

DAS DHARAM

The Divine Promise

Today we celebrate Das Dharam Foundation Day. In the first Newsletter we explained that on 16 February 1980, Maharaz Jee “established the practical worldwide Mission of Das Dharam. Das means “one who serves” and Dharam refers to “our promise to God before our birth”. Maharaz Jee explains that Das Dharam therefore means the promise we made to God (before we were born) to serve humanity”.¹ This promise or vow that we made to God is the key to our life. The promise to serve others. Because it is in serving others that we ourselves are spiritually fulfilled.

When the Das Dharam mission was established on 16 Feb 1980, there was a solar eclipse. People were too afraid to leave their homes. Superstitions were running high and people were very fearful of what the eclipse would do to them. Some feared blindness while others bad luck. It was on this day that Maharaz Jee’s mission to serve humanity was established.

Maharaz Jee explains that for spiritual progress we need to help others without expecting anything in return. This is true service. Service done in expectation of a



Hazoor Maharaz Darshan Das Jee

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reward or out of pride or ego is not true service in God's house. In fact, our selfishness is the key cause of our problems. He explains the importance of letting go of our selfishness and arrogance by reciting the story of the *Baadshah* (King) of Book Bukhara who sought the shelter of *Baghat* (saint) Kabir Jee and attained *Naam* from him. After the King had been in the shelter of *Baghat* Kabir for four years Mata Loi, (*Baghat* Kabir's wife) asked *Baghat* Kabir Jee "Swami, the King has given up his worldly possessions as well as his family and has been here with us for four years now. Give him that which he seeks so he can return home". To this *Baghat* Kabir Jee replied "the King is not ready as yet". Loi asked "How is that possible Swami? Someone who has left his kingdom and relinquished his throne and has been sitting here for four years, how is he still not ready?". *Baghat* Kabir Jee said, "well let us see if he is ready or not. When you see the King arriving, pour some dirty water from the rooftop on him and let him get drenched. Then wait and see what happens". This is what Mata Loi did. The King retorted angrily 'Loi, do you think I am your servant? I am a King. If I was at home I would have you severely punished for what you have done". *Baghat* Kabir Jee said "see Loi he is still quite egotistical about being a King. Even though he is here, he has not let go of his arrogance. So, he is not ready as yet".

Another four years passed, and the King was tested again. Once again Loi poured a bucket of dirty water on him from the rooftop. This time the King said "Bless you Mata Loi, I wish the best for you". He had let go of his pride. "Now that he has asked for the best for you, he is at last worthy of God's love" said *Baghat* Kabir Jee. So Maharaz Jee explains that until we serve humanity without ego and attachment, we are not worthy of God's love. Maharaz Jee further explains that this is why the Nanak Naam Jaap (chant) is so important, because we are chanting for the welfare of

others.

Maharaz Jee taught us the true meaning of love. He always said that those who truly love will be at peace. We need to serve humanity with utmost devotion and love. We need to see the divine in all.² Such are the teachings of our beloved Maharaz Darshan Das Jee.

We wish the entire Sachkhand Nanak Dham sangat a very happy Das Dharam Foundation Day, 2021.

¹ *Nanak Dham Newsletter*, (2020), Vol. 1, Issue 1.

² Main points from Satsang delivered on 16th February 1985.



Created by Das Rai Bahadur Navjyot Singh

Editorial

Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala

Dear Reader,

Many congratulations on Das Dharam Foundation Day. It has been 41 years since Maharaz Darshan Das Jee established the mission of Das Dharam. He stood steadfast in his duty toward humanity. He gave us gifts and blessings beyond what we can fathom. Maharani Jee, our second Guru carried on the mission of Das Dharam as per the wishes of Maharaz Jee.

In this Newsletter we share the words of Maharani Jee who asked us to have courage and to stand strong. We outline key points made by Maharaz Jee in one of his *satsangs* (spiritual sermons) which he delivered in Southall (London) in 1985. We provide the translation of the second *Gadhi* (spiritual altar) *shabad* (spiritual hymn). We then share a beautiful poem written by Das Rai Bahadur Kartar Singh. We also share the story of a devotee (Das Tejpal

Singh) and the blessings he received from Maharaz Jee at the *Nishaan Sahib* (flag).

