



UNITY OF MAN



KIRPAL SAGAR

BE GOOD • DO GOOD • BE ONE

All over the world we feel the urgent call for peace and unity but violence and hatred still dominate the world. In spite of many efforts through traditional religions and human rights, the doctrine of inequality of man and races is nevertheless preached and practised.

All the same time we have to mount the decay of higher values which distinguish man as real human being. It is evident that the regeneration of human society allowing the co-existence of different races, cultures and individuals depends on the regeneration of man.

A change can only come about if man is ready to change his own self.



## THE PROJEKT KIRPAL SAGAR



**K**irpal Sagar located in the north of India is a place open to all people irrespective of caste, colour, creed, or nationality.

The aim of Kirpal Sagar with its manifold facilities is to enable man to develop physically, socially, ethically, and spiritually ultimately aiming to an all over perfection.

Sant Kirpal Singh, the founder of the Project, summed up the basic principles in six words as a guide-line for everybody: „Be Good - Do Good - Be One“

„Be good“ means to embody qualities such as nonviolence and love for all beings and to weed out weaknesses and imperfections such as egotism and narrow-mindedness.

„Do good“ means that a true human not only lives for himself, but also lives for others.



„Be one“ means to realize the unity of the soul with the Godpower and thus the unity of all life, and to live accordingly to this highest consciousness.

This practically experienced and lived spirituality had once been at the onset of all religions and is the origin of all ethical values. It is the strong foundation of the unity of all mankind.

In Kirpal Sagar no religion, but the universal teaching - the essence of all religions - is taught. All religions are respected.

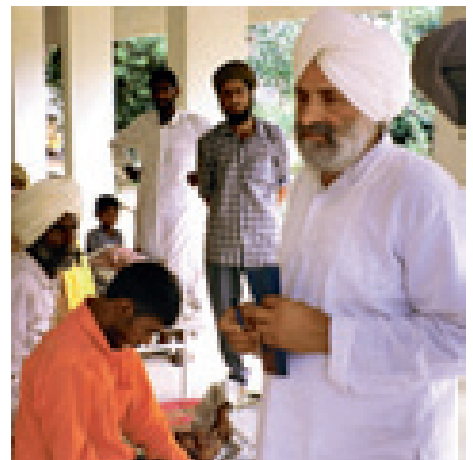
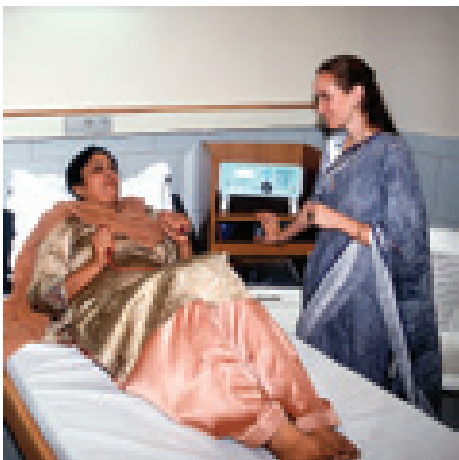
Kirpal Sagar has been built according to the instructions of Sant Kirpal Singh by Dr. Harbhajan Singh and it is now under the leadership of his wife Surinder Kaur.

It is located in Punjab in a rural area near Rahon, district Nawanshahar.

# HOSPITAL

MEDICAL CARE IN THE KIRPAL CHARITABLE HOSPITAL





Sant Kirpal Singh whole-heartedly wished to help needy people with medical care. Thus the hospital became the first facility within the project taking up its function in 1983.

Various therapies are used, such as allopathic, homeopathic, and ayurvedic therapies.

Poor people receive free medical treatment and medicine at the hospital. Presently the majority of the patients are treated as outpatients. Furthermore, ambulances reach out to remote villages at central gathering points, such as schools to provide medical care for people who otherwise would not have a chance to see a doctor. From time to time eye specialists from the Indian Government come to Kirpal Sagar to perform eye operations.

A dentist's practice at the hospital provides dental care for the people of the neighbouring area and also for the students of the Kirpal Sagar Academy.

Students of the future Medical College will perform their practical training within the hospital. Student exchange is also planned with the West.

