

## HAPPY BIRTHDAY

### Maharaz Darshan Das Jee and Maharani Pali Darshan Das Jee!!



Hazoor Maharaz Darshan Das Jee and Maharani Pali Darshan Das Jee

We heartily congratulate the Sachkhand Nanak Dham congregation on the birthdays of Maharaz Darshan Das Jee and Maharani Pali Darshan Das Jee. As we explained in Volume 1 No. 1, Maharaz Darshan Das Jee was born in the town of Batala in Punjab, on 7 December 1953 to Mata Chanan Devi and Pandit Jagan Nath Jee. He had round locks of hair on his head which looked like Shesh Naag (the seven-headed snake), under whose protection Vishnu is always seen. A year later, Maharani Pali Darshan Das

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# Editorial

## Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala

Dear Reader,

Many, many congratulations on Maharaz Darshan Das Jee's and Maharani Pali Darshan Das Jee's Birthday!! It is indeed a very blessed and joyous occasion. We are so grateful to have them in our lives and to be loved by them. They are indeed our spiritual parents and continue to look after all our needs, big and small. It was Maharani Jee's dream, that Maharaz Jee's name should permeate the planet. So with our *Naam Simran* and our *Nanak Naam Jaap*, the deep spiritual aroma of Maharaz Jee spreads far and wide. What Maharaz Jee and Maharani gave us is priceless and in fact cannot be explained in words. We feel their presence around us all the time and we know that they are with us always.

In this Newsletter we begin with a congratulatory Birthday message by reciting one of the teachings of the perfect saint, Bhagat Ravi Das Jee which Maharaz Jee quoted in his *Satsang* (spiritual sermon) No. 2 in the

Ruh Magazine (second edition). We then share a beautiful story about a devotee (Das Jagjit) who received multitude the blessings from Maharaz Jee and Maharani Jee. After having provided translations of the three *Gadhi* (spiritual altar) *shabads* (spiritual hymn), in this Newsletter we provide the translation of spiritual verses written by Maharaz Jee in his *Rachna* (compilation of writings).

We then share a beautiful poem written by Das Sukhdev Singh in Punjabi (translated in English) about the different kinds of people who attend a saint's congregation. In the Children's Section we share a lovely story about the importance of *Nanak Naam Jaap* (chanting). In Pali's Pantry we share the recipe of cholay and aloo tiki (a famous dish from Punjab: chickpea curry and potato pattie).

Thank you so much for reading the Newsletter. We wish all of you an amazing festive season ahead and a wonderful 2022. We welcome all contributions. Kindly contact the editor should you have anything you would like to share in the Nanak Dham Newsletter.

## 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](mailto:dasjagjitkaur@gmail.com).

Visit our website at:

<https://sachkhandnanakdham.international>

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Jee was born on 7 December 1954 in Delhi, to Mata Surjit Kaur and Sardar Rattan Singh. Also in the first Newsletter we explained that Maharani Pali Darshan Jee was Maharaz Jee's successor and led the Sachkhand Nanak Dham international mission with steadfast devotion and love, until 2015. We shared Maharani Jee's final wishes about who would succeed her and provide leadership to this international mission. Learn more about Maharani Jee's final wishes [here](#).

Today is an immensely joyous occasion for all of us as we celebrate the Birthdays of Maharaz Jee and Maharani Jee. It is a day of celebration, a day of hope, of gratitude and love. Being in the shelter of Maharaz Jee and Maharani Jee brings a glow in us, always reminding us that we are spiritual beings having a

human experience. They are the sun that not only lights up our lives, it brings new growth, nurtures life and brings colour and abundance into our world. Everything that their devotees have gained spiritually and materially is because of their blessings, love and gifts.

The COVID-19 pandemic has changed the world and has compelled us to turn inward for solace. Some countries are in lockdown, whereas lockdowns in other countries have eased. Whatever the situation, where ever we are, we need to fully turn our attention to Maharaz Darshan Das Jee and Maharani Pali Darshan Das Jee. We can chant the [spiritual slogan](#) Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala for all those who are suffering. As Maharaz Jee and Maharani Jee explained to us, we should seek Naam from a saint and for those of us who have Naam, we should regularly do [Naam Simran](#) (meditation).



