

The Master

A Brief Biography

Thakar Singh was born in a small village in northern India in the year 1930. His mother and father were very devoted to God and the child was brought up in a loving, spiritual environment. At a young age, His father died and Thakar had to work quite hard to support His family.

Thakar wanted desperately to find God. Although He was raised in the Sikh religion, He could not find a practical experience of God and therefore studied many other religions. He also met and questioned countless saintly persons to no avail.

He was the only person of His village to go to college, where He received a degree in civil engineering. For 26 years, Thakar Singh worked as an officer in the Indian government, still continuing His quest for Truth. He was very much respected and sought after because of His hard word and ethical habits. Thakar Singh would tackle difficult jobs no one else wanted to face and often worked 16 hours a day for months on end.

In 1965, Thakar attended the discourses of the living Master Sant Kirpal Singh. After some days and following many questions put to the Master, Thakar Singh received the meditation – the Initiation into the holy light and Sound of God. The young man did not tell His family because He wanted to test the meditation – to check practically whether it was all the Master claimed it would be.

Following four months of sitting in meditation three to four hours daily, Thakar Singh joyously told His family and colleagues His life – long search had ended.

Before the demise of Sant Kirpal Singh in 1974, the Master asked Thakar Singh to take a long leave of absence from His job and to go into intensive meditation (18 hours daily) for more than one year. During this period, Thakar Singh became self-realized, although outwardly He was as humble and selfless as ever.

He was ordered from within to take up the spiritual role as Master – to help suffering humanity all the world over. Accordingly, Thakar Singh retired from the Indian government to work even more hard in His retirement, for the whole world.

Since 1976, He has worked ceaselessly – giving everything He has to provide all comfort and peace to everyone He meets. Almost 200, 000 souls around the world have been connected with the inner Light and Sound.

The Master lives on His retirement pension, never charging or taking money for His services. He also shuns gifts and lives very simply. He is a true torchbearer of love, humility, and simplicity.

Just as one goes to a living dentist to have one's teeth repaired, we must go to a God – realized person to receive the inner connection. All Masters stress they do not connect you with Themselves, but to your own God – self within. Thakar Singh simply wishes to be called brother or friend, as He truly feels Himself to be less than those He Helps.

The Lifestyle Of A Perfected Master

The life and conduct of a perfect Master single Him out as a unique personality apart from the rest of mankind.

He is always a bestower of gifts and never a recipient. He never wishes for the slightest service from His following. He earns His own living and is never a burden upon anyone. All His personal savings, if any, He spends on the relief of the needy.

He does not charge any fees for imparting spiritual instructions. On the contrary, He bestows spirituality as a free gift like any other gift of God, such as light, air, and water.

He is a living embodiment of humility. With all His powers and greatness that co – equal God, He never claims credit for anything but attributes everything to God or to His Master.

He who regards Himself as the lowest is in fact the highest.

He is at peace with all and angry with none. He smilingly forgives all who talk ill of Him and does not pick flaws in others. His love embraces all humanity.

Purity, Godliness, and spirituality flow from Him like shining springs of cool and refreshing waters, bringing life to the parched and arid hearts of the aspirants who joyfully move along the spiritual path under His able guidance.

He does not wear any conspicuous form of dress. He adopts just an easy middle path. His grand trunk road bypasses austerities on the one hand, and forms and formalities on the other. His teaching consists of enunciating natural truths, which sink into the soul. Everyone, irrespective of caste, creed, age, or sex, can practice the spiritual discipline enjoined by Him.

He never believes in, nor performs miracles for attracting people and gaining their credence. He keeps His treasures well concealed in the deepest recesses within Him. He may, if necessity demands, make use of His powers on some special occasion. The disciples, of course, everyday feel the hidden hand of the Master working for their welfare and advancement.

Sant Thakar Singh travels extensively the world over, usually spending six months in India and six months in other countries. He has helped the peoples of Africa,

The Far East, Europe, North, South, and Central America, and Asia. He never takes rest and feels dire necessity to reach all of humanity as quickly as possible.

This information I give is not limited to any religion, it is a universal religion, acceptable to everyone. It is a rejoining or finding of your own personal connection.

Don't believe what I say. Only believe when you find the truth of what I say. I do not make followers but look to everyone as my brother and sister.

--H. H. Sant Thakar Singh

The urgency of the Master's message of Truth is also being carried forward through His appointed missionaries, who are working in almost every country He has toured, as well as branching out into new countries in Eastern Europe, South and Central America, and Africa.

The Meditation

Initiation

Meditation is to find God and then to meditate upon Him. God has placed Himself and the Kingdom of God and everything of this world in this body. We are able to realize God today – not tomorrow, not even in the next moment, but now, here.

