



FULL CIRCLE

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Where to begin.....before I was born, or this present moment now, or when I initially met Master Sirio Ji. This is the first time that I have tried to write a book; under normal circumstances I would never even attempt it, as I am dyslexic. Walking about for days thinking how to put all these experiences into some sort of order, a message seemed to convey “do not worry the book has been written already” so the Masters have been helping me. As I was having so many blessings, Master Sirio thought it could be helpful to others. Now I realise what an enormous privilege it is. Thank you.

We all have different needs and different levels of consciousness. Being on a spiritual path is certainly not a competition. I will try to convey some of my experiences

BIRTH

I was born on June 29th 1942 in north Yorkshire England. An only child to lovely unconventional parents, they liked to party and argue, I used to think my role in life was to stop them killing each other. When sober they were very kind. My Mother grew flowers just to give to other people, she seemed to know when a new baby was born, or a husband had died, or a pet was missing, it was my job to deliver the flowers to people that I had never met, so early on I was shown many sides of life, I am forever grateful to them.

I was born with great difficulty; one of my legs was shorter than the other, which caused me pain all my life. In 2001 after a long operation on my hip, I looked down at myself on the operating table, it felt like the most beautiful place to be, no hypocrisy, no separation, just loving kindness, an emptiness and a fullness at the same time, words cannot describe it.

Another memory was when I was lying in a pram in our garden full of flowers. When a large furry bumblebee flew in and buzzed around my knitted bonnet, the vibrating sound was very comforting.

The next main event in my life that I remember was when I was 2years old. The war was going on, for safety they sent me to stay with my grandparents in the highlands of Scotland. This was my first journey taken alone, on a train.

Another memory was when I was about 4 years old back in Yorkshire. My uncle woke me in the middle of the night and took me outside, it was cold and dark, and his arms were strong and warm. He told me to look upwards, there I saw the most magical sight, a sky full of twinkling stars, I was so happy. They told me in the morning I went running outside to see the stars, but of course they were not visible, they said that the stars were still there, but we could not see them in the daytime. Realisation dawned that must mean there are lots of other things that are out there but we cannot see them.

So on the early morning of my Initiation into Sant Mat, on November 2nd 2014,

while I waited outside Masters wooden house, looking up, I saw that the sky was once more full of twinkling stars, it was as if my life had come full circle. At last I was home.

When I was about 6 years old my Mother and her sisters took me to the circus, a rare treat, but once inside the tent, my heart sank with the smell of fear, feeling sad for the animals, the clown looked happy with his painted smile, but when he came near his own mouth was turned down and he looked lonely. I cried all through the performance. My Mother was very cross as the other children were clapping and shouting with joy.

When ever my Mother took me to the shops, I used to thank all the staff, she said not to do that, as it was their job and they were paid to be there, but I could see how one of them had sore feet, and another had to get home to her sister etc. Years later I noticed that my Mother always thanked the staff in any kitchen where we had eaten, so I still do that today.

My Mother was always kind to the Gypsies, she gave them water and food, so they came often. My parents had a place in Spain, where I was allowed to stay up late into the night to watch the Gypsies dancing. One of these woman held out her beautiful young daughter for me to hold, I was sixteen at the time and she was about 2years old, she had dark curls and blue eyes, we were instantly easy together, my poor Father was furious and said to give her back, the mother insisted that I take her back to England, my Father won so I reluctantly handed her back, I often wonder what became of her.

So this thread of travellers has been part of my life. In 1993 a lovely Gypsy woman asked if I would teach her daughter to read, I said sorry I was not a teacher and found reading and writing difficult myself!! She waited patiently for my excuses to end then said " it is you that I want " so each week she pulled her daughter to the library, where she sat with her fists on her chin refusing to do anything. In the end I asked the universe for help. The answer was to copy everything the girl did, do not smile, look cross and board. The next time she came I put my hands on my chin, in no time at all she said she did not like me that way, and soon we were learning together. Today she is married with children of her own. So for nearly 20 years I helped travellers and they helped me to do the very things that I found impossible at school. Always when I asked the Universe for help, unconventional solutions would drop in.

Some parents did not know what to do with their 7 year old son, as he would only sit under tables and in cupboards, so I decided to join him in the small space under the table, he did not like me being there, so I said we have a big problem as I am not going to move, after some minutes he decided to sit at the table, apparently he has been fine ever since. All thanks to the Universe.

SCHOOL

When I was ten years old I was sent away to boarding school (a strict Convent) where their ideas and mine clashed, I learnt about hypocrisy and fear. It was as if I did not know the rules for this life, I still do not know. I respect all religions and none, this just happened to be a convent. We are all capable of such blunders. I am still grateful to the nuns; often the people who cause us the most difficulty are our greatest treasure.

As a child I seemed able to read people and animals (but not words) I would innocently say things like “do not worry your brother will get better” or “sorry you are homesick” or “the car will break down soon” I must have frightened them, while I thought everyone knew these things.

