Spiritual Power

When we look at something our attention is drawn towards it.

In the materialistic world this attention dwells on the many folds of the mind:-

1. on things that are visible,
2. on our physical self,
3. on mental tendencies,
4. on the emotions of the intellect,
5. on the hue of past lifes,
6. on religious inclinations.

The mental hue of each and every living being is different. This is why, what one persons likes another dislikes or detests.

The ‘hue’ or colour of our mind is made from the colour mix of our thoughts and actions. The more these thoughts are repeated, the more formidable is the effect of such thoughts which:-

thrust
permeate
seep
into us.

In this way our
thoughts
thinking
recollections
tendencies
Every thought that passes through our mind, leaves an indelible trace amongst the millions of cells of our brain. These traces are un-consciously and constantly accumulating in our mental computer, which effect and shape our thoughts, conceptions, faith and destiny. Their sum total is manifested in our habits, character and personality.

Everything we do, makes it easier to do the same thing over again. This is because, electric currents record all that happened to us-by creating path-ways or grooves among the cells of our brain. The more frequently our thoughts and actions are repeated, the deeper and broader the grooves become.

Every smallest stroke of virtue or vice, leaves behind 'never-so-little' scar on our mind, good or bad. We may not count our derelictions, but never-the-less they are being counted in our mental computer. Down among our nerve-cells and
When we pass by a shopping centre, numerous things and people etc appear before our eyes. Our attention is drawn towards only those things what we are familiar with or those which attract us. All other things seen, pass through our sight without making an impact and are subsequently forgotten.

In the process of giving fulfillment to our inclinations we:

- give importance to
- repeatedly think of
- recapitulate
- nurture
- keep using
- keep remembering
- keep utilising
- keep imagining

only those thoughts (that capture our imagination).

To mentally ‘picture’ or imagine thoughts

interest
one pointedness
attention
inclination
devotion
perseverance
zeal
effort

is essential. But it is only though such intensity, concentration, and perseverance of these mental virtues that results are obtained.

In other words the intensity, resolution, and single mindedness with which we focus our mind and pay heed and work upon some thought that we will be able to mentally picture or imagine the thought in its true sense. This mental law or principle is applicable to practically every facet of our life (as in our):

- in studies
- in business
- in being employed
- in skillfulness
- in fine arts
- in music
- in research
- in literature
- in service
- in religion
- in worship
- in yoga
- in love.

By

repeatedly recollecting
recaptulating
thinking  
practicing  

power takes root in the thought (that is in our mind). The greater our  
interest  
intensity  
concentration  
attention  
practice  

in some thing, to that extent the thought (in that thing) will gain  
enormous power and thrusting into the depth of our mind, it will seep  
into the sub-conscious mind and we will be controlled by that thought.  

In this condition even if, we become tired or exasperated by that  
thought, and in our misery we wish to let go of it, we will not be able  
to free ourselves of the diabolical ‘thought’ because it has become the  
very ‘colour’ of our mind by thrusting, permeating and seeping into  
our sub-consciousness. According to the overall colouring or  
disposition of the mind our  

power to discern  
ability to test  
ability to challenge or contest  
ability to set the aim of life and  
sub-consciousness  

keeps forming.  

According to our self created’ touch-stone’ or sub-consciousness  
we keep being influenced by the external environment and the internal  
steam. According to this influence our ‘direction of life is set’.  

In the say way the ‘steam’ or its colour that appears out of our  
sub-consciousness, is called ‘character’ This is the over all result of  
our thoughts, attention, inclinations, habits and the practice of deeds.
According to the colour-tint of the sub-conscious, our mind initiates the
discernment
challenges
decisions
recollections
aspirations
action
discipline
and faces the consequences.

In this way scrutinising some thing with our ‘touch-stone’, we tend to label
that as good or bad.

In doing so our
interest
attention
keenness
tendency
disinterestedness
hatred
becomes apparent.

As the discerning power of each and every mind differs, the challenges
(the mind faces) and its behaviour too is bound to be different.

This principle operates in every facet of our worldly and mental life.

The ‘focus of our attention’ depends upon the keenness and the intensity
of devotion (behind the attention).

Our enthusiasm or ‘strength of belief’ depends upon the colour of our mind.

The ‘colour’ or behaviour of our mind is the overall result of the
reinforcement or constant repetition of some specific thought.
The ‘hue or colour’ of our thoughts arises from the steam of the external environment and internal sub consciousness.

The effect of the outside environment on our mind depends upon:-

1. The company of individuals
2. The company of books
3. (the nature of) entertainment (cinema, T.V. etc.)
4. The hue or colour of the sub conscious.

Under the influence of base (low) company, or ‘negative company’, base inclinations arise and the mind runs towards sin and evil deeds. Our attention or consciousness gets scattered and becomes powerless. This is the reason why we cannot focus our attention on any one point.

Ordinary people and seekers have this common complaint that while doing paath and simran their mind cannot remain still, it keeps running.

If our attention gets focused on some wrong point, then that ‘thinking’ becomes a conviction and (such a conviction) can bring about disastrous consequences.

Here the example of individuals like Hitler, whose focus on wrong convictions have caused unbearable and unspeakable cruelty, and which are still taking place, can be given.

Hence it is through the company (that we keep) that we imbibe positive or negative influence which then gives rise to
concentration power.

Kabeer, the mind has become a bird; it soars and flies in the ten directions.

According to the company it keeps, so are the fruits it eats. 1369

Another example that is apt here:-

If someone keeps the company of an opium addict and he occasionally takes opium, over a period of time it becomes a habit and he too becomes an ‘addict’. After some time the effect of opium gets so deeply entrenched in his system that he literally becomes an ‘embodiment’ of opium. In every aspect of his life – in his thought, speech, looks, thinking, dealings, interactions, the ‘flash’ of opium exhibits itself. The stamp of opium gets stamped on his individuality. He becomes ‘opium personified’! In this state, knowing the harmful effect of opium, he still cannot get rid of the slavery of opium. The same is true of alcoholics.

It is clear from these examples that under the influence of negative company, by repeatedly indulging on some special tendency, the thoughts and attention related to that tendency will become more powerful as they ‘mature’. It is very very difficult to free oneself of its slavery.

From the above thought process it is clear that the ‘root cause’ of a good or bad life is indeed our ‘company’.

The ‘tendencies or colour’ that has permeated and seeped into the sub-conscious cannot be easily changed because this ‘colour’ or ‘steam’ spontaneously keeps manifesting its ‘flash’ or ‘stench’. However, there is a way to save this life from the base external influences.

So if we want to make our life good, sublime, beautiful, virtuous and peaceful then firstly we:-

1. have to give up the base –negative company.
2. keep away from books which pander to sensual desires.
3. have to protect ourselves from the sensual entertainment, cinema T.V. etc.
4. Get rid and forget the sensual or lowly thoughts at once for if attention is placed on them, they will become even more powerful.

Opposed to this is the urgent need and mandatory command to:-

1. keep the company of beloved gurmukhs (those who heed Guru’s counsel without question), spiritually evolved souls.
2. doing Gurbani paath, kirtan and contemplating on its the intrinsic meaning.
3. Reading the writings of blessed gurmukhs.
4. Derive benefit by attending ‘holy congregations’.
5. ‘Naam simran’.

Using the above method as we continue to keep the lofty spiritual company:

1. the colour of our thoughts will change.
2. the mind will become purer.
3. the attention of the mind will become focused.
4. attention will begin to settle
tendencies will begin to change.
6. the discerning power will become refined.
7. the ‘touch-stone’ of the mind will become sublime.
8. the challenges will take on the right proportions.
9. a higher purpose to life will be revealed.
10. The discerning mind will manifest.
11. the mind will rise above low mental routines and chores.
12. intuitional illumination will come into being.
13. The awakening of the ‘shabadh’ will take place.
14. Hukam or command will be revealed
15. Naam simran will make its presence permanent.
The rays of the sun, falling upon a piece of convex lens converge or condense to become a powerful concentrated ray. In this concentrated and condensed ray, the intensity of heat increases to such an extent that it burns through paper whereas the normal ray has no effect on paper.

The waves or rays of our thoughts or consciousness are closely analogous to the example given above. As our thought waves or attention concentrate and condense, to the same degree their power continue to increase.

The more our thoughts are concentrated and condensed—the more our mind becomes powerful and dynamic, with which many psychic phenomena can be performed.

It is an accepted phenomena that the evil look that arises out of intense jealousy or the intensity of low thoughts can directly affect people. The manifestation of the power that arises out of the concentration and practice of the attention on low thoughts is called 'nazar' (or evil glance) or a curse.

If the miracles that result from the mental power of attention’ of low negative) thoughts can be given credence (or believed) then it follows that miracles (namely) blessings, wondrous feats, the occult power that result from the concentration on lofty and divine thoughts too, can take place because all these miracles are but the result of mind’s concentration or the intensity of the attention.

The following ‘mental-feats’ come under the ambit of mind – power:-

- occult powers
- magical performances
- tantric spells
- miracles
The subtle vibrations of our thoughts disperse into the entire ether and the details are recorded in the environment or in the ‘computer of world mind’. These thoughts are of different cycles and wavelengths and they get recorded and deposited on those specific cycles and wavelengths having the same characteristics. The cumulative effect of these extremely subtle thoughts, the colour, or the odour little by little affects the environment of ether and makes it cloudy (or murky).

In other words the effect of all our good or bad thoughts from...
moment to moment gets ‘deposited’ on similar cycles and wavelengths exhibiting various characteristics in the subtle computer of ether. (These cycles and wavelengths) get so powerful that through the overall worldly environment its good or bad effect, influences all the minds vibrating on those cycles and wavelengths.

This means that the good or bad effect of our tinniest thoughts:

1. first affects our own minds.
2. then it changes and ‘clouds’ the subtle environment of ether.
3. In the environment of ether similar specific thoughts merge together and become ‘powerful’.
4. Those good-bad ‘powerful’ thoughts boomerang and make a forceful impact on our mind.

In this way we are caught up in the poisonous vicious circle of our own thoughts from which it is impossible to extricate (or free) ourselves.

This is how the influence of the thoughts of our minds and deeds affect the masses and the effect of (collective) thought of the masses (in turn) affects our minds through the environment of the creation.

Thus we are directly responsible for making the environment around us good or bad and consequently become the co-sharers of the good – bad odour.

Today the era of ‘kaljug’ predominates. The entire environment of the creation has become extremely dirty and dangerous. This has caused social decline to increase to such an extent that our sacred religious institutions could not escape from its engulfment.

The sad thing is that those sacred religious institutions from which, we were supposed to receive peace, comfort and faith-filled worship and which were to protect us from ‘worldly degradation, themselves have become centres of’:-
false deeds
rites and rituals
jealousy and duality
enmity and confrontation
quarrels and fights
greed
hypocrisy
ego.

1 How to save the creation?
The holy places of worship in the world are polluted, and so the world is drowning........
The whole world has been reduced to the same social status; the state of righteousness and Dharma has been lost........ 662

2 Modesty and righteousness both have vanished, and falsehood struts around like a leader, O Lalo. 722

3 The rulers dealing in evil, a reversal where the hedge attacks the field (it is supposed to protect) Bh. Gurdas

4 The world is moving towards a satanic path. Bh. Gurdas

Although we have become distressed by this social and religious decline and suffer internally, but no firm, concrete, effective step has been taken to redress the situation.

Take note, the redressing of this degradation first has to start from the thoughts of our own mind otherwise our hollow parchaar (preaching) can have no effect whatsoever.

From the results of our current hollow ‘preaching channels’ it is clear that in spite of

1. numerous religious rites,
2. numerous religious institutions,
3. numerous sermons from religious texts,
4. numerous religious preaching
5. novel means of preaching,
6. numerous ‘paaths’ and worship,
7. numerous rites and rituals,
8. yogic postures,

our mental and religious decline is on the increase.

Although we continue to complain and criticise about this decline, but we are unable to set aside the degeneration (brought about as a result) of our past ‘life – channels’.

In every aspect of our life we lean out for support or direction to this decline and we do not even hesitate to utilise legitimate-illegitimate means to fulfill our good or bad needs.

The poisonous mental ‘diseases’ of this decline have increased and become so powerful that like T.B., these diseases have forced, permeated and resided themselves into our body, mind, intellect and the sub-conscious. Daily these are becoming more dangerous and overpowering.

If the effect our thoughts can reach such depths and become so dangerous, then (for our own good) we have to keep watch on our thoughts. But (it looks like) we couldn’t care less, and knowingly appear unconcerned (when) we continue to live our life according to our past habits.

In this way we are making the mental disease T.B. even more serious and dangerous.

We debate and raise a hue and cry about the ecological pollution that affects our houses, roads districts, towns but we are unaware, indifferent and heedless about the terrible consequences of our internal mental degeneration.

The important thing that needs to be understood is that while the physical diseases (of an individual) will end with death, the self inflicted mental diseases
in the subconscious will continue to cling on to the being even in the births hereafter.

The world is already filled and overflowing with degeneration. If we cannot reduce the poison of this mental decline, we have no right to contribute to its increase.

The main reason or seed for tension, selfishness, egotism, hatred, duplicity, enmity-confrontation, quarrels, fights tyranny, cruelty that predominates in the whole world is the accumulative effect of our own thoughts. The overall effect or ‘hue’ of these thoughts is reflected in every aspect of human life.

God, created for his off-spring, man, a heavenly world which provided for all kinds of peace and comfort. But we, through our lowly thoughts, base tendencies and evil deeds have turned a heavenly existence into a hellish one.

In this way we have ‘ourselves harmed our own self’ thereby experiencing hell and making others suffer as well.

Kabeer, the mortal loses his faith, for the sake of the world, but the world shall not go along with him in the end.

The idiot strikes his own foot with the axe by his own hand.1365

Human mind is un-consciously and incessantly weaving and shaping his own good or bad world—within and around himself—by his own thoughts.

Every thought—good or bad—emanating from the mind—send subtle vibration all over the Universe, through electric waves, which are registered in the infinite and perfect Universal computer of ETHER.

Thus billions of thoughts—emanating every moment—from the minds of the whole Universe, are being registered and processed instantaneously by the Universal Computer and shelved into LIKE wavelengths of ETHER. The cycles and wavelengths of various hues and kinds of subtle vibrations accumulate and shape the environment of the ‘Universal Mind’, just as in the case of human mind and sub-consciousness.
In this subtle cosmic process—our thoughts have profound influence to:

1. Directly shaping our character, fate and destiny.
2. Indirectly moulding and modifying the subtle environment of the Universe.

In fact every thought is a *dynamic 'Seed'*, which sprouts and spreads *in the mental-world*, and *engulf the entire Universe*, to make or mar our lives, according to the nature of our thoughts.

This explains the *tense and vicious environment* of selfishness, pride, unrest, strife, jealousy, cruelty and wars—prevailing all over the world—*inspite* of numerous professed religions and cults, and pious efforts of August institutions like U.N.O. etc.

God created a *Heaven* for his children—to live and enjoy it. But we—'prodigal' sons of Earth—have *turned it into Hell*, and created a 'vicious rendezvous'—under the influence of our baser and depraved thoughts, and degenerated moral values.

Dynamic cultivated thoughts are so powerful that they are capable of *modifying* the cumulative results of our present and past lives. They are so *insidious* and permeating that they can have *profound effect on our future lives as well.*

The sound of a *particular* wavelength is caught and relayed by any radio set, tuned to that *particular* wavelength.

Similarly wavelength of acquisitive, intense feelings and emotions of subtle thoughts are caught, perceived and conceived by our 'mind-radio'—tuned to that *particular* wavelength *anywhere in the vast cosmos*.

This means that cumulative result of our good or bad thoughts are *registered in the ETHER*, and caught and conceived by any 'mind-radio'—*whenever and wherever* it is *tuned to the particular wavelength* of that original thought.
Similarly the current of a singular thought—passes through all the 'mind radios'—tuned to that particular wavelength.

This explains why drunkards and villains, or noble and pious people, are attracted and joined together, proving the idiom—'Birds of the same feather flock together'.

We are daily witnessing this principle in our 'Audio-Visual' process of electronic science.

Thus, principle of attraction and communication on the same wavelength is working invisibly and imperceptibly throughout the universe, even beyond the limits of 'Death', and subtly effect our mind process, shape our environment and relationship in the next life.

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A recollection is called a thought.

Focusing on a thought becomes attention.

According to inclination or interest, attention becomes intense.

From intense attention emotions arise.

The subtle flight of thoughts in emotion is deemed to be emotion.

Interest and inclination leads towards action.

Through the practice of action, habits are formed.

Through the practice of habits tendencies are formed.

Thoughts resulting from deep tendencies give rise to our behaviour.

According to behaviour character is formed.

According to our character life is fashioned.

According to life or future is created.

In this way spontaneously caught up in the cycle of deeds, without any awareness, we keep doing deeds and facing the consequences.

The prime cause or 'seed' for these mental states is indeed our recollections or thoughts.

It is clear from the above discussion that our deeds, habits, behaviour, life, fortune depend on our good or bad thoughts.

As you plant, so shall you harvest; your destiny is recorded on your forehead. 134
18

He sows seeds of poison, and demands Ambrosial Nectar. Behold - what justice is this?  

Fareed, the farmer plants acacia trees, and wishes for grapes. He is spinning wool, but he wishes to wear silk.

Whatever I did, for that I have suffered; I do not blame anyone else.

If our thoughts can be clean, lofty and virtuous then our life can become lofty, clean, beautiful and virtuous.

With thoughts that arise from bad and lowly inclinations, demonic evils arise making us face and suffer a life of lust, enmity-confrontation, dread-fear, (life that is) ego ridden and degenerative.

Enmeshed and entangled the whole world dies in false occupations and attachments.

To change our life the first thing that is essential is the ability to recognise between good and bad, or the discerning power, or a discriminatory intellect. But the sad thing is that our intellect (or mind) has become so polluted that we are unable to differentiate between the good and bad. For the sake of satisfying our selfish needs we have legitimised all evil deeds or actions.

To acquire this discerning power or discrimination intellect in the light of Gurbani there is a need for:-

1. lofty, pure, vibrating awakened sadh s angat.
2. the cultivation of the practice of Naam Simran- meditating on God’s Name.
3. the Grace of the Guru.

Without this discriminatory power we will continue to operate according to our old flawed thoughts processes and continue to face the consequences.

It has been explained earlier the principle cause of our mental ‘make up’ or hue are our thoughts. That is why, it is only when our thoughts change that our mental ‘make up’ or hue can change. The mind is influenced by the ‘company’ of the surrounding environment (it is in).
Mind cannot be ‘killed’ but it can be grafted with virtuous attributes – which in turn can enhance the goodness of the consequences of our deeds.

This divine ‘grafting’ can only take place in the company of blessed ‘beloved gurmukhs’ evolved souls.

1. Apart from this, as our discerning power increases, at the same time an effort should be made to detach the mind from lowly thoughts.

2. In place of them, contemplation on lofty good beautiful
thoughts can be fruitful.

3. We should looks towards the sadh sangat the congregation of the holy for inspiration.
4. We should do Gurubani paath with love and understanding
5. We should do simran –remembrance of Waheguru- within our inner self.

If we desire and aspire for higher, nobler, healthier and happier life, it is essential that, first of all we avoid, discard, forget or brush aside our baser ideas and thoughts at once, as soon as they sprout in our mind, and at the same time replace or substitute them with higher, nobler, inspiring thoughts, by invoking the help and guidance of the Guru’s Grace, and seek and imbibe sublime inspiration of Gurbani and holy company of awakened and enlightened souls.

If these depraved thoughts are not forgotten or diverted in the first instance, and are entertained and cultivated, they percolate and penetrate deep into our mind and sub-consciousness. Gradually in course of time, they become insidious and powerful to enslave us, making us corrupt, depraved and vulgar, with a trial of baser elements of selfishness, envy, prejudice, avarice, jealousy, hatred, anger, egocentricity, aggressiveness, wickedness, cruelty, and what not.

More examples are given to make the understanding of the above discourse even clearer.

1. “Two lady friends in America enjoyed a very loving relationship. Separation from each other was unthinkable. After some time differences arose between the two, which continued to increase to a point where it changed into contemptuous enmity. The pain in the joints of one of them became so acute that to get up or sit, even moving around became a very painful affair. She looked for cures every but there was no relief. Finally she went to a ‘psychiatrist’. After studying the case, he said,
There is no way you can be cured by taking medicines. For you there is only one cure which you yourself can carry out; and that is forget all your anger and grievances against your friend and start loving her."

At first she became very disturbed. This thing can never happen. But as the saying goes, ‘When faced with death what is it that one does not do’ when the pains caused intense suffering, she let go of the anger and hatred and made up with her friend. Subsequently they both began to live as lovingly as before. This resulted in the pain easing off little by little and over a few months the pain disappeared completely.

2. Swami Vivekananda has very clearly explained this power of the mind in one of his lectures in America. While studying in a college, he took along with him some of his colleagues to visit a Brahmin in Southern India. They had heard that he performs many wondrous miracles and they asked him to demonstrate one such miracle. The Brahmin told them to mentally think of a fruit that they love and without showing others, write its name on a piece of paper and put the paper in their own pocket. He then told them to close their eyes and sit and he too sat down in meditation. After some time they were told to open their eyes and the students were surprised to see before them, heaps of different types of fruits.

The Brahmin told them to eat the fruit of their choice but the students were hesitant to eat these ‘fruits of magic’. The Brahmin himself started eating a fruit and assured them that these were natural fresh fruits and could cause no harm. When the students tasted the fruits they realised that the fruits had a natural smell, taste and essence. They were even more surprised to see that the fruits together with leaves and branches, were not only fresh and out of season but also included those that were not local.
The Brahmin explained to them that this was not caused by some religious or divine miracle but purely the result of mental onepointedness (or focusing of the mind).

The above narration is limited to the mental power of the ‘tri-attributive’ (trigun) worldly realm.

Above this, the play of ‘divine power’ of the spiritual realm, is novel and different.

The Infinite Being is One and the power that emerges from within Him too is One.

Through the joyousness of the Infinite Being or the ‘Word’ within each and every particle of this creation, this divine power:

- is ever and ever brimful.
- is interwoven - and intermingled entanglement.
- is omnipresent.
- is self existent.
- is self illuminating.
- is unerring.
- is free flowing.
- is inexhaustible.
- is fathomless.
- is boundless.
- is limitless.
- is unceasing.
- is unwavering.

This ‘flow’ or ‘manifestation’ of the divine power is referred to as:

- hukam (command)
- volition
- will
- immortality.
By divine hukam or command does the entire creation
takes root
grows
flourishes
fruits
nurtures
dies.

The flow of this divine power or hukam (command) operates:-
spontaneously
automatically
secretly
silently

but we are:-
uninformed
unaware
heedless
ignorant
couldn’t be bothered
knowingly turn away or
feign ignorance

(about this divine power).

The consequence of this neglect is expressed in Gurbani as follows:-

1 O Holy people, this world is deluded by doubt.
   It has forsaken the meditative remembrance of the Lord's Name, and sold itself out to Maya. 684

2 Deluded by doubt, the world wanders around.
   It dies, and is born again, and is ruined by the Messenger of Death. 560
In doubt he comes, and in doubt he goes. This world is born out of the love of duality. The self-willed manmukh does not remember the Lord; he continues coming and going in reincarnation.

The secret invisible divine power operating day and night, moment to moment, eternally under the Divine Command or Hukam expresses itself through numerous extraordinary, astonishing ‘miracles’ such as:-

- in the nurturing of the child in the mother’s womb,
- in the growth of trees and in their flourishing,
- in the beauty of the flowers, colour and scent,
- in the variety of tastes and (their) relish,
- in the flow of the water,
- in the breeze of the wind,
- in the peak of mountains,
- in the depth of oceans,
- in the vastness of the sky,

numerous divine miracles, repeatedly, always manifest themselves.

But the miracles and events of the spontaneous happenings of this divine power do not catch the attention of our gross intellect and neither does the need to pay this attention is felt.

When we interrupt the ‘spontaneous flow’ of this divine power with our ego ridden mind’s willfulness, an obstruction occurs in the command or hukam.

Behind our deeds the power is indeed the divine ‘flow’ and due to ignorance, we infect this power with our ‘me-mineness’. Because of this we become ‘deed bound’ and face the consequence (in the words of the Guru) ‘Whatsoever I do, I obtain (its fruits).

Under the influence of ego, when an extraordinary awesome event takes place, we can hardly contain ourselves in claiming, that as our accomplishment – when in fact behind all our accomplishments some divine power is indeed at work.
Gurbani admonishes us as follows on this subject:

1. The foolish faithless cynics are held captive by Maya; in Maya, they continue wandering, wandering around. Burnt by desire, and bound by the karma of their past actions, they go round and round, like the ox at the mill press.

2. The sinners act, and generate bad karma, and then they weep and wail. O Nanak, just as the churning stick churns the butter, so does the Righteous Judge of Dharma churn them.

3. O my mind, walk in harmony with the True Guru.

4. One who walks according to his own will, O Siblings of Destiny, suffers separation from the Lord, and shall be punished.

5. The Word of Your Shabad alone is pervading everywhere; whatever You do, comes to pass.

6. Crying out, "Mine! Mine!", he is bound in bondage. Entangled in Maya, he is reincarnated in heaven and hell.

7. You can do anything, but whatever you do, only serves to tie your feet.

8. This mind is entangled in worldly affairs, creating more and more karma. Enchanted by Maya, it cries out in suffering forever.

We are the Infinite Beings off springs. In view of this divine relationship, we are the heirs of the entire power of the Infinite Being.

When a thing gets stuck in a water pipe, the ‘flow’ of water becomes less. With our inner being, when a ‘pebble’ of egotism gets stuck, the flow of divine power that is ours through heritance, experiences a disruption and its ‘flow’ becomes ‘limited’. In other words as our egotism becomes more and more intense, in the same way the flow of divine current gets (progressively) less. A new sponge absorbs a large amount of water into itself – but as its fine pores get clogged with dirt, its capacity to absorb water becomes less and less. This is the result of its reduced ability to absorb.

Our mind has a huge potential to absorb - but when the mind’s...
sponge gets filled with dirt, it absorbs less divine power and our egotism keeps on increasing.

With a polluted mind, devotional service cannot be performed, and the Naam, the Name of the Lord, cannot be obtained.

This means that without getting rid of this ego ridden dirt of the mind, we cannot acquire the full power of our spiritual heritage. In the worldly realm, the fountain of current or ‘life force’ for all living forms is the sun. But the sun too gets its ‘life force’ from the divine ‘power’.

In this way the ‘aliveness’ of numerous

universes
suns
moons
galaxies
8.4 million life forms
all life forms
every particle

comes from the fountain of ‘divine power’ which is called:-

‘Naam’
‘Shabadh’
‘Power beyond Power’
‘Ambrosial nectar’

e tc in Bani.

This ‘divine power’ is found in the innate self, like the ‘fire’ in a piece of wood, invisible, interwoven-intertwined, ever and ever present in prophets, gurus, blessed gurmukhs, sants and devotees because these divine ‘slaves of God, being in tune with the ‘flow’ of divine force are united with the Creator.

But these evolved souls, gurus-prophets do not willfully use this divine power for their own ends because they
do not ‘interfere’ with the ‘flow’ or ‘order’ of the divine power.

They use the gifts of ‘divine power’ at the pleasure of their Beloved (Infinite Being) and cultivate the lesson of ‘abiding by the Will’ (the Infinite Being).

Like the illumination from the bulb, the hidden ‘divine power’:

through the glance of grace
through the gaze filled with mercy
through the arrow of love
through the touch of love
through the cup of love
through the longing gaze of love
through the faith filled love
through the divine disposition
through kindness and compassion
through blessings
through the grace of the Guru

according to

You are manifest in the Expanse of Your Workshop.
Everyone longing for Your Name,

by becoming manifest:

in a split second
in the flicker of an eye
in the piercing look of the eye
in the glance of a look filled with love
in the smile on the lips
in the glow of the forehead
in the embrace of the arms
in the touch of the hands
in the overflowing of love
in the love of the innate self

has the ability to transport thousands of souls from the worldly realm
to the land of the divine ‘love of the innate self’, the place of no grief, the immortal country, the realm of truth.

1. He made angels out of men, without delay.  

2. Gazing upon me with his Eye of Mercy, He has dispelled the pains of His slave.

3. Upon receiving the darshan (spiritual insight) awareness disappeared, discerning power was no more, the intellect was no more in the intellect.

Bh Gurdas

When the magic of love filled glance of the 10th emperor (Guru Gobind Singh Ji) took effect on the soul of Bhai Nand Lal, (the feelings that resulted are) related by him in his gazals as follows:-

Meaning only

1. One slight movement of His eyebrow was enough to sacrifice me. Now there is no cure (going back) as the arrow has left the bow.

2. The blessing of your one glance captures the heart. Then I cannot do without it.

4. The Gurmukh saves millions of people, O Siblings of Destiny, blessing them with even a particle of the Name.