – Kriya).

Every human being in this mortal world spends their whole life in the same exact manner as mentioned above just to fulfil the never ending desires of the Mind. The biggest wonder is that each individual Soul (our own true-self) in this human body is empowering (giving his own energy) to regulate the Mind (Mann) and the Body (Maya) against his own true-self which is the root cause of all the entanglements. Right from the creation of this universe, the Mind truly succeeds in making every individual Soul realise that “You are a physical body”. And surprisingly with the complete support of each individual Soul (Aatma), both Mind (Mann) and Body (Maya) also succeeded in hiding the true identity of the Soul into this illusionary world, because Mind (Mann) and Body (Maya) very well knows that they cannot operate this mortal world without the support of each individual Soul (Aatma) which in reality is our own true-self.

Sant Samrat Satguru Kabir Sahib and all other Holy Saints in past, addressed this Mind with the name “Kaal

Purush” meaning “The Devil” or “God of Death” who himself is NIRANJAN (NIR means Not Visible & ANJAN means Eyes; the power which is not visible to eyes or the power which cannot be seen through eyes i.e. Formless). The characteristics of the Mind are all Evil i.e. : Sex, Anger, Greed, Attachment, Ego etc. which has been created by Kaal Niranjan (Mind) himself for each individual living being just to regulate this mortal world. These evil characteristics of the Mind are present in every human being and is directly associated with the physical body. All these evil characteristics of Mind are completely against to the characteristics as that of a Soul (our own true-self) because Soul is not at all a physical or ethereal body which means that a Soul does not have any physical or ethereal organs in it and its true existence/presence is beyond 5 perishable elements i.e. : beyond earth, water, fire, air, sky. Soul is never been created out of blood & semen or by the power of Word and hence it does not require even a single object out of all the 5 elements into this perishable universe (3 Lok’s). The Soul (our own true-self) is Immortal in nature and has all the same properties in it as that of Supreme Lord (ParamPurush/Sahib) because Soul (our own true-self) itself is the part of Supreme Lord whose origin is beyond universe i.e. beyond the limits of mind and body. Soul (our own true-self) is suffering really bad into this mortal world with immense pain and sorrow due to the endless repetition of birth-death which is the creation of Kaal Niranjan (Kaal Purush), not of Supreme Lord (Sahib).

Each individual human being on earth is doing the worship of Mind (Niranjan-Kaal Purush) itself in one way or the other which itself shows the presence of all the Evil properties of Mind i.e Sex, Anger, Greed, Attachment, Ego

into every human beings body and are clearly visible even into the nature of every human being which are not at all the properties of a Soul. No individual being on earth can control these evil powers of Mind with his/her own intelligence, yog, meditation, prayers, religious rituals, worshipping of Idols, worshipping of Gods-Goddesses or either with the brain power. All the human beings on earth firmly believes that they all are doing the worship of ‘Supreme Lord’ which in reality is not true. The true worship and the realisation of ‘Supreme Lord’ can never be possible without the Perfect Spiritual Master (Satguru). Without getting blessed up by the Perfect Spiritual Master (Satguru) with real Alive Holy-Name of Supreme Lord which does not comes under writing, reading or speaking, no one can ever attain permanent liberation from the endless cycle of birth-death neither can control these evil powers of Mind: Sex, Anger, Greed, Attachment, Ego while residing into physical body which is the basic root cause of all the sufferings like: pain, sorrow, grief, violence, hatred, lust, jealousy, impatience, cruelty etc. for each individual being on earth. It is because of Mind only that every individual being on earth is living in complete darkness by truly considering himself as a physical body and forgot his true abode i.e: Amarlok (4th Lok) from where each individual soul has descended down into this perishable universe (3 Lok’s) which belongs to Kaal Niranjan (Mind). The true abode of Supreme Lord is “Amarlok” (4th Lok) which is Immortal and whose existence is beyond the limits of Mind (Mann) and Body (Maya) i.e: Supreme Lord is nowhere present in this perishable universe (3 Lok’s). Sahib Ji and all other Saints addressed Supreme Lord as “ParamPurush – Sahib” who dwells into the Soul (our own true innerself) and

HIS true existence is beyond the knowledge of all the religions and religious scriptures that are available to mankind i.e. beyond the limits of Sargun and Nirgun modes of worships which comes under the territory of Mind and Body.

The religious scriptures such as Vedas, Quran, Bible, etc. that are available to mankind are limited only upto the knowledge of the universe (3 Lok's) which itself is the creation of Kaal Niranjan (Mind) and has no description of "Amarlok" (4th Lok) which itself is the true abode of "Supreme Lord" that exists beyond the limits of this perishable universe (3 Lok's). All the religions with their respective religious scriptures does not either support or promote the teachings of violence, falsehood, jealousy, hatred, criticism, evils etc to the humanity. Every religion on earth talks only about divine love and praise of the Almighty God. But, all the religious scriptures failed to realise the true identity of Supreme Lord as well as the true appearance and limitations of the Mind (Kaalpurush-Niranjan) and addressed the presence of Supreme Lord as 'Formless' which itself is the 5th element of the universe i.e : Sky (vacuum-shunya) and got remain entangled into the territory of this perishable universe (3 Lok's) which itself is the abode of Niranjan (Mind). The knowledge of all the above mentioned scriptures is the creation of Kaal Niranjan himself which can only provide four different types of temporary salvations to all the human beings living in this mortal world.

Only the Perfect Spiritual Master (Satguru) knows about that secret place which is the true abode of Supreme Lord (ParamPurush/Sahib) and it never comes under dissolution because no 5 elements exists over there. Supreme Lord (ParamPurush/Sahib) is neither a Hindu, nor Muslim, nor

Sikh, nor Christian, nor Buddhist, nor Jainist. Supreme Lord has neither have any Form nor He is Formless. No physical body or ethereal body exists over there. His true appearance is only known to the Perfect Spiritual Master (Satguru) which cannot be described into words because His existence is beyond the limits of Mind (Mann) and Body (Maya). There is no secondary God present into “Amarlok” i.e. Niranjana, Aadhyashakti, Brahma, Vishnu, Shiv, Ganesh, Ram, Krishna, Jesus, Buddha, Mahavir etc. does not exist over there. All the 5 elements: Earth, Water, Fire, Air, Sky along with 5 words: Jyoti Niranjana, Onkaar, Sohang, Satt and R-Rankaar does not have their reach upto the “Amarlok-Satlok” (4th Lok). All the 5 words which are mentioned above come under the territory of Kaal Niranjana (Mind/Mann) and is the secret game of Mind himself which plays another important role to mislead each individual Soul from its true origin i.e. “Amarlok-Satlok”.

Tera baeri koi nahin, tera baeri mann.

No one is your enemy except Mind who resides with you all the time.



*Main sirjun main marun,
main jarun main khaun.
Jal thal nabh main rama rahun,
mor Niranjana naun.*

I Create; I destroy; I burn and I swallow. I reside in all the three places—water, land, sky, and my name is Niranjana.

The Body

*Chhit jal pavak gagan sameera,
paanch tattva ko aadham shareera.*

**The human body which is made up of five elements
i.e. Earth, Water, Fire, Air & Sky is impure in nature.**

The human body is made up of 5 elements, which all are perishable in nature. Vedas has the clear mentioning that the creation of human body and the universe are exactly the same and the whole universe is present inside every human body in equal means. Each element is located at its own central point and is completely visible in the human body along with its nature. Each individual element came into existence from a Word which further has five different forms that help us to understand the basic presence and nature of all the five elements into the human body.

The Element - Earth.

Word : Satt

Centre : Anus

Colour : Yellow

Taste : Sweet

Forms : Bones, Flesh, Skin, Pores, Nails

The Element – Water.

Word : Onkaar

Centre : Penis

Colour : White

Taste : Saline

Forms : Blood, Saliva, Perspiration, Urine, Semen

The Element – Fire.

Word : Jyoti Niranjan

Centre : Mouth

Colour : Red

Taste : Spicy

Forms : Hunger, Thirst, Laziness, Sleep, Yawning

The Element – Air.

Word : Sohang

Centre : Naval

Colour : Blue

Taste : Sour

Forms : Speech, Hearing, Force, Contraction, Expansion

The Element – Sky.

Word : R-Rankaar

Centre : Sushmana Nerve

Colour : Black

Taste : Tasteless

Forms : Word, Appearance, Juice, Smell, Touch

Also, the human body consists of 5 Karm Indriyans (working organs), 5 Gyaan Indriyans (sense organs) & 4 Suksham Indriyans (sensorium). The details are as mentioned below :

5 Karm Indriyan (working organs) : Feet, Anus, Penis, Mouth, Hands.

5 Gyaan Indriyan (sense organs) : Eyes, Ears, Nose, Mouth, Skin.

4 Suksham Indriyan (sensorium) : Mind, Intellect, Memory, Action.

So, all the 5 elements along with 25 forms and 14 Indriyans (organs/sensorium) as mentioned above makes the complete physical structure of a human being and is called as 'Body' (Maya -cage into which soul is imprisoned) which is highly venomous in nature and is completely being controlled by 'Mind' (Mann) who is the Ruling Power and resides into the "Sushmana" nerve (the central nerve between the two nostrils Ida & Pingla) from where he gives command to the brain and regulate each individual soul (concentration) continuously into the net of infinite desires, intellect, memory, action which controls each and every activity of a being into this mortal world. Every human being (except Satguru) spends whole of his/her life as a servant of this Mind just to fulfill his infinite desires which are only meant for a physical body and has no concern with a soul (our own true-self).

*Mann maya toh ek hain,
maya mann he samaey.*

Both mind and body appear as two different identities but, in reality they are very much 'one' because body is nothing else but a physical form to mind.



*Gagan mandal se utrey, Sahib Purush Kabir.
Chola dhara khwas (Sewak) ka, todde yum zanjeer.*

—Garib Dass ji

He says that Kabir Sahib descended down from the sky, disguised himself as a devotee & broke the complete network of Kaal Purush.

The Soul

Yeh pinjra nahin tera hansa, yeh pinjra nahin tera.

Sahib is addressing every individual soul with a caution that, the body in which you are residing does not belongs to you and in reality is a cage which belongs to mind.

“Concentration is a Soul”. Concentration (Surati-Dhyaan) itself is the true ideal form of a Soul (our own true-self) which can be easily experienced into this human physical body as well as into all other living species that are present in this mortal world. Soul itself is a part of Supreme Lord (ParamPurush/Sahib) and is same in all the living species which consists of two properties. One is “Surati” (Concentration) which is completely engaged by Mind (Mann) and the other is “Nirati” (Pranas) which is totally engaged in breathing i.e Air, and is being deployed through 9 different nerves into a physical body (Maya) which regulates every single organ of the body with its own power. This is how each individual Soul (surati + nirati) which in reality is our own true-self is being entrapped into the net of Karmas which is being created by Mind (Mann) just to regulate the Body (Maya) into the endless cycle of birth and death.

Concentration (surati-dhyaan) itself consists of three major qualities i.e. To Hear, To Understand, and To See. Concentration is the master-key which is working into every physical body and without its presence, not even a single deed (karma) can be accurately performed into this mortal world. Concentration is the most important factor with which the whole world is moving. Soul (our own true-self) is neither a physical body nor an ethereal body and is never being created out of blood-semen or with any of the five elements i.e. earth,

water, fire, air & sky which all are perishable in nature. It clearly indicates that the origin of each individual Soul is beyond the limits of mind, body and the five elements.

Every single religion along with every single religious scripture admits that something remain exists even after the death of a physical being that travels to the different worlds present into the higher limits of the universe just to reap the fruits (karmon ka phal bhogney ke liye) against all the Good Deeds and the Bad Deeds which are being performed during the due course of human life.

The worlds (abodes) that are present in reality into the higher limits of the universe are : Heaven (Swarg-Jannat), Hell (Narak-Jahannam), Ancestral Lok, Dev Lok, Siddh Lok, Brahm Lok, Vishnu Lok, Shiv Lok, Shakti Lok & Nirakaar Niranjan Lok (abode of Niranjan - Kaal Purush, who is being worshipped as Supreme Lord by the people of the world). All these abodes are neither the true abode of Supreme Lord nor the true abode of a Soul. The different worlds that are mentioned above is the creation of Kaal Niranjan (Kaal Purush) which all comes under the territory of the universe (3 Lok's) only and will perish at the time of great dissolution because all five elements (earth, water, fire, air, sky) with which the whole creation was being done are itself perishable in nature. The thing which remain exists even after the death of a physical body is being addressed as Soul-Aatma-Rooh in different religions whose meaning remains the same in every context.

