



*Guruji Maharaj*

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## **GURUJI MY FATHER**

My dearest Father  
In these pages my soul lays bare  
But I really don't care.  
But then, yet I do care,  
as probing eyes read my every thought.  
I feel naked,  
but every word of yours must be told.  
Protect me my Father  
as I am just a flicker of your soul.

Your daughter,  
Bamby



## GURUJI MAHARAJ

Hamare ‘Guruji Maharaj’

That was his signature name, “*I like that name Guruji Maharaj*” with seriousness in his voice, these words had been said by Him.

*Taral*  
*Komal*  
*Nirmal*

Guruji Maharaj hailed from Dugri, a village in Punjab. He was born in a Sikh family. From the very beginning Guruji was very spiritual. He spent His childhood playing with snakes and praying. He loved His mother very much and would often surprise Her by producing roses from behind his back, at that tender age of three, as Mataji has told us.

Our Guruji is a very simple person. He did not own a single *chola* although He wore the fanciest of *chol*as that his Sangat had made for Him, nor did He own a single pair of shoes but we all saw Him wearing shoes from every part of the world; or even the *jali wali banyan* which we often saw Him in during non-Sangat days. He wore all and gave it all away. The only thing that He did own was His shaving kit. He believed that He did not need hair on his body, as He didn’t feel it essential to beautify Himself with it.

One evening, He enlightened my husband and me on life and how it should be

lived, *“Simplicity in life is the key to happiness,”* lasted 45 minutes. It was in perfect crisp English that we listened in awe.

The soul of the sermon was:

*“To enjoy everything in life  
To Learn and grow with sorrow  
and not let it destroy you  
That I will always be there  
by your side to take care of everything”*

These statements are the very essence of our beloved Gururji Maharaj and the guidelines for all His disciples to follow.

His way of life was our lesson to learn including the cleanliness around Him and within Him.

*“Jad tussi Mere kol ande ho, tussi sare gande ghade wanger honde ho. Phir Main twanu peble andron saaf kanda ha, phir utto chamkanda ha.”*  
– *“When you come to Me, you are like dirty vessels. So I first clean you from within and then shine your outside.”* Gururji said that God gave humans panj chor – *kaam, krodh, lobb, moh te ahankar*, namely work, anger, greed, attachment and ego that drive a man’s karma. Freedom from them is what Gururji aimed for all of us.

Guru Sahib was so particular, He would tell Ram Avtar (*bada mali*) *“Kam karan de time, kapre nu vabt nabiyu pebna chahida, naa ganda hona chahida.”* When you work, your clothes should not get crushed or dirty. He would often

say *“look at the lotus which is born out of dirt and remains so pure that it used as offering for the Lord during prayers. The same way one must remain pure inspite all the filth around us.”*

Once a young girl, perhaps 7 years of age, had come to Guruji with her mother for the first time. She had a common skin problem called Vitiligo (commonly known as *phulkari*). One felt sympathy toward her and was sure that our Guruji would definitely bless someone so young. As this was something on our minds Guruji called us and much to our surprise, He started to explain why He would not heal the child. Sahib said *“I too am bound by certain laws of the Universe. Her Karma stands in the way of My blessing, as she had abused a Holy man in her previous life and therefore I am boundnot to help her.”*

Questions filtered through our minds, if we do not know the wrong that we have done in our past lives, then how and why should we be punished for it? How is one to understand this injustice of the Lord?

Guru Sahib informed us, *“Nothing happens that is outside of God’s sovereign will.”* He said *“When we are with God, we plan our own lives and we decide what karmic debt we will finish in the coming lifetime,”* for example, we decide who we will marry, who we will work with, whose karmic debts we will let go offand so on and so forth, *“all that is pre-written.”*

So the next question was: Since everything is pre-determined then what is the role of a Guru and prayers in our life? Guruji laughed and said, *“human being gets only three chances in his life to correct his Karma and that whenever that time comes toremember that it has to be a selfless decision. At the time*

*when the decision has to be made a person will get help from no one. It will purely be his own decision."*

Guruji had stated *"when a disciple comes to me for the first year it is his choice to accept me or leave me. Once he accepts me as his Guru, then he is mine forever, even if he is the worst person on Earth."*

*"At the same time I too decide. I first see a disciple's love and devotion to God, then his past Karma and then only do I see his devotion to me. If he is truly devoted to me, I accept him and take over all his Karma. I put all the bad time (that a devotee is destined to have) in a crunching short period and finish his Karma for him." Guruji said that, "I do not take over all his bad Karma as we are here to learn and so we must feel the prick of the needle not the blade of the sword."*

He said *"human's diseases are the results of past Karmas. I have to first eradicate the root of the disease which is always seated deep within the body, if I first cure the surface of the problem, then it will always erupt again and again. Therefore, I must cure the 'A' and not 'N' or 'Z' of the problem."*

Guru Sahib reiterated a number of times that prayer must be taught at a very early age. The basics must be taught in little doses so that the foundation of prayer in a little child remains strong for lifetimes to come. He said, *"If I clean the surface (mind or body) the dirt still remains within. So I first clean you from within for your surface to shine."*



Anita Kumar, a dear friend of mine, is the only one amongst our friends who Guruji accepted into His divine grace. She came, as her horoscope puts it, on the last leg of her life with asthma and skin cancer. Today her skin glows without cancer, she is free of asthma. She is perhaps one of the most pure, elevated and gentle souls in the Sangat. He blessed her internally as well as externally.

