

## OM SHREE SATNAM SAKHI

22nd August 2007, Satsang of Satguru Swami Bhagat Prakash ji Maharaj in Las Palmas

Glories to God Ram

Doha- Kahe teun sansaar mein baat yehi saar, bhajan karo bhagwaan ka chodo vishay vikaar

Meaning- Teoon says that in this world there is one thing which is worth:  
chanting the name of the Lord without indulging in vices.

Bhajan-

Jeewan to amolak hai, ise ne vyarath gavanaa tum,  
swason ki mili punji, ise na muft lutanaa tum, jeewan to amolak...

Meaning –

This life is precious, therefore do not waste it unnecessarily

Bhajan-

Nirmal ganga neer nahaane bhagyawaan aate hai  
Beth kinare laut jo jaate anand ne paate hai  
Guru gyan ki ganga mein, magan ho dubki laganaa tum

Meaning-

Many fortunate people come to bathe in the Ganga river. Those who sit on the river bank and those who go away do not achieve anything. Thus you should bathe in the spiritual Ganga of knowledge.

Bhajan-

Chaahi ghanghor ghataae, rim jim badra barse, ulta bartan bhar ne payaa, bund bund ko tarse,  
guru sanmukh ho gurmukh, prem mein tar ho jaanaa tum

Meaning-

There are dark clouds in the sky and heavy rainfall but if the vessels are upside down, they do not get filled and crave for a drop of rain. In the same way, O devotee come in the acquaintance of the Spiritual Master and get carried away by his love. With love say Satnam Sakhi

Teoon says, in this world there is one thing which is worth: chanting the name of the Lord without indulging in vices. With these ambrosial words, Swami Teunram repeatedly explains to his mind, but the way to achieve this understanding is through satsang. The person who has trained his mind and diverted it towards the path of truth becomes worthy. Otherwise a person from birth to death is full of sorrows, one problem after the other. Lord Krishna has says in the

Geeta Scripture: The world is full of sorrows, but amongst the sorrows you can achieve happiness if you divert your mind towards good thoughts. The reason for which we have obtained this human form is to perform good deeds. In their teachings, Saints and holymen say we are not here just to enjoy life and end up in the crematorium converted into ashes. This is not the purpose of human life.

Doha-

Har chetan chetan heth bhayo  
Bhav bhogan hathan devan yogi  
Tis hetan jo bhogat jo  
Teh maanush mein nij brahm bhayo

They say that the human being is not born to enjoy worldly pleasures ,  
God has given a mind and a conscious it is up to you if you divert your thoughts towards God  
or towards worldly pleasures.

Doha-

Saadhan dhaam moksh ka dwaaraa  
Paaen ji parlok savaara

Our sindhi language (sanskriti) is the most ancient and predominant. Our scholars created the hindi language from sindhi. The saints sat on the river banks of the sindhi river and created the Vedas (holy scriptures). Our Sindh is the holy land and we belong to this land. Our sindhi culture or language is the most ancient and holy. Many saints and holy men were born in Sindh and guided the natives of this land towards the path of religion and one such saint was Satguru Swami Teunram ji Maharaj who was born in a small village called Khandu and preached about religion and the importance of "Naam".

So we should not forget our language, our culture and our good qualities. It is not a crime to learn new cultures, new languages but we should also learn and teach the new generation our own religion and its importance. Following the religion does not only mean reading holy scriptures and praying but it teaches you to learn to speak in a correct manner, how to treat your parents, how to adjust to your spouse and family. Moreover, religion also means justice. It teaches us to walk on the path of justice, always teaching us how to differentiate between what is right and what is wrong.

The Saints and holymen walked on the path of righteousness and taught the duties of a human being and the purpose of the human birth.

Doha-

Dharam apne maahi hardam pyaar kar natna nahi sis jaave jaan de par dharam se hatna nahi. They say keep faith in your own religion without indulging into others as this will help you avoid sorrows. No matter how ancient your home can be, but it is your own, regardless someone else's house being better and more beautiful but it is of no use to you. You will be able to rest in your own house however it may be. Thus, we should believe strongly in our religion. Our religion teaches us not to hate or insult anybody, to respect everyone, not to look at the defects of others and to be firm in our religion without discriminating others. All these things can be learnt from the life history of Saints: how they lead their lives, how they bared all sorrows but did not leave the path of truth and justice, always following their religion and beliefs avoiding any criticisms affect them. So Satguru Teonram ji Maharaj established the Hindu religion (dharam) in Sindh because many of our people were influenced by other religions. For this reason, He guided them towards our religion, preaching the importance of "Naam".

Bhajan-

Satguru Teunram jagat mein jeev ubaran aaya tha  
Maan na chahaat rahat amaani, naam hari ka le yaktaraa, gali gali me gaya tha

Meaning-

Satguru Teunram came to this world for the salvation of souls without wanting to be praised. He was described as a recluse always wandering from place to place with His Yaktaraa (musical instrument) singing the name of the Lord around streets.  
He asked for nothing, always remaining humble was he was.

In the Geeta Scripture, Lord Shree Krishna says:

"Nirmaani moha jit sang dosha adhyat nitya vinivirt kamam, dwandier vimukt sukh dukh sangheiyi, gachanti muda pad mavyam tat."

