United StarMinds
Connecting
The Dots

Discover New Frontiers of Reality
the Sign Language of The Universe

Mandip Kaur Sandher
Not in a million years would I have believed that the Universe is Intelligent and communicates with each of us. Did you know we are ONE Big United Family connected to everything in this magnificent Universe? This book contains evidenced spiritual experiences intended to connect, amuse, awaken or perhaps intrigue the reader enough to explore their own personal spiritual path at a much deeper level. An inner knowing inspired the creation of this book to share with others. Please seek your own Truth is the ultimate message of this work because we are all unique and have a masterful plan that could unfold for each of us, if we simply connect with the Universal ONE.

Civilizations have come and gone delivering the SAME message, whether understood or not, that we must pursue the Infinite Truth of our timeless origin. The pursuit of the worldly comforts has distracted human beings from tapping into their sixth sense and realizing that they are much more than they THINK in the physical sense!

As an individual that lived in the pursuit of worldly comforts and joy, I was thrown off the conveyor belt of life when my mother passed away. My mother’s death “activated” an inner guidance switch; one that I had never imagined existed. I started to connect subtle dots in the Universe that were conscious and communicating a simple message of unity. I realized that nothing is an accident but an intelligent “operating system” with Truth Conduct Rules.

If you feel you are a victim of the external events happening in your life, be assured, the “drama playing out is in the MIND”. Much of what we are experiencing in our lives is a result of misguided mental and emotional energy. As we all begin to focus our thoughts to project love, compassion and forgiveness our collective magnetic energy will start to shift to much happier dimensions of reality bringing bliss and joy to all those around us too.

As fragmented energy beings we need to dedicate time everyday to reflect on our inner growth i.e. connecting to the ONE intelligence that holds our atoms together! Go ahead give yourself permission to set yourself FREE and start walking the path towards your Timeless and Immortal state of consciousness, where you are truly FREE.

It is my sincere hope that while reading this book your “inner wisdom will be activated” revealing your higher intelligence so that YOU too can start connecting your adventure dots! Trust that you are a unique and beautiful Divine Actor with a key role to play in a massive Cosmic Game orchestrated by the ONE CREATIVE DIRECTOR.

Citizen of the Universe and & Daughter of the Fearless Punjab Lioness – do you SEE the Lions head in the leaves?

My Mother - Punjab Lioness
Pritam Kaur Bahia - Jasvinder - Jesse
1930 – 2004
ONE Intuitive Game of Love – Time to Explore New Frontiers of Reality!

The Universe is a set up as grand cosmic stage for a wonderful learning adventure that operates like an incredible Game of Love, but ONLY if you tune into the right vibrational frequency. The Game of Love has a tendency to take some very interesting twists and turns. Your intuition or sixth sense i.e. your inner intelligence is like a Global Positioning System (GPS). Let’s simply call this unified inner intelligence “ONE” for the purpose of this book.

ONE is Formless and Infinite energy and can CONNECT DOTS across the entire Universe. ONE sometimes defies logic and requires an element of trust and contemplation on the part of all serious game players. ONE communicates through sounds, images, letters, codes, words, logo branding, banners, signs, symbols, with right people at the right places at the right time and a multitude of other interesting avenues for vigilant game players.

Let’s assume that ONE has rebooted and refreshed the Universe’s Operating System and Game Part 2 has ignited. ONE’s natural default program is Pure Love Energy and is infused into every particle in the Universe. ONE is very conscious (awake) and wants YOU to succeed your life mission on this planet. Believe that YOU will soar to new evolutionary highs through the infinite cosmic Universe. ONE awaits your intuitive hookup or should I say LOGIN!

The intuitive mind is a sacred gift and the rational mind is a faithful servant.
We have created a society that honors the servant and has forgotten the gift.
Einstein

In the hustle and bustle of today’s world many people do not take the time to develop their inner intelligence or unity with ONE. Did you know ONE is FREELY accessible, incredibly comical, and full of Compassion and Love? I want to share some day to day “evidenced experiences” including some encountered during a trip to Haiti in February, 2010. Life is meant to be explored and discovered to better understand the true essence of who we really are and why we are collectively here. I sincerely hope that you too will discover and realize that we are NOT alone, never have been and that our True Essence is infinite love energy, i.e. Formless ONE within our hearts.

Finally the time has arrived for humans to realize they have much more power than they ever thought. ONE is a vibrational energy consciousness that has always been pervading the Universe and connects us all. Some may call this consciousness Infinite Intelligence, Supreme Being, Spirit, The Divine, Great Mystery, Light Energy, Creator or God. As humanity start to explore their spiritual nature, meaningful “coincidental experiences” will lead us all back to Truth or ONE. Everyone we meet (man, woman, child and even animals) are relevant experiences and our job is to explore the “connection” of such meetings. We will discover clues or next steps of actions that have been discreetly placed” for our benefit. ONE is an intelligent universal loving power and wants to express itself through us. The only enemy is our MIND and FEAR. We have nothing to Fear. We are FREE and have ONE with us always.

Imagine ONE like many pixel fragments, every bit intelligent, swirling around in this massive Cosmic Universe. All fragments magnetically connect back to the Infinite ONE on an invisible thread sewn with the sharpest of golden needles. ONE’s thread has lovingly been binding a wonderful mystery book called “ONE United Universe.” We are now ready to explore and discover the colourful images ONE has created by playing in the Game of Love, Part 2.

Ideally ONE desires total connection with all fragments to play the Game of Love, Part 2 to the max. We make choices every day. We can play the game or ignore it. Playing the game will help humanity to break through to New Evolutionary Frontiers of Reality. Are you ready to explore and play the best game of your life?

As one thread holds hundreds and thousands of beads, He is woven into His creation.
Guru Granth Sahib - 485
The Start of my Personal Spiritual Journey

We have all had teachers in our lives in some form or other. One teacher I had never considered in my life until my mother passed away was a Spiritual Teacher. It’s funny how life can turn upside down when you lose a loved one. Even funnier is that I had never contemplated or thought about death until my mother passed away. What is even crazier I had never spent any time to ask a simple question, WHY AM I HERE? I share my story with you in the hope that something will intrigue you enough to explore your physical reality at a much deeper level.

People often ask me who do I converse with when I need guidance and I reply “My Guru Teacher of course”. So who is my Guru? A Guru is an all knowing Enlightened Master Teacher that helps a student on their spiritual path. Teachers can appear in various forms from human beings or even books. In my case my Guru of Truth is the Guru Granth Sahib a Wisdom Teacher. It is a compilation of deep spiritual wisdom from Sikh Guru’s and many Saints. It contains a universal message of One Humanity created by ONE Formless Infinite Creator.

The Guru Granth Sahib contains divine poetry and hymns that soothe the soul and ultimately guides a Truth seeking Sikh (means student) back to ONE Divine Light that dwells within every heart. To reach this experience the human MIND needs to be seriously trained. The Guru Granth Sahib is my Universal Teacher a power in the universe greater than a human being or living master guiding me back to my origin or the Infinite Timeless ONE.

After gaining access to an English translation of the Guru Granth Sahib on the Internet I was really surprised to learn not only was it a treasure trove of words of wisdom, but modern day spiritual terminology such as Universe, Galaxies, Consciousness, Energy, Intuition, Mind, Cosmic Music and Selfless Service to humanity were used in the teachings. Clear spiritual guidance on how to Live Truth while in the physical realm of reality is explained. The wisdom gained then needs to be applied in the real world in the form of positive ACTION, the only way ONE can express itself “through us”. I have personally experienced and attained much needed inner peace and spiritual growth. I am sure there are many pathways to the Infinite ONE, but this is the main Wisdom Teacher I lean on.

Make the love of the Lord your pen, and let your consciousness be the scribe.
Then, seek the Guru’s instructions, and record these deliberations.
Guru Granth Sahib - 16

Connecting with Guru on a daily basis ignited a new passion for learning and a deeper questioning of the purpose of life. You’re probably thinking how words of wisdom can do this. The answer is very simple. Everything in the universe is a form of energy (we are made of atoms that vibrate), and this energy is conscious if we tune in. As an example, if I read Shakespeare then energetically I just connected my bunch of atoms (energy) and consciousness with Shakespeare’s energy through his writings and words. Please contemplate this statement for a while. It is no different when I read a letter from my sister in the UK, I am “connecting” with her words and thoughts and her “energy.” The same energy is operating when you think of someone and suddenly they phone you out of the blue.

Everything IS vibrational electro-magnetic energy including images, sounds and our bodies! Atoms, protons, electrons are ALL energy and dispersed throughout the entire Universe. I prefer to use the analogy; I desire to connect with the ONE Infinite intelligence that holds my atoms together, that gives me the air to breath, and who helps me grow through my life experiences of both comfort and pain, which are really one and the same.

The ONE Creator is diffused in the ten directions. Behold the Creator in all the earth and sky.
In the water, on the land, in the forests and mountains, and in the nether regions of the underworld,
the merciful transcendent Lord is abiding. The Creator is in all mind and matter, subtle and manifest.
Guru Granth Sahib – 299
The Guru Granth Sahib is the compilation of poetic works from ten Sikh Guru’s and many mystical Saints from various ethnic and social backgrounds primarily from the Eastern countries. Some of these Saints were deemed casteless and untouchables by Indian societies of that time. All these individuals were Enlightened Masters and high energy souls immersed in love through devotion to the ONE Formless Infinite Creator of the Universe.

Guru Nanak the founder of Sikhism was born in 1469 and came with a divine mission to illuminate the world. He saw the world suffering from hatred, falsehood and hypocrisy. He embarked on a global journey to regenerate humanity on earth. He carried a torch of Truth, unconditional love, peace and joy for mankind. He was assigned a divine mission to remind people to Praise the Creator through the Naam or Word. He went towards the east, west, north and south directions and visited various centers of Hindu, Muslims, Buddhists, Jains, Sufis and Yogis. He met people of different religions, tribes, cultures and races. His trips also included Egypt, Italy, Hungary and Turkey.

Guru Nanak’s message was simple, “All souls sparked from the One Light, therefore, all humans are the same”. Whether you’re a President, Queen, CEO, Police Officer, Sweeper or Laborer he strongly emphasized there is no high or low status in the eyes of the ONE Creator. In fact, he dined and lived with men of the lowest castes and classes considering the then prevailing cultural practices and traditions in India. This was something socially and religiously unheard of when India was heavily divided by caste systems instilled by religious priests of the time.

Any offerings Guru Nanak received during his travels were collected and given to his hosts to maintain a common kitchen, where all could sit and eat together without any distinction of caste and social status. This institution of common kitchen or Langar became a major instrument of helping the poor and down trodden societies including many that faced injustices. Guru Nanak’s spiritual gatherings established the basic equality of all castes, social classes and sexes as ONE. One of the primary reasons people sit on the floor in the Sikh Gurdwara’s to eat langar (food) together. The practice of FREE kitchen still continues in all the Sikh Gurdwara’s today around the world.

Guru Nanak was a spiritual rebel and he was not shy about teaching people the fruitlessness of ritual practices including idol worshipping. On one occasion Guru Nanak saw priests throwing Ganges water towards the sun in the east as oblations to their ancestors in heaven. He started throwing the water towards the West, in the direction of his fields in the Punjab. When ridiculed about his folly, he replied, "If Ganges water will reach your ancestors in heaven, why should the water I throw up not reach my fields in the Punjab, which are far less distant?"

Some Sikh Guru’s and Saints were persecuted, burnt on hot plates, boiled in hot water, had hot sand poured over their bodies, were entrapped in cages, cut limb by limb, beheaded and even young children were bricked alive. These souls personified LOVE and gave up their lives for the FREEDOM OF HUMANITY and brotherhood under ONE FORMLESS CREATOR, therefore rejecting any form of conversion by force to another faith.

When I learned that these enlightened beings (Guru’s and Bhagats i.e. devoted Saints) showed no signs of discomfort during their ordeals, I realized that they were connected to a level of spiritual consciousness that allowed them to transcend beyond their physical bodies, therefore any pain associated with the flesh was not experienced. Sikhism and other faiths teach we are more than the body and must connect daily with our Spiritual Source for guidance. Daily reading and contemplation of the Guru Granth Sahib (Wisdom Teacher) is my soul food that keeps me energized and tuned into the ONE Intelligence, in the same way I need food for nourishing my body.

The Sikh Guru’s did not abandon the real world, unlike many spiritual teachers or guru’s in India, who had abandoned the world and resorted to living in forests, mountains and begging for their livelihood. Guru Nanak scolded such individuals for abandoning humanity and leaving humans in a state of ignorance. This is totally against the philosophy of the Sikh Guru’s who encouraged people to not abandon their families and household duties. Sikhs were told to remain in positive mindset and High Spirits (Chardi Kala), BUT be conscious of all actions
to ensure **Universal Life Balance** is maintained. Just as a swan floats on water without getting its feathers wet, man should not get TOO attached to the physical world or creation and should rise above it in **spiritual consciousness**.

The Mool Mantra is the root statement of Sikhism and was disclosed to Guru Nanak during his enlightenment. By the process of positive affirming it is an empowering formula for personal growth. The Mool Mantra is a “powerful tool” to help a serious Truth Seeker “activate” and realize their “Timeless” (infinity and beyond) origin. When you apply modern day scientific terminology, it could be compared as a process for neural pathway programming i.e. fixing your consciousness and connecting to the ONE Infinite Universal Intelligence within you. [Check out this article](https://example.com) on how a coma patient rewired her brain with singing!

Remembering, remembering the perfect Lord in meditation, I have saved all my companions. The Mool Mantra, the Root Mantra, is the only cure for the mind; I have installed faith in God in my mind.

_Guru Granth Sahib – 675_

I like to call the Mool Mantra **heavy duty soap for the mind** because it helps to wash away all the false “mind impressions” from past lives and belief systems that a person begins to believe as their reality. Whatever method is used we must work to stabilize our MIND to allow Truth Intuition to surface. In fact, Sikhs in their daily prayer ask that their “own mind thinking” be subdued and that their WISDOM be exalted. When our mind is stable and tuned to frequency ONE, “IT” starts to guide you like a supersonic rocket on the right path of life!

Another tool used in Sikhism is daily chanting of “WaheGuru” a praise mantra i.e. “Wonderful, WOW, Wah or Whoa Creator!” Meditation using these two tools started to stabilize my mind and helped me “tune into intuition channels”, I lacked before. The Mool Mantra can be looked at as an “Activation Key” or “Oneness Template”, because it starts the spiritual gears rolling for students to explore further the deeper level of reality we live in.

_Chant Waaho! Waaho! to the Lord, who is permeating and pervading in all. Chant Waaho! Waaho! to the Lord, who is the Giver of sustenance to all. O Nanak, Waaho! Waaho! - praise the One Lord, revealed by the True Guru._

_Guru Granth Sahib – 515_

Guru Nanak as a Universal Messenger of Peace encouraged the dissemination of the Mool Mantra for humanity in this era of spiritual ignorance or simply the darkness of the mind which would help welcome in a fresh new dawn and the Age of Truthful Living, Peace and Prosperity. Note the Mool Mantra starts with the numerical ONE or EK underlying the conviction that the Infinite Creator was, is and always will simply be ONE.

**MOOL MANTRA**

| Ek Onkar | There is ONE Universal Creator, |
| Sat Naam | Truth Is The Name |
| Kartaa Purakh | The Creative All Pervading Spirit, |
| Nirbhau, Nirvair | Without Fear, Without Enemy |
| Akaar Moorat | Timeless and Omniscient |
| Ajoonee Sabhang | Does Not Take Birth, Self Existent |
| Gur Parsaad | Can Be Realized by His Grace |
| Jap | Chant & Meditate |
| Aaad Sach | True in The Primal Beginning, |
| Jugad Sach | True Throughout the Ages, |
| Hai Bhee Sach | True Here and Now |
| Nanak Hosee Bhee Sach | Nanak Says, Truth Shall Forever Be |

While you are alive, conquer death, and you shall have no regrets in the end.

_Guru Granth Sahib – 1280_
Experience: Let Go and Trust ONE to Handle the Details

I had never imagined that an impulsive inner urge would put me on a path to volunteer in Haiti. I decided to sign up with United Sikhs (a UN affiliated Non-Government Organization) that provided hot meals to Haitians in the Port-au-Prince disaster area. Having learned about the organization while volunteering for them I resonated with the Sikh message that humanity is ONE. I was also impressed that they were on the ground in Haiti within two days of the disaster serving hot food to displaced Haitian’s who had lost their homes and family members.

My son Ravandeep, a trained security guard had initially indicated he felt the desire to go to Haiti. We decided that both of us would make the trip as I was also having the same inner tugs and emotional feelings to proactively contribute and be of service to others. I had realized that writing a cheque to a charity was an easy route and on this occasion I felt I had to experience this incident with my own eyes.

Amardeep (I have twins) my other son came home one day while we were planning the trip and mentioned he had just been laid off at the Royal Bank for two weeks. My intuition immediately told me that all three of us were destined to go. Nothing is an accident everything just gets shifted in the Universe when you are “positively charged with all the right pieces like a holographic jigsaw puzzle fitting into their right places at the right time.

As I scrambled looking for cheap flights to Haiti, I decided to give my credit card to United Sikhs to go ahead and book three flights because I was not having much luck in finding the right timing or pricing. As it happened they too were struggling to find the right dates for departure. My personal goal was to find flights under $500 per ticket but I was not having much success and we were due to leave in four days.

When I need to get clear on a goal I use the process of connecting with ONE through dialog. I will openly ask aloud or write for guidance. On this occasion I wrote out and said aloud that I would love to find flights under $500 a ticket or free would be even better and thanked the invisible ONE for helping me with the request.

Experience: Free Flights to Haiti Compliments Westjet

After I had written out my request for the flights, ONE intuitively nudged me to search the Internet again, and this time I stumbled across West Jet’s website (Canadian airline) who offered Free Flights for volunteers to Haiti. I mentioned the offer to United Sikhs and they suggested I ask for six free flights (the full team). Now remember, I only needed three flights for myself and my sons. I contemplated their request but thought, “there is no way we are getting six flights, I’ll be lucky if we get three.”

Within the mind are gems, jewels and rubies, if you listen to the Guru's Teachings, even once.
Guru Granth Shahib - 2

Note that was my ego or mind monkey chatter popping in with its opinion and could have stopped me in my tracks. I decided to listen to ONE whom silently but through intuition gave me a resonating feedback “why are you challenging the number do as you’re told” that was the order.

Without questioning the “intuitive flow”, I fired off an email with all the necessary details of the project to the WestJet Haiti Disaster customer service and low and behold six free flights were approved within three days! The gentleman Michael at Westjet customer support was phenomenal and a true shining star. His sensitivity to the needs of the volunteers was incredible. We could not have asked for better customer service from Westjet.

When we arrived at the Toronto airport, again Westjet’s departure and check-in team David and Dawn were flying high in the name of service! Our packages were sealed safely to ensure no items were disrupted. It was absolutely
amazing to see how high the Spirit of unity of mankind can rise when a disaster hits. Our world can truly transform if we all continue this high energy flow on a daily basis and connect with ONE to help us all!

**Experience: The Airport Subtle Signs**

As my son’s and I checked through the airport baggage screening area the security officers name tag “Prince” caught my attention. I realized we were off to Port-au-Prince, synchronicity was already in action. The second screening officer was a lady named Margaret and she was from England a reminder of my British birthplace. We conversed about the UK and Margaret mentioned she missed the British sense of humor in Canada (Brit’s have a strong sense of wit which can easily be mistaken as rudeness sometimes!). The last person at the security checkpoint was called Raj, a Punjabi gentleman representing my Indian culture. I took a silent moment in total awareness to reflect on these individuals we had just met. I sensed a common unity of our atoms or the magnetic thread that bound all three of us together as blobs of intelligent energies in this vast invisible Universe.

**Experience: The Day I Realized My Son Needed to Grow**

I had been briefed prior that we may be split up and be staying at two separate sites. When we arrived in Port-au-Prince, Ravandeep was designated the role of security and site inspection working with the United Sikhs and United Nations. He was advised he would be responsible for scouting out appropriate sites where hot food had to be delivered. The necessary security precautions would have to be taken as Port-au-Prince was experiencing some level of violence due to food shortages. He would be driving around in the disaster zone where rubble was still not cleared off the roads.

An instant gush of fear overcame me for a moment as I was worried for my son who would be separated from me and his brother. Intuitively I remember ONE saying, “let him go, he is no longer your baby, he needs to grow”. That was the moment that I realized my son was no longer “my property” and at twenty-three I had to let him find his own wings, so he could fly high and explore HIS journey of life. I felt a sense of fearlessness about him and knew he would be taken care of by ONE. I no longer fear for my children as ONE knows best and will protect if need be.

**Experience: The Christian Camp – We Really Are ONE Big Human Family**

Amardeep and I were taken an hour outside of Port-au-Prince to a small village called Barbancourt where United Sikhs had set up a second kitchen. The site was a Christian camp with approximately 300 people comprised of children, women and men. Pastor Lionel from Port-au-Prince had taken his congregation to a vacant land location which he had acquired earlier. He had strong hopes to instill a fresh new Spirit of thought and change for the victims of his extended congregational family.

When we arrived at the camp I was sucked in by the smiling faces of the young children and high spirited energy of the Haitians. I suddenly realized I had never in my entire life been surrounded by so many people of a darker complexion, than myself. I had often seen ads on television for African charities such as feed the child, but the extent of the exposure was so easily resolved with a simple flip of the TV remote control that allows us to tune out of reality. Truth is truth so I am laying that on the table for the reader to digest in their own consciousness.

Meeting the Haitians just reminded me of the strong words of the Sikh Gurus to never forget that the human race truly is ONE and connected by love. Not realizing the unity of the human race only holds back the spiritual growth of each soul. When we cannot experience the oneness of humanity we end up vibrating at a “lower energy levels” or “lower realms of spiritual consciousness” i.e. spiritual ignorance or darkness of mind. Until we learn these lessons we do not move forward on the conveyor belt of life and that I have learned from personal experience!
The outer appearances of people contain traps. We can easily fall into traps if we do not consciously keep check of our thoughts and realize that ONE whose essence is LOVE resides in every heart. Traps include judging peoples clothing, what they physically look like, buying things and promoting social status to impress others. I have been there and done all that, and along the way have been tested by the Universe and recovered a sense of what is true. Through life experience I realized I was operating under a false self or shadow energy. As we learn we move up the energy field.

When one understands the Hukam (Cosmic Divine Order) of the Lord’s command, he plays the game of chess with the Lord; throwing the dice, he conquers his own mind.

Guru Granth Sahib - 793

The friendliness of the children tugging at my hand and even caressing my arm made me realize that these young souls were a happy bunch. We were in a country with people that had been hit by a disaster and somehow I felt their energy was shining through exuding Gloria Gaynor’s “We will survive” song! I knew once I was at the camp I would be experiencing and learning many things. I was not sure of what the lessons were but time would unravel the mysteries and the path of my destination while in Haiti.

We had brought along our own tents from Canada with the intention to leave them behind. I noticed that a large tent was already set up. United Sikhs mentioned they had been given the tent to use as they were providing the free kitchen. I wondered into the tent and asked the young youth, Han’s Wolf how old he was. He mentioned 23 to which I quipped “you’re the same age as my son, so I am going to bunk on this spare bed, IF you don’t mind”.

My son and I shared the tent with Han’s who was also volunteering with United Sikhs. Hans was the same age as my children, who was a former US Army soldier. He certainly listened to his instincts and took the first flight out of the United States to be in Haiti and put his army skills training into action, to serve the people of Haiti. Han’s been very well spoken and friendly, was also quite spiritual. His reading of the Holy Bible was something that really impressed me and caught my attention. I had never seen the Bible in camouflage design before and it was only then that I realized United States soldiers were given “spiritual content” during their missions of service.

We were introduced to Alissa Jordan another charming, beautiful and vibrant soul. Alissa was also volunteering with United Sikhs at the camp. She was studying anthropology (the study of humanity) in the United States and had traveled around the world at various missionary camps providing a multitude of support including teaching English as a second language and logistics. She was very knowledgeable on women issues from her experiences.

Experience: Hark The Angels Are Rejoicing Sounds Like Simran i.e. Meditation!

The first night we slept in our tent, I remember being awakened at 5am in the morning to a glorious sound of vocal chords all synchronized to the right musical notes. As I lay looking up at the roof of the tent I wondered where the singing was coming from. Had I gone to Heaven! It was not in English but irrespective the sound was wonderful, almost angelic sounding, dynamic and soul piercing. I felt it was a welcome song and I knew this trip to Haiti was going to continue delivering nuggets of golden surprises.

In the morning I enquired from the Haitians what they were singing. They explained that they prayed like that every morning for two hours and every evening for two hours. Wow, I really sensed the love, unity and sister/brotherhood in the hearts of these warm loving people.

This was a definite lesson that I had to experience and share with others. The power of prayer has been explored by medical and scientific communities with varying results, Duke University conducted one study. Prayer is a
process of petition to activate an inner dialog with your soul. Perhaps this is the missing X factor that humanity really needs to reconnect with on a daily basis to allow more peace and harmony into their lives.

When you pray you rise to meet in the air those who are praying at that very hour, and whom save in prayer you may not meet. Therefore let your visit to that temple invisible be for naught but ecstasy and sweet communion.

Kahlil Gibran – The Prophet

Children must be taught the practice of taking quality time each day to nurture their inner intelligence or Spirit. As parents we MUST help them open up to the vibrancy of life. This is simple ancient wisdom forgotten. An inner intelligence does exist in the form of intuitive nudging or your inner teacher i.e. ONE. It is a birthright and just needs to be activated and nurtured through daily singing, prayer, journaling or meditation. Use whatever method YOU feel comfortable with, but do something to nourish and recognize your Spirit as it will bring you inner peace.

If everyone demanded peace instead of another television set, then there’d be peace.

John Lennon

The reality is Spirituality is something that appears to be low on the totem pole of “things to do” for the majority of people. Most of the world is still running around in the rat race attached to the physical world, not realizing that connecting to ONE in the spiritual realm, will allow a more peaceful unfolding of their life and purpose. Why would you not use the ONE Invisible Universal Intelligence? Use it or lose it as the saying goes. You’re immortal so USE IT and teach your children the same, your life will become an adventure and your Spirit will soar to new highs!

Hearing the singing it was a sharp reminder of my own faith. Guru Nanak the founder of Sikhism urged all Sikhs to wake up at the auspicious time (3am to 6am) and practice Simran which means to Praise the Creator by reciting poetic hymns (psalms) as a form of meditation. This time is defined as the “divine nectar period” or Amrit Vela in Punjabi. It is deemed a time when the entire creation comes together to rejoice life. Interestingly Psalm 119 of the Hebrew bible also encourages awakening at midnight to meditate as does the Bahai faith and I am sure others do. People have just forgotten some deep spiritual Truths that would connect them to the infinite energy or ONE.

I must admit I was not utterly convinced about the waking up early notion at first, until I had read the book Your Sacred Self by Dr. Wayne Dyer. This spiritual gem encouraged the reader to awake at 3 am to Jap (Sikhism refer to the process as Naam Jap, Praise & Remember the Creator). Another book I was given to read One Soul, Many Masters by Brian Weiss M.D. Brian a clinical psychologist, documented experiences of Catherine his patient having had eighty-six past re-incarnated lifetimes. Each time the patient was reincarnated with lessons from a past life, plus additional lessons for the current life. The book referred to Brian’s own personal experiences where a “frequency channel of communication”, appeared to be open at 3.30 am. Brian was not aware what the time represented but he and his client experienced telepathic spiritual connections at this very specific time.

We have all lived past lives. All of us will live future ones.
What we do in this life will influence our lives to come as we evolve toward immortality.

Brain Weiss – Clinical Psychologist and Author

An interesting fact I came across was that many renowned scientists worked throughout the night without sleep. Could they have been “tapping” into the ONE Universal Intelligence for their moments of pure inspiration?

If I have seen further [than certain other men] it is by standing upon the shoulders of giants.

Isaac Newton – Scientist
There are two ways to live your life. One is as though nothing is a miracle. The other is as if everything is a miracle. Einstein - Scientist

I recommend these books to any serious spiritual seeker as good starting points, to self discover and explore spiritual truths perhaps you may not be aware of. I have now realized the “strong” words of Guru Nanak “Conquer Your Mind, Conquer The Universe”. This meant if you do not work on conquering your inner self first then all actions including charity, wealth and success become fruitless because you will be operating through your “false personality” (ego), masked under a veil of illusion or past mental programming.

