



NIRANKARI JOURNAL

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THE WEST COAST YOUTH CONFERENCE

JULY 1-3, 2006

The 2nd Youth Conference (First Conference was held in Michigan in September 2005) was held at Tracy Satsang Bhawan in California on July 1-3, 2006.

Nirankari Youth living in western parts of United States and Canada took part in it. The planning for this conference was started as early as October 2005. Six members of the Executive committee e.g. Dr. I.S. Rai, Dr. Rajan Sachdeva, Rev. Prem Mehta, Rev. Kamal Dadlani, Rev. Daljit Sidhu and Rev. Harlivleen Bajwa volunteered their time in formulating some guidelines for this event.

After consultation with the concerned Parmukhs, the dates (July 1-3) were fixed. Conference calls, at fortnight intervals, among the committee members, continued through out the spring of 2006. Parmukhs in USA and Canada were asked to submit 2 names of the young saints representing the youth of that area. The young saints sub committee was assigned with the responsibility of coming up with a list of topics that they would like to be covered in the conference. For several days these young saints kept conferring among themselves via phone or email and came up with a list of topics as well as a list of questions to be answered by the elders. Following is the list of topics that was forwarded to the executive committee;

1. Bridging the Generation Gap
2. Substance Abuse
3. Use of Internet in Today's Society
4. Mission Literature-Availability and Use
5. Sant Nirankari Mission in North America
6. Youth helping Youth
7. Spirituality and Nirankari Mission
8. The Importance of Education for Youth
9. Essay Writing Topic 'Peace not Pieces'
10. Stress Management
11. How to deal with Bullying and Peer Pressure
- 12.. How to Handle Gossiping in a polite and humble way

Six topics and the essay contest, from the list presented above were picked for this conference. Efforts will be made in the future conferences to cover the remaining topics. It is gratifying to note that out of the eight presenters, six were our own young saints. They worked very hard to prepare and acclaimed high praise on the Power point presentations. The degree of their success was depicted in the evaluation sheets collected.

Message from the Satguru on the Youth Conference

It is a matter of delight that a Youth Conference-Samagam is being held at the Tracy Satsang Bhawan. This conference is aimed at making today's youth spiritualized by imparting God knowledge. If their tender feelings are blended with spirituality, they will certainly begin to appreciate Truth and safeguard themselves against the fascination of falsehood. Hence, it is the only way to reach the already outstretched hand of God. I congratulate the organizers and participants to the Youth Conference and wish them success in their noble pursuit.

- Nirankari Baba



Youth Conference Attendees Photo by S. Bachu

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A MESSAGE FROM REV. K.R. CHADHA, SECRETARY WORLD HEAD QUARTERS

There is no sin as great as ignorance and there is no sin greater than letting others live in ignorance. It is therefore the dire need of the day to spread the message of the Mission. Among the multi-reach methods to spread the divine message of the Sant Nirankari Mission. Nirankari literature and the Magazines are the best channels to achieve this end. Nirankari Baba Hardev Singh Ji Maharaj has pointedly stressed on several occasions that the circulation of Nirankari magazines should be widely increased and efforts should also be made to spread these magazines in other sections of the society. He further desired that membership of the magazines should be offered as gifts to nears and dears.

The cherished goal we strive to achieve by way of the largest circulation of magazines is conversely seen in terms of slow financial flow that the Patrika Vibhag has to face by way of issuing the magazines at subsidised rates, that is almost one third of the actual cost. To subsidize the Nirankari Magazines many devotees from across the country have come up with cash contributions towards "Sewa Patrika Vibhag". To share the blessings of satguru Baba Hardev Singh Ji Maharaj, the Nirankari devotees living abroad may also like to contribute both towards spreading and subsidizing the Nirankari Magazines.

SPECIAL SUPPLEMENTS

In addition to publishing the current news item about the Mission, coming from all over the world, it is intended to publish exclusive Special

supplements also in the Ek-Nazar fortnightly (Hindi and Punjabi) covering certain subject, station or country. The proposed supplement would include history, ideology of the Mission, the important functionaries involved at various levels in spreading the Mission and the photographs of the Bhawans etc. The detailed Supplement on a particular country with rich growth of the Mission could be helpful to other countries where the Mission is picking up roots.



GENERATION GAP:

A Presentation by Michelle Napier-Dunnings

“Generation Gap” has become a common buzzword of our modern society and many a times an escape for not listening to our elders and young ones. This widening gap has grown roots in artifacts, language, dress, style, fashion etc and in Behavioral exposition of us. This is continually widening the value system in different strata of society at all levels. Therefore, it has been realized that a common platform is the need of time where the differences are not taken as conflicts and division whereas they are welcomed as beautiful flowers of diversity.

- K.R. Chadha



Michelle Napier-Dunnings conducting a workshop - Photo by Anu Rai

Speaker Michelle Napier-Dunnings is the founder of Pearl Partners LLC, a company focused on helping others find energy and create solutions by tapping the wisdom within them. She has worked nationally with a variety of industries over the past ten years. At this conference she talked about the different creative ways to achieve the closure of the so-called “Generation Gap”. Michelle was a humble and inviting in her approach towards the audience and her humility was strongly coupled with her intelligence and deep studies on this topic.

Michelle approached the audience to participate actively in the discussion. She gave each group a set of commonplace questions that each individual of the group would answer according to his or her thinking. This allowed each person to open up with the rest of the group.

Michelle’s main question to everyone at the conference was “How does each one of us live our own individual life and still stay connected to our family, friends, the Mission and with the world around us?” According to Michelle, generation gap occurs when the question pops in our identity and its dissimilarity with the identity of the opposite person irrespective of gender, age, caste, creed or color, our occupation or our thought process.

Michelle emphasized on the fact that we need to understand and realize that there are definite differences between the way we live our lives currently and the way our elders or ancestors lived theirs and that we have to take this brave step in understanding and realizing those differences and try to overcome them. Elders have lot of life experiences that they bring to us and we need to reconcile that and take steps to connect to them. Michelle also conducted a group exercise to portray the safe transition of responsibilities from the elders to the

youth. The exercise brought out the varied thoughts that youth shared amongst others on topics such as spreading the word of the Mission as far as the Moon and what means would they undertake to achieve this. The exercise was successful in that the elders were very much satisfied to hear the wonderful thoughts of the youth and they felt more confident to trust the youth with the future responsibilities thus bridging one more edge of the generation gap that sometimes crops up because of lack of information and distrust. Of course the thoughts of the youth have been developed from the knowledge gained from the elders and the information passed down from the elders. Michelle established that once this goal is set, the youth have to take the steps to accomplish their ambitions as they receive the support and trust from their elders.

Michelle also gave personal examples in terms of the love that she shared with her daughter, her culture and her roots and her bonding with her long gone grandmother whose memory she still carried along with her in the form of a bookmark. This was her way of staying connected with her family and her friends and roots. It’s important that we realize that each person is unique and that our physical self is an instrument to be used to engage and connect with everyone, we need to bring to the world what we think is right. Every person brings a lot to this world and that needs to be tapped. We should engage in conversations with our elders and base our questions on simple topics that they would like to talk about and share with us. According to Michelle, bridging the generation gap in all forms is very much connected with human connection and that connection can be established through conversation, exchange of thoughts and ideas and then pursuing goals and responsibilities set by the elders in the own unique ways the youth want to drive it.

Role of the Internet in Today's Society: A Presentation by Sudhir Dureja

This presentation was comprised of two sections – Section One was on the Internet and its role in society. Section Two was a discussion about the Internet and its use in the Nirankari Mission.

The Internet and its Role in Society

The Internet began as a Cold War military technology. It was a way for military computers to communicate over long distances. Other institutions, such as universities and hospitals began to associate their computers through the Internet during the 1970s and 1980s. September 1992 saw the release of Mosaic's first browser which actually revolutionized the internet.

Internet traffic has been doubling every year since 1998. World Population Internet Usage trends indicate that 16% of the world's population uses the internet today. The distribution of internet usage per region is as follows:

North America 70% of population

Europe – 36%

Australia – 52%

Asia – 9.9%

Africa – 2.6%

Because of such a high penetration of the internet worldwide, Internet has had a huge social impact.

The Internet and The Nirankari Mission

The Sant Nirankari Mission's web site (<http://www.nirankari.org>) was launched in 1997 under the guidance of the Late Bhupinder Bekal Ji. Currently, Rev. Kripa Sagar Ji is the Member Incharge Computer & Internet Dept of SNM. The mission site is hosted on a dedicated server acquired in 1998 and is located at a data center in the U.S.

Usage patterns of the Nirankari web site have tremendously increased since its launch in 1997. In 1997, the mission's web site was getting 400 hits a month. In May 2006, there were 160,000 page views from around 20,000 visitors. During the Samagams, the mission's web site receives 3 - 4 times the average monthly traffic. During this time, live samagams are watched by hundreds of users worldwide.



View the latest pictures at www.nirankari.org

The current web site has very rich content and is comprised of following sections:

- 1) Media
 - a) Online Jukebox – About 30 Albums
 - b) MP3 Download – About 20 Albums
 - c) Discourses – His Holiness Baba Ji discourses since 2000 are all available for download.
 - d) Radio (Voice Divine) - Monthly Radio broadcast (60 minutes in duration)
- 2) Literature
 - a) Complete Literature Catalog available for viewing
 - b) More than 25 books available in PDF format for download
 - c) Sant Nirankari Monthly Magazine is available monthly
- 3) Samagams
 - a) Sant Nirankari Sant Samagam and other regional samagam programs are available online and archived for a period of years
- 4) Branches
 - a) Over 21 Branches worldwide are online. Goal of branch sites is to promote mission activities at branch level.
- 5) Search – Google powered search for the entire content of the mission's web site.
- 6) USA Prachar Tours – <http://www.nirankari.org/usa/> has information about various prachar tours coordinated through out the US.
- 7) Youth Section – It comprises of youth articles and poems contributed by youth worldwide .
- 8) News Section – Single source for most up to date information/news about the mission's activities worldwide.



Sudhir Dureja presenting - Photo By Anu Rai

Did You Know?