Created by Das Rai Bahadur Navjyot Singh

# Recognise the Importance of Human Life

In this section we provide some key points from Maharaz's Jee's satsang no. 2 entitled "Panj Dusht" (five vices) published in Ruh Magazine, Second Edition). We begin by providing a full translation of the writings of the revered perfect saint Bhagat Ravi Das Jee whom Maharaz Jee quoted in this satsang.

Below is the translation of the spiritual verses:

ਤੁਮ ਚੰਦਨ ਹਮ ਇਰੰਡ ਬਾਪੁਰੇ, ਸੰਗਿ ਤੁਮਾਰੇ ਬਾਸਾ॥  
*Tum Chandan hum eraund bauparay, sang tumaray basa*  
You are sandalwood, and I am the poor tree with little use, dwelling close to you.

ਨੀਚ ਰੁਖ ਤੇ ਉਚ ਭਏ ਹੈ, ਗੰਧ ਸੁਗੰਧ ਨਿਵਾਸਾ॥੧॥  
*Neech rukh tay uuch bae hey, gandh sugandh nivasa*  
From a tree of no use, I have become exalted; from dirt, I am now permeated with your exquisite fragrance.

ਮਾਧਉ ਸਤਸੰਗਤਿ ਸਰਨਿ ਤੁਮਾਰੀ॥  
*Madho sat sangat sharan tumari*  
O Lord, in your blessed congregation

ਹਮ ਅਉਗਨ ਤੁਮ ਉਪਕਾਰੀ॥੧॥  
*Hum augan tum upkari*  
I am worthless, and You are the benevolent

ਤੁਮ ਮਖਤੂਲ ਸੁਪੇਦ ਸਪੀਅਲ, ਹਮ ਬਪੁਰੇ ਜਸ ਕੀਰਾ॥  
*Tum makhtool supad sapeeal, hum*

*bau paray jas kira*  
You are adorable, radiant and pure light, and I am like a poor worm

ਸਤਸੰਗਤਿ ਮਿਲਿ ਰਹੀਐ ਮਾਧਉ, ਜੈਸੇ ਮੁਧਪ ਮਖੀਰਾ॥  
*Sat sangat milrahiye madho, esay mudap makheera*  
O Lord, we should be in your congregation with absolute humility and discipline, like bees around the hive

ਜਾਤੀ ਓਛਾ, ਪਾਤੀ ਓਛਾ, ਓਛਾ ਜਨਮੁ ਹਮਾਰਾ॥  
*Jati ochha pati ochha, ochha janam hamara*  
My caste is useless, my social status is useless and my birth is useless: if

ਰਾਜਾ ਰਾਮ ਕੀ ਸੇਵ ਨ ਕੀਨੀ, ਕਹਿ ਰਵਿਦਾਸ ਚਮਾਰਾ॥  
*Je Raja Ram ki sewa na kini, kahay Ravi Das chamara*  
I have not served the Lord, says Ravi Das the cobbler



### **Maharaz Jee explains:**

This shabad is written by Bhagat Ravi Das Jee who writes that dear God you are the sandalwood tree and we are the lowly trees who are of no use to anyone or anything. Birds and other animals do not build nests on this tree and it is of little use to humans. On the other hand, the sandalwood tree is very small and yet it is so aromatic that its rich perfume permeates all that is around this tree. The vegetation in the vicinity of the tree is greatly enriched by this aroma.

### **Here Maharaz Jee cites the writing of Bhai Gurdas Jee who also explains:**

ਚੰਦਨ ਵਾਸ ਵਣਾਸਪਤਿ ਅਵਲਿ ਦੇਮ ਨਾ ਸੇਮ ਖਰਾਬਾ॥  
*Chadhan vaas vanaasapat aval dhom na sem kharaabaa*

All vegetation that is in the close vicinity of the sandalwood tree absorbs its fragrance and there is no decay of any kind in this vegetation

ਹੁਕਮੈ ਅੰਦਰਿ ਸਭ ਕੇ ਕੁਦਰਤਿ ਕਿਸ ਦੀ ਕਰੈ ਜਵਾਬਾ॥  
*hukamai andhar sabh ko kudharat kis dheerai javaabaa*

Everything is happening according to His will, those who go against His will are answerable for their deeds.

