



UNITY OF MAN

# KIRPAL SAGAR



BE GOOD , DO GOOD , BE ONE

All over the world we feel the urgent need for peace and unity but violence and hatred still dominate the world.

In spite of the many efforts through traditional religions and human rights endeavors, the doctrine of inequality of men and the different races is nevertheless preached and practiced.

At the same time we mourn the decay of higher values which distinguish man as real human being.

It is evident that the reformation of human society allowing for the peaceful co-existence of different races, cultures and individuals depends on the reformation of each man. A change in the world is only possible when we change ourselves.



# KIRPAL SAGAR



**K**irpal Sagar is located in northern India, near the town of Rahon, in the district of Nawanshar.

It is a place open to all people irrespective of nationality, colour, caste, creed, religion or any other outer signs and labels.

Kirpal Sagar with its manifold facilities, offers suggestions and encourages man to extensively develop himself physically, socially, ethically and spiritually.

Sant Kirpal Singh is the founder of the Project. The name Kirpal Sagar means 'Ocean of Grace'. Sant Kirpal Singh summed up the basic principles in six words:

**Be Good - Do Good - Be One.**

**Be good** means to achieve characteristics such as non-violence and love for all beings and to make an effort to overcome shortcomings and imperfections such as egotism and narrow-mindedness.



**Do good** means that a true human not only lives for himself, but also lives for others.

**Be one** means to realize the unity of the soul with the Godpower and thus the unity of all life, and to live accordingly to this highest consciousness.

This spirituality, practically experienced and lived, had once been at the onset of all religions and is the origin of

all ethical values. It is the strong foundation for the unity of all mankind.

So in this sense in no special religion is taught at Kirpal Sagar. Kirpal Sagar accommodates, respects and honors all religions.

# KRANKENHAUS

KIRPAL SAGAR CHARITABLE HOSPITAL





In 1983 the hospital became the first institution within the Kirpal Sagar project. Traditional medicine and therapies are complemented by Homeopathy, natural healing and Ayurveda. Those in need receive free medical treatment and medicines.

Twenty thousand patients are provided with care each year, the majority of them treated on an outpatient basis. The ambulance bus drives to remote locations in order to provide medical care to patients who are otherwise unable to see a doctor. From time to time, medical specialists perform operations onsite.

The primary care of emergency patients takes place in the emergency room. There is an ECG machine, a laboratory, an x-ray machine, and even a respirator, and patients with renal failure have been treated since 2013 in a dialysis station. The hospital pharmacy also offers medicines for outpatients.

Ever since antiquity, helping the sick has been regarded as a key ethical duty. In the time of Hippocrates, the training of physicians included far more than just the knowledge of technical and physical aspects, which are paramount in the present time also. Thus a holistic, empathic point of view was practiced and is becoming increasingly important even in modern times. The Kirpal Sagar Charitable Hospital also operates according to this ideal.

A closer exchange with doctors, nurses and students from the West is planned for the future. The hospital will be integrated in with the practical training departments of a Medical College as well as a College of Nursing Science.

# KIRPAL SAGAR ACADEMY

FROM PRE-SCHOOL TO HIGH SCHOOL (General Matriculation Standard)



*"The most important thing about education is its relation to life. 'Knowledge without action is empty as a shadow.' The chief malady of current education is that it results in the disassociation of heart and head. It lays emphasis on the development of head, and does sharpen the intellect to some extent. But more essential is the liberation of the heart. That will be done when the reason is awakened in sympathy for the poor, the weak and the needy."*

*Sant Kirpal Singh*

The Kirpal Sagar Academy is a state-recognized private school. After kindergarten it leads via twelve grades to a high school graduation degree. Students from poor families receive scholarships.

The classes follow an international curriculum (CBSE-Standard). The academy is a boarding school, but also accepts non-residential students. In 2015 it accommodated more than 500 students ranging from 5 to 18 years of age.





