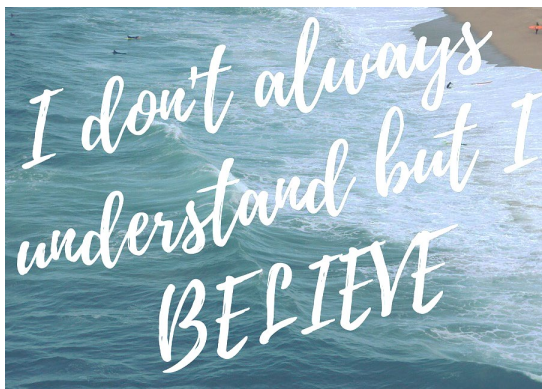


# Random Thoughts *With Guruji*







## Preface

This photobook is not a piece of literature. It is not a biography, neither is it a complete fiction. It is not about religion, neither is it about spirituality. It is just a loosely stitched collection of random thoughts. It is an attempt to dive deep into those random thoughts. It is more like a diary of notes, thoughts, opinions, feelings, observations, experiences etc...

It is not a work of any professional expert writing, so there may be many errors or mistakes such as in spellings, grammar, graphics, translations etc. It is also possible that your thought process, your views of the world may not align with what is written in this compilation but if you manage to identify just one positive message, one positive thought, one positive take-away, that will be a humble tribute to the inspiration behind this book – our God, our Guruji.

Take it easy, read it casually, don't get carried away....

**Guruji is a thought, Guruji is an emotion....**

**Guruji is at the center of everything that we say, do, think or feel...**







## Jai Guruji

*"Let no man in the world live in delusion. Without a Guru none can cross over to the other shore." ~ Guru Nanak Dev Ji ~*

Guruji is the sole inspiration for why and how this book has come about. Without his blessings, without his aagya (permission), even a word of this book could not have been written. Guruji no longer lives in the human form but he is omnipresent, he is Omnipotent, he is Omniscient.

Guruji, the God of few words, preached rarely but his one liners are more powerful than hundreds of pages of literature. It is very difficult to find the right words in the dictionary to describe him and his blessings. The least, a random person like me can do to obey his order is to put random thoughts, observations and experiences into this loosely assembled book.

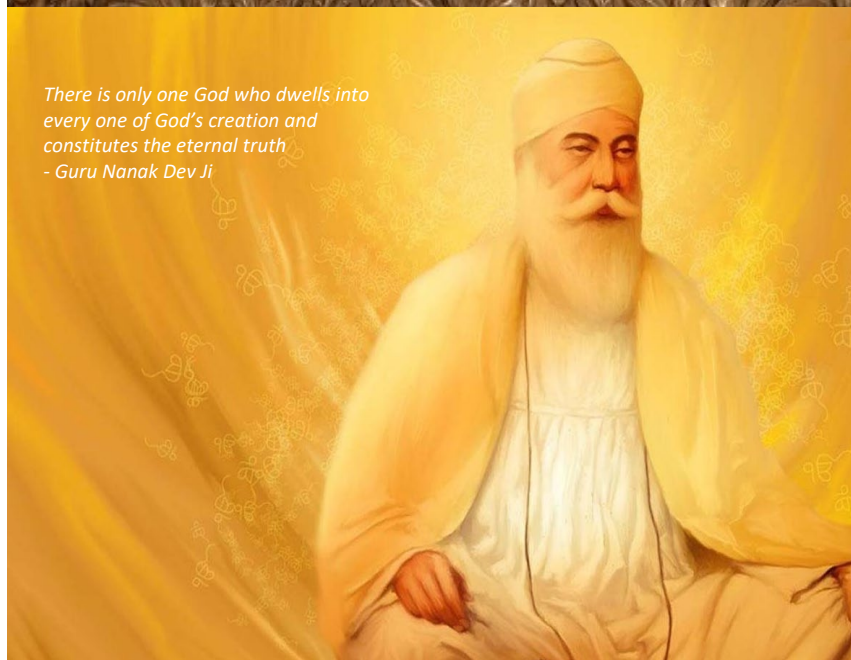
No work starts without parents' blessings and no work gets completed without parents' blessings. So a humble tribute and a profound salute to my parents who are far away yet very close to my heart. It was only when I started visualizing my parents in Guruji and Guruji in my parents that I really connected with Guruji.

This book is jointly edited and designed by my wife Bhumica Dua who held my hand and took me along on this wonderful journey with Guruji. Bhumica aunty is my strength, she supports me and inspires me as a friend, philosopher and guide....

**A direct connection with Guruji is elevating, energizing, enlightening and transformational**



*There is only one God who dwells into  
every one of God's creation and  
constitutes the eternal truth  
- Guru Nanak Dev Ji*





## Mool Mantar

*(the first composition in the holy text and the Great Living Guru, Shri Guru Granth Sahib)*

**Ek Onkar Satnam Kartapurakh,**

**Nirboh Nirvair Akaal Murat**

**Ajuni Sabham, Guru Parsad**

**॥ Jap ॥**

**Aad Sach Jugaad Sach,**

**Hai Bhi Sach Nanak Hose Bhi Sach**

The creator and the creation are one and this is the ultimate, changeless truth. This one identity is the ultimate doer, is fearless, is revenge-less, is omnipresent beyond time, is formless beyond birth and death, is self-illuminating. This is true wisdom and bliss – remember this and meditate on this. This non-duality, one-ness was true even before the time begun, has always been true throughout the time, is true today and will always be true.



## Ek Onkar - An Interesting Analogy

A tree has 5 parts – roots, trunk, branches, leaves, and finally the fruits or flowers. Starting in the reverse order, the fruits and or flowers are the material things of this world i.e. the things that we consume and enjoy such as food, clothes, home, cars, ornaments, watches etc. Leaves are all living things in this world i.e. anything that breathes such as human beings, animals, birds etc. Further, let's visualize branches to be group of living things such as religions, sects, beliefs, castes, genders, any which way one wants to group livings things together. Trunk is the Universe – the ecosystem that holds fruits, flowers, leaves, branches together. So the trunk collectively represents the land, the ocean, the sun, the moon, the stars, the planets, the sky, the air. Just like the universe encompasses all parts of creation together, trunk holds all parts of the tree together. Finally come the roots and with whatever knowledge that we get from holy scriptures, the roots are nothing but the God - the very foundation on which all other parts of the tree grow, flourish, survive. Without roots, tree can't survive so without God, this universe, this humanity can't survive. Just like roots are not visible but are very much part of the tree, the God is not visible but is very much part of this universe.



**Om Namah Shivay  
Shivji Sadaa Sahay  
Om Namah Shivay  
Guruji Sadaa Sahay**



## Guru Vandanaa



गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।  
गुरुःसाक्षात् परब्रह्म तस्मै श्रीगुरवे नमः ॥

Gururbrahma gururvishnuh gururdevo maheshwarah  
Guruhsakshat parabrahma tasmai shrigurave namah

Guru is the creator (Brahma), the preserver (Vishnu) and destroyer (Shiva). Guru creates the knowledge, sustains the wisdom, and destroys the weeds of ignorance. Guru is the Supreme God, I salute such a Guru.



गुरु गोबिन्द दोउ खडे काके लागूँ पाँय ।  
बलिहारी गुरु आपने गोबिन्द दियो बताय ॥

Guru Gobind dou khade, kaake lagoon panv  
Balihari guru aapne, gobind diyo batay

If teacher and God are both in front of me, who should I greet first?  
I will bow to the teacher first because it is only because of the teachings of this affectionate bestower that I am able to see God.

**Guru Bin Ghor Andhaar, Guru Bin Samajh Na Aave...**





**“मेरे नाल डाएरेक्ट कनेक्शन जोड़ों”**

Build a direct connection with me.



## मंदिर मंदिर कई भजन किये, घंटो बैठा गिरिजाघर में

मंदिर मंदिर कई भजन किये, घंटो बैठा गिरिजाघर में  
सजदे किये हर इक मस्जिद में, सर भी टेका गुरुद्वारों में  
ढूँढा जिसको हर मूरत में, ढूँढा जिसको सब ग्रंथो में  
वो मिला मुझे मेरे मन में, वो दिखा मुझे हर इक जन में

खुशीयों में नाचे संग मेरे, कभी आँसू बन आये आँखों में  
कभी शोरगुल करे मित्रो संग, कभी खो जाये लंबी चुप्पी में  
कभी भावनाये बन कर उमड़े, कभी थामे मुझे संयम बन के  
कभी बीते वक्त को याद करे, कभी आगे की योजनाएँ रच ले

मुझे लगता था मैं ही मैं हूँ, खुद जीवन अपना चलाता हूँ  
अपनी मेहनत अपने दम पर, खुद अपना भाग्य रचाता हूँ  
अहसास अब हुआ मैं हूँ कटपुतली, सारी डोरें उसके हाथो में  
मैं तो हाँड़ मांस का पुतला हो, उसकी रहमत मेरी साँसो में

वो पुण्य मेरे वो ही पाप मेरे, मेरे धर्म-कर्म में वो शामिल  
वो खुशी मेरी वो ही व्यथा मेरी, मेरे हर क्षण में वो है शामिल  
सूरज-चन्दा, बादल-बिजली, फूलों की खुशबू में वो शामिल  
क्यूँ खोजू उसे मंदिर-मस्जिद, जब कण-कण में है वो शामिल



**“ऐ कलयुग हैगा, ऐदे विच रब जल्दी मिल जाँदा वे। पुढा नहीं लटकना पैदा”**

This is Kalyug. One can see or meet the God easily. You don't have to hang upside down with the tree or do tough penance.





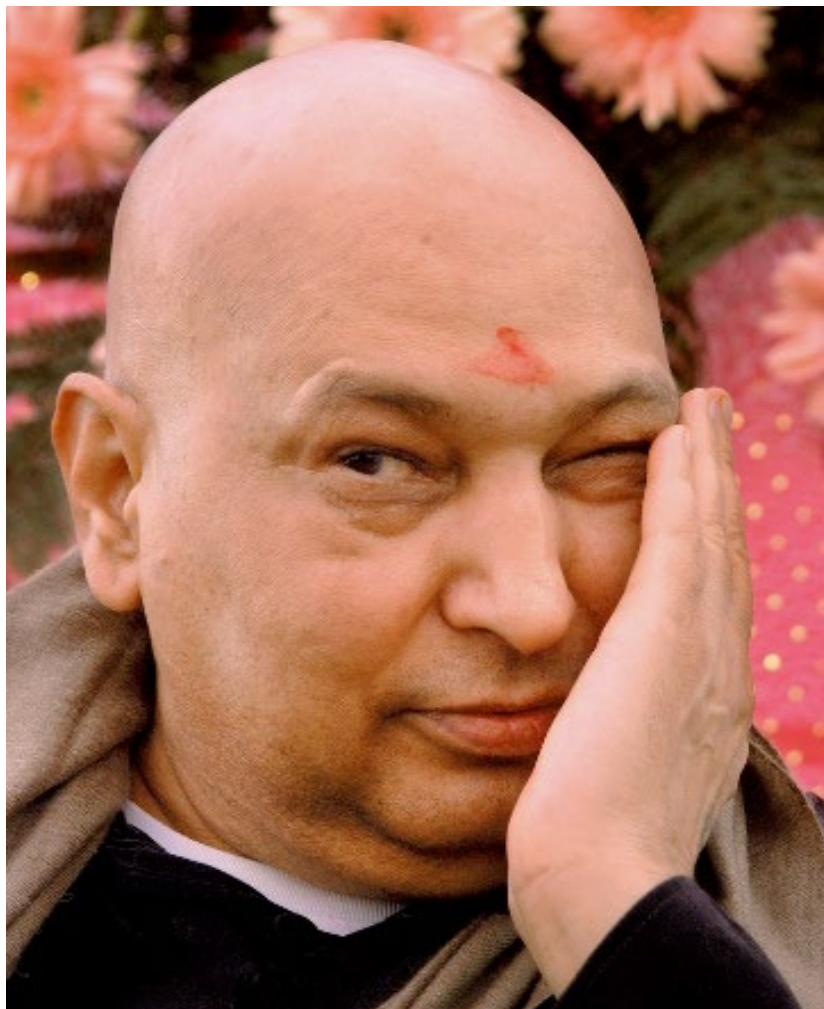
## दो चार पलों के लिए गुरुजी तुम मेरे घर पर आ जाना...

दो चार पलों के लिए गुरुजी तुम मेरे घर पर आ जाना  
मेरी छोटी सी कुटिया को, अपने मंदिर सा बना जाना

आसन पे बैठ के तुम उसपे दो चार सिलवटें दे जाना  
चरणों में अर्पित फूलों को थोड़ी सी खुशबु दे जाना  
दीपक को घी से भर जाना, लौ को और उज्ज्वल कर जाना  
चाय पानी थोड़ा चख जाना, लंगर को जूठा कर जाना  
दो चार पलों के लिए गुरुजी तुम मेरे घर पर आ जाना  
मेरी छोटी सी कुटिया को, अपने मंदिर सा बना जाना...

हल्लके से मेरे कानो में कुछ शब्द सुहाने कह जाना  
मेरी आँखे शायद बंद हो पर दर्श उन्हें दीख्ला जाना  
हलके से हाथ दबा जाना कंधे पे थपथप कर जाना  
मेरे गालो को छू जाना और बालो को सेहला जाना  
दो चार पलों के लिए गुरुजी तुम मेरे घर पर आ जाना  
मेरी छोटी सी कुटिया को, अपने मंदिर सा बना जाना...

आस पास हो तुम मेरे, मुझे ये एहसास करा जाना  
सुख दुःख में संग हो तुम मेरे, मुझे ये विश्वास दिला जाना  
मुझ मूरख को मुझ अनपढ़ को थोड़ा सा ज्ञान सीखा जाना  
इक बार मुझे इस जीवन का तुम सार जरा समझा जाना  
दो चार पलों के लिए गुरुजी तुम मेरे घर पर आ जाना  
मेरी छोटी सी कुटिया को, अपने मंदिर सा बना जाना...



**"जेह कोई मेरी तरफ इक कदम वी वधान्दा है ते मैं ओधी तरफ सौ कदम  
चलकर आन्दा हां"**

If someone put forward one step to connect with me, I take 100 steps forward  
to connect with him.



