



Know  
Thyself  
as Soul®

2019 Issue 3

MAGAZINE



# The Present Moment

The Importance of Now

Fresh Wisdom from the Soul



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## Welcome!



Being present in the moment is an intriguing topic. Our human brain gives us the ability to think and plan our future, as well as to remember and consider our past. These are valuable skills for daily life. Yet we also can benefit from attending to the present moment.

In the talk from Sant Baljit Singh, “The Soul and the Present Moment,” he explains that we tend to be attached to the past, focused on what we have (or have not) achieved materially. We also get caught up in our desires for the future, making plans for attaining whatever we do not have. Focused so intently on the past and future, we forget about the importance of the present moment.

“Doorway to the Inner Temple,” “The Importance of Now,” and the other articles in this issue of the magazine help us understand what a great gift the present moment can give us. Whatever we do with the present moment determines our future. So one of the best things we can do for ourselves in the present moment is to focus on our spiritual practices.

The spiritual Masters point out to us that the present is the only time that we can make progress toward oneness with God—and also is the only time we can experience

oneness with Him. They tell us that God is everywhere and in everything, including within us. Yet it is only in the present moment that we can experience Him.

The article “Fresh Wisdom from the Soul” explains that each day is different. As things are always changing, how can we know what to do? The Masters say that every moment can best be met with fresh wisdom, which we can only get from the soul. The next article, “Precious Moments—Meditation,” tells about the process for gaining that wisdom. Through meditation on the inner Light and Sound, we realize ourselves as soul, and thus can tap into that inner source of fresh wisdom.

At no cost to us and for little effort, the present moment offers a unique and precious opportunity. As Sant Baljit Singh has said: “All that is to happen can only happen when living in the present.”





# Guru Purnima

July 16, 2019

My dear souls,

The Master encourages you to do selfless service, as it awakens compassion and love for others and for all of God’s creation. This love that is awakened will help you on your spiritual journey, as only love can diminish the ego, one of the obstacles to progress on the path of spirituality. When we light a lamp or see the first ray of light from the rising sun, the darkness vanishes. In the same way, when we start feeling love and compassion in our hearts for our fellow human beings and God’s creation, the ego, the “I-hood,” will be diminished, and eventually we will experience ourselves as part of God’s creation, not as separate individuals, and will realize ourselves as souls, our true essence.

The ego is the main obstacle for our spiritual progress, and it is also a hindrance to harmony, respect, and warmheartedness in our daily life. Our spiritual practice and our daily life are not separate from each other; rather they are very much interlinked. After we embark on the spiritual journey, we cannot act in two different ways by being one way when we interact with others and another way when we sit for meditation. We cannot be hateful toward others and also have love in our hearts only for God. We live in God’s creation, we are part of His creation, and we refer to Him as being omnipresent. This means that He is in every particle of this universe. If we consider God omnipresent, then we should see Him in every particle, every flower, every tree, every animal, every human being, every creature—meaning in all His forms.

For those who see Me everywhere and see everything in Me, I am never lost, nor are they ever lost to Me.  
—Bhagavad Gita

The spiritual journey is practical and is a 24-hour-a-day practice. Seva, selfless service, is the first step on our spiritual journey, as it helps us to overcome our biggest obstacle, our ego. Every thought, word, and deed has to be in harmony with our goal in life, the highest goal,

to become fully conscious and realize ourselves as soul. The spiritual path is a practice on every level, which means one not only has to practice meditation, but also practice controlling one’s thoughts, words, and deeds. One’s approach in life and actions toward God’s creatures are very much part of the spiritual practice. Selfless service helps refine one’s approach in life, filling it with love and compassion for God’s creatures and remembrance of God.

While serving others, keep your attention on God. Do not get distracted by thoughts of who you are doing this for, who will be benefited, or who will appreciate your services, etc. Simply be engrossed in God. God only understands the language of love, and the love referred to here is pure love, without motive, without ego. Selfless service and devotion toward God and His creation continues forever, as devotion cannot be measured nor can devotional actions be counted. True devotion, without ego, is never for one’s personal benefit but is for the benefit of the less fortunate and those needing our help.

The process of overcoming vices, especially the ego, which harm progress on the path of spirituality, takes discipline and effort. That is why the Master keeps emphasizing this topic and keeps encouraging you on your spiritual journey. The Master imparts to you the knowledge and the method to help you reach your spiritual goal, and he guides you. But your willingness to progress on the spiritual journey and your efforts are very much required.

Improvement cannot happen against your will. Making progress takes pain. What you find depends on your efforts on the spiritual journey. Some of you may find a treasure trove, and many may not find even a pebble. The one who dives deep down into the ocean may find pearls, whereas the one sitting on the shore would certainly not find anything like that.

Sometimes the ways and means suggested by the Master for diminishing your ego may not be to your taste, and so you resist the Master’s teachings, yet expect blessings and progress. Your solution, your progress, lies in self-introspection, becoming willing to change, and ultimately shedding the layers of your ego. Slowly but surely, you will be able to see the full brightness of your true essence.

The Master is here to teach you, to correct you, to show you the way, but you have to embark on the journey. The method—seva, simran, shabd, and surat—has been made available to you, so take this opportunity to fully realize your potential as soul, and be sincere in your practice. It is my heartfelt wish for you on this Guru Purnima that you embrace this highest opportunity given to you and achieve your true purpose in life, which is to realize yourself as soul.