Collective negative energies will stop you pursuing the path to realize higher levels of reality or your True Higher Self. The major goal of human birth is to experience a personal Spiritual connection to the invisible Infinite ONE within you, so that reincarnation through birth and death is conquered. This would allow humanity to merge back to the original source/substance energy or light that we sprung from (our Immortal and Timeless origin).

O my mind, you are the embodiment of the Divine Light - recognize your own origin.
O my mind, the Dear Lord is with you; through the Guru’s Teachings, enjoy His Love.
Guru Granth Sahib - 441

Experience: We Are One Big Family Connected to the Entire Universe

The unity at the camp was very evident. I felt somewhat ashamed, one day when one of the ladies in the kitchen said “let me ask my sister the answer to your question” to which I responded “is she your sister?”, because they did not look like sisters. The woman looked at me with a warm smile and returned a simple but firm “yes we are sisters in Jesus Christ”. What a fool I felt at that moment. It really got me thinking about the oneness truth.

These simple teachings are forgotten Truths that Sikhs and I am sure many other people of various backgrounds and cultures have been taught through humanities evolution. Everyone is a brother, sister, mother, father, son, daughter or uncle and aunt and simply ONE big family of ONE Creator which in real essence is simply ONE BIG HEART OF LOVE! Once we become aware of this, how can we possibly be angry or hate another being?

Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.
Mark Twain

In my conversations with my new found family, I realized the Christians at the camp were struggling with the definition of Sikhism (means learner), because their “mental programming” projected images of turbans and a certain style of dress. I did not fit the stereotype and their mind map was getting skewed! Imagine loading up new software on your PC. At first your mind will want to keep dipping into old software program settings which are no longer available in the new software. Eventually you start to learn the new software program and realize it is way better than the old one. That is what I am referring to when I say old mental program mapping.

One day when a fresh group of youth asked me what religion I was, I spontaneously responded “I AM A CITIZEN OF THE UNIVERSE!” I will never forget the look on their faces because I observed in real-time how their mental programming was struggling to process that particular data because it was a new creation they had not heard of that term before. After what appeared like a long silence, they started to laugh loudly, to which I responded “And you too are ALL Citizens of the Universe.” Thereafter, every morning I was greeted with a giggle or two and “Hello Citizen of the Universe” to which I would respond “You Too.”
Recognize The Human Race As ONE

Guru Gobind Singh – 10th Sikh Guru

Gradually I was beginning to understand that subtle lessons were unraveling for me. Nothing is an accident in our journey of life. Everything has to be “experienced” in the present moment connected to the heart that helps each individual evolve and expand to new spiritual highs. My major challenge was to keep “in tune” with the present moment or the frequency level that ONE operates in.

*Few are those who see with their own eyes and feel with their own hearts*

Einstein - Scientist

The very subtle “signs” of how the Creative Intelligence “communicates through us” was beginning to surface. Small gestures here and there, the surprise visitor to the camp, and even a simple hand gesture. All these small heart nudgings started to trigger an inner connection which projected to my outer reality.

*Be careless in your dress if you will, but keep a tidy soul*

Mark Twain

I felt inside I was part of these people and they were part of me? To ignore them was to ignore the realization that ONE was diffused through the creation. To give in charity and walk away would only inflate the ego, “Oh, look what I did” and that was not the answer, empowering them was the only solution I could see.

Many modern day spiritual teachers focus on improving negative energies. What your mind focuses on will grow. Some teach do not get involved in what you do not want to experience. A lot of emphasis is given on controlling the mind to create an abundance of wealth and the reality of your desires. That is all fine. But to ignore the reality of Haiti and other poverty ridden countries is sheer ignorance. WHO is going to help these souls? If we all keep focusing on our own “desires” without the intention to use the wealth that ONE helped create then we are not working towards merging with ONE in this lifetime. Why live another life cycle to learn the lesson of One Love?

*People may accumulate hundreds of thousands, millions, tens of millions, and yet the mind is not restrained. They only yearn for more and more.*

Guru Granth Sahib - 213

Guru Nanak’s prayer and wish to the Creator was, “give me the dust of the Saintly to serve”, which really had a much deeper spiritual Truth hidden in the statement and should be contemplated (vichar). When you ask the Infinite ONE for the dust you are asking to “serve” every “particle” in the Universe. That includes people in Haiti.
Guru Nanak also taught that iron and gold are equally the same. The iron karat (bracelet) worn by Sikhs is a reminder of the infinite ONE and to do the Creators work with our hands and feet as instructed by the Guru.

The Vedas and the Scriptures are only make-believe, O Siblings of Destiny; they do not relieve the anxiety of the heart.
If you will only center yourself on the Lord, even for just a breath, then you shall see the Lord face-to-face, present before you.
O human beings search your own hearts every day, and do not wander around in confusion.
This world is just a magic-show; no one will be holding your hand.
Reading and studying falsehood, people are happy; in their ignorance, they speak nonsense.
The True Creator Lord is diffused into His creation; He is not just the dark-skinned Krishna of legends.
Through the Tenth Gate, the stream of nectar flows; take your bath in this.
Serve the Lord forever; use your eyes, and see Him ever-present everywhere.

Guru Granth Sahib – Kabir – 727

Experience: The Kitchen & Spicy Food Soul Bonding

During our stay at the camp we were enjoying various duties including assisting with cooking food, which comprised of mainly kidney beans and rice and I was amazed to learn you could cook beans in so many ways! It was great fun cooking Indian food with the limited resources we had at hand. United Sikhs had purchased Italian pasta and sauces which was a nice bonus option on the menu for the camp family.

The ability to cook a simple lentil daal with rice allowed me to share some of my culture with my new found Haitian family. Each day I noticed how the women at the camp would sit together and sort through the kidney beans for dirt and stones. It felt like I was being taken back in time reminiscing how my mother and other Indian women in England would gather together in a circle, and sing while they sorted through daal’s in their silver trays during large social events.

Intuitively ONE was nudging, “look they’re cleaning the daal just like the Indian women do”. I felt my mother’s spirit present with me; she loved to cook when she was alive she was a lioness. The kitchen was her domain, she taught me cooking skills, and now I was carrying on her legacy, trying to remember all her cool kitchen tricks of the trade. She loved sharp knives and I recall United Sikhs had equipped the kitchen with fantastic knives. I flipped a knife and saw it was manufactured in Brazil; finally something NOT made in China was nice to see!

Kabeer, the dinner of beans and rice is excellent, if it is flavored with salt.
Guru Granth Sahib – Kabir – 1374
One morning, I was inspired by ONE “teach these women how to cook Indian food”. I ran a “Certified Indian Cooking Class” and trained a few women on the basic fundamentals of cooking Indian food. We cooked lentil, potato curry with Indian chapatti flatbread and basmati rice, followed by sweet rice pudding (keer) with almonds.

Realization came that this simple act of teaching life skills to a society that were so eager to learn was of great value in Haiti. If some of us are blessed with an abundance of life skills then why would we not want to share ourselves with others through love and compassion?

It was a blessing to be in a country full of people and children that just wanted to learn new life skills and communication languages. New talents would help them rebuild their country with solid and sustainable infrastructure. Experience is power and Haitians desperately needed it, in so many facets of life. How would this happen? I knew that ONE would handle the details I just needed to keep my antennae tuned into the creative energy flow.

The only source of knowledge is experience
Einstein - Scientist

We had so much fun that day. I ended up giving four of them a name that represented the spices, so they would remember the spices for future cooking (Loon, Mirch, Masala and Haldi i.e. Salt, Hot Chilli Pepper, Indian Mixed Spices and Turmeric). They thoroughly enjoyed creating these dishes with minimal instruction from me.

After this experience I was convinced that cultures can unite like a magnet through the exploration of food and cooking. We are so similar in many aspects of cooking styles yet still diverse enough to get the imagination gears rolling to explore foods beyond our comfort zone. I realized this is something I must do more often personally i.e. to share my Indian culture with other people of different ethnic backgrounds and encourage them to do the same in the name of Unity of Humanity or ONE.

You Yourself are the male, and You Yourself are the female.
You Yourself are the chess-board, and You Yourself are the chessman.
You Yourself staged the drama in the arena of the world, and You Yourself evaluate the players.
You Yourself are the bumble bee, the flower, the fruit and the tree.
You Yourself are the water, the desert, the ocean and the pool.
You Yourself are the great fish, the tortoise, the Cause of causes; Your form cannot be known.
Guru Granth Sahib - 1020

Experience: It’s A Whole New World - Let The Intuitive Game of Love, Part 2 Begin!

Before leaving for Haiti I kept receiving an intuitive flow “The Game Is On” over and over in my conscious. I could not figure out the meaning. I knew I should pay attention because in 2009 I had tuned into a frequency message “Call Of Duty” and within a few weeks a computer war game was launched called Call of Duty! Personally I was feeling an inner gut feeling awakening me to a higher level of intelligence and a sense of duty to share and empower others with my new found experiences of FREEDOM and reality.

I was not sure what the “Game is On” intuitive flow meant, but was confident at some point it would all make brilliant sense. This is how the “Game is On” experience started to unravel for me in Haiti.

No great discovery was ever made without a bold guess
Isaac Newton - Scientist

We were scheduled to assess a Haiti location that had requested meal support in Port-au-Prince. Amardeep and I had decided to join Ravandeep. My son was in his element driving around in the SUV hurling us all side to side as he navigated through the rubble laden streets, it amazed me how well he handled the vehicle. Personally I did not feel comfortable driving in the disastrous conditions. As we approached the mountainous area I was amazed to see the beautiful heavenly looking clouds just floating like the scene used in the Philadelphia Cream Cheese adverts minus the angel sitting on the clouds!

High atop there was a quaint location with a lookout point. As we entered the site, we noticed the whole area was drenched with little smiling faces running around and playing on the only piece of land in the area that showed no rubble and destruction. I wondered over to a lady standing in the middle of the grassy field and enquired how much food was needed for the children. The woman in her fifties looked at me and shrugged her shoulders coldly responding “I have no idea what they need”. The woman sounded German and mentioned she was trying to run a hospital. I looked over my shoulder where I observed a small tent. I wondered “that’s her hospital?” It was evident she did not have a long line up of patients standing at the administration desk to check in.

I can calculate the motion of heavenly bodies, but not the madness of people
Isaac Newton - Scientist

I rephrased the questions about supporting the children thinking I may have confused her. The woman responded she did not know where the children had come from and that someone had dumped them on her property. She commented she would prefer they leave. At this point Amardeep started to emotionally react, “lady clearly these children need food, can’t you work with us to help them out?” We were suddenly surrounded by a few adults who explained this was the only suitable site they could let the children play and therefore had brought them to this location. We took relevant information for the food requirements and indicated we would have to come back.

My son was rambling about the woman’s attitude and I suggested he calm down. Clearly the woman did not “get” the real message that perhaps ONE was nudging she needed to help the children. Perhaps that was the reason they had ended up on her grounds as a “golden opportunity to serve” them. It’s all a matter of intuitive perspective. Nothing is an accident but a divine orchestration of lessons, IF we pay attention to the inner ONE.
The Most Beautiful Thing We Can Experience Is the Mystical.
It is the Source of All True Art and Science.
Albert Einstein - Scientist

ONE has very interesting ways to “get THE message across”. Sometimes the lessons can be firm love. As we proceeded to the car I noticed a young child coming out from the park area. The young boy had a piercing eye to eye or I should say heart to heart connection with me, and as I smiled back in response to his gleaming smile. My eyes “tuned” into his T-shirt which simply read “Let The Games Begin”. Wow, now I understood the repeating intuitive thought I had been receiving before arriving in Haiti “The Game Is On” – Let The Games Begin, says ONE!

It’s not just enough to change the players. We’ve got to change the game.
Barack Obama

The Game is Part 2 or Plan B whatever we want to call it has begun. Incidentally, the Call of Duty Game site mentions Action figures by Plan B Toys. There is no doubt many of us are being called to take Action. Returning from Haiti I started to intuitively notice certain words appearing in songs. The words Part 2 were included in a beautiful song written and sung at a music concert in aid of Haiti Youth. The song was written and sang by a beautiful soul, Chynna Lewis. The song lyrics reflected on “Part 2 and brand new lights”. My intuitive interpretation of the song was that a brand new generation of children (light energies) are being born into this world. These “energies” MUST be empowered and not stifled. Support the youth with wisdom and teach them love and compassion so they can remain the bright creative shining stars they naturally are in the Cosmic Universe.

As responsible adults we must not taint young minds with old institutional, no longer relevant belief systems. Just let their Spirits bloom allowing ONE to unfold naturally their full diversity and rays of light. Nurture them, they are born “through us” but do not belong to us. Let’s not burden our children with OUR own desires and missed opportunities in life. They have a soul of their own. Spirituality must be given priority for these new “lights” to express Life and ultimately the Creators plan for each of them which as adults we must allow to happen naturally.

You may give them your love but not your thoughts, for they have their own thoughts.
You may house their bodies but not their souls.
They are the sons and daughters of Life’s longing for itself.
You are the bows from which your children as living arrows are sent forth.
Kahlil Gibran – The Prophet

Experience: Game Signs, Signs, Signs ... The Intuitive Game Evidence Is Everywhere!
Intuition is the means to silently connect to ONE who is the Cosmic Game Director. Humanity must welcome in a new era of spiritual awakening of ONENESS. I noticed Justin Bieber created his My World Part 2 album. Plan B Entertainment produced the movie Eat, Pray, Love with Julia Roberts and the intuitive connections go on and on reflecting on a brand new era i.e. Part 2 or Plan B. The word “Game” also started to appear in marketing adverts frequently. Just notice and see how often you will notice the word “GAME” for yourself. This is ONE, reminding us that life is just a game, start to Love, be Compassionate and Act to connect with everything in the Universe.

Without a rich heart, wealth is an ugly beggar
Ralph Waldo Emerson

I especially love the Venture Capitol ONE credit card advert with Vikings and Romans. ONE is playing the creative game and is reminding us of our collective history, some good and some not so great. If our data mind computer is not cleaned of old mental programs we will continue to repeat history and I do not wish to elaborate further on this. The importance is to work on our inner self. Spend time to raise your consciousness and connect with ONE the Universal Intelligence permeating everywhere including subtle advertising messages!

Greed and power will only accumulate more karmic debt for individuals or Actors that choose to participate in those roles. Connecting to ONE and then “taking heart driven action”, helps eliminate our demerits (past karmic actions). We need to spend more time developing our spiritual credit account versus physical credit cards.

The Lord is my Support; the Lord is my Power. The Lord is my Friend; He is my mind’s advisor.
The Lord is my capital; the Lord is my credit. As Gurmukh, I earn the wealth, with the Lord as my Banker.
Guru Granth Sahib - 375

We are ALL connected to the same ONE Universal Mind or Consciousness i.e. ONE and it has begun to show its true colors and wit. Tag we’re “IT” as the saying goes, it’s time to wake up from the dream state and be successful.

Each of us must listen to our inner action calling and then be of service to each other as ONE Universal Family. When we are serving and treating each other as equals and with love we are in essence simply serving ONE, in the Creation. All souls are equal and civilization can only sustain and evolve through the Universe when we realize this.

KAL the poet sings the Sublime Praises of Guru Nanak, who enjoys mastery of Raja Yoga, the Yoga of Meditation and Success.
Guru Granth Sahib - 1389

Carl Jung was a Swiss psychiatrist, an influential thinker and the founder of analytical psychology. Jung is often considered the first modern psychologist to state that the human psyche is "by nature religious" and to explore it in depth. He coined the term synchronicity, meaning when two or more events line up there is a deeper meaning. It is more than a coincidence but a collective intelligence operating throughout the creation. This intelligence is simply ONE. Note that Sting the musician of the Police band called his album “Synchronicity”, coined by Jung.

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

Only ONE has all the answers to life, but as a serious student of Life, I decided to “pay attention” to the subtle messages catching the attention of my senses and began to realize a higher form of intelligence IS operating in the background of life. It’s like a vigilant high end “All Eyes” security software running in the background of life. Incidentally on two separate occasions I “experienced” the invisible intelligence operating around me that “proved” how ONE knew my thoughts and words. Both of the experiences were an eye opener and quite funny in how they unfolded.
The experiences had to be documented and shared. How do I know? I said aloud to my Guru/Enlightener Teacher “I need some evidence, am I supposed to be sharing all these experiences with others?” Two days later I found the following Evidence Notebook on my kitchen counter top. Really surprised I asked my family where the book came from. My son Ravandeep a trained security guard commented “Oh, it was spare and I thought dad might like it.”

I realized the book is used by Law Enforcement agencies and for CB radio transmissions. The book contains Ten-codes, properly known as ten signals which are code words used to represent common phrases in voice communication. The phonetic alphabet is included in the book i.e. DELTA – DELL tah (means of the heart), ECHO (ECK oh (means be ONE) read on and you will understand! Here are some golden nuggets I discovered. The book reads LCD24 ... I happen to live at number 24. But the real surprise came when I realized that the 10th Guru (Spiritual Father of Sikhs) came on earth to defend the suppressed and was born in 1666. The fax number on the book read 1666. I was left with no doubt, “who” my Spiritual teacher was. Triform simply resonated as three forms i.e. Creator, Sustainer and Transformer normally assigned to Brahma, Shiva and Vishnu the Hindu trinity but the Sikh teachings stipulate these abilities are within each person unified and not separate entities. The word tri is a Sanskrit root and means three and form meaning body of.

I will share a few experiences in this book that made me realize there is ONE Intelligence all around us. Everything is being noted, watched and recorded. Yes it might be hard to understand this, but pay attention to the subtleness of all your experiences and you will realize [real-eyes] the Truth! I was a skeptic and ignorant fool, but had to give up and just listen to take the right actions. Documenting my experiences is an action step to make others aware.

**Experience: Toilet Signs - Mercury, Thinker and Toilets**

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

2) When I woke up before getting out of bed, I felt compelled to reach for a book from my bedside table entitled, “One Supreme Being Gurbani & Science” – a Sikh spirituality book. I randomly opened it on a page that read “Mercury is a metal in liquid form. Put in a dish, it is always in motion”. Oh, what a coincidence I thought!

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” synchronicity, i.e. three times in one day.
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 photograph me.

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 my headshot.”

7) The photographer turned up at my front door and asked “are you a good sport?” and I respond “always”. You guessed it, he asked me to sit on a toilet and do the “The Thinker” pose.

8) Right at that moment my son and my husband surfaced from the kitchen and said in Punjabi, so the photographer would not understand “don’t do it, don’t do the shoot 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 self test from ONE. ONE was testing 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 intrigued to read 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 in Sikhism to explain a Higher Truth or Righteous Duty) and Raja (means King) which translates to Dharma Raja – King of Duty. Thana in Urdu means "police station" in South Asian countries, and can also mean the district controlled by a police station. Connect this dot to the police Evidence book my son left in my kitchen and you’ll understand!

Source: Guelph Mercury

9) I had to look up The Thinker pose (had no clue what it represented) and realized it was a bronze statue by 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, Paris to create a monumental portal to act as the door of the museum located in the Louvre.

Rodin based his theme on The Divine Comedy (epic poem) of Dante 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.

Interestingly, Dante was part of the Guelph’s in central Italy's political struggle between Guelphs and Ghibellines. Note it was the Guelph Mercury newspaper that featured the article and I happen to live near Guelph. Yes, WOW!
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 Wake Up from the dream and EXPERIENCE the Truth or ONE.

We all have a responsibility of addressing human dignity (i.e. access to toilets for everyone). How would YOU feel if you had to “do your daily business outside in view of everyone?” My parents came from India and I know, saw and actually experienced having no toilet on a trip 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 your eyes and your ears” it is YOUR action or Dharma (duty) to help. It caught my attention and I had to do something www.punjablioness.com, small as it is, it is a start.

Priceless is the Divine Law of Dharma, Priceless is the Divine Court of Justice. Priceless are the scales, priceless are the weights. Priceless are His Blessings, Priceless is His Banner and Insignia. Priceless is His Mercy, Priceless is His Royal Command.
Guru Granth Sahib - 5

There actually is a World Toilet Organization, check it out. My friend Ari Grief (www.canadiantoilet.org) directed a movie called Flush on the history of toilets and ONE connected our dots. I told Ari I had a Lion theme that kept appearing in my life and noticed his family tree connection with Louis Mayer MGM’s founder. 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 ONE is having some real fun with his Actors (us), and we truly need to awaken to the comedy.

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 it is only that, we are creating duality. There is no duality in creation because it all starts and ends with the Universal Infinite ONE. The human mind just cannot comprehend the vastness of reality. If you listen and watch intuitively, the dot matrix of life will start to reveal a common thread and subtle messages. We all have access to personal symbols with meanings, but only those willing to walk the path towards Truth will discover the magic & creative power of ONE.

**ONE Hidden In Technology Signs**

From a personal standpoint the level of devotion one applies to their spiritual development, represents the level of synchronized “signs” and “experiences” that start to show up. Imagine running the Google Analytics algorithm program but without the computer. ONE is the bio-computer and is willing to reveal it’s intelligence to devoted individuals who intuitively connect via the Cloud Computing Network (cool eh!). With my background in computing it was hilarious when I started to interpret a deeper meaning of the technology lingo we are all addicted to.

All matter originates and exists only by virtue of a force. We must assume behind this force the existence of a conscious and intelligent Mind. This Mind is the matrix of all matter.
Max Planck, Nobel Prize-winning Father of Quantum Theory

IBM use a term called Mainframe but what is the real mainframe? Universal ONE of course, without which there is no frame of mind or even Universe. Bluetooth is that hands free gadget you stick in your ear so you can pretend you’re super busy talking on your cell phone. It is also the name of a seafaring Danish Viking warrior Harald Bluetooth. Every piece of technology lingo has an underlying subtle “clue” of deeper Spiritual Truths of ONE e.g. “In the beginning was the Word, and the Word was with God – John the Baptist,” connect this dot with the “Microsoft Word” brand. How about SITA the airline software, did you know Sita is a Goddess full of virtue and patience? I wonder how much patience people had in December 2010 at the airports with the heavy snow fall!
When I worked for Motorola Information Systems in advertising we worked with Mainframe Animation on the **ReBoot** computer TV show. We created a character **Ray Tracer** (SURFR) surfing through the Galactic Universe on his surf board. Dot Matrix was another character on the show. Reboot means to restart anew. Are we not supposed to be connecting our own daily dots through this matrix of life? This can only happen when we reboot our MIND computer and clean out all the negative old mental programs no longer serving us and then “intuitively listen to the inner silent voice of ONE.” Steve Jobs of Apple Computer believed in dots connecting in our journey of life, watch and listen to his **Stanford speech**.

Through continued devotional connection to ONE, your consciousness will start to shift to higher levels of energy vibrations and awareness. You will start to “experience” the mystical that Einstein and other scientists have referred to. Things that were not apparent before “suddenly jump out” in ways you could never imagine. Almost as if an undercover Secret Agent has decided to reveal the Morse Codes of life to the dedicated student. Life is supposed to be full of bliss and happiness for ALL, and we can realize it in serving and helping others or i.e. ONE.

Remember that ONE is the Game Director of life and can change the game plan or “movie theme” anytime. What if ONE has rebooted the mainframe computer or should I say MINDFRAME and has lined up the chess pieces again!

(B) - Babba: He set out to play the game, on the chess-board of the four ages.
He made all beings and creatures his chessmen, and he himself threw the dice.
Guru Granth Sahib Ang - 432

**Advertising Logo Signs the ONE Invisibly Plays In Creation**

When you pay attention to the media and brand advertising you will realize the high usage of the word ONE. Product marketing campaigns such as Purina ONE, Nexus ONE (Google!), Ford’s Drive One, One.org, Tiger wood’s cap reads ONE, All for ONE (TV Show), Toronto billboards reading Are You The ONE (see photo below), to name but a few. Also many artist songs are referring to **The One** check out the Wiki link. Many media, corporations and artists are jumping on the ONE marketing bandwagon to promote their services and products but as observers of these ads we must start to be truthful with ourselves, who are we really kidding and who or what is ONE?

We must contemplate and appreciate the deeper meaning of ONE. Collective consciousness i.e. ONE Universal Mind is sending down the information at the same time to all souls. Then each individual depending on what levels of consciousness they are tuned into interpret the data as it applies to them and their life or situation.

Another way to take a kick at the can, as the saying goes, we are the Actors and the Director is making us perform like the puppets. Note the children’s photo, watch and “feel” their expressions. Their T-shirts all have deeper Truth
signs. I am not guessing. An Inner Knowing is revealing there IS deeper meaning, this information comes intuitively and should not be ignored. To ignore the inner messaging you will only stall your spiritual growth. Real growth of the soul happens in the unknown arena. It is the door with “FEAR” written on it. If you trust ONE, your inner warrior (courageous lion) will just knock it down because that’s when the real fun of life begins.

Having worked in marketing and brand management previously I suddenly found inner nudging “did you know there IS another meaning of Logo?” When I researched I was amazed to realize that Logos is a Greek word and philosophically originally meant “Word,” “speech,” “account,” or “reason”. It is also referred to as a Cosmic Divine Order and animating principle in the Universe. In Sikhism it is referred to as Naam/Name or Word similar to other cultural spiritual teachings. Upon this revelation I realized something quite profound. The Infinite ONE has always been operating and playing the Creative Game and now we’re just being made “aware” of this fact. We are walking billboards with letters and symbols that have meaning – an unspoken speech!

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 His Shabad, He stages His Wondrous Show.
Guru Granth Sahib – 1037

Note my intuition told me that the 9 on the t-shirt really represents ONE (EK) because in Punjabi EK actually looks like a 9! The child is holding up a finger like ONE. I have had many experiences of this kind so I can comfortably state this with confidence. After all, isn’t Truth in the eye of the beholder?

On one occasion I was taking photographs of “evidence” in Oakville, Ontario, Canada after leaving the radio station and noticed a young youth walking towards me. Stopping the youth I enquired if I could take a picture of his T-shirt. The ONLY letters that caught my “eye” were ECK i.e. translates to ONE in Punjabi, the remaining letters were hidden by a neck band (see photo below). Remember also ECK is in the Police Evidence Book mentioned earlier. He kindly responded YES go ahead. Note this wonderful teen could have told me NO, but he did not because the ONE Intelligence inside his heart, knew it was for a greater benefit. I have jumped the gun a little on this story because it connects with the Sewing Machines and THE Needle of Wisdom story further in this document, but felt this was a good example to show how ONE communicates with us.

I then asked the youth what his passion was and what he wanted to do in life. He mentioned he had a desire to create graffiti artwork for clothing and that Adidas were big on that marketing spin. He then pulled out of his pocket a piece of paper with artwork on it. Here’s the golden nugget ONE gave me through him “did you know that Romans would leave graffiti artwork on walls as secret coded messages to help the teams following as part of their strategy?” ONE often gives “information or clues” through others. I told him I had no idea but thanked him for the information and gave him my business card. I knew the “signs were silently talking” when I noticed “Who Does Your Hair?” see window sign. Guru Gobind Singh instructed Sikhs to keep their hair and said it was a gift from the Creator!

The brand by the way was Mark Ecko a renowned graffiti artist who started printing T-shirts in his dad’s garage. He runs a billion dollar enterprise designing creative clothing where he empowers Youth to explore their creativity.
The same day I met the teen with ECK on his T-shirt I noticed the below “signs” driving home from the radio station, which by the way is called JOY Catch the Spirit 1250, in Oakville, Ontario, located on Church Street. The brands were Home Sense but due to a lighting problem only the letters representing the word OM were illuminated. And across the street the Sears logo also only illuminated the words SEA.

If you wish to swim across the water, then consult those who know how to swim. Those who have survived these treacherous waves are very wise. The storm rages and the rains flood the land; thousands of waves rise and surge. If you cry out for help from the True Guru, you have nothing to fear - your boat will not sink.

Guru Granth Sahib – 1410

Intuitively I interpreted the message as “sense the OM (One Creator) it is the “winner” in this journey of life and you have an ocean/sea to cross in this lifetime to realize this Truth.”

Interestingly I have researched and found OMNAM (means verily Truth) in the Hebrew bible concordance 551. In Sikhism we say Satnam (Truth is thy Name.)

