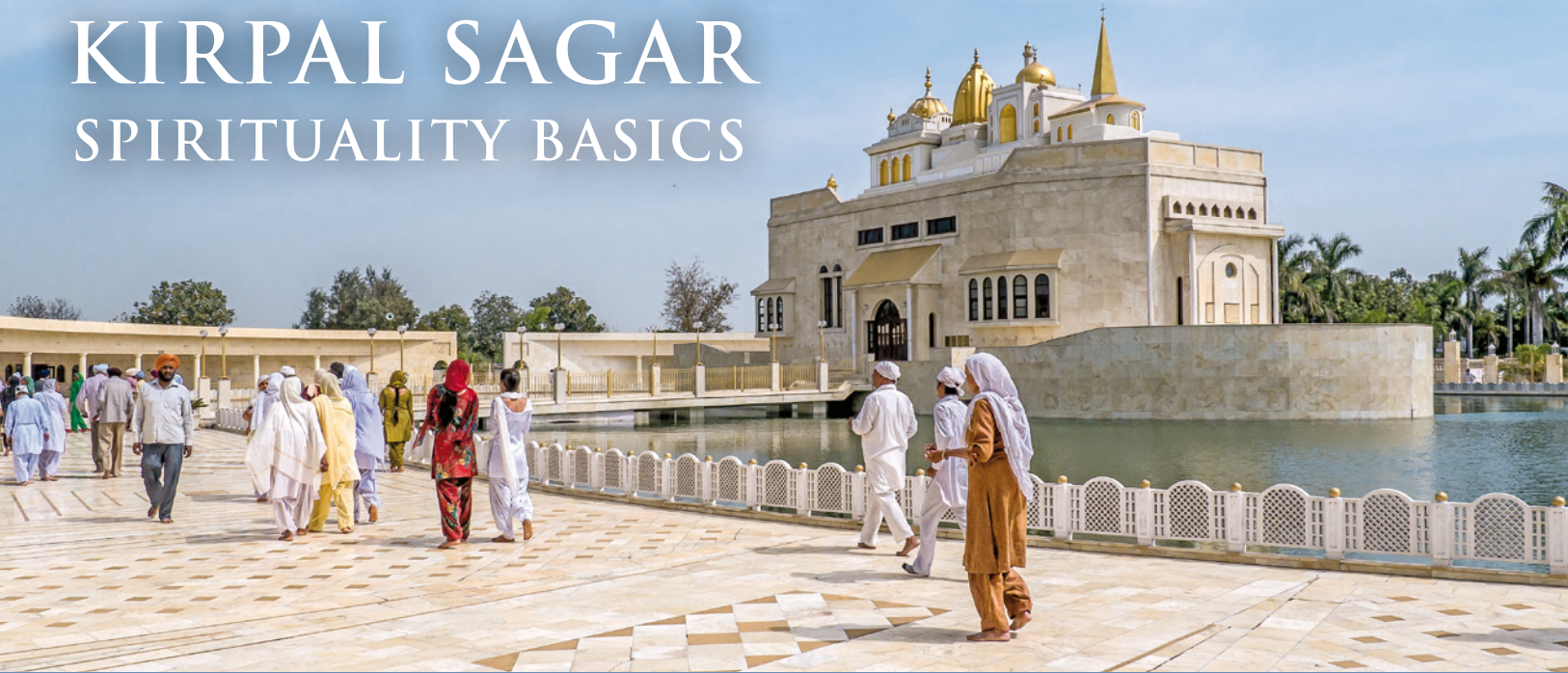


KIRPAL SAGAR SPIRITUALITY BASICS



GOD is a being and this being is you! (Kabir)

Millions are searching for Him, innumerable books are written about Him and so much is spoken about Him, but He Himself remains unreachable as ever before, most of us may think.

But the Truth is, He is there as sure as this world is there, because the creator and His creation can never be separated; the same way as the rays of the sun cannot be separated from the sun.