The French nuns did the teaching and driving, while the Irish nuns made the meals and did the cleaning. One day I said why did they not change places, so the French nuns cleaned the toilets? This did not go down so well.

Every now and then a tramp called at the school, he had happy blue eyes and smelt of autumn and carried all his possessions on his leather belt, the nuns carried their keys and crosses on their belts. The nuns used to hide the silver when he came; I tried telling them he only wanted a meal.

The school was on a hill over looking the sea. Often in storms the birds would be blown into the windows, running outside I would cradle them in my hands and soon they would recover, but one day a nun saw what happened and said I was the devils daughter as she thought the dead bird had came back to life, but the bird was only concussed. Unfortunately they locked me in cupboards, sometimes over night and hit me with rulers. I knew they were nice people, but what they did was wrong. So by the time I was sixteen years old, I refused to go back to the school. I had had enough of God and religion. So the years went by and I made many mistakes. I was still seeking something, always feeling incomplete, feeling separate, thinking there must be more than this. Eventually Buddhism and a spiritual community in Scotland helped me. While I was at Findhorn Community, I was lucky enough to spend a day with a man from Slovenia. He went around the world asking Mother Earth to forgive us for destroying her, by polluting the water and soil etc. He said he would show us how to go inside a plant and ask for forgiveness, at this point I thought that was a bit extreme for me!! It was winter so all the plants looked like shrivelled up leaves

He asked us to imagine our energy going through our body out through our feet into the soil and up through the roots and into the main stem of the plant. Well I was completely stunned, to find myself in a sort of cathedral, full of light fresh green and yellow colours, in a sort of cellular structure, simply beautiful, the plant must have been getting ready inside itself for spring. Even as I write this it seems impossible, but I know it to be true.

Not until I met Master Sirio Ji did all the pieces of my life slot into place perfectly, now at last I am Home.

Many more wonderful and important events have happened in my life, the most special being the birth of four sons, but I am trying to stay with things that might or might not be helpful to others.

Grandma had a large influence on me. She used to say: "Do not look for God in any building, because he is not there. He is in you and in everyone else". She also often said: "You can only wear one pair of shoes at the time" and " never think of yourself as better than others and do not think of yourself as less than others, as we are all equal".

DEATH

When my Mother died in 1984 I was busy with funeral arrangements. About five days after the funeral I was so tired, I remember just sitting down and in my mind saying sorry for all the misunderstandings, when all of a sudden the most blinding brilliant white light was all around me, tears just poured down my face. Such peace and warmth, complete bliss! I wanted it to last forever.

Years ago we went to visit our sons, they are all scattered about America. One son looked very ill, he said his feet were sore; he had cut the sides of his shoes as his feet were so swollen. With much resistance his shoes came off, what an appalling sight, his feet were dark purple, blistered and burnt, his ankles were turning green. As he was driving a truck all day for his work, there was a large hole in the floor by his feet, the heat from the engine was burning his feet. What to do. I just held his feet in my hands and asked for help. When a sort of silver rain fell all around us like silver sparks. A few days later we were completely astonished, as his feet were normal, no sign of damage. We have never spoken of this since, as we did not want to lose the awe and gratitude of the moment. We are forever grateful. Thank you to the universe.

ACCEPTANCE

So the first time I met Master Sirio my heart felt as if it was doing summersaults, it was leaping about in joy and recognition of the truth. I was Home and could now stop searching, tears poured down my face once again. I knew Master Sirios complete acceptance of every one and every thing that was how I wanted to be too!!

Much later these four pieces came to me all of a sudden, I have written them just as they came to me.

1 Curiosity.

I went just out of curiosity, never expecting my life to be turned inside out and upside down! I caught a glimpse of a white beard, a note of a song, when sheets of water cascaded down my face soaking my clothes and knees. After centuries of hunting for the truth, never realising you are it, it is me, I am it, we are one.

2 The book.

As I was handed a book by Kirpal (I had never heard of him) my whole body began to tremble and shake like a young earthquake. Sitting up all night urgently reading, until I came to the part about diet. I then knew no more winter stews, no more Christmas goose, no more clinking of wine glasses, no more omelette or cockles by the sea --- what is happening to me, I am no more – only rainbows, loving kindness, complete acceptance, just stars, nothingness and total responsible freedom.

3 Initiations.

It was a crisp November starry night. Waiting outside your door, never realising the depth of your power. No idea that you would wipe my past clean. White clothes take on a new meaning. You entered through my head, setting my life in balance with the natural law of the cosmos. Only smiles, and joy at the immensity of the new day.

4 Life after Death.

I am all-new. I am you and you and you and you. Instead of greed there is generosity, instead of fear there is courage, instead of jealousy there is love, instead of criticism there is complete acceptance, instead of chaos there is order, instead of loneliness there is oneness. Thank you I am all new.