# KIRPAL SAGAR ACADEMY

## KIRPAL HARBHAJAN PUBLIC SCHOOL



The Kirpal Sagar Academy is a state-recognized private school. Students from poor families receive scholarships.

The education is based on the higher values of life. First of all, the children are taught humanity above outer labels, caste, colour, and creed.

The classes follow an international curriculum (CBSE-Standard).

The academy is a boarding school, but also accepting non-residential students. At present it accommodates more than 500 students ranging from 5 to 18 years of age.





The Kirpal Harbhajan (KH) Public School starts with two Kindergarden classes, followed by 8 elementary classes. Many of the children from the surrounding areas attend the school receiving a good education which they otherwise could not afford. Presently there are about 300 students registered.

Annually in December at the Dr. Harbhajan Singh Sports Complex a volleyball tournament is arranged in honour of Dr. Harbhajan Singh where teams from many Indian schools participate. It is planned to erect a large sport stadium at the site.

# LIBRARY

FOR A COMPARATIVE STUDY OF RELIGIONS





In the library mainly the Holy Scriptures of the religions will be available, together with biographies of great personalities and philosophical scriptures.

Today we can witness a multitude of Holy Scriptures originating from various time periods and written in many languages.

Already the Upanishads say there is only one Truth or reality though explained in various ways by the saints and sages. To realize this Truth is ultimately a matter of inner experience and realization and not just of knowing and understanding on a mere intellectual level.

The scriptures make valuable references to this original essence which is common for all religions. We find many similarities in the ethical guidelines as well.

The outer aspect of religion includes the beliefs and outer forms of worship, rituals and rites, etc. which may differ a lot. When the inner essence falls into oblivion these outer aspects receive too much importance. Therein lies the danger that through narrow-mindedness and dogmatism religion turns into shackles for man and may even become a cause of war and strife.. The aim of the library is to encourage a comparative study of religions and to further an independent view.

An exhibition demonstrates the basic unity of all religions with the use of texts and illustrations.

# SAROVAR

A PLACE OF SILENCE AND CONTEMPLATION



In the centre of the Project Kirpal Sagar there is a Sarovar, an oval-shaped pool surrounded by four corner-buildings. The building in the centre of the water bears four symbols: Gurdawara, temple, mosque and church. Their shapes refer to the human body:

Temples and Gurdawaras (Sikh temple) are dome-shaped, similar to the head of man, and the curvature of the mosque corresponds to the shape of the forehead. Churches

have towers with nose-shaped contours and often the ground plan is cross shaped, just as a man with outstretched arms. The symbols show that all religions are respected here, yet man body is the true temple of God.

The connection between man and the Almighty is the base of the unity of mankind – the Brotherhood of Man under the Fatherhood of God.



Godpower reveals itself in man as light and sound. In the scriptures the light and sound current is called Naam, Shabd, Word or Kalma. In East and West in all temples and places of worship we find candles, oil lamps, etc. which remind us of the inner light, and we find sounds of bells, gong, conch, and others reminding us of the inner sound. These are the two aspects of the Godpower manifesting in man.

In the Scriptures this light and sound principle is referred to as Naam, Shabd, Word, Kalma, and other names.

These are inner experiences the spiritual leaders of mankind had made at their time and could give also to others, which is still possible today.

Holy Scriptures - such as the Guru Granth Sahib of the Sikhs, the Ramayana of the Hindus, Bible and Koran are placed in the corner buildings of the Sarovar.

During celebrations, these Scriptures are recited accordingly.

# KIRPAL BHAWAN

## HALL FOR LECTURES AND CONFERENCES



**K**irpal Bhawan is a function hall providing place for thousands of people participating in functions, celebrations and conferences. During these events spiritual personalities as well as representatives of various religions and creeds give talks to a large audience gathering from all walks of life wishing to learn and understand the basic truths being the true essence of the Holy Scriptures.

The basic subject of these lectures is how to attain a direct connection with the inner Reality, and in a simple and clear language the sayings of the saints and sages are explained and correlated.



In 1994 there was a World Conference on Unity of Man held at Kirpal Sagar, where delegates from East and West took up the various aspects of this subject in their speeches and resolutions.

