



Introduction to Science of Spirituality

Science of Spirituality is dedicated to spirituality, peace, and service to humanity. It was founded by Sant Darshan Singh Ji Maharaj (1921-1989) and is now guided by its spiritual head, Sant Rajinder Singh Ji Maharaj. It continues to carry on the work begun by the two great saints for which it was named, Hazur Baba Sawan Singh Ji Maharaj (1858-1948) and Sant Kirpal Singh Ji Maharaj (1894-1974).

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With headquarters in Delhi, India, and centers in forty countries, it offers people all over the world an opportunity to find peace, joy, and spiritual fulfillment. Teachers of Science of Spirituality present a simple and natural method of meditation leading to inner and outer peace. It provides a means whereby people of all ages, religions, and nationalities can integrate meditation into their lives. This practice has been referred to as *Surat Shabd* Yoga, Sant Mat, or meditation on the inner Light and Sound. Along with the study of meditation, practitioners learn how to develop noble human values that will transform and enrich their lives, enabling them to make positive contributions to the world.

Meditation

Meditation as taught in Science of Spirituality is a natural and easy method that does not involve any rigorous postures. It does involve concentration of the attention at a point in the body known as the third or single eye, or the seat of the soul, located between and behind the two eyebrows. By concentration on this point, one comes in contact with the inner Light and Sound. By daily practice, students can transcend physical consciousness and explore inner realms of radiant Light. This meditation method enables them to transcend the physical limitations of this world and experience the beauty of dimensions undreamed of in this world.

Meditation helps the individual develop physically, intellectually, and spiritually. It provides deep relaxation to the body and helps reduce stress and tension. Through the practice of concentration, practitioners develop increased mental abilities enabling them to excel both in academic studies and in career pursuits. Spiritually, one gains insight into the great questions about the meaning of life which have perplexed humanity through the ages. By developing love for all humanity, one learns to expand one's self to be of service to one's family, society, and the world.

The spiritual Adepts teach that the attainment of inner peace through meditation and the realization of the oneness of all humanity ultimately can lead to outer peace on this planet.

Worldwide Centers

Centers of the Science of Spirituality are located throughout the world and are open to the public so that people can explore the spiritual science and learn the art of meditation. Activities at the centers include weekly lectures, and videotaped and audio-taped presentations on various aspects of spirituality, children and teen programs, group meditations, and informal gatherings where people share their mutual interests in spirituality. Books,

literature, videotapes, and audio-tapes are available through the various centers.

Meditation Retreat Center

Meditation retreat centers, located in various countries, offer extended meditation seminars and retreats. The main meditation center and international headquarters is Kirpal Ashram, located in Delhi, India, where Sant Rajinder Singh Ji Maharaj spends much of his time. People from all over the world visit Kirpal Ashram, Delhi, for meditation retreats, spiritual discourses (satsang), and to attend global conferences. The ashram's facilities consist of guest rooms, meditation halls, a library of spirituality and comparative religion, and meeting rooms. Its kitchen (langar) provides free of charge about five thousand meals a day, twenty five thousand every Sunday, and over hundred thousand during the three- to ten-day conferences. The ashram also provides free allopathic, homeopathic, and ayurvedic medical clinics, as well as free eye-clinics, and other medical services.

Science of Spirituality Center in Naperville, Illinois, located in west suburban Chicago, is the Western headquarters for Science of Spirituality. Sant Rajinder Singh Ji Maharaj holds regular meditation seminars and gives weekly discourses during his stay in the area. Its free kitchen provides meals during the weekly Sunday programs as well as during special weekend seminars held periodically throughout the year.

Service Projects

Service to humanity is a central principle of Science of Spirituality. The organization has provided medical and financial relief to victims of natural disasters, such as the volcano in Colombia, the earthquake in Mexico City, the floods in the Indian states of Haryana, Punjab, Uttar Pradesh, and the capital, Delhi, the famine in Ethiopia, and the hurricane in Miami, Florida. It has also assisted in food drives for the hungry and has provided financial assistance to people in need. Spiritual teachers of Science of Spirituality spend considerable time visiting the sick in their homes or in hospitals, helping the aged, and providing assistance to people who have special needs. Students are encouraged to help people in need wherever they can, and to devote themselves to making the world a better place.

