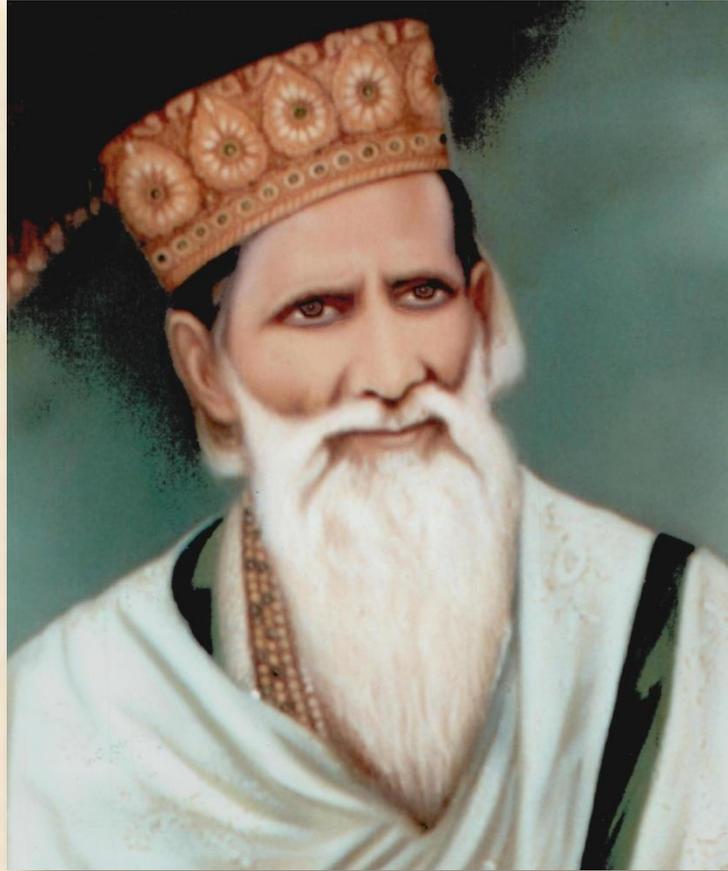


SOAMI JI MAHARAJ



“The Supreme Being is within you as fragrance is in the flower. The flower is seen but not the fragrance... So it is with the Supreme Being within, who can be realized by those who have had spiritual awakening.”

The Essential Teachings

English translations of the original Hindi texts
by Sant Das Maheshwari

INTRODUCTION



Soami Ji Maharaj (1818-1878) had lived in Agra, India, and had taught the *Surat Shabd Yoga*. Referred to as “the imperial highway to heaven”, it emphasizes the union of the soul with the divine sound current that in time can transport us beyond the spheres of birth and death, and thereby attain immortality in the highest spiritual regions. The essence of this *Abhyas* (meditation) is *Shabd* (Sound), which can only be heard within when the mind is quieted. It is a spiritual practice that far transcends all book knowledge by allowing the practitioner to ultimately *experience* the divine and heavenly regions within themselves, rather than to merely conceptualize them: “*Many have tired themselves out with reading books; without ‘Love’ they can*

gain nothing. They give explanations and interpretations of religious teachings and feel puffed up. But they do not know the essence of realization.”; “(They) never read the book of internal knowledge, nor encourage others to do so.”; “As regards to Sants, they elevate their Soul to heavenly regions... Their exalted position, status and knowledge are beyond the reach of human mind.” - SOAMI JI MAHARAJ

It has been documented that Soami Ji Maharaj could be in meditation for 2-3 days continually with His soul all the time elevated in the highest spiritual regions. Shortly before His departure, He had said to a disciple, “***True contemplation means that one is able to withdraw one's Surat (soul) and bring it down at one's will. I have already moved up the location of My spirit in the lap of Sat Purush last night. I have come down only to say a few words to you.***”

The Sat Gurus of Sant Mat have revealed that we exist in a multi-dimensional universe that has 8 primary regions (or 18, including sub-heavens) most of which were unknown to the Vedas, the Bible and other ancient religions. The material world we believe to be reality ranks the lowest in this hierarchy, as

we are told our spirits (*jivas* or *surats*) originally came from the 5th region known as Sat Lok and have been here since the beginning of creation. We have all lived and died many times and in many life forms, and yet it is only in the human body where we can discover who we truly are as spirit and elevate our soul to higher regions. This wheel of birth and death is a result of the *karmas* (actions) we have committed in the world and is a never ending cycle. There have been numerous lives and heavens and hells we have endured, but with each birth we are made to forget: ***“Your stay in the body is for four days only. Thereafter, you will again fall in the cycle of births and deaths.”*** We are told that salvation lies in our ability to go within ourselves, via the Surat Shabd Yoga, by listening to the inner Sound Current (*Shabd*) and attaching ourselves to the living Sat Guru. These are the Highest Souls who have incarnated in this world for the sole purpose of taking our spirits back to our eternal home. A home we have tragically forgotten.

