

# Nanak Dham

Volume 4, Issue 3

Sachkhand Nanak Dham International

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## Become a True Devotee

*Below are some main points related to what it means to be true devotee from a satsang delivered by Hazoor Maharaz Darshan Das Jee on 26 December 1985 in the UK.*

Baba Farid Jee was travelling back home on foot after meditating for a period of twelve years. On the way he was troubled by the sound of the chirping birds, and he said: "Die birds!" and they all died. Then he said, "Come back to life birds", and they returned to life. After journeying for a while, Baba Farid Jee became very thirsty and saw a well nearby. A woman was filling her water pot and he asked her for some water. The woman said that her friend's house was on fire, and she had to get the water to her friend's house before she could quench his thirst. Baba Farid Jee was very surprised by this answer. He wondered when she would fill the



Hazoor Maharaz Darshan Das Jee and  
Maharani Pali Darshan Das Jee

*Continued on p3.*

### Inside:

- The Shelter of My Guru
- Translation of Maharaz Jee's writing
- Poem: *Ranjha Ranjha Kardi Ni*

### Mein

- The power of chanting
- Pali's Pantry
- Children's section

# Editorial

Nanak Naam Chardi Kala Tere Bhane  
Sarbat Da Bhala

Dear Reader,

Many congratulations on the Birthdays of our Gurus Hazur Maharaz Darshan Das Jee and Maharani Pali Darshan Das Jee! It is a day full of joy and love as we celebrate the lives of Maharaz Jee and Maharani Jee who explained the meaning of life to us and showed us the way to spiritual fulfilment. They taught us to care for others, to live simply and to realise that we are spiritual beings having a human experience.

Maharaz Jee explains that once we truly fall in love with the almighty, then we fear nothing and no one. We deeply surrender to the divine will and we are content. Repeatedly Maharaz Jee explained that the path to spiritual fulfilment is through the congregation of a perfect saint and through the attainment of Naam from the saint. Maharaz Jee explains that it is only when we meditate that we will realise who we truly are. This is a lived experience, and one must meditate to truly understand the spiritual path.

In October 2023, we witnessed the outbreak of yet another war, and the world over things are difficult with very high cost of living and catastrophic climate change. It is in the shelter of a Guru that we can feel safe and understand that we are here to help others and not ourselves. In fact, we only truly feel fulfilled when we realise that we are all one – human and non-human.

We are delighted to release this 10th 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 (Me Nimani Kara Arjoi). In the “Blessings of my Guru” section we cover the story of Das Neelkamal when she was living in Nairobi, Kenya. In the poetry section we share a poem written by Maharaz Darshan Das and a poem by Bulleh Shah. In the Children’s section we cover the story of the humble pencil to understand our spiritual purpose in life. In Pali’s Pantry we share the recipe of Mung Dal Dosa.

Thank you so much for reading this newsletter. We heartily congratulate you again on Birthdays of Maharaz Jee and Maharani Jee. We welcome all contributions. Kindly contact the editor should you have anything you would like to share in the Nanak Dham Newsletter.



Photo: Das Jagjit Kaur

Continued from page 1.

pot, get the water to her friend's house, and then return and offer him some water. His thirst was intense, and he became very angry. "Hey woman, you do not know who I am, I am Farid and I can curse you!" he said. The woman whose name was Rang Ratni responded by saying, "I know who you are. You can kill birds and bring them back to life, but I am no bird, I am a human being, and I have the shelter of a saint. Your curse cannot kill me". Baba Farid Jee was in awe of the faith that Rang Ratni had in her Guru. He asked her who her Guru was, and she said it was Muhamad Qutab Deen Chisti. Baba Farid Jee then went to Muhamad Qutab Deen Chisti and asked for his shelter and asked for the blessing of *Naam*. He meditated for twelve years and gained such spiritual strength that the fifth Guru, Guru Arjan Dev Jee compiled the writings of Baba Farid Jee in the *Guru Granth Sahib*.