The campus is made up of several separate buildings in which boarding school students live during their school-days. In addition to all the required subjects, the children are taught about humanity. This is best done by exemplifying a broad-minded attitude.

*"The youth should: strive after the ideal of sacrifice and not emotions;*

*be simple, for simplicity is strength;*

*learn to cooperate with all, and not let differences in creed or political opinions stand in the way of solidarity; accept the creative ideal, which regards humanity as one and service as the end of all knowledge."*

*Sant Kirpal Singh*

# KIRPAL SAGAR COLLEGE OF EDUCATION



*"Man may pass university examinations and yet remain ignorant of the realities of life. He may have read a thousand books, yet be no better than a boor. But true education will make him truly cultured; and the soul of culture is courtesy. Scholarship may be proud; culture is humble."*

*Sant Kirpal Singh*

The college is committed to this high goal. Since 2007, teachers have been trained to teach grades 6 to 10.

Teachers should teach their students in the spirit of love and sympathy and connect information with inspiration and knowledge with love.

Connected to the academy, up to 100 students are given the necessary skills for their later occupations. A wide range of close contacts are of benefit to both the College and the Academy.



The student residence accommodates 40 students. In addition to the lecture-hall, several seminar rooms are also available.

The two-year course ends with the examination for the Bachelor of Education.

The college is part of a network of the University of Amritsar, which selects and tests the students. Most of the students come from the region; this later strengthens the surrounding schools.

A further expansion is in preparation for the future. Soon a Master of Education can be obtained after the Bachelor's degree. Similarly, the expansion of the technical spectrum is also being carried out.

# K.H. PUBLIC SCHOOL

ELEMENTARY SCHOOL EDUCATION FOR RESIDENT STUDENTS



In 2001 the Kirpal Harbhajan Public School was opened in memory of Sant Kirpal Singh and Dr. Harbhajan Singh. It is located west of the campus, close to the village of Daryapur.

The goal of Sant Kirpal Singh was to develop children ideally and to help them learn the real art of life during their schooldays so that they might achieve the higher values of life.

The public school is visited by many children from the surrounding area whose parents would not otherwise be able to afford a good education. In 2015, approximately 400 students were attending that school.

After completing the tenth class, talented pupils can go to the Kirpal Sagar Academy to gain their university entrance qualification. Scholarships cover the costs of needy children.



Dr. Harbhajan Singh's Sports Complex is used both by students of the public school as well as of the Academy. Since 1995, every December, a volleyball tournament, among other events, has been held, with teams from all over North India participating.

# LIBRARY

COMPARATIVE STUDY OF HOLY SCRIPTURES – LEARNING BY EXAMPLES





The library offers Holy Scriptures of different religions, as well as philosophical texts and biographies of great personalities.

The Holy Scriptures have been written at various times and in different languages. An Upanishadic text that is more than 4,000 years old summarizes aptly:

*“There is only one truth or reality though explained in various ways by the saints and sages.”*

To realize this basic truth is seen in spirituality as a matter of inner experience, less of understanding on the intellectual level.

The story of an elephant being described by blind individuals is often used in this context. Each blind person describes the elephant quite differently according to which part of the elephant’s body they happen to be touching. It is easy for sighted people to put the picture together – there are only apparent differences. Taken together, the descriptions give the picture of the whole elephant.

As the old Indian proverb says, “Seeing is above all” where seeing refers to a direct inner experience of reality or truth. Until then, the scriptures make valuable references to the original, internal core that is common for all religions.

The library is intended to promote an open, unbiased perspective and encourages the learning and comparison of religions.

*“Let everyone have the independent view of all those Holy Scriptures and yearn for and – find the right cause of human life.”*

*Harbhajan Singh*

# SAROVAR

A PLACE OF SILENCE AND CONTEMPLATION



The Sarovar is the center and the heart of Kirpal Sagar. The oval-shaped water pool of the Sarovar is surrounded by four corner buildings. Here, Holy Scriptures such as the Guru Granth Sahib of the Sikhs, the Ramayana of the Hindus, the Bible of Christians, and the Koran of Muslims have their place.