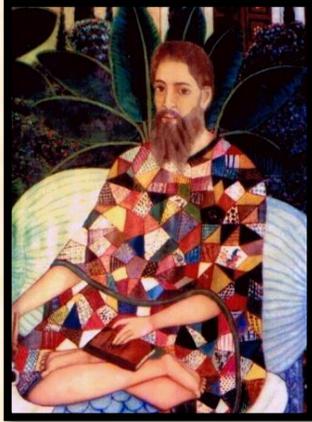
‘RADHASOAMI’ is the True Name of the Supreme Being that was revealed to the world by Soami Ji Maharaj and can actually be heard in the most refulgent spiritual regions by advanced adepts. It also represents the original abode from which all creation had emanated and the most powerful Mantra used in meditation. Soami Ji Maharaj was the incarnation of Radhasoami Dayal, who came into the world, not because of His accumulated karma which is the reason why we’re all here, but because of His love for the spirits of mankind and to free us from the karmic bondage of this darker universe. His advent on earth can be seen as the zenith and culmination of *Sant Mat*, which had started with St. Kabir and Guru Nanak in the 15th century.

It was St. Kabir’s successor, Dhani Dharm Das Ji, who had prophesied the coming of Soami Ji Maharaj when he declared ***“It is in Agra (India) that the Supreme Father will come to this world.”***

“The Supreme Being, the Ancient of Ancients, has graciously made His advent here. He reveals the secrets of Alakh and Agam (the highest heavenly realms). He declares His Name RADHASOAMI. He has opened the rail track of Surat Shabd Yoga. He takes spirits to Agam Lok, the inaccessible region.”

(‘Sar Bachan Poetry’)

This was not be the only indication that the Supreme Being would incarnate in Agra, India, the other would a confirmation of this event.



Tulsi Saheb was a revered Sat Guru of Hathras, and like the August Founder, had also been a *Swatah* (born) Sant. It has been stated that shortly after Soami Ji Maharaj's birth at Panni Gali in Agra, Tulsi Saheb informed His mother that her Son was the *incarnation of the Supreme Being*. Soami Ji's nature was thus far removed from that of a normal child, and in truth, His prodigious talents only confirmed His divinity. After attaining the age of five, for instance, He began to devote Himself to the most advanced spiritual practices, mastered several languages and informed all who

would listen that the world is a vast trap. There was an occasion when Soami Ji Maharaj, as a young child (6-8 yrs.), was attending a discourse of Tulsi Saheb in Agra with His family, when He asked the Saint of Hathras why He failed to mention the three highest spiritual regions after having stopped at Sat Lok. Tulsi Saheb replied, ***"It is for You to give out their secrets."***



In 1861, Soami Ji Maharaj began public *Satsangs* (devotional meetings featuring Sat Guru discourses), and initiating thousands in the Surat Shabd Yoga. **Huzur Maharaj** ('Salig Ram', 1829-1898) was the individual most responsible for this occurring. He was the August Founder's chief and most beloved disciple and appointed Sat Guru successor: ***"I pray to Sat Guru to start Sant Mat openly. I wish that the whole humanity be redeemed, and I may witness this glory."*** It was Huzur Maharaj who had documented and compiled Soami Ji Maharaj's most sacred writings and discourses and put them into print in the form of poetry and prose. He did indeed witness the birth of the

Radhasoami Faith, and was the primary impetus of its propagation after having been given the torch by Radhasoami Dayal, Himself. This Sant Sat Guru lineage continues to this day at Soami Bagh in Agra, India.

THE FOLLOWING QUOTATIONS OF SOAMI JI MAHARAJ ARE FROM HIS 'SAR BACHAN POETRY' & 'SAR BARCHAN PROSE' (unless otherwise credited), ORIGINALLY PUBLISHED IN 1884 IN THE HINDI LANGUAGE. THE ENGLISH TRANSLATIONS ARE BY SANT DAS MAHESHWARI (PERSONAL ASST. TO BABUJI MAHARAJ). THE ITALICS AND WORDS INSERTED ARE TO HELP THE READER UNDERSTAND MUCH OF THE SANT MAT TERMINOLOGY.

THE ESSENTIAL TEACHINGS



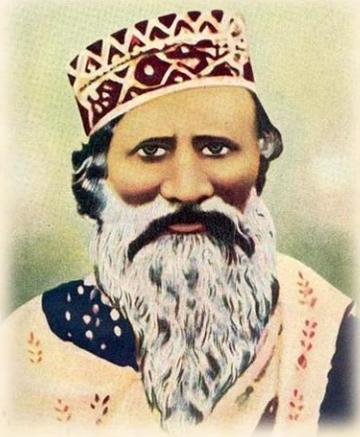
“This world is perishable and so also is all that pertains to it. A wise man is he, who, having closely examined the nature of existence here has realized that it is all transitory and illusory, and consecrated his human form by devoting himself to Bhajan and Sumiran (Listening to the Sound Current within and Repetition of the Holy Name). And who, taking the fullest advantage of the various faculties which the Supreme Father has graciously endowed him with, translates that precious jewel within him, which is spirit or the essence of his being, to its original abode.”

