

Human Unity and Respect for All Life

This Satsang, which coincides with the birth anniversary of Sant Rajinder Singh Ji Maharaj, explores the unique approach the Masters of Sant Mat bring to the goal of human unity. The Satsang centers around Maharaj Ji's often used phrase "Peace begins with you," which expresses the philosophy that to achieve outer peace, we must first achieve personal inner peace through spiritual awakening and realization of our oneness in God.

Welcome

Every satsang should begin with the reading or reciting of an introduction to Science of Spirituality, which briefly welcomes everyone, explains the purpose of Science of Spirituality and Satsang, and gives a brief introduction to Sant Rajinder Singh Ji Maharaj.

Here is a sample Welcome message:

Welcome to our Satsang, or spiritual program, which is sponsored by Science of Spirituality, a non-denominational organization dedicated to Love, Unity and Peace.

This program is held under the direction of Sant Rajinder Singh Ji Maharaj, a spiritual Master who teaches the Sant Mat method of meditation on the inner Light and Sound of God.

Each week our group gathers to meditate together, reflect on the words of the great spiritual Masters, and spend some time with others who share the goal of leading a spiritually enriched and fulfilling life.

Introduction to the Theme

This segment introduces the satsang theme and sub-themes and sets up the readings and other features that follow. The introduction is spoken by the presenter using his/her own words.

The Masters of Sant Mat bring a unique perspective to the universal desire for human unity and peace. Nowhere is their approach better expressed than in the four simple words so often used by Sant Rajinder Singh Ji Maharaj: “Peace begins with you.”

Maharaj Ji says of this approach to unity:

“When I addressed the fiftieth anniversary of the United Nations last October 1995, I gave a very simple formula for world peace. I told them, “Peace begins with you.” Through meditation each person can attain inner peace. That is the greatest tool we have to bring about outer peace. If you are at peace, you will bring peace to your immediate family, your neighborhood, your community, your country, and the world. If you are not at peace, the negativity will also radiate and spread to others. If each person attains inner peace it will not be long before we have outer peace. Imagine six billion people attaining peace within themselves. Who will be left to start and to fight wars? No one.

“True unity begins within each of us—when we develop spiritually we will see the silken bonds of love that unite each soul in creation and our outer actions will reflect that realization.”

Sat Sandesh, September 1996 & June 1995

Today’s program explores the subject of human unity, respect for life, and how each one of us can begin—with ourselves—to become more peaceful, and in so doing, contribute to making the world more peaceful.

This is an especially appropriate theme as we remember and celebrate this week the birth anniversary of Sant Rajinder Singh Ji Maharaj, who continues the legacy of Sant Kirpal Singh Ji Maharaj and Sant Darshan Singh Ji Maharaj of spreading peace and unity through spiritual awakening.

We’ll begin with a videotaped address Maharaj Ji gave to open the Millennium World Peace Summit of Religious & Spiritual Leaders at the United Nations in August 2000.

Video Feature

Video instructions Show the following video at this point in the program. The video can be found on Science of Spirituality Satsang Themes DVD series.

Introduction to the video (to be spoken by the Satsang Coordinator)

None. It was included at the end of the previous feature.

Satsang Themes DVD	
Master	Sant Rajinder Singh Ji Maharaj
Volume	9
Satsang on this volume	3
Chapter	1
Length	5:13
Original DVD Title	n/a

Remodeling Our Destiny

Source: Sat Sandesh

January/February 1989

excerpts by Sant Kirpal Singh Ji Maharaj

Introduction by Satsang Coordinator:

Few people in modern times have had more impact on human unity than Sant Kirpal Singh Ji Maharaj. He was a pioneer of the interfaith movement, and dedicated much of his mission to bringing together leaders and followers of different faiths. He encouraged them to focus, not on our differences, but on our essential unity as souls, as one family under one God, whom we call by different names.

The following is an excerpt from his address at the First World Conference on the Unity of Man, held in Delhi in February 1974.

Sant Kirpal Singh Ji Maharaj:

It is said that "East is East and West is West and never the twain shall meet." That may have been true at one time or another, or for the author of the dictum, Rudyard Kipling; but certainly it carries no weight with people of God in the present scientific age, when distance and space are fast losing their significance, and efforts are being made to establish interplanetary contacts.

The various countries of the world are just like chambers in the House of God, housing different nations. Distinguished from one another by geographic, climatic, and historical conditions, facial contours and complexions, languages and dialects, diet and apparel and modes of worship, all people conditioned by these divergent factors form the great organic whole called humanity.

