



# **THE WAY OUT iS IN**

**BY SWAMi RAM BEHARi LAL**

## THE WAY OUT — IS **IN**

“A well inverted hangs in heaven  
Up above in sky so high.  
In the well a white Light burneth  
Radiant, pure, brilliant, bright.

Without wick and without oil  
Divine Lamp burneth day and night.  
Summer, Winter, Spring or Autumn,  
Great Fire shines on heavenly height.

Out of the Flame a melody floweth,  
Heaven haileth in delight.  
None seeth the Light nor heareth Music,  
Till grace of Master gives him sight.

Without Master none can hear it,  
Try he may with all his might.  
Paltu, only the blest do hear it  
Whom the Master takes to Height.

(Paltu Sahib)



*The Yoga of the Audible Life Stream*

"Hints from an experienced Soul to Her Sister Souls"

"Being a brief and concise explanation in simple terms of the Genesis and Economy of the Creation, the position of the individual within it and his relation to and obligations and duties toward his Creator, the Supreme Being, the Source of All."

It is in accord with the teachings given out in the past by such great Sages as Kabir Sahib, Dadu Dayal, Guru Nanak and his nine successors, Shamas Tabrez, Maulana Rum and Hafiz of Persia, and more recently by Swami Ji of Agra, the founder of the present line of Masters, Baba Jaimal Singh, Baba Sawan Singh, Sardar Bahadur Jagat Singh, terminating with S. Charan Singh who in this year of 1958 continues to instruct interested seekers in the secrets of *the Yoga of the Audible Life Stream*.

THE WAY OUT — IS **IN**

by

**Swami Ram Bihari Lal**

(Disciple of Baba Garib Das, a Perfect Saint and  
disciple of Param Sant Soami Ji of Agra, Founder of the  
RADHA SOAMI SPIRITUAL SCIENCE.)

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## PREFACE

“In the name of the Almighty Father, the Supreme One, I have tried to offer in this little book the essence of the teachings of Saints of all ages — in simple words. It is advice given to Souls irrespective of age, religion, or sex — to enable them to know the practical way to start upon this Spiritual Road to the Almighty One. Whatever I have written is based upon reality and not theory. Reference to some of the Heavens mentioned in this book is found in the books of all religions.

“Spiritual Devotion was taught by the Lord Jesus Christ, Moses, and the Great Prophet. This is the Method that was practiced by Lord Krishna who advised his friends Udhō and Arjun to practice it in the solitudes of the Himalayas. This is the Spiritual Practice taught by all the SAINTS of the highest order like Kabir, Tulsi Sahib, Shames Tabrez, Maulana Rum, Hafiz, Kalander Sahib, Guru Nanak, Radha Swami and others.

“Clean, therefore, your mind from all prejudices before you begin to read. Leave off fighting amongst yourselves in all matters religious. All religions praise GOD and NAME OF GOD. All religions advise you to control your mind, senses, and passions. All religions warn you to avoid evil and do good. This is all that really matters, and thus in substance all religions are ONE. There-



fore — (secure) and enjoy the SUBSTANCE OF SPIRITUALITY.

“Nothing is more certain than death. Whatever worldly perfection and status you may have attained, it will be temporary and will be forgotten before long.

**“SO LET YOUR ATTAINMENTS BE SPIRITUAL AND PERMANENT”**

## I

### SEEK SALVATION DURING LIFE

It is said there was an island where they selected a person to sit on the throne and rule over them for four years. Afterwards, on the expiration of this term, he was deported across the sea to an island jungle where he was eaten up by wild animals. Many kings enjoyed the throne in this manner and were afterwards enjoyed by wild animals.

Now it so happened that a new king was put on the throne, one who severely disliked the horrible fate of his predecessors. While enjoying the throne, he seriously thought of his coming fate and devised means to avoid the calamity. He was the reigning king and his orders were carried out implicitly. So he ordered his ministers and Commander-in-Chief to accompany him on a visit to that island. There, he ordered the island to be cleared of wild animals, and that a big garden be planted, and a palace be built immediately for the use of deported kings in the future, and all the produce of the island be reserved for their use with sufficient staff of servants and watchmen. His word was law. The palace and garden were completed in three years and the island became like a paradise with beautiful gardens, lakes, and with a new, comfortable and luxurious palace.



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When the term of this king expired, the ministers came and informed him of the expiration of his term. The king left the throne gladly and was escorted to the beautiful new palace. Unlike his predecessors who met a terrible fate in the end and during their reign did nothing for their future, this wise king, now free from the worries of the throne, enjoyed a luxurious princely life till his death. Here man is king. Infancy, childhood, youth and old age are four years of the term in which we are to mould our spiritual future and to secure a better and brighter life. Wise are those who — in their life — do not forget the end, and by means of meditation and devotion raise their souls to the highest heavens and obtain spiritual freedom permanently.

II

WHAT IS A FOLLOWER?

One who subdues passions, loves neighbors as well as strangers and is hospitable and kind even to non-believers and raises his soul to the spiritual regions of NASUT, MULKOOT, JUBRUT and LAHUT, and enjoys the bliss of ISM-I-AZAM internally that MOHAMMAD did, is a true follower of MOHAMMAD.

One who does good to all, leads a pious life, conquers self as taught by Christ, and to whom the door into heaven is open, and who hears the

trumpets and sees the lightening of heaven that Christ did, is a true and real CHRISTIAN.

One who aims at NIRVAN PAD and reaches that heaven by means of spiritual meditation and does good to all is a true follower of BUDDHA.

One who reaches the highest Heaven SACH KHAND (SAT LOK or THE TRUE HEAVEN) and enjoys the blessings of the Name of God (SHABAD), and crosses Pind, And, Brahmand and Par Brahmand (that is the body and intervening heavens), is a true follower of NANAK and KABIR.

One who knows the secret of the soul and releases it from all bindings and coverings by means of ASHTANG YOG and reaches beyond BERAT HIRANGARB and ABIYAKIRT is a true VEDANTI.

As long as one is ignorant of the Spiritual Path and Heaven and does not spiritually traverse the way, one does not actually follow Mohammad, Christ, Buddha, Nanak, Kabir or Vedas. If our zeal is limited to only reading religious scriptures, it is a good pastime and affords intellectual enjoyment; but when one starts upon spiritual meditation, one actually follows into Heavens and is a true follower. It is wrong to show disrespect to the head of any religion. In fact, one should entertain feelings of the highest respect and love



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for them. Their souls went into Heavens while they were alive by force of Spiritual Devotion, and they led very pious lives. Instead of finding faults in others and hurting their feelings, we should try our best to improve ourselves until we reach our ideals and set an example for others to follow.

III

ORIGIN OF HEAVENS AND THE EARTH

SAINTS of the highest order declare that in the last Heaven called THE NAMELESS (Anami) the SUPREME BEING was present before there was any creation.

BY HIS WORD and WILL three purest Heavens were created, each of which HE graced with HIS PRESENCE. We may call them "The Wonderful" (Agam), "The Inaccessible" (Alakh), and "The True Heaven" (Sat Lok).

He then created sixteen Spiritual Lords and numberless souls from HIS SELF and appointed HIS COURT OF GENERAL AUDIENCE in "The True Heaven" (Sat Lok). For a long time the creation was limited to these highest Heavens.

Again the WORD of the ALMIGHTY emanated from The True Heaven and created three more Heavens. Some Saints call them Hootal Hoot, Hahoot, and Lahoot, while others call them Bhanwargupha, Maha-sunn and Sunn. He ap-



pointed a Spiritual Lord in the First, five Spiritual Lords in the Second and one in the Third Heaven to enjoy and govern them. From this end the creation, although spiritual, began to be diluted with matter in its purest form. For a long time the creation ended there.

WORD again extended from Sunn or Lahoot and created two more Heavens, spiritual-material and appointed two Spiritual Lords to enjoy and govern them. These heavens are called Eternal Triangle or Mussellessi (Trikuti) and Eternal Candle, also called Shameh (Joti). The last Spiritual Lord prayed for a little independent kingdom for himself. He was awarded Shakti and the three Attributes (Gunas) were created. With mixture of the five elements the WORD, extending from Trikuti, created this universe. The origin of this world is Trikuti or the Triangular Heaven, and the sunrise and the sunset in this world are so designed by nature as to look like the heaven of their origin.