Out of overwhelming curiosity we had once asked, *“Guruji, as you know what we really are from inside, what if a thief sat next to me, what would you do?”* He replied that He would put us on one side and bless the thief, first for coming to a Saint and second because he may never come again!

He also said, *“I do not love a brother, sister, husband, wife to the same degree but as individuals; because their dedication and devotion toward me is of different levels. No two siblings or couples love me equally, nor is their devotion to me equal, therefore neither is My grace on them. The depth of your unconditional devotion results in My unconditional love for you.”*



## HOW TO PRAY

*Prayer is the very essence of life*

One day, while sitting with Guru Sahib, He very casually asked *“which prayers do you do?”* and I proudly gave him a long list of prayers, to which He listened to with great interest and then said *“okay now you leave all the prayers that you are doing and just sit and meditate for 5 minutes by the clock.”*

Then the question that arose was *“what should I chant?”* to which He said *“whatever you want to but don’t get up before the 5 minutes are up and sit on a mat when you meditate. After praying thank the mat or the mat will get half of your prayers.”* That was an easy task, so I sat like a hermit on a red mat (red being Guruji’s favourite colour). Five minutes of meditation was child’s play, so I thanked Guruji for making my prayer so easy.

This continued for a week and after a week Guruji instructed me to increase the duration of the meditation from 5 minutes to 10 minutes and the following week after that to increase it to 15 minutes. It was becoming harder and harder to concentrate for longer periods of time.

Much to our disappointment, in July of 1995 Guruji suddenly left for Jalandhar. He told His Sangat in Delhi that unless He calls, no one is to visit Him. The next three to four months were spent in restless unsatisfying prayer as I urged Him for more guidance.

Finally, after a few months Guruji sent a message that we should visit Him in

Jalandhar. So with a lot of excitement we went to receive His Darshan. Over there, Guruji introduced us to Rimple Grewal's mother Paramjeet Chahal who we mentally connected with immediately. She taught us many things about Guruji and His ways, primarily how to worship and adore our Guru Sahib.

Chahal Auntyji was a beautiful lady who had had darshan of Guruji's divine light when Guruji was just 19 years into His life. He showed her in His light when she doubted whether to follow a Hindu Guru would be right for a staunch Sikh like her.

Once at Jalandhar temple we were sitting on the floor with Guruji and pressing His feet while Aunty was pressing Guruji's hands and speaking to Him. We were being referred to in 3rd person as Guru Sahib said in Punjabi ***"Aunty is no paath sikha, jis terban Main tehno sikhaya hai"*** – *"Aunty, teach her how to pray, in the same way that I have taught you."*

Then Aunty turned to us and as if Guruji was no longer there and said that ***"prayer is not about Mantra but about connectivity to the Lord. Mantra comes once you conquer your disability to get your mind and body to form a dot"*** and all this while Guruji was listening to her and nodding His head ever so often in agreement.

Aunty further said that do this mentally, not physically:

Lay a cushion, the most beautiful cushion for our beloved Guruji. Pat it with your hands – mentally, take off every crease and straighten it. Decorate flowers, one by one, all around the cushion, then light a lamp and *aggarbatti*

as Guruji liked lots and lots of *aggarbatti and dhoop* (mentally not physically) Physically sit straight with hands one on top of the other and invite the Lord to come and sit on that cushion. Picture Him walking in, imagine the rustling sound of His *Chola* and then imagine that He is sitting on the cushion. Then talk about everything in your heart to Him and when you are satisfied then thank Him for everything and take His permission to leave.

20 minutes will fly by quickly and all prayers will be complete. Praying will become so easy, as every bit of you will be alive and together because you are doing everything for your beloved Guruji, which has to be perfect. In your mind, every other thought will wait.

When praying one must keep a glass of water, next to the mat, preferably one that is made of silver as it is a very good conductor of energy. This water then becomes *Amrit* which must be had after the prayer for mind body and soul. Especially for people who get tired very fast.







## WHY DO WE NEED A GURU

*Rab roothe tho Guru mania  
Guru roothe the zindagi khatam ho jai*

To be allowed to be in Guruji Maharaj's grace is biggest gift that one can share with their friends. We had taken many of our friends to Guru Sahib but He would drive them away by saying, "give me carpets, my place needs carpets" or "give me land! I need to build a Mandir!!" they would never return.