In this initial passage of *Sar Bachan Prose*, Soami Ji Maharaj summarizes the principal tenets of Sant Mat, asserting that the material world we have immersed ourselves in is not our true home, nor the immediate heavens above it. The Sant Sat Gurus have revealed that the creation of the heavenly and material realms occurred in Three Grand Divisions, each having 6 regions –

- 1.) **SPIRITUAL** ('Sat Desh') – This is the True Abode of the Supreme Being, where Pure Spirit exists without matter and where LOVE reigns supreme and is virtually Infinite. The Heavenly Bliss experienced in these Highest Regions is said to be unimaginable by human perspective.
- 2.) **SPIRITUAL-MATERIAL** ('Brahmand') – In this division, pure Spirit still dominates, although now with the admixture of Matter (Maya). The God worshipped in the Bible and all religions of the world, with the exception of Sant Mat, resides here.
- 3.) **MATERIAL-SPIRITUAL** ('Pinda') – In this lowest division, Matter now completely dominates over spirit as we have ignominiously forgotten who we are and our true spiritual home. Here, time also exists which is necessary to entrap our soul in the ramification of actions or karma.

Each one of these divisions has 6 sub-regions, 18 in total. These in turn correlate to the 6 chakras of the human body, which are a microcosm to the macrocosm of all creation. Below are the names of the 8 primary regions -

THE GRAND SCHEME OF ALL CREATION			
8 Regions		ANAMI LOK	<i>The Nameless Region</i>
7 of		AGAN LOK	<i>The Inaccessible Region</i>
6 all		ALAKH LOK	<i>The Invisible Region</i>
5 Spirit	ALL SPIRIT	SACH KHAND	<i>The True Home</i>
4	SPIRIT MATTER	BHANWAR GUPHA	<i>The Rotating Cave</i>
		MAHA SUNN	<i>The Great Void</i>
3	SPIRIT MATTER	DASWAN DWAR	<i>PARABRAHMADDA Supercausal Plane</i>
2	SPIRIT MATTER	TRIKUTI	<i>BRAHMADDA Causal Plane</i>
1	SPIRIT MATTER	SAHANSDAL KANWAL	<i>ADDA Astral Plane</i>
	ALL MATTER	MATERIAL UNIVERSE	<i>PINDA Physical Plane</i>



Soami Ji Maharaj gives us a glimpse into how our spirits originally came into this last Grand Division, and have now become imprisoned in it: ***“The spirit was sent down into the world for witnessing the wonderful phases of the creation; but having come here he has lost all remembrance of the Supreme Creator and has become completely engrossed in the spectacle. Just as a child holding his father's hand goes to the bazaar to see the fair, and losing hold of his hand engages himself in seeing sights, with the result that he neither enjoys the fair nor finds his father but wanders aimlessly from place to place.”***

“The soul or spirit is known as Surat or Ruh. It has descended from the highest region, that is, the regions of Sat Nam and RADHASOAMI and has taken location in this body. It has become enmeshed here in the mind... and so tight are the bondages of the body and things connected therewith that it has become difficult for it to extricate itself... Inner bondages are the mind, and the external bondages comprise property, family and kinsfolk. The soul, that is spirit, is so much entangled in these two kinds of bondages that it has even lost consciousness of its original home.”

“The jiva or soul was thrown into one of the four khans (species of existence), according to the Karams he performed while alive. Kal (Satan) devours all jivas in this manner. They are born and die repeatedly, and suffer horrible pain.”

“The states of wakefulness and dream are both marked by forgetfulness. The ignorant spirit is lost in a labyrinth. He has become an alien here. He has lost memory of his original home. He is wandering in different species, assuming various bodies fruitlessly... After innumerable wanderings, he has attained the noble human form. But alas! He is smitten here by the mind and senses.”

HIGHER & LOWER REGIONS OF CREATION



Because Soami Ji Maharaj had come from the 8th and highest spiritual region of RADHASOAMI, and had access to all lower regions, He had argued that when the celebrated adepts of the past had seen the light of the 1st heaven above the physical world, they were mistaken to assume that it was the Supreme Being. Although, this essentially became the basis of all the world religions that have been promoted under this general falsehood: *“Whichever stage a person reached, he regarded it as final and its deity as infinite. So he prescribed the worship of that very deity. The reason is that the Supreme Father has in His bounty created all the regions as reflections or shadows of the original one, so that in the lower regions also there is a resemblance more or less of the blissful conditions and features prevalent in the highest. But there is a great difference in the intensity of the bliss and its duration in the various regions. The creation in each region is also distinct, increasing in purity and subtleness as one goes higher and higher. But only he who has been through all the regions can know this. Otherwise, he who reached a particular (lower) stage, saw the form and effulgence of its deity and took him to be infinite, limitless, creator and supreme.”* / *“It appears necessary to state here that when the ancient Sadhs, Yogeshwars and Mahatmas found that the secrets of the higher regions were very subtle, everybody could not understand them and it was also very difficult to practice Pranayam (breathing meditation) for attaining them, especially during the later days when none but a Brahman was allowed to read religious books, they only revealed the secrets of the lower regions in the first instance and kept to themselves the secrets of the higher ones. The idea was that as the devotee progressed, he would be initiated gradually into the secrets of the higher regions. But this path and its practices got so out of date that even adepts of lower order became rare... Day by day inner secrets were forgotten and everybody became a worshipper of the superficial.”*