## मैं गुरुजी में और, गुरुजी मुझमें रहे...

साँसे चलती रहे दिल धड़कता रहे,  
जिस्म मज़बूत हो बुद्धि वश में रहे ।  
सर गुरुजी के चरणों में झुकता रहे,  
आखों को गुरुजी के दर्श दिखते रहे ।  
कानों में गुरुजी के शब्द बजते रहे,  
होंठ गुरुजी के गीत गुनगुनाते रहे ।  
मेरे मन में गुरुजी का आवास हो,  
मेरी साँसों में गुरुजी का आभास हो ।  
मेरा तनमन गुरुजी में ही लिप्त हो,  
मेरा तनमन गुरुजी में ही लुप्त हो ।  
मेरा जीवन गुरुजी को अर्पण रहे,  
मैं गुरुजी में और गुरुजी मुझमें रहे ।

गुरुजी विद्या में हों गुरुजी अनुभव में हो,  
गुरुजी अनुभूती में गुरुजी सपनों में हो ।  
गुरुजी आशा में हो और निराशा में हो,  
गुरुजी खुशियों में हो गुरुजी दुःखों में हो ।  
गुरुजी हमदम बने गुरुजी मरहम बनें,  
सारी कठिनाइयों का निवारण बनें ।

उनका अहसान हो उनका अहसास हो,  
उनमें विश्वास हो उनसे ही आस हों ।  
मेरे सर पें गुरुजी का छाया रहें,  
मेरे जीवन में गुरुजी की माया रहे ।  
गुरुजी साया बनें गुरुजी सँग सँग रहें,  
मैं गुरुजी में और गुरुजी मुझमें रहें ।

गुरुजी माता में हो और पिताजी में हो,  
गुरुजी पत्नी में हो, पुत्र और पुत्री में हो ।  
भाई बेहनो में हो, गुरुजी मित्रों में हो,  
गुरुजी परिवार के हर सदस्य में हो ।  
गुरुजी भगवान में गुरुजी भक्तों में हो ।  
गुरुजी शिक्षक में हो गुरुजी शिष्य में हो ।  
गुरुजी मालिक में हो गुरुजी सेवक में हो  
गुरुजी भ्रमाँद के हर इक प्राणी में हो ।  
मेरे हर सर्गों साथी को गुरुजी दिखे,  
मुझको हर सर्गों साथी मे गुरुजी दिखे ।  
पुरे वातावरण में गुरुजी रहें,  
मैं गुरुजी में और गुरुजी मुझमें रहें ।



**"जे मैं इक वी बंदा रब पासे पा दित्ता, मेरा कम हो गया"**

If I manage to put even one person in the right direction on God's path, I would consider my job done.



## मैं दौड़ रहा था इधर उधर, ना मकसद था ना मंज़िल थी..

मैं दौड़ रहा था इधर उधर, ना मकसद था ना मंज़िल थी  
तन थका थका सा रहता था, मन में बेचैनी रहती थी  
मेरी प्यारी पत्नी ने फिर, इक दिन मुझपे उपकार किया  
गुरुजी के सतसंग में आने का, उसने मुझको प्रताव दिया  
उसका मन रखने की खातिर, सत्संग में फिर मैं आने लगा  
मित्रो से बतियाने लगा और लंगर छक छक कर खाने लगा

फिर शब्द सुहाने लगने लगे, गहराई मन को छूने लगी  
आँखे खुद ही बंद होने लगी, आँखे खुद ही नम होने लगी  
चिन्ताये कम होने लगी, मन को अत्यंत सुख चैन मिला  
एक केंद्र बिंदु पा करके, जीवन को कुछ ठहराव मिला  
मुझ अनपढ़ को कुछ ज्ञान मिला, थोड़ा भक्ती का दान मिला  
गुरुजी के चरणों में आकर, सबर और शांति का दान मिला

पर दुनिया माया नगरी है, ये बड़े बड़ो को पस्त करे  
ये मासागर के जैसी है, इसकी लहरें सब ध्वस्त करे  
मुझको अक्सर डर लगता है, कुछ बड़ी सी लहरें आएंगी  
मेरी निष्ठा को, मेरी आशा को, अपने संग बहा ले जाएंगी  
मैं दौड़ में फिर लग जाऊँगा बिना मकसद के बिना मंज़िल के  
मैं दौड़ में फिर लग जाऊँगा बिना मकसद के बिना मंज़िल के

गर दौड़ में मैं लग जाऊँ तो, गर भटक कहीं में जाऊँ तो  
मेरा हाथ थाम के बिठा लेना, मुझको थोड़ा समझा देना  
सेवा सिमरन सत्संग के संग, मुझे सबर करना भी सिखा देना  
सुख दुःख में तुम हो संग मेरे, मुझे ये विश्वास दिला देना





त्वानु मैं इंसान नज़र आन्दा वा, जित्ये मैं खड़ा हां, मेनू तुस्सी लोग चींटी वरगे नज़र आन्दे हो"

To you I may look like a human being but where I am standing, all of you look like small ants



## The power, the ego, the fire, the stress...

जब से हमने गुरु से इस "र" को हटा दिया  
ज़िन्दगी ने हमको चैन से जीना सीखा दिया  
ख़्वाबों में अक्सर उड़ते थे आसमानों में कहीं  
गुरुजी ने सर झुका कर चलना सीखा दिया

It's a strange and complex world. A person on this earth is just one amongst over seven billion living human beings and if we take the total number of humans ever lived on earth (including dead) a person is 1 amongst over 110 billions and that is just one specie i.e humans. Now, if we add total number of all living beings from over 8.7 million species that live on earth, a human being is just one amongst Quintillions (there are 18 zeros in a quintillion). By the way, don't forget that the earth is just a small tiny planet out of over 100 billion planets floating around in the Milky Way.

With this perspective in mind

- think about the power that one wants to enjoy - at work, at home, in the society, amongst friends;
- think about the ego that one nourishes everyday - about money, about beauty, about knowledge, about power;
- think about the fire that one keeps ignited inside - to be a winner at any cost, to be always first, to be always on top;
- think about the stress that an one carries all the time - in form of personal problems, in form of anger and jealousy against people or situations, in form of anxiety about what would others think about him or her?

**IS IT WORTH?**



"मैं सृष्टि दे फेर विच कदे वी हस्तक्षेप नही करदा....लेकिन किसे उते गरुआ दी मौज आ जावे, लेख मिटा के नवा लेख लिख सकना वां"

I don't interfere with the law of universe...However if I get happy with someone, I can rewrite his destiny.





## आओ गुरुजी बेंठ मेरे संग, मुझको थोड़ा समझा जाओ...

ऊपर देखता हूँ तो पंछियों के संग उड़ने की चाह होती है  
तारों को तोड़ने की और आसमाँ को छूने की चाह होती है  
बादलों संग खेलने की, सूरज के संग दोस्ती की चाह होती है  
चाँद पर सोने की और अंतरिक्ष में टहलने की चाह होती है

नज़र नीचे जब झुकती है तो चींटियों की क़तार नज़र आती है  
एक चीनी चावल का दाना लिए घर पहुँचने की चाह नज़र आती है  
जीतने की कोई होड़ नहीं बस मेहनत करने की चाह नज़र आती है  
कुचलें जाने का जोखिम लेकर हरपल जीने की चाह नज़र आती है

ऊँचा उड़ने की ख़्वाहिश पालूँ या नीचे देख कर सब्र करूँ ?  
भाग दौड़ में लगा रहूँ या फिर इक जगह ठहर जाऊँ ?  
आओ गुरुजी बेंठ मेरे संग, मुझको थोड़ा समझा जाओ  
औरों की सुनू या अपनी कहूँ या अंतर्मन मन में खो जाऊँ



**“मेरी संगत विच कौन किस क्लास विच है औ सिर्फ़ मैनु ही पता है। ऐ महापुरशां दे सीक्रेट हौं दे हैं। अस्सी सब नू बराबर ट्रीट करदुं हौं पर प्यार ओन्हा नू ओन्हा दी डिग्री दे हिसाब नाल करदें हौं”**

Only I know who in my followers is in which class. Great people keep this as personal secrets. We treat everyone same but we love people according to their class (dedication, thoughts)

## Mix Bag...

In any community especially in the communities that have come together for a spiritual journey, there are all types of people such as –

- People who have deep knowledge, who are focused, who do not get distracted from their path no matter what happens. These people are passionate to always keep learning, always trying to improve themselves;
- People who have knowledge but they also have ego. A continuous battle between knowledge and ego makes them lose focus, distracts them, disturbs them. These people are passionate to spread the knowledge but they also want to get recognition and attention; they do not like to be challenged;
- People who are fun loving, people who are on spiritual journey as a life-style change, not looking for some sort of dramatic life-changing transformation. They come, they learn, they enjoy and they move-on. They are in it for temporary relaxation and detoxification.
- People who join such community because they are stressed, dejected, going through rough patch in their life. They are trying to get some solace by joining the spiritual path. However, sometime their stress takes a toll on them and makes their journey a bit difficult.
- People who have been rejected, distanced by others, people who are known to be trouble-makers. They pretend to be on spiritual path but they are out there to use and abuse people's sensitivities because they know people in spiritual groups are emotional and can be manipulated.



We may like or dislike people, we may have assumptions and presumptions about people but we should be clear that we can't change them. Every person has a role to play i.e. the role assigned to them by non other than Guruji. Even a person of last description i.e. a trouble-maker may have been sent by Guruji to test our patience.

Everybody is going through a unique spiritual journey, unique life, unique struggles, unique experience and it is entirely between the individual and the Guruji – no one else has any role in it.

We should help others if we can; ignore them if we want; or stay away from them if we sense trouble – It is entirely our choice. We should make that choice and move on because neither can we change others nor can others change us.

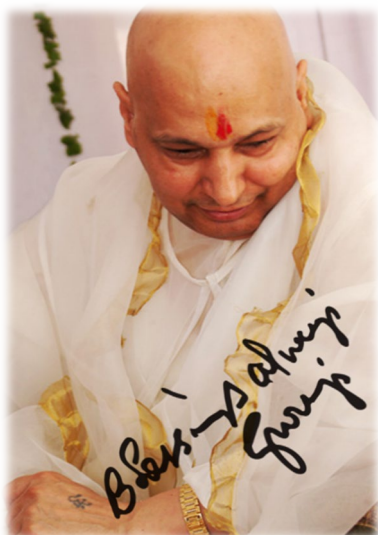
जीवन की भाग-दौड़ से परे, चलो आज कुछ ज़बरदस्त करे  
मित्रो की छोटी-बड़ी खुशियों में, हम खुद को भी मदद करे



**"मेरे ब्लेस्सिंग्स देन दे बड़े तरीके ने, इक संगत करना है, जो बोल्दा है ओदा वी भला जो सुन्दा है ओदा वी भला"**

I have many ways to bless my devotees – one of them is to share your experience. It is good for the person who shares and also good for the people who listen.

## An Amazing Personal Experience



Flights were booked for family holidays in India and Australia. All were non-refundable tickets which meant any change of plan could result in substantial monetary loss, inconvenience and disappointment. On 2nd July i.e. just 2 days before the first flight was to take off, an email arrived in the inbox. It was from school, but strangely enough the school had closed two weeks back for summer vacations - maybe it was automated email. The message stated that emirates ID and visa of our daughter had expired. We checked both documents and both of them had indeed expired on 7th June i.e. almost a month back. I still get goosebumps thinking what could have happened had we left country with an expired visa - our daughter won't be allowed to come back home on an expired visa. This was nothing but Guruji's blessings that we got 48 hour's notice to sort things out...

It was 09:00 AM in the morning. We ran around, arranged all documents and gave them to our PRO at 11:00 AM. Emirates ID system was not working which got us extremely worried as the visa renewal cannot be processed without first processing Emirates ID. At 3:13 PM same day we got the message that application for Emirates ID is approved and at 9:28 AM next day morning we got another SMS that application for visa renewal is processed. By 10 AM we had the passport with new visa pasted in our hands. i.e. within less than 24 hours. Who could have done it other than our beloved Guruji - getting Emirates ID and visa renewed within less than 24 hours, an activity that can otherwise take anything between four to five days...



When I stood in front of Guruji's Swaroop and thanked Guruji, I could feel him smiling and jokingly advising me "Ess var te mein dekh leya, agali var toh appe khyaal rakheen" but deep inside I know he will always be there to take care...





**"कदे किसे दी रीस नही करनी चाहीदी "**

One should not try to compete with or outdo others

## Race....

Everyone in this material world is continuously running in 3 races depending on his or her life-stage

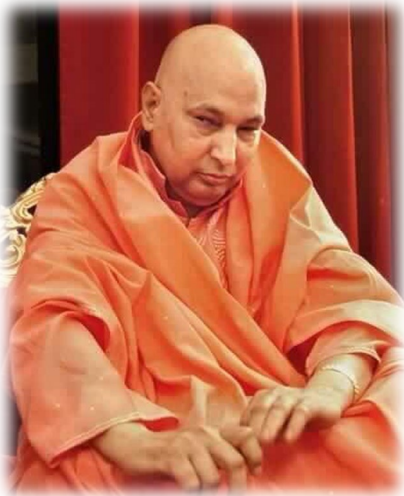
- Survival race is about roti, kapda, makaan, trying to beat the hunger, poverty, sicknesses....
- Prosperity and fame race is to become more rich, more famous, have more power, earn more to secure the future, spend more to show off....
- Spirituality is an interesting race where people are racing to be with the God before everyone else - a race to showcase oneself as the best devotee, most spiritual person.



### Which race are you involved?

Take a pause, think, meditate - look for answers in Guruji's vachans.

Once you find the true meaning of "Patience" and "Contentment" you will automatically stop running because you will realize that all these things - roti, kapda, makaan, good health, prosperity, fame, spirituality are automatically delivered at the appropriate time by Guruji to the people who are still, calm, patient, contented, at peace with self, not competing in any race...





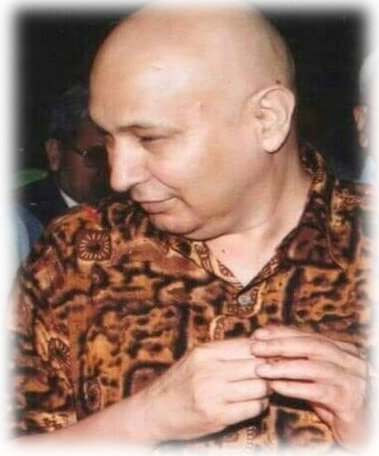
**"जद कोई अपना दुखड़ा त्वाडे सामने रोवे ओनू कवो, गुरुजी दे कोल जाओ,  
ओ ठीक करनो, सुनि ना ओ त्वाडी पाजिटिविटी ले जानगे ते अपनी  
नेगेटिविटी छोड़ जानगे"**

If someone comes to share his problems with you – tell him "Go to Guruji, he will resolve your problems". Don't listen to his problems – he will take your positivity with him and leave his negativity with you.



