

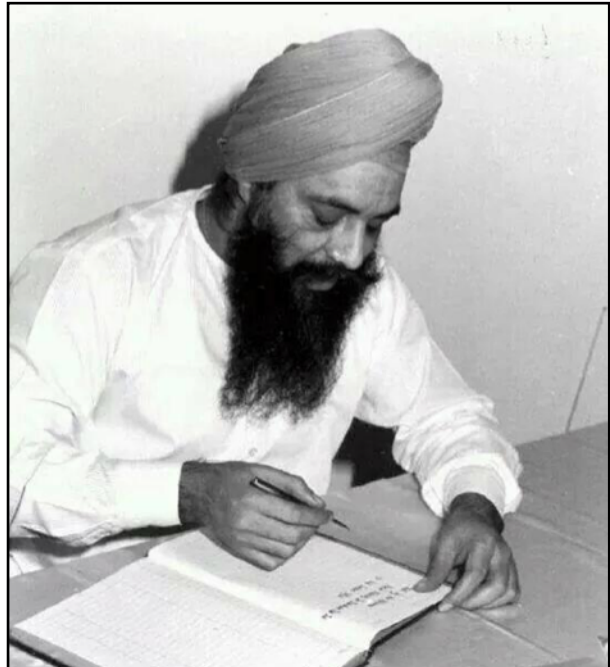
Open Up Your Heart to Spiritual Light

This story was narrated by Hazoor Maharaz Darshan Das Jee on 15th May, 1983 during a sermon which he delivered at the Birmingham Dera, UK.

Saints always come to unite us and not to divide us. My appeal to you is to love and respect one another. There is no bigger attribute and weapon greater than love; in love even big snakes are tamed and enemies surrender their weapons. I appeal to you to walk together in unity and travel the path of the truth. Speak the truth, even if you do nothing else. If you have done something wrong, own up and say yes, I have made a mistake; admitting your mistake is fine.

The following story explains the importance of owning up to our mistakes and changing our way of life.

Once Guru Nanak Dev Jee and his



Hazoor Maharaz Darshan Das Jee

Continued on p3.

Inside:

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- Translation of Maharaz Jee's writing
- Poems
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Editorial

Nanak Naam Chardi Kala Tere Bhane
Sarbat Da Bhala

Dear Reader,

Many congratulations on the occasion of Jyoti Diwas Day 2023!! This is a very joyful and significant occasion for the Sachkhand Nanak Dham International mission because on this day, we celebrate Maharaz Darshan Das Jee's enlightenment.

What Maharaz Jee received from the Almighty, he gifted to his congregation. In his many spiritual sermons he explained to us that the path to enlightenment is to attain the shelter of a Perfect Saint who can give Naam. Once we begin our Naam meditation and remain steadfast in this practice, then we will receive freedom and joy that cannot be explained in words.

In 2023 the world is going through many challenges including food insecurity, catastrophic climate change and the high cost of living. Some places are being ravished by war, there are fires raging across the world, while in other parts there have been typhoons and floods. Maharaz Jee explained that these challenges would come, and we should meditate and deeply surrender to the divine will.

We are delighted to release this 9th Newsletter which 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 (Kirpa Karo, Mohay Dars Dijay). In the "Blessings of my Guru" section we cover the moving story of Das Harsimran Kaur from Nairobi, Kenya. In the poetry section we share a poem written by Das Sukhdev Singh who is also from Nairobi,

Kenya. In the Children's section we narrate the story of Hanuman and how he saved the life of Lord Rama's brother Lakshman. In Pali's Pantry we share the recipe of Kofta curry.

Thank you so much for reading this Newsletter. We heartily congratulate you again on Jyoti Diwas Day 2023. May Maharaz Jee and Maharani Jee continue to shower you with light, with love and contentment. We welcome all contributions. Kindly contact the editor should you have anything you would like to share in the Nanak Dham Newsletter.

