

Silken Thread of the Divine

ALSO BY RAJINDER SINGH

*Inner and Outer Peace through Meditation*  
(with a foreword by H.H. the Dalai Lama)

*Empowering Your Soul through Meditation*

*Echoes of the Divine*

*Education for a Peaceful World*

*Spiritual Unity and Peace*

*Ecology of the Soul and Positive Mysticism*

*Vision of the New Millennium*

*Spirituality in Modern Times* (in Hindi)

*True Happiness* (in Hindi)

*Self Realization* (in Hindi)

*Search for Peace Within the Soul* (in Hindi)

*Salvation Through Naam* (in Hindi)

*Spiritual Treasures* (in Hindi)

*Experience of the Soul* (in Hindi)

*Spiritual Talks* (in Hindi)

# *Silken Thread of the Divine*

RAJINDER SINGH

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## Silken Thread of the Divine

The new science needs new methods if we are to advance further in our knowledge of ourselves, our universe, and the force that created life.



## *Relationship between Science and Spirituality*

*This was extracted from a talk given on  
November 6, 1996, at Harvard University,  
Boston, Massachusetts, United States.*

**I**n a few decades we have seen technological wonders such as placing a human being on the moon, satellite communication, computers, life-saving medical devices, cures for diseases considered incurable, and knowledge of the human genetic code. The field of communication has seen the development from the wondrous telephone in which voice could be conveyed over a single telephone wire to fiber optics in which hundreds of thousands of voices can be conveyed through beams of light. Satellites can beam live programs throughout the entire globe. Telecommunication has made the world smaller by bringing people together, even those from remote areas previously inaccessible to the rest of humanity. With increased communication comes a blending of cultures. People in Asia can be seen in Western clothing,

while those in the West can be seen wearing Asian dress. People are more knowledgeable about the customs, religions, languages, and beliefs of other countries. The scientific advances of one nation can be shared with the rest of the world. The problems of one country are now the concern of the global community.

Some scientists are trying to extend communication into space to see if there is life on other planets. Satellites are tuned to the universe to see if we can pick up signals of other intelligent life in the vast ocean of space.

Yet with these scientific advances, some burning questions have not yet been answered. Science has not been able to find out whether this physical universe is the only realm of existence. Science has not devised a way to communicate with realms Beyond this world. All religions speak of a creative principle, whom some call God, Allah, Jehovah, Parmatma, and other names, but science has not found a way to communicate with that higher power. All religions speak of a soul, but again science has been found wanting when it comes to enabling us to communicate with that power within us. More people are searching for a way to communicate with our innermost self and the inner world. If science is unable to provide the method, people will find other means.

One great scientist, Sir Isaac Newton, came to the same conclusion about the limitations of science as we know it. He said, "I can take my telescope and look millions and millions of miles into space, but I can put it aside and go into my room, close the door, get down on my knees in earnest prayer, and see more of heaven and get closer to God than I can assisted by all the telescopes and material agencies on

earth." This profound statement still holds true today. Since his time, no scientist has been able to develop instrumentation equal to the power of going within through prayer and meditation to communicate with the Creator. It is time for a new paradigm. Old methodology will not help in our endeavor. The new science needs new methods if we are to advance further in our knowledge of ourselves, our universe, and the force that created life. Science needs to move beyond dependence upon material instruments for its proof. The twenty-first century will see a new generation of scientists. They will explore and test a method for communicating with the inner worlds.

Sir Isaac Newton said that prayer took him further than his scientific tools. The prayer to which he was referring was not the recitation of words from a scripture but a process of inverting one's attention to look and listen within. Looking and listening to the inner world is another name for meditation.

Meditation is nothing new. It has been with us since the dawn of time. Ancient scriptures cite references to higher worlds—whether they are called heavens, loks, higher planes, or khands. Those who experienced these realms and found God are the saints, prophets, gurus, enlightened beings, and spiritual Masters. Because our scientific instruments cannot find these inner regions, science has ignored and even scoffed at their existence. Science is using methods that cannot work—higher realms are of spiritual substance. Material devices of this world cannot pick up those vibrations. Only one instrument can pick up the spiritual frequencies of the Beyond—and that is within each—the human soul. We have been gifted with the tool that helps us communicate



If we want to take up the challenge of finding answers to what lies beyond this world, then we need to use the tool of our consciousness.

with regions Beyond, but we have overlooked this precious instrument.

The soul vibrates at the same frequency as God because it is made of the same essence, a principle known as divine Light and Sound. Light and sound waves of this universe are a lower manifestation or reflection of a higher Light and Sound. We know that Light and Sound are vibrations. There is a greater Light and Sound in higher realms. We can contact that inner Light and Sound through meditation. Those scientists who want proof can have it by going within and experiencing it for themselves. Scientists in the original sense of the term are explorers. Their job is to solve mysteries, to answer the unanswered questions. If we want to take up the challenge of finding answers to what lies beyond this world, then we need to give up the instruments of metal and use the tool of our consciousness.

For centuries, those who have seriously practiced meditation found the inner worlds. Saints have journeyed to the same places by sitting in the quietude of their own selves. Socrates has said that the world could best be understood by those who rise above it. Through meditation, we can rise above this world into regions Beyond.

The receiving instrument for communicating with the Beyond is not material but subtle—it is the soul. We are dealing with consciousness, and that is not material. Consciousness is spirit. Spirit cannot be seen with any instru-

mentation of this world. It can be seen only with our spiritual vision.

The seat of our spiritual vision is at a point known as the single or third eye. It is located between and behind the two eyebrows. If we concentrate our attention, which is the outer expression of the soul, at the third or single eye, we are at the starting point of the spiritual journey. We will see inner Light and hear inner Music. This Light and Sound will pull our attention from body consciousness to soar into regions Beyond. We will know the answers to life's greatest mysteries.

I would like to give you a simple demonstration of the meditation technique just to show you how easy it is. For those who are interested in experiencing the inner Light and Sound, the full meditation practices are given at our center in Delhi and in other parts of the world. Just to demonstrate to you how easy the method is, we will have a brief meditation sitting here.

Our attention should be focused on whatever we see in front of us. We should not pay any attention to the world outside or our body. For example, once Newton was sitting by the roadside. He was so absorbed in what he was doing that when a loud musical band passed by, he did not hear it. Someone later approached him about the passing band, and he said, "What band? Where?" During meditation our concentration should be so focused on whatever we are seeing inside that we do not notice the outer sounds.

For those who get the complete meditation instructions, they see various forms of Light, flashes of Light, or vistas of inner moon, sun, and stars. By concentrating the attention into the middle, the consciousness or soul begins to journey

on a stream of Light and Sound into higher regions. There are region after region of higher and higher states of Light and Sound. The ultimate step on the journey is where the soul returns the source of all-consciousness and all-Light from where it originally came. These states bring with it knowledge and wisdom of all that is. Our questions about the mysteries of life and death are answered. It also fills us with a peace and bliss beyond any that we can know in this world.

### IMMORTALITY

Another characteristic of the soul is immortality. Soul can never be destroyed. The physical form has its own limited existence and will one day perish. Scriptures in the East speak of 8.4 million species of life. These species came into the world because of their predecessors. All living forms are born from parents. Our bodies come into this world because of our parents. But the soul does not come from any living form. It is not coming from parents. Even though souls inhabit various species of life, they are not born of them. Souls are a part of God. Thus, soul is permanent. It was always there, it is always there, and it will always be there. It is not like a physical body that is born as a child, grows, becomes a young adult with all strength, becomes frail with age, and dies. The soul is always there, full of power, strength, passion, and love. There is no birth, no aging, and no death. The soul is stable and eternal. The cause of our miseries is that we do not realize the power of God within us as soul.

Near-death experiences show that a part of us remains after the physical body is clinically dead, and that we have an

existence beyond this life. These experiences reveal that we are spiritual beings who survive the demise of the body.

Soul is immortal. When we identify with the soul instead of the mind and body, we find our immortal nature and lose all fear of death.

### HOW DOCTORS CAN HELP THEIR PATIENTS HEAL EMOTIONAL PAIN THROUGH MEDITATION

The next quality of the soul is its unity with all life. Saints live as if everyone is part of their family.

Sant Darshan Singh Ji Maharaj has said in a verse:

*What does it matter if I am called a man,  
In truth, I am the very soul of love.  
The entire earth is my home,  
And the universe my country.*

We are conscious beings full of the love of God. Yet, at the level of human existence we make divisions. If we are born in one part of the world we say, "I am a citizen of this country, or that country." But God did not make countries; human beings made them. If we are born in a certain religion, we say, "I am a follower of such and such religion." Religions have also been formed by human beings. There was no Buddhism before Buddha. There was no Christianity before Jesus. The followers of the saints, mystics, and prophets organized their teachings into a religion. Similarly, if born in a certain state or country, we live in a certain way dictated by those customs. As human beings we put boundaries around ourselves and limit ourselves. But our soul is

limitless. It is a part of the Creator. We need to recognize that all divisions created by humans are walls surrounding our true selves. These walls keep us from Truth. These walls need to be brought down so we can see the oneness of all life.

Previously, we may have been concerned with the glory of space travel and other scientific advances, but may have remained oblivious to the needs of others. In pursuit of science, we polluted the earth, destroyed our rain forests, and ravaged the earth for its resources. With this new angle of vision, we think about the value of human life, animals, and nature. We become aware of making choices that do not harm any being. We become balanced individuals because our pursuit of science does not blind us to the needs of people on our planet. We use science as a tool to help others.

The ancient Greek philosophers called it Logos or Music of the Spheres. In the Bible it is called the Word. It is said in the Bible:

*In the beginning was the Word, and the Word was with God, and the Word was God.*

JOHN 1:1

One of the main Buddhist mantras is:

*Aum mani padme hum.*

(From the lotus-like light of aum, peals of thunder resound.)

People will find us transformed and will grow in regard for us. Our communication with others will improve. As a byproduct of our internal investigation, we will find that outer peace will become a reality. If each experiences inner peace and realizes the interconnectedness of all life, there

will be outer peace.

Let us perform a self study—the study of our soul and our inner riches. As a result we will attain knowledge and joy. Along with this, we will improve communication with others. If each practices communication within, it will not be long before we find improved communication outside. May each one find answers to our personal quest in this lifetime.



With advances in the electronics field, gadgets were invented to give more time for leisure, enjoyment, and the exploration of who we are and our purpose in life. But it takes time and effort to learn to operate these devices and rather than giving us the leisure time we thought we would have, we are more involved with the gadgetry.



## Education for a Peaceful World

*This is extracted from a talk given to the Ministry of Education, in Bogota, Colombia, on June 28, 1990, after a ceremony in which Sant Rajinder Singh Ji Maharaj received the Medal of Cultural Merit from the Ministry of Education. During a private meeting on June 25, 1990, the Minister of Education asked Sant Rajinder Singh Ji Maharaj a series of questions about his views on education for physical, intellectual, and spiritual development. He then asked Sant Rajinder Singh Ji Maharaj to address the Cabinet of Ministers on June 28, 1990.*

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It is my privilege that you have invited me to talk about my views on education. It is a great responsibility on your shoulders because the Ministry of Education in any country is entrusted with one of the noblest and most important tasks in the government—educating the future citizens of the nation and the world. Whatever policies you set and new programs you institute will affect the lives of millions of