## Practice Silence

- Never get involved in other people's fights - Let Guruji sort out their disputes.
- Never try to provide unsolicited advice to people - Let Guruji make them learn from their life's experience.
- Never try to tell people when they are wrong - Let Guruji make them realize their own mistakes.



Don't confuse it with being mean or selfish. Life is too short yet too complex - neither you, nor others can sort out each other's problems. Guruji and only Guruji can solve everyone's problems.

Always keep your relationship with others focused on positivity - mutual respect, empathy, sympathy, appreciation, admiration....

Avoid getting involved in their personal woes and worries and instead redirect them to the ultimate problem solver - our beloved Guruji.

Practice Silence - it is a beautiful experience.

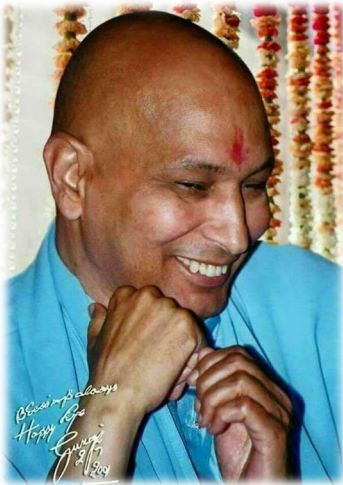


**"एस मंदिर विच बारह (12) तीरथ स्थाना दा धाम है"**

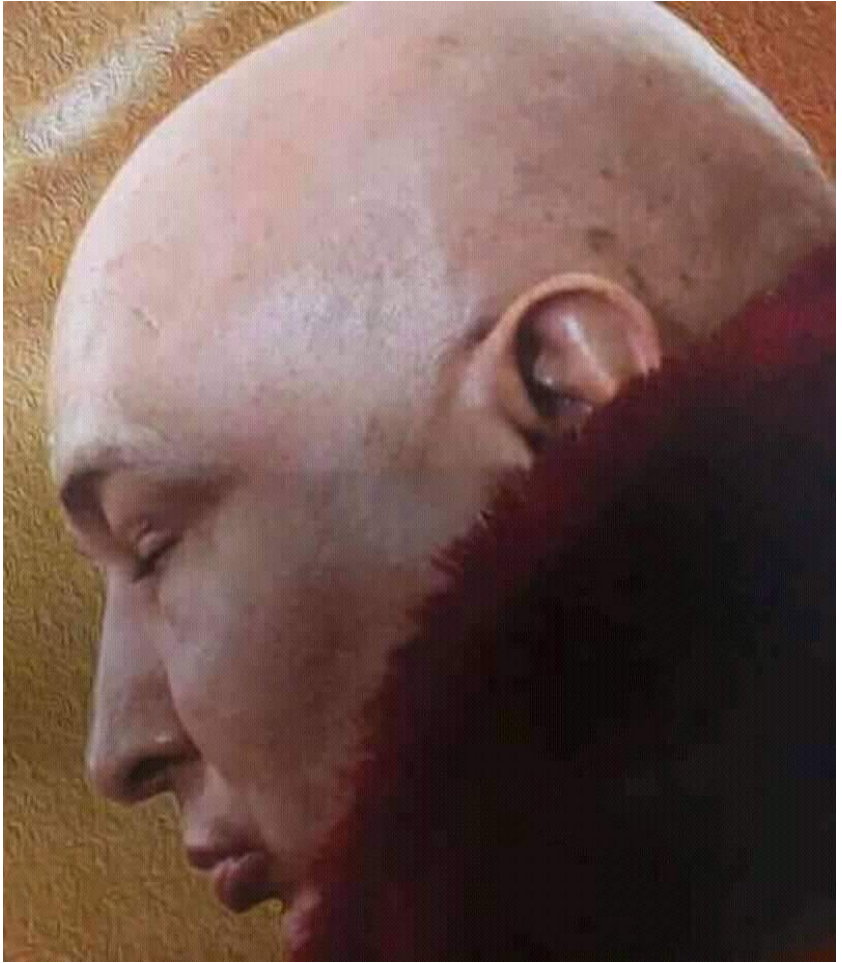
The Bada Mandir has the power of twelve pious places put together.

## Mangau Na. Manno (Don't ask. Just Believe)

“Guru to ek mangna hunda hai te ek mann na hunda hai. Mangeya na karo. Jadon baar baar mangde ho ta saanu dena pe janda hai. Tusi galat cheez mag lende ho aur saanu deni pe jaandi hai. Tusi choti cheez mang lende ho. Kya pata asi tuhanu kinni waddi cheez dena chande haan. Mango na. Jis haal wich rab rakhe, rehna chahida hai.”



“There is something called asking from a guru and another thing as believing and accepting a guru. Never ask for anything from a guru. You don't know what is good for you. When you keep asking, I have to give. You may ask for something that is not good for you or you may ask for something too small. I may want to give you something bigger, so don't ever ask. The way your guru keeps you, remain happy in those circumstances.”



"इंसान किस काम का ? जानवर तो मर के भी काम आन्दे ने, चमड़े दे बैग, जूते, बेल्ट, खान दे काम भी आन्दे ने, लेकिन इंसान तो मर के किसी काम का नहीं, जिन्दे जी सिर्फ पाठ कर सकदा वे"

Of what use is man? Animals come in handy even after death. Leather bags, shoes, belts can be made out of their skin and they can even be eaten, but a human is useless after death. The only useful thing he can do is pray.

# ऐसा नहीं की मुझमें कोई भी ऐब नहीं है...

Each one of us has three personalities - an average human being, a saint, a devil.

- The average human being within us lives a normal routine - roti, kapda, makaan, job, biwi, bachche, rishte, naate, sukh, dukh - all of which are inherent parts of our human life...
- By going to Satsang, we try to ignite the saint personality within us - being positive, being thankful, being respectful, being humble, being helpful...
- But the real challenge is how to control the devil within us, how to conquer the feelings of ego, anger, jealousy, hatred, greed. These devil feelings have a tendency to crop up at the drop of a hat and the only way to control them is to always remain good, always remain honest, practicing patience, practicing silence, doing meditation, connecting with Guruji each and every moment, keeping him at the center of each and every action, intention and emotion.



ऐसा नहीं की मुझमें कोई भी ऐब नहीं है,  
शुक्र आपका के मुझमे कोई फ़रेब नहीं है ।

भर भर के दिया आपने इतना सब मुझे,  
अब आप के अलावा कोई मुराद नहीं है ।

बैठ जाता हूँ मिट्टी पे बेझिझक कहीं भी,  
मैं जानता हूँ मेरी असली ओकात यही है ।

ईसी मिट्टी में मिलना है हम सबको एक दिन  
बाक़ी सब झूट बस इक सच्ची बात यही है ।





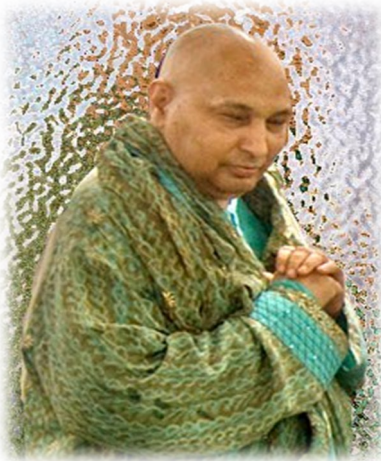
**"पहले वी मै, हुन वी मै, ते बाद विच वी मै, ऐथे कोई गद्दी नही चलदी "**

**"I was, I am, and I will be forever. There is no seat of succession."**

## Shukaranaa - Gratitude towards God

### Thank You.....

The shortest yet the most beautiful, most powerful prayer in the world is "Shukaraana Guruji" or "Thank You God". It is very important to be always thankful – in good times, we should celebrate, we should be happy but we should also be humble, we should also be thankful. Similarly in the difficult situation, we should be brave, we should have courage, we should cop-up, we should have patience but we should continue to have unconditional faith, we should continue to be thank ful.



### God...

For a person starving with hunger, anyone who gives him food is the God. For a person sleeping undraped on the footpath in cold winter nights, anyone who gives him clothes or blanket is the God. For a person struggling with poverty and unemployment, anyone who gives him job is the God. For a person striving for excellence, the teacher who gives him directions is the God. For a person struggling with sickness, the doctor who treats him is the God. For wife, her husband is the God and for husband, his wife is the God. For children, their parents are the God and for parents their children are the God.

Blessings always  
Guruji



"जे तू फील करदी है की कोई तेरे बारे की कहदा है तां तू ओदे कण्ट्रोल इच हो गई, अपने कण्ट्रोल इच होना सिख"

If you are bothered by what others think about you, you surrender yourself to their control. Try to remain in your self-control.



## Mitti Se – Mitti Par – Mitti Mein...

We should try not to judge others. By doing so, we automatically think of ourselves to be superior or inferior to them.

Don't confuse ego with just arrogance or superiority complex. Ego can also come in form of inferiority complex. Do not put yourself down. Feeling small and inferior is also a form of ego.

Both superiority complex and inferiority complex are a form of ego.

### Superiority Complex

By judging or enforcing our point of view on others, we automatically put ourselves as the benchmark, we automatically put ourselves in the center, which is nothing but a form of Ego. Ego is like a hand break in a car - unless you put it down, your spiritual journey doesn't even start.

There is only One God and One Judge in the universe and that is Guruji. We should not undermine Guruji and his blessings by attempting to judge others or enforcing our point of view on others. Guruji is omniscient, omnipotent, omnipresent – we should just leave everything to him. Let him judge everyone – others as well as ourselves.

### Inferiority Complex

Putting ourselves down, developing a sense of inferiority, remorse, regret, pity is also a form of ego. We should not confuse inferiority complex with humbleness – being humble is a good thing but considering self as inferior is negative ego.



औस बनके अगर गिरे वो, फूलों को सुन्दर कर सकता है  
एक बूँद आँसू की बनकर, वो पलके गीली कर सकता है  
कुमकुम चंदन में मिलकर, किसी मस्तक पर सज सकता है  
गुरु चरणों को छू ले गर तो, क्रतरा भी अमृत बन सकता है



खुद को ना क्रतरा समझना तुम, क्रतरा तो तनहा होता है  
सागर ना खुद को समझ लेना, उसका जल खारा होता है  
ना तू तनहा है ना तू खारा है, तू तो शीतल जल की धारा है  
तुझे खेतो को उपजाना है, प्यासों की प्यास बुझाना है  
चट्टानों से टकराना है, अंगारों को सहलाना है  
ज़रा लहरा के, ज़रा बलखा के, मस्ती में बेहते जाना है



**"आँख, नाक, कान सब अगे हैं, पीछे नही, ऐदा रब नु शुकराना करना चाहिदा वे"**

Your eyes, ears, nose are in the front, not at the back – you should be thankful to the God even for such an obvious blessing



## हर आस में, विश्वास में, हर याद में, फ़रियाद में.....

When we directly connect with Guruji, when we trust Guruji completely...

We stop getting excessively stressed about pain or trouble, we stop getting excessively excited about happiness or success. We stop getting excessively disappointed on failures, we stop getting excessively proud on successes. We automatically stop worrying, we stop taking other things seriously, we become indifferent to our emotions, feelings, troubles, pleasures, successes, failures, wins, losses, friends, foes etc..

When we realize that whatever is happening in our life is absolutely a personal matter and direct connection between us and Guruji, we automatically become agnostic to other people's action and reactions.

It is a bliss to have absolute, doubtless, unquestionable, unshakeable trust in Guruji and that trust is built only when we try to find him inside yourself, not outside.



हर आस में, विश्वास में, हर याद में, फ़रियाद में  
रहमत में और अरदास में, शुकराने के एहसास में

हर आरती, आज्ञान में, गीता में और कुरान में  
चुप्पी में और आवाज़ में, मेरे होश में, मेरे ख़ाब में

मेरे जीने के अन्दाज़ में, हर सोच में, हर साँस में  
हर शय में, हर इक बात में, तू ही दिखता, हर इंसान में..



**Guruji's ABC: Never Abuse Anybody, Never Blame Anybody, Never Curse Anybody.**

**Always wish the best for anybody coming across you in daily life.**



## Pass the Test....

Every person, every family, every community, every society faces strange challenges every now and then. It is a normal human psychology that when the times get tough in relationships, people get emotional, egos run high, communication breaks down, a tendency to judge each other's actions or inactions creeps in, a tendency to assume each other's intentions creeps in.

Each member of that family, that community, that society has three options in this kind of situation –

- Make the matter worse by indulging in gossips, blame-game ;
- Pull-back, stay-away and go into own shell leaving the community to struggle;
- Come forward and contribute in finding the win-win solution, try to get the family, the community out of this negativity.

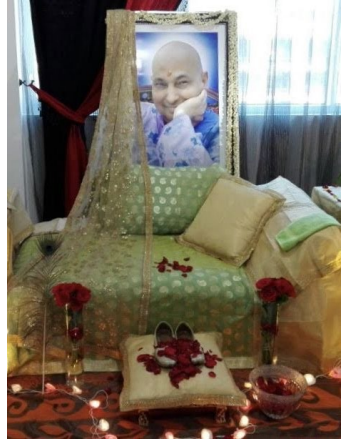
Having said that, let's also understand that all that is mentioned above is a myth. We the human do nothing and can do nothing....