NOTE: This is the real Sun God (Suraj Narain) whose worship is by mistake replaced by the worship of the visible Sun.

Swami Ram Tirath asks you to see the Morning Sun and internally meditate upon its glorious and shining figure. In the famous Tulsi Kirt Ghat Ramayna this Triangular Heaven is mentioned as

the "Golden Lanka" which was won by Ram, a pure mind, by overcoming the evil mind called Raven.

A stream of spiritual life force emanated from Shakti and enlivened this world. This leads the Sages to believe that the Creator is present in every thing. The fact is that the First Lord, with the help of Shakti and the Second Spiritual Lord, created this world and is Himself engaged in meditation in a special Heaven called Nabh. This knoweledge is the cause of the Yogi's recitation of the two sacred names "Hari Oang." The Saints of the highest order, who have crossed all the Heavens, prescribe Five Names or Shabds, including the two already stated because four Spiritual Lords come directly on our way to the Almighty and the Fifth is the Name of the Supreme Being Himself.

At first this world was lifeless and stationary. On the arrival of Shakti and a store of souls from the Almighty this world became enlivened. Shakti is also called Maya. Some call her the Great Mother. She gave birth to the three terrestrial angels, who are called Nasut, Malkut and Jabrut or Brahma, Vishnu and Mahesh. These are appointed by her to manage and control this world — which they are doing with her help. These minor angels and Shakti created eighty-four lakhs



kinds of aquatics, birds, tiny creatures, worms and human forms as follows:

Shakti: 9 lakhs aquatics or water creatures and 14 lakhs birds.

Vishnu: 27 lakhs small creatures, trees and vegetations.

Shiva: 30 lakhs worms, hills and mountains.

Brahma: 4 lakhs human forms.

(a lakh is 100,000.)

The First Spiritual Lord is enjoying in a separate Heaven where these terrestrial angels cannot go. On being asked the whereabouts of their Father, Shakti gave them a description of the Mind that pervades the universe and has no visible form, shape or color instead of giving them the secret of their Creator. She also made them gifts of the fair sex to turn their attention from meditations to enjoyment of the creation of this world. This is the reason why in this world more care and attention is given to satisfy worldly desires than to seek God.

Although no soul is permanently happy, no attempt is made to get to the Kingdom of God where pain and death are unknown. To get out of the control of these minor angels and Shakti



and reach the True Heaven is a miracle which only a Saint can perform.\*

#### IV

#### NAME OF GOD

The Name of God, or the WORD, is the Spiritual Sound that emanates from the Supreme Being *musically*. The great Spiritual Lords are also gifted with this quality. The Name as it actually emanates cannot be imitated by the human tongue. An initiated and sincerely devoted soul sooner or later will be privileged to hear the Sacred Name within. This is the real Word of God. When there was no creation, this Name, the Word or the Spiritual Music, was with God.

All the Heavens were created by the Word and all the creation is being held by the Word. In the end all the lower Heavens and creation will disappear into the Word. If any soul is desirous of reaching the Kingdom of God, the Name heard spiritually within will carry the Soul to its destination.

Merging of the Soul into the sea of the Heaven's bliss is the real deepening of the Soul. The Name purifies the Soul and the mind. All the great Spiritual Lords have their separate Names

\*Not to be confused with Catholic Saints or saints as generally understood in the West. Saint is here a translation of the Hindu word "Sant" and means that soul, who by means of disciplined meditation on the Holy Sound or Audible Life Stream succeeds in shaking off the covers of mind and matter and returns to his True Home, the Fifth Internal Region, Sach Khand, the lowest of the pure, spiritual, imperishable regions.

that emanate from their great Souls. Those Names carry the Soul to the Kingdom of God and introduce the Soul to the Name of the Almighty. Hindu Saints call them Nad, Shabd, Anhad, Sar Shabd and Sat Shabd, while Mohemmedan Saints call them Sultan-ul-Azkar (King of Speech), Isme-Azam (Greatest Name), Kalam-e-Ilahi (God's Word or conversation). In the Holy Bible, also, we find the following hint: "In the beginning was the Word, and the Word was with God, and the Word was God."

If there is anything imperishable, it is the Soul and the Spiritual Name. Unite your Soul to the Name of God, spiritually, and you secure an eternal and inseparable union. This actual union with the Sacred Name within gives the Soul eternal life. It illumines the internal path and one day removes the distance between God and His loving devotee.

Listening to the Name by spiritual ears or diving the Soul into the Sacred Spiritual Music is taking the Name of God and is real meditation. The Names of the great Spiritual Lords are steps to reach the Name of the Almighty. Wah Guru, Kanj Guru, Shabd Guru, Mutrib, Maifarosh, Ram Nam and Radha Swami are the Words that have been used to imply the Name in different Heavens.

Radha Swami and Wah Guru mentioned by



Saints denote the Name in different stages from the highest Heaven down to the seat of the First Lord. They mean the Five Words or Shabds that can be uttered or partly imitated by human tongue and two higher Shabds that are unutterable. To merge the Soul into the Spiritual Music of the first three Lords is taking the Name of Ram. To merge one's Soul into the musical emanations of the Spiritual Lords and the Almighty is taking the Name of Radha Swami or Wah Guru.

These Names imply the Spiritual Sound emanations (Words), but we must catch these *actual* spiritual emanations, whatever they are, and not attach much importance to selection and adoption of these outer and utterable words, or quarrel over their superiority. Quench your thirst by drinking water. It does not matter whether you call it: water, eau, agua, wasser, pani.

All names and forms that we see belong to destructable Maya. Learn the secret of The Name that is not made by man and which is eternal and realize it spiritually.

Service of the Saint or Mediator who is in touch with the Spiritual Lords and remains absorbed in the Name of the Almighty cleanses the Soul as oil removes rust from steel. The blessings of the Name in the First Heavens then attract the Soul towards their source as the magnet draws the



needle. The blessings of the Name in the next Heavens then change the quality of the Soul as a touch stone turns iron into gold. The Name in the region of the Third Lord called Alam Lahoot or Par Brahmand gifts the Soul with similarity to the Spiritual Lords. Such a Soul is said to belong to the caste of God (Zat-i-Khuda) and is able to fly into upper Heavens.

## V

### SPIRITUAL LORDS

There are 16 great Spiritual Lords; seven of them remain near the Supreme Being, the rest govern and enjoy their own separate kingdoms. Although gifted with full powers in their own dominions, in their heart of hearts they remain devoted to the Almighty. With the exception of three, all are privileged to attend the Supreme Court personally. The lowest three great Lords receive His Grace and blessings through meditation. The famous Kabir and Guru Nanak mention them as sixteen Sutas or Nirgunas.

Besides these great Lords, three great Angels were created for the sole management of these material regions. They are called Nasut, Malkut and Jabrut or Brahma, Vishnu and Mahadev. They owe their birth and existence to the last Nirgun, the first reigning Lord on our way to the Almighty. But they cannot go beyond Shakti

(joti), their mother — the great Mother of this universe. The Vedas draw their inspiration from these Angels or Gunas. That is why in Gita the famous Lord Krishna directs Arjuna to get beyond the limits of the Vedas, which are the outcome of the Gunas (Qualities or Attributes) to save his Soul from the circle. To a seeker after God, therefore, these Angels are of little help.

From the present seat of our Soul in the body only four great Spiritual Lords come directly on our way. We have to pass their dominions and get from them the purity and strength to reach the highest Heaven. So with the help of Mediator turn your attention to these great Lords and by force of love and meditation get through their Heavens. Their blessing and help will lift your Soul's eyes up into the Heavens and you will then begin to see the Light and hear the Heavenly Music mentioned in the sacred books.

In this world it is possible for a poor man to meet the king, but it is impossible for the Soul to reach the Almighty without the help of the Mediator and the Spiritual Lords who have to be loved before one can cross these regions. These instructions are imparted verbally to sincere seekers.