HIGHEST REGIONS OF THE SANTS



In truth, the Highest Spiritual Regions have only been known by the Sant Sat Gurus, which were first revealed by St. Kabir and Guru Nanak. It is They who were given permission by *Mauj* (divine will) to speak of the stages up to Sat Lok (5th region): ***“None reached there except a Sant, and none is a Sant till He reaches there.”*** Sat Nam or Sat Lok was, and is, infinitely higher than any “heaven”

that has ever been referenced by the various religions of the world. And since the advent of Radhasoami Dayal on earth, it is now possible to go three regions higher - to the original and holiest abode of Anami Purush (8th spiritual region): ***“It has been stated that the region of Sat Nam which is also called Sat Lok and Sach Khand is very high and is the Holy Abode of Sants. There are three more stages above it, which had not been disclosed by any Sant. Now Param Purush Puran Dhani Radhasoami Dayal (Soami Ji Maharaj), out of extreme mercy, has described them in detail. He has disclosed the secrets of, and conditions prevailing in those regions. He has also been pleased to disclose the highest region, RADHASOAMI Pad. This is the beginning and source of all and is the real mansion of Param Sants.”***

In the beginning, Soami Ji Maharaj had revealed the Radhasoami Name and Mantra only with His most advanced disciples, who came to realize not only that He was the incarnation of RadhaSoami, but that this Name had power over all negative forces. For this reason, anyone who puts their faith and trust in this highest of all God Names will truly be blessed: ***“Now it must be understood that Radhasoami Pad is the highest stage and that RADHASOAMI the Name of the Supreme Being, the True Lord and God. Two stages below it, is the region of Sat Nam. Sants have variously referred to it as Sat Lok... it is clear that these two regions are the abodes of Sants and Param Sants. For this reason, Sants (Sant Sat Gurus) rank the highest. Mind and matter do not exist in these regions”***

THREE LOWER REGIONS OF KAL



The literal translation of Kal is “Time”. Kal is also synonymous with the personality referred to in the Bible as Satan. He is the Negative Power, because the three regions of his creation (causal, astral & material) are illusionary and lie very low. Above these regions, however, time does not exist and this is why time has been associated with Kal. Soami Ji Maharaj tells us that Kal-Satan originally came from the same region as all spirits (Sat Lok), although he can never return, unlike those initiated in the Radhasoami

Faith, who have the inherent ability while in the human form: ***“The spirit cannot attain liberation when Kal devours him, soul is indestructible and Kal cannot annihilate it. He (Kal) can only consume the body, through water, fire or earth. There is no affinity between Kal and the spirit, because since their descent from Sat Lok (5th spiritual region), both have been enclosed in covers upon covers. Kal cannot return; but the spirit who meets the Sat Guru can have his covers removed by the grace of, and devotion to the Sat Guru and can also return to Sat Lok. He cannot return home without shedding the covers and the covers cannot be removed without Shabd (Sound)... Kal goes on eating up spirits but remains invisible... The three Loks (lower regions), the various incarnations and gods are all within the jurisdiction of Kal, while Sants have gone beyond. For this reason, he who will take refuge in Sants shall go beyond the domain of Kal.”***

Soami Ji Maharaj had revealed that ***“all prevalent religions of the world are religions of Kal”***, while the highest of Sant Mat continues to be generally unknown by the greater masses: ***“Jivas (human spirits) do not know the greatness and superiority of Sant Mat. They are wasting their lives in adherence to the religions of Kal... The whole world is duped in ignorance. To whom shall I explain this truth?” / “How cleverly has Kal spread out his net in this world can be seen from a close examination of the conditions of those who are supposed to be devoted to religion, believe themselves to be religious and pass as such in the eyes of the world, but who will be found not to have an iota of Parmarth (true spirituality) in them.”***

INDIVIDUAL & UNIVERSAL MIND



One of the principle teachings of Sant Mat is that we all possess two separate, distinct, and yet inter-connected minds. The human mind is actually the byproduct and linked to another in the Astral and Causal Plane. These two are known as the Individual Mind (*Pindi*) and the Universal Mind (*Brahmandi*). The Causal Region is also where the Universal Mind stores the karmic memories of every life we've ever lived, or ever will live, since we first entered into lower creation. Both of these are, again, the instruments of Kal. They are used to stop our spirit from ascending upwards. Only when the mind is subdued or quieted through the Surat Shabd Yoga can we experience ourselves as pure spirit and gradually ascend to the greater spiritual regions of our origin:

“There are two minds, Brahmandi (Universal) and Pindi (Individual)... The spirit has got so much attached to the mind that it is wholly inclined with it towards the lower or the material regions... In short, the knot of the spirit and matter shall not be unraveled until the spirit breaks or weakens the fetters of the body of the mind and of the senses... and proceeds towards its real home and reaches beyond the Universal Mind (Brahmandi). Mind, senses, body, worldly activities, pleasures, etc. are gross and impure; whereas the spirit entity is subtle and life-giving. By the association of spirit with mind and matter a knot has been formed. As long as this knot is not unfastened, that is, association with Maya or Matter is not terminated, there cannot be real salvation and the seed of desire and hankering will not be annihilated.”

The Sants have all stated that the mind is the enemy of the soul, which habitually attaches itself to lower material desires: ***“Like a dog, the mind goes from door to door, taking the poisonous food of falsehood. It gives rise to desires for riches, property and pleasures. It is arrogant, proud and conceited. It has attached itself to the world and kith and kin, who are all false... It again and again lapses into a state of delusion. It indulges in trickeries, jealousy and slander, and goes on increasing the sins all the more.”***

THE FIVE ENEMIES OF THE SOUL



Soami Ji Maharaj was a perfect Sant Sat Guru who had had overcome the human weaknesses that most all of us possess. Accordingly, He taught that the five greatest vices of the soul are *Lust, Anger, Greed, Attachment and Egotism*. These are referred to as the “Five Enemies”, and it’s these five human frailties that hold us back spiritually and ultimately condemn us to the region of matter: ***“Those in whom matter and spirit are tied into a knot, indulge in desire, anger, greed, attachment and egotism... Inwardly, they enjoy the pleasures of these passions.***

Whereas, desire, anger, etc..., do not come near those whose spirit has been released from the stress of matter.”

“The human body is perishable in a moment; then why be proud of its youth and beauty? Just as leaves fall off the trees in autumn, so shall the bloom of youth fade away in a short time. Therefore, it is but proper that the human body should not be wasted away for nothing. It should be devoted to finding the Beloved Master (i.e., Sat Guru of the time)...” / ***“The worldly are those who yearn after the pleasures of the world and feel unhappy if they do not get them, or have to give them up. Little do they realize that the pleasures of the world are in reality sorrow and misery, and will betray them in the end.”*** / ***“Ever since the spirit is born, Kal (the negative power) is with him... When Kal will come to take away the spirit at the time of death, however much the spirit might weep, no one would be able to help her.”***

“Ram (Kal) who is the creator, preserver and destroyer of the three worlds is the enemy of the spirit because he separated him from his original abode and entangled him into the cycle of birth (transmigration) and then set on him innumerable internal and external enemies, i.e., internally he involved him in desire, anger, greed, affection and egotism and externally attached him to mother, father, children, wife, friends, wealth, property and sensual pleasures.”

TRANSMIGRATION OF THE SOUL



The fact that we have attained human being status means that we have all lived many lives, although these are rarely remembered as we are made to forget them. With the exception of higher level Sants, who incarnate in the world for the sole purpose of liberating us, most of us would have had to have gone through what the Sants estimate to be '8,400,000' different life forms before we even

became human. This is referred to as '*Chaurasi,*' or *Cycle of Eighty Four:* ***"This valuable body you got after roaming in millions of lower lives."*** Even after becoming human, however, there is no guarantee that our soul will continue to reincarnate as a human being. What is our redeeming factor? Once again we are told that it is our attachment to a Sat or Sadh Guru, who has attained perfection that can ultimately wipe away much of our accumulated karma: ***"A few minutes' association with a Sadh (Guru) washes away sins of millions of births, provided the Sadh is a perfect one."*** This cycle of birth, death and rebirth is perpetual in the regions created by Kal and is the reason why it's imperative to devote ourselves to spiritual practices daily while we have been given the gift of the human faculties: ***"Man suffers from three known and three hidden maladies... The first malady is the liability to birth and death; the second is the struggle and wrangling with the mind which is the Lord of the three Loks (the lower material regions); and the third is ignorance, for the soul does not know who he is, whose essence he is and where is his source."***

The Sants have told us that the world we live in is the abode of death, darkness and transmigration, whereas Shabd (Sound) is life giving and can be heard within everyone: ***"Jivas (human spirits) are roaming in the cycle of births and deaths. They eat, drink and make merry, developing pride and egotism... Those who consider themselves big shall suffer. He who is humble and meek at heart, will get his Surat (spirit) merged in Shabd. Without Shabd (Divine Sound), the whole world is groping in the dark."***

