Mercury, The Thinker and Toilet Connections

Make Humanity Your Family – Conquer Your Own Mind – Conquer The Universe
Guru Nanak – Philosopher and Poet

Perhaps, as some wit remarked, the best proof that there is Intelligent Life in Outer Space is the fact it hasn’t come here. Well, it can’t hide forever - one day we will overhear it.
Arthur C. Clarke

The Universe is VERY intelligent and sometimes it just needs happy co-creators to express itself through each of us. How do we cooperate? We pay attention to the very subtle life force energy and "note things that grab our attention." By simply detaching from the mind monkey chatter and being attentive to our natural feelings, thoughts and experiences, we will begin to experience wholeness and serendipity (happy surprises) in a very loving kind Universe.

The ability to be in the present moment is a major component of mental wellness
Abraham Harold Maslow - American Psychologist

Story: Potty Mouth’s OK If It Empowers!

After my mum passed away a path of self discovery opened up and this led me to create some awareness of the United Nations global sanitation movement. More information at www.punjablioness.com.

Below is an experience of how my sanitation project or "toilet journey" unfolded which was featured in the Guelph Mercury paper (no longer on the site) but can be found re-written on the Sikh Chic site.

1) One day while sleeping I felt my tooth ache and in my relaxed state the first thought that popped into my head was “Mercury Filling” I have British mercury fillings in my teeth!


3) Upon waking the same day I received a voice message from a reporter at the “Guelph Mercury”, wanting to interview me about a sanitation project I had completed in Punjab, India. I was unable to connect with her and did not think of the call again, but noted the “Mercury” connections, i.e. three within a span of 5 hours.

   All I have seen teaches me to trust the creator for all I have not seen
   Ralph Waldo Emerson

4) Eventually I connected with Guelph Mercury and they interviewed me for the toilet project. According to the United Nations 2.5 billion people have no sanitation in the world and at least 700 million people in India still have no toilet. After the interview it was agreed that a photographer would stop by my house to take a picture of me for the article.

6) Before the photographer turned up at my house my husband Raj in jest commented, “What toilet are you going to sit on?” and I responded “stop being so silly, I’m not sitting on a toilet, the photographer is taking a head shot.”
7) The photographer turned up at my front door and immediately asked “are you a good sport?” and I responded “always.” You guessed it, he requested that I sit on a toilet and do the “The Thinker” pose!

Playful is the Creator of the Universe; Playful is my Beloved.
My Creator is Wondrous and Playful.
Guru Granth Sahib – 174

8) Right at that moment my son and my husband resurfaced from the kitchen and said in Punjabi, so the photographer would not understand “don’t do it, don’t take a picture on the toilet.” At this point I had to take a "silent moment" and evaluate the drama that was unfolding. One second my husband is jokingly asking what toilet I’m sitting on and the next moment he and my son are in a panic, trying to stop me. I realized they were overcome with fear and were more concerned about what people would think if I posed on a toilet. I also realized it was a test from the ONE Intelligence to see if I had the courage and ability to step out of my fear zone and do it anyway.

Nirbhau - Without Fear
Guru Granth Sahib - 1

9) After all these incidents, I was curious to see the final news article. The journalist that interviewed me for the sanitation project was Thana Dharmarajah. Her surname caught my attention especially Dharma (a term used by Sikhs and Hindus to explain a Higher Truth or Right Actions) and Raja (means King) which translates to Dharma Raja – King of Truth. Thana in Urdu means "police station" in South Asian countries, and can also mean the district controlled by a police station.

Simply by noting these "traditionally Indian words" used in Guru Nanak's (founder of Sikhism) Japji Cosmic Universe poem I immediately knew they were "direct intuitive energy connections" to Guru Nanak's teachings. Sikh (means learner) and the teachings define the Universal Divine Power as ONE or 1 (numerical) and can be experienced as Formless (Nirgun) and Formed (Sargun) energy i.e. the Universal Creator and Creation are 1.

