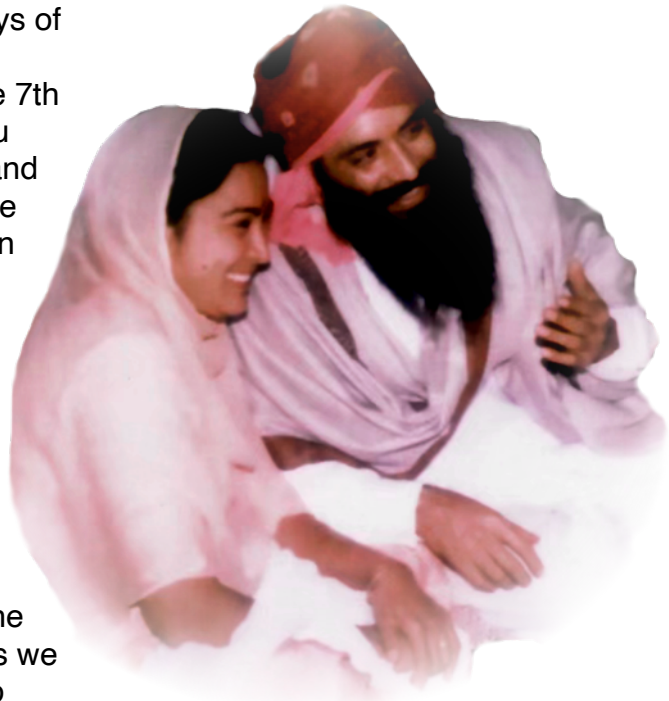


## Focus on Divine Love

Many congratulations on the Birthdays of Maharaz Darshan Das Jee and Maharani Pali Darshan Das Jee. The 7th of December marks the day our Guru and Guru Mata (mother) were born and is one of the most blessed days in the Sachkhand Nanak Dham Mission. On this momentous day, we share the essence of a *satsang* that Maharaz Darshan Jee delivered during the month of *Asoo* (September).

We should have one desire: to be united with the divine. We are however too embroiled in the material world to walk the spiritual path. We often feel we are walking the spiritual path, but through our actions we become egotistical and are unable to break free from worldly desires. The story of Baghat Ramanand Jee's death provides us with a powerful example of how we can get entrapped by our worldly desires. Baghat Ramanand Jee was a renowned saint of his time and Baghat Kabir Jee and Baghat Ravi Das



Maharani Pali Darshan Das Jee and Hazoor Maharaz Darshan Das Jee

*Continued on p3.*

### Inside:

- Translation of Maharaz Jee's Writing: *Kant Kaman Mera Sona Jio: My beloved, my most beautiful Lord*
- Poem: Masnavi of Rumi
- Pali's Pantry: Lentil Dosa (pancake)
- Children's Section: Baghat Ravi Das Jee, and the Gift to the River Ganga

# Editorial

## Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala

Dear Reader,

Many congratulations on the occasion of Maharaz Darshan Das Jee's and Maharani Pali Darshan Das Jee's Birthday for 2022!! It is a very joyous occasion in our SND calendar, one full of blessings and love. Maharani Jee always celebrated Maharaz Jee's birthday with deep spiritual devotion and love. In her satsangs, she explained how important it was to have a living Guru to attain Naam from the Guru.

In December 2022, we continue to face catastrophic climate change, a global economic downturn with world food insecurity on the rise. Maharaz Jee had told us that this time would come and that our Naam meditation would hold us strong. He also asked us to chant Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala from 2.00-2.15pm each day for our own welfare and then at any other time for the welfare of others and the planet.

As we wind down in some parts of the world for the festive season, let us all give thanks for a wonderful year. Maharaz Jee has kept us safe, has paved the path for our spiritual growth through Naam meditation and the chanting of Naam Chardi Kala Tere Bhane Sarbat Da Bhala. We are protected and blessed. Maharaz Jee always said in order to realise the truth, we had to make an inward journey through Naam meditation. By way of example, he said that we could keep reading recipes. But unless we sourced the ingredients and cooked the food, we would never realise the taste of the food. Similarly, he said, unless we meditate, we will never realise our inner spiritual

light. Maharaz Jee always said, even if you do nothing else, keep God in your mind. Remember the divine and you will receive guidance.