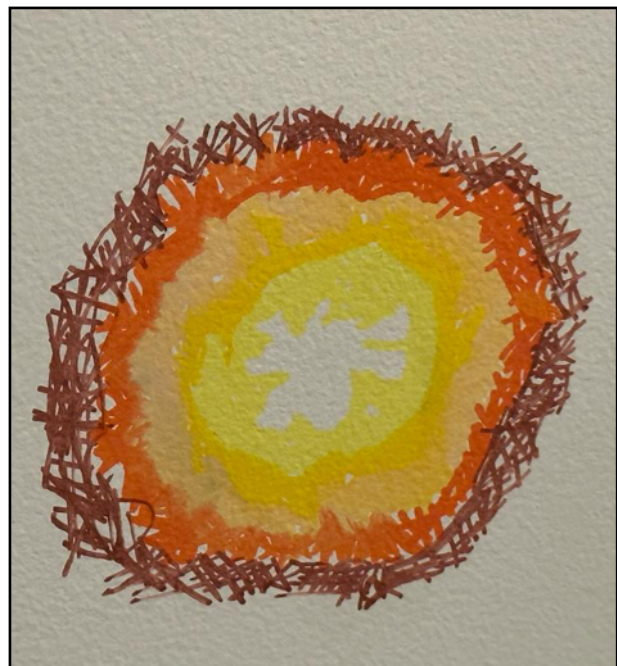


devotee, Mardana, were travelling to Jabalpur where the demon Koda Rakshas lived. A fellow traveller asked Guru Nanak where he was travelling to. When Guru Nanak Dev told him where he was going, the fellow traveller said, "don't go any further, there is a demon called Koda who lives ahead and he is extremely dangerous, he robs people and then eats them!". To this, Guru Nanak Dev Jee responded, "Dear fellow, what do I have that Koda could possibly rob?".

Maharaz Jee explains that when Guru Nanak Dev Jee and Mardana reached Jabalpur, Mardana went ahead and approached Koda for some food since Mardana was very hungry. Koda however, caught Mardana, tied him up and held him upside down over a huge cauldron of hot oil, and threatened to fry him. Another version of the story is that Mardana went to Koda and asked him, "What are you doing here?", to which the demon responded, "My name is Koda, and people call me the demon Koda." Mardana asked Koda "Now that you are a demon, what do you want to become next?", Koda responded "Well if I meet a good saintly person, I may even become someone else." Mardana said "Well, if that is the case, my Guru Nanak is close by and let me introduce you to him." Koda said, I will only meet your Guru if he comes to me. I am not going anywhere." Mardana said, "Guru Nanak cannot come to you, because Koda, you are one who has committed crimes and atrocities, and so it is your duty to go to the Guru". Koda said, "If that is the case, then I am going to fry you in this cauldron of oil. So, call out for your Guru. Let us see if your Guru is a true incarnation of the Lord as you claim."

It is said, that if you remember someone with a true heart, let alone a person, even God can appear in front of you. Facing his imminent death, Mardana remembered Guru Nanak Dev Jee who in turn heard Mardana's prayer and immediately appeared at the scene. Guru Nanak Dev Jee asked Koda, "My dear friend, why are you committing these atrocities?". Koda responded by saying "If you have any power, then show me that you can release Mardana." Guru Nanak Dev Jee said that the truth cannot be contested. He also said that it is wrong for a weak person to fight a stronger one, or for a wise person to argue with a foolish one. "If you are wise and I am unwise, that is fine, or if I am unwise and you are wise, that is fine too. There is no need for a contest" said Guru Nanak.

Koda replied "No! If as Mardana says you are the image of the Lord and" but Guru Nanak Dev Jee cut him short by



Artwork: Das Rai Bahadur Navjyot

saying "It does not matter whether I am the image of the Lord or not. The question is why are you engaged in such crimes? Do you have a family, sons and daughters?". Koda said he had a big family and he robbed and looted people to support his family. To this Guru Nanak Dev Jee asked, "Koda if you face any problems, will your family come to support you?". "Absolutely, they will!" said Koda. Guru Nanak Dev Jee asked Koda to summon his family.

Guru Nanak Dev Jee addressed his family and told them that Koda was engaged in very serious wrongdoings. He asked Koda's family if they would support Koda if he was punished for his misdeeds. To this the family responded, "No, there is no way we will support him or stand by him." Then Guru Nanak Dev Jee said to Koda, "So your family will not support you, how do you feel about that?" In great disappointment Koda cried and said,

"What do I do now?"