During this event, on 6 February 1994, the foundation stone for the central building in the Sarovar was laid.

GUEST HOUSE  
SURROUNDED IN A FLOURISHING GARDEN







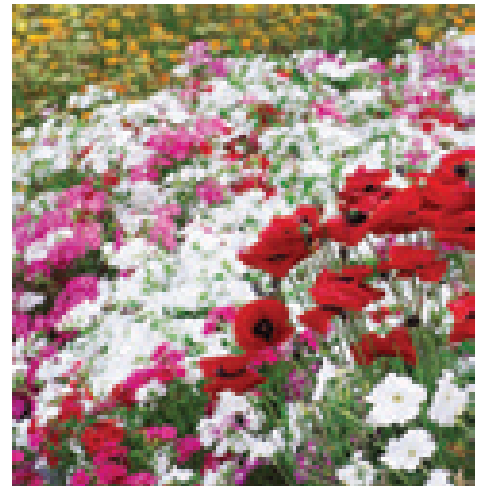
During the early years helpers from Europe visiting Kirpal Sagar in small groups could be accommodated in simple rooms in the Langar. Since then during the nineties the number of guests from all over the world has increased at a steady rate, so that additional accommodations were becoming necessary.

During the preparation of the World Conference in 1994 a guesthouse was built according to Western standards. From the guesthouse you can view all the main facilities surrounded by beautiful parks and gardens which can easily be reached by foot.

# FATHERS' HOME

A HOME FOR THE EVENING OF LIFE





Sant Kirpal Singh saw a need of a Fathers' Home for the aged. In India, though loved by their families, due to poverty many old people do not live comfortable lives. The families often have limited means to provide for both their children and for the older generation simultaneously. At the Fathers' Home these people find themselves a new home where they can live an independent life with the security of having all the necessary care.

Elderly people who are able to share their knowledge and technical skills, e.g. language, have the opportunity to teach others. There are also opportunities for them to help with small tasks or participate in the various activities that are available at the centre.

Thus the elderly may in the evening of their life still fulfil useful tasks in an atmosphere dedicated to their physical and spiritual welfare.

# LANGAR

## GENERAL MANAGEMENT BUILDING

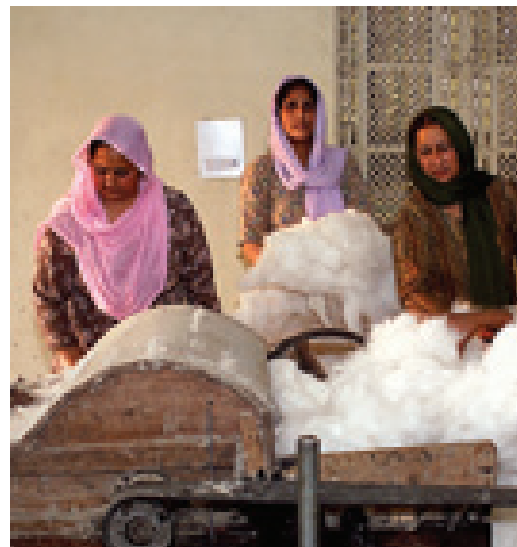


In the Langar there is a common kitchen daily providing vegetarian food for more than 300 people. During big events there are often thousands of people partaking in these meals.

The two-storied building contains various offices, a telephone exchange, a small printing press and a computer room with public internet access. Most of the upper floor is used for apartments.



## WORKSHOPS INCLUDING WORK BASED TRAINING



**K**irpal Sagar has many workshops such as a machine repair shop, marble cutting and polishing, carpentry workshop and garages, as well as a bakery and a general store. They also offer professional job training and provide job opportunities to local people.

There is a whole host of employed professionals such as masons, tailors, electricians, administrators, security officers, farm hands, gardeners, kitchen staff, cleaning staff, and many more.

# FARM

## THE ONSET OF THE PROJECT



On his last tour in the Punjab on 24 October 1973, Sant Kirpal Singh, accompanied by Dr. Harbhajan Singh, visited the grounds where Kirpal Sagar is located today. In those days most of this area was barren land covered with shrubs and often flooded by the nearby Sutlej River. There Sant Kirpal Singh owned a little farm where the rice was just being harvested.

