

Guidelines

Hari Simran Singh Khalsa

1989-2015

Dear Veza,

I offer you these guidelines as a friend. They are a few of the things I have gleaned from all of the wonderful teachers I've been honored to have in my life. I hope you find them to be useful and practical.

1. Practice with commitment and discipline the techniques that keep you awake, aware, and able to serve. These may include yoga, exercise, chanting, diet, writing, art, sports, and many other things, but it helps to build a daily routine out of those activities that are most effective for you personally. Once you start building that foundation, stick with it and keep up, even if you aren't always able to fit everything in. It will naturally evolve as you and your environment change, but if you stay conscious of these changes, you can ensure that your practice evolves for the better.

2. Work with honesty and industry to fulfill the duties of your jobs, so that you are truly earning your living. This is simply an extension of your sadhana; respect your commitment to others as you respect your personal commitments. In both things, be absolutely dependable, as well as dependably energetic and creative.

3. Serve with grace and humility whenever an opportunity presents itself, because you have so, so much to give. Serve with passion, regardless of whether it's with family, friends, colleagues, or strangers, and you will receive more blessings than you can imagine.

4. Meditate on how it feels to be you, how it feels to be alive. Include time for this in your daily practice, but also, more importantly, practice it in your daily life, whether times are easy or hard. If you live with applied awareness, you can savor the beautiful subtleties in every moment and act with clarity and courage.

5. Envision your future; be intimate with your destiny. When you notice some untapped potential in your life, imagine how it could best be realized. Basically, have the courage to dream the unbelievable, and then, if it feels true in your heart, believe it. Actively meditate on these intentions, and they will become real.

6. Trust that your environment will provide everything you need, as a farmer must trust in the sun, rain, and seasons. If you are moving to a new city and need a comfortable, beautiful home, you will find the perfect place. If you need a partner as wonderful and inspiring as you are, don't be surprised when he very naturally steps into your life.

7. Love all that comes, because love makes it all worth it.

Lovingly, humbly yours,

Hari Simran

Letter to his friend Veza Wollenberg, February 7, 2012. Her gift to us. Printed by permission.