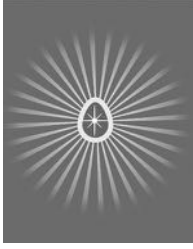


- शिव भगवानुवाच -



प्रिय वत्स, विश्वका अनेकौ दुःखी र अशान्त आत्माहरुको दुःख र पीडालाई मुक्त पार्न मसँग मनको तार जोडी मद्वारा प्राप्त शक्तिको प्रकम्पनले उनीहरुलाई शक्ति प्रेम र पवित्रताको अनुभूति गराई आफ्नो र अनेकौ आत्माको दुःख र पीडालाई निवारण गरी मुक्ति तथा जीवनमुक्ति अवस्था प्राप्त गराउने पथप्रदर्शक बन ।

ईश्वरीय उपहार

द्वैमासिक आध्यात्मिक पत्रिका

वर्ष ७, अंक ४, पौष/माघ २०७२ (Dec.2015 – Feb., 2016)

जि.प्र.का. कास्की द नं. २४३/०६५/०६६

मूल्य रु. २५/-

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ईश्वरीय उपहारका लागि

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विश्व शान्तिका महानायक प्रजापिता ब्रह्मा बाबा

hljgsf kltf lft / ; sNkn] sjan lj 4 zlfisf] j jof t yf k/dftdf; E ktygf /fv\$fi
 xG .dfgj ; ;f/df ; a)Gf ; j \$-]7 / dxig 5 . klykg cf; l/ot fsf]/flf; lkgfnfQo; /LhdffP
 a; \$f]5 ls dfgj lot f / ; f]d[sb]; doaf lyof] eQ] eQs\$fi5 . o:t f] p/fl7nf] d?elddf
 o; ; ;f/df o:t f] dxk?ifs] hG eof] h; sf] gfd lyof] khfkt f a)df . pxf]f] Qf f g}; a)
 dfgj fdfx?nfQPs ; bdf af]f] lyof] h; df dfgj t fsf] 8f/Lot dhat eof] ls hxf]smlst
 ug]sb}o:t f] sd(h) :yfg lng ; sb . j f]nsfnaf6 ; dfhkt clt g}r lGt /xg] a)dfafnfQ
 ^) j if]pd] k/f u/k]5 ; d]hsf]/ lj 4 sf]t Tsfing cj :yf b]f] cen]k]8f xg yf]df . kit lbg
 306]khf; ; a)dg]ofTdsf] ; v; zlfisf] nflu k/dftdf; E ktygf ug] pxf]f] b]gs lbg of] g}
 lyof] . khfkt f a)dfafnfQ/fdf] E yxf lyof] ls ha; D] dfgj n]o; sf] ; ?j ft :j oaf6 ub}
 t a; D] o; nlonfQkfg sl7g dfq geQc; e] 5 . T; j]o; q]dsf] zef/ D] pxf]f] :j oaf6
 ; ? ug]eof]/ Ps pbf/G ktt ug] of]hg agpgeof] h; af6 k/f lj 4 sf dfgj n] k]Gf kfk
 u/Lo; dfu]f r n] uGbnfQxf]; n ug]; sb .

; g! * &^ df x]f] fo l; Gdf Ps wld\$ kl/j f/df h]GgePs f bdf n]f/fh af]nsfnaf6
 g}dfgj sNf]dsf] nflu lr lGt xg]Gf] . slt k6s t pxf]f]Qc?sf]si6 b]f] dt k]8f xGf]
 ls p; sf]nflu 306]D] Q] /; E ktygf ug]Gf] . ; do cg; f/ pxf]f]ha 7hf]x] hfgeof] cf gf]
 dfw} :j ef] t yf Q]gf/lsf] anaf6 ; k]; 4 xgeof] . xL]f hxf]/t sf] b]kf/n] pxf]f]Qk]; 4
 ag]of] . pxf]f] Q] /sf] k]k]s] nflu hljgdf ! @j Gf u? agpgeof] t klg cfTd; G]i6 eg]
 ldn] . ^) j if]f]pd]df bdf n]f/fh Ps lbg cf gf] ; f]lsf] 3/ agf/ ; hfgePs] lyof] ToxLE
 /ft ldf pxf]f]Q] /lo z]Q]sf] ; flff]f/ ePs] lyof] . t/ pxf]f]Qyxf ePg ls s] ePs] xf]
 eg] . pxf]f] ; f]geof] ls of] k]s] kg u?x?sf]v]h x]egLu?; E ; f]geof] t/ pxf]f]?klg cGfg
 g}xG]f]k]5 dfq yxf n]df] ls of]t Q] /lo z]Q]sf] r d]f/ k]f/x]5 . o; 36gaf6 pxf]f]
 dgdf p]B ag r In/x]f] lyof] ls kg k/dftdf] gdf; Tool; ;f/sf] :ykgf t yf k/fgf] sInoul
 lj 4 sf] lj gfzsf] ; flff]f/ u]fQgof]dgof] :ykgf] /x:o ; D]pgeof] . of] b]f] pxf]f]
 v]zlsf] ; df /xg] . :j o-k/dftdf lzj afan] :j os]f]k]r o lgeof] / bdf n]f/fh]sf] gfd kl/j t g
 u/] khfkt f a)df sf] gdfaf6 ; z]f]et u/ lgeof] . cen]kg afanfQ:ki6 ePs] lyPg ls o;
 cf; /L; ;f/df gof]dgof] :ykgf s; /LxG eg] . t a k/dftdf :j o-pxf]f] k] 3 u/Lkl/r o
 lgeof] ls . It.dLg}lj 4 dx]/fhg >Lgf/fof] xf]/ of] It df] * \$ cf]hG]sf] clGd hG] xf] .
 h; df of]e]t s /y ca Q] /lo lga]gdf gdf; Tool]bgof]sf] agp]g] lgdQaG] Ub; kZ ft \
 lj 4 kl/j t G]sf]sfo]ug]; ? eof] . ; g!(#& af6 afan]cf gf] ; a}r n cr n ; D]lQ] /fkQ

ugēof/ la:t f/}la:t f/}k/dfTdf lzj n]pxfS f]t gs f]cfw/ InP ; t ou :yfkgs f] sfo{ kf/De
ugēof].

o; gj lg / dxfg sfo{f]nflu k/dfTdfs f]cfz cg; f/ cfp d08nls f]:yfkf eof]. h; df
yf]dfq JbQx? cfP Q/lo 1fg > G ub]t yf cfkfQ] t ft No agpg] kbf; ub] . o;
dxfg\sf]kf/De t eof]t / b]L; dffs f]:yfkfcy{ePs f]sfo{f cg]s cf; /Lj [Qj fmf?sf]
kg ; fdgf ugēof]. t / Q/lo zIQn] ; w)cf; /LzIQdfly ; fdgf ub]lj ho kfk ub]cf gf]
sfo{f cuil8 a9)uof]. ef/t kfs:t fgs f]ij efhg kZ ft \cf]d08nls f]gdn]lr lgPs f]o;
; yf Q/lo lgzgf; / ; g!(% df /fn:yfgs f]dfo6 cfad] :yfgG/t eof]. oxfa6 g)goff
; t ouL; ;f/ agpg] akb Q/lo ofngf / sfo{f kf/De eof]. ha; D] k]b]s JbQm]Q; v
/ zlfGs f] ; D]Gs f]/x:oa/] 1fg xB] t a; D] o; dfu]f r n] o; s f]:yfkfdf ; xof]LaG
sl7g xG eG] afanfQ/df] E yxf lyof]. o; s f]nflu khfkt f aXdfafan] k/dfTdf lzj ā/f
lbgPs f] Q/lo 1fg t yf /fnof]us f]lzlf ; a}dg]ofTdf?df k}fpg] kbf; ugēof]. To; s f]
nflu lbdalxgx?sf] gdfdf 6:6s f]:yfkf ugēof]. lsg]s afanfQ]ij Zf; lyof] ls To; s f]
k}f / ; kmit dfd gf/ls f]dvb elds f /xG . .oq gfo{t 'k}bG]/dG]q] b] t fUs f]efj hfuf
u/fP gf/LnfQ; D]fg ub]o; dxfg; ; fs f]afu8]s f]kt lgw] ug]b]o] afan]; lD]lbgēof]
hals Tot ahf dxnf xs / clws f/s f]r r f; d] r ng ; s}f]lyPg . o:t f]; fdlhs b]6s f]df
gf/ls f]cut f s f]xns f]ij ifo /xof] / ; dffdf lj leG r r f]k/r r f]xg yf]of]. t / t L; a}; zo
/ l6s fl6k}x?nfQk~5fp]afan]Ps gdf kZ ugēof].

khfkt f aXdf afan] :j -kl/j t gaf6 lj Z kl/j t gs f]clgnfQ]t h ub]uxg t k:ofaf6
:j zlfGaf6 lj Z zlfGs f]blk hufpgeof]. afafs f]hij.gdf o; ls l; ds f]kl/j t gn]; a}f]nflu
hij.g kl/j t gs f]cfw/ aG]. c/f] nls f]lvz/af6 kf/De ePs f]of] zvg]o la:t f/}la:t f/}ufP
zx/ r f/}k}f]ng yf]of]. afan]uxg t k:of u/L:j om]; D}f kfk ub]hgeof]. sG] t yf
gf/lx?nfQ]dof] Lt yf cf; /Lj }ej af6 ck}f]t xg]lzlf]n]; hfP dhat agpgeof]. ; } f]
j :qpf b]vg]sG]x? s]n gf/Ldfq geP zIQsf] ?kdf lj Vof] eP/ JbQsf]hij.g kl/j t g
ug]sfo{f lgdQag]. aXdf afan]cf gf]uxg t k:of / Tofaf6 ; D}f fmfQ]kfk u/Lk}f f
aGēof]. afafs f]of]cj :yf dt dxfg eof]ls pxf; D}f fs f]pR k/s f]7mfQ]kfk u/L!*
hg] /L!(^ sf lbg gZ/ z/LnfQ]Tofu u/L; 'd] t g] f; Lxgeof]. j f:t j df o; ?d ut f 1fg
o1s f]/r lot f t yf kfgx/ :j o-k/dfTdf lzj xgxG . o; s f/On]ub]cfh khfkt f aXdf ; fs f/
?kdf geR f klg o; o1s f]s f]/f]f/ lbgkt lbg t lj l ut df a9/xs f]5 . aXdfafaf cfh xfdlar
; fs f/ ?kdf t xgxG t / ; 'd?kdf pxf]f]pkl:y]t n]nfvf]s /f]f]JbQm]Q]df kdfg eOxs f]
5 . Q/lo lgzgf :j o-efld agpg]cj ; / / zIQm]kfk eOxs f]5 .

als =efg' ks fz k}h

आफ्नो मनलाई सदा

बिजी राख



► चक्रवर्ति दग्धर; ब्रह्मलाल/व . र ख] दग्धर ;] फा6, र ख] ज फा6, र ख] दग्धर zिQaf6 lahL/v . dgg zिQm] दग्धर Pस ful agfp5 . चक्रवर्ति चक्रवर्ति स फोर्न agfp, h; df ; f/f lbg dg lahLx] \.