Masters say, "We see the bodies moving, but we do not see the power moving the bodies; that is called Maya or grand illusion."

Baba Jaimal Singh

With the words quoted from the competent self-realized persons we may better understand why God always seems to be hidden for us, and why there seems to be no place for us to get eternal peace and no island to stay forever.

The fact that we do not see the power moving the bodies conceals the truth from our eyes and as a result the whole matter appears in an unrealistic light for a common man.

The actual Doer behind the scene (the God into action Power) is no reality in our life and this will last until we see with our own eyes that there is indeed God overhead. "Seeing is believing"; no blind belief will remove the doubts.

The Greatest Fact in God's Universe is God. The Greatest Need for humanity is to realize God. And the Greatest intention of God is to manifest Himself to man.

Sant Kirpal Singh

God Himself is searching for a man, a true man, Masters say, so it is better to understand man first (than God), they advise, because the one who understands and knows himself (man) gets to know God, too, as it is the infinite soul only that can know God and not the finite intellect.

Attention ist the key!

God Himself is all attention; He controls the entire creation by His attention and we, the individual souls are drops out of it. We do not have a soul; we are the soul.

We are pure attention that is the expression of “our Self” (the soul); we are embodied spirit and this is the truth.

One has to learn in practice to fulfil the purpose of human birth while living in this body, because the human birth is the golden opportunity, given by God to solve the mystery of life.

What is man’s most important task? It is to know one’s Self... When you rise above body consciousness, you can know the Controlling Power within you.

Sant Kirpal Singh

Everything is done by attention, nothing can happen without it. Attention, spirit, soul, life, love or God Power are all one and the same as ourselves, and the law is – wherever our attention is bound, that’s where we have to go.

Therefore one can read in all the holy books the advice, be “desireless”, because God plus desire is man and man minus desire is God!

Be “desireless”, all Masters say this. Lord Buddha says, “be desireless”. It is desires that drag you out.



How to escape of Cause and Effect

It is helpful to understand that man is free to some extent to choose his way either upwards towards the Truth (God) or downwards, away from the source from where we came (God)

We must be aware in our life that all of our actions, no matter if good or bad, done physically or mentally, consciously or unconsciously, have the same reaction that we ourselves have to bear: "as you sow, so shall you reap".

This circle will not end, till we see that God is the Doer in everything and not "I" myself.

Kabir says, "Start your worship by being true to yourself, and He Himself will show you the way!"

BE GOOD, DO GOOD and BE ONE is the only precious ground where this eternal flower of love can grow.

God and His Power are subtler than the smell of a flower and there is no instrument on earth or sensory organ that could ever recognize this life sustaining power of GOD.

Life cannot be known; life must know itself, since we are the everlasting life itself.

We ourselves are a part of this ocean of life and by knowing our own self we become conscious of the fact that man and God are indivisible; one and not two different entities; this is where real life begins.

One example of nature may illustrate the already existing unity between God and man.

The big oak tree is present in the tiny seed from the beginning already, but it needs nourishment and suitable environment to be brought into existence. It is the same with God and Man: He is there already, but in latent form as the oak tree in the seed.

Soul and Mind

What is needed now to make us aware of this reality is a true longing for the Truth in our heart and with such longing in our heart this power is easily activated; one may say, "where there is fire, oxygen comes to help".

But one thing must be noted...

As long as mind loves diversity, differences and parts of opposites, it will not be drawn towards the Unity of Reality!

Sant Kirpal Singh

So for this reason right understanding is needed; right understanding that GOD and the Soul are one reality like the ocean and its drops are one reality and the second thing is – very important, but very rarely known: the soul itself and God are without movement; whatever moves is always the mind, not the soul or God, Kabir is saying.

This may be new for many, but it is true and it is the key to understand the mystery of life better.

Between God and spirit, there is no other obstacle but that of a veil of the mind. If this veil were to stop fluttering in the breeze of desires as it does at present, the spirit can take in directly the cosmic energy from its very source.