### **Maharaz Jee further explains that:**

In this shabad, Ravi Das Jee writes that we have been separated from God. While we have tried to reach God and unite with his divine light, we have been unsuccessful. This is because we have not searched for God within ourselves.

In truth we have not found the God in us. God time and again has gifted us with a part of his own sandalwood

tree which is this precious human body. Yet we have not recognised the true value of our human life and human body. It is in this human form that we have a chance to seek the shelter of a saint and attain Naam from him/her.

### **Maharaz Jee recites the following story to explain Ravi Das Jee's shabad (translated above):**

Once a King had travelled out of his kingdom on horseback and had ventured quite far out. He lost his way and eventually after many hours of travelling he fell down and fainted. A woodcutter was passing by and gave the King some water after which the King became conscious. In deep gratitude the King asked what he could give to the woodcutter to repay him for his kindness. The woodcutter replied that he did not want anything. The King nevertheless gifted the woodcutter two sandalwood plantations.

A few years went by, and the King was passing by the area of the sandalwood trees that he had gifted to the woodcutter. He watched the woodcutter as he collected a stack of sandalwood and began to walk to the market. "What are you doing?" the King cried in surprise. "Where are you taking this precious sandalwood?" The woodcutter replied, that just like any other wood, he had cut it up and was selling it as ordinary wood in the market. The King was very dismayed. The woodcutter had not understood the value of the sandalwood trees. They are among the most precious of trees in the world, with many different qualities. Had the woodcutter recognised the value of the sandalwood trees, he would have reaped so many benefits from them and would have become a wealthy

person.

Maharaz Jee says:

Similarly, God has gifted us human life and a body like a sandalwood tree. However we do not recognise the true spiritual nature of this body. Like the woodcutter did not understand the true nature of the sandalwood trees he owned, we do not understand the value of our life. Ravi Das says “know the value of your true self”.

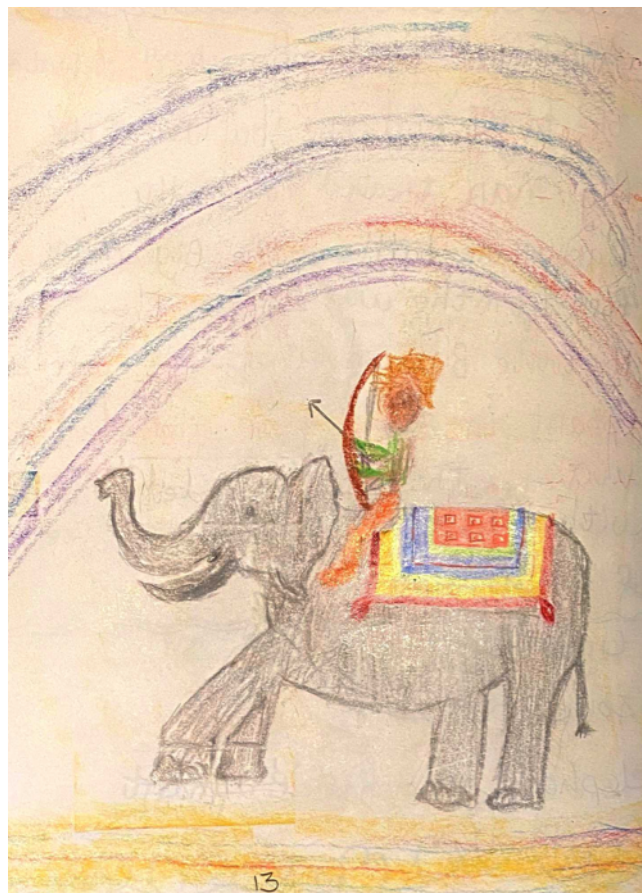
Like the woodcutter, we are so entrapped in the five vices of lust, anger, greed, attachment and ego that we have lost sight of we really are. Maharaz Jee asks, what do you

want? where do you want to go? Do you have any idea? You have forgotten God and are following those who do not know themselves? How will they guide you? In order to recognise your true self, you need a spiritual guide (a perfect saint) who can give you Naam so that you can make the journey within. Naam meditation will allow you to know your true nature.

