

With Sant Kirpal Singh

Extracts from a diary kept during a stay in India 1973, written by Katie Mc Cluney Ivey



Heart-to-heart talk with Sant Kirpal Singh, India 1973

5 May

Master asked us about our meditations and if we had any questions. We had none, and Master settled back on the little couch, and with the twinkliest expression began: In India, if you are on pension, you must sign a paper that says you were alive all the twelve months you received the pension. You must do that for the Government each year. (We all laughed.) Yes – prove you were living all the twelve months! So once I said to Hazur, ‘I’m going to have Your pension stopped!’ ‘What! Why?’ Said Master, looking very surprised in imitation of Hazur. ‘Because You are not alive all the twelve months

– You die daily!’ and then He laughed so sweetly.

11 May

Someone said to Master, “I am very impatient with myself and with others.” He asked, so sweetly, so sympathetically, “Impatient with yourself? It is one thing that you might be impatient with others, but you are impatient with yourself? Why?” The disciple replied, “Because I don’t try hard enough, Master.” “Oh,” He said, “don’t be impatient. Rome was not built in a day, and all that hurry spoils things. You are anxious, you are clutching – you stand in your own way. Just sit at

my door and wait. Don't be impatient ... I will come for you."

Another told Master she was having difficulty in meditation, always thinking, "Don't watch the breathing." Master said, "No, no. That is the negative way. If she is my enemy and I say 'I won't think of her - I won't think of her!' Then I am always thinking of her. So you must simply forget the breathing and absorb yourself."

One man said, "My diary looks like America's national debt." Master said laughing "No, no - all other countries are in America's debt. America has no debt." (Everyone laughed.) The man said, "Well, every step I take I must mark down a mistake. I try to be humble, to put myself out of the way, but I just keep failing." And Master advised, "Your intellect is working too much. You are always scaling. If you try to be humble you are still only thinking of yourself. Think of Him, and absorb yourself in Him, in His remembrance, and you will become humble. The mind is always trying to pull you away from God. The only way to control it is through contact with Light and Sound and through sweet remembrance of God. So don't always be scaling like the weights of a clock. Remember that God helps those who help themselves; keep remembrance! And God helps those who do not help themselves."

15 May

Master told us, "I want to see you jolly. We should be smiling and happy to have the man-body and this chance to know God. A smile is the oil of the machinery - it keeps it running smoothly. Without oil there is friction, corrosion. So I want to see you beaming." The other day He had said, "Love your neighbour even more than yourself. Make him happy and you will be happy. There are three things we can do to make life good: be selfless, be happy, be grateful."

16 May

We were in Rajpur, staying in the guest house behind Master's bungalow. He sent for us around 7:20 this morning: "I wanted to have your darshan. You want-

ed to have my darshan - I wanted to have yours. It is reciprocal, you see. I asked you to come early because I am going to Manav Kendra - I have correspondence to attend to - Five bundles (He showed us how huge they were with His hands) came from Delhi. Master counts us: One, two, three, four, five, six, seven, eight, nine, ten. McKay makes eleven... who's missing? You see, I'm counting my children." The German lady said her tooth hurt, "The body is nothing, Master!" He replied, "It is just a house. If a wall is crumbling, we have it fixed. What is a little pain? But you must attend to it, or you'll be buried in the debris!"

18 May

Master said, "When you assert you feel drained, you lose something. If you have a small pond and are always dishing out, then?" He also said to sleep relaxed and free from brooding - to dispose of all concerns, and that sleep will refresh us.

28 May

Someone said that she had been a little sick and found it hard to concentrate. Master said, "There is no high road to concentration. Practice and more practice." The sister said she felt her concentration was lessened because she was sick. Master asked, "You've got fever? It is a blessing to be sick ... then you can put in more time. About forty years ago, I was laid up with high fever. I put in whole time to Bhajan. No one bothers you when you are sick - you don't have to attend to your business, and I think they even bring you your food. These are lame excuses, I tell you. We have no love for God. If you are feeling sick and one you love comes, how do you feel? "Good," she replied. "You see? We must keep our attention on the one we love.

When you go back you can do the other things, but if you want to benefit from being here, put your whole attention on God." Another time He told us that He was very ill and could hardly move at all. Hazur came to Lahore, and noting that His beloved gurumukh was not at the railway station to meet Him, went directly to Kirpal Singh's house. Master said that He was so overjoyed at seeing Hazur that He completely

forgot His illness, and when Hazur left, Master accompanied Him down three flights of stairs to see Him to the door.

2 June

Master said, “You should always come to the Master for guidance. Don’t look to others. People used to always bring their difficulties to me. Now they ask this person and that person. The person who asks another loses and the one who comes between loses. No one should come between you and the Master. You should not be concerned with anyone else. While you are here make the best use of your time. You are not here to make friends. Don’t think of the past and the future. You are not saints yet. You are all sick. So you should not seek the help of the other patients. Come to me if you have any life or death problem, or any spiritual difficulty. Are you afraid to come?”