Maharaz Darshan Das Jee explains that those who do not meditate will find it very difficult to find inner peace. Bhagat Kabir used to visit a devotee and asked him to take *Naam*. The devotee said, "No not yet, I am waiting for my son to get married, then I will take *Naam*". When his son got married and was settled, Bhagat Kabir visited the devotee again and asked him if he was now ready to take *Naam*. The devotee said, "Not yet, let me play with my grandchild, let him learn how to walk, eat on his own and then I will devote time to *Naam*". Bhagat Kabir visited the devotee's home after quite a while and noticed that the devotee was no longer there. He asked his son where his father was. His son said his father had gone to heaven, to which Bhagat Kabir laughed very loudly and said: "How do you know he is in

heaven?". When Bhagat Kabir went inward, he saw that the devotee had been born as a bull and was being worked very hard by some farmers. Bhagat Kabir communicated with the bull and said, "My dear one, if you had listened to me and taken *Naam*, and even if you had meditated for a short time, you would not have had to take the form of a bull. Now you will have to go through this life, and you will move onto a few more places before you can take the form of a human again". The bull was then bought by a trader and suffered a lot of abuse. He finally died and his skin was used to make leather.

Maharaz Jee explains that meditation is the key to realising who we truly are. He quotes Guru Arjan Dev Jee who writes:

ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਤੀਰਥ ਇਸਨਾਨੀ ॥  
parabh kai simran tirath isnaanee



Photo: Das Jagjit Kaur

*Through meditation we visit all purifying baths at sacred shrines of pilgrimage*

ਪ੍ਰਭ ਕੈ ਸਿਮਰਨਿ ਦਰਗਹ ਮਾਨੀ ॥

prabh ke simran dargeh manee  
*Through meditation, one attains honour in the court of the Lord*

Maharaz Jee gives yet another example of true love. Guru Gobind Jee lost four of his sons during the war against the Mughals. When he was informed of the death of his children, he had tears in his eyes. His devotee asked him, Guru Jee, “Can a lion leader like you have tears in his eyes?” To which Guru Jee responded, “I am crying not because I am sad about the death of my sons. These are tears of happiness, because God has given me the strength to accept His will and to continue to serve His people. If He had given me a few more sons, I would gladly have sent them to war, even if they were martyred”. The devotee then bowed at the Guru’s feet and said, “Dear Guru Jee you are truly divine.”

Maharaj Jee explains, that when a devotee falls truly in love with God, then nothing worries that devotee; the devotee fears nothing, is not affected by what anyone says or does and accepts the divine will. Explaining what true love is, Mahraz Darshan Das Jee narrates the story of a woman who arrived at Anandpur Sahib and fell at Guru Gobind Singh’s feet and cried, “Guru Jee, my son has a very high fever and is lying sick at home and cannot move. I lost one of my sons during the war and he became a martyr. I want you to cure my sick child so that he too can go to war and become a martyr.” Guru Jee told the woman that her son would be fine, he would go to war and become a martyr.

This is when Guru Gobind Jee spoke the following verses:

ਇਨਹੀ ਕੀ ਕਰਿਪਾ ਕੇ ਸਜੇ ਹਮ ਹੈਂ ਨਹੀਂ ਮੇਂ ਸੋ ਗਰੀਬ ਕਰੋਰ  
ਪਰੇ

Inhee ke kirpa ke sajay hum he, nahee  
moh so gareeb karor paray  
*It is because of such devotees that I am who I am, otherwise I am so poor and there are millions like me around*

Even though he was the Guru, in humility he gave the full credit of his divinity to his devotees.

Once Guru Arjan Dev Jee was dictating verses of the *Gurbani* to Bhai Gurdas Jee and Guru Jee transcended his human form and was one with the divine. In his transcended state he began to say you, you, you and Bhai Gurdas Jee went on writing the word “you” referring to the divine. When Guru Jee opened his eyes, he asked Bhai Gurdas Jee “How many pages have you filled with the word “you”?” Bhai Gurdas Jee responded, 17 pages. Oh, dear one said Guru Arjan Dev Jee, please cut it down to 17 times instead of 17 pages.

Such is the love of the true devotee explains Maharaz Darshan Das Jee. Once we begin our true meditation, we begin to see the divine everywhere and in everything.

#### **Translation:**

*gurugranthsahibtranslation https://gurugranthsahibtranslation.wordpress.com/pageno262/*