In Vedanta the First Spiritual Lord is called Maya Sanwal Brahman. The Second Lord is called



Brahm. Beyond this is mentioned Neti-Neti (difficult to realize) and is mentioned Par Brahm by some Sages. Incarnations in this world come from Maya Sanwal Brahm for the destruction of gifted individuals who tyrannize over the pious devotees, while Saints appear from higher Heavens for salvation of Souls only. This is why the famous Incarnations like Krishna and Ram have held Saints in very high esteem and respected them.

## VI

### THE SOUL

The Almighty Father created numerous stores of Souls. Each store contained numberless Souls. Some of these stores were received by Spiritual Lords for their creations. Out of all these creations these material and semi-material worlds alone are devoid of real and permanent happiness and are now steeped in ignorance and sin. Here the Soul, in company with Mind, knows nothing but material desires and material worship. Even selfless love between Souls is rare. Ignorance and selfishness have created differences and instead of practicing Spiritual Meditation, people remain engaged in endless controversies that cause tension and mutual hatred. Instead of one great, common brotherhood, imaginary classes have sprung up.

In the Judgment of God a poor man in dirty



rag who loves and worships Him spiritually and leads a pious life is of a far higher class than a rich man who freely gives vent to his evil passions, leads a life of luxury and forgets Him.

The Soul is like an image of light that gives life to any body, large or small, where it is ushered in by order of the Great Judge. Its seat is in the forehead – midway between the eyebrows – and is called the Tenth Gate, the remaining nine “gates” of the body are visible. From this Point the Soul gives life to all the nerves, limbs and organs of the body. It enlivens five organs of the senses and five of action, and makes six principal centers in the body. These six centers are controlled by four terrestrial minor angels, Shakti and the Soul. In the eyes is the reflection of the Heaven of the First Lord. In the throat, Shakti (Maya); in the heart, Mind (Shiva); in the navel, Vishnu the Preserver; and in the lower two outlets, Brahma the Creator and Ganesh, who has charge of the elimination of the effete matter. Ganesh has the head and trunk of an elephant, but the rest of the body resembles the human body.

The Soul is sent into the womb in the fifth month of pregnancy. A careful mother can feel the arrival of the Soul in the infant. Until the birth the Soul’s attention remains fixed in the internal Light and the Heaven’s Music. It also

remembers many hundreds of years of sufferings and prays for deliverance from that filthy position, and promises to devote the new life in His service and devotion.

At the time of birth, however, the Soul's attention is turned down towards the body from the Tenth Gate and a veil of forgetfulness falls upon its memory. This makes the baby cry. A baby with a short life does not cry at birth.

During infancy a crying infant may be consoled by placing a light in front or by ringing of bells, etc., which he finds a substitute for what he has been seeing and hearing before birth, and he at once leaves off crying. In those days of infancy recollection of previous enjoyments makes an infant smile, while he sobs at the thought of suffering.

As the baby grows, the Soul makes the body its home and in company with mind again seeks worldly pleasures and enjoyments and forgets the past altogether. At the time of death, the rays of the Soul again concentrate back into the Tenth Gate. This natural rising of the Soul refreshes the Soul's memory and, although the man is unable to speak, tears are visible in his eyes, expressing regret for not improving the status of the Soul, and for having wasted away the whole precious life. At that moment the Life-Force (Prana) in



the shape of breath leaves the body through any of the nine outlets and the Soul is pulled up into the Tenth Gate. The Judgment is pronounced and the Soul is sent elsewhere according to its actions, just as at the closing time in a factory, the driver lets off the steam from the boiler and goes away.

The Soul is to the Almighty as a drop of water is to the ocean. The quality is the same but there is a difference in quantity or power. A drop of water is liable to mix with dirt, to be dried up by heat, but if that "drop of water" mixes with a "river" and reaches the "Ocean," it escapes all sufferings. During life time the Soul has the power to lift itself up, and the Soul of the Mediator and the Spiritual Lords are like rivers and streams which help the Soul to reach the Almighty.

As a child, fallen in bad company and who has deserted his parents, is liable to suffering, a Soul under the influence of greed, lust, anger and pride — that remains aloof from the Almighty, the Great Parent, is liable to endless sufferings. With the help of the spiritual Mediator, therefore, a regular practice and training should be given to the Soul so that its downward tendency may change and it may begin to look up and rise into the Heavens.

Some people believe that the Almighty and the Soul are "one" and that to believe this is "real knowledge." As far as the origin of the Soul is



concerned, this is true. But simply to believe this does not relieve the Soul from the knot of elements, qualities and Mind. Unless all the coverings are shaken off and the liberated Soul, by means of meditation (spiritual practice), assumes all the great powers that are attributed to God and reaches its source by crossing at least the three grades, (Berat, Hairngarb and Abykirt — the three lowest Heavens,) i.e. BODY, THE ETERNAL CANDLE and THE TRIANGULAR HEAVEN, it is only book knowledge and not real knowledge. Like a parrot that forgets all its learning at the approach of a cat, such book knowledge vanishes away when the angels come to pull and drag the Soul at the time of death. Although you are a monarch or an heir to a throne, your boast is idle unless you get freedom from jail, cross the foreign boundary and reach your throne, where everything is at your command. Book knowledge does not give you real freedom nor does it restore any of your spiritual powers so that you have to suffer the effects of your actions like your less learned brothers. Let the drop of your Soul mix into the Stream of NAME to get to the Ocean — the Almighty, the Source of all Souls. Just see if you can create a world or a separate sun or moon or a tiny star. If you can

do that, then your assumption is somewhat correct. If you cannot do this, please do not call yourself God or Brahma. Humility and Devotion please Him and not false arrogance and boast.

## VII

### THE MIND

Mind is a powerful agent from the lower Spiritual Lord. It keeps company with the Soul, both in the body and up in the lower Heavens. It has been keeping the Soul enslaved for its own purpose because Soul gives life to organs and Mind enjoys them. From this arises the cause of action, and from action arises the cause of suffering and enjoyment. Lust, Anger, Greed, Love and Determination are its principal powers. If these powers are not misused, and the Mind is made to enjoy the spiritual bliss of the NAME and Heavens, it is a source of the greatest help to the Soul in getting salvation. As long as the Mind is wavering and restless and until it realizes the degradation to which it has fallen from the Heaven and turns from the wrong and downward path, there is no power on earth that can do any permanent good to Soul. Hence the necessity of the good and pious company (externally and in meditation) of the Mediator, Satguru, Murshid or Pir.

Guru Nanak says: "Remove the restlessness of



the Mind, take instructions from Satguru and reach the Kingdom of God immediately."

I. E. if you wish to unite with the Beloved, associate your Mind with your Soul. Unless the Mind is obedient to Soul, the wounded heart will not find the remedy.

In the higher stages Mind becomes slave of the Soul and works as a faithful attendant. When Soul leaves the body for the highest Heavens in the end, the Mind reaches the heaven of its origin and stays there permanently.

A steady and concentrated Mind is necessary both for spiritual and temporal success. Mind is likened to mercury, as it is restless by nature. Some Saints liken it to a monkey. As the army of monkeys helped Ram Chander to win back his lost Sita, so can we obtain spiritual perfection by concentration of the forces of Mind.

## VIII

### SOUL CHANGES SEATS

While you are awake, the Soul remains at its proper place midway between the eyebrows. When it goes down into the throat in company with mind, you see dreams. When it goes down still further, it causes deep sleep. These are called Jagrat, Swapna and Sushupti. When by means of spiritual meditation your Soul rises up to the



SPIRITUAL CANDLE, that state is called TUR-YA. In spiritual meditation you are taught to raise your Soul to Turya and beyond it by avoiding the three lower states as much as possible. This is real meditation, spiritual worship and devotion.

### IX

#### NIRAT

The Soul, in this world, is controlled by an invisible spiritual thread or ray in charge of the First Great Lord. Only that Lord and a perfect Saint or Mediator knows where it is concealed. The Soul is sent into a body and is pulled out of it by relaxing or tightening of this connection called NIRAT.

Through this connection Soul receives Heavenly bliss. By the help of Nirat a Soul can gradually rise up into the Heavens.