► slxn] jby{; *Nk r N\$ t slxn] 6]2g xG . To; न] o; af6 ; j dfgs f] l; 6 5 6 5 . l; 6df ; ढ ख] cEof ; ; b} u/ . r fx] s d] f] d] f] x] \ j f ;] fdf j f चक्रवर्ति r Gg dggdf खं ; अ] r ढ u/ . ob l; 6df

; ढ 5] eg] ; j झिQm? xffh/ xGg.

► of] ; do o; ; fg] hGdf @ hGds f] kfk lgZ t 5 . To; न] ; f] ; ; uds f] of] ; fg] hGds f] Pस Pस ldgg slt dxfg 5 . lx; fa nufp, of] hGdf @ hGds f] / fth efd lng] x] eg] ; uds f] Pस ldgg klg slt dNj fg 5 . o; dNnf Qhfg . ; uddu g] efdj fg ou x] . hf] hlt efd agfp g r fx] of] Tot agfp g ; \$. t / w] ; dos f] c] 2g r fixG . t lg ?k / t lg t l / sfaf6 ;] f u/ . t lg ?k x] - gn] kth, kf / kth / nekth . t lg t l / sf x] - dg; f, j fr f, s d] f .

► hg; s} ahf klg kl/ l: ylt cfp g ; \$, kl/ l: ylt s] sfd x] cfp g' . t / lt dL; j झिQm] fgs f] ; fyLx] . To; न] kl/ l: ylt ?kLdfom] s] g] ug{ ; \$ / <

► ; bf Q] / lo gzfdf / x] a] kromafzfx ag, t l] l k? iffy{ / f ; DQ / ; dfg ag] ; fy r N] t ढ / L u/ .

► clxn] ; fg] ft gf s / fnf Q x] Lt l] l k? iffy{ u/] a] d] afaf ; dfg ; DQ / ; DQ ag, lgj g / P] // ढL / x] !) * s] d] nf t ढ / u/ .

► cd] ahf lj z] f ; j झिQm] cgej L: j ?k ag] of] s f] ; sf; j fod] Bndf k] n] p, dgnf Q; bf lj hL / fv, ; dos f] ks f / x] - t l] l k? iffy{ ej .

► It dLj ढ s] f] nflu cfw/ dt { x] } lj ढ s] f] sh bks x] . o; ks f / sf dx] d] s] f] clws f / Lt dLcf Tdf? ca lj ढ s] f] cul 8 चक्रवर्ति ; DQ ?kn] k] Tof eP b] / fp . ob clxn] D] k] g चक्रवर्ति xbs f cfzfx? k] f] ug] cyf \ gfd, dfg, zfg, : gk, zिQm] c] l] b kfk ug] ढ f xG eg] ढ f d] f] d] clj B] s] f] l: ylt a] / f lj ढ s] f] ढ f k' f u/ .

► xfdL; a] Q] / lo ; Gfg, bt fs f] ; Gfg x] ; j { kfk x? hG] ; 4 clws f / x] . oxLzfgdf a; . df: 6' lj w] t f, df: 6' j / bt f, df: 6' ; fu/ ag] o: t f] zिQm] l: ylt s] f] cgej u/ t fls lj ढ s] f] ct k] c] Tdf? n] z] f] G / zिQm] cgej ug{ ; s} \.

बाबा जे चाहनुहुन्छ जीवनमा त्यही होस्



राजयोगिनी दादी जानकी जी

फरिस्ता स्वरुपलाई थोरै समय इमर्ज गर, तब राम्रो अनुभव हुन्छ। तर ज्ञान योगको आधारबाट हाम्रो स्वभाव यस्तो स्वभाविक बनोस्। यसको लागि धेरै समयको अभ्यास चाहिन्छ। स्वयंको, बाबाको या ड्रामाको ज्ञान बुद्धिमा स्पष्ट होस् तबमात्र सन्तुष्ट रहन सकिन्छ। जब मेरो सामुन्ने बाबा हुनुहुन्छ, तब म भित्र धैर्यता पनि हुन्छ, सहनशक्ति पनि हुन्छ, सन्तुष्टता पनि हुन्छ। बाबा भन्नुहुन्छ, बच्चे, आत्मा अभिमानी स्थितिमा स्थित बन। कुनै पनि कुरा सामुन्ने आयो भनेपनि स्थिति अचल अडोल रहोस्। ड्रामामा हरेकको आ आफ्नो पार्ट छ। यी सबै कुरा ध्यानमा राख्नाले जरुर म सन्तुष्ट रहन्छु र मबाट सबै सन्तुष्ट रहनेछन्।

हाम्रो दिल रुपी दर्पण सफा होस्, आफ्नो लागि फिलिड राम्रो छ भने म भाग्यशाली छु। मनलाई शान्ति मिल्यो, सोचनको लागि ज्ञान मिल्यो तब दिलरुपी दर्पण सफा भयो। फेरि आफूलाई देख्न शुरु भयो। नत्रभने दर्पण मैलो हुन्छ भने देख्न सकिन्न।

परमात्मा करनकरावनहार कसरी हुनुहुन्छ ?

मनुष्य के मान्दै र भन्दै आएका छन् ?

dglo s]df/ e/cfPsf 5g\ls k/dfTdf
s/gf/fj gxf/ xgXG . ; a)pxf] g}ugXG,
dflg; t pxf] xft sf s7kt nLxg\ . kft –
kft k/dfTdfs]cfzaf6 xlnhG, pxf]h; sfj
efddf h]n]v]lbgPsf]5, ToLxG . pxf]fj
Psf]n] df]lg; sf] d[0' xG, hlt ; do pxf]fj
s]Lsfid lng dglonfQ]hljt /Vg r fxgXG,
Tot ; do hljt /Vg ; SxG . xt f{st f{t
k/dfTdf g}xgXG . df]lg; n]o; v/LcfkthfQ
st f{dfGg . k]Y L; dG, kxf8, ; b' r Gdf
cf]lb ; a)k/dfTdf] g}agfpgPsf] x] . ; do
; dodf hg kfs[t s lj kQ; cfp5g, aGg)
eTs Gg, To; sf] :yfkof j f lj gzf k/dfTdf]n]
g} qozMaxdf t yf z\$ / a'f u/fpgXG .
k/dfTdfs]fo:t f]st (b ; f/f sNkel/ r ln/xG .
k/dfTdf]n]g}hlj.fdfnfQ]pgx?sf]sdGsf]km
; v-bMsf] ?kdf lbgXG . cfk]n] of] ; a)
u/fPkgk/dfTdf]n]:j odo; nfQ]f6 /VgXG .

प्रश्न:

dfly n]v]Psf] dt sf] c; Tot f / tn
n]v]Psf] ; Tot fnfQ]abngsf]nflu lgD Inlvt
kQ;df lj r f/ ug]f] \.
!, ha ks[t df lj Et , t fkrn, r D]slo, phf
h:t f z]Q]5glt ks[t sf]z]Q]af6 xg]sfof]nfQ
Q] / lo sfo{dfG' c1fgt f x]G .
@; a)cfTdfx? k/dfTdfnfQ; v / z]f]Gs]f]

nflu cyj f d]Qm] hlj.g
d]Q]af]nflu ks f/ u5g
eg] s] of] g ; d]f]ls
k/dfTdfs]f] sfo{ ; a)nfQ
d]Qm] hlj.g d]Q]rbg'
x] hg sfo{ ; ud oduf
a]df, lj iG' t yf z\$ / nfQ
/ r] pgg]f u/fpGg .