DIET

After I stopped eating meat, fish, eggs and alcohol. I had a vivid vision in great detail and colour. As if I was looking at a mountain of dead animals, fish, birds, there were eyes, tongues, tails, legs, heads and shells, the smell, blood and colour was truly dreadful. I sobbed at my ignorant actions and vowed never to eat another creature. Instantly the vision changed to a beautiful green field, full of wild flowers, butterflies, crickets, birds, blue sky with cotton wool clouds. Then large white letters appeared superimposed on top of the field, it read THANK YOU!

ITALY

So I had my first trip to the ashram in Ribolla in October 2014. When I was already 72 years old. I was over joyed and maybe a little over enthusiastic, realising I did not understand the rules here either. So I went for a long walk, while I walked along I felt a bit dizzy, then realised that my feet were not touching

the ground, I was floating with everything, I was on the path, I was the path, I was a few feet above the ground and yet I still felt myself walking on the hard ground at the same time. Truly amazing! When a blessing is about to happen I feel warm and peaceful.

One day when feeling warm, I was surrounded by bright light, on my left side everything was normal but on my right side, tables, chairs, people, food, everything changed into beautiful colourful moving particles, all dancing about, but never colliding with each other. This unusual and amazing feeling lasted most of the day, it sounds unbelievable, but I will never forget it. Perhaps I am shown only small glimpses of all these wonders, I would faint away if shown too much at any one time.

A few months ago I had a feeling that said, "Do not worry eventually all paths lead to me. Some people come to me through poetry or singing, some through dancing or whirling, some through tears of joy or sorrow, some through hard work or resting, all ways are fine, because everyone is at their destination already, they just do not realise it "

(I do not hear actual voices, just a sensation that drops into me in its entirety)

BLESSINGS

On September 4th 2015 we had a Satsang meeting at a different house, there were about eight of us, everyone was chatting and happy. One person and I were concentrating on the anticipated Satsang, we were sitting about ten feet apart. While waiting we found ourselves looking at each other, just being patient for it to start. Suddenly I felt I had become the other person, then a feeling like a bolt of lightening came into me, this powerful energy passed from me straight to the other person. We were both astonished, there was only unconditional love. We wanted this feeling to remain for ever. The other person said in all the many years on the path he had never experienced anything like it. All thanks to master Sirio Ji for truly blessing us that day.

At other times when meditating I see Sirio's face, then his silhouette with bright light all around, pulsating with my heart beat, he then becomes bright white light, we merge we are one, all is one, no separation, no division, all is bliss. I am ecstatic knowing that there is only one living breathing entity – sorry for not understanding this before.

My experiences are all so different, sometimes during meditation I feel as if I am sitting in the centre of a flower, zooming upwards into the most dazzling white light, but when I look at the petals I see that the petals are your hands and the hands of all the other Masters holding me safely. I see all your faces, then they merge into one beautiful face then there is only complete acceptance. I am overjoyed.

Another sweet thing happened while I was at Ribolla. I went for another walk (much needed after all the sitting) about 5 or 6 cats were following me, by the

time I reached the gate there were many more cats and kittens. I had no idea where they all came from. I remember standing still watching them and at the same time I became a cat, well a kitten really.

I could feel the hard path on my back as I rolled about, I caught my claws in another cats fur, and my whiskers were so useful just like our hands.

At one point another cat pushed me over, then I must have come back to my own self. Since then when I stand near a person, tree or thing, I seem to become them and loose all sense of myself, which is a huge relief.

One day a Satsangie phoned me to say it had been Kirpal's birthday, I was sitting quietly feeling sorry that I had missed it, when an overwhelming sensation of Peace seemed to say without actual words "Do not worry as every day is my Birthday "

Sometimes when I am saying all my thank-yous, with my arms outstretched to the sky, feeling the coloured particles falling all around me, my heart stops, I bow down to you in deep gratitude and wonder.

MARCH 2016

Weeks before I was due to arrive in Budapest for the retreat, I had a dreadful flu type virus, I have never been so ill. By the time there was only a week to go before the trip, I became much worse, feeling my whole life flash before my eyes, all small details, all large occasions, no event was left out. Then I felt my whole body systems closing down, one after another, kidneys, bladder, stomach, and lungs. My heart was beating very slowly but loudly. All living beings and even dead ones, their hearts were beating in rhythm with mine and the cosmos. Then all became silent and empty. I think I had been shown my own death. I emailed Master Sirio to say I was not well enough to travel, he replied with details of how to make some medicine, which I did. When he said try and eat a little something that was when I knew I would recover. The day before the trip I felt so uplifted still wondering if I would be o.k. It was nothing short of a miracle that I was fit enough to travel, not only that, but I was able

to walk about the beautiful old city and fully participate in the programme. All thanks to Master.

