

Focus on your Divine Promise

Many congratulations on Das Dharam Foundation Day 2023. This is a very auspicious day for the Sachkhand Nanak Dham Mission. As we have explained in previous Newsletters, Maharaz Darshan Das Jee established this mission on 16 February 1980. *Das* means “one who serves the Lord” and *Dharam* refers to “our promise to God before our birth” (for more details please See Nanak Dham Newsletter, (2020), Vol. 1, Issue 1).

Below we cover some key points from a Satsang that Maharaz Darshan Das Jee delivered on 16 February 1985 in Birmingham, UK.

On this day I appeal to you to treat each other with respect, rise above disputes related to caste, colour, creed and those between families and states, and focus on humanity. This will give you peace



Hazoor Maharaz Darshan Das Jee

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Editorial

Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala

Dear Reader,

We are delighted to publish this 8th Nanak Dham Newsletter. Many congratulations on the occasion of *Das Dharam* Foundation Day 2023!! This is a momentous occasion for the Sachkhand Nanak Dham International Mission. Maharaz Darshan Das Jee explained to us that *Dharam* means the promise our soul made with our creator before we were born. Once we are in the human form, we get caught up in the vices of lust, anger, attachment, greed and pride and forget these promises. When we face challenges, we are reminded of these promises. Through chanting *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) we begin to understand that we are spiritual beings having a human experience. We begin to remember these promises we made before our birth. Maharaz Jee also explains that we should seek to attain Naam from a perfect master. Through Naam meditation we can transcend the worldly plane to a much higher spiritual one, where we begin to see the divine in all. However this is an experiential journey, not a theoretical one. We need to live this journey and experience true joy and happiness that the path of meditation unfolds for us.

In February 2023, the planet is witnessing war, climate change and chronic hunger. We need to hold ourselves very strong and be a support for others through Nanak Naam chanting and our Naam meditation. We also need to make a commitment to serve humanity, because it is in this service

that we shall find fulfillment and true joy. Maharaz Jee has promised us that this will make us resilient and we will understand that our soul is immortal and is finding its way back to its true spiritual home. We will realise that we are not our mind or our body, we are part of the divine.

The 8th Newsletter has the following format: We provide you with key points of a satsang delivered by Maharaz Jee on Das Dharam day in 1985. We include a translation of spiritual verses written by Maharaz Jee (*Mil Mere Thakur Ram Ragurai*). We also share a poem which Maharaz Jee recited on the same day. In the "Blessings of my Guru" section we cover the moving story of Das Sukhdev Singh from Kenya who had a dream of a lion, and in his meditation understood the significance of this dream. In the poetry section we share two poems with you. The first is a poem by the Sufi saint Baba Bulleh Shah. The second is a poem dedicated to all mothers of the world, including mother earth. In the children's section we present a story on Lord Ganesh and his brother Karthik and Ganesh's spiritual love for his parents. In Pali's Pantry we are delighted to share a recipe of a protein rich lentil curry.

Thank you so much for reading the Newsletter. Many congratulations again on this truly significant day for the mission. May Maharaz Jee and Maharani Jee have their blessed hand over you always. We welcome all contributions. Kindly contact the editor should you have anything you would like to share in the Nanak Dham Newsletter.



and happiness. Our relationships should be free of expectations and selfish needs – this should be our *Dharam* (promise that we made to God before we were born). We should love and serve those with whom we have no relation, to whom we are not bound by familial or other obligations.

I have served you through this mission because of your love and support. I cannot take credit for the progress this mission has made. Progress is always made through your unity, through the *saad sangat* (congregation of a Perfect Spiritual Master).

Furthermore, I have repeatedly said, that in this mission, men and women are equal: men and women should stand shoulder to shoulder and serve humanity.

At the worldly level, we spend a lot of time, energy and attention on how people have hurt us, or on how we could have averted a lot of trouble and angst if things had not happened in a certain way. However, instead of focussing on all these issues, if instead we choose to focus on the divine, then the Lord, will come and stand by us when we have any worldly problems.