Guru Nanak Dev Jee asked Koda to perform his duty. He said "In the name of the Lord, tread on the right path, and the gains you receive, distribute these amongst the needy." "Guru Jee, I cannot do this, because I am a big sinner", said Koda. Guru Nanak Dev Jee said "Stop there! You have admitted that you are a sinner, and this is more than enough to meet the Lord." Koda said he did not understand. Guru Nanak Dev Jee further explained that if a person is repentant, then he/she can be forgiven by God and by the whole world. However, if a person is full of ego and refuses to admit to their mistakes, then neither the Lord, nor society will forgive them.

Maharaz Darshan Das Jee explains that we should know the difference between what is right and wrong. Once we begin to tread on the right path, then our hearts will open to the spiritual light.



Painting: Das Sukhdev

The Shelter of My Guru

In 2013, I had just finished my university class and was on my way home. On the way, I drove to a flower stall to buy some fresh flowers. We had guests visiting from the UK and I thought fresh flowers would be nice and welcoming for them. I was yet to choose the flowers when a person armed with a gun tried to snatch my handbag. I really did not think that his gun was real or that he could hurt me. I pulled my bag back toward me and fended the person off. I noticed that there was another person on a motorbike waiting for the person who had snatched my bag. I went into shock and began to scream for help, but to no avail. The person with the gun then pointed the gun toward me and shot twice. I noticed that one bullet had hit the car. The person then jumped onto the motorbike with his accomplice, and they both took off.

I quickly got into my car and called my husband and told him what had happened and that I was on my way home. By now there was a lot of commotion from my screaming and the gunshots, and my car was surrounded by dozens of people. A man knocked on my car window and told me that he was a policeman and said that I could not leave as he had found bullet casings from the shots that had been fired. He insisted that I go the police station with him. I have no idea where this policeman materialised from. I unlocked the car door for him, and we drove to a nearby police station. It was then when I walked out of the car, that the policeman saw blood on my clothes. He told me that I had been shot; I had not felt a thing.



Maharani Pali Darshan Das Jee

Two female police officers then accompanied me to the emergency department of a large hospital which was also in the vicinity. Because I had the officers with me, I was attended to immediately. Had they not been there, I would have had to struggle on my own. Once I was in hospital, I lost consciousness. When I came around, my whole family was there. The doctors did some scans and said that it was best to leave the bullet in my body since it was too risky to remove it. The bullet had missed all my organs and had lodged itself in my body where it would not harm my health. My family and I breathed a huge sigh of relief. It could have been a lot worse. Not only didn't I feel any pain when I was shot, but I also emerged from the whole incident physically unscathed. While the incident was emotionally very difficult to come to

situation, a policeman appeared out of the blue to assist me, and I was safely taken to hospital. I still have no words to thank Maharaz Jee and Maharani Jee for their love and support and feel that I was fully protected by them.

Since the incident my health has been fine and I have been blessed with three

beautiful children, despite the fact that I have a bullet lodged in my body. What happened that day is a real miracle, a true testament to the shelter of the living saint. Thank you my dearest Maharaz Jee and Maharani Jee for always having your blessed hand over me.

Das Harsimran Kaur (Nairobi, Kenya)



Translation of Maharaz Jee's writing **Kirpa Karo, Mohay Dars Dijay**

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 one of these shabads.

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

ਕਿਰਪਾ ਕਰੋ ਮੇਰੇ ਦਰਸ ਦੀਜੇ
Kirpa karo, mohay dars dijay
Bless me dear Lord and reveal your
true form

ਮੇਰੇ ਸਤਗੁਰ ਪੁਰਖ ਬਿਧਾਤੇ।
Meray Satguru, purkh bedatay
My Satguru, my Perfect Saint

ਤੂੰ ਦਾਤਾ ਤੂੰ ਅੰਤਰਯਾਮੀ
Tu data tu antaryami
Dear Lord, you are all knowing
ਸਾਜਨ ਸੁੱਖ ਨਿਹਾਰਾ।
Sajan sukh nihara
You give happiness