Notes

We have used the following website for some of the English translations:

<http://www.srigurugranth.org/0486.html> for the shabad by Bhagat Ravi Das Jee.



Created by Das Gauri

# The Blessings of my Guru

*Dhan Darshan*  
*Dhan Pali Darshan*

I travelled to the United Kingdom with my father in 1986 to meet with Maharaz Jee. For me this indeed was a once in a lifetime opportunity. We both attained Naam from Maharaz Jee and spent a couple of weeks in the United Kingdom with Maharaz Jee. During our time with him, we attended a satsang that Maharaz delivered in London. After the satsang, Maharaz Jee asked sangat members if they wanted to ask him anything. Instead of sangat members going right up to the front to talk to him, Maharaz Jee walked towards the sangat and asked members who wanted to ask him anything to stand up and do so. Maharaz Jee strongly encouraged debate and questions and asked the sangat to bring all their problems to him.

I am not sure where I got the courage from; it was really a “now or never” moment. I stood up and Maharaz Jee approached me. Yes he said, what did you want to say? I said Maharaz Jee I want to study. I was approaching my year 10 exams and wanted to do well in them. So be it, Maharaz Jee said and gave me a blessing.

It is this amazing blessing that has carried me forward in life. As a young teenager, I was not even sure what to ask for. In fact Maharaz Jee says, that if you get such a chance, ask for your Guru him/herself. Then you will want for nothing.

I passed my year 10 and year 12 exams and secured a full scholarship to study

at the LSE in London. I would never have dreamt of going to such a college in the United Kingdom. But that one blessing from Maharaz Jee carried me through. I then secured a second scholarship for my Masters also at the LSE. The way I gained this scholarship was nothing short of a miracle. For some reason my admission got cancelled; due to the Balkans war my Bulgarian airlines ticket to the UK was cancelled and I had no scholarship whatsoever. And then out of the blue, I received a phone call saying that although the airline had collapsed, I would be put on another airline at no cost. My family and I had decided that since I now had a ticket, I could try and speak to the college and see if anything could be done about my admission. I went to the UK with no admission or scholarship and with 200 pounds in my pocket. It just so happened that my father was in the UK at the same time for work, and one early morning, he brought up a letter to me. We could not believe what we read. I received a full scholarship from the LSE for my degree program. We really have no words to thank Maharaz Jee. How do you tell the untellable?

Years later, this time with the blessings of Maharani Jee, I secured a third scholarship from Monash University to continue with my studies. When I think about Maharaz Jee’s blessings, I am lost for words. I just wanted to excel in my year 10 exams. And look where he took me?

I feel he has charted my future, not just in this lifetime, but for all time to come.

My dearest Maharaz Jee and Maharani

Jee, I ask for you always. Keep me humble and keep me always under your guidance. Maharani once told me that it is very important to be under your Guru.

*Nanak Naam Chardi Kala Tere Bhane  
Sarbat Da Bhala*

Dhan Darshan  
Dhan Pali Darshan

By Das Jagjit Kaur



Created by Das Bali

# Kese Karun Me Teri Aradana

## translation of

### Maharaz Jee's writing

In the preceding Newsletters we explained that the “*Yashwanti Niradbar*” 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”. We have provided translations of the 3 *Gadhi shabads* in previous 3 Newsletters.

Below is a translation of another of Maharaz Jee's sacred verses entitled *Kese Karun Me Teri Aradana* from Maharaz Jee's *Rachna* (compilation of writings). We chose this writing because honestly no words can capture how great Maharaz Jee and Maharani Jee are. Their praise is beyond words.

ਕੈਸੇ ਕਰੁੰ ਤੇਰੀ ਮੈਂ ਅਰਾਧਨਾ  
*Kese karun me teri aradana*  
Oh Lord how do I remember you and  
praise you?