# The Shelter of my Guru

Living in Kenya, one must be careful on the roads at night. Doors must be locked, windows up at all times, and vigilance on the roads is a must. This story is from 24 years ago when I was dropping a friend home at night and my fuel gauge was reading low. In Kenya, when you stop at a fuel station, you don't get out of the car, instead you hand your keys over to the attendant and instruct them on how much fuel to fill. We stopped at a fuel station and there seemed to be only one attendant on duty, not unusual for that time of the night. He was carrying a bow and arrow, and we thought at the time that it was for his own security and safety. Little did we know that we had driven right into an ongoing armed robbery. We gave the attendant the keys, he went to the back of the car, strung his bow and arrow, and came straight at us pointing the arrow to our faces. He commanded we empty our bags and give him all our valuables. Without thinking, I went into autopilot mode. I started to instinctively chant *Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala* loudly while getting the money out of my handbag. With the arrow pointed straight at us, in that moment, I knew that Maharaz Ji and Maharani Ji were with me. I had only just started to chant, and the attendant, who we now knew was a robber, pointed the arrow away from us and shot it at an armoured vehicle that suddenly appeared. The robber then attempted to escape the scene. I witnessed a spark when the arrow hit the armoured windscreen of a security



Maharani Pali Darshan Das Jee

van that had come in charging. In a few seconds there was chaos all around us. There were twenty plus men running in all directions.

There was more than one attendant at the station, but they had all been held up in the office, tied up and silenced when our car drove in. One of the attendants took the opportunity to press the silent alarm button which triggered the arrival of the armoured security vehicle. The robbers ran away into a nearby forest. The attendants came and thanked my friend and I for saving their lives. They said that had we not come into the station, they would probably have lost their lives. Our arrival had distracted the robbers and enabled the attendant to press the silent alarm button without getting noticed.

In my heart and mind I knew it was the power of the *Nanak Naams*. Maharaz Ji has said it in his tape that *Nanak Naam*

*Chardi Kala Tere Bhane Sarbat Da Bhala* is so powerful that he has no words to explain its power. I had known that since I was a little girl, and this is just one example of how I have experienced its power in when I was in

a dire strait. There are hundreds of other times I have witnessed the power this chant.

Das Neelkamal



Photo: Das Jagjit

# Translation of Maharaz Jee's writing

## Me Nimani Kara Arjoi

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.

ਯাস্বন্তী নিরাপার যাম পহিলা ।

Yashwanti Niradhar (Dham Pehela: First Section)

মে নিমাণী করাং অরজোষী

Me nimai kara Arjoi

*I pray to you in humility*

কিরপা নিধান পূত্র ঠাকুর জীও।

Kirpa nidhan, prabh thakur jio

*Oh Lord, the treasure of blessings*

তুঃ বিন নেন্দন নীন্দ না আবে

Tuj bin nenan neend na avay

*Without you, sleep evades me*

মেরে রাম রহীমা

Mere Ram Raheem

*My dear Lord both Ram and Raheem*

করতে করীম পুরখ বিষ্যাতে

Karte Kareem purkh bedatay

*The doer of all, the perfect saint*

পিৰ বিন কিবেঁ জীণ।

Pir bin kivay jeen

*How can I live without you?*

দিআল হোৱে জন আপনে

Deyal hovo jan apnay

*Be compassionate to your people*

ਸਾਧੂ ਸੰਗ ਦੀਜੈ।

Sadh sang dijo

*Grant them the congregation of a perfect master*

ਹਰੀ ਓਮ ਹਰੀ ਕਰ ਮਨ ਮੇਰੇ

Haree om haree kar man meray

*Let meditation be the focus of my mind*

ਦਰਸ਼ਨ' ਨੀਚ ਤੇਰਾ ਕੁਕਰ

Darshan neech tera kukar

*Says Darshan, I am your humble servant*

ਦਇਆ ਮਿਹਰ ਕਰੀਜੈ

Deya mehar kareejay

*Keep your blessed hand over me*



Photo: Das Jagjit Kaur

# Translation of Maharaz Jee's Poetry: **Pardesi Naiyo Sakay Kisay** **De**

ਪ੍ਰਦੇਸੀ ਨਈਓਂ ਸੱਕੇ ਕਿਸੇ ਦੇ  
Pardesi naiyo sakay kisay de  
*Foreigners are never faithful to the divine*

**Symbolic meaning:** We are foreigners, away from our true home and here in this world on a temporary basis. However, we have forgotten that this is not our true home and we are encumbered in worldly attachments. *We are not faithful to the divine.*

ਚੰਨਾ ਵੇ ਚਾਨਣੀ ਰਾਤ ਨਹੀਓਂ ਭਾਂਦੀ  
Chana vay chandani, rat nahiyon bhaoundee  
*In moonlight, the night is dispelled*

ਵਾਂਝ ਚਕੋਰਾਂ ਰਵੇ ਮੈਨੂੰ ਤੜਪਾਂਦੀ  
Vaang chakora ravay, menu tharpaandee  
*Like the partridge that is mesmerised by the moonlight, all night I agonize in your remembrance*