Soami Ji Maharaj confirms that we are all bound by the Law of Karma in this lower region, which is ruled by Kal-Satan ('Elucidation of Jap Ji'): ***“Man sows the seeds of his Karmas and then reaps their fruits. It is at the Ordainment of that Supreme Being that all are born to undergo the consequences of their karmas...”***; ***“Some are sent to paradise and others hurled into hell. The virtuous and sinners alike are under the control of Dharma Rai (lord of death).”***

ROLE OF THE SAT GURU



Sant Mat has always placed great importance on the *Sat Guru of the time* or living Sat Guru. In truth, He is virtually indispensable to our spiritual salvation. Why? Primarily because They come from, and are in communion with, the higher spiritual regions They tell us about. They also provide the necessary protection as guides to the spiritually deaf and blind, if you will, and eventually manifest Their true divine form within the initiate as they progress in their meditation: ***“One who desires to have communion with the Lord, must seek Sat Guru in the person of Faqirs and Sants.”*** We are also given the following definition: ***“A real Sant is one who has ascended up to Sat Lok and is in communion with the true Lord.”*** This is where our soul originated prior to descending into the lower material regions, for most of us, millions of years ago. Soami Ji Maharaj tells us that finding and serving the Sat Guru of the time is the key to all our salvation: ***“Your only Lord is the Sat Guru. Your object will be served first by attachment to the human form which He has assumed. His other form is that of the Supreme Being, i.e., Sat Purush Radhasoami who is your true Lord.”***

What is generally not known is that there can only be one *Sat Guru of the time* manifest in the world, and is “kinetic” or active at all times. It is He that functions on the highest spiritual level and is conscious both here and on the higher planes of existence simultaneously: ***“Now hear about the status***

of Sat Guru from me, although words are too inadequate to give even the remotest idea of His power and eminence. He will pull you out of the nine apertures and seat you at the tenth. There, your duality will be over. He will give you the drink of the nectar of Shabd and save you from the torments of hell. He will unfold the secrets of the inaccessible region and give out all the details of the path. Those who associate with Sat Guru, are never afraid of the world. Those who are antagonistic to Guru, drown in the ocean of worldly existence. They wander in the cycle of transmigration, suffering pain in every life. You should ponder over the matter. There is none equal to Guru in the whole world.”

(*NOTE: Currently, the living Sat Guru is not publicly manifest and must remain incognito at this time. Huzur Maharaj has stated that during such times “*the Supreme Being Radhasoami Dayal alone should be considered as Guru, Sat Guru or Sant.*”)

FALSE GURUS OF DECEPTION

Conversely, Soami Ji Maharaj had denounced the many agents of Kal who pose as gurus in the world to exploit people’s blind faith and ignorance. For this reason, a seeker may often be cynical when they do finally meet up with a real Sat Guru: “*He may take Him (Sat Guru) to be like other selfish, deceitful and greedy persons and may refuse to accept His guidance. This is due to the fact that many persons, who are in reality pleasure-seekers and the slaves of this world, taking advantage of the ignorance of the masses, have set themselves up as gurus and are carrying on this money-making business briskly. They did all they could to lead innocent and ignorant people astray by giving them baits of health, wealth, wife, children and fame, craving for which was in fact also inherent in their own hearts.*”

As case in point - there are several groups today who refer to themselves as Sant Mat and Radhasoami Faith, who claim the August Founder in their own lineages, but whose gurus have been exposed as far less than perfect. They also oppose the Holiest Name of RADHASOAMI in the meditation they teach, even though Soami Ji Maharaj had declared It to be the most important. This omission is not by chance. St. Kabir had once declared that for every True Guru in the world there are thousands sent by Kal to lead people astray.* Although, if we are fortunate enough to come in contact with a

perfect Sat Guru, a true Sant, then our salvation is virtually guaranteed and we will eventually leave the cycle of births and deaths within four lives or less if we diligently apply ourselves to our spiritual practices and devotion daily.

(*St. Kabir illustrated the advent of the Sant Sat Gurus in the following classic dialogue from *Anurag Sagar*: “He (Kabir) said to Jama (Kal or Angel of Death), ‘You have been tormenting and inflicting pain on my dear Spirits for so long a time. The cup of your misdeeds is not full. I must take my Spirits back.’ Thereupon the Jama said to Kabir Saheb, ‘Sire, be kind enough to let me know how you would accomplish this task.’ Kabir Saheb replied, ‘I will act as a Guru and teach and preach true religion.’ Jama said, ‘This is enough, and I am satisfied, because against one true Guru, I will set up thousands. They will preach the same things as the true Guru. I will create confusion and no one will be able to recognize the true Sant Sat Guru.’”)