Yours in Him,

Baljit Singh

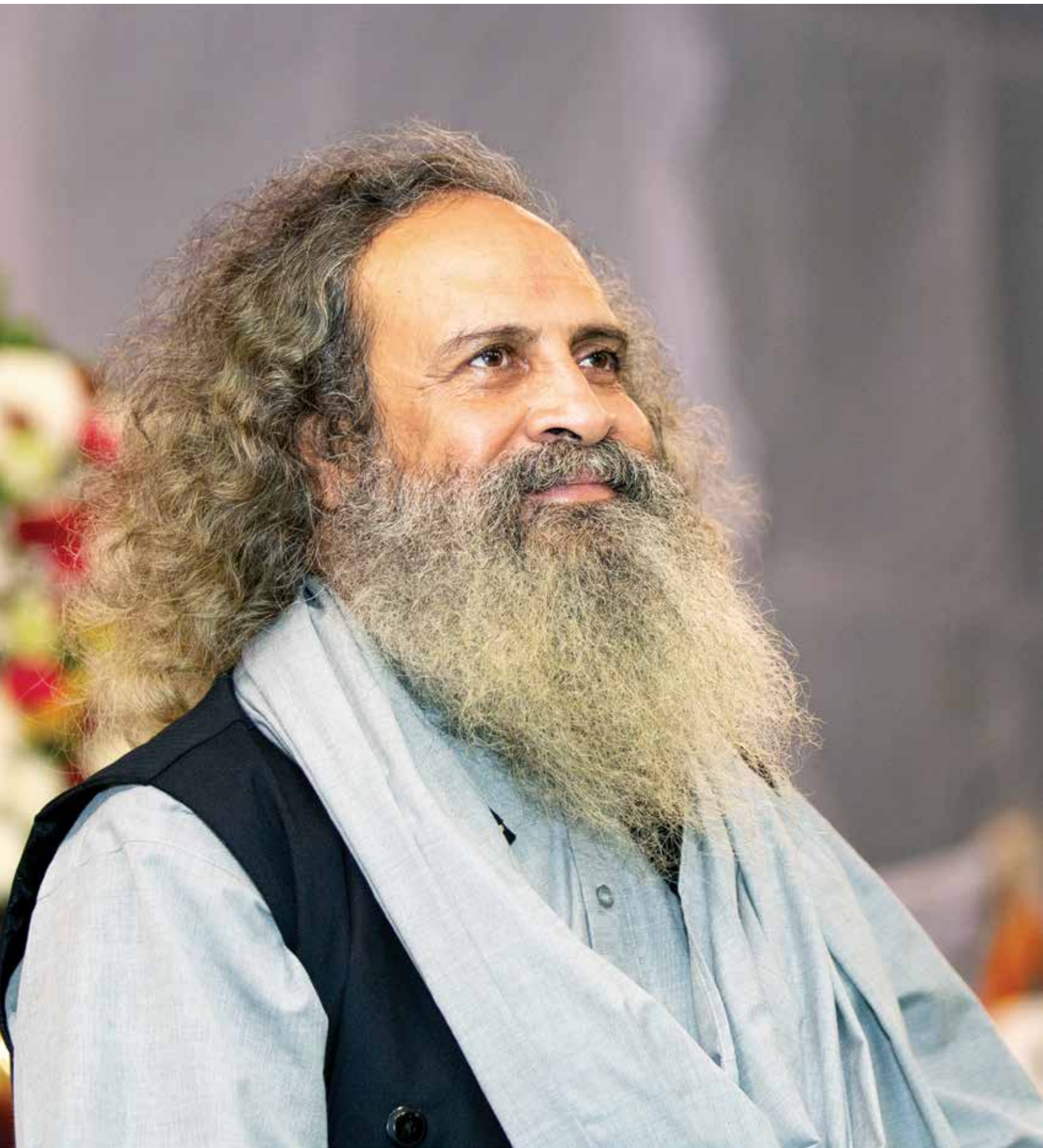
Om Shri Gurave Namaha

Om Shri Gurave Namaha



# The Soul and the Present Moment

Sant Baljit Singh



We have a purpose in coming here, and it is a spiritual purpose. This physical life, which we are leading on this earth plane, is not the real life. God, the Higher Self, never wanted us to live like this. We are leading a physical, material life, but we were meant to realize ourselves as soul. We were not meant to live as only a material body. All the Masters of the past have taught this same truth.

When we are too interested in the material world and running after physical comforts, we tend to forget what we are in reality and what our real purpose in life is. It is like we are sleepwalking. Sometimes people get up and do things while they are sleeping at night, and in the morning they do not know what they did. In a similar way, we are also sleeping—but at the soul level. As a soul, we are asleep, but as a physical body, we are awake. We are doing things, but without knowing whether we are doing right or wrong. We are doing them from the physical level.

For example, we see that people everywhere are very busy day and night. They are working too much and do not even have time to see their children. They come home late at night and find their children asleep. In the morning, the parents may leave for work before the children are awake, or the children may leave for school before the parents get up.

We have made ourselves so busy and are doing too much work. What is the reason? And what kind of work are we doing, and who are we working for? Maybe we are running after physical comforts, the material world. Or maybe we see others working too much and having many worldly possessions, and we want to have the same, or more, or better. In that case, we are competing with them. Maybe we are worried about our children's comfort or their future. We want to provide them with physical comforts and a secure future, and that is why we overwork. Yet in doing so, we might not have bothered to ask our children what they want. Do they really need what we are trying to acquire for them? Maybe they will not like it or do not need it.

Moreover, each person is born with his or her own destiny. A child born in a poor family may grow up and become rich. Or children born to wealthy parents may

lose everything that their parents gave them because they were not destined for those riches. According to their destiny, they have to toil long and hard and suffer. You have probably observed these kinds of examples in life.

## The present is the moment to enjoy because the past is gone and the future uncertain.

We keep ourselves busy, not knowing the true reality. We only watch what others do and copy them, not even knowing whether they are doing right or wrong. We need to understand what is right and what is wrong, what is good and what is bad. We have been given consciousness, a mind that can think, and an intellect that can calculate. So we have the ability to think about what is good for us. Even so, we do not do the right things. We may act in ways that look correct and that others may appreciate—since we are doing the right things, then appreciation is bound to be there—but it is all on the physical level.

Long ago, people did the right things and were humbler, more honest, and more religious and spiritual than we are today. Yet they still needed the Master to remind them what they needed to do. We can compare the people of today to the people of those times. If they needed the Master to guide them, then we have an even greater need for him. People today are very complicated and complex. Few respect their religion or carry out religious activities or rituals. Spiritual activity is even rarer. So we, too, need the Master to tell us what is wrong, what is right, and what we must do.

We are not a body; we are a soul. We do everything to fulfill the needs and demands of the body, but what about the soul? Only the soul gives the body value. When the soul departs, the body is declared dead. Without a soul, the body does not live. So what is important—the body or the soul? The body dies, not the soul. So the soul is more important. The soul is part of the Higher Self. It descended



# Be a good human being, loving toward each other, serving everyone in love for God.

from the top, the fifth plane. So it has to return to its home there. That is the right thing for us to do.

You came to this gathering with a purpose, but you will not stay here always. You will return to your homes, and that is the wise thing to do. You have come to this beautiful place, and there is much to see, do, and enjoy, but none of that attracts you because your purpose for coming here is foremost in your mind. You have not forgotten that. After accomplishing your purpose, you will go home.