राजयोगी ब्रह्माकुमार जगदिशचन्द्र जी

अब परमपिता परमात्मा शिव के
सम्हाइरहुनु भएको छ
ca k/dkt f k/dfTdf lzj eGxG, x]
j T, , j f:t j df dnfQs/gsf]j gxf/ o; sf/G
elgG] ls d]h]kxf8, gdLcf]lb agfp5' j f kft –
kft x]h]p5' . t/ oL; a) sfo{t kfs[t s
z]Q]af6 xG . j T, , ks[t sf]z]Q]m sfo{ leG
5, cfTdfx?sf]z]Q]m sd(leG)ksf/sf]xG
/ d k/dfTdfs]f]Q] / lo st (b leG)5 . cfTdf]n]
h]sfo{ud5, p; sf]eQ]m v j f bMsf] ?kdf
of] cg]lb lgZ t lj Z g]6s sf] elj ioj f]L
cg' f/ ef]d5g\ . pgg]nfQ d]f]os]f] j zdf
k]fbg -u/fpGg
j T, , dnfQs/gsf]j gxf/ -ug]u/fpg]
o; sf/G elgG] ls d khfkt f a]df, lj iG,
/ z\$ / nfQ / r gf u/] a]df / f1g / of]us]f]
lz]ffaf6 ; ududf ; To vdf]f] kgM:yfkof
u/fp5' . km:j ?k cfTdfx; / ks[t ; a)
; t f]k]wg xGg/ of] ; [i6df ; To du z? xG
clg of]

बाँकी अंश पेज नं. १८ मा

सफलताको लागि एकाग्रता

ब्रह्माकुमार शिशिर रेग्मी, पोखरा

Psfut f eg\$] dg / al4sf] l:y/t f
xf] . o; sf] ef] xf] sb}lj ifo / nlodf]y dg
/ al4 lg/6/ nflu/xf] \ cyf\ dgsf] ; sNk
TbxLij ifodf g}r nf] \ al4df klg Tb; sf]lr q
alg/xf] \ . dg / al4 cfTdfsf bQz]Qx? xg.
cfTdfn] log}bQ; 'ld z]Qaf/ f h]j;g ; ~r flnt
ul//x\$]xG . xfd]

h]j.gdf ul/g] x/
sd(dg / al4af6 g}
; ~r flnt j f lgdzt
xGg . Psfut f
cyf\ Ps nlo /
lij ifonfQcul efudf
/fVg' jf xfdldf
ePsf] bZb z]Qm
/ dgg z]Qm]Q
Tb; }df s]Q]qin
ug{ g} Psfut f
xf] . cyf\ dgn] klg
nlosf] af/df ; f] f] \
/ al4?lk g]n] klg

; f]Lij ifodf bZb agfOxf] \ Psfut f g}; kmit f
jf sfo{ 4lsf] hggLxf] . ob xfdL ; kmit f
r fxG]reg] Tb; sf]nflu Psfut f cf] Zbs 5 .

dgdf lg/6/ lj r f/ , :dft , ; sNk jf
ef] gfsf] kj fx eOg} / xG . sb}lr h b]df,
; Gf, af]nf Tb; ; dG]Lij r f/ dgdf pTkG

xG . ha xfdLsb}lj ifosf]af/df ; f]g yf]n5f]f
t a al4n]klg Tb; sf]lr q agfpg yf]n5 . bZb
z]Qm; efi s cf]f]df dfq}5g . sxlE-x] klg
al4n] 69sf] sb}lr h, j :t' , Jb]Qm] f 7p5f]
lr q agfpg ; S . Tb; }al4nfQ}t] f]g] klg
elgG . sb}Jb]Qm] :t 'j f 36gfsf] :dft dgdf

xgf; fy al4n] ; f]L
s/fx?sf] bZb klg
b]v/x\$]xG . oit
dfq} x]Qg elj iosf
sfnk]gs lr q klg
al4n] lgdf{ ug{
; S . o; /L x]f{
dg / al4 k/:k/
; d]Q} dfq}x]Qg
k/s klg 5g. dgdf
p7\$ f ; sNksf]
cfw/df al4n] lr q
lgdf{ ub5 . Tb:t }
al4n] lgdf{ u/\$f]
lr qsf] cfw/df kgM

dgn] lr Gg dgg j f ; sNk pTkG ub5 .
Tb:}f] olbQz]Qx? cleG 5g. dxfg\sd{
kOosf] sd{ j f wdf] sd{ ug{sf] nflu s] n
; sNk z]Qm] dfq} x]Qg, Tb; sf]nflu ; f]sdf]f]
af/df bZb z]Qm] klg r fixG . h; nfQb' b]i6
j f b'dz{ fsf]gdn] klg xfdLhfG5f} h]j.gdf



c; km xgsf]/x:o klg nloklt oLb }zIQsf] ;fd@:ot f g' j f ;efhg g' x] cyf\ oLb }zIQ? Ps nloklt s]Gt g' x]. Ppof lj Byl[n]ha 8fS/ aG]nlo /Vb5 eg] cVbgsf] ;dodf p; sf] x/ ;sNk k9fOdt p7] \ / al4n] klg x/ ; do cfk't8fS/ aG] d]gt u/\$f]8fS/ ag]f] /f]ulsf]pkr f/ u/\$f] cf]lbZonfQ]gd]f ul//xgkb5 .cyf\ \kxn]g} dgdf nlok]Ksf]cfz]f]fdLj r f/ / al4df ; f] k]Ksf]lr q ha aG5, of]zIQnfQ]Ps fut fsf] zIQrelG5 . Ps fut fsf]zIQn]g}x/ c; D; sfo]n]Q; D; ag]Ox]f]xG . s]n e]f]t s lz]ffsf]nflu dfq}x]G cfhsf] ;dodf xfdln] cf]M]Tds pG]t j f r l/q lgd]f]sf]nflu klg of]zIQsf]kbf]u ug[h?/L5 .

cfh xfdLhg ;f/df /lx/x]f 5f]Fof] klt :kwf]el/Psf]5 . r f/t / s]xLkfp]g]s]xL ug] b] j f x]BathLr ln/x]f]5 . lj z]fu/L wg ; Q of gfd k]Ksf]nflu klt :kwf] r ln/x]f]5 . t/ lj j \$ eG5 oL; a}k]Kx? cNksfnlg 5g. o; sf]cn]f f xfdln]Q] /lo ;v j f cf]Tds ;v, z]fG / cf]Gsf]cgelt ug] j f To; sf] k]K klg ToG}h?/L5 . o; k]Ksf]nflu klg xfdln]Q]dg / al4sf] Ps fut f cf] Zos 5 . Psful al4lj gf s]df s]znt f k]K xG . Psfulr QgeP, D] 1fg cd] sf]> j f u/k]g dg cf]Gt aG . l:y/ al4sf]ce]f]df al4 lj :t f/}lj :t f/}lgd]f aG hfG . dg, al4, zIQn]K ePof b'b]6 k]K xG . Ps fut fsf]c]ef; a9]pgfn]dgd]f]y k]K lgoG]f k]K xG . dgnfQ]hx]fR fxof] h; /L

r fxof] / hlt ; dosf] nflu r fxof] l:y/ ug\ ;lsG . hf]cf]Tdn]o; sf]cgej k]K ub5, pm]j \$]7 e]f]dsf]e]f]ub/ aG5 .

Ps fut f df]g] dgsf] lghL zIQn]xf] of] p; sf] cG]d]gsf] ;fd\{ x] . k]r lgsfn]df oxLzIQnf]6 j /bfg of >fk h:t f]lj lr q 36gf ePsf] ufog 5 . Clifd]lgx?n] oxL zIQsf] sf]Gn]cg] bM, si6 / ;f]k]n]Q]gfz ub] . j t df]g ;dodf hlt klg e]f]t s t yf cf]M]Tds pG]t ePsf]5g, To; sf] ; j \$] b o; zIQn]Q hfG . oL; a}f cf]w/ dgsf]l:y/ nlo x] . sg}gof]v]f]h ug] j]b]Qn] Pp6;nlon]Q]lnP/ To; ; E; D]Gt k]k]y]f]lj ifon]Q]lnP/ lr Gg ul//x]f]xG . s; f]f]Q]sb]k't s n]g 5 eg] klg p; sf] al4 Ps}lj ifodf s]Gt eOx]f] xG . h; /L; dG] j f t fnsf] k]gd]f l:y/t f xG / 5f]f :ki6; E b]g ; lsG, To:t }dg?kL ; fu/df lj r f/sf]l:y/t f eof]eg] al4 ; a}sf] b]g / hfG ; lfd xG .

dgnfQ]klg sG]n ug] zIQn]xf] al4 . t/ al4 olb >]7 lj j \$]n]kl/k]K{5} eg] al4 :j om]Q]klg l:y/ ug\ ; S} . To; f] >]7 1fg] dg / al4nf]Q]e/f] . lr Gg dgg?kL dWg al4nf]Q]v] fO]v]f]t a al4 zIQn]Lag] :j o+ klg Psful xG / dgnfQ]klg Psful ul/lb5 . To; f] al4sf] l:y/t fsf]nflu cf]M]Tds 1fg / lr Gg dgsf]v]f]f] kb5 . 1fglj gf al4 ot fpt f e6s g ; S ; -; fg] s/fdf c]Ner]xg ; S . lg/G/ 1fgsf] >] G]n] al4n] /df ug\ ; xL:yfg k]f]5 / l:y/ xG .

Ps fut fsf] nflu xfdln]Q] cf] Zos

5 :j osf] dgnfQ Q/lo kf/n] e/k' ug .
;bf dgdf oxLlr Gg r nf] \- d k/dfTdsf] clt kf/f] ; Gfg xF k/dfTdf kf/sf] ; fu/xgxG . o; bgdgdf dnfQ ; Rf cij gZL kf/ k/dfTdfn] g} ugG . k/dfTdfn] dnfQ s] lbgePg <x/§ k/l:ylt df ; x/f lbgeof] bMdf cfE' k/5 lbgeof]. o:t f]cdN hlij g kbfg ul/lbgeof] . hlij gdfkgsf] nflu dt lr hlah j :t 'pknAwu/fObgeof]. xfdLlr Gg ub}hfcfF k/dfTdfn] dglo hlij gsf] k' fsf] nflu ; #f/df dt s/fx?sf] Jbj :yf ul/lbgeof] . xfdL Ps lunf; kfgL lkp5f] eg] klg Ps uf; vfGf] eg] klg t ; a k/dfTds} o; ; [i6af6 g}t vfGf] . xfdlnfQ vfg, a:g, dgf] ~hg ug ; a s/f lbgeof]. s] of] ckf/ kf/ xfdln] eNj ldN / <k/dfTdsf] pksf/nfQ: dlt ub}hfcfF. o; dgdf s] n bgdgsf et', elj iosf cgf] Zbs k'nf] d]nf] ge/f]. k/dfTdsf] xfdL dfgj cftdfklt sf]c; ld kf/sf lr Gg; kLdDln] xfd] dgdl@/nfQ; hfcfF. hlt k/dfTdsf] kf/df of] dg dlj x} hfG, Tolt dgsf] Ps fut f klg a9} hfG . Ppaf t YonfQ xfdln] ; t klt zt :j lsfg(h?/L5 . ha dgdf >]7 of ; sf/fTds lj r f/ r ln/xG, dgsf] j j cToG} sd xG . dg zfG F] +:y/ xG, of] g} dgsf] Ps fut fsf] nflu ; j f] Qd pkfo xf] . xfdLs] n dg Ps fut ePg eg] ubf; f] dfq gu/f] of] dgnfQ s g efn] g lbOx} f] eg] s/fnfQ/df] E Vofn u/f] . Jby{/ gsf/fTds lj r f/ jkL t fd] ; s efn] j f:t j d} dgnfQ e6s fp5 . o; nfQ k/dfTdf :dlt jkLefn] v] fcf]. t a of] t k' xG .