In Pali's Pantry we share the recipe of a scrumptuous vegan chocolate cake.

We end the Newsletter with a Children's Section. There is a crossword puzzle and an announcement of an art project. We are really looking forward to receiving contributions from the younger members of society.

Thank you so much for reading the Newsletter. We welcome all contributions. Kindly contact the editor should you have anything you would like to share in the Nanak Dham Newsletter.

While the world grapples with the COVID-19 pandemic, we give thanks to our beloved Guru who has given us so many gifts, the biggest of all is the gift of *Naam* with which we can turn inward. Inside we find love, peace and light. We have no words to thank you our dearest Maharaz Darshan Das Jee for all that you have bestowed upon us. Please keep us close to you and help us to always be true to you.

Contributions welcome

The "Nanak Dham" Newsletter welcomes contributions from readers. If you would like to contribute a story, a drawing, or a photograph, kindly **contact the editor**, Das Jagjit Kaur at: dasjagjitkaur@gmail.com.

Our website

Visit our website at:

<https://sachkhandnanakdham.international>

Stand strong - do not falter

The words of Maharani Pali Darshan Das Jee



Maharani Pali Darshan Das Jee

As successor to Maharaz Jee, Maharani Jee travelled widely to spread Maharaz Jee's message of peace, love, unity and sacrifice. She often travelled to Kenya, East Africa. During one of her trips, she travelled with members of the *sangat* to Kericho, a small town in Western Kenya. The town is located in lush and green landscape renowned for tea cultivation.

In Kericho, Maharani Jee and *sangat* members were residing at Das Balbir Kaur's home. As part of the program, *kirtan* (the recitation of spiritual hymns) was performed regularly. It was during one of the *kirtan* sessions that Maharani Jee had a powerful transcendental experience. Later that day, Maharani Jee said to *sangat* members that the Das Dharam Mission would grow from strength to strength and

would attract devotees like bees are attracted to nectar.

"Be strong and do not falter, even when the going is tough", she said to the *sangat* members.

She also said that on Thursdays we should serve savoury and sweet rice to *sangat* members at the *dera*.³ (Savoury rice is cooked with salt and sweet rice with jaggery).

³ As recounted by Das Sukhdev Singh (Kenya).

Free yourself from pain and suffering

Key Points from a Satsang by Maharaz Darshan Das Jee

Satsang delivered on 29 July 1987, Southall, London

Maharaz Darshan Das Jee's satsangs are based on sacred verses from the Guru Granth Sahib. Below the Satsang begins with these verses:

ਕਾਮੁ ਕ੍ਰੋਧੁ ਲੋਭੁ ਮੋਹੁ ਮਿਟਾਵੈ ਛੁਟਕੈ ਦੁਰਮਤਿ ਅਪੁਨੀ ਧਾਰੀ
*Kam krodh lob moh mitavay, chutkay
dhurmat apni thari,
Lust, anger, greed, attachment are
renounced, as well as selfishness and
conceit*

ਹੋਇ ਨਿਮਾਣੀ ਸੇਵ ਕਮਾਵਹਿ ਤਾ ਪ੍ਰੀਤਮ ਹੋਵਹਿ ਮਨਿ
ਪਿਆਰੀ ॥
*Hoe nimane sev kamavay, ta pritam
hovay man pyari
In humility the soul serves, and becomes
dear to the Lord's heart*

Maharaz Jee explains that these words are from the fifth guru, Guru Arjun Dev Ji Sahiban. Guru Arjan Dev Jee talks to us about the five vices: lust, anger, greed, attachment and ego. He explains that these vices of our mind have encircled and entrapped our soul. This is why for a very long time our soul has had to face all sorts of difficulties and problems. Our soul is suffering, is very restless and in deep pain and wants to be free of this entrapment.