Soami Ji Maharaj was equally critical of the guru-disciple relationship He had observed in His time, which can just as well be applied to the many spiritual seekers today who follow false gurus, most who are agents of Kal: ***“The relationship between Guru and Chela (disciple), as is prevailing in the world, is all hypocritical... The Guru hankers after money, name and fame. The disciple, for his selfish ends, has got himself tied up to the so-called Guru. The true path of Surat Shabd remains hidden.”***

QUALITIES OF A SANT OR SAT GURU



Even though we are told that in our present level of spiritual competency few can ever recognize a true Sat Guru, we have been given a list of their common attributes: ***“Sants and Faqirs are known by the distinctive fact that they always inculcate faith in the internal worship of the Supreme Being. They never lead people astray towards such externalities as idol worship, pilgrimages and mere book-learning, nor enjoin the worship of gods, incarnations and prophets. They teach the easy practice of SURAT SHABD YOGA (union of the Soul with the Divine Sound Current), which is the only way to reach the Holy Feet of the Supreme Being and enjoin the importance of love, faith and service of the perfect Sat Guru of the time.***

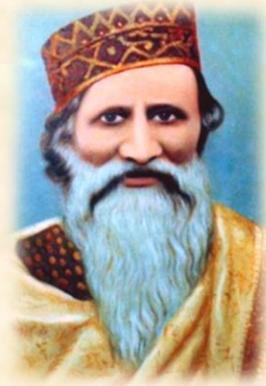
They generate love for the true Supreme Being in the hearts of seekers and devotees by gradually decreasing their attachments to wife, children, wealth, fame and self-aggrandizement. They are always engaged in Bhajan and Dhyān (listening to the inner Sound Current and inner Contemplation) themselves and make their disciples also do the same... They lift his spirit to the Feet of the Supreme Being in this very life by slowly cutting off the roots of internal and external bondages, provided he goes on developing love for and faith in His Feet day by day and performs the practices enjoined by them, and does not run away from Their Satsang (spiritual discourses) and service.”

NO DISPLAY OF MIRACLES



Sant Mat has never promoted the display of outward miracles in the world, primarily because they attract worldly people. Although, this does not apply to the *inward* miracles which are often experienced by Satsangis and should be the true measure of their faith. Moreover, Soami Ji Maharaj had maintained that when a Sat Guru does perform miracles, they will not be able to remain in the world very long: ***“Sants do not approve of a great concourse of worldly people in their Satsang. They like to admit only those who are sincerely desirous of attaining the supreme abode. They abhor the company of those who are full of worldly desires. For this reason, they do not, as a rule, exhibit any supernatural power or show miracles, because these would attract a crowd of worldly people who would only constitute disturbing factors in their Satsang and in the performance of spiritual practices by their followers. Of course, those who appreciate Their discourses and accept Their teachings, do experience internal miracles, that is, see the light and effulgence of the Supreme Being. Sants always take internal interest in the wellbeing of their followers, and thus enable them to realize and appreciate Their miracles fully. All this strengthens the faith of devotees and develops their love day by day.”***

SURAT SHABD YOGA



Many times over, Soami Ji Maharaj had emphasized that there is only one way to achieve spiritual liberation, and that is by practicing the *Surat Shabd Yoga*. First and foremost, we must have intense love for the Sat Guru: ***“The first step is to have love for the bodily form of the Sat Guru which He has assumed to impart teachings, then alone will there be love for His Shabd Form. He who does not love the bodily form of the Sat Guru can have no love for His Shabd Form; and howsoever he may try, Shabd (Divine Sound) will not manifest itself.”*** Emanating Love within oneself during meditation (*abhyas*) is key to awakening our spirit, as well as contemplation (*Dhyan*) of the Sat Guru’s *face* and *eyes*.

THIRD EYE FOCUS

We are to focus on the ‘Third Eye’ (located between and behind the two eyes) while performing *Sumiran* (repetition) of the Holiest Name RADHASOAMI: ***“The first ganglion (chakra) lies midway between and behind the two eyes. Surat or spirit is located here. From here it descended step by step to the five lower centers and spread out into the body. It is called Parmatma and is the God, Brahm and Lord of many religions. This is the real seat of the spirit in its wakeful state.”***

HEARING THE SHABD WITHIN



Lastly, and perhaps the most important aspect of the *Surat Shabd Yoga*, is listening (*Bhajan*) to the inner Sound Current (*Shabd*), specifically from our *right ear* and to merge our self with it. *Shabd* is mankind’s only true redemption and resonates within every human being from the higher spiritual regions (*loks*): ***“Except Shabd there is no other way for leading the spirit back to his original home; and whatever other paths there are, are the paths of Kal. Shabd is present in the inner self of everybody. Everyone should, therefore, hear it internally. Those who do not hear it will suffer pain at the end.”***

RADHASOAMI MANTRA



In Sant Mat, there are two different names applied to the deities of the various spiritual regions; one is *Varnatmak* and the other is *Dhwanyatmak*. The former is a spoken or written name of God, while the latter has far greater spiritual powers and can actually be heard by adepts in its particular region by its own power: ***“Immense are the benefits of Dhwanyatmak Name, and hardly any of the Varnatmak names.”***