Psfut fsf] nflu csf] pkfo xf] xfdL :j omfQ/df] c; n s'of] L agcf]. olb sd\ u/kZ ft \kg ; f] Lsd(h)k6s k6s cNentOxG eg] sd\$ f] ; s'Nksf] kj fxn] xfdlnfQ aufpg yfn5 eg] xfdL Ps lr Q Ps /; j f Psful xg ; S}f] s'of] ub}d] kgsf] Tofu ub}sd\ ug ; flflef] n] sd\ ug Q/ klt ; dk' ef] n] sd\ ug\ cgf; S' ef] n] sd\ ug\ cToG} cf] Zbs 5 . x/ sd\ ub} s] cEof; xf] \eg] sd\ k'f eof] / dg / al4 klg k'} pk/fd xf] \ . ha s ; f]nfQ; xof] lbG f] eg] bft f] kgsf] efgaf6 k/ x}f] :gk lb} klg cnu . sg} klg sd\ ub} cledf] gsf] czdfq klg dgdf gcf] \ . xfdL ; f] f-d sd\ ug] st f' x'Fs d\$ f] krm dnfQ s g} g sg} ahf dnfQ c] Zb ldN5 . krmf] af/df ; f]f]g; f] f] ; fy; fy} xfdlnfQ ofb /xf] \, xfdln] ug] ; 'ldft ; 'ld k'ksd(h) klg dg al4nfQ e6s fOx} f] xG . dg al4 e6s bf dfq xfdL bML xG f] f] / To; sf] s/f' xfdln] hlij gdf ug] ; -; f]f] k'ksd(h) xg\ h; nfQ hlij gdf 36g g] bcf]. Ps zA klg s; §f] nflu clxt xg ; S . Ps ; s'Nkn] klg csf] f] cs'nf' j f bef] gf xg ; S . o; nfQ hlij gdf slxN} kj z' gu/fcf] . o:t f ; 'ld k'knfQ hlij gdf aGh nu'Obcf]. abnfdf xfdln] hg k'osf] sfd ub}f] o; sf] ann] klg xfdlnfQ Psful aG d2 ul//x} f] xG . :j omfQ by{; s'Nkn] dQn u/f]. olb dgdf lat §f] s/f] lr Gg r N5 eg] lj r f/ u/f] L ; a t ; [i6; jkL gf6s sf] /lnf /§8{eQs} . o; gf6s df hg Ps k6s /§8{ xG, Tof] ; bsf] nflu xG . ca ; f]]

s;Lkrif xEj . Ij ut s f] It S t fn] j t (f]gs f] c f]g Qnf Qgw dnf c f] . hf] g/ f d] l yof] T; n f] Q eh f] l s g] s g/ f d] 36 g] s f] a f/ a f/ l r G g u g f] c f] T d] s d h f] x G . j t (f] g d f 3 l/ 3 l/ ; f] 36 g] s f] l r G g u /] d f] g ; s z l Q n f] Q g u b c f] . a b n f d f / f d] ; f] f] . o x L g } g/ f d] h f] Q k i t : y f k g u g] p k f o x f] . T o : t } e l j i o s f] s N k g] s f] k x f 8 k l g j t (f] g d f g a g c f] . j t (f] g d f ; x L ; s N k s f ; f y s d { u / f] . e l j i o x f d] l g z t ; k d f / f d] a G . k r h k l g e l j i o s f] ; a } s / f k / d f T d f n f] Q ; l d l b c f] . h a J b y { ; s N k x f d] d g s f] a / d f c f] O x } f] 5 e g] l e q a f 6 g } T o ; n f] Q e l g l b c f] d c l x n] k / d z l Q n k / d f T d f ; E s f] l d n g d f J b : t 5 ; l t d L k l 5 c f p . j f : t j d f d g n f] Q s G h u g } f] n f l u : j o + / h f a g] d g n f] Q c 8 / l b p r i n d g / f h f s f] c f] z c j z o d f G 5 . o ; / L d g n f] Q c g d f g , s f d s s N k g f , l r G f , e l j i o s f] e o / Q o f a f a f 6 d Q m u b } c u l l 8 a 9 f] . J b y a f 6 d Q m d g n] c j z o P s f u t f s f] l : y l t n f] Q k r k u b 5 .

P s f u t f s f] n f l u ; f / f l b g d g / a l 4 n f] Q >] 7 l : y l t d f l 6 s f] O v g s f] n f l u l o g l x ? n f] Q s g } g s g } c E o f ; d f n u f O b g k 5 . l o g l x ? n f] Q l g z t u k s f o { l b g h ? / L 5 . >] 7 l r G g d g g ; k L u k s f o { l b P o L b Q z l O x ? n f] Q . b : t a g f] O x f] . h a o L v f n L x G g , t a J b y { / g s f / f T d s ; k L e t ' x ? o L l e q k j z u / x f] 5 g . l o g l x ? s f] : j e f j j f k s [t g j o : t } 5 . l o g l x ? n f] Q s l x n o } v f l n g / v f] . o ; s f] ; f y ; f y P s f G / d f g a / f c f] T d s b i 6 s f] c E o f ; a / f , d g g z l Q m / Q / l o g z f s f] c E o f ; a / f k l g P s f u t f s f] z l Q n f] Q a 9 f] p g ; l s G .

j t (f] g ; d o l j l e G l j i f o j : t ' , k b y c f] e d s / x } f] d f g j d g a l 4 n f] Q z l Q z f n L P j + l : y / u / f p g s f] n f l u k / d l k t f k / d f T d f l z j n] a x f s b f / L Q / l o l j z l j B f n o 4 f / f / f h o f] u s f] l z l f f l b O x g e P s f] 5 . c f] M f] T d s 1 f g / k / d f T d f ; E s f] l g / G / V o f g o f o f u n] g } d g / a l 4 s f] P s f l l n f] Q a 9 f] p g ; l s G e G t Y o n f] Q d M g h / / v b } a x f s b f / L Q / l o l j z l j B f n o s f s g } k l g z i v d f u P / f h o f] u s f] l z l f f l n g ; S x G . / f h o f] u s f] l z l f d f c f] T d l r G g a / f c f] T d f c g e l t k / d f T d f l r G g a / f k / d f T d s f] u f / z l Q s f] c g e l t T o : t } s d } f u x o u t , ; d o s f] k l x r f g n u f o t s f l j l e G l j i f o l j G d f l r G g d g g t y f ; f w o f k 5 g . o f] l z l f f P s b o } J b x f] / s / j } f l g s 5 . o x f k ? P s k 6 s o f] l j l w n f] Q c k g f P t x b \ - o ; s f] k i t k r m t T s f n o x f k ? n f] Q l d n g } . c a : j o s f] n f l u k l g l b g d f s ; L l f d Q / l o l r G g s f] n f l u 5 6 o f c f] . x f d] d g / a l 4 n f] Q ; b f l g d f s ~ r g / : k i 6 / v g s f] n f l u c f] M f] T d s l r G g / / f h o f] u V o f g n f] Q h l j . g s f] c u a g c f] . / f h o f] u j f : t j d f P p d f h l j . g l h p g] s n f x f] . h l j . g k 4 l t x f] . c f] g f] h l j . g d f o ; n f] Q ; x e f u L a g c f] . ; f y L a g c f] . o ; n] x f d l n f] Q ; R f ; f y l b g } ; ; f y l g e f p g } . x f d l n f] Q x / h ~ h f n / k l / l : y l t a f 6 k f / n u f p g } .



के नारी उत्थान सम्भव छ र.....