Some of the clear indications and true mentionings about the endless cycle of birth and death are present in one of the religious scripture – 'Bhagavad Gita' which projects the reality of the continuous repetition of birth-death for each

individual Soul into this universe (3 Lok's). The true sayings of 'Bhagavad Gita' are mentioned below :

“As a person puts on new garments, giving up old ones, the soul similarly accepts new material bodies, giving up the old and useless ones”. (Bhagavad-Gita ;Chapter 2 Verse 22)

Soul (our own true-self) is Immortal and is the part of Supreme Lord (ParamPurush/Sahib) which is never being created out of blood and semen and has no concern with any kind of Karmas (Deeds) because a Soul does not have any physical or ethereal organs in it. Hence, it does not require any of the article or object that is present in this universe. The true origin of each individual Soul is Amarlok-Satlok (4th Lok) which is the real abode of Supreme Lord (ParamPurush/Sahib) whose existence is beyond the limits of this perishable universe (3 Lok's) i.e. beyond the limits of mind and body.

*Jeev padma bahu loot mein,
na kachhu laen na daen.*

The soul is entrapped in the net of Karmas. Whereas it has no concern at all with any of the Karma and has nothing to gain or to lose in this moral world.



*Bahaut jeev atke rahey, bin Satguru bhav mahin.
Dadu naam Kabir bin, chhute eko nahin.*

—Dadu Dayal Ji

Countless jivas remain entangled in the worldly ocean of birth and death and none is able to liberate himself without the blessings and grace of Kabir Sahib.

A True Saint

Paras mein aur Sant mein, tu bado antaro maan.

Voh loha kanchan karey, yeh karlein aap samaan.

There is a big difference between a Paras (a touchstone) and a Saint (Sant). Paras with its single touch can only transform an iron into gold but not into paras. Whereas, a true Saint transforms a human being alike Himself just through His supreme concentration.

The presence of a true Saint on earth means “An easiest way to realise Supreme Lord” whose presence is unknown to the mankind and the only chance for each individual soul to attain permanent liberation from the endless cycle of birth-death.

A true Saint cannot be described in words due to the infinite depth of true spiritual knowledge that flows soothingly into His spiritual discourses. A true Saint himself is a true Perfect Spiritual Master (Satguru) who has the true self-realisation of “Supreme Lord” and of “Amarlok” (4th Lok – Real abode of Supreme Lord) whose existence and presence is beyond the limits of this perishable universe (3 Lok’s). A true Saint himself has attained permanent liberation from the entrapment of Mind (Mann) and Body (Maya) i.e. He attains permanent liberation from the endless cycle of birth-death. The real abode of a true Saint is “Amarlok” (4th Lok) which is beyond universe.

A true Saint (Sant) neither gets involved into Sargun Bhakti nor into Nirgun Bhakti because He is the only single being into this mortal world who completely rules over Mind and knows about all the limitations of both Sargun and Nirgun

modes of worship which comes under the territory of Kaal Niranjana (Mind). A Saint needs no support of any religious scripture/manuscript to define Pra Bhakti (true worship of Supreme Lord). The true knowledge of a Soul (Aatam Gyaan) is only available to a true living Saint because He himself is an 'Enlightened Soul'. A true Saint leads a very simple life as a normal human being which holds no attraction towards any of the materialistic things present into this mortal world and does not even perform any miracles in front of the people by showing off His true spiritual powers. A Saint truly rules over Mind and has the complete control over all the evil properties of Mind : Sex, Anger, Greed, Attachment, Ego as well as on all the forms of senses that are present in the body, and leads a truthful life just for the welfare of all the suffering souls who are entrapped in the endless cycle of birth-death which is the creation of Kaal Niranjana (Mind/God of Death/ God of Universe).

In reality, there is no difference at all between a true Saint (Sant Satguru) and Supreme Lord (ParamPurush/Sahib) because a true Saint himself attains the level of Oneness (completely unified with Supreme Lord) which is the state of Supreme Conscience whose existence is beyond the limits of mind and body. He is the only Guru available into this mortal world who has the "Paras Surati" (Supreme Concentration) with which He can transform any human being on earth alike Himself and can easily liberate any individual Soul permanently from the entrapment of Mind (permanent liberation from the endless cycle of birth and death) with His own Spiritual Powers. "Paras Surati Sant Ke Paasa" for which Sahib Ji repeatedly says : The Thing I Possess Cannot Be Found Anywhere Else In The

Universe. The complete process of awakening an individual's Soul through Supreme Concentration is called as 'Naam Daan' which in true means is known as Spiritual Genesis (on the path of true spiritualism it is called as Bhramgmatta). A true Saint (Sant Satguru) never talks about to perform any Religious Rituals, Religious Prayers, Yog Saadhna, Shabd Kamai, Naam Kamai or Surati Shabd Abhyaas to any individual being for attaining permanent Salvation.

Sant Samrat Satguru Kabir Sahib for the first time established the role and importance of Sajeewan Naam (Alive Holy Name) into the field of true spiritualism (SantMat) with which any individual soul can easily attain permanent liberation from the endless cycle of birth and death. The Sajeewan Naam (Alive Holy Name) which Sahib Ji and all other Saints has talked about is neither the subject of speakable words nor available into any of the religious scriptures/manuscripts. The Sajeewan Naam (Alive Holy Name) which Sant Samrat Satguru Kabir Sahib has talked about into His ideology of SantMat is the 'Supreme Lord' himself (ParamPurush/Sahib) which does not come under reading, writing or speaking and is only available to a Perfect Spiritual Master (Satguru) in the whole of universe which is present into the "Paras Surati" of a Perfect Spiritual Master who in reality is a true Holy Saint.

Sahib Ji clearly gave a word of caution to the whole mankind just to be aware from such self-proclaimed Saints or Gurus who have only joined the path of spiritualism just to earn their bread & butter and to lead a luxurious lifestyle. Sahib Ji also gave a word of caution to the humanity that not to follow such kind of self-proclaimed Saints, Gurus or Religious Preachers who themselves are engaged in the

endless cycle of birth and death and are doing Sargun or Nirgun worship (both modes of worships comes under the territory of Kaal Niranjan - Mind) as well as talking about SantMat and misleading innocent people from the path of true worship of Supreme Lord (Param Purush/Sahib) just for the sake of their own selfish means. In reality, such self-proclaimed Saints, Gurus and Religious Preachers does not know anything about the true ideology of SantMat and failed to understand the true limitations of both Sargun and Nirgun modes of worships. Hence they declared to the mankind that Sargun Bhakti, Nirgun Bhakti and SantMat is one and the same thing. Whereas, the ideology of SantMat has a clear mentioning in it that ‘Sargun-Nirgun Mann Ka Khela’ means that both Sargun & Nirgun modes of worship is the play of Mind.

At present, Gurus who themselves are engaged either in doing Sargun Bhakti or Nirgun Bhakti (modes of worship) are also using the title name ‘Saint/Sant’ before their names because the ideology of Kabir Sahib became so popular between the people of the world that some of the self-proclaimed religious preachers in the society started misusing the true sense of the ideology of SantMat just for their own selfish means and mislead the whole mankind from the path of true worship of Supreme Lord (Param Purush/Sahib).

The word ‘Sant’ and ‘Satguru’ firstly came into origin from “Sant Samrat Satguru Kabir Sahib” who gave birth to the ideology of ‘SantMat’ in which for the first time He revealed an Unknown Truth to the whole of humanity and declared that every single human being residing in this mortal world is doing the worship of “Kaal Purush” (Niranjan) by considering him as ‘Supreme Lord’ in one way or the other

due to lack of true spiritual knowledge. Kaal Niranjana himself is present as 'Mind' into the physical body of every living being on earth which itself is the 5th element of the universe (sky-vacuum). Sahib Ji explained that this mortal world in which every individual living being is suffering from pain and sorrow due to the continuous repetition of birth-death belongs to Kaal Niranjana (Mind) and is not at all the true abode of a soul. This universe (3 Lok's) is the creation of "Niranjana" emanated from the word "Jyoti Niranjana" who himself is the 5th son of Supreme Lord. The true presence and existence of Supreme Lord is beyond the limits of religions and religious scriptures which itself is the creation of Kaal Niranjana (Mind). SantMat undoubtedly has given a complete new direction to the whole of mankind into the field of spiritualism. It is the ideology of Saints only which holds the statement of "Guru is greater than God" i.e. Guru is primary to God (here, Satguru is being referred as Guru). The ideology of a true Saint (SantMat) starts from that very point where both Sargun and Nirgun forms of worship ends.

Sant ki mahima keh na sakey shruti shaesh.

Even vedas & other religious scriptures failed to praise the knowledge of rare holy saints.



*Ka-ka kewal naam hai, B-Ba varan sharir.
R-Ra sab mein rum raha, jiska naam Kabir.
Soi Gyani Purush hai, Satguru satya Kabir.
Rajj veeraj paida nahin, swaasan nahin sharir.*

Modes of Worship

*Bhakti-Bhakti sab jagat bakhana,
bhakti bheid koi virla jaana.*

The whole world is worshipping God in their own ways. But, only the rare being realises about the real secret behind the true worship of God.

Kabir Sahib has divided worship into three different modes just to explain its limitations and the achievements associated with them, to the humanity.

1. Sargun Bhakti – Worship of God in a Form state.
2. Nirgun Bhakti – Worship of God in a Formless state.
3. Pra Bhakti - True Worship of Supreme Lord (Sahib).

Mankind is partially aware of Sargun and Nirgun modes of worship, which has its limitations upto the universe (3 Lok's) only and it both comes under the territory of Kaal Niranjan (Mind). By doing Sargun and Nirgun form of worships, we (souls) cannot attain permanent liberation from the endless cycle of birth and death.

Kabir Sahib was the first ever Saint (Sant) in the history of Spiritualism who revealed the secret of Supreme Lord (Param Purush) who is Immortal and exists beyond this perishable universe and as well as explained the right mode of worship associated with Supreme Lord i.e. Pra Bhakti (True Worship/Satya Bhakti).

Following are the three modes of worships (Bhakti) as explained by Kabir Sahib :

SARGUN BHAKTI

Sargun Bhakti is only associated with the materialistic elements into its physical state present in an outer world such

as going to temple-mosque-church for prayers, performing religious rituals, worshipping Gods-Goddesses, worshipping of Idols, worshipping of planets, chanting of mantras etc. Sargun Bhakti only revolves around the Speakable Words (Varn-natmik shabd) as mentioned in different religious scriptures. Those who do Sargun Bhakti believes onto the presence of God in some Physical State (in a Form state ; Sakaar Roop) and they keep on searching God into an outer world.

This form of worship has its own limitations, which can only provide us (to a soul) two types of temporary salvations i.e. Samipaya and Salokya (for more details read the article - Types of Salvations Created by Niranjan) for limited time duration only against our Good Deeds. After death of a physical being, we (a soul) reap the fruits against our Good-Deeds (punya karmas) into Ancestral World (Pitar Lok) or into Heaven (Swarg lok - Jannat). And onto the completion of time duration as per Karmas, we (a soul) will again be sent back to this mortal world (i.e. A Soul again accepts a new material body) and cannot be liberated permanently from the endless cycle of birth-death which continues for infinite period of time. The principles and its fruits associated with different good-deeds are well mentioned in all the religious scriptures known to mankind.

NIRGUN BHAKTI

Nirgun Bhakti is directly associated with the Meditation which has no connection with the objects present in an outer world (materialism). Nirgun Bhakti only revolves around the Inner Musical Sounds (Dhun-atmik shabd). Those who do Nirgun Bhakti believes onto the presence of God in a Non-

Physical State (Formless/Nirakaar) and they commit that God itself is present inside every human being.

In Nirgun Bhakti, an individual only concentrates upon their own inner-self and is mainly focused on the subject of self-realisation as a soul (i.e. knowing about own true-self). This requires a lot of self practice. This mode of worship only revolves around five different ways of meditation postures defined in Vedas known as : Chachri, Bhuchri, Agochri, Unmuni and Khechri which only concentrates upon five speakable words i.e. Jyoti Niranjan, Onkaar (Om-Aum), Sohng, Satt, and R-Rankaar respectively. All the above five words are present at their own particular plexus into every human body. The entrance to experience and to travel into the universe is 'Sushmana Nerve' for all the above mentioned postures of meditation.

The limitation of Nirgun Bhakti is only up to 'Dasham Dwaar' (10th aperture) and holds the knowledge upto the 7th Chakra (also known as Crown Chakra/Saehstrasaar present on the top of the head). With help of complete concentration, we can see the whole universe inside our physical body and at the same time travels into the higher limits of universe (3 Lok's) through different Ethereal Bodies which all are present inside every human being. Miraculous mind powers gets generated into one's body and a person starts getting immense bliss into their own inner-self. Such an experience cannot be described in words, which gives an impression and feeling of true self-realisation as a soul. In the past, Yogis, Rishi-Munis, Siddh, Saadhak, Peer, Paegambar, Yogeshvars etc have all experienced these ethereal bodies, which are available to every human being in equal means. The

descriptions about the reality of these ethereal bodies are also available in Vedas as well as in the religious scriptures of different religions.