ਮੇਰੇ ਗੁਣ ਨਹੀਂ ਰੇ॥  
*Mohay gun nahi ray*  
As I have no virtues to do so

ਸਾਵਲੇ ਰੰਗੀਲੇ ਪ੍ਰੀਤਮ ਪਿਆਰੇ  
*Savlay rangilay preetam pyare*  
Pure Oh Lord of all creation

ਚਰਣ ਪ੍ਰੀਤ ਦੇਹੋ ਮੇਰੇ ਪ੍ਰਿਤਪਾਲੇ  
*Charan preet deyo mohay pritpale*  
Give me the love of your feet

ਮੈਂ ਜਾਊਂ ਬਲਿਹਾਰੇ॥  
*Me jaun balhare*  
I have great praise for your followers

ਗੁਰ ਬਿਨ ਮੁਕਤ ਨਾ ਪਾਇਓ ਕੋਈ  
*Gur bin mukt na payo koe*

Without a Guru, one cannot find  
salvation

ਹਰਿ ਕੀ ਭਗਤੀ ਗੁਰ ਸੰਗ ਹੋਇ  
*Har ki bakhti gur sang hoe*  
Worship of the Lord is through the Guru

ਗੁਰ ਗਿਆਨ ਬਤਾਇਓ ਰੇ॥  
*Ehe gur gyan batayo re*  
That is the message from the saints

ਦਾਸ ਕੀ ਆਸ ਪੂਰੀ ਕੀਜੈ  
*Das ki aasha puri kije*  
Oh Lord, hear my plea

ਹਿਰਦੇ ਵਾਸ ਕਰ ਚਰਣ ਮੈਂ ਲੀਜੈ॥  
*Hirde vas kar charno me lije*  
Occupy my heart and give me a place  
at your feet

ਮੇਰੇ ਦਰਸ਼ਨ ਕੀ ਪਿਆਸ ਰੇ॥  
*Mohe Darshan ki pyas re*  
Oh Lord I thirst for your vision

# Poem

## ਸੰਤ ਸੱਭਾ ਪੱਰਖਨ Sant Sabha Parkhan:

the kind of people who visit a saint's congregation

Poem By Das Sukhdev Singh (Nairobi, Kenya)

ਕੋਈ ਆਉਂਦਾ ਤੇਰੇ ਦਰ ਤੇ ਲੈ ਭਰੇਆ ਬਰਤਨ  
*Koi anda tere dar te le bharea bartan*  
Some visit the congregation of a saint in  
ego thinking they know all

ਆਪਣੀ ਸੋਜੀ ਹੈ ਨਹੀਂ ਲਗਦਾ ਤੈਨੂੰ ਪਰਖਨ।  
*Apni soji he nahi, lagda tenu parkhan*  
They know not anything about  
themselves, and yet try to test the saint

ਕੋਈ ਆਉਂਦਾ ਤੇਰੇ ਦਰ ਤੇ ਲੈ ਪੁਠਾ ਭਾਂਡਾ,  
*Koi anda tere dar te le putha banda*  
Some visit the congregation of a saint  
without any intention of gaining anything

ਮੋਹ ਮਾਇਆ ਦਾ ਜਖੜੇਆ ਗੱਲ ਵਿੱਚ ਫੰਦਾ।  
*Moh maya da jakreya, gal vich phanda*  
They are entrapped by attachment and  
materialism, like a noose around the  
neck

ਕੋਈ ਆਉਂਦਾ ਤੇਰੇ ਦਰ ਤੇ ਲੈ ਕੱਚਾ ਮਟਕ,  
*Koi anda tere dar te le kacha matak*  
Some visit the congregation of a saint  
without focus and are too weak to take  
on the saint's teachings, and go back to  
their old ways

ਲੋਕ ਲਾਜ ਦਾ ਮਾਰੇਆ ਮਨ ਵਿੱਚ ਸੰਕਟ।  
*Lok laaj da mareya, man vich sankat*  
They are unable to adopt the saint's  
message due to fear of societal  
pressure and judgement