There are also worship services and recitations from the respective scriptures, showing that in Kirpal Sagar every religion is respected, but no particular religion is taught.

Overall, the symbolism of this place speaks for itself and reminds us of the purpose of our human life. The water of the Sarovar symbolizes the ocean of life man has to cross to reach his eternal home.

The mystics of all religions tell us that we can experience God in us.

In all temples and places of worship in the East and West, we find light sources such as candles or oil lamps which remind us of the inner Light. Sounds of bells, gongs, or conches point to the inner Sound.





Light and Sound are the two aspects of the Godpower manifesting in man. In the scriptures of the religions they are referred to as Naam or Shabd, the Word, Udgit, Naad or Kalma.

The spiritual teachers of mankind are unanimous in telling us about their inner divine experiences which they also could convey to others. It can also be described as the inner religion, which is the same for everyone.

# SYMBOLS OF UNITY

## THE ESSENCE OF KIRPAL SAGAR



Coming to Kirpal Sagar, one can already see from a distance the symbols of unity on the roof of the central building in the Sarovar.

They are models of the four main types of sacred buildings: the model of a Gurdawara, of a Temple, of a Mosque and of a Church.

Their respective shapes symbolically refer to the human body. They remind us that God resides in man and that we should try to find Him there.

These symbols are found in all religions. They are symbols of the man-body – the 'true temple' of God is man.

The relation between man and the Almighty God is the basis of the unity of mankind – the Brotherhood of Man under the Fatherhood of God. To revive this consciousness of unity is the chance for a renewal of human society and for mankind living together in peace.



*"There is only one caste, one religion, and one God.  
There is only one caste – the caste of humanity.  
There is only one religion – the religion of love.  
There is only one Dharma – the Dharma of truthfulness.  
There is only one God – the Omnipresent, the Omnis-  
cient, the Omnipotent.  
There is only one language – the language of heart."*

*Sant Kirpal Singh*

# KIRPAL BHAWAN

## ASSEMBLY HALL



The Kirpal Bhawan is an event hall that can accommodate thousands of people during lectures, ceremonies and conferences.

Public figures, representatives of different religions as well as spiritual personalities speak on these occasions to many people about the basic truth, the quintessence of the Holy Scriptures.

In addition to the various smaller conferences held in Kirpal Sagar, in 1994 and 2007 two international World Conferences on the Unity of Man took place.

Thousands of people from various countries, and all classes of life participated in these freely accessible major events.



Many took advantage of these days to exchange ideas and to talk with each other heart to heart. Above all, the special atmosphere in Kirpal Sagar created a deep feeling of solidarity and togetherness.

# GUEST HOUSE

SURROUNDED BY FLOURISHING PARKS





During the preparation of the World Conference in 1994, a guesthouse was built according to western standards. It made it possible for visitors from all over the world to enjoy a pleasant stay in Kirpal Sagar.

Sixteen rooms, each of them equipped with a bathroom and two to three beds, are available at the guesthouse. Vegetarian food is made from vegetables taken from Kirpal Sagar's own fields.

Embedded in the green parks, the guest house is located in a low traffic area, close to the Sarovar and the Library.

The silence and tranquility make it easier for the stressed present-day man, to calm down and to gain self-awareness.

# FATHERS' HOME

A HOME FOR THE EVENING OF LIFE







India is undergoing a change – even as far as family structures are concerned. Due to poverty, many old people are having a hard life as well. Their families often are unable to care for both their children and older family members at the same time.

Sant Kirpal Singh wanted to provide support for the elders with the facility of an old people's home, where they could find a new home in the evening of their lives.

For many older people it is a special concern to maintain their independence. To be needed and to find meaningful activities is very important to them.

This is why the residents of the old people's home are helped to be able to lead an independent life. Assistance in the household, care for their health and general care are provided as required.

