



Meditation in Sikh Religion: Eight Spiritual Lessons in Finding the Truth

Bhagat Singh Dr. Thind

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This book contains eight inspiring lessons on finding spiritual truth by means of scientific investigation into the human soul. These lessons, originally presented as lectures by author, focus on uplifting the vital and physical man in each of us, with no spiritual ideal liberating us from ourselves into our inner being. All conscious, subconscious, and unconscious activity of man's mind functions purposefully as a unifying principle and power of the innate Godhead. Lying behind all phenomena is the power of God, which coordinates and correlates all into unity and synthesis; its name is Nam. Conditioned beings residing in conditioned existence can never free themselves to join the unconditioned and uncreated God, except by the grace and power of his holy Nam, knowledge of which is vouchsafed by the gracious guru. By putting these blessed teachings of author into practice, those seeking wisdom will learn to become one with both themselves and God.

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