Until Nirat is taken from the First lowest Lord and put in charge of a higher Lord, the Soul cannot permanently avoid the terrible circle. By means of meditation and good actions alone a Soul gets only a temporary lift into the lower Heavens.

*The removal of Nirat of a Soul from a lower to a higher Lord and Heaven and opening the door of Heaven's blessings upon the Soul is the real baptism, real sanskar, real shudhi, real con-*

*version and an actual step towards the salvation of the Soul. ONLY A PERFECT SAINT OR MEDIATOR CAN DO IT.*

*Each Spiritual Lord controls the Nirat of Souls that inhabit his regions and only a perfect Saint can take possession of a Nirat from a Spiritual Lord.*

## X

### FREEDOM OF SOUL AND RELIGIONS

Most people in this world belong to some religion or other. This depends upon their birth, company or outward education. But my dear Souls, God is not bound to any one particular religion, sect or creed. All religions give you some information about God, Soul, good and bad actions, the NAME of God and the Kingdom of God. Otherwise you know absolutely nothing. There is the Hidden Treasure in all religions. In them are pearls but few can dive to the bottom to obtain them. The body deteriorates but the Soul is imperishable. Our advice is to your soul, which is free from religions. Nature treats all religions alike. The method of a Soul entering a Christian body is the same as in the case of a Mohammedan, Hindu, Parsee or Jew. In the same way, at the time of death the Soul of a Hindu leaves the body just as it leaves a Mohammedan



body. The pain of teething and other ailments are suffered alike by people of all races.

In short, whatever your religion, race or sex, if you lift your Soul from her present seat in the body and spiritually cross the intervening Heavens as directed by Saints, you will surely reach Him. So let no religion hinder the progress of your Soul.

You may take any help from your religion if it can help to open the Hidden Door through which you can pass into the Heavens. Otherwise, leave it respectfully alone. When you are unfettered, you will rise up easily. Religion gives you the hint, and a Saint or Mediator will help you to obtain it.

Take a seat, therefore, in the spiritual ship of His NAME (NAM); free your mind from unnecessary ties; take leave of your old companions i.e. Greed, Anger, Lust, Pride and Untruth. This should be the universal religion. Bid them farewell forever, as these are the principal hindrances that prevent you from rising high . . . these alone are the Kafirs (Unbelievers). Let your mind be as clear as a mirror to be fit to receive the Holy Word internally and devote a few hours in spiritual meditation daily.

Let angelic qualities be your companions — as angels of only the highest grade have access to



the Throne. As a royal ship does not carry dirty passengers, so does the Sacred Spiritual Ship carry only the pious Souls. There is no doubt death will come, why not then secure in the Kingdom of God a better and permanent home for your Soul before it is too late.

## XI

### SPIRITUAL DEVOTION (MEDITATION)

According to the Laws of Nature if the Soul does not rise while in the human body, it is lowered down to a less gifted circle called the Lower Circle or CHAURASI. If it does rise above by extremely good acts, it is accepted in the upper circle, called AWAGAWAN, where it enjoys Paradise for a period only.

Koran Sipara VI, Chap. V, 65: "Those whom God hath cursed and with whom He has been angry, having changed some of them into apes and swine who worship TAUGHUT, they are in worst conditions and err more widely from the straightness of the path."

NOTE: This lowering of the Soul from the human form into that of ape and swine, etc., as

declared by Mohammedan Saints is also admitted by Hindu Saints, who call it the circle of CHAURASI.\*

Forgetfulness of the Almighty, Immorality, Self-Decoration, Excessive Pride and Cruelty are punished by total annihilation through causes such as earthquake, fire, flood, epidemic, shipwreck, train smash or wars. For extreme sinners hells have been created where Souls receive punishments so severe that one would shudder to think of them.

COMMON FAILURE TO REALIZE GOD IS DUE TO THE GENERAL IGNORANCE OF THE NATURAL METHOD TAUGHT BY SAINTS. Instead of milking a mammal to obtain milk, if we try to find it by dissection of the whole body or by a surgical operation, we would come to the wrong conclusion that there is no such thing as milk in a mammal — as we shall find only blood there.

\*(CHAURASI means 84 and refers to the 84 lakhs species of creation, animals, birds, insects, fish, including man. It is another way used to refer to the Cycle of Transmigration of the Soul, or the Wheel of Birth and Death. Man is born in the appropriate form of life so that certain desires and inclinations can be satisfied and so that he can reap the fruits of previous actions. Thus, the Lower Circle would be the forms of life beginning with the lowest, including animals, birds, etc., with man at the top. (Chaurasi). The Upper Circle would be with man at the bottom and would include the higher forms of life such as angels and forms of life to be found on the Astral and Causal Planes. (AWAGAWAN). The result of good actions giving man the right to take birth on the Higher planes to enjoy Heavens until the merit is exhausted, after which he must descend again into human birth. (editor).

In order to reach the SUPREME BEING, therefore, it is necessary that we should practice the natural spiritual devotion i.e., SHABD YOG or Meditation of NAME and get over both the Circles. By the help of the Sacred NAME and a Saint, the Soul is admitted into the highest region from where there is no return. This really is making a house on a rock, for such a Soul gets eternal life.

GITA: "The image that thou hast seen cannot be realized through Vedas, austerity, charity and Yag, but by Devotion." (Bhakti).

If too many canals are cut out of a small stream, that stream cannot reach the ocean. Similarly, if the rays of the Soul remain engaged in the enjoyment of different organs of the body, the Soul cannot have the strength to force its way up into the Heavens.

Also, take the case of a house water supply. If the lower taps are open, little water will reach the upper story. The lower taps have to be controlled if water is to be got on the uppermost story.

Control of mind and organs and spiritual meditation on the NAME of the Almighty is the



practice of all Saints. Those who do this become ONE with God and enter the Kingdom of Heaven. But those who do not control their Mind and organs and do not meditate as taught by Saints cannot taste the wine of Heaven. This is the essence of the teachings of all religions, but is rarely followed by the people.

Christ says: "Seek ye first the Kingdom of Heaven." Why do you not seek it? You must seek it while alive as John did.

"If you are not blessed with the pleasure of union with the Beloved, rise and mourn separation." (Kalander Sahib)

Even such Incarnations as Rama and Krishna had to seek the Mediator of their time to gain internal knowledge. To their devotees they prescribed spiritual meditation (Yoga) to attain salvation. Personal service and love was not enough to obtain it. When personal love and service of those Incarnations could not earn salvation for their dearest devotees, like Udhon and Arjun, can it be possible that the love and service of pictures and idols of those Incarnations will save you?

Similarly, Hazrat Ali and immediate disciples and dear relations of Hazrat Rasul had to subdue

their passions and lead an exemplary, pious life and spend their time in meditation, how can others obtain salvation by simply calling themselves their followers without living a pious and honest life and subduing their passions and spending their time in meditation as they did?

Christ also sayeth, "Not every man that saith unto me Lord, Lord, shall enter into the Kingdom of Heaven, but he that doeth the Will of my Father which is in Heaven."

Spiritual devotion serves in the end when riches, friends and relatives are left behind. For that day open an account of spiritual devotion in the Eternal Bank in Heaven and go on increasing your credit there. If life is spent only in the enjoyment and sufferings of this world and in gathering material treasure and no serious attempt is made to improve the status of the Soul, then on the last day one will find oneself a spiritual bankrupt when repentance will be of no avail. And while one has to leave all riches and possessions, the effect of actions goes with the Soul for future suffering and enjoyment.

St. Matthew Chapter 6-26 Bible: "Behold the fowls of the air, for they sow not neither do they

reap nor gather into barns yet your Heavenly Father feedeth them." Are you not much better than they? 33: "But seek ye first the Kingdom of God and His righteousness and all these things shall be added unto you. Take therefore no thought for the morrow, for the morrow shall take thought for the things of itself. SuffICIENT unto the day is the evil thereof."

It is plain that Christ wants you to merge your Soul into the Name of God, lead a righteous life of spiritual devotion and do not waste your whole life in worldly affairs. You have now to find the Door that may lead your Soul into the Heavens and concentrate upon it.