MY MASTER AND HIS MASTERS

I first met my Master Sirio on July 31st 2014 in Yorkshire, England. One glance from him and tears poured down my face, I knew that at last I was home, after many years and many lives of searching here was the ultimate treasure, here was the truth. I was blown away by his first glance I disintegrated into millions of tiny coloured particles all dancing in the breeze, full of divine energy, truly amazing.

From that day on my life really began. I longed to be able to accept people,

situations and things as completely as Master Sirio. All resentments, divisions, insecurities, jealousy, fear and anger etc. all melted away. I found myself refreshed, clean, accepting, I found that most things that used to give me pleasure evaporated into thin air, although I functioned on the surface the same way, I was now detached.

I no longer took things personally, I was able to see the whole picture clearly, and love, peace, gratitude, joy, bliss and grace are now my reality.

I am always so grateful to master Sirio and all his masters for lifting me up out of the muddy waters so that now I see the sun always shining upon us all. We just have to realize that we are not only physical and mental beings, but we are also spiritual beings, and when all three aspects work in harmony with the natural laws of the Universe, then we have enlightened lives, we become a pleasure to ourselves and others, we realise our true self. Self-realization is the reason that we are here at all, to understand that everything is one. Feel the whole of Humanity as our family.

MY MASTER

Sirio Carrapa was born on May 12th 1952 in Borgagne in southern Italy. He lived with his parents and four siblings until he was ten years old, when the whole family moved to Milan. In 1979 Sirio moved to Ribolla in Tuscany where he founded the Sant Bani Ashram.

Where they follow the Sant Mat tradition of spiritual practice known as Surat Shabd Yoga, which is the union of the soul with the essence of the Absolute Supreme Being. The purpose of Surat Shabd Yoga is to realize one true self [self-realisation}.

At the dawn of the Universes manifestation, the dynamic force of creative energy was sent out as sound vibrations from the Supreme Being into the abyss of space. It is still being sent out through the ages, framing all things that constitute and inhabit the Universes.

Master Sirio brings this divine power, this divine energy down to us instantly, through his Darshan [his loving glance into our eyes} and through his Bhajan singing.

Master Sirio's Spiritual Grandfather was Baba Sawan Singh Ji Maharaj. He was born in the Punjab India on July 27th 1858, an only child. He left this world in April 1948. He initiated both Kirpal and Ajaib; they became Master Sirio's Masters and still guide him today.

Saint Kirpal was born on February 6th 1894 and left this world on August 21st 1974. Saint Ajaib [Singh Ji] was born on September 11th 1926 in India, he was a very holy person and lived in the desert of Rajasthan, in 1977 he told Sirio to give Initiations in his name, that it was his destiny. Ajaib left this world on July 6th 1997.

BASIC TEACHINGS OF THE PATH

I see the teachings of Sant Mat [the saints way] as being for everyone whatever religion or none. There is no need to change that, no need to leave ones family or ones work, no need to isolate ones self or wear sack cloth, certainly no need to feel superior, the path is not a competition.

People often feel there is something missing in their lives they are seeking a way to happiness that lasts.

Sant Mat gives an extra dimension to our lives we become relieved of all sorrow, worries, doubts and fears. Instead of becoming angry, we will find it natural to forgive, instead of becoming irritated we will find it easy to be patient, instead of grabbing all that we can, we will work to fulfil the needs of others. We become full of love and joy, we start to see things as they really are, not just the way we would like them to be.

We are trying to unite the individual soul with the Universal soul, then darkness will go and the light will come, we will see reality, the truth.

The natural law of the Universe is inscribed on every cell of our being, the proof is the more we live for others, the healthier our body becomes, the calmer our mind becomes, the clearer our intellect becomes, the deeper our love and wisdom become. Uplift our consciousness above body and mind, then we can see reality from many perspectives, this gives great meaning to our life and gives us self-confidence. We need to do Spiritual practice to raise our consciousness.

There are a few things that we need to do so that we can benefit the most from this Spiritual path.

Meditation, diet and keeping a spiritual diary are most important.

We are advised to Meditate from 4am to 6am each morning, as this is when the energy is at its most powerful at the birth of a new day. Also it is advised to eliminate meat, fish, eggs and alcohol from our diet, instead eat fruit, vegetables, nuts, seeds, cheese and yogurt.

This is not very much to ask of us, as we receive such amazing rewards. The Master is there just to show us the way; we must make our own experience.

Remember no one, is the cause of our misery, accept ourselves completely, so we must be very careful about what we think what we say and what we do, so stop blaming others, just work on ourselves with the loving guidance of a living Master. No one is the cause of our misery, except ourselves so we must be fully attentive, fully present in each moment now.