अधिसभ/ दिव्य इतलन/ ज
 ल/ (उगु, ; वः

वगु ; व ; ल व, वःLP [अ] ; D G
 क/ ज फ/ दफ P s f P s b M / c O s f / 5 f p 5 . e v { s f
 / f z g d f w d n f k o f b j v G . ; f / f क/ ज फ/ ग } z f s
 d b d f b j v G g . s f L e G } l y P s d s f j v j ,
 c s f j / y k } l y P e f d s f j v j . P s f t / j z
 r n f p g j ; G e (h f i s } l y o f j e g j c s f t / ; d f n s f j
 x j j b i 6 s f j d f l y r r { r n } l y o f j . ; f ; h j e G }
 l y G , a x i / L n l f g s f j e g s f j t c n l l f g s L k f j
 / l x 5 g . x d f j s h s f j d o f f / k i t i 7 d f t l f f / f k t
 x g j e o f j U s f / G T o ; 3 / d f c ? s j L g e P
 P s 5 f j l s f j h G e P s f j l y o f j . h G s } l b g d v
 c k x j g f / x p s f j b i 6 d f l j r / f c j f j w a f n s f
 U T o ; k l 5 s f j c g s l j e b , b f Q f j k y f , z f j f G ,
 c T o r f / t y f l z l f f a f 6 j l r t c f l b c f l b d l x n s f
 h l j g ; 3 i f s f s y f J b y s f g n l j j h x ? x g . P s
 c h f g u p e f c k l / l r t क/ ज फ/ / J b Q e l g b L
 d b f ; d f g p 7 P 8 f i n d f a ; f i g . b j / f j 6 L c f P s f j
 ; f y h G 3 / ; f y L ; d f n b j v x d z f s f j n f l u G 9 f .
 o B k x j g f / L l t d f j s g } u g f ; f j b j v P g . l a b G s f j
 ; d o d f e l g o f j k i t g } k / d z / x g p : s f j 3 /
 c a d j v l t d f j 3 / x f j . T o x L j r g n f Q l z / f y w { u d x
 p ; j n f Q e u j f g d f g j c f k r g j t g d g w g ; a }
 ; d k f u g j l t d L g f / l n j h G h G a r s f j k i j q t f
 O h t ; d f k u d j g S n L e u j f g s f j g f d d f s j s j
 s n s x b j u P . ; a n f Q ; x b j u o f j . k i t k / d z / n j
 s ; s f j 3 f 6 L y r j , s ; j n f Q i h p e j h n f P Q l n n f

; d f k u j e g j s ; s f j d f / l k 6 s f j l h G u L . s l t
 l b g e f s } a : g k g j 3 / a f 6 l g s f n j a j x f / f a g f p g j
 s ; j n f Q k v d f e r o f p g j s ; j n f Q i j i f l k n f P d f g j
 h : t f 3 6 g f / j : t l j s t f n j ; d f n c f o r f G a G
 u o f j . k i t s f j n f l u ; a } l r h T o f d j j z r n f p g j
 क/ ज फ/ s f j x / k s f / s f j ; j d f t T k / / x g j c f k r h
 l k 8 f ; x j c ? n f Q v z L l b g j o : t L b j l n f Q e u j f g
 s x n f p g j l g b L k ? i f s f j o : t f s t { e G c ? s j
 g } x g ; S / <
 e l g G , l t d L c s f s f j 3 / h f g j h f t
 = k f y L a f ; s f j / d f j x b j = c f Q i Q s P s f L
 w j } x f g ' x b j = g / L g s s f a i / x g =
 g f / L h G s f j k j f n f x g = 9 f h s z d h f i t , k z ' /
 g f / l n f Q i k G j d f q t x n u f p g ; l s G c f l b c f l b
 ; f j / J b j x f / n j g f / l s f j : j f l e d f g / k i t i 7 n f Q
 c f e r j n k f / s f j 5 . c f n s f j ; d f n s f j ; a e G 7 h f j
 c l e z f f k o x L 5 l s g f / l s f j u e d f h G l n g j g / n j
 d f n f Q k h o ; l e r g k o j d f g f / L z / L n f Q e f j u b j i n j
 d f q x j g f / l s f j c k d f g x f . k ? i f k w f g ; d f n n j
 g f / l n f Q l j n f i ; t f s f j ; f w g s f j ? k d f p k o f j u
 u d j P s v j h f j ; / L q o l j q o u l / / x s f j l j B o f g
 ; f d f l h s c j : y n f Q s j e G / v } < g f / l s f j g l g
 / c w g l g ? k , / f d L S j t y f J o f k f l / s : y n d f
 / f l v g h j g f / l s f j c l : d t d f l y w j f a f j g ' e P g
 / < j l b s s f n d f s G d f t f c y j f ; d u l g f / L
 ; d f n d f k h g l o , j G g l o / ; D f g g l o e P s j s / f

xdf zf:q / glt x?df kf05 . j t dfg ; doaf
 klg gf/lstj s}L uf/j do F +j zif ; f:s [t s
 clvsf / x}fj b}v5 . s Gfsfj hG x}f b}L
 ; ; /fnL hff nldL gj /fdcf sGf khg cfb
 o; sf pbf/ f xg. oLeigP / ul/Pt yilk s}an
 b} /pgj b}F ; dfg eP . oyf{ f F +j f:t lj st f
 t cs}wft ndf b}vof. cfn gf/lmfQ; wgt kfQ
 xdfj kbTg dxfg 5 . gf/LPsn ?kdf ; lvg /
 kl/j t g xg s7lg xg ; S . k}n klg gf/L
 kl/j t g geP, D lj Z kl/j t gsfj sNkf; D
 ug; ; ls} . klr g sfn}v gf/lstj dxdf r N)
 cfPsfj x}Q / <cfh ; #f/df dxk?ifnfQhG
 lbgj klg gf/Lg>xg <t Ldxk?ifn] klg k}xfj
 lzlf t c}k}Lhgglaf6}kPsf lyP . x/ sfof
 gf/lstj Ggf xg}ub5 . o4df k?if ; l/s eFkg
 z}Qmuf{ E dflu5 . vg sdpgj w}df k?if
 cu}l8 b}vPt fkg vg P7 o{nld; E dflu5 .
 lj Bdf k?if cu}k}df eP klg lj Bstfj j /bfg
 ; /:j t L; E}dflu5 . ; #f/df k}n/x}fj bu}f?kL
 sfnf] afn}nfQ x}pg' k}fj 5 . ks[t n] g/
 gf/lmfQ; fdlhs ; Ghg lbPsfj x5 . gf/lcf
 zf/l/s an lgz t ?kdf sd 5 k/G' g}t s
 an c}MfTds an ; fy}dfg; s an k?ifeGf
 cj Zb clvs 5 . T; j]g}t s c}MfTds l}pof
 gf/lstj khg xg}ub5 . ; lj-wfg sfggdf dxnf
 k?ifsfj; dfg clvsf/ pN}j 5 . oBk B}j x}l/s
 kb}j k}r/s 9un] x}cfPsfj 5 .

kl/j t g ; an}Q/fdf] n}ub5 . c}k}nt
 kl}st dxnfsfj:yfgdf ; xf; L/ x/ l}pof c}k}n]j
 w}f h}pog ; S}j t/ p}Qm fx; / w}f afx/L
 ?kdf dfq ge}cfG}l/s z}Qmuf / l:y}t df

xg h?/L5 . k?ifsfj:h:t f]k}x/g / r fnr ng
 dfq] ; dfgt fsfj cy{ / N}g . c}k}n]j b}lQm
 cfG}l/s lfat df ; d} kl/j t g xg h?/L5 .
 d}nfQ; lj r f/n]eg{/ cf8D/sfj x}Bdf gcfP/
 ; sf/fTds kl/j t g] c}k}n]jQ; w}d}n}hg' 5 .
 :j sfj; D}fg cyf{ \cfTdsfj u}x? - 1fg, klj q t f,
 ; v, zlfG, cfG, kb z}Qm}Qh}j.gdf w{/f
 u/} :j dfgdf l6S}n]Q / lkt fsfj cfzlj }k klg
 :j t M}n}5 . h; af6 h}j.g c}k}n] z}Qm lge6
 aG5 . hg; s}dfg; n] ; k}mit f k}pg pleqsfj
 ; z}Qm/ f cfj Zbs 5 t / ; z}Qm/ f kb, wg
 zf:q c}l}sfj x}Q, dgsfj x}k}5 . clg}Gf
 dg af} ; dfg r ~r n x5 . h; n] dgdfly
 lgoGf ug; S5, p; n] ; #f/ lj ho ug; S .
 dxn}leq / x}fj cyf} lfat f phfu/ ug{ plr t
 j ft fj /Gn] k}fj k}5 . Ps csf}f] c}n}f] g}n]
 u}yL6q5 . t ; y{ cfj Zbst f 5 lj Z}f; /
 ; xof}usfj. lj Z}sfjhg; w}fsfjPs r fy}Qdxnf
 F}d afn}n}sf 5g . t/ c}fy5 ; fdlhs /
 /fhg}t s ; r s}f}df l}g} :t/ cfo, lzlf :j f:Yb
 ; j f / l}G} k}r}df gf/lx?sfj; xeflut f G}g
 5 . urd} / s}if l}pof cj }lgs ; j}f sfof
 pgsfjof}ubg h}df 5 . dxnf ; z}Qm/ Gsfjcy{
 cfTdf ; D}fg lbg' / cfT}lge{ ag}pg' x}t fls
 c}k}n]j cl:t T}sfj / lff x}f \ . ha; D} dxnfsfj
 ; fdlhs, j } fl/s F}+ k}l/j fl/s cj :y}df pTyfg
 x}g, t a; D} ; z}Qm/ Gsfj 9}h lk6g' lg/y5
 x5 . ; fdlhs pTyf}gsfj c}w/ :t G} gf/Lzlf
 / lzlf t b}lQm} ; dfgt f / :j t G} fsf ; fy
 c}k}n]j sfggL clvsf/sfj ; aj / kb}j ugdf
 ; k}mit f k}k x5 .