Bible, Revelations 4: "After this I looked and the first voice which I heard was, as it were, of a trumpet talking with me which said, 'Come up hither, and I will show the things which must be hereafter'."

4-2: "And immediately I was in the Spirit and behold a throne was set in heaven and One sat on the throne."

4-3: "And He that sat was to look upon like a jasper and a sardine stone and there was rainbow



round about the throne, in sight like unto an emerald.

“And out of the throne proceeded lightning and thundering and voices, and there were seven lamps of fire burning before the throne which are the seven Spirits of God.”

## XII

### IDOL WORSHIP

Idols and pictures were introduced to help concentration of a wavering and restless mind preliminary to spiritual worship. But instead of concentrating Mind upon idols, people began to worship them and deserted altogether the spiritual Route to the Everliving Almighty.

A piece of stone, metal, earth or wood has life. As long as it is not separated from its quarry, mine or source it has a distant connection with the Creator. When it is cut away from the source, it becomes lifeless and that spiritual connection ceases. On the other hand, wherever the Soul goes, an invisible spiritual connection always remains with it and reflections of Heavens fall directly upon the Soul. It is also mentioned by Saints that whoever traced God within himself certainly found Him. When a Soul leaves the

body, the body gets disconnected. If there is any worship in this world that helps in the attainment of the Almighty, it is the spiritual worship within oneself or worship through a Saint or Mediator.

While a living husband is waiting for his wife in the dining room, she is placing dishes before her husband's portrait in the adjoining room. This will surely not satisfy or please the living husband. The Soul must, therefore, cross the intervening Heavens and present itself before the Almighty for mutual and perfect satisfaction.

God should be seen and heard spiritually. Without seeing and meeting, what if we take the Name? If by saying "wealth" one would become rich, nobody would remain poor.

### XIII

#### THE FOUR PERIODS

At first the Soul was chiefly attached to the First Spiritual Lord and was thus in touch with some Truth and Reality. There was no dirth of actions on it. Forgetfulness was the only veil and that could be lifted by the word of the Mediator and the Soul realized the Truth. The seat of the Life Force was in the bones. As long as the bones did not deteriorate, the man did not die. Man could live up to a hundred thousand years. Moral strength in those days could be compared to the



strength of an elephant. That period is called "Sat Yuga." It lasts 1,728,000 years.

Time changed and so did the tendency of the Soul and Mind. Instead of the First Lord, they got attached to the Three Terrestrial or minor angels, also called Gunas. The net of Actions was spread and the Soul got entangled in it. The Life Force came into the blood. The moral strength was reduced to that of a horse. Ten thousand years became the limit of human existence. A complication of restlessness of Mind was added to the disease of the Soul. To remove this the Sages introduced the Ashtang Yog, a method of pulling up the Soul's rays from the body with the Life Force into the Tenth Gate and contemplation of the Word. This period is called Treta and it lasts 1,296,000 years.

There was another change for the worse and the Soul became attached to strangeness. The dirt of actions soiled the Soul. The moral strength was reduced to the strength of a goat. The Life Force was attached to the skin. Human age was reduced to a thousand years. The Sages of the time introduced Yag and Homa (recitation of prayers, making of offerings, and purifying the atmospheres by burning scents, etc.). This period is called Dwapar and lasts 864,000 years.

There was still another change for the worse



and the Soul got attached to action. Moral strength became as weak as an ant. A hundred years became the approximate limit of human age. The Life Force came to depend upon diet. As the Mind also became weak, it has become comparatively easy to lift up the Soul. Internal meditation and hearing the NAME within are unanimously prescribed as the sole efficacious remedy. This period is current and is called Kal Yuga. It lasts 432,000 years.

#### XIV

#### DIFFERENCE

If we find a difference of opinion in the statement of Sages, it is due to the difference of stages which they attained and, of course, they mentioned what they saw.

Those who rose from the lowest organ by means of Ashtang Yog and terminated in the Tenth Gate saw their own spiritual self there, and believed themselves to be the Brahm or Creator of this world.

Sages that started along the stream of wisdom and stopped below the ETERNAL CANDLE in the store of Satogun, the home of Vishnu — one of the terrestrial angels — felt there three objects eternal, i.e. Matter (Maya), Brahm (Spiritual Lord) and Soul.

But Sages who caught the NAME and reached

the dominion of the Second Spiritual Lord saw in the ETERNAL TRIANGLE six objects as eternal i.e. Matter, Brahm (2nd Spiritual Lord), Soul, Action, Ishwar (the great judge) and Vedas.

Those who reached the highest stages stated what they saw. There is no difference in their advice as far as the way to salvation of Soul is concerned. As they happened to be amongst people of different culture, customs, habits and languages, there is a difference in language, but the essence of the teaching is the same.

“With eyes, ears and lips closed, if you do not find the secret of God, laugh at me.”

## XV

### SAINTS OR MEDIATORS

As the name of Lokman, the Great Physician and Philosopher, or a perusal of Materia Medica cannot cure a patient unless he seeks the physician of his time, the chronic disease with which the Soul is suffering cannot also be cured without a living Spiritual Physician called the Mediator, Murshid, Satguru or Saint.

A Perfect Saint is one, who by force of love and meditation, has crossed all the spiritual regions and is blessed with the privilege of attending the Supreme Court. His Soul, in union with the Almighty, assumes the NAME of God. But this NAME does not hold the Heavens or the



Universe. On the contrary it does the work of a ship for the true Souls who wish to reach the Almighty either from this earth or the intervening Heavens. Such a Saint is the best Mediator.

He will take charge of the Nirat connection of the Soul from the First Spiritual Lord and hand it over to the 2nd, 3rd or 4th Lord and will open the door for spiritual blessings upon the Soul. He will further square up the account of accumulated actions (hereafter called General Account) and introduce the Soul to higher Lords and will grace the Soul with his company where the Soul cannot pass unaided. If a Mediator or Perfect Saint after once taking charge of the Soul and giving verbal instructions leaves the body and expires, he will do all that is necessary for the disciple's Soul from the Heavens.

A disciple who has been instructed by a Perfect Saint does not stand in need of any other Mediator as far as the salvation of his Soul is concerned. But if no Perfect Saint has taken charge of the Soul and given instructions, a living Mediator is necessary for that Soul. The reason is this: A deceased Saint's Soul can come from the highest Heaven down to the place of the Second Spiritual Lord, but cannot come down to the First Lord (the lowest) to take charge of the Nirat of a new Soul. A new Soul, therefore, must



have a new Mediator. Taking charge of the Soul's Nirat from the First Lord is an important matter and only a living and Perfect Saint can do it. Everything from then on can be done from the higher heavens, once the Nirat has been transferred there.

A True Saint remains engaged in devotion to the Almighty and in distributing Heaven's bliss to His disciples and in saving them from dangers. He never hankers after worldly powers, riches or reputation and prefers a simple and quiet life. He is the embodiment of goodness, grace, kindness and mercy.

The Saint must have access to the 2nd and 3rd great Lords at least, otherwise he will not help his disciples to their blessings internally.

A true worshipper should never be disrespectful to any Saint of any grade. The Almighty Father and the Spiritual Lords, although they are oceans of toleration and forgiveness, cannot tolerate disrespect of a loving and advanced Soul.

If a Saint or a good Mediator is found, it has always been considered a good fortune to serve Him. But we should learn to discriminate between a real Saint and a professional beggar. The former deserves wholehearted service and attention, while the latter a little charity. This discrimination is very necessary as most people posing as Ma-

hatmas and Mediators turn out to be cheats and rascals. God will certainly give you something but it will be what you deserve. Even the Mediator you get is according to your previous actions and attainments. A sincere desire to meet a real Saint for salvation at the time of death saves that Soul from degradation and such a Soul directly assumes a human form and meets a Saint.

Without the aid of a Perfect Saint the Soul sometimes enters such spiritual chambers which are closed from above or such regions where other Souls come to fight and obstruct the path and where all further progress is stopped. All Heavens are closed and well-guarded and without a Mediator, no Soul can have access into them.