In the same way, we have come to this earth plane with a purpose. Human life is the most superior creation of God, the Higher Self. Yet we have forgotten our purpose in being here and have become lost in the material world. We enjoy material wealth and comfort, yet these do not have a permanent nature. Whatever we have here, we are bound to lose. We have parents; they will die one day. We have brothers, sisters, and children; they will one day go their own way.

Yet we are attached to all of these relations and to all our worldly possessions. We try to hold on to everything and do not let go of anything. We are not ready to loosen our grip. We try to hold on to what happened in the past and what we acquired in the past. We do not want to lose those things. We have an attachment to them. We struggle to hold onto the possessions we gained in the past, and we also struggle to acquire what we do not yet have.

You are stretched out like a piece of elastic, with one hand in the past and the other in the future, while your feet are in the present. You should not complain that you are suffering, because you have inflicted this upon yourself. You do not forget the past, and whatever you do not yet have, you want to have in the future.

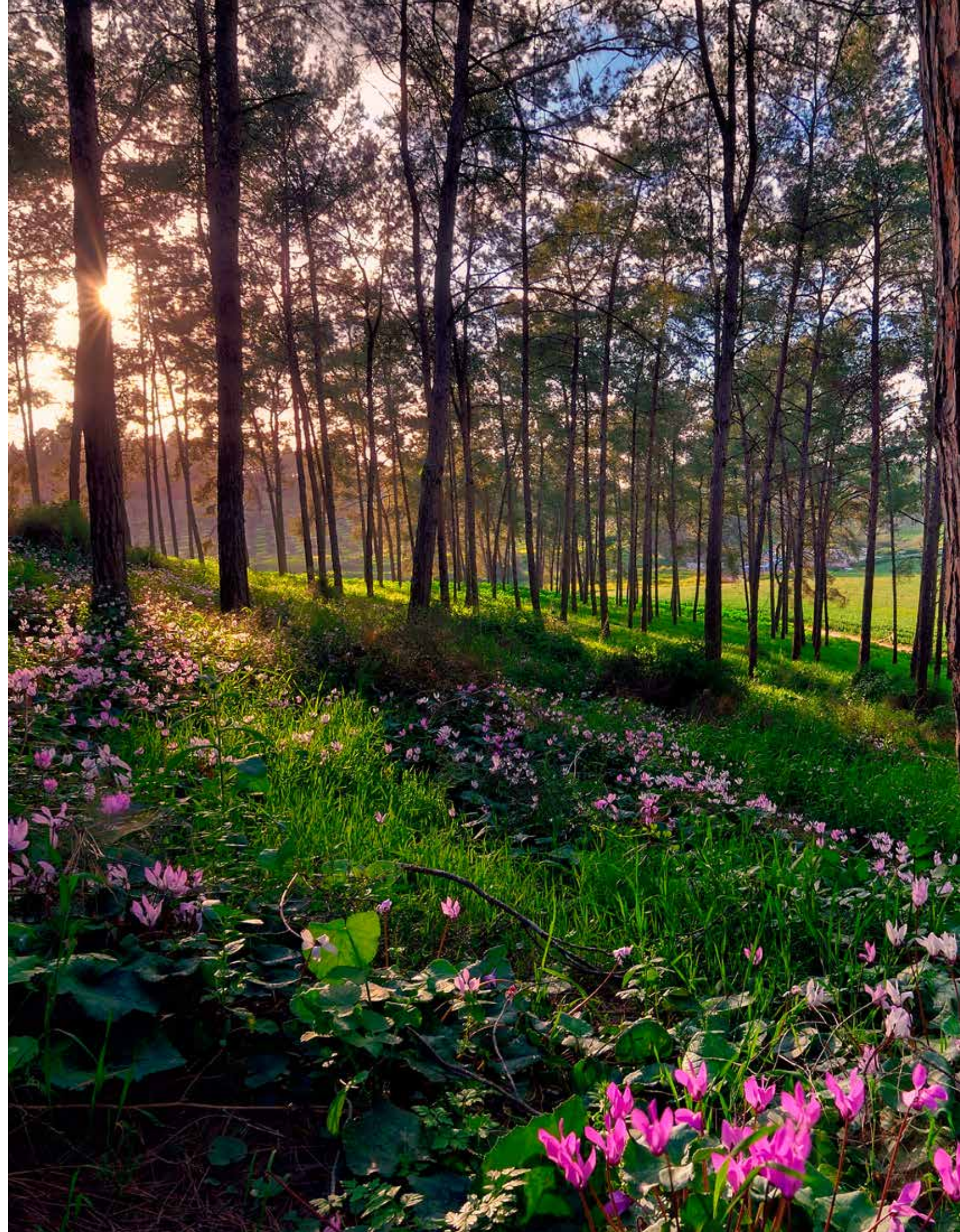
What about the present? You are losing the present. The present is the only moment that can take you to heaven, the fifth plane. It can happen instantly. And if the gate to that place can be opened, it will only be opened during the present moment.

The present is the moment to enjoy because the past is gone and the future uncertain. Yet you are not enjoying the present. You are only struggling to make your future happy and comfortable. The present can be used for your upward journey, the inner journey, to become one with the Higher Self and reach your real home—the fifth plane, Sat Lok, Sach Khand, the Kingdom of God, or whatever name you wish to call it. Only the present can be used for that.

However, we are not making an effort during the present to have permanent happiness, which is what we will really enjoy when we return to our true home and become one with our Higher Self. The only true relation we have is with the Higher Self. There we will have real happiness and eternal life, too, because as a soul, we never die. Only the body dies. So when we reach our true, eternal home, we will find real wealth to enjoy, real health to enjoy, real happiness to enjoy, and a permanent relationship with the Supreme, the Higher Self, to enjoy.

Here on earth, everything is transitory and not of a permanent nature. Your quest to be happy is correct, and your efforts toward that are appreciated, but the direction in which you are looking for permanent happiness is wrong. You are putting in efforts at the wrong place, and that is why your efforts are a waste. In the end, anyone living that way does not die as a happy human being. However, anyone who has achieved the real home of the One, the soul—the kingdom of God—will be happy while in the physical body here on earth and also will be happy at the time of leaving the physical body.

