

SUBTLE BODY LIVING

Inspirational Quotes for Sikh Dharma Ministers



In 2016, our Ministry newsletter focused on “Ministering Through the Subtle Body.” Our Winter Solstice Ministers’ Gift to you is a booklet sharing these timeless words from the Siri Singh Sahib about living in the Subtle Body, as well as inspiring thoughts from Sikh Dharma Ministers around the world.

A Gift from the Office of the Secretary of Religion





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Inspirational Quotes for Sikh Dharma Ministers

You affect this universe, you affect the Godliness, you affect everything through Subtle Body. There are subtle smiles, subtle wink of eyes, subtle brightness in eyes, subtle movement of the lips, subtle pinching of the shoulders, subtle, which has its own communication. —The Siri Singh Sahib (April 30, 1981)

In our mission as Ministers of the Divine, let us always vibrate the Holy Name through our beings and manifest this divine subtle energy in our service, work, and worship.—SS Sarb Nam Kaur Khalsa

(Winter 2016 Ministry Newsletter)

Neutral mind is called subtle mind, if within the senses of your body you realize neutral mind or subtle mind you will be in a position consciously to transform the soul when you have to drop this physical body into the Subtle Body, because when this physical body is dropped Subtle Body make the soul to enter to carry to the abode. — The Siri Singh Sahib (November 11, 1984)

Soul cannot leave without Subtle Body. So if you make your life subtle and go to the depth inside of your subtle nature you will find God. —The Siri Singh Sahib (July 22, 1988)

As Ministers, we tune into the Subtle Body of the Siri Singh Sahib and use the key spiritual teaching of: Obey, Serve, Love and Excel. We are representatives of the sacredness and vastness of our consciousness.

— SS Dr. Sat Kaur Khalsa,
Secretary of Religion

(Spring 2016 Ministry Newsletter)



As we go through the evolutionary process of consciousness, our souls develop the capacity to experience life more thoroughly through the Subtle Body. The Subtle Body—being the container for the soul and the sensory organ of the soul—gives us the capacity to experience the subtlety of God in all things.—SS Kartar Singh Khalsa

(Fall 2016 Ministry Newsletter)

Be subtle about things. Be sophisticated about things, when the subtlety and sophistication is put out with self-courage, self-esteem is achieved.
—The Siri Singh Sahib (July 22, 1988)

The greatest beauty of the order of the Khalsa is it has the privilege of a Guru, which is Shabad Guru, which is a subtle Guru, because you have to understand and relate to subtlety. It is the Subtle Body in which your atma which is your soul. —The Siri Singh Sahib (April 25, 1993)



As we connect deeply with the shabad, our Subtle Body begins to vibrate with the sound current of Naad. We deepen in our connection with the Shabad Guru, and the Guru comes and lives within us, carrying us and lifting us on our soul's path to deepen into our divine essence and connection.

—SS Guru Kirin Kaur Khalsa

(Winter 2016 Ministry Newsletter)

Most of the time, ministering involves being as present as possible in the moment. The sensitive, intuitive, sophisticated Subtle Body gives us the capacity to serve in this way.—SS Dev Suroop Kaur Khalsa

(Summer 2016 Ministry Newsletter)



It is through relating to/through our own Subtle Body and through assisting someone who needs our help to develop his/her Subtle Body that we are able to effectuate healing and understanding. Without living in the Subtle Body, we're just stamping around in the mud! Living in our Subtle Body, we're dancing sweetly on air and can help others to join us.—SS Siri Narayan Kaur Khalsa Fuda

([Spring 2016 Ministry Newsletter](#))

... the process in our healing is to bring subtle balance into absolute balance, to bring the union of Subtle Body and spiritual body, and leave no place for doubt.”—The Siri Singh Sahib (October 17, 1985)



“If in subtlety you become very refined and in activity you become very subtle,

Through the expression of the Subtle Body, the harmonious relationship of the parts to the whole that manifests beauty comes into play in poetry, music, dance, painting, and architecture.—SS Gurukirn Kaur Khalsa