ਕੋਈ ਆਉਂਦਾ ਤੇਰੇ ਦਰ ਤੇ ਲੈ ਮੈਲ ਕੜਾਹੀ,

*Koi anda tere dar te le mel karahi*  
Some visit the congregation of a saint  
full of ego and other vices

ਹੋਮੇ ਹੱਥ ਦੀ ਰੈਹਮਤ ਜਾਣੇ ਅੰਦਰ ਦੁਸਟ ਲੜਾਈ।  
*Haumay rab di rehemat janay, andar doost larai*  
They feel that their ego is a blessing  
from the Lord, but within themselves  
they are without peace

ਕੋਈ ਆਉਂਦਾ ਤੇਰੇ ਦਰ ਤੇ ਹੋਕੇ ਖਾਲੀ,  
*Koi aunda tere dar hokay khali*  
Some visit the congregation of a saint  
full of humility and respect, with the aim  
of receiving blessings

ਲੈਜਾਂਦਾ ਭਰਕੇ ਹੀਰੇ ਲਾਲਾਂ ਦੀ ਖੋਲੀ।  
*Le janda bhar ke heray lalan di theli*  
They receive the jewels and gems of  
spiritual blessings

ਹੇ ਦਾਤਾ, ਆਏ ਹਾਂ ਤੇਰੇ ਦਰ ਤੇ ਹੋਕੇ ਖਾਲੀ।  
*Hey data, aye hain tere dar te hokay khali*  
Dear Lord, we have come to your  
congregation in total humility

ਬੇਦੀ ਸਾਡੀ ਹੱਥ ਤੇਰੇ ਤੂੰ ਹੈ ਸਾਡਾ ਮਾਲੀ।  
*Bhodi sadi hath teray, tu he sada mali*  
We are at your mercy because you are  
our spiritual guide

ਨਾਨਕ ਨਾਮ ਚੜਦੀ ਕਲਾ ਤੇਰੇ ਭਾਂਠੇ ਸਰਬੱਤ ਦਾ ਭੱਲਾ।  
*Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala*

# Pali's Pantry

## Cholay and aloo tikis (chickpeas and potato patties)

*Cholay* (white chickpeas) also known as garbanzo beans have been grown for many thousands of years and are a very nutritious food. They are very rich in fibre, in vitamins and minerals including folate, manganese and copper. They are also high in protein.



Maharaz Jee absolutely loved aloo (potatoes). At Loni, he would often cook potatoes for the sangat. So we are really happy to share the recipe of cholay and aloo tikis (potato patties) with you. This recipe will feed 5 people.

### White Chickpea curry

#### Ingredients

2.5 cups of chickpeas (soaked overnight, rinsed and cooked in a pressure cooker with salt until tender. Retain some of the water from the boiled chick peas)  
2 tbs olive or coconut oil  
6-8 cloves  
4-6 cardamom pods – shelled  
6-8 peppercorns  
2 bay leaves  
4 medium onions, (2 finely chopped and 2 to be ground in the paste)  
2 cups of chopped ripe tomatoes; or one can of ripe tomatoes  
2 tsps crushed fresh ginger  
4 tsps crushed fresh garlic  
2 tsps cumin seeds  
4 tsps coriander powder  
1 tsp turmeric powder  
3 tsps garam masala  
Chillies to taste  
Salt to taste



Recipe: Das Tejpal Singh  
Photographs: Das Neelkamal

## Method

In a large pan, heat the oil and add the bay leaves, cloves, cardamom and peppercorns. Once the spices crackle, add 2 diced onions. On the side, grind the other 2 onions, garlic and ginger and tomatoes into a paste. When the onions are brown, add the paste and cook on medium heat until oil separates from the mixture. Then add all the other spices (cumin, coriander, turmeric, chillies and garam masala). Add boiled chick peas with the retained water (from boiling) and cook on low heat for an additional 5-10 minutes. Add the garam masala at the end.

