

MAN
- EGO

= GOD

How to become Divine?

By Baba Iqbal Singh

According to the holy Sikh scripture Guru Granth Sahib:
The simplest equation of spirituality is: Man - ego = God.

Sikhism is not just another ism or a religion but is the simplest spiritual way of life for the entire mankind to follow, as enunciated by Guru Nanak and his holy successors. The Divine wisdom of the Sikh Gurus is incorporated in the form of holy hymns in the Divine scripture, known as Guru Granth Sahib, the Eternal Guru of the universe.

It is clearly defined in Guru Granth Sahib as to how this universe was created and demolished many a time:

Saache te pavnaa bha-i-aa pawanai te jal hoe

Jal te tribhawan saajiaa ghat-ghat jot samoe (19)

(Air came into existence from the Divine. Then air created water, which in turn created the whole universe, where the Divine light is pervading.)

It is further narrated in *Sukhmani Sahib* that the universe was created and destroyed several times:

Ka-ee baar pasrio paasaar. Sadaa Sadaa ik ekankaar (276)

(Many times has the universal expanse recurred. Ever and ever, the Unique Lord remains the same.)

In fact, Guru Nanak says:

Houmai wich jag upjai purkhaa naam visarai dukh paaee.

Gurmukh hovai su giaan tatt beechaarai houmai shabad jalaaeae (946)

(O man, through ego the world comes into being. By forgetting the Name, it suffers pain and perishes. The one, who becomes Gurmukh contemplates the essence of spiritual wisdom; through Shabad he burns his ego.)

The universe was created under the influence of ego and the human being forgot the Divine. This led to all his miseries (hell). A divine person sheds his ego by perceiving or imbibing divine wisdom with meditation on the Divine Name and merges his self with God.

Water created the earth, where many species of plant kingdom and animal kingdom came into being. In the process of evolution the human being came into existence with the sole aim of merging his self with the divine:

Bhaee paraapat maanukh dehureeaa. Gobind milan kee ih teree bareeaa. (12)

(This human form has come into your possession. It is your opportunity to realize the One, who sustains the Universe.)

There are two forces working in the universe. One is positive

To forgive is divine

By Maj Gen RS Chhatwal (Retd)

Jahan lobh teh kaal hai jahan khima teh aap (1372)

(Where there is greed, there is death.)

(Where there is forgiveness, there is God Himself.)

Man of few words, rarely raised his head in conversation, as if he was continuously paying obeisance to the Lord, was my father-in-law (Dad), who left an indelible impression on everyone who came across him. I married his daughter without even seeing her photograph, leave aside meeting her, purely impressed by the personality of the man, which exemplified humility, love and deep concern.

We come across people, who may not hold big positions or be men of wealth or letters, yet they play an invaluable role in cleansing and purifying society. But for such people, the world would be a miserable place to live in. Dad was one such person. Beginning his career as a school teacher in Rawalpindi and serving the Army in World War-II, he tried his hand at diverse careers. With his humble academic background it was inconceivable for me how he could venture into such highly professional fields. When asked, he would simply say, "I know little, it is only the Lord, who is my guiding force. It is His work, so why should I worry?"

Dad had his ups and downs. He was a fairly successful businessman. He would wake up in the wee hours, mediate and pray and perform all his worldly duties serving the Lord and accepting His will even when things did not go his way.

He had a 17 years old son, who had joined him in business. The young boy without the knowledge of his father had lent a few thousand rupees to his friend. His friend, though promised to return the money, kept on giving excuses. When the boy insisted, his friend agreed to return the money and asked him to meet him at a predetermined place. The boy left home never to return. Dad informed the police but for the next three days nothing was known about the whereabouts of the boy. On the fourth day, Dad, suddenly got up, took his scooter and without informing anybody, started off without any destination.

While going past the Hussain Sagar Lake (Hyderabad), his scooter stopped due to mechanical failure. He saw a crowd around a dead body, recovered from the lake. He approached the dead body, which was unfortunately of his missing son. The tragedy of losing a teenage son is indeed too big for any one to bear. Accepting the Lord's will, he went through the last rites without ado. Enquiries by the police and well wishers soon traced out the culprits, who had strangled his son. When asked by his well-wishers to initiate action against the culprits, he simply said, "My son was the Lord's gift to me and it was His will that He has taken it back. I only pray to give me strength to accept His will" and he bore the tragedy in quiet fortitude.

I haven't come across such a divine incidence. Dad is no more but he has left a legacy for many to follow. Accepting the Lord's Will in such circumstances, requires unflinching faith in God. If we could learn to forgive, this world would be a much better place to live in.

force, called the divine and the other is negative force called ego. Let us take the example of the human being, who is considered to be the most superior amongst all the species. Every cell of his body has positive force (divine) and negative force (ego).

He, who completely eradicates his ego attains salvation in this very life. Salvation means to become divine (God). Guru Sahib ordains: O man! Shed your ego completely to become Divine (God):

Jeevan mukat so aakheai mar jeevai mareeaa (449)

(He, who effaces his ownself and is dead in life, is said to have been emancipated while alive.)

Dubidhaa chhod bhae nirankaaree (685)

(Forsaking duality, one becomes the worshipper of the One Formless Lord.)

As stated above, a very simple equation of spirituality is:
Man - ego = God

All the worldly thoughts, figures or pictures, negative emotions and instincts are egoistic.

All the worldly intellectuals as well as fools are egoistic because they do not know the way of treading the Divine path to achieve salvation:

Hao wikh moorakh hao wikh siaanaa (466)

(In pride he is foolish and in pride he is wise.)

All forms, which are created and with the passage of time destroyed, are not considered to be true reality. Similarly, this universe is also not an everlasting reality. *Gurbani* reminds us that this universe is false and will not stay forever:

Jag rachnaa sabh jhooth hai jaan lehu re meet (1428)

(O my friend, know this that totally false is the structure of the world.)

Gurbani further stresses:

Ih jag dhoee kaa pahaar: Tai saachaa maaniaa kih bichaar (1187)

(This world is a mountain of smoke. By what reasoning have you deemed it to be real?)

Every religion of the world has accepted that there are two ways in this Universe. One is leading to heaven and the other to hell. Heaven is considered as salvation of man. The concept of heaven or salvation is visualized differently in different religions. But according to the holy Guru Granth Sahib, the attainment of heaven or salvation is the merger of the human being with the Divine (God) by shedding his ego completely in this very life on earth.