THE NEED OF A LIVING MASTER

“When the disciple is ready the Master appears”

I am so grateful to all the Masters, going back to the beginning of time. The wonderings of my soul came to an end, when I first met Master Sirio. So my complete attention and love go to my living Master Sirio Ji, because he is the one

who woke me up, he is the one who showed me how to be my very best, by his example he showed that it is possible to see the truth, to be truth, because of his life long sincere dedication, we too can shine like the sun onto everyone and everything. Accept things just as they are, make peace with our monkey mind, be silent and let grace surround us. Learn to make his teachings not just part of our life, but the whole of our life, so we become one.

People ask how will we know if we have found a real Master, look into his eyes, then we will know!!

They never charge for their teachings, they are always humble and never boast of their powers. They never find fault or blame others. All real Masters teach and practice the audible life stream, sound current.

A priest can only teach what he has read in books, the Master teaches from his own personal experience.

Sometime after writing about this, I was just standing in the dapple shade beside our local church, watching squirrels chasing each other. An elderly man, pushing his bike, stopped beside me and asked if I was a visitor. While not a visitor, I explained that I was just admiring the day. He then said: "Oh, that is praying!" He explained that he was a clergyman and started to quote from the Bible. However, he soon got himself into a real muddle, after which he quickly left. Perhaps it is good to experience things for ourselves, not just from books.

Complete surrender to the Master is the only way to liberation. By Surrendering to the Master we gain everything.

We are often prejudiced to certain words like surrender, mystic, master, God etc. We must try to overcome these and stop making divisions, stop separating things, then our practice can be done wholeheartedly and sincerely, then our faces will become a pleasure to look at. We will then become of value to the whole world. We will be transformed into people of light, love and compassion, instead of lurching from one reaction to another reaction, never seeing the trail of devastation that we leave behind us.

We all have the possibility of being the best that we can be.

When we are completely living in this moment now, then there is only love, bliss, joy, acceptance, forgiveness and compassion. We must wake up to be fully conscious in this moment now and listen attentively to what the Master is trying to convey to us all.

We have the tools to achieve this, by repeating the words that we were given at Initiation {Simran} also try meeting up with a living Master as often as possible.

This keeps us on the path of truth and protects us from negative things, and meeting up with other Satsangies also helps.

The word Satsang means to realise complete union with the Supreme Reality, primordial energy, which is, present everywhere.

A genuine Master is beyond all comprehension. He is above cast, creed, colour, he makes no distinction between King, Queen, beggar, good or bad, rich or poor, saint or sinner, young or old, ugly or beautiful, black or white. He accepts us all unconditionally. It is amazing.

There are two ways that we can live, for ourselves or for others. When we live only for ourselves, eventually we wither away and die, but when we live for others and all creatures when we put them first, all blessings and resources just come our way quite naturally. If we give up what was never ours to begin with, then we are filled with contentment, all our deep desires are fulfilled; we know that the source of all joy and security is right within each one of us. Realising the truth must be the most important thing in our life. Truth {God} does not belong to any one country, religion or person. It is the birth right of everyone to reach truth. We must want it beyond anything. To reach truth is our only aim, so we must meditate, meditate, day and night Naam power is beyond our understanding, it is more powerful than lightening. We must be very sincere and receptive truth just wells up in us by the Masters grace. Tears are filling my eyes just by thinking that this is a real possibility for us all.

DARSHAN AND SATSANG

Darshan is a blessing, a blissful experience, a gift from God passed directly to us through the eyes of a realised living Master.

The word Darshan is a Sanskrit word meaning an auspicious glance. In this modern world, many people feel threatened when another person looks directly at them, so they look away. Just relax and know that the glance from the Master is a very precious thing. The Master by his loving kindness is waiting for us to be receptive enough to feel the tremendous power that leaves one speechless, we find ourselves with no questions to ask and no opinions to give. A power so great it can change our lives instantly. That is what happened to me.

Just one glance from Master Sirio and I no longer existed, I became a million particles merging with other sparkling particles, I did not know which was me, I was no more.

To receive this blessing we must want it more than anything we must be very aware, sincere and concentrate on this very moment now and have such a deep longing for our life to improve. For me I try to keep my eyes on the Master even when he is looking at someone else .I do not want to miss what is the most important moment of life, where one just merges with the light, becoming one, no longer a lonely separate being, but a magnificence, while writing this tears are pouring down my face.

Slowly once we see the Masters face in everyone, in everything, it is then possible to have Darshan everywhere from a flower, a tree, and a fish, a child an animal. This amazing pool of love is there for us all.

One day, while sitting in our front garden, I saw a dog approach. It was a bull

terrier. Normally, I am rather wary of bulldogs. However, it walked down our garden path, did not sniff at anything but came straight to my side, and sat down, looking at me with sad eyes. Such sad eyes that I found myself putting my hand on its head. We both looked at each other in a beautiful Darshan. Then it walked off, while its owner apologised. She explained that her dog had pulled away from her and knowing that the dog is not usually friendly to people, she was rather concerned. Strangely, I have never seen this dog or its owner before or after this occurrence.