These are the virtues of a true saint: they do not want fame and they are detached from the world. We can say we can learn something from their biography. When a child is born, they baptise him with great celebrations, followed by the thread ceremony and his wedding and in the end when his life span is over he dies. The sixteen concepts of the Hindu religion start from birth and continue throughout life until the last rituals where life ends. So what was actually done during the life span? What was achieved? How much wealth was accumulated? Have I gained any inner wealth or did I achieve peace of mind? Did I fulfil my aim? These questions should be asked to one's self because nobody knows what is happening within you and how much wealth you have, what your virtues are or how much peace of mind you have. Even if someone lives with you he/she will not be able to know exactly what is going on in our mind.

“Avitya debi butani virtan dhari bharat” .

Life does not completely end when we leave this world. When our stay in this earth has ended we can say the body is dead but the soul inside our dead body is still alive. As we change our clothes in the morning, if we look at ourselves, we are the same person we were yesterday. Yesterday I had worn a suit coat, today I am wearing a pair of trousers, but I have not changed, only my clothes have. In the same way the physical body changes from one life to another but the soul remains the same.

Bhajan

Neth the pinjaro chadano pavande , Lok inhima ladano pavande,  
lerae vaja in ves, pakhiyara chad pinjare khe, dur a tuhinjo des

Meaning

“Finally you will have to leave this cage, you will have to leave this world. Take off this costume, O bird leave this cage, As your true world is far away.”

We have to leave this body-like cage, but we should not feel sorry or worry about it. Lord Shree Krishna explains in the Geeta Scripture:

“Tasmad parihaare arthe natuam shochati marhasi”

Whatever is going to happen is not in your hands so why feel sorry. Instead you should feel sorry if you have not chanted the name of the Lord and not achieved any “Naam” wealth, knowing that when you return to the earth plane, you will receive the fruit of what you have worked for previously.

When we lose our eye sight, the doctor gives us a pair of glasses; if we cannot hear the doctor gives us a device to hear; if we do not have strength, they give us a wheel- chair. But God is very kind and merciful: when he sees that the body has become old, he takes away this body and give us a new body with new organs giving us another chance to meditate and achieve our aim in life.

What a doctor cannot do, God does for us. We get a new life, another chance to chant the name of the Lord and to remember Him, making our life worthy. God gave us eyes to have the sacred vision of our Guru and Saints, as well as ears to listen to the greatness of the holy souls; a mouth to praise Saints and the Lord; but if you do not use whatever you have been given for the devotion of God, but only ask him to bless you, what more do you want him to bless you with?

Bhajan- Prabhu tokhe paida kayo ,ram japan je vaste  
Paan japije ain biyan khe jaipaije para taran je vaste

Meaning- Do this task of meditation every moment, it is your benefit. Oh! my senses chant the name of the Lord as it is in your benefit.

We have forgotten the main aim of this birth, as we are always caught up with worldly tasks. We don't even have time to breathe but by God's grace, our respiration goes on automatically even if we sleeping or not. So the Saints show us the way to divert our lives. If we commit sins we will pay the consequences, if we do good we will receive what we deserve. If our good and bad deeds are balanced we may receive this human birth again, but if we have committed too many sins we may be born as birds or animals.

So before we do anything we should think carefully. We should control our mind, our senses and our intellect to prevent and negative consequences later on.

In the Bhagwat Geeta, we hear the story of Gokaran who once notices a shadow moving around him. He asked the shadow who he was so a voice told him: “I am your brother

Dundhkaari but my death occurred in painful circumstances and now I have become a ghost.” Gokaran told him that he had gone to Gayaa to do the rites for him, so that he could be freed from the birth and death cycle, but Dhundhkari told him that he had committed too many sins, so even though Gokaran had gone to Gayaa, it would not benefit him. Instead if he read out the stories of God from the Bhagwat puraan, he would be freed from the ghost form and will be freed from suffering and would be able to attain peace. So by listening to the puraan, Dhundhkaari was freed and he attained everlasting peace. Therefore, there is a strong power in the name of the Lord, the same power is attained in “Naam”, but we are not ready to meditate. As we send a child to school to learn good things and he goes with a lot of difficulty, in the same way the mind does not like to go towards God ,towards the teachings of Saints. The mind quickly divert towards other matters because of its nature.

Doha- Man jaane sabh baat , jaan bujh awgun kare

Knowing everything to act as though one is not aware, understanding everything to act as though one cannot understand.

Doha- “Jo jo chae je lag man jan jaane, so so maya jan bhai”

So the Saints came and preached the importance of Naam and under their holy guidance the birth centenary of Satguru Swami Shanti Prakash ji Maharaj which will be celebrated starting the day after tomorrow. The main aim of satsang or congregation of saints is peace of mind.

Doha- “athei satsang shanti paean laae eh man ji mel mitaain laae”

When we wash our clothes they become clean so in the same way, by the acquaintance of saints and by reading the holy scriptures our thoughts which brings us into sorrows will eventually change.

So let us pray at the lotus feet for strength to direct our intellect towards good deeds good thoughts. Even if we don't have worldly things, we should have good thoughts; never hurting anyone's feelings with our actions or speech. We should contemplate God in each and everyone making our life worthy.

Bhajan- Kade kehenji dil ne dukhaya, sab khe shanty such pahunchaya  
Khaam uthan ne khyaal, sumat de mukhe

Meaning- I pray not to hurt anyone's feelings, to try and help everyone, may no bad thoughts come in my mind, grant me good thoughts, God, almighty and gracious grant me good thoughts.

The duty of a human being is to do good deeds and to fulfil this, religion is there to help us in every way. We should keep our mind peaceful, meditate the sacred “Naam”, and pray at the lotus feet of our Spiritual Master, regardless the situation.

Tum hi satguru tum pita mata.....