So my dears, the Masters come to this world to awaken us, guide us, make suggestions for us, tell us about the real purpose of life and what we must do to achieve it. This material world is given to us to use. We are to enjoy it, but not get lost in it. We need it so that we can make efforts to maintain our physical existence, because without the physical body, we cannot meditate. This





# The present can be used for your upward journey, the inner journey, to become one with the Higher Self.

world was created before we were created, and it was made ready for our use before we were born even. So we can use this world to achieve our spiritual goal. Worldly achievements will remain here and will not go with us. We should always strive for the highest, and that is what this human life has been given to us for. So we should use our life for the better purpose.

The Higher Self is all about love, and that is why it is said that God is love. We are to love His creation. The Higher Self created everything, and in order to love that Higher Self, we must love everyone. We must not be selfish; we must be loving toward each other. We must love everyone and serve all humanity because God, the Higher Self, is the only one in everyone. He was the one in the beginning and is there always, forever. God, the Higher Self, appears in everyone as a fraction of Himself, which we call soul. So we must live in peace, love, and harmony with each other.

First, you have to become a good human being. Only then will the transition continue. First become a good human being, then become a good soul, and then you may become a saint. It is a step-by-step process. Be a good human being, loving toward each other, serving everyone in love for God, and helping, assisting, each other. You must be good citizens, too. In order to achieve your higher goal, you should be of no trouble to anyone. No one should feel troubled by you. You should be happy living among each other in peace, love, and harmony. Be good and loving toward your family first, then toward your neighbors, then toward your society and nation, and then toward the entire world. Your love for humanity will increase by leaps and bounds, step by step, but it is a process. You must never forget that the Higher Self is all about love.

When I say to be good citizens, that includes everything—being good human beings, respecting and obeying the laws of your country, and helping the people of your nation to prosper in all ways. You have to be a good example. The government of every country is, after all, nothing but a group of people from among you, trying to do the best for their people, their nation. The government's job is to look after the interests of the nation and everyone in it. So you are to help your government, and then it can perform better for everyone and for you too.

We should all be helping each other up to the government level—helping neighbors, society, and the nation. While we prosper in outer ways by helping each other, at the same time we also have to help ourselves prosper within. We do that by meditating, going within and realizing ourselves as souls. In that way, we recognize our true worth, capacity, and competence.

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(Talk given in Hong Kong on June 1, 2006)







## Doorway to the Inner Temple

As there are landmarks on earth, so there are landmarks in time. The past and future are like sealed books to us: the one is in the limbo of oblivion, while the other is in the womb of uncertainty. It is only the living present that is ours, and we must make the best use of it, ere it slips away through the fingers and is lost forever. Human birth is a great privilege and offers us a golden opportunity. It is for us to make or mar the same, for it is given to each individual to forge his or her own destiny as best he may.

Sant Kirpal Singh  
*The Way of the Saints* (Sant Bani Ashram, 1976/1989; p. 289)

Do not get caught in the wide net of desire and the future. This is practically the same as collecting the sand from all the oceans of this world. On the other hand, the present is like a tiny speck that is easily lost in the ocean of sand. You do not know if you will ever find it again. With the loss of the present and no guarantee of the future, you will be lost. You will be finished—the end. You cry over the past, always think of the future, and have no need for the present and everything that cries out for your attention. Your feet are stuck in the past and your hands in the future. Between the two, you stand firmly planted, like a tree. Your present is the doorway to the inner temple.

Sant Baljit Singh  
*Attributes in Attaining God's Throne* (Edition Naam, 2018; pp. 13–14)

## Your present is the doorway to the inner temple.

Sant Baljit Singh

Man is what he thinks about all day long. One can only live one moment at a time. Emerson said, “There is no moment in eternity more important than this moment.” All real good or evil that may befall him is from himself. If a man lives in a good or bad way in the real present, he will ensure the same in the future. If you have bad thoughts for others, you will harm not only them, but yourself as well, as thoughts are very potent. So try to live in the living present, forgetting the past and the future, and fill every moment of your life with simple trust in Him in all loving devotion. He will manifest in you when you choose to turn your face to Him. As loving advice I give you, from this moment let love be your constant companion and trust Him in all things. God is love and love is God, and the way back to God is also through love.

Sant Kirpal Singh  
*Sat Sandesh*, December 1970 (p. 2)

With the power of thought, if you think of a place you are there. Think of God, and you are in the kingdom of God. Think “I am down here,” and you are here in this world. Your mind’s speed of thought is limited. But when your soul’s thought becomes connected with the thought of God, then it becomes very wonderful and great. You are completely present. Time and space have no value, no significance. All of the past is in front of you, and all of the future is in your hand, in your control. All the present is also with you, for you, and everything is there. Nothing dies, and nothing can die; nothing comes, and nothing goes. It is only due to the limitations of our mental thought processes that we are prevented from understanding the reality.

Sant Thakar Singh  
*The Way of Life* (Edition Naam, 2003; p. 201)

When we have only one thought, only one desire, and when all of our struggles and efforts are in one direction only—to be one with the One—our journey can be completed quickly. We must have no other desire, no other thought, and no effort in any other direction. If our attention is divided, going here and there, we still will be able to complete the journey, but it will take much longer.

Sant Baljit Singh  
*Know Thyself as Soul Magazine*, 2016 Issue 2 (p. 6)

Time is fleeting. Time has wings. It does not wait for anybody. As water is flowing through a river, if you are thirsty, if you need something, have it. It will not wait for you. It has to go its own speed, in its own direction. It is flowing and is available to you, but if you do not avail it, it will go away. And that water that has gone away cannot be called back. It is not possible. Once it is gone, it is gone.

Your life is the same. All those moments that passed where you could not collect something, they are gone and cannot be called back. Flowing within us is the big river of elixir of life, manna of life, bread of life, water of life—all life, light, glory, beauty, knowledge, wisdom, and wonderfulness. Our main duty is to collect this wonderful elixir and fill the reservoir of the mind, the subconscious mind, with it. That is really our lifestyle.

Sant Thakar Singh  
Lighthouse Center Oregon, USA; August 12, 2001



# The Importance of Now

Each minute and each second of a human being's life is very important. Man is not something unimportant; he has always been very important and very, very valuable. However, we each have to make each moment go in the proper direction so that our life is on the useful side, so that the world is benefited by each one of us, and so that we are not creating any problem for ourselves and for others. This is very important, my dears. Try, and you will succeed, no doubt.