Projects to help the environment and to educate the young about the importance of ecology are another aspect of service which the Science of Spirituality promotes. Respect for all forms of life and nonviolence towards animals are some of the foundations of spirituality.

Publications

SK Publications, the publishing branch of Science of Spirituality, produces and distributes books, literature, videotapes, and audiotapes on spiritual subjects. It carries literature of Sant Kirpal Singh Ji Maharaj, Sant Darshan Singh Ji Maharaj, and Sant Rajinder Singh Ji Maharaj in over fifty languages. There are materials available on meditation and spirituality for children as well.

A monthly magazine, *Sat Sandesh*, contains articles on various aspects of leading a spiritual life, and is published in English, German, French, Spanish, Hindi, Urdu, Punjabi, Marathi, and Sindhi. It contains monthly talks by Hazur Baba Sawan Singh Ji Maharaj, Sant Kirpal Singh Ji Maharaj, Sant Darshan Singh Ji Maharaj, and Sant Rajinder Singh Ji Maharaj as well as other features on spirituality.

Works are available in the following languages: Amharic, Arabic, Bengali, Chinese, Croatian, Czech, Douala, Dutch, English, Esperanto, Ewe, Finnish, French, German, Greek, Guarani, Gujrati, Hausa, Hebrew, Hindi, Hungarian, Ibo, Icelandic, Indonesian, Italian, Japanese, Korean, Latvian, Malay, Marathi, Nembé-Izo, Norwegian, Persian, Polish, Portuguese, Punjabi, Quechua, Rumanian, Russian, Sanskrit, Sindhi, Slovene, Spanish, Swahili, Swedish, Tagalog, Tainil, Telegu, Turkish, Twi, Ukranian, Urdu, and Yoruba.

International Conference

Teachers of this spiritual science have been actively working towards peace and unity through international conferences. Sant Kirpal Singh Ji Maharaj was the president of four World Fellowship of Religions Conferences in 1957, 1960, 1965, and 1970. He convened the first Unity of Man Conference in 1974. Sant Darshan Singh Ji Maharaj presided over the Sixth World Fellowship of Religions Conference and the Asian Conference on Religions for Peace and the inaugural and concluding sessions of the Fifteenth International Human Unity Conference. Sant Rajinder Singh Ji Maharaj continues to host annual conferences to help bring about world peace and human unity. Each February he convenes an International Conference on Human Integration, and in September he sponsors a Global Conference on Mysticism. These conferences generally last from three to ten days. Religious, social, and civic leaders along with participants from all over the world attend these conferences to develop practical methods for achieving unity in all spheres of life.

A Rich Heritage

Spiritual teachers of Science of Spirituality have a deep respect for all religious traditions and they draw upon the teachings of the great saint, mystics, and teachers of all faiths.

Though these teachings are an age-old science, they were first brought to the West by Hazur Baba Sawan Singh Ji Maharaj (1858-1948). Students from Europe and America who learned meditation under the guidance of Hazur in India established centers in the West. Later, Hazur Baba Sawan Singh Ji Maharaj's successor, Sant Kirpal Singh Ji Maharaj (1894-1974) made three world tours in which these teachings were made available to even more spiritual seekers. Centers flourish in North and South America, Europe, Asia, Africa, and Australia. Sant Darshan Singh Ji Maharaj (1921-1989) conducted four world tours and published spiritual books and literature in fifty languages to show how spirituality could be practiced in the context of modern life. Today, Sant Rajinder Singh Ji Maharaj, the current spiritual leader, has expanded the number of centers. He conducts numerous world tours throughout Asia, Europe, North America, South America, Australia and Oceania, and the Middle East. Through his seminars, hundreds of thousands of people realize the immense benefits of meditation. The programs consist of meditation instructions, lectures, meetings, and interviews. Programs for children and teens provide opportunities for youth to learn about spirituality and to practice meditation.

About Hazur Baba Sawan Singh Ji Maharaj (1858-1948)

Hazur Baba Sawan Singh Ji Maharaj showed a keen interest in spirituality from an early age and searched for a spiritual teacher to guide him. His search led him to Baba Jaimal Singh Ji Maharaj in 1894, who opened up the inner science to him. Hazur Baba Sawan Singh Ji Maharaj devotedly applied himself to meditation and the spiritual values of life, and after nine years of discipleship was chosen to carry on the spiritual work in 1903 after Baba Jaimal Singh Ji left the physical world.

