

# Index to Questions and Answers from Sant Bani Magazine

This index was prepared by Cab Vinton, and spans the time period from July, 1976, through May, 1996.

\* Sant Ji uses entire session to answer the question

\*\* Sant Ji likes the question

Short (S) <= 1 column

Medium (M) <= 2 columns

Long (L) > 2 columns

7/91 = 5/82

9/76 = 7/79?

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 Paradox: can't meditate unless know Master's reality, & v.v. 8/82, 4 L  
 Paradox: pure thoughts in order to meditate, meditate in order to purify thoughts 8/87, 30 M  
 Pay off karmas through bearing pain in meditation 5/89, 3 L; 5/85, 25 S  
 Possible to go up w/out mind knowing/ unconscious state 12/82, 10 S  
 Possible to progress in meditation & not know about it:  
 Problem w/ sleepiness during meditation 11/79, 4 S  
 Problems w/ meditation before being initiated 12/91, 7 S  
 Progress in meditation required to go straight to Sach Khand 2/87, 11 L  
 Progress concerns of long-time initiate: why 2/89, 25 L  
 Relative importance of meditation and darshan 2/79, 11 S  
 Sit for 2.5 hrs but only a minute or two seems fruitful 12/76, 29 S  
 Thoughts in meditation 11/94, 31 M  
 Trouble rising above pain 7/95, 46 S  
 Two things to remember before sitting 11/94, 26 L  
 Unchaste thoughts during meditation 1/95, 10 M  
 Value of 3AM vs. 4AM 9/81, 42 L  
 Wanting to open eyes when experiences start 4/77, 28 S  
 Ways we unknowingly lose the value of our meditation 5/94, 32 M  
 What to do when we start to go within 11/91, 3 S  
 What steps are necessary to go within 11/91, 3 S

What happens on the inner planes, what disciples do there\* 10/93 S  
 What effect meditation has on soul 8/89, 31 S  
 What we lose when we talk about inner experiences; can it be regained\* 8/92, 43 L  
 What's necessary to transcend: good karma, detachment? 10/83, 28 S  
 Why dying while living is frightening if Light, Sound & Master's Form are so sweet 9/85, 29 L  
 Will we know when we're going thru astral, causal planes 12/91, 5 S

## Miscellaneous

Definition of a Sikh 7/77, 29 S

## Nature of Reality

All souls destined to meet perfect Master 11/82, 30 S  
 Any differences between souls 10/83, 28 S  
 Creation is Negative Power or God's 4/93, 28 M  
 Declining state of affairs in Kali Yuga 8/91, 26 L  
 Guru Granth: God leads people away from Path 2/77, 26 S  
 Interaction of physical and astral planes 1/95, 13 L  
 Krishna a manifestation of Kal? 6/94, 12 S  
 Love between souls in Sach Khand 6/88, 9 L  
 Men came down to love 1/77, 31 S  
 Mystery of Creation 12/85, 26 M  
 Mystery of souls' creation/ origin 2/91, 12 L\*\*\*  
 Paradox: Naam as God-into-Expression Power vs. as Power that takes us home 12/85, 26 M  
 Planes beyond Sach Khand 11/93, 28 L  
 Present as Kali Yuga 6/84, 12 S  
 Reason for suffering in this Creation 10/89, 27 L  
 Relationship between physical & spiritual energy 12/84, 6 S  
 Relationship between Master & Lords of the five planes 8/87, 31 S  
 Relationship between Master & guardian angels 5/86, 25 L\*\*  
 Same mind w/ each incarnation? 1/95, 23 S  
 Souls eventually lose individuality or maintain it 12/89, 21 S  
 What soul is 8/89, 31 S  
 What the future holds 7/77, 32 S  
 What is the the Naam 7/77, 32 S  
 What Sach Khand is like 8/91, 32 S  
 When soul enters the body (conception, moment of birth) 10/83, 29 S  
 Why Sat Purush gave boon to Kal when He knew it would be abused 2/79, 6 S  
 Why separated from Sach Khand 10/83, 28 S

## Nature of the Path

Can the Negative Power love 5/96, 40 L  
 Impossibility of understanding Sant Mat w/ the intellect 11/94, 24 L  
 Is there joy on this Path 10/95, 31 L  
 Role of humor in the Path 6/95, 7 L

## Other Spiritual Practices/ Religions

Agni hothra ritual (vedic fire ritual) OK? 8/93, 22 S  
Holy Trinity 8/82, 7 S  
Jesus' despair on the cross: Sant Ji too? 8/88, 26 L  
Meaning of communion in Christianity 3/85, 32 S  
Peace from outer practices 7/77, 28, 31 S  
Validity of non-initiates feelings of peace, love, nearness to God 1/89, 26 L  
Value of chanting, sacred dances (Sufis) 2/79, 5 M

## Prayers/ Q&As

Asked to hear Sant Ji sing again 12/89, 21 S, 8/87, 31 S  
Deep prayer goes to our account like meditation 1/96, 45 L  
How to ask for Master's help without feeling guilty for burdening Him 4/90, 6 L  
OK to pray for others 1/89, 29 S; 5/85, 25 L  
OK to ask Master to take good care of Himself 11/91, 5 S  
Prayer for America 6/84, 13 S  
Prayer for Master's health 2/82, 6 L  
Prayer for a shock 1/77, 31 S  
Praying for others: OK to offer one's meditation for others?\* 1/92, 36 L  
Private interviews w/ a Saint 1/83, 16 M  
Questioners get more darshan 11/82, 29 S  
Request for Sant Ji to visit their country 2/87, 10 M  
Request for love 10/88, 22 S  
Should we ask for darshan 2/89, 28 L  
Some sweet things about God's love for us 12/80, 22 M  
Tell us a story 11/85, 27 S  
What questions we should ask the Master 3/90, 3 L\*\*\*  
What types of questions to avoid so that Master stays in the body longer (private) 3/81, 24 L  
When people ask us to pray for them, remember them when we're w/ Master 1/85, 5 L

## Relationship W/ the Master

Different value of asked for parshad vs given freely 1/89, 29 S  
Distinguishing between Master's voice & the mind's 11/94, 32 S; 9.85, 30 M  
How Master helps the dear ones 10/82, 30 L  
Kirpal said all His initiates aren't coming back? 10/93, 23 L  
Listening to Master's voice to guide us daily 11/94, 32 S  
OK to ask Master to bless our families 10/94, 25 L  
OK to share parshad? 10/77, 1 S; 1/78, 28 L  
Origin of relationship between Master & disciple 7/89, 29 M  
Paradox of Master's All-Forgiveness & unforgiveable sins 1/96, 41 M  
Parshad (general)\* 1/95, 24 L; 10/89, 25 L  
Sant Ji taking all of His initiates to Sach Khand in this lifetime? 8/93, 28 S  
Significance of Sant Ji's request in bhajans for Master not to desert the devotees 2/95, 22 L  
What grace is 4/94, 24 L  
What to do w/ parshad 1/78, 28 S

When non-initiates eat parshad 1/95, 24 S; 10/89, 25 L  
Why so hard to love Master & obey Him 1/95, 13 S

## Seva

How to do seva without ego 10/94, 21 L  
How to combine life of seva w/ high-powered, highly-educated Western minds 5/81, 31 L  
How far we should go to prevent abortions 6/88, 11 M  
Impossibility of selfless service 2/82, 10 S  
Karmas of giving to charities, of not tithing 12/93, 9 L  
OK to give money, do things for others (karmas) 8/88, 27 L  
OK to help suffering animals 1/90, 58 S; 12/82, 11 S  
Role of satsangis in “social justice” programs (good works) 9/85, 27 M  
Role of the satsangi in the community 7/77, 34 S  
Seva should be directed to Ashram 1/77, 30 M  
Whether to accept or rebel against injustices in the world 6/84, 12 S

## Simran

Ability to do Simran at Eye Center: due to hard work, chasitivity, grace, or ? 4/93, 25 L  
Attention of physical eyes during meditation 11/85, 26 M  
Balance between not being tense & having a little pain to stay awake 7/91, 31 S; 9/77, 3 S  
Bearing the pain 9/83, 10 S  
Best to sit without back support 1/77, 27 S  
Best way to develop constant Simran 10/77, 62 S  
Best sitting position 1/95, 11 S  
Commentary of experience of breaking thru the pain 12/94, 25 M  
Concentrating on the Light vs. Simran 3/86, 28 L  
Confession: moved a thousand times 5/84, 18 L  
Continuous Simran & not doing it in Bhajan? 12/82, 9 M; 11/80, 20 S (stop S for B)  
Crossed-leg position 9/83, 10 S, 13 M; 11/79, 5 M  
Difficulty w/ the first Word 3/91, 15 S  
Excruciating trouble w/ pain, mind in meditation 11/79, 3 M, 4 M  
Experiences of feeling hot during meditation 8/91, 28 S  
Focus too low 2/78, 31 S  
General pointers on meditation 1/95, 11 M  
Go to Eye Focus & do Simran, or Simran takes you there 11/80, 20 S  
Hearing Simran in our voice vs. in Master’s 12/91, 5 S; 1/90, 58 S  
History, future of Simran\* 2/86, 27 M  
How to develop love for Simran 5/88, 29 S  
How to increase concentration during Simran 5/81, 20 S  
How to do Simran w/ devotion despite pain, racing mind 11/80, 20 L  
How to achieve effortless, continual Simran 12/87, 6 L  
How to do Simran while sleeping 12/91, 14 S  
How Simran is charged by Master 2/86, 27 L  
How to develop more love for Simran (mechanical) 11/80, 20 S  
Inability to keep mind still, reach the Eye Center 1/89, 28 M

Light fades when looking into the middle 11/79, 7 S  
 Lot of vibrations, shakes 6/77, 6 S  
 Matters if forget order of Five Names 6/77, 6 S  
 Meaning of the Words 1/95, 24 S  
 Mind problems; squeezing in between Simran 12/82, 10 S  
 OK to have thoughts about Sant Ji during meditation 9/83, 10 S  
 OK to do Simran with a motive 10/94, 27 L\*\*  
 OK to count Simrans to get over dryness 6/94, 7 M  
 OK to mispronounce Simran 7/95, 44 S  
 OK to ask initiate for Names if forget 10/77, 62 S  
 OK to do Simran while remembering Master 10/94, 27 L\*\*  
 Pain in the legs, knees 1/77, 27 S  
 Paradox: need Simran to control the mind, need mind to remind us to do Simran 11/85, 27 S  
 Problem of eye-strain during meditation 12/91, 5 S  
 Relationship between Simran & Shabd 7/77, 32  
 Reluctance to surrender inside to Sant Ji vs. Kirpal 9/83, 14 S  
 Remembrance of bhajans interrupting Simran 3/96, 20 S  
 Right speed for Simran 10/77, 2 S; 6/77, 5 S  
 See less Light when concentrate more on Simran 2/77, 22 S  
 Shame, confusion when see the Light 1/77, 26 M  
 Significance of the five Names 5/88, 28 M; 9/79, 29 L\*  
 Simran perfected only when devotion is perfected, able to handle the powers 3/80, 32 S  
 Simran best way to overcome pain 11/80, 20 S  
 Simran stuck in the throat 3/86, 29 L  
 Simran in sync w/ heartbeat 2/82, 10 S  
 Simran while standing up 5/85, 26 M  
 Simran finished when reach Radiant Form? 9/83, 13 S  
 Simran 3/80, 27 S  
 Simran feels mechanical, worried no benefit 4/82, 14 L  
 Slumping body during Simran 2/78, 30 S  
 Speed of Simran 1/95, 23 S  
 Trouble w/ thoughts coming in during meditation 2/82, 13 M  
 Value of different color Lights 2/77, 22 S  
 Wavering Light 1/77, 26 S  
 What to do when strong Sound during Simran 2/95, 28 L  
 When Simran takes on the rhythm of a bhajan 5/81, 18 S  
 When Sound becomes very loud during Simran 2/80, 21 S  
 Where to focus when Light appears above, below Eye Center 2/82, 12 M  
 Why pain w/ Master but not at home when meditating 9/83, 11 L  
 Would other Names also work 7/95, 45 L

### **Successors/ Kirpal Initiates & Sant Ji**

Kirpal's initiates find successor: karmas, virtue 2/77, 25 S  
 How to develop love for Kirpal: hard to remember Him 12/78, 6 L  
 Why Saints don't publicly announce their successors 10/76, 23 S

Sant Ji's relationship w/ Kirpal's initiates 5/96, 36 L  
 Guilt about Kirpal initiates love for Sant Ji 5/96, 36 L; 11/93, 6 S; 5/88, 26 L; 11/82, 28 S; 1/79, 5 L\*;  
 10/76, 22 M  
 Most of Kirpal's initiates will find Sant Ji 2/77, 25 S  
 Who takes on disciples' karmas when Master leaves the body (successor) 3/81, 26 L; 4/78, 55 S  
 Initiates of Kirpal who never saw Him: difficult to love Him 12/82, 8 L

Ages & western theory of evolution 1/90, 53 M  
 Attachment to the Guru 11/87, 3 L  
 Broken vow of chastity: how to regain Master's protection 3/85, 32 S  
 Can be forgiven for divorce, critical thoughts of ex-spouse 1/90, 60 M  
 Can still function in the world if shot by the bullet of love 4/84, 23 L  
 Can always know what the right to do is beforehand 3/80, 27 S  
 Can we choose the Master, ask for Initiation (free will) 8/82, 32 S  
 Concern about Sant Ji's eyes, glasses 12/81, 19 L\*  
 Confession of personal faults 4/94, 24 M; 3/93, 30 S  
 Connection of non-satsangis who love initiates w/ the Master 7/90, 39 L\*  
 Darshan determined by longing, meditation, or fate 6/93, 28 L  
 Devotion to past Masters 6/89, 29 L  
 Diary good for non-initiates 7/76, 36 S  
 Difference between discrimination, evaluation, criticism 6/93, 26 L  
 Difference between fanaticism & devotion 4/94, 29 M  
 Different ways to keep the mind quiet 3/93, 32 M  
 Effect of remembering the past intensely 7/93, 28 S  
 Effect of Satsangis' greed on Master 11/82, 29 S  
 Effect of dwelling on the past 7/93, 28 S  
 Experience of Master's protection during mother's illness 11/82, 27 M  
 Fate of Mother Millie 6/88, 9 S  
 Grace on dead relatives of initiates 3/91, 11 L  
 Greed for darshan OK 10/77, 60 S  
 Guarantee that won't have to come back from Sach Khand 7/91, 26 S; 5/82, 3 S  
 Hard to believe Master (re. going within, solving all problems) 1/77, 28 S  
 Have to meet Guru within before living in city 12/76, 27 M  
 How to promote long & healthy mission 2/82, 12 S  
 How can we be sure Master will come for us at death 8/82, 6 M  
 How to obey out of love vs. understanding only 8/93, 21 L; 12/91, 14 M (re. meditating more, sleeping less)  
 How to distinguish between voice of Master & mind 11/91, 27 S; when pressing for darshan 12/91, 12 S

How to handle discouragement 11/92, 25 L  
 How we are carrying other people's burdens 10/82, 28 M  
 If Ajaib is poor a la bhajans, what is our condition 5/93, 24 L  
 Lose the benefit of good deed, thought if ego comes in 9/85, 31 S  
 Love for the Master goes away 10/76, 22 S  
 Meaning of bathing in the dust of the Feet of the Master 8/91, 28 L



Meaning of liberation for those who only see Master once (meditation, initiation?) 9/87, 3 L  
 Mental detachment worth one half of meditation? 11/83, 32 S  
 Most important part of Sant Mat 6/84, 12 S  
 Not coming back, going straight to Sach Khand dependent on confidence 8/91, 31 L  
 Not getting initiated because thinks can't be follow the Path 12/91, 11 M  
 OK to forgive ourselves like You forgive us 12/90, 32 S  
 OK to think can lessen Master's burden by not complaining 9/90, 19 L\*\*\*  
 OK to "dilute" parshad & share it w/ sangat\* 5/94, 30 L  
 OK to disassociate self from mind & responsibility for bad thoughts 12/89, 19 S  
 Our fate if no more darshan possible 11/91, 28 L  
 Paradox of grace: need purity for God's darshan, but alcoholics, non-initiates etc who get it 12/85,  
 30 L\*\*  
 Paradox: Master always protects disciple, disciple fails if disobeys 5/77, 19 L  
 Paradox: angry person can't meditate, meditation is the remedy 3/93, 31 M\*\*  
 Path more difficult for Westerners because of more distractions 5/81, 20 S  
 Personal confession: deceiving the Master 12/82, 5 L  
 Power of vows, of breaking vows 5/94, 25 L  
 Purpose of pictures of Master 10/76, 6 M  
 Purpose of guilt 3/80, 27 S  
 Reality of leaving the body 9/76, 6 S  
 Role of guilt in the Path 5/86, 25 M  
 Sant Ji taking all His disciples up this lifetime vs. fate of those who don't meditate 6/94, 3 L para  
 State of consciousness when meditating properly (alertness) 12/91, 14 S  
 Sufferings: from Master to help us grow, or from Kal 5/77, 20 S  
 Tears as the pearls of spirituality 6/86, 28 L  
 Time is short: for the Masters, for us? 1/95, 26 L  
 Time of first inner darshan determined by fate or effort 11/93, 27 L  
 True love for Master's physical form developed or gift of God 3/91, 15 S  
 Unknown 12/93, 25 L  
 Usefulness of other self-help methods for negative emotions 3/90, 28 L\*  
 Value of schedules; difficulty sticking to 5/92, 27 L  
 Value of spiritual birthdays 9/81, 41 S  
 Value of learning Hindi or Punjabi 5/92, 31 L  
 What to tell children initiated into the Sound when they share their inner experiences 12/91, 5 S  
 When own will stops & grace of the Master starts in meditation 10/85, 26 M  
 Which Master is responsible for initiate if disciple changes 5/93, 24 S  
 Who is really doing the meditation/ ego 10/82, 29 S  
 Why worldly habits are easier to develop than spiritual ones 11/93, 30 L  
 Why some souls never get to come near Master in their life 10/87, 30 L  
 Why people are selected for Initiation 4/90, 5 L  
 Why Master hides so much of His power & glory\* 6/91, 27 L  
 "Darshan" and videos? 8/91, 31 S  
 [Comments on Guru, Guru 3/96, 21 L]  
 [Story of Poono & Sussi 6/78, 24 L]  
 [OK to sing bhajan to Sant Ji at lunch, 16PS 5/85, 28 S]

[Sharing personal inner experience 10/87, 26 L]  
[Comments on Sawan Dalyu Ne 1/93, 39 L\*]  
[Comments on O Akal Ke Dekh Jara 9/90, 3 L\*]

### **When Masters Leave the Body**

Duties of group leaders after Master leaves the body (Satsangs) 6/93, 25 S  
How to stay firm when Master leaves the body 1/94, 3 L\*  
Will Sant Ji's ashram (16PS) be a burden to the disciples like past ashrams 10/92, 13 L\*\*\*

### **Worldly Life**

Capital punishment OK 11/94, 30 M  
Life insurance OK 9/94, 31 S  
Medical insurance OK 5/91, 15 L\*\*\*  
OK to be involved in politics, economics 9/94, 26 L  
Role of the satsangi in the community 7/77, 34 S  
Wealth: OK to work hard or predetermined by karma 9/94, 31 S  
Whether mass media are harmful 6/84, 13 S