The question arises, why do we have to go through such hardship? The answer is because all that we do, is to fulfill our own needs and desires. We rarely if ever do anything without expectation and some level of selfishness. We spend so much time praying, and serving, and yet we do not attain inner happiness. We do not attain patience or contentment. We are forever restless, irritated and not at peace. This is why I give you this message today: Put away the worldly mess. Do this

through your *Dharam*. The real meaning of the word *Dharam* is to be true to your promise. As the saying goes:

ਪ੍ਰਾਣ ਜਾਏ ਪਰ ਵਚਨ ਨਾ ਜਾਏ।

Pran Jaye Par Vachan Na Jaye
Life may go, but the promise must be fulfilled

ਰੱਗੂ ਕੁੱਲ ਰੀਤ ਸੱਦਾ ਚਲੀ ਆਈ

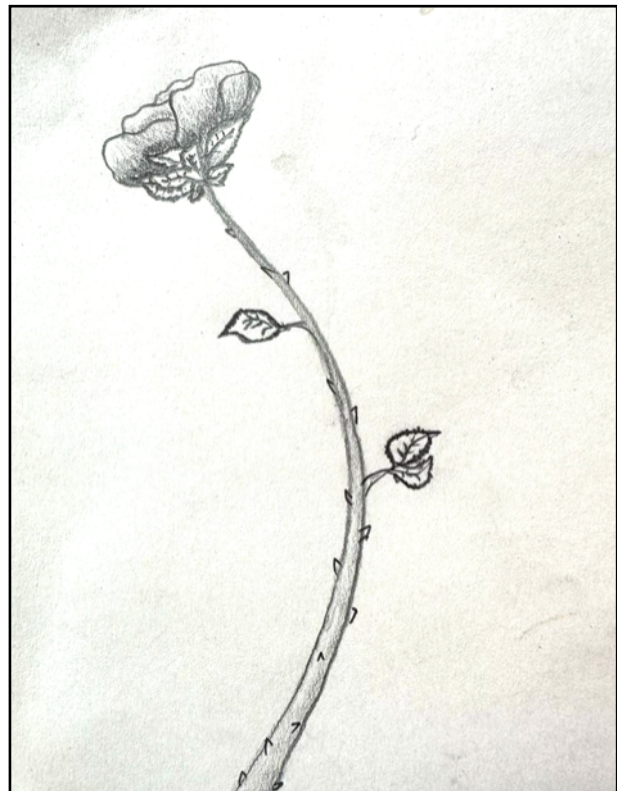
Ragu kul reet sada chalee aee
Such were the principles of the Ragu clan (of Lord Rama)

As the 9th Sikh Guru, Sri Guru Tegh Bahadur Jee writes:

ਬਾਂਹਿ ਜਿਨ੍ਹਾਂ ਦੀ ਪਕੜੀਐ

Baah jina dee pakarhiyai
Literal meaning: Once you hold the arm of someone

Spiritual meaning: Once you make a commitment to the Lord



Artwork: Das Rai Bahadur Navjyot

ਸਿਰ ਦੀਜੈ ਬਾਂਹਿ ਨ ਛੋੜੀਐ।

Ser deejey baahn na chhodeeyai
Life may be sacrificed, but the promise must hold

ਤੇਗ ਬਹਾਦਰ ਬੋਲਿਆ

Tegh Bahadur boleya
Says, Guru Tegh Bahadur

ਧਰ ਪਈਏ ਧਰਮ ਨ ਛੋੜੀਐ।

Dhar piyee dharam na chorayaa
Better to be arrested than to let go of one's divine promise

Dharam's real meaning is to stay true our promise; the promise we have made before our birth. Guru Jee had made the following promise to the divine before he was born: "I will do Naam meditation, I will love your people, I will share your message(s) with humanity". So my message to you today is that what you have gained, the peace of mind that you have, please share it with others. You can gain much more spiritually by serving humanity compared to any other service in this world. Once you start serving humanity, everything else will fall into place, almost automatically. When we serve humanity selflessly, then even if we are confronted with challenges, they do not bother us, we still feel joyful. However if we serve with pride and ego, then even when the going is good, we will be unhappy.