That day Sant Kirpal Singh took some water from the water-pump, which still exists today, and tasted a grain of rice.

Pointing to the surrounding land He said to Dr. Harbhajan Singh that in future at least 40 hectares of land would be needed, and a time would come when more than 800 kg of pulses would be required daily.



With the help of many volunteer helpers the land was cultivated and turned into fertile fields surrounding the whole Project with a green belt, and the words of Sant Kirpal Singh are being fulfilled. Today Kirpal Sagar comprises of about 80 hectares.

The agriculture and dairy farm is operated according to modern standards. The agriculture farm mainly provides wheat, rice, vegetables, cane sugar and vegetable oils.

The dairy farm yields milk sufficient to produce butter and other dairy products and enables the centre to be self-sufficient.

## MAN SERVICE HELP FOR SELF-HELP



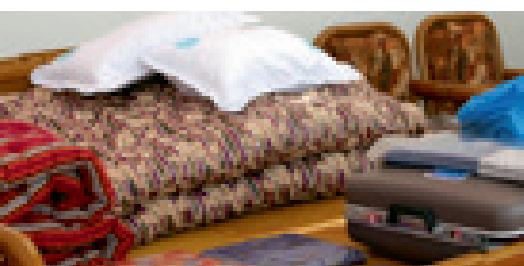
*„As long as you are in the body – give, give and give!  
When you are no longer in the body, who will ask you  
to give?“ Kabir*

**H**umanity means to care not only for one's own self and the family but also to share with others according to one's possibilities. But misunderstood charity often leads to dependency. The help is directed cautiously leading to an improvement of the life's conditions and thus enabling people to be able to help themselves.

Providing medical care both inside and outside of Kirpal Sagar is one aspect of practical help. Furthermore it is considered very important to provide a good education to the children. This is done in the schools of Kirpal Sagar and also in schools of the surrounding areas providing them with school materials and uniforms.

In the workshops unskilled workers have the opportunity to receive job training to make them more independent.



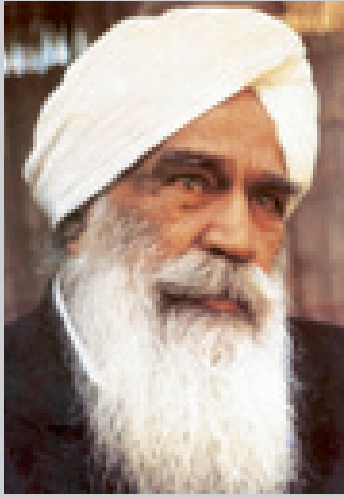


Jobs for handicapped have also been created. To enable women to earn their own living, sewing and needlework courses are offered. Nurse-training is also planned.

In India marriage ceremony is important but also very expensive. Consequently, Unity of Man helps poor families, under certain circumstances, by arranging the wedding and the dowry for their daughters to give them a good start in their new family life.

The humanitarian activities, as well as the development of the Project are financed through donations from people close to Unity of Man. Great care is taken that all resources are used effectively and efficiently. Any gained surplus flows back into the Project.

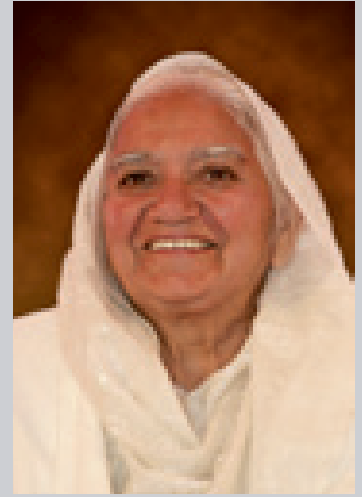
Unity of Man is a cultural, spiritual and charitable institution, approved as a non-profit organisation by the State of India.



Sant Kirpal Singh - 1894-1974



Dr. Harbhajan Singh - 1932-1995



Mrs. Biji Surinder Kaur

## A LIFE IN SERVICE TO HUMANITY

The ideal of a Godman (God-realized personality) is found in all religious traditions. Most religions originated from the life and teachings of one or more such outstanding personalities who had realized that ideal.

