

## Satguru Ajaib's Eternal Teachings

**1.** Human body is a priceless gift from God Almighty and is considered the highest in all Creation, next to God. It is only while in the human form that the soul can unite with God Almighty. Human birth is given to a soul one time after it completes the cycle of Transmigration, which is the unending cycle of births and deaths through myriad forms and species of creation over Aeons and Ages of time. If during the human life, one finds the Perfect Living Master, receives the Gift of Holy Naam, does Simran and meditation, and follows His teachings and instructions; then by His Grace that soul is liberated from this cycle of birth and death and is reunited with The Almighty Lord in the Eternal Plane, the region of Pure Bliss, Light and Peace.

**2.** The Path of the Saints or Perfect Masters teaches us to live a good, clean and moral life; with love, kindness, reverence, and helpfulness towards others. They say that we Should never injure anyone's heart. In the Path of Sant Mat, (Path of Masters) it is said that if you want to be happy, then make others happy; if you want to be blessed, then bless others; but if you will injure anyone then you will be injured. This is The Great Law.

Masters want us to have good thoughts, good words, and good deeds. If we think of doing good to others, God will think of our good; and if we do good for others, God gets something good done for us. The Masters say that the more we serve others in a silent way, with love and humility, in a smiling, eager and spiritual mood, the more we will progress spiritually and gain the pleasure of Master; because when we serve others, we are serving Him.

**3.** A Satsanghi (Initiate or disciple of Master) should live a life of love and harmony with the family and others around him; and make a heaven on earth in the home and family life. Living this way, our mind will go towards God and we will have more love for God. Master teaches that if we love others for the sake of God residing in them, then we gradually become like God. God is love.

Everyone makes mistakes at some time or other. Some make bigger mistakes, others make smaller mistakes; whatever one has done, we should always forgive them. In the Court of the Lord and in the Heart of Saints, there is only forgiveness and mercy. Saints stand for forgiveness and not justice. God Almighty will forgive us, if we forgive others. It is from a brave and noble heart that one forgives, and when we give forgiveness, then we gain the pleasure of the Master and the Lord.

**4.** Satsanghis live a truthful life of simplicity and earn their livelihood by hard work and honest means. He lives a life of simplicity; thus making it possible to share what he has earned with those who are less fortunate. He who goes too much after the riches and

power of the world commits more sins. A devotee of this Path remains happy and grateful with what God has given.

**5.** A devotee has faith in God and the Master and has no worries. He knows that like a mother takes care of the child even when he is sleeping, the Master, whose love is thousands of earthly parents combined, will always take care of him, and provide all what is required.

A disciple of Master always remains cheerful, no matter what happens and despite the severity of circumstances that may come. He praises His Master and recognizes His hand in all things, understanding it has happened for his good and improvement.

Saints say that man proposes, and God disposes. Live content in the Will of God, whatever He does, knowing it to be in our own best interest. What is written in our destiny has to happen. Six things are written in our fate in advance, even before our body is made. Richness or poverty. Good health or poor health. Happiness and sorrows. Nothing can be hidden from the Master; He is All Conscious and knows everything about the souls. Will He ever let you really suffer? He may cut the cloth into pieces; like a tailor does, but then stitches the small pieces back together into something beautiful and useful. Slowly He stitches your life into something that He wants it to be. Do more Simran so that you can accept the will of Master.

**6.** Sant Mat teaches a life of contentment. One should have only one partner or companion in life and remain content and devoted to their spouse for the entire life, sharing the happiness and sorrows, and live happily together in a serene, simple manner. Whomsoever God has united let no earthly power disunite. Like this, they are able to do the devotion of God and follow the path of Naam as taught by their Master. An Initiate understands this relation as the most sacred relation and looks upon all others as brothers and sisters.

**7.** Sant Mat is the path of doing, not of talking. God first and world next. One learns swimming in water, not on dry land. Masters say to eat less, sleep less, talk less, and do more Simran and meditation. Where there is a will, there is a way. Masters say that effort and Grace go hand in hand. Efforts of the disciple and Grace of the Master are both necessary, and with both working together, what is there that cannot be accomplished. They say the greater the effort, the greater will be the Grace.

**8.** Masters Teach that all life is created from One Great Source, God Almighty (Naam or Shabad), and all are equal in the sight of God. We should therefore remain humble and lowly, having respect and reverence for all life, understanding that God Almighty resides in every living being.