The day the Das Dharam mission was established, on the 16th of February in 1980, there was a solar eclipse. Most people were very superstitious and were sitting at home terrified and afraid to venture outdoors. On this day, we served food and conducted the entire program to mark the founding of this mission, all outdoors without any fear.

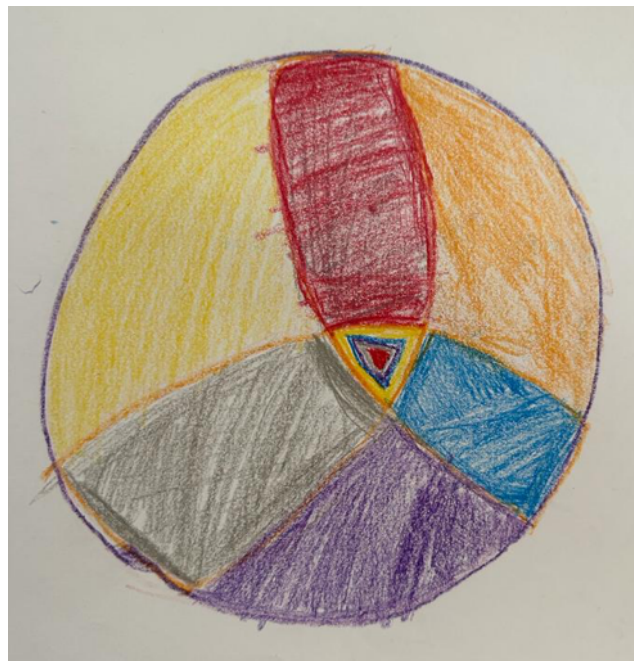
We sat together and recited verses from the Ramayan, the Geeta and the Quran. Many people said to me, "Maharaz Jee, nothing negative or untoward happened today; all went really well". To this I responded that one day I will have to give a sacrifice for this mission.

ਜਉ ਤਉ ਪ੍ਰੇਮ ਖੇਲਣ ਕਾ ਚਾਉ ॥

Jo tau prem khelan ka chao
If you desire to play this game of love with Me,

ਸਿਰੁ ਧਰਿ ਤਲੀ ਗਲੀ ਮੇਰੀ ਆਉ

Sirr Dhar talee galee mayree aa-o.
Then step onto My Path with your head on you hand.



Artwork by Das Gauri

ਇਤੁ ਮਾਰਗਿ ਪੈਰੁ ਧਰੀਜੈ ॥
Eith Maarag Pair Dhhareejai
When you place your feet on this Path

ਸਿਰੁ ਦੀਜੈ ਕਾਣਿ ਨ ਕੀਜੈ
Sir Dheejai Kaan N Keejai
Give Me your head, and do not pay any attention to public opinion

Sacrifices have been made since the Das Dharam mission was established. In 1984, our buildings in India were destroyed, lives were lost. But that is fine. I have no worries about this nor any complaints. This is an old habit and has happened right from the beginning; I am now used to it. Not many could bear the sacrifices that have been made in this mission, but as I said, I am at peace with this.

When there are thorns on the road, then wear tough shoes. However, you cannot begin to remove the thorns! Don't worry about gossip or slander or what people think of you. If someone says that you are thief or are ill mannered, you should not take this personally. This is all okay. You do not need to justify your words or your behaviour. The truth through your actions will come to the fore on its own. You do not need to do anything all.

I ask you not to waste your time while you are here. Life is indeed very short, just 70-80 years. Try and follow the teachings of a living Perfect Saint and chart a virtuous path for yourselves. Stay steadfast in the shelter of a Saint. Move away from trying to prove always that you are right, and others are wrong. There is no end to this argument.