The other day I took a parcel in for a neighbour. In the late afternoon I was working in the front garden, when I saw a young man walking towards me he had lots of tattoos etc. so I brushed the soil off my hands to greet him but instead of shaking hands he gave me a huge bear hug, a smile and a beautiful Darshan occurred, in thanks for taking in his parcel. We had not met before as he had recently moved in. All thanks to the Masters.

Keep doing Simran {which means remembrance} all the time, while washing dishes, at the dentist, preparing the food, while driving or eating, gardening or shopping. Then we will feel the Grace pouring down all around us, Divine bliss Heaven on earth.

Satsang means being with good companions, meeting up together when ever possible, maybe once a week or once a month, this protects our path, its like a fence around our vegetable garden, helping to keep the rabbits out, keeping out negativity. In Satsang the most important thing is to realize complete union with supreme reality. Satsangies are like the limbs of Masters Cosmic body. In Sanskrit, the word for Sat means unchangeable permanence .The word sangi means one who is constantly in contact. Truth does not belong to any country or person. To reach truth {God} should be our only aim. It is our job in life.

We must be hungry for it. The truth is hidden inside each and every one of us. So do not give up just because it is difficult, just keep going on the Spiritual path.

We are always thinking the answers are somewhere else, somewhere out there. We often think that all the injustices done to us must be someone else's fault.

The answers are all inside us.

The nightmares of what others have or have not done to us, these are our own doing, and our mind creates ever-new patterns to prop up our own ego. So we have Satsang to go to as a haven, this gives us time to seek truth and become responsibly free. When the Divine being rests in us, we become beautiful, this divinity then radiates from our eyes. The eyes are the windows of the Soul.

BHAJAN SINGING

A Bhajan is a devotional song in praise of God; it brings immense peace and happiness to those who sing it and to those who listen.

The word Bhajan in Hindi means sharing.

I cannot hold a tune, singing is not my natural state, but I cannot help but be moved by the love and sincerity of these songs. When I was away at school, my English mistress was from Kashmir and as I was dyslexic she used to invite me into her rooms to help me with reading, and writing. There was always unusual music playing which seemed to relax me so I could then try to read. Only when I heard Master singing did I realize that the music must have been Bhajan singing.

Perhaps Bhajans came into being at the beginning of the cosmos or when a human being has been SO moved beyond his physical self, beyond words.

Then maybe a poem pours out and sometimes a poem grows into a song. When listening to these songs, we too are transported beyond ourselves and a holy atmosphere occurs, this helps to heal all our unhealthy past and we are able to move into a much more wholesome place, into sheer bliss with the living Masters help.

I am aware that in the beginning on this Spiritual path, many of us may find this type of singing alien to our western ears, but instead of being critical and making divisions of I like this, I do not like that. Be patient with ourselves, be sincere, relax and know that what ever the Master tries to teach us will be beneficial in the end; slowly we can accept these sounds as gifts to help us on our difficult way, eventually to Heaven on earth. Luckily we are not judged by what type of voice we have, all he wants is for us to be sincere, attentive, loving and to keep him in mind all the time. So listen to the Bhajans with our hearts and not our ears!!

MEDITATION

We all seem to have an impulse to travel or be somewhere else than where we are now; this impulse is really the desire to find our true home. When we return from these holidays, we are often tired and frustrated. I think this discontentment is trying to tell us that we need to travel inwards to our true home. To visit this place we do not need to book a flight or pack a suitcase, all we have to do is throw away our ego, put an end to self-will and separateness.

When the minds activity is stilled, we see life as it is as it really is. Our incessant stream of thoughts that race along, desiring, worrying, resenting, scheming, competing etc. is preventing us from doing this. If we identify with our body and mind, we are then at the mercy of these thoughts. By training the mind through meditation, we can learn to change old ways of thinking.

Thoughts can only produce the same type of circumstances.

Kind thoughts produce kindness; angry thoughts can only produce angry reactions. So why if they say the kingdom of Heaven is within us and the creator himself the divine spark resides within each one of us, why then are we unable to know this and see for ourselves? Because a serpent of some kind always guards a treasure, as long as the serpent is not killed, we cannot get to the treasure.

The Spiritual treasure that lies inside each and everyone of us, is guarded by the serpent called EGO, meditation and a true Master are the only way to deal with ego.

We often feel inadequate, that something is missing, that we are lacking that we need someone else or something else to fill the empty hole to make us complete, but really we are all perfect already. It is only our perception that causes us to suffer.

All we have to do is look inside ourselves through meditation. No more need to chase after material goods or sensations these only satisfy us for fleeting moments, while enlightenment is forever. I have been lucky enough to visit many places, but I can say nothing compares to going inside in meditation.