By doing Nirgun form of worship, we (a soul) can rather achieve much higher level of salvations i.e. Sarupya and Sayujaya (has longer time duration) as compared to those who are doing Sargun form of worship. It has its reach up to the higher limits of universe such as Dev Lok, Siddh Lok, Brahm Lok and Paar-Brahm Lok which all comes under the territory of Kaal Niranjan (Mind- 5th element of the universe). After death of a physical being, we (a soul) resides into extremely higher limits of the universe for quite a longer time duration (upto dissolution of the universe) just to reap the fruits of our Karmas. And, after the re-creation of the universe we (a soul) will again be sent back to this mortal world (i.e. A Soul again accepts a new material body).

We (a soul) cannot attain permanent salvation (Param Moksh) even by doing Nirgun form of worship.

PRA BHAKTI

Pra Bhakti (also known as True Worship/Satya Bhakti) firstly came into origin from Kabir Sahib himself. Pra Bhakti is far beyond from the reach of Sargun Bhakti, Nirgun Bhakti, Vedas and other religious scriptures. This accurate mode of worship is the true worship of Supreme Lord who is immortal and exists beyond the limits of this perishable universe (i.e beyond Shunya) which is the creation of Niranjan.

Pra Bhakti completely revolves around “Satguru”(Perfect Spiritual Master) only, who himself is an enlightened soul i.e. His Soul is in complete union with Supreme Lord (Param

Purush - Sahib) and attains the level of Oneness which is beyond the reach of mind. Satguru has all the Spiritual Powers (Aadhyatmik Shakti), with which He himself liberates each individual soul permanently from the entrapment of mind (mann) and body (maya). In Satguru Bhakti, we don't have to do anything at all except meditating onto Satguru which means that we don't have to perform any religious rituals, religious prayers, worshipping of gods-goddesses/idols or to practice hard for any of the Yogic postures as involved in Nirgun Bhakti, which all are directly associated with the mind itself but not with the soul and Supreme Lord. In reality, Realisation of Supreme Lord is not possible without the blessings of a true living Satguru and we only have to concentrate ourselves upon Satguru, because Satguru himself is the Supreme Power which is an unknown secret for the whole of mankind, where everyone is engaged in doing the worship of Kaal Niranjan (Mind) as their Supreme Lord due to the lack of true spiritual knowledge.

The knowledge of Pra-Bhakti was firstly being introduced to the whole of humanity by Satguru Kabir Sahib which gave birth to the ideology of 'SantMat' in which the secrets about real abode of a soul "Amarlok- 4th Lok" and "Supreme Lord" (Param Purush/Sahib) has been revealed. Our Supreme Lord exists beyond the limits of mind and body.

Pra-Bhakti (SantMat) starts from the point where Nirgun Bhakti (YogMat) ends i.e. The meditation starts from the 8th Chakra (plexus), which is at the height of 1 ¼ hands above from 7th Chakra (i.e. Saehstrasaar) outside body and lasts up to 9th Chakra (plexus) which is only known to a living "Satguru"(Perfect Spiritual Master).

The Alive Holy-Name (Sajeevan Naam) which Kabir Sahib has talked about into His ideology is the 'Soundless Sound' (mukat-atmik shabd) which does not comes under any writing, reading or speaking. It is the only real Alive Holy-Name of Supreme Lord (ParamPurush/Sahib) which is present only in the concentration of a Satguru and has all the spiritual powers to liberate each individual soul permanently from the territory of Kaal Niranjan (Mind).

Thus, a soul will reach back to its real abode Amarlok (4th Lok) after being blessed with Alive Holy-Name by a true living Satguru which indeed is the permanent salvation (Param Moksh) from the endless cycle of birth-death.

Bhakti nsaeni mukti ki.

The true worship of 'Sahib' is the ladder of 'MahaNirvana' which leads to permanent salvation from the endless cycle of birth - death.



*Sunn gagan mein Shabd uthat hai,
so sab bol mein aavey.
Ni-Shabdi woh boley nahin,
so Satya Shabd kahavey.*

—Paltoo Sahib ji

All the words arising in the shunya (sky-vacuum) forms the subject of speech, whereas the true word is the only soundless sound that in no way forms the subject of speech.

Description of Five Words

*Paanch shabd aur paanchon mudra, veh nishchey kar maana
Uske aagey Purush puratan, tiski khabar na jaana.*

In past, everyone (Rishi, Muni, Siddh, Saadhak, Yogi, Yogeshvar etc.) remained concentrated only onto the following five words: Jyoti Niranjan, Onkaar, Sohang, Satt, R-Rankaar with their respective meditation postures: Chachri, Bhuchri, Agochri, Unmuni, Khechri and declared them as the true methods of meditation through which one can realise Supreme Lord (ParamPurush) who resides within each individual's soul. But in reality, they all failed to understand the true limitations of the five words which falls under the territory of Kaal Niranjan (Mind) and cannot able to realise the true presence of Supreme Lord (Param Purush / Sahib) whose existence and presence is ahead of all the five words and five meditation postures.

Before arrival of Sant Samrat Satguru Kabir Sahib into this mortal world, Nirgun Bhakti (mode of worship totally revolves around 5 words based on meditation, as mentioned above) was being considered as the only true method of worshipping and realising Supreme Lord (Param Purush-Sahib). With this belief, everyone who gets involved into Nirgun Bhakti considered it as the right path towards realisation of Supreme Lord because this mode of worship came into popularity from the times of Rishis, Munis, Siddh, Saadhak, Yogis, Yogeshvars etc.

Nirgun Bhakti is the mode of worship which is totally based on meditation (Kriya Yog / Dhyaan Saadhna) and only

concentrates onto recitation of one particular word out of all the 5 words : Jyoti-Niranjan, Onkaar, Sohang, Satt, R-Rankaar through their own particular meditation postures. It is called as Surat-Shabd-Abhyaas or Shabd-Kamai or Naam-Kamai or Kriya Yog and is mainly focused on the subject of self-realisation (as a soul) which is truly based on self experiences of inner journey (within the body) through concentration and travel towards different worlds (abodes) that are present into the higher limits of the universe. Vedas and other religious scriptures had clearly mentioned that the whole universe (3 Lok's) is present inside the human body which holds 100% truthfulness. But, this knowledge is far beyond from the reach of those people who are completely engaged into Sargun Bhakti (doing worship of Idols, chanting of mantras, following religious rituals) and keep on searching Supreme Lord into an outer world.

Nirgun Bhakti is only related with the Five Words and Five meditation postures as mentioned above. The reach and the limitation of Nirgun Bhakti is only upto the territory of Kaal Niranjan who himself resides into the 5th element of the universe i.e Sky (vacuum-space-shunya) from where he governs the whole universe. The whole humanity is doing the worship of Kaal Niranjan (Mind/God of Universe/God of Death) in one way or the other because he never discloses the true presence of Supreme Lord (ParamPurush/Sahib) to anyone in this universe, not even to his own three sons :Brahma, Vishnu & Mahesh. The knowledge of every religion and the religious scriptures that are available to mankind is limited only upto the knowledge of universe (3 Lok's) which itself is the creation of Kaal Niranjan and everyone considers him and worships him as formless Supreme Lord due to the lack of true spiritual knowledge.

But, all Holy Saints who followed Satguru Kabir Sahib Ji's true ideology of SantMat, addressed Niranjān (Formless God) as 'Kaal Purush' (God of Death) who is the ruling power of this universe and is cruel by nature who continuously gives pain, suffering & sorrow to each individual being into this mortal world. No individual being in this universe is safe and cannot liberate himself permanently from the entrapment of Mind (Kaal Niranjān) even by doing Nirgun Bhakti because all the Five words along with Five meditation postures falls under the territory of Kaal Niranjān (Mind-Mann) whose limitation is upto the creation of Shunya (14 Lok's are present in this creation where articles exist). Above Shunya, there is the creation of Maha-Shunya (7 Lok's are present in this creation where no articles exists) which all comes under great dissolution. No being can attain permanent salvation (Param Moksh) from the endless cycle of birth-death and cannot reach back to its true abode i.e. Amarlok (4th Lok- The abode of Supreme Lord) even by doing Nirgun Bhakti.

The description of Five Words, their limitations and the expert masters of each individual meditation posture who in past, attained perfection over each individual word and has attained the different types of temporary salvations through different levels of conscience which are as mentioned below :

1. JYOTI NIRANJAN

*Jyoti niranjan chachri mudra, soh hai nainan mahin.
Tisko jana gorakh yogi, maha tej hai tahin.*

A yogi called "Gorakh Nath" was an expert of Chachri mudra (meditation posture) in which he recited the word "Jyoti Niranjān" and completely fixes his whole concentration into the nerve called 'Sushmana' onto a place midway between the eyes at the mole inside pupil (also known as Teesray Till Ki Sadhna). The innermost deeper cells of this

very particular point in the body gets activated only with the sound of the word: 'Jyoti Niranjana' with help of complete concentration which gives the feeling of immense pleasure to an individual and produces immense Mind powers which is being generated by Mind (Kaal Niranjana) itself. It is not at all the state of true self-realisation (as a soul) and has no concern with the spiritual powers (powers of a soul).

Gorakh Nath entered into the 4th stage of conscience (Pragya Awastha / Turiya Awastha) with help of complete concentration and got an ethereal body called as 'Mahakaaran Shareer' which is of the size equivalent to Split Red Lentil (Masoor Dal ke dane ke barabar) where he experienced soothing Golden Light (called as 'Alakh Brahm') into which he looked at the different worlds present in the universe within the physical body. This path is known as 'Papeel Marg' because the whole concentration moves very slowly (as the speed of an ant) inside one's body.

2. ONKAAR

Onkaar Bhuchri Mudra, Trikuti hai asthana.

Vyasa Dev tis ko pehchana, chand suraj ho jana.

A yogi called "Vyasa Dev" was an expert of Bhuchri mudra (meditation posture) in which he recited the word "OM" and completely fixes his whole concentration into the nerve called 'Sushmana' at Medula plexus (Aagya Chakra). The innermost deeper cells of this very particular point in the body gets activated only with the sound of the word: 'OM' (Aum) with help of complete concentration which also gives an immense pleasure to an individual and produces immense Mind powers which is being generated by Mind (Kaal Niranjana) itself. It is not at all the state of true self-realisation (as a soul) and has no concern with the spiritual powers (powers of a soul).

Vyasa Dev also entered into the 4th stage of conscience (Pragya Awastha / Turiya Awastha) with help of complete concentration and got an ethereal body called as ‘Gyaan Daehi’ through which he experienced a much higher state and traveled to much higher level of worlds present in the higher limits of the universe within the physical body and at the same time entered into the ‘Onkaar Mandal’ which is the state of higher conscience than Chachri mudra. This is the stage where an individual speaks out with a word : ‘Aham Brahmasmi’ which means that ‘I am God’. This famous phrase often repeated in the Upanishads. This path is also known as ‘Papeel Marg’ because the whole concentration moves very slowly (at the speed of an ant) inside one’s body.

3. SOHANG

*Sohang Shabd agochri mudra, Bhanwar Gufa asthana.
Shukdev tis ko pehchana, sunn anhad ki taana.*

A yogeshvar called “Shuk Dev” was an expert of Agochri mudra (meditation posture) in which he recited the word “Sohang” and completely fixes his whole concentration into the nerve called ‘Sushmana’ onto the Jinglements of Words (Anhad Dhuns) continuously happening inside ‘Bhanwar Gufa’ which also gives an immense pleasure to an individual and produces immense Mind powers which is being generated by Mind (Kaal Niranjana) itself. This mudra is much more superior than Chachri & Bhuchri mudras (meditation postures). It is not at all the state of true self-realisation (as a soul) and has no direct concern with the spiritual powers (powers of a soul).

Shuk Dev entered into the 5th stage of conscience (Maha Pragya Awastha / Turiyateet Awastha) through complete concentration and got an ethereal body called as ‘Vigyaan Daehi’ through which he experienced a much higher state of

conscience and traveled to the much higher levels of the universe (has its reach upto the creation of maha-shunya where no articles exists) at much greater speed as compared to the Chachri and Bhuchri mudras. In this meditation, a person listens to the 70 kinds of jinglement of words (Anhad Dhuns/ Anhad Naad) in Bhanwar Gufa (Bunk Canal) which in reality originates from Anhad Chakra within the physical body. Here an individual holds his concentration onto a particular jinglement of word like: onto a sound of Whistle, onto a sound of Flute, onto a sound of Tabla, onto a sound of Mridang, onto a sound of tinkling Bells, onto a sound of Trumpet etc. and travels to the different worlds present into the universe. There are 70 different paths that are connected with 70 individual musical sounds. This path is known as 'Meen Marg' because the whole concentration moves onto different musical sounds in the same manner and at the same speed as fish moves in water. In Vedas, these musical sounds (Anhad Dhuns) has also been described as 'Naad Brahm' or 'Bangay Elahi'.