During Hazur's mission, these teachings gained widespread recognition as a natural way to achieve the spiritual goals of self-knowledge and God-realization. Over 125,000 people went to Hazur to learn this science. Those who visited him from the West carried his meditation practice back with them, and centers were established in the United States, Canada, and Europe.

Several books about Hazur Baba Sawan Singh Ji Maharaj became well-known in the West and attracted many who were interested in learning meditation on the inner Light and Sound.

About Sant Kirpal Singh Ji Maharaj (1894-1974)

Sant Kirpal Singh Ji Maharaj was appointed by Hazur Baba Sawan Singh Ji Maharaj to conduct the spiritual work after him. Sant Kirpal Singh Ji Maharaj was well versed in the comparative study of religions. Through his ability to make the teachings easily understood by people in the West, he presented spirituality as a science - one that could be practiced as an experiment within the laboratory of the human body. He undertook three world tours and toured India extensively, spreading the spiritual teachings. He founded Sawan Ashram in Delhi where aspirants from around the globe met to practice these teachings.

Besides teaching individuals the art of meditation, Sant Kirpal Singh Ji Maharaj also devoted himself to promoting human unity and world peace. In 1956 he gave the inaugural address to the Ninth General Session of UNESCO held in New Delhi, India. His speech, "World Peace in the Atomic Age" is a road map for obtaining and maintaining world peace. That talk is a timeless vignette whose message is still relevant today. He taught that world peace could be attained when we recognized all creation as one family of God. During his times, few religious leaders would even sit together on the same platform. His ability to unite people of different religions based on the commonality of all faiths, resulted in his unanimous election as president of four World Fellowship of Religions Conferences held in 1957, 1960, 1965, and 1970. These conferences brought heads of different religions together on a common platform to understand each other in a spirit of love and respect.

As a scholar in comparative yoga as well, Sant Kirpal Singh Ji Maharaj was one of the world's foremost authorities in the different yogic systems and helped to guide people towards the one best suited to the goal they wished to reach. Heads of different religious and yoga groups visited him to obtain knowledge and guidance on spiritual subjects.

In 1969 he established Manav Kendra, a center to help people develop physically, mentally, and spiritually, while practicing service to humanity and the environment.

In 1974, Sant Kirpal Singh Ji Maharaj decided to hold a conference aimed at uniting people not only at the level of religion, but at the level of their common humanity. Thus, in February 1974 he convened in Delhi the first Unity of Man Conference (now called the Human Unity Conference). Here, theists as well as atheists sat together as one family of God. He taught that God is one, though called by different names in different countries and religions. It was his lifelong work to help bring down the barriers that separated people and to unite them as one common family.

His books gained popularity and inspired people to develop spiritually. Among a score of books he has written are: *Crown of Life: A Study in Yoga*; *Prayer: Its Nature and Technique*; and *Naam or Word*, which bring out the underlying similarities in the different religions.

His work was recognized by numerous religious, civic, and social heads. In 1964 Sant Kirpal Singh Ji Maharaj was the first non-Christian to be honored with the Order of St. John of Jerusalem, Knights of Malta. On his tours he met with Pope Paul VI in Rome. In this meeting they exchanged views on world peace. He also received honorary welcomes from the Grand Duke of Oldenburg, the Archbishop of the Roman Catholic Church, Prime Minister Lemass of Ireland, President De Valera of Ireland, and the Governor of Massachusetts. In Colombia, he addressed the Council of Cali.

In India, many leaders came to Sant Kirpal Singh Ji Maharaj to share ideas on bringing about peace and human unity. Sant Kirpal Singh Ji Maharaj met with Jawaharlal Nehru and Lal Bahadur Shastri, who were the first and second prime ministers of India, and Dr. Rajendra Prasad, Dr. S. Radhakrishnan, and Dr. Zakir Husain, the first, second, and third presidents of India, respectively. He also met with Indira Gandhi on several occasions. In 1974, Sant Kirpal Singh Ji Maharaj addressed the Indian Parliament, giving them his message of peace and hope for the future of humanity.