There is ONE awareness among all created beings.

Guru Granth Sahib – 1407

The morale of this story is this. People we meet every day are in that particular place for a reason. Unless we open up and “share our energies” we are missing the wonderful creative story that is unfolding for humanity. We might be walking around in darkness whereas we should be walking in High Spirits (Chardi Kala) and beaming beautiful rays of light to each other with the understanding each of us has a gift to reveal to each other.
The riddles and hints are given, and he sees them with his eyes.  

Guru Granth Sahib – 1407

Freedom is our birthright. Don’t be shy, open up, share, connect, laugh and FEEL the Energy of ONE LOVE in the Universe. When we connect to ONE we make right decisions and that includes protecting the environment, being conscious of our consumption of nature’s resources and supporting those that really need our help in the world. The inner personal desire for “stuff” will start to take second stage as you will reap Joy in serving others.

Next time you see ONE or the word EK, ECH, ECHS (say phonetically) in a logo or design, remember it is the ONE Formless Intelligence grabbing your attention and saying “Hi there, it’s time to connect – Think Success in an age of Truth and BE FREE!”

The benign rule of Raja Janak has been established, and the Golden Age of Sat Yuga (Age of Truth) has begun.  

Guru Granth Sahib – 1407

Interestingly the Guru Granth Sahib Wisdom Teacher, starts with the numerical 1 (EK means ONE) as the first word, i.e. EK ONKAR (sometimes written Omkar) meaning One Creator and was originally called Adi Granth (first book). A friend happened to mention I should go watch the Adjustment Bureau movie with Matt Damon based on a theme that human lives are adjusted and set according to a plan by an “invisible team” but the plan can change. As I drove to the cinema in Milton (mil means meet and ton is mass off), I noticed the road sign “The Book” and when I turned into the cinema called The Galaxy I noticed the phone number was 1666; Guru Gobind Singhs birth date!

I find it quite funny that scientists spend so much time and energy to “discover the mathematical construction of the Universe”, when in reality we should focus on the main number which is ONE. If only science and spirituality will unite perhaps we might actually get to travel through the cosmic Universe as time travelers like Guru Nanak did, which he recorded in his Japji Sahib composition over 500 years ago.

Many millions are the fields of creation and galaxies. Many millions are the skies and solar systems. Many millions are divine incarnations. He has unfolded Himself in so many ways. He has expanded His expansion of creation many times. Forever and ever, He is the One, the One Universal Creator. His limits are not known to anyone. O Nanak, God exists by Himself.  

Guru Granth Sahib - 276

AUM or OM used by the Hindu scriptures represents three deities; Brahma (creator), Vishnu (sustainer) and Shiva (destroyer or transformer). Interestingly there is a Trinity formula used in Christianity. These deities should be perceived as “combined energies available within each individual” not the physical and individual form of the deities or God’s. It was for this reason that Guru Nanak added EK or ONE in front of the existing AUM or OM
sound. All scriptures are good if the True Essence and message is explored, they all conclude that there is ONE Creator and to seek “within your heart.”

Brahmin priests in India, unfortunately, led people astray into believing God was only available “through them” and through their diverse rituals and “secret mantras”, depending upon which God they worshipped. This led to millions of Gods and subsequently idol worshipping. It is a shame that idol worshipping and sub-God worshipping still continues around the world. The Egyptians also created many Gods as did the Greeks. We might be born into a faith system, but that does not mean we are supposed to follow it blindly. I believe we set our own experiences in life and perhaps some traps have been thrown in for good measure to expand our knowing and potential. Perhaps we should challenge the status quo and explore the commonalities “sameness” of each other rather than focus on the differences we all start to create with our own mind. Connected to ONE means we have to be part of each other and therefore love and respect each other too.

The ONE Formless Creator holds our atoms together and gives all of us the spark of life. The same power fueled all previous God’s, Goddesses and Prophets you can imagine. Why go to an intermediary the Manager when you can go directly to the CEO or Formless ONE in your heart. Remember a strong footstool or chair requires four legs, not three, go direct and connect to the four corners of the Infinite Universe rather than restricting yourself to one single point of reality based on past mental programming. You truly are part of ALL and not just a religion, country member, name, social status or even your ethnic background because you are an infinite LIGHT BEING part of ONE!

As intelligent beings we must “explore” our respective belief systems. Once you connect with your inner “energy” you will know and feel it working through you. The Sikh Guru’s never stipulated they were Gods, only “servants” (DAS) of the Formless Infinite - ONE. But they did challenge belief systems to help humanity awaken to true reality.

He established the Earth, the sky and the air, the water of the oceans, fire and food.
He created the Moon, the stars and the Sun, night and day and mountains; He blessed the trees with flowers and fruits.
He created the demigods, human beings and the seven oceans;
He established the three worlds (life in water, on land and in the air).
Guru Granth Sahib - 1399

I do believe many of us have been circling around numerous incarnations. We are now seeking that “Oneness Connection” to each other, the X Factor that will give us our reason for really being here and perhaps access to the Infinite Universe possibilities. As mentioned earlier please read One Soul, Many Masters by Brian Weiss and a few other books I have suggested. They all indicate that the soul is immortal and creatively infinite. Remember atoms (energy) just simply transform. We must work hard on developing our connection to the spiritual consciousness (wisdom) as decisions we make now will impact our future generations and spiritual progress through the Infinite Cosmic Universe.

Born because of the karma of their past mistakes, they make more mistakes, and fall into mistakes.
Guru Granth Sahib – 149

**Words, Words, Words . . . Poets, Riddles, Graffiti and Symbols**

Life will remain a mystery while we are in the physical realm and many riddles and codes are infused into our reality. The entire Cosmic Universe is interconnected and supported by the ONE Intelligence. We will get presented many experiences including people, images, words, shapes and forms to allow us to explore, contemplate and then intuitively understand the message to take the necessary action(s). Be vigilant and see or hear what catches your
When you’re connected to ONE, you know you are not alone and life becomes a joyful living experience where you will start to vibrate positive light energy to those around you too.

Shakespeare’s work is full of riddles and rhymes, but isn’t that the art of great poets to keep the readers guessing and moving along the journey of life. Whether it was Leonardo DaVinci and his Mona Lisa, Andy Warhol and his creative art or Salvador Dali and his paintings they left subtle clues in their works for the intuitive super sleuths to discover. Perhaps it was not their time to divulge the details. Intuitive sign language is speaking without speaking and listening without ears. But when these so called secret symbolisms start to pop out at you like “quick flashes of inspiration” you begin to understand the “level of consciousness” you are “tuning into” it is all ONE TEAM.

The One Universal Creator created the entire Universe.
All the plays and dramas are to your glory and greatness.
The True Lord Himself makes all distinctions; He Himself breaks and builds.
The Juggler has staged His juggling show.
Guru Granth Sahib - 1061

Interestingly just before Dan Brown had launched his Lost Symbol book, I had already started blogging on the topic of symbolism, without knowing he was launching a book on the topic. Then I started noticing the increase of symbolism i.e. in book stores, Nottingham University and their 60 symbols site, and at the Ontario Science Center a symbols system taught to Kanzi. My husband surprised me when he pointed out that the Sikh Guru’s (above) were at the Ontario Science Center! Many topics on TRUTH were displayed including the abysmal management of human waste, something that mankind has still not been able to address since the time of Moses.

During a casual walk through a local bookstore I spotted a book entitled Codebreaker by Stephen Pincock which contained the history of codes and ciphers. From the ancient pharaohs to quantum cryptography used in the modern world of Internet banking a wide range of secret codes is discussed. Civilizations have relied on codes and ciphers to keep its secrets over centuries. The Egyptians had their hieroglyphics, Gods in India and Egypt with their various idols and symbolism. The Vikings had their runes; the American slaves had quilt codes, the churches with their hidden manuscripts and symbolism, Navajo Indians as Code Talkers, Morse Codes, Police radio codes and even German Enigma machines used during wars. Then there was invisible writing ink, to modern day biometrics, bar codes and even PC networking encryption technologies. Codes, mysteries, secrets all piling up one on top of the other, each branching off yet to another level of the infinite game play.
Having worked in high end security including iris biometrics for US/Canada airport border security and with x-ray scanning technologies, the deeper Truths of these solutions also started to reveal. I thought surely, ONE is already safe and secure, so why do we have all the Security and Encryption? What game has ONE been playing with us?

Just take time to notice how many advertising messages are streaming police officers or security guards. I love the tennis ad by Lindt Chocolate where the x-ray officers believe the bag contains tennis balls but in fact contain Lindt Chocolates. Note there is a terminology used in tennis called LOVE when no game score is made e.g. 0 0 means Love – Love, and 0 – 1 means Love One. Do you see how the Comical Director is maneuvering in the creation through friendly word play?

From Your Oneness, You become tens of thousands, and from tens of thousands, You become One. I cannot describe Your state and extent. You are Infinite - Your value cannot be appraised. Everything I see is Your play.

Guru Granth Sahib - 1202

Sarasvati a Hindu Goddess of writing was gifted with the art of understanding writing in cipher and the writing of words in a peculiar way. This said the Infinite ONE, playing IN the creation, was really operating in the background through all of them and now us. Life is an incredible sport, and we are here to “discover” and play with ONE!

Naarad and Saraswati are Your Servants.

Guru Granth Sahib - 1028

Notice how many “word” games are being promoted on the market, and ask yourself what are the deeper Truths of these games. Notice how intuitively YOU WILL receive an answer when you ask and it might not appear the way you would expect it. When you are vigilant of your surroundings life becomes very fascinating. We should be awake and notice the subtleness of the life force surrounding us. Everything we see and feel creates an emotion within us. If we don’t like what we see change we have to cleanse our thoughts and our emotions. We are the ones that need to roll up our sleeves and take the action, because in the “the action” we will create new results.

The increased graffiti art on external walls in cities started to grab my attention. Why is it such a big attraction? I noticed an incredible amount of graffiti in Italy especially near the Vatican. What is the underlying message we are supposed to receive intuitively? Meeting the young chap with ECK on his T-shirt, gave me a clue that there is a deeper Truth that the graffiti is meaningful, they are coded clues. It is the Universal team of ONE, communicating and awakening humanity to Unite and take Action in Service or otherwise.

As an example, last year I was downtown Toronto picking up a passport for my husband and noticed a graffiti sign “BREAD, BREAD, BREAD” sprayed on a wall. The very next day I switched on the TV and CityTV were running a campaign for the Toronto Daily Bread Food Bank. Due to the high level of recession people were cutting back on donating food to the food banks and therefore media were getting involved to increase the awareness.

The question is what I did after seeing the “sign.” I created a flyer and took it to the Indian Gurdwara (temple) and took five minutes of podium time to communicate the message to the congregation. I placed an empty box in the lobby with a sign about the campaign. Without “worrying about the details” the box was overflowing with food within a few days. A young spiritual musician silently donated $30 while I was eating food in the temple. No need for a receipt. We all need to be vigilant and take the first step of action so that others can be empowered too.

If you build it he will come

Field of Dreams
Like the movie Field of Dreams, trust that ONE’s Intelligence is operating through every one of us. We are all here to be of service to each other. We are either answering prayers or receiving. Either way it is ONE operating through us. Be vigilant and hook into ONE, your life will start to have meaning and purpose. All logo’s and signage on trucks or otherwise are symbols and intelligently communicating a subtle mystery, a deeper Truth let’s say. As society we have become so complacent that we have forgotten the true intelligence i.e. the Art Director (ONE) and get fascinated with the Actors (ourselves).

**Phonetic Words, Games & Clues**

The word games started to grab my attention when I noticed certain advertisers were using words in an odd fashion i.e. letters back to front or phonetically written sentences. Below is a game called Mad Gab. You have to guess the meaning of the words on the game card. The answer is “I’m A Love Machine” but the cryptic message is written out as Eye Mull Of Mush Sheen. You have to say the words phonetically (listen to the sound not spelling) and you will comprehend the answer easily. These games are challenging our thought patterns to awaken us.

Discovery News featured a very timely and interesting article on [Victorian poets using texting lingo](https://www.discovery.com/news/2011/09/victorian-poets-texting-lingo), over 130 years ago. Called emblematic poetry, the Victorian writing style comically combines letters, numbers and logograms. An example is the "Essay to Miss Catharine Jay", or better, "An S A 2 Miss KT J" and "I wrote 2U B4." Clearly “text-speak” is very valid. If you now throw in the diverse languages of the global united family of ONE, we have many meanings to the information we are consciously receiving. Do you sense the word fun unfolding for humanity?

Note that Sanskrit and Gurmukhi (script of Guru Granth Sahib) are phonetically written. Sanskrit was deemed the language of the God’s in India and accessible to only the high caste Brahmin priests. The Sikh Guru’s found a solution they “merged” multiple languages (including Persian, Sanskrit, Punjabi, Sindhi, Lehndi, Gujarati and Arabic to name a few) into a [unique phonetics](https://www.guru Granth Sahib) based easy to understand script called Gurmukhi (from the Guru’s mouth).

It is important to understand that Sanskrit is infused widely across the world as one of the earliest attested members of the Indo-European language family. Many words and spiritual teachings in the world overlap with information from Sanskrit teachings. Perhaps this is the reason that Adidas can also be translated as Adi (primordial) Das (servant). This is the wit of the ONE Game Director operating this playful Game of Love.

The Hallmark advert below showed a truck sign and when I saw this image I knew that signs had a deeper meaning. The brand names and logos are evolutionary “hidden codes” like the hieroglyphics were in the Egyptian times. Interestingly I had an experience when I was creating my company logo. The swirl in the Hallmark logo that looks like a heart shape I happened to use in my company logo but did not realize it when I was creating the logo.
Evidence: Creation of United StarMinds Logo & the Mysterious Swirl

This is how my company logo was inspired. I was sitting in the gym steam room on a brand new towel and staring at a single loose thread that swirled like the Support Our Troops logo. A thought popped in “if I see that Lincoln MKS car today, I will base my company name on my initials” i.e. MKS. As my husband and I drove home from the gym, and just as we were exiting the highway my husband shouted out aloud, “look at that Lincoln MKS.” My husband has no fascination with the Ford Lincoln brand so it was an odd but very timely surprising comment.

Here’s the golden nugget . . . I did NOT tell my husband the thought I had in the gym! How did he know what I was thinking? That was a turning point for me when I realized that ONE was communicating through him. Check out the Evidence Room (click) where the full story on how I created my company logo and the many evidences that proved it was the right design and choice. Once I had created the heart swirl (tilted) in my logo, I started to notice the same image appearing in other places; it just started to “illuminate” subtly as a synchronicity.

All the occurrences have meaning are very subtle but intelligent “messages” to the observer. Sample brands with the same swirl include Kelloggs, Eli Lilly, Cadillac (cars), Lavalife, Napoleon Hill (signature), Wordsworth House, Allstream, YMCA, Kleenex, Sheraton Hotels, Karas Cupcakes. I even noticed the swirl on the Mona Lisa artwork. Karas Cupcakes was an interesting find because many Sikhs wear a bracelet called a Kara to always remind them of the ONENESS of humanity and to be in alignment with Truth (Creator) at ALL times.

The Guru Granth Sahib has riddles as acrostic poetry. Although I am “experiencing” the riddles and clues, the ONE Intelligence is operating in the background connecting all the dots. I just had to “awaken” to the synchronicities and the subtle messages that were always here. While shopping at a Sikh bookstore Sacha Sauda (Truthful Trade) and sharing my story on symbols and logos, a Sikh brother advised me that the word Mundavani actually means riddle. The very next day an American football helmet with the word Riddell positioned on the forehead caught my attention on the Today Show!

After that incident I was watching a movie Stone with Robert Di Niro and a prison religion scene presented books on Buddha, Krishna and Sikhism with a picture of Guru Gobind Singh on the front cover which read “How far will you go to follow me” and I felt the energy of the words talk to me. The last book in the lineup was based on a new spiritual theme of sounds and energy. In the same movie a prison guard appears in a scene with Riddell as his name tag. Now I was really convinced that life is a riddle simply waiting to evolve and be discovered and I do believe the Guru Granth Sahib as “universal energy” is flowing streams of Truth to humanity if we want to play.

Upon this Plate, three things have been placed: Truth, Contentment and Contemplation
Guru Granth Sahib – 1429

Comical Word Fusion – Introducing the PunjBrit Language

While contemplating these occurrences I began to realize that certain words do have deeper meanings. The word MAN in English means human race but in Punjabi it also means MIND. I realized that intuitively my consciousness “wanted” to translate English words into my mother tongue of Punjabi. I realized that America also translates to AMER-ICA (Immortal ONE or Love ONE). You have to remember Amerindians i.e. native Indians resided in the US long before the Europeans landed.
The real question is WHO seeded the thought into the mind of the person that suggested “let’s call these people Amer-Indians” (immortal Indians)? The Game Director did of course. Also remember, at some point we might have been Amerindians ourselves in a past lifetime, we’ve probably just been switching roles and experiences. We really are much more than we think!

The world is being fused together. Just for fun here are some PUNJBRIT fused words. Punj (means five in Punjabi) Brit (means British but phonetically sounds like bright) e.g. the word GR8 is translated as GREAT phonetically. Why do this? Why NOT! It is time to shake up the status quo and enjoy the game of life where we are all ONE comedy.

FUSED PUNJBRIT WORD TRANSLATION: Superman means SuperMIND because MAN is MIND in Punjabi
Sherman means LionMIND because SHER means LION in Punjabi
Ekhart Tolle (author) means ONE (ek) HEART (hart) WEIGHED (tolle)

Kabeer, if I could change the seven seas into ink and make all the vegetation my pen,
And the earth my paper, even then, I could not write the Praises of the Creator.
Guru Granth Sahib – 1368

As I started to explore the deeper meaning behind Guru Nanak’s message “the creator is diffused IN the creation”, intuitively images and phonetic letters were being infused to my consciousness. There are many meanings for ALL data because there are numerous languages and cultures and they all connect, back to ONE. This is why life will start to appear as a masterful painting. The ONE is an Infinite Creative Artist operating through us and having fun on our dime if we’re not “tuning in” and playing our creative role. We must get into the “flow of life” and partake in the game. Remember that this vast Universe is Infinite and Loving Creative Energy, operating under ONE.

Shortly after I realized that America also translates to Amer-Ica the image on the left was presented to me as the evidence! It’s the way the ONE sends clues. I see, contemplate the intuitive inspiration and then the evidence is presented in physical format within a few days. Life is about balancing the inner with the outer experiences as there is no separation, it is all ONE.

The brand logo is American Eagle but it only shows the word Amer and the eagle. The letter A centered across the sweatshirt containing the eagle had the following meaning for me, after a friend pointed out I should read Guru Nanak’s Poets Alphabet in the Guru Granth Sahib (page 432). Remember Rodin’s “Thinker” statue was originally called The Poet.

Poetic Acrostics & Spiritual Signs

(A) - Airaa: He Himself created the world; whatever He has to do, He continues to do. He acts, and causes others to act, and He knows everything; so says Nanak, the Poet
Guru Granth Sahib - 432

Ancient images have MANY hidden meanings behind their graphic depictions. Guru Nanak wrote the Poet’s Alphabet as an acrostic (Greek for top verse) i.e. each letter of the alphabet is expanded with a deeper meaning or poetic verse and begins with the letter S which is not a sequential flow of the alphabet. Intuitively I understood it
as a riddle or the divine play that I had to **contemplate** on and discover the answer. Everyone has the right to their own interpretation. I believe Guru Nanak placed the most important letter S first as it personified the One Creator.

(S) Sassa: He who created the world, is the One Lord and Master of all. That whose consciousness remains committed to His Service - blessed is their birth and their coming into the world.

Guru Granth Sahib - 432

Guru Nanak only wanted to learn the spiritual meaning behind the Hindi alphabet letters his teacher was instructing him on. Guru Nanak in creating the Poets Alphabet was trying to deliver a message that **spiritual matters should take priority over worldly matters** which should be deemed secondary, so we can really **LIVE LIFE**.

Interestingly **Psalms 119** (Your word is a lamp to my feet) and 145 (Praise of God the King) from the Hebrew Bible also uses acrostics as Hebrew alphabetical letters in successive order. The first letter of the Hebrew bible is A for **Aleph** from the Proto-Canaanite alphabet. There is a tradition that **King David** used psalm 119 to teach his young son **Solomon** (known for his deep wisdom) the alphabet—but not just the alphabet for writing letters: the alphabet of the spiritual life. Interestingly the word **WAHE/Waaho/Vahi** (Sikh mantra) sounds like **Yahweh, Yahu or YHWH** in the Hebrew AND **Wahi in Arabic** mentioned in the Quran means “to reveal through inspiration” i.e. GOD WILL REVEAL. To top that Scotland appears to be the origin of **WOW** and the warrior song **Scots Wha Hae**. Notice how this PHONETICALLY sounds like Wahe used by Sikhs as WaheGuru or WOW Creator! Here’s the icing - Guru Gobind Singh was born in Patna, India and there is a Patna in Scotland. Connections continued when I met a lady from Kenya and she said let me ask my daughter Wahe! Comical connections are everywhere IF we pay attention.

A new software application (see below) on computers made me realize that **ONE** is trying to demonstrate the **many meanings of words**. Just see how many interpretations of the word LOVE represents and they are all valid. To say they have no meaning is just ignoring the fact the world is multi-cultural and very diverse in languages.

![Wikipedia Love Article](https://upload.wikimedia.org/wikipedia/commons/thumb/3/3d/Love_article.png/220px-Love_article.png)

We must awaken ourselves to the “messages” and understand the quiet inner intuitive language being spoken. Journalists must become more intuitive and understand the real “WHY” or TRUTH, behind the stories they are generating. News media blast stories to us daily projecting a vast amount of negative news. Rarely do we see any promising uplifting news hence CNN is referred to as Constantly Negative News. Do not believe everything you see.
I stopped by Our Lady Immaculate Church, a Gothic masterpiece in Guelph where I picked up a prayer book and noticed the word “Mediatrix.” The term coined by the Catholic Church references Mary the mediator for salvation. I instantly laughed aloud, we have been caught hook, line and sinker by the real master Media Trickster – ONE!

The jewel of spiritual wisdom is revealed within the mind.  
The wealth of the Naam/Name is easily, intuitively received.  
Guru Granth Sahib – 1069

I am convinced that all actions playing out in the Universe are the ONE, self playing itself out. That is why life is such a fine balance of energies. As we sow so we have been reaping our rewards. We are living in a negative environment created based on our own “collective thought patterns”. What if traps were set on the onset of the Eternal Divine Game? You have to experience this to believe that traps are in place. To allow a new dawn to manifest we must start to reconnect back as ONE and as the Pillsbury donut brand logo reads “Home is calling,” so what are we all waiting for?

Those who practice Truth reap the profits, abiding in the Will of God. 
Guru Granth Sahib – 59

Experience: Language of Signs - Number 13 or Teraa – Hey I Think We Are Being Watched!

Electric communication will never be a substitute for the face of someone who with their soul encourages another person to be brave and true. 
Charles Dickens – British Author from my hometown in UK

During a visit to the United Sikhs camp in Port-au-Prince, I asked aloud “Guru why are we here in Haiti?” Just at that moment as I looked across from the Sikh camp I noticed some letters and they read DKDR 13. The letters instantly translated into “I’m Watching – 13”. You have to say it phonetically and in Punjabi. I suddenly had an overwhelming intuitive feeling that Guru Nanak’s energy (the founder of the Sikh faith) was communicating silently through signs. The teacher is always present with his student in Spirit, we are immortal remember.

As a young youth Guru Nanak was working as a store keeper of the state granary. Once in the process of weighing, when he reached thirteen, he went into a meditative state and went on weighing and counting repeatedly “Teraa! Teraa! Teraa! . . . ”All Yours! All Yours! All Yours! Teraa arithmetically means thirteen (13) in Punjabi but literally it means, ‘I Am Yours’ meaning belonging to the Creator. That is why number thirteen is deemed as a lucky number in Sikhism. To the utter surprise when an assessment was done of the granary, there was no decrease in the store stock and it was found to be accurate and in order.
When we were on route to the airport we booked into a hotel and our room number was thirteen (13) and fourteen (14). At the airport we were allocated seat numbers thirteen (13) and fourteen (14). This was more than a coincidence; I knew this within. ONE was intuitively “communicating” to take note of things that caught my eye and ears, and then to document the evidence and present the experiences as stories to share with others.

In the Sikh faith these “signs” are referred to as anubhav parkash (knowledge through Intuition), the rational or reasoning mind does not apply to experiential spiritual experiences. Deepak Chopra has an excellent book called The Book of Secrets that also defines how the Universe is always sending signs and messages and each one of us needs to be “open” to understanding the riddles thrown in our direction. We are a biological computer. If we have questions, ask aloud or through writing and the Universe will always respond. BUT, we have to be intuitive masters of energy to pick up on the clues and messages. It is a game, remember that always. Your inner child knows this.

When I returned to Canada, I started to notice the overwhelming number of times “thirteen” has been occurring especially in new media stories. This is not “imagination”, it is real and it can be verified. Google with all their power should be able to churn out a report with their algorithm software and provide the necessary evidence. Every event has an underlying higher level of Truth. Nothing is an accident it is all happening per the plan, not us mere mortals but the Formless Infinite Creators plan.

The International Council of Thirteen Indigenous Grandmothers Council is focused on protecting the Earth through a global alliance of prayer, education and healing. Collectively we must become active participants in learning about and then teaching our young children about the Earth. The Guru Granth Sahib declares that the purpose of human beings is to achieve a blissful state and to be in harmony with the Earth and all of God’s creation. The Sikh Gurus showed the world the way to live in harmony with the environment and all their teachings adhered to this principle. It is a shame that many people including Sikhs have not fathomed this as a major purpose of life.

On the topic of Mother Nature’s mystery last year I went on a trek through the Bruce Trail forest in Waterdown, Ontario. The organizer mentioned to the participants “mother nature might give you a gift today”.

I took no further notice (dismissed it) and listened to the lecture on the healing effects of natural plants. Just as the group were making their way back from the hike I looked...
down and saw the letter M in a wooden step. The letter was created with nails. M is the first letter of my first name Mandip. WOW, I thought, what a coincidence, is this Mother Nature’s way of giving me a gift? What I did not realize at the time was that there were 13 Nails that made up the letter M, which also happens to be the 13th letter of the alphabet. M also stands for death in Sikhism, i.e. keep death in mind at all times, only then can you seek Truth to conquer death while still alive.

As long as the body is alive, he reads other things, and forgets the letter 'M', which stands for “marnaah” - death.
Guru Granth Sahib - 434

As I drove out of Waterdown village I took note that the Lion’s Club building was missing the M (in community) or perhaps it was supposed to read that way, because I interpreted it as “Communicate UNITY”. Be vigilant “signs” are real and intelligently but subtly ONE is delivering a key message that humanity must unite as ONE. Singh in Sikhism means lion given by the 10th Guru. Did you know another interesting fact, the US ONE dollar bill uses, 13 arrows, 13 stars, 13 pearls, 13 stripes, 13 olives with 13 leaves and 13 steps representing the triangle pyramid? To top that, the dollar bill reads In God We Trust with the Eye of Providence or All Seeing Eye of God. The triangle on the US dollar represents the Trinity in Christianity very similar to the Trinity used in Hinduism i.e. Brahma (Creator), Vishnu (Supreme Godhead and preserver) and Shiva (destroyer or transformer) deities.

I often wonder how many people realize that the US currency states In God We Trust. Yet, the topic of God or Spirituality is something regarded as taboo in modern day society and especially with journalists and media. Paper money is made of nature’s elements (trees, minerals and water). All creation belongs to ONE including the money! People need to realize you cannot have half a solution to living a full life, the correct term should be Spirit, Mind and Body not Mind, Body and Spirit. The body will take care of itself when Spirit is in control. There is no dis-ease when we are connected to the Formless ONE. Please remember we are Spiritual beings having a physical journey.

He Himself does, and causes others to do.
He Himself enshrines His Name in the mind of the Gurmukh (way of the Guru Teacher).
He Himself misleads us, and He Himself puts us back on the Path.
Through the True Word of the Shabad, we merge into the True Lord.
Guru Granth Sahib - 424

Guru Nanak stipulated very strongly ... the Primordial ONE created all the Gods, Goddesses and Demi-Gods. The Primordial Formless ONE is diffused (light) throughout nature and creation and controls the entire world play.