God has told me that He knows all that is in your heart (good and not so good). He will bless you and rid you of your worldly problems if you have full faith in Him. His message to you is to make Him your best friend and He will always be with you. For

those treading on the wrong path, His message is that he will forgive you if you change your ways.

The time ahead is challenging, but it is a time during which I would like you to stand strong. Like dark clouds difficult times will pass. Let things go, rise above the smallness of your mind. Like I have said in the past, an irritated person will make any excuse to argue with someone else. For example if a man is irritated but cannot find a reason to argue with his wife, he will make up a reason: he will say, "when you roll out the dough to make chapatis, why do you move your body? If find this irritating". This then leads to conflict.

If people think negatively, it is very difficult to stop them. However in the Das Dharam mission, if you cannot change, then I urge you to change the thinking of your children so that they rise above such negativity. Teach them that promises are very important. Tell them that once you have made a promise, dear child, you have to fulfill it, even if you lose everything. This is your dharam.

You are a *Das* (servant of humanity) so rise above worldly issues and focus on your spiritual path. Move forward in unity, serve humanity, and be true to the slogan: *Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala*. Don't just chant this, practice it too. Focus on your divine promise.

Source: *Gurubani* [Page 1412](#)

Blessings of my Guru

Sometime back I had a dream about a lion. In the dream as I walked in the company of the lion, I offered him some juicy and delicious sugarcane cubes (known in Punjabi as ganeyra). I put the cubes in the lion's mouth, but the lion did not accept the offering and spat out the cubes.

When I woke up, I pondered over this dream for quite some time, and in my meditation, with the blessings of Maharaz Darhsan Das Jee and Maharani Pali Darshan Das Jee, the following poetic lines came to me, which I share with you.



Maharani Pali Darshan Das Jee

ਸਿੰਘ ਕਿਆ ਜਾਣੇ ਹਰ ਅੰਮ੍ਰਿਤ ਮਿਠਾਸ

Singh kya janay her amrit mitaas
*An egoistic head of any institution
cannot realise the sweetness of divine
blessings*

ਗੁਰ ਕਿਰਪਾ ਤੇ ਅਨੰਦ ਘਨੇਰਾਂ

Gur kirpa tay anand ganeyra
*With the blessings of a Guru, one
receives divine pleasure*

ਦਰਗਾਹੇ ਹੋਏ ਖਿਲਾਸ ॥

Dargahay hoay khalaas
*In the Lord's house, one is released
from the circle of life and death*

All heads from institutions right from the family to the country to international heads, must govern with humility, love and patience. An egoistic head (in my dream this was symbolised by the lion) cannot know the divine pleasure of the shelter, congregation and blessings of a Guru. Maharaz Jee explains, that those who receive the blessings of a Guru,

tread on the righteous path and meditate on Naam, are forever free from the bondage of birth and death.

Dhan Darshan
Dhan Pali Darshan

By Das Sukhdev Singh (Nairobi, Kenya)

Translation of Maharaz Jee's writing **Mil Mere Thakur Ram Ragurai**

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 a translation of a *shabad* from the *Yashwanti Niradhar* written by Maharaz Jee.

ਯਸ਼ਵੰਤੀ ਨਿਰਾਧਾਰ ਧਾਮ ਪਹਿਲਾ ।
Yashwanti Niradhar (Dham Pehela:
First Section)

ਮਿਲ ਮੇਰੇ ਠਾਕੁਰ ਰਾਮ ਰਾਘੁਰਾਈ
Mil Mere Thakur Ram Ragurai
Meet me my Lord Rama

ਦਾਨ ਦੀਜੇ ਨਾਮ ਗੋਬਿੰਦ ਗੋਸਾਂਈ।
Dhan dijo Naam, Gobind Gosain
*Give me the blessing of Naam, dear
Lord Krishna*

ਮੇਰੇ ਨੈਨਣ ਨੀਂਦ ਨਾ ਆਵੇ
Mohay nenan neend na away
My eyes are not able to perceive sleep

