

It is a great honor to write the forward to Satguru Bhagat Singh Thind's life story and teachings, Sansaar Rogi Nam Daru, or "The Living Word of God." I met my Guru Deva when I was eighteen years old, some fifty five years ago. There are no words adequate to express my gratitude for this inspired teaching, by this inspired teacher. It has helped thousands on the spiritual path to, "Meet, greet and rise triumphantly over the many challenges of life." My Guru's life was his teaching. It is inspiring to realize how many young people he helped by providing an education for them. As a result of their schooling, great numbers of lives have been uplifted.

The world today, as always, is fragmented by strife, turmoil, wars, social and economic chaos. Organized religion has been unable to assuage the pain and sorrow and, in point of fact, in most cases has contributed to the feeling of separation and subsequent horror.

The words religion and yoga have a common root meaning, to bind, yoke, unite and bring together. The highest religion brings about this state of being, uniting each other in mutual respect and love for our fellow man and communion with the living God. "The Living Word of God." Nam. is resident within each man, woman and child. One only needs to go within, listen and open the sanctuary of your hearts devotion to the eternal.

Dr. Thind was a total, complete teacher of truth. He addressed all aspects of life, physical, mental and spiritual. In his radiant health classes, he gave wonderful and helpful advice on proper nutrition and his advanced breathing exercises (pranayama). He frequently said, "Breath is the flywheel of life. Its finer forces, when properly used, will add years to life and life to years." Pranayama is now the most frequently recommended form of hatha yoga in India. His son, David, is setting up classes in the United States to propagate this great science. As the master said, "Good health is the springboard upon which all worthwhile human activity springs." The mental part of Doctorji's teachings were never neglected. He often said, "For the human mind and its ills, there are no cures, only palliatives except one, that the mind be made whole. How is the mind made whole? In God we are made whole. The way to God, wholeness itself, peace, love, joy, essence, substance, is through the NAM. Meditation on the blessed sound current leads us unflinching to the beloved of our hearts, the living God.

In point of fact, Doctorji, as his students affectionately called him, would tell us, "Our lives should be a constant remembrance of the holy one and our lives should reflect that oneness with the father, our divine Papa." All our thoughts, words and deeds must bear witness to our communion that we enjoy in deep meditation. We can experience heaven on earth here and now. We do not have to wait until death rudely instructs us. This is the great teaching of Dr. Thind and the teaching which can transform our nature and ultimately change the world.

It is with a grateful heart that we give thanks to Amanda Delagasi, the biographer of this tremendous book. She has spent so much time lovingly gathering information in the compilation of Dr. Thind's life and teachings. Every seeker of truth will forever extend their gratitude to her for catching the spirit of this truly enlightened one. Doctorji's life can act as a profound example for us to emulate.

All doctorines ideologies and creeds will come and go. Our eternal quest and ultimate realization will be with us forever. It is in this relationship that our enlightenment comes and our lives are transformed and become a benediction unto everyone we meet.

We are indebted to Doctor Thind's son David for all of his efforts in bringing us his father's wonderful words of wisdom in a fresh and new format and for the propagation of his breathing (pranayama) classes. What joy fills my heart to know that this work will go on inspiring all seekers of truth to live in oneness with the living God and father of us all, who is living us right now.

Doctorji, used to say, "Religion is simple, not easy. You must practice the teaching and meditate everyday." This precious book, "The Living Word of God," stresses the daily discipline of meditation on the sound current, the Nam, the living word, the music of the spheres and the Holy Spirit which is resident in every human being. One needs only to listen intently, relaxing into its beauty and receive this heavenly downpour from above. It will unflinching lead you as it has multitudes of others to the realization

the Self, the peace that passes all understanding and joy unspeakable. It is from this state of being that we can bring heaven on earth. The great admonition has always been, "As within, so without." Doctorji admonishes all of us to immerse ourselves in the infinite love and light of the divine one. Swim in the warmth of the beloved and relax in the universal power of God and be eternally free here and now.

I feel confident that I echo Dr. Thind's great hope, that the readers of this book will have their appetites whetted for more exploration into all of his great works and that their study will stimulate their desire to meditate on the Nam which will bring about the true enlightenment every seeker of truth thirsts. That we all might enter this Universal Science of inner communion, growing Godward together to our ultimate illumination, is my prayer. May we live in that surrendered state of understanding and that peace be reflected into our outer world of experience.

God bless you in your journey, Herbert E. Daly