The Creator is formless and formed; having assumed the most sublime manifestation.
He has fashioned countless body chambers of many, varied, different, myriad forms.
Within them, the mind is the policeman; My Beloved lives in the temple of my inner self.
He plays there in ecstasy.

Niragun Hareea Saragun Dhhareea Anik Kothareea Bhinn Bhinn Bhin Bhin Kareeeaa
Vich Man Kottavareea
Nij Mandhar Pireea
Thehaa Aanadh Kareeeaa
(Punjabi Phonetics) - Guru Granth Sahib - 746

After mum passing away I realized that the physical senses do not necessarily account for the whole human experience. I had began to experience deeper intuitive meaning to life (inner reality merging with outer) and wondered if I should share these experiences with others. My heart was saying share, but the rational side of me doubted and worried "what will others think."

They say the seeds of what we will do are in all of us, but it always seemed to me that in those who make jokes in life the seeds are covered with better soil and with a higher grade of manure.
Ernest Hemingway

I recall thinking "I need some evidence." A few days later I found a small book on my kitchen counter top, with the following words “Evidence Notebooks – 24”. 
One whose spiritual vision is awakened – his doubt is driven out.

Guru Granth Sahib – 1019

The irony is that not only did the book have the right word “evidence” but I actually live at number 24! As it happens my son had brought the book home (he worked in the security field) and told me "it was spare I thought dad might like it." I flipped through the book and realized it was used by the police and security professionals. I had worked in high security and sold i.e. iris (coloured part of the eye) biometrics solution for the Nexus Air Canadian and US Federal Governments airport security program to monitor cross border travelers.

Radio Frequency Codes – NATO Phonetics Alphabet

I found some surprises in the book which contained Citizen Band (CB) 10 Police Codes which operate on radio frequencies (10 reminded me of 10 Sikh Guru’s i.e. Wisdom Teachers and Guru Gobind Singh the 10th Guru or Nanak X.) 10-4 means "message received." Heard this phrase on a TV news clip one day and instinctively knew the news story was speaking to my heart. Earth operates on audio frequencies but now I was tapping into a Frequency of Another Kind!

Our planet is a natural source of radio waves at audio frequencies. If humans had radio antennas instead of ears, we would hear a remarkable symphony of strange noises coming from our own planet. Scientists call them "tweaks," "whistlers" and "sferics." They sound like background music from a flamboyant science fiction film, but this is not science fiction. Earth's natural radio emissions are real and, although we're mostly unaware of them, they are around us all the time.

Earth Songs - NASA Science

The Evidence Notebook contained NATO Phonetic Codes and I noticed how the words were spelled out long form for proper pronunciation. I recalled how the Guru Granth Sahib poetry was also written phonetically and an inner illumination began to hover around the whole experience.

No great discovery was ever made without a bold guess

Isaac Newton – Scientist

The Guru Granth Sahib scripture is not referred to as a book but a Living Entity/Word of 1 Universal Intelligence; a Cosmic Plate of wisdom food containing rich metaphors, similes, riddles and alphabet acrostics. The poetry of numerous Sages (bhagats) is written in over sixteen languages including Sanskrit, Punjabi, Urdu, Persian, Arabic and Hindi Prakrit using a phonetics based script/alphabet called Gurmukhi.

Phonetics is an art and allows great creativity to emerge. HAPPY is long form, but phonetically HAP is sufficient. DELL is a computer brand, but in Punjabi phonetics it means HEART. ADIDAS is a brand but in phonetics syllable speak it can also mean ADI (first) DAS (ten or servant) and DUNDAS is a street in Ontario which now translates to DUN (tune) DAS (ten or servants) in my mother tongue Punjabi. These words are used in the Guru Granth Sahib hence I highlight them.
Logic will get you from A to B.
Imagination will take you everywhere.
Einstein

Yes I may have a very creative imagination but it should be no surprise with the massive amount of word play being used by media marketing companies. Perhaps it is part of a plan to discover the root of languages. The question we should all ask is why word play is pinging our collective consciousness. I hope the reader is getting the gist of the comical nature of the Universal Intelligence - Play Time!