4. SATT

*Satt Shabd soh unmunni mudra, soh prakash sanehi.
Tisko zhilmil jyot dikhana, jaana janak videhi.*

A yogeshvar and a king called "Janak" was an expert of Unmunni mudra (meditation posture) in which he recited the word "Satt" and completely fixes his whole concentration into the nerve called 'Sushmana' at the point called 'Saehstrasaar' (crown chakra) which also gives an immense pleasure to an individual and produces immense Mind powers which is being generated by Mind (Kaal Niranjan) itself. This mudra is much more superior than Chachri, Bhuchri & Agochri mudras (meditation postures). It is not at all the state of true self-realisation (as a soul) and has no concern with the spiritual powers (powers of a soul).

King Janak also entered into the 5th stage of conscience (Maha Pragma Awastha/ Turiyateet Awastha) through complete concentration and got an ethereal body called as 'Vigyaan Daehi' through which he experienced a much higher state of conscience and traveled to the much higher levels of the universe as compared to Chachri, Bhuchri & Agochri mudras. In this meditation posture the whole concentration of the body enters into Saehstrasaar for which Janak got associated with the title name 'Videhi' (Formless Being) after his name. This is also known as 'Meen Marg' where whole concentration travels into the universe at the same speed as fish travels into the water.

5. R-RANKAAR

*R-Rankaar khechri mudra, duswan dwar thikana.
Brahma-Vishnu-Mahesh adi le, R-Rankaar ko jaana.*

The three Maha-Yogeshvars Brahma, Vishnu and Mahesh were the experts of Khechri mudra (meditation posture) in which they recited the word "R-Rankaar" and completely fixes their whole concentration into "Shunya" which is equivalent to the size of a Poppy Seed (Khuskhus ke danay ke barabar) while passing through Sushmana nerve. Here they also enters into the 5th stage of conscience (Maha Pragma Awastha / Turiyateet Awastha) and attains such a level of super conscience state which in spiritual terminology is known as "Dasham Dwar" i.e. opening up of the 10th Aperture which leads them to the end of the universe (3 Lok's) where they attains Oneness with Niranjana to whom they considered as Supreme Lord which is beyond the reach of yogis. This is also known as Meen Marg which also comes under the territory of Kaal Niranjana (Mind). This mudra is much more superior than Chachri, Bhuchri, Agochri & Unmuni mudras (meditation postures). It is not at all the state

of true self-realisation (as a soul) and has no concern with the spiritual powers (powers of a soul). This is the end of Yogmat (Nirgun Bhakti).

Above all, a true Saint (Sant Satguru) also attains this level of super conscience state and moves further towards the level of Supreme state of conscience which is the 6th stage of conscience (Beyond Turiyateet Awastha) while crossing the territory of Kaal Niranjana (Mind-Mann) which leads to the opening of “Gyarvaan Dwar” i.e. opening up of the 11th Aperture which is present into the concentration (surati) itself that leads to “Amarlok” (4th Lok). It is beyond the reach of Brahma-Vishnu-Mahesh. This is known as “Bihangam Marg” because the complete concentration travels into the universe at the same speed as Bird flies in the sky which is only available to a true saint. No one has ever attained the Supreme state of conscience except the true holy saints.

*Kaya naam sabhi gunn gavein, videh naam koi virla pavey
Videh naam pavey ga sohi, jiska Satguru saacha hoi.*

Everyone praises of those Words that are present in every human body which can easily be recited with the tongue, but only the rare beings get blessed up with real Alive Holy-Name (Sajeevan Naam) which is formless and it does not comes under writing, reading or speaking. Only that being will be blessed up with formless Alive Holy-Name (Sajeevan Naam) who gets the shelter of the true Perfect Spiritual Master.



Secrets Behind Conscience

Mankind is totally unaware of this fact that the play of continuous Birth and Death is happening, only due to change in the level of Conscience. “The change into the level of conscience is Birth & Death”. There are six different levels (stages) of conscience that is available to every single human being on earth which is present in every human body. Human Being is partially aware only from the three different levels (stages) of conscience i.e. Awakened State, Dream State & Coma State.

1. Awakened State (Jaagrit awastha) : This is the state of conscience in which we all are living as human beings and experiencing every single object into its physical state which appears to be Real and True in every sense that is available to all of us into our surroundings. In this state, our concentration (soul) resides into Eyes. This state of conscience is a complete cheating state in which brain & heart does not work together with complete co-ordination. Every single human being on earth (except Satguru) considers this state of conscience as the complete truth of life and at last dies as a physical being only.

“Human Beings resides into this state of conscience”.

2. Dream State (Swapn awastha) : This is the state of conscience in which we all experience Dreams while sleeping. Almost every single human being experiences this state of conscience into his/her due course of life. The level of

knowledge is 16 times lesser into this state of conscience as compared to Awakened state. Everything that happens into this state of conscience also appears to be Real until we are sleeping. In this state, our concentration (soul) enters into an ethereal body called as 'Suksham Shareer' which is present into a nerve that is located on the left side of the neck below jawline. This nerve is 1000 times thinner than a hair. The whole process is automatic for which we don't have to do any extra effort. This is a very unique state in which both heart and brain work together with complete co-ordination. There is no cheat at all into this state of conscience but it is limited only upto the duration of sleeping and is not at all Real. This is the state which may take place at the time of death.

“Animals/Insects resides into this state of conscience”.

3. Coma State (Susupti awastha) : This is the state of conscience which takes place while sleeping and is a very deeper state as compared to a Dream state in which the whole concentration drops down and gathers into the navel region. The level of knowledge is 1000 times lesser as compared to Awakened state. This state is also called as Deep Sleep (a complete fools state) in which the complete memory of a person gets disturbed for a limited time frame while residing into deep sleep. This state of conscience also takes place when a person gets a severe brain injury. This state takes place atleast once in a lifetime with almost every human being (age may vary) while sleeping. This is such a darker state in which the complete co-ordination of our heart and brain stops and cannot respond to any physical activity at all. This is the state which takes place in every human beings life at the time of death except those who has the shelter of a true living Satguru.

“Trees/Plants resides into this state of conscience”.

But, there are 3 more higher states of conscience which is above the level of our present state of conscience i.e. Awakened state in which we all are living by considering ourselves as physical body. These higher levels of conscience are available to every single human being in equal manner and are known as : Turiya State, Turiyateet State & Supreme State (Beyond Turiyateet State).

Mind, who is the Ruling Power of the universe has only one single duty to perform into His whole creation of the universe i.e : He never allows any individual human being to realise his own true-self (soul) in the due course of life and at the same time he never wants that one should even think onto the subject of Self-Realisation and Salvation, so that none could attain the permanent liberation from the endless cycle of birth-death. This is the only reason why Mind never sleeps even when all the living beings on earth comes at rest and goes to sleep. He never allows any being into this mortal world to do the worship of a true Perfect Spiritual Master because only a true Perfect Spiritual Master (Satguru) knows about the true appearance, existence and all the limitations of Mind. He is the only Perfect Master of Mind in this mortal world as well as in the whole of universe who completely rules over Mind and knows about all the secrets behind the creation of this universe as well as the real abode of Supreme Lord (all Saints addressed that Supreme Power as ParamPurush/Sahib) whose existence is beyond the limits of mind i.e. beyond universe. Everything which we all are seeing and experiencing around us through our eyes appears to be Real and at the same time gives an impression that it is

the only truth of human life which is only due to the state of conscience in which each individual soul considers its own true-self as a physical body . But, in reality ‘Truth’ exists far beyond from the limits of mind & body.

In past, our ancestors who practically experienced these next levels of human conscience and also experiences the whole of universe through concentration within their own physical bodies are the Rishis, Munis, Siddh, Sadhaks, Yogis, Yogeshvars, Peer, Paegambar etc who then gave this knowledge to the humanity which is present in all the religious scriptures/manuscripts available to mankind. But, they all failed in attaining up the Supreme State of Conscience which in reality is the true state of Self-Realisation as a Soul whose existence is beyond Turiyateet State and got remain entangled into the territory of Mind which itself is the 5th element of the universe i.e. sky (shunya-vacuum). Only a true Perfect Spiritual Master (Satguru) attains the level of Supreme State of Conscience because only He knows the secret of that path which helps an individual soul to liberate from the territory of Mind and leads back to their origin – ‘Amarlok’ which itself is the true abode of Supreme Lord. Now, let’s see to the next three levels of our conscience which Sant Samrat Satguru Kabir Sahib describes into His ideology are:

4. Turiya State (Turiya awastha) : This is the state of conscience which is the next level as in comparison to our present level of conscience in which we all are living as human beings into this mortal world. To attain this 4th state of conscience we need a complete accurate guidance and direction of a Perfect Spiritual Master. In this level of conscience, the complete concentration (surati) along with Pranas (nirati) i.e. Breathing enters into the ‘Sushmana’ nerve.

The physical movement of the body gets completely locked up and the whole body appears to be vacant. Here, a person nearly experiences death while remaining into this physical body where the individuality of a person nearly becomes breathing only because the 'Nirati' (Pranas) gets completely concentrated in Sushmana nerve along with 'Surati' (Concentration). Here, in this state of conscience a Soul gets liberated out from three elements only i.e. Earth, Water & Fire and got completely engaged into breathing i.e. Air. Such an individual partially travels into the different worlds that are present into the higher limits of the universe with help of an ethereal body within their own innerself. The limitation of this level of conscience is only upto the Medula Plexus (Aagya Chakra). Yogis attains this level of conscience with help of complete concentration which indeed is the higher level of temporary salvation as compared to Heaven & Ancestral abode. Mind becomes visible into this state of conscience which is present into Sushmana nerve and after that such a person never gets attracted back towards the materialistic things which then appears to him as entanglements of Mind created just to mislead every being from the real motive of human life i.e. Salvation. But, this state of conscience is not at all the state of Supreme conscience and neither a state of true self-realisation as a Soul.

“Gods-Goddesses (Idols, Devi-Devtaas, Siddhs, Yogis etc.) resides into this state of conscience”.

5. Turiyateet State (Turiyateet awastha) : This is the state of conscience which is one step ahead from the Turiya state and is called as Super Conscience. Also, to attain this 5th state of conscience we need a complete accurate guidance and direction of a Perfect Spiritual Master. In this next level

of meditation, the Nirati (Pranas) gets completely concentrated in Sushmana nerve with help of complete concentration and enters into Bhanwar Gufa which is also know as Bunk Canal. Some of the yogeshvars holds their complete Surati (Concentration) onto jinglement of words (Anhad Dhuns) which is of 70 kinds that are continuously happening inside Bhanwar Gufa and travels into the much higher levels of universe with help of an ethereal body which is far superior than the Turiya state. Here, the soul still remains engaged into the element Air. Some yogeshvars moves further and hold their complete concentration into Saehstrasaar where an individual completely experience himself as a formless being. The physical movement of the body gets completely locked up and the whole body appears to be vacant. Here, in this level of conscience the soul gets liberated out from 4 elements of the universe i.e. Earth, Water, Fire & Air and remain entangled into the 5th element i.e. Sky. And above all, some of the maha-yogeshvars moves further and hold their complete concentration into 'Shunya' while passing through Sushmana nerve and opens up the 10th aperture which is also known as 'Dasham Dwaar' and wanders into the ultimate level of Super conscience state. Here, in this level of conscience the soul still remain entangled into the 5th element of the universe i.e. Sky which itself is the abode of Kaal Niranjan (Mind). The reach of these different levels of conscience within Turiyateet State is upto the creations of shunya and maha-shunya abodes. But, this state of conscience is not at all the state of Supreme conscience and neither a state of true self-realisation as a Soul. All the 5 states (Awakened State, Dream State, Coma State, Turiya State & Turiyateet State) of conscience falls under the

territory of mind and body which itself is the territory of Kaal Niranjan (Mind).

“Niranjan, Aadhya Shakti, Brahmaji, Vishnuji, Shivji, Maha-Yogeshvars resides into this state of Super conscience”.

6. Supreme State (Beyond Turiyateet State) : A Supreme state of conscience is ahead of Turiyateet state. The secret path of this 6th state of conscience is only known to a true Saint (Sant) who himself is a true Perfect Spiritual Master (Satguru). In this level of meditation, the Nirati (Pranas) gets completely merged into Surati (concentration) and enters into the 8th Chakra (plexus) which is at the height of 1¼ hands above Saehstrasaar (7th Chakra/Crown Chakra). This is called as “Surati Kamal” which is the abode of a “Satguru” and is the opening of the 11th aperture (Gyarvaan Dwaar) which leads to ‘Amarlok-Satlok’. It is in the concentration which is the abode of “Hansa” (Soul) where Supreme Lord (Param Purush/Sahib) Himself resides. Here, in this Supreme level of conscience, the Soul gets completely liberated out from all the 5 elements of the universe i.e. Earth, Water, Fire, Air & Sky i.e. the Soul gets completely liberated out from the territory of Mind (Mann) & Body (Maya) and attains the level of Immortality as well as attains the level of Oneness with Supreme Lord (ParamPurush – Sahib) which indeed is the permanent salvation and is the state of true self-realisation as a Soul. This Supreme state of conscience is beyond the limits of mind (mann) & body (maya).