ਤੇਰੀ ਮਾਇਆ ਤੂੰ ਹੀ ਜਾਣੇ
Teri maya tu hee janay
The material world is yours, you know
all

ਤੁਮ ਵੱਡਾ ਠਾਕੁਰ ਹਮਾਰਾ।
Tum vada thakur hamara
You are the greatest, our Lord

ਦੀਨ ਦਿਆਲ ਹੋਵੇ ਸਹਾਈ, ਸਿਮਰੇ ਨਾਮ ਤੁਮਾਰਾ ਜੀਓ।
Deen dayal hovo sahaee, simray Naam
tumara jio
Oh Lord please bless us with Naam
meditation

ਦਰਸ਼ਨ ਨੀਚ ਕੇ ਪ੍ਰਭ ਮਿਲਿਓ
Darshan neech ko prab mileo
Darshan says, in deep humility, we can
become one with the Lord
ਪ੍ਰਭ ਆਪਣੀ ਕਿਰਪਾ ਧਾਰਾ।
Prab aapnee kirpa thara
With the blessings of the Lord



Photo by Das Jagjit

Poem:

Mun Ki Lathi Pavey Zor, Kadar Na Janay Aatum Mol

ਮਨ ਕੀ ਲਾਠੀ ਪਾਵੇ ਜ਼ੋਰ ॥

Mun Ki Lathi Pavey Zor
Under the beguiling influence of the mind

ਕਦਰ ਨਾ ਜਾਨੇ ਆਤਮ ਮੋਲ

Kadar na janay aatum mol,
I am ignorant of the priceless value of the soul

ਇਕ ਤੱਤ ਦੇਕਿ ਮੈਨੂੰ ਧਰ ਵਿੱਚ ਗਡਿਆ ।

Ik tut deokay menu, dhar vich gadaya
With one element, (as a tree) I am fixed into the ground

ਸ਼ੁਕਰ ਹੈ ਰੱਬਾ ਤੇਰਾ ਨੰਬਰ ਮੇਰਾ ਲਗੇਆ ।

Shukar he raba tera, number mera lagaya
Thank you dear Lord, I am on the list to meet you

ਕੋਹਾੜੇ ਮਾਰ ਮਾਰ ਮੈਨੂੰ ਧਰ ਉਤੇ ਸੁੱਟਿਆ ।

Koharay mar mar menu dhar utay sutaya
After being axed and felled I was flung onto the ground

ਸੰਗਲ ਦੇ ਜ਼ੋਰ ਮੈਨੂੰ ਬੰਨ ਵਿੱਚੋਂ ਕਢਿਆ ।

Sangal de zor menu bun vichon kadaya
With chains I was dragged out of the forest

ਆਰੇ ਦੀ ਧਾਰ ਅੱਗੇ ਚੀਰ ਚੀਰ ਕੱਟਿਆ ।

Aray dee dhar agay cheer cheer kataya
I faced the jaws of the saw and was cut into planks

ਠੋਖ ਠੋਖ ਕਿਲਾਂ ਮੈਨੂੰ ਨਦੀ ਵਿੱਚ ਸੁੱਟਿਆ ।

Dhok dhok kilan menu, nadhi vich sutaya
I was hammered with nails, made into a boat and thrown into the river

ਚਾਪੂ ਲੈ ਹੱਥ ਵਿੱਚ ਨਦੀ ਉਡੀਕ ਦੀਆਂ ।

Chapu le hath vich nadhi udeek dhian
Holding the oars, I am waiting for you at river