The fax number in the police evidence book ended 1666 and the 10th Sikh Guru was born in that year and for my personal reference or "dot connection" I simply knew WHO was guiding me through intuitive awareness across this entangled Universe we call home.

*From this Primal Void, came the four sources of creation, and the power of speech.*
*The Supreme Creator created the play of Nature; through the Word of Shabad (Word, Logos, Speech, Thought), ONE stages the Wondrous Show.*
Guru Granth Sahib – 1037

9) After all these "dots connected" I had to look up The Thinker pose (had no clue) and realized it was a bronze statue by [Auguste Rodin](https://en.wikipedia.org/wiki/Auguste_Rodin). It depicts a man in sober meditation battling with a powerful internal struggle. Originally the statue was named The Poet. The Thinker was a commission by the [Musée des Arts Décoratifs](https://www.musee-des-arts-decoratifs.fr), Paris to create a monumental portal to act as the door of the museum located in the Louvre.

*He acts, and causes others to act, and He knows everything; so says Nanak, the poet.*
Guru Nanak - Ang 434

Rodin based his theme on The [Divine Comedy](https://en.wikipedia.org/wiki/Divine_Comedy) (epic poem) of [Dante](https://en.wikipedia.org/wiki/Dante_Alighieri) and entitled the portal The Gates of Hell. The poem is written in the first person, and tells of Dante’s journey through the three realms of the dead, lasting from the night before Good Friday to the Wednesday after Easter in the spring of 1300. At a deeper level the poem represents the soul’s journey towards God. The final sculpture, a miniature of the statue sits atop the gates, pondering the hellish fate of those beneath him. Trust me I am not the Thinker looking down, I’m still looking up!

*Many millions of poets contemplate Him through poetry.*
Guru Granth Sahib - Ang 275

Interestingly, Dante was part of the Guelph’s in central Italy's political struggle between [Guelphs and Ghibellines](https://en.wikipedia.org/wiki/Guelphs_and_Ghibellines). Note it was the Guelph Mercury newspaper that featured the article and I happen to live near Guelph. Yes, WOW what a Comedy!

Crazy as all these experiences may sound they are very real. Everything in the Universe is “connected.” I believe the clues or signs are a reminder to humanity to awaken to our Higher Self because a fantastic new era of joy, success and comedy is awaiting all of us. Imagine what you desire in the world to be and the Whole Universe will be your guiding light to make it real.

*Quietly go to work on your own self-awareness. If you want to awaken all of humanity,*
*then awaken all of yourself. If you want to eliminate the suffering in the world,*
*then eliminate all that is dark and negative in yourself. Truly, the greatest gift you*  
*have to give is that of your own self-transformation.*
Lao Tzu

The United Nations set out a goal for addressing human dignity (i.e. access to water and toilets for everyone.) All members of the UN need to reflect on this goal and make it a reality. How would each of us feel if we had to “do our daily business outside in view of everyone?” My parents came from India and I actually experienced having no toilets on
trips to India. For those of us that have homes in India we vacation and see people in villages (India or other) that still need improved sanitation and water. I have realized that if it “catches our eyes and our ears” it is OUR Dharma (action) to help if we can. It caught my attention and I had to do something [www.punjablioness.com](http://www.punjablioness.com), small as it is, it was a start in sowing a seed of hope.