“A Saint (Sant) who himself is a Perfect Spiritual Master (Satguru) resides in this Supreme state of conscience”.



Salvations Created by Kaal Niranjana

Mukti mukti sab jagat bakhana

Mukti bheid koi virla jaana.

Everyone in this mortal world really understand the importance of salvation and shows their concern in attaining up the same. But, the secret to attaining up the permanent salvation is only known to a rare being.

In the religious scripture “Vedas” (the world’s oldest knowledge of universe) there are only four kinds of temporary salvations mentioned which are available to mankind i.e. there is neither any mention about permanent salvation (Param Moksh) nor any facts of Amarlok (4th Lok- real abode of a soul) whose existence is beyond universe, in any of the religious scriptures. All knowledge in this world is emanated from Vedas, which is limited in its approach upto Shunya (sky-space-vacuum) and described ‘Niranjana’ as Formless Supreme Lord (Nirakaar Paramatma).

Satguru Kabir Sahib was the first Holy Saint into the history of mankind who clearly explained and says that “Mind” itself is Niranjana who is Formless in nature and resides into the 5th element of the universe i.e. sky-vacuum-shunya which is perishable and at the same time resides into every human being as in form of Mind.

By worshipping God in a Form mode (Sakaar-Physical) or in a Formless mode (Nirakaar-Non Physical), a human being can only attain the following four kinds of temporary salvations which all were created by Kaal Niranjana (Mind).

1. SAMIPAYA

An Individual who do noble deeds (punya-karmas), never give harm to any of the living species and worship the Ancestors attains SAMIPYA salvation. After death of a physical body, a soul of that individual being finds a place into Ancestral World (Pitar-Lok) and enjoys all the partial comforts over there as per Karmas for quite sometime. But, onto the completion of time period, an individual soul again comes back to this mortal world i.e. re-birth takes place of a new physical being concerned with the same individual soul.

2. SALOKYA

An Individual who do noble deeds (punya-karmas) as mentioned in Vedas and other religious scriptures, never take meat-wine, do acts of charity and worship one or the other deity for whole life attains SALOKYA salvation. After death of a physical body, a soul of that individual being finds a place into Heaven (Swarg-Jannat) and enjoys all the partial comforts over there for thousands of years against noble deeds. But, onto the completion of time duration against noble deeds, an individual soul again comes back to this mortal world after reaping the fruits of noble deeds i.e. re-birth takes place of a new physical being concerned with the same individual soul.

3. SARUPYA

An Individual who rise above Sargun worship and wanders in the limits of “Brahm” attains SARUPYA salvation. After death of a physical body, a soul of such an individual being finds a place in “Brahm-Lok” for lacs of years and enjoys all the comforts over there which are of much higher level as compared to the comforts of Heaven. But, onto the completion of time duration, an individual soul

again comes back to this mortal world i.e re-birth takes place as a new physical being concerned with the same individual soul.

4. SAYUJAYA

An Individual who worship only the Formless God (Nirakaar Niranjan), gets absorbed in Formless after death of a physical being which is known as SAYUJAYA salvation. Such an individual soul wanders in the limits of “Paar-Brahm” and enjoys the bliss into that extremely higher level of universe which can’t be described in words. But, onto the re-creation of the universe, that individual soul will again comes back to this mortal world and re-birth takes place as a new physical being.

It clearly indicates that Kaal Niranjan (Mind), who is the ruling power of the universe, has created all the temporary salvations in this universe just to entangle each individual soul into the endless cycle of birth and death which itself is the biggest pain for all of us. He has all the powers to mislead each individual soul from the right path towards permanent salvation (Param Moksh).

But, in the whole of universe, only “Satguru” (The Perfect Spiritual Master) has the spiritual powers with which He can easily liberate the Souls permanently from the territory of Niranjan (Mind) i.e. from the endless cycle of birth and death.

Mukti bheid main kahun vichaari.

I have shared such a true hidden secret of moksh (maha nirvana) which is unknown to the whole of mankind. A true being must think upon it seriously by giving a deep thought onto my words.



Origin of Soul

*Amarlok hanson ka dera,
Parampurush jahan karein basera.*

The real abode of a soul is ‘Amarlok’ where Supreme Lord Himself resides.

The origin of a soul is “Amarlok” which indeed is the true abode of Supreme Lord (ParamPurush/Sahib). Every single element and article which is present in the whole universal creation comes out of Him only.

Sant Samrat Satguru Kabir Sahib for the first time revealed all the secrets about this unknown path to Immortality in His ideology, which indeed is the true origin of a Soul. ‘Amar’ means immortal and ‘Lok’ means abode. The abode of a Soul (our own true-self) is immortal and its existence is beyond the creation of universe i.e. beyond all the 5 perishable elements - Earth, Water, Fire, Air & Sky as well as beyond the knowledge of Vedas, Bhagavad Gita, Ramayana, Quran, Bible and all other religious scriptures/manuscripts that are available to mankind.

No secondary God exists in ‘Amarlok’ i.e. Kaal Niranjana (every single being worships him by considering him as Supreme Lord and addresses him with the names - God, Heavenly Father, Bhagwaan, Ishwar, Rabb, Nirakaar Paramatma), Aadhy Shakti, Brahma, Vishnu, Mahesh, Ganesh, Ram, Krishna, Jesus, Buddha, Mahavir, Gods-Goddesses, Peer, Paegambar, Yogeshvars etc. have no existence in ‘Amarlok’.

None of the 5 Words – Jyoti Niranjan, Onkaar, Sohang, Satt, R-Rankaar from which 5 individual elements Fire, Water, Air, Earth & Sky came into existence does not exist in ‘Amarlok’. The world where there is no dissolution, destruction, karmas, body, mind, punishment, fear, grief, pain, sorrow, birth, death, caste, colour, creed, religion, rituals, physical body, ethereal body, time, mass, length. No Anhad Dhuns (Anhad Naad / Naad Brahm), Jyoti, Prakash, Sun, Moon, Planets, Stars etc exist in ‘Amarlok’. It is beyond the limits of mind (mann) and body (maya).

Sant Samrat Satguru Kabir Sahib clearly mentioned in His ideology of SantMat and at the same time addresses the whole of humanity with a word of caution that “No individual soul (our own true-self) can attain permanent liberation from the endless cycle of birth-death i.e. can never liberate from the entrapment of Mind (Kaal Niranjan) without getting blessed with Alive Holy-Name (Sajeevan Naam) by a true living Satguru (Perfect Spiritual Master).

*Jeh vahan se hansa aaya,
amar hai woh lokwa.*

The abode from where each individual soul has descended down into this perishable universe is an immortal world and is called as ‘Amarlok’.



Surati Yog

*Surati ka hai khel sara,
surati mein rachyo sansara.*

The whole play is of concentration and the whole creation itself is being done in concentration.

Sant Samrat Satguru Kabir Sahib for the first time explore the secret of “Surati Yog” in His ideology of ‘SantMat’ and also explained the true limitations of ‘Sthool Yog’ & ‘Suksham Yog’ into the field of spirituality.

As far as ‘Sthool Yog’ (physical yoga) is concerned, it is completely associated with different physical Asanas (postures of body) of Yoga through which we can easily maintain our physical health to lead a healthy life. It is only meant for the maintainence of physical body and has no concern at all either with self-realisation (as a Soul) or with the true realisation of Supreme Lord (Sahib).

The second kind of Yoga which is called as ‘Suksham Yog’ is based on meditation in which an individual completely holds his concentration onto one of the 7 different plexuses (Chakras) that are present in every human body and experiences different worlds which are present into higher limits of the universe. An individual also experiences White Light, Golden Light, Jyoti, Jinglement of Words (Anhad Dhuns) etc. within the physical body. The master-key to unlock all the 7 Chakras (plexuses) is Concentration (surati). And, while holding complete concentration onto any one particular plexus, the innermost deeper cells of the body along with the innermost deeper nerves that are present on that

plexus (chakra) gets activated and generates immense powers within the body which is directly being generated by Mind itself. The Mind Powers (Riddhis-Siddhis) that an individual experiences and attains through this ‘Suksham Yog’ are not at all the true spiritual powers of a Soul and has no concern with Self-Realisation (as a Soul) or with the true Realisation of Supreme Lord. This ‘SukshamYog’ has its limitations upto the ‘Dasham Dwar’ (opening up of 10th aperture) only which remains under the territory of Mind.

So, both ‘Sthool Yog’ & ‘Suksham Yog’ are directly associated with Mind which remains under the territory of Mind (in the universe) itself. Hence, an individual cannot attain permanent liberation from the territory of this universe which belongs to Mind.

Whereas, ‘Surati Yog’ which Kabir Sahib has talked about in His ideology of SantMat means “Always remain concentrated onto Satguru” because a true living Satguru is the only real source of true spiritual powers (aadhyatmik shakti) which itself are the powers of Supreme Lord (Sahib) and at the same time is the only Perfect Spiritual Master in the universe who completely rules over Mind. Sahib Ji clearly mentioned that keeping concentration on Satguru is the easiest and the direct way to attain the true spiritual powers of a soul (concentration) which are already present in our soul (concentration) itself and then we will be able to see every single activity of Mind i.e Mind, Intellect, Memory & Action within the physical body and can easily rule over Mind who continuously engages the concentration (our own true-self) in materialistic things which are present in an outer world so that he can rule over every single human being on earth.

Without the blessings of a true Satguru, an individual being cannot see the net of evil properties which all are formless in nature and resides in Mind i.e. Sex, Anger, Greed, Attachment, Ego etc. and can never understand the depth and importance of 'Surati Yog' because Mind does not involve in it. This is the path of true self-realisation which leads to permanent salvation from the endless cycle of birth & death.

*Jaaki surati laag reh jeheinva,
kahey kabir pauhchaun tehvaan.*

Wherever an individual engages his concentration (surati), his pranas (nirati) will definitely lead over to that place and completely gets merged into it, at the time of death.



*Koi sargun mein reejh raha, koi nirgun thaehraye.
Dadu atpat chaal Kabir ki, mujse kahi na jaye.
Hindu to hadd mein chaley, Musalman hadd paar.
Dadu chaal Kabir ki, mujse kahi na jaye.*

Dadu Dayal ji says that people are engaged in Sargun (with form) or Nirgun (formless) forms of worship & seems to be satisfied with such worships. But, Kabir Sahib's philosophy is altogether different from these & is indescribable. The Hindus remain within the limits of shunya whereas the Muslims has there reach above shunya. But, Kabir Sahib shows the rare path to be followed which is beyond the reach of both shunya and maha-shunya creations.

True Sayings of Sahib Ji

*Ek Kabir bhav mein dubaey,
ek Kabir bhav paar lagaey.*

Sahib Ji says that hypocrites played a very big role in defaming the real personality of 'Kabir Sahib' and presented the unreal knowledge about His sayings in front of people. So, people who are following the unreal and defame personality of Kabir Sahib will for sure drown into the worldly ocean of birth and death. And, the true personality of 'Kabir Sahib' which has never been presented in front of humanity that too in a truthful manner, holds the true authority and supreme power to liberate the souls permanently from the worldly ocean of birth and death.

Saeeyaad ke kaboo mein hain sab jeev baecharey.

Sahib Ji says all the souls which are present in this universe are under the complete influence and control of 'Kaalpurush' (Mind/God of Death) who is the creator of this universe (3 lok's).

*Paanch naam hain brahm swaroopa,
uske aagey 'Naam' anoopa.*

Sahib Ji says that all the five words : Jyoti Niranjana, Onkaar, Sohang, Satt, R-Rankaar with which the whole universe (3 lok's) has been created holds the power and appearance of Brahm(creator). But, above all the five words, there is one true and unique 'Holy Name' which is Immortal and holds the Supreme Power to liberate all the souls from the entanglement of mind and body. The true knowledge about that

‘supreme holy name’ is unavailable to all the religions alongwith their respective religious scriptures/manuscripts.

*Paap punya yeh dono baedi,
ik loha ik kanchan kerī.*

Sahib Ji says that both inauspicious karma (paap) and auspicious karma (punya) is a chain of bondage for every soul, one is of iron and the other is of gold which is the creation of Kaal Niranjana (Mind) who entangled every soul into the net of karmas.

*Guru bin hirdaey shuddh na hoi,
kotin bhaanti karey jo koi.*

Sahib Ji says that without the blessings of a true Guru, the heart of a being cannot be purified, even if a being tries onto billion over other methods/ways to completely purify his/her own heart.

*Guru hain badey Gobind se, mann mein dekh vichaar.
Hari sumrey soh vaar hai, Guru sumrey soh paar.*

Sahib Ji says that as per the ideology of SantMat, “Guru is greater than Supreme Lord”. Just think over it. Meditating directly onto Supreme Lord will not provide any help or protection to a being, whereas meditating onto a true Guru will provide all the help and protection to a being while living in this mortal world and will also provide permanent salvation from the endless cycle of birth and death.

Guru milney se jhagda khatam ho gaya.