10 June

Someone asked Master how to begin to surrender, and He said, “First you must have love. When you love someone, then you are surrendered – in a worldly way, is it not? You must have love.” He paused for a long time, and then He continued. “If you love someone you do what He says. If you love me, keep my commandments. You are always thinking to please the one you love. The Master has love for all, but He has more love for those who keep His commandments – inside and outside. When you come up to here (the eye focus) then you will have true Love-Love will burst forth. Love is real that is for God – the God in you, the God in the Master. That is real Love. If you are dancing with love and do not keep the commandments – that is no love. If you love me, you will do what I say. In the outward way if you have love, you keep it hidden, is it not? So why should you show your Love for God and fritter it away? Keep it hidden within you. Then it will grow. You follow what I say?”

Lord Rama was sent into exile for fourteen long years. And all the yogis in the forest thought, ‘He will come to me first – my Ashram is the biggest,’ but he did not go to them. He went in-stead to Shivri, a pauper

woman, because of her love. Then the yogis asked him, ‘We have one pond which is spoiled with insects. Would you put your feet washings in it so that it can be cleared?’ So Lord Rama put the wash water in the pond, but the insects remained. Then he said, ‘You are great yogis, put your wash water into the pond.’ But still it was not cleared. So he made them wash Shivri’s feet—they did not want to do it, they were puffed up – and the pond was cleared. So humility is the end result. First love, then humility. Lord Rama said to his general Hanuman, ‘Who are you?’ And Hanuman replied, ‘When I am in the body I am your servant. When I rise above, I am one with You.’ So this is what is meant by surrender – humility inside and outside. Have I answered your question?

You must be receptive. If radio carries voices thousands of miles, receptivity is even faster. Like Morse sent by wireless: you are tapping this side, they are reading that side. My Master lived in Beas, I lived in Lahore ... so far away. When I would feel a cooling breeze during the day I would note down the time. When I asked what my Master was doing then, they said, ‘thinking of you.’ So by receptivity you have everything. But you should not show it. Master said of me, ‘He has drunk the seven oceans, but his lips remain dry.’ “

11 June

One of the women in our party had found a bedbug in her bed covers and had become very upset, persuading another sister to go with her to find new accommodation. (We were in the little village of Pahalgam in Kashmir.) Master was very strong with them, saying: “You should have come to me, or told someone who could take care of it. If you are out wandering at night some harm may come to you. And that reflects on me. I am responsible for you while you are here – your life, your honour. This is not a city – it is a hill station. The people are drinking, revelling ... you might be hurt, you might be molested. Then my honour is lost – so you must set a good example, for my sake. People see you out late at night, they think you are drinking, revelling. So don’t go out at night. Behave sensibly so when the people see you it will not reflect on me. They will look to the bad



Sant Kirpal Singh, Manav Kendra, India, 1973

things that happen, you know, and forget the good. If anything goes amiss in the future – tell us. This is my command-ment. Obey it!”

Speaking of our meditations, Master told one man, “It is more dangerous inside than outside. Enchanting scenery, all is very enchanting. So we should be after only three things:

The Master’s Form, the Light, or the Sound.” To another He said, “Did you see your Friend? He was hid-

ing behind the Light. He is a tricky thief – He holds the lantern in front and you cannot see Him behind.” One said he could only concentrate for a minute or two at a time, and Master replied: “You must fix your gaze, Look constantly – without break. That is the secret.”

14 June

Someone said, “Effort and grace go hand in hand?” Master repeated it, then smiled and said, “I will give

you an example. I give you food. You gulp it down – is that making best use of it? If you masticate it fully, make it liquid ... then it will digest better. Another example is of the mustard seed. If you grind it properly, you will get the full hotness from it, is it not? But still you won't get more than what was in it already. If you go sick and are given some medicine, you must take it. It won't help you left in the medicine chest. So grace and effort go hand in hand ... but it must be effortless effort."

27 June

Someone asked, "If we know what we need to do, what we must do, why is it so hard to do?" "Because you don't want to. You do what your heart really wants—you can't help it. You may say 'I want this, I want that' ... but you do what you really want." "But Master," she said, "I think I really want –" "Thinking won't do. If you think you are a king, does that make you king? You should decide what you want and then go after it. Full strength." Another lady said, "Here it is so easy, but at home there is no time." Master said, "These are lame excuses, you see. We make time for the things we want." One man said he was so wishy-washy; if he kept trying, would he get help? Master replied, "Help comes of itself. Help comes without asking. Even if you don't try He sends help."