The most important human endeavor is the striving for morality in our actions.
Our inner balance and even our very existence depend on it.
Only morality in our actions can give beauty and dignity to life.
Einstein

There actually is a [World Toilet Organization](http://www.worldtoilet.org), check it out. The 2012 tag line is Do You Give a Shit? My friend Ari Grief ([www.canadiantoilet.org](http://www.canadiantoilet.org)) directed a movie called Flush on the history of toilets and the ONE Intelligence connected our dots. I told Ari I had a Lion theme (Singh means Lion in Punabi) that kept appearing in my life and noticed his family tree connection with Louis Mayer MGM’s founder who have a lion in their logo. He responded that Ari in Hebrew means Lion! After our conversation the next day a car cut in front of me with the number plate “Up Flush.” I know the Formless ONE Intelligence (imagine all souls United as One) are having some real fun nudging us all to realize life is a playful game and guidance is always right in front of our eyes if we simply pay attention. We can now choose to be Co-Directors of our life movie and share that success with all others that come into our lives.

If we say there is no intelligence in the Universe operating “through us”, that is just our ego. Just look at how perfectly the planets move. The stars, sun and moon are all perfectly aligned. This same intelligence is “diffused throughout the creation." The moment we put limits on the entire creation, i.e. it can’t be this or that, we are creating duality. How can there be duality in creation do all things not flow from ONE powerful Universal Intelligent Source?

We all have access to an inner database leading to our Truth and when we discover this sublime essence creative power, doubt flies away. The physical "signs" I experienced or inner database symbols are simply pointers to the "invisible thing" behind the symbols i.e. formless energy of Joy and Love nudging us to take actions if we choose.

For everything, however, God has created a sign and symbol, and has established standards and tests by which it may be known.
Bahá’u’lláh – Bahai Faith

Always remember - stay in High Spirits (Chardi Kala) because life will unfold beautifully; there is a plan and script - we co-wrote it. If we don't like what is unfolding for each of us we can always change the script. Love is a very simple script. When we love all things the inner desire to do the right thing automatically kicks in.

Whoever loves, will find God
(Jin prem kiy, tin hi pabh payo)
Guru Gobind Singh - Warrior, Poet and Philosopher

In my journey I have realized there are no strangers but lessons hidden in a WOW moment. Allow your own path of self discovery to unfold. I am simply sharing because my heart says do it. There was a reason why Albert Einstein kept a picture of Michael Faraday on his study wall, alongside pictures of Isaac Newton and James Clerk Maxwell - it was his way to "tune into" the energies that preceded him. He also spent time learning/sharing with Nobel Laureate Rabindranath Tagore an Indian spiritualist and poet. Our comical ancestors are United as One Formless Intelligence and are right here lovingly guiding us all.

If a secret history of books could be written, and the author's private thoughts and meanings noted down alongside of his story, how many insipid volumes would become interesting, and dull tales excite the reader!
William Makepeace Thakeray
While visiting an Indian bookstore called Sacha Sauda (Truthful Trade a term coined by Guru Nanak) and a stranger mentioned that the word *Mandaavani* in the Guru Granth Sahib meant riddle which got me intrigued as I had no clue. The very next day an NFL American footballer on TV was wearing a helmet with the word Riddell on his forehead area.

> The Infinite One is pervading among all.  
> The Guru’s Word is revealed in the world.  
> He transformed me, the fool, into a fine speaker,  
> And He made the unconscious become conscious.  
> *Guru Granth Sahib - Ang 177*

Guru Nanak used a metaphor to explain that our destiny/plan is imprinted across our forehead but the one that wrote it has nothing written. This is a small sample of how the inner and outer realities are being fused together with a splash of surprise in our self discovery journey.

> Upon this Cosmic Plate, three things have been placed:  
> Truth (Sat), Peace (Santokh) and Contemplation (Vichar.)  
> One who eats this food and enjoys it shall be self awakened.  
> This thing can never be forsaken; keep this always and forever in your mind.  
> *Guru Granth Sahib – 1429*

The Guru Granth Sahib even contains comical poetic riddles written like simple word play for readers to contemplate. Our ancestors were doing crosswords and word play way before the emergence of modern day New York Times quizzes and puzzles. The hints and clues are everywhere.

