

OM SHREE SATNAM SAKHI

Satsang de Satguru Maharaj en Tenerife
5 de Agosto 2008

Doha

**Kahe Teoon man chet le, Abh kuch bigri naahin
Daya Dharam Shubh Karam karo, Hari sumro man maahin.
Biyaa sab deii tan, vanyi kar sang santan jo
Jeke ahe ke adhaar deii , parchi pehenjo kan
Jaat, varan, kul, karam dhe Swami kinha disarn
Gade tha chadin sutar sukh swarup mein**

Bhajan

**Man hi kiyan mare, oh Saen mun kahn, man hi kiyan mare
Khabar na ahe man hi cha ahe, ddas tun meher kare
Oh satguru mun kahn, man hi kiyan mare**

Say with love "Satnam Sakhi"

In His nectarous words, Satguru Swami Teoonramji Maharaj advises his mind to understand that it is time to awaken. Dear mind, do not slumber when it is time to be awake and aware; do not sit down when it is time for you to walk on. Never let the thoughts of this world enter the mind when it is time to sit in meditation. Every moment has its importance, thus you have to take the opportunity to do the right thing at the right time. On Diwali day it is customary to light the lamps, but if you do it on the next day, the lamps will have no significance. On the day of Holi, we go around throwing colours at everyone in joy, but to do this on another day, will not seem proper. Likewise you have achieved this human form by the great grace of the Lord. In other forms of creation you have come to this earth before and have had the opportunity of forming families, building houses and palaces but now, at this level of creation, all doors which were previously closed for you, have now opened. You are very fortunate that the Lord in his mercy has allowed you to attain this body. The physical body will get up when the sun arises, but the mind does not wake up from the sleep of ignorance.



**Kiyun na japaa Ram jab Deh meh aaraam thaa,
Kiyun na diyaa dhan jab ghar meh saaman thaa
Jab khul uttam bazaar, tab soudhaa naa hee kiyaa
Jab hoyee hartal, tab soudha yaad kiyaa**

The time to do your “saadhanas” for self-realization is when you are young and your body is in its prime. When the body ages, you feel pain in the knees so you can’t concentrate and your eye-sight becomes dimmer so it is difficult to read the holy books. The mind is filled with years of impressions from worldly matters so meditation on the name of the Lord becomes hard. If you do not make the effort to study when you are young, you will not be able to absorb new knowledge at the age of 87 years, for example. If you don’t learn to drive a car when young, it will not be possible to learn when you are older as your reflexes will slow down.

Instead of taking the opportunity to realize the existence of God when we are young, we have left the most important work of meditation (naam simraan) for old age.

**Joban me jap Ram muhinja man, piri meh kuch thiye na toh kahn
Joban na vari indeh, jald jape vat naam, Joban me jap Ram**

At the age of 80 years, your brain does not function so well as to understand how a computer works. When you are young and just starting to learn how to type, you have to look at the keyboard to find the right letters. But as you practice and grow more adept at this skill, you will be able to type effortlessly without looking either at the keyboard or at your fingers. Likewise, if you do your practice of meditation when you are young, the mind will be so well versed at this “saadhana” that the storms of the world will never shake it. A mind which is steady and always concentrated on the name of the Lord, will never waver in any difficulties. This will take years of practice so start now, before it is too late

