

NANAK NAAM CHARDI KALA TERE BHANE SARBAT DA BHALA

# Nanak Dham

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Sachkhand Nanak Dham International

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## HAPPY JYOTI DIWAS, 2021!



Hazoor Maharaz Darshan Das Jee

A very happy 50<sup>th</sup> Jyoti Divas to Maharaz Darshan Das Jee's congregation. In our first Newsletter we explained that on 15 August 1971, Maharaz Darshan Das Jee delivered his first Satsang in the town of Batala, India. It was on this day that he called himself Darshan Das (Das means servant of humanity) for the first time.

In 2020 and 2021 the world has been severely hit by one devastating COVID-19 wave after another. We are facing lockdowns, illness, loss of livelihoods and despair. And yet those

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# Editorial

## Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala

Dear Reader,

Hearty congratulations on Maharaz Darshan Das Jee's 50<sup>th</sup> Jyoti Diwas! Maharaz Jee shared the light and blessings he received on Jyoti Diwas with all of humanity. Maharani Jee as his successor, continued to share the same light with all of us. Both Maharaz Jee and Maharani Jee continue to shower us with their blessings. Their devotion to the mission is beyond words. Everything they did, they did for the Mission. Their blessings live on, continue to multiply and spread worldwide.

While the world continues to grapple with the COVID-19 pandemic, lockdowns, and in some cases confusion and despair, we give thanks to our beloved Maharaz Darshan Das Jee and Maharani Pali Darshan Das Jee for their true unconditional love and kindness for all of us. We turn to them each day for courage to face the challenges that face us; we thank them each day for giving us resilience, love and fortitude to embrace each day fully.

In this Newsletter we begin with a congratulatory message for Jyoti Diwas reciting the story of Gopinath from one of Maharaz Jee's *satsangs* (spiritual sermons) which he delivered in July 1987. We share a photograph of our beloved Maharani Pali Darshan Das Jee for her Remembrance Day which was on 13 August 2021. We then share a beautiful story of a devotee (Das Sukhdev Singh) and the blessings he received from Maharaz Jee and Maharani Jee. In this issue we provide the translation of the third *Gadhi* (spiritual altar) *shabad* (spiritual hymn). We then share a beautiful poem written by the Sufi saint Jalaluddin Rumi which resonates deeply with the teachings of Maharaz Darshan Das Jee. In Pali's Pantry we share the recipe of rajma (red kidney bean curry). We end the Newsletter with a Children's Section. We share the answers to the crossword puzzle and announce an extension to the submission date 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.

## 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).

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of us who are in the congregation of a perfect Master are able to turn inward and focus on our [Naam](#) meditation. We can chant the [spiritual slogan](#) *Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala* for all those who are suffering.

The world as we know it has changed. And yet this is the ripe time to ask ourselves why we are here, why have we been given this life and where are we going after we leave our body? We are here only for a while. What is the divine promise we made before we were born? Are we being true to that promise?

**Below we share Gopinath's story, which Maharaz Jee recited to us during his *Satsang*, delivered on 17 July 1987.**

In the 11th Century King Gopinath decided to become a Fakir (religious ascetic) and went to Guru Gorakhnath and told him about his decision. Guru Goraknath told him that henceforth he would have to beg for alms for his livelihood. Citizens living in Gopinath's Kingdom gave Gopinath over and above what they normally would have given to a Fakir; his wives gave up all their jewellery saying that, "when our King has become a Fakir, then what good are all these jewels and fineries for us?". When he went to see his mother she said, "you have come for alms and this is what I will give you. Remember the following three things: (1) It is my wish that you should always sleep and rest on the best of the silk mattresses because you are my son (2) you should eat the richest and most nutritious food available, that strengthens you because you are my son (3) you should live in a strong

palatial fort because you are my son.

Gopinath replied "I would have cursed you if you were not my mother. If I wanted all the worldly riches, the silk mattresses, the rich food and the big palaces, then why would I have relinquished my kingdom and become a Fakir? I have given all this up". His mother replied "son, you have misunderstood me. What I meant was that when you are extremely tired, my wish for you is that you sleep very soundly and even if you have to sleep on thorns, you will feel as if you are sleeping on a silk mattress. When you feel very hungry, even plain simple bread that is 2-3 days old (dipped in water) will nourish you just as a very rich meal would. In terms of the big palatial house, I was referring to your body. Make yourself so strong and full of wisdom that you do not fall prey to lust, anger, greed, attachment or pride. While you serve humanity, the sick and needy, the young, the old, men and women will come to you. Serve with them honour and dignity. He touched his mother's feet, took her blessings and spent the rest of his life in the service of his Guru.