Today, we release a **video** which is compiled by Das Rai Bahadur Kartar Singh which covers some key messages from Maharaz Darshan Das Jee and Maharai Pali Darshan Das Jee. See <https://www.youtube.com/watch?v=x2sXhwVhtrw>

The 7th Newsletter has the following format. We provide you with key points of a satsang delivered by Maharaz Jee. This is followed by a translation of spiritual verses written by Maharaz Jee (Kant Kaman Mera Sona Sundar Ram Ramaya). In the "Blessings of my Guru" section we cover the moving story of Das Jagjit and the numerous blessings she has received from her Guru and Guru Mata (Mother) on their birthdays. In the poetry section we share a beautiful poem by Sufi saint Jalaluddin Rumi. In the Children's section we present a story on the love of a Perfect Master, Baghat Ravi Das Jee. In Pali's Pantry we are delighted to share a recipe of a protein rich lentil dosa (pancake).

Thank you so much for reading the Newsletter. Many, many congratulations to you on this very happy occasion. May Maharaz Jee and Maharani Jee continue to shower you with blessings, love, light and service. We welcome all contributions. Kindly contact the editor should you have anything you would like to share in the Nanak Dham Newsletter.

Dhan Darshan  
Dhan Pali Darshan



Jee, both well-known mystics and perfect masters had taken *Naam* from him. When Baghat Ramanand Jee came to the final moments of his life, his focus shifted to a sweet berry; he had a sudden desire to eat the fruit.

Baghat Ramanand Jee had told his devotees that when he left his body, they would be showered with beautiful flowers from the skies, and they would hear the melodious sound of bells. However, when he left his body, his devotees did not see any flowers nor hear the sound of bells. His congregation became very upset because what their Guru had promised them, had not transpired.

In a short while Baghat Kabir Jee, arrived at the scene. He asked “What is the matter, why are you are all so forlorn?” The devotees explained what had happened. Baghat Kabir then said “Well of course you will see flowers and hear bells as your Guru promised but, this will only happen when Baghat Ramanand Jee reaches his spiritual home. He has left his human body, but he has yet to reach his spiritual destination”. Baghat Kabir Jee pointed to a tree and said: “Go to that tree and bring me that berry growing on the tree”. He then opened up the berry from which emerged an insect. “Now cremate this insect and the skies will shower you with flowers and you will hear the sound of bells”, he said.

Indeed, to the astonishment of the congregation, flowers showered from the skies and bells rang. The congregation asked Baghat Kabir Jee to explain what the relationship was between the insect and their Guru. Baghat Kabir Jee explained that in his last moments, Baghat Ramanand Jee’s

focus shifted to the berry and he had a strong desire to eat a berry. His desire manifested into reality, and he became an insect so that he could feed on the flesh of the berry. His desire was thus fulfilled.

The following saying explains this clearly:

ਜੈਸੀ ਆਸ ਤੈਸਾ ਵਾਸ ।

Jaisee aas, taisa vaas

*As you desire, so you shall manifest*

(ਕਵੀ ਵਾਚ)

Kavi Vach

*A poetic form of expression*

Baghat Ramanand Jee who had spent his whole life on the spiritual path had to become an insect due to his small desire to eat a berry. What will happen to all of you who have such huge worldly material desires? What will happen to you? I am not trying to instil fear in you. I want you to focus on love. God always breaks our



Photo by Das Jagjit

worldly desires and helps us to create spiritual desires. God says, that when you are ready to unite with me, I will then send you a Perfect Master.

The way to unite with the divine is through *Naam* meditation. To get contentment and patience, you need to meditate. Our body is abode of the divine. We do not need to make pilgrimages and recite prayers. We just need to remember the divine.

When good times come, you say that this is due to your intelligence. But when hard times come, you say that God has brought these upon you. Please rise above these thoughts. Consider both good times and hard times to be God's blessings. You need to be humble and spiritual love should be your focus. I give you the example of Birlni (also known as Shabri). She was from a low caste and the villagers had banished her. Yet Lord Ram Chandar Jee travelled to her and ate tainted berries she had gathered. The berries were tainted because each day in anticipation of meeting Lord Ram, Birlni would collect berries for him. However, she tasted each berry to make sure it was sweet. She had true divine love for Lord Ram. Because of her true love, Lord Ram travelled to see her, she did not travel to Ajodhya to meet Lord Ram.

I say to you that it is time to change. Try to know yourself. Leave those paths which are causing you harm. Take responsibility for your actions. Ask yourself, why have you come here? Take from me that, so you do not need to travel to see me again and again. Take from me that, so that I come to see you. I will visit you in dreams and guide you.