Sant Thakar Singh

*Live the Life of Soul* (Edition Naam, 2015; p. 112)

Desire takes birth in a feeling of need. When your attention is upon being deficient, then you see lack all around you. It perpetuates itself, and it is on account of desire that you end up losing your peace of mind, and agitation is the result. This leads to tension and inner restlessness, and in this state you wander around. Even when you try to meditate, you can make the physical body sit down, but your mind continues to dance elsewhere. It wanders wherever desire leads it, entangling you in your own web.

For instance, if you want a motorcycle, it is because you feel the lack of it. However, you do not know at what time this desire will be fulfilled. It could be tomorrow, the day after tomorrow, in a month, or even a year from now. No one really knows when. All this makes your mind constantly think and wander to the future. Thus, the mind will find itself glued to the future, because desires and wishes pertain to the future. The net of the future is huge and wide. While living in the present, your attention is focused on the future, and you are oblivious to the needs of the present.

Yet all that is to happen can only happen when living in the present. Is there any guarantee of the future? You may not even be here in the next moment. Your next breath is uncertain, and without another breath, you depart. As humans, we are known to be the descendants of Adam. However, in Hindi the word is broken into two syllables, *A-* and *-dam*, which mean breath that is transitory.

Entanglements of desire, longing, and lust eventually trap you in the net of the future, making you incapable of properly using the present. God exists only in the present. He is eternally present within you, never absent for even a moment. For that reason, you must go inward, and do it now—not tomorrow or sometime in the future. The present moment is all that matters because the next moment is uncertain. Your home is in the inner temple. You may be in the habit of making long-range plans, perhaps extending over ten years, but the complete moment is the present alone. Whoever understands its proper use will achieve success.

Sant Baljit Singh

*Attributes in Attaining God's Throne* (Edition Naam 2018; pp. 12–13)







Today's  
actions will  
bear fruit.

Sant Baljit Singh

## Live in the Living Present

We sit down, we think of the past, think of the future, making schemes. The past and the future take away most of our time—these two sprites are eating into our veins of life most of the time. So forget the past, forget the future, and live in the living present. When tomorrow comes, you will see what will happen. When you are here, be fully for the purpose you are here. That is all. So that when you go back you will know that you have had progress. So cut off contact from all outside to rise above body consciousness. This is the real way back to God, which lies within you. This we have to learn in one day, one month, one year, one life; that is all. Whoever has learned this, he is the wisest man, though he may be, in the sight of others, a very average man. Develop your own self, with no obligation on anybody else. That is all. Have pity on your own self; it will save you from coming and going.

These are self-evident truths being put before you. We have the human body, and we have to leave the body—no exception to the rule. The human body is the highest in all creation. It is a golden opportunity in which you can know God. To know God, we must know ourselves. When knowing our own selves is

at the level of feelings, emotions, or drawing inferences, this is subject to error. Seeing is above all: to know your true self by self-analysis, by rising above body consciousness. The demonstration of this true self may be given at the feet of a Master. He gives you the way up, for a while. It is before us in the human body.

We can do this in the body that we have got already and in no other body. How far we have succeeded is for us to see. That is why I always impress: be not aimlessly adrift. When we put our efforts into one thing for some time, success follows. If we dig many pits, here two feet, there four feet, there six feet, and so on, all are there, but no water. If you dig just one pit, you get water.

And further, what you can do today, never put off till tomorrow. Procrastination is the thief of time. This is why we have delayed so far and are delaying even further.

Now you have come to know what your real work, your personal work, your private work, is. It is to know your true self and to know God. And for that purpose, you are here. So try to put in more time on this work.

Sant Kirpal Singh

*Sat Sandesh*, September 1975 (pp. 31–32)

The actions that one does in the present are an indication of the future. Today's actions will bear fruit later on. Meanwhile, we suffer today for actions that we did in previous lifetimes. So, a person doing bad things today might not be suffering in this lifetime because he is enjoying the fruits of good actions that he did in previous lifetimes. One is born very healthy, and another is born physically or mentally handicapped. One is born in a very rich family and enjoys wealth, and another is born in a poor family and suffers from a scarcity of everything. We have to understand why.

Sant Baljit Singh

*Journey of the Mind and Soul* (Edition Naam, 2018; p. 10)

Live in the present moment as I told you. If each moment is looked after, a vigilant watch is kept, then? Everything will be all right.

Sant Kirpal Singh

*The Light of Kirpal* (Ruhani Satsang, 1980/1996; p. 131)

We should take  
great care that  
all our earthly  
actions are the  
kind that will  
make our ever-  
lasting life as  
beautiful and  
satisfactory  
and perfect as  
possible.

Sant Thakar Singh



# Fresh Wisdom from the Soul

At each step of your life you have to know where you are and what is in front. From day to day, moment to moment, you are to see with knowledge and wisdom. You cannot depend upon knowledge that was given to you yesterday. For today you need fresh knowledge because there is a new path in front of you that you are to travel. It is not the same way as yesterday. You are not to go in circles or stay at the same place. You are to move forward, and everything new will come. You have already gone through previous difficulties and problems, and you will encounter new kinds.

For example, nowadays some new diseases are developing, and the theories of medicine that were applicable in the past are not applicable now. Many new things have happened. Sometime back, the Indian government made an announcement, saying: "There is no more malaria. Anybody who informs us of a case of malaria will be rewarded 1,000 rupees." They declared that mosquitoes may remain, but that malaria had vanished. However, it did not work out like that. Malaria came in a different, more intense form. The previous malaria had been dealt with, but a new phase of malaria came. So then they had to change their methods in order to deal with this new malaria.

This world is changing very much day by day, moment by moment. Past guidance, old guidance, cannot and will not work. We always need very fresh information that will work now and will prevail during current times so that we may be safe. This fresh information is available to us directly from the soul. The Master may not be physically available to us very often, but our soul has direct contact with the God Power and Master Power each moment. Each moment, it has its powers and guidance, and then we really can be perfect. Then there will be no difficulty, no problem.

We are to become souls, and with soul, everything is accomplished. After that, we will never have to suffer again. This is the real solution to our problems, worries, and sufferings for eternity, because the soul is always alive, always active, and directly finding intuition from inside. It has in itself all fresh knowledge, the most up-to-date knowledge, moment by moment. It does not depend upon any scriptures, books, or other's help or guidance. We have our own perfect system of help. That is the greatness of man. If man achieves it, then man is great and wonderful.

Sant Thakar Singh  
*Live the Life of Soul* (Edition Naam, 2015; pp. 52-53)



When you develop yourself as soul and know everything, you can see everything in the outer world, as well as within, in the spiritual realms. This is the power of the soul; this is self-knowledge.