The meditation is of the soul. It is not at the level of body and mind. We have been buried under the debris of the negativities of mind and matter. At the time of Initiation we are made to see God, to come in contact with God; that is meditation. Inside we are awakened and inside we see God and we enter in the kingdom of God. As long we are inside, we are meditating on God and as long as we are outside, we are meditation on the world. Whatever we are attending to – that is our mediation.

At the time of Initiation, you are taught the meditation and are given contact with the God- in – Action Power, which is there in the form of Light and Sound. That Light and Sound is not only light and sound but is full of all sweetness, love, peace, wisdom, glory, light and Life. Light and Sound are the main visible aspects of the God – in – Action Power, which can be seen and heard. Other aspects are enjoyable as well.

--H. H. Sant Thakar Singh

The process of Initiation may be conveyed through Sant Thakar Sing personally or Through His authorized Representative or missionary.

During the Initiation, the soul is directly reconnected with her own higher self in the original form of Light and Sound. The process takes about two hours and there are two meditation sittings. One is taught the mediation of Light and also the meditation of listening to the holy Sound Current (or Word, as it is known in the Bible) within. There is also some theory given, as well as a mantra, which is charged with the Power of the Master and which acts as a protective agency when it is remembered mentally during waking hours of the day and night.

There is never any charge to receive this meditation. One maintains his/ her family situation, job, religion, customs, and other worldly connections and responsibilities. It is not necessary to go to some mountain or into seclusion to find God. In fact, the Masters have always stressed “man- making” – to fully carry forward one’s outer responsibilities and side-by-side maintain the spiritual path. The meditation is quite simple – young and old alike, can enjoy.

To receive the holy Initiation, the following requirements are requested by Sant Thakar Singh:

1. One is to give up totally the eating of any meat, fish, fowl, and/ or eggs and also any by- products of these. *For further clarification you may read the chapter "Ethical Living"*.
2. All intoxicating drugs and liquors are prohibited. This includes marijuana, hashish, opium, beer, wine, etc.
3. The smoking of cigarettes is also prohibited.
4. All other forms of meditation are to be discontinued and the aspirant is asked to meditate three hours daily. At the time of Initiation, all past actions (karmas) from all previous lives are burned away by the Master Power, leaving the soul unburdened. However, we still carry past life impressions, which are burned away by the holy meditations. Obviously, the more one can meditate the purer one can become. Eventually, all vices such as negative ego, attachment, lust, greed, and anger, leave and are replaced with a sweet and Godly love. The destiny karma of this life is mitigated, through the grace of the Master so that the life of the initiate is very much protected and charmed, so to speak.

At the time of death, the Master appears inside to take the soul to the higher regions. The more we meditate in this lifetime and become purified, the higher will be our ascent into the Beyond, until ultimately we merge as one with the highest Lord.

5. All forms of psychic and spiritual healing are to be totally discontinued. This includes the using of crystals. Also forbidden is tarot cards, faith healing, channeling, rebirth, the laying on of hands, black magic, voodoo, juju, witchcraft, etc. these practices are harmful and debase the soul. They also interrupt the destiny karmas of all persons involved and are dangerous. People who claim to be channels to God are actually channels to negativity and stand between God and the person they feel they are healing. It is a fact that spiritual healers end up diseased and crippled after some time and also suffer great mental torture.
6. Any form of breathing exercise is also forbidden. This includes kundalini, pranayama, hatha yoga breathing, etc. these practices awaken latent and extremely harmful negative energies. One may practice the physical exercise of hatha yoga but the Master recommends instead we grow a vegetable garden and fruit and nut trees and share our produce with others. Fresh air and sunlight are quite healthy and serving others can never be underrated!

We are to grow food and make it freely available, at no cost, to everyone.

--H. H. Sant Thakar Singh

The Mission

Worldwide

There are two aspects of the Mission of a perfect, living Master: the spiritual and the physical. The spiritual duty of the Master is to give eternal salvation and sweetness to any soul who wishes it. This is through the process of holy Initiation. This is a gift freely given only through His mercy and grace. There is no contract to sign or any charges. Love knows no burden or sacrifice. Love gives and gives and gives with no thought of reward. And, this is the Master...

The physical (and also spiritual) aspect of the holy Mission is to help people to become better human beings through the process of man making. This is done through meditations and selfless service. Though the Power of the Master is unlimited, the physical Master is one. He comes with His crew to help the suffering humanity.

Everyone who works in the Mission is volunteer and serves from the heart, due to the practical experience and great help he/ she obtained from the goodness and grace of the Master.