ਤੁਦ ਬਿਨ ਮੇਰੇ ਸਤਗੁਰ ਸਾਂਈ।
Tudh bin mere Satguru Sai
Without you my Satguru, my Lord

ਏਕੇ ਨਾਮ ਸਿਮਰ ਤੁਮਾਰਾ

Eko Naam simar tumara
Meditation on your one and only Naam

ਭਵਜਲ ਪਾਰ ਉਤਰਿਓ ਭਾਈ।
Bhauvjal par utero bhai
Cleanses me of all my wrongdoings

ਸਾਦ ਸੰਗ ਦੀਜੈ ਮੇਰੇ ਸੁਆਮੀ
Sadh sang dije mohay Swami
*Grant me the congregation of a perfect
Master*

‘ਦਰਸ਼ਨ’ ਪ੍ਰਭ ਆਪਨੇ ਬਖਸ਼ੋ ਵਡਿਆਈ।
Darshan prabh apne baksho vadiayi
*Says Darshan, my Lord grant your
devotees respect*



Photo by Das Jagjit

Poem by Maharaz Darshan Das Jee: Bewafai ki umeed na thi unsay

On 16 February 1985 (Birmingham, UK), Maharaz Darshan Das Jee recited the following poem that he had written.

ਸ਼ੇਅਰ
Shair
Couplet

ਬੇਵਫਾਈ ਕੀ ਉਮੀਦ ਨਾ ਥੀ ਉਨ ਸੇ
Bewafai ki umeed na thi unsay
I never expected people to betray me

ਨਾ ਜਾਨੇ ਖੁਦਾ ਓਹ ਮੇਰੇ ਵਫਾਓ ਪਰ ਯਕੀਨ ਕਿਉਂ ਨਹੀਂ
ਕਰਤੇ?
Na janay Khuda o meri wafaon pur
yakeen qioon nahee kartay
*Oh Lord, I do not know why people do
not believe my spiritual message of the
truth*

ਖੱਤਾ ਨਾ ਕੀ ਥੀ ਮੈਨੇ ਜ਼ਿਨਦਗੀ ਮੇ ਕੋਈ
Khatay na ki thi menay zindagi me koi
I have never made a mistake in my life
*Symbolic meaning: Maharaz Jee never
made any mistake in communicating
the spiritual message he gave to the
world*

ਮੈਂ ਤੋਂ ਸਮਜਤਾ ਥਾ ਕੇ ਜਿਤਨੀ ਬੀ ਖਤਾਏ ਹੈਂ ਤੁਮ ਸੇ ਅੱਧਾ
ਹੋਤੀ ਹੈਂ
Mei to samajta tha ke jitnee bhi khatain
hai tumse hee adha hoti hain
*Because I understood everything to be
yours anyway*

ਪਰ ਯੇ ਤੁਮ ਨੇ ਮੁਜੇ ਸਜਾ ਕਿਉਂ ਦੀ?

Purr ye tumnay mujay sazaa qyon dhi?
*So pray, why do I have to face so many
challenges?*

*Symbolic meaning: Here Maharaz Jee
is referring to the many sacrifices he
made for the mission, the ultimate one
was his life.*