With all these seeming differences and distinctions of color, creed, and caste, and these diversities in their modes of living and thinking, human beings essentially and basically remain human in outer appearance and inner make-up. Unity already exists in the human form, since each one is born the same way with the same outer and inner construction, and each one has a soul which is of the same essence as that of God. We are drops of the Ocean of all-consciousness, whom we worship as the same God, calling Him by different names. Holy ones say that the human body is the true temple of God, and that He resides in the temple made by Him in the womb of the mother, and not in temples made by human hands, and that the human form provides us with a golden opportunity to realize Him.

Man has three aspects: a physical body, an intellect, and a conscious entity. He has progressed physically, intellectually, and in the technological sphere; but despite this, he is unhappy and has not developed spiritually. He has developed his head and not his heart, and his scientific knowledge is misdirected to fiendish malevolence. It has created a spiritual vacuum.

In the absence of any positive thinking we are morally regressing, and in this sad predicament we cannot have lasting peace. Guru Nanak therefore prayed, "O God, the world is aflame and has passed beyond our care. Save it by the means You consider best."

The problem before us is how to bring about a change in our hearts and effect an inner conversion so that we can see truly and clearly and learn to discriminate between truth and untruth. Since this lies beyond the scope of body and intellect, it can only come about through an inward illumination of divine wisdom in the sanctuary of the soul.

Maharaj Ji's Human Unity Efforts

Source: Sat Sandesh

December 1999 and subsequent reports

A report on Maharaj Ji's human unity efforts

To be read by Presenter:

“Peace begins with you” is not just a high-sounding ideal, but is a dynamic and practical force in the lives of all who seek peace for themselves and for this world.

For models of this approach to unity, we need look no further than the great Masters of the Sant Mat tradition. Sant Rajinder Singh Ji Maharaj has worked diligently since his mission began in 1989 to foster peace through spiritual awakening. Through conferences, tours, publications, and many other avenues he has worked tirelessly to bring together people of all faiths to promote mutual understanding of our oneness at the level of the soul.

It seems pertinent today, as we consider this theme and remember his birth anniversary, to review some of the highlights of his many efforts in this area. These include:

- As president of the Human Unity Conference, Sant Rajinder Singh Ji Maharaj convenes an annual International Human Unity Conference. These events have been held mostly in India, but also in Bogota, Colombia, and Munich, Germany.
- Maharaj Ji sponsored and presided over the 7th World Fellowship of Religions Conference in Delhi in 1994, an event that was inaugurated by H.H. the Dalai Lama.
- Each year Maharaj Ji sponsors and presides over the International

Conferences on Human Integration, as well as the Global Conference on Mysticism. These events are attended by tens of thousands of people.

- He has been a key presenter at many major human unity events around the world, including:
 - The 1993 Parliament of World Religions in Chicago, Illinois.
 - The 6th Assembly of the World Conference on Religion and Peace in Rome, Italy in 1994, in which the opening session was presided over by Pope John Paul II.
 - The 50th Anniversary of the United Nations in 1995, at which Maharaj Ji led a meditation at the Cathedral of St. John the Divine.
 - Maharaj Ji led a meditation at the Global Prayer for Peace in Delhi as part of the United Nations prayer for world peace, in 1996.
 - Maharaj Ji was a featured speaker at a ceremony to honor Secretary General of the United Nations, Kofi Annan, and U.S. Ambassador to the UN, Bill Richardson, in New York in 1997.
 - A key speaker at the Millennium World Peace Summit of Religious and Spiritual Leaders at the UN in 2000, Maharaj Ji spoke in the UN General Assembly hall on the significance of meditation in achieving peace. He also led a congregation of one thousand prominent spiritual leaders from around the world in a meditation sitting.

Maharaj Ji's efforts toward peace have been formally recognized by many leaders of the interfaith movement and those working toward a more peaceful world. These recognitions are too numerous to cite here, although some of the most notable include:

- The Peace Award, presented by the

Interfaith Center of New York and the Temple of Understanding at a ceremony consisting of United Nations Non-government Agencies.

- The Illinois Institute of Technology Distinguished Leadership Award, which is given to prominent alumni who have had a major impact on their own country or influence beyond its borders. It was awarded to Maharaj Ji for his dedication to promoting human unity and peace.
- The Banner of Peace, Mexico City.
- The Medal of Cultural Merit from National Minister of Education, Bogota, Colombia.
- A distinguished award for his international work for the benefit of humanity from by the Minister of Education of Colombia.