Since 1976, year- after- year, Sant Thakar Singh has toured our countries, giving tens of thousands of discourses; initiating scores of people; offering advice and condolence to thousands; comforting the sick and down- trodden; singing sweet Indian classical music to young and old, and just giving with every drop of blood and breath. During these tours, He has also built up the organizations, which are now flourishing in every part of the globe. These organizations are purely service- oriented and are never for personal gain. The name of Master organizations in the U.S. and Africa is Kirpal Light Satsang. In Europe and New Zealand His crew is called Kirpal Ruhani Satsang; while in the Spanish- speaking countries it is Ciencia Del Alma (Science of the Soul).

In 1988, spiritual history was made when Thakar Singh toured six South American countries and new countries in Central America. In the spring of 1989, He toured the Far East for the first time and also 12 countries on the African continent in the fall and winter of 1989- 1990.

You may read the full account of the Tour of Africa in the Kirpal Light Satsang August, 1990 Newsletter.

Manav Kender- Man Making Center

The idea of the Manav Kenders (man making centers) came from Sant Kirpal Singh and has been carried forward by the present Master. The Manav Kender gears towards self- sufficiency through farming. It generally is located in

a quiet, rural area on at least 20 acres of land, though the amount of land is really not a prerequisite.

At the Manav Kenders in India, which now total six throughout that country, there are Lighthouse Schools (ideal moral education schools), retirement homes, spiritual libraries, dairy farms, Western guest quarters, and agricultural farms.

In Europe there is a Manav Kender in Malaga, Spain and in the U.S. there are two on the West Coast, with hopes that soon one will also be established on the East Coast. In Central America there is Manav Kender Thakar Mexico and also Manav Kender Panama.

The lighthouse Schools are the hope of the Master – that the children may be educated in a spiritual environment and may grow up to become fine citizens to help other people worldwide. Along with academic education – there is meditation, Indian Classical music, the growing and caring of gardens, herbs and orchards, as well as practical, technical and mechanical skills, which are given and taught to the children. In the ideal Lighthouse School, the children will grow up with true compassion and will not have anger or other vices. They will develop into strong Ambassadors of Truth.

Ethical Living

Ethical life is the stepping-stone to spirituality.

... Sant Kirpal Singh

The Vegetarian Diet:

Physical reasons why not to eat meat

Meat-eating societies have been created by man. God never intended for us to eat meat. During the past 20 years the United States and Europe have shared the nefarious title of being the largest consumers of animals in the world. Perhaps this could be the main reason as to why we also have the highest amount of people per capita in prisons, mental institutions, and hospitals and why we have the most incurable and horrible diseases in the world. We question third- world countries, where the people are illiterate and live simply, but there is actually very little disease there – especially where the people are mostly vegetarian.

Today, the consciousness of the people has been somewhat raised in that they are aware it is wrong to torture animals in laboratory experiments but these same people have no understanding when it comes to actually eating them!

God is all mercy, love and grace and cannot bear to see how abuse and tortured the animals He has created have become. One of the 10 great Commandments given to Moses was “Thou shalt not kill.”

The cattle industry has, in recent years, become one of the largest and most wealthy industries in the U.S., if not the world. It also is a powerful monopoly in the food business. Another powerful industry is health care – hospitals, pharmaceutical companies, doctors, and health insurance. Is there a direct correlation between these two industries?

Most of the animals living today in the U.S., New Zealand & Australia; The far East; Africa; China; Russia, and Europe are grown for eating purposes. All animals raised for consumption – cows, pigs, sheep, chickens, and even some fish, are grown in an artificial environment, often in small, confined holding pens or cages. They are crowded together and fed grains that contain chemical stimulants to make the animals grow abnormally fast and synthetically fat. The muscles and tissues of the animals are pumped up through the effect of these chemicals. Most of these poor creatures never see the light of day. Chicken’s beaks are cut off so they cannot peck each other to death, due to their miserable living conditions. Their wings are also cut so they cannot fly. When their death sentence is issued, they are put on a conveyer belt and the head is pulled off. When it is time for slaughtering the poor cows, sheep, pigs, and goats, they are shipped by truck or train boxcar to various slaughter/ packing houses in the country. Upon reaching their destination, the innocent creatures are herded into holding pens and crowded together to await execution. Of course, these animals are not dumb. They can feel, smell and hear the fate they are about to experience.

In this complete state of terror and panic, the animal secretes deadly hormones into its nervous system, which are pumped into each muscle of the animal. Tortuous death is either by a bullet to the brain, electrocution, or the throat is cut.

When the animal is butchered, certain other hormones, chemical dyes, and preservatives are allowed to be injected into the dead flesh of the animal so it can stay in the meat counters a longer period of time without rotting. The public has been warned due to the contamination of our oceans and because of the dyes and preservatives used in the meats.