Sant Baljit Singh





# Precious Moments—Meditation

Learn to live in the living present, making best use of time at your disposal. The precious moments of earth life spent in meditations and honest work count much for inner spiritual progress.

Sant Kirpal Singh

*Teachings of Kirpal Singh* (Ruhani Satsang, 1974/2000; Vol. 3, p. 17)

Meditation is a great and powerful gift. When you are disconnected from the outside world and you are connected inside, even for a few moments, you will feel yourself filled with something really great, with wonderful blessings.

Sant Thakar Singh

*And You Will Fly Up to God* (Kirpal Light Satsang, 1983; p. 108)

During the day, the mind is very active, moving from one stage to another, because there is much to do, much to cope with, and much to think about. Then at night, when you go to sleep, the mind rests. After the mind has rested for a few hours, then it is time to meditate. Meditation is not an action; you are not doing anything physically or mentally. When your mind steadies and becomes absolutely stationary, without any movement, and you have control over all of your senses—that is when “the blast” takes place. That is when everything is perfect and new things can happen. That is the moment when self-realization takes place.

Sant Baljit Singh

*The Moment of Self-Realization* (Edition Naam, 2014; p. 10)

The greatest noble work is to meditate and connect your Higher Self to the inner holy Word of God.

Sant Baljit Singh

*India Report, Village Visits*, 2011 (p. 5)



# All Around Us Is Only God



Light is within you, and remembrance of God's name will uncover this Light, and then the Light will grow. It is just like when two stones are struck together and produce a spark. That spark did not come from outside but was within the stones. It manifested when they were struck against each other. Similarly, a day will come when your small stone will strike against the colossal stone of your Great Father. A connection will be made and a spark produced. Up until today you have walked and lived in darkness. Traveling in this darkness is death. Light, Jyoti, is holy nectar, life itself. You have not attained this Light within, and that is why the body dies countless times. The day the Light manifests within and the inner Light is lit, you meet the Great Father within, and the cycles of birth and death end.

Sant Baljit Singh  
*The Golden Opportunity* (Edition Naam, 2012; pp. 26 –27)

God exists in all and is omnipresent in every atom of this universe. He is inside the shops, temples, and bars. He is in the people who believe in God, as well as in the atheists. He is present at every place.

Sant Baljit Singh  
*The Lesson of Love and Devotion* (Edition Naam, 2019; p. 14)

God loves us all no matter what our condition may be. He is all love, and He loves us very much. God is also omnipresent, meaning that He is everywhere and within everyone. All around us is only God, nothing else. That is why we must love each and every being.

Sant Baljit Singh  
*Serve and Love Everyone* (Edition Naam, 2016; p. 11)

Guru Nanak endured the labor of working at a grinding mill. He was lavishly generous while working at the shop. While he was counting, he arrived at the number thirteen, or *tera*, which also means yours in the Hindi language. He became intoxicated with this inference and kept on repeating *tera, tera*, "It is yours and yours," referring to God, while freely giving goods away.

Sant Baljit Singh  
*The Lesson of Love and Devotion* (Edition Naam, 2019; p. 12)

## God exists only in the present. He is eternally present within you, never absent for even a moment.

Sant Baljit Singh



Inspiration!

# The Art of Silence

Set your sights  
on a place  
higher than your  
eyes can see,  
for it was a higher aim  
that brought you here  
in the first place.

Now be silent.  
Let the One who creates  
the words speak.  
He made the door,  
He made the lock,  
He also made the key.

Rumi

Why did Guru Nanak expound on the importance of silence? Because God will begin to speak to us only when we have the habit of remaining silent. As long as we are talking, God will choose to remain silent. Either we can talk or God can—that is the significance of maintaining silence. We consider ourselves to be solitary when everyone around us has dispersed. For instance, we might choose to walk alone in a beautiful garden during a quiet period, calling it an abode of silence. However, the disturbance prevails inside of us, not on the outside. Even in a crowd we can still be alone, because inner solitude is what counts.

We should keep in mind that dharma, our sacred purpose, can begin only when we are tranquil. When we are alone within, unaccompanied by thoughts, then we are truly in solitude and peaceful. We are alone when we withdraw our attention from the outside world and from our thoughts. When we attain this state of aloneness within, the ambrosial nectar begins to flow. We enjoy this, and then God appears within us, and we begin to communicate with Him.

Sant Baljit Singh  
*Inner Solitude and True Purpose* (Edition Naam, 2018; p. 10)

Sit daily in silence until it sprouts forth into Light and sweet music of the spheres. Develop innocent love which knows only service and sacrifice. The only way back to God and to win the love of God is to become humble. All scriptures speak of the impermanence of all and the unchangeable permanence of God. Renounce love of the former and enjoy communion with the latter. For this, rise above body consciousness to be born into a new life of oneness and harmony.

Sant Kirpal Singh  
Birthday Message 1962

Keeping quiet is ideal because when we speak, energy is wasted, since anything we do needs energy. So try not to talk too much, just what is required. It would be even better if we did not have to talk at all. Unfortunately, you will not understand me unless I speak to you. This applies to everyone. We have to make ourselves understood somehow, because no one understands what is said in silence. Maybe in the future it will be possible to communicate with each other even while keeping silent. That would be preferable!

We should conserve and preserve our energy for the inner journey. When we sit for meditation, we have to shut down all our outgoing faculties so that our energy stays within us instead of flowing out—it is channeled in one direction and moves toward the third eye center. From there, the upward journey starts.

Sant Baljit Singh  
*Know Thyself as Soul Magazine*, 2011 Issue 1 (p. 7)

The more you become still, the very stillness—the very silence—will sprout forth into Light—into Sound Principle. Outer silence cannot give you that. You may have some power reserved from not talking, but that is nothing in comparison with the inner silence.

Sant Kirpal Singh  
*The Light of Kirpal* (Ruhani Satsang, 1980/1996; p. 223)



To remain silent  
is an art, just as listening  
is also an art.

Sant Baljit Singh

We need to find God, and  
He cannot be found in  
noise and restlessness.  
God is the friend of silence.  
See how nature—trees,  
flowers, grass—grows  
in silence.

Mother Teresa

Silence is a source of  
great strength.

Lao Tzu



# Natural Living

## Hibiscus Flowers

The hibiscus plant is a tall, leafy bush with large beautiful flowers shaped like trumpets. A member of the mallow family, hibiscus is related to okra and cotton. Like them, it loves sun and warmth.