For meditation select a quiet room or a corner somewhere, sit on the floor or a chair, it is important to keep our head, neck, and spine straight, so blessings can enter more easily and also it helps to keep us awake! Try to meditate at set times each day as this helps to discipline the mind. It is advised that from 4am to 6am is a good time as this is when the spiritual energy is at its most powerful as it is the time of the birth of a new day. Some people's lives and health may be difficult they may not be able to sit straight for long, even if we are dying and lying down just be sincere and keep repeating the holy names. Sit still, do not even try to quieten our mind, as that may be impossible, just let the thoughts come and go, do not judge them, give no thought to the outside world, or past events, no thought even to our own body, only think of the Master, trust, follow and obey him.

At initiation we are given five or more holy words, keep repeating them {Simran} they then fill our heart and mind, so there is no room for our own thoughts. This helps the mind to rest in the centre of our forehead {third eye} now close the nine doors of the outer world, which are the eyes, the ears, the nostrils, the mouth, genitals and rectum, Remove all attention from these, gather all life currents of the body to the centre between the eyebrows. Then the powers of the soul greatly increase and penetrate the tenth door, this is the opening in the subtle body near the middle of the forehead go through it, dive in and leave the body completely.

From now on we can see our living Master on the inner plains as well as the outer. Now the mind no longer needs to make divisions such as pleasure and pain, joy and sorrow, hope and despair, strength and weakness, riches and poverty. Now the mind can take a perpetual holiday {except for practicalities} the soul is now liberated from all senses that used to trap it. Now we can merge with the light and sound. When all opposites fade away our mind can become calm and clear, we become a pleasure, not only to ourselves, but also to all others. We free ourselves from the tyranny of likes and dislikes, we can enjoy everything and realise the unity in the cosmos of ourselves.

To act wisely we have to be free from anger and resentment. So we need to replace

anger with forgiveness, greed with contentment, attachment with detachment, egotism with humility etc. Blow out all that is selfish in us, extinguish all that is separate in us and realise the indivisible unity in all life. Erase every desire for personal profit, personal pleasure, personal prestige and personal power, and then we can be filled with ecstasy and wisdom.

Treat everyone, everywhere with love and respect, as the spark of primordial love is within everyone and everything. The consequence of violating the unity of life by going our own separate way will cause chaos and confusion.

Greed for a higher salary, a prestigious home, a partner who always agrees with our opinion, all these things cause us suffering in the end.

When we are generous, we can turn anger into compassion, fear into courage, and selfishness into self-forgetfulness. This way we benefit everyone. It is not enough that we walk upright on two legs part our hair, drive a nice car pass exams or wear fancy clothes. These things do not make us human, the capacity to put others first, to forgive, bless those who make our life difficult, these are the things that make us human. By meditating we learn not to be a plaything of circumstances. Stand firm and know that we are one.

VEGETARIAN DIET

I was brought up eating all Gods food with respect. I thought this was fine, until I read a book by Kirpal; his words struck me like a bomb. Instantly I vowed to never eat meat fish eggs or alcohol again. The way of Sant Mat explains that by killing animals we take on their karmic debt and the fear that the animal feels when it is killed goes into its system and so into our body.

If all flowers, herbs, grains and vegetables have a divine spark, it seems that we are still being violent by eating vegetables, but we too need to survive, so we take what seems the least harmful. First we try not to harm any creatures that have five senses known as tattwa, like humans and mammals, then we extend our nonviolence to creatures with four senses all animals then three senses then the insect world has two tattwa which is the liquid state of any substance, one sense is vegetation which is considered to be a one sense life.

So for human survival we take the simplest life form with gratitude and respect. The ancient Masters selected the least harmful substances in karmic terms. Our chief aim in life should be to rise above the animal plane. So a diet of vegetables, fruits grains, nuts and dairy helps to clear our body of impurities and have a clear conscience so we can eventually live in joy and bliss. So take a moment before we start eating to silently express our gratitude to the soil, the grower, the vendor, the cook, and the server, the food itself for giving its life for our lives.

Recently we visited an Aquarium it seemed a sad and grey place full of empty souls. I felt so sorry for them that I found myself standing next to this huge tank, maybe six stories high. I placed my finger gently on the glass and peered into the

dull looking water and said sincerely in my heart that I was truly sorry that they were all trapped away from their families, and I also apologised for having eaten their relatives in the past, and that I would never do it again.

When all of a sudden it seemed as if the lights had been turned full on and the silent tank became alive with movement. A sleek seal swam by, gliding from side to side, backwards and forwards and seemed to smile. Then an elegant sting ray floated past showing off its beautiful patterns then it turned so that its pale underbelly was against the glass just next to my finger, it moved its tiny mouth as if to say thank you, then some exotic flat silver fish about seven or eight came to look, their silver shone like mother of pearl, they had bright green eyes surrounded by turquoise lines, I was overwhelmed by such beauty and unusual colour combinations, and to think such beauty is normally hidden from sight. I am eternally grateful for the experience of these creatures trying to communicate with me. They seemed to accept my apology. They had been given everything they needed for their survival, each type of fish eating different things, swimming at different levels, decorated with different patterns, communicating by different sounds, just like us.