They lived as human beings amongst us to demonstrate that we all have the same abilities in us to become like them, but it was never the intention of these great teachers to create a religion.

They only gave out the living knowledge of the true nature of man whose aim is to return to his origin - God. In this way they gave value and dignity to each and everyone.

Sant Kirpal Singh stands in the line of Kabir Sahib and Guru Nanak; the great teachers of India respected by all schools of thought.

### The Early Years

Sant Kirpal Singh was born on 6 February 1894 in Sayyad Kasran, in today's Pakistan. After retiring from his career as a civil servant in the Government of India, he followed the instructions of His Master, Baba Sawan Singh, and went to Delhi in 1948 where he had disciples all over the world. His books were translated in several languages.

### Visiting the West

During His three world tours in 1955, 1963 and 1972 He visited numerous cities in the Western world and met religious leaders, politicians and personalities of the society.

He conveyed the importance of self-knowledge and God-knowledge and emphasized that spirituality implies to live for others.

His efforts to create mutual understanding from man to man, for peace in the world and for tolerance among the religions have been recognized with many honours.

In the year 1957 He was unanimously elected as President of the World Fellowship of Religions due to His universal view, and held this office for 14 years. This was just one aspect of His work.

### World Conference on Unity of Man 1974

From 3 - 6 February 1974, Sant Kirpal Singh convened the first World Conference on Unity of Man.

Leading personalities of India such as the late Prime Minister Indira Gandhi together with many members of her cabinet, other political, religious and social leaders and delegates from approximately 30 nations participated.

This World Conference was the beginning of the movement – Unity of Man. At the invitation of the Indian Government, Sant Kirpal Singh addressed the members of the Lokh Saba (Indian Parliament) on 1 August 1974.

Before His physical departure on 21 August 1974, Sant Kirpal Singh commissioned His disciple Dr. Harbhajan Singh to continue His work - Unity of Man and to build the Project Kirpal Sagar. He wanted to put His work into the hands of conscious people to counteract „isms“ and sects.

### **True Discipleship Commissioning the work**

Dr. Harbhajan Singh and his wife Surinder Kaur were very close disciples of Sant Kirpal Singh.

During His physical sojourn He assigned important duties to them. They lived with their family at Nag Kalan near Amritsar. Dr. Harbhajan Singh practised as a doctor, first in his own house and then in his hospital where Sant Kirpal Singh himself laid the foundation stone in 1973.

When Dr. Harbhajan Singh regularly visited the West from 1976, he explained in talks and lectures the teaching and competency of Sant Kirpal Singh with the basic thoughts on the unity of man.

Soon people congregated who were committed to stand up for this ideal and align their life to it.

With the help of volunteers, the Project Kirpal Sagar developed nearly at the same time as the Centre in Austria - the headquarters of the West today. In this way the movement Unity of Man started to spread on an international level.

Das gilt ebenso für Seine Frau, H.H. Surinder Kaur, die ihm immer mit vollem Einsatz zur Seite stand.

Die gesamte Verantwortung liegt heute bei ihr, nicht nur für die äußeren Aufgaben, sondern auch die der spirituellen Führung.

Unter ihrer Leitung hat sich Kirpal Sagar seither zu einem blühenden Garten weiter entwickelt, und es entstanden weitere Zentren.

### **Lecture Tours**

The annual lecture tours led Dr. Harbhajan Singh through many European countries. In his lectures Dr. Harbhajan Singh spoke about spirituality as the essence of all religions and explained that consciousness, discrimination power and free will are the characteristics of man.

He emphasized the difference between spirituality and the countless esoteric teachings that were just about to find their market.

Consequently this led to many personal meetings and heart-to-heart talks.

At that time Europe was flooded with self-proclaimed “masters” and “teachers”. Though commissioned by Sant Kirpal Singh Dr. Harbhajan Singh always refused to be considered as a Master.

He simply showed through his example how the disciple should make the competency of his teacher visible through his own life.