**The reality is that everything that we the human do or think is planned, orchestrated, choreographed by none other than our lord, our God, our Guruji. He is also the only audience that matters.**

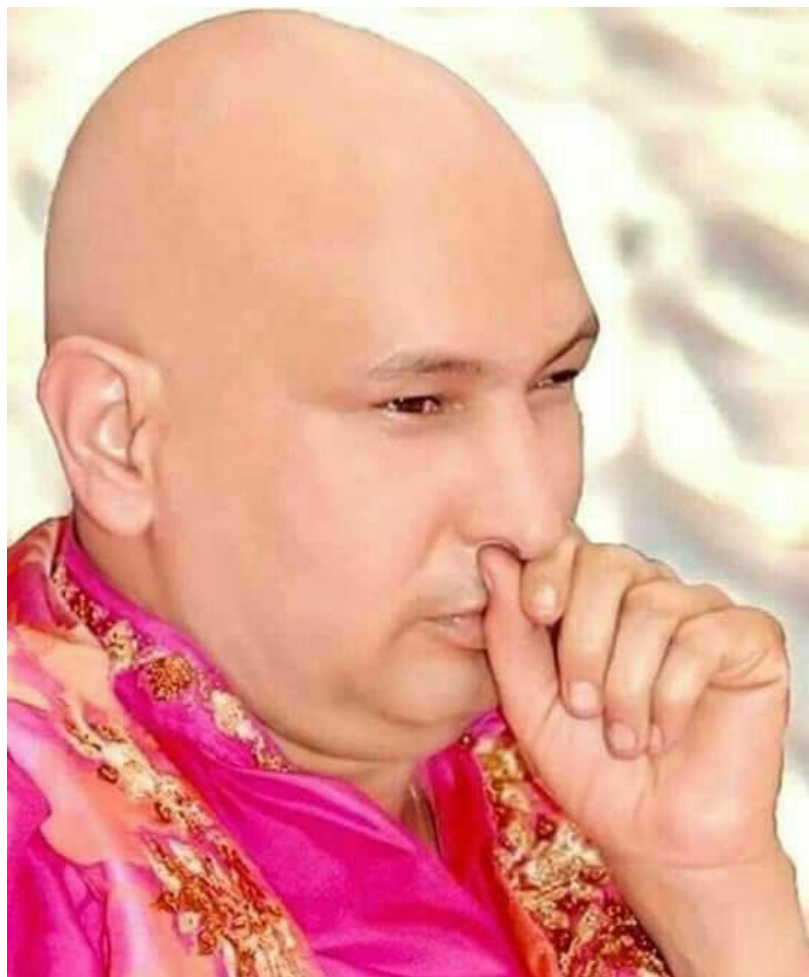
Guruji assigns us a character, writes the script, explains us the role and then sits back to see us perform. He is the one who decides if we are good actors, if we are playing our role with honesty, dedication and passion.

He is the Guru who gives us all the right lessons in life and when he thinks it is appropriate, he gives us a delicate, complex situation to test our knowledge. He throws a complicated problem at us, puts an unprecedented challenge in front of us just to see how we apply the knowledge that he taught us. It is then up to us as to how we apply that knowledge.

**Every time we have a choice to make, consider it as a test thrown at us by Guruji and ask ourselves how would Guruji feel about our choice – would he be proud, would he be happy, would he be satisfied? If yes, go ahead...**







**"किन्ने कल्याण ते मै गुप्त करना वां"**

**There are so many blessings that I shower secretly**

## Every penny in my pocket.....



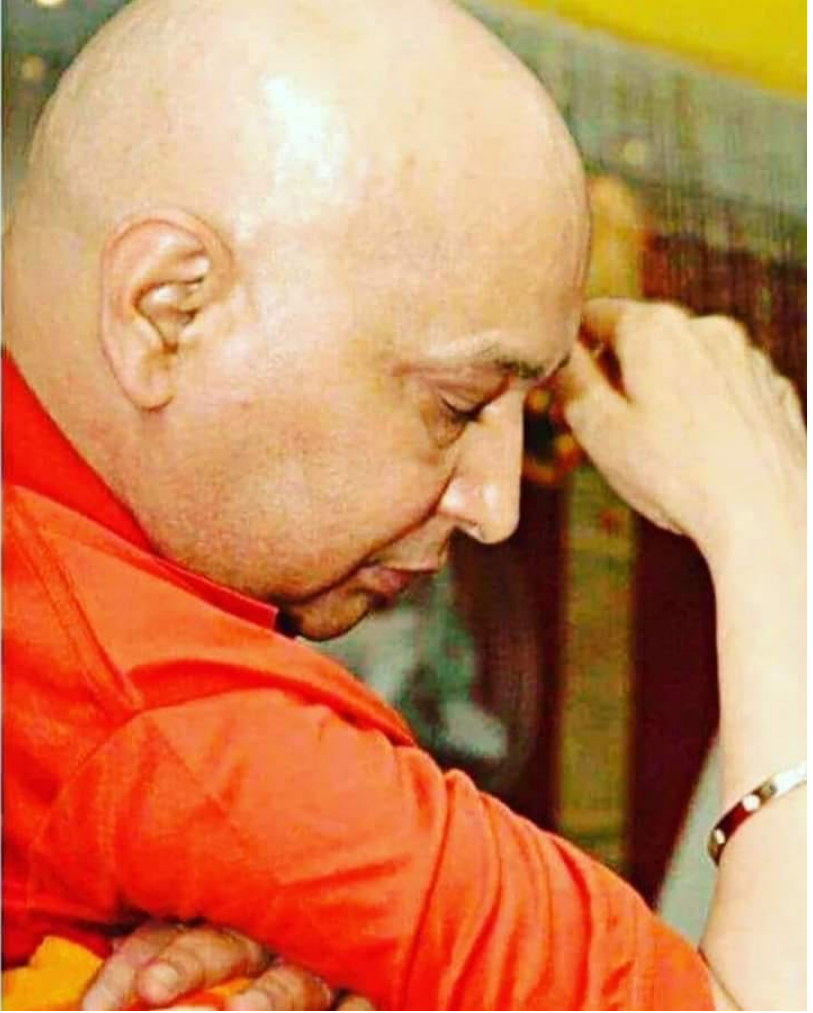
Every penny in my pocket  
is your blessing my Guruji,  
Every cuisine in my tiffin  
is your blessing my Guruji,  
Every thought in my mind  
is your blessing my Guruji  
Every celebration in my life  
is your blessing my Guruji,

Every pleasure, every comfort  
is your blessing my Guruji  
Every hardship, every challenge  
is your blessing my Guruji  
Every friend, every relative  
is your blessing my Guruji  
Every enemy and every rival  
is your blessing my Guruji

If you are there to take care,  
why do I have to worry Guruji  
If you are there to make things happen,  
why do I have to worry Guruji  
Whatever I am, wherever I am  
is all your blessing my Guruji  
Every single thing in my life  
is your blessing my Guruji

तुसी जो दित्ता औ वी चंगा...  
जो ना दित्ता औ वी चंगा...  
तुसी दे के वापिस लै लित्ता, ओ वी चँगा...  
तुसी लै के वापिस दे दित्ता, औ वी चँगा...  
त्वानु सब कुछ पता है गुरुजी....  
मेनू की चाइदा ते की नहीं चाइदा....  
त्वानु सब कुछ पता है गुरुजी....  
मेरे लयिए कि चँगा है ते कि नहीं...





**"जद जूती बार लान्दे हो ता अपनी इंटेलिजेंस वी बाहर ला के आया करो, ओदा ऐथे कोई कम नहीं"**

When you take off your shoes outside the temple, divest of your intelligence too because it is of no use here before me.

## Sabr or Patience – The Golden Rule

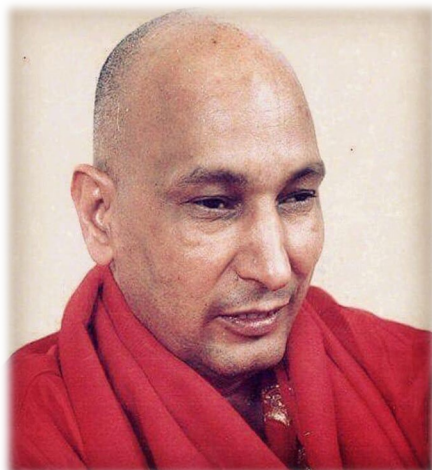
We, the humans, have a tendency to be impatient. We have an inbuilt mechanism to immediately react to situations, judge others, or generally show our eagerness - an eagerness to bless or curse; an eagerness to love or hate; an eagerness to protect or hurt; an eagerness to respect or insult...

### Social Contagion

Our eagerness results in instantaneous urges or emotions which are contagious. They have tendency to spread very fast. If we are happy, we spread happiness. If we are angry, we spread anger. If we are respectful, we spread respect. If we are scared, we spread fear...

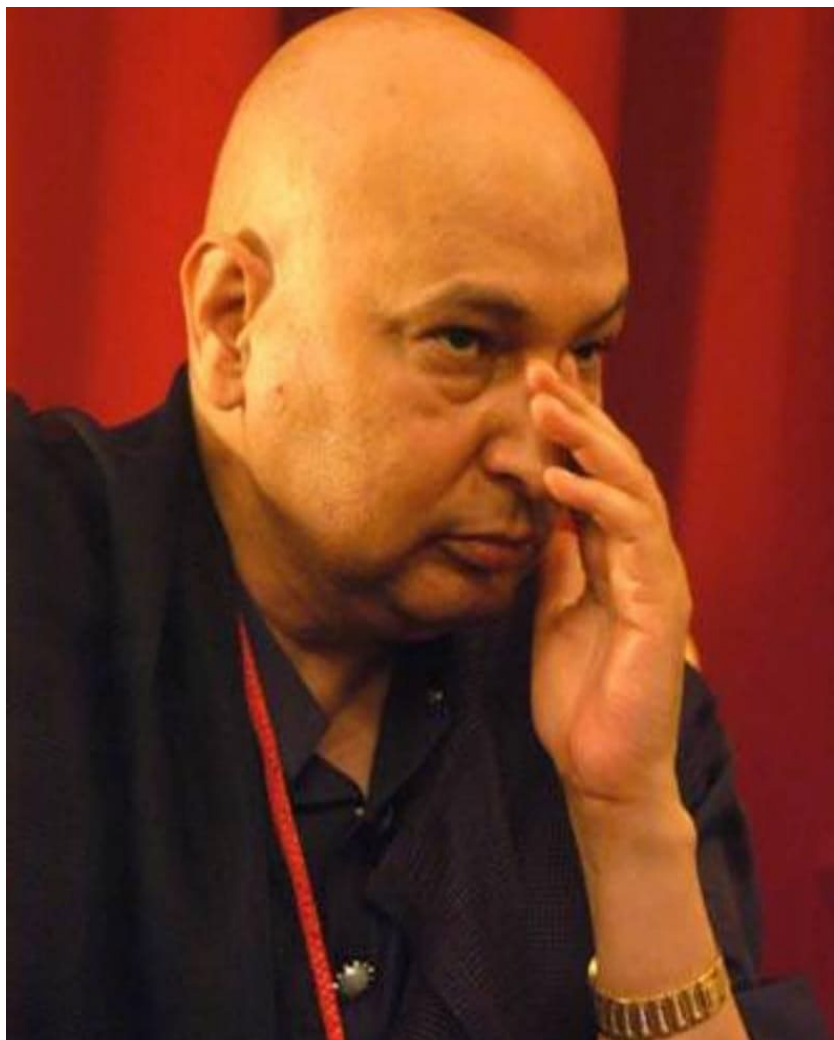
### Karma

Our actions or reaction resulting from our eagerness, our instantaneous urges, our emotional outbursts have a tendency to do a full circle and come back to us - that is called "Karma". If we make someone happy today, happiness shall come back to us sometime. If we hurt someone today, we too shall get hurt sometime.



### Golden Mantra

Using the golden mantra of "Sabr" or "Patience", we should try to avoid our eagerness, our instantaneous urges, our emotional outbursts. Before taking any action, we should take a brief pause and think – what kind of behavior we want to spread (social contagion), what kind of behavior we want to get back (Karma). Once we are clear on what we want to spread and what we want to get back, our behavior will automatically change towards positive attributes such as blessing, loving, protecting, respecting others. When everyone starts thinking and behaving in this manner, the whole humanity will benefit...



**“रब तवाडे लेख लिख के तवानु निचे भेज देन्दा है। गुरु तवाडे पुट्टे लेखाँ नू सीधा कर सकदा है। गुरु अगो रब दी वी नहीं चल्दी.”**

God writes your destiny and sends you on earth. A guru can change your destiny if he so pleases. In front of guru, even god doesn't have much of a say.



## फिर मुझे एक दिन इक गुरु मिल गया...

बहुत मज़बूर था, बहुत कमज़ोर था  
तन पे वस्त्र ना थे, ना पेट में अन्न था  
दो रूपये के लिए भोजा ढोता था मैं  
इक खुशी के लिए घंटो रोता था मैं  
दो रोटी पाने के वास्ते मेरे दोस्तों  
रोज़ खुद को कई बार खोता था मैं  
ना कोई लक्ष्य था ना कोई रास्ते  
ना कोई आशा थी ना कोई सपने थे



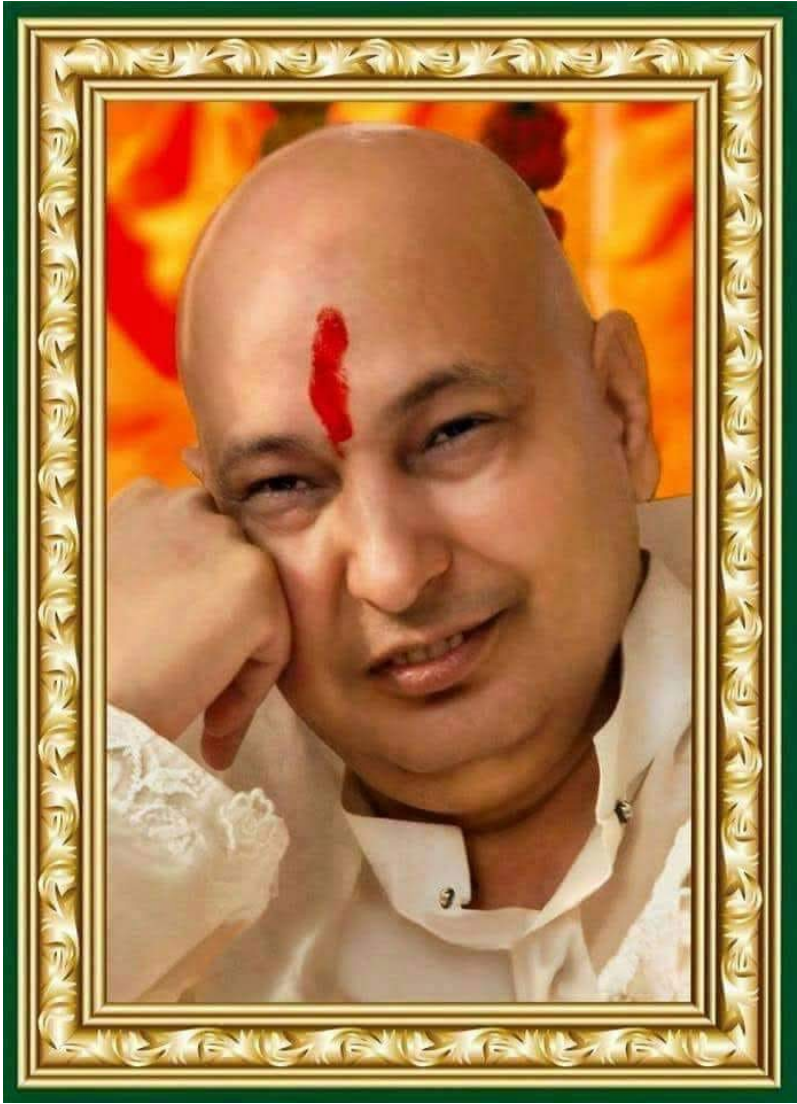
फिर मुझे एक दिन इक गुरु मिल गया  
विद्या पाने का फिर मुझको रुख मिल गया  
ज्ञान मिलने लगा योग्यता बढ़ गयी  
वस्त्र सिलने लगे रसोई भी भर गयी  
लक्ष्य मिल गया रास्ते बन लगे  
आशा बढ़ने लगी सपने दिखने लगे