We took another friend of ours, his son and daughter with us to Guruji, as his wife was out of town she could not come along. They were enamoured by Guruji immediately or I should say that Guruji allowed them to reach Him and receive His blessings. After a few days the wife came back and we took the whole family to meet Guruji. It was Maha Shiv Ratri on that particular day and the Mandir was filled with devotees. It was impossible to move and after sometime we realised that our friends had left. So the following day we asked them if they would like to go again, to which the wife replied "*no, my life is perfect. I have no problems. Only people who have problems in their life, go to a Guru.*" That was the end of our conversation!

That evening Guruji enquired about our friends. We cautiously said that they will not be coming, without giving him any details of our conversation. Guruji, being all knowing said "*she doesn't understand why we need a Guru in our life.*"

Then very patiently He explained, that *“when we say a u m, it has a u m bindu and nada. A u m bindu are sounds that all of us can say but nada is a sound which is internal and can only be produced by a very elevated person.”*

He said *“when one repeats a designated number of mantras then a Shakti gets invoked, that Shakti then blesses our prayer and desires. Therefore a Mantra has to be very pure, perfectly pronounced and precise otherwise it will not invoke the energy. As all our Mantras have hence our prayers are not perfect and therefore unacceptable.”* For His bhagat Guru Sahib then accepts our faulty prayers, corrects them and offers them to the required Shakti to make our prayer acceptable to Her.

He said *“the Mantra to invoke a Shakti is like a math equation, it has to be perfect. There are no compromises.”*

That is why Gururji always said that all *paath* (prayer) must be done by yourself and not by a *pandit* or a priest, because you are His disciple and He is responsible for you. He is not responsible for the *pandit* or priest who is doing the prayer for you.

No *havan* or *jaap* is too hard. Gururji had once sent me to the Mandir, to do *Dhara Puja* on the little black *Shiva Lingaat* the Mandir that now is placed near the entrance next to Ganeshji. The *Linga* was earlier placed on the path opposite to Gururji's swing.

It was the middle of summer; I was made to sit on a hard path on a mat, with no



head cover except the cotton *dupatta*, with no one who could explain any rules or guidelines of the *pooja*. All prayers were to Guruji. With the help of Ram Avtar and Chote Lal (*chota mali*), it took 2 days to complete the *pooja*. Their wives were given instructions to make light meals for me and no *Sangat* except for my friend Roma Sapra was allowed to come near that area.

Indeed, it was tiring but more importantly it was achievable. I could never understand why only I was allowed to do this *pooja*, but it was NOT about me, it was just so that today, I a non-pandit and mediocre in Hindi, a housewife, could write and say that no prayer is hard and just do it yourself with Guru Sahib's blessings.

Guruji planned everything so far ahead. Today my mind feels like a bank of all his words which had once been deposited and are now to be used and re-stated.





## MANTRA'S ARE POWERFUL

Every time you read a holy book, do mala or meditate it is like going from one level to another. Gururji told us, with every reading of any Holy Book one gains something spiritual, something that the Lord decides and these Gururji referred to as gifts, gifts that are loaded with energy that our body must adjust to.

Gururji said *“through me are all and all are in me,”* in that way His devotees are always protected.

Once, a man with his beautiful wife had just joined the Sangat. On one occasion he started to laugh like a madman and started rolling on the floor in main hall in the Mandir. My children were petrified and Natasha jumped into Shona Yograj's lap. It took that man about 10 minutes to return to normalcy and the Sangat was perplexed. Gururji sat calmly and did not react in any way. He just sat on his *gaddi* rubbing his scalp in a circular motion and till the man calmed down. Much later when we got the opportunity to ask Guru Sahib as to what was wrong with that man, was he mad or too upset with life?

Gururji said that the man had been given a powerful Mantra by someone in order to give him the ability to control Shivji! His body could not take the energy that came with the Mantra, as a result he would have extreme reactions. Gururji advised this man to give up this destructive path and live his life peacefully with his beautiful wife. Unfortunately as the man had come for darshan only a couple of times, he refused to believe Gururji. Later on that day when only a few of us

were left, Guruji said *“God is not be controlled but worshipped. Every man wants to become a Guru but first one must become a pure disciple – no if, no but and no ego.”*

Before starting His *Guruyai*, Guruji worked for one and half year as a servant in a terribly tempered woman’s house in Mumbai. This he did so that he could shred every bit of ego left in him.

Guruji connects all His Sangat, as each member of our family was told to come on a separate day, Guru Sahib always make sure that our children were sitting next to Shona. Everytime my daughters have needed someone they would always find Shona next to them. Even today Shona looks after Ayesha, a connection that Guruji has made for a lifetime.