([Summer 2016 Ministry Newsletter](#))

you are very near to your soul....The spirit and the Subtle Body are very much related, they never leave each other. So anything which is refined—refined art, refined acts, refined speech...will put you nearer to the soul.”—The Siri Singh Sahib (May 27, 1981)



The depth you have to be in, in order to relate to the Subtle Body depends on your ability to be in a state of awareness; it is not a belief. So develop your meditative mind, develop your silence and your ability to maintain stability in your silence. As your awareness of the Subtle Body increases, so does your ability to heal and to help people.—Sant SS Gurudev Singh Khalsa

([Fall 2016 Ministry Newsletter](#))

This subtle existence of God within you, around you, is the criteria of you as a human; qualified and classified self of yours in this Age of Aquarius is only for living happily, here and hereafter. —The Siri Singh Sahib (December 31, 1994)

“The Subtle Body is a very high frequency magnetic field that surrounds each and every cell in the body. Each cell is protected by the Subtle Body; it is a protective shield.” —The Siri Singh Sahib (July 25, 1988)

The Subtle Body gives us the vitality, wisdom, and perspective that we need to act and lead with integrity when serving others, and its great power lies in expanding our sense of self beyond ego. Only then can we live as described by the Siri Singh Sahib when he encouraged us to take the soul and the Subtle Body—which has to carry your soul—and “decorate” them with the flowers of consciousness. This is God and Guru’s Grace.

— SS Gurudev Singh Khalsa

([Summer 2016 Ministry Newsletter](#))



Standard is not deserving and not deserving. Standard is to have the power and guidance of the intuition of the Subtle Body to find the most subtle remote thing to go for help, serve, elevate. And what that is, is called love!—The Siri Singh Sahib (April 23, 1993)



Your Subtle Body affects the quality of your relationships as well as the sensitive connection to another being. The capacity for universal love and the ability to sense and attract good things come through your Subtle Body.

—SS Dr. Shanti Shanti Kaur Khalsa
([Spring 2016 Ministry Newsletter](#))

The mind is neutral as well as positive as well as negative. It's the neutral mind which judges the righteousness within me. That is the Akashic record; that is Karma. In this very Subtle Body, the neutral mind records every action, every reaction, every benefit, every loss, every polarity, every vacuum of this life.

—The Siri Singh Sahib (March 5, 1981)

As Ministers, it is our job to speak to the soul, and the path of that communication is through the Subtle Body. It is not about the words we say, but about our projection through the Subtle Body. It is our Ministerial duty to comfort, heal, inspire, and elevate others. The Siri Singh Sahib said that we must have what he referred to as “a penetrating projection” and that the power of our presence must elevate people.—SS Gurutej Singh Khalsa

([Summer 2016 Ministry Newsletter](#))



The Subtle Body, which is strengthened by meditation, helps your Soul continue the journey out of the dungeon of the rib cage back to its home with the Infinite. Your Subtle Body connects to this subtle infinite energy during your entire life. At the time of death, when all of your other bodies drop away, your Subtle Body carries your Soul to Infinity.

— SS Dr. Santokh Singh Khalsa
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“When the Subtle Body, the carrier of the soul unto the destiny of the end, becomes the style of the life, the world shall unite under these words of love, truth, service. Humans will be again be pure and piety, forgiveness, compassion, and kindness shall rule.”—The Siri Singh Sahib (June 20, 1993)

To live and project from the Subtle Body is to be able to experience calmness, wisdom and the sensitivity that allows access to the intelligence that informs correct action, speech and response, no matter the environment or situation. These qualities are so very important in this life, in which we have the privilege of serving humanity and our own sangats as Ministers of Sikh Dharma.— SS Chioneso Kulwant Kaur Khalsa

([Spring 2016 Ministry Newsletter](#))



Siri Singh Sahib quotes courtesy [The Yogi Bhajan Library of Teachings](#)