Today, Sant Kirpal Singh Ji Maharaj is recognized all over the world as the father of the Human Unity Conferences, and people continue to honor him for laying the groundwork for peace and unity.

About Sant Darshan Singh Ji Maharaj (1921-1989)

In his fifteen-year ministry, Sant Darshan Singh Ji Maharaj dedicated himself to putting spirituality into action by showing people how they could attain spiritual fulfillment in the context of modern life. He believed in positive mysticism through which one pursues spiritual goals, while fulfilling one's duties to one's family, society, and the world. He did not believe in negative mysticism that required one to leave one's hearth and home to practice meditation in the solitude of a jungle or on a mountaintop. During four world tours in 1978, 1983, 1986, and 1988 he expanded the number of centers of Science of Spirituality to five hundred fifty in forty countries. He helped people find peace, joy, and spiritual upliftment through meditation, while spreading love to all those around him.

His teachings were also spread through his lectures and seminars, his books, and his poetry. He worked tirelessly to bring the

spiritual message of Hazur Baba Sawan Singh Ji Maharaj and Sant Kirpal Singh Ji Maharaj throughout the world by publishing books translated into over fifty languages. Among his own writings are: *Spiritual Awakening*, *The Wonders of Inner Space*, *Streams of Nectar: Lives, Teachings and Poetry of Saints and Mystics*, *Love at Every Step: My Concept of Poetry*, and *A Tear and a Star* in English, and *Manzil-e-Noor (Abode of Light)*, *Talash-e-Noor (Quest for Light)*, *Matah-e-Noor (Treasure-house of Light)*, and *Jadaa-e-Noor (Path of Light)*, his collections of Urdu poetry. Acclaimed as one of the world's leading mystic poets writing in Urdu, he won four Urdu Academy Awards. He was also honored by the Dharmic Ramlila Committee for his poetry. The government of India produced an anthology of mystic literature throughout the ages, and included many of Sant Darshan Singh Ji Maharaj's poems. His verses are sung by different recording artists and are often broadcast on radio and television.

In 1981, Sant Darshan Singh Ji Maharaj presided over the Sixth World Fellowship of Religions Conference and the Asian Conference of Religions for Peace. On July 27, 1980, he started Master's Day, an international day of observance to be celebrated on the fourth Sunday of July, in which people of all religions join together to worship their own spiritual founders and saints. In November 1988 he presided over the Inaugural and Concluding Sessions of the Fifteenth International Human Unity Conference in Delhi.

Sant Darshan Singh Ji Maharaj received many tributes and civic honors for his work towards peace. He has been honored by Special Tributes from the Michigan State Legislature as well as from the United States House of Representatives. In Colombia, he received the Medal of Congress as well as keys to various cities throughout the world. During his visit to New York he was invited to the United Nations to confer with Dr. Robert Muller, former Assistant Secretary General to the United Nations and current Chancellor of the University for Peace in Costa Rica. A pamphlet of their meeting and discussion was later published under the title, *Ambassadors of Peace*, which was distributed worldwide.

While in Bogota, Sant Darshan Singh Ji Maharaj was interviewed by Lucilla Galvis for a Christian educational program for children, and his talks have been broadcast regularly to millions of youth throughout South America.

In India, then President Giani Zail Singh visited him at Kirpal Ashram and participated in the conferences he held.

Through Sant Darshan Singh Ji Maharaj's teachings, many people have had an opportunity to enrich their lives through meditation.

About Sant Rajinder Singh Ji Maharaj

Sant Rajinder Singh Ji Maharaj is the current spiritual head of Science of Spirituality. Born in India in 1946 and educated as a scientist in the United States, he has a keen understanding of both mysticism and science. He was trained in spirituality and meditation by two great spiritual Adepts, Sant Kirpal Singh Ji Maharaj and Sant Darshan Singh Ji Maharaj. He had a successful twenty-year career in the field of research and development in one of the world's leading communications institutions. His training in science and mysticism has helped him express the age-old mystical teachings in clear, logical language.

He travels extensively, teaching this meditation practice to all interested seekers throughout the world, including North America, South America, Europe, Asia, Australia and Oceania, Asia, and through numerous cities throughout India. Wherever he goes, he carries the message of peace and unity.