“O Arjuna, those who have found the Truth will impart this Knowledge to you if you will very humbly and repeatedly ask them and serve them.”  
Gita 4-34.

## XVI

### A PEEP INSIDE

When you have controlled your mind a little and begun to catch the spiritual Word internally, you will notice a ray of light in the dark chamber just above the eyes. A little further practice will take you to a sky, light pale in color, studded with white stars or a blue or cloudy sky. You pierce



through this screen, reach the Tenth Gate of this body and the main entrance.

Inside you will see a transparent world. You will find that an account is kept of all your thoughts and actions, seen and unseen. There is the Court that is really a court of Justice as it makes no mistakes. There you will see a number of hells and paradises, where extreme sinners and extremely good Souls suffer awful pains according to their bad actions or enjoy luxuries that a king might envy. You will further notice a blue screen, pierce through this screen and behold a lotus with many lights and a candle flame in the midst. This is the ETERNAL CANDLE.

The sight of this Spiritual Flower with many reflections of the blazing, wickless flame, the continuous but light shower of rain without clouds, lightning and thunder, the continuous ringing of bells and shells with music without instruments will bewilder you. The sight will give you a thrill of joy you could never have experienced in this world. A visit to this Heaven will give you some real knowledge about this world which you would not otherwise believe.

The noble Mediator must now show the secret passages that lead to the next Heaven, leaving the path that leads to the First Lord. A pilgrim Soul here is offered power of miracles and tempted



by charming houries who try to stop the Soul's further progress. If all the riches and beauty of that Heaven and this world are placed at your feet, do not look at them. Learn the secret of the Two Lights, call the Second great Lord in mind and cross the frontier. The Sacred Name will make them all fly and you will then come to the domain of the Second Lord. The Mediator can help the Soul to pass through secret passages where nothing is to be seen on the way and where the Soul meets no obstruction.

#### THE SECOND LORD

This Heaven resembles the glorious morning Sun. Some Saints liken it to the setting Sun. There you will find all the inhabitants engaged in devotion, enjoying the bliss of the Sacred Name and Heaven's Music. As this Heaven is triangular in shape, it is called Tirkuti or Mussallesi. The originator of Free Masonry probably had this Heaven in mind and called it the ETERNAL TRIANGLE.

The seed of our material world in the shape of a transparent atom came from this Heaven. The purity and augustness of this Heaven together with its spiritual gifts promote your Soul to the grade of a Hans. The Hans is a bird that lives on pearls. If mixed milk and water are placed before it, it will drink the milk and leave out the water. A Soul that reaches this Heaven

is satisfied only by the Name and blessings of those Heavens. The light of the Soul is doubled and whatever you do, you have the help and blessings of this great Lord. Mind, which always accompanies the Soul back to this Heaven, becomes a king of purity there and sets the Soul at liberty forever.

No one can trespass into the palace of this great Spiritual Lord as it is guarded by tigers and snakes. Beyond a river of crystal water, extensive gardens surround the palace. Fruits in these gardens shine like the Sun, and the flowers like sparkling jewelry. The brilliancy of these Heavens is unspeakable. Life and death, pain, distress, trouble, anxiety, poverty or illness are all unknown there. Everything there appears to be alive. If you want anything, only think of it and it presents itself before you. Introduction to the great Lord can only be gained through the Saint. This is also called Brahm Lok.

The Sacred Name, this Heaven's music, the glorious sight of this great and affectionate Lord wash off even the most transparent covering from the Soul. In these Heavens the Soul comes in contact with the holy words, "Om, Om" and "Hoo, Hoo." It then becomes fit to be received in the more interesting domains of the Third Great Lord.



### THE THIRD LORD

The spiritual purity of these Heavens and the enjoyments provided by this great Lord surpass those of all lower Heavens. Rivers of gold and silver waters meandering through beautiful glass palaces make an impressive scene. Endless tunes of the guitar and violin make you speechless. The sight of the pure Souls, four times as bright as the sun and the full moon engaged in wonderful fun and amusements, captivate the heart. Each tune takes a considerable time to finish. They sing and dance to the tunes of the Sacred Name. No royal feast, ball or wedding in this world can give one percent of the pleasing sensation and ecstasy which the Souls in that Heaven enjoy. It is the upper limit of what is called Brahmand, also called Brahmandi Daswan Dwar.

You step into the second part of this Heaven and behold a number of tanks and rivers full of spiritual Life Water. A bath in these sparkling Waters gives the Soul perfect and dazzling whiteness. The purity and depth of these waters cannot be imagined. A bath in these waters befits you to be accepted in the palace of the great Lord of these Heavens. The most loving and affectionate nature of this great and powerful Lord, also called Par Brahm, gives the Soul a sense of security and bliss which a new wife in the company



of a most loving and powerful husband may scarcely be able to imagine in this world.

A stay in these Heavens gives the Soul power to endure the greater Light and bliss of the next Heaven, which can only be crossed in the company of the Perfect Mediator, as the scenes and enjoyments of that Heaven are so captivating that it is not possible for the Soul to leave them.

Only a Perfect Saint or Mediator knows the secret way to the next Heaven. There are five different purely spiritual worlds in this region, each governed by a great Lord. With them, however, you have nothing to do as they do not come directly on your way. This is Maha Sunn or Alam-i-Hahoot.

#### THE FOURTH LORD

The brilliancy of this Heaven reminds one of the midday sun. In this Heaven as in the other there are lots of peculiar amusements for the Souls that inhabit there. One of the principal amusements is a big, whirling Giant Wheel on which the Sacred Souls take their turns and are served with the Soul-invigorating music from the great Lord. This Heaven is called Hootal Hoot or Bhanwar Gupha and the Soul meets here the sounds of Sohang and Anahoo.

The purity of this Heaven surpasses that of all lower Heavens. Having seen this spiritual

world and met the great Lord of this Heaven, the Soul finds the gate for the Supreme Court.

XVII

THE SUPREME BEING

Only through the grace of the noble Mediator are you ushered into the Great Presence. You actually find yourself in the presence of the Almighty Father, the great Creator of the great Spiritual Lords and powerful Angels, the Heavens and the whole multitudes of Souls, the King of all Kings and the Ocean of Love, Light and Power. Human imagination is not fit to work here. Each hair on This Spiritual Figure is more brilliant than a million suns put together.

A kind look from the Almighty Father takes the load of separation off the Soul and you feel that after a very long exile, you have at last come back to your Eternal Home. Outlines of that august and dazzling Figure resemble a grand human shape, seated on a throne of exquisite beauty. The Spiritual Music that emanates from Him resembles that of innumerable bagpipes played simultaneously.

The greatness of the Almighty cannot be described. Even the great Spiritual Lords, who are generally believed to be the Supreme Beings in their own dominions, meditate upon Him. Some of them are privileged to attend His Court. No



Soul is ever tired of looking on Him. Merging of Souls into Him and incessant emanation of new Souls from Him and Souls coming up and bowing is one of the extraordinary sights of this Heaven.

Saints of the highest order call Him Sat, Haq, Sat Nam, Sat Purush and Almighty as the first two resemble in sound the actual musical emanation from Him. This emanation is the real Word of God, Name of God. Sat Shabd, Ism-e-Azam, Nij-Nam and Sat Nam.

Other scenes of this Heaven are alike unthinkable. The immense size of the trees, the brilliancy of the Souls, the flowers and fruits shining like the sun and Souls sixteen times as brilliant as the sun chatting on them, make a new Soul speechless with wonder. Truly this Heaven is called Mukam-e-Hairat.

There are three other Heavens above this where privileged Souls find abode. In these Heavens you find the Almighty with a more and more brilliant personality. Every figure and scene is more and more amazing. The last Heaven is called the "NAMELESS" – a dive into which makes your Soul ONE with the Omnipotent.

#### XVIII

#### COVERINGS ON THE SOUL

The human body in this material world consists of five elements, i.e. Ether, Air, Fire, Water

and Earth. In men all these five elements are more or less prominent. In quadrupeds Earth, Fire, Water and Air are prominent. In birds, etc., Earth, Water and Fire are prominent. In trees and vegetation Earth and Water, and in stone (mountains) only the Earth is prominent.