गुरु ना मिलता तो जाने क्या होता मैं  
गुरु ना मिलता तो कहाँ होता मैं  
गुरु ना मिलता तो डर गया होता मैं  
गुरु ना मिलता तो मर गया होता मैं  
गुरु के चरणों का इक बाशिंदा हूँ मैं  
गुरु की किर्पा से आज ज़िंदा हूँ मैं

गुरु की किर्पा से आज मज़बूत  
गुरु की किर्पा से आज मशहूर  
गुरु की किर्पा से आज संपन्न  
गुरु की किर्पा से आज प्रसन्न  
गुरु से ऊँचा दुनिया में कोई नहीं  
गुरु में बसता सारा ही संसार है  
गुरु में बस्ते हैं सब देवी देवता  
गुरु में बस्ता सारा ही ब्रह्माण्ड है





**"कदे किसी दी निंदा नही करनी चाहीदी, ओ घर बैठे त्वाडी पॉजिटिव कमाई ले जानदा है ते अपनी नेगेटिव कमाई त्वाडी झोली विच पा देन्दा है"**

One should never criticize others – they get blessed with positive vibes and the person criticizing gets negative feelings as their share



## कण कण में भगवान बसे, हम सब में भी इक राम बसे

क्रोध द्वेष अहंकार मिटाने, गुरुजी हमरे बीच आन बसे  
मैं-मैं से अब हम "हम" हो गए, मन में प्रेम अपार बसे।

ना उत्तम ना सूक्ष्म कोई, अब हर जन एक समान दिखे  
ना पण्डित ना पापी कोई, हर जन में रब की छाप दिखे।

कण कण में भगवान बसे, हम सब में भी इक राम बसे  
शुकराना गुरुजी का हर पल, हम कुछ बेहतर इंसान बने।

When you get angry or hate others for some superficial reasons - you should stop, take a pause and think - realize and acknowledge that you are feeling jealous.

You may get jealous when someone achieves something that you have always wanted to achieve, when someone you hate succeed, when someone manages to get something and you think that you deserve it more than him or her.

Jealousy like most other emotions comes from within. The problem lies within you and not with the person you are jealous of. There are four root causes for jealousy: fear, insecurity, lack of self confidence and inferiority complex - strange but that is true. When you are jealous of someone, you are under a delusion that you are better than the other person but in reality it is the inferiority complex, lack of confidence, fear, insecurity that makes you being jealous of others.

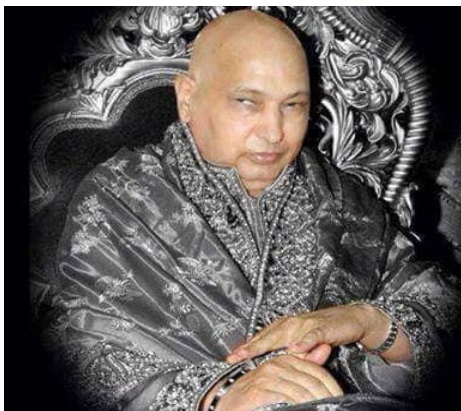
The only thing jealousy is capable of doing is making you feel bad and fill your heart with hatred. Upon feeling jealous, don't go pick fights, don't go spreading rumors (chugli), don't blame external factors. Instead go fix problems within you - your fear, your insecurity, your lack of confidence and your inferiority complex.

Once you acknowledge that the root cause of jealousy is "you" and not others, you will notice that these feelings of jealousy will disappear.



**"गुलाब विच वी कंडा होंदा है"**

Even the roses have prickles



## Forgiveness.....

To forgive is easy but to forget is tough. It is interesting to understand two types of forgiveness and their linkage to forgetting.

### Hollow-Forgiveness

Hollow-Forgiveness also called **Decisional forgiveness** is a behavioral change to let go the transgressor without any revenge and punishment. One may grant decisional forgiveness while still holding a grudge against the transgressor. This type of forgiveness helps in reducing the tension temporarily but does not help in forgetting.

### Magnanimous-Forgiveness

Magnanimous-Forgiveness also called **Emotional forgiveness** on the other hand is the permanent replacement of negative, bitter, unforgiving emotions with positive, magnanimous, truly heartfelt feelings to forgive the transgressor. It is the emotional forgiveness that leads to higher level of forgetting and a sense of everlasting relief from distress.

### Who Benefits from Forgiveness?

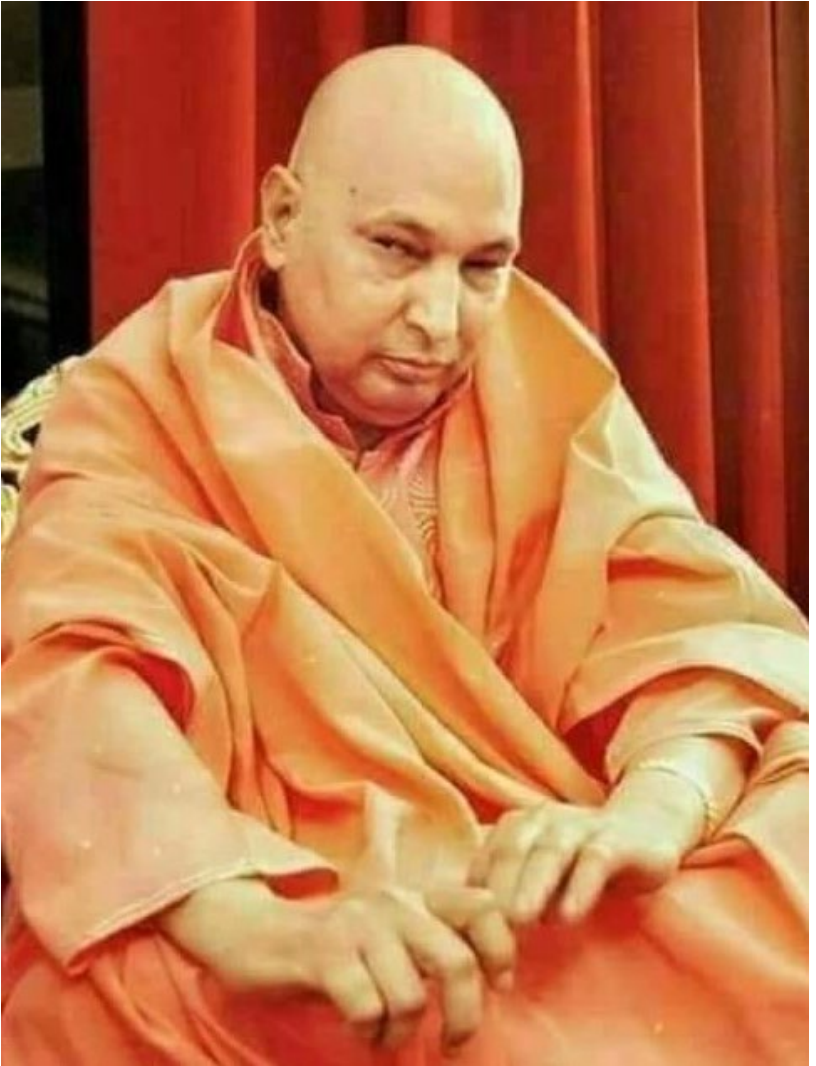
It is generally seen that only a very small number of transgressors have a sense of remorse and it does not make a difference to them whether they are punished or forgiven. It is always the other people (i.e. the people victimized or impacted by the act of transgressor) who carry the stress of taking revenge, giving punishment, forgiving the culprit or trying to forget the bitter experience. So any form of forgiveness provides larger benefits not the transgressor but to the people who are feeling stressed due to the act of transgressor.

Emotional forgiveness is more relieving as it helps in permanently forgetting the bitter experience than the decisional forgiveness that is temporary or hollow....

जो तूने किया वो तुझको मिला,  
जो मैंने किया वो मुझको मिला,  
ना तुझमें खोट ना मुझमें खोट,  
जो तुझमें बसा वो ही मुझमे बसा

ना ज़माने को ना हमनशीं को नज़र आएगा  
तेरे पाँव का काँटा सिर्फ़ तुझको ही सताएगा  
किसी के कहने से यहाँ कहाँ कोई समझता है  
ख़ुदा हर बन्दे का ख़ुद-ब-ख़ुद हिसाब कर लेगा

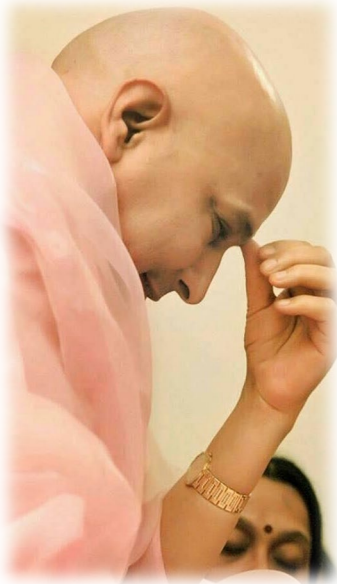




**“मैं नींबू वाकन निचोढांगा.... जे ज़रा वी रस रह गया फेर की फेदा ?”**

I squeeze you like a lemon and don't let even a drop stay inside

# ये जीवन बहती नदिया है इसको तुम मत रुकने देना



It is very difficult to determine what is right or wrong. What we consider right may be perceived as wrong by others and what others consider right may be perceived as wrong by us But truth is one and only one and there can never be any confusion about that.

We can debate if Raavan was a good man or bad but we can't debate that he kidnapped another person's wife, a fact that must be deplored.

We can debate if Mahabharat was justified for all the lives and relationships it destroyed or if it was right or wrong for intellectuals like Bhishma, Drona and Karan to side with Kauravs but we can not dispute that Pandavas placed their own wife on stake in the midst of gambling, a fact that must be deplored; we can't dispute that Kauravas stripped Draupadi in front of everyone, a fact that must be deplored.

So don't get trapped into right or wrong debate but always stand with the truth, no matter what.



ये जीवन बहती नदिया है इसको तुम मत रुकने देना  
सुख आएं दुःख आएं उनको तुम बस बहने देना

अगर रास्ता तेरा रोकने को, दुःख की चट्टानें आ जाएँ  
इक लहराती बलखाती सी मस्त झील बन बहते जाना  
कभी हालात ऐसे भी आएं, तुझको जो नीचे गिराएंगे  
इक सुन्दर झरना बन कर कुछ मस्त छलांगे लगा लेना

सुखों की वर्षा आयेंगी, खुशियों की लेहरें बनायेंगी  
तुम्हें उत्साहित कर जाएँगी, हृद से ज्यादा भर जाएँगी  
इसे बाढ़ नहीं बनने देना, तूफान नहीं बनने देना,  
इसे विनाश नहीं करने देना, इसे संयम से बेहने देना

ये जीवन बहती नदिया है इसको तुम मत रुकने देना  
सुख आएं दुःख आएं उनको तुम बस बहने देना



“जिस तरह तुस्सी मिट्टी दा बर्तन खरीदण तो पहले ओचू ठोक बजा के देखते हों कि ओह कच्चा ते नहीं है, ऊस्सी तरह मैं वी ठोक बजा के, पूरी तसल्ली कर के भगत बनौदा हों।”

“The way you test an earthen pot by knocking on it, to check if it isn't weak, similarly I too check my sangat thoroughly before I choose a disciple.”



## गुरुजी पर अगर भरोसा है, हो जाए जो भी होना है...

जब दुःख आए, मुश्किल आए, आँखों में नीर सा भर आए  
बाँहें बादल सी फैला लेना, मस्तक को गगन छुआ देना  
खुद पर थोड़ा इतरा लेना, खुद को इतना समझा लेना  
गुरुजी पर अगर भरोसा है, हो जाए जो भी होना है.....

यहाँ लगते है सब अपने से, पर असल में सब अपने अपने  
अपनो की अजब भीड़ में तू, चुन लेना कुछ असली अपने  
निराश ना होना धोकों से, गर साथ ना दे कोई मोकों पे  
गुरुजी पर अगर भरोसा है, हो जाए जो भी होना है....

निंदा आरोप सब सह लेना, कटु शब्दों का विश पी लेना  
पर सत्य और सुआचरण से, अपना व्यक्तित्व सजा लेना  
लक्ष्य पर सदा नज़र रखना, हर बाधा को अवसर कर लेना  
गुरुजी पर अगर भरोसा है, हो जाए जो भी होना है.....