There are two easy ways to become a vegetarian:

1. Visit one of these slaughterhouses.
2. Try to butcher a live cow or sheep yourself and eat it.

We are walking on a double-edged sword: ingesting deadly and carcinogenic hormones, chemicals and dyes that either the animal secretes itself, has eaten, or is injected with after death.

All meat eaters suffer horrible nightmares at one time or another. Perhaps this is one reaction to eating meat.

No animal will never willingly offer itself to you for slaughter, but fruits, nuts, vegetables and grains change to a beautiful color and drop automatically when they are ready. Most also reproduce themselves spontaneously.

It takes about two acres of grain to produce one beef cow, whereas 100 human beings can be fed using the same amount of grain. A vegetarian diet is cheaper and has more variety. Vegetarians are usually very healthy, suffer little dental problems, have more energy, and look fresher and brighter than meat eaters. With the ingestion of more living foods, lethargy decreases and energy increases, constipation ends and disease diminishes.

As far as protein content goes, we have been propagandized to think we need more protein than we actually do. Simple alfalfa sprouts have more protein content than meat. Sprouts are a living food to give vitality and energy – meat is totally dead and useless.

Interesting that most animals people eat – are vegetarian themselves! The strongest animal in the world is the elephant and it eats leaves and grasses only.

The Vegetarian Diet

Spiritual reasons why not to eat meat

We have turned murder – hunting and fishing – into a sport, and have no feeling or understanding. Dead flesh has a heavy composition and carries a great karmic burden. The person who pays the price is the person who kills the animal and the person who eats it.

Man's body, with all the five creative and component elements (earth, water, fire, air and ether) in full activity, is valued the most. This is why he tops the list of beings in the creation and is considered next to God – his Creator.

Man's killing of his fellow man is considered as the most heinous of crimes, which merits capital punishment or the death penalty on some countries.

The next highest value is placed on quadrupeds and beasts having four elements in active operation in them. The fifth, ether, is almost absent or a negligible portion. The wanton killing of an animal entails a penalty equivalent to the price of the animal in question.

Then comes the place of birds, with the three active elements of water, fire, and air in them. Hence, they are considered of nominal value.

Lesser still is the value placed on creatures who have two elements active – earth and fire – reptiles, worms and insects – which are killed and trampled without the least compunction, as no penalty exists in their case.

Least value is placed on roots, trees, vegetables, and fruits, in which the element of water alone is active and predominates, while the remaining four elements are together in a dormant state.

Thus, karmically considered, the vegetarian diet constitutes the least pain – producing diet. Man, by partaking of this type of diet, contracts the least karmic debt. He is, therefore to be content with this type of food, so long as he cannot dispense with it, and take to something that may involve no consequence at all. Our diet should not contract for us unnecessary karmic debts that may be possible to avoid by a little care.

Eat less and remain happy

Ethical Living

Helping Factors

God has created us all. All of us are embodied souls. Soul is of the same essence as that of God and God is in all of us. We should, therefore, love one another. That is what Saint Paul taught all His life.

A Master Saint always enjoins:

1. Love and reverence for all creation – from highest to the lowest.
2. Observance of non – violence, even in the depths of the heart.
3. Truthfulness.
4. Non – injury of one’s feelings by thought, word, or deed.
5. Kindly treatment towards all.
6. Cheery temperament.
7. Faith in the innate goodness in man.
8. Avoidance from giving bad name to others.
9. Non- indulgence in slanderous and amorous talks and idle pursuits.
10. Avoid accusations, for they boomerang with greater intensity.

A person with a virtuous life will never entertain any evil idea against any person and never lose his temper and get excited. Such a one gets longevity in life. The life process is calculated by means of breaths. Normally, breathing is going on very rhythmically – some 10 to 12 breaths per minute. When a person is in a paroxysm of rage and is excited, he takes 20 to 23 breaths a minute. Thus, there is a veritable truth hidden in the saying that good deeds or virtues prolong life, while evil deeds or vices shorten the span of one’s life.

Remember, you may even do meritorious deeds, but if you do not live a good moral life you are nowhere. Try to live by the precept of the Master. Then alone will your words have weight.

A Godly person is possessed with a right mind and a right heart. He has both within and without a perfect spring of peace. His dealings are fair, open, and unquestionable. Truth springs from the very bottom of his heart.

In a nutshell, we have just laid the five fundamental truths on which we can build a wonderful mansion of spirituality. These are:

1. *Non – violence in thought, word, and deed.*

2. *Truthfulness.*
3. *Chastity*
4. *Love for all and hatred for none, irrespective of position, wealth, or learning.*
5. *Selfless service – physical and financial – and a willing share in the joys and sorrows of others.*

Those who will follow the above will enrich their lives here and hereafter. They will control their mind and outgoing faculties by coming in contact with the living Word of God through the living Master Saint.