Created by Das Rai Bahadur Navjyot Singh

### So what is the moral of this story?

Our soul wants to unite with God from whom it has been separated for many lifetimes. Just as a newly married bride is separated from her husband, while we are in the human body, our soul is separated from God. If we want to unite with God while we are alive, then the way to do so is through *Naam Simran* (meditation). So even in a situation of lockdown and in times of difficulty, we should feel totally cared for by our Guru (like Gopinath's mother wanted him to feel during times of hardship).

How we live (including our education and our work) should be a path to our spiritual goal which is to merge with the Lord. Our materialist worldly achievements are temporary and we will leave them behind when we leave our body. So we should break the pattern of being led by our mind and adopt practices and a way of life that is led by our soul through the congregation of a saint.

Maharaz Jee says:

*All you need is love. That love is only born when you seek the shelter of a perfect saint and attain Naam. Your Naam meditation will free your soul from the entrapment of the mind.*



Created by Das Gauri



Created by Das Rai Bahadur Navjyot Singh

# Maharani Pali Darshan Das Jee Remembrance Day

13 August 2021



Read more about Maharani Pali Darshan Das Jee [here](#).

# The Blessing of Maharani Pali Darshan Das Jee



Maharani Pali Darshan Das Jee

*Dhan Darshan  
Dhan Pali Darshan  
Nanak Naam Chardi Kala Tere Bhane  
Sarbat Da Bhala*

I am a retired officer from the Kenya army. In 1970 after a nasty incident with a swarm of bees during a military exercise, I resolved to trim my beard to make my military life a bit easier. I was the only Sikh in the whole of the Kenya army. In 1985 my family and I became devotees of Maharaz Darshan Das Jee. In 1986 my daughter and I had the golden opportunity to meet Maharaz Jee in Birmingham, (UK) and we were blessed with *Naam*. As time passed, on a routine basis we listened to Maharaz Jee's spiritual discourses at the Darshan Darbaar in Kenya. Maharaz

Jee explained that if a Sikh man wears a turban, then he should not cut his beard.

As per the instructions of Maharaz Jee, I always wore a *Tilak* (red mark) on my forehead and this used to surprise some of my friends. Seeing me with a *Tilak*, I was once challenged by one of the Sikh elders who said "hasn't your Guru told you that if you are wearing a Kurta (long Indian tunic), then you also need to wear an Indian pyjama and not normal trousers?". I thought about it and I said "No, my Guru has not told me that. I have my own uniform given to me by my Guru".

In 1997 I retired from the military. One morning in 2002, as I sat in meditation, it

dawned upon me that if somebody challenged me again, this time on my trimmed beard, I would have no answer. This would be an insult to my Guru. Maharaz Jee had clearly stated in his spiritual discourses, that if a Sikh man wears a turban, then he should also keep a long beard in its natural form. That morning I made a solemn promise to Maharaz Darshan Das Jee: I said "When I directly hear from you, I will keep a long beard". A year went by and I was in India in February with Maharani Jee to attend Das Dharam Foundation Day. After the Foundation Day celebrations were over, we went to a devotee's house for *kirtan* and *satsang* followed by a communal meal. During the meal, the hosts brought out a second round of gulab jamun's (Indian sweets) in a large serving bowl. Devotees declined to have anymore. Then Maharani Jee said: "give the gulab jamuns to Brigadier Sukhdev because he is visiting from overseas". She looked at me for confirmation.

After having finished eating the gulab jamuns I told Maharani Jee that I had

eaten all of them. She said in surprise, "really?". She gazed straight into my eyes and said "Putar (son) from today onwards do not touch (cut) your beard and go home". That was her direct order. Everyone chanted *Nanak Naam Chardi Kala Tere Bhane Sarbat the Bhala*.

I was totally stunned. The prayer that I said in my heart was heard by Maharaz Jee and the order came through Maharani Jee. They are truly one. I bowed my head to Maharani Jee and understood, that now was the time to keep a long beard. I felt honoured and humbled that my revered Guru had answered my prayer in such a profound and loving manner.

Gulab jamun's are served to celebrate a joyous occasion. For me, this was indeed a joyous occasion, when again I realised that Maharaz Jee listens to all our prayers and answers them in the most unexpected and beautiful ways.

By Das Sukhdev Singh Plahe (Nairobi, Kenya).



Created by the late Das Harjit Kaur

# Gadhi Shabad 3:

## Nanak Bheyo Kirpal

### ਨਾਨਕ ਭਇਓ ਕਿਰਪਾਲ

In the first Newsletter, we explained that the “*Yashwanti Niradbar* is a compilation of *shabads* (sacred verses) 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 provided translations of the first 2 *Gadhi shabads* in the previous Newsletters. Below is a translation of the third *Gadhi shabad*.