The mission's web site is becoming more and more popular amongst the youth. An open feedback session at the Youth Conference was used to gather feedback from youth participants about how to improve the mission's web site. Youth are encouraged to send their feedback via email to webmaster@nirankari.org. 4

Mission Literature-Availability and Use: A Presentation by Sanjeev and Poonam Sagar

The purpose of this presentation was to spread the message of the mission through the best channels i.e. the mission's Literature and Periodicals.

This topic was delivered based on the guidelines and directions given by Babaji's message for the literature. Also the announcement letter given by Rev K.R. Chadha ji was shared in presentation, which said that San Francisco will be the center for distribution to different centers in USA.



Literature Presentation by Poonam and Sanjeev Sagar - Photo by Anu Rai

Recommendations on making the Literature Readily Available:

- Bring the local library online i.e. the catalog of books, magazines and media
- Create audio books
- Establish easier ways for ordering literature online ,via email or phone

Ways to Utilize the Literature:

- Encourage kids to read by using innovative ideas i.e. reading camps, quizzes, writing articles and group reading.
- Share articles from Nirankari literature in local satsangs on a regular basis.
- Keep/display Nirankari magazines in your homes
- Family reading time

Buy Books with Bouquets:

- Books are the best gifts. Give books, and magazines to read to devotees and your dear ones on their special occasions (i.e. Birthdays, anniversaries).
- On kids birthday's the best gift can be a membership of the Hansti Duniya magazine. Kids love this magazine.

Ways to Spread the Word About the Mission Literature:

- Discounted offers with complementary gifts.
- Frequent announcements and displays on the Nirankari notice boards
- Talk to our local area libraries and approach them with a one year subscription as a gift for the English Sant Nirankari magazine and Hansti Duniya

There is no sin as great as ignorance and there is no sin greater than letting others live in ignorance. It is therefore the dire need of the day to spread the message of the mission like the sound of a bell ringing in the canopy of the sky.

Why Good Reading is Important:

- Food for the Soul- Continuous input of positive thoughts and Spiritual reading is food for our Soul.
- You are what you read. Quality reading leads to quality life.
- 'Reading' is the habit which helps one to grow and it is rightly said that 'One who can read can live as many lives as he wants.'

Why do we find ourselves too busy to Read?

- We're too busy because we choose to be.
- We all are given 24 hours a day. How we make use of this time is based on our own set of priorities and choices.
- We need to take a few moments to decide if we are getting the right returns on our time spent. If the return is not joy, compassion and peace then its time to change our priorities.



The WEB site for Literature administration, distribution and management will be Live soon.

Demonstrations of the "online Nirankari Library catalog and administration" are available for the Tracy library. More information, visit www.nirankari.com/sanfrancisco

YOUTH HELPING YOUTH:

A Presentation by Mary Laughlin, VP Big Brothers Big Sisters (California)

Nirankari Youth have inculcated a habit of co-operation, devotion, dedication and discipline among themselves in the missionary activities and in day-to-day working. They always expose the tendency to inspire and invite others to unite with Mission for peace, prosperity and spiritual uplift. To get united and to establish universal brotherhood Man needs love, affection, manhood, peace and light on the earth. Youth can be the light bearer of this light to enlighten the world. Further, this tremendous youth energy can be gigantic and potential source of spiritual guidance for all.

- K.R. Chadha



Mary Laughlin presenting - Photo by Anu Rai

Big Brothers Big Sisters is the oldest, largest and most effective youth mentoring organization in the United States.

It has been the leader in one-to-one youth service for more than a century, developing positive relationships that have a direct and lasting impact on the lives of young people. Mary Laughlin, the Vice President of Big Brothers and Big Sisters accepted the invitation from Dr. Rai, and gave a presentation on the topic of "Youth helping youth"

During her speech she explained how "Youth helping youth" program works and she cited examples of people who are benefitted by it.

There was one story of a man who mentored a boy as a big brother for a few years. After some time he moved out of the town and eventually lost touch. A few years later, the big brother had a cardiac arrest. He was admitted to the hospital and when he saw his cardiologist he was pleasantly surprised. It was the same boy he had mentored a long time back. The little brother said, "I am so pleased and proud to be here to perform this surgery on you. You saved my life and I wouldn't be here without you"

The big brother replied, "I got so much more from you than you ever got from me."

They are great friends now and they see each other regularly.

This beautiful story tells how much one life could touch other life and vice versa.

Mary went on to tell another inspirational story of young boy named Richard. He was 10 years old when he was identified as developmentally disabled. He was abusive, aggressive and was not able to read. He was a troubled child. His Big Brother taught him to read, increased his interest in studies, taught him to cook and kept him away from fights and violence.

Years down the road, when Richard was asked what it was like to have a Big Brother, his reply was, "It was like having a second chance in Life."

In San Joaquin County alone, there are over 700 children waiting for a mentor. There are 37,000 children living in a single parent home.

When a person volunteers to be a Big Brother or a Big Sister, there is an elaborate screening process. The organization asks each mentor to be available for an average of 3-6 hours a week. The time could be spent helping with homework at the school or the child's home.

Regarding the theme of the conference "Peace not Pieces" Ms Laughlin thought that this kind of service would fit right into the objectives of the Nirankari Mission. She encouraged the Mission members to get involved with Big Brothers Big Sisters of America.

It was an inspirational session overall. Our youth has so much of power to help other young brothers and sisters who need direction, support and a friend in life. A few hours a week spent with someone with love can make life-changing impacts on other fellow human beings.

For more information on Big Brothers Big Sisters of America, please visit <http://www.bbbs.org>

SANTNIRANKARIMISSIONINNORTHAMERICA:

A Presentation by Arti Nehru and Anu Rai

After making a modest beginning the Mission has struck roots in 20 states in USA and 5 provinces in Canada. It is a matter of worth studding for retrospective understanding and prospective guidance. It was the summer of 1970 that Babu Mahandev Singh and Sqd. Ldr.Ret. Gurdial Singh Sidhu (pictured below), renowned missionaries of the Mission traveled to this part of the world. This missionary tour was meant to prepare the ground for the forthcoming visit of Baba Gurbachan Singh Ji. Both of them along with a musician Nihal Singh toured both the countries and addressed congregations at several places, including one in Denver, Co where the audience was mostly American.



Baba Gurbachan Singh's visit in 1971 proved a great blessing for this incipient beginning. After a couple of visits in the subsequent years, he constituted the Executive Committee in 1975 for planning and coordinating the activities of the Mission with various Parmukhs. The headquarters of the USA mission was established in Chicago, IL. and the Canadian headquarters in Toronto, Ontario.



Above, Miss Stockton presents Babaji with a Proclamation in 1973
Right, The Mayor of Stockton welcomes Rajmataji in 1973



With the continued visits of Babaji, new initiative and enthusiasm accrued to the followers of the Nirankari Mission in USA and Canada.. The incentive to hold Satsang at different places came to them with a renewed vigor. This was evident from the vigorous schedule Baba Hardev Singh Ji had to observe during all his visits. Everywhere his message hinged upon love, tolerance, interaction and spiritual illumination. Culmination of it is what he preached at the Tracy Community Hall on July 28, 1996 (see quote on the next page).

“The one who has identified with God, imbibes purity, love and brotherhood, while the one who has not, nurse’s hatred and jealousy. God realization cleanses one and all the evils. Ignorance of God is the cause of hatred and enmity. When the ignorance is dispelled, such negative feelings are eliminated. Divine knowledge fosters love and brotherhood.”
Babaji from the Nirankari Journal, Vol.IX, No. 1 and 2

Executive Committee/Board of Directors USA and Canada

USA			Canada	
Rev. J.S. Puri	President		Rev. S. S. Bassan	President
Rev. (Dr.) Iqbaljit S. Rai	Vice President, Member Incharge Publications and Parmukh of Greater San Francisco Area		Rev. Sikkatar S Sandhu	Vice President
Rev. (Dr.) Rajan Sachdeva	General Secretary		Rev. Surjit S Arneja	General Secretary
Rev. Prem Mehta	Treasurer		Rev. Daljit S Sidhu	Secretary
Rev. (Dr.) O.P. Tandon	Member In-Charge Pra-char (west) and Pramukh L.A.area		Rev. B.K. Nayyer	Treasurer
Rev. Harlivleen Bajwa	Member In-Charge Public Relations		Rev. Sukhbir S Bir	Member In-Charge Publications
Rev. Prem Chaudhri	Member In-Charge Construction		Rev. Amarjit S Toor	Member, Assistant Publications
Rev. Prem Kamal Dadlani	Member In-Charge Social Activities & Pramukh Washington D.C. area		Rev. Kundan Lal Babbar	Member In-Charge Bhawan Construction
			Rev. Aditya Khanna	Member, Publicity and Parchar

The Executive Committees conduct meetings at least twice year. The agenda items to be discussed in the meetings are sought from the Parmukhs well in advance. The minutes of the meetings are submitted to the World H.Q. The approved minutes are then sent to the Parmukhs for the implementation. (Continued on page 9).