Guru Arjan Dev Jee explains that our soul cries out beseeching the Lord saying "oh my dear Lord please bless me so that in this lifetime I am able to mediate on my *Naam* so that I can merge with you and



Hazoor Maharaz Darshan Das Jee

be forever free from the five vices as well as other wrongful deeds and wrongful ways".

Guru sahib explains that our soul cannot merge with the Lord until we free our negative mind which leads to negative thinking and is entrapped by negative vices. Saints have explained to us time and again that we should try and learn the truth of our lives which is that our soul has separated from its true source. We have separated from the radiant light of the Lord due to our own karma.

ਸੁਣਿ ਸੁੰਦਰਿ ਸਾਧੁ ਬਚਨ ਉਧਾਰੀ ॥

*Sun sundray sadhu bachan udari,
Listen, beautiful soul-bride, it is*

through the Word of the Holy Saint, you shall be saved

ਦੁਖ ਭੂਖ ਮਿਟੈ ਤੇਰੇ ਸਹਸਾ ॥

dukh bukh mitay tero sesa,
your pain, hunger and doubt shall vanish,

ਸੁਖ ਪਾਵਹਿ ਤੂੰ ਸੁਖਮਨਿ ਨਾਰੀ ॥

Sukh paavahi toon sukhamani naaree
and you shall obtain peace, O happy soul-bride

Guru Arjan Sahib explains that we can only be free of our pain when we silence our mind and go within. Here the treasure becomes accessible; this treasure is the true *Naam* and the true shelter of the Master.

Often in satsangs Maharaz Jee has explained that *Naam* is in every pore of our body but to awaken the *Naam*, we need the *shabad* which we can only attain from a True Master.

Maharaz Jee explains the words of Guru Amar Das Jee:

ਪਿਰ ਸਚੇ ਤੇ ਸਦਾ ਸੁਹਾਗਣਿ ਗੁਰ ਕਾ ਸਬਦੁ ਸਮੂਹਾਲੇ ॥

Pir sachay te sadha suhagan, gurka shabad samalay

She becomes the happy soul-bride of her True Husband Lord, contemplating the Word of the Guru's Shabad

This means that if you receive the Guru's *shabad* and meditate on it, then this is the only way in which your soul can merge with the Lord. This is the way the soul becomes the soul-bride of the Lord and earns true greatness. When we meditate on the *Naam* (given by the Saint), then the inner *Naam* arises within us. The love that we hunger for is solely the love of the Lord.

We can have bodily aches and pain, we can be in deep pain due to our children or our work or other worldly problems. We can hunger for food or for money. But the pain and hunger that the Gurbani talks of is the hunger for the Lord's light. But ironically when one is hungry to meet the Lord, one's pain also increases.

ਪ੍ਰਣਵਤਿ ਨਾਨਕੁ ਹੁਕਮੁ ਪਛਾਣੈ ਸੁਖੁ ਹੋਵੈ ਦਿਨੁ ਰਾਤੀ ॥

Paranvat Nanak Hukam Pechnay, Sukh Hovay Din Rati

Prays Nanak, in recognizing the Lord's command, I am at peace, day and night.

Maharaz Jee further explains the meaning of the following verse from the Guru Granth Sahib written by Guru Nanak Dev Jee:

ਭੁਖਿਆ ਭੁਖ ਨ ਉਤਰੀ ਜੇ ਬੰਨਾ ਪੁਰੀਆ ਭਾਰ ॥

Bhukian Bhuk na utree jay bhana puria bhar

The hunger of the hungry is not overcome by accumulating worldly goods

The literal meaning of this is that even if you cook *puris* (fried bread) and *paronthas* (flat bread) and eat them, your hunger persists. But this is not what this verse means. What it means is that *puris* are settlements such as Jagannath Puri (name of the place and people who reside there – instead of *pind* (village) they were called *puris*). Jagannath Puri, Vishnu Puri, Mahesh Puri, Badrinath Puri – these were very respected abodes during Guru Nanak's times. He himself visited these Puris and had many discussions with different communities about the truth. Guru Nanak says that even if we have visit numerous Puris, we cannot overcome our hunger. If we wish to eliminate this hunger then, we will have to leave behind these worldly travels and pilgrimages and relinquish

our worldly identifies (such as being a Hindu, Muslim or Sikh). The chains of our soul's entrapment will only break when we let go of our worldly desires.