There are over 200 species of hibiscus, with flowers in a multitude of colors, including white, yellow, orange, peach, pink, red, lavender, and burgundy. Hibiscus is a cheerful addition to gardens and landscapes. The flowers are enjoyed not only by people, but also by bees, butterflies, and hummingbirds.

Although the hibiscus is a famous symbol of the tropics, many varieties also grow in temperate climates. Some grow as perennials, and some as annuals. Many have edible flowers and leaves, which are used to add tartness to recipes and as health remedies.

Hibiscus tea is a popular ruby-red drink that can be served hot or cold. The flowers can also be blended into pies and jellies, cooked in soups and sauces, made into savory dishes, or placed as an edible garnish on salads, desserts, and other foods.

Hibiscus flowers are rich in vitamin C, minerals, and antioxidants. Many health traditions use hibiscus for treating colds, as an aid to weight loss, and for reducing blood pressure. Research studies found that drinking hibiscus tea can decrease blood pressure. This may be due to its diuretic properties and its ability to relax and open the blood vessels.



## Realize your full potential as soul, and blossom fully like a flower.

Sant Baljit Singh



## Hibiscus Flower Quesadillas

- 1 cup dried hibiscus flowers
- 2 tablespoons olive oil
- 1 red onion, finely chopped
- ½ teaspoon each: cumin, chili powder, black pepper
- ½ teaspoon Himalayan salt
- 4 whole-grain flour tortillas
- 1 cup each: baby spinach, cooked corn
- ½ pound / 250 g shredded cheddar cheese

In a saucepan, simmer the hibiscus flowers in 4 cups water for 6 minutes. Turn heat off. Strain the liquid into a jar and set aside to make tea (recipe in the right column).

Heat 1 tablespoon of olive oil in a skillet over medium heat. Sauté the onion and drained hibiscus flowers for about 5 minutes. Add the spices and salt. Sauté another minute.

Cover each tortilla with a layer of cheese. Add a layer of spinach, corn, and onion-hibiscus. Fold each quesadilla in half. In a large skillet, heat 1 tablespoon oil over medium heat. When oil is hot, place quesadillas in the skillet. Cook until the tortilla's bottom is light brown. Flip. Cook until the other side is light brown. Cool on a cutting board for 2 minutes. Cut into wedges. Serve hot.



## Hibiscus Tea

- 8 fresh hibiscus flowers or ½ cup dried flowers
- 4 cups water
- ¼ cup honey (or less, as per your preference) or equivalent sweetener
- 1 tablespoon lemon or lime juice (optional)

Pick 8 fully open hibiscus flowers. Use more for stronger tea. Remove the petals from the flower and rinse them. Bring the water to a boil in a pot. Add the hibiscus petals. Turn off the heat. Cover and let steep for 15 minutes. Strain into a pitcher. Add the sweetener and lemon or lime juice. Stir. Garnish with fresh mint or basil leaves, if desired. Serve hot or cold. Very refreshing!

### How to make tea using the liquid from the Hibiscus Flower Quesadillas recipe:

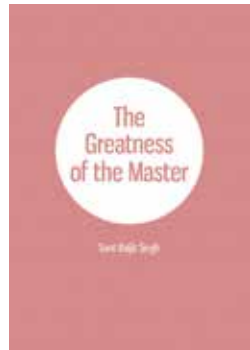
Add another 4 cups of water to the 4 cups of liquid set aside from the Hibiscus Flower Quesadillas recipe. Add up to ½ cup honey (as per your preference) or equivalent sweetener and 1 or 2 tablespoons of lemon or lime juice (optional). Serve hot or cold.





Books from the Masters provide us with good teachings. We should follow these good teachings and apply them to our lives.

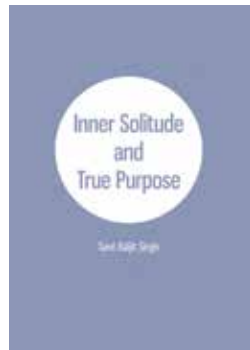
Sant Baljit Singh



### The Greatness of the Master – NEW

Sant Baljit Singh describes the unique relationship between the spiritual Master and the spiritual aspirant. The Master has attained God-realization and has dedicated himself to helping others do the same. With love and compassion for all, he helps spiritual aspirants perfect themselves through meditating on the inner Light and Sound and adopting an ethical lifestyle.

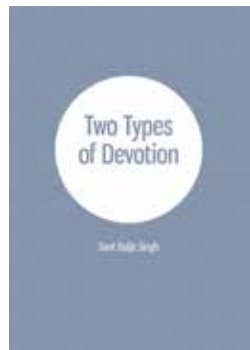
Softcover booklet: 16 pages



### Inner Solitude and True Purpose

Sant Baljit Singh explains that our true purpose as humans is to become one with God, just as a seed's purpose is to become a full-grown tree. When we withdraw our attention from the outside world and our thoughts are silent, we can attain an inner state of solitude and begin to commune with God.

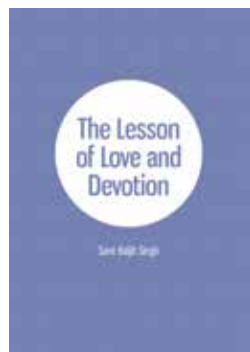
Softcover booklet: 16 pages



### Two Types of Devotion – NEW

In this talk, Sant Baljit Singh explains that extroverts prefer outer devotional services, whereas introverts prefer inner devotional practices. The essence of both methods is to become one with God, who is everywhere and yet also is only one. The purpose of devotion is to find the unity within the diversity of life.

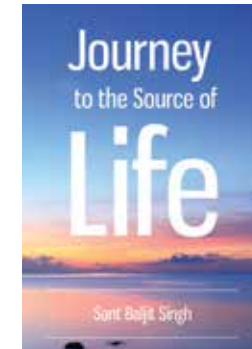
Softcover booklet: 28 pages



### The Lesson of Love and Devotion – NEW

Sant Baljit Singh explains that we must develop our ability to love, because this is how we attain oneness with God. Along the way, we learn kindness, compassion, sympathy, and forgiveness. When we begin to see God in everyone, we are able to serve everyone with love. Through love and devotion, we become absorbed in God.