**Jaldi pahunch raat na pave ka, gehree vich me ghaar thehi
Oh veh na musafir vaat te, khuli Bandar ji bazaar thehi**

Once night falls, your journey will not continue. Not using your human body for self-realization is as if night has fallen and your journey has ceased. All other forms of creation do not have perfect knowledge and understanding the way the human form has. Many creatures are tied up and cannot complain; fishes are prisoners in a crystal fish-bowl and they cannot say anything whether they are fed or left hungry. The human form is the most perfect of God's creation. He has created us with the same physical attributes as all avatars like Lord Ram, Shree Krishna and Shiv Shanker. We all share the same features and form and are the physical manifestation of "Ishvaara" (God), possessing the same powers but without realizing it. All roads lead to liberation but it is the mind which brings our downfall. When we have negative thoughts, our nature tends to commit bad karams. We should keep our mind pure and fill it with only good thoughts as these are what form our mind. As we enhance our physical features with powder and lip-stick, similarly we should also adorn our mind with good thoughts, satsangs and association of the saints. Bad company will lead us to the path of evil. Our mind is the key factor to the control of our actions. Our legs do not command us to go to satsang or to the casino it is the mind which dictates this. We perceive mandirs and saints the same way we perceive cinemas or bad pictures. The same ears listen to satsang and these same ears listen to malicious gossip. Like the wheels of a bus are controlled by the steering wheel and the driver, similarly the mind is the master of all our actions, and it is the mind which has to be mastered.

**Man ke haariie, haar , Man ke jeete, jeet
Man hi se Prabhu paaeeye, man hi se parteet
Chayo manye na man, ghaaro, kaaro kamro
Jehenjo maa na pi ko na ki desh vatan
kinha me kare khyaal tah tehee lok gaman
kadehn pini se parsan, kadehn swami roye raj me**

Bhajan

Man hi kiyan mare, oh Saeen mun kahn, man hi kiyan mare

The saintly souls have ceased the wave lengths of their minds

Pyaaare vas kar pehenjo khyaal, khyaal rukarn sah milande data deendayaal

It is easy to make a snake dance to your tune but it is difficult to control the mind. It is easier to cage a lion than to control the mind. Noble are the souls who have controlled their mind with equanimity, with meditation and with pure actions

**Murli sahn je nang fasaen, se na jogi jyarinj se na jogi jyarinj
Guru mantar sahn man jih rokya, woh Jogi se avataaraa
Jogi tha muhinje jeea ja jiyaaraa**



Such a soul was Satguru Swami Sarvanandji Maharaj, whose death anniversary (varsi) we are celebrating. He surrendered all at the feet of his Guru Satguru Swami Teeonramji Maharaj and served him with his mind and body. When the intellect and the mind is surrendered at the feet of the Lord, peace of mind is attained. Without love and devotion (“bhavna”, “prem” and “sharda”), all other material offerings will never bring happiness and peace.

**Main, mera, guru charnan me dije bheth charae, Kahe Teon teen lok me
jeevan mukt hojae.**

Bhajan

**Satguru ke pavan charnon me jisne tan man vaar kiyaa
Apne jeevan ki naiya ko, usne bhav se paar kiyaa
Satguru Sarvanand ne Hari ka roop sah maana satguru ko
Teeonram Baba me dekha Ram, Krishna, Shiv Shanker ko
Man Satguru ke saath Milaa ke, tyaag sabhi sansar diyaa
Kripa drishti ke karn ko pah kar, jeevan apna taar diyaa**

Instead of offering other worldly things to the Guru, you should offer your mind to him Surrender all actions to Him.

Continue doing all your duties but keep your mind constant on the name of the Lord. While sleeping or working, eating or drinking, concentrate the mind on God. In the Geeta the Lord says that if you take one or two steps towards me, I will also move towards you. But if we are lazy God will be very far from us. God is like the Sun who bestows his mercy equally on all, but if we turn our mind away from Him, we won't receive the rays of enlightenment. It is the mind which blocks the brightness of the Sun from us, and keeps us away from spiritual matters.

Always remember that we are fortunate to have received this human body. It is God's grace which bestowed on us our healthy limbs and organs. Some have been born blind and cannot see the beauty of the world; others have no legs and cannot even move around. Some are born without hearing and can never listen to a single sound. We have been blessed with a perfect body. Even our every breath is an offering from God. We should be thankful for each breath we take, as the moment we stop that single breath, the world will end for us. Remember the Lord and be thankful all your life.

Biyun galiyun sabh bhali visar par na visaraj Guru Gobind khe

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