Sant Nirankari Mission USA Branches

<u>Branch</u>	<u>Role</u>	<u>First Name</u>	<u>Last Name</u>
Ann Arbor/Detroit, MI	Pramukh	Gobind	Singh
Atlanta, GA	Pramukh	Kapil	Bhandari
Boston, MA	Pramukh	Dr. Shivraj	Tyagi
Brownville, TX	Pramukh	Nari	Mahububani
Chicago, IL	Pramukh	Dr. Jyoti	Kalra
Denver, CO	Pramukh	Nandlal	Ahuja
Houston, TX	Pramukh	Raj	Bhala
Kent, OH	Pramukh	Dr.S. L.	Arora
Los Angeles, CA	Pramukh	Dr. O. P.	Tandon
Milwaukee, WI	Pramukh	Naresh	Kumar
Minneapolis, MN	Pramukh	Rajinder	Arora
Nashville, TN	Pramukh	Prem	Sushil
New Orleans, LA	Pramukh	Ram	Sadhvani
New Jersey/New York	Pramukh	Arun	Ahluwalia
Peducah, KY	Mukhi	Promilla	Chopra
Phoenix, AZ	Pramukh	Nandlal	Tahiliani
Rochester, NY	Pramukh	Santosh	Mehta
Reno, NV	Mukhi	Pritam	Chawla
Greater San Francisco	Pramukh	Dr. Iqbaljit S.	Rai
San Francisco	Mukhi	Prem	Chaudhri
Yuba City, CA	Mukhi	Mrs Harjit	Nagra
Washington DC & Surrounding Areas	Pramukh	Prem Kamal	Dadlani

Sant Nirankari Mission Canada Branches

<u>Branch</u>	<u>Role</u>	<u>First Name</u>	<u>Last Name</u>
Berry, Ontario	Mukhi	Ravi	Narang
Calgary, Alberta	Pramukh	Paramjit S	Kanwal
Edmonton, Alberta	Pramukh	Sikkatar S	Sandhu
Hamilton	Mukhi	Roop Avtar	Smaddar
Kamloops, B.C.	Pramukh	Kundan Lal	Babbar
Mission, B.C.	Pramukh	Sadhu S	Gill
Montreal, Quebec	Pramukh	Manjeet S	Madhar
Ottawa	Pramukh	Paramjit	Singh
Toronto, Ontario	Pramukh	Sukhbir S	Bir
Vancouver, B.C.	Pramukh	Daljit S	Sidhu
Victoria, B.C.	Mukhi	Ram Prakash	Chauhan
Windsor, Ontario	Mukhi	*TBA	*TBA

* TBA = To be Announced

SPIRITUALITY:

A Presentation by Rajesh Fandan

Spirituality is not a subject of intellectual discussion and Philosophical studies. Instead it is an experiential pathway for a spiritual being and the human elements like physical abode and mental modifications are supplements for his spiritual life. Further, Spirituality is not learning but a truthful realization and this realization is actualized by the grace of a True Master or Sat-Guru. The following points cover the various aspects of spirituality, realization and its relationship with other factors of life.

Spiritual Quest

Spirituality is Man's eternal quest for essence of life form and inward journey into himself.

Since the beginning of time, man has strived to know himself, his purpose, status and relevance of this life form on this earth. He has always been inquiring about the wonder-filled world, God, Himself and the inter-relationship. Always he is perturbed with conflicts between extrinsic world and intrinsic tendencies. A lot of suffering has been due to the constant worldly race of becoming, ignorance and bondage, and therefore this inherent need has led to many pathways to knowledge prevalent in this world. Spirituality by the Grace of The Enlightened One has been known to satisfy the need of this quest.

Spirituality and Being Spiritual

Spirituality is the route to realize and live up to Truth.

- Baba Hardev Singh Ji Maharaj

When your real, effortless, joyful nature is realized, it will not be inconsistent with the ordinary activities of life.

- Ramana Maharish

It has been a very well known fact stated by saints, sages and wise people that God-Realization is the key factor for spirituality, and after realization, living up to the truth is being spiritual. In other words truth is not to be known only but it is to be lived by. Further, being spiritual does not mean to leave worldly karmas or start living an extraordinary worldly life. A spiritual being effortlessly remains spiritual while performing all worldly actions.

Religion and Spirituality

Religion is related to a particular type of culture, worship, thought or creed, bound in narrow tracks..... Spirituality links us with the Supreme Power, i.e. God and endows us with universal vision.

- Baba Gurbachan Singh Ji

Performing rituals does not lead to spiritual experience. Spirituality is a way of transcendental knowledge and not observing fasts, rituals and sacrifices in their classical sense.

Self Concept and Self Realization

The mind has two major faculties along with other factors, namely Conscious Mind and Unconscious Mind.

Imbalance of these faculties and factors lead to Unquiet Mind state.

Ego is a limitation and disposition of our own identification with beingness.

It is a source of major ignorance on a spiritual pathway. Ego with other influential factors of mind forms our Personal Identity, but this personal identity keeps transforming from one state to other state of mind as a function of time and circumstance. Accumulation of the above mentioned factors lead to the formation of our Self-Concept. This Self-Concept is the major fuel for the becoming and many a times leads to ignorant ill-behavior.



Rajesh Fandan presenting - Photo by S. Bachu

SPIRITUALITY: Continued from page 10

“In the spiritual diction, awakening means self-realization or God-realization.
Gyan (enlightenment) is not a miracle. It is an understanding.
Mere knowledge of God is not going to be of any use to us. Unless we make it a part of our life.”
-Baba Hardev Singh Ji

What is Self-Realization?

Realization is the fire which burns ignorance and let human being utilize his mind correctly.

It also means to experience the One which persists in all the nine elements which constitutes the universe and yet remains distinct?

Celestial bodies such as Sun, Moon, Stars

Earthly elements such as Earth, Water, Fire

Subtle elements such as Air, Ether and Jeeva

In Nirankari Mission, This Tenth aspect of cosmos has been termed as ‘NIRANKAR’ and the one who experiences it is known as ‘Nirankari.’”

Devotee and Self-Realization

In words of Baba Gurbachan Singh Ji Maharaj,

- To be a devotee means to be a true disciple, ever eager to learn, imbibe and serve.
- True devotion is the pre-requisite of a true devotee
- Like a sage, a devotee should always focus on his goal i.e. God-realization
- A devotee is always in communion with God and is equi-poised in pain and pleasure. He maintains his faith in God even in all troubles and tensions
- The devotees are realists, not merely idealists. They are Karam Yogis (action-oriented), imbued with the spirit of self-sacrifice

Sat-Guru and Self-Realization

A true Master awakens the disciple
and makes him aware of the Self.

“Akhandam Mandalaakaaram

Vyaaptam Yenam charaacharam

Tatpadam Darshitam Yena

Tasmai Sri Gurave Namaha”

Guru can guide us to the supreme knowledge of THAT
which pervades all the living and non-living beings in the
entire Universe (namely Brahma). I salute such a Guru.



Photo courtesy of www.nirankari.org

SPIRITUALITY: Continued from page 11

Nature of Self-Realization

Once God is realized by Soul, once it discovers the Truth and is face to face with it, righteousness, purity and nobleness take on ; rather drive away all the false and evil forces dominating human life hitherto. The darkness of ignorance having automatically gone on the advent of Divine Light, ill-will gives place to goodwill, hatred to love, discord to tolerance and so on. All apprehensions and delusions disappear and life becomes as clean, pure and sublime as Divinity itself.

Daily Life and Self-Realization

After realizing the Divine, daily life revolves around:

- Meditation
 - Strengthen the integration with the Almighty through constant remembrance of God (Simran)
- Company of Holy Saints
 - This will serve as a constant source of moral strength required for complete and full submission to the will of God
- Human Service
 - Render selfless service (Sewa)

Further, In order to inculcate humility and love in all the devotees, the Nirankari Mission has formulated five principles for adoption in every day life:

- All assets - physical, mental and material-belong to the Divinity and man, as mere trustee, is ordained to use them as such. One should not feel proud of One's possession
- Not to be proud of one's caste, creed, race, faith and other class distinctions and hate others on account
- Not to look down upon anybody because of his mode of dress, diet and living
- Not to renounce worldly life to become a vagrant recluse or ascetic but to lead family life in accordance with normal social norms and sustain family by honest livelihood
- Not to divulge the Divine Knowledge bestowed by the Satguru to others without his permission



Tracy Bhawan Reception. Bottom right: Nishi Lande at Rangoli - Photos by Anu Rai & Mohan Sabnani

ANSWERS TO FREQUENTLY ASKED QUESTIONS

Panel Members: Rev. Dev Raj Vijh, Mrs. Manjeet Rai and Mrs. Harlivleen Bajwa

Moderator: Miss Anu Tandon

During the planning stages of the West Coast Youth Conference, the youth were asked through their local Parmukhs to submit any questions that they would like to have answered by a panel of senior members during the conference. We had an overwhelming number of questions submitted prior to the conference. The answers to the questions were prepared well in advance. During the conference, there was a question answer session facilitated by a moderator. Below you will find the questions asked and their corresponding answers. This was an extremely thought provoking and informative session.

Q1. How do we surrender to God?

Answer: Following Five Principles (mainly the first principle) we surrender to God. After detachment from the world, it becomes easy.

Q2. What is the Mission doing to raise awareness for equality of women?

Answer: Mission is bestowing (instructing) the divine knowledge of God, who is neither man nor women. So, there is no discrimination against women as such in the matter of God –knowledge, Sewa as well as Satsang.

Q3. How to handle gossip in a polite and humble way?

Answer: There cannot be common approach for all individuals as well as situations. Moreover, it depends on the Public Relations skill on our own part while dealing with such a person. Our own relations or nature of contacts with him or her may also play a significant role. Even our politeness and humility may become a subject of relevance.

Q4. Alongside the regular community volunteer work, how can we create a true universal brotherhood?

Answer: The route professed to strengthen universal brotherhood by our Mission lies through Brahma Gyan. Once we realize the oneness of the Supreme Father, the oneness of his creation i.e. the Mankind follows automatically. The community volunteer work is secondary for us and not even targeted to achieve this unique objective. ‘Sanjhe Pio da pata na hove, nibre eh bakhera na’.

Q5. How do we check our spiritual progress?

Answer: Just see how far your actions-social, cultural, economic, political etc are guided by the spiritual message awarded to you by the Mission. “The divine gift has been recognized as conducive to liberation, and the devilish gift as conducive to bondage. Grieve not, Arjuna, for you are born with the divine endowment” said Lord Krishna.

Q6. What about the habits of a Saint?

Answer: Subjugation (overcoming) of the mind and senses, enduring hardships for the discharge of one’s sacred obligations, external and internal purity, forgiving the faults of others, straightness of mind, senses, and behavior, belief in the Vedas and other scriptures_ all these are the habits of a saint (chapter 18 verse 42 of Gita).

Q7. What are some things the youth can do to minimize behavior that is not advocated by the Mission and how do we know when we are making wise choices in life?

Answer: Telling them the stories of saints and devils, their results, attending congregations and instructing divine knowledge are the means to avoid bad behavior of the youth.

The Mission would welcome any action that associates Brahma Gyan or God knowledge with it. Your Vivek (consciousness towards Brahma Gyan) will let you know whether you are on the right path or not.

Q8. What are some ways Youth is being more involved in the actual Sangat? Is it better to have separate youth sangat or integrate with the main sangat? What are the pros and cons of each option?