EARNING ONES LIVING HONESTLY

All work is sacred all work is worship. Anything that we do is sacred, a blessed act, if only our ego is left out of it all. It can be difficult to see this in the work place or family life when everyone is pressing all our buttons. Our boss, the company, the work, our colleagues, our partner our children, no one is acting the way we would like, so we must make sure that we ourselves are functioning the way we would like.

Remember that the divine spark, God, primordial energy, universal mother, what ever we like to call it, is present in each and everyone of us all the time, but because we are so full of fear, greed, attachment , anger etc. earning ones living can seem like a living hell, a real burden . It calls for self-restraint. There are some types of work that would be best to avoid like anything that would harm others, animals or the earth, although that is very difficult in this day and age.

At first I thought some types of work may be better than others, then I realised it is more the intention that we do the work that matters. Try to do everything with love and devotion, then all things work out like a dream. The purpose of our endeavour is not only to make a living pay the bills, but also to attain harmony, balance and eventually enlightenment. Then pain and pleasure, gain and loss, work and leisure merge into one, all agitation melts away, leaving just love and contentment.

Thinking about earning ones living honestly, I don't know why but it made me remember a nature programme that I watched. It showed a small crab, a plain simple crab, the film showed how it kept gathering bits of seaweed, shells and

all sorts of flotsam and jetsam, it was sticking them on to its body, after some time it was transformed into a formidable, huge and impressive thing, it no longer looked like its true self anymore, it made me think of us when we go out, putting on fancy shoes, trendy clothes, jewellery ,watches makeup ,we too look nothing like are real selves, no wonder we are confused by each other . Being on this path helps us to see that simple can be best.

RIBOLLA AND THE ASHRAM

There is a grape variety called Ribolla Gialla but the Ribolla that I am referring to is a village in Italy Southern Tuscany, north west of Rome. Where in 1978 Master Sirio bought about twenty acres of land, just near the village of Ribolla. Where he worked mainly alone repairing and building the Sant Bani Ashram {song of the spirit} in preparation for the first visit from India of his living Master Guru Ajaib Singh Ji in 1980 and again in 1984 and 1989 for intense spiritual programmes.

The Ashram helps us change direction from all worldly and material things towards spiritual thoughts and the Master. The Ashram at Ribolla is a very beautiful and peaceful place, it gives us chance to view our lives from a higher point of view, from a different angle, some peoples lives are changed instantly for the better.

People often ask why is there such suffering in the world, why are there so many wars. If we cannot be peaceful even in our own homes how can we expect it to be any different in the world?

Visiting an Ashram can help us to see that we need to shift our attention from this world to our inner self. Cause and effect is what runs the show. If we are loving then only love will come back to us, if we are angry, then only angry situations can come back to us. Do not think it will be easy in the Ashram as there are many others trying to make sense of their lives too, but Master Sirio Ji is there to guide us towards a more fulfilling life so it is well worth the effort.

RETREATS

Retreats give us a chance to view are lives from a different point of view away from the hustle and bustle of everyday life, and to be in the presence of a realised Master, this will benefit us more than many years spent alone trying to understand others and ourselves.

Be aware that ones nearest and dearest may not like us being on the path, they may put many obstacles in our way, they may feel jealous of the discipline of meditation or our new diet will upset their routine, they may feel left out, also being with others on the path will be very challenging, so go with no expectations, be humble.

In Retreat we learn how to still our monkey mind, it has to learn to take second place, so that the soul spirit can take its rightful place and be in charge. The soul helps the intellect to go beyond its normal function of discrimination. Then

we can transcend the mind, time and space will no longer exist for us. What is here is there, what is now is then, no past no future. Everything is here in this moment, we become one with God, free from the burden of existence we slowly become a pleasure to be around.

All things are happening in each moment. Some are getting married others divorced some are in peaceful surroundings while others are in war torn zones. Some are skydiving while others are in prison, some are running while others are in wheelchairs, some are eating with friends while others are starving, some are building their dream home, while others watch their home burn to the ground, some are sunbathing while others are monitoring icebergs some are working while others are sleeping some are being born while others are committing suicide. All these things are going on at the same time every moment with each breath that we take, we are part of all these things.

The Retreat gives us time to review our lives so hopefully we can make more balanced choices in the future.

Every human problem has a spiritual solution.

What ever comes to us, I hope we can accept with joy, what ever is taken away from us, I hope we can accept with love.

All thanks to my husband for his support in many ways.

I am eternally grateful to Master Sirio Ji for suggesting that I write this notebook, it has been a humbling experience. I hope that this book will be of help to others. I am offering these notes in gratitude to all the Masters.

Kay



A SPIRITUAL NOTEBOOK