Your Light pervades fire, water and souls; Your Power rests in the Primal Void.
From this Primal Void, Brahma, Vishnu and Shiva issued forth.
Guru Granth Sahib Ang (page) 1037

Experience: Let Go Simply Trust Life it’s All Part of the Creative Plan - Holy Spirit in Action

One sunny afternoon we were waiting for a United Sikh’s food truck to arrive from Port-au-Prince that contained food supplies. I eagerly rushed to the tent to grab my camera to take some photographs. As I came out of the tent I noticed a pure white dove on the floor near a puddle of water. I had not seen any white birds since I had arrived and instantly it caught my attention. Just as I was about to click the camera the dove flew up and spread its wings beautifully. Exactly at the same time the food truck rolled into the courtyard. I felt my Spirit rise and sensed that ONE was now invisibly watching us and showing its Almighty Presence!
As I glanced over to the truck a young youth came over and sat down with jersey number 22 on his back. I had started to notice certain numbers appearing in repetition and when entered into Wikipedia the number represents many things but in particular the Hebrew bible refers to the number as the Spiritual Master in form [http://en.wikipedia.org/wiki/22_(number)] also note that there are 22 alphabet letters in the Hebrew bible!

Extract from the Guru Granth Sahib is below and reflects merchandise which we were receiving.

> Within the mind are emeralds and rubies, the Jewel of the Naam (Word), treasures and diamonds.
> The Naam is the True Merchandise and Wealth; in each and every heart, his presence is deep and profound.
> Guru Granth Sahib - 22

The following week United Sikhs were expecting another delivery truck of food from the United Nations that would provide supplies for another three months for the camp. As I proceeded to leave the kitchen a greeting card caught my attention in a basket near the floor, it simply read “Know Who Gave This to You”.

I hope you don’t have a clue!
Blessings From Your Secret Sister.
I had passed through the same area for over a week and did not notice the greeting card, but at that instant my eyes were directed to read the “card sign”. Life is about intuitive knowing and not second guessing. I knew the invisible ONE was watching and sending loving evidenced messages of support. The Pastor requested I share both these stories with the congregation and they sang and thanked the Creator for his gifts. The whole experience was very humbling as I watched how genuinely everyone was singing and rejoicing. Love was definitely in the air.

_A wonderful fact to reflect upon, that every human creature is constituted to be that profound secret and mystery to every other_

Charles Dickens – British Novelist

People at the camp mentioned they were “praying” every day for support of continued food supplies and that now their prayers were being answered. Imagine living a life where you have full Faith that your prayers will be heard. Each one of us on this planet are either responding in action to deliver a prayer request or are receiving. All the same we are all under the operation of the ONE Intelligence intuitively responding by taking inspired actions.

If everyone were to really study their faith system in depth they would understand the underlying message is the same, humanity is ONE BIG FAMILY, therefore, love and help each other, it is the only way we can all progress.

_The clay is the same, but the fashioner has fashioned it in various ways._
_There is nothing wrong with the pot of clay - there is nothing wrong with the potter._

_The Lord Allah is Unseen; He cannot be seen. The Guru has blessed me with this sweet molasses._
_Says Kabeer, my anxiety and fear have been taken away; I see the Immaculate Lord pervading everywhere._
_Do not say that the Vedas, the Bible and the Koran are false. Those who do not contemplate them are false._

_Guru Granth Sahib - 1350_

**Experience: Mysterious Musical Melody With Hidden Message of Truth**

Over the course of two weeks, I heard youth and children singing with such passion it were obvious that my new found Haitian family should be singing their own song to rebuild Haiti. The voices were “Pure”, no ego yet genuine superstars of the heart and soul that just needed the right opportunities to open up for them. The children were so loving and incredibly entertaining. Their passion for music both singing and instrumental came from their daily practice of reciting hymns and their love and devotion towards God.

One particular song really grabbed my attention the moment I heard it. The children would sing this song every day. I sensed there was a deeper message for myself and humanity.
This is the song the children sang:

Happiness runs in a circular motion
Thought is like a little boat upon the sea.
Everybody is a part of everything anyway
You can have everything if you let yourself be.
Happiness runs, happiness runs.

The circular motion line reminded me of the wheel of Dharma or Rightful Duty. All thoughts do matter and materialize into our reality so think of joyful and beautiful experiences. The Stanford Prison Experiment proved that ordinary people can do negative things they had never have imagined. We are all connected and are part of ONE organism. All our actions do matter. Pick the right thoughts and be joyful. Do not hurt another because what goes around has to come back again. Suggested readings at the end of this document will confirm karma is a law.

The beautiful fragrance of sandalwood emanates from the sandalwood tree, and attaches to the other trees of the forest. God, the Primal Source of everything, is like the sandalwood tree; He transforms us woody trees into fragrant sandalwood.

Guru Granth Sahib - 1351

Guru Nanak was very strong in his message that the Creator was merciful and compassionate and could be easily found when uplifting societies that were either suppressed or ignored due to greed, ignorance and injustice. Good deeds, speaking the right words and taking the right positive actions was the most important “wealth” to gain.

The main bank we need to be monitoring is our Spiritual Bank Account. Something we have probably never given much thought to. Remember only ONE is playing this Game of Love, and we are here to grow and learn from our personal experiences. Remember connected to ONE can be fun and joy it has nothing to do with religious dogma and rituals. Let your intuition guide you through the mystery of life. You are very unique, you have a song to sing and have a real purpose for being here. BUT remember no one is higher or lower in status because we are all the same, ultimately connecting back to the Formless ONE. Our inner work allows the illumination to surface.

Lakota Instructions for Living
Friend do it this way - that is, whatever you do in life, do the very best you can with both your heart and mind.

And if you do it that way, the Power of the Universe will come to your assistance, if your heart and mind are in Unity.

When one sits in the Hoop of the People, one must be responsible because All of Creation is related. And the hurt of one is the hurt of all.

And the honor of one is the honor of all.
And whatever we do affects everything in the universe.

If you do it that way - that is, if you truly join your heart and mind as ONE - whatever you ask for, that’s the Way It’s Going to Be.

Words of Wisdom from Native Indian White Buffalo Calf Woman

The Guru Granth Sahib contains hymns structured as musical melodies used in the Indian classical music called ragas. Raga’s are a set of rules on how to build a melody. The hymns are sung with musical stringed instruments
and harmoniums. These poetic verses invoke and stimulate “feelings” as a form of petition to the invisible ONE for support of the mind and heart. Atoms are vibrations in motion ... sound is also vibrational energy manifesting!

Have you ever wondered what vibrational energy pattern you might personally be sending out to the Universe? Observe how your PC Windows Media Player projects swirling colourful images on the screen when you listen to music. There is a saying that every word we speak or think is engraved on our hearts. Perhaps we should all become more conscious of the words and thoughts that we vibrate as energy into the Universe.

The musical instruments of the body vibrate and resound. The Player Himself plays them. The breath flows equally through the hearts of each and every being.

Guru Granth Sahib - 1061

We are talking more than ever before especially with our cell phones but we must be conscious of our words. I recently asked a youth group to put up their hands if they spent most of their time talking about other people, and of course majority of them did. Perhaps there was another deeper meaning behind Oprah’s Hang Up & Drive Campaign to stop cell users texting and calling while driving. Perhaps ONE was also warning “watch your words.” Hey we all make mistakes, but slandering others and speaking of them does not create good credit in the Spiritual Bank Account, so we should all refrain. These words send out negative energies to the Universe. Look at the word Man-Kind ... has the time not arrived for us all to be kind to each other, and realize our unity rather separation?

With my mouth I speak slander, day and night. I spy on the houses of others - I am such a wretched low-life! Unfulfilled sexual desire and unresolved anger dwell in my body, like the outcasts who cremate the dead. I live as a wild hunter, O Creator!

Guru Granth Sahib - 24

Some interesting works have been done by scientists on the effects of music and energy vibrations. Robert Hooke in 1680 ran a bow along the edge of a glass plate covered with flour, and saw patterns emerge. Ernst Chladni a German physicist and known as the father of acoustics repeated the work of Robert Hooke and published Discoveries in the Theory of Sound. In this book, Chladni describes the patterns seen by placing sand on metal plates which are made to vibrate by stroking the edge of the plate with a bow. Benjamin Franklin invented the glass harmonica after the Italian word harmony. This phenomenon of rubbing a wet finger around the rim of a wine goblet to produce tones is documented back to Renaissance times and finally Galileo considered the phenomenon in his Two New Sciences.

If you wish to understand the Universe, think of energy, frequency and vibration.

Nikola Tesla – Scientist

Our words ARE energy and they do count and matter. Cornell University did a study that recorded bird feathers tweeting like violin strings. These discoveries are part of the divine plan to reveal to humanity our true Spiritual nature to help us realize that if bird’s feathers are tweeting, we are made of the same “stuff” i.e. atoms, then we must be sending out tweets too and it’s not the 140 characters as in Twitter! Hey perhaps that was the real “thought” behind the original inspiration for Twitter i.e. unite humanity, tweet and sing the song of the soul.

Everyone wants to understand painting. Why is there no attempt to understand the song of the birds?

Pablo Picasso

Guru Nanak was empowered and taught in a simple way. He encouraged all to master their heart and mind intuitively by continuously remembering and praising by singing psalms to the Creator with every breath. Combined with good deeds and sharing the fruits of one’s labor the WAY could be easily found. He encouraged
leading an honest householder’s life and NOT abandoning one’s family to run off to ashrams or forests to perform sacred rituals for specific God’s or Goddesses. What we are all seeking is “the heart and mind intelligence within”.

The Lord placed the soul to the cave of the body, and blew the breath of life into the musical instrument of the body. He blew the breath of life into the musical instrument of the body, and revealed the nine doors; but He kept the Tenth Door hidden.

Guru Granth Sahib – 1323

You might notice advertisers using singing in their ads e.g. Ikea (phonetically in Punjabi means “Only ONE”) uses singing. On a trip to the UK I noticed the Yeo Valley Organic Milk advert (click) I especially liked it because it portrays singing farmers AND the words “we changed the game it will never be the same” and “harmony in nature takes precedence.” This is the wit of ONE in action again. It’s time to nurture Mother Earth with songs of Love.

Experience: Trusting the 222 Signs with a Sewing Machine Twist

Dot 1) I began to realize that life is like a dot to dot puzzle … each dot connection or step leads to the next and many of them contain surprises as I will explain in this story. Before leaving for Haiti I was inspired to submit a bid of $222 for a Michael Jackson art auction and won the bid. The art was positioned outside a blood clinic in a medical centre I was visiting. Remember Michael Jackson passed away due to a medical situation. The proceeds for the artwork were going to Joseph Brant Hospital in Burlington, Ontario, Canada. Joseph Brant was a Mohawk Native Indian Military and Political leader who was closely associated with Great Britain during and after the American Revolution. He was perhaps the most well-known North American Indian of his generation and settled finally in Canada.

Dot 2) A few days before leaving for Haiti my sister-in-law gave me a cheque for $222.00 and suggested I give the money to someone in Haiti that might need help. I only noticed the dollar amount once she had left my house. I thought what an odd number to write because it matched the amount I had bid for Michael Jackson’s artwork a few weeks earlier. My sister in law confirmed that it was the first number that popped into her mind.

Dot 3) During my morning meditation in Haiti (I was listening to Waheguru simran) at the Christian camp I was inspired with a quick intuitive thought “put some sewing machines in the camp to help with employment and empower the community.” I took a note of the inspiration in my mental tablet. A few days later a youth turned up at the camp selling books. I leisurely walked over to see what the women were browsing and noticed two sewing patterns and books entitled “Jesus The King Nobody Wanted.” What a coincidence I thought, a few days earlier I was inspired to create a sewing facility and today a young youth is selling sewing pattern books! The patterns were for women swimsuits and long evening dresses. Both patterns were snatched up by two women at the camp.

Dot 4) As I mentioned the experience to Alissa, she immediately flipped open her laptop and said her passion was to design wedding gowns. She showed me some lovely designs. She further went on to reveal that the waste from banana leaves (below) could also be used for organic banana fabric. I had no idea, but that is how the creative juices start to flow when we are connected to the ONE Intelligence. It nudes us to take some action and do things that perhaps we might not have considered before. Imagine an organic fabric made of banana leaves from Haiti. I took a mental note of all the coincidences and thought no more of them.
Dot 5) On our return flight home from Haiti I sat next to a gentleman named Robert from Saskatchewan. We started to converse and he spoke of his girlfriend Maria in the Dominican. He mentioned he wanted to buy his boss’ daughter a little dress. Maria mentioned that her entire family were involved in the sewing business and took Robert along to see the factory. Maria’s brother took a pair of scissors and freehand cut a dress within a few minutes. He then continued to sew his masterpiece with frilly ruffles and all for the little girl.

After he told me his story I began to think, WOW. Here’s another “dot connection sign” from the Universe. I can use sewing patterns OR as an alternative some people ARE talented enough to cut clothing freehand! It reminded me of the time I cut and sewed my first Indian outfit. I told my mother to leave the home because she was interfering and cut the dress and pants on my bed. Yes I messed up a little, but I did it freehand by placing another outfit on top of the material, not the best way to design clothing I’m sure. The measurements were a little off balance, but all the same it was my piece of creativity and I learned along the way. Each time I sewed thereafter I got better and better.

Dot 6) The “golden nugget” from Robert’s conversation was that Maria wanted to have her own business and that he was exploring opening up a sewing factory in the Dominican for her family. It would be a way to empower Maria and her family because the current wages were not sufficient to afford them a proper home (Maria’s brother was living in what looked like shed). In addition, he showed me some evidence of the abysmal conditions the family worked in including uncomfortable seating and a tight workshop environment that had minimal ventilation. Robert and I exchanged information and hopefully we will be exploring a project together.

I could have ignored Robert but decided to chat with him on the plane, not knowing that a “surprise” was waiting in the conversation. What we are seeking or being directed to do is just a conversation away, perhaps on the plane, coffee shop or even in the shopping queue. I began to realize that we must all start to open up with a loving heart and not be afraid or intimidated to communicate with others randomly or on the spot. We truly are a mystery to be revealed to each other and what a fantastic way to unite with each other. Fear and lack of courage is the only enemy holding back the creative progression of humanity. The Creative Conscious Energy operating throughout the Universe is alive and seeking our response to take action on fresh creative sustainable wisdom that is being flowed our way.

Stagnate waters are lifeless energy. Vibrant waters electrify and swirl to the tune of ONE.

Dot 7) When I returned to Canada from Haiti I thought of the limited electricity at the camp and wondered what solution might be available. With that in mind, I went to Starbucks Coffee for my dose of inspiration. I normally visit a particular store near my home because it appears to be a good “energy” environment for clues on my next steps. As I sat down with my coffee, I observed silently people coming and going. Within a few minutes I noticed a gentleman sitting to the left of me and as he moved forward the logo of “Saint Patrick” on the back of his T-shirt caught my eye. I intuitively read “energy pattern connections” in the form of words and images and that includes logo signs so I instantly KNEW he was the chap I had to speak with.

The fourth domain of conscious awareness is Karam Khand (Realm of Grace) in Sikhism and defined as the realm where ALL God’s Saints and Warriors reside. Karam means action or deed. In this domain the Bani (Word/hymns) is the Force/Power. The ninth Guru Tegh Bahadur was also beheaded just like St Patrick so I knew it was a synchronicity clue and guidance to go ahead talk to him.

Water remains confined within the pitcher, but without water, the pitcher could not have been formed; just so, the mind is restrained by spiritual wisdom, but without the Guru, there is no spiritual wisdom

Guru Granth Sahib - 469
Dot 8) I started a conversation with the gentleman about my trip to Haiti and low and behold, he mentioned he had a potential solution for me for the electricity dilemma called **Bloom Energy**. It was a new technology recently launched by a company in the US and Google, Ebay, FedEx, Walmart and CocaCola to name a few were using it. The solution which started out as a NASA project uses small ceramic disks using sand, painted with special inks. When oxygen is pumped into the cells it creates fuel efficient electricity. There, I now had a potential answer to my electricity dilemma and more steps would need to be explored to see if this company would consider a Haiti pilot.

**Everyone who seeks finds. And to everyone who knocks, the door will be opened**  
Luke 11:9-10

Dot 9) The conversation with the gentleman got even more interesting. He mentioned his daughter was organizing a music fund raiser called **Project Youth for Haiti**. I ended up being a guest speaker at their event and shared my Haiti story.

Dot 10) During the Project Youth for Haiti speaking engagement, mentioned above, a raffle ticket announcement caught my attention. Intuitively I knew I should “go buy a ticket”. The ticket numbers I received were 222 and 223. I won the Starbucks Gift Basket with the 222 ticket number! Winning the gift basket was not a big deal. I wanted to explore and see WHAT was in the basket. The contents were a coffee cup, a thermos flask, a Santander (in Punjabi phonetically means for the Saints), chocolate bar and couple of bags of coffee beans.

More importantly the wrapping paper (below) really caught my attention. The words imprinted on the paper are comical and read as follows: **Secrets and surprises. The unveiling of the unexpected. The Siren holds the key for she has the gift. The shimmer of something. Mysterious. Elusive. Hidden.** A classic example of how humanity continues to be obsessed with secrets, codes and symbolism of deities. Perhaps a better marketing campaign would be – “Go ahead, talk to the chap sitting next to you in our coffee shop, he might be your missing key.”

**Sirens** are water spirits or mermaids, however, nothing is a secret if you are willing to explore life and seek the path of Truth. Remember the youth I stopped with EKH (ONE) on his T-Shirt, notice he has a key around his neck in the photo. The wrapping paper mentions “Siren holds the Key for she has the Gift.” I’m no Siren. I simply praise ONE i.e. WaheGuru, WaheGuru, WaheGuru – Wonderful Creator, Wonderful Creator, Wonderful Creator!

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*You are the Ocean of Water, and You are the foam and the bubbles on its surface.*  
*I cannot see any other except You, Lord.*  
Guru Granth Sahib - 102
Dot 11) After the Starbucks experience, a lady came to view our house (our house was for sale). As I started talking about Haiti and the 222 incidents, she mentioned her birthday was 2/22. When the women returned for a second viewing she brought along two books for me to read.

The first book was the *Mystical Life of Jesus* by Sylvia Brown and his apparent life in the UK and France. The second book called *The Michael Teachings* really caught my attention. The book referred to karma, Maya (illusionary material world), potentially millions of reincarnations of the soul, divine eternal play and many spiritual realms in the Universe each soul MUST travel through to experience the whole of life. But more importantly the ability to “fast track” spiritual progression to higher realms in the Universe while in the physical realm was possible. The teachings further eluded that *The Michael Teachings WERE NOT THE WAY TO ULTIMATE TRUTH*. The teachings confirmed that every soul's actions are monitored and recorded as karmic ribbons. This experience was a way of getting confirmation of the many levels of the Universe as Guru Nanak had confirmed in his Jap Ji poem.

> There are nether worlds beneath nether worlds, and hundreds of thousands of heavenly worlds above.
> Guru Granth Sahib – 5

Imagine if an individual has misdirected their energy in a lifetime because they were not aware that their primary life objective was a spiritual or inner connection path. People could spend possibly millions of years recycling around in the cosmic Universe due to karmic ribbons (karma debts) that they need to pay off!

> Let us love, not in word or speech, but in Truth and Action
> 1 John 3:18 – The Bible

Guru Nanak knew this and experienced it. He brought a Universal message of uniting with ONE, living Truth, fearlessness, love, compassion, justice, service and confirmed over and over that all humans are children of ONE Infinite Creator. His message instructed individuals to put sincere effort in the form of action towards the ONE Creator (Formless and Timeless) and then to listen to the heart or inner teacher’s guidance. He clearly stipulated that when we serve ONE selflessly with love for benefit of the entire humanity, the karmic merits and demerits can be waived. In essence the ONE Intelligence serves the ONE Intelligence in the creation with no duality, aspires to be in balance (words and actions) and projects from pure LOVE and LIGHT for ALL the creation and beings.

> The eye is the lamp of the body. If your eyes are good, your whole body will be full of light
> Matthew 6:22 – The Bible

Dot 12) Not long after the above incident a friend invited me to come over to her house for an evening of meditative prayer. As she pulled open her Sikh hymn book, I asked her which hymn she was reciting and she mentioned 222! She eluded it was the same hymn she had sang to raise funds for Haiti earlier in the year at the Sikh Gurdwara temple. The hymn was 222 in the Sikh hymn book but Ang (branch) 778 of the Guru Granth Sahib.

> My Father is absolutely all-powerful. God is the Doer, the Cause of causes.
> Sing the Glorious Praises of the Lord of the Universe, continually, continuously; He is the Beloved Master of the breath of life.
> Guru Granth Sahib - 778

I was no longer being surprised and knew I was being delivered a strong message associated with 222. Sing, be happy and Praise the Creator with each breath so we can all connect back with the ONE. We have to cleanse our minds of old mental thought patterns no longer relevant for this time and age which is stalling the ability for
everyone to find their bliss and happiness on earth. Heaven and Hell are all a state of mind. We can find our bliss right now if we choose.

Elephants, horses, gold, children and spouses - in the anxious affairs of all these, people lose the game and depart. In the game of chess, their pieces do not reach their destination
Guru Granth Sahib - 222

Dot 13) I would not be living Truth if I did not disclose I came across a Jehovah Witness song 222: Sing Praises to Jehovah Keep Your Eyes on the Prize. The prize I did win I guess with ticket number 222 but the real prize was realizing many belief systems really interconnect in some form and that we really are all ONE in this fabulous Universal Game of Love and just need to REAL-EYES it!

Dot 14) Here’s the funny part the 222 loop that started with the Michael Jackson artwork took me to some information that made me realize that Michael was a practicing Jehovah Witness. I hope the reader is getting the bigger picture of how ONE subtly interconnects all our actions carrying us along the mysterious river of life with a surprise here and there for fun.

Praise Yahweh, all you nations! Extol him, all you peoples!
Psalm 117:1 Old Testament Hebrew Bible

Dot 15) The synchronicities of 222 just continued. On World Homeless Day 10-10-10, a video that discussed homelessness and hunger (including children) in the City of Brampton, Ontario caught my attention. The video showed a car with the number 222 on the side. It was another reminder to be of service and empower others to feed the hungry where necessary. Guru Nanak set up the concept of the Guru’s Free Langar i.e. free kitchen in the Gurdwara’s. The intention was to have everyone sit at the same level i.e. on the floor and eat food together irrespective of their background or social status. Irrespective of how we support others we must ensure that we treat them with total respect and not be proud of any effort we conduct; otherwise we totally miss the concept of “selfless service.”

1) The Lord our God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.
2) Love your neighbour as you love yourself.
There is no other commandment more important than these two.
Jesus

Dot 16) On a trip to Sacramento, California in 2011, I was watching an in-flight movie Unstoppable a 2010 American action thriller starring Denzel Washington and Chris Pine. The film tells the story of a runaway freight train, and the two men (Washington and Pine) who attempt to stop it. The train’s identity number was 777 and shown throughout the movie. As I left to visit the washroom on the plane I noticed the number 777 on the food storage trolleys in the United Airlines kitchen area. I quickly connected the dots and laughed. Just as I was leaving the plane I looked down on the floor and noticed the pipe “sign.” 222 was a very interesting surprise because it was attached to 777. To have so many 777 symbols appear in one sequence that caught my eye was clearly a message I had to decipher. This is a classical example of how sometimes we need to contemplate with wisdom the real meaning of the “experiences.” Now the reader can surmise their own interpretation of 777 but it appears to
have some religious connotation. I will stick with the 222 dot connections which are clearly unstoppable!

Dot 17) Upon arriving at my final destination in Yuba City, California I was sharing my airport story when I noticed a car parked across the street from my relative’s house. The car license plate number was SAKE222. Now every individual has been given a mind to decipher their own mental symbols and codes. My instant translation was Five EYE 222, and reminded me of Guru Gobind Singh the 10th Sikh Master who gave five symbols of faith. AK in Punjabi is phonetically EYE in English and 222 connected to the previous dot connections. Note that the Guru Granth Sahib is written entirely in Gurmukhi as a phonetics (sounds like) based script, hence I often translate English words in my mother tongue Punjabi because spiritual matters are conveyed in a cryptic encoded or “veiled” way, that’s part of the illusion or game I guess. Guru Nanak stipulated crazy are the ways of the Saints ... crazy I am, crazy in Love of the Creator and the Divine Comedy that continues to unfold!

The darkness of my ignorance was dispelled, when the Guru applied the healing ointment of spiritual wisdom to my eyes
Guru Granth Sahib – 573

I have realized that the “signs” and the language of the ONE Universal Intelligence is all around us. There were too many 222 signs to ignore in my “experiences” because each one perfectly connected to a deeper message and came full circle back to the origin or starting point i.e. the Haiti earthquake and my friend singing the Sikh 222 hymn to raise funds for the disaster. Every other 222 connection flowed from that starting point in my perception of reality and confirmed a full circle of connections traversing across multiple faiths and cultures.

Some sing of His Gifts, and know His Sign and Insignia
Guru Granth Sahib – 1

Dot 18) I decided to search other holy scriptures and found over 300 instances of the mention of signs in the Holy Quran:

And those who have no knowledge say: “Why does not Allah speak to us (face to face) or why does not a sign come to us?” So said the people before them words of similar import. Their hearts are alike,
We have indeed made plain the signs for people who believe with certainty.
Holy Quran - Al-Baqara, Chapter #2, Verse #118

Then when Musa (Moses) came to them with Our Clear Ayat (proofs, evidence, verses, lessons, signs, revelations, etc.), they said: “This is nothing but invented magic. Never did we hear of this among our fathers of old.”
Holy Quran Al-Qasas, Chapter #28, Verse #36

Dot 19) The Holy Bible mentions signs many times including Acts 2:22!

“Fellow Israelites, listen to this: Jesus of Nazareth was a man accredited by God to you by miracles, wonders and Signs, which God did among you through him, as you yourselves know.”
Holy Bible Acts 2:22

In summary, the message I deciphered was to share my story to empower others and as we all begin to enjoy life our hearts and souls will unite back as ONE. No one should go without food or be living on streets on this plentiful planet if our heart is in the right place. We must all lead and empower our fellow brothers and sisters around the world to become self sufficient. In light of the current state of poverty in the world, throwing a doggie bag to someone for a few days is not a long term solution. Ask yourself this simple question “why is there so much poverty” and see what your inner intelligence wants to reveal.

What if WE are the ones that keep returning to “this planet” because WE have not learned the lessons of mastering/balancing our energies, forgiveness, love, compassion and the Unity of ONE Infinite Family.
The ONE Creator is diffused in the ten directions. Behold the Creator in all the earth and sky. In the water, on the land, in the forests and mountains, and in the nether regions of the underworld, the merciful transcendent Lord is abiding. The Creator is in all mind and matter, subtle and manifest.

Guru Granth Sahib – 299

Read and research to understand how the soul progresses in the Universe, we are immortal and the job is never completed, EVERY religion has the “message” in some cases it is deeply hidden in parables but all the same the message is there. Research and let Truth reveal the LIGHT to your heart and mind.

What Good Are Sewing Machines If You Don’t Have The Wisdom Needle?

Guru Nanak during his global travels stopped through Lahore, Pakistan and met with a very wealthy banker called Duni Chand, who invited the Guru to visit his house for dinner. Guru Nanak noticed that several flags were flying outside his house and wanted to know why. The wealthy man proudly responded they were a sign of how much wealth he had accumulated and each flag represented a million rupees. Hearing this Guru Nanak gave the wealthy banker a sewing needle and said he would collect it from him when they would both meet in the next world.

The man presented the needle to his wife who jokingly asked him “If such a small and light thing like a needle cannot go to the next world, how will your wealth reach there?” Duni Chand was inspired by Guru Nanak to use his wealth in the name of the Creator by empowering those that needed help. He established many institutions in Lahore, Pakistan. The morale of the story is that we come into this world with nothing and leave with nothing. Materialism and money does not buy you true happiness. There is nothing wrong with having a comfortable life but do not let wealth and social status keep you away from discovering your True Self and then serving humanity.