Saints teach non-violence and kindness to all living beings. For this reason they teach us to consume a strictly vegetarian diet, because in the law of karma, every action has a reaction; as we sow; so shall we reap. The food that we eat should not have been the cause of suffering. They prohibit the use of intoxicants (Including Liquor, alcohol, tobacco, narcotics, illegal drugs, etc.) which dull our consciousness and make us do wrong things.

**9.** The Masters say that we should understand all that we have in this world as a gift of God. If we understand that all this creation is His, it is all His Play, then we will not do things that take us away from Him. But if we understand all things as ours and get attached to them thinking they are all "mine"; then we commit sins and go further away from the Path and the Lord.

**10.** The Path of the Masters is the Path of Love; and all who come on this Path by His Grace and Mercy, receive the Nectar of Naam, by drinking which the desires and hungers of the mind get satisfied, the soul gets real peace and contentment, and by Master's grace, gets reunited with Almighty God in the Eternal Plane.

**11.** Masters give the gift of Naam to their Initiates and show the path and technique of meditation on the Naam; by doing which, one gets liberation from the cycle of birth and death and reunites the soul with the Eternal Almighty Lord. This is the True Path, as taught by all the perfect Masters and Saints through all ages.

By doing the meditation of Naam every day we are giving the food to our soul. The path of meditation will change the habits of our mind and will help us develop the good habits and qualities that will help elevate our soul and allow it to follow the journey to its eternal home. The Holy Path and sacred technique of the Surat Shabd Yoga; the meditation of Shabd Naam (Inner Light and Sound Principles) and Simran taught by the Masters of this Path, have been going on throughout all eternity.

**12.** Saints advise to never find faults or criticize others, rather, to reform one's own self. One cannot possibly imagine their loss from criticism of others. If one wants to meet God in this lifetime; then do not hurt anyone's heart. The hearts which He has created are considered to be the throne, the palace where God Himself resides.

**13.** Saints say that everyone who is born into this world also has to leave it one day. Life is ephemeral and transitory, then why be attached to the false things of the world. Nothing is ours and nothing goes with us; yet the sins one commits to gain worldly wealth and power will have to be settled by our own selves.

A Satsangii is told to live each day as though it were their last day on earth. Our life and actions should be as we would do or not do while knowing we are about to depart this world. Then we will make the best use of this precious human life and will not make mistakes and commit sins.

**14.** Masters emphasize that to take care of parents and elders when they need our love and help is considered to be of greatest importance and a blessed opportunity. You should take care of your elderly parents and while doing that make maximum effort to do Simran, understanding that Master will take care.

**15.** Begin and end the day with the meditation of Shabd-Naam. Rise from sleep at 3 AM, the "Ambrosial Hour", a time when there are no outer disturbances, and the spiritual currents are more favorable. Again at night, before going to sleep, a devotee meditates and imbibes the sweet remembrance of the Lord, filling the heart and mind with His Holy Essence. Doing the meditation of Naam every day is giving food to our soul, and having mercy on our own selves.

Dear ones are to give first preference to doing Simran every day with love. All we have to do to complete our Simran is to change the habits of our mind. Simran is the power that can do that. Simran is God Almighty. We can sit in Simran longer if our mind is at ease, and at rest. Love for God and all creation will bring rest to your mind. Simran will bring love within your heart, and calmness to your mind. Simran has the Power to get all our jobs done. When Simran is with us, Master is with us. The Simran of the initiate should be like the flow of oil, which never stops. Keep on doing Simran. Bring your mind back to Simran again and again. If the mind wanders away in the thoughts of world, you again bring him back. Keep on doing Simran, over and over again. Gradually your mind will start to like Simran, and then it will make you do Simran all the time; it will not let you stop doing Simran. Sant Ji said that He had done Simran like this, and His soul got all happiness.

**16.** The company of Saints (Satsang) is the truly beneficial thing for human beings. 20 minutes spent in the company of a Saint will give you more spiritual benefit than 100 years of penances and meditation at your own homes. We have been separated from God Almighty for so long that we have even forgotten that we are separated from Him. By meeting the True Guru we then remember we had become separated from the Lord since Ages and Aeons ago.

Sant Ajaib Singh Ji used to say that it is great destiny to get the human body, and still greater to meet the Master. It is still greater if He gives us the gift of Naam, as liberation is only in Naam. It is still greater yet if we come and listen attentively in the Satsang of the Master and act on His words. Even still greater destiny is if we improve our life according to His instructions, do the meditation and Simran and manifest Him within.