Love and attraction of the worldly objects are due to the Earth element. Determination and pride are due to Ether. Sexual and other worldly desires are due to Water. Anger is the effect of Fire. Greed is due to Air. The deficiency of Ether element is also responsible for the lack of power of realization of God.

Some people doubt that mountains and trees also have a Soul and that the mountains grow in size, but the scientist will convince you that they do grow. The difference between them and human beings is that the latter have some faculties of action and movement which are denied to the former.

As in the courts of law, a sentence of fine or imprisonment is pronounced, in the court of Providence elements are increased or decreased. The natural gift of human intelligence is taken away or improved. The Shining Soul is made to wear an inferior or superior covering. It is further granted facilities for realization of passions that filled the head while it was in human body. But



below humanity it is not possible to cultivate divine love or knowledge. The material body, however well built, is not a place of permanent abode. It is difficult to say when one has to leave it. This body perishes. The Soul does not perish, but changes its garments. This is called life and death. In order to save the Soul from this constant and recurring torture and to gain eternal life, Saints direct your Soul to catch the NAME of God and reach the highest Heavens.

Besides this solid covering of five elements, there are three other coverings on the Soul. Next to this is the Transparent cover. It consists of 17 elements. From the good and evil spirits that roam about in this world up to the ETERNAL CANDLE, the Soul wears this Transparent covering. It is in this transparent body that Souls suffer or enjoy in Hells or Paradise.

Then comes the More Transparent Cover. It consists of nine elements of those Heavens. This is as brilliant as the sun and moon. In the highest Paradise and the Court of the First Spiritual Lord the Soul wears this cover. Male figures shine like the sun and feminine figures shine like the moon.

The fourth and the last cover consists of five elements different from those of this world. It is twice as brilliant as the last cover. Even this most brilliant cover disappears as the Soul reaches the

domain of the Third Spiritual Lord, where its own lustrous self is displayed, and it is four times as brilliant as the sun.

The period of attainment of the most transparent cover and enjoyment of the bliss in the Heavens of the Second Spiritual Lord by some Sages of Jain religion is also called Sukhma Sukhma Kal, while enjoyment in the more transparent cover in the special Heaven of the First Spiritual Lord is called Sukhma Kal. Enjoyment and suffering below the ETERNAL CANDLE in the Transparent Cover is called Sukhma. Human existence is called Dukhma and the lower creation Dukhma Dukhma Kal. Sukhma means "comfort" while Dukhma means "discomfort."

#### FOOD IN HEAVENS

For solid body, food is solid. Transparent body (Ling Sharir) consumes scent through the nose. More Transparent body (Sukshum) consumes semi-material light through the eyes. The most Transparent body (Karan Sharir) is satisfied with the bliss of the NAME. In all higher regions the Spiritual NAME and the Heaven's Music is the spiritual food.

#### XIX

#### ACTIONS AND ACCOUNTS

The accounts of our actions are kept in three separate Heavens. The General Account is kept



in the TRIANGULAR HEAVEN. The Current Account in accordance with which our present destiny is formed remains with an officer of the First Spiritual Lord, called Ishwar or Dharam Rai. When this account is finished, this body deteriorates and death occurs. The Third or the New Account is kept with the Soul in the Spiritual chamber, called Antakaran, just above the eyes. While enjoying or suffering according to our Current Account, we are liable to sow a crop of fresh actions, good or bad. Some of them we settle in this life, the rest are divided into future destiny and General Accounts.

Actions in previous lives control one's destiny. While one horse is ill-fed and done to death by pulling a cab the whole day, another horse is scarcely ever ridden and gets better food and care. While one dog goes from door to door for a crumb of bread, another dog lives in a palace and is carressed by royalty. God is not unjust to give a Soul birth in a royal house and send another to a starving family.

Saints, therefore, direct you to close the New Account altogether by abstaining from bad actions and turning your attention to the Heavens. Do not speak untruth. Do not steal. Do not commit adultery. Do not hurt anybody. Do not kill. Do not use your wealth or power for im-

moral purposes. Do good to all and be kind to all, whatever their sect or religion. Do good, without desiring a good return. The Current Account will have been squared by the time of death. Only the big General Account will remain. So if you are lucky enough to get a *perfect* Mediator, He will square it for you. No one else can do it. If there is no such Mediator, your spiritual worship will take you to Heavens for a time and you will be given birth when such a Mediator is present in this world, and He will meet you. Unless the Mediator squares up the General Account, it is not possible for the Soul to cross the palace of the Third Spiritual Lord, and unless a Soul has enjoyed the bliss of these Heavens and bathed in the spiritual waters there, it cannot proceed towards the Supreme Being.

Sincere repentance, meditation and service of the noble Saint help to clear most of the New Actions. The Soul then begins to see the internal Light. *It is the load of sins that presses the Soul downwards into the body and darkens the Spiritual Way. The lighter the sins, the brighter is the Way, and the easier it is for the Soul to lift up.*

There are good and bad thoughts and actions. During the first three periods, thoughts and actions were both considered at the time of judg-



ment in Heaven. But in this last period called Kal Yuga, only the actions or the actual deeds are rewarded or punished, and although good and charitable thoughts are taken into account, evil thoughts that are not put into practice are pardoned.

Young children are not punished for their new actions. Some of their acts are pardoned, others are transferred to the parents' or guardian's account. But even the apparently innocent children cannot escape the consequences of their previous actions, which they have to suffer or enjoy from the time of their birth, and in some cases even before the birth actually takes place. If this were not true, all should have been equally happy, and if the actions are to be judged on the last day, enjoyment and suffering should come after that and not now. But the Paradise and Hells are all full, not empty. In fact, the day of death is Roz-i-Kiamat and the judgment is pronounced at the time of death.

In some cases, though breathing continues, because of the result of past actions the Soul is ordered into another cover and given a certain number of breaths. It enjoys or suffers in settlement of previous good or bad actions. In cases of untimely deaths one suffers, enjoys or breathes in the Transparent Cover.

There are nearly a dozen classes of such spirits. Some of them are quite harmless, while others are troublesome and mischievous. It is in their power to show themselves to human beings in any form which they can assume. A good spiritualist or hypnotist can call or communicate with them. To worship them is as wrong as the belief in their nonexistence.

## XX

### SPIRITUALISM

Some people, after a certain process on a dead body, get control over some spirits. It talks and gives information. It brings fruits and other articles from distant places in a very short time. But in the end these spirits give a lot of trouble and pain to their masters. Souls that have reached higher Heavens cannot come under the control of such people.

By means of a little concentration, communication can also be obtained with other Souls and Spirits living in the same planes as the Medium or the so-called spiritualist. Such communication should not be the sole object, but one should go on traversing all the spiritual planes till the Soul reaches the Almighty. This should be the aim and object of everybody. Until this object is gained, communication with Souls and Spirits in these lower planes is harmful to devotees who have a



long distance to fly.

## XXI

### PROCESS OF DEATH AND AFTER STATE

At the time of death the Life Force from the feet and hands pulls upwards, pulling the rays of the Soul with it, up to the navel. From the navel it draws upwards to the heart. From the heart it draws up into the throat. From the throat it pulls up into the Tenth Gate through the eyes. When the eyes have turned upwards, know the Soul is leaving the body. When the patient has commenced to breathe through both nostrils or through the mouth, it shows the process of death has set in. When the eyeballs have turned up and again come down, the Life Force in the shape of breath or wind has passed out – the body is lifeless.

### AFTER DEATH

1. After death the Soul of a Saint goes straight to the last Heaven to the presence of the Almighty Father.
2. The Soul of those who are next to Saints goes to the regions of the Third or Fourth Spiritual Lord.
3. The Soul of those who have started on the Spiritual Road to the Almighty will be accommodated in the next higher Heaven than they have attained while in the human body or where the Mediator thinks fit.

4. The Soul of extremely good and charitable and God-fearing people is escorted to lower Heavens and Paradise.

5. The Soul that mediates in accordance with the teachings of the Holy Books and has led a pious life is accommodated in Heavens of the minor angels to enjoy for a certain period only or assumes the human form.