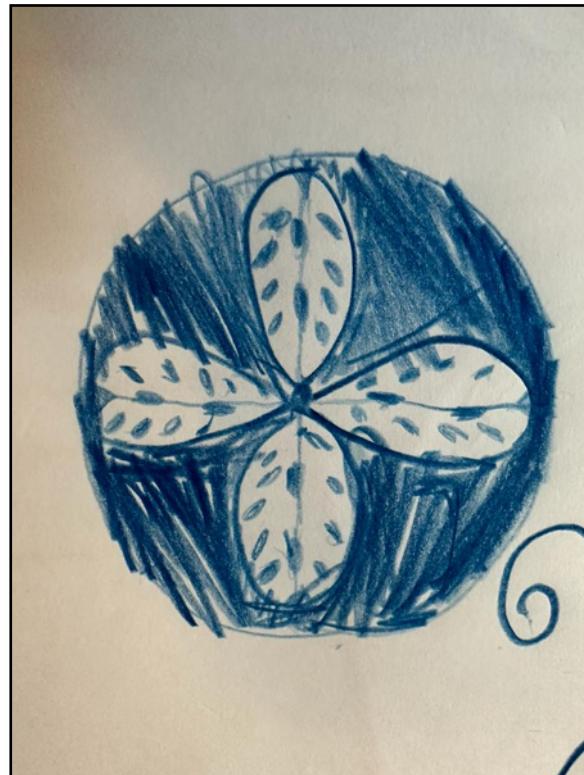
ਪ੍ਰਦੇਸੀ ਨਈਓਂ ਸੱਕੇ ਕਿਸੇ ਦੇ  
Pardesi naiyo sakay kisay de  
*Foreigners are never faithful to the divine*

ਹੱਸ ਹੱਸ ਚੰਨਾ ਵੇ ਪਿਆਰ ਅਸਾਂ ਕੀਤਾ ਸੀ,  
Hus hus channa vay, pyar asaa kita see  
*In true happiness I have loved you*  
ਚੰਨ ਵਾਲੀ ਲੇ ਥੱਲੇ ਕਰਾਰ ਅਸਾਂ ਕੀਤਾ ਸੀ,  
Chan valee low thalay, karar asaa kita see  
*Under the moonlight I made a promise*

to you  
ਹਸਦੀ ਏ ਚਾਨਣੀ ਨਾਲੇ ਆਖੇ, ਓਹ..  
Hus di chandani, nalay akhay ho...  
*The moonlight makes fun of me and says...*

**Symbolic meaning:** Before we were born into this world, we made a promise to serve the divine. However once we are born, we forget our divine promise.

ਪ੍ਰਦੇਸੀ ਨਈਓਂ ਸੱਕੇ ਕਿਸੇ ਦੇ  
Pardesi naiyo sakay kisay de  
*Foreigners are never faithful to the divine*



Artwork: Das Gauri

ਹਾਸੇ ਅਸੀਂ ਮਾਰ ਲਏ ਮਾਰ ਲਿਆ ਦਿਲ ਵੇ,  
 Hasay asee mar laye mar leya dil ve  
*I have sacrificed my happiness, and controlled my heart*  
 ਅੱਖੀਆਂ ਥੱਕ ਗਈਆਂ ਹੁਣ ਰੋ ਰੋ ਕੇ  
 Akhian thuk gaian, hon ro ro ke  
*My eyes are tired of shedding tears*  
 ਸੱਚ ਆਖਣ ਮੈਨੂੰ ਸਖੀਆਂ ਓਹ  
 Sach aakhan menu sakhan ho  
*My friends tell me that*

ਪ੍ਰਦੇਸੀ ਨਈਓਂ ਸੱਕੇ ਕਿਸੇ ਦੇ  
 Pardesi naiyo sakay kisay de  
*Foreigners are never faithful to the divine*  
 ਹੱਸਦੀ ਰਹਿੰਦੀ ਮੈਂ ਝੂਠੇ ਹਾਸੇ  
 Hasdee rehendee me chootay hasay,  
*The material world gives me no happiness*  
 ਜਦੋਂ ਦੇ ਨਜ਼ਰਾਂ ਨੇ ਦਿਲ ਵਟਾ ਲਏ  
 Jadon de nazara ne dil vata lay  
*Since I have seen you, I am truly yours*  
 ਰੱਖੀਂ ਨਜ਼ਰਾਂ ਚੰਨਾਂ ਓਹ...