Answer: A Chinese saying says: Tell me, I will forget, Show me, I may remember But Involve me, I will understand The children should be involved at very early age with Mission activities. It could start as a separate sangat for children. During the last part of the sangat could be brought to the main sangat. After imparting the divine knowledge they could gradually be integrated with the regular Sangat.

ANSWERS TO FREQUENTLY ASKED QUESTIONS

Continued from page 13



From left to right: Mrs. Harlivleen Bajwa, Mrs. Manjeet Rai and Mr. Dev Raj Vijh - Photo by Anu

Q9. Many of us have friends say who they believe in God, know He is everywhere, and pray to Him. So when we tell them about the Mission they respect it but ask what is different about it? What is the suggested approach to talk about the Mission to such friends who are so close to spirituality?

Answer: Belief, knowledge and Prayers without realizing God is unreal, flimsy and false like a dream. There is a great gulf (difference) of light and darkness between the two. We can talk to them on the basis of reality.

Take a cue from the faith, belief and the mode of worship they themselves follow and tell them to know the One they seek to worship, remember or praise. And then you explain the benefits as also the fact that God can be known or realized only with the blessing of the Satguru.

Q10. If I'm not doing anything bad to anyone, living life in a manner one should live; do I still need to take GYAN? Why or Why not?

Answer: All good habits and manners without the divine knowledge of soul (Gyan) create pride of doer ship of good actions. Pride is dark and Gyan is light.

You do need Brahma Gyan: (1) to express your gratitude to the Supreme Giver of what you possess, including good behavior; and (ii) because everything is favorable today, it may not remain the same tomorrow also.

Q11. Whatever Baba Ji says we should accept that without any questions? Without Ifs and Buts because these words are from Hazoor or we can analyze them, and finally should accept the result of the analysis we have done?

Answer: Analysis of the instructions from the Lord Master will kill our Gyan and Bhakti both as Satguru is always the incarnation of God. He is formless in the form (Nar Me Narain) "Desh Kal Te Samah Mutabak Satguru Jeevain Chalanda eh" (Avtar Wani) Thare Banao Thare Girao etc

"Guru ko Manas Janete Charan Amrit ko neer, Ghor Narak mein jainge kahe dass Kabir".

Q12. Whenever I talk to my friends they always say this is not the time to do religious deeds, we should do everything at the right time and at present we are too young to do these things. Is it correct?

Answer: There is no age prescribed for Braham Gyan Moreover to make life blissful earlier the better. It is not going to cause any hurdle in your present day life. Bhagat Dhruv and Prahlad were only five years old.

ANSWERS TO FREQUENTLY ASKED QUESTIONS

Continued from page 14

Q13. What is God?

Answer: The ultimate reality, having existence in the past, present, and future is God. He is beyond the words, mind and intellect. It is only a subject of realization.

Q14. Why is spirituality/religion important?

Answer: Spirituality touches the root of beingness which is "The Atman" to free itself from the bondages and these bondages are due to veil of Ignorance.

Further, a spiritual or enlightened person perceives God in All and All in One. He regards every Human being the creation of God. With true love and faith thus developed, one starts loving and serving his fellow beings in Real sense. A compass of righteousness is fitted in the heart of the seeker, which always keeps him in the right direction and relieves him of suspense and superstitions. The Nirankari mission has succeeded in achieving this end through a living revelation of the All-Pervading GOD, the same for all the religions, ignoring the non-essential rituals, which are different for different religions.

Q15. What is sin?

Answer: All actions of the body, mind and intellect without the divine knowledge of soul are sins because they are always full of feelings of a doership (ego and pride) Gita Chapter IV verse 36 and 37. In present day thinking any action that has a selfish motive, without consideration for others, resulting in hurting others is a sin.

Q16. Why do bad things happen to good people?

Answer: Bad things are like false dreams and they come and go. These are unable to make pains to the saints who are leading their lives at the command of the divine soul, fully detached from the body, mind and intellect.

Q17. Is human creation the best creation of God? If yes, then who is responsible for so much hate, inequality, gender discrimination, money lust, terrorism and all evil things happening in society today?

Answer: All creations (including human beings) animate and inanimate are Maya (unreal), which is like a dream; God himself is the only reality. "Teen Kaal hain Satya Too Mithiya; Hai sansar" (false is false and truth is always truth). All the ills are not the creation of God, but man made. "God determines neither the doership nor the doings of neither men nor even their contact with the fruit of actions, but it is Nature alone that functions" (Gita Chapter Verse 14)".

Q18. Does God love all of His children equally? Or does He love us according to what we do in everyday life?

Answer: If we suffer because of our own faults that does not mean that God does not love us. He is All-merciful; He may forgive us. God is for the protection of virtuous and extirpation of the evildoers and for establishing Dharma (righteousness) on a firm footing (Gita Chapter 9 verse 29 B).

Q19. When will the world end, or will it?

Answer: The World will never end. According to the scriptures the Creator and its creation has always existed and thus will exist beyond time and space. In other words, it is like Dance and Dancer exists in Unison, the Creator and Creation persists in unison beyond Name, forms and attributes of any limitations by time.

Q20. If there is a heaven, what is it like? Does it provide the person with eternal happiness?

Answer: Yes! Heaven is here only after union of the soul with the super soul.

Q21. When Jesus said, "Love thy neighbor", who was he referring to as our neighbor?

Answer: This reference of neighbor comes from Bible (Luke 10; 25-37) when robbers wounded a traveler. Pastor of church walked by him without stopping to help. Other so-called religious people went by without helping. At last a person came by and in spite of his busy schedule, stops and helps the wounded. Lord Jesus Christ calls such act as neighborly act.

ANSWERS TO FREQUENTLY ASKED QUESTIONS

Continued from page 15

Q22. What should be the first step to end poverty in this world?

Answer: Contentment. Spreading and preaching the saintly thoughts of “Simple living and high thinking” which is very busy after attaining Divine Wisdom (Gyan). Nirankari Babaji says, “ Nobody knows the point from which poverty or richness begin”.

Q23. Why is it that we are all born into different families in different places?

Answer: We were never born. Bodies are like clothes. These come and go. We remain the same all the time. If we put on new clothes we are not born and if we shed the worn out clothes we do not die (Gita 2/22).

Q24. If God created the universe, how did He create Himself?

Answer: God is self existent (Swayambhu). He never created the universe. The universe is false, fog and creation of Maya. God is real, having eternal existence. All things of universe have either transparent existence like face in the mirror or intermediate existence like wave in the water, ornament in the God and a pitcher in the earth. Real is always real and unreal is always unreal. The unreality of the universe can be proved mathematical. Take as equation as: $World = Name + Form$ All names are supposition or imaginary and all forms living changeable every moment are false so this equation may be written in this way: -
World = Imagination + False Or
World = Zero i.e. World or universe does not exist. We recite daily in our ‘Manglacharan’
“Teen Kaal Hai satya Too, Mithia Hai Sansar”.



Miss Anu Tandon as Moderator

Q25. Is there a clash between reason and religion in the modern world? These days, people suspend reason in favor of religious beliefs-“even when these beliefs inspire the worst of human atrocities.” Can our modern foundation for ethics and spirituality be secular and humanistic?

Answer: **Part 1:** The clash between Reason and Religion comes when Blind Faith eclipses the Reasoning faculty of mind and Self revolts for freedom from the imposed Dogmas. To follow religion without Direct Spiritual experience leads to blind faith and in turn a strong cause for Fanaticism where as when the Divine nature is experienced then the Faith is an automatic consequence supplemented with clarity and reasoning faculty of mind.

Nirankari Mission says: Ek Ko Jaano, Ek Ko Maano, Ek Ho Jao which means Know One, Believe in One and be One with it.

Part 2: Yes, Foundation of ethics and spirituality can be secular and humanistic. In fact Spirituality with Ethics can only be the right way of achieving secular society, because Being Spiritual is to live a life above the mental framework of divisions put forward by Religions, Castes, Creed or Color.

SPIRITUALITY IS THE TRUE VEHICLE FOR SOCIAL LIBERATION.

Q26. Should Faith (Religion or Spirituality) dictate the social doctrine? In other words, putting down the principle of laws to live in society?

Answer: Spirituality and Religion should be the basis of life and should be reflected in Ideas, actions and relationships. The Fruit of Spiritual root lays in the freedom and expansion of one’s self at cosmic Level.

Dictatorship, Doctrines and Dogmas are not the nourishing flavors for a spiritual life, instead they strengthen the ignorance in Mankind where as Spirituality is a vehicle for freedom.

On a second note, it is realized that Mankind has chosen group form of life and consequently Man is a Social being and therefore it is imperative to have norms in Society to Run it smoothly and secure it against any wrong/negative elements.

An analogy can be drawn between society and Human body, as to keep us healthy, we not only need balanced diet but we also need precautions against unwanted intakes. Similarly, we need Spiritual basis of life and Precautionary regulations to keep our society Clean and flourishing.

ANSWERS TO FREQUENTLY ASKED QUESTIONS

Continued from page 16

Q27. Believers and non-believers are they equal in God's eyes and cared for by God?

Answer: Both are the same and equal because both are ignorant. God realized is superior to both.

Q28. People have mixed feelings about war in Iraq. Can the panel express their feelings about war? Is war the answer to fix all the problems?

Answer: The Mission, however, advises us against taking sides on such issues.

Nobody is doer of any action except three (satogun, rajogun and tamogun) modes of nature (primordial matter). The fool, whose mind is deluded by egoism, thinks, "I am the doer" (Gita 3/27)

Q29. If Nirankar wants all to be happy then why is there so much hatred in people's mind? Why is there shooting and bombings; why are things like 9/11 and suicide bombings happenings?

Answer: God has granted certain resources to man-physical, mental and material. It is now for man to make use of them " However as it says in Holly Granth "Parmeshwar noo Bhulian Viapen Sabhe Rog".

Q30. Why are some Muslim people fighting a holy war/jihad that the way is taught in the Muslim faith, what is actually not true? How does this make Muslims and non-Muslims feel?