His work has been recognized by leaders all over the world. He has received numerous honors, including tributes from the Michigan State Legislature, and from the Matsunaga Peace Foundation. He was also welcomed by many world dignitaries, including President Virgilio Barco of Colombia; former Prime Minister, Malcolm Fraser of Australia; Lord Mayor Steve Coundis of Adelaide, and Governor Jaime Malo Ordonez of Azuay, Ecuador. In Colombia, he received the Medal of Cultural Merit from Dr. Manuel Francisco Becerra, National Minister of Education; the Medal and Plaque of Cali from the Mayor and President of the City Council; and Cali's highest honor - the Order of Santiago de Cali.

To further the cause of peace, Sant Rajinder Singh Ji Maharaj has convened two annual worldwide conferences: the Global Conference on Mysticism held every September, and the International Conference on Human Integration held every February. Through these conferences, generally attended by over fifty thousand people, political, religious, social, educational and literary leaders from all nations join together to share ways to make inner and outer peace a reality. Among the participants have been the former president of India, Giani Zail Singh, and many religious, social, and political leaders. Sant Rajinder Singh Ji Maharaj's discourses have been broadcast on radio and television programs worldwide.

His publications include hundreds of articles on spiritual topics, many of which appear in magazines, journals, and newspapers throughout the world. His publications include, *Spirituality in Modern Times*, *Ecology of the Soul & Positive Mysticism*, *Education for a Peaceful World*, *Inner and Outer Peace Through Meditation*, and *Empowering Your Soul Through Meditation*. His videotaped and audiotaped lectures are distributed in over forty

countries. His message of unity, peace, and love for all humanity is acclaimed by enlightened leaders wherever he goes.

Human Unity

Teachers of the Science of Spirituality have been trying to help people live together in peace and harmony, serve others, and show respect for all religions and saints. These ideals have been the vision and work of Science of Spirituality.

At the annual international conferences held at Kirpal Ashram, Sant Rajinder Singh Ji Maharaj invites heads of different religions to share their views on human unity.

People of all nations, religions, and cultures are provided with an opportunity to develop love and regard for all humanity. As Sant Kirpal Singh Ji Maharaj has said: "Truly speaking, unity already exists: as human beings - born in the same way, with the same privileges from God; and as soul - a drop of the ocean of all - consciousness called God, whom we worship by various names. We have forgotten this unity - the lesson has only to be revived."

Sant Darshan Singh Ji Maharaj has said, "Once we begin to see the Light of God shining in every heart, we develop love for all and become true believers in the unity of all life. When we reach this stage we gaze into the very heart of life and see reflected there only the love of the one Creator. We see that the humblest as well as the highest of God's children are blessed with divinity. All creation becomes ours, and we belong to all creation."

As Sant Rajinder Singh Ji Maharaj has said, "One of the greatest benefits of meditation is that we will not only have peace in our own homes, but will contribute to the peace of the world. Throughout the world, people are praying for peace. But, as the expression goes, charity begins at home. World peace can only become a reality when each of us individually has peace in our own circles. If we bring peace into our individual spheres, the effect will be cumulative, and it will contribute to world peace. Spirituality is an active path. We become more involved in the betterment of our world. Positive mysticism means that while pursuing spiritual progress, we also make a positive contribution to our family, society, and the world at large."

Summary

Science of Spirituality is a nonprofit organization dedicated to bringing seekers after truth the teachings of Sant Rajinder Singh Ji Maharaj, Sant Darshan Singh Ji Maharaj, Sant Kirpal Singh Ji Maharaj, Hazur Baba Sawan Singh Ji Maharaj, and spiritual teachers who preceded them. Seekers are taught the science of

meditation by which they experience inner Light and Sound, rise above body-consciousness, transcend the higher spiritual regions, and ultimately attain self-knowledge and God-realization. Science of Spirituality, whose international headquarters is located at Kirpal Ashram, Delhi, India, has centers in over 40 countries. Seekers and students can visit Sant Rajinder Singh Ji Maharaj at Kirpal Ashram or the Science of Spirituality Center in Naperville, Illinois, for meditation instructions, and to attend discourses, or they can meet him on his frequent world tours.



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