Sahib Ji says that all search regarding to the realization of Soul (true-self) and Supreme Lord comes to an end, when a true living Satguru comes in your life and bless you with a true Alive Holy Name (Sajeevan Naam).

*Tann ki jaaney mann ki jaaney ghatt ki jaaney chori,
Uss 'Sahib' se kya chhipa hai jiskey haath mein dori.*

Sahib Ji says that 'Sahib' who is the Supreme Lord of souls knows each and every movement of body, mind and heart. He holds the life force of every living being. So, you have nothing of your own which you can hide from the eyes of 'Sahib'.

Koti naam sansaar mein, tintey mukti na hoey.

Mool Naam joh gupt hai, jaaney virla koey.

Sahib Ji says that there are crore over 'Holy Names' (Words) present in this mortal world, which all are unable to provide us permanent salvation. Whereas, the true 'Alive Holy Name' which holds the supreme power to provide us permanent salvation is an absolute secret which is only known to a rare being in this mortal world.

Mann ki tarang maar do, toh ho gaya bhajan.

Aadat buri sudhaar lo, toh ho gaya bhajan.

Aaye ho tum kahan se, aur jana hai kahan.

Itna sa bas vichaar, lo toh ho gaya bhajan.

Sahib Ji says that by just killing the commands (comes in form of vibrations to the brain) of mind and by leaving all the bad habits, your worshippingness to Supreme Lord is over. 'Where have you come from and Where you have to go'; by just giving a sincere thought to it, your worshippingness to Supreme Lord is over.

Teen lok hai aawa gamana,

chautha lok hai Satguru bhawana.

Sahib Ji says that all the three lok's which is the territory

of 'Kaal Niranjana' (Mind) has no permanent exit for a soul from the circle of birth and death. Every single soul will keep on revolving in the continuous cycle of birth and death within the creation of 'Kaal Niranjana'.

Whereas, the true abode of a Satguru is the 4th loka which exists beyond Kaal Niranjana's territory and is the only permanent exit available for a soul which leads back to origin.

*Kabir mann toh ek hai, bhavay jahan lagaey,
Bhavay guru ki bhakti kar, bhavay vishaey kamaey.*

Sahib Ji says that Mind is only one and can be involve into any kind of activity in life. It's upto you, that either you involve mind in the worship of a true Guru or you involve mind in lustful activities.

*'Amarlok' hai sabse nyara,
mann maya na pavey para.*

Sahib Ji says that 'Amarlok' which is the true origin of all the souls is unique as in comparison to other abodes which are present in this universe. Mind and Body cannot go beyond the limits of universe, and does not have their reach upto 'Amarlok' which exists beyond universe.

*Sabki gathri laal hai,
koi nahin kangaal.*

Sahib Ji says that every single human being on earth is filled up with equal miraculous powers and has no differentiation of any type at all between a poor and a rich. No individual being is empty from inside and has the presence of same Soul which truly belongs to 'Sahib' (Supreme Lord).

Khel brahmaand ka, pind mein dekhiya.

Sahib Ji says that I have seen the whole universe within the physical body.

Gyaan chadariya jisney leeni, maeli kar dhar dini.

Ek kabir yatan se leeni, jyon ki tyon dhar dini.

Sahib Ji says that who so ever took the sheet of true knowledge (as in form of body) failed to maintain its purity and made it dirty with sex, anger, greed, attachment and ego. But, it is only the 'Kabir Sahib' who succeeded in maintaining the purity of the same sheet of knowledge (as in form of body) without making it dirty with sex, anger, greed, attachment, ego and returned back that sheet of true knowledge in its pure original form.

So sharnagatti pal mein tara,

karat na laagi daer.

Sahib Ji says that a being who completely surrender himself to a true Satguru with absolute faith, will get liberated permanently from the endless cycle of birth and death within a fraction of a second.

Teen lok joh kaal satawey,

taako jagg sab dhyaan lagawey.

Sahib Ji says that the 'Kaalpurush' (Mind/Niranjan) who entangled all the beings into the cycle of birth and death under the territory of 3 lok's (universe) is being worshipped as 'Supreme Lord'. Everyone is meditating onto 'Kaalpurush' (God of Death) in this mortal world.

Sansaar naahin jaanat bheid 'Sahib' ka.

Sahib Ji says that not even a single being in this universe knows the secret of 'Sahib' (Supreme Lord / Param Purush). The true presence, appearance, existence of 'Sahib' is only

known to a true living ‘Satguru’.

*Kyoun bhatakta phir raha hai, tu talashey yaar mein.
Raasta ‘Shahragg’ mein hai, dilbar takk jaaney ke liye.*

Sahib Ji says that O’ Human, why are you roaming around here and there from one place to another in search of God? Whereas, the way (the exact path) which directly leads you to His abode is present in ‘Sushmana’ nerve (it is also called as ‘Shahragg’ in urdu language) within your own body.

*Bin jaaney joh koi bhakti karey,
soh nahin bhavsagar se tarey.*

Sahib Ji says that if a person is worshipping God as per his own intelligence and convenience without knowing the true facts of it, then such a person can never cross the worldly ocean of birth and death.

*Duniya jisko ‘Paramatma’ maaney,
sohi ‘Kaal’ koi bheid na jaaney.*

Sahib Ji says that the ‘Power’ who is ruling over the universe, to whom the whole world considers and worship as ‘God’; is no one else but ‘Kaalpurush’ (God of Death/Mind/Mann). This secret is unknown to the whole of mankind.

*Kahaet kabir suno bhai saadhoo,
jagat banaa hai mann se.*

Sahib Ji says that a being should listen and understand the reality which i am talking about is that, the whole world has been created by “Mind”.

Surati kamal Satguru ko vaasa.

Sahib Ji says that ‘Surati-Kamal’ (8th Chakra) is the immortal abode of a ‘Satguru’ .

Ek he jaat sakal sansari.

Sahib Ji says that all human beings has only one caste i.e. 'Human'.

*Waa ghar ki sudhi koi na batawey,
jeheinwa se hansa aaya hai.*

Sahib Ji says that i have asked from so many religious preachers, yogis, gurus, yogeshvars, pandits, priests, pastor etc about the true origin of a soul from where it descended down into this universe, but no one really answered back to me with full confidence and were in confusion regarding the true origin (abode) of a soul (hansa).

*Adaa kar khud khazaney se,
chhudda le apne bandey ko.*

Sahib Ji says that it is only a true 'Satguru' in the whole of universe, who Himself will liberate His being from the territory of 'Kaal Niranjana' with His own spiritual power.

Guru prataap se sowat jaga.

Sahib Ji says that a soul of an individual awakes at the very same moment when a true Perfect Spiritual Master bless him with a true 'Alive Holy Name' through His supreme concentration.

*Kabir kaya athaa hai,
koi virla jaaney bheid.*

Sahib Ji says that the depth of a human body is limitless and this secret is only known to a rare being.

*Saach barabar tapp nahin, zhooth barabar paap.
Jiske hridaey saach hai, uske hridaey 'Aap'.*

Sahib Ji says that there is no other 'tapasya' in this world which is equivalent to 'speaking the truth' and there is no other 'sin' in this world which is equivalent to 'falsehood'. "Sahib" only resides in the heart of truthful beings.

*Kaal ka naam japey jagg sara,
satya naam nahin koi vichara.*

Sahib Ji says that the whole world is busy in chanting out the 'Words' (so called holy names of God) of Kaalpurush (Mind / God of Death) due to lack of true spiritual knowledge, and no one knows about the true 'Alive Holy Name' of Supreme Lord which holds the power to liberate a soul permanently from the entrapment of mind and body.

*Paar lagan ko har koi chahey,
bin satguru koi thah na paey.*

Sahib Ji says that everyone wants to cross this worldly ocean of mind and body which in reality is an entanglement for all the beings, but without a true Satguru no being can liberate himself from the endless cycle of birth and death which is the creation of 'Kaal Niranjana' (Mind) not of 'Sahib' (Supreme Lord).

*Is duniya ki reet anoothi,
tajay saach aur zhooth se preeti.*

Sahib Ji says that this world has altogether a very strange way of living where people discard the 'Truth' and has immense love for 'Falsehood'.

*Koti janam ka path thaa,
guru pal mein diya pauhnchaey.*

Sahib Ji says that a true Satguru will Himself lead you back to the origin (Amarlok) within a mili-second, the path and the distance which can never be covered by an individual being even after taking billion over births.

*Guru bin bhav nidhi tarey na koi,
joh viranch shankar sam hoi.*

Sahib Ji says that no being can cross this worldly ocean

of birth and death without the blessings of a true Guru, even if a person is equivalent to Brahma ji and Shiv ji in all aspects.

*Yeh sansaar kaal ko desha,
yahan karam ka jaal pasaara hai.*

Sahib Ji says the world in which we all are living, belongs to Kaalpurush (Mind / God of Death). He rules over every single being (except Satguru) in this world, and is the creator of karmas in which he entangled all the beings that are present in this world.

*Naam satya Guru satya, aap satya joh hoey.
Teen satya jab ek hon, toh vish se amrit hoey.*

Sahib Ji says that in ‘Satguru Bhakti’, three things are equally important to transform the poison into nectar. Firstly, “Naam” should be of True nature. Secondly, “Guru” should be of True nature and must have attained Oneness with Supreme God (Sahib). Thirdly, a disciple should also be of True nature towards his Guru after taking “Naam” and will never try to find another shelter for himself during problems/hardships in life. Sahib Ji says if all the three things are truthful in nature, only then, the poison will turn into nectar i.e : such a being will attain permanent liberation from the endless cycle of birth and death within no time.

*Aakhir yeh tann khaak mileyga,
kahan phirat magroori mein.*

Sahib Ji says that a body to whom you are considering as your true-self is actually not yours and will turn into ashes one day. But, still you are roaming around in egoism for this perishable body.

Bin rasri sakal jag bandheya.

Sahib Ji says that the whole world is tied up without a rope.

*Kabir kalyug aa gaya sant na poojay koey,
kaami krodhi laalchi inki bhakti hoey.*

Sahib Ji says that in the duration of Kalyug people will not worship a true living Saint who holds the supreme power to liberate the beings from the entrapment of mind(mann) and body(maya). People will only worship and follows such gurus who are filled with lust, anger and greed in this phase of Kalyug.

*Satya "Sahib" Kabir thaey,
keh gaey sant sabhi.*

Sahib Ji says that all the true Saints in past like Nanak Dev Ji, Dadu Dayal Ji, Garib Dass Ji, Ravi Daas Ji, Nabha Daas Ji, Tulsi Sahib Ji etc, had addressed with confirmation and with all due respect in their truthful sayings that: "Kabir Sahib" Himself is the "Supreme Lord" (Sahib).

*Karam aur bharam sansaar sab karat hai,
peev ki parakh koi sant jaaney.*

Sahib Ji says that the whole world is busy in doing karma and is wandering with confusion in search of Supreme Lord. Whereas, only a true living Saint has the true realization of Supreme Lord (Sahib) and completely knows about His true presence, appearance and existence.

Sargun Nirgun yum ki baazi.

Sahib Ji says that both sargun and nirgun modes of worships are actually the worships of Mind (Kaal Niranjan) not of Supreme Lord (Sahib), which is a secret play of Mind (God of Death) just to entangle every soul within his own territory.

Bin parteet jeev na taraee.

Sahib Ji says that without faith onto a true Satguru, a being cannot cross the worldly ocean of birth and death.

Paras surati sant ke pasa.

Sahib Ji says that a true Saint has the purest supreme concentration which holds the supreme spiritual powers that can directly transform a crow like being into a swan (same as touchstone, which can directly transform an iron into gold with its single touch).

*Mann he Niranjana sabey nachaey,
naam hoey toh maath nawaey.*

Sahib Ji says that Kaal Niranjana (Mind) is driving the whole universe and makes everyone dance onto his tunes (commands). But, the king (mind) actually bow down in front of that being who has the true 'Alive Holy Name' of Satguru.



*Saat shunya saat hi kamal, saat surat sthan.
Ikkis brahmand lag, Kaal Niranjana gyan.*

There are seven Shunyas (Nothingness), seven Kamals (plexus) and seven abodes of Surti (concentration). Upto the limits of 21 universes the whole of knowledge is related to Kaal Niranjana.

*Tahan anhad ki ghor shabd jhankar hai,
laag rahey siddh saddh na pawat paar hai.*

Different kinds of musical sounds are emanating from bhanwar gufa within every being. All the sages remain absorbed in these musical sounds. But strange to say, none has been able to liberate himself.

The Reality of Ghosts

(Evil Spirits)

It is said that the soul of Abraham Lincoln continued to wander in the President House even after his death. Once a journalist asked Mr. Regan (Former President of America) that did u ever felt the presence of the wandering soul of Mr. Lincoln in White House? Mr. Regan laughed and said that it was better to leave that question. On being requested again and again, Mr. Regan said that he had actually seen the soul of Mr.Lincoln at various occasions. He had seen him working in White House. He also said that his pet dog also barked on it on all such occasions. But, he told the journalist that if he wrote such a thing in his newspaper, then the people would comment that the president of such a powerful country like America is lying and speak all rubbish things in today's modern scientific world.