Guru Nanak Sahib always spoke the truth; through a gesture of his finger he was able to shake the very foundations of those who were not doing the right thing. Confronting those who had performed ill deeds was not a small thing. Today you have become meek and afraid of any kind of confrontation. You have become slaves of the system. You have become weak and cowardly.

The Lord does not look at your wealth, He does not look at your evil ways – He just gives you the right path and says, “dear one, tread on such a path, because this is the righteous path for you”.

Maharaz Jee explains that we are very quick to judge other people if they make mistakes, but do we ever point the finger at ourselves? Do we look at our own negative deeds? We need to ask ourselves, after birth what have we done? After death where are we going?

Find a righteous path, so that your soul strength increases. Become such that you are able to break the bonds of attachment. If you do not break free of these attachments then what help are you going to give to anyone else? If you have not been able to eradicate jealousy and pain from your own heart, what support are you going to give to others? If you have not been able search within yourself, how are you going to find the Lord?

Maharaz Jee explains the words of Guru Arjan Dev Jee as follows:

ਤੇਰਾ ਵਰਨੁ ਨ ਜਾਪੈ ਰੂਪੁ ਨ ਲਖੀਐ ਤੇਰੀ ਕੁਦਰਤਿ ਕਉਨੁ

ਬੀਚਾਰੇ

*“Tera Varan Na Jape, Roop Na likhie,
tere kudrat kaun bichare?”*

*Your colour is not known, and Your form
is not seen; who can describe Your
Almighty Creative Power?*

ਜਲਿ ਥਲਿ ਮਹੀਅਲਿ ਰਵਿਆ ਸੂਬ ਠਾਈ ਅਗਮ ਰੂਪੁ
ਗਿਰਧਾਰੇ ॥

*Jal thaal mayal ravya sarab thain, agam
roop girthare*

*You are embodied in the water, the land
and the sky, everywhere, O Lord of
unfathomable form, Holder of the
mountain*

Maharaz Jee explains Guru Arjan Dev Jee's words: Dear Lord you have no caste or form. We do not know who you are or about your power. You are in the water, earth and sky; dear Lord you are everywhere and yet no one has found you. We give form to the Lord through pictures. Maharaz Jee says that instead of focussing on outward pictures, our focus should be inward where we will be bathed in love and light.

We have the chance to serve humanity, but we have become totally selfish. Day and night we are in pursuit of worldly desires.

Maharaz Jee says: You say you are very rich because you have a lot of money. But do you feel at peace? Do you feel a sense of unity? Those who beg on the road and sleep peacefully at night are happier than you are. God has given you everything and yet you are not at peace. You are upset because of your children or because of illnesses or other worldly problems. Look inside yourselves, are you happy? You will only attain happiness through *Sant Sharan* (the shelter of a perfect Saint).

If you try, then you will be successful in your efforts. However, if you do not even try to put in an effort, then what can someone else do for you?

A person who was very lazy fell into a muddy ditch. A passer by said, “try to come out and we will help you”. The man said, “now it is late, I have to go home and sleep anyway, I may as well sleep here”. These are the weakest people. They are not weak in the body but in the mind. Make an effort in this lifetime, otherwise you will get stuck lifetime after lifetime.

Note: some of the translations we have used for the verses of the Guru Granth Sahib have been sourced from <https://www.dekho-ji.com/>

Second Gadhi Shabad

Karam Kareem, Sev Kamavaan (ਕਰਮ ਕਰੀਮ ਸੇਵ ਕਮਾਵਾਂ)

In the previous Newsletter we explained that the “*Yashwanti Niradhar* is a compilation of sacred verses known as *shabads* written by Maharaz Darshan Das Jee. Maharaz Jee has given particular importance to the three *Gadhi* (spiritual altar) *shabads* that are to be recited in a particular order as part of Sachkhand Nanak Dham activities”. Below is a translation of the second *Gadhi shabad*.

