

Meeting the Master on the Inner Planes in Surat Shabd Yoga

This is the dictum and basic pillar of Sant Mat faith and it is an established fact that the disciple should peep inside and talk with his Master. Those engaged in abhyas generally do not forget everything about and leave all thoughts of their physical body for withdrawal and turning inward. Whoever; with love in his mind, regularly follows the method according to the instructions of his Master will meet the Master within and will testify to the authenticity thereof. This is a way which can be seen and practised in one's lifetime. Accordingly you do and see. But those who do not apply themselves in abhyas say: "To withdraw and tap inside is wrong? uncertain, and doubtful, and, if at all it is possible that somebody peeps inside, then the inner experiences are not believable." Unless they themselves peep inside, they cannot have faith on the experiences of those few who do have such experiences. Hazur said: "My followers should never trust in such incredulous persons—un-linked and infirm believers as they themselves are—they will shake their belief and faith. It is therefore incumbent on my followers to open their inner eye. When their soul will withdraw from physical body, they will realise the truth of it. Remember that this science of traversing to inner higher planes is not wrong, and is correct, definite certain and sure to the last word."

Kirpal Singh, [*A Brief Life-Sketch of Hazur Baba Sawan Singh Ji Maharaj with a Short Narrative of His Teachings*](#)



... will meet the Master's Astral Form. This appears to be coming and going but in reality it does not. It is the mind that shakes. When this Form will stay, fix your attention on His face so much that you forget whether He is you or you are He. When there is that much concentration, He will talk to you, answer all your questions and shall always be with you and will guide you onward to the next step, showing innumerable scenes of the astral plane on the way.

Hazur Maharaj Sawan Singh, [*Spiritual Gems*](#)



I want you to love. That will give you physical health, moral health and spiritual health. That is the only way back to God. Physically it is not possible to be everywhere; but the God-in-man – God-in-him – is everywhere: that can materialize everywhere. When you rise above body consciousness, there also you can contact him and talk with him face to face. By God's grace, working through my Master, you are all of you having some experience to start with, the very first day of initiation. Truly speaking, you are all on probation, but not on such a probation from which you can be discharged, mind that. In the outer world, any service on probation is subject to discharge if the work is not satisfactory. But this is a probation from which you cannot be discharged. But truly you become a follower when you meet the Master within and talk to him face to face. He is ever with you and you are ever with him.

Kirpal Singh, [Love is the Way](#)