Answer: We may not discuss such controversial subjects. However, it is due to the ignorance to the teachings of Bible or Quran is the reason that created war in Iraq (or any where). Holy Bible always advocated non-violence saying "if one slaps on your left cheek put your right cheek also before him". Holy Quran also says "Non violence and forgiving the faults of others are compulsory for a Muslim (page 42:39-40 and 7:199-201 of Holy Quran)

Q31. How can Babaji help us by not actually being there physically?

Answer: He is always around us in nirakar (formless) form. The prayers of the seeker are heard and Babaji appears in the form of someone (either some member of the sangat or any one else) and helps his sewak by answering his true and unbiased prayers.

Q32. How does Babaji know about everybody's lives without actually knowing them?

Answer: Since Babaji is not only in human form, he is also formless, thus he is near and dear to every one. He can shower his blessings on any one, even without coming personal contact.

Q33. How does Babaji hear us?

Answer: Since Babaji is also in Formless state; he can easily see, hear and even visualize our good/bad feelings/intentions even before they take any form or shape.

Q34: Why do innocent people get hurt when some of them dedicate their lives to Babaji?

Answer: The law of Karma, as advocated in Bhagwat Gita, governs happenings in the life form of an individual. This is referred as DIVINE WILL. True Lord Master does not interfere with the Divine Will but teaches by example on How to follow the same.

History has produced examples:

1. Lord Rama spending 14 years in Forest.
2. Guru Arjan Dev Ji sacrificing his life.
3. Lord Jesus sacrificed his life.
4. Baba Gurbachan Singh Ji surrendered his life.



Photo by S. Bachu

AN EVENING OF CULTURAL ENTERTAINMENT:

By Sonal Rai



The Tracy Bhangra Troupe - Photo by Anu Rai

A successful and somewhat tiring day of presentations was followed by a cultural program in which youth from Canada, Michigan, Chicago, Boston, Los Angeles and Tracy participated. The event was facilitated by Suresh Rao who kept the audience involved by narrating jokes and anecdotes in between items.

The program started with a beautiful rendition of the gazal “Guftar zindagi mien” by Nisha Rao who was accompanied by Barjinder Singh on keyboard and Anmol Sharma on Tabla. The song was followed by a short skit from Michigan youth that stressed the importance of the three S’s of the Mission.

The mood was now set for a lively and entertaining performance by a group of Tracy kids from 5 to 13 yrs of age. The audience could not stop clapping when the kids dressed in beautiful ethnic, Bhangra costumes and accompanied by a Dholi reminded one and all of being in Punjab. The young performers received a standing ovation.

This excellent performance was followed by skits from Boston, Chicago, and Tracy youth with important messages of raising good children in today’s environment.

Another lively dance ‘Nachde Nirankari’ showcased a group of Los Angeles saints performing group dances to songs they sang themselves, while playing instruments.

Barjinder Singh and group touched the hearts with their soulful delivery of “Suraj Ki Garmi Se”.

Then came the Tracy Giddha group who enthralled and got everyone to their feet. The night ended with everyone joining in on the fun and dancing the night away to the Dhol.

ANEVENINGOFCULTURALENTERTAINMENT:
Continued from page 18



Tracy Bhangra Troupe



Navneet Dardi from Vancouver, B.C.



Michigan, Tracy and L.A. Youth performing skits



Above Photos by Anu Rai



Tina Rai, Harjinder Parwana and Goldie Guramritpal Kamboj from Vancouver, B.C.

SUNDAY SATSANG DISCOURSE:

By Prafull Lande

Theme of the discourse was spirituality and science and how they merge together. The final discourse was given by Prafull Lande. Prafullji started with a verse from Nasadiya Sukta from the Rig Veda, which is also called as “The creation Hymn”. English translation of the same is:

“Then there was neither Aught nor Naught, no air nor sky beyond
Who encased and kept it where? Was water in the darkness there
Nor death was then, nor deathlessness, nor change of night and day
That one breathed calmly, self-sustained; naught else beyond it
Every one of us faces this question at some point in time. When
the beginning of all these. When, why and how this universe got
created. But then we get busy in daily chores and forget about
these fundamental questions.



Rev. Prafull Lande presiding over the sangat - Photo by M. Sabnani

He used analogy from Newton’s first law of motion to provide philosophical answer to the question of creation and existence. That analogy made it easier to understand why it is necessary to have independent force of God to put this universe in motion. Also, the same law helped explain why as a soul we are eternally existent.

During question answer session arranged before the congregation, a question was asked by a young saint, “Aren’t we too young to get involved in devotional/spiritual activities.”

Using that question as a thread Prafullji explained how he got attracted to Nirankari mission when he was quite young. He narrated the incidence in which he had interesting conversation with Dr Kalurkar, a scientist working with Bhabha Atomic Research Center(BARC). That was the beginning of his spiritual journey.



From left, Sunday Satsang at the Tracy Bhawan; Right, Saints from Michigan - Photo by Anu Rai

DISCOURSE: Continued from page 20



From left and below, Saints from Los Angeles, CA Above, J.S. Shaunki from Yuba City, CA - Photo by Anu Rai

Relating how quantum mechanics violates classical physics he gave an example of bizarre behavior of subatomic particles. According to classical physics, information cannot be passed faster than light. But an experiment on subatomic particles was done which violated this fact. What this experiment showed was true reality is not what we perceive through matrix of space, time and causation but it's beyond all these. In spirituality, we call this reality as Nirankar or God.

In the end he stressed upon Nirankari mission's principles. Nirankari Mission, Universal Brotherhood is not a hollow slogan, but the way of life. It is not a gospel merely to be preached by word, it is an essential part of the very conduct and behavior of every Nirankari, who feels at home in any part of the world.

“Peace not pieces” cannot be achieved without God realization. Peace is not a goal in itself; it's really a byproduct of god realization. A person who had not realized god but whose goal is peace, could get shattered when faced with continuous violence and lose sight of his/her goal. That won't happen with a person who aimed for and achieved God realization. Peace becomes way of life for such souls. Baba Gurbach Singh Ji could continue on his path of peace and universal brotherhood in spite of facing violence because he was a god realized soul, a true spiritual master.

In the end he thanked everyone for attending the Samagam and hoped for many more such occasions where youth could come together and share their views. He concluded by calling upon the youth to take the mission to the next level.



Amanpreet and Shubneet performing - Photo by Anu Rai

PEACE NOT PIECES



ESSAYS

West Coast Youth Conference 2006

On Saturday, July 1st, the Youth were asked to participate in an Essay Contest with the topic being "Peace Not Pieces." There were a number of submissions, each so unique, creative and inspirational that there could not be one "winner." Below are a few of the wonderful works by the young saints.

By Gurpreet Kaur - Richmond, CA

Today we are all gathered here at the Sant Nirankari "West Coast Youth Conference 2006" Samagam. The topic mainly focused on is "Peace Not Pieces." I know I can not speak for some one else but what does this phrase mean to me! Every day and every second we all see this world go to dark. For example people killing each other for non-sense reasons. A son is fighting with his own father for property or money, a daughter is fighting for her own freedom to do what she desires to do in her life, a mother is stuck between her children and her husband. A mother has a duty towards her family but when she has to choose between her husband and her kids what will she do? A husband, father or brother has a duty to be the head of the house because they are men.

But with all these duties and responsibilities we tend to forget that we all tend to make peace it does not matter if it is just an ordinary family or if it is a mission. In order to make peace first we need to look at our selves and see where we stand, meaning by letting go our ego. Where there is ego there is always going to be fights and ones heart is going to get shattered... Instead of shattering someone's heart we should let go our ego and take things peacefully.

Peace starts from ones family. I remember I was reading in a Nirankari magazine where Rajmata ji said in her vichar "In order to have peace we have to start from our home." This statement is very true. For example a new born child's journey starts from home. If that child is not in a peaceful environment that child will grow up to be unhappy in his life. That child might hate lot of things around him/her. That child will be very egoist. Because ever since that child opened his/her eyes all he was exposed to was negativity. Then that child will be negative and in dark. Until that child comes out of that environment and be part with God that child will keep suffering.

Just like in this conference today we all gathered here to get away from our running around hectic daily life and to be at a place where we can sit form few moments and be peaceful by listening to all the good things being taught to us during the conference 2006. But we should set our mind to a motion where we should think that everyday is peaceful. By having a good positive energy we can help others who are shattered into pieces in their life.

Peace not pieces does not mean to break ones heart and keep others heart happy it simply means to keep every heart happy and into a peaceful state. Love all and hate none, be yourself and spread the word of Peace not Pieces. Let this journey start and bring those who are in the dark to light by sharing few words of love and God.

By Amandeep Hayer Age 15 - Los Angeles, CA.

Peace no pieces is a saying that says a whole lot itself. It has many different extraordinary meanings like a whole hand can pick up something not just one finger, and five separate fingers can not do much until they combine to form a hand that can reach out and can do lot of things, like help the community. The hand with five fingers together can send powerful messages of unity and what unity means. The whole hand can truly help and actually achieve the goals of sewa, satsang, simran and also unity of all human beings. Just like one finger can not pick up a spoon, it also can not achieve great goals like human unity. All it does is break bonds between humans. A hand with five fingers that work together can achieve a lot like a satsang that works together and does sewa for the community, all it does is help, and it does not harm anyone. A whole only gives positive to the community, it can influence gether and help each other get through life. And when every one does this life becomes so much easier for everyone and more peace comes to the world.



Participants of the essay contest "Peace not Pieces" - Photo by Anu Rai

To have peace in the world we have to connect all the scattered pieces in the world to the ultimate message of Babaji, that is to have all the humanity together in one piece. One big peace means a lot more than a lot of tiny little pieces. One piece has the power to do anything in life, that one piece in united with peace and with blessings of Babaji to go on in life and let others know the powerful message that Babaji has taught us.

By Abhi Amarnani Age 15 - Los Angeles, CA

If there is peace in the world, it will not break into pieces. It is like a pizza that one gets from Pizza Hut: would you want each person to fight for pieces or if you would like them to share equally? That is what the phrase "Peace not Pieces" means. In today's world, I cannot believe that people fight over whose religion is better. Is it not true that there is only one God that we all pray too, but he/she is just what that individual that who is praying, or in need of guidance, conceptualizes? You don't want god to be broken into pieces, which the world fights over. You want God to be shared in unity and peace not pieces. God is within us and all of us and God is what we believe him to be. Whichever shape or form fits us is what we pray to. Why fight over what we have equally. If one wants more God, one can have it. It is up to that person, not any one else. God is and can be infinite or zero, can be mediate of maximum. It is what that person feels gives them peace. There is no fight, because God cannot be broken into pieces.