Sant Kirpal Singh

The mind is the creator of everything, but God is the basis where all this happens and comes into existence. He is an ocean without movement and without limit, neither born nor will He ever undergo any change and in fact we all are drops out of this all-pervading reality.



Identification towards reality

What is this world?" – God said, "From One I will become many"; so it is all His manifestation, from inert matter to consciousness.

Sant Kirpal Singh

No need to search, no need to create or destroy something; only by living with it and doing accordingly, it will become a strong force in man quite naturally, filled with peace and happiness.

BE GOOD, DO GOOD and BE ONE is the only solution and essence of all religions and together with the longing in our heart it reveals the God in man in a practical way. Self-reform is the only way to meet the Lord in us.

At the moment we are identified with our body and mind so much that we cannot differentiate between the two anymore. We became an embedded soul, called "jiva" and thereby we have forgotten our oneness existing in God.

Actually this is the real reason for all the difficulties humanity has to bear; wherever the self-assertive ego gets started, be sure problems and difficulties will be the permanent companion.

Whenever man forgets the truth – the unity already existent in all – then sorrow and misery descend.

Sant Kirpal Singh

Only the Truth behind and above this grand illusion will make us free, but at moment our mind keeps us blindfolded, prisoned in this world of opposites far from oneness and true love for all.

It is only the LIVING PRESENT that is ours, and we must make the best use of it, ere it slips away through the fingers and is lost forever.

Sant Kirpal Singh

Man know thyself

"You can get salvation in this very life! When the Giver is there, where is the pain in receiving?"

"Oh, man know thyself", was always the awakening call of all conscious people in this world; there is no other way to recognize the Truth.

For this true longing is needed by all our efforts, otherwise we would only deceive ourselves and waste the precious time we got to solve the mystery of life and death now, as long as we here on earth.

If we do not yet have this longing in our heart, we should be wise and find ways and means to create it.

Kirpal Sagar is meant as a place where by the Grace of God – all these necessities are available for everyone longing for it. Like a school or university, it is open for all sincere and truthful people to find the way out of this illusionary drama of the world and to fulfil the purpose of human birth.



The solution

No one can be said to have been born for himself alone, for none can be an island unto himself.

Sant Kirpal Singh

But we must keep in mind; it is all a matter of God's Love and Grace; by no action from our side – no matter how good they may be – can the Truth be revealed.

Be Good and Do Good and Be One, is only the minimum necessity to get access to the inner hidden values of our life, but love is the way and without love we stand actually nowhere.

Love is blessed if directed to the God overhead, all Consciousness. If it is directed to the physical body and its attachments, it is bondage, it is slavery, it is attachment. You come again and again to the world where you are attached. This is the difference between the two.

Sant Kirpal Singh

If a man becomes conscious and is aware that anything he is seeing right now, God is also seeing through his eyes right now, then he will never be alone again.

Since God and man are not two different beings, it is quite natural that whatever we feel He also feels; whatever we see, He sees exactly the same and everything else, too.

This consciousness makes a man. If we forget again the unity already existing between man and God, then God will still see through our eyes, but we will feel alone again.

When someone lives accordingly, being true to his own Self, having love for all and hate none, one can be sure to have protection, guidance and at the same time sweet remembrance of God, without having to do anything; only by being conscious.

Not to be the doer

So we play with the world. Why not play with God? It is great common sense: if you lose, you will become His, is it not so? – And if you gain, then He will become yours: either way, you are one with Him.

One who comes to that realization and is lost in the very utterance of the words. “O my Lord. I am thine,” forgets everything – his mind, body, everything. It is true devotion, true love. And love always gives – knows giving, not taking.

Sant Kirpal Singh

Oh man, you are the highest in all creation. You must develop your third side, your own Self. Just pay more attention to your own Self which is the most important part of your life. Then the whole difficulty will be solved.

Sant Kirpal Singh



1972 Birthday Message

Dear Ones:

I am sending you the following message in brief on my physical birthday, which will bring peace to all the world over.