Remember that the pleasures of the world are false; this whole show is just an illusion.
You must understand that this wealth is just a dream. Why are you so proud?
The empires of the earth are like walls of sand. You obtained this human life,
but you have not remembered the Lord in meditation, even for an instant.
Guru Granth Sahib – 1352

Please make it YOUR business to KNOW where you’re hard earned wealth is going while you are alive, be it charities or other donations. Whether you start up a new business for empowering others or help fund a school. Do not cut blind checks to charities unless they can give you full accountability of where the funds are being used. Get involved yourself and involve your children. To date much of the funds promised to Haiti have still not been received or deployed. This all matters, a promise is a promise we must deliver on our word. We are all totally accountable for ALL our actions on earth, make sure you know where you spent all your valuable energy!

Experience: Every Child Needs To Be Cherished – The Seeds of Tomorrow Need LOVE

I connected closely with many children in Haiti but one particular child named James (below) had an inner light that just spoke to my heart. He did not speak English and I did not speak Creole but we managed to communicate all the same. He was living in the village and would come over to the camp everyday for food and play. I remember the first day I saw him the other children were picking on him because he was not from the Christian camp. I intervened and mentioned that I did not believe God judged based on which side of the wall (village or camp) people lived, and that everyone is welcome where United Sikhs has a free kitchen.
James had a very serious facial demeanor about him which really hit a chord and made me realize that here is a young child that just simply needs to be loved and allowed to grow up as a child and experience fun and joy the true essence of what every child should experience.

One day I asked James to take me to his house in the village. We walked for a while and I saw a wonderful area that looked like a playing field, he said he would love to have a basketball court to play with his friends. He bounced his hand up and down so I understood. I noted it in my mental tablet.

As we entered his home, I saw land and a small shed like house. I asked him why he did not have any flowers or vegetables in the garden which was totally barren. He did not understand and flipped his sweet little hands outwards. I grabbed an interpreter and she said HE HAS NO SEEDS! My heart sank when I realized this young beautiful child, does not have access to seeds that could provide him and his family joy. Imagine going through life without being given a chance to enjoy Mother Nature’s FREE gifts, i.e. flowers. I made a mental note again.

I recalled when my mother was alive; she came to visit me in Canada. One morning I noticed she was in my front yard planting something in the tear drop section. I asked her what she was doing and she said “When I am gone, you can remember me because these flowers will appear every spring”. I told her to be quiet and stop talking such nonsense. My mother was VERY spiritual and my sisters and I would make fun of her at times thinking she was imagining things! I know she had the last laugh on that topic. My mother passed away one month later when she returned home to the UK. She might not have known her finals days were near, but ONE did know that I am sure of. Now every year as she promised, the spring flowers appear and I remember her beautiful words.
Please, please, please do not miss out on the “signs” your parents, children or others are sending your way. We might not realize it right now, but time is very fragile, loved ones are here today and gone tomorrow in a “blink of an eye.” Love and forgive everyone you come in contact with, there is no enemy but your MIND. Plant perennial bulbs so you too leave a legacy for our future generations. Even better plant apple and cherry trees and let people come and eat to their hearts content. Nothing belongs to us, it is all ONE and ONE wants JOY for ALL.

Humility is the word, forgiveness is the virtue, and sweet speech is the magic mantra
Guru Granth Sahib - 1384

Sometimes life reminds you of your own childhood. A child may act a certain way, perhaps a look of shyness or something else. In my case, when I saw this little girl in the camp (next page brown star dress) I knew immediately “that’s me”, when I was younger. She smiled for the camera after overcoming her shyness.

If only adults could remember their fun filled childhoods and in some cases if their childhood was not that great, to remember and give to a child what they never did have. Opening our hearts to help the children around the world that so desperately need help right now must be given priority. If we see something is catching our attention and pulling our heart strings, we MUST ACT! I speak to so many people and they often comment “oh yes I saw that”, I then ask “did you do anything,” and the typical answer is no.

Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime
Chinese Proverb

What if the reverse of the in action, hypothetically, WE might have to experience the situation in a future timeframe or incarnation! It’s all about the choices we make in this lifetime to get back to Spirit, Mind and Body as ONE we must ALL ACT and come together as ONE, with love and compassion for each other.

I was beginning to realize that memories of wars, sufferings and hardships endured by adults and children are now part of the collective Universal ONE Mind. These permanent negative imprints need to be nurtured and healed with LOVE. The practice of daily meditation and connecting with the ONE energy is a must for each of us. We must encourage daily prayer and singing in every household just like our ancestors practiced in the good old days.

The Sikh faith was reminded of this daily practice when Guru Nanak brought his message of Universal Love and Brotherhood of all human beings. Songs of joy and remembering the Creator is a fundamental truth and essence of all faiths if everyone were to explore and investigate their respective belief systems. The need to nurture your Spirit needs to be done on a daily basis. Just like taking a shower is a daily ritual, connecting with your source energy needs daily practice too. Spirituality is not something you do on a Sunday and then forget about it the
moment you walk out of the religious environment! I have been there done that and then “awakened” to higher Truths that were prevailing around me BUT, only after my mother passed away. I realized that pain really did become the remedy, because without the pain there was no remembrance of ONE.

Each day at the camp was a delight and I was quickly realizing that the children would often do odd things that were “meant to catch my attention”. I knew this because of the way they would make direct eye contact first and then some other form of gesture where I would intuitively KNOW that something was going to be revealed.

As an example before leaving for Haiti I had lost my wedding ring and my son found it. A young girl at the camp came over to me and started to twist and turn my wedding ring with a brilliant twinkle in her eye. She said nothing just smiled. I “KNEW” ONE was communicating silently with me … “so you found it eh!” I will elaborate on that “experience” further.

How I Was Tested By My Guru Teacher – The Wedding Ring

In life we set ourselves up for many lessons. These life lessons can help each of us break through our comfort shell and grow through the experience. If we do not learn the lesson, the same experience may repeat itself until we do learn.

Around November 2009 my mother-in-law realized after her morning walk that her two (2) gold bangles were missing on her arm. She did not drop them or lose them because they were SO tightly fit on her arm that my aunt once mentioned they were so tight it would be hard to remove them! My mother in law has no idea how they disappeared off her arm and she did not remove them. She was quiet shaken at losing them. Below is a photograph of the bangles on her arm and as you can see those bangles were not easily dropping off her hand!

After the above incident my husband mentioned we should celebrate 2010 New Years at our house. On January 1st, 2010 while chopping up some cilantro I pulled my hand out of the food processor and instantly held up my hand to my face. It was then that I noticed my wedding ring was missing on my hand. I wore two rings on the same hand, my wedding ring and my late mothers ring. I wore my wedding ring to hold my mother’s ring in place because it was loose on my hand. The odd thing is this. The day before at the gym I remember holding up the same hand in the same position and looking at the rings while lying in the steam room. Why I did that, only ONE knew, because I reenacted the same movement the next day to realize the ring was no longer on my finger!

I mentioned to my husband that I had lost my wedding ring and he got upset with me because I said it was only a ring and because he did not wear a ring so what was the big deal. I suggested to him that the ring is probably somewhere in the vegetable cutting waste as I had been cooking all day. I told him I would look for it in the morning after our guests would leave. I further went on to joke that if the ring turned up in the trifle (sweet dish), perhaps our relatives would be good enough to own up!

On the quiet side though, I did start to wonder what bad karma my mother-in-law and I had accumulated to experience losing gold within a few months of each other. The mind plays wonderful games, and I composed myself by realizing I do not harm others and if anything empower others to do good. So I put any negative thoughts and feelings out of my mind.

In the morning, without giving the ring any more thought my husband suggested we clean up the house and go throw the garbage, waste away. We drove to a waste site as we live in the country and as he was throwing the garbage bag into the waste dumping area I was silently nudged, “you did not check the bag for the ring.” I remember the experience was almost in slow motion and right at that moment I realized it was a lesson. A lesson
to see if I was attached to the ring i.e. the gold. I responded aloud, “Guru I don't need the ring I need you and you can have the ring.” When my husband came and sat in the car, I told him I had forgotten to check the waste for the ring. He got upset with me again and I responded, “It’s only a ring, you don't wear your wedding ring, so what's the big deal, if I am meant to have the ring I’ll find it!”

A few days before the party, a friend had suggested that I read Asa Di Var by Guru Nanak a Ballad of Hope, teaches “how to become a spiritual person.” Here Guru Nanak sings of the glory of the Creator and remembrance of “The Name.” He details the process by which an ordinary man can become a perfect servant to the Creator (Cosmic Surrender.) Even so the Creator’s Grace is essential, and one has come into this world to earn and deserve it.

By meeting the Guru, The Truth, is realized; He banishes Ego from the mind of man; He gives insight in to supreme Reality. Only The Guru can grant the gift of "The Holy Name.”

Guru Granth Sahib – 465

I took my laptop computer to my bedroom and started to read the Asa Di Var. The last words I recall reading from the Guru Granth Sahib were “Guru is cool like ice” and then fell asleep.

The Guru is cool and soothing like ice; He puts out the fire of the mind

Guru Granth Sahib - 411

My comedic son Amardeep came into my bedroom and awoke me. This is how our conversation unfolded:

Amar - "Hey mum have you lost something?"
me -  "yes"
Amar - "what have you lost?"
me -  "my wedding ring"
Amar - "does dad know?"
me -  "yes"
Amar - "why are you not going crazy?"
me -  "Amar it’s only stuff, you know I’m not attached to material things like before"
Amar - "mum I found it"
me -  "where did you find it?"
Amar - "in the ice cool box"
me -  "the one we used for our party?" – (thinking it is was the ice box I had left in the laundry room)
Amar - "no mum the ring was in the Maple Leaf small ice cool box in the storeroom, I was about to put some drinks in the bag and found your ring in it.”

The mystery of the story is this. I DID NOT go in that storeroom, or open that ice box bag to put the ring in it!!! Can I explain this mysterious unfolding? Absolutely not, but I do know this when my mother-in-law lost her two bangles, she had started to negotiate with Guru. “If I find my bangles I will give some money to charity.” I did not say that, I simply stuck to my faith and said Guru you can take it I don’t need it. That is the only difference; one person was still attached to the material gold and was “negotiating with ONE,” not understanding the real lesson.

Life is Hukam (Divine Cosmic Laws) and loads of tests are thrown our way to help us grow and realize some deeper truths based on our spiritual path unfolding and perhaps to teach us lessons i.e. “don’t be too attached to the physical stuff it will not be going with you.” Yet many of us do not realize Dukh (pain) and Sukh (happiness) are the same side of the coin and pain does become the remedy because in the “lesson” we grow exponentially.

I believe we are tested for strength. Guru returned my wedding ring with an exact evidence trail i.e. the word ICE. I learned later of an incident when Guru Gobind Singh threw one of his bangles in the river, and when his mother
asked why he said that his father had taught him to treat Gold and Iron as the same because there is no difference between the two. When his mother asked “where did you throw the bangle (kangan)’’ he threw the second one in the river and said “that's where I threw it,’’ therefore losing the second one.

With regards to my ring I learned that Guru Nanak gave away his gold ring and bowl to saints and his father scolded him for doing so. Mysterious lessons indeed, but all the same deeper spiritual messages are being delivered when we tune in, lose the “worldly attachments” or it can be taken away anytime in a twinkle of an eye!

Not long after I met another lady and as I was telling her my story, she mentioned she had recently lost eight gold bangles and could not find them. She instantly understood why we had met that particular day. We are simply puppets on a loving string being connected and sharing experiences to awaken each other to deeper truths.

Gold and silver, and all metals, mix with dust in the end. Without the Name, nothing goes along with you; the True Guru has imparted this understanding. The treasure of the Naam (Name) brings immortality; enshrine it in your heart and mind.

Guru Granth Sahib – 1012

Experience: The Shoe Polisher Keeps Shining and Smiling!

During a food distribution scouting trip in Haiti my son stopped the car on a corner of a road while he was waiting for someone. I got out of the car and started to roam around taking photographs. An elderly gentleman polishing shoes caught my eye. He was squatting down polishing away and cleaning the shoes of an immaculately dressed gentleman in formal “business attire”.

This was probably the first person I had seen that looked so polished in his attire that he did not fit in with the collapsed concrete buildings and rubble strewn everywhere. I wondered where he may have come from and saw a building across the road with a Digicel logo; it was a cell phone company. The building was perfectly intact, and I assumed it was constructed of steel hence it survived the earthquake.

As my eyes wandered back to the shoe cleaner I was really amazed to notice that the gentleman walked off without paying! Before I could digest what I had just seen another well dressed gentleman appeared (above). Again he presented his shoes one after the other the wonderful shoe polisher continued to serve his client with total contentment. No sign of anger, he just polished away with a slight smile on his face.
This time I was as ready as a hawk to pounce on the guy if he tried to walk off without paying. Low and behold that is exactly what I witnessed. I quickly rushed to the gentleman and asked why he had not paid the elderly chap for services rendered and he mentioned that he only had his shoes “cleaned” and it was not deemed a total “polish”, therefore it was free!

Why do you say, “Mine, mine?” Look to God, who has given it to you.
It is certain that you must arise and depart, and leave behind your hundreds of thousands and millions.
Through 8.4 million incarnations you have wandered, to obtain this rare and precious human life.
Guru Granth Sahib - 50

I pulled out some money and paid the wonderful shoe cleaner. Then I explained to the smart looking chap that in Canada and probably in other parts of developed worlds, we would never expect anyone to clean our shoes and not pay them. He just smiled because in his conscious it was perfectly normal and acceptable. I further explained that the ONE intelligence that was operating through him was also in all of us and that nothing went unnoticed and in future he should ensure he pays for his services. But what can I say the Invisible ONE plays the drama and looks on to see what actions we take – why? To help us grow through the thrill of the mystery and game I guess.

Quickly pulling out my camera I asked the elderly chap if I could take his photograph and he agreed. The most hilarious thing is that the chap whose shoes he had cleaned jumped into the photograph, with a gleaming smile and proudly wrapped his arm around him for the opportunity to be in the “smile your on candid camera shot!”

This experience was quite comical but also baffled me. It was becoming even more evident that people need to understand that there is an intelligence pervading the universe and “watching” everything we are doing to each other. Nothing is an accident we are all in the right places at the right time, to be aware of our surroundings.

The One Lord is in all actions, colors and forms.
He manifests in many shapes through wind, water and fire.
Guru Granth Sahib – 930

The question is how “tuned in” are we to the cosmic universal messaging system? We are here to learn lessons and through these experiences we are to share our stories with others in the hope that we can all “awaken” to our true nature of unity of mankind. Only when we are awakened will stop making mistakes that mistreat people as second class citizens. Just believe, no one is higher or better than another, we are all ONE and simply the same.

This incident reminded me of Saint Ravi Daas who was a shoe cobbler in India. Saint Ravi Daas believed in a Universal Brotherhood under One God. Guru Nanak explains how the injustice of discrimination has no place in the Court of the Lord and how everyone has the same "Light of God" within them and so should be treated equally without any bias.

Ravi Daas, the leather-worker, praised the Lord, and sang the Kirtan of His Praises each and every instant.
Although he was of low social status, he was exalted and elevated,
and people of all four castes came and bowed at his feet.
Guru Granth Sahib - 733

Charles Dickens one of Britain’s greatest novelist spent his childhood pasting labels on shoe polish. The strenuous - and often cruel - work conditions made a deep impression on Dickens forming the foundation of his interest in the reform of socio-economic and labour conditions; the rigors of which he believed were unfairly borne by the poor.
Every experience as we explore “this book of life” has hidden lessons. Perhaps in my past life I did not pay someone for a shoe polish or made them clean my dirty shoes. In Sikhism we say clean other people’s shoes, as a form of selfless service, because it is an act of humility. Typically in our Gurdwara (temple) people are often seen wiping other peoples shoes. Touching feet is an act of respect and “use to be” very important in India.

I realized that the shoe experience had to be brought to my attention. I had two options. I could look on as a bystander and laugh or I could intervene and at least give my honest opinion of the situation. Life truly is a mystery to be explored. We are all ONE playing a Game of LOVE with each other; make sure you WIN it this time round.

By mere words, Yoga is not attained. One who looks upon all with a single eye, and knows them to be one and the same - he alone is known as a Yogi

**Guru Granth Sahib - 730**

**Experience: Would Our Children Be Content with Homemade Toys?**

I was amazed to see the creative flow of the children at the Haiti camp. The young lad (bottom) made a flute from some plastic and a plant branch. He was using it quite remarkably making a beautiful sound. I watched in total excitement as other children crafted up homemade kites out of plastic bags and sticks and then went on to create a small ball with a sock and scrap stuffing.

![In the imperishable realm of the Formless Lord, I play the flute of the un-struck sound current](image1)

Guru Granth Sahib – 973

![The boy takes paper, cuts it and makes a kite, and flies it in the sky talking with his friends; he still keeps his attention on the kite string.](image2)

Guru Granth Sahib - 972

This experience made me realize how much we spoil our children in developed countries with toys and games and perhaps they don’t need as many. We get sucked in by the marketers and media and purchase XYZ for the children because we think it will fulfill their inner needs. All we are doing is avoiding dealing with the inner voice seeking our attention. We are teaching our children that they need the latest gadgets, toys including phones, laptops, bags and shoes, the lists go on. What needs to be nurtured first is the inner void and connection to Spirit or ONE. When this occurs everything else becomes secondary and the “desires” lessen because you realize you really can do with less “stuff.” Less consumption results in less impact on the natural environment that sustains us.
When I saw the children playing soccer with a little homemade ball I asked them why they did not have a soccer ball and they responded no money. I sent my son out to find a ball in the village and to our despair there were no balls in the area. A few days later my son was able to acquire a few balls and the children (even some of the adults) were totally elated, over a simple toy like a soccer ball. Mackenzie and James are holding the balls and another young lad with the Adidas T-shirt is holding a homemade sock ball which they were quiet content kicking around. I knew however, deep in their hearts a proper playing field and some decent quality balls would not go amiss. Note the White Dove T-Shirt . . . Relax God Really IS In Charge!!!

Kabir, if you desire to play the game of love with the Lord, then cut off your head, and make it into a ball. Lose yourself in the play of it, and then whatever will be, will be.
Guru Granth Sahib – 1377

**Experience: Recycling & Sustainability Must Improve**

One morning I decided to cook Indian rice pudding (keer) and realized I did not have enough dishes or spoons. The only option was to reuse Styrofoam plates and plastic spoons by hand washing the cutlery each time with minimal water to ensure everyone was served. This simple experience made me really think about all the waste we create in developed countries. All the waste we create that has potentially zero value in our minds.
The same plastic/paper plates, cups and cutlery we consume for Bar-B-Q or other family events could potentially be of GREAT VALUE to someone in an impoverished country. I have seen “fancy” plastic cutlery and cups that could be washed and reused yet without thinking we continue to throw them into the garbage which might end up in a landfill site. Glass jars, plastic ice cream tubs, what a huge waste of recycling effort, all these products are usable in other countries that have barely nothing. We must learn to become more aware of our consumption and reduce and recycle where we can. The earth cannot be burdened with environmental trash anymore.

Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.

Barack Obama

As connected humans we must wake up and realize the needs of our brothers and sisters around the globe so they too can start living comfortably. I started paying attention to the simplest things lying around the camp like the Home Depot empty buckets that were proving to be of great use to an impoverished country like Haiti. Perhaps this is a “sign” that Home Depot (next page) should help Haiti rebuild in this time of need and help Glow the country and people as the water tank sign reads!

Limited writing paper at the camp made me really appreciate how much we waste back home. So much waste is created by marketing companies promoting products and services through direct mail. With the digital age there really is NO need for paper flyers by retailers. Take those marketing dollars and put them to better use in empowering communities and let ONE handle the details of your product sales without all the costly marketing campaigns, trust miracles can happen when you align with ONE!

The women at the camp had no idea on the process of recycling. They were using a plastic bottle as starter fuel to light a charcoal fire until I stopped them and explained the fuels were damaging to their respiratory system. A few leaves from the banana plantation was a sufficient alternative but they did not have that simple knowledge. After we created the composting pit we continued to see plastic bags being dumped into the soil and we had to educate them on the damaging effects of plastics being dumped into the earth. We tell our children not to put a plastic bag over their head, in the same way the earth cannot breathe if plastic is dumped into the soil. It’s not rocket science my brothers and sisters, just simple wisdom.

The entire perimeter of the camp was strewn with garbage just piling up. Looking at the sight I would have thought I was somewhere in India, because I had observed the same on my last trip. How do we change people to become
more conscious of their waste? The minds of people need to be illuminated first. Turn on the TV these days and all you will see are enticing product ads luring in the consumer to buy this or that 24 hours a day.

The Earth provides for us everything we need for our comfort if we trust and look back at the simple living our ancestors enjoyed. We should learn to grow our own foods and teach our children these skills. If we don’t do this then who will when we are no longer on this planet? Don’t get me wrong, I am for the modern conveniences but all in moderation now. If we abuse the Earth’s “intelligent operating system” (consuming more resources than the planet can sustain) then like a personal computer the system starts to get infected with viruses which can cause havoc or denial of service and eventually shut down or backfire. Nurture the earth like your OWN MOTHER, it is a living breathing organism and supports us. Much research has been done on this fact.

Other sustainable observances included toilet paper that was being disposed back into the earth and not flushed down the toilet. Thank God we were lucky enough to have a toilet! As the founder of the Canadian Toilet Organization and having worked on a personal sanitation project in India (www.punjablioness.com), I can resonate with the topic. Composting toilets or sanitation solutions that allow the human waste to be deposited back into the earth need to be given serious consideration globally. Water is intended to be kept pure and whole. Many Native communities including the Indians and Aboriginals understand the sacred nature of not defecating in water, yet we continue to pollute our environments with weak sanitation infrastructure that continue to pollute our precious lakes and rivers with heavy sewage dumping.

Did you know cruise lines are a big culprit for dumping waste (click) into oceans? Cruise ships generate sewage, grey water and hazardous wastes. If released without proper treatment, these wastes can put pathogens, nutrients, and toxic substances into the environment that could threaten human health and aquatic life. Be conscious the next time you book a cruise and make cruise companies aware they are responsible to clean up.

I believe Michael Faraday the British scientist was very spiritual in nature understood the long term implications of polluting water. An interesting article was written up in The Times entitled The Big Stink. To top that another great scientist Alexander Graham Bell was concerned about the methane gases in human waste and was designing a composting toilet before he passed away. Bell spent time with Native Indians in Canada and translated the Mohawk Language for which he was awarded the title of Honorary Chief and participated in a ceremony where he donned a Mohawk headdress and danced traditional dances. These scientists were very connected to nature and their inner spirit and knew some deeper truths of reality.

I have far more confidence in the one man who works mentally and bodily at a matter than in the six who merely talk about it — and I therefore hope and am fully persuaded that you are working. Nature is our kindest friend and best critic in experimental science if we only allow her intimations to fall unbiased on our minds.

Michael Faraday – Britain’s Greatest Experimenters
http://en.wikipedia.org/wiki/Great_Stink
Everything is connected it’s called symbiosis, scientists need to pay more attention to these topics that everyone feels are taboo yet we all do it every day … that is POOP, so let’s rid of our ego and get our heads out of our backsides and do something about sanitation that needs to be reevaluated globally. When I realized 2.5 billion people have no toilet in the world, and continue with open defecation, I realized perhaps that has been a blessing in disguise. At least the earth has been receiving the nutrients it needs from somewhere. Otherwise like the West all the human waste would continue to pollute our waters.

In a time of modern technology advancement, WHY, is the topic of sanitation so low on the “things to improve” for mankind. Who are we fooling? Do we think it is our human right to pollute the living organism (earth) that gives us everything we need for life? Are we so asleep we are not giving any consideration to our children and their children’s needs for resources in the future? Do we realize the products we make with raw materials need to be put back into the earth in the same way? We can no longer keep building waste piles we must awake and balance our consumption and explore innovative sustainable ways to create new inventions.

We are immortal and somewhere in this vast Universe we will be looking up or down (depending on what realm we reach resulting from our own karmic actions), and wonder WHY we didn’t take proactive action on such serious topics. At that point perhaps we will “try to infuse/communicate with our line of ancestors” in the hope they will “pick up on our energy signals” and take action on our behalf to fix problems we created! That is the power of ONE Universal Mind … we are not alone, we are connected to ALL that have gone before us. We are all immortal. They are watching us now and guiding us with their love if we “tune in intuitively and listen to their wise guidance.”

I live in hope that our collective “mental constipation” can be cured so that we can think as ONE and take positive action. Help build sanitation for those that need it, help develop modern day sanitation solutions that factor the entire symbiosis factor of life and let us all stop polluting waters with waste and chemicals. It is OUR collective business to do this work. In addition, let’s not disrespect public washrooms if you or your child made the mess clean it up yourself, because it is YOUR BUSINESSS, why leave it to another soul simply because it is their job.

On a final note on this wonderful topic we don’t like to discuss, we must STOP putting dog poop in plastic bags and baby poop in diapers that contain plastic because is it not suffocating mother earth’s natural breathing mechanism?

Haiti does not have ANY Government based waste disposal infrastructure in place. Much waste is thrown into rivers or lake beds. Since the earthquake rubble has been taken to outskirt towns from Port-au-Prince and thrown into areas where people have no voice to speak up and defend their living space. Some of the rubble even contained decomposing body parts. Please review this interesting article (click) on toxic debris and the sorry status of Haiti since the earthquake.

Sometimes ONE visually “talks” with a student. The presentation on the left is from the Ontario Science Center pointing to human waste dug up from a landfill site after 40+ years in Toronto indicating that since the time of Moses, we have not yet learned the lessons of how to manage human waste.

The waste included glass bottles, newspapers, jeans and a car number plate. If we know waste is not easily decomposed then
why would we continue to pollute the earth? Does Mother Earth not need a little helping hand in the breaking down process? We must become conscious of resources and ensure everything we take from the earth is recycled completely or put back into the ground in the same way we took it out.

It is hard to imagine how mothers have to live in Haiti’s toxic conditions with their young new born children. On the flip side of the developed planet we have a new child being born where it is lavished with gifts and personal comfort that in reality could be ‘toned down.’ Are the hearts of both these children not the same? They both bleed red. Would each of these small young gifts of God not want to sleep in a comfortable bed and deserve a plate of warm food every day?

Haiti and many other countries that need development must be assisted by the developed countries. Education is the starting point. People need to be taught basic life skills and understand their connection to the whole of creation. Man, nature, animals, plant life are all part of a delicate symbiosis process, all connected in the Universe. It’s not rocket science to understand this. Our ancestors knew this very well, we just need to remember again.

This most beautiful system [The Universe] could only proceed from the dominion of an intelligent and powerful Being. Isaac Newton – British Scientist

Children Helped Dig Composting Pit
Experience: Animals Are Very Intelligent – The Circle of Life

The camp had a couple of horses, many chickens, pigs and cows roaming around belonging to local farmers. It was a shame to see children throwing stones at the animals without any form of remorse. Clearly they do not understand that hurting an animal is an inhumane thing to do. Love needs to be instilled into these young minds and it will only come when collectively we take action and recognize that part of us is in them.

The animals are much more intelligent than we give them credit for. A dog or a cat will normally know through “intuition” when their owner is arriving home because they are already at the front door. It was the animals that knew they had to get to higher grounds when the 2004 Indian Ocean Tsunami hit. The greatest talent humans can gain is balancing their own inner energies to enable them to tune into their intuitive nature which will then start to reveal a sense of knowing as it pertains to our individual responsibility for the earth, animals and plants.

He extracted the fourteen jewels, and brought forth the Divine Light. He made intuition his horse, and chastity his saddle. He placed the arrow of the Lord’s Praise in the bow of Truth. In this Dark Age of Kali Yuga, there was only pitch darkness. Then, He rose like the sun to illuminate the darkness. He farms the field of Truth, and spreads out the canopy of Truth. Your kitchen always has ghee and flour to eat. You understand the four corners of the universe; in your Mind, the Word of the Shabad is approved and supreme.

Guru Granth Sahib - 968
Cows are my passion. What I have ever sighed for has been to retreat to a Swiss farm, and live entirely surrounded by cows - and China.

Charles Dickens – British author from my hometown Chatham, Kent.