Rakhi nazara chana ho  
 Dear Lord, keep your blessed hand over me

ਪ੍ਰਦੇਸੀ ਨਈਓਂ ਸੱਕੇ ਕਿਸੇ ਦੇ  
 Pardesi naiyo sakay kisay de  
*Foreigners are never faithful to the divine*  
 ਹੱਸ ਹੱਸ ਪਿਆਰ ਕੀਤਾ, ਕੀਤਾ ਐਤਿਥਾਰ ਸੀ  
 Hus hus pyar kita, kita eitbar see  
*I have loved you joyously, and fully trusted you*  
 ਝੂਠੇ ਹਾਸੇ ਹੱਸ ਹੱਸ, ਮੈਂ ਗਈ ਹਾਰ ਸੀ  
 Chutay hasay hus hus me gahee har see  
*The material world now defeats me*  
 'ਦਰਸ਼ਨ' ਦਾ ਲਾਦੇ ਲਾਂਵਾ ਚੰਨਾ ਓਹ  
 Darshan da laday lanva chana ho  
*Says Darshan, let bygones be bygones*

ਪ੍ਰਦੇਸੀ ਨਈਓਂ ਸੱਕੇ ਕਿਸੇ ਦੇ  
 Pardesi naiyo sakay kisay de  
*Foreigners are never faithful to the divine*



Photo: Das Jagjit Kaur

# Poem:

## Baba Bulleh Shah: Ranjha Ranjha Kardi Ni Mein

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 spiritual sermons (*satsangs*).

ਰਾਂਝਾ ਰਾਂਝਾ ਕਰਦੀ ਨੀ ਮੈਂ ਆਪੇ ਰਾਂਝਾ ਹੋਈ  
Ranjha ranjha kardi ni mein aape  
raanjha hoi  
*Calling out for Ranjha for so long, I've  
myself have become Ranjha*

ਸੱਦੇ ਨੀ ਮੈਨੂੰ ਧੀਦੇ ਰਾਂਝਾ, ਹੀਰ ਨਾ ਆਖੇ ਕੋਈ  
Sadho ni mainu dhido Raanjha, Heer  
na aakho koi  
*Friends call me Ranjha now, don't call  
me Heer anymore*

ਰਾਂਝਾ ਮੈਂ ਵਿੱਚ ਮੈਂ ਰਾਂਝੇ ਵਿੱਚ, ਹੋਰ ਖਿਆਲ ਨਾ ਕੋਈ  
Ranjha mein vich mein Ranjhe vich,  
hor kyaal na koi  
*Ranjha is me and I am Ranjha, there is  
no other thought*

ਮੈਂ ਨਹੀਂ ਉਹ ਆਪ ਹੈ, ਆਪਣੀ ਆਪ ਕਰੇ ਦਿਲਜੋਈ  
Me nahi oh aap hai, aapni aap kare  
diljoi  
*I am naught, it is only him, and he is  
the divine will*

ਰਾਂਝਾ ਰਾਂਝਾ ਕਰਦੀ ਨੀ ਮੈਂ ਆਪੇ ਰਾਂਝਾ ਹੋਈ  
Ranjha ranjha kardi ni mein aape  
raanjha hoi  
*Calling out for Ranjha for so long, I've  
myself become Ranjha*

ਹੱਥ ਖੂੰਡੀ ਮੇਰੇ ਅੱਗੇ ਮੰਗੂ, ਮੇਚੇ ਛੂਰਾ ਲੋਈ  
Hath khoondhi mere aghe mangu,  
modhe bhoora loi  
*Like in the past he has a staff in his  
hand, he has a shawl on his shoulder*

ਭੁੱਲਾ ਹੀਰ ਸਲੇਟੀ ਵੇਖੋ, ਕਿੱਥੇ ਜਾ ਖਲੋਈ  
Bulleh Heer saleti vekhe, kithe ja khaloi  
*Says Bulleh, Heer contemplates where  
she has reached*



Photo: Das Jagjit Kaur

ਰਾਂਝਾ ਰਾਂਝਾ ਕਰਦੀ ਨੀ ਮੈਂ ਆਪੇ ਰਾਂਝਾ ਹੋਈ  
Ranjha ranjha kardi ni mein aape  
raanjha hoi  
*Calling out for Ranjha for so long, I've  
myself become Ranjha*