Just as one believes God is off the form that person believes, the phrase, "Peace not Pieces" can be interpreted in several different ways, one of which is what I wrote about above. Secondly, the phrase can mean to someone that peace has to be kept for man kind (or women kind) for them not break into pieces. If war, not just religious war, but war in general continues, we won't be here to find out the statistics. With the increase in technology, it is inevitable if war is constantly occurring. For example, right now, in Iraq many many people are being killed. Not necessarily soldiers but many civilian casualties. There, peace is not there and people are being blown to pieces. It is the circle that continues on unless we people do something about it.

The Circle begins with peace. Peace is what we all started with. We were born into this world, first as peaceful beings, then we started crying. We started crying because we could sense the hatred, & violence, & pieces around us. We could feel it we joined it. Today, we are older. We know right from wrong and wrong from right. We try to keep the peace because that is what we really want. The violence and hatred will come. It's time to be at the top of the circle will come around again but it is up to us to keep it short. Short enough to hopefully not even to notice it. Violence and Hatred are the pieces. Peace is peace. Remember, "Peace not Pieces."

By Samneet Chepal , Age: 11 - Vancouver, B.C.

Peace is a state of ending negative things. Peace is a state of harmony between other people. Peace is calm. If everybody in the world could follow these simple things the world would be a wonderful and peaceful place to live. Baba ji tells us to do these simple things. You should follow God's guidance because God does so much for us. This is a great way to say thank you to God for all his blessings and things he gave us in our lives. If everyone followed peace there would be no more guns, blood, terrorists, robbers, murders, wars, and other negative things and thoughts. Peace has many meanings. Peace may refer to an agreement to end war or to a lack of warfare. Inner peace refers to a state of mind, body and soul, which is said to take place within our selves. A widely used symbol for peace is a white dove carrying an olive branch in its beak. When we say peace not pieces that means that we have peace within our selves and towards other people. The pieces are that which destroys the peace within our selves. That is why peace is so important. If we follow peace in life you will be a successful person. Peace is a tool, which we use in life to make our lives pleasant.

Cooperation + Tolerance = Peace.

By Rahul Krishnani -15 Years Old - Los Angeles, CA

God has created each human being in a unique manner. Though at the core he has ingrained in us the characteristic of love, human forget this fact when they become unable to look beyond physical entities and materials. These distractions, says Baba ji, are petty and minute though they are able to tear humans apart. Religion, for example, which should unite, instead becomes the tension for bloody wars. All these distractions on the surface, it is regretful that the human does not look beyond the surface to see who he really is a person capable of love and affection.

Many people question whether we can ever achieve peace. Peace, in the context of our world, is temporary. After World War I there was peace and after World War II here was Peace too. But what kind of Peace was this one country asserting it's power over another and the other country being too weak to react. Peace, we can say comes in different forms. Baba ji says that Peace occurs only when people love. Such a simple concept love is and yet we do not adhere to it. It is the invertible, undeniable instinct of the human to insatiate himself with power and riches; and Baba ji wishes for us to conquer that. Peace is not something singular rather it is omniscient everywhere and at every moment. Perhaps, love really is the key to Peace. Let there be love between nations, between people. Love, only, can bring the human out of this shell of greed and distractions because love is Universal, genuine and eternal.

Peace can be realized by human alone. It cannot be forced upon us. When Baba ji speaks, we hear, but do we listen? Do we feel the words come in through one ear and slip out the other? It is sad, at times, that the supporter and advocates for peace are killed. Mahatma Gandhi tried to unite his people, instill in them that they were Indians, human beings before Hindus, and Muslims and despite his nobility he was shot. It is our duty to apply what Baba ji says because his words have the ability to make a change. However, the mind of the human constantly has the ability to deny the validity of his prose.

It is indeed tonic that humans, who create religion, who create technology and weapons, fall pity to their own illusions. It is ironic how humans divide themselves. Many people say that Baba ji's preaching of love are too simple, but have human succeeded with their complexity. Perhaps the key to unity is hidden under the complexities, maybe something primitive, something old, yet powerful and what is this tool! Love. Would anyone have guessed that this was the key? Not only that it is a key now, but that it has always been the key. Sometimes I look at the human race with deep sadness. What do they expect wars will solve? What has any war solved? It is almost as if we're trapped in an endless cycle of being distracted by such petty difference as the color of our eyes and skin. Conflict only breeds conflict; violence only breeds violence; but love? Love breeds love.

Baba ji once said 'Love is the only commodity that does not diminish by dividing.' We have our Guru in front of our eyes why not listen to him? Give this, precious gift to other? Why don't we accept Baba ji's teachings? How can we make the dreadly mistake of not trusting God's messenger? We look for the books, we go to the libraries, why not go to the source of wisdom, Babaji? Can it be that harmful? Are the humans afraid of peace, a suppression of their desires to feed and conquer others? What humans do? There is no outside force that controls this power hungry human behavior, but there is spirit that breeds love, that encourages love: God the spirit of all things.

Peace comes from one source and only one source: God. Let God's messenger Babaji, be our guide in finding peace. Peace can be accomplished through love, that is fulfilled in us all, something that we can find within ourselves. Let us disconnect ourselves from materials .

When there is that one intangible characteristic that puts peace into the human race. All hail the power of love. Love from the One, love for all. Peace, not pieces; internal peace, eternal enlightenment. People spend year trying to find the panacea to life's problems, but here it is love, love, eternal love, and love for everyone.

By Sanjeev Sagar - San Ramon, CA

Why Baba Ji is teaching this to world? Simple, because peace is not there in world, countries, state, cities and in homes. Everyday newspapers and headlines are full of pieces, which result in devastating effect on general people lives. So why in the world, peoples are heading for wrong direction? Is it too difficult to achieve peace?

As per my understanding from Baba ji message and teachings: first step of achieving peace is with-in yourself. Peace is that kind of stage where body, mind and soul are at complete rest and in full harmony. This stage is also known as experiencing Divine Love, which I consider the aim of human life. The knowledge and achievement of this can happen when a person gets GYAN or DIVINE KNOWLEDGE. Baba ji is giving this gyan to every human being.

Once we realize that we or every human is part of Divine or carry Divine spark, then only a person can realize and start living in Divine Love. Once we start living in Divine Love, we achieved peace. Once we achieved peace in ourself, we start seeing divine spark in everyone. Once we realize that we all are same, we become one exactly like a garden full of different color flowers. This can only happen if we achieve peace at individual level in our self. If we don't or if we have pieces inside, then we only create pieces in our surrounding.

I like to illustrate this with a small story. In the time of Moses, one day he was doing his evening prayers in his hut. When he came out of his hut, he saw that there was an old man and he was looking very tired, Moses offered his hospitality and asked him to join him in his hut. Old man agreed and he went into his hut. Moses offered food, water to old man. He ate food and took some rest. He was feeling much better. In the night when it was time of Moses prayer, he asked old man if he like to join him in prayer. Old man denied and said: I don't believe in god. Moses didn't like it at all. He asked the old man to leave his hut. Old man left his hut and move forward. After some time, God came and asked Moses that where is that old man whom I sent to you. Moses replied saying that he don't believe in you, so I asked him to leave my place. God said to him that I was taking care of him from last 80 yrs and you were not able tolerate or keep him for one night.

This story tells us that we don't discriminate people based on religion, faith, color, creed and caste. So the formula for peace is CO-OPERATION + TOLERANCE = PEACE = DIVINE LOVE

I'm so happy that Baba ji gave me this knowledge and I learned that it's PEACE not Pieces.

By Hardev Singh - Chico, CA

In today's world where a brother is killing a brother, where tons of food is locked in godowns and still kids are dying without food, where people are blowing up themselves in pursuit of peace, there is nothing else that this world needs other than peace.

Peace, a simple word but also hard to achieve. Everyone says that all they need is peace, all the world needs is peace, but if we pause for a second and think to over selves "Is peace a thing that we can buy from grocery store or is it a place where we can go and find it?" The answer to that is no. Peace is nothing but a state of mind.

So how can we achieve this state of mind called peace? A very simple answer would be if we evaluate ourselves first and others... Our deeds result into changes in society. If we take responsibility of whom we are and how we behave, this world would be a whole lot better place to stay in.

We have to learn from our ancestors who died fighting wars; we have to learn from political wars such as Iraq war. It is never too late to turn back and do what is right and do what is needed. A very good example would be to take a look into our own history. Right where the world came into existence, and not once it has happened that one race is not fighting over some reason with the other race. In India the people fight over the water which is so silly, because when god created water he did not think that this water is for Bihar or Uttar Pradesh.

Simply put peace is something every one wants but we are far away from achieving it. Let us all join hands and let us all pray to the mighty lord that "Lord I am your servant, I am here to do what you want me to do, kindly give me a mind as pure as your true gursikh would have. Just take me into your arms and lead me through the way where I find the true state of mind." This prayer says it all. If one person reaches that state of mind he can impart the same divine knowledge to all and spread the true message.

"Peace not pieces what this world needs."

By Prafull Lande - San Mateo, CA

“Blessed are the peacemakers for they shall be called sons of God”.

Jesus Christ said this in the holy book, the Bible. Its time for us now to reflect upon this and find out what this really means. Who are these peacemakers?

If one looks into a dictionary, there are many meanings of the word peace. The one that relates to spirituality is “Harmony”. A harmonious relationship of one human being with another is what peace is really about. It is such a noble idea, so still why don't we see it around is? What makes it so difficult to live in harmony, and in peace?

The answer to the above question lies in the fact that we see the world as a distributed system. We see people as black, whites, Asians. We see people as Hindus, Muslims, and Christians. We focus our energies in breaking people in pieces by cast, creed, color and religion. Breaking a complex problem into “pieces” might be a good idea in solving a mathematical problem, but the same does not work with human relationships. Here spirituality comes to the forefront. The first rule of spirituality is to seek knowledge through the principle of generalization. Let me explain.