The animals at the camp looked under nourished. It is interesting that in India, people feed their cows quality feed, (in the good old days for sure) because they knew they would receive quality milk. Indian farmers would also take great care to nourish and ensure the environment was comfortable for the cow. When we operate the dairy farms of modern age, do we give the animals that provide us with so much the same level of nourishment and respect? Connect with animals and understand that it is not a machine but life feeding life; we are all connected as ONE.

How often have you noticed the formation that birds fly in? They are synchronized and typically fly in a V. The hardiest bird takes the lead at the point. With each downbeat of his wings, the lead bird creates a wingtip vortex. The trailing birds sense this nuance in the air and surf on it, which makes their job of flying slightly easier. I have started to observe this is not occurring, could this mean the magnetic field they are connected with is out of balance? I don’t have the answers but I have noticed that birds appear to be flying haphazard at times.

As mentioned earlier an interesting research was done by Cornell University where the flapping of bird wings sounded like violins ... hey I think this sounds like the birds are practicing Simran i.e. praising the Creator with their vibrational flapping wings! Discovery also featured Animal Song Art by Mark Fischer who working with sound frequencies can mathematically through a computing process known as wavelets visually show what happens when birds and whales are "singing into a graph." Check out the story: www.news.discovery.com/animals/big-pic-animal-song-art.html. If birds and animals make these “patterns” surely humans do with our words?

Birds do have intelligence despite the fact we might not believe it. Just notice how sometimes a bird will swoop by your car or as you are walking fly swiftly by you just to grab your attention. Try it. I did not believe until I put a bird feeder in my garden. I then realized birds would come often to the garden. They would sing. You could tune into their little merry dance. So uplifting, it is amazing how the simplest things in life are FREE yet so overlooked.

When you tune into the song of the birds notice how you will begin to see small miracles everywhere. ONE presented such a miracle to my eyes when I was visiting St James’s Cathedral in Toronto. This gentleman was sitting near the garden fountain feeding the birds. He mentioned he fed the bird’s everyday and as you can see they love him dearly and eat out from his hand. I had recently purchased Mary Poppin’s and one of the characters is Bird Lady where she keeps chirping, “Feed The Birds, Feed The Birds!” If you build it THEY will come is the motto. Put bird seeds in your garden and see how the birds will come and give you joy every day.
Bestow the Water of Your Mercy upon Nanak, the thirsty song-bird, so that he may come to dwell in Your Name
Guru Granth Sahib - 13

We are ALL connected on a string in this Circle of Life and that’s not just a Disney Jungle Book fantasy comment, it is real. Even the mystical magical Mary Poppins’ character connects to the circle of life. Did you know the author P. L. Travers (real name Helen Lyndon Goff), was a student of the mystical teacher George Gurdjieff? Gurdjieff taught Eastern spirituality and coined it “Work on Oneself”.

People cannot perceive reality in their current state because they do not possess consciousness but rather live in a state of a hypnotic "waking sleep".

Gurdjieff

Gurdjieff’s teachings addressed the question of humanity’s place in the universe and the importance of developing latent potentialities — regarded as our natural endowment as human beings but rarely brought to fruition.

In his teaching Gurdjieff gave a distinct meaning to various ancient texts such as the Bible and many religious prayers. He claimed that those texts possess a very different meaning than what is commonly attributed to them. "Sleep not"; "Awake, for you know not the hour"; and "The Kingdom of Heaven is Within" are examples of biblical statements which point to a psychological teaching whose essence may now be forgotten.

On the same topic Disney was a student of Thomas Troward. Troward was born in Northern Indian Punjab in 1869 and served the Queen of England as a Divisional Judge. When he retired he studied religions of the world and taught on the power of Mental Science. He gave lectures at Edinburgh University, Scotland. The 2006 and The Secret movie by Rhonda Bryne was inspired by Troward’s teachings.

I mention these teachers because we are here to learn through WISDOM the mystery of “connectedness.” When I learnt Troward was born in Pakistan, it was an inner “feeling” from ONE that I should read his work. The Mary Poppins’s character intrigued me due to her mystical nature, therefore I felt compelled to research who the author was influenced by and hence the discovery of Gurdjieff. The “Feed the birds” song in Mary Poppins’s was by Sherman (Lions Mind) Brothers and happened to be a favorite song of Disney! On a
trip to Disney Land in 2010, I thought I made a mistake and got off the highway, when I looked up Bahia my maiden name was on the street sign. Nothing is an accident but “connections” coming through the Universe of deeper Truths yet to discover.

My Bell Canada Phone Box – Bees Connected and Buzzing!
The journey of life is like stepping stones. If I had not watched The Secret movie I would not have been able to comprehend the deeper spiritual Truths Guru Nanak taught and especially his poetic verse: “Conquer Your Mind, Conquer The Universe.” When we start to become more focused within, our natural instincts start to prevail. I wondered if a disrupted magnetic field might be the reason that bees were nesting inside my telephone box. The humming sound on a phone line is the same sound that bees hear in their nest. ONE starts to “send intuitive messaging” why are you doing this? Sometimes when things are not in alignment with the whole, we must do something (ACTION) to help the situation. Could a possible weakened magnetic energy field be the reason why bees made a nest on a friends Bar-B-Q wooden handle (below) because the bees sensed it was their “normal tree abode?” I don’t have all the answers but I do know this, something needs to be balanced in our natural environment and the quicker each person begins to balance their own inner energies and align with ONE, things will start to improve.

Experience: Machete Knives and Aqueduct Baths – No Fear
Amardeep preferred to shower at the nearby aqueduct surrounded by banana fields in Haiti. I remember he came home one day and mentioned that men were sitting around with machete knives near the banana plantations. Han’s had mentioned he was bathing with his army knife just in case they pounced on him!

Security is mostly superstition. It does not exist in nature.
Life is either a daring adventure or it is nothing.
Helen Keller

Before arriving in Haiti we were briefed that most of the country was corrupt and some areas could be defined as war zones. The real lesson here especially for my son was that of course the local people are going to have a working knife with them if they are working the banana fields as an occupation, it’s no different than someone taking a guitar to work if they’re a musician. If we start to tag everyone as corrupt just because they carry a knife then not only are we falling into the trap of fear but it is very small minded for individuals to make these initial assumptions. Perhaps a better solution would be to better understand a culture first before jumping the gun.

I remember the management of United Sikhs asking me to reconsider going to Haiti. I was told the living conditions were not that great, it was not safe for women, I might have to sleep on stone rubbles and there was limited
toilets ... all the stuff that would typically put someone off. I contemplated for a moment and asked the Director “has any other woman gone to Haiti?” He responded that they had. I instantly knew it was a test by ONE through the Director, testing my courage and fortitude. I told him I was going and that everything would be OK. I did not consult my husband before planning the trip or tell any of my extended family members. My husband did not object once I confirmed the tickets. I knew he would have said something to put me off going if I had told him.

The rest of my family members only knew that I had gone off with my two sons after we had left. And of course, the usual comments came back to my husband. “Oh, why did you let them go?”, “It is so dangerous, you should have stopped them”.

Sometimes when you have to do something, the majority of people will say don’t do it, but sometimes one person will say go for it. You have to contemplate and go with your own heart. Do not let others decide your life tasks or journey. YOU have to break through the FEAR barrier, or sit aside and just watch life pass you by. It is ultimately, a choice only YOU can make. Live life like it is your last day and you will never regret having come into this world.

Have courage, say No Fear and so it will be.

**Experience: Birthdays Are So Overrated in Developed Countries**

My twin sons’ celebrated their twenty-fourth birthday in Haiti. It was probably the most memorable birthday for them because their cake was a coconut plant accompanied by homemade spicy French fries. Simply beautiful and what a priceless experience it was. If we have the opportunity and just thinking creatively imagine giving someone else a birthday experience they might not normally get a chance to enjoy.

**Experience: Haiti Needs to Be Empowered With Right Skills and Infrastructure**

It became very evident that Haitians had a strong desire to put their own hands to work to earn a living and rebuild Haiti. The people I interacted with were not seeking charity, clearly stating it would be a temporary solution. You have to put yourself in the shoes of another. Imagine someone coming along and giving you charity saying “here’s a doggy bag dear”. Wow, all that did was inflate the ego of the giver, and in the long term it did nothing for the receiver unless we help empower them to become self sufficient. To give charity to someone only makes them more dependent on the aid and in some cases lazy to even attempt to do real work in society.

Haitians are seeking empowerment, support and knowledge in areas of solar power (most of the trees have been cut down for cooking fuel), technology advancement especially Internet communication networks, agricultural training and equipment, English and general educational knowledge, water, sanitation and waste management infrastructure and building construction expertise to name a few needs of this country. Many of the buildings that crumbled were not constructed of strong foundational material. Interestingly the buildings that survived were of steel structure such as this Digicel cell phone carrier’s building.

The help must come in a way that will not dominate the Haitians and suppress their free will to make decisions based on their cultural preferences. Locals know their own country engage them as equals. Culture must be understood by all before we all march in with a self domineering attitude. Greed should not be anywhere on the agenda. We must start to live in true essence of service and love.

The billions of dollars that have still not reached Haiti should be distributed through providing services and the contracts awarded to companies (in a truthful manner) that specialize in a particular field, as opposed to giving funding to a corrupt Government where the money will never reach those in need. I don’t think I need to add anything further to this as the proof is in the pudding.
Africa’s problem has still not been solved with charity. Africa also needs empowerment. Dambisa Moyo author of Dead Aid: Why Aid is Not Working and How there is a Better Way for Africa, detailed inefficacy of development aid for poor countries see: [http://www.dambisamoyo.com](http://www.dambisamoyo.com). In the past fifty years, more than $1 trillion in development-related aid has been transferred from rich countries to Africa. Has this assistance improved the lives of Africans? No. In fact, across the continent, the recipients of this aid are not better off as a result of it, but worse—much worse. Know where your dollars are being used. Participate in empowerment service projects personally. There is no other way to do this type of serving, you have to FEEL and extract the “experiences of life.” Simply writing a cheque without the experience will not help you grow within. It is all about the inner work of the heart. All other effort is simply a shadow journey. You heart will expand in ways you could never imagine when you roll up your own sleeves and dig in to work with your equals. Remember we are all the same with different masks.

**Experience: Social Structure Needs To Improve in Haiti**

The United Sikhs food kitchen building was next to an Non Government Organization (NGO) food agency where rice supply was being packed for wider distribution across Haiti. At the end of the day the workers hustled out of the facility and jumped into a truck, and like a herd of animals were sped off with women and men standing in the back (see photo). What really concerned me was that there was no sense of safety for any of the people. I was beginning to get an interesting picture in my mind of the state of Haiti’s social structure and possible injustices in the area equality of pay and even working conditions. Would you want to go to work these conditions?

![Truck pulling out with workers after their work day finished at the NGO rice facility](image)

The location where our food camp was situated was at an industrial manufacturing facility. This location survived the earthquake probably because of solid construction of the buildings. It was a central site where major world manufacturing companies especially clothing companies outsourced their production. I had no idea that a high
percentage of clothing was manufactured in Haiti for the North American market, including products by Gap, Puma and men’s formal clothing i.e. suits.

I started to wonder if Haitian workers were being fairly compensated for the “sweat of their brow”. It is evident through a simple web search that some brands have been taken to court or challenged on fair wages and quality of work conditions for their employees. Haiti does need serious help to implement a proper social structure.

The time has arrived to Live Truth for executives at the helms of large corporations. It is important to see with your own eyes the conditions of the factories and environments where your products are being outsourced from. It is no longer acceptable to take advantage of people for the sake of profits and shareholder value. To practice Truth an executive must know the finer details of his business operation and challenge front line employees for hard core evidence of their findings on equality and sustainability.

Smart purchasers want to see sustainability and an element of giving back to the working communities. Make sure it is not just a marketing “tactic” for shareholder brownie points. Be genuine it will always win. I have been there and done the “bull**** marketing and sales techniques”, most are selling based on lies. We are all accountable for ALL our actions and are bound by the laws (karma) of the Universe already set in motion. What we individually sow is what we will reap. Live Truth, then your heart will not stray down the wrong path.

I love this poetic verse. A simple message that humility will always win over ego-driven (elephant) minds that are disconnected from the real essence of life and Truth.

The Lord is like sugar, scattered in the sand; the elephant cannot pick it up.
Says Kabir, the Guru has given me this sublime understanding: become an ant, and feed on it.
Guru Granth Sahib - 1377

Experience: Temporary Grave Sites

The propane gas supply was running short and we had to purchase refills for the kitchen in Haiti. Eagerly I jumped in the truck and went along for the ride. Outside the shop I noticed more graffiti and my surname OK, it is missing an H but Sanders is good enough. It was a sign because there were stars just above my name and I have a star in my company logo meaning we are all made of stardust and are united. Interestingly I coined a term MOE for Masters of Energy and MOPAC I guess means the pack of energy masters. The word Ken means “range of vision, view sight!” When reading the language of the Universe you have to remember this,
take the first interpretation of the data otherwise you missed the point of the real message. The message is unique to the observer (student) and the sublime mystical essence is evidently present if you are open to communicating with the Formless ONE.

Now here’s the real reason I believe I ended up at this location. As I stood outside the shop observing the surroundings, I noticed a goat appear which sat down outside what looked like a graveyard. I then noticed one of the gentlemen who had come with us go behind the wall and “do his urine business”, yes right in the graveyard area. Wonderful respect for a graveyard dedicated to souls no longer on earth. Just pee in the area in the open, whose watching? Little did he know all our actions are noted!

The look on this goat’s face was ushering - “check this drama out, do you do this Canada?”

I enquired why a graveyard was built so close to a residential area. The response was it is the normal process in Haiti is to book a grave location and after a few years the body is dug up because the grave is resold to someone else! Apparently it is a money making business in Haiti. Now I can’t vouch if this is true other than the Haitian telling me. Of course at this point I’m trying to comprehend what I had just heard. Why bother getting buried in the first place?

If this is the Truth then people need to seriously wake up to this farce and do the right thing. Consider getting cremated in the first place, why not free yourself of burial that way no one can tamper with your body parts after the fact. You’re immortal anyway, so why worry about shoving a heap of flesh underground that will take many, many years to decompose, just look at the Ontario Science Center images mentioned earlier. Be free you fly away anyway.

This body shall turn to dust, and its home shall be a neglected graveyard. You can meet the Lord today, O Shaykh Fareed, if you restrain your bird-like desires which keep your mind in turmoil.
If I had known that I was to die, and not return again,
I would not have ruined myself by clinging to the world of falsehood.
Guru Granth Sahib - 488

Please contemplate deeply within your heart who you are and where you will be in the grand cosmic design. What if you end up surfing, rocking and rolling across the galactic universal highway on a brand new adventure after death? Would you really want your loved ones to be creating a gravestone in your memory and having the burden to spruce up your idol with flowers WHEN or IF they ever remember to visit out of sheer guilt?

In the realm of Truth, the Formless Lord abides. Having created the creation, He watches over it.
By His Glance of Grace, He bestows happiness. There are planets, solar systems and galaxies.
If one speaks of them, there is no limit, no end. There are worlds upon worlds of His Creation. As He commands, so they exist.
I do apologize if these words might sound harsh, but I am presenting a Truth experience. How often have you seen graveyards, where dilapidated graves or headstones that are falling apart? I know I have seen many and that is why I bring this topic up. Life would be so much easier if we all work on developing our inner self and begin to understand we really are immortal and continue our journey through the infinite universe.

Perhaps when we realize this we would be more inclined to give some serious thought to our funeral arrangements while we are still alive and become totally fearless about the topic of death. Imagine not being scared of death and treating it simply as matter of passing through one door to another. Imagine your loved ones knowing that we will all meet again as collective conscious energy!

While you are alive, conquer death, and you shall have no regrets in the end
Guru Granth Sahib - 147

Experience: The Right Education Is Key For Empowering Children

Sometimes we start out on a destination and end up somewhere else thinking it was a mistake. Be vigilant because ONE does not make mistakes and is ever trying to grab our attention to take some action. During one such trip my children and I ended up discovering Jean who operates For A Rising Sun nonprofit in Haiti.

Jean had an inner calling to return to Haiti before the earthquake hit to help “his people”. As a successful businessman Jean had lived and worked in the United States. He mentioned that when the earthquake hit many of the properties surrounding his home shook and collapsed. The earthquake shook his house, but when he realized that his home did not incur any damage, he knew he had been blessed by God to help the children of Haiti.

Jean and his wife opened up their beautiful home and started to serve hot food to children. His focus was not on the parents or adults but to help heal the young souls through love, compassion and education.

Jean told me the story of how the children would appear scared and shy as they stepped through the gates of his home. The look of awe in the eyes of the children as they entered his home was because they had never
experienced such beautiful surroundings. Their normal home might be a shanty hut in the slum or now a tent. Some children came with tattered clothing so the first thing he and his wife would do was clean and clothe them.

Jean was very much in alignment with nature trying to reduce human garbage. He used stainless steel serving dishes to serve home cooked food and snacks that his wife prepared daily, so he could avoid paper or plastic cutlery. The surroundings were rich with green vegetation which allowed the children to learn in a natural environment. He had volunteers that educated the children on various topics.

This is an excellent example of a great soul that heard the inner voice of ONE and took the necessary action to be of service to humanity. His business experience will provide great expertise to a country that so needs his knowledge right now. He is in tune with ONE and understands the children are the future and need to be helped more than anything else in the world right now. He is the Rising Sun spreading his Light in the hearts and minds of young souls who will become leaders of Haiti tomorrow. If more of us do not take action and do what Jean is doing, then who will?

The children are fragments of the Universal ONE. We are all connected therefore; the children are part of me and you too. The impressions a mother can leave on her child are priceless. If mothers are too busy working and not able to provide the love and care a young child needs in their youth, the child will miss out on that love and eventually the “damage” will be visible as the child matures.

Mental stability and nurturing of the inner Spirit or connection to ONE is paramount and THE most important thing adults MUST address in this time and age with their children. Our ancestors knew the importance of inner reflection through prayer and nurturing the family life by eating meals together and sharing with their neighbours.

If your children are sitting alone in their bedrooms then take those laptops away from them. A machine cannot instill core life skills into a child. As an education tool, I love technology but to really connect within you must expose your children to the mysteries of life and nature. The laptop is not a replacement for a human nanny or nurturer. Mothers and fathers are totally responsible for the outcome of their children. Let children become the little explorers they are meant to be. Nature has SO many surprises to reveal to us. We haven’t even touched the surface yet. Life will become more fulfilling and you will begin to wonder what you had been doing your entire life!

*Education is the most powerful weapon which you can use to change the world*

_Nelson Mandela_

The core value system of our ancestors allowed for a more balanced life with no disruptive technologies bombarding them day after day. They had the time to step outside into the world and look upon the REAL 3D TELEVISION . . . Nature. We must help return balance into our budding children or WE as collective adults have failed to sow the right seeds for a successful future of humanity.
Experience: Evidence At The Airport

While visiting the Greek medical hospital at the Haiti industrial site, I noticed a young child and he asked me to pick a card from his deck. I picked the Ace of Spade.

(A) - Airaa: He Himself created the world; whatever He has to do, He continues to do. He acts, and causes others to act, and He knows everything; so says Nanak, the Poet
Guru Granth Sahib - 432

When we arrived at the airport the glass walls of a casino (above) had an Ace of Spade card design and I have now stopped saying “what a coincidence”. Ace is the highest card in a deck but represents the lowest number i.e. 1 or ONE. One is playing the game and showing full presence of how the game of life can be comical if we are prepared to tune into the intelligence surrounding us every day.

The card brand is Bicycle. This brand of Ace of Spades carries another code within the suit. A female is depicted showing her right hand on a sword and shield while she holds an olive branch in her left. The image was inspired by Thomas Crawford’s sculpture, "Statue of Freedom." In 1865, the statue had been placed atop the Capitol Building in Washington, DC. Interestingly the Statue of Freedom’s heraldic shield has thirteen stripes. The image of the female is shown with a heavy Indian-style fringed blanket thrown over her left shoulder. She wears a military helmet adorned with stars and an eagle’s head crowned by a crest of feathers. The national US motto E pluribus unum (13 letters) in Latin translates to “out of many, one”. Note every US coinage carries this motto along with the words Liberty and In God We Trust.

A wonderful symbolism of Liberty and Freedom but we must work towards achieving the reality “out of many, ONE United Family,” because surely “In God We All Trust?”

Be vigilant, a random card pull had a deeper spiritual Truth attached to it. The child at the Greek camp was ONE in disguise playing the game with me. The Formless ONE is always the comical teacher for the ever vigilant student.

He Himself is the school, He Himself is the teacher, and He Himself brings the students to be taught. He Himself is the father, He Himself is the mother, and He Himself makes the children wise. In one place, He teaches them to read and understand everything, while in another place, He Himself makes them ignorant.
Guru Granth Sahib - 552

Experience: My Son Joshua

One of the most profound experiences had been when I returned from Haiti and I received an email from Joshua below. This was a very well spoken and educated young man. We shared many moments chatting about life and his dreams. He is an
excellent musician and plays the flute. In the email Joshua referred to me as his mother. It took a few minutes for me to digest this loving connection Joshua had made with me.

In the Indian culture it is known to be polite to call everyone an aunty, uncle or brother and sister similar to some other cultures. What I was not expecting was someone else to call me their mother and for me to really feel it in my heart. Joshua’s mother is due the credit for raising such a wonderful soul. Without a mother’s love children stray and generations can be lost. This young soul was no wanderer he was aligned with ONE thanks to his mother.

From woman, man is born; within woman, man is conceived; to woman he is engaged and married. Woman becomes his friend; through woman, the future generations come. When his woman dies, he seeks another woman; to woman he is bound. So why call her bad? From her, kings are born.

Evidence: Haiti Is Beautiful It Just Needs Inspired Visionary Minds Focused On Empowering Others

The media can be very deceiving at times. Do not believe everything you see! If we do then we will never ACT. Here are some images that I captured with my camera that will project a very beautiful picture of Haiti in your minds and perhaps give you an inner nudge to go explore and see how you either as a company or individually can inspire and empower this country back to its natural origins. We are all responsible whether you believe or not.
The fragrance of sandalwood in the air is the temple incense, and the wind is the fan. All the plants of the world are the altar flowers in offering to You, O Luminous Lord. What a beautiful lamp-lit worship service this is! O Destroyer of Fear.

Evidence: Look Out - Billboards, Banners, and News Media All Communicate Subtle Messages of Truth

We are all unique in our creative ability and have something special to offer the Universe. The work and tasks we are assigned in this lifetime are part of a much bigger picture. The work is never finished always infinite. I started to recognize and understand WHY I had pursued certain careers it was like a massive dot connection puzzle. We all have talents accumulated and new ones to discover. Serving and empowering humanity to THINK FREE is a key
experience for many of us. In the grand scheme of the Universe, we are working towards becoming highly evolved species. As we learn we must share with others the cycles continue some in physical and others in Spirit form.

When one’s light merges into the Light, and one’s intuitive consciousness is joined with the Intuitive Consciousness, then one’s cruel and violent instincts and egotism depart, and skepticism and sorrow are taken away.

Guru Granth Sahib - 21

Read the sanitation story I discussed earlier and notice how each of the intuitive actions flowed “through me”. I was a former technology and sales/marketing executive. Toilets and sanitation were not my passion, trust me. I tried to ignore the topic with a ten foot barge pole. When the synchronicities kept appearing over and over I eventually could not ignore them www.punjablioness.com. The lion was roaring loud and clear “do this work.”

We all have assigned tasks and lessons to learn while we are here on earth, if we choose to carry them out. Otherwise, round and round the merry go round we shall continue until we get the message. None of us will ever have all the details, but ONE knows best and intuitively the flow of the Universe lovingly guides each one of us.

I mentioned earlier that many news stories have an underlying subtle message of unity. We have forensic experts for crime scenes. How about Unity Forensic Analysis? It is real. Here are some examples.

I took the above photographs in Haiti because the words on the billboard registered intuitively as publicity (say phonetically). Page 1330 in the Guru Granth Sahib alludes to Maya. The word Maya is an Indian term referring to illusion. The word Capitol is often used in the Guru Granth Sahib meaning the Creator is the Banker and owner of the real Capitol. Notice the second billboard in the same photo reads Capitol Bank. All images have deeper truths like a hologram.

The Creator Himself plays all the games; only a few understand this. Meditate on the Name, and the Word of the Shabad, in the early hours before dawn; leave your worldly entanglements behind.

Prays Nanak, the slave of God’s slaves: the world loses, and he wins. The mind is Maya, the mind is a chaser; the mind is a bird flying across the sky. The thieves are overpowered by the Shabad (Word), and then the body-village prospers and celebrates. Lord, when You save someone, he is saved; his Capital is safe and sound.

Guru Granth Sahib – 1330

On the next page the name of the street is Mais Gate … say it phonetically in Punjabi it can mean Maya’s Gate or Mothers Gate. The location of the Haiti earthquake impacted an area called Delmas in Punjabi means “mothers heart”. Another area hit in Haiti was named Carrefour (take care of four corners). The Universal Mother’s heart is crying for her children to heal. We need to “care for mother’s heart” i.e. “Carrefour Delmas” and Unite as ONE.

In this photo the banner reads new style T-Shirts (Truth shirts). A new dawn has risen and we are ALL connected to ONE Universal Conscious Energy representing all four corners of the Universe not just one belief system representing a small corner of the earth. The word KEN
appears again one meaning is “perception, range of vision and view sight, beyond our understanding” with the letter K and arrow pointing downwards represents ONE is in the field of creation not separate, right here right now. K stands for King of the Universe, invisible but here all the same with arrow pointing down.

The four-sided lamp illuminates the Tenth Gate. The Primal Lord is at the center of the countless leaves. He Himself abides there with all His powers. He weaves the jewels into the pearl of the mind.

Guru Granth Sahib – 974

Leogane was the worst hit location in Haiti. Intuitively the word translated as “Leo” as in lion and “gane” in Punjabi as strength, i.e. Lion’s strength. Singh means Lion a name given to Sikh’s by Guru Gobind Singh the 10th Master Guru and Saint Soldier. The idea behind Singh was to instill a “we are all the same” mentality and rid any caste or status dogma based on our birth names. The name Smith could be looked at in the same way, which was adopted by many Europeans who tried to hide their true identity in times of religious, political or clan struggles.

The British have always used rampant lions in their family crests. The Africans have had lions in their storytelling. The Jewish faith has the Lion of Judah, referring to Jesus. In Genesis, the patriarch Jacob ("Israel") refers to his son Judah as a Gur Aryeh. Well just for fun Gur Aryeh sounds like a PUNJBRIT word and actually translates to Guru is the Lion of Truth! In Sikhism a term called “Gur Mantar”, means the Guru’s Mantra – WaheGuru. The recent Australian floods in Bandaberg impacted an area where the Gurang, Gurang aboriginal tribe reside. Gur Ang means a branch of the Guru. Each page of the Guru Granth Sahib is termed a branch (ang) of the Guru.

In reality what does the symbolism of the lion really mean? It personifies Courage, Strength and Wisdom, nothing more. If we don’t have any of those personal attributes within our being, we are not a lion we’re just mere pussy cats, trying to act like lions! My mother WAS a true lioness. She showed courage, strength and wisdom after my father passed away. But that’s another story for another time.

Observe how often you will notice a lion on clothing including the UK Lonsdale brand that incorporate the lion in their logo. Go ahead email the retailer headquarters and ask them what the lion represents. Know what you are purchasing understand the logo’s on your clothing because they all represent deeper spiritual truths. Remember Logo’s also means divine animating principle of the Universe through which all things are made.

Khalsa Aid an International Relief Organization is supporting the needs of children at an orphanage site in Leogane and providing fresh water construction projects to the area. When I mentioned the sewing machine synchronicities, they told me that one of the orphanage sites was located in a former sewing factory! We are ALL connected to the same ONE Intelligence guiding us. When I watched this United Nations Leogane YouTube (click) video, I noticed the first gentleman in the video with “MAKE 7” logo on his T-shirt. 7 in Punjabi said phonetically is SAT which means Truth, i.e. Make Truth. Interpretation is that Haiti needs to start living in alignment with Truth and not corruption. Positive “energy” needs to be infused into Haiti through Love.

EK OMKAR SATNAAM - ONE CREATOR TRUTH IS THE NAME

Guru Granth Sahib - 1

Advertisers are picking up on the Truth “consciousness” but not applying it to reality. Truth is Truth it is ONE. As an example the Lean Cuisine The Book Of Truth
campaign made me laugh because do you think a cooking book is the real Book of Truth? You are Truth.