## Aloo Tikkis

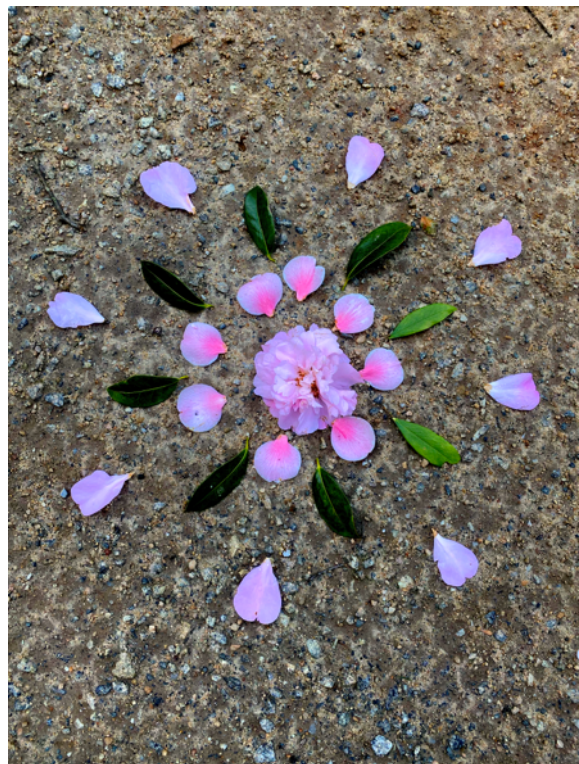
5 medium potatoes, boiled whole  
1 small onion chopped finely  
1 cup of breadcrumbs (put 2 slices of bread in the nutriblend and then roast lightly on the grill)  
1 tbsp combined fresh garlic and ginger paste  
2 tbsp coriander powder

1 tsp cumin powder  
1 tsp chaat masala (available from an Indian grocery store)  
1 tbsp fresh lemon juice  
1 tsp chilli powder to taste  
1 tsp salt

## Method

Boil potatoes with skin until firm (should not be mushy). Once they cool down, remove the skin, grate or mash them in a mixing bowl. Mix all the ingredients and shape into round balls (if you want larger tikkis then the balls can be larger). Then flatten the balls into a pattie and shallow fry either in olive or coconut oil.

To plate this dish, first place one or two tikkis, then serve the cholay over the tikkis. Finally add finely chopped white onions, coriander leaves and tamarind chutney on the cholay. This is a very nutritious dish and loved by many!



Created by Das Gauri

# Children's Section

## The power of Nanak Naam Chardi Kala Jaap

There was once a young boy who began to chant Nanak Naam regularly. He found great peace in chanting all the time: while riding to school, while working in school, while doing homework and helping out with housework. All day long he would keep chanting. A group from his class asked him if he had gained anything from chanting? He replied, no I have not gained anything, but I have lost a lot. What? they cried. What have you lost? Well, for one, I have lost my tendency to get angry. Before when my parents asked me to help out with household chores and said I could not watch TV, I would get really angry. But the chanting has calmed me down so much. I no longer feel angry. Really, said the group. What else? Well, before if someone had better gadgets or sports gear than I did, I would get jealous and would demand that my parents buy these things for me. However I have lost my jealousy. In fact I have lost my attachment to wanting things that my friends have. I am quite content with what I have these days. Before I would read all the advertisements for new toys and gadgets and announce to my parents what I wanted. Now that sort of need for things is something that I have lost. I have become much more creative with what I have. I go through hard rubbish and make new computers, and enjoy doing this a lot.

Importantly, the more Nanak Naam chanting I do, the more I admire my friends and see the good qualities in them. Before I wanted everyone to admire me, my new gadgets and toys and all my achievements. But I have no need for this anymore. I tell you, I have lost all these things and am feeling happier than ever. Chanting is the best thing ever. I can do it any time and sometimes I fall asleep chanting and wake up chanting as well. I feel Maharaz Jee is with me through the night.

I also feel that since I began chanting there is a lot peace in the house. Every time a thought bothers me I begin to chant and immediately I feel calm and this calmness permeates to all those around me. The energy changes. So my friends, this is what I have lost, and my life has changed. You should try it too. It is such an amazing gift that our Guru has given us.



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