> Here is a verse with a three-fold play on words.  
> In the home of the grocer there is asafoetida; on the forehead of the buffalo there are horns.  
> In the temple of Shiva there are lingams. So here they are: hing, sing, ling.  
> *Guru Granth Sahib 718*

> Now I shall go far and far into the north, playing the Great Game.  
> *Rudyard Kipling!*

The Guru Granth Sahib is a Living Intelligent Energy; a Cosmic Song written in pure poetry for self awakening and belongs to the whole of humanity. The Sikh Guru's said you will never need a physical Guru (wisdom teacher) ever, implying listen to your inner Truth and then live fearlessly because the Divine is within all of us.

> There is only one breath; all are made of the same clay; the light within all is the same.  
> The One Light pervades all the many and various beings.  
> *Guru Granth Sahib – 96*

I did no special rituals but simply contemplated the wisdom and began to intuitively note the streams of consciousness. The wisdom began to "reveal" it is all ONE behind all of our actions simply different masks for the flavor and diversity which can be good if we choose to live in our ever expanding High Spirits (Chardi Kala.)

> Everyone who is seriously involved in the pursuit of science becomes convinced that a spirit is manifest in the laws of the Universe-a spirit vastly superior to that of man, and one in the face of which we with our modest powers must feel humble.  
> *Einstein*

Guru Gobind Singh gave 5 K symbols to his baptized Sikh's and said he would always be with them in Spirit, so the "signs and symbols" LOGOS were now "silently speaking" in my Punjabi mother tongue because the letter K for KILO (see Nato table above) sounds like KEY-LOH and can also mean "PLAY", D for Delta - DELL-TAH now had a new meaning "Of The Heart", E for Echo ECK-OH resounded as "United as One."
All the world's a stage,  
And all the men and women merely players.  
Shakespeare

When a relative gave me a book with the words ECK about the spiritual teachings of an organization called Eckankar I knew my Sikh Guru's were "speaking" through the whole experience. Linguistically, "Eckankar" derives from Eka Oankar (Sanskrit Eka Oṃkara), a name (one of many) for God used by Guru Nanak and the very first word of the Mūl Mantra (root mantra recited everyday by Sikhs.). The word ek or ik is the number one in Hindī, Urdu, and Pañjabī (from the Sanskrit eka). In the ECK teachings they refer to the audible sound of the Holy Spirit or the way of Light and Sound.

The Immaculate Naam (Word/Name/Logos) itself,  
ever-fresh, comes to abide within the mind.  
Guru Granth Sahib – Ang 69

The fax number on the Evidence Note Book above was 1666 as mentioned earlier and Guru Gobind Singh's year of birth. Now Fax is also short for facsimile. "A facsimile (from Latin fac simile, "make alike") is a copy or reproduction of an old book, manuscript, map, art print, or other item of historical value that is as true to the original source as possible. It differs from other forms of reproduction by attempting to replicate the source as accurately as possible in terms of scale, color, condition, and other material qualities." - Wikipedia.

Reading the word simile above translated phonetically as SMILE! While updating this story my husband retrieved some old photographs to share with friends at work. I thought it was odd but then noticed a picture of him taken in 1986 in the Eaton Center, Toronto and just above his head in the background a SIGN reads “Guarantee Smile.”

He will resolve your affairs; the True Guru gives His Guarantee of Truth.  
Guru Granth Sahib - Ang 91

This is a real time Alive Universe; we feel, we observe and then boom we have a photographic experience of the evidence! Past reaching into present all connected on one single line of multiple streams of communications speaking a language of the heart.

The riddles and hints are given, and she sees them with her eyes.  
Guru Granth Sahib – 217

In April 1991, under a headline that proclaimed "The World's Biggest Fax Machine", FORTUNE Magazine wrote: "Not everything in the world of communications is getting smaller. The Guinness Book of Records has just acknowledged the WideFax facsimile machine as the world's largest. It can transmit blueprints, engineering drawings, and other oversize documents up to 24 inches wide, vs. 8 1/2 inches for standard faxes."