Guru Arjaan Dev Jee, the 5<sup>th</sup> guru writes:

ਸੰਤ ਸਹਾਈ ਪ੍ਰੇਮ ਕੇ ਹਉ ਤਿਨ ਕੈ ਲਾਗਾ ਪਾਇ ॥

*Sant sahai prem ke hao tin ke lagga pai  
Saints are the helpers of the Lord's  
lovers; I touch the feet of those who love  
truly*

So, what is love? I say there are many types of love. Everyone loves children because they are so loveable, including the children of animals. There are six types of love. The first is when a human



Artwork by Das Gauri

child is born, everyone showers the child with love; parents, grandparents, uncles and aunties are all besotted with child. The second love develops when the child begins to attend school. The child loves his/her school friends and teachers. The child grows up, goes through university and develops the third kind of love, the love for work mates and friends. The fourth love is the love the person feels for his/her partner or spouse; each follows the other around and they are absorbed in other. They both then develop the fifth kind of love for their child and the circle

goes on. The sixth love, I always say is the most dangerous type of love, the love of one's honour and image. In order to protect this worldly image, brothers kill each other, and wars are fought.

True love is the love you have for the divine. However how can you love the divine without seeing the divine? You have to see the divine and to do this, you have to remember the divine with a true heart, then He will put you on His lap. So let true love be your focus.



Artwork by Das Jagjit and Don

# Blessings of my Guru

Das Jagjit Kaur

In 1994, I had completed my Masters degree and was back in Kenya looking for work in the development/aid sector. However, it was difficult for me to get employment in this sector. I applied for numerous jobs but to no avail. I became quite despondent and felt dejected. I missed my friends from university and the academic atmosphere I had been surrounded by for over four years. Then one day I saw an advertisement in a newspaper about a job which was related to what I had studied. To apply for the job (which was advertised by a Pan-African non-governmental organisation in Kenya) I was required to write a 2000-word essay. My father at the time was working for the Defence Staff College in Nairobi as the Deputy Commandant and, he had access to a well-equipped library. I was therefore able to access a wide range for reading materials which I used to write the

essay. On 7<sup>th</sup> December 1996, I was invited for a job interview and a day later I was offered the job. It was no coincidence that I was interviewed on Maharaz Jee and Maharani Jee's Birthday. It was the job of my dreams and opened many opportunities for me. In fact the opportunities I received working with this NGO were beyond my imagination.

In 1996, I applied for an Australian permanent residency visa. I received the visa and had to migrate permanently to Australia before the end of 1999. At the time I was travelling a lot and was deeply engrossed in the work I was doing. I had a very strong group of friends and was making great strides both professionally and personally.



Photo by Das Jagjit

Importantly, I had the strong support and backing of my family. My parents came to the many events I organised including a book launch and an event for a campaign I was coordinating on the cancellation of Kenya's debt. So giving everything up, just as I had started to feel comfortable in my career and my personal life was very difficult to do, and yet it had to be done.

I purchased a way one ticket and arrived in Australia on 11 November 1999. I remember that the first thing I did when I arrived in Melbourne was to take out Maharaz Darshan Das Jee's photograph from my suitcase and put it on the bedside table and say a prayer. I have never forgotten that next to his photo there was a small card calendar with the photograph of Durga Ma sitting on a tiger. I suddenly felt

the palpable energy of Maharani Pali Darshan Das Jee.

While I was glad to be in Melbourne, I missed my family terribly. Family friends I had known from Kenya were kind enough to host me, however I didn't have a job, neither did I have much money at the time. I knew that in order to move forward, I would need to find a job. However, I had arrived in Australia when things were winding down for the year, during the Christmas holiday season. Every week I would buy all the newspapers and go through the job advertisements for hours. I applied for numerous jobs, but my efforts were unsuccessful. With each week that passed, I grew more and more upset. Communication with my family was difficult because there were no smart phones, WhatsApp or Facebook at that time. I did email them though, and this is how we kept in touch. I also relied on the snail mail. I felt alone and miserable: I had left everyone and everything that was dear to me in Kenya, for a largely unknown future. And so, I turned inward.

Years before this, Maharani Pali Darshan Das Jee had given me a brown coloured Indian suit. She asked me to get it stitched and to wear it and never to give it away. I had this in my suitcase. I began to wear the suit each day and meditate on my *Naam* for half an hour.

As I was in the city one day, just opposite Flinders Street Station (in Melbourne) there is a Church known as the St Paul's Cathedral. I went into the Church to sit in silence. There, I spoke to my Guru and said "Maharaz Jee, please, please give me a sign about whether I will get a job". It was a plea and I felt it came from my soul. I was in tears, my eyes were closed and for a moment I did not know where I was. As



Das Jagjit delivering a speech in 2003 at the Birmingham Dera on the occasion of Maharaz Jee's 50th birthday.