It is true that evil spirits have their own existence. They are infact, one out of the eighty four lac species (yunis). The religious scriptures has describe this category as a very dirty one. Those who deserve hard punishment, attain this category of a ghost. All other forms of living beings like insects, birds etc. are somewhat better because they possess a physical body. But, ghosts does not have any physical body. They are forced to satisfy all their needs inside the bodies of other living beings. Six types of evil doers attain this fearful and hateful specie. After attaining it, they wander like dogs and often return to the place where their family members or other descendants live.

Let's now understand as that how do they enter the bodies of others. Suppose some evil spirit has to enter the body of some person named Tom. It will make Tom forget his own identity and will then use his body according to its own manner. It is similar to the case of air that comes out of a bottle when water is poured into it. Just as drunkard forgets himself and becomes senseless after taking too much of alcohol, a man also does the same when some evil spirit enters into his body. Accordingly, the original behaviour and nature of Tom will give place to the new one of the evil spirit.

But, the evil spirits cannot enter the bodies of all. They enter the bodies of only those who are weak from brain and less awakened. They cannot enter into the bodies of such people who are brave and more awakened. We should not forget that the evil doers always take forcible action only against poor and helpless people. But these evil spirits do not enter the bodies of others as and when they desire. These do so only when one is asleep. Moreover, they prefer to enter the bodies of females as they are less mentally strong as compared to men.

During sleep, evil spirit come and put pressure on the concerned person. A person will feel as if some heavy weight has been put on him. The voice of such a person will not come out from mouth and at that moment a person feels that someone is pressing the neck with full force and is choking out the complete breath. A person tries to ease this pressure with full force. He also calls for the object of his worship for help. At that time, the body of such a person seems to be lifeless. The evil spirits thus find their entry into the bodies. The pitras (deceased family members) also come in the same manner. In this way, the evil spirits make the bodies as their abodes. The evil spirits does not leave the bodies so easily.

As a result, the intellect and brain of such a person suffer a great deal. A person becomes less active than before and the memory becomes weaker and weaker. In short, the whole nervous system of a person gets severely damaged. The reality and the existence of evil spirits is far beyond from the knowledge and reach of medical science as well as modern science.

The number of evil spirits is continuously increasing. In this universe, there are more than 10 evil spirits that can be put after every human being. Also, ghosts live longer than other living beings and has the age of 1000 years.

These evil spirits normally enter into the bodies of those who have not sought the shelter of a true Guru. And, those who got blessed with the Alive Holy Name, remains free from all the ill effects of evil spirits. I have not given anything to your mind and body. I have given the needed thing to your soul only. I directly touched your soul (true-self) at the time of 'Naam Daan' with my supreme concentration and makes it awake that has helped in creating awareness and awakening within you. Evil spirits now cannot have their ill effects on you because I have mark the presence of supreme power within you through my supreme concentration and you have reached far higher as compared to those who does not have the blessings of a true Guru with them. The disciples associated with other religious/spiritual organizations remain in the grip of superstitions of various kinds even after getting blessed with the Holy Name. But, those who are associated with Sahib Bandgi spiritual organization comes out of the grip of superstitions soon after they get blessed with the true Alive Holy Name. This is because people really feel the presence of "Sahib" (Supreme Power) with them which continuously gives complete protection from the influence of evil powers.

This is what makes me say again and again with complete faith that ‘The thing I possess cannot be found anywhere else in the universe’.

The suffering people go to ‘syanas’ (posing to have the technique/method to cure the ill effects of evil spirits) for the cure of their problems related to evil spirits. Such people don’t realize that hypocrites are cheating them to earn their livelihood.

The medical profession is a very noble profession. It is, in fact, a profession of social service. But the doctors don’t show due care to the poor patients. They care only for those patients who belong to the upper strata of society. They have turned this profession into a business for earning handsome wealth, name and fame. The doctors have so far badly failed to offer a complete cure against the diseases like fits, cancer, diabetes, high blood pressure and the like. They tell the patients that they will have to take the medicines till the last breath of their lives. In other words, they will have to remain dependant completely on the doctors.

Likewise, these ‘syanas’ can never provide relief to the people suffering from problems associated with evil spirits. They only pose to free people from ill effects of these evil spirits. After all, what is the special thing associated with Alive Holy Name. Kabir Sahib has said in this regard :

*Bhoot pishach sab hoey nyara,
adhbhut Naam sadaa rakhwala.*

The true Alive Holy Name gives full protection to the being. Even ghosts get scared from it.

Thousands of people who were suffering from the ill effects of evil spirits got cured after being blessed with Alive Holy Name. It is this that has caused the mental disturbance

to the hypocrites and the syanas. They are trying their best to see to it that the people should remain entangled in their grip and their own source of livelihood remains intact.

Often the devotees listen to the heavy criticism against myself as well as against the Sahib Bandgi organisation and feel somewhat perturbed. They also think perhaps the critics do not have the true knowledge about Sahib Ji and Sahib Bandgi organisation. But the devotees should not feel disturbed. These hypocrites have gained a lot of knowledge about our organization through my spiritual discourses, literature books, website etc. They fully understand that people who are attached with Sahib Bandgi spiritual organisation are noble and have lovable manners. They do not indulge in bad and evil activities. But still, such elements avail every possible opportunity to defame us. The only reason behind all this is that their sources of income are suffering a set back. I have never worked for my personal benefit. I am helping out the people to come out from the grip of such hypocrites. In retaliation, they are spilling venom against Sahib Bandgi organisation. Some call us as anti-hindus while others call us as an atheist.

They want us to speak nothing about hypocrisy, unscientific, unreal rites and rituals that have marred and damaged the fair name of religion and the worship associated with it.

Remember my words, just as vaccination helps in preventing diseases, the true Alive Holy Name of 'Sahib' protects a being from all ill effects of evil spirits and at last liberates the soul permanently from the endless cycle of birth and death.



Some Experiences of The Disciples

1. I was suffering from some nervous problem. I went to various Syanas (experts in curing the evil effects of evil spirits) for about 4-5 years but, in vain. Some associated my trouble with the anger of the gods while others associated it with Hatya (spirit of some deceased family member who doesn't find suitable abode).

By chance the doctor whom I used to visit for purchasing the medicines was the follower of Sahib Bandgi spiritual organisation. He advised me to go to Sahibji. I acted upon his advice & narrated to my family members all that Sahibji said. My elder sister-in-law guessed that this guru is not like other ordinary ones. She lost no time in getting blessed with Alive Holy Name. Then all other family members also did the same. But I was still not a disciple. At the instance of Sahibji I also got blessed with Alive Holy Name. After it I began to enjoy life & soon recovered completely.

I tell you an incident that disturbed me much. Someone levelled a serious allegation against me. I remained upset for 15 days. One day, while I was lying on bed, I heard around me the slogans being raised in honour of Gurudev (Sahib Ji).

The next day it was a full moon day. At the instance of my younger brother, we went to Ranjadi Ashram, listened to the satsang & offered salutations. Sahibji looked at me & asked the reason of my frustration. I narrated the whole

incident. Sahibji told me not to worry about & said that Sahibji was with me. Right from that day I became normal. I can say with confidence that in Sahibji I have found Param Purush (Supreme Lord) Himself.

Romesh Lal.

Sector-4 Nanak Nagar

2. My husband was a dead drunkard and I was suffering from the evil influence of Jalbir (a spirit that enters into the bodies of females & tortures them) & Hatya. The Syanas had set up some Mohras (articles of stones supposed to cure these evil spirits) but they couldn't give me any relief. Instead, I became a mental case & remained in hospital for 6 months. By chance I met some disciple of Sahibji. At his instance I went to Sahibji. I attended 2 to 3 satsangs & got blessed with Alive Holy Name. The power of Alive Holy Name not only cured me but made the entire homely atmosphere pleasant. I purchased a photo of Sahibji & began to worship in the right earnest. Right from that day the whole atmosphere got changed. My husband also started going to his work place after offering salutations to Sahibji. He gave up taking wine as well. He said that he experienced a change in heart just on the very day Sahibji's photo was placed. After about a year he also got blessed with Alive Holy Name. By the grace of Sahibji my home has become like heaven.

—Santosh Kumari

Sector-4 Nanak Nagar

3. Earlier I was engaged in such dirty acts as were not easy to give up. But by the grace of Sahibji I was able to free myself from all these. I was earlier a devotee of Vaishno Mata. (one of the forms of Durga) But I couldn't get any peace of

mind. After seeking Sahibji's shelter I have such a peace of mind as I couldn't dream of even. Satguru always protects from dangers.

Once I was standing on the roof. I was about to fall when I felt that Sahibji had again placed me on the roof. I feel as if in Sahibji I have found Param Purush (Supreme Lord) Himself.

—Joginder Lal

Village Ramva Kulliyar

4. Earlier I was a devotee of Shivji. I had his vision as well. I attended the satsangs of some Guru as well. But all it appeared as hypocrisy. I didn't like satsangs of Sahibji as well & used to denounce him. A boy who was Sahibji's disciple began to make me listen the discourses of Sahibji through a cassette. I attained some knowledge & went to Sahibji to get blessed with Alive Holy Name. I can't describe the pleasure that I experienced after seeking the shelter of Sahibji. I was also able to see some miraculous things. All my desires began to be fulfilled. My attachment with my relatives has got decreased. I feel that our real world is far away from the one we are living in.

Earlier I had been suffering from kidney pain. I spent a lot on medicines but to no effect. After getting blessed with Alive Holy Name I felt relief. I feel at all the time that there is someone to protect me from troubles. I was also suffering from the problem of walking in sleep. On many occasions I couldn't even know where I had reached. One night, as I began to move out in my sleep, I felt as if some invisible power had stopped me from going out. I remained standing where I was. Sahibji never takes the credit of all these

miracles.

When I move out, I remember Sahibji & I find that the task at hand has been fulfilled. One day my foot slipped from the stairs & I was about to fall. At that very moment I felt as if some power had caught hold of me. On that very day, in the evening time, I was again about to fall. I was carrying vessels in my hands. All these were broken but I remained where I was. It was, no doubt, Sahibji who had come to my rescue.

—Smt. Poonam Gupta

Lower Mast Garh, Jammu.

5. Right from my childhood I was interested in worship. I was associated with a great organisation. I was the successor of that organisation. I felt some shortcomings there & deserted it. About 35 yrs. have passed & I have never visited there again.

On 28/11/02 I got my daughter married. But after 20 days my son-in-law turned mad. It was an unbearable problem for us. All kinds of treatments proved useless. He broke the doors of his house & beat all the family members. He was admitted in mental hospital as well for 10 days, but in vain. We became helpless. I had made a firm determination to take him to Sahibji but he wasn't prepared to go there. Any how, we managed to take him to Sahibji. A miracle happened. My son-in-law got cured. I thought that he alone could be my Satguru. Then after testing for six months, I along with my family members got blessed with Alive Holy Name.

—Bhagat Ram

Village, Chak Jhanda Singh

6. From the very beginning I had an inclination for worship. At that time we lived in U.P. If we found any sage, we used to follow him. The family members watched us lest we should run away . I was not interested in studies. One day, on my way to school, I found that a satsang was being held. The very sight of Sahibji charmed me. At that time I was 12 years old. Then I started attending satsang daily. I continued it for about one year. In the meantime the family members had got blessed with Alive Holy Name. Being young I wasn't allowed to do so.

One day I took wine and remained intoxicated. The family members decided to make me to Sahib Ji to get blessed with Alive Holy Name so that I may not get spoiled. At the age of thirteen I went to Sahibji to get blessed with Naam. At that time Sahibji was alone. He laughed on seeing me & asked what do you want ? I said that I want to get blessed with 'Naam'. At this Sahibji blessed me with 'Naam' & we returned back to home. After that the grace of Sahibji remained with me. When I sat for meditation, a ray of light emanated from my forehead & my surti (concentration) reached direct to the abode of Sahibji. The severities of hot & cold mattered nothing to me.

After coming to Jammu I was once going to the Ashram at Akhnoor. The bridge had got damaged as a result of flood & the people went across the river by boat. But at that time even the boat service was not available. All the passengers returned back but I lay there on the bank of the river. At night there came a terrible storm. I found many soldiers (evil spirits) firing shots at me from all sides. A line appeared to be formed all around me. Their bullets couldn't enter that line. I continued to see this show for half an hour.

As I greeted them with the word 'Sahib Bandgi', all of them disappeared.

There came a time when I ceased to have sleep. I didn't feel hunger & thirst even. I remained at all the time engrossed in the thoughts of Sahibji. My body looked as light as a flower. The people took me as a mad fellow. At one time, I also began to think if I had really turned mad. Then I requested Gurudev to restore my sleep to me. Since then I feel the sensation of hot & cold as before.