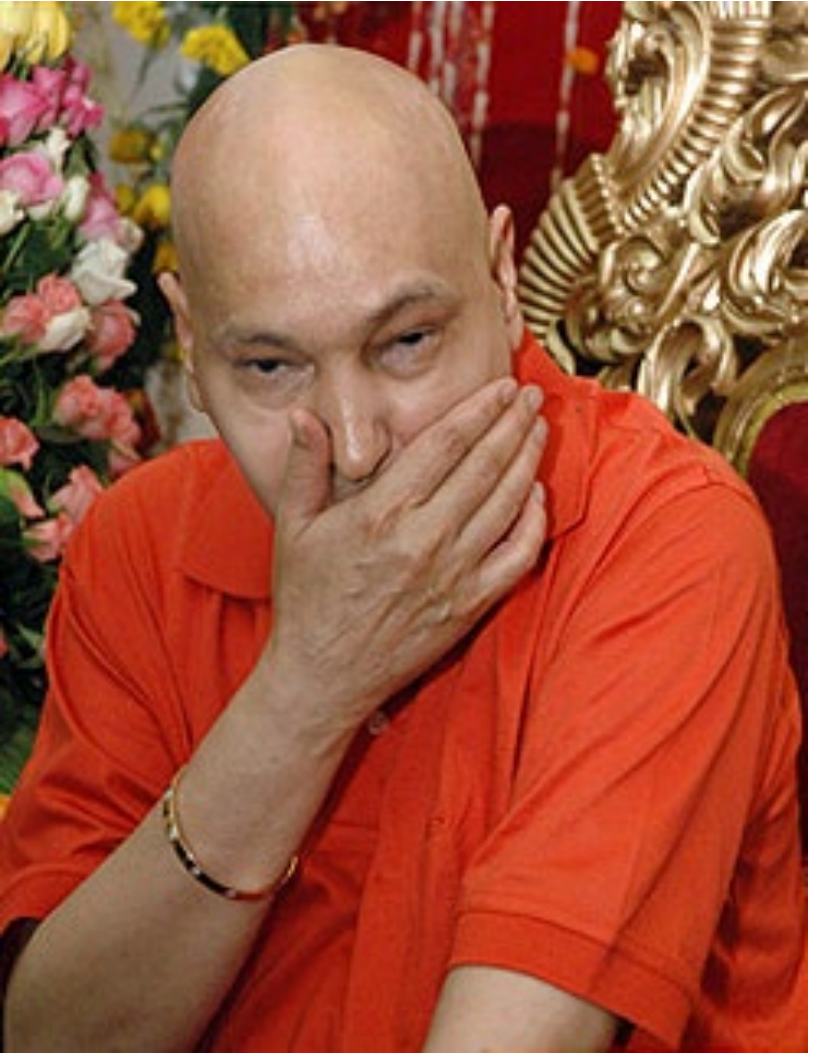


**“ये वक़्त भी गुज़र जाएगा”**  
**“This Time Too Shall Pass”**

What an amazing statement.

If said in hardship - it infuses strength, patience, positivity. When  
said in good times - it makes us humble, thankful, more aware.

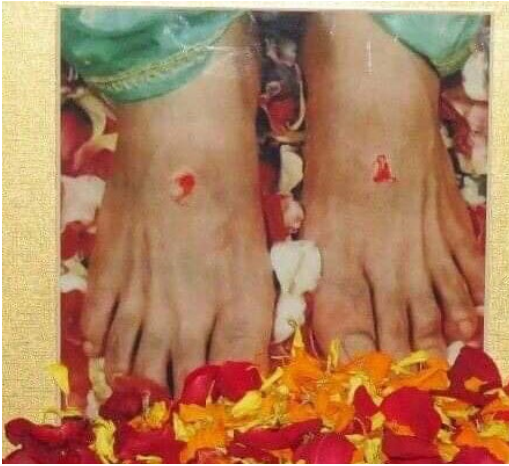




"जे भिखारी नू कुज नही देना ते कदे वी दुत्कारो ना, हाथ जोड़ दिता करो - की पता कौन किदे भेस विच आजावे ?"

If you can't give anything to a beggar, don't abuse him. Just fold your hands and apologize respectfully – you never know who is in the disguise





## Worth thinking?

एना उच्चा ना ले जाँवी, के मैं तेन्नु भुल जाँवा  
एना हेट्टा वी ना सुट्टि, कखाँ विच्च रूल जाँवा  
जेरा भुगत सकाँ मैं, तू बयाने जोगा रखी  
तेरा हर वेल्ले करा, शुकराने जोगा रखीं

Satsang is culmination of constant Simran and relentless Sewa. Simran is about seeing God, seeing Guruji in everything and everybody. Sewa is about continuously contributing back to the society, extending a helping hand to the needy and the helpless.

So, a kindly act of allocating 10% of your Satsang budget for giving food, books, clothes, medicines etc to the hungry, poor children and old people who are struggling to survive could give a completely different dimension to our beautiful journey of Simran, Sewa and Satsang.

Dasvandh or Dasaundh, literally means a "tenth part" and refers to the practice in Sikhism of contributing in the name of the Guru one-tenth (1/10 or 10%) of their earnings towards the common resources for the community.

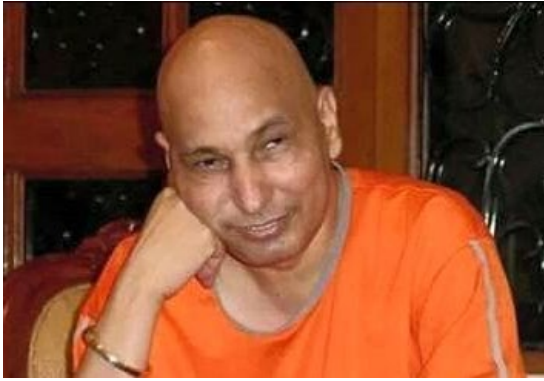
Can we do a different kind of Dasvant? If we can't spare 10% of our income for community service, let's try to spend at least 10% of money that we allocate for organizing Satsang on philanthropy or charity. Going a step further, how about spending 10% of money that we allocate for any kind of celebrations – marriage, birthdays, parties etc for philanthropy or charity.

Worth thinking?



**"रब कदे वी नजर नही आन्दा"**

God is invisible



## मैं इक कतरा हूँ अपने समंदर की तलाश में रहता हूँ

Krishna, Ram, Shiva, Guru Nanak Devji, Allah, Jesus - it does not matter who you consider as your God so far as we can follow the path of goodness....

Gita, Ramayan, Shiv Puran, Guru Granth Sahib, Quran, Bible - it does not matter what you read so far as we can get the right knowledge and insights....

Bhajans, Shlokas, Chants, Shabads, Ibaadat, Carols - it does not matter what you sing or play so far as we can understand the underlying meaning and feelings

Ultimate goal is to find connect with the ultimate, get knowledge, meditate so that we forget everything external to us, so far we can focus within yourself, so far we can find our soul and connect with it, so far as we can keep our soul pure....



मैं इक कतरा हूँ अपने समंदर की तलाश में रहता हूँ  
तुम साथ हों हमेशा और मैं तुम्हारे इंतज़ार में रहता हूँ

मेरी हर सोच में हो शामिल, मेरी हर मौज में हो शामिल  
हर इक चीज़ में हो शामिल, फिर भी क्यूँ खोजता रहता हूँ



प्रतिमाओं में खोयी पूजा, विधियों में भक्ति उलझ गयी  
ईश्वर सच्चा श्रद्धा सच्ची, किन चकरो में दुनिया ये फस गयी

मन कहता है अब मान भी जा, मत कर इतना तू सोच विचार  
ना जादू है ना भ्रम कोई, गुरु लीला तेरी-मेरी सोच से पार

इक कतरा है तू क्या जानेगा, महासागर की गहराई को  
बन लहरें तू मिल जा इसमें, छोड़ अपनी हर तनहाई को



**"मेरे कोल आन दा रास्ता बहत पथरीला है"**

The path to connect with me is full of obstacles and hardships

## Random Thoughts....



तू ही मंज़िल, तू ही राहें,  
तू ही खुशियाँ, तू ही आहें  
तू ही हमदम, तू ही मरहम,  
तू ही दिलबर, तू ही मेरा रब



हसनें की है आदत हमको,  
मुश्किलों पर भी नाज़ है  
क्योंकि हर पल हर घड़ी हमें,  
गुरुजी पर विश्वास है  
सुख में हर पल शुकुराना,  
गमों में उनकी अरदास है  
ना चिंता ना है डर कोई,  
जब गुरुजी हर पल साथ है



मेरी सुबह तुम्ही से है,  
मेरी हर शाम तुम्ही से है  
मेरी खुशियाँ तुम्ही से,  
सभी उत्सव तुम्ही से है  
हर मुश्किल में, हर पल में  
साथ देने का किया वादा  
तुम्हारा शुक्रिया गुरुजी,  
मेरी औकात तुम्ही से है



तुम मात-पिता, तुम बन्धु-सखा,  
तुम गुरु मेरे, भगवान मेरे  
तुम आशा भी अभिलाषा भी,  
तुम इच्छाएँ, तुम्हीं स्वपन मेरे  
तुम सोच-समझ, तुम ध्यान-ज्ञान,  
तुम जीवन का प्रकाश मेरे  
तुम साँसों में, मन-मस्तक में,  
गुरुजी तुम हर क्षण हो साथ मेरे



चलें थे मंज़िल की तलाश में,  
सफ़र में इक साथी मिल गया  
किनारे की ख़्वाहिश नहीं अब,  
नाँव को ऐसा माँझी मिल गया





**"जो कम तुस्सी करदे हो, ओदे कारण नाल किसी होर दा वी भला हो जावे ता की फर्क पैदा है"**

There is no harm if someone gets benefit with the work that you are doing anyway.



## क्या अजब सा वक्त तब था, क्या गजब सा वक्त अब है

जूते फटे पहन कर आकाश पे चढ़े थे  
सपने हमारे अपनी औकात से बड़े थे

खाली फटी जेबे और जुनूँ से भरा दिल लेकर  
हम अकेले खुद ही पूरा जहाँन जीतने चले थे

कहीं सर झुकाना पड़ा, कहीं सर कटाना पड़ा  
कई बार टूटे बिखरे पर हम फिर से उठ खड़े थे

तिनका तिनका जोड़ कर इक घरोंदा बना लिया  
भूखे पेट सड़कों पे सोते सोते हम बहुत थक चुके थे

क्या अजब सा वक्त तब था, क्या गजब सा वक्त अब है  
ना रती भर शिकवा तब था, ना रती भर अहम् ही अब है

तब भी हम नत्मस्तक रहते थे अब भी नतमस्तक रहते हैं  
हरपल तेरा सिमरन तब था, हरपल तेरा शुकराना अब है



जीवन है संघर्ष यहाँ, कभी जीत मिले कभी हार मिले  
अक्सर यहाँ छोटी सौच मिलें, कभी कभी ही उच्च विचार मिलें

मायानगरी की दलदल में, कहीं दूर कुछ ज्ञान के कमल खिले  
कोई रोजी रोटी में व्यस्त दिखे, कोई अहंकार में चूर मिले

गुरु शरण ऐसी जगह जहाँ, सबको अत्यंत आराम मिले  
मन और मस्तिष्क शांत रहें, जीवन को कुछ ठेहराव मिले



**"रब नु प्यार करो, ओदे कोलो डरो ना"**

Love the God – Don't be scared of him

## Thank you very much, Guruji



Guruji, Thank you very much  
Guruji, Thank you very much

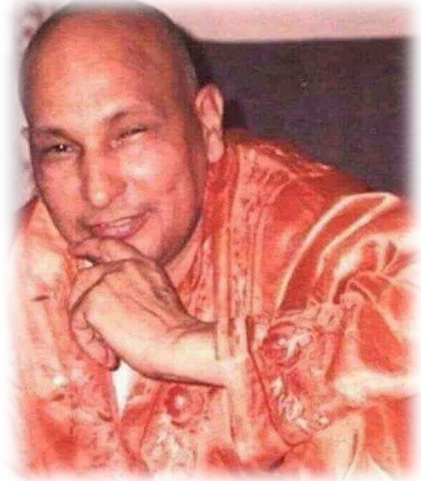
Guruji, Thank you for the food  
Guruji, Thank you for the clothes  
Guruji, Thank you for the home  
Guruji, Thank you for the school  
Guruji, Thank you very much  
Guruji, Thank you very much

Guruji, You are like my mom  
Guruji, You are like my dad  
Guruji, You are like my brother  
Guruji, You are like my sister  
Guruji, Thank you very much  
Guruji, Thank you very much

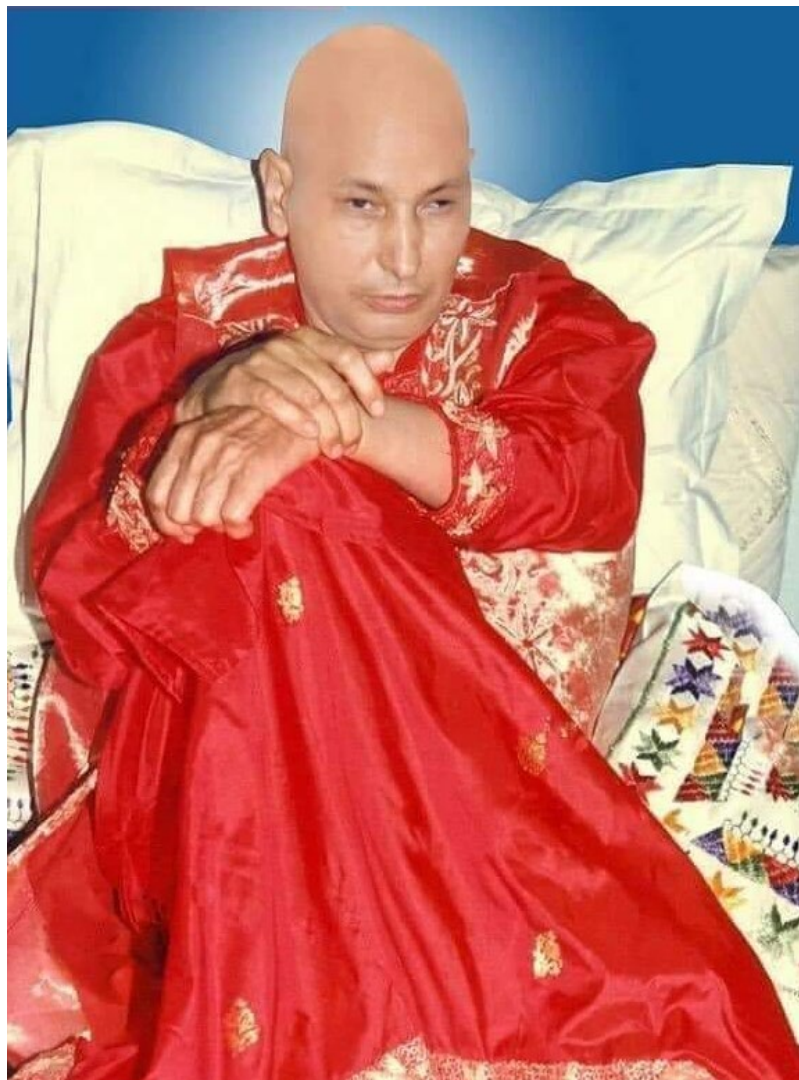
Guruji, Always keep me healthy  
Guruji, Always keep me wise  
Guruji, Always stay with me  
Guruji, Always keep me safe  
Guruji, Thank you very much  
Guruji, Thank you very much

शुकराना गुरुजी आपका,  
मुझे बंदा बना दिया  
दर दर मारा फिरता था,  
मुझे अपना बना लिया  
काम मेरे सब खुद करते हो,  
मुझे नकारा बना दिया  
ऐसी महर की मुझपर तुमने,  
मुझे दीवाना बना दिया

मेरी ख्वाहिशें, मेरे सपने,  
मेरी मुश्किलें, मेरी सारी अड़चने  
कुछ भी नहीं छुपा तुमसे क्योंकि,  
तुम साथ सदा मेरे रहते हो  
मैं तो काम का फ़िक्र करता हूँ,  
मैं तो काम की फ़िक्र करता हूँ,  
शुकराना गुरुजी आपका क्योंकि,  
काम मेरे सब तुम ही करते हो







**"जे गरीब नू खाना देना है ते पार्टी तो पहले ओदे वास्ते कड के रखो, बाद विच लेफ्ट ओवर नही"**

When you give food to the poor or to your helpers, take their share out before you partake of the food; do not give them leftovers from a party.