Look at the photo on the left representing Docker Jeans. Notice the words. Behold the Second Dawn of Man. Do you really think the message is about jeans or the dawn and awakening of humanity and a fresh new era of living Truth? The signs are everywhere just notice and you too will start to “see” and hear the ONE playing this wonderfully orchestrated drama of Truth. You’ll love it!

If all this data is hard to comprehend, that is OK. Perhaps it is not your time to understand such language. Who creates all the languages anyway? ONE. Who plays the drama of the Universe? ONE. Who creates the comedy of life? ONE. If suddenly a logically minded individual that sold high end security technologies (NexusAir) to Federal Governments of Canada and US, is getting instinct flashes of a “unique but comical lingo that incorporates Punjabi and English tongues into a new coded language who am I to question it? The experiences are real and I will not deny them.

If all words, images and logos appearing around us are resonating a subtle “coded” message that could perhaps awaken humanity to higher truths in relation to current affairs i.e. earthquakes, coal mine disasters, oil spills, car recalls and the like would you not want to know if we are all ONE? With my background in advertising, marketing, security, forensics, biometrics, telecommunication networking and critical infrastructure protection my mental makeup was being programmed to “catch” anomalies. This is not mumbo jumbo pie in the sky hallucination information after a dose of “magic mushroom!” It is real, right here in the world and measurable if need be. Truth is Truth and the creative intelligence of ONE is IN the creation and playing with us. It’s time to wake up my friends.

The world is fascinated with Ian Flemming’s James Bond Agent 007 character and all the latest cops and robber TV programs. How about Mission Impossible and all the other Secret Agent mysteries we love to get sucked into. What if a “real life mystery game” has started to unravel for humanity? Are you prepared to play a real adventure called Mission Possible YOU, Get in Action? Are you prepared to step into your Fear Factor and play the real movie stage in Haiti, Pakistan, your local community or anywhere else in the world that you fancy? Why would you not want to know your true origin and get closer to IT in this lifetime and start living the ACTION life in High Spirit?

I mentioned earlier the number thirteen keeps appearing in news media articles. Here is another example. The Pakistan flood news covered a story in the area of Nowshera translated means “Now Lions” with 13 stranded Sikhs on the rooftops. Do you see the underlying synergy happening here? I have no doubt that the Formless ONE is communicating and the only message I see and read is Unite in the name of Love because Humanity is only ONE.

Life is about nurturing and feeding the Spirit which is formless. I was born into the Sikh faith but in all honesty if religious garb and rituals take away the key message and purity of the original teachings of the Sikh Guru’s, I’ll pass on that. Sitting with fellow brothers and sisters and rejoicing life is a good way to raise our energy together, that is what our temples are for. Then we need to take the inspired teachings and get out in the world and take action as we are “directed.” You will get clear instructions from within and KNOW what you are here to do. Do not fear.

I am a Citizen of the Universe trying to share in the best possible way some Truths that are being ignored or not communicated well to the world. We are immortal and must pursue and realize this Truth. We have a team in the Universe called Team ONE and it is “communicating” through subtle visual signs to help us all Unite as ONE.

Experience: Our United Cultural Connections & Power of ONE
Governments never questioned the coded lingo used in the time of wars, because they needed it to fight wars. What if the Universe or Team ONE now needs us to listen up for Unity? It was the Navajo Indians known as the Code Talkers that developed an unbreakable and highly sophisticated native spoken language that the Japanese were unable to break. This helped the US Marines (left) in World War II. Navajo was an unwritten language of extreme complexity and because of this they had memorized the entire codes!

It makes you wonder how they could store that much data into their MINDS. The level of consciousness of the Navajo Indian’s had to have been superior because oral remembrance of traditions was taught to the children at a young age. Guru Gobind Singh was not only a Sikh Guru (Enlightened Master) but a military leader, freedom fighter, scholar, father and a master poet. He wrote out the entire Guru Granth Sahib 1430 pages from memory in a time when most people could not read or write. This could only have been possible because his consciousness was connected to a superior state or ONE Source. These abilities are within each of us but we have not “activated or worked on our inner self to awaken” our full potentialities. Meditation and remembering the Creator or ONE is the KEY that will unlock our true abilities. We really are much more than we think.

If I had 100,000 tongues, and these were then multiplied twenty times more, with each tongue, I would repeat, hundreds of thousands of times, the Name of the One, the Lord of the Universe.
Guru Granth Sahib - 7

Do I feel a personal connection to the Native Indians or people of other cultures outside of my own? Absolutely because we are all ONE and the more I study the Native Indians and their beliefs, the more I am realizing they shared many core values that our ancient ancestors taught i.e. Belief in respecting the Great Spirit (Creator), respecting elders and caring for them in their old age, nurturing of children, recognizing everyone as a brother, sister, mother or father, sharing of their personal possessions with others and finally when a promise was made they would honor it with respect. Small signs occur that connect your personal story to others. When I learned that Native Indians would give blankets as gifts it reminded me of how Sikhs would give blankets at wedding too.

On another occasion I was invited to a multi-faith conference. A lady sat across from me in the lounge and I noticed her hair was piled on top of her head like Sikhs that wear turbans, only she had no turban. Intuitively ONE nudged me “ask her why she has her hair like that.”

I tried to ignore the “silent” inner nudge, but eventually I knew I had to ask. “Catherine I hope you don’t mind but why do you put your hair on top of your head like that?” Yes just like that, I spoke up without fear. Do you know what she did? She smiled and opened up her hair and it flung to the floor just like Rupunzal the fairy tale character! She had the longest hair I had ever seen. She told me that Native Indians deem hair as very sacred and if they drop a single hair they pick it up. WOW, perhaps the Sikh Guru’s knew some deeper Truths about hair that we as collective humanity have still not figured out yet. Guru Gobind Singh said the hair was a “gift” from the Creator and to ensure it was protected. Animals are connected to ONE because their intuition is always alert.
Could the hair of the animals be the energy factor that keeps them connected to ONE’s intelligence? The Mona Lisa has no eyebrows or eye lashes. DaVinci knew deeper Truths. The clues are all here for the right explorers!

**Experience: Mind Your Energy It Does Matter**

Inspired by Einstein’s use of the word “matter” in his E=mc2 equation I used the word in my company’s tag line i.e. “Mind Your Energy. IT Matters.” Einstein’s intrigue with nature evolved into experiments with electricity, magnetism and the phenomenon of light. Did you know Einstein was also impressed by Eastern philosophies and spoke on the existence of a higher intelligence? Einstein met with Rabindra Nath Tagore who was impressed by Guru Nanak hymns and Guru Gobind Singh’s work. Note the 222 page of interview with Rabindra Nath Tagore!

“The really good music, whether of the East or of the West, cannot be analyzed
I believe that whatever we do or live for has its causality; it is good, however, that we cannot see through to it.

The Religion of Man (1930) by Rabindra Nath Tagore, p 222

“You may call me an agnostic ... I do not share the crusading spirit of the professional atheist whose fervor is mostly due to a painful act of liberation from the fetters of religious indoctrination received in youth. I prefer an attitude of humility corresponding to the weakness of our intellectual understanding of nature and of our own Being.

http://en.wikipedia.org/wiki/Albert_Einstein

I believe in intuition and inspiration. Imagination is more important than knowledge.
For knowledge is limited whereas imagination embraces the entire world, stimulating progress, giving birth to evolution. It is, strictly speaking, a real factor in scientific research.

http://en.wikiquote.org/wiki/Albert_Einstein

Soon after I used the” Matter” tag line, I realized that Expedia (airline) were using the same word i.e. Where You Book Matters, CIBC Bank “For What Matters” and other advertisers started popping up with the same “word.” We all have access to the same information and like a daisy chain it all connects back to the source or ONE. Imagine doing a Google Word Search which dips into a massive Internet database and throws out millions of times that “word” has been used. In the same way when we “speak” or “think” of a word our invisible database or the real “inter-net inside us” is connecting the Universal database dots, subtly hoping someone has caught on to the game!

When I arrived in Haiti the truck sign (next page) with the word MATTER caught my eye. I will let the reader make their own assumption on this evidence. Do you not think it is an odd sign or piece of evidence to appear in Haiti?

What fault is it of the young souls that have to now suffer due to our previous misaligned energy lessons in life?
We are all inside each of these children because if there is only ONE, we are all connected. We must all raise our consciousness to comprehend that we are not our colour, name, religion, tribe or country but simply part of ONE Light that really matters and is LOVE.
He Himself created Shiva and Shakti, Mind and Matter; the Creator subjects them to His Command.
Guru Granth Sahib - 920

When a hairdresser proposed hair cuttings to be used to suck up the BP oil spill I noticed the bucket had the word “MATTER” on it. I researched and realized it was part of an organization called Matter of Trust (www.matteroftrust.org). Here again we have another “sign” from ONE or deeper Truth that hair does perhaps matter, humanity have just not figured out why.

READ THIS FORENSIC EVIDENCE CAREFULLY and Don’t Shoot The Vigilant Dot Connector!
The story “Hair Dresser Donates Hair to BP Oil Spill” from the BBC in the UK (click to read story) was an eye opener and below I have connected the subtle dots. The main “forensic keywords” from the article are:
1) 6 Feathers Salon – 2) Matter of Trust – 3) Braintree Branch – 4) Jeff Letter – 5) Hair Lift Project and finally 6) 370,000 salons participating in the Hair Lift project. Here’s the translation of the “real” message:

1) The feathers reminded me of when Guru Gobind Singh (Warrior Saint Soldier) was gifted with 5 feathers of a powerful bird. He strung them on his arrows and shot them into four corners and one up in the air. He then asked his Sikhs to go find them. When they were unable to retrieve them he explained that just like the powerful birds of the sky, the arrows returned to their origin (metaphor birds as angelic beings residing in the Creators sanctuary), in the same way the Mul Mantra, Gur Mantar and Gurbani (Truth Teachers Word) has the Divine Powers to connect Spirit driven people back to the sanctuary of their Creator. What about the 6th feather (6 Feather Salon?) Put a “Feather in Your Cap” is an old British saying referring to Warriors who would put feathers in their head-gear after winning wars. Now refer to the photo on page 65. The K with an arrow pointing down means KING right here in the creation. Sikh’s were given Five K’s as sacred symbols, I really do believe a new positive Formless Conscious energy has risen!

2) Matter of Trust – Life is a Matter of Trusting because Truth is the Formless Creator and will always prevail.

3) Braintree Branch - all the pages in the Guru Granth Sahib are defined as ANG’s which mean branches and the words of wisdom have the potential to nurture and connect the Brain back to the ONE Tree of Truth.

4) Jeff Letter – Jeffrey means God’s Peace. The surname “Letter” reminded me of the Zafarnama letter which in Persian means Declaration of Victory, written by Guru Gobind Singh to the Emporer of India to remind him of the broken Oath he took on the Holy Koran. The letter reprimands human weaknesses and leadership excesses. A promise is a promise and cannot be broken especially if taken using the Creators Word. Of the 111 verses 34 Praise the Creator. In summary the Creator is Victorious and as humans need
to realize that the Formless ONE is operating through us and therefore, Peace and Unity must prevail on earth. There is no war only the war within our own minds. Lies and greed will no longer rule. Everything is being monitored and watched, just note your own evidences and see, feel and realize for yourself!

5) Hair Lift – reminds me of ladders. I keep seeing ladders everywhere and there is a Canadian brand called [Featherlite, Build on Trust](#). We are to LIFT our consciousness connect and believe in the ONE Formless Creator and perhaps the hair is the “electrical current” and communication link that binds us all.

6) 370,000 Salons in Hair Lift campaign – The Hindu Vedas teach the Kali Yuga or age of ignorance is 370,000 years and still far away. The word “salons” sounds like “years” in Punjabi phonetics. Kali Yuga is simply darkness of the mind and is no longer true. Also note it was 370,000 years after the big bang when an afterglow occurred and the first atoms formed. On January 22nd, 2011 a Roman [lamp](#) was auctioned at Christies! 370,000 appears to be a SIGNS number, do a search [370,000 Chrysler Cars Recalled](#)

No one lights a lamp and puts it in a place where it will be hidden, or under a bowl. Instead he puts it on its stand, so that those who come in may see the light

Jesus

I am a sacrifice; I am forever a sacrifice, to my Friend and Intimate Divine Guru.

When I could not be with You for just one moment, the Dark Age of Kali Yuga dawned for me.

Guru Granth Sahib - 96

This is how powerful the Universal ONE is. I had completed an update to this document on January 6th, 2011. On January 7th, 2011 I awoke at 3:15 am for morning meditation and was inspired add a few more examples of how “intelligent energy” is everywhere. I checked my email first and below a FANTASTIC SUBTLE EXAMPLE that Energy Does Matter! Take note of your clues and you too will realize the Game. Forensic Email Evidence:

1) 2.22 am – connect this with the 222 synchronicity earlier in this book

2) Matter Energy is now following me for Tweets on Twitter!
I have shown many examples in this document of how comical the Universe is. Fear could stop me revealing this information, an inner knowing is saying DO IT ANYWAY, who cares at least it will make people laugh and THINK! No one likes change, but change is the name of the new Game of Love - Part 2. We can transform easily with a simple change of heart and belief in ONE Formless Eternal Creator, a light we must each seek within us.

The Universe is full of connected energy. When the words Twitter, Gigabit, Bluetooth were invented did anyone laugh and say how silly? Of course not we just plod along and accept new creations. Languages are many and finally just like humanity everything in the Universe is being fused back to ONE. Hey look even KAR, sorry CAR logo brands have ONE’s hidden humor e.g. Ford Fusion or how about Kia Soul (that means WHAT IS SOUL in Punjabi!)

Look at Google’s standard header: https://mail.google.com/mail/?shva=1#inbox - SHIVA = 1# - I hope Google are not worshipping the Hindu Shiva Godhead, because it is Formless ONE operating the Internet too.

We must all care for the children as they are the future. Imagine being able to comfort children with the knowledge they are not alone and allowing them to discover their own life path clues. What a great way to uplift the young souls who so need some form of hope in the age we currently live in. We must mentor them on spiritual matters. Do not turn a blind eye and take the attitude “it’s their karma and they need to work it out”. This attitude has been fueled by outdated ancient spiritual teachings that people still continue to believe as the Truth. It makes no sense at all in this time and age. What type of heart do we have if we take that attitude against the ONE family of the world?

Yesterday has disappeared. The only real moment is the present. As for tomorrow, I have no idea if I am going to wake up. Focus on the now. Spiritual masters have come and gone teaching us to “seek our own inner light.” It is the work that every previous Master questioned, tested and acted on. Now each of us must do the same work.

Says Nanak, the Guru has rid me of doubt.
The Muslim God Allah and the Hindu God Paarbrahm is ONE and the same
Guru Granth Sahib – 897

The Sikh Guru’s uplifted the down trodden societies because they knew they were ONE. If ONE is subtly in the creation, then we feel from the heart that we need to get involved. We are not the Infinite ONE but must allow the intelligence of the formless ONE to work through us, so the hands and feet can do the real “work.”

When reading visual impressions just try and remember, the Creator IS in the Creation, i.e. we are fragments of the whole but within each of us ONE is playing the drama. If we are “awake” we will enjoy the journey. From one light we all sprung. We are all made of energy atoms but the Creator is beyond all forms therefore, we should be curious enough to at least ask a simple question “who is holding this massive picture together called life?”

As you continue the path of developing your inner being you will start to understand the intuitive messaging system. Everything will start to fall into place and you will start seeing the Master Puppeteer working through each of us and giving YOU personal visual clues proving that the ONE intelligence is dispersed IN the creation!

There are six schools of philosophy, six teachers, and six sets of teachings. But the Teacher of teachers is the ONE, who appears in so many forms. O Baba: that system in which the Praises of the Creator are sung-follow that system; in it rests true greatness
Guru Granth Sahib – 12
Experience: Haiti Needs Spiritual & Mind Empowerment

ONE is subtly communicating through graffiti art in Haiti. This photograph might appear as a normal piece of graffiti but when I intuitively observed the full image I noticed it was painted outside a Canadian Army Camp which personalized the image further as I reside in Canada. The eye was another connection as I was involved in Iris Biometric security and reminded me of the “all seeing eye” of ONE – “the iris is the window to the soul.”

Canada has been in Haiti for several years providing security and peace keeping services to the country. The second picture had the word “Simrus.” The word reminded me of Simran i.e. meditate and Praise the Creator. When we nourish our Spirit we begin to realize that the only war in the world is the one “inside of us” not outside.

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.
Galatians : 5:22

To put the above statement into the context of modern day lingo, our mind is like a computer and needs daily virus scanning. Remembering the ONE is not just an affair we remember on religious days i.e. Thanksgiving, but should be a daily and even moment by moment process. We must make conscious effort to develop our spiritual nature and connection with ONE. Why would you not want to KNOW and experience the invisible ONE who holds your atoms together?

Meditation on God is the medicine to cure millions of illnesses.
My tantra and mantra is to meditate on God. Illnesses and pains are dispelled by meditating on Him.
Guru Granth Sahib Ji – 866

I once heard a wonderful analogy that the human species has been hit with spiritual amnesia when we arrived on the planet. As a collective humanity we now just need to “re-member” ourselves back into the Game of Cosmic Love. The ultimate destination is the Realm of Truth, which is obtainable in this lifetime, i.e. merging our souls back with ONE whence we came from. How is this possible? Listen to your intuition, watch and hear in full awareness and then take the necessary actions to fulfill your mission and plan for this lifetime. You will know why and what you are here to do and you will have inner spiritual “illuminations giving you guidance” combined with outer experiences.

Sikhism teaches we must listen to the Guru’s Hukam or Cosmic Divine Order and also referred to as total Surrender to the Divine Will or the Creators Plan very similar to other faiths and cultures. Walking this path will require no fear and total trust in the Infinite ONE guiding you to live a life of joy and good deeds for the betterment of ALL.
The rays of light merge with the sun, and water merges with water. One’s light blends with the light, and One becomes totally perfect. The Soul is the Creator of the expanse of creation. Without God, I know no other at all. He himself is the Creator, and he himself is the enjoyer. He created the creation. Prays Nanak, they alone know this, who drink in the subtle essence of the Lord.

Guru Granth Sahib

It is important that you learn yourself because only YOU are responsible for YOUR own spiritual development. You cannot pay someone to do this work for you. In the recommended reading list The Teachings of Michael emphasizes to pick the right resources because whatever “level of spiritual progress” a book author reached in his/her journey that is the level of Truth they are teaching from. Trust your inner self for your journey.

Psychics, crystal balls and tarot card readers will lead you astray don’t even go down that route! The Teachings of Michael (remember this book came to me as part of the 222 experience) refers to seven spiritual realms each with many levels to complete. Note the teachings also indicate THEY ARE NOT THE WAY, only teachers helping humanity from realms higher than ours. Guru Nanak indicated millions of realms in the Cosmic Universe for performing various deeds. The ultimate goal to merge back to ONE in this lifetime so we are not second guessing our cosmic destination or port of arrival.

During a trip to Canada Deepak Chopra mentioned on The Hour show that “Karma is a bitch!” Make sure you pick the right deeds to pursue in this lifetime. Guru Nanak taught if you attach yourself i.e. mind, body and wealth to the Guru’s teachings and carry out the intuitive instructions, past karmic de-merits can be wiped out. This is VERY hard, I know, but doable if you sincerely desire to walk the path of the Ultimate Truth. Nothing is ours, it is all ONE.

Meditate and listen to the Name of the Lord, and give it to everyone. In this way, the filth of lifetimes of karma shall be removed and egotistical pride shall vanish from your mind. Sexual desire and anger shall not seduce you and greed will depart.

Guru Granth Sahib page 135

In Sikhism there are five stages of spiritual progress leading man to Truth. The five top domains of consciousness (Khands) a Truth Seeker should aspire to reach are:

1. Dharam Khand: the realm of righteous actions and duty
2. Gian Khand: the realm of knowledge
3. Saram Khand: the realm of spiritual endeavor
4. Karam Khand: the realm of grace, and finally
5. Sach Khand: the merging back into the realm of Eternal Truth.

The Sikh Gurus teach us that we are born with Five Thieves and our mind and spirit are constantly being attacked by the Five Evils – Kam (Lust), Krodh (Rage), Lobh (Greed), Moh (Attachment) and Ahankar (Ego). A seeker of truth needs to constantly attack and overcome these five vices. The Sikh Gurus taught the Sikhs to develop and harness positive human qualities which lead the soul closer to God and away from evil. These are: Sat (Truth); Daya (Compassion); Santokh (Contentment); Nimrata (Humility); and Pyare (Love).

When we are connected within or our heart center and source energy of ONE, our mind is balanced and we have less chances of making mistakes such as running corrupt governments, suppressing people of their rights, freedom and general violence and corruption in society.
As a result of continued suffering or negative energies the minds of children are being instilled with what they physically observe and take as their ultimate reality. These childhood experiences create adults with darkness of the mind resulting in what we are seeing around the world in the forms of war and general disharmony creating an unstable humanity with “stagnate mental programmings.”

An example of stagnant mental programming aligned with the term “history repeats itself” is evident when I realized there were forty (40) martyrs in Sikhism, 40 England and Wales Martyrs and to top that 40 martyrs of Sebaste in Armenia (forty Catholic Roman Soldiers who preferred to die in a frozen ice pond than renounce their faith). I started to wonder could these people be the “same energy bodies” repeating the role over and over to perfect the masterful game. The Messages from Michael book by Chelsea Quinn Yarbro indicates martyrdom as “highly ecstatic experiences” in the Spiritual realm. Hard to believe I know but go figure that one out.

Perhaps another fascinating realization for me was Guru Gobind Singh’s comment “every hair on your body is a gift from the Creator”, compare this to Matthew 10:30 “even the very hairs of your head are all numbered.”

I have realized that the world at large needs to help heal the human Spirit and collective ONE consciousness by the process of unconditional love, forgiveness and meditation on ONE. Only through our mental healing can humanity move forward. The right self empowerment resources must be accessible to people that need this help right now and especially the youth. There is some fantastic work done by Sir Ken Robinson on Human Creativity in Children watch his video online to better understand the direction youth education should be steered.

One day I had some problems with my Internet and the telephone engineer suggested I unplug the modem from the power supply. When this did not work I reset the modem which connected back to the POP (Point Of Presence) at the central office (CO). This did the trick but in the same way we need to connect and reset back with POP too!

Many successful business entrepreneurs and Government minds have practiced success strategies and personal belief training including the mastering of the mind. Napoleon Hill studied all the great successful business minds of the past and spent over 20 years on his work. He was mentored by Andrew Carnegie (his first job was in a bobbin factory and his father was a weaver, another sewing dot!) who became one of the richest men in the world trading steel. He used his wealth to build libraries across the world; he left a worthwhile legacy for future generations.

I often wonder why this type of empowerment information is not widely taught in the public school systems. I guess ignorance, greed and power are the motives however, when we all get a better understanding that we are all ONE United Family I am confident things will change. Napoleon Hill became the advisor to President Franklin D. Roosevelt from 1933-36. "What the mind of man can conceive and believe, it can achieve" was one of Hill’s trademark expressions.

The books mentioned at the end of this document discuss how negative energies are part of the mental patterns we are born with from previous incarnations. These negative energies can create destructive scenarios in the Universe. I know this information was beyond my comprehension all the same read the suggested books and make your own decisions. Do not rely on the recommended teachings as your final truth though, they are only being suggested to help the reader understand the depth of spirituality and scientific explanations of how atoms and energy interact in other planes of reality. Many scientists have accessed these resources but no one openly talks about it. Why? Fear of what other people will think. Fear that people will tag them as quacks. Face the fear and do it anyway, you have nothing to lose and the Universal Team ONE has a whole lot to gain which we are all part of.
Just remember, the “writings on the wall”, be vigilant the signs are vibrating conscious energy. The creator lives in the creation, so why did the creator paint the below graffiti on a Haiti wall? Here’s is my interpretation. Phonetically Zekle sounds like “the play”. X represents four corners (X also means 10), and P for Pappa meaning father see below from the Guru Granth Sahib - The Poet’s Alphabet:

23 || Pappa: The Supreme King, the Transcendent Lord, created the world, and watches over it. He sees and understands, and knows everything; inwardly and outwardly, he is fully pervading.  
Guru Granth Sahib – 432

Waaho! - You are Great, and Wondrous is Your Will. Whatever You do, surely comes to pass. Nothing else can happen. The buckets on the chain of the Persian wheel rotate; one empties out to fill another. This is just like the Play of our Lord and Master; such is His Glorious Greatness. Following the path of intuitive awareness, one turns away from the world, and one’s vision is enlightened.  
Guru Granth Sahib – 1329

As explained earlier I kept experiencing Game Part 2. A brand new TV show launched in Canada in March 2011 called Endgame (click). How can we ALL be using the theme GAME? When our spiritual awareness starts to expand we resonate with the ONE Intelligence. To further validate the above image, a cruise ship called Clelia II was hit by heavy waves (click) and lost an engine in the Antarctic in December 2010 and note the ship in above image. Clelia II in Punjabi translates phonetically to “Play 2”. You may also begin to notice certain symbolic numbers occurring over and over. There were 77 crew members on board the Clelia II ship see below quotes.

Says Nanak, in the second watch of the night, O mortal, the fullness of youth tosses you about like waves in the storm  
Guru Granth Sahib – 77

I remembered my songs in the night. My heart meditated and my spirit asked: “Will the Lord reject forever? The clouds poured down water, the heavens resounded with thunder; your arrows flashed back and forth. Your path led through the sea, your way through the mighty waters, though your footprints were not seen.  
Psalm 77

ONE uses many methods to “get the message across” that we are all part of everything and just like the song the children were singing in Haiti “Happiness runs in a circular motion, thought is like a little boat upon the sea.”
The veil of illusion has finally been lifted to comprehend the deeper Truths of reality and an era to read the SIGNS for guidance, because every faith system advises there are subtle “signs” of the Creator or Universe.

**Recommended Reading – Yes We Are Being Watched and Monitored**

After many personal experiences I am convinced ALL our actions are being noted and always have been, we just did not know or want to acknowledge the fact. After I started to personally evaluate the security work I had been involved in, it dawned that we might be deploying this entire security infrastructure across airports in the world, which we monitor with all our specialist experts, BUT who is watching or monitoring us? Contemplate on that. ONE has visibility to the entire creation and hopefully this document sheds some light to that fact. Guru Nanak and the Sikh Guru’s along with Saints from various backgrounds knew this.

> You have searched me, LORD, and you know me.  
> You know when I sit and when I rise; you perceive my thoughts from afar.  
> You discern my going out and my lying down; you are familiar with all my ways.  
> Before a word is on my tongue you, LORD, know it completely.  
> You hem me in behind and before, and you lay your hand upon me.  
> Such knowledge is too wonderful for me, too lofty for me to attain.  
> Psalm 139

I am going to outline three resources for the reader to contemplate and study on their own accord if the desire is there. Once I reviewed the material below I knew Guru Nanak’s messages represented deeper Space Age Truths because he experienced them over 500 years ago. The books mentioned below indicate past lives, karma, reincarnation, multi dimensions of reality and the ultimate life goal to journey back to immortality or ONE. The Eastern countries have known these fundamental Truths, I was born in the West and had to learn the hard way even though I was born into an Eastern culture. But it was all part of TEAM ONE’s Plan, I understand that now.

Everything happens at the right time. If you think all this information is hocus-pocus, that’s OK too, perhaps it is not your time or choice to learn, I’m just completing an action item on my “things I must do” in this lifetime.

1) **Messages From Michael**

Messages From Michael is a book about a spiritual being that was channeled. Now bear with me, I did not go and buy the book but the Universal ONE knew I needed to read it and share the details of reincarnation and karma. It was an interesting read. I was surprised to read about karmic ribbons that each individual soul has been building up over many, many lifetimes (millions in some cases). The book elaborates that the ultimate purpose of life is to unite back with the ONE Infinite Immortal Soul or the Tao (Energy) - “In the beginning is the Logos and the Logos is the Tao” – Logos replaced Word for modern day terminology – page 77. To the Greeks the Logos was the controlling outer force of the Universe. The book states there is no evolution on the Tao level.