‘RADHASOAMI’ is the highest Dhwanyatmak Name that has ever been given to the human race, and for this reason the August Founder had emphasized the importance of this True Name above all others in Meditation, Recitation or Internal Mantra: ***“The Supreme Being Himself has given out His Name as RADHASOAMI. One who obtains the secret of this Name, accepts the protection of RADHASOAMI, recites or repeats this Name internally in the way indicated by Sants or listens to the sound within, shall certainly be redeemed. Performance of such spiritual practices for a short while will convince him of this.”***

“RADHASOAMI Name, whoever recites gets across the ocean of life; troubles vanish, bliss abides and gone complete all strife. Such is this unfathomable Name that to none ITS secrets are known, he who comes to know the same is no more on earth born.”

In His ‘Elucidation of Jap Ji,’ Soami Ji Maharaj had also praised the power of ‘SAT NAM’ just one year prior to leaving His mortal coil:

“SAT NAM Is, similarly, Dhwanyatmak or Innate name of The Supreme Being. For, if ‘Sat’ is removed from the name, nothing will be Understood. All other names are Varnatmak or conventional and acquired. It has been said: Whatever the tongue articulates are artificial or conventional or Varnatmak names, whereas SAT NAM Is the Highest and the most ancient or Dhwanyatmak names.”

Radhasoami Faith



Although there are a myriad of religions that claim to lead to our salvation, Sant Mat (*Religion of the Saints*) had, and has, no equal on earth. It is a religion that was created by the Highest God Incarnate Souls to ever grace the earth. Perfect Sat Gurus such as St. Kabir, Guru Nanak, Tulsi Saheb and of course the highest born of them all - Soami Ji Maharaj, who was the very Spirit and embodiment of Radhasoami Dayal, the True Supreme Being: ***“The religion of the Sant Sat Guru is the highest of all. He inculcates the***

worship of the Supreme Being Sat Purush RADHASOAMI, who is beyond Brahm (astral and causal regions) and Par Brahm, so that the spirit may cross the region of Maya (matter).”

“Now finding that Kali Yuga (the present age) is at its zenith and that human beings are in great trouble and misery such as poverty, diseases and pestilence, quarrels and strife’s caused by mutual enmity and jealousy etc., and they are being led astray very far from the right path, Sat Purush Radhasoami was moved to pity and He mercifully came down as Sant Sat Guru in this world. He gave out the secrets of the true faith and path openly and in clear words.”

“They (the Sant Sat Gurus) did not manifest Themselves in the past three Yugas (previous ages). Now They have incarnated Themselves in Kali Yuga simply for redeeming the spirits. They have no other object in coming into this world.”

“Jivas do not know the greatness and superiority of Sant Mat. They are wasting their lives in adherence to religions of Kal... The whole world is duped in ignorance. To whom shall I explain this truth? Those who come under the protection of Sants find the way home.”



MESSAGE TO HUMANITY

(Passages taken from Sar Barchan Poetry)

“In all the four Yugas (ages, or epochs of time) you have been subject to transmigration, undergoing severe pains and the torments of hell. Enumerable lives have been spent in suffering and pain. Nowhere could you secure peace for a moment. You suffered from disasters and adversities as a result of your good and evil acts, and because you did not fall at the holy feet of Sat Guru. Now you have been blessed with this human form. You should engage in Bhakti (devotion and meditation), so that the karmas be eradicated and washed away. Negligence on your part this time will not be forgiven; you will have to undergo all sorts of troubles.”

“Consider the allurements of the world to be deceptions; you have become a friend of the foolish mind. Shun its company every moment, otherwise, it will take the very life out of you. You will be thrown away from your home and tossed about in the cycle of births and deaths. You will be a very sad plight. Who will take you out from there?”

“Develop attachment for Sat Guru. You will get absorbed in Shabd (Divine Sound). You will be released from recurrent births and deaths and will find abode in the eternal region.”

“You are blessed with the human form. Do something for your real good. Do not get lost in the world. Know, it is unreal like a dream.”

Soami Ji Maharaj

C O M M A N D M E N T S



“Search for the perfect Guide or Guru”

“Always perform Bhajan (sound meditation) regularly”

“Have compassion for all living things”

“Injure none”

“Pass not sarcastic remarks”

“Utter not harsh words”

“Make all happy”

“Drink the nectar of the Holy Name”

“Cultivate tolerance and forgiveness”

“Be contented, discreet and thoughtful”

“Give up recklessness and anger”

“Drive away greed and attachment”

“Be humble and unassuming”

“Do not eat much”

“Shun name and fame”

“Annihilate desires for sensual pleasures”

“Acquire composure and self-restraint”

“Contemplate the form of the Guru”

“Enhance your love for the Guru”

“Follow the path of Surat Shabd”

“Raise thy Soul to the third Til”

“Adore the Holy Name RADHASOAMI”

“Without Love you can never meet the Beloved”