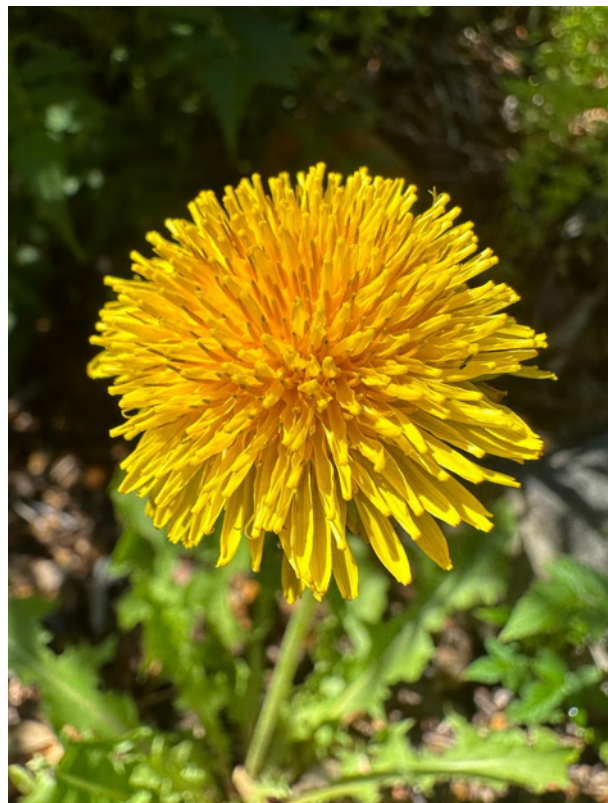


Photo: Das Jagjit Kaur

Poem by Baba Bulleh Shah: Rati Jagay Karay Ibadat

Below is a poem by Baba Bulleh Shah who was a renowned sufi saint, poet and philosopher. Historians estimate that he was born in 1680, in a small village in Punjab known as Uch, Bahawalpur which is now in Pakistan. Maharaz Darshan Das Jee frequently quoted Baba Bulleh Shah in his *satsangs*.

ਰਾਤੀਂ ਜਾਗੋ ਕਰੋ ਇਬਾਦਤ,
Rati jagay karay ibadat
You stay awake at night in the Lord's remembrance

ਰਾਤੀਂ ਜਾਗਣ ਕੁੱਤੇ ।
Rati jagan kutay
Dogs are also awake the whole night through

ਤੈਥੋਂ ਉਤੇ ।
Tethu utay
The dogs are higher than you

ਭੱਕਣੋਂ ਬੰਦ ਮੂਲ ਨਾ ਹੁੰਦੇ,
Bonkono bhand mool na hundey
They bark at night continuously

ਜਾ ਰੂੜੀ ਤੇ ਸੁੱਤੇ ।
Ja ruree tay sutay
They lie outside on derelict ground

ਤੈਥੋਂ ਉਤੇ ।
Tethu utay
The dogs are higher than you

ਖਸਮ ਆਪਣੇ ਦਾ ਦਰ ਨਾ ਛੱਡਦੇ,
Khasam aapnay da dhar na chadthay
They never abandon their owners' home



Photo: Das Jagjit Kaur

ਭਾਵੇਂ ਵੱਜਣ ਜੁੱਤੇ ।
Bhavain vajan jutay
Even if they are beaten and kicked

ਤੈਥੋਂ ਉਤੇ ।
Tethu utay
The dogs are higher than you

ਬੁੱਲ੍ਹੇ ਸ਼ਾਹ ਕੋਈ ਰਖਤ ਵਿਹਾਜ ਲੈ,
Bulleh Shah koi rakhat veyhajlay
Bulleh Shah says adopt a higher spiritual discipline

ਨਹੀਂ ਤੇ ਬਾਜ਼ੀ ਲੈ ਗਏ ਕੁੱਤੇ ।
Nahi tey baazi legay kutay
Otherwise, the dogs will take the trophy

ਤੈਥੋਂ ਉਤੇ ।
Tethu utay
The dogs are higher than you

Poem

Tears of Love for my Mother

Dedicated to all Mothers,
including Mother Earth.
Written by Das Jagjit Kaur.

Today I let my tears flow
I hug myself tight and wrap my
abdomen in my mother's shawl
It is full of colour, red, white and purple
You dyed it mother, and infused it with
your radiance, your love, your sparkle

With a pattern of waves, of lines, of
squares
With geometrical rich splashes of colour
Today it gives me solace, warmth and
healing
Today you shine in me; you are the sun,
you are the moon, you are solar, you
are lunar
Today I allow myself to dissolve in love,
in true feeling
Today I let my tears flow

Hold me tight dear mother in your
spiritual womb
Keep calming me through your breast
Through warmth, sunshine, rain and
distress

