

# Waheguru resides within You

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A HUMAN BEING LOOKS everywhere for the great treasure - except within himself (or herself), and because of this fails to find it. The real teaching of Sri Guru Granth Sahib is so mysterious that it has to be wrapped up, so to speak, in order that those who are not ready for Truth, having eyes, may not see, and having ears shall not hear.

Great thinkers tell us that time and space are merely limitations of consciousness. Guru Granth Sahib says that there is no place without presence of Waheguru, and this is true both scripturally and in experience; what this means is that as regards “place” we are in the spiritual Universe now, but we are either in heaven or hell, according to our state of consciousness and the state of our heart. If we love self and have hate, greed, lust, attachment with materialistic things and emotions that are not God- like, then we are in hell most assuredly. If, however, we love virtues that our Gurus taught us and delight in spiritual and heavenly thoughts and actions, then we are most assuredly in Heaven, to the degree that we correspond to the ways, thoughts, desires and practices of our Gurus.

Guru Granth Sahib mentions that there is an egoist person (Manmukh) and an inward person (Gurmukh). The egoist is not the real you. The outward person is only the “horse” (body) you live in. The inward person is the real you. If we can understand how Waheguru will guide us through our spirits, we must try to understand our mind and our heart.

There are two methods to listen and act, with the intellect (mind) or with the heart. When the intellect listens there is always a discussion in the mind – true or not true, right or wrong and so on before you act then the action is worldly. When the heart listens it is from your spirit and soul and when you act the action is spiritual. The teaching of Guru Granth Sahib can only be heard with the heart not with the intellect as Kabir said, “If you can sacrifice your head and put it on the ground, come with me.”

When our heart and thoughts are all in harmony with Waheguru, and if this condition of heart is translated into all our actions and all our dealings with our fellow beings, then we may be said to be God-oriented – Gurmukh. When we enter into truth which is high and practice it which is higher still, as Guru Nanak said, then every day the world is made new and life becomes more blessed and beautiful. It is progressive; daily our life becomes more beautiful and filled with joy. Beauty and joy do not come to us from without but are qualities that are brought forth from within. When you become the person on the inside- the ‘spirit person’ through whom Waheguru will deal, you have become a new person, a Gurmukh. The old things that were in you are now gone. You are transformed – not physically but your thinking and actions have changed. Now the nature of God is in there.

“See the wonder of it all, O friends, That one slays one’s Duality and enshrines the Lord in the Mind and heart. The Priceless Name one attains not in any otherwise: But, through the Guru’s Grace, the Name is enshrined in the Mind and heart. The ONE GOD permeates the hearts of all: But it is through the Guru’s Wisdom that one sees the Lord in the heart. The person who knows the Lord all-too-spontaneously, that person, Nanak, Attains to the Lord’s Name and his/her Mind Believes.” (SGGS: 663-664)

