

MASTER MEDITATIVE SCIENCE OF KNOWING GOD

Class Every Tuesday and Friday, 8 to 10 p. m.

One God, One Life, One Cosmic Brotherhood, One Truth
And Only One Way of Knowing Him

All things in order to renew themselves must go back to the Source they originally started from. As all waters originally come from the clouds, they must again go back to the clouds and become the clouds, or all sources of water on Earth will dry up. But waters cannot by themselves go back to clouds, unless worked upon by the transforming Power of the Sun, which changes them into the form of vapors, and in spite of the gravity of Earth that pulls everything earthward, Sun lifts the whole ocean upwards and unites them to their Source. Man's Personal Self comes from God. Meditation means the going back of Man's Self back to God's and become One with Him and thus be renewed by being Whole. This, man by his own will alone cannot accomplish unless worked upon by the lifting Power of His Word, the Shabad, which alone can unite him to his Godhead. Eternal life is; and is only the Knowledge of God—the Eternal Self of the Universe. Existence of an Inner Path and the Modus Operandi are to be learned from the Teacher, by which this Supreme Knowledge is gained. Spiritual Truth realized by one's own spirit is worth more than all the testimonials from others, for it is one's own forever and none can ever take it away from him. Until one can know God directly, he is at the mercy of every clever argument around him. He cannot be known by the senses nor conceived by the mind or felt by feelings and emotions. You can only know Him by the Spirit, that is Himself within You; and once you have known Him in yourself, He will shine upon you from everything around you, and that is the only Knowledge, which makes your life secure and anchored in Him. Only when the world has ceased to have Power to move you, are you able to help that world tread the Inner, the Higher Path. You are calm, because you live in the Eternal; and to him who lives in the Eternal, how can there be Shakings from the changes of Time? The man who realizes God asks nothing more from the Earth, and his judgment is crystal clear and direct, because undisturbed by Personal desires or Personal longings, he wants nothing and all things come to him. The Self is all-pervading, all-irradiating, all-vivifying, all-sustaining life of God with all, and thus God remains no longer an abstraction of theology, but is realized—a Living Spirit, the Friend, the Father and Lover of men. The Power of Shabad—the Living Word will sweep away all the dams, which now hinder the free flow through the channel of your own life. It will clarify the Life-stream of all the mire of ages, wherein the beasts within the human have hitherto been wallowing in deadly contentment. It is here the Fountain of His Life—in the Heart of Man is this quieting, quickening Presence of the Eternal—a Presence that "nerves mid lightnings and in dying soothes." Man's true life is in the Eternal. You are Begotten Son of God and not created as churches teach; only that which is Begotten possesses in Potential form qualities and attributes common to the Begetter. In created things there is no room for Personality; no place for inter-communion and mutually reciprocal sympathetic relationship. Only Spirit can awaken Spirit.

All sincere seekers of the True Science of Man's Nature invited to join this class, held every Tuesday and Friday from 8 to 10 P. M. Secure the Seven Meditational Manuscripts, the priceless text-lessons.

BREATHING AND GLAND EXERCISES FOR RADIANT HEALTH

"An Ounce of Prevention is Worth a Ton of Cure"

There is no beauty without Health and no health without harmony of bodily functions. Your body is the Temple of the Living God and both God and you dwell together in it as Father and son. It is your only means of contact with the world in which you live which offers you innumerable Riches and countless blessings in the form of many-fold opportunities, relations, problems, enterprises, vexations, and challenges. All these, and many more can be utilized for Personal enrichment, to build a god-like stature of your soul. God has not sent you here only for dying, but for self-assertion and self-elevation, for victorious and glorious living, for conquest and not escape. Body's care must be your first concern. However stout-souled you may be, what can you accomplish, if your body fails you? Breathe, drink, eat, and exercise your vital organs according to the Truths of Life manifesting through them. Healthy body influences the mind healthfully and vice versa. Any impediment to Respiration checks development both mental as well as physical. Rhythmic Breathing exercises build Nerve Energy, increase vitality and endurance, and purify and calm the nerves. Failure of muscular energy is failure of nerve energy. Air contains some special substances necessary for flame and Life. If your nose is not mortgaged to any one, let us teach you how to demonstrate Radiant Health by working with Nature's Laws, and attain to Peace of Mind, and through Meditation Science to find God and become companionate with Him in your own Temple of the body. We co-operate with all Healing Arts—Natural, Medical, Mental, Moral and Spiritual.

No diagnosis, no prescriptions, no practice or sale of medicine and no fees.

This work is entirely conducted on Love offering basis—the Basis of Truth, Honor and Morality. Truth is the Original Source of all Cosmic and Personal Riches. Without consciously using Truth, there is no growth of human Personality, and Truth always demands one's highest and best. So let each student freely decide for himself, or herself, what is his or her best and give in the Spirit of Truth, that first blesses and elevates the giver and then and then alone will it bless the Receiver too; otherwise there are no obligations. Obligations are only to those who are inwardly aware and awakened to Moral Values—they alone reinforce Life and lend zest to it. Truth can be honored, but can not be sold, hence freely we give and freely we receive. Class work is open to all sincere seekers of Vibrant, Radiant Health, contingent on four weeks regular attendance with an empty stomach. We reserve the right to dismiss from the class those who are not sincere and regular in attendance.

Help yourself to Health, breathe and stay above ground.

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Unique Books

My most illuminating and epoch-making books revealing the steps to the Infinite can be purchased from the address given below:

- 1—Divine Wisdom. Vol. I.—\$2.25, postage extra
- 2—Tested Universal Science of Individual Meditation In Sikh Religion — 8 Priceless Manuscripts Price \$10.00
- 3—The Bible of Humanity for Supreme Wisdom. Book I.—\$1.00, postage extra
- 4—Soul Celestial—The Darling of God, Book II.—Price \$1.00, postage extra
- 5—Wisdom and the Wheel, Book III.—Price \$5.00, postage extra
- 6—Breathing and Glands, \$2.00, postage extra
- 7—The House of Happiness, \$5.00, postage extra
- 8—Seven Meditational Manuscripts \$7.00 for the set
- 9—Eluxirs of the Body and How to Keep Them Strong, Price \$2.00 per M.S.
- 10—Overcoming Old Age, Glands and Gladness, Price \$2.00 per M.S.
- 11—Radiant Road to Reality (Tested Science of Religion) Price \$3.50
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These books have been rightly called "Heralds of Happiness," "Gloom Dispellers," "Harbingers of Health and Holiness," "Demon Drivers," "Moral Monitors" and "Christ Creators."

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