Thank you for your rich gifts
The biggest one which is to love
consummately
Help me now also to love
unconditionally
So that I am free from the bonds of
expectation
As you are now

You shine in me, you spirited one



Photo: Das Jagjit Kaur

The you in me jumps up in joy
revels in huge belly laughs
Cries suddenly when moved
Savours aromas and tastes
And is steadfast when the going is
rough

You are forever my teacher
Teach me now to let go, effortlessly and
without judgement
Teach me now how to search for hidden
gems within me
Teach me to walk forward lighter, in
new form,
Teach me to bead a phosphorescent
necklace of conscious moments

Help me to emerge from this chrysalis
Resilient, rejuvenated and radiant
With you in me, I will now fly
With you in me I have new perspectives
from unimaginable height

With you in me I promise to soar, to glide,
with spirit and might

Thank you, you, who is like no other
And yet you, whom I see in every other
Thank you for choosing me in this lifetime
Thank you for igniting in me that which is
eternal
Thank you for your voice, your perfume,
your tears and your softness
Thank you for your music, your art, your
grace
Thank you for all for which I have no words

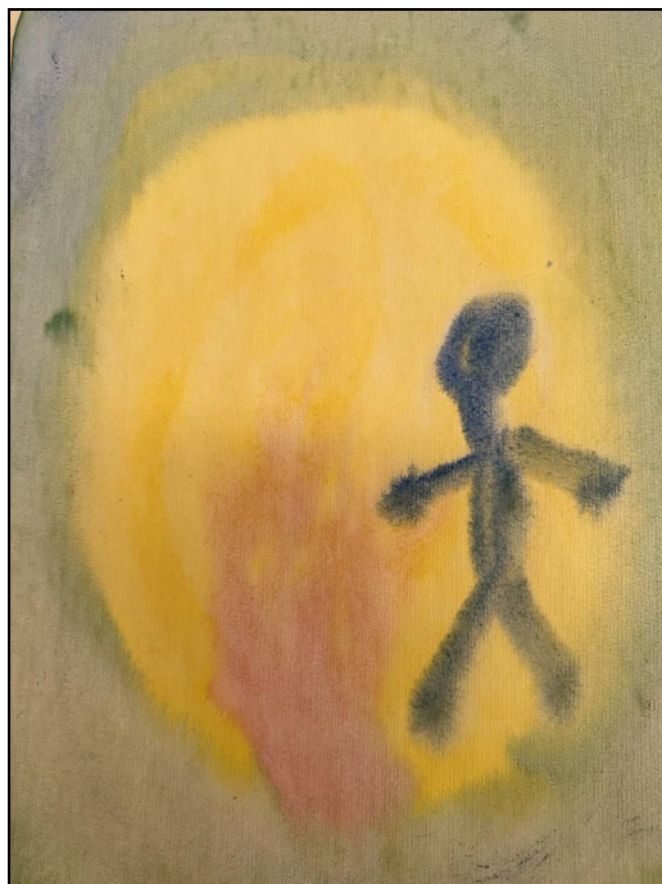
Through this shawl I wrap you around me
tighter than ever
I appreciate the divine spirit in us more
than ever
I am in your embrace, I am held, I am safe

You are like no other, and yet whom I see
in every other

Today I let my tears flow



Photo: Das Jagjit Kaur



Artwork: Das Gauri

Pali's Pantry

Lentil Curry

There are hundreds of different varieties of lentils, which are packed with nutrients and protein. We share the recipe of whole green and red lentils which are delicious and easy to cook. Lentils are part of the diet that Maharaz Jee and Maharani Jee recommended for the congregation.