We have this one life. Even if I spend 24 hours a day, 365 days a year through my life seeking knowledge of every particular entity of the world, I will not succeed. For example, if I want to study just water, would it be wise to take each drop of water and study it until I finish every droplet of water that exists on the earth? That would be a foolish idea. I know that water that exists on earth can be generalized to a single water molecule and studying one water molecule gives me an idea of all the water that exists in the entire universe.

As you can see, the rule of generalization helps me gather knowledge quickly. But still, there are so many other things to know apart from water. How am I going to do all that in this life? Here the Vedas, the holy book of the Hindus comes to the rescue. It declares, “ Find out the one by knowing whom, you know everyone”.

This is the highest form of generalization. Is there an entity that by knowing it, every other entity in the world can be known? Yes, is the unanimous answer given by the sages and saints at different times. If one finds a true lord master, he has the power to reveal that entity to the inquirer. That knowledge confirms that whatever that is visible and invisible, whatever that can be seen, felt by the senses is all a reflection of that singular entity that is omniscient, omnipotent, formless, all pervading, eternal that we all call God or Nirankar.

This understanding puts the “pieces” of the puzzle back together. The world that I was seeing had Ram, Mohammed, Jesus and Gautama. Now I see all of them merged together. Ram is the same as Mohammed and Mohammed is the same as Jesus. This realization is the building block of peace or harmony. If I think I will have peace without god realization then that is not possible. In fact, peace is a bi-product of God-realization. A man striving for peace without god awareness can easily lose his focus and lose his belief in peace if he or she faces criticism and violence. His belief could be shaken. At most we can call him peace lover but not peacemaker. But a god realized person, even if he faces hatred, anger and violence while walking his path of truth, love and humanity, it won't affect him. Baba Gurbachansinghji continued his Mission even though his life was at stake. He was a peacemaker in the right sense of the word.

The bottom-line is if we want to put pieces of religion, race, caste, creed and languages together and create a harmonious relationship between them, then it could only be achieved with god realization. Today the Nirankari Mission is spreading this worldwide. Peace and Universal Brotherhood is possible. What you need is a true spiritual master who can show you, “Who you really are”.

By Nishi Bhonsle/Lande, San Mateo, CA

Morihei Ueshiba, the founder of the Aikido method of martial arts said: Above all, one must unite ones heart with that of God. The essence of God is love, an all-pervading love that reaches every corner of the universe. If one is not united with God, there cannot be any peace or harmony. Martial artists that do not unite oneself with this universe in peace and love are merely executing martial combats and not following “Aiki” (Ai-peace and love in unity, ki-with the universal supreme being) This is very true in our day-to-day life too. We need to be united in our minds to find that connection with God, the universal Supreme Being and to realize oneness of our souls.

Einstein's theory of “unified field” has been written again. We need not just follow the principles that “unite us or piece us together” but BE UNITED & LIVE IN UNITY. That's the purest medium to channelise ourselves and our powerful conscience in achieving true, pure peace with oneself and our surrounding environment.

Our life is this maze; jigsaw puzzle and we move one block of the puzzle each day in a dire attempt to achieve success and the perfect center, to make the perfect painting. In doing so, in sorting out these “pieces”, we forget that

those pieces need to be dealt with love and peace and harmony. These are the pieces that link our souls together. Hence we need to remember the supreme one who is our origin and who is in each one of us, as we walk our life, as we count our years. Being careful and respectful of these spiritual thoughts, will always angle us in the path of peace, thus dealing our pieces carefully just as the card master deals the cards in a board game because he wants to win. The only difference between him and me is that he is pushed by an ulterior motive of winning by dividing or hurting and I on the other hand, win by doing good and helping each soul that falls in my way as I follow life's principles. These eventually bring peace to my mind as I only think of good and good that is sweet as nectar that can only sow the seeds of new peaceful era.

We have to recognize how similar we are in order to expand our hearts to others. This is how love and understanding can dissolve the boundaries to keep us stifled as a society and individuals, and keeps us from entering higher dimensions of consciousness. There is no other way to grow spiritually. A lack of love for each other is a reflection of the lack of love for God. When we think in terms of spiritual consciousness, we do not recognize others by their differences, but by their similarities. This is easy when we think in terms of being sons and daughters of the same supreme father. We all belong to the one. Only in this way can we achieve universal love among all the entities and begin to think that we are all related to each other. Once we establish our relationship with the supreme, then we can establish our true relationship with everyone. Our spiritual nature is eternal and so is our spiritual relationship with others. It knows no boundaries of time and circumstances. This central point has to be established in order to maintain balance in the universe, along with the lines of the laws of Supreme Being or the supreme power. One cannot have an economically sustained society without the personal experience of inner peace. Inner peace comes from high intelligence and a self-evolved conscience that believes that laws of nature are cyclic and are ever changing. So one must sit in this cycle and perform his duties, but one's conscience must not change with the cycle but be that soul that trusts in the existence of Supreme Being, he who controls this ever-changing nature, but he who, in himself is poignant and strong and stoic in his nature. He maintains this calm self in wind, sun and rain. So should be the case with us, we, who having acquired this soul and conscience from him; we should strive to remain peaceful and calm even when the miseries of life surround us and dilapidate our lives and homes and break our lives into pieces. Peace can only come by JOINS & UNIONS, by collecting all the pieces strayed away by the winds of time, and by an effort to conglomerate these pieces into a wonderful story that each soul's blissful life is worthy of.

God gave us this beautiful life by giving us a part of his soul, but we made pieces of it because we were not satisfied with 'One', we wanted 'Many'. In our effort to satisfy this greed and increasing need to multiply and evolve, we split people, not following our conscience but our influenced heart and brain. The pieces fell one by one as the splits added and multiplied day by day and during that journey, we lost the 'peace' of our mind and the soul that Divine had imparted to us. What a loss!!!

But it's never too late to mend. 'The Nirankari Mission', through its Satguru of this time, Baba Hardev ji Maharaj, is showing the correct signs and diverting us in the correct path. Time and again, relentlessly, he is tapping our lost self-consciousness and encouraging us to see the Divine Light we have within ourselves.

In essence, we are all consciousness in material form. Consciousness cannot be destroyed. It is the essence of God in each one of us. It is that sublime soul that has always known for peace and to love and live in harmony. We are all spiritual beings, reflections of the Divine. We are not our beliefs, our cultures, our minds, or our bodies. We are all divine souls on a wondrous journey through truth. We have all manifested from God, the Supreme Truth and we are all evolving back to God.

So, while there is this limit of time and while we have the power to act, let us act towards Peace and Unity. Lets collect our souls and our divine thoughts and put them to good use. Lets not break others and our environment into pieces, thereby breaking ourselves in the process, because remember we all evolved from the same supreme. Let the divine soul give us the light, to love and spread peace and harmony for the well being of mankind.

By Ananya Michera, Washington D.C.

A puzzle has many pieces. The more pieces, the harder it is to put together. There are people in the world who enjoy such challenges and attempt to put together such puzzles. Similarly this world is a puzzle, with, many different cultures, religions, and traditions which are the pieces. Our Satguru, His holiness baba Hardev Singh ji is the person who is working day and night to put the puzzle together, to create piece. If we want to keep this puzzle together, then we must glue the pieces. Babaji is using the glue of love to hold us together. We can say "I love you Babaji" but when time comes to put the hatred away and help him with this mission to create Universal Brotherhood, can we not love everyone else?

Going to Satsang every Sunday, and listening to the thoughts of saints, hearing the vichar and then coming home is what I have been doing ever since I was born. Of course I understood what I was hearing after receiving Gyan. Even then, I thought I was hearing the same things over and over again. We end up doing what is repeated to us

multiple times but after going to Satsang for many years, I still have not been doing what Babaji has been teaching us. Most of the times it is my ego that comes in between me and my ability to follow teachings of Baba Ji.

Society is another aspect of many of our lives because we must keep up with the trends of society while living in our spiritual world. Babaji has said that you will not find god any better if you become a sadhu and go to the jungle and has told us to walk with the world but to remember that all of this is temporary. So we buy materialistic things to keep us happy for a short while knowing that this will not go with us when we leave this world. Most of the times it is society that holds us back from walking on the path that Babaji has shown us. If society is what we want to keep up with, then we still have to interact with people of different religions. Many times on the basis of their caste and religion, we ignore them and move on. This again is not creating peace but is separating us into pieces.

Many of my friends belong to Christian religion but even in that religion there are many divisions. I also have friends who belong to organizations who believe that separating them from other organizations will benefit them and their religion which is really separating all of us from Universal brotherhood rather than helping anyone. I was riding in the car to the store when we stopped at a stoplight and I have a habit of always reading licence plates and right under a car's licence plate had two bumper stickers on it. One bumper sticker said 'Worship the Creator, not the Creation'. The other one said "Islam+ Creators of Universal Brotherhood". If the bumper sticker had not said Islam on it, I would have been sure that it was a Nirankari saint's car. This proves that everyone is teaching the same thing but we are dividing ourselves because we do not speak the same language. Babaji always says that humans speak the same language of love. At the annual Nirankari Sant Samagam, not all the saints speak the same language but still that love glows and everyone understands everything.

In our fight to put together this puzzle, and other organizations trying to do the same, we are really pulling the pieces apart. World peace is a dream that everyone wants to see come true but they are ignorant to the fact that they are the reason that this is not being accomplished. Our ego and anger is a big barrier that we have to break to attain peace. We of course need our Satguru to guide us through this because alone we are just one stick that can be broken in a second but together we are bunch of sticks that are very hard to break and we need to be very strong but humble human beings. I am a person who is big on words but very small on the actions. In order to achieve a united world we have to take action and start to do what we say.

Watching my grandparents reading the Adi Granth I have seen that all they do is complete the formality of reading it twice a day but I have always wondered that I have the knowledge that they don't and if they really understand what they are reading. Not only them but many people go around trying to find God when the answer is right under their noses. All they have to do is find a follower of the Nirankari mission and join the Satsang, but you and I know that it is not easy to convince the people. That is why Babaji is trying so hard to enlighten as many people as he can so that they know who they are worshiping.