I opened my eyes, I was looking at a large sign board which said "World Vision, Working for Children". A few days later I was invited for an interview to World Vision Australia and got a job which was very similar to the one that I had in Kenya. This was indeed a miracle because my work is very specialised, and it is difficult to find a job in my field. Yet, a permanent job came up in Melbourne in exactly the area that I had expertise in. When I saw the paperwork, I realised that the job had been advertised on 7 December 1999. So, I knew that this employment had come from my Guru, yet again.

Such are the birthday blessings of my Guru Maharaz Darshan Das Jee and my Guru Mata (mother) Maharani Pali Darshan Das Jee. I have no words to thank them. But I now deeply understand that I am in their hands, and I have to learn to be with them in each moment.

Dhan Darshan  
Dhan Pali Darhan

# Kant Kaman Mera Sona Jio

## translation of Maharaz Jee's writing

In the preceding newsletters we explained that the “*Yashwanti Niradhar*” is a compilation of sacred verses known as *shabads* written by Maharaz Darshan Das Jee. Below is another translation of a *shabad* from the *Yashwanti Niradhar*.



ਯਸ਼ਵੰਤੀ ਨਿਰਾਧਾਰ ਧਾਮ ਪਹਿਲਾ ।  
Yashwanti Niradhar Dham Pehela  
*The first section of Yashwanti Niradhar:*

ਕੰਤ ਕਾਮਣ ਮੇਰਾ ਸੋਹਣਾ ਜੀਓ  
Kant Kaman Mera Sona Jio  
*My beloved, my most beautiful Lord*

ਸੋਹਣਾ ਸੁੰਦਰ ਰਾਮ ਰਮਈਆ ।  
Sona, sundar ram ramaya  
*Beautiful, comely messenger of the Lord*

ਸੁਣਾਂ ਗੁਣਾਂ ਗੁਣਿਆਈਚਾਰ  
Sona guna guniaichar  
*Beautiful and virtuous*  
ਤੇਰੀ ਮਹਿਮਾ ਅੰਤ ਨ ਪਾਰਾਵਾਰ ।  
Tere mehema ant n paravar  
*Your greatness is limitless*

ਮਨਮੁਖ ਧਿਰਗ ਜੀਵਣਾਂ  
Manmukh thrig jeevna  
Those who are mind driven, live without purpose  
ਮਰਨ ਜਨਮ ਵਾਰੋਵਾਰ ।

Maran janam varon vaar  
*Caught up in the cycle of birth and death*

ਗੁਰਮੁਖ ਮੁੱਖ ਉਜਵਲ  
Gurmukh mukh oojval  
*Those in the shelter of a Guru are radiant*

ਸੁੱਖ ਦੇਹੁ ਸਤਿਕਰਤਾਰ ।  
Sukh deo satkartaar  
*They receive blessings of the Lord*

ਸੱਚ ਬੋਲਣਾ ਸੱਚ ਕਮਾਵਣਾ  
Sach bolna, sach kamavna  
*To speak and live the truth*

ਸੱਚ ਤਪੱਸਿਆ ਸੱਚ ਸਹਿਜ  
Sach thapasia sach sehej  
*Truth is meditation, truth is peace and tranquillity*

‘ਦਰਸ਼ਨ’ ਕਹੇ ਮੇਰੇ ਮਿਹਰਵਾਨ ।  
Darshan kahay mere mehervan  
*Darshan says, so says my Lord*

# Poem: Masnavi of Rumi



Photo: Das Jagjit Kaur

Wealth has no permanence: it comes in  
the morning,  
and at night it is scattered to the winds.

Physical beauty too has no importance,  
for a rosy face is made pale by the  
scratch of a single thorn.

Noble birth also is of small account,  
for many become fools of money and  
horses.

Many a nobleman's son has disgraced  
his father by his wicked deeds.

Don't court a person full of talent either,  
even if he seems exquisite in that

respect:

take warning from the example of Iblis.  
Iblis had knowledge, but since his love  
was not pure,  
he saw in Adam nothing but a figure of  
clay.

Mathnawi VI: 255-260

*Version by Camille and Kabir Helminski  
"Rumi: Jewels of Remembrance"  
Threshold Books, 1996*

# Pali's Pantry

## Lentil Dosa (pancake)

Lentil pancakes are nutritious and very high in protein. In this recipe, we combine three different lentils (green whole lentils, red lentils and channa daal) plus buckwheat kernels. This combination of lentils is rich in fibre, folate, selenium, vitamin B6, potassium and protein amongst many other nutrients. Buckwheat is rich in phosphorous, magnesium and calcium and is considered to be an alkaline food.