I am a mason by profession. Once Gurudev asked me to make three Chimneys. We began the work at 6 a.m. & made two chimneys by 6:30 p.m. But we couldn't make the third one. The reason was that gurudev was standing nearby with an umbrella in hand. As soon as one was near completion, he got it dismantled. He did so again & again. When Gurudev asked me again to make it, I said, though unknowingly, "Gurudev! you should make it for yourself." Gurudev said, "Don't feel annoyed, my child." Hearing this I realized my mistake & falling on his feet begged pardon. I couldn't pass the test.

Even today that very mistake disturbs me. So I want to request all the followers with folded hands not to commit such like mistake.

—Nanku Yadav
Kunjwani.

7. I had some problem in my leg. I couldn't perform my job well. I spoiled about 2½ years in consulting Syanas. Their techniques failed to do any good to me. I had to spend about 500 to 800 rupees per month. They charged Rs. 1000 for home visit. Then I consulted the doctors. I wasted about 60

to 70 thousand Rupees but in vain. I happened to meet a teacher who took me to Sahibji. I felt 25% relief in the very first satsang I attended. Then after attending about four satsangs I got blessed with 'Naam'. Within a month I got relief from my problem & was able to do my work well.

One day I was going to Akhnoor on foot. As I tried to cross the road, a fast moving vehicle came very near to me. Some invisible power pushed me aside. There is another incident to cite. I had gone to Delhi. I was crossing the railway track. In the meantime a train came from behind. There as well I was saved by Sahibji who pushed me aside.

—Mohan Lal

Muthi

8. Soon after passing her TDC part-II, my elder daughter fell ill. I had lost all hopes of her survival. Syanas & sages failed to do any good to her. Disciples of one sage suggested to me to get blessed with 'Naam' as that would relieve him from all his problems. I was forced to do so. In a period of about 2-3 years I spent about Rs. One lakh at the instance of that sage. The economic condition of my family grew worse. On learning about Sahibji, I sent both of my daughters for getting blessed with 'Naam'. Right from the day of getting blessed with Naam, my elder daughter began to recover & gradually she became quite well. Seeing all this I also got blessed with Naam. But, that hypocrite Guru didn't want to let me go out of his fold. He sent his disciples to me but I didn't respond. After some time I came to know of his death on account of heart attack. Anyhow, my elder daughter did her M.A, B.Ed. & is now serving as a lecturer in some govt. school. I am

pleased to see all this all by the grace of Sahib Ji.

—Kharaiti Lal Khajuria

Devipur Akhnoor

9. I read in books about the power in the Holy Name of Sahibji. I thought to test it. So I got blessed with Naam (Holy Name). Within a year I experienced the power of 'Naam'. There is an incident to tell. One night it was raining. I was going along Talab Tillo road at a great speed. There was a pit on the way that had got filled with water. On reaching near the pit I felt as if someone had turned my motor cycle aside. In order to find the fact, next day I drove back on my motorcycle to the same side. Reaching there I found a big pit which was nearly two feet deep. I, at once, realized that it was the miracle of Sahibji. Seeking the shelter of Sahibji has saved me from purposeless wanderings.

—Subhash Chander.

Village-Pauni Chak Gho Manhasan



English version Of Some Vernacular terms

1. **Satya Purush, Param Purush, Agam Purush, Sahib** ☞ Supreme Lord who produced 16 males & one female (mother of Brahma, Vishnu & Mahesh) including our worldly God simply by the power of word.
2. **Amarlok, Satyalok** ☞ The true abode of Supreme Lord.
3. **Kaal Niranjana, Jyoti Niranjana, Kaal to Purush, Niranjana, Kaal, Paramatma** ☞ Son of Param Purush to whom the worldly people consider and worship as Supreme Lord.
4. **Adi Shakti or Adhya Shakti** ☞ The mother of Brahma, Vishnu & Mahesh.
5. **Mann** ☞ Mind.
6. **Maya** ☞ Illusion, any object/thing/article/body which is made up of five elements.
7. **Atal, Vital, Satal, Talatal, Mahatal, Rasatal, Patal (7Patal)** ☞ 7 lokas (abodes) present within the body in our legs.
8. **Five Karam Indries** ☞ Five working organs—Mouth, Hands, Feet, Anus, Urethra (Sex organs).
9. **Five Gyan Indries** ☞ Five sense organs—Skin, Ears, Eyes, Nose & Tongue.
10. **Salokya, Samipya, Sarupya, Sayujya** ☞ Four kinds of temporary salvations that are created by Niranjana.
11. **Peer, Faqeer, Sadhu, Sage, Sanyasi, Mahatma, Guru, Rishi, Muni, Prophet, Paigambar etc.** ☞ Religious teachers.

Stages of mind

Sushupati ☞ Sleeping stage.

Swapan ☞ Dreaming stage.

Jagrit ☞ Waking stage.

Turiya ☞ Silence stage.

Turiyateet ☞ Stage of almost complete awakening of the soul & of

almost negligible consciousness of mind.

Five Mudras/Postures/Techniques of meditation

Chachri, Bhuchri, Agochari, Unmuni & Khechri

Three Veins

Ida (left nostril), Pingla (right nostril), Sushumna (in-between Ida & Pingla)

A

Ahankar ☞ Ego, Pride.

Ahankari ☞ Egoist.

Agni ☞ Fire.

Akash ☞ Sky.

Amalta ☞ Purity.

Aujhas ☞ Persons who pose to be expert in curing ill effects of evil spirits.

B

Bandhan ☞ Bondage.

Bhajan ☞ Hymns.

Bhakti ☞ Worship, devotion.

Bhaav ☞ Emotion & devotion.

Bhog ☞ Seeking pleasures from the physical senses.

Bhautik ☞ material, worldly.

Bindu ☞ Semen.

Brahm ☞ The Supreme Being.

Brahman ☞ One belonging to the class of priest.

Brahm Gyan ☞ Knowledge of God.

Brahm Vela ☞ Time normally between 3:30 a.m. to 5:00 a.m. (before sunrise) considered as auspicious one for the devotees.

Brahm Gyani ☞ He who has the knowledge of God.

Buddhi ☞ Intelligence.

C

Chaitanya ☞ Consciousness.

Chakra ☞ Plexus.

Chakor ☞ A bird having four equal sides.

Charan Amrit ☞ Water collected after washing the holy feet of some deity or one held in reverence.

Chitt ☞ Remembrance, one of the forms of mind.

D

Dakshina ☞ Religious money-offering.

Darshan ☞ Sight, Vision.

Daehik ☞ bodily.

Daevik ☞ given by the gods.

Dhun Attachment, any absorbing thought.

Dwaras ☞ Apertures, Doors.

G

Gann ☞ A body of Shiva's attendants.

Gyaan ☞ Divine knowledge.

Gunas ☞ The primary qualities of a human being : Satgun (peaceful), Rajogun (active), Tamogun (dull).

H

Halwa A sweetdish made out of flour, ghee & sugar.

Hansa ☞ Soul in its true form.

Hatya ☞ The spirit of some deceased person (who died an unnatural death) that enters into the body of any of its previous relations.

Havan ☞ Sacrificial fire-ritual, offerings to the God of Fire.

I

Indries ☞ Organs.

J

Jall ☞ Water.

Japa ☞ Concentration on deity.

Jholi ☞ An ascetic's wallet.

Jiva ☞ Individual.

Jivatma ☞ Individual Soul.

Jyeshat Sudhi ☞ A great day falling in the mid of May.

K

Kacha ☞ Weak, Imperfect, lacking awareness.

Kala ☞ Any field using the skills or techniques of art.

Kalash Briksh ☞ A wonderful tree of heaven.

Kaam ☞ Lust.

Kaam Dhenu cow ☞ A cow produced during the process of churning of sea with power to bless with any desired thing.

Karam Kand ☞ Rituals.

Kaaran Sharir ☞ Causal body.

Karma ☞ Deed.

Krodhi ☞ Short tempered.

Katha ☞ Religious recital, Fable.

Khadi ☞ A coarse kind of cotton cloth.

Khara ☞ Saltish.

Kosas ☞ A distance of nearly a mile & a half (2040) yards.

Kundalini Shakti ☞ Serpent power.

L

Laip ☞ Plaster.

Lalupta ☞ Covetousness.

Loka ☞ Abode or place of residence.

M

Magh Sudhi Ekadshi ☞ Auspicious day of January falling on the next of Lohri festival.

Maha Pralaya ☞ Great Dissolution.

Mahima ☞ Glory, greatness.

Mang ☞ The line between the divisions of a woman's hair.

Mantra ☞ Power in the form of sound, Incantation, Sacred Vedic verse.

Maulvi ☞ Muslim priest.

Maya ☞ Illusion or anything that is made out of 5 basic elements (earth, water, fire, air, sky).

Maya Jal ☞ Mayaic mesh.

Mehandi ☞ The plant Lawsonia-Inermis, the leaves of which are commonly used for staining the hands, feet, nails, head & beard in red colour.

Misri ☞ Crystalline sugar, lump sugar.

Moksha ☞ Liberation, Salvation.

Mudras ☞ Postures or endurance exercises or techniques.

Mann ☞ Mind.

N

Nalni ☞ A reed.

Nigura ☞ having no religious teacher.

Nindak ☞ Back biter, Denouncer.

Nirakaar ☞ Formless.

P

Pakhand ☞ Hypocrisy.

Pakhandy ☞ Hypocrite.

Pandit ☞ Scholar.

Paap ☞ Sin.

Papiya ☞ The black & white crested cuckoo, a bird.

Paras ☞ A touch stone that has the property of turning iron into gold.

Parteet ☞ Faith.

Patak ☞ Division, breach.

Phika ☞ Insipid, distasteful, Tasteless.

Prait Yuni ☞ A species of bodiless beings—ghosts etc.

Pralaya ☞ Dissolution.

Prana ☞ life force or vital force.

Praits ☞ The dead in the vesture of their animal nature, ghosts etc.,
Evil spirits.

Prait Lok ☞ Habitation of ghosts.

Prithvi ☞ Earth.

Puniya ☞ Merit, Noble deeds.

R

Rahat ☞ A bird with a natural necklace in neck, The wheel around
which a rope is adjusted to draw water from a well.

Rajo ☞ Passion of love & pleasure.

Rasa ☞ Moisture of body.

Rati ☞ Intense attachment, Wife of lust.

Roop ☞ Appearance.

Rog ☞ Disease.

Rukhi Sukhi ☞ Dry.

S

Samadhi ☞ Memorial at burial spot.

Samputi ☞ A pot placed beneath another one to collect water through the holes at the bottom of the upper one.

Sangam ☞ Confluence.

Satguru ☞ True Master, Perfect Spiritual Master.

Sthool ☞ Gross.

Sthool Shareer ☞ Physical body, material body.

Satsang ☞ Association with Truth, Group religious activity, Spiritual Discourse.

Sato ☞ Goodness.

Shap ☞ Curse.

Shastra ☞ Spiritual text laying down rules of conduct.

Shloka ☞ Verse.

Shok ☞ Mourning.

Shradh ☞ A period of the year falling in the month of Oct-Nov. when the choicest food is prepared & served in the name of the deceased family members.

Shunya ☞ Zero, Vacuum, Space.

Simran ☞ Act of remembering.

Smadhi ☞ Trance.

Sooter ☞ Thread, a carpenter's line, medium.

Suksham ☞ Subtile, Ethereal.

Suksham Sharir ☞ Astral body, subtile body.

Sunnat ☞ Circumcision.

Surti ☞ Attention, concentration.

Swang ☞ Mimicry, disguise.

Syanas ☞ Persons who pose to be expert in curing the ill effect of evil spirits.

T

Tamo ☞ Darkness of ignorance.

Tantrik ☞ A person who has the knowledge of books that deal with magic & mystical formulas for the worship of the gods or the attainment of super-human powers, Adherent of a specialised practice for rousing inner powers.

Tapp ☞ Austerity.

Tapasvi ☞ A worshipper who observes austerities in worship.

Tar ☞ Palm tree.

Tattav ☞ Element.

Tilak ☞ A mark made by the Hindus on the forehead as a sectarian distinction.

Tyagi ☞ Who has renounced the world.

V

Vaishya ☞ Prostitute.

Vayu ☞ Air.

Vairagi ☞ Who has no attachment with material things.

Vyang ☞ Satire.

Vyangkar ☞ Satirist.

Y

Yajman ☞ For whose benefit yagya is performed.

Yagya ☞ A religious ceremony of putting into burning fire a mixture of rice, sesame, ghee, camphor etc. along with chanting of hymns.

Yoga ☞ Hindu system of physical, mental and spiritual disciplines.

Yojan ☞ A measure of distance differently reckoned at 4½, five, eight & nine miles.

Yuga ☞ A definite period of time, an era, epoch.

Yuni ☞ Species of living beings.



List of Literature Books

1. Satguru Bhakti
2. Meditation On A Real Satguru Ensures
Permanent Salvation
3. The Truth



SAHIB BANDGI