We want peace not pieces and we need the support of Babaji and all the followers of Sant Nirankari Mission so that we may all unite and follow the Satguru and create Universal Brotherhood and always worship the creator, not the creation. May we succeed in fulfilling this dream?

By Tammana Khurana Age 12 Edmonton, Alberta, Canada

I think there are lots of problems that separate us and divide us as a world. There are three things that take us away from peace and make us pieces. These are our skin color, money and religion. These three start small but grow so large as to start civil wars, wars and so much more. Color is a divider because it causes us to believe that since our skin is dark or light we have more power. It defies how God has made us equal. Many religions including Christianity, believe that humans started with one man and one woman. So if that is true, we are all related and connected, and therefore respect each other.

Money causes so many problems as well. Because of money people are willing to destroy what the lord Nirankar has given us. Not only do they destroy physical items, they destroy all of the values we are given. Money is the item that separates rich and poor. It does very good job at it as well, because we are not given a chance to see who really deserves it and who does not.

Religion, I would say is a huge reason why our world is in pieces and not in peace. Religion is some thing good that we should follow. The problems occur when different religions dislike and argue against the values. In our world today, at this moment this is happening. We see it through Al-Qaeda, the terrorist group from the Middle East. They and other people of their religion argue against values leading to a war. The worst part is that that millions of innocent people are killed because of their religion. I think the worst aspect of it is that people who take their lives do not know the innocent people who they kill. Nobody on earth has any right to take any one's or their own life. Life is a gift from God.

According to me there is only one solution to all of this. The solution is to think in our minds that we are all equal and there is no difference between the ways God created us. This simple solution, if put into everyone's head could change the earth so much that we would really go from pieces to world peace.

When thinking of achieving world peace, we think it will take a miracle. It needs less than a miracle. The hard part is getting past obstacles like money and habits of being racist. This part may seem like the easy part but it is not. To achieve world peace is a simple solution to a major problem that has many obstacles that distract us so much too often. Pieces do not get us as far as a large unified group. To get peace does not only mean calmness, it also means to get so ahead in the future, and we have never done that before. As a giant world full of peace, we will go places and reach measures that we have never reached before. It all starts with one simple solution.

By Arpita Kundal

It simply enthralled me to hear this topic being of discussion today in lieu of its direct relevance to the current situation in this world...A fire is burning and consuming nations altogether in the name of religion; there is widespread violence, because of which numerous lives are laid everyday and has no real reason or base for its occurrence. All this leads me to wonder if there will ever be a day when we will open the newspaper and there would have occurred not a single event in the above categories. Maybe if there could be a different twist and we would hear quite the opposite, i.e. news about delivering peace to this world and all the work being done in that regard, or about spiritual healings being performed or social reforms being done to uplift the morality of the masses. We do hear about 'some' of the good work...however...the little good that is happening IS NOT ENOUGH! Our society today needs a "mass revolution". The 'bad' in society is consuming our society and its power is like an explosive dam that is flooding away the 'little' good that is occurring. We need to re-engineer a different kind of dam that can not only withstand the 'bad' but is of its own force to irrigate the dried up parts of our society or masses.

The basic element that defines a society is 'its people'. We need more 'peacemakers' today rather than people using religion to create walls between the masses, peacemakers that can cement the cracks in our world today. There are spurts of tiny sprinklers of people spreading the peace message through their good work, such as the followers of Babaji, whose essential motto is to bridge the cracks in society created by mankind in the name of religion and use the tool of spirituality and 'pure divine knowledge' to bring it all together and create a beautiful haven on this earth. Babaji's message is to plant seeds of love everywhere...plant compassion, unconditional seva or service of humanity and create purity within our souls. In the Bible it talks about 'love'~Love does not rejoice in evil but rejoices in the truth. It always protects, always trusts, always hopes, always preserves. Love never fails. And now these three remain: faith, hope and love. The greatest of these is LOVE.

Love is the most tender emotion and healing tool to patch any wound no matter how deep it might be, because pure love puts the interest of others before its own, is forgiving and 'endures all'.

This is the utmost knowledge or language the world needs to speak, that is the 'language of love'. It can reverse minds and hearts and create peace and tranquility. It takes numerous small twigs to form a bird's nest and each twig by itself would be useless. Similarly, if each and every small being on this earth could unite, this world would become a 'beautiful nest' to nurture its beings, however a segregated world has no more worth than each individual twig by itself.

The work starts with EACH individual and the starting point is in our homes. When true unconditional love and caring surrounds a home, it is truly a small glimpse of heaven upon this earth, and the baseline building block for world peace. To create such an atmosphere, love and devotion leading to complete 'surrender' to the divine is required. Surrender would mean bestowing our worries and caresses upon this 'Nirankar', flowing in the gentle stream of His guiding waters and constantly praying for self-cleansing and purity of our souls. This is only possible when blessings of divine connection touch us through an enlightened master.

Each enlightened soul walking on the path shown by the Master shall radiate positive energy fields into this earth's matter and attract other people by its virtuous radiance and unconditional 'karma'. This energy field would have 'X-ray' filtration beams to pierce a person's outer body and connect only with the 'core', hence outer castings of a person (color, caste, creed etc) would be meaningless and simply insignificant. The sole purpose of our outer differences was to create this world into a beautiful garden filled with people of different colors and forms, each having its own beautiful and fragrant aroma; however sadly these very 'outer castings' have created such a mess and confusion and division in this world.

So today let us rise above these outer classifications of mankind and create the 'garden of Eden' all over again. With each in-flowing breath, let us cleanse our souls and fill them with compassion, love, and tolerance for others, and shun our futile pride and deception to make our souls pure so this world can transform into a beautiful "hermitage" to reside in and create a living HEAVEN right here amidst us!

By Gurpreet Bola, San Jose, California

The importance of religion is to unite people, instead of separating them according to their race, creed, or colour. Throughout the world, religion is used to encourage happiness and humanity within human beings, while on the other hand, religion is found to be the root cause of many disputes throughout global history.

For instance, the Holocaust which occurred during World War II in Germany took place because Hitler conveyed to the Nazis that they were “racially superior” than the Jews. As a result, by 1945, six million Jews were killed through starvation, diseases, and forced labor. This event in history shows the impact of how different religions or physical appearance can lead one human being to treat one another with violence and cruelty.

Peace can only be established if every soul judges one another through equality, despite any physical or moral differences because we are all children of the same Father. When a baby is born, it doesn't possess any symbol on its body to show which religion it represents. It is only the household into which the baby is born that decides in which religion the baby should be brought up with. In other words, religion was only created by men, not God, as a path towards living in salvation and harmony.

Through personal experiences, I have realized the changes of society in India for the sons of a father who aren't willing to live together as one united family once they individually have maintained their own families. For example, if a father owns a really successful business and has highly educated his four sons, he expects his children to continue his trend. However, if the sons themselves want their own separate houses and separate businesses, the tradition the father began can never last much longer. Thus, if one expects success and happiness in his or her life, the decision to work together, not separately, can play an important role. If the four sons wanted to live in the same household, there would've been peace and success in the family business, but choosing to be separated may lead to failure or struggles.

Constantly Baba Hardev Singh Ji Maharaj has used the quote, “Religion unites, never divides.” Because the nirankari mission has spread the message of working towards peace and cooperation within human beings, it has also warned against separation, or pieces, which can bring destruction in the world if people continue to discourage one another based on religions.



THANK YOU LETTERS

PARTICIPATING YOUTH:

Dear Young Saints of Tracy- CA,
Dhan Nirankar ji,

With nirankar's blessings and encouragement from local sangat we got the opportunity to attend the Youth Conference-Samagam. The conference was innovative and a revolution in itself. The format designed was very impressive and was liked by all the attendees. The topics chosen were valuable and informative. Presentations were wonderful and they contained a lot of knowledge. Essay contest "PEACE NOT PIECES" topic is appropriate for the time. Question Answer session provided authentic answers to many puzzling questions. Motivational session bridged the gap between the youth. Interaction amongst youth provided by such conference will encourage all the youth for more dedication and devotion to the mission.

The conference truly energized all of us. Everyone's hearts danced by meeting fellow saints and conference organizers later materialized this effect by allowing everyone to express their excitement by dancing at the end of a wonderful cultural program. All the arrangements done by volunteers were excellent and to the best of one's expectations. In spite of such good logistical arrangements, all the volunteers were humble and their hearts were filled with the abundance of love for all saints. The support rendered by elders and senior saints was praiseworthy.

Happiness, fun and excellent hands in kitchen serving delicious langar and breakfasts must have had impact of at least 5-10 pounds of weight gain on all the participants. LOL. The picnic was a great fun too.

The feedback meeting after the conference gave chance to all overwhelmed youth to present their views about the conference. No doubt all hearts were inundated with love and only few could resist it reaching to their eyes. We pray in the holy feet of His Holiness Satguru Baba Hardev Singh ji Maharaj to bless us all that we can follow his teachings in our lives as you saints have done and love everybody with same eye.

Thanks and Dhan Nirankar ji,

Michigan Youth: Kitty, Arpita, Sunil, Gaurav, Shelly, Kamlesh, Shubhdip, Mansha, Siddharth and Aakriti.

PARMUKH:

Dhan Nirankar ji

Hearty Congratulations, it was a great effort and achieved very successfully with the blessings of Pujya Satguru Babaji. The report received from youth group is all praises, the way the youth conference was organized, the speakers, the discussions and the question answer session. The participants were looked after very compassionately and the format was very professional. The youth were very pleased to have attended the seminar.

I believe that the younger generation must be encouraged to stay attached to the satsang, and you have opened one avenue to generate the interest, and in the future to have more such meetings and seminars. We appreciate very earnestly the effort that you and your team have put in, and I thank you on behalf of all the participants from Western Canada.

With kind regards
Daljit Sidhu
Vancouver, B.C.

THANK YOU FOR SUPPORTING OUR FIRST WEST COAST YOUTH CONFERENCE!



Celebrating a successful Youth Conference!

Photo by Anu Rai



Happy Birthday Marshall Sanghera!



Breaktime!

Photo By Mohan Sabnani

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