This ideal demands the power of humility - Dr. Harbhajan Singh had it. Everyone could call him “Bhaji” (brother). At the same time he had the natural authority only found in one who is competent, and his warmth and sincerity reflected the love of Sant Kirpal Singh.

Only through Dr. Harbhajan Singh and his wife the teaching of Sant Kirpal Singh could remain pure and alive.

### **Conference on Human Rights 1993**

In 1993 Unity of Man was represented as a Non-Governmental Organisation (NGO) at the Conference on Human Rights at Vienna.

After having conversations with, among others, Ibrahima Fall (UN Assistant Secretary-General for Hu-

man Rights), Dr. Harbhajan Singh had the privilege to address the plenary session at the state conference. In the same year preparations were culminating for a further World Conference on Unity of Man.

### **World Conference on Unity of Man 1994**

This conference took place on 3 - 6 February 1994, the 100th birth anniversary of Sant Kirpal Singh. Guests from all over the world took part. Personalities of various religions, politics, culture and science from far and wide spoke to an audience of thousands of people from all walks of life.

### **Kirpal Sagar is my heart**

Such a responsibility requires a full and complete dedication. Besides working as a medical doctor, giving lectures, and dedicating time to people, Dr. Harbhajan Singh also wrote books and guided the edition of a biography on Sant Kirpal Singh. From 1982 he dedicated his time to establishing Kirpal Sagar.

In 1995 he had advanced the work so much so that the main facilities of Kirpal Sagar were ready by end of summer, just before he left his body on 25 September 1995. He had often said: „Kirpal Sagar is my heart“, and had dedicated his whole life for it.

### **The work continues**

This also applies to his wife, Surinder Kaur (Biji), who had worked side by side with Bhaji with full dedication. The entire responsibility is on her shoulders today - not just for the outer tasks but also for the spiritual guidance. Directed by her, Kirpal Sagar has developed further into a blooming garden and additional centres have been created in other areas.



### Peace Begins in the Heart of Man

“On the level of man, of soul or consciousness we are already one. In spite of tyranny and murder prevailing, there is still hope for the world, and this hope lies in the spiritual link from man to man, from nation to nation. This genuine hope brings us together.

The problems of the world are not of political but of spiritual nature, so we have to find the solution on the spiritual level, on the level of consciousness.

The change will begin from man’s heart, this is the only way to bring unity into the world. If the ideal of unity has become our heart-felt desire, it will spread like a wildfire burning all hatred, enmity, separation, duality, and egotism. What will prevail is oneness.”

Dr. Harbhajan Singh

# UNITY OF MAN

## BASICS

- Man or soul is a conscious entity, being of the same essence as God. We are all members of His family, and thus related to each other as brothers and sisters in Him.
- All men are one as souls, born the same way, having the same inner and outer construction and being controlled in the physical body by the same Power, called differently as „God“, „Word“, „Naam“, etc.
- With all the seeming differences and distinctions of colour, creed, and caste, in his various modes of living and thinking man essentially and basically remains man in outer appearance and inner make-up.
- The union of soul with God is considered to be the highest aim of man. All religions show ways and means to find God; these ways and means may seem different yet aim at the same target. Hence, there is no need to change from one religion to another.
- God made man and man made religions to keep the teaching of the sages or competent Masters alive.
- Absolute God cannot be understood nor described. He is the Highest Power, the Cause of all creation and manifests in the form of Light and Sound. Man has the highest rung in the whole creation and is able to experience these two aspects within himself. An ethical life is the stepping stone for that.
- Spirituality is not to be confused with seclusion from the world. Everyone has to fulfil his duties and responsibilities wherever he may live. At the same time he should develop all around perfection - not only physically and intellectually, but also spiritually. This spiritual development has been ignored so far, and by emphasizing the head the heart has been neglected.
- By recognizing the good man becomes able to be good and to do good. The right understanding that we are all one - as man, as soul and in the veneration of God - results in right thoughts, speech and actions.



On 10 December 2007, the 75th birth anniversary of Dr. Harbhajan Singh, the symbols on the roof of the Sarovar building were completed and they were revealed to the world in the course of a World Conference. At the same time Kirpal Sagar celebrated its 25th foundation day.

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