ਕਰਮ ਕਰੀਮ ਸੇਵ ਕਮਾਵਾਂ ਜਾਂ ਤੁਮ ਹੋਵੋ ਸਹਾਈ
Karam Kareem Sev Kamavaan, ja tum hovo sahaee
Oh Lord, I can only do your service, when I

receive your blessings

ਮੇਹਰ ਕਰੋ ਮੇਰੇ ਸੱਤਗੁਰ ਸਾਇੰ ਦੇਓ ਨਾਮ ਨੀਦਾਨ ਮੇਰੇ ਰਾਮ
ਗੋਸਾਇੰ

Mehar karo mere Satguru sahin, deyo
Naam nidhan mere deyo Ram gosain
Bless me dear Satguru, with your *Naam*
my Lord

ਮਨ ਚਿੱਤ ਆਵੇ ਪਾਰਬ੍ਰਹਮ ਹੱਰ ਦਮ ਤੁਜੇ ਧਿਆਇੰ
Manchit away paar bram, har dhum tujay
thiyayee
My mind aligns with you oh Lord, through
continually focussing on you

ਤੇਰੀ ਮੇਹਰਾਂ ਗੁਣੀ ਗੁਣ ਅੰਤ ਹਰ ਹਰ ਸਿਮਰ ਸੁਖ ਬੇਅੰਤ
Teri mehema gunee gun ant, har har
simar sukh beant
Your blessings and virtues are
innumerable, in your meditation our joy is
endless

ਤੂੰ ਠਾਕੁਰ ਪ੍ਰਬ ਬਕਸ਼ੰਦਾ ਦਰਸ਼ਨ ਨੀਚ ਜਨ ਤੇਰਾ ਬੰਦਾ
Tu thakur prab bakshanda, Darshan
neech jan tera banda
Oh Lord you are forgiving, Darshan the
low one, is your being.



Created by Das Gauri



Maharani Pali Darshan Das Jee

Dhan Darshan
Dhan Pali Darshan

ਮਾਂ ਮੇਰੀ ਮਾਹਾਰਾਣੀ ਪਾਲੀ ਦਰਸ਼ਨ ਦਾਸ
Ma meri Maharani Pali Darshan Das
My mother Maharani Pali Darshan Das

ਜਿਸ ਨੇ ਦੀਆ ਹਮੇਂ ਭਰਪੂਰ ਪਿਆਰ ਔਰ ਜੀਨੇ ਕੀ ਆਸ।
Jis ne dia humay bharpur pyar, jeenay ki aas
Who gave me endless love and a reason to live,

ਜਿਸ ਨੇ ਹਮੇਂ ਮਾਂ ਬਣਕਰ ਪਾਲਾ ਔਰ
Jis ne humay ma bankar pala
You, the one who raised me as a mother

ਆਪ ਕਾ ਬਚਪਨ ਕਾ ਪਿਆਰ।
Aap ka bachpan ka pyar
You who bestowed love upon me during my
childhood

ਆਪਣੀ ਸੋਚ ਔਰ ਦਿਸ਼ਾ ਸੇ ਕਹਾ
Apni soch aur disha se kaha
Through your vision and direction, you
explained

ਕਰਨਾ ਹੈ SND ਕਾ ਵਿਕਾਸ।
karna he SND ka vikas
How SND (Sachkhand Nanak Dham) should

progress and prosper

ਹਰ ਏਕ ਜਨਮ ਮੇਂ ਔਰ ਆਨੇ ਵਾਲੇ ਜਨਮੇਂ ਮੇਂ ਆਪ
Har aek janam mey, aur aane valay janamon
mey aap
In every lifetime, and lifetimes to come, may you

ਰਹੋ ਮੇਰੀ ਮਾਂ ਯੇਹੀ ਹੈ ਮੇਰੀ ਅਰਦਾਸ।
Raho meri ma, yehi he meri ardas
Be my mother, this is my prayer to you

