



Reply by [Santokh Singh](#) Sep 16

Humming sound is the beginning expression of this sound. A point comes when the sound becomes louder and sweeter. A simple experiment to prove it is not a physical in nature or that you're not having an ear problem:

plug both ears using your little fingers. If the sound still persists in the same frequency, then it is the anhad shabad.

It is true that anhad naad is not heard by ears. It's all around you. Psychologically we associate ears with sound. So we have created the word 'inner ears'.

This sound can resemble small bells ringing concurrently. But this is only an illusion created by mind. Mind needs a picture to associate things. Some say the sound is 'chinni chinni' and some say 'night insects'. You may use other types of description like ocean waves, waterfall, siren, jet engine, etc, etc. Anhad Naad resembles all of these but all the same IS NONE of these.

We are so used to using physical things to identify life, using them as a yardstick for understanding priorities of life. But now, I am one of the kindergarten kids, over-excited about things which have always been HERE and NOW, and eternal.

There is no big deal to hear the anhad naad. If you put enough pressure on the top of your head (you may use both your hands), and you will hear it.

It changes its sound (seem to change) as more attention is put upon it.

So what will probably happen as you continue to practice your focus on this sound is the following:

1. Be more involved in Gurbani verses coz they now matter more to you.
2. Mind will stop wandering like before. But mind will never atop doubting the sound. Anything that is beyond the Mind, the Mind creates doubts about it. That's it's nature. Mind is like a dog's tail - never straightens, no matter what you do with it.
3. As a result of challenging the mind, daily creation of Karma is minimised, thus allowing the back-log Karma to work out. The speeding up of old karma creates a vacuum which is readily filled with ridhi siddhi powers. At their simplest stages, your dreams will come true and whatever you say will become sach.
4. All this adds on to greater devotion coz it is a necessary tool for the up-coming stage of unfoldment - going thru Hell in your life.
5. When you can't take no more, it all stops automatically like a miracle. You come to a platform where you control your thought processes and consciously ask in prayer for peace and happiness. No more 'macho-style' prayer like telling God, "whatever you do, I

will accept it." No way - not again coz now you're down to your knees. Your thoughts get refined. You now realise what you ask for, you get. So don't ask for "whatever".

6. You wanna get involved with your family members and just be a good, ordinary, low-profiled individual. You're down to earth. You love gardening and interior decoration.

7. You now have done your part for your family and they're set for life. You have more time for yourself and you pick up some nice books for light reading. But deep down you know you're eventually going back to the bookstore to pick up some serious stuff. Coz you start valuing life and understanding that your breathing is connected with your physical existence.

The word You is for Santokh Singh. I was talking to myself in a furious way.



Reply by [Antonia Donofrio](#) Sep 16

Santokh

This a lot to assimilate. Give me some time. I will think and react soon.



Reply by [Antonia Donofrio](#) Sep 18

Santokh ji,

It is almost rude of me to react to your words. Having the arrogance to try to revise and improve on the authentic and deeply felt experience of another.

Yet, after reading your words several times, I am hearing you give a a gift. The message/gift is not about hearing *anhad shabad*. The message/gift is about bliss itself. You are saying?

There is a place where bliss resides.

It is a place where devotion is a natural way of being.

Even Mind can be drawn to go to this place and stop its frantic action.

The burdens of the past dissolve quickly in this place of bliss because here they are acknowledged, and then let go.

They go and they must go in order to make room in this space for another deeper greater truth.

Yet even these burdens and sins are a gift for the heavier they are the more compelling it is to find a place in anhad.

Fatalism is the world, but anhad is creative and full of quiet energy.

And going back to the basics is the natural result.

Passively soaking up Samadhi for oneself, No!

Being present, Yes!

Thanks for the message and the gift,
toniji



Reply by [gurmit singh](#) Sep 18

Santokh Singh ji

wjkk wjkk

You are right it is no big deal to hear Anhad Naad , any regular meditator can through a slight focus can hear it .But this should not be forced. the intuition is strong enough to show the difference whether it is a disease.

There is another occurrence reported by some devouts that while doing intensive meditation a slight headache is there which some say is the readjustment of body energies at cellular levels. This also goes later.

The top of head of an uncle of mine was very hot daily.

This naad is said to represents the five elements of creation near the gross manifestation level.This is the starting point of abhyas in gurbani at a higher level.

Separately it is the mind where the main field of action is.

Paths of individuals differ and gurbani too explains so many of them.

gurmit



Reply by [Antonia Donofrio](#) Sep 18

Gurmit

You mentioned Baba Surain Singh in an earlier comment. I was unable to find him on Google. How may I find out more about this baba? Thank you.

toniji



Reply by [Amrjit Singh Bandeshe](#) Sep 18

Respected Friends,

I'll be 'away' from the Universal Mind from Wed, 19th Sept thru' Sun, 23rd Sept and look forward to being 'back' on Tue, 25th September. Please contact our Network Administrator, **ToniJi** should the need arise.

Thank you

Amrjit
Network Creator



Reply by [gurmit singh](#) Sep 18

Toni ji

Baba Surain Singh was averse to even his photograph being taken. you will not find him on the net. He has also not written any book only his quotes / explanations have been published in book form by a devotee S. Pritpal Singh.

This book also came to me as synchronicity. It is in punjabi.

I will try to get some important pages photocopied and then scanned.

gurmit



Reply by [Jaspreet Singh Sethi](#) Sep 18

WJJK WJKF to all.

Its been long time since I have been away. But the amazing discussion going on here is invaluable. May all be blessed for such thought-provoking discussion, which is so immensely contributing to enriching lives.

Jaspreet



Reply by [Amrjit Singh Bandeshe](#) Sep 18

Jaspreet Singh Jio,

WJJK - WJKF !

Welcome back! Yeah, haven't heard from you for some time. Nice to see you back and I look forward to your participation again ...

ਵਾਹਿਗੁਰੂ ਜੀ ਕਾ ਖਾਲਸਾ, ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫਤਿਹ ॥

Amrjit



Reply by [Antonia Donofrio](#) Sep 18

Gurmit ji

Thanks. I am excited about learning more. What is the name of the book by S. Pritpal Singh? i will look him up and if I can find anything that can be translated I will post it here.

You are very, very kind to offer to scan some of the work.

toniji