sʃan kʃi fs kl/j t ʃn] dɪxnfdɪly xg] lx;f ck/fw ; dɪk xɒj . ɡɪt s ʃ +cfwɪTds uʃn] ; Dɒ ɔbQsɪ] bɪ6sɪʃ, j [Q ɔj xɪ/ ʃ +; ʃs/ kl/j { ɡ xɒ . kl/j f/ / ; dɪhsɪ x/ :t/dɪ ɡf/Lj uʃɪ] cɪb/ ; Dɪf ɡ t yf ; dɪf clwsɪ/af6 ɡ} kl/j f/ / ; dɪn :j:y t yf ; Dɪ4 xɒ ; ʃ . o; cleofɡdɪ :dLkʃif bɪ} Ps csɪʃɪ] ; xofɪL ɑɡ/ bɪ lɪ sɪ; dɪ dɪxnɪ cut /t fsɪ]nflu cɪɪTds ; zɪQs/ʃn]dɪT kɒk eldsɪ lɪ ʃk uɒ . bɪkledɪfL; ʃs/ / eɪl j f; ɡf lɪ nɪ; t fsɪ] ; ʃs [t ɡ}dɪxnɪ pɪT8ɡsɪ] dɪ sɪ/ʃ xɪ] . ha; Dɪ ɔj j uɪfQ ɡɪt st f / cɪMɪTds ; ʃs/ lbɒj ; ʃy} ɡf/Lsɪ] cɪzn lɪ 1fɪgnɪ/ʃ nufɒ, t a; Dɪ ɡf/Lsɪ]ckdɪf eɒxɒ . cɪTɒclɪdɪfL :yɪt , ; bɪʃxʃsɪ] wɪ/ʃ; ; ʃɪ hɪj ɡ >]7 lɪ r f/ / sɒʃɪ]cɪwɪ/dɪ ɡ} pɪR hɪj ɡ / ; dɪɒ ; dɪhsɪ]kl/sNɪf ; ʃs/ xɒ . dɪxnɪ]clwsɪ/ ɪnɡ' dɪq 7hɪ]sʃ xɪ] cɪkɪ'clwsɪ/nɪQkɪ uɒ (kɪ ɪfɒk5{ . ɡf/Lɪ] cɪkɪeɒsɪ] :j dɪf clɪ ɡ ; Dɪf ɪ hɪpɪ]cɪɪ ; ʃx; / wɪʃ ; dɪ /vɒk5{ . kɪfɪɒs sɪndɪ ɡeP/ o; dɪdɪ kɪnɪ/ʃ ɡɪɒɪ, dɪ/ 6]ʃf, bɪd kɪzɒɪ, kɪ; fɪ Nɪd' zɪkɪ nufɒt sɪ ɡf/lx? ɡɒɪ ePɪ] ɒ xɪ ; ; ʃɪl 5 . cɪkɪɒ cɪdɪ kt nɪj ʃɪ] sɪ/ʃ dɪxɪdɪ uɒɪn] ; wɪ; ʃɪ dɪ dɪf (ckɪP . cɪdɪsɪ] :yɪf ; wɪcukɪɒ xɒ . ʃɪ; ɪ] dɪt [ɪ] ʃ eɪ elɒ . t/ cr ɪ cɪdɪsɪ] :ɡɪnɪQ; ʃɪgn]k} f; ʃ bɪ]u/ʃ f t lɪ f ; ʃɒx? xɪdɪ lar dɪ l5kɪ] 5ɪ . Pɒɪ kt ɪ cg; f/ cɒɒ}bMn] xɪʃsɪ] Pɒɪ 5ɪ]n] hɪlu/ vɪf

yɪn]kɪ5 cɪdɪnɪQ aɦf/af6 ; dɪf ɪs ɡɪ] lɪn lbɪ . ʃɪ] bɪ]kɪ5 cɪdɪn] elɪ ɑɑfɪ t ʃɪQ ɡ}dɪxɪ uɒɪ /vɪ] lɪ leɒ sɪ6 / bɒʃ ; ʃy hɒɪʃt ʃɪ]nɪlu /ft el/ ; lɪ ɡ, cɪwɪ kɪ vɪP/ eɪʃ eɪʃ}a; ʃ kɪ ɡ t ʃɪQ xɪʃʃkɪʃnɪ]ʃɪ . cɪʃɪ; d:ɒf / ; dɪɪhs ; ʃɪʃ uɒ t ʃɪQ o; cɪ :yɪ; Dɪ kɪʃʃ kɪ ɪ]sɪxɒ}lx; ʃa ul/ɡ . dɪ]f; ʃ; / hɪj ɡ /xɒ ɪ t ʃɪ]nɪlu hɪt uɒ]kɪk d t ɒf/ 5't/ lx; ʃɪ uɒ]5ɪ ʃɪ] kɪ7s uɒ cɪhsɪ] ; ʃɪf ʃɪ] :yɪt . st f uɒ] ; bɪʃ, dɪt f / bɪɒ] <v>ɪt st f / ; bɪʃ / <s>]l; ʃ eɪ L k't ɪn] <st f hɪʃ xɪdɪ] ; dɪn <

dɪxnɪ sɪf ɡ / dɪxnɪ lɪlɪn] ɡf/ɪnɪQ a/ʃa/lsɪ] bɪʃ lbɒ] . j/v/ t ʃɪ] t / sɪ lbɪt kɪʃɪv xɪ] eɒ] lbɪ ɪ ɡɪ uɒ] sɪʃ cɪMɪTdst ʃaf6 ; ʃɪ 5 . cɪMɪTds 1fɪn] sɪhɪ] zɪ/l/s cɪ] /ɪeq l5kɪ] cɪMɪTds zɪQn] dɪʃ aɪpɪ . Pɪʃkɪsɪ] eɒaf6 dɪQn lbɪpɪ, c; /lɪt fsɪ] :yɪt dɪy p7pɪ, ɪ ɡdɪ eɪ] kɪ u/ ɪ ɡdɪ ɑɪpɪ . cɪTɒl ɡeɪ ɑɪP/ cʃsɪ]sɪl sɪhɪ] kɪt bɒzɪn ɑɪpɪ . cɪkɪ] eɪt s hʃ/t sɪ] :yɪf ɡɪ cɪɪ/s cɪTds ɪn aɪpɪ kɪʃɪv / kl/t u5{ . o; /LcɪMɪTds 1fɪn] ; xɪcɪ] hɪj ɡ lɪpɪ]sɪnɪ; sɪpɪ . cʃsɪ] dɪ t ʃɪ] ; dɪnɪnɪQ bɪ] lɪ ɡ] cʃsɪ] kl/j t ʃsɪ] kɪt lɪf uɒ] cɪkɪ] pɪ] kɪt dɪ uɒ] nɪpɪ] nufɒt sɪ sɪhɪ] j [t ʃaf6 ɑɪ ʃɪ ɡ ; xɪs l; 4 xɒ . t; yɪ] s r ʃ/lɒs ?kɪ sɪhɪ] s; ʃɪ uɪdɪ uɒ] j f p; nɪQ kl/j t ɡ uɒ] clɪZ t ; dɪsɪ] kɪ lɪdɪ dɪ] ʃɪ ɡ knx? ʃɪʃ / bɪdɪ

lat fpgj ck/fw gu/fj+. cMfTdst f ;#f/sf
Tofusf] dfu{ xf] aNs ;#f/df ;zQmag/
lhpqj dfu{xf] . bg xlg cF' el/Ps]r }f /
bMn]el/Ps]fdg lnP' lhpq' s}hlg xf] .

cfdfs] ul/df Pj +dxTj nfQ]lnP' lj Z
lj holQ]nod j f]kfs]lt dlx? dnfQc; n
cdfd bp d lt dlnfQc; n gful/s lb5' eQ
syg ; fdes 5 .c; n cdfd lj gf c; n gful/s
kdf ug; ls b} . lzzs]f]k]xnf]k]f7zfnf g]dft Tj
xf] . Ppaf afns s]fdg; st fs]f/r gdf cdfs]f
cTolws xit /x]s]x5 .afns s]f]kyd / ; aQ
k]xnf]k]f7zfnf g]p; nfQ]kdf ug]cdfd xg\ . of
; #f/df ; ddfg; f/ lj leQ wd; ;y]ksx?n]hQ
lnPt fkg ; #f/s]f]k]j t }s]f]cleef/f gf/lx?s}
xft df b]v5 . t ; y{ca gf/lx?n]c]k]g] ; lfk
z]Qnf]Q hufpg' k/}f]5 . c]k]h]Q hut dff
; e]h]o; hut s]f]s]nf] / p2/ x] ' ; dlk
xg] ; do cfQs}f]5 . gf/Lw k]h:t }lj zfn
l]nsLvf]g]xg\ . gf/ln]cas]f] ; doaf lzj z]Qn
; e]h]dxfg r l/q / u]s]f]k]bzg ug]lx]dt ug
k/}f]5 . gf/Llj zfnf fs]f]l]ab dlt {xg\ . t ; y{
of] lj zfnf fnfQ ; vdo ; #f/ l]gdf]s]f] sfof
nufP' dxfgt fs]f]k]l/r o lbg]ahf cfQs}f]5 .
x]Tofu / ; dk]s]Ld't , l]dfs]L] Lp7, c]k]g]
; Rf klt k/d] /nfQ]r g . ; a]b]Ma6 56P/
goff; ToolLk]j q]bgofs]f]:y]k]gf u/L] L; dfg
c]af, hub]af, ; /:j t L]b]f]j }Q] L]n]d]s]f]?kdf
; j }f ; D]G, !^ snf ; D]G{ ag]p]gs]f] nflu
lzj lkt f k/d]d]af6 a]d] dft /ds]f]p]b]f]f ub]
lzj z]Qn] t f/n] 1fg snz dft f gf/l]f]lz/df

/fv] ; D]fg t yf cj ; / k]b]g ul/x]g]P]s]f]5 . of]
; b]n]f]c]j ; /nfQ; k]of]u ug]c]f]ns]f]ck]l/x]of f
t yf c]f] Zost f k]g x]f] .