ਲੈਚਲ ਸਜਨਾ ਪਾਰ ਵੇ ਭਵਜਲ

Le chal sajna paar vay bhavjal
Take me across the ocean dear Lord

ਭਵਜਲ ਪਾਰ ਮੇਰੇ ਸਾਂਈ ਦਾ ਆਕਾਰ ।

Bhavjal par meray saheen da aakar
Across the ocean is the abode of my Lord

ਮਿਲਦਾ ਜਿੱਥੇ ਸੱਚਾ ਪਿਆਰ ॥

Milda jithay sachha pyar
Where one gets true love

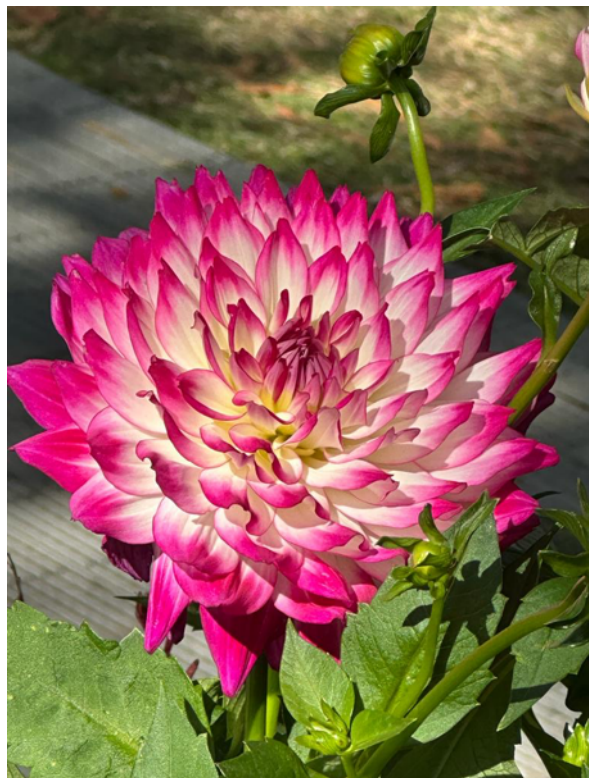


Photo: Das Jagjit Kaur

ਲੈਚਲ ਸਜਨਾ ਪਾਰ ਵੇ ਭਵਜਲ
Le chal sajna paar vay bhavjal
Take me across the ocean dear Lord

ਭਵਜਲ ਪਾਰ ਮੇਰੇ ਸਾਂਈ ਦਾ ਆਕਾਰ ।
Bhavjal par meray saheen da aakar
Across the ocean is the abode of my Lord

ਮਿਲਦਾ ਜਿੱਥੇ ਸੱਚਾ ਪਿਆਰ ॥
Milda jithay sachha pyar
Where one gets true love

ਚੌਰਾਸੀ ਦੀ ਅੱਗ ਮੈਨੂੰ ਮਾਹੀ ਖੂਬ ਚੰਡਿਆ ।
Chaurasi di ag menu mahi khub chandaya
With the Lord's grace, I have endured the fire of 8.4 million lifetimes

ਵਾਰ ਵਾਰ ਜਾਮੇ ਦੇਕੇ ਪੱਕਾ ਰੰਗ ਚੜਿਆ ।
Var Var jamay dekar paka rung charaya
With life after life, under your grace, I have been imbued with true love

ਵਿਛੋੜੇ ਦੀ ਸਾਂਜ ਅੱਜ ਸੋਹਣਾ ਦਿਨ ਚੜਿਆ ।
Vichoray di sanj aj sona din charya
After a long separation, finally dawn has arrived (as I take the human form)

ਪੰਜ ਤੱਤ ਦੇਕੇ ਮੈਨੂੰ ਹੀਰੇ ਮੋਤੀ ਜੜਿਆ।
Panj tat dekar menu heray moti jaraya
With five elements now in human form, I sparkle like diamonds and pearls

ਓਹ ਦੇਵਾਂ ਦੋਹਾਈ ਮੈਂ ਮਾਹੀ ਮੇਰਾ ਮਿਲਿਆ ।
Oh devan dhuhai main, mahee mera milaya
I am exalted I have found my Guru

ਰਹਿਮਤ ਦਾ ਹੱਥ ਦੇਕੇ ਨਦੀ ਕੰਡੇ ਛੱਡਿਆ ।
Rehemat da hath dekar, nathee kanday chadeya
With the Lord's blessings, I am at the edge of the river

ਨਦੀ ਕਿਨਾਰੇ ਬੈਠੀ ਤੇਰਾ ਰਾਹ ਦੇਖਦੀਆਂ ।
Nadhi kinaray baeti tera rah dekhdiyan
On the riverbank, I await thee to take me across