In addition to these awards, Sant Rajinder Singh Ji Maharaj has received numerous formal tributes and honors from prime ministers, presidents, governors, legislative bodies, and civic and social leaders around the world. These include: Presidents and Prime Ministers of Colombia, Australia, Guyana, and Cameroon; the State of Michigan; Governors in Ecuador, Virginia, Hawaii, Massachusetts, Illinois, and Washington; Mayors in Austria, Portland, Oregon, and Hawaii; officials in Trinidad; and, of course he has achieved especially wide recognition in his homeland, India.

Maharaj Ji has also founded fifteen schools, called Darshan Academies, which provide the highest standard of traditional education, while incorporating spirituality, meditation, ethics, and service to humanity as integral components of the curriculum.

He has accomplished all of this while establishing and over fourteen hundred ashrams, meditation and satsang centers around the globe. He has undertaken hundreds

of tours to over 30 countries and has initiated over half a million souls into the Light and Sound of God. All of this he does while living on his own earnings and distributing spirituality free of charge to one and all.

A World of Peace and Unity

Source: Sat Sandesh

March 1993

excerpts by Sant Rajinder Singh Ji Maharaj

Introduction by Satsang Coordinator:

We may wonder what motivates someone like Sant Rajinder Singh Ji Maharaj and his predecessors in their relentless pursuit of peace through spiritual awakening. In this moving talk by Maharaj Ji, we get a sense of the divine perspective behind the Masters' tireless pursuit of unity.

Sant Rajinder Singh Ji Maharaj:

If we look at any object in nature or an item made by human hands, we find there is a beauty, a symmetry, and a wholeness in its form. Whenever any object breaks, it becomes fragmented and disjointed. We feel agitated when something breaks, and we want to either discard it or piece it back together again. When anything we admire is shattered to pieces, the peace of the atmosphere and our peace of mind is disturbed.

We find that what we have within us is an innate sense of oneness and unity. This does not only extend to objects, but to human relations. We crave for unity in our family, among our friends, within our sports team, and within our community and country. There is peace and contentment when a mother holds her child. There is love and joy when lover and beloved meet. There is a sense of understanding and happiness when two friends sit together. When this oneness is lacking, there is a sense of disharmony. The peace of the environment is upset and we feel uneasy and distressed.

Unity is a condition which underlies our whole universe. The peace we feel in unity is

a reflection of our true state of existence. It is a state in which there is only one. That original unity is God Himself.

If we were to look down upon this physical world from a high vantage point, we would find the Light of billions of souls shimmering throughout the world. Like a foaming sea, they move about from one life to another, from one form of living thing to another. All the souls when seen in their true perspective are the same. They are all a part of God's consciousness, they are all Light, and they all have an innate bliss. But if we look at the condition of our world, we are appalled and shocked by the suffering and pain each form of life is undergoing. We find strife and dissension throughout the world. We find countries at war. Many nations are embroiled in internal conflicts. We see religious groups at odds with each other. Community strife is widespread. Even within families we find discord and disharmony. We find human beings killing various forms of life, including other human beings.

We wonder how there can be so much pain and turmoil caused by people who have within them the same divinity of God. This fragmentation of God into so many souls was meant to bring an increase in the Lord's happiness. Just as a couple bear children to increase their mutual love and joy, so did God bring about the creation of so many souls, so many children. Yet the result is far from what was intended. We who are moving packets of bliss and all-consciousness are aware only of pain and torment.

If we could return to our true state and realize we are soul, we would find lasting peace and ecstasy. If we could tap deep within ourselves, penetrating beyond the outer form of this physical body and mind, we would find a wellspring of eternal peace and happiness. We would discover the secret of unity underlying this universe.

A great realization dawns on the soul that attains union with God. It recognizes itself as a soul which has merged with the Oversoul. It begins to see the Light of God in all other beings. Its spiritual vision is fully opened and it sees all life as a part of God. It realizes that every soul in creation is a child of God and is its own brother and sister as well. A love wells up in such a soul for all creation. When it looks at another human being, or an animal, or plant, it sees the Light of God shining within it. Just as we have an innate love for our close family members, we begin to love all creation with that same love. Many noble-hearted souls have been standing on pulpits and soapboxes calling for human unity. This trend has gained in momentum over the last few decades. Despite the popular growth in movements for unity, we still find conflict and discord in the world. Speeches and conferences are motivated by high ideals. They inspire the participants to turn their attention to the goal of oneness. But unity comes about only at the personal level, when each one experiences it for one's self. When we merge in God, and see the Light of God in every being, we have truly realized unity. It then becomes easy for us to love all, because we see our own self in each being. If we truly wish to achieve human oneness, we must first experience it ourselves.