Those who would like to share their life experiences or to guide others, to teach a language or technical instruction, have the opportunity to do so.

Within the individual areas of this project, there is always the opportunity to help. Near the old people's home, the young generation is housed in the girls' boarding school. Families with children are also close by, so that old and young people meet daily. In this way, people can spend the evening of their lives in a fulfilling atmosphere that is oriented towards their physical and mental well-being.

# LANGAR

## GENERAL MANAGEMENT BUILDING



In the Langar, there is a common kitchen providing vegetarian food for more than 300 people daily. During big events there are often thousands of people partaking in these meals.

A part of the two-storied building is used for apartments. Moreover, it contains various offices, a telephone exchange, a small printing press and a computer room with public internet access.



# WORKSHOPS

## TRAINING AND EMPLOYMENT



In Kirpal Sagar there are many workshops, including for processing metal, wood and stone, for the maintenance of vehicles and agricultural machinery, and for electrical and sanitary installations. Over the years, many people have been trained and have become skilled workers.

Furthermore, there is another large kitchen for the school and the boarding school, a mill, a bakery, warehouses and a mixed goods shop.

The project offers jobs in a structurally weak region. Among the different types of craftspeople employed are brick-layers, tailors, gardeners, electricians, administrative employees, security guards, agricultural workers, kitchen staff and cleaning personnel.

# FARM

WHERE EVERYTHING STARTED



On 24 October 1973 Sant Kirpal Singh visited the grounds where Kirpal Sagar is located today. He was on His last tour in the Punjab and was accompanied by Dr. Harbhajan Singh, who later on would carry out the project.

In those days most of this area was barren land covered with shrubs and often flooded by the nearby Sutlej river. There was a little farm where just rice was being harvested.

That day, Sant Kirpal Singh pointed to the surroundings and told Dr. Harbhajan Singh that in future, at least 40 hectares of land would be needed. He also said that pulses should be grown there, because a time would come when more than 800 kg of pulses would be required daily.

Meanwhile, the use of many volunteers turned the land into fertile fields that surround Kirpal Sagar with a green belt. Agriculture is run according to modern guidelines and also offers employment.



The farm mainly supplies wheat, rice, corn, potatoes, vegetables, pulses, sugar cane and vegetable oils. The cultivation of mushrooms, spices and medicinal plants also contributes toward the costs.

Organic cultivation methods have meanwhile been firmly integrated into the farm, especially in the cultivation of vegetables. These methods contribute to the protection of soils and groundwater. Waste is composted, and a bio-gas plant reduces fuel requirements.

The dairy farm makes it possible to produce butter, yogurt and other dairy products in sufficient quantities.

Kirpal Sagar is independent in the supply of basic food. Surpluses are offered in the local markets.

## MAN SERVICE

HELP FOR SELF-HELP



Humanity means, not only caring for oneself and one's own family, but also sharing with others. Misunderstood charity often leads to dependency, so we work according to the principle "help for self-help". This preserves self-responsibility and self-initiative.

The medical care within and outside of Kirpal Sagar is such an aspect of practical assistance.

To provide children with a good education is the basis on which everything else is built up. Likewise other schools in the surrounding area – as far as possible – are supported by materials and school uniforms. Last, but not least, Kirpal Sagar is also committed to the education and training of teachers, within the College for teachers.

In various workshops one can undergo vocational training, so that even formerly unskilled workers can stand on their own legs.



Sewing and needlework courses enable women to get access to additional sources of income. In the Indian culture, the weddings are of great importance, but the marriage ceremony is also very expensive. Thus, Unity of Man helps families to arrange the wedding and finances the dowry to allow couples to have a good start in their family life.

The humanitarian activities and the construction of Kirpal Sagar were funded by donations from people who are

close to Kirpal Sagar or to the Unity of Man initiative. In some sub-divisions, income can be generated which, in turn, flows back into the project.