Michael Teachings further indicates that there are opportunities to burn karmic ribbons in a particular lifetime and an accelerated process to eliminate karma by way of total surrender to the Immortal Soul or to the Will of ONE. People engrossed in the physical world that spend no time on developing their spiritual side, continue to accrue karma and be reincarnated, without realizing!

Interestingly Michael refers to Jesus as “the man you call Jesus”, meaning it is not his original name. They also indicate no virgin birth and that the original message of Jesus is highly distorted. The book also mentions Jesus was highly influenced by the teachings of Epicurus who taught the universe is infinite and eternal.
A key factor of the book is that “whatever level a Teacher is teaching from” is the Truth they are presenting. Therefore find your own Truth without relying too much on others, AND be FREE of religious dogma and rituals.

NOTE: Michael Teachings emphasis they are NOT the WAY to Truth but teachers for those that are seeking.

When I read the Michael Teachings, Guru Nanak’s mystical experiences around the cosmic universe made sense. He wrote of millions of universes and realms and that mankind have continued to be caught in the trap of reincarnation. What we have been sowing is what we have reaped. Further Guru Nanak came with a message for humanity that karma can be avoided (merits or demerits can be erased in this lifetime by Grace), IF an individual sincerely decides to Live Truth by way of total surrender to the Infinite Creator or ONE.

He formed the planets, solar systems and nether regions, and brought what was hidden to manifestation.

Guru Granth Sahib - 1036

2) Jesus The Mystical Years

The second book Jesus the Mystical Years, came to me by the lady that came to view my house and tied in with the 222 synchronicities. NOTE: Sylvia Brown uses her spiritual guide as the “information source.” The book indicates Jesus’ journey through Europe including England of all places! Apparently Jesus did not die on the cross or rise again from death. According to this book he spent much time in Paris, France and traveled to India. Mary Magdalene was Jesus’ wife and he had children. Jesus respected and honored the women in his life and involved them in his teaching about God the Father who is loving, compassionate, and kind.

The book confirmed “many versions” of the Truth keep surfacing. Who do we believe? Seek your own WAY.

3) The Eternal Validity of Your Soul

The Eternal Validity of Your Soul by Jane Roberts was also channeled material of a being called Seth. He spoke of having had millions of births. He also indicated that people are born in teams and come to learn specific lessons on earth. Teams recreate experiments in cities and plenty of clues have been left for humanity. His comment “there is no eternal rest for the lazy” meaning people must spend time to develop their spiritual side, sooner rather than later. Also things we accumulate or are drawn to represent symbolism i.e. Mona Lisa or Egyptian art etc, representing past mental history or programs reminding us of deeper Truths of our real essence and potential lessons and goals for this lifetime.

What really interested me about this book was that on page 23, Seth eluded that there was a “musical realm” which he had no knowledge of. This really caught my attention because the Guru Granth Sahib is a composition of poetry, but the Gurbani (Guru’s Word) are intended to be sung. Guru Nanak often sang his words of wisdom during his travels across four corners of the earth. His minstrel Mardana had a rebab (stringed instrument) with him at all times. Seth also refers to the intelligence as All That Is and that we are immortal seeking The Way.

“Consciousness must show itself, however it cannot unbe. It is not physical it must therefore show its activation in other ways. In some systems for example it forms highly integrated mathematical and musical patterns that are themselves stimuli for other universal systems. I am not very well acquainted with these, however, and cannot speak of them with any great familiarity.”

Seth – The Eternal Validity of Your Soul – Page 207
“Scientist do not explore the “nature” of an atom they only explore characteristic of atom. You understand there are spectrums of light, so in same way there are spectrums of matter. There are many dimensions of reality that we choose to ignore them within our own space of reality.”

Seth – The Eternal Validity of Your Soul – Page 234

The Seth material mentions that Jesus exists as “part of” the Christ entity. Christ entity incarnated as three individuals: John the Baptist, Jesus of Nazareth and Paul or Saul of Tarsus, this differs to the Michael Teachings who indicate the immortal soul manifestation through: Lao, Buddha, Jesus (not real name) and Krishna.

Remember do not follow these materials as final Truth for YOU. Connect within your heart with whatever practice you feel comfortable with but make it ONE Formless and see what IT wants to reveal to you. Your journey is unique and will become fascinating if you simply allow it to unfold, but be vigilant to notice.

More Summary Evidences of ONE Setting the Movie Stage

As mentioned earlier ONE tries to connect in many subtle ways. The connections are very, very subtle. Ancient books of wisdom have indicated towards “The Hidden Mysteries” or the “Veil of Illusion” covering the eyes of humanity from Truth. Look at the entire creation as a movie set. Each one of us is interweaving with another, dropping clues here and there without us noticing if we are not aware. The ONE is the masterful Director operating the Movie Camera’s. I realized that even movies have hidden subtle messages.

Eat, Pray, Love as mentioned earlier was a movie with Julia Roberts. I noticed many “clues” in the movie communicating deeper levels of Truth. The most interesting clue was the headline news while Julia was eating breakfast in Italy and the word “Obesita”, in Italian (means obesity), but my instincts immediately translated as “O BE SITA.” Sita as mentioned earlier is an Indian Goddess of virtue and patience. Her “character” personifies the ideal woman and should be reflected upon by women who desire to find inner strength through courage.

Women are given great importance in the Sikh teachings and even Guru Gobind Singh’s personal body guard was a woman named Mai Bhago who convinced the forty (40) Sikh martyrs to return to the battlefield when they had deserted Guru Gobind Singh. Was this “act” all part of the movie drama leaving deeper Spiritual Truths for humanity? Yes. Never give up, have courage, your only enemy is FEAR which you will have to overcome, because only then will you really become FREE.

From woman, man is born; within woman, man is conceived; to woman he is engaged and married. Woman becomes his friend; through woman, the future generations come. When his woman dies, he seeks another woman; to woman he is bound. So why call her bad? From her, kings are born. From woman, woman is born; without woman, there would be no one at all.

Guru Granth Sahib - 47

Julia has twin children and Sita also had twins named Luv and Kush. Look at these wonderful Indian names, Luv sounds like LOVE and Kush means HAPINESS! Small details, but they make the world of difference when you understand deeper meanings of root names. Imagine how many more languages we will explore and begin to realize that certain words have other meanings which ultimately were intended to connect us all at some point.

I also happen to have twin boys. Here is an interesting fact. When my son’s were born at All Saints Hospital, we went immediately to the local Sikh Gurdwara in England, to have them blessed and ask Guru (reading from the Guru Granth Sahib) for the first letter of their names. This is done by randomly opening up the Guru Granth Sahib and reading the first verse. The first letter of the verse determines the first letter of the child’s name. The
priest at the time pulled the letter A. He suggested Amardeep (Immortal Light) and Amarjit (Immortal Win).

Because my son’s were born on the same day, I hesitated and worried that with the same initials confusion would arise in the long term. We kept Amardeep and I suggested Ravandeep replacing the suggested Amarjit. Little did I know at the time that Ravan is a Hindu deity and kidnaps Sita from Lord Rama! Was the creation of his name an old mental program that “popped” into my conscious, I think so. Can you see how the words we think are original actually “connect to deeper meanings” and at some point will remind us of our connection to the whole and what a wonderful game has been unfolding all along by the very witty Cosmic ONE?

Now What – Get On The Path to Infinity & Beyond – Laugh Be Happy and Have Fun!

First and foremost BE HAPPY, it really is the cure to many ailments in society today. We take life too seriously. I apologize if this document might come across as too “heavy” in some sections, but people are at different levels of spiritual growth and I tried to explain in different ways the basic fundamental truth that we are all ONE, and that the Intelligence is WITHIN AND AROUND US. Keep on the side of joy and happiness and things will start to naturally unfold. The worry keeps us away from our true nature. If you are witty, love to sing and dance, excellent, do more of it because it is all positive energy vibrations and trust me the Universe really needs that right now. I often wonder when I attend churches or the Sikh Gurdwara’s why people appear to be SO serious or even in low Spirit. Do not believe or think you have to behave a certain way or keep long serious faces to prove you’re spiritual. People who are over religious and have no sense of humor or sense of fun simply choose to be that way. Let them be it is their choice, but help if you FEEL you are able to.

I remember when a friend mentioned to me “Ghandi dressed a certain way when he became Spiritual and minimized his possessions only using a single bowl for food.” I deliberated on that comment for a good few days and then suddenly it dawned on me that my friend had just “stereotyped spirituality.” I instantly knew that was not the path to follow and to go with the inner Fun flow which is how I wanted to resonate in the world.

Did you know there is something called the Happy Number? Here’s the mathematical jargon explanation: A happy number is defined by the following process. Starting with any positive integer, replace the number by the sum of the squares of its digits, and repeat the process until the number equals 1 (where it will stay), or it loops endlessly in a cycle which does not include 1. Those numbers for which this process ends in 1 are happy numbers, while those that do not end in 1 are unhappy numbers (or sad numbers).

Do you see the comedy and power of ONE everywhere even in the mathematical world? If we don’t connect with ONE our life will also continue the loop of endless cycles. The only number or mantra you need to know and be aware of is ONE because it truly is the Happy Number of Life, it’s not rocket science, it’s simply WOW!
The entire universe carries vibrational energy. Remember we are made of atoms, like atoms attract to each other. If your belief system will not allow you to comprehend the vastness of your connection to everything and everyone in the Universe, then the journey back to your core or ONE will take much longer. It is a choice only YOU can make to return to the source of ALL intelligence and life.

Change your thinking and come to peace with everyone around you. Explore multicultural gifts and share your own. Your relationship with the Formless ONE will actually become stronger than any physical relationship, however, odd that may sound, it is Truth. There is only a “thin veil” of illusion holding us back from deeper Truths of reality. Our only enemy is the wild horse mind that needs to be conquered. Start to comprehend the lessons we have come to learn and perhaps LOVE ALL is a key teaching. It will only be in the ACTIONS and spiritual efforts we apply in perfecting our inner being that we will reap the rewards of life. What we do now is setting the stage for our future cosmic journey. We truly are Space Age Explorers and nothing less, so start thinking and feeling ONE Universal Love Energy and let it flow from within you!

If you “feel” an inner emotional energy connection to Unite with ONE then listen to your intuition and inner guidance because it will start to direct you on your journey and “actions to take.” We come into this world with NOTHING and go with NOTHING. Just remember WHO the real Banker and the Director of the Game is. When you understand that ONE is IN the Creation you automatically want to serve ONE! It is the self serving the self.

Try and comprehend the vastness of the billions of stars and galaxies in the Universe. Earth is a miniscule dot compared to the whole reality which our scientists still have yet to discover. It has been hidden from us I guess the “dark matter of MIND”, but slowly new planets and galaxies are revealing, just check out Discovery News. ONE has always been in the Universe, WE as a specie i.e. humans have not had the luxury of seeing the whole picture because WE choose to stay away from the source or ONE. As we move back to the Infinite ONE within us we will begin to experience the deeper Truths that have been “veiled” from us. Why? To make us grow within.

Titles such as Kings, Queens and Royalty on this physical plane have absolute no merit in the realm of the Universal ONE Intelligence where we are all equal and connected. True Sovereignty lies with the ONE Formless Creator. The link to the Formless ONE Creator is inside each and every heart and is waiting to be “activated”. When you connect the coincidences start to line up in your life and things just start to flow seamlessly. This is the start, but keep going, the creative journey is infinity and beyond. Yes, just like Buzz Lightyear of Toy Story!

Social class and status, race, ancestry and skepticism are eliminated, following the Guru’s Teachings and contemplating the Word of the Shabad.

Guru Granth Sahib - 1198

You will KNOW when you are connected to a higher Universal Intelligence. This requires daily effort on the part of each person, through meditation, prayer, singing and/or journaling. All thoughts and words project energy, choose the right ones. I like to use the analogy that we all need to login to the master computer or the ONE each morning with our spiritual practice and in the evening we need to logoff (remember to thank ONE for a great day and the experiences and let your heart sing with joy). Look at this daily practice as opening up your daily life book and closing it again at night. During the day we may need to do some virus scanning and ensure we only process the purest of data in our mind computer, deleting the viruses that pop up as negative thoughts or negative experiences as we proceed through the day. Your really are the INTER-NET bio-computer within!

Start taking note of all your constructive positive energy thoughts that will come as inspired ideas on how you
can serve people in need of empowerment right now. It could simply be in your local city. Youth groups should be a priority given the current state of corruption, alcohol and drug addiction mentoring is needed. Do not turn a blind eye and think “oh well not my problem”, because we are all ONE it is collectively OUR job to help. No one is coming down on a helicopter as “The Super Savior” to wipe out the pictures we don’t like to see because WE all created them in the first place (collective energies). We are here to “earn our place” in the wider Cosmic Universe by getting on with each other, and getting beyond the dogmas that separate us. We really are only ONE Race with different features and as I like to say “underneath this body suit we’re all the same ONE Light.”

No one wants charity it is all about empowerment. Take note of your thoughts and inner nudging, and then start connecting the dots that will start your “date with the Universe.” Yes it is SO simple if YOU listen to your instincts and intuition. This is True Service to humanity and remember don’t worry about the details, they will be arranged as they were in my case. When you work for a higher purpose than your “little world”, the entire Primordial Sister/Brotherhood of the Universe comes to your aid because it is the ONE serving and in some cases testing itself. There will be mistakes, but we all learn from the failures, so take them in your stride. Nothing is bad all experiences help us grow within. Gold is just the same as the earth, there is NO difference; it is all ONE.

Trust there is an element of mystery to life, nothing is an accident. In my case I started to notice the inner pull towards Scottish and Irish brothers and sisters. There is a Patna in India (birth place of Guru Gobind Singh) and a Patna in Scotland, UK. Could the energies of both places be “subtly fusing together a message” in the invisible tapestry where all energies are already ONE? Could the inner pull of connections to Ireland be from the energy of Max Arthur Macauliffe (click) an Irishman who served in Punjab, India and translated the original Sikh Guru Granth Sahib into English?

Macauliffe found deep spiritual wisdom in the Guru Granth Sahib and decided to live the Sikh (learner) “way of life” despite being derided by his British fellows. Before his death he started to recite Guru Nanak’s Japji Sahib prayer that “tunes” man’s consciousness to the Infinite Immortal ONE that created us all. Well I do believe Max’s “united energy” connected me to an Irish brother and sister when Guru inspired me to create a musical hymn (kirtan) CD. Read the following experience extracted from my website and you can decide for yourself.

**Experience: Kindred Hearts Unite in Joyful Music Creation**

Every day is fresh and new and I am always amazed at how the Universe continues to bless each of us in our daily activities including fresh inspiration for taking creative action “if we choose to!”

As a “dot connector” I will share another experiential story that proves “how interconnected” we all are as human beings irrespective of our culture, background or spiritual belief system. We simply need to open our eyes and ears to listen to the inner guidance that intuitive side (sixth sense) that works like a compass, guiding us along our journey of joyful living in the present moment.

While seated at the Sikh Gurdwara (holy temple) I had an inspired thought “get a CD recorded for these Sikh Kirtan singers (vocalists who recite divine hymns for the congregation.) The idea was fresh and new, but I had no knowledge of how to record a professional music CD, neither did I have any musical background. I simply felt an inner knowing (Hukam or Cosmic Request) to “record the work” of these great voices. Their sound vibrations in the form of the divine hymns helped me to connect back with my inner intelligence and comforted me immensely. I simply wanted to express my gratitude to them.

The first place I was inspired to check for a recording studio was Kijiji on the Internet. Immediately I came across
an advert “Full-Service Recording Studio For Rent.” I emailed Eugene Rea and KNEW immediately he was the right choice simply by reading his email response to my enquiry because his words spoke to my heart. A caption from his email is below:

“For me recording is all about capturing the moment, or if necessary creating and then capturing the moment. For this reason we have a very relaxing environment in the country yet close to Guelph. As an engineer/producer, my job is to record your best performances of your material. On a personal note – I believe my strengths beyond technical knowledge is that I love and respect all types of music and am very driven to make sure that your project comes out exactly, or better than how you envision it.”

The moment I walked through Eugene’s house a rebab/rebec caught my eyes attention. Eugene mentioned it was from Egypt. I felt my Spirit rise and knew immediately I was with kindred family! Guru Nanak (founder of Sikhism) and Mardana (his musician) who played the rebab traveled across the globe singing divine poetry inspiring humanity to remember the Creator at all times because all human beings were connected as ONE Infinite Creator’s family. Guru Nanak had also been to Egypt, so a “dot connected.”

On the day of recording, the Kirtan singers had already selected their list of hymns. As we were about to settle down to record a small set of cymbals were placed in my hands by one of the singers and I too got to “play my part” in the co-creation of the CD, what a bonus. Eugene mentioned the cymbals were left in the studio by a Scottish friend. Everything happens for a reason, nothing is an accident. The 10th Sikh Master Guru Govind Singh Ji was born in Patna, India and there is also a Patna in Scotland … another intuitive “dot connected” for me!

While chatting with Nonie, Eugene’s partner she mentioned she was a singer and had the opportunity to sing with a brain scientist who had recovered from a stroke. At this point I was really surprised because on my website I had the video story of Jill Bolte Taylor the lady Nonie sang with, a Harvard-trained neuroanatomist who had always known more about brains than most people. When a brain hemorrhage triggered her own stroke, she suddenly had a front-row seat on the deterioration of the brain and recovered to tell her story.

Jill Bolte Taylor quotes in her “how it feels to have a stroke” video

“We are all the life force power of the Universe. We are energy beings connected to one another through the right hemisphere of the brain. We are all brothers and sisters on this planet, and in this moment, right now we are perfect, whole and beautiful! The right side “thinks in pictures” and information in the form of “energy streams” through our body sensory system and then explodes into this enormous collage, through the consciousness of the right hemisphere. We are all connected and ONE mega human family.”

This single piece of information was enough for me to realize, that much of what we do is not necessarily in our own hands but in the hands of ONE Intelligence and works in mysterious surprising ways to shower joy, fun and oneness clues into our everyday life if we choose to Play the Game of Life.

Playful is my Lord of the Universe; Playful is my Beloved. My Lord God is Wondrous and Playful.

Guru Granth Sahib – 174

During the entire adventure, Eugene made us all feel at home as he walked us through his studio and explained the entire process of how a music CD is created. Eugene’s flexible options for recording and producing coupled with fantastic pricing made the whole “experience” effortless and joyful creativity.

My fear of venturing into the “unknown world of music” became a simple case of walking the path of inner intuition and Trusting that I was being guided on my musical creative journey. All the necessary intelligent “dots connected” and the Universal doors flung open with the right people “showing up” almost like magic to get the project done. I simply had to “allow the energy to flow” through me.
The Most Beautiful Thing We Can Experience is the Mystical. It is the Source of All True Art and Science.

Albert Einstein

I have learned to trust my intuition more than ever. Tuning into and realizing that the quiet still voice within is the collective higher Spirit intelligence resonating a message of compassion, joy and fun! This intelligence continues to prove to me the Unity of the Universe and our kinship with each other as human beings. Eugene mentioned that the hymns we had recorded sounded very similar in sounds to Gregorian and Gaelic chants.

Learn to trust your own inner voice and tune into your intuition so you too can take flight on the wings of the Universal Spirit. Experience the joy of music creation just like we did and perhaps along the path you might also discover a few mystery objects and conversations waiting to “reveal a deeper level of Truth” to your heart!

That mortal being is supreme among all people, who is perfumed by the fragrance of the Lord’s Name

Guru Granth Sahib - 1325

When we start out on a journey there are many vehicles and routes we can take to reach the final destination. Some may take a bicycle, some a car, others a boat, or perhaps even the train and in some cases perhaps the plane, but true adventurers will always consider the Rocket because it gets to the Point of Destination Much Faster! Think and bond with the Formless ONE as your Inner Starship Navigator and you’ll find your WAY home.

The great thing is that YOU Get to Choose. It’s ALL a MATTER of CHOICE – Make the Right ONE and live life full of Bliss and Joy in this lifetime while not forgetting your brothers and sisters because we’re all the same.

This life is diminishing, day and night. Amongst all is the Light-You are that Light. By this Illumination, that Light is radiant within all. Within the home of your own inner being, you shall obtain the Mansion of the Lord’s Presence with intuitive ease. You shall not be consigned again to the wheel of reincarnation.

Guru Granth Sahib - 13
Lord Mountbatten (India’s Last British Viceroy)

“Guru Nanak was a great poet, philosopher and saint. His teachings are of universal application and his message of love, service and sacrifices will continue to inspire coming generations.” (Excerpt from speech in London on Guru Nanak’s Quincentenary).

Pearl S. Buck Noble Laureate, ‘Good Earth’

“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. They are compact in spite of their length and are a revelation of the concept of God to the recognition and indeed the insistence upon the practical needs of the human body. There is something strangely modern about these scriptures and this puzzled me until I learned that they are in fact comparatively modern, compiled as late as the 16th century when explorers were beginning to discover the globe upon which we all live is a single entity divided only by arbitrary lines of our 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.

The hymns in Guru Granth are an expression of man’s loneliness, his aspirations, his longings, his cry to God and his hunger for communication with that being. It speaks to me of life and death; of time and eternity; of temporal human body and its needs; of the mystic human soul and its longing to be fulfilled; of God and the indissoluble bond between them.”

Dalai Lama: Tibetan Religious Head – on Guru Nanak

“Among the astral world of great religious and spiritual pioneers, Guru Nanak Dev Ji one of the most luminous stars on account of his unparalleled doctrine of life”.

"Saints like Guru Nanak make their presence in this weary world in order to show the right path to the suffering humanity by their personal sacrifice and example. The message of Guru Nanak was a great blessing at a time when India was facing a great crisis."

Tibetans revere Guru Nanak as a Buddhist Saint under the name of Guru Gompka Maharaj.

Bertrand Russell (Philosopher, Mathematician 1872-1970)

"If some lucky men survive the onslaught of the third world war of atomic and hydrogen bombs, then the Sikh religion will be the only means of guiding them." When asked, isn’t this religion capable of guiding mankind before the third world war? He said, ‘Yes it has the capability, but the Sikhs haven’t brought out in the broad daylight the splendid doctrines of this religion, which has come into existence for the benefit of the entire mankind. This is their greatest sin and the Sikhs cannot be freed of it."

Sir Winston Churchill – Sikh Bravery

Sir Winston Churchill was very well conversant with the bravery of the Sikhs, who had fought for Britain in the World Wars. Churchill while speaking in the British Parliament said:

"... It is a matter of regret that due to the obsession of the present times people are distorting the superior religious and social values, but those who wish to preserve them with respect, we should appreciate them as
well as help them. Sikhs do need our help for such a cause and we should give it happily. Those who know the Sikh history, know England's relationship with the Sikhs and are aware of the achievements of the Sikhs, they should persistently support the idea of relaxation to Sikhs to ride a motorbike with their turbans on, because it is their religious privilege.

"... British people are highly indebted and obliged to Sikhs for a long time. I know that within this century we needed their help twice and they did help us very well. As a result of their timely help, we are today able to live with honour, dignity, and independence. In the war, they fought and died for us, wearing the turbans. At that time we were not adamant that they should wear safety helmets because we knew that they are not going to wear them anyways and we would be deprived of their help. At that time due to our miserable and poor situation, we did not force it on them to wear safety helmets, why should we force it now? Rather, we should now respect their traditions and by granting this legitimate concession, win their applaud."
We are here to discover the mystery of life – Evidence: Discoverer Tire

When the crop is ripe, then it is cut down; only the stalks are left standing. The corn on the cob is put into the thresher, and the kernels are separated from the cobs. Placing the kernels between the two mill-stones, people sit and grind the corn. Those kernels which stick to the central axle are spared - Nanak has seen this wonderful vision!

Guru Granth Sahib – 142

These children are precious and Haiti is NOT their fault. We must help and empower them.
Women ironing with charcoal irons outside my tent in Haiti

This “axe” T-shirt caught my eye while I was photographing a boy flying his kite.

With the axe on his shoulder, and a bucket on his head, the blacksmith is ready to cut down the tree. Fareed, I long for my Lord; you long only for the charcoal.

Guru Granth Sahib - 1380
Tree was an incredibly tall tree in the middle of the Haiti camp site

Like the Elyisan Tree, You cure all illnesses and take away the sufferings of the world.
The three-phased soul is lovingly attuned to You alone.
Guru Granth Sahib – 1391

Look carefully, the subtle image in the bark caught my attention at the Haiti camp site

The Creator is diffused in the creation. Do you see the face in the tree?
The Avatar Movie had deeper Truths about human hair, animals and tree/nature unity.
This young Haitian youth was riding his bike in a circle just like Einstein!

Life is like riding a bicycle. To keep your balance you must keep moving.

Einstein

Alissa and I at the Greek Hospital camp
The little girl who sang the “happiness runs in a circular motion” song. Note the ladder.

How can I climb up to the Fortress without a ladder? The Guru (Teacher) is the Ladder.
Guru Granth Sahib – 17

Look at his expression. Do you FEEL his soul to soul connection? Obama is the US President BUT ...

He Himself is the Commander; all are under His Command. The Fearless Lord looks on all alike
Guru Granth Sahib – 1351
Women were picking rocks by hand to load on the red truck below

Why, O mind, do you contrive your schemes, when the Dear Lord Himself provides for your care? From rocks and stones, He created the living beings, and He places before them their sustenance

Guru Granth Sahib – 495

The rocks were being loaded into this truck. A child asked for my camera so he could take my picture he had never used a camera before.

The number plates “speak” the unspoken language … 44 UC 1 or “44 you see ONE”, see below.

The elements and the components are all made by the ONE; they are held in their order by the ONE. When the mind accepts, and is satisfied with the ONE, then the consciousness becomes steady and stable.

Then, ONE’s food is the True Name, ONE’s garments are the True Name, and ONE’s Support, O Nanak, is the True Name.

Guru Granth Sahib - 44
Jokes aside, United we stand with our brothers from Brazil in Haiti

United we stand with our brothers from the US Air Force in Haiti
United we stand with our brothers from Pakistan in Haiti

We neither are Hindus nor Muslims; Our body and life belong to the One Supreme Being who alone is both Ram and Allah for us
Guru Granth Sahib – 1136

Shoe cleaning boy in Dominican at Hotel Luisa
Do You FEEL his Energy through his Facial Expression?

Fareed the crane perches on the river bank, playing joyfully. While it is playing, a hawk suddenly pounces on it. When the Hawk of God attacks, playful sport is forgotten.
Guru Granth Sahib - 1383
World Food Bank delivery. Everyone at the camp rallied round and the energy was electrifying.

When the food truck was offloaded in the camp storeroom I noticed the towel message.

Are YOU Ready to Start YOUR ONE Spiritual Team Adventure Now?
Let realization of the ONE Lord God be your call to prayer; be a good child of God - let this be your trumpet.
Guru Granth Sahib – 1084

The Trumpets have sounded - Let The Universal Intuitive Game of Love, Part 2 Begin!

Children in Haiti were using plastic bags and sticks to make kites.
As mentioned earlier my company logo includes a loop that looks like a heart. When I came across this page (fridge magnets) in the Oprah magazine, I had to scan it and show how intelligently ONE infuses CODE language for intuitive students to understand and then share.

The loop on the bottom left is the image contained in my logo. On the right hand side read the words “carefully” - **Time Has Passed Through Me and Become A Song by Holly Near** ... I interpreted this as let’s continue to now Praise the Creator because **Holy** really is very **Near** to us, i.e. within us. Read words phonetically and you too will be very surprised and in awe of the Wonderful Creators Masterpiece book called ONE UNITED UNIVERSE, still unraveling but connecting all the dots gently until we become ONE.
Thank you for taking the time to read this book.
I thank the Creative Infinite ONE within us all for allowing me to share my journey.

Please feel free to contact me if you feel inspired to take action, but more importantly THINK RIGHT and simply REMEMBER your Spirit is FREE, Go Live, Explore Life and Unite with All.

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The Guru Granth Sahib (Wisdom Teacher) Belongs to Humanity

Suggested Sites for Guru Granth Sahib Online

www.searchgurbani.com

Suggested information to help understand the Power of Mind and Consciousness

The Secret Movie – Rhonda Byrne
www.thesecret.tv

What The Bleep Do We Know
www.whatthebleep.com

You Can Heal Your Life
Louise L Hay

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