Just imagine what a beautiful world we would have if every person saw God's Light in every other form of creation! We could then exclaim, as Sant Darshan Singh Ji Maharaj did in one of his exquisite verses:

*I have learned to cherish all creation as
my own,
Your message of love is the very meaning
of my life.*

There would be an atmosphere of peace and tranquility. Gentleness would flow from our lips. Tenderness would exude from our

actions. Sweetness would pour from our eyes. All who came within our ambit would feel serenity and joy.

The world was meant to be a Garden of Eden and a haven of bliss. To attain such a paradise on earth, each of us has to make a contribution. Peace and unity begins within each one of us. We cannot expect others to radiate harmony and oneness if we ourselves are not prepared to see its fruition in our own lives. Each of us must do our own small part to the fulfillment of this noble dream. We can attain this condition by the process of meditation, leading to self-knowledge and God-realization.

Video Feature

Video instructions Show the following video at this point in the program. The video can be found on Science of Spirituality Satsang Themes DVD series.

Introduction to the video (to be spoken by the Satsang Coordinator)

We will now watch another video selection in which Sant Rajinder Singh Ji Maharaj speaks at the Cathedral of St. John the Divine in New York City, at an event associated with the United Nations.

Satsang Themes DVD	
Master	Sant Rajinder Singh Ji Maharaj
Volume	9
Satsang on this volume	3
Chapter	2
Length	8:39
Original DVD Title	n/a

Make Every Day a Reunion

Source: Sat Sandesh

August 1993

excerpts by Sant Rajinder Singh Ji Maharaj

Introduction by Satsang Coordinator:

Perhaps the question we all have as we listen to these words of the great Masters is, "What does this mean for us? What can we do to manifest more peace in our lives and our communities?"

In our final reading today, Sant Rajinder Singh Ji Maharaj asks us to consider how happy we feel when we have reunions with those we love, and says that we should bring that same spirit of love and joy to all our day-to-day interactions.

Sant Rajinder Singh Ji Maharaj:

Today I would like us to consider how we can make every day a reunion with those around us, how we can make every day a renewal of our love and friendship. Let us think about how we can make a difference in the lives of those around us. I would like to touch upon how we can make a difference each day in the lives of our family, our friends, our neighbors, our co-workers, our fellow satsangis, as well as new seekers, and with our Master and God.

Many times we take our family for granted. I have often pointed out that we usually speak more courteously and show more consideration for those outside our family than we do for our own family members. Sometimes we take it for granted that our family knows we love them, but oftentimes they still need to be told or shown how we feel. When we talk to co-workers or friends we often speak more civilly and more kindly than we do to our own spouses or children. We never stop to consider whether or not our

tone of voice or the words we utter hurt their feelings. We try to justify how we act by saying we had a hard day at the office, or that the children have acted up and have put us in a bad mood. But no matter how awful we feel when we go to work, if our boss or superior addresses us, we never let on how we feel inside. We respond respectfully and in polite tones. Shouldn't our family members deserve the same treatment?

We should think about how we felt when we were first married, or the thrill we felt when we first held our newborn child. We should remember the affection we felt for our family members when love for them first entered our hearts. Each day should be a renewal of that love. Each day we should try our utmost to express our love for our family members. We should think about what actions we can do for them to show our love. A few kind words to each of them will go a long way and make each day joyful. After all, the saying goes, "A man's home is his castle," or a person's home is his or her castle. Our home life should be a paradise within the turbulent storms of the world. Instead of letting the stormy winds enter our home, we should shield our family by the fortress of our love.

Besides renewing our relationships with our family, we need to also show regard for our friends. Our Gracious Master used to say that if a person has even one good friend in his life, he is blessed. As with our family, we often take our friends for granted. We expect them to do us favors, we often impose on them and ask for their help. But we need to express our deep love and appreciation for our friends. Who else but our friends will come to our rescue when we are in trouble, will help us when we are down, and will lend a sympathetic ear to our concerns. We should reciprocate their friendship by being there for them when they are in need. As the saying goes, "Before we can have a friend, we must

be a friend." Too often our words of appreciation for our friends are left unsaid, until it is too late. We should think about ways to show our friends how much we appreciate them during their lifetime.

When we think about expressing appreciation to others, all too often we do not give enough consideration to our neighbors. I know especially in the West where people frequently move from place to place, they do not always meet their neighbors. Those who live in large apartment buildings often do not even know who their neighbors are. It is shocking, but true. Our neighbors may be lying helplessly in the next apartment, tossing in pain with no one to care for them, and we may never even know it. This state has been expressed in a well-known verse by Sant Darshan Singh Ji Maharaj:

*We have reached the moon and the stars,
But we have not reached the heart of our
neighbor.*

People in our modern world have become so isolated and so self-centered that they do not take the time to learn who their next-door neighbors are. We should take the time and say hello to those who live next door to us. We should inquire how they are. A few kind words or a small conversation with them goes a long way. It does not cost anything to offer them a helping hand.