ਲੈਚਲ ਸਜਨਾ ਪਾਰ ਵੇ ਭਵਜਲ
Le chal sajna paar vay bhavjal
Take me across the ocean dear Lord

ਭਵਜਲ ਪਾਰ ਮੇਰੇ ਸਾਂਈ ਦਾ ਆਕਾਰ ।
Bhavjal par meray saheen da aakar
Across the ocean is your abode

ਮਿਲਦਾ ਜਿੱਥੇ ਸੱਚਾ ਪਿਆਰ ॥
Milda jitay sachha pyar
Where one gets true love

Dhan Darshan
Dhan Pali Darshan

Poem by Das Sukhdev Singh (Nairobi, Kenya)



Artwork by Das Gauri

Poem by Das Rai Bahadur Kartar Singh

This poem is in remembrance of our
Guru Mahrani Pali Darshan Das Jee.

In the embrace of love, she holds me
tight,
A guiding star through the darkest night.
Her tender touch, a soothing balm,
In her warm presence, I am calm.

With a heart of gold and hands so kind,
Her love, a beacon, always to find.
Through laughter and tears, she's been
my rock,
Her strength unwavering, like a sturdy
dock.

In the tapestry of life, she weaves her
care,

A selfless love beyond compare.
Her wisdom, a treasure trove so deep,
In her arms, all my worries sleep.

She nurtured my dreams with every
stride,
In her embrace, my fears subside.
A love so boundless, it knows no end,
My mother, my confidante, my truest
friend.

Her smile, a sunburst on a cloudy day,
Her voice, a melody that lights my way.
In every moment, her love's on display,
A guiding star that will never stray.

In gratitude, my heart does swell,
For the love she gives, I cannot tell.
But in this poem, my soul takes flight,
To honor my mother, my guiding light.



Photo: Das Jagjit Kaur

Pali's Pantry

Kofta Curry

You can use chana dal (or chickpeas which are legumes in the same family as kidney beans and are highly nutritious). Chana Dal also known as “Bengal gram” is derived from the native or desi Indian chickpea which is smaller and darker than white chickpeas. It is different from chickpeas, because it is hulled and split while it is younger and smaller. Chana Dal is a good source of vitamins B6 and C as well as folate, niacin, thiamine and riboflavin. It is also rich in minerals including manganese, phosphorus, iron and copper. New research shows that chana dal/ chickpeas are a pre-biotic and therefore a healthy food for the gut. These pulses are a staple in many different parts of the world including the Middle East. Here we make patties and a gravy for the Kofta Curry. Koftas

Kofta Ingredients

2 cups of chana dal (soaked for 24 hours and rinsed thoroughly)
¼ cup of extra virgin olive oil
1 onion (red or white)
½ cup of fresh washed coriander leaves
½ cup of fresh washed parsley leaves
1 tsp ground cumin
1 tsp ground cinnamon
6-8 garlic cloves
Salt to taste

Method

Combine all the ingredients in a food processor and process them until the mixture is smooth. This can take about 1-2 minutes. Scoop out a teaspoon of this mixture and shape it into a small kofta ball. Place the patties onto an oven tray which is lined with well oiled baking paper. Cook the patties in the oven for 15 minutes and then turn them over until they are golden brown in colour. Alternatively, you can shallow fry them in a



Photograph: Das Jagjit

healthy oil of your choice.

Gravy Ingredients

1 large onion (chopped in big slices)
5-6 cloves of garlic
1 tbs of fresh ginger ground or grated
4-5 large pureed tomatoes/one can diced tomatoes
A handful of raw cashew nuts
1 large tbs of coconut oil (or any other oil that you use)
¼ tsp of hing (asafoetida) powder
½ tsp of cumin seeds
½ tsp of fennel seeds
Salt to taste
½ tsp of garam masala
1 large tsp of coriander powder

Method- gravy

In a separate pan add the onions and cook on low heat for a few minutes until the onions are brown. Then add the tomatoes until they are soft and add the garlic cloves and stir. When the mixture is cool, blend it with the cashew nuts into smooth paste. You can add some warm water if needed. In a clean pan, heat the oil and add cumin and fennel seeds, turmeric, hing and chilli powder and ginger and cook for a few

a clean pan, heat the oil and add cumin and fennel seeds, turmeric, hing and chilli powder and ginger and cook for a few seconds. Be careful not to burn the spices. Add the mixture from the blender and cook on very low heat and keep stirring the gravy. This can take about 10-15 minutes. Add coriander powder and salt to taste.