## WHEN TO PRAY

*“You should love me so much that even when you are applying lipstick you should see me in the mirror.”*

Everyone's life is stressful and filled with a million things to do. We have so many responsibilities that sometimes the only free time one gets is in the shower or on the pot!! Which is shameful. Our beloved Gurujī told us in all tenderness *“I know when and where a disciple remembers Me and the place doesn't matter because your soul remembers Me in all purity.”* That was Gurujī Maharaj's degree of depth and acceptance of all the follies of His disciples.

He continued on to reveal *“Three am is the best time to pray. You do not have to have a bath. Just wash your hands and face, rinse your mouth, place a mat next to your bed, and sit on it. Make an imaginary circle around the mat on the floor with your hands and invite only Me to enlighten you. Even if you sit for five minutes at three am, it will be the most effective and powerful prayer for that day. The value of prayer depreciates as time increases. Three am is equal to diamonds, four am to gold and five am to silver.”*

Maj. Gen. Mohan Singh, ‘Mamaji’ as Gurujī used to call him and so did the entire Sangat. He, had explained to us, *“if you want Gurujī to be with you all the time. You must pray to Him, mentally pull Him toward you then He will remain with you always.”*

Therefore like Gurujī said, *“din ho ya raat, menu yaad karo.”*







## PRAYERS

### *Har pal tubi tubi*

Guruji prayed for all of us, there were times when He would vomit blood, get bruises or intense headaches as His body reacted to all that He absorbed from the Sangat. It's ironic that somebody with all the powers in the world could do anything for anyone but Himself. He said *“I pray for all, but I cannot pray for Myself. My Sangat should pray for Me.”*

*“Ghar wich ghee de jot hamesha jalni chabdi hai,”* Guruji said that a *jot* made with ghee must be lit in the house if not all the time then twice a day. It has to be of ghee as He revealed that the fragrance from ghee is very auspicious.

Sahib specified that one must pray in the morning to thank the Lord for a safe uneventful night and a successful day. In the evening, thank the Lord for being able to pass the day and come back home with His blessings. After that ask to be blessed for an uneventful night.

Prayers should be offered to Mother Earth before starting your meal as She gives us all that we require – from the air we breathe, to the food we eat and the land we live on.

Guruji himself did not eat much, when insisting that He should have another *roti* He said, *“Main twadi khushi waste khandi ha”* He said, *“a Mahapurush does not need to eat. Every devotee that prays and eats the first bite comes to me.”*

Later on we met a saint around Shimla, who just ate a leaf or a carrot at the most –just as Guruji had said. Though there is a thought that persists in my mind, with so many bites (of devotees), how come Guruji wasn't fat? only some weight around His belly!

Prayers that Guruji said:

- Beej Mantra: Om Namah Shivay, Shivji Sada Sahai. Om Namah Shivay, Shivji Sada Sahai
- Prayer:  
Thir kar baiso har jan pyaare  
Satgur tumre kaaj savare  
Dusht doot parmashar maare  
Jan ki pajj rakhi kartaare  
Baadshah sah sabh vas kar deene  
Amrit naam maha ras peene  
Nirbhau hoye bhajo bhagwan  
Saadh-sangat mil keeno daan  
Saran pare prabh antarjami  
Nanak ot pakri prabh suami
- Sukhmani Sahib to be heard or read
- Shiv Puran to be read everyday
- Guru Granth Sahib to be read

- *“Never do the Maha Mrityujana Mantra unless I tell you to.”* No explanation was given for this.

Thus Guruji slowly led us from one level to the other of prayer, which was also accepted by our minds, bodies and souls. Whatever prayer is right for you will come chasing you from many directions, if that is what Guruji feels you require. There will be more than 4-5 signs of it so you will have absolutely no doubt in your mind.

Guruji always said *“gupt paath aur gupt daan, that even your wife or husband should not know of the paath you do.”* To the extent that your left hand should not know what your right hand has given as donation.

He said in *Kalyug* our tongue is like fire that eats up all the blessings. When you tell anyone about the prayer that you have done or the donation that you have made, it brings ego and pride into you and therefore the result of *paath* and *daan* becomes nil.

Counting of malas was something He didn't agree to as that increases a person's ego. If a *mala* can be done without a count, as a prayer, than it is acceptable, because counting is a human requirement. Depth of prayer and passion in prayer is what Guruji asks of us.

He said *“tussi kitaban* (granths) *siraf parde ho, par agar tussi dhyana naal pardho teh una deb raz khulan”* that you only read the holy books for the sake of reading, but if read with reverence, the books would reveal many secrets!!

*“Meditation is the highest form of prayer. Only through meditation can*

*you see my Divine form.*” All other forms of prayers, like Mandir, books, *malas*, are steps leading to meditation. Once meditation is achieved, there is no need for any of the above as the Mantra designated for you will fill up your being till you submit to it. He said, **“Meditation can only be achieved by mind over body,”** and that we all are cases of body over mind.