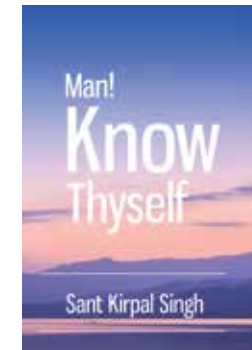
Softcover booklet: 24 pages



### Journey to the Source of Life – NEW

With a fresh yet timeless perspective, Sant Baljit Singh provides practical answers about the basic purpose of life and the way to achieve it. Topics include the search for happiness and wisdom; discovery of our inner potential; choosing a lifestyle that supports spiritual goals; the significance of love and service; and how to connect with the inner Light and Sound, which leads to the eternal source of all life.

Softcover book: 164 pages



### Man! Know Thyself – NEW EDITION

People have always wondered how to find lasting happiness and peace. In this book, Sant Kirpal Singh (1894-1974) explains that the pathway to self-knowledge—to knowing and experiencing one's eternal essence—provides an answer. He describes how to progress on this pathway, including meditation on the inner Light and Sound, an ethical lifestyle, and the guidance of a spiritual Master.

Softcover book: 106 pages



### Enjoy Being Vegetarian! Information and Inspiration for the Vegetarian Diet

This new booklet introduces the vegetarian diet to those interested in becoming vegetarian and maintaining this eating style. In a small, colorful booklet format, it offers information on all the basics, including making the switch to vegetarian, stocking the kitchen, vegetarian nutrition, recipes—and inspirational quotes!

Softcover booklet: 32 pages

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# Reflections

Sant Baljit Singh

As with all things in life, whatever we focus on, we advance in that quality. That is why the Master reminds us again and again that in order to evolve spiritually, our remembrance and focus should be on the Divine, God.



All that is to happen can only happen when living in the present.



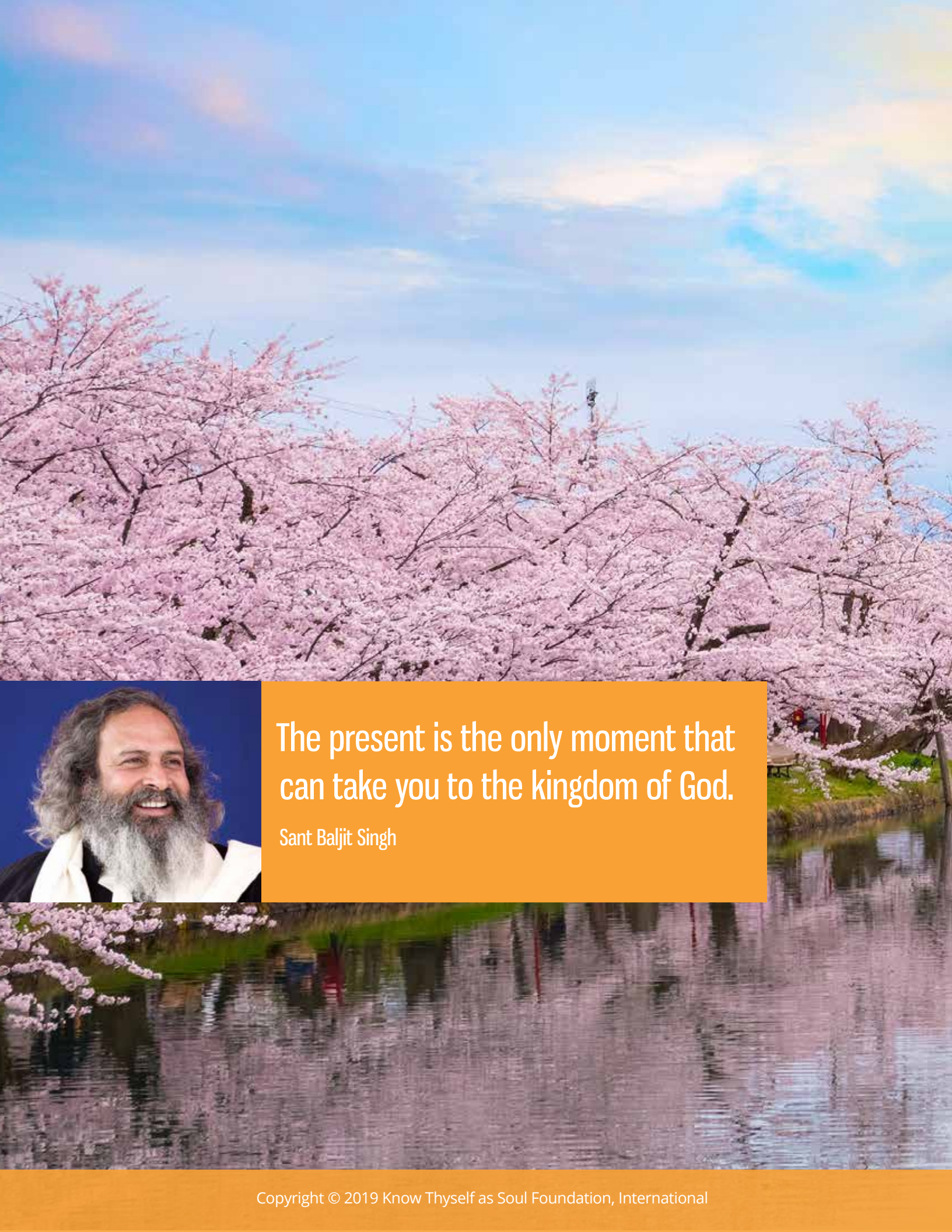
We only focus on what we desire or what we yearn for. In the material world we focus on our desires and spend so much time fulfilling our worldly desires. Yet whatever we gain in the material world, we will have to leave behind one day. Our belief that this existence in the material world is our true essence is due to delusion only.

This creation is part of God's kingdom, and humans and animals are part of this creation. Animals are controlled by nature, and nature has its cycles, whereas we human beings, as the Masters have explained, are created with full freedom to do good or bad deeds. This freedom makes us responsible for ourselves and for others too. As humans, we have the ability to break free from the cycle of birth and death by exercising freedom in the right way to overcome our worldly desires, do good deeds, show compassion toward others, and make time for our spiritual practice in order to realize ourselves as soul and, in turn, realize God.

That is why the Masters keep reminding us to focus on realizing our true essence as soul and thus realize our true potential, as we have this opportunity only in the human body. In the spiritual world this focus is called a yearning for God.

Sant Baljit Singh  
Guru Purnima Message 2018





The present is the only moment that  
can take you to the kingdom of God.

Sant Baljit Singh