Unity of Man is a cultural, spiritual and charitable institution, approved as a non-profit organization by the State of India.

## OUTLOOK



**K**irpal Sagar has been built over 35 years by a comparatively small group of people, led by two extraordinary personalities: Dr. Harbhajan Singh and his wife Biji Surinder Kaur. They spent their entire lives working on the Kirpal Sagar project, which Sant Kirpal Singh had entrusted to them.

Volunteer workers from different countries, who participated in the project from the very beginning, experienced Kirpal Sagar as a 'man-making' center, in which each one proceeded through a personal process, through which

one could be enriched. It is a known fact that you get a lot back in the intangible realm when helping others – such as reflecting joy, trust, strength, and more. Hope and confidence are also created in addition, and that it is possible at times of great uncertainty and seemingly irresolvable crisis, does not only lie in the field of social engagement.

It is the spiritual basis, the awareness or consciousness that a Higher Power is working in man, which can allow man to grow beyond his limitations.



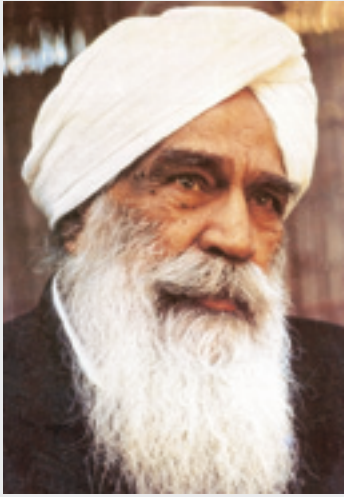


Kirpal Sagar itself exemplifies how the seemingly impossible can be realized by trusting this Higher Power and using one's own abilities. It arose out of nothing, almost without any means, at a time of great difficulty in India. It is a visible sign of what is possible when we orient our lives towards higher values. In this connection Dr. Harbhajan Singh's words derive from practice and experience:

*"The problems of the world are not of political but of spiritual nature, so we have to find the solution on the spiritual level, on the level of consciousness."*

Kirpal Sagar is not simply an Indian project. It was open to everyone from the very beginning. Its symbols stand for the whole world and point out the possibilities in man.

**We just have to seize them.**



Sant Kirpal Singh – 1894-1974



Dr. Harbhajan Singh – 1932-1995



Biji Surinder Kaur – 1940-2016

## A LIFE IN SERVICE TO HUMANITY

The Kirpal Sagar project, as a center of man-service, land-service, and service to the soul, was the wish and the vision of Sant Kirpal Singh. In the history of mankind, there are only a few personalities who, with their lives, turned the destinies of men towards positive change and made their lives an example in all those three aspects. Sant Kirpal Singh was known both as a great spiritual teacher in the East and West, as well as for his unflinching dedication to unity, peace and tolerance among the religions. His tireless efforts have been commemorated by numerous honors.

His books have been translated into several languages. During His three world-tours He visited numerous cities of the Western world and met with religious leaders, politicians and public personalities. Everywhere He conveyed the

importance of self-realization and God-realization, which naturally gives rise to a universal view of the unity of all life. And so, He also emphasized that spirituality implied living for others.

In 1974, Sant Kirpal Singh convened the first World Conference on Unity of Man in Delhi. Among the participants were leading personalities of India, such as Indira Gandhi with Cabinet members and other representatives from politics, religion and public life, as well as delegates from about 30 nations. This World Conference was the beginning of the movement of Unity of Man. Upon the invitation of the Indian government, Sant Kirpal Singh addressed the Indian Parliament on 1st August of the same year. Before Sant Kirpal Singh's physical departure on 21st August, 1974, He commissioned Dr. Harbhajan Singh to continue

His work – Unity of Man – and to build up the Project Kirpal Sagar.