ਆਪ ਕੇ ਬਤਾਏ ਹੋਏ ਰਸਤੇ ਪਰ ਹਮੇਸ਼ਾ
Aap ke bathae hoay raste par hamesha
The path that you showed me, forever

ਚੱਲਣਾ ਰਹੇਗਾ ਮੇਰਾ ਪਰੇਹਾਸ।
Chalna rahega mera prayhas
I will endeavour to embrace

ਕਰਤਾਰ ਹਮੇਸ਼ਾ ਰਹੇਗਾ ਆਪ ਕਾ ਸ਼ੇਰ ਬੇਟਾ
Kartar hamesha rahega aap ka sher beta
I will always remain your lion son

ਔਰ ਆਪ ਕਾ ਦਾਸ।
Aur aap ka Das
And forever your Das

The Power of a Prayer at the Nishan Sahib

When I was living in Kenya, there was a period when we were going through financial hardship and we were not able to pay the land rates and rents for our properties which had accrued penalties over a number of years. With every month that passed by the compound interest charged increased the penalty amounts exponentially.

Distressed about the situation, knowing it would be almost impossible to clear the penalties, I remembered something that Maharani Ji used to say. She had said that doing a prayer “*Arjo*” at the Sachkhand Nanak Dham flag “*Nishan Sahib*” with a clean heart, would always be answered.

I did my prayer at the *Nishan Sahib* at Darshan Darbar, Nairobi. I surrendered this huge burden to my guru and asked for a resolution to what, at the time, seemed like an impossible problem.

Some weeks later as I was driving to work on Limuru Road in Nairobi, Kenya and saw a government banner stating that all penalties for rent and rate would be waived if the principal amount was paid up by the due date stated. I realised in that moment that my prayer had been answered.

Das Tejpal



Nishan Sahib at Khyala Darbaar, New Delhi

Pali's Pantry

Vegan Chocolate/ Berry Cake

Ingredients

- 1½ cups all-purpose flour
- ½ teaspoon salt
- ¾ teaspoon baking soda
- 3 tablespoons unsweetened natural cocoa powder or ½ cup fresh or frozen berries
- ¾ or 1 cup sugar (depending on your taste buds)
- ½ cup or 6 tablespoons sunflower oil/rice bran oil
- 1 tablespoon pure vanilla extract
- 2 teaspoons white vinegar
- 1 cup warm water
- Vegetable-oil cooking spray
- For the Glaze: 100g/one bar of vegan chocolate, finely chopped

Method

Step 1

For the cake: Preheat oven to 180 degrees. Coat an 8-inch round cake pan with vegetable-oil cooking spray and dust off with some flour.

Step 2

Combine flour, sugar, baking soda, cocoa and salt in a large bowl. Make a well in centre and add oil and vanilla, vinegar and water. If using berries instead of cocoa, first mix all the dry and wet ingredients then gently mix in the berries at the end and pour mixture into the pan.

Step 3

Bake for 45 minutes until a toothpick inserted into centre comes out clean. Let cool on a wire rack for 20 minutes.