6. Souls of extremely cruel people are ushered into Hells above the Tenth Gate in the region of the minor angels.

7. Souls of all others not extremely charitable and pious reappear in the great Circle from humanity to vegetations and rocks to enjoy and suffer according to their actions, as soon as they leave the body.

## XXII

### END OF THE EARTH AND SALVATION OF THE SOUL

This earth disappears in water. The mixture of earth and water is turned into vapor by the heat of the sun, and is absorbed by ether. This kind of ordinary destruction takes place many times, after which the Great Destruction comes.

In this, the sun, the moon and the stars are also destroyed and absorbed by Ether, which merges into Shakti. Shakti, along with the First Spiritual Lord, reaches the domain of the Second



Spiritual Lord. When such destruction has taken place several times, the Heavens of the Second Spiritual Lord are also destroyed, and He, with the seed of the lower creation, reaches the Third Spiritual Lord. After a very, very long time destruction extends to these Heavens also. Then the Third Lord reaches the gate of the Fourth Lord, where destruction never approaches.

This destruction and recreation of the earth and the Heavens comes automatically at the appointed periods by the Will of the Spiritual Lords, but the Fourth Lord and the Kingdom of the Supreme Being always remain intact.

Salvation, Nijat or Moksh means the freedom of the Soul from life and death. There are four grades of salvation. First, rising into the Heavens of the Spiritual Lord. Second, by force of devotion receiving a seat near the throne of the Spiritual Lord. Third, the Soul becomes similar to the Spiritual Lord. Fourth, merging of the Soul into the Spiritual Lord forever and keeping no separate self.

Saints declare that true salvation is obtained by taking a bath in the Spiritual Waters in the Middle Heaven of the Third Lord. According to the rules of these Heavens, such Souls can never again return to this world after death. A devoted and loving pilgrim to the Kingdom of the Al-

mighty, thus, gets true salvation on the way. But from the lower Heavens the Soul must sooner or later again come down to this world when it has tasted the fruit of previous actions.

### XXIII

#### BREATHS AND FORETELLING

In this fourth period called Kal Yuga, ninety-six million breaths are awarded to a person destined to have the longest life. They take nearly a hundred years to finish and are controlled by the internal Sun and Moon, turn by turn, every hour and a half. When the Sun is working, you breathe through the right nostril, but when the Moon takes over the control of your system, you breathe through the left nostril. At the time of change both nostrils work. This is called Sukhmana, and if you undertake to do anything except mediation during this period of change, nature will not help you and you will not be successful.

As the Sun and the Moon of this Universe do important work by helping the germination, growth, flowering and fruition of vegetation, the internal Sun and Moon help animal and human growth. If food or tea is taken when the Sun is working, i.e. when you are breathing by the right nostril, and water when the Moon breath is working, nature will help digestion. If you by chance continue for days to take food when the Moon is



working, before long you will complain of constipation, headache or toothache.

Slow breathing prolongs life, while hasty breathing shortens it. Breaths according to nature are spent in the following ratio:

Sitting, 12; Walking, 18; Sleeping, 30, and Sexual Intercourse, 56. Moderation in life secures the maximum life. Heavy sleepers, drunkards and those who commit sexual excesses cut their life short and meet a speedy end.

Continuous Moon breath denotes health and long life, but continuous Sun breathing fore-shadows trouble and illness.

If a patient breathes from both nostrils for several hours together or through the mouth, know that he is departing.

One who breathes continuously through the right nostril for one day and one night has three years to live. One who breathes thus for two days and two nights lives two years more. One who breathes through the right nostril for three days and three nights has twelve months more to live. Continuous breathing through the right nostril for months indicates that death is approaching.

#### XIV

#### ADVICE!

1. Find a good Mediator. Learn the method of

meditation and worship of God. Early morning and night time are best for practice.

2. Before you commence, repent sincerely for your past sins and pray for future help and guidance.

3. Do not let Anger, Greed, Passions and Pride overcome you, as they lead you to sin. Sexual desire, Anger, Greed, Love and Determination are gifts of Nature for the purposes of creation and should be used with discretion. Without sexual desire, there would be no offspring. Without Anger, it would be difficult to prevent one from doing wrong. Without Greed, one would not make an effort to gain. Without Love, creation is impossible and little babies could not be nursed. Without Determination, one could not perform a difficult task. But their improper and excessive use keeps the Soul permanently drowned in the sea of ignorance as all the time is taken up by them, and the real work of spiritual devotion and meditation suffers.

4. Do not mind much the pains or joys of this world as your own past actions have brought them.

5. All Souls are sisters. Be kind to friend and foe alike. Avoid disputes. Do not talk much. Unnecessary talk causes unnecessary troubles.

6. Do not overload your stomach as it aids



passions, invites illness, and makes you lazy. Too much sleep and sexual excesses lead to incurable diseases and shorten the life, darken the spiritual route and lead the Soul into contrary direction.

7. *Fruit, vegetables and grain* are meant for human diet and are good for health. Avoid meat and stimulants. Killing or allowing animals, birds or fish to be killed for a minute's relish is sinful. It also kills the fear and love of God.

Koran: "It is lawful for you to fish in the sea and to eat what you shall catch as provision for you, and for those who travel by sea; but it is unlawful for you to hunt by land while on pilgrimages, therefore fear God, before whom ye shall be assembled at the last day."

Evil is everywhere, whether it be a place of worship or a dwelling house or a pilgrimage. Fishing was allowed in case of absolute necessity on a sea voyage when there were no fast steamers and no other provisions, and hunting by land was prohibited on a pilgrimage although the country of Arabia is barren and sandy and fruits and vegetables were rare.

Doubt not, therefore, that killing for purpose of food will bring on God's curse as hinted by the Great Prophet.

Bible: "For meat destroy not the work of God. It is good neither to eat flesh, nor to drink wine,

nor any thing whereby thy brother stumbleth, or is offended. (Romans 14/20).

“And God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; *to you it shall be for meat.*” (Genesis 1/29).

8. Kill your own passions and conquer your mind, as this sacrifice and gallantry alone pleases the great Beloved.

9. Whatever you do, bear Him in mind, and never forget the spiritual route.

10. With closed eyes and ears, fix your gaze into the Tenth Gate, midway between the eyebrows. Think of the Spiritual Lord whose Name you recite, and hear the Heavenly Music on your right side as directed by the Mediator. Souls that wander about through the lower nine gates and do not concentrate into the Tenth Gate cannot escape the Lower Circle.

11. Spiritual devotion does not require you to shun the world. Shun the evils and be an ascetic at heart. Be good in whatever position God has put you.

If you are a father, be a good father. If you are a son, be an obedient and affectionate son. If you are a wife, be a loving and devoted wife. If you are in business or service, be faithful, and



never adopt unfair means to gain riches or reputation. If you are a student, see that your moral character improves with your literary ability. A life of strict celibacy (Brahamcharia) of pure thoughts will ensure success in your future life, while immorality and mischief in thought and action will make you degraded and miserable. If you can control your own mind and passions, you can control and rule others also, but if you cannot control your self, others will control you and you will be a slave. Treat ladies as you treat your own mother and sisters.

If you are a lawyer, spare no pains to help your clients receive justice.

If you are a doctor, let not your neglect or greed prolong your patient's illness.

If you are a judge, let no fear or temptation interfere with your administration of justice.

If you are a landlord, do not be hard and exacting on your tenants.

If you are a ruler, see that your subjects are happy and contented.

Do nothing that is likely to displease the Almighty Father who sees what you are doing. He is so near to you that you can hardly believe. All your thoughts and actions are impressed in your accounts with the angels concerned and there is absolutely nothing that you can hide from them.

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12. The watchmen and the police of this world may be deceived. A judge here may pronounce a wrong judgment, but an account in Heaven is as accurate as its judgment. As sure as day follows the night, we shall reap the fruit of our actions. We must not, therefore, forget the approaching time of death, but lead a holy life of spiritual devotion and obtain salvation during life as advised by Saints of all times.

THE END



**"TO GO WITHIN MEANS TO NEVER GO WITHOUT"**