Dr. Harbhajan Singh and his wife Surinder Kaur were both very close disciples of Sant Kirpal Singh. They lived with their family in Nag Kalan near Amritsar. Dr. Harbhajan Singh practiced there as a doctor, first in his practice, and then later in his hospital, where the foundation stone was laid by Sant Kirpal Singh in 1973. From the very beginning, it was a great concern for Dr. Harbhajan Singh to support the needy with medication and free treatment. He and his wife integrated orphans into their family and made it possible for them to have a good start in their lives.

Since the mid-seventies, they had repeatedly visited Europe. In his lectures, Dr. Harbhajan Singh spoke about spirituality as the essence of all religions and explained that con-

sciousness, discriminating power, and free will are characteristics of man. Soon people were found who were committed to stand up for the ideal of the Unity of Man and engaged themselves in the development of Kirpal Sagar.

1993 Unity of Man was represented as a Non-Governmental Organization (NGO) at the UN-Human-Rights-Conference in Vienna, and Dr. Harbhajan Singh had the privilege of speaking there before the plenum of the State Conference.

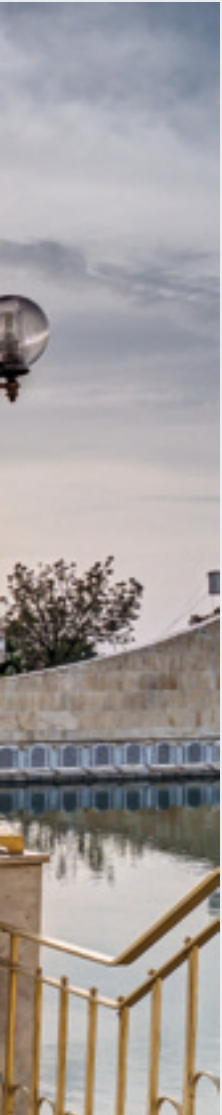
In February 1994 a World Conference on Unity of Man took place

on the occasion of the 100th Birth Anniversary of Sant Kirpal Singh in Kirpal Sagar. Guests from all over the world took part. Personalities of various religions, from politics to culture and science, spoke to a diverse audience from many different nations.

When Dr. Harbhajan Singh left his body in 1995, he had advanced the work in Kirpal Sagar to such an extent that the main facilities had gone into operation. He had always said, "Kirpal Sagar is my heart" and had dedicated his whole life for it.

This also applied to his wife, Biji Surinder Kaur, who had worked side by side with him with full commitment and who, after him, led the project and turned it into a blooming garden. Her life was devoted to serving others, her practical example was guidance and encouragement at the same time. On 19th March, 2016, she put the further outer work into thousands of hands, as once Sant Kirpal Singh had expressed many years before.





*"I want to have some heart-to-heart talk with you, because I think the problems of the world are not political, but they are more spiritual.*

*Whether we are politicians, religious or spiritual leaders, our purpose is one and the same: that is man-making and man-service.*

*If really people rise above their isms, sects, and religions, and premiers and presidents rise above their kingdoms, peace is already there.*

*Everything is lying within the man, is innate in man.*

*So man is first a human being, then we are wearing different labels, and we are reading in different schools.*

*Our purpose is to rise above these shackles."*

Dr. Harbhajan Singh  
from his address to the audience of the Plenary Session of the States  
at the UN World Conference on Human Rights in Vienna, 1993

Kirpal Sagar (Near Rahon)  
Distt. Shaheed Bhagat Singh  
Nagar (Nawanshahar)  
Punjab-144 517,  
INDIA

Web: [www.kirpal-sagar.org](http://www.kirpal-sagar.org)  
Mail: [office@kirpal-sagar.org](mailto:office@kirpal-sagar.org)

Published by:

UNITY OF MAN  
Steinklüftstrasse 34  
A-5340 St. Gilgen / Austria

© 2nd edition (English) 2017  
[www.kirpal-sagar.org](http://www.kirpal-sagar.org)  
[www.unity-of-man.org](http://www.unity-of-man.org)  
E-mail: [mail@unity-of-man.org](mailto:mail@unity-of-man.org)