To this mixture add the chana dal patties (koftas) and bring them to boil on very low heat until the koftas become soft. Finally add garam masala and garnish with fresh coriander. You can also garnish with very finely sliced ginger at the end.

Koftas are enjoyed with rice or chapati. They are delicious!!

Recipe by Das Bhajan (Melbourne)

Photo: Das Jagjit Kaur



Image:: Das Gauri

Children's Section

Hanuman and Sanjeevni

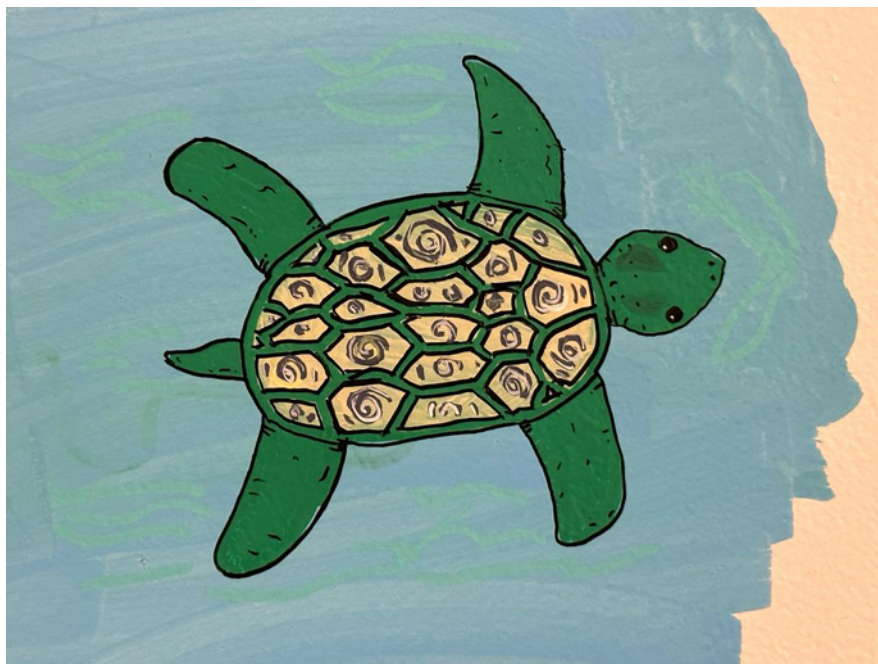
Hanuman was an ardent devotee of Lord Ram and was known for his strength and his love and humility. He had the power to change the size of his body at will. Once Ram and Lakshman were involved in a fierce battle against Ravan, who had abducted Mata Sita (Lord Ram's wife). During this battle, Lakshman who was Lord Ram's brother, got badly injured and fell unconscious. Lakshman could only be brought back to life through the healing properties of a particular herb called Sanjeevni. However, this herb grew very far away in the Himalayan Mountain range (Mount Sumeru).

Hanuman immediately volunteered to go and find the herb for Lakshman. As Hanuman could change the size of his body at will, he closed his eyes and through the power of his mind, he

enlarged his body and flew through the air in search of the herb. When he reached the mountain, he found that it was covered with multiple herbs, and he could not identify the exact herb that was required.

Hanuman put his arms around the whole mountain and lifted it off the surface and flew back to the battlefield with the mountain in his arms. Everyone was very surprised to see Hanuman flying back with an entire mountain. The right herb was identified, and a tea was made from the herb and slowly spooned into Lakshman's mouth. Miraculously Lakshman came back to life.

Such was the devotion and power of Hanuman, Ram's most loved devotee.



Artwork by Das Rai Bahadur Navjyot



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.

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