Lentils are part of the diet that Maharaz Jee and Maharani Jee recommended for the congregation. Red lentils (masoor daal) in particular has been blessed by Maharaz Jee as a spiritual food. It is rich in protein and easy to digest.

### Ingredients

- 1 cup red lentils
- 1 cup whole green lentils
- 1 cup channa daal
- 1 cup buckwheat kernels
- Coconut oil or ghee
- Salt to taste

### Method

Soak the lentils and the buckwheat kernels overnight. Drain the water and then blend all the lentils and buckwheat into a fine pancake consistency using a small amount of water. The mixture is known as the daal dosa mixture. Heat a non-stick frying pan for a few minutes and then pour the dosa mixture using a circular motion starting from the middle and then moving outward. After a few minutes turn the dosa over and cook until brown. At this stage you can add some oil



Photograph: Das Jagjit

to the dosa using a brush or some oil.

Dosa can be eaten with any vegetable curry, with yogurt and with chutney of your choice.

The dosa mixture can be refrigerated for 4-5 days.

Recipe by Das Jagjit Kaur (Melbourne)

## Children's Section

# Baghat Ravi Das Jee, and the Gift to the River Ganga

This is a story of Baghat Ravi Das Jee who was born in Seer Goverdhanpur, near Varanasi in Uttar Pradesh (India). He was an enlightened Perfect Master.

There was once a Pandit (priest), who was employed in a King's court. He decided to go on a pilgrimage to the river Ganga (Ganges). On his way, he paid his respects to Ravi Das Jee who was a cobbler by trade, fixing leather shoes and other leather items. After he had paid his respects to Ravi Das Jee, the Pandit took his leave. Just as

he was about to commence his journey, Ravi Das Jee said to him "Here, please take these coins and present them to the river Ganga on my behalf. Also, in return, Ganga will offer you something for me. Make sure you bring it to me". "Of course" said the Pandit while muttering to himself "Huh, Ganga will give you a gift! Unbelievable!".

The Pandit reached the bank of the Ganga and conducted his prayers and meditation. As he was about to leave, he remembered Ravi Das



Artwork by Das Gauri



Artwork by Das Gauri

Jee's request. "Oh well, what do I have to lose" he said to himself. "Hey, dear Ganga, Ravi Das Jee pays his respects". To his astonishment, the waters formed a hand and presented the Pandit with a radiant bangle. The Pandit was totally mesmerised by the beauty of the bangle. He had never seen such an exquisite ornament which was set with rare and precious gems. He quickly made his way back to the palace forgetting all about presenting Ganga's gift to Ravi Das Jee.

Once he got back to his palace, he raced to his King and said, "Your majesty, look what I got for you from the river Ganga!". The King was very pleased and presented the bangle to his Queen who was totally besotted by the ornament. After a while she said, "Bangles are never sold as single piece, always as a pair. Where is the other one?" The King pondered over this. "Don't you worry he said, I will get you the other one". The King called the Pandit and asked him for the other bangle. "But there is only one" cried the Pandit, explaining to him how he had acquired it. "You had better get me another bangle Pandit, otherwise you will be beheaded."

shouted the King. The Pandit visited all the leading jewellers and craftsman in the kingdom and far beyond the kingdom however, there was no jeweller who had the skills to craft such a magnificent piece. Moreover, such jewels had never been seen in any kingdom before.

Finally, the Pandit knew what he must do. Humbly, he went back to Ravi Das Jee. "I have made a terrible mistake" he said. "That ornament was meant for you, but I was selfish and greedy and gave it to my King. Now he has threatened to behead me and I am miserable." Ravi Das smiled. "Dear one, come here" he said. He then picked up the cover of the seat he was sitting on and inside was a sea full of jewels and ornaments. "See if you can find the matching one here". The Pandit understood the gravity of his mistake and wept and asked for forgiveness. He realised that Ravi Das Jee did not need any jewels. He had reached a spiritual stage where he was able to manifest anything he needed and yet, chose to live a simple life as a cobbler.

The third Guru (Guru Ramdas Jee) explains:

*Sant ka keha sehej sabahi*  
The words of a perfect Master  
manifest into reality

*Sant ka keha birtha na jaey*  
The words of a Perfect Master are  
blessings and can never go wrong

This is a story in the public domain.  
This version was by narrated by Das  
Sukhdev Plahe (Kenya).



Artwork by Das Rai Bahadur Navjot

## 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>**



Artwork by Das Rai Bahadur Navjyot