Step 4

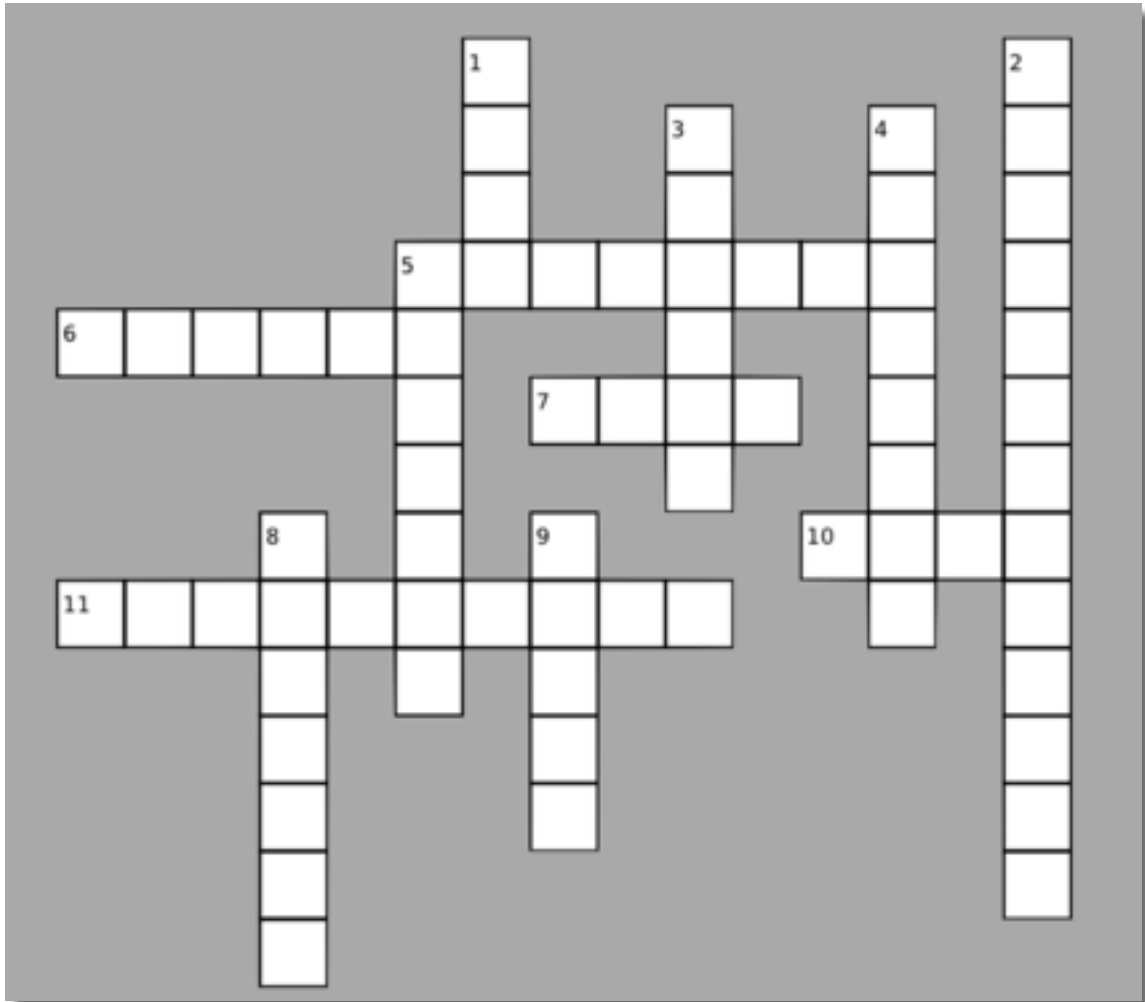
For the glaze: Melt chocolate in a heatproof bowl set over simmering water, stirring until smooth. Let cool slightly and pour over the cake. Decorate with berries of your choice.



Recipe and photograph: Das Neelkamal

Children's Section

Pali Darshan Crossword Puzzle



Down:

1. Maharaz Jee say we must _____ one another
2. A day in February Maharaz Jee says we must celebrate
3. A Punjabi word for meditation
4. Celebrated on 7th December
5. Maharaz Jee's name
8. Serve humanity by doing _____
9. A red mark on the forehead

Across:

5. The month in which we celebrate 2 birthdays
6. The village where Maharaz Jee was born
7. Another word for chanting
10. Maharani Jee's name
11. Maharaz Jee says our diet should be _____

Answers in next Newsletter!

Children's art project

The theme is "LOVE".

Draw, sketch, paint, mould or create anything that denotes love.

Please take a picture and send it to the editor with your name, age and email address to win a prize. **Please kindly send your art work by 15 July 2021.**

We will announce winners on 15 August 2021 on Maharaz Jee's Jyoti Diwas (Enlightenment) day.



Created by Das Rai Bahadur Navjyot Singh



Created by Das Gauri