## सुख दुःख के षड्यंत्र में फसके, कहीं इंसानियत ना रोये

There are two meanings of humanity in most dictionaries

- **All the people living in this world** - It just denotes human beings or human race as a group of creatures. Consider it as religion or caste. Before being a Hindu, Sikh, Christian or Muslim, our first religion, our first caste is Humanity
- **A kind and sympathetic attitude towards other people, especially when they are suffering in some way** – it denotes the basic behavior expected from a human being, an inherent quality, an instinct to help others

First one is about being **human** (physically, genetically) and the second one is about being **Humane** (being benevolent, kind). Every one born as a human is first one by default, the challenge though is how to be the second one.....

ना गुरबत हो, ना भुखमरी हो, हम मानवता ना खोये,  
दो वक्त की रोटी मिले सबको, कोई रात को भूखा ना सोये

मूसलाधार बरसातों में या, ठंडी बर्फीली रातों में,  
सड़क किनारे सोते सोते, कोई अपनी जान ना खोये

पढ़ने लिखने की उम्र है जिनकी, जो खेलना कूदना चाहते है,  
लाल बत्ती पे हाँथ पसारें, वो भीख के लिए ना रोयें

आगे बढ़ें और हाथ पकड़ के, इन सबको हम साथ में लेलें,  
सुख दुःख के षड्यंत्र में फसके, कहीं इंसानियत ना रोये

दौलत की लालच में हम कहीं, अपना चरित्र ना खोयें  
झुठे अहम् के चक्कर में, अपनो का साथ ना खोयें

धर्म के नाम पे इक दूजे के, हम खून से हाथ ना धोयें  
जीवन के इस चक्रव्यूह में, कहीं खुद को ही ना खोयें



**"गुप्त पाठ और गुप्त दान कीत्ता करो, नाल बैठे नु ना पता चले की तुस्सी पाठ कर रह हो"**

Be secretive about prayer and charity. The person sitting next to you should not know you are in prayer. Similarly, donation should be kept secret without one hand knowing what the other has given.

## तुम बादल हम लहरों जैसे

तुम बादल हम लहरों जैसे  
तुम सागर हम बूंदी जैसे  
तुम सूरज हम किरणों जैसे  
तुम चन्दा हमचाँदनी जैसे

तुम घना पेड़ हम पत्तों जैसे  
तुम आसमान हम पंछी जैसे  
तुम लंबी डोर हम पतंग के जैसे  
तुम गुलाब हम काँटों जैसे

तुम से अलग नहीं हम गुरुजी  
हमसे अलग नहीं तुम गुरुजी  
तुम बिन कैसे रहे इक पल हम  
तुम्हीं धड़कन तुम्हीं साँसों जैसे



हम कहीं तूफ़ान में फँस जाएँ  
माँझी बन पार लगा देना हमको  
हम अगर निराश से पड़ जाएँ  
तुम हिम्मत दे देना हमको

ना क्रोध जगे ना द्वेष पले  
ऐसी सदबुधी दे दो हमको  
चंगे मँदे में भी रजें रहें  
ऐसी संतुष्टि दे दो हमको

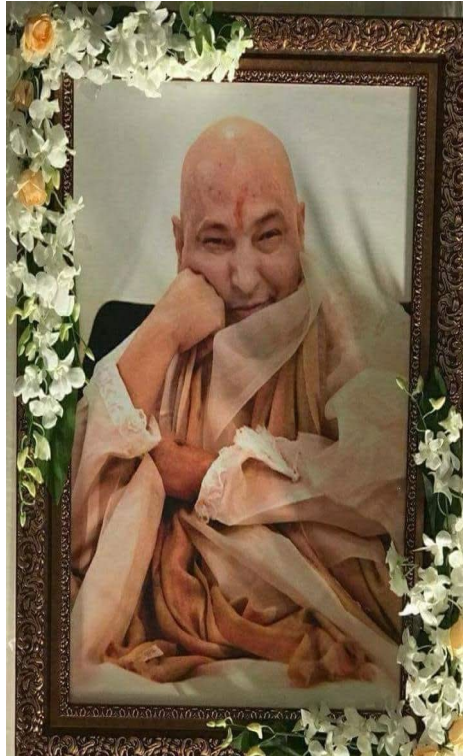
गुरुजी इस माया नगरी में  
हम भटक अगर कहीं जाएँ तो  
बाँह पकड़ के समझा देना  
अपनी शरण में बिठा लेना



काम बहुत पर ध्यान तुम्हीं हो  
प्रश्न बहुत समाधान तुम्हीं हो

मार्ग बहुत सही राह तुम्हीं हो  
इछाएँ बहुत सन्तोष तुम्हीं हो

गुरुजी हमको ना विसार देना  
साँसे बहुत पर प्राण तुम्हीं हो





**"माँ बाप दी सेवा करनी चाही दी है। इस दे बीना कुछ नहीं मिल्लेगा।"**

Always look after and serve your parents. You will never progress if you don't do so.





## Maa .....

सुबह सुबह पहली पहर मंदिर सजाना  
भजन आरती करते करते सबको उठाना  
झाड़ु पोचा करके पुरे घर को सजाना  
ताजे ताजे फल और सब्जी ले के आना  
गरम गरम नाश्ता फिर सब को कराना  
गिलास भर के गरम गरम दूध पिलाना

साबुन रगड़ रगड़ के मुझको नहलाना  
साफ सुथरी चमचमाती वर्दी पहनाना  
बालों को सजाना और काजल लगाना  
ऊँगली पकड़कर स्कूल ले के जाना  
परीक्षा के दिन वो दही का खिलाना  
परिणाम आने पर मिठाईयाँ बँटवाना

जन्मादिन पे खीर, पूरी, हलवा बनाना  
मुझे मंदिर, मस्जिद, गुरूद्वारे ले के जाना  
गरीबों को भर पेट खाना खिलाना  
शाम को गुब्बारों से घर को सजाना  
दोस्तों के संग मुझको मस्ती कराना  
नींबू नमक मिर्ची से बुरी नजरे भगाना

वो आस पास है सदा मेरे,  
चाहे दिखे ना दिखे आँखों से  
वो सुनती है, वो देखती है,  
चाहे कहें ना कुछ भी होतों से  
इक अहसास का नाम है माँ,  
इक अहसान का नाम है माँ  
हम इसानो सी दिखती है पर,  
ईसा, अल्लाह, भगवान है माँ



## Paa.....

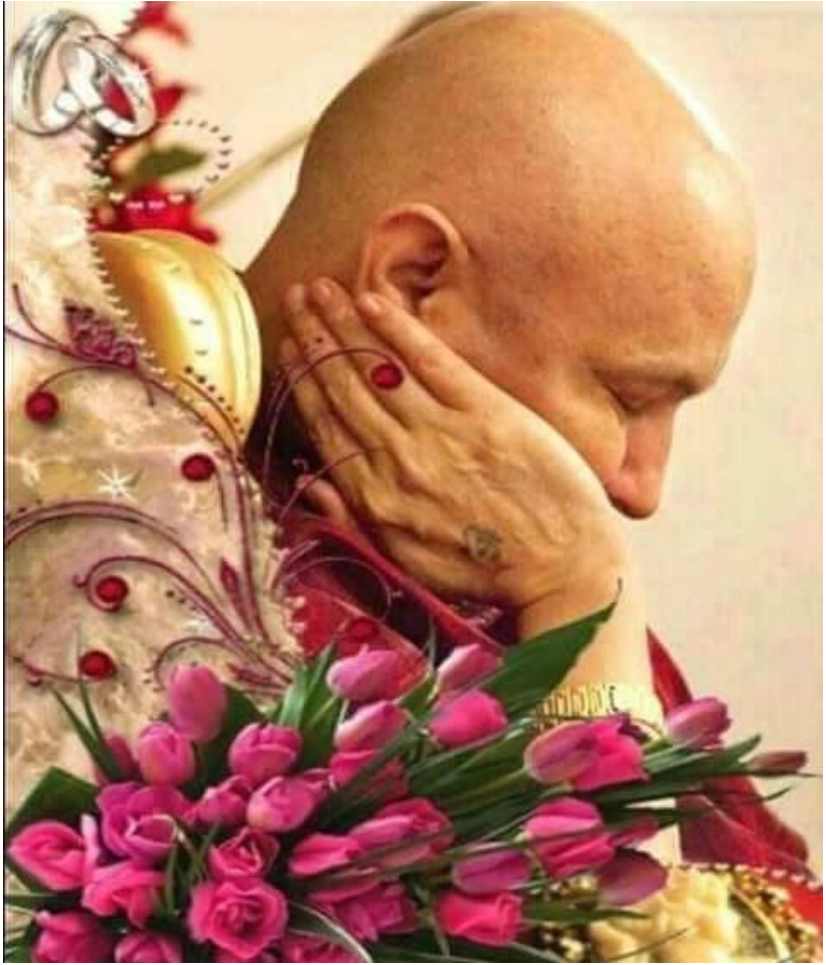
वो ऊँगली पकड़ के स्कूल ले के जाना  
वो हिम्मत वो मेहनत की कहानियाँ सुनाना  
कंधो पे बिठा कर मुझे मेले में घुमाना  
वो कुल्फ़ी वो टोफ़ी वो खिलोने दिलाना  
तेज़ तेज़ ऊँचे ऊँचे झूलों में बिठाना  
मेरे डर को भगाना, मेरा साहस बड़ाना

हर शाम कोई नयी मिठाई ले के आना  
खाने के बाद थोड़ा मुझको पढ़ाना  
वो रेडीओ पे भूले बिसरे गाने बजाना  
हल्की हल्की थपकी दे कर मुझको सुलाना  
रविवार को मुझको साइकल सिखाना  
पिक्चर दिखाना, चाट पकोड़ी खिलाना

कभी कभी थोड़ी डाँट फटकार लगाना  
फिर मेरे संग बैठ मुझसे घंटो बातियाना  
सही गलत का फ़र्क सरलता से समझाना  
महापुरुषों के कहानी क्रिसे सुनाना  
चरित्र और आचरण का महत्व बताना  
सफलता के मूल मंत्र रोज़ रोज़ दोहराना

तुम्हीं गुरु, तुम्हीं मित्र,  
तुम्हीं मेरे मार्गदर्शक  
तुम्हीं ईश्वर, तुम्हीं अल्लाह,  
तुम्हीं ईसा, तुम्हीं साई  
जीवन की हर खुशी, हर जीत  
तुम्हीं ने बनाई, तुम्हीं ने सज़ाई





**“गृहस्थ बड़ा ज़रूरी है। गृहस्थ विच रह के रब नू याद करना चाहिदा है”**

Family life is important. One should remember the God while living and enjoying the family life.

Grahasth is referred to the individual's lifestage where he or she has duties of maintaining a household, raising a family, educating children, caring parents, helping society and leading a family-centered social life.



## Maa & Paa...

माँ बाप के चरणों में अपने मस्तक को घुकाना अच्छा लगता है  
उनके पैरो की धुल को अपनी पलकों पे लगाना अच्छा लगता है

उनकी हर इक सलाह को उन्का हुकुम समझना अच्छा लगता है  
उनको खुश देखना, मस्त देखना, स्वस्थ देखना अच्छा लगता है

मुझे पालने पोसने की खातिर जो व्यस्त रहे पुरा जीवन  
अब फुरसत में उनके संग घंटो बतियांना अच्छा लगता है

रात रात भर जाग के जो माथे पे पटियाँ रखते थे  
रात को सोने से पहले उनके पैर दबाना अच्छा लगता है

बचपन में रिक्शे पे बिठा के वो मेले में घुमाने जाते थे  
उन्को अपनी नई गाड़ी में रोज सैर कराना अच्छा लगता है

रोज सुभह स्कूल जाने से पहले १ रुपया वो खर्ची देते थे  
हर महीने अब उनको अपनी तनखाह पकड़ना अच्छा लगता है

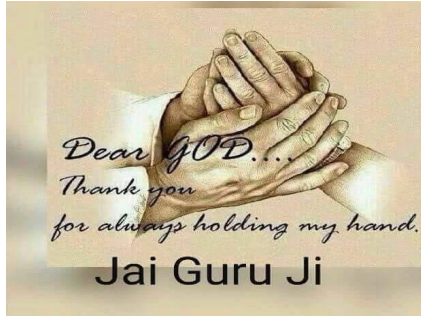
वैसाखी पर वो यमुना में गोते लगवाने जाते थे  
उनके साथ रोज शाम समन्दर किनारे घूमना अच्छा लगता है

जो हर पल मुझको अपनी आँखों के आमने सामने रखते थे  
उनको हरपल हर जगह अपने साथ ले जाना अच्छा लगता है



**"सबतो उच्चा पाठ, घरवाला घरवाली दी सेवा करे, घरवाली घरवाले दी सेवा करे, दोनो मिलकर अपने बच्चेयाँ न संवारो, अपने घर नू कलेश रहित रखो"**

The real worship is when husbands helps wife and wife helps husband and both make their children grow as good human being. Keep your home free of quarrels and negativity.



## Journey

जे तू ना फड़दा बांह, असां रुल जाना सी....

Sometime in Jan 2017, my wife Bhumica aunty attended a Satsang at one of her friend's home. She felt very positive vibes and started attending Satsang regularly. A few months later she went to Delhi and visited Bade Mandir and was captivated with the aura of that beautiful spiritual place. When she was waiting outside in the parking lot, an old man came and started talking to her as if he knew her very well. He talked to her for long time and told her things that surprised and mesmerized her. He was carrying a very small bag and started taking out stuff from the bag – swaroop, calendars, handicrafts and gave her so many gifts. She wondered how could there be so much stuff in that small bag. He blessed her moved away. She felt he was no ordinary person and she had just gone through some sort of unbelievable, strange transformational experience.