Ingredients

2 cups of mixed whole red lentils and whole green lentils (soaked for 24 hours and rinsed thoroughly)
A few sticks of cinnamon, 3 bay leaves, 4 cloves and 4 whole peppercorns
1 finely chopped onion
A large piece of ginger, chopped finely
5-6 cloves of garlic, finely chopped
3-4 large ripe tomatoes (cut finely or blended)
1 tsp of coriander powder
½ tsp of *hing* (asafoetida) power
1 tsp cumin seeds
1 tsp fennel seeds
1 tsp turmeric powder
1 tsp garam masala
Salt and chilli powder to taste
Coconut oil or ghee to taste
Salt to taste
Fresh green coriander to garnish

Method

Add water to the soaked and drained lentils and cook in a pressure cooker with a few sticks of cinnamon, bay leaves, cloves and whole peppercorns. After ten whistles switch off gas; don't open the lid immediately. Let the lentils simmer. You can boil the lentils on the stove in case you do not have a pressure cooker. In a separate pan, heat some oil or ghee, add cumin and fennel seeds, turmeric, *hing* and chilli powder and cook for a few seconds. Be careful not to burn the spices. Then add the onions and cook on low heat until they are brown. Add garlic and ginger



Photograph: Das Jagjit

and cook for a minute and add the tomatoes. Cook and simmer the mixture until it forms a thick gravy. The trick is to cook on low heat and simmer for a while. Add soft and cooked lentils to this mixture and simmer the whole mixture for 20-30 minutes on very low heat, stirring constantly. Add salt to taste. You can add a large tablespoon of ghee or coconut oil to taste and mix well. Finally add garam masala and garnish with fresh coriander. You can also add some very finely sliced ginger at the end.

You can vary this recipe by using whole urad dal lentils and a handful of kidney beans (using the same process).

Dal can be eaten with chapattis or with rice, yoghurt and chutney.

Recipe by Das Sunny (Melbourne)

Children's Section

Ganesh and Karthik

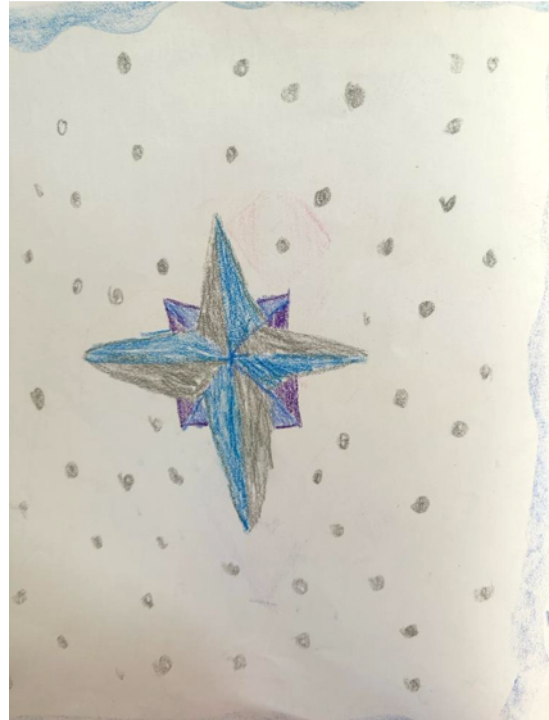
Lord Shiva and Goddess Parvati, had two children: Ganesh and Karthik. Karthik was clever and quick in his movements. Also, he had a peacock as a carrier, whereas Ganesh had a mouse. Shiva and Parvati wanted to give one of their sons a gift. However they needed to choose who was more worthy, and to determine this they organised a race between their sons. The son who could race around the world in the shortest time would win the race.

Karthik was delighted: he had the peacock as his carrier, and he swiftly took off into the air, not just determined to win the race, but confident that he would surely win. Shiva and Parvati observed Ganesh who had not moved as yet. They urged him to hurry up, otherwise he was at risk of losing the race.

However Ganesh still did not move—he was in deep meditation. Then slowly he got up and circled Shiva and Parvati. He said that his parents were the whole world to him, and he had circled the whole world by walking around them and paying them respect.

Ganesh's humility and respect for his parents won him the gift.

This story is in the public domain. Here we share it as it was recited by Das Rai Bahadur Kartar Singh.



Artwork by Das Gauri



Artwork by Das Gauri

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.

Visit our website at:

<https://sachkhandnanakdham.international>