28 June

Master was working upstairs on the yearly accounts and we were afraid we wouldn't get to see Him. Then the electricity went off, making paper work impossible, and He came in. After asking us all how we were, and sitting quietly for a few minutes, someone said that it was good the lights were out – "You sit with us longer this way." Master smiled and said, "There was a lady who was told her husband would die in the morning when the sun rose. So she sat all night in prayer that the sun would not rise. When morning came round all the people said, 'Why has the sun not come?' Then they had to find the man who had put the curse on her husband, to make him retract. Only then could the sun rise. So you be like that lady – don't let the power come back." A young man who had many questions asked Master if he could ask

something. Master said, "There was once a wise man. People asked him where he got his wisdom. He said, 'From the fools!' You understand? F-O-O-L-S! Their asking brought these things out. Now I'm not calling you a fool, mind you. What is your question?" (All the while Master was laughing so sweetly.) So the boy asked Master to tell a story – any story. Master said, "Well, my younger brother, once when the lights went out – he was three or four years old I think – said Shhh! Don't talk ... the talk will be darkened.' But we can talk, we have this light." (There was a battery powered lamp.) And Master repeated what His little brother had said a few times, chuckling.

Another evening we were sitting with Master when the lights went out. He kept talking, and when one of the sevadars brought in the battery lamp, Master said, "Oh, are the lights out?"

Someone asked Master about daylight coming in through the eyelids. Master leaned back and went "Tsk!" – that sound of displeasure that we dreaded having directed at us. But the boy said, "Listen, Master, please," very urgently, and Master completely understood and accepted the boy's plea. He said, "All right, what is it?" And leaning forward gave His full attention. It was very moving to see. Master said that the problem was that of the intellectual; that if you were absorbed within you wouldn't notice whether it was day or night outside. He again emphasized that it was the steadfastness of looking that was the secret – "fix the gaze and look constantly" – we need not concern ourselves with anything else.

29 June

Master told someone to do one thing at a time, then asked for questions. I asked how to learn to do one thing at a time. He looked at me for a few seconds, then turned to the others and said, "Will somebody tell her? Somebody please tell her ..." He paused and looked at me with a sweetness I could never describe and said, "Well, first decide, then do it. Where there's a will, there's a way. We want so many things; for a few days we want this, for a few days we want that. We vacillate. Decide what you want, then let nothing stop you. Every step will be in that direction." "But

Kind and merciful is my perfect Master;
He came and blessed me with His grace.

Kabir

Master,” I said, “even in the worldly way, I am always doing two or three things at once.” “That won’t do. You don’t attend to anything properly – everything suffers. We have too many irons in the fire. When I had to decide for the world or for God, I considered for five days. So you decide ... it won’t take long I think.”

4 July

Master was ill; we had darshan up on the roof. He asked us if we wanted to go on to Dehra Dun ahead of Him, and we said we wanted to be where He was. So Master said, “You want to enjoy the heat? All right. You are all physically fit now? Anyone sick? No? ... Thank God. Oh, you ... what is the trouble?” She said she had trouble in breathing, like asthma.

“Asthma? (so softly, so concerned) You have had this trouble only since you came?” “Yes,” she replied. ‘It is the heat,’ Master said, “You have all suffered from the heat. But love knows no burden, no heat or cold. Some saint said if you are in the burning fires of Hell and remember the Master, it is like being in Heaven. So you are here in Heaven – better than being there, is it not? So you have decided to stay here? Good – it will hurry me up!” (We had been waiting for Master to be well enough to travel.) A man asked, “Would it be better for You if we went on?” “No ... Doesn’t the Father want to be with His children? Won’t the Father be happy with His children around Him?”

5 July

Someone said he felt restless and could hardly sit still. Master asked “Are you troubled with thoughts of the

past, future or the present?” “All three,” he replied. “Well that is bad,” Master said laughing. “There are two sprites, you know, the past and the future, that eat into the very brains of man. They won’t let him enjoy the present. So we must silence them, you see; live in the living present. Another thing will help you: do one thing at a time. God is all attention, our souls are a drop of Him. Naturally we would like to go back to our Source. He is all wisdom, all joy – if we want to be wise, to be happy ... it is a reflection of Him.

Happiness is what? To live in the present and to adapt to the environment. Even if you leave off the past and future, you cannot be happy unless you adopt to your environment. So while you’re here, be only with me. Forget the body and mind. Let nothing come between you and God.”

Another man said, “Well, Master, it sounds simple, but it is hard to do.” And Master replied, “Practice makes a man. It will come. Saints don’t drop down from heaven—they are made. Of course much of the work might have been done in previous births. So every saint has His past and every sinner his future. It is all the play of the attention. So remember these two mottoes – ‘forget the past and future, live in the present’ and ‘do one thing at a time.’ Then live up to them.”