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Each day we go to our jobs and offices. We spend more time with our fellow workers each day than we do with anyone else. In many instances, we spend forty or more hours a week with our co-workers. Oftentimes we are under pressures at our places of work. But if we come to work with a cheerful attitude, befriend everyone there, from our superiors to our fellow workers to our subordinates, we can make our places of work a paradise. We

can help lift the spirits of others. We should try to listen to the problems of others and offer our help. When we work with others we should do so with love and understanding.

We often find that when our boss talks to us we are cordial and polite. We agree with whatever he or she says and we put on our best face. Yet when many people speak to a subordinate, they talk gruffly, in harsh tones, and with an air of superiority. Our Gracious Master gave us the greatest lessons in how to be an ideal worker. He would teach us that we should speak lovingly to everyone, even those who are our subordinates.

Another group of people we should treat lovingly each time we meet is our fellow satsangis, our brothers and sisters on the way back to God. Our Gracious Master worked hard to help inculcate a feeling of love between brothers and sisters on the way. He wished us to recognize each other as children of the same Father. If we expect people around the world to see the Light of God in each other, we who know better, we who see the inner Light, should be the first to regard each other as brothers and sisters. Wherever I go I have requested the Satsang Coordinators in each satsang to form welfare committees so that people can begin to look after each other's welfare. If a satsangi does not attend satsang, we should call him or her and find out if everything is all right. If they need assistance, we should help them. We need to reflect our Master's love for each other.

If we can make our satsang an abode of love, then all the new seekers will feel peace and joy when they enter its threshold. We should welcome each newcomer as a long-lost brother and sister. We should treat them as a member of our family. We should show that we are interested in them and make them feel welcomed. We should keep in touch with them, let them know of upcoming satsang activities, and even invite them on a personal

level to our homes or gatherings. New initiates need a lot of tender care. They are like fragile saplings who need a lot of water and protection from the winds and storms. We should offer them help and guidance. They should have opportunities to talk to the seasoned initiates and have their questions and concerns addressed. They should feel as if each time they come to the satsang they have entered a family gathering where they are loved and cherished.

Let us try to make each day a time of reunion and renewal of love for our family, our friends, our neighbors, our co-workers, our fellow satsangis, and newcomers to the path. If we can do so, and if we can follow the teachings and advice of our Master, putting in time for meditation and the introspection diary, then God Himself will arrange for our eternal reunion with Him.

Closing Meditation

Close satsang with ten minutes of meditation. Start the sitting by reading Maharaj Ji's Jyoti meditation instructions below.

by Sant Rajinder Singh Ji Maharaj

Meditation is a process whereby we withdraw our attention from the outer world and concentrate it at the seat of the soul. Through this method of concentration, we can transcend physical consciousness, experience ourselves as soul, and explore higher spiritual regions.

To practice meditation, we sit in any pose that we find most comfortable in which we can sit for a long time without moving. We should sit with enough distance between us so that no part of our body touches anyone, as this would disturb our concentration.

We should close our eyes gently and look straight ahead, focusing our attention in the middle of the darkness lying in front of us. That which sees the darkness is not our physical eyes, but is the third or single eye located between and behind the eyebrows.

Continue to gaze into the middle of whatever lies in front of you. Those of you who are initiated should mentally repeat the five Charged Names given to you at the time of initiation. Repeat those names slowly, with the tongue of thought. For those of you who are new here, please repeat any name of God with which you feel comfortable. Mentally repeat the name slowly while gazing in front of you. This repetition will keep the mind occupied and prevent it from wandering.

When light or inner vistas appear, continue focusing your attention into the middle of what you see and continue repeating the Names of God.

We hope you enjoy this meditation sitting. It will be for 10 minutes.

Closing

Closing comments, reading, etc.

Replace this text with a brief closing.

A closing generally includes:

- Thank everyone for coming
- Restate the mission of Science of Spirituality (Love, Unity, Peace)
- Explain other local programs
- Announcements
- Invite everyone to next meeting
- Share the topic of the next meeting.

**To be read before or after announcements,
at the Satsang Coordinator's discretion:**

We'll close today's program with these
memorable thoughts from St. Francis of
Assisi:

*Lord, make me an instrument of thy peace;
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.*

*O Divine Master, grant that I may not so
much seek to be consoled as to console;
to be understood as to understand;
to be loved as to love;
for it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to
eternal life.*