ਨਾਨਕ ਭਇਓ। ਕਿਰਪਾਲ ਪ੍ਰਗਟ ਭਏ ਨਰ ਨਰਾਇਣ  
ਠਾਕੁਰ ਦਾਤਾਰ।

Nanak bheyo kirpal, parghat bhay, nar  
naryaan thakur dataar  
When the lord becomes merciful, He  
appears in human form

ਦਿਉ ਨਦਰ ਸਿਰਜਨਹਾਰ ਸੁਆਮੀ ਸਿਰਧਰ ਦਸਤਾਰ।  
Deyo nadar sarjan har swami, sir dhar  
dastaar  
Oh beloved one, please appear before  
the world, with a turban upon your head

ਜੀਆ ਜੰਤ ਸਭ ਕੀਉ ਪੁਕਾਰ ਦਿਉ ਹਰ ਦਰਸ਼ਨ  
ਪਿਤ੍ਰਪਾਲਣ ਹਾਰ।  
Jee Jant sabh kiyo pukar, deyo har  
Darshan prit paalan har  
It is the plea of your creation, that you  
give us Darshan, our beloved nurturing  
Lord



Created by Das Gauri

ਹਮ ਨੀਚ ਕਿਛ ਜਾਨੈ ਨਾਂਹੀ ਤੁਮ ਭਿਓ ਖਸਮ ਹਮਾਰੇ।  
Hum neech kich jano nahee, tum  
bheyo khasam hamare  
We are downtrodden and ignorant,  
you are our all-knowing divine

ਦਰਸ਼ਨ ਨੀਚ ਦਿਉ ਹਰ ਦਰਸ਼ਨ ਸਤਿਗੁਰ ਕਾਜ  
ਸਵਾਰੇ।  
Darshan neech deyo har Darshan,  
Satguru kaaj savaaray  
Darshan is lowly; he humbly requests  
the Lord to give Darshan to his  
creation; the Satguru will take care of  
his sewak's welfare



Sufi dancers: pmorgan, Flickr

## The Guest House

By Jalaluddin Rumi

This being human is a guest house.  
Every morning a new arrival.  
A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honourably.

He may be clearing you out  
for some new delight.

The dark thought, the shame, the  
malice, meet them at the door laughing,  
and invite them in.

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

Rumi is a much-loved and revered Sufi saint who is known world-wide for his poetry. In times of COVID-19, when things are uncertain and there is much human suffering, this poem gives us solace as we take each day as it comes, and as we learn to see everything as a blessing. This poem resonates very strongly with the teachings of Maharaz Darshan Das Jee and Maharani Pali Darshan Das Jee.



T Temple-Pueblo Paradiso, Flickr

# Pali's Pantry

## Rajma (red kidney beans curry)

Kidney beans are a very nutritious food with numerous health benefits. They are protein rich, full of fibre and low in calories. They come in many colours: red, white and even purple. They are high in Vitamin B6, magnesium, potassium and iron. You can buy them fresh or dried. They are just the right meal on a cold wintery day. They are widely eaten in Punjab, the state where Maharaj Jee was born.

### Ingredients

2 large mugs red kidney beans (soaked overnight and cooked in a pressure cooker until tender)  
2 tbs olive or coconut oil  
3-4 ripe tomatoes pureed; or one can of ripe tomatoes  
1 large onion diced  
1 tsp ground ginger  
1 tsp ground garlic  
A few bay leaves  
1 tsp cumin seeds

1 tsp turmeric powder  
1 tsp coriander powder  
Chillies to taste  
Salt to taste  
Garam masala to taste  
Fresh coriander leaves

### Method

In a large pan, heat the oil and add the bay leaves, cumin, turmeric, chillies and coriander powder. Once the spices crackle, add the onions. When they are translucent, add the ginger and garlic and cook until the onions are dark brown. Then add the tomatoes and cook for a few minutes until the gravy thickens. Add the garam masala. Then add the rajma and let the whole curry boil for another 5-10 minutes. Garnish with fresh coriander leaves. Rajma is best served with roti or basmati rice.

**Optional:** add vegetables of your choice at the end and cook until tender.



Recipe: Das Jagjit Kaur  
Photograph: Das Jagjit Kaur, Yummy O Yummy, Flickr

# 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. **The deadline has been extended to 7 December, 2021.**

We will announce winners early in the New Year.



Created by Das Rai Bahadur Navjyot Singh



Created by Das Gauri

## Crossword answers from the last edition

### Down

1. Love
2. Foundation
3. Simran
4. Birthday
5. Darshan
8. Service
9. Tilak

### Across

5. December
6. Batala
7. Jaap
10. Pali
11. Vegetarian