Sikh brothers Raja and Suneet Singh Tuli of Canadian Widecom Group built the WideFax. By taking the small format office fax machine and applying it as a single line of contact sensors for scanning large format drawings, the Tulis pioneered a new method of wide format scanning which they called SLC (Single Line Contact) scanning technology. Note the number 24 again and connect that to the Evidence LCD 24 words on the Police book.

My Universal Teacher of Wisdom was "revealing" YES - THIS IS HOW WE DO IT - (song by Montell Jordan) - SINGLE LINE CONTACT! When Universal Love desires to expand, we see ONE Intelligence in all forms and shapes. Science tells us it is all 1 connected Universe.

All are in the One, and the One is in all. This is what the True Guru (Inner Teacher) has shown me.  
Guru Granth Sahib Ang 907
There is a design and a designer, but they are so combined, the one within the other, the one within and the one without, that it is impossible to separate them. The creator is within its creations, and the creations themselves are gifted with creativity. The world comes to know itself, to discover itself, for the planner left room for divine surprise, and the plan was nowhere foreordained.

Jane Roberts – Seth Speaks Unknown Reality – Archives Yale University

I have studied the scriptures of the great religions, but I do not find elsewhere the same power of appeal to the heart and mind as I find here in these volumes. There is something strangely modern about these scriptures and this puzzles me until I learned that they are in fact comparatively modern, compiled as late as the 16th century, when explorers were beginning to discover that the globe upon which we all live is a single entity divided only by arbitrary lines of our own making. Perhaps this sense of unity is the source of power I find in these volumes. They speak to a person of any religion or of none. They speak for the human heart and the searching mind.

Miss Pearl S. Buck - Nobel Laureate

The journey of life is ever fresh and new. I have realized it is NOT about religion but about the heart and the love we can share with each other embracing our unique individual gifts. The things we experience daily are not always written in stone. Surprises unfold in every moment. One day I was “inspired” by the words Energy Detective as an expressive theme for my new found creativity. The next day I walked through Chapters Bookstore and a book entitled The Symbol Detective: How to Decipher Mystical Motifs - and Know Where to Find Them by Tony Allan caught my eye.

A little surprised I randomly opened the book (as we do with the Sikh scriptures when we are seeking Guru’s guidance and wisdom) and it opened on a page discussing the 5 K Sikh Articles of Faith Symbols with Guru Gobind (means sustainer) Singh’s image on the sword (metaphor to cut out our own inner ignorance and reminder that the tongue is like a double edged sword.)

Good humor is one of the best articles of dress one can wear in society.

Will-i-am Makepeace Thackeray

(Decode rest of his name)

I had put this question to the Universe one day saying aloud “Guru what was the real meaning of the sword symbol” and the very next day I had Jehovah Witnesses at my front door. As I understood the concept of ONE hidden in the Creation, I invited them in and asked about the sword, the lady opened the bible randomly and explained the “tongue is as sharp as a sword.” I got my answer “directly” through the Creative Energy that pervades all particles.

For the Word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

Bible - Hebrews 4:12

Now I can totally ignore the experience as silly or I can listen to the Hukam (divine wisdom) and say WOW, understood loud and clear via the Universal Inner Citizen Band GPS. The book is a fantastic read to understand how symbolism shapes cultures and belief systems globally. Symbols are simply “pointers” to the formless energy behind them!

Always be vigilant and open your senses to the grander picture of life. Decode your own hints, symbols and clues because the Universe is awaiting our collective link up. Everything in life is a choice. We can join in the fun or be MO
“Missing Out” – heard that one on Jeopardy Quiz show when I was inspired to use Masters of Energy or MOE tag line! When we “tune in to the Universe” words out of the blue will just ping in our hearts and we will know we have made “contact” with the Universal Intelligence Team. Simply Believe, Love it all we are not alone and never have been. To your empowerment always.

Check out the Evidence Room for more revealing stories.

Learn to Trust the Universal Signs and Logos - Michael Jackson, Lottery Tickets – and the Divine Comedy continues.

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