j }as / g]t s h]l]g g]gf/l]f]h]l]g x]f] .
c]k]h]Qz/L ; l]e]n]g]gf/Lc]j nf ag]s]f xg .
olb p]g]x? c]k]h]Qdg, al4 / ; :s]f/n] d]Qn
c]f]df ; e]h]c]f]d :d]t df l:y/ x]h]l]g kydf
r n]df ; Rf z]Qn] ?k]s]f]c]g]ej x]g] . t a
gf/Lc]j nf geP' k?ifnfQ; d] an k]b]g ug]
a]G ; l]S]g\ . ; d]h]nf]Q]of]h]f]gs]f/Lx]f] \ls gf/L
e]f]df x]f]g]k]h]f x]g, h; s]f]k]hg c]f]n; D] k]g
ef/t j i]f]f] b]uf; ; /:j t L, n]d]Lc]f]b ?kdf x]g]
ub] . t ; y{ca k]T]s] gf/lnf]Qc]k]g] c; nL
?k w]f]f ug]5 . t a d]f]q gf/Lp]T]y]g ; D]j
5 . ; fy}o; }w]df >L]n]d]L>L]g]f]o]f]s]f]f]f]b
:j u{:y]k]gf x]g ; S] .x]fn s]l/j !\$) e]G a]9L
/f]6x?df !()) e]G a]9L ; j]s]f]G? d]f]g
s]nf]f / lj Z k]l/j {gs]f] dxfg sfof]f ; m]g
a]d]s]df/L]Q] /lo lj Z lj b]of]ns]f]k]z]f; g Pj +
uxg lh]D]j f/Lc]v]f]d ; f]w]f ; D]G /f]h]of]l]ug]
a]d]s]df/L]b]d]al]x]g]af6 axg x]5 . cy]f\ of]
; #yf lj Z df P]s]d]f]q gf/Lk]w]g ; #yf x]f] h; af6
gf/L; z]Qn] /f, gf/Lp]T]y]gdf dx]T] k]f]e]l]ds]f]
l]g }k e]O]x]f]5 . c]Gdf o; cleof]gdf ; a]s]f]
; s]p ; x]ef]l]ut fs]f]ck]f]f ; d] ub]5' .

योग

ब्र.क. शिवलाल भाइ, दाङ

३) ज्ञानयोग: 1fg cyf\; demal4 (wisdom) hfut (Awareness) al4 -a4T_ l:yt-ktl cyf\ dg / lr Q:j -cfdf_sj; To -ch/, cd/, clj gZL_ :j-cl:t T cyf\ :j-l:ylt -; v, zfi, kd, cfg, 1fg, klj q f / zls_ df l:yt xg' .l:yt ktl cj :yf ; fw/f efi fdf eQkcf cfdf hf] dg, al4, ; :sf/ 5g t L ; a;f] ; dGo ; fy\$, ; dy{/ ; To 5 .

:j osf] 1fg, sd\$] 1fg, ; do j f sfn r qsf] 1fg, k/dfTdfsf] 1fg, k/dfTdfaf6 xg] kfkKsf] 1fg, / j t cf] ; dosf] dxT] sf] 1fg ePs] cj :ydf dg, al4 / ; :sf/ ; defj n] cf] kf] Qbx?sf] lgj p cj :yf xG . cfTdf :j sf] cl:t T df l:yt xG . t a nfe-xfgL, ho-k/fho, dfg-ckdfg, lgo-f:t lt , ; v-bMdf ; dfg l:ylt j f >]7 l:ylt nfQuit fdf l:ylt - kt l elgPs] 5 . h; /L lbgdf phofnf] ksfz xgsf] t fko{ ; b{ /fql sfndf zlt n r ffgL

xgsf] t fko{r Gdf xG . 7s To; p/L hlj.gdf ; v, zfi, kd, klj q f, 1fg, zls / cfg eQkcf cy{ cfdf 1fg ; b\$] ksfz cyf\ a;dkdfg 5 eQ] aler . ct M To 1fg lj gf

:j df l:yt xg ; De] 5g, :j df l:yt geP, D] k/dfTdf; E of] ; De] 5g . ct Mbg}; b] fgsf] l; 4T, a4T nfQkfk u/] g;dg / al4sf] of] -; D] k/d ; Gsf] ; fydf :j t MPsf sf/ xg' g} 1fg of] x] . ct MifgnfQcg} gfdx?sf] pkdf klg lbg] u/ G -1fg vg, 1fg chg, 1fg ksfz, 1fg zls, 1fg cd, 1fg lbg, 1fg ; dem1fg t nj f/ / 1fg udf cilb . cnsf/n] lj elift u/ G . o; p] 1fg of] unfQ csf] efi fdf dg] 1fg klg eQ] u/ G . >ldt efuj t ult fdf u/ Ps] jbfvf cTbG u9 ux6 / ; f/uj { 5 . cg} f] dsf sf/x?n] cf-cf g} dt / lfdt fsf cfw/df kl/is{ u/] lj lj w jbfvfg u/ \$f 5g\ . 1fgLcyf\ hf] cfTolgi 7 5, p; nfQalb efs nfd] eg] s] n cf g] k} e/df / nfd . all efs sf] pkr f/ v] f] / nfd ...k/f] ksf/ k} fo k} fo k/klsgd/cyf\ To:t f] j] lS nfQcfk c?sf] lr Gf xG .



p ; b} ; dhn / kl/j f/df ; d:of :j ?k geP ; bf ; dfwg :j ?k eP /xG . ?vsf] km b] / To] km vfgsf nflu ?vnfQ g} sf] kb] hgd t ; jfy{ j f

JbS lgi7n] g} u5{ . 1fgln] ?vsf] dxTj nfQ hfg] To; sf]; #fOf ug]; tt\kbf; u5{.

४) कर्म योगः hg of]u sd{f l; 4Tj kfk ug{f nflu ul/G cyf{\h; n] sd{ f ux/f]; DQw /N5 . To; n]dxifl{kt ~hnl]eg}f 5g . of]uM sd{f' sfznoxEcyf{\ of]un] sd{f sznt f kbf g o5{ st f{sd{f] k/OfdnfQ]; 4 ug{f nflu sd{f /t xG t/ >]7 st f{p; n]Qe@ ; lsG hf]sd{klt cf'gf]of]dt f, lgi7f / >dnfQ vr {ug{e@ klxn] To; sd{f] k/Ofdaf6 xg] nfe / xfglsf lj ifodf kOf of hfgsf/L/N5 . pxLJbS cyf{\st f{sd{f] 7 eP ; tt\sd{ cf'gf] of]dt f k}'\$ u5{ hf] st f{sd{ ug{e@ klxn] sd{af6 kfk xg] kmnsf lj ifodf lr f{f u5{t a p; sf] dg : j fy{hgt lj ifosf sf/O sd{klt lgi7f hfo/ ug{ ; Sg] lsgls dgdf lj iffo of]u pT@ ePsfn]sd{klt sf]klt a4t f, lhD] f/L/ pQbfoTj nfQj xg ug] lfdt f g} /x@ . ct Mhf] st f{n] sd{nfQ sznt f k}'\$ u5{t/ sd{f cfzS x@, h; n] sd{ ub{ hg of]dt f, lgi7f Pj +To; klt sf] pQbfoTj ; kmit f k}'\$ j xg u/] ; Gf6 f?kL kmn] cf]g@ xG, To] g} sd{of]L x] lsgeg] ; Gf6 f g}hljgsf]; kmit f x]. ct Msd{of]L cf'gf]sd{klt cf:yf] fg xGgt/ ck]ff lj gf lg]fy{ef]n] x/ sd{sznf k}'\$ ug] lfdt f xfnzn u5{ . ct Mcf]dlgi7 JbS g} ; ff] sd{of]LxG . JbS lgi7 : j fy{k}JbS sd{klt lgi7 /Nge@ klxnf : j osf] : j fy{klt hofb ; Dffxt xG . ct Mp; sf x/ sd{h] lj of]u, lj g, lj Vx, lj :dft / lj s[t nfQh@ lbG .

५) सन्यास योगः ; @f; sf]cy{xG ToFu . t/ cfn ; @f; sf lj lj w kl/efiffx? 5g. To; n] lj le@ wd{; Dbfodf ; @f; sf]cToG dxTj kOf elbsf /x\$]kfOG . ToFu cyf{\s; n] sxif s] sf] ToFu ug] x]. Ps JbQmhljgsf] sb} nlo kfk sf nflu lgTo ; tt\sd{f lgi7f fg eP nft / To; st {bk/foOt fof j fw kfg] x/ cj /fw/nfQkf/ ub{p; nfQcg} ks f/sf alnbfg ug]xG . c@yf To] JbQmlo kfk ug{; Sg] . oLalnbfgx? g}p; sf ; @f; j f ToFu xg . ct Mhlj.gdf x/\$sf nlo / pZox? le@ xGgt/ x\$sf ; @f; sf k/efiffx? cnu cnu xg ; Sg. ct M @f; of]us] lfi cToG j {x 5 . Ps ; @f; Lcf'gf] ; DQ(hlj.gnfQ]gZ t nloaf l; 4Tj kfk sf nflu ; j ToFuLeQ]j /S / lg/; lh@udf klg nloaf6 kfk xg]; 4Tj klt cfz]f fdLxG / ToxLcfz]f flt fn]p; nfQPs c; ld cf]g@ ; v / ; Gf6 f kbf g u5{.

o; /Lcf]dlgi7 xg of dgnfQ]j iffoaf6 p@S kfg] hlj.g / hut sf] lxt fy{hg of]u ; fvg of cfTdf / k/dTdf sf]; DQnfQcer]n ulx/f] / alnof] kfg{f nflu bk ; lxt bjsf ; a}; DQw j :t' / lj ifox?sf] ToFu ug{cyf{\ dg lr Gsf] kj fxfnfQc; taf6 df] t Lc; t U cef]f r lhx?sf] ToFu ug{g}j f:t lj s ; @f; x]. o; lagf cfTdf]gi7 a@ ; Dga g}5g . ct M @f; cyf{\ToFu / t k:r of{hlj.gsf cgdfh lg]wj f ; Dtt xg.

६) हठ योगः z/LnfQ:j :y /Nv cyj f z/Ldf

; ulxt lj iffnfQz/Laf6 aflix/ lgsfn] z/Lsf] zL4s/af ugšf nflu cğš zf/ll/s lqrofx? h:t }cf; g, kdfofd, pkj f; , zf/ll/s s ; /t, Wf g cflb ug] ul/G . o; nfQ g} x7ofu j f lqrof ofu eG] ul/G . h; /Ls g] klg lqrofnfQ dg] f] k] 'š ckgpE x7 cyff \ankj' š ul/gj/ h; sf] klt lqrodf ; :-j :Y hij.g kfp g] clekfo xG, To; /Lg} cfTdf hf] dg 5, h; sf lj ifodf eG] ul/G . dg r uf t f] s 7]t d] uuf/AE dg :j :y xg' g} hij.g :j :y xg' x] . (WHO) sf] cg; f/ & klt zt b]v () klt zt zf/ll/s /f] x? dfg; s sf/afn] pT@ xg] u5g. ct M o; af6 :ki6 xG ls z/Lsf] ks [t / cfTdf sf] :j ks [t sf] hg 3gi6 ; D@ 5, To; nfQ; b] kfg{dgsf k] fxx? cyff \dfg; s lqrofx?nfQ 1fg / lj j š sf] s; f] ddf pt fg\ cyff pt fg\ kbf; j f x7 ug\ . o; sf nflu ; do, wg, >d, vr { ug\ c]t cf] Zs xG . o; } x7 lqrof s] n z/Lsf t G; sf] fs fx? sf] ; /Iff kbf g ug\ dfq geP ; dul hij.g /Iff kdfnL klg x] . zf/ll/s x7 lqrof s] an z/L; D dfq ; llt 5g . ct Ms] an zf/ll/s lqrof g} hij.gnfQ ; dGt cyff \; j f] ucf lj sf; ub] g . zf/ll/s lqrofs] ; fy ; fy dfq; s lqrofs] af] wxghfQ g} x7 ofu elgG . ct Mof] L; fvsn] nfe- xfg, ho-k/fho, t ft f] r L; f] eš -k; cflb ; aš] f] k] fx gu/L lgTo :j pGt nfQ kwigt f lbP lg/G/ cf' gf] t k ; fvgdf /t /xG . o; } x7 sf] :yfg klg ; j f] /L5 .

७) राज योग: ox/fh cyff \x:o, /fh cyff \ /fhf, /fhf cyff \ lgoGs, clvsf/ ; D@,

;] ss f] ; fy-; fy :j fdLj f clwkit . ox/fxfDL /fh of] us f lj ifodf r r f { ug\ uOxš f 5 f] hf] :j o+ ; j fR , ; j f] /L ; j š] S j fg ; j f, ; j dfgglo ; Q k/dfTdf/f at fPs] f] cTbG u9, ux6 hij.gsf ; f] e] f] ds /x: on] oS / hij.gdf geQgxg] cTbG} cf] Zs k4lt ePs] f] xgfn] o; nfQ/fh of] u gfd lbPs] f] x] . o; of] us f nflu cfTdf, k/dfTdf, sf n r qm hij.g r qm sd\ l; 4fG, hij.gsf] zf: j t nlo F] +pZb cflbs] :ki6 1fg xg' j f hij.gsf d] ns u9 l; 4fG (Principle) sf] hfgsf/LIng' cTbG cf] Zs 5 . o; } o; nfQ/fh of] u elgPs] f] x] . o; of] udf pkoQm a} ks f/sf of] u x? sf] /fhf cyff \ pTs [6 of] u ePsfn] o; nfQ/fh of] u elgPs] f] x] . cyff \o; lj lwn] g s] an z/Lsf Q@b alNš cfTdfsf dg, al4, ; :sf/ d] fly klg kR\ lgoGf /Vg ; lfd xg] xE o; n] df g] cGs/Gs] f] :j -bj :yfnfQ; b] kfg] :j /fho :yfkf ug\ of] u ePsfn] g} o; nfQ/fh of] u elgG . of] of] u ; [6s] f] kl/j t š s] f] ; dodf k/dfTdf/f g} :j o-afdf d] vs dns] f] d] Vdaf6 l; sfPs] f] lyof] . To; } o; sf lj lwx? kfoMhf k eP lj s[? kdf cğš lqrof klt lqrofs f ? kdf kr Int ePs] f] x] . o; sf] kTbf pbf/G efuj t ult f g} x] . ult fdf k/dfTdf eGxG “यदा यदा ही धर्मस्य ग्लानिर्भवति भारत, अभ्यूथानम् धर्मस्य तदात्मानं श्रृजाम्याहम्” cyff \ha ha vds] f] c]t ldf] g xG d ; To vds] f] :yfkf / cvds] f] lj gfz ug\ cfp g] 5' .

ha s g} klg cfTdfnfQk/dfTdf] aMdf dv sdnā/f pRf] l/t ul/Ps] f] ; To 1fgs] f] af] wxG t a p; sf ; D@ dg] [Qx? kR? kn]

kdf f j [Qdf l:yt eP/ p; }Ps k/dftdf l:y/
 xG\ . o; }nfQ ult fdf l:yt ktl elgPs f] 5 .
 hlj.gs f]; lds/OfnfQ COfTds t f]v wgfTds,
 :yha f6 ; 'l dt flt / / efj nfQ Jb xfl/st fdf
 leq / afix/af6 kTdf ?kdf ks l6s/Of ug f
 nflu cfTdf hg dg 5, T6; sf ; dj]ux?
 kOf?kn] OOfT t ug{ dgnfQ Ps lgj]bs
 lbzf lbg'c T6 cfj Z6s k5{/ T6] lbzf eg f]
 cfTdfnfQ k/dftdf hfBj cyf \cfTdf lr Gg
 / k/dftdf lr Ggdf nufpg' x] lsgs cfTdf s]
 :j v\ ; v, zflG, kpl, klj of f, 1fg, zIQn/
 cfG x] hg ks [t s] cgflb cij gfzL ; fl
 eg f] :j o+k/dftdf g} xG . ct Mo; /L
 cfTdf / k/dftdf s] alr s] ; D6w j f ofunfQ g}
 /fn ofu elgG . o; ks f/ /fn ofuaf/f >]7
 ; D6s f] cgelt n] cfTdf cfTdf; D6fg a95 .
 ha cfTdf; D6fg a95, ta dfq cfTdf j Zf;
 klg a9b) hfG . ha cfTdf j Zf; a95, ta
 ; s/fTds phf/ cfsif f] s] ; 4fGn] Jb QnfQ
 ; b} pr fQ / j f ; kmit flt / n] hfG ; kmit f g}
 x/ dfj s] clGd hlt x] . elgG . hx f hlt
 T6x+kflk/AE o; ks f/ hlj.gnfQ lr GfdS,
 eodS, t gfj dS, Jb; g dS / /f]u dS
 agfpg] >]7 dgflj 1fgnfQ/fhofu elgG, hf]

k/dlkt f k/dftdf lzj n] o; }sInous f] cG /
 ; Toolus f] cflbsfn k?iffQ ; ucloudf ; fs f/
 dVad khflkt f aXdfs f] dvaf/f lbgPs f]
 lyof] . o; } f] kl/dflh\ lj lj w gdfds/OfnfQ
 g} cfh ; dnfdf cg f] f] gfd lbP/ cg f] ofu
 k4lt x? s] lj s f; ePs f] x] hg dflly pNhlvt
 lj leG ofux? xG . ct M/fn ofunfQ cs f]
 efiffdf elS ofu, 1fgofu, s d ofu ; Gf; ofu
 cfib gfdn] klg ks fg; ls G .

ofu hlj.gs f] Ps cleG cw ePs fn]
 cfhs f] ; dflhs lj kGt fnfQ lj s [t nfQ lgdh
 kfg f] lgD /fhofun] Ps /fdaf f] s] sfo{ug]
 ePs fn] g} khflkt f aXdfs df/L Q /lo lj Z
 lj Bnon] cf gf] bft fs f] ; fy lj Z zflG,
 Pst f ; defj / kl/is f ; dflhs f] ; # gdf
 ; t t \ kdf; ub f] cfPs f] 5 / cfpg] elj iodf
 Jb Qaf6 kl/j f/, kl/j f/af6 ; dflh ; dflha f6
 /fi6 /fi6af6 lj Z nfQ j f ; f/f aXdfOfnfQ g}
 ; dh kl/j t g ug] cfzf / lj Z f; s] ; fy Ps
 ; zQncVdfTds cfG] hgnfQ dt' {?k l6s} hfg]
 s/f cj ut u/fp5' .



पेज नं. ६ को बाँकी अंश

; [i6 gs f]6 kl/j t g eP/ :j u{ aG5 . d dx f] z s /af/ sInous f] cGdf t dfl]uL ; [i6nfQ
 dx flj gfz u/fp5' . kflh khflkt f aXdfaf/f k/fgf] ; [i6af6 hg gofF, ToolL ; [i6s f] kf/De xG,
 T6; s] k fngf d >]Lw] >]s [Of cyf \>]nldL >]gf/fo f] s] ; fs f/ hfBL?k laiOfaf/f u/fp55' .
 o; ks f/ oL t lg b] t faf/f ; a]nfQ d] Qm yf hlj.g d] Qm b] bM x/Of ug] / dglo ; [i6s f] k fngf
 u/fpg] h:t f s f/Ofn] g} dnfOxt f f st f {elgPs f] x] . j T, d] f] of] st f b s an ; ucloudf xG .

योगका लागि आत्मा र परमात्मालाई चिनौ

✍ als=eldnfn 1j fnL
t fg; b-\$, kfnkf

dflg; ; E P s :yh z/L xG . Toj z/LnfQr nfpq] dh t T x] aefTdf/AE cfTdf e\$6ldf lj /fhdfg xG . cfTdf hofit laG :j ