

SANT BANI ASHRAM

UPDATES – FEBRUARY, 2022



Sant Bani Ashram has for many years distributed the schedule of meditation retreats for the upcoming year. We are taking this opportunity to share some updates from the ashram along with the retreat schedule, printed on page 2. In addition to the virtual retreats, the ashram continues to hold virtual satsang daily. The Meditation Hall is open for individual meditation or to attend satsang in person, with requirements for masking, social distancing, and hand cleaning in compliance with recommendations from the CDC. Given the continued high transmission of COVID, the ashram is not hosting overnight guests nor serving meals at this time. However, the situation is ever evolving, and we will continue to communicate any changes by emails and on our website.

EXCERPTS FROM MASTER KIRPAL SINGH'S 1966 NEW YEAR'S MESSAGE

Dear Ones,

This year is going out and the New Year will soon be ushered in. The present year is gone old. Let it depart. You need not worry. It had been kind to you – but not so kind as it should have been. But God willed it so.

However, you must strive to be different from what you are during the present year. Strive to reach Him, be a true devotee, crave for blessings from the Almighty. Pray for His mercy. Promise unto Him that you will go up the Divine Path at any cost and nothing shall deter you from achieving this object.

The New Year will be happy for you if you do not waver in the Divine Path or slacken your pace therein. Remain firm and go ahead, caring for none and heeding none except the One – the Master. Follow the Master with full faith embedded in your heart. If the faith in the Guru dims, the disciple falters and falls. Faith carries him forward in the regions which are otherwise impossible of traversing.

The Christmas and New Year is starting with happy congratulations. May your life be devoted to the service of the Lord and the Guru. May your body and mind get imbued with intense love for the Beloved.

Kirpal Singh

The full message is printed in *Spiritual Elixir*



VIRTUAL MEDITATION RETREATS 2022

Retreats Hosted by Sant Bani Ashram

These retreats will be available by Zoom. The meditation hall at Sant Bani Ashram is open for meditation, with COVID precautions. However, the ashram is currently not hosting guests nor providing meals. Any changes in these plans will be communicated via email and on the ashram website. The daily schedule for the retreats hosted by Sant Bani Ashram is available on its website.

For additional information and/or links to the Zoom meetings contact
santbaniashram@gmail.com

Saturday January 1st, New Year's Day

Saturday April 2nd,
in remembrance of the life of Master Sawan Singh

Evening of Monday July 4th through Wednesday July 6th,
in remembrance of the life of Sant Ajaib Singh

Friday August 19th and Saturday August 20th,
in remembrance of the life of Master Kirpal Singh

Saturday September 10th, Sant Ajaib Singh's birthday (September 11, 1926)

Saturday October 8th, Founding of Sant Bani Ashram (October 11, 1963)

Sunday, January 1st, 2023, New Year's Day

Master Kirpal's Meditation Retreat in San Francisco

For additional information and/or link to the retreat sessions contact
sfkirpalretreat@gmail.com

Friday February 4th through Sunday Feb 6th,
in remembrance of Master Kirpal Singh (born February 6, 1894)

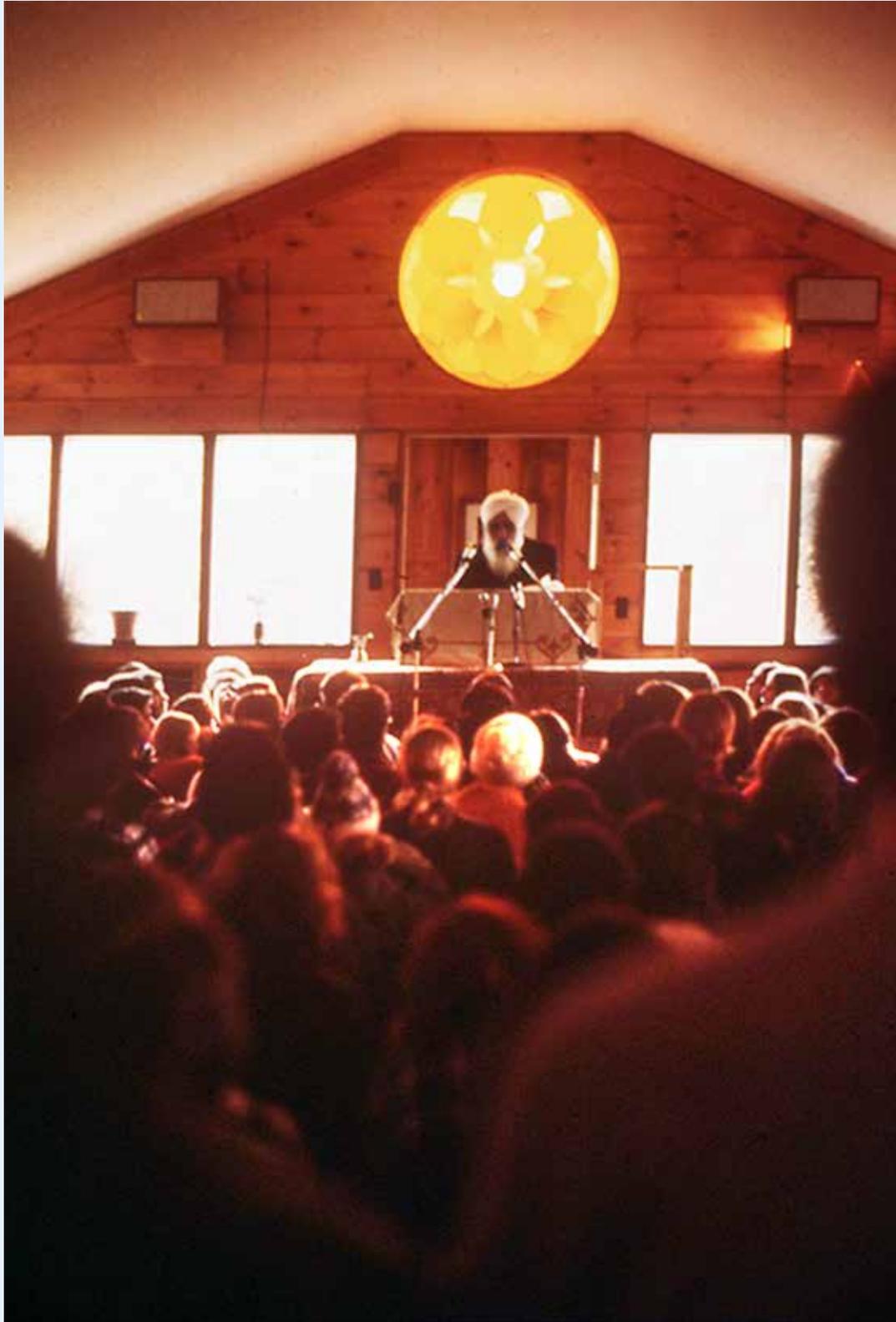
Retreats Hosted by The Crown of Life Meditation Society Of Canada

For additional information and/or links to the retreat sessions contact
theresacrawford55@gmail.com

Retreats Hosted by Sant Bani Ashram, 16PS (Rajasthan, India)

Click here to visit their website <https://www.ajaibbani.org>





**Morning session with Master Kirpal Singh
Sant Bani Ashram, October 1972**

UPDATES ON MAINTENANCE AT THE ASHRAM

Seva Days

While COVID led to the suspension of many of the usual activities at the ashram, there has been an expansion of dedicated seva days at the ashram. They provide an opportunity for dear ones to get together in sweet remembrance and work in support of the Masters' mission. Due to the need for social distancing, there have not been seva days during the winter months. However, during the warmer months, they have been occurring regularly and should resume in April 2022. Email announcements are sent to the local and regional sangat ahead of time, and all are welcome.

Audiovisual System in the Meditation Hall

Recent maintenance projects included an upgrade to the Meditation Hall audiovisual system. A computer and digital files were placed in the hall, internet connection installed, and the projector and screen upgraded. All audiovisual materials are now digital and all satsangs, including Sunday, weekday and during retreats, are shared via Zoom. This will continue after the restrictions of the COVID pandemic are lifted.

Staining of Master's House

With the help of many, over several weeks the Master's house was re-stained. This involved much scraping, application of two coats of stain, and minor carpentry repairs.



Field Clearing

The field behind Master's House, cleared to create an area for Sant Ji to walk in privacy, had experienced several years of overgrowth along its stone walls and in its stone piles. It was an extensive project removing all this growth.

Big House

“Gerald’s Room” is a small addition, just off the dining room, at the Big House. It was originally built at the suggestion of Sant Ji to provide comfortable space for the long time ashram sevdar, Gerald Boyce. It underwent a much-needed refresh, including new carpet, painting, and minor repairs.



Sant Bani Ashram Cemetery

The cemetery at Sant Bani Ashram was established following Sant Ji’s 1977 tour in follow up to a conversation that Russell had with Sant Ji about funeral rites and rituals in the West.

The cemetery was a focus during one of the seva days. Brush was trimmed from around the cemetery and headstones cleaned. In addition, Luke Sand and his two sons installed a new sign for the cemetery. Luke was a child when his mother Bobbi Sand



passed away, and she was the first person to be buried at the cemetery. In her remembrance, Luke undertook the loving seva of creating and installing the sign. A moving account of her death can be found in *Sant Bani* magazine, January / February 1990, p34, “A Drama Written by the Master: Bobbi Sand’s Final Days.”



The following is a post by Luke on the day:

Labors of love nourish the soul!

My mom was one of the first souls to make this hallowed ground home, and over the years dear friends and neighbors have joined her here and on the path of their spiritual journey.

It is an honor to have worked on this project and absolutely wonderful to see this come to fruition in physical form.

I'm proud to say I designed it digitally with guidance from the community, it was built by @prosourcesigns and installed with ridiculously hard granite from @swenson_granite by myself and a healthy dose of help from the boys.

And to boot, it was a phenomenally beautiful day spent with a loving community!

Thank you for giving me this opportunity to serve.

@ Sant Bani Ashram



UPDATES ON THE SANT BANI ASHRAM WEBSITE

<https://santbaniashram.org>

An “About” section has been added, which includes an introduction to the Path of the Masters, the Ashram Mission Statement, a brief history of the Ashram and an improved contact page.

In the “Satsangs” section, the schedules for Sunday satsangs, evening satsangs and children’s satsangs at Sant Bani Ashram, at Kirpal Ashram in Vancouver and the Los Angeles sangat are now present, with contact links.

A “News and Events” section has been added. It includes a “News and Announcements” page, including copies of email announcements from the Ashram, upcoming events, and a calendar.

A “Retreats” section has been added. It includes a schedule of retreats for the year, and recordings of the sessions from retreats hosted by Sant Bani and other sites.



Sant Ji at Sant Bani Ashram, 1977

UPDATES FROM SANT BANI ASHRAM PUBLICATIONS

Audio book: The Anurag Sagar of Kabir, with commentary by Russell Perkins, 1980-81

While the Anurag Sagar of Kabir was being translated under the guidance of Sant Ajaib Singh Ji, Russell Perkins gave a series of talks, reading the text and discussing the footnotes which Master had tasked him with writing. These talks of various lengths were given during Sunday satsangs and were collected as a special series of cassettes, available through the Ashram tape catalog.

Eight mp3 files have been created from these tapes, with two or three complete talks in each file. The files correspond to the different sections of the book. Much effort went into making the sound as high quality as possible. These files are now available at no charge on the Audio section of the website.

Audio book: Commentaries on the Gospels

This is a series of 26 satsangs given by Russell Perkins in which the focus is the study of the Gospels from the perspective of Sant Mat. Russell did these Satsangs in accordance with the instructions that Sant Ajaib Singh gave him. These are now available at no charge on the Audio section of the website.

Recipes in Remembrance: Indian Cooking for the Sangat (PDF only, available for download)
This cookbook, edited by Maureen Harwood with recipes by Veena Walia, was originally envisioned to be a joyous sharing of the Vancouver Sangat's love and enthusiasm over the impending visit of the Master in 1997. It would provide a practical keepsake for their guests to take home. With his grace, the book came together in short order, and was at the printer's when the news came from Rajasthan of Sant Ji's leaving the physical plane. The book has long been out of print and unavailable. This PDF version of the original publication makes this resource available once again.