BE GOOD, DO GOOD, and BE ONE

BE GOOD and DO GOOD:

means, to be able to do good, you must be good in the first instance. Being good means good in thought, word and deed. God is all goodness and innate in all.

Be friendly with everyone, be kind and compassionate. See goodness in all around you including even those who hate you.

God is all love, love all, serve all and do good to all.

BE ONE:

God made man. All mankind is one.

Man is an ensouled body – bearing labels of different social bodies. As men we are all one, born the same way with equal privileges from God.

As soul we all are of the same essence as that of God, a drop of the ocean of all consciousness, and controlled by the same Power, which we all worship – calling by different names.

Unity already exists, we have forgotten.

BE ONE.

With all love and best wishes,

Kripal Singh

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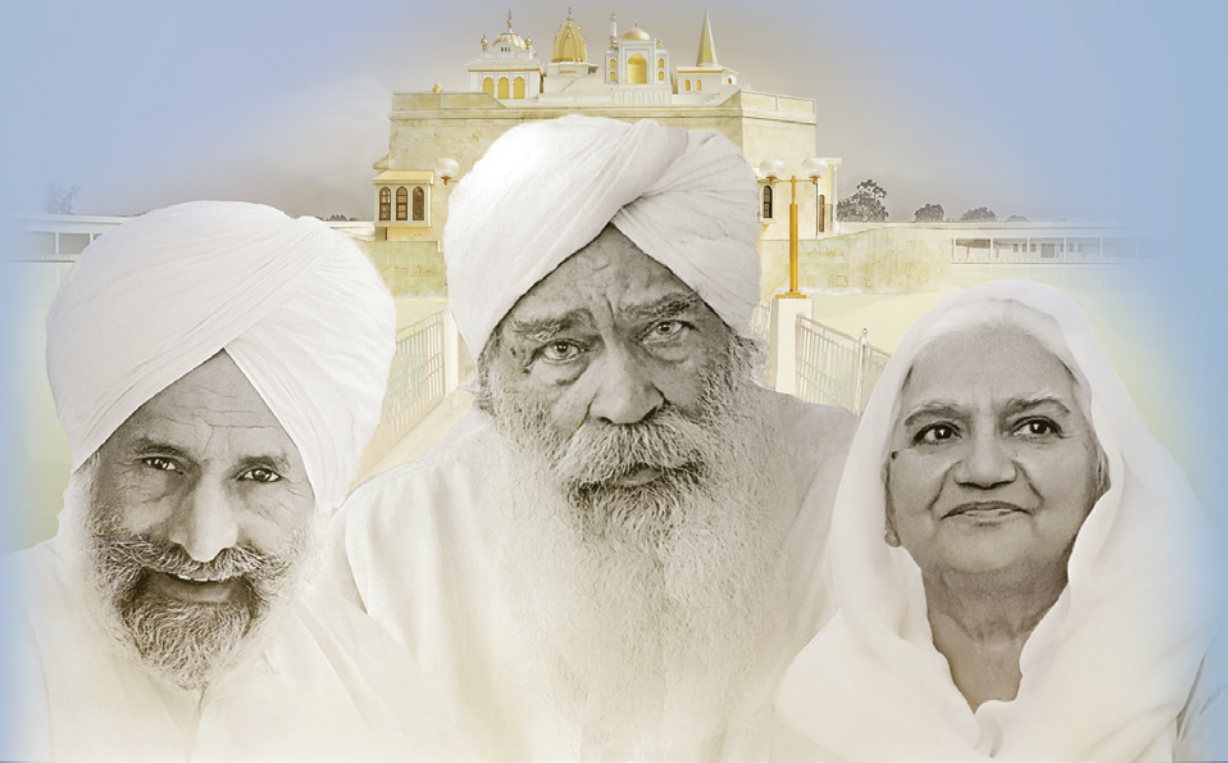
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BE GOOD, DO GOOD, and BE ONE