A few weeks later, she asked me to come along for a satsang and I hesitantly agreed (for the sake of Samosa and Chai – my favorites). After initial rituals I sat down in a corner and closed my eyes. I straightaway went into deep meditation. Except for brief duration when I opened my eyes to have Jal and Chai Prasad, I was in deep meditation - in a completely different world. I don't remember anything other than two shabads that touched my heart, and the flashbacks that I got during those 2 hours - my childhood, free education in govt school, helping my father at his shop, taking tuitions to earn some extra money, managing household chores, finishing my college and chartered accountancy while working part time, my initial struggle in Dubai, my move to Abu Dhabi, to Canada, to Australia and then back to Abu Dhabi. Those two hours took me back to a state where I could feel nothing but humble and thankful to the God for my journey. With lots of questions and doubts still lingering inside, I too started attending Satsang for three reasons – to experience positive vibes generated from the soothing shabads and meditation; to enjoy going back to my flashback so I could remain grounded, humble and thankful for everything; and to enjoy the company of good people.

With Guruji's blessings, first satsang was held at our home was on 29<sup>th</sup> June 2017 - my birthday and after that there was no going back – we were fully immersed into Guruji and his teachings. "Mool Mantra" became the foundation of our belief system and Mantra Jaap became inherent part of our lifestyle. There were experiences – both good and bad; there were moments we felt Guruji was sitting, standing, walking with us; there were moments we felt Guruji will take care of things; there were moments we felt Guruji was testing us but none of this made us either too excited or too worried – we just kept saying Shukaarana Guruji and kept moving with the life. To be honest, we did feel mesmerized and excited with Guruji's kripa whenever good things happened and we did fall into the trap of judging people and situations when things were not going great but all of these good and bad feelings were temporary emotions which did not last long and did not matter in the bigger scheme of things i.e. living a good, peaceful, contented life by connecting with one who is in everything, everybody, everywhere. The journey continues. I am really thankful to my wife Bhumica aunty for pushing me into this beautiful experience...

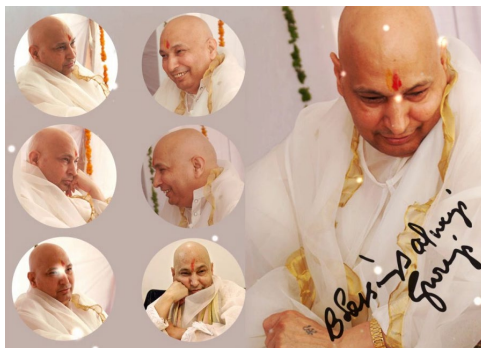




"ओ सेवा जिदे पीछे माँग है, ओ असल सेवा नही, असल सेवा तां निस्स्वार्थ होन्दी है"

Sewa (service) which is motivated by your demand to get something is not real sewa. Real sewa is unselfish.





## Sewa.....

Sewa is an inherent part of any spiritual journey and there are plenty of opportunities to do sewa during Guruji's Satsang. Though there are not set rules for sewadaars, following six common sense behaviors can be helpful:

- 1. 100% dedication, 100% selflessness:** When you are doing sewa, you are committing that time to Guruji, so dedicate 100% of your time to Guruji. If you are doing sewa for any personal reasons, for show-off, or even for your happiness, it is not really selfless sewa. 100% selflessness means while doing sewa you don't see yourself in the whole picture. There is no place for self or ego.
- 2. Abundance of mutual respect for others:** God is present in every human being which means sewadaars should absolutely, unconditionally respect each other and all devotees. There is no scope for arguments. Mutual respect and humbleness are essential for harmonious, well-coordinated sewa. There is no leader in Guruji's Satsang and at the same time every sewadaar is a leader without title – contributing the best he or she can.
- 3. No surprises, No confusion:** Biggest cause of confusion during sewa is impromptu, unannounced, unsolicited changes to the standard satsang procedures. They should be avoided. Any changes to Satsang process or introduction of new rituals should be initiated only after discussing, agreeing and announcing to all sangat members.
- 4. Mind your own business:** Sewadaars should focus on the sewa assigned to them in order to avoid unnecessary confusion. They should try not to find faults in other sewadaars work. They should not try to intervene into other people's sewa or provide directions unless requested. Similarly sangat members should focus on meditation and should not intervene in the sewa.
- 5. Keep it Simple:** Guruji's Satsang is not a kitty party. It is not a birthday or wedding or some sort of celebration. It is a simple yet intense process of connecting to Guruji, diving deep into oneself. It is not worth wasting time on trying to make it any different. Keep it simple - meditate, detoxify, focus on Sewa, Simran, Shabads, Satsang and Shukarana. It is not about extrospection, it is about introspection. It is not about show-off, it is about reflection. It is not about talking, it is about listening, about learning.
- 6. Right people, right time and right sewa -** Sewa is a golden opportunity and people who get to do sewa are lucky. Sewa is an opportunity to cleanse one – sewa karam kaatne ka ek zariya hai. Sewa is beyond personal bias and prejudices. Ideally Sangat members should proactively ask for sewa. If you have requested sewa but did not get it, don't feel bad – may be you are destined to do a better and bigger sewa or may be someone else deserves to do this sewa more than you. Do not hold it against the hosts if they could not accommodate your request for sewa. Similarly hosts should not mind if they want to allocate sewa to someone but that person is unable or refuses to do sewa

Last but not the least, Attending Satsang is also a sewa in itself – by attending satsang, you are trying to help make yourself a better human being which will eventually help build a better society, better humanity. After all, the whole is more than the sum of its parts.



**"मेरे ब्लेस्सिंग्स देन दे बड़े तरीके ने, इक संगत करना है, जो बोल्दा है ओदा वी भला जो सुन्दा है ओदा वी भला"**

I have many ways to bless – one of them is to do Satsang (share knowledge). One who speaks he also benefits and the one who listens also benefits

# Satsang...

## About Satsang

Guruji Satsang is all about meditation, doing sewa and sharing your experience. It is three hours long divine experience comprising Shabads, meditation, Prasad (Jal, Chai, snacks, Langar) and knowledge sharing.

You may get invitation through various means and it is expected that you should RSVP at least two days before satsang if you want to attend. Prasad is made and contributed by sewadars with love and devotion, so it is important that they know how much they should bring to avoid shortage or excess/wastage. A satsang is organized with combined efforts of many people who are called sewadaars. There is always opportunity to do sewa. Feel free to contact host or coordinator if you want to do any sewa, including any prasad contribution. Do not bring any gifts or prasad for offering to Guruji, unless agreed with hosts in advance.

Try to arrive at least 10 minutes before start time because satsang always starts sharp on time. It is such an important rule that we don't wait for even the hosts if they are running late or are busy in something.



## During Satsang

- ❖ Reality is based on fact, Belief is based on logic but Faith is beyond facts and logic. So if you want to experience faith, you have to bring only 3 parts of yourself in the Satsang - Body, Breath and Soul. Keep your mind, intellect and ego outside where you remove your shoes and chappals.
- ❖ There is no socialization in Guruji Satsang Darbaar so no one discusses new purse, new ornaments, sale in the town, bollywood or politics. No one uses mobiles phones during satsang.
- ❖ You should expect to receive three servings of prasad during the Satsang - Jal Prasad in the beginning; Chai prasad with a snack around one hour after the start of Satsang and; finally Langar Prasad after Aarti. **It is mandatory that you finish full prasad** and there are two reasons for that - we believe every drop of prasad has Guruji's divine blessings so not even a drop of blessings should be left in the plate. It is also in line with our belief that food in any form is so sacrosanct that wasting even a drop of it is against humanity.
- ❖ Sharing experience is a divine opportunity. It is important that you use this opportunity wisely. Be brief and to the point - try to limit your satsang/experience sharing to maximum 5 to 7 minutes so that other people also get opportunity. Also try not to disturb the speaker by interrupting, having side private talks or moving around the area.
- ❖ Satsang is a huge detoxification exercise. All negativity from our body and soul is sucked out and absorbed by almighty Guruji during the meditation. With so much of toxins and spirituality in the air, It is not the right kind of environment to have children who themselves are God by heart. So it is very important to keep the children away from the satsang darbaar.
- ❖ Last but not the least, unlike parties and occasions, hosts' full attention during the satsang is on Guruji so please do not feel offended if hosts do not extend common courtesy of greeting you or making you comfortable or offering you guest like experience.

100% Devotion  
Smile, Meditate,  
Connect

Finish all prasad feeling  
thankful & humble.

No Mobile Phones, No  
Gossips



**"गुरु अग्रे अपने कम बख्खावा लेने चाहीदे ने, ओ करम जो त्वान नही पता  
की तुस्सी गलत करे ओ वी"**

One should seek the pardon for all his deeds – even the deeds that one  
does not even realize were wrong





## Guru-Bhagat-Sangat-Satsang-Simran

### Guru

The word Guru (Teacher) is made up of two syllables - “**Gu**” means spiritual ignorance or darkness that most of us are in and “**Ru**” means light or radiance of spiritual knowledge that dispels the darkness of spiritual ignorance. In short, the Guru is the One who dispels the darkness of spiritual ignorance and gives us spiritual knowledge.

### Bhagat

The word Bhagat (Disciple) has three syllables – “**Bha**” means bhaav or pyaar (Love), “**Ga**” means gyan or knowledge and “**T**” means tyag or sacrifice. So a disciple must have love and respect for his guru, must be ready to unconditionally, without judgement accept the knowledge that his guru imparts and he or she should be ready to sacrifice or let go things such as ego, anger, jealousy, hatred, violence and if required even the materialistic luxuries.

### Sangat

The word Sangat (Fellowship) is derived from the Sanskrit term “**Sang**”, which means company, fellowship or association. It stands for the body of righteous or religious men and women who get together and form a spiritual society to seek the ultimate truth (about God, religion, life, humanity etc.)

### Satsang

The word Satsang (Praying Together) has two syllables - ‘**Sat**’ means true or good and ‘**sang**’ means company. Therefore satsang means the company of a true guru or a meeting of good people who come together to share knowledge. The idea behind satsang is that a favorable environment such as the presence of holy people, listening to holy scripture or music, allows an individual to elevate his or her mind towards a higher level of thought.

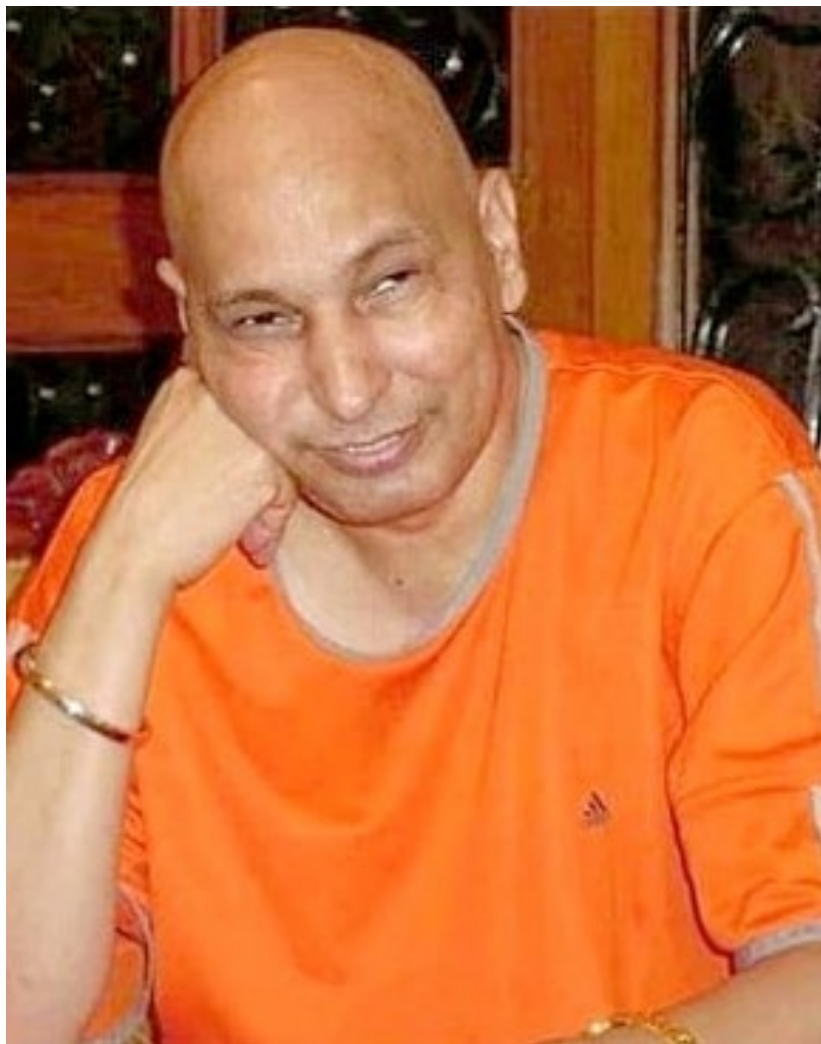
### Simran

Simran (Remembrance, Meditation) is a Punjabi word derived from the Sanskrit word “**Smaran**” which means the act of remembrance, reminiscence, and recollection. It stands for the continuous remembrance of God and of the finest aspect of the self with a single minded focus to realize what may be the highest aspect and purpose in one’s life.

**Simar Simar Sukh Paayeeyaa**

(Meditating, meditating in remembrance, I have found peace)





**"महापुरुष सिर्फ़ प्यार दे भुखे होंदें ने, सानूं बस प्यार ते श्रद्धा ही चाही दी हे ।  
मैनु बिना किसी इछा दे प्यार करो, फेर फेखो नज़ारे"**

A true guru is only hungry for love and faith. Love me without any conditions and expectations, and then see the transformation..



## About Guruji

Birth Date : 07-July-1954

Birth Place : Dugri village near Malerkotla , Punjab.

Name : Nirmal Singh Ji

Parents : Shri Mast Ramji and Late Smt. Surjit Kaur.

Samaadhi : 31-May-2007

Education : Govt. Primary School, Dugri; Govt. High School Burthala Munder.

Degrees : Double MA in English and Economics from Govt College, Malerkotla

Job : Briefly worked for the Punjab Education Board

Belief : Guruji is Lord Shiva incarnate in modern day human form

Teachings : Simran, Satsang, Sewa, Sabr, Shukarana

Legacy : Dugri Mandir, Bade Mandir, Empire Estate, Jalandhar Mandir and many other temples or prayer halls commonly known as **“Guruji Ka Aashram”**

### References

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