Seeking Volunteers for Virtual Seva

The Publications Committee has digitalized a large collection of photographs of both Master Kirpal and Sant Ji which had been stored at the ashram. Many of the photographs would benefit from minor editing. Any individuals with intermediate or advanced skills in restoration and editing of digital photos would be a major asset with this seva. If interested in helping please contact the ashram at santbaniashram@gmail.com



During the 20 years of Sant Ajaib Singh's mission, many bhajans were recorded, collected, and distributed to the sangat. Raj Kumar Bagga (Pappu) has translated additional bhajans that were written by Sant Ji or sung at his satsangs. One of them is shared below. Copies of this and the other additional bhajans will soon be available on the Sant Bani Ashram website audio page.

MENU PUCHHAN AAN SAHELIYAN

Sant Ajaib Singh Ji

Menu puchhan aan sahelian, nee tu kive hoi bimar
Tu rove dhahan marke, tenu chirdeya rahe bukhhar

*My friends come and ask me, "How did you become sick?
You weep beating your chest; how come you always have a fever?"*

Tu akdi thakdi na kadi, te kardi nahin aaram
Tenu suteya kadi na vekhya, teri hoi neend haram

*You never get bored and tired, you never rest.
We have never seen you sleeping; your sleep has gone away.*

Tere mukh te khushi na disdi, tu te rehendi sada lachar
Tenu hasdeyan kadi na vekhya, tera kide naal pyar

*Happiness is not visible on your face; you always remain helpless.
We have never seen you smiling; who are you in love with?*

Asi hath ban kariye benati, satho rakhi na bhed chhupa
Jara dukhde dassi kholke, sara devi haal suna

*Folding our hands we request you, do not hide the secret from us.
Open up and tell us about your pains, make us hear the whole condition.*

Mere jage bhag sulakhne, menu mileya pati Jamal
Menu ruldi phirdi vekhke, ditta uncha takhat sambhal

*My good fate awakened; I found my husband Jamal, (pen name of Master Kirpal).
Seeing me getting kicked and knocked, he made me sit on a high throne.*

Mai odi hoi sahelion, mera hardam rakhe khyal
Oho mere ghar vich aa gaya, ohda naam Sant Kirpal

*O friends, I became his; he always takes care of me.
He came into my home; his name is Sant Kirpal.*

Aje sadhnan na meriyan latthiyaan, mera luteya gaya suhag
Oh menu chitti chadar de gaya, kite lag jaye na daag

*Before the desires of my heart could be fulfilled, I became a widow.
He gave me a white (clean) sheet, lest it get stained.*

Hukam usda manan vaste, mai andar vad gai aap
Ohdi dassi jugat na bhuldi, mai hardam kardi jaap

*I myself went within in order to obey his orders.
I cannot forget the practice he taught me; I always do his repetition.*

Menu bachan ohde paye manane, mere ute jo laya la
Mai sat sat karke man laye, ditta charani shish jhuka

*I had to follow his orders, I had to abide by the law he imposed upon me.
I happily followed him and bowed my head at his feet.*

Menu charana vich betha ke, kite Sat Purush ne vak
Tu jag diyan aasa chhadke, rakhi ek Satguru di aas

*Making me sit at his feet, Sat Purush said,
"Giving up the reliance of the world, you rely only on Satguru.*

Tere vichon aun sugandhiyaan, tap jaun samundaron paar
Tain vich asmana de udna, tenu karan pariyaan namaskar

*From your within the fragrance will come out, it will cross the ocean.
You have to fly in the sky. The fairies will bow down to you.*

Din ajaj hoke katne, nive ho rehna sansar
Teri Satguru rakheya karega, jivan da kari udhar

*Becoming humble you have to spend the days;
live in the world becoming a low one (humble).
Your Satguru will protect you. You liberate the jivas."*

Kare araj Ajaib hath jod ke, jage bhag hoye Satguru dayal
Karan lakh shukrane osde, menu mil gaye Guru Kirpal.

*Ajaib makes this request folding his hands,
"My fate is awakened and Satguru has become gracious on me.
Millions of times I thank him, I have met with Guru Kirpal.*