Guruji used to say, **“mere ander di light dekh, mere ander jaa”** which I could not understand. While sitting in his Sangat I prayed to Him, *“your words are like complicated puzzles and my mind is that of a child. Please guide my mind to what you want me to do.”* Sitting there I dreamt of myself as a feather inside His body floating in His beautiful golden silver light, swaying to the kirtan. That became another form of meditation.

White light is what is taught to us, it is what we must achieve. But Guruji used to laugh and say, **“first green and red lights come like flashes,”** He explained, it was not scattered light but flashbulbs and a lot of them.

Anyone with bad *Shani* was made to do *Chaur Sabib ke sewa*, they were sent to the Gurudwara to donate the *Chaur Sabib*. Then were asked to listen to the *Waak* to know if the *Sewa* has been accepted.

Meditation with water was another form Guruji was going to teach His Sangat. He had instructed that plot number 11 be made into a garden with fountains that were to come from Kuwait, the little Shiva Linga that stands today next to Ganeshji at the Bada Mandir, must be placed in the centre circle of the garden.

Each Sangat member was supposed to sit in silence and meditate to the sound of water.



## DO NOT ASK

*“Mangoh nabin - manno”*

*“Do not ask for anything, let me give you all. It is not because I will not grant your prayers but because you do not know what to ask for. Trust me unconditionally”*

Once a member of the Sangat was admitted into a hospital. He needed blood donors and the first few days Aunty (as He called every woman Aunty), his wife, found the donors easily, but on one particular day she could not find anyone. She thus prayed to Guru Sahib, *“send me a donor please.”* She stood crying outside the hospital and at that time two milk men were passing by. They asked her what the problem was and were ready to donate their blood. That evening while we were sitting with Guruji, Aunty came and thanked Him profoundly. The next day Uncle passed away.

We were very puzzled since Uncle had just been blessed by Guruji. He explained very curtly *“Guruan kolon mangde nabin, mande hai.”* Guruji had said, *“I bless a soul at a certain time, if at that time a person is asking for something then I have to grant him that wish. If at that time Aunty had not asked for donors but blessings for her husband, then things would have been different.”*

*“You do not know what is right for you, as you do not know what the*

*future holds for you. So how can you ask for anything? When you ask, it is as though your lap of wants is so small that it overflows with a few blessings that I give. But when you leave it to Me then I bless you till you get submerged in My grace and Divine light."*

*"Every single moment of the day people are asking God for something or the other, most of which God gives. But the moment God takes away something precious, all of you fight with Him and stop taking His name."*

And then He said, *"remember me in everything and everything will show me in them" – "sub mea main aur mere main sab."*



## PRAYERS EFFECT OUR BODIES

Guruji's body's natural perfume was an exotic fragrance, which, He explained, was different with each level of prayer – a prayer that lasted for years. He said everybody has a natural fragrance that gets released with prayers, a lot of prayers, *“My Sangat will never have to pray as hard as I have for their natural perfume to start from their body. It will be a gift from Me for them.”*

All of Guruji's ten *Dwars* were extremely fragrant.

On the back of Guruji's head was the *Surya*, on the left side next to His eye was the Peacock and on His forehead next to His right eye was the *Sheshnaag*. In the centre of His forehead starting from in between His eye brows was the *Shiva Linga* which most of the Sangat has seen. At times the Sangat would see that the Linga on His forehead would grow in height and reach the top of His head. His body was filled with OMs, but the one He liked the most was the golden OM which was where his Shakti started in His body. His *Charan* has the line of a Saint – *Padam*. As well as OM and *Ek Onkar*. Guruji said this is how you must decorate your body through prayer.

Chahal Auntyji used to tell of how after *paath* her fingertips would swell and a strange current of energy would flow out of them. Then after some time the swelling would go down. At that time I did not believe her. Then one day Guru Sahib asked me to press His hands, specially His fingertips as after *paath* they were swollen. After that day I decided not to doubt Auntyji again as every time



Guruji would show me what a pious devotee she was.

At one time Guruji asked me to do so many prayers in a day, that my body would no longer accept me praying. Opening a Holy book or listening to Kirtan would result in me physically throwing up. It was another dilemma! Then Guruji Maharaj stopped all the prayers as my body could no longer adjust to the level of energy that came in with the all the prayers. ***“No reading and no Kirtan, just listen to all filmy songs and Punjabi songs and you will find Me in them.”***

It was amazing how the same filmy songs had a new meaning now. Once again it was Mantra free, Holy book free, Kirtan free, open eyed mediation – perfect!!!

Years ago on one occasion Guruji showed us the path of Chandra and Surya *Nadi*. He said that Chandra *Nadi* starts first on the left and then the Surya *Nadi* on the right and that ultimately they join with the pure *Shakti* that lies between them (this Guruji showed us when we had just met Him and so we have no memory of the path, perhaps it is not time yet). When these *Nadis* start with Guruji's grace they come with gifts and energy to which the body takes time to adjust to. He said, ***“it moves like a thin electrical wire disappearing at places and hurts at certain points in the body.”***

It is therefore very important to be physically fit. Guruji had said ***“walking is the best form of exercise and women should not go to the gym as it affects their reproductive organs.”***

He advised, ***“don't get up from paath all at once but bring your knees up and hug them loosely so your circulation starts.”*** He insisted that massage



for the body is very important and one must have it done at least once a week. Guruji said that *“your bath should be more with natural things rather than soap.”*

Look at anyone who has gotten up after praying deeply, their faces will have a glow and they look so blissful. What more can be said, in simpler words, about the effect of prayer on body.





## APPEARANCE OF GIFTS FROM GURUJI MAHARAJ

*“After your ‘paath’ I might give you a piece of mishri or make your glass of water full of fragrance, or the presence of little flowers or just perhaps my fragrance, all are my gifts to you and are to be looked at as nothing but blessings, they tell you I am happy with you.”*

He then asked me to open my left hand. It had moisture in it. I thought- sweaty palms! He asked me to smell and taste it. It was Guruji’s fragrance and *Amrit*!! I had no words.

Guruji would produce *parshaad* for His Sangat out of thin air. They were different at different times, like a huge ball of *methai* which I am unable to describe. It would fit into one of Guruji’s hands and overflow in two of ours. Guru Sahib after producing the *parshaad* would pray with His eyes closed for a few seconds. Then with His own hands distribute *parshaad* to His Sangat.

In S-Block Greater Kailash Guruji used to bless his Sangat with *Amrit* in steel glasses. As I was new to His ways I wondered about the fragrance in the *Amrit*. One day Sahib told me *“ja tu we paani de tray le aa.”* I went to the kitchen filled 25 steel glasses with tap water and carried them to Guruji who was standing in the middle of the hall. Sahib picked up one glass at a time, blessed it with His *Mala* and then chose a person from the Sangat to give to. The last eleven glasses

were given to me to be had on behalf of my father, mother and so on. Each glass of *Amrit* had an intensity of fragrance that was different. Some barely had any and some were so filled with His fragrance, that it was impossible to drink in one go.

On Guru Sahib's instruction, Chahal Auntyji in front of Guruji told us one of her divine experience. She said *"today when I sat to read the Gurugranth sahib, I saw through the organza rumalas the full form of Guru Gobind Singhji lying across the pages"* in my excitement I asked Auntyji —what happened when you lifted up the *rumala*? Was Sahib there or did He disappear?

She looked at me with sad intense eyes and said *"Bambyji, how could I lift the rumalas? If He had wanted to give me full darshan, then He would have come on top of the rumalas. But He wanted to give me partial darshan, then how could I go against His wish!"* She then looked at our Guru Sahib and cried bitterly while He consoled her like a child. At this time, age wise, she was much older.

Guruji tusi great..... twadi bhagat bemishall!

Guruji you are great and your disciples amazing!



## FOOD

When asked about His diet when He used to meditate, Guruji said food should be light, simple and not too much in quantity. Then He went ahead and put me on a diet of *moong daal* and two *rotis* and yogurt for lunch every day. Thinking this to be a very mundane one compared to the non-vegetarian diet, asked if pickle could be added, He agreed. After a year I told Guruji, I can't do this anymore, and He laughed and said, "*chad pare.*"

Milk and water are very important for the body. He said that milk is a gift; Guruji loved the milk and water of Punjab. In fact at multiple occasions He has told us that the water and milk in Delhi are bad for health.

When Guruji Maharaj initially came to Delhi and held Sangat at S-Block in Greater Kailash, He used to be on a liquid fast for four days a week, Monday to Thursday. He had explained that He was doing this right now so that no member of His Sangat will ever need to fast.

The only day that the Sangat used to fast on, was Maha Shivratri. That too Guruji used call Ram Avtar on his cell and instruct him to tell everyone who was present in the Mandir to take *langar* and break the fast.

Initially when we met Guruji I asked him "*why do you allow us to eat non-vegetarian,*" to which He asked me, "*if I told you to stop today would you stop?*" and I replied, "no Guruji"

He said *“in Kalyug, it is a Guru that has to prove Himself first. When I prove Myself to you then you will have a reason to listen to Me, so when I have proved Myself to you and the time is right then I will stop your non-vegetarian.”*

Go on a holiday to Bangkok and leave today itself, that was the *bukam*, *“ja ke honeymoon manao.”* At this time we had been married for 20 years. Sati said that we cannot go as there are no more empty pages in his passport. Guruji told him that there was one. AND indeed there was just one. The *bukam* came at 2:30 pm and we took a flight at 9 pm the same day.

On the flight and for the next two days, every time I got a piece of non-vegetarian into my mouth I would feel nausea and thought *“damn! my holiday is ruined,”* since I loved eating non-vegetarian food. All kinds of it ! It took two days for me to figure out that Guru Sahib was behind all this! So on the third day, I prayed fervently *“Guruji Maharaj if you want me to stop non-vegetarian I will once I go back to Delhi, but pleeeeeaaaassee let me enjoy it here.”* The next lunch was an extended over indulgent meal where I ate everything non-vegetarian on the menu, much to the delight of my husband and our friend Harpal Chawla who is another foodie. I ate like as I knew there wouldn't be another tomorrow.

Once we landed in Delhi no non-vegetarian was entertained by my system and I broke out into rashes and upset stomach. Greed is not good; My path has been paved by Guruji. 1

## RELATIONSHIP OF A GURU AND HIS DISCIPLE

In His early years Guruji would say “*meri photo twade naal galan karegi*” – “*My photo will talk to you.*”

After a few years the Sangat from abroad would share Satsangs of how Guruji’s photo talked to them and as amrit flowed out.

A relationship between Guru Sahib and his Sangat is a ‘wireless phone connection.’ One can be anywhere in the world but the moment one’s mind turns towards Guruji He will know. On an occasion Roma and we were out for Lunch. Sati was upset and both of them kept talking in detail of all their woes. Later that evening, Guruji scolded Roma and repeated the whole conversation to her and she in turn the very next day scolded Sati in Guruji’s tone, all that which Guruji had said to her. Amazing!

Jumping to another incident of Sahib’s ways was with Lt. Gen. Deepinder Singh. Uncle had reached Empire Estate with an immense headache. He asked Sudha aunty for two Disprins, which she did not have. As the hall was full he quietly sat down outside in the veranda, out of Guruji’s sight. Deepinder Uncle has great endurance for pain so for him to ask for medication meant the pain must have been intense. As time passed, a member of the Sangat brought Guruji’s glass of tea for him. As he finished the glass his headache disappeared. He walked inside to return the glass to the kitchen and turned to see Guruji with his head tied in a *dupatta* complaining of immense pain. Uncle touched Guruji’s feet with



reverence.

It is not a one-way connection; if Guruji can hear you then He will make himself be heard by you as well. He said *“you have to leave the outside and go within to hear me within you, I am there inside all my devotees.”*

He said that my true followers would always hear Me within them. But there are rules to this as well, He said anything you hear from your left ear is not to be listened to, but something in your right ear is your guide and within the centre will be me. He said, *“pehle koi galan nahi karde se, man to galan karde se”* namely in olden days people used to converse telepathically rather than through spoken words. He said that that was the purest form of communication and in years to come His true Sangat would be able to communicate with each other telepathically. Such are the standards set by Guru Sahib for His Sangat.

Today, four years into Gurusahibs Samadhi, we see His presence at all His places of worship. He has appeared in the Big Mandir, where the Sangat has photographed His presence on various occasions.

At His Satsangs which take place all over the world, *Amrit* flows out of His photos, His fragrance fills up the rooms OM appears on *rotis* and in flames of the diyas. In Guruji's room in our home we have witnessed His seat, hand and foot impressions on His *gaddi* on separate occasions.

We are all truly blessed with a Pooran Guru.

Jai Guruji.





2004

## AARTI KI THALI

Guru Sahib loves *diyas, jot, aggarbatti and dhoop*. He said, *“the fragrance of ghee pleases the Lord and the fragrance of aggarbatti and dhoop attracted the Divine. For humans it lifts their souls during prayer and makes it lighter.”*

In the Mandir, the *diya* in front of Shivji was always separate from the one that was used for *Aarti*. He specified for a brass plate for his Aarti ki Thali (Guruji was very fond of brass). Once He sent Badan Aunty in the Mandir to teach me how to set the thali.

Drawings of thali, to be made with kesar and drops of water:



1. One diya made of ghee with an upright wick
2. Mauli
3. Tikka made with kesar, raw rice and a few drops of water
4. Methai, 5 pieces
5. Dhoop

We first used to tie the mauli to Guruji's hand, then put the tikka and then do the *aarti*- Shivji ki aarti.

## LOTA – THE COPPER VESSEL

*“It has to be shining and without any dent.”*

This was the requirement of Guruji for the *lota*. Guruji would bless it and specify, *“aape aap saaf karna hai, naukra nu nabi dena.”* He said that if I can spend My energy blessing this *lota* for your problems then you could also spend some time cleaning it up yourself.

*“Ya te raakh naal saaf karo, ya nimbu te namak naal. Jad tussi apne aap saaf karde ho tussi mera na lende ho mainu yaad kerde ho, us pal wich twade kol aake twanu phirtu bless kar janda ha.”* He said this as I was very lazy about cleaning the *lota* myself.

Guruji would hold the *lota* and bless it. Then He told us to drink half of the *lota* first thing in the morning. Then have a bath and pour the other half on top of us.

## SATSANG

Satsang means *sacha saath* or true gathering. True being the Guru, and gathering being us the devotees. A gathering in which we reflect on the divine, discuss the divine, and the truth that we have experienced. It is like a class where we are taught, enlightened and given messages, which are not only for ourselves but they are to be carried forward to others and told at its appropriate time.

When people used to come to the Guruji they used to ask us why does your Guru make people stand up and talk of His greatness in front of Him?

Our Guru Sahib planned things far ahead, He knew that He would leave His *chola* someday and His class had to be taught lessons which would be repeated and re-said the way they had been said in His presence. As in those Satsangs would be message for another Sangat member – another man's solace.

Sometimes a devotee was asked to repeat his Satsang several times much to the irritation of the Sangat. All of us would think that we have heard this before. Then one day Guruji explained, *“Satsang is your medicine and by listening to the same Satsang repeatedly you are getting the required dosage of blessing. Therefore listen to the Satsang patiently as you will benefit from it. This medicine – Satsangs are not to be kept within you but to be shared will all.”*

*“Sari family nu leker aao, tud be full blessings mildia ne.”*



He was very clear on this that His Satsang had to be attended by the family and not just by one member of the family. Except for those individuals who He himself gave permission to come on separate days. He specified that full blessings are given when the full family comes for His Satsang.

Guruji used to say that if I can come on time and sit for you then you too can come on time and sit for Me. Don't look around at what others are wearing or doing, but concentrate on Me. *“Mere nazare dekh.”*

We considered ourselves very blessed if we got *chai parshaad* twice. Guruji made sure that every devotee got at least one glass. He said *“I bless everyone through langar which must be treated as medicine and not wasted at all.”*

*Langar* was always simple; one *daal*, one *sabzi*, *roti*, *achaar* or *raita* and something sweet. There was no restriction on garlic and onion. The only rule was there, that there should be a lot of chillies and excessive amounts of sweets. *Langar* has always been served in *thalis* where four people sat together to share the *langar*. Where we all eat as equals, regardless of our back grounds, names and appearances. We are all equally blessed through *langar*. Except on function days when *Langar* was in the style of a buffet. This how He brought us up.

Guruji used to say *“when you come to meet Me, have a bath and wear your finest of clothes just as I have a bath and get ready for you because Satsang is a place where we pray.”*

*“Akal aur rafal bahar chadd ke aao.”*

Leave your if and but and your ego with your shoes outside.



2005

## JAI GURUJI

Guruji Maharaj loves His Sangat like a father loves His children. We are truly blessed and spoiled as even today He guides us and tutors us every step of the way. Books, messages, newspapers, children and random people come and give His messages unknowingly and one's path unfolds in front of them.

Prayers, patience and persistence for years are needed as every lesson Guruji teaches tests you and can shake you to the core. At the same time He is like a child who always wants to know how much you love Him. Once while He was having His *langar*, Nitin Joshi who was 13 years old at the time sat in His presence. Suddenly Guru Sahib picked up a full green chilli and gave it to him to eat. Nitin simply ate the chilli and even though his tongue burnt and eyes filled with tears he never questioned and took it as Guruji's *parshaad*!

Blessed is that moment when Guruji Maharaj accepted dirty vessels like us, made us His, and loved us in the purest form. In His divine light we experience every pain, laugh with every happiness, stay afloat and sleep deeply because we know whatever happens in our life is what our Father has destined for us to learn. With bowed heads and folded hands we pray to our Father to forgive us for our sins and to make our path an easier one. We pray to our Guruji to lead us back to Him.

## MERE MAULA

Kehte hain teri duniya hai sunder?  
Par aap ke saath yahan par..... usse bhadke kya?

Woh samay jo samay na tha  
Woh din jo din tha na raat  
Ek adhbudh madhoshi kaa aalam  
Jisme bus tu hie tu aur koi mai na tha

Phir ye sapna kyun toota?  
Kyun tum roothe?

Ek ardaas

Ek binti

Ek faryaad MERE MAULA!!!

Ab lauta do woh suhane pal

Ab lauta do woh komal charan

Ab lauta do charnon ki khushboo aur aasissen

Ki man ho jaye amrit

AUR MERA rom rom gaaye

Tu hie tu hie aur bus.... tu hie



My Divine Father  
I humbly Thank You for everything

### Gratitude

I thank my friend, my partner, my husband. Sati – for allowing me to blossom in the divine grace of our Guru. For accepting Him as foremost in our relationship.

To Ayesha, my beautiful Ayesha, you are a true gift for any mother. Thank you for coming into our lives.

Natasha, I wait to see you again and to feel you in my arms.

Noor, you are the reason I am still alive. Thank you!

My mothers: Guddi and Meet, thank you for loving and accepting me.

To my fathers: Bhupinder and Raunaq, your love is what is greatly missed.

Pinto, Gigi, Sahra, thanks for all your patience.

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