ਸੱਦੇ ਨੀ ਮੈਨੂੰ ਧੀਦੇ ਰਾਂਝਾ, ਹੀਰ ਨਾ ਆਖੇ ਕੋਈ  
Sadho ni mainu dhido raanjha, heer na  
aakho koi  
*Call me Ranjha now, don't call me  
Heer anymore*

# The power of chanting

Maharaz Jee gifted us a slogan of the times: *Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala*. He instructed us to chant this slogan from 2:00pm – 2:15pm each day for our own welfare and wellbeing. Das Jee Kartar Singh explains that Maharaz Jee only asks for 15 minutes a day. This is a gift that we should be ready to receive each day at 2.00pm. It calms our mind and opens our heart to receive love and light.

We can also chant for the welfare of all, at any other time which will sustain us spiritually. We are all one and so, our sustenance depends upon caring for others.



Artwork: Das Gauri

# Pali's Pantry

## Mung Dal Dosa

Mung beans are a staple in many countries including India and Sri Lanka. They are an excellent source of protein, fibre and B vitamins such as folate. They are also a rich source of potassium, magnesium, iron and phosphorus. They can be eaten in many ways. Below is one quick way of making a tasty protein rich dosa (pancake). I was inspired to share this recipe since I recently had a mung dal dosa at a lovely restaurant in Melbourne called Indu. It was delicious and highly nutritious.

### Ingredients

2 cups of split mung dal (soaked for 24 hours and rinsed thoroughly)  
A piece of ginger an inch wide  
Salt to taste  
1/4 tsp asafoetida  
Coconut or any other healthy oil. You can also use ghee  
Optional: 1/2 tsp of ground cumin seed

### Method

Combine all the ingredients in a blender with half a cup of water and blend until the mixture is smooth. This can take about 1-2 minutes. Then using a deep ladle, pour one ladle full of batter onto a flat non-stick frying pan and using the ladle, in a circular motion, shape out a round dosa in concentric circles. When the sides of the dosa begin to lift off the pan, turn it on the other side and cook until brown. Serve with oil or ghee of your choice.

Dosas can be served with dal, or with vegetables of your choice. You can also fill them up with a nut butter of your choice, and/or salad. They can also be served with a coconut chutney and/or yoghurt.

Recipe by Das Jagjit Kaur



Photograph: Das Jagjit

# Children's Section

## The spiritual story of the pencil

This is a well-known story which is in the public domain. The lessons are quoted from [here](#).

A pencil maker gave the following advice to a pencil before he packed it into a box to be shipped off.

1. "You will be able to do many great things, but only if you allow yourself to be held in Someone's hand."

Here the pencil maker is referring to us being the pencil and being held by the hand of God. This first lesson is about being God's instrument and allowing the divine will to work through us.

2. "You will experience a painful sharpening from time to time, but you will need it to become a better



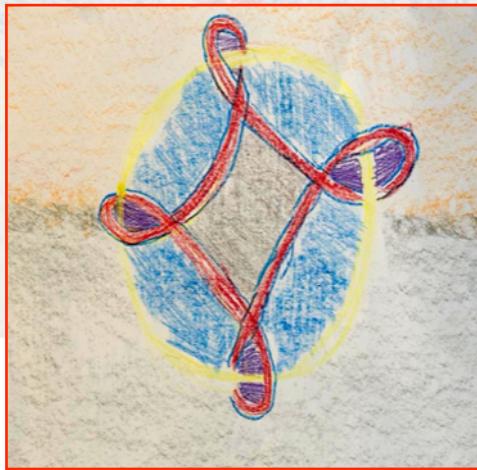
Artwork by Das Gauri

pencil.” In life we will experience hardships and pain, and yet this will sharpen us spiritually and allow us to become better people and allow for the divine will to work through us.

3. “You will be able to correct any mistakes you might make.” Here we are reminded that we can erase something that we have written which is incorrect, and we can write it again. This of course does not give us a license to keep making mistakes. However, it is to remind us that we can mend our ways.
4. “The most important part of you will always be what’s inside.” This

is indeed a very significant lesson. No matter what we look like from the outside, it is our soul that is the most important part of us, that shines. We need to focus on our inner beauty and our inner strength and see the same in other beings.

5. “On every surface you are used on, you must leave your mark. No matter what the condition, you must continue to write.” This is a beautiful lesson. We must leave a mark of love, no matter what challenge we face. In the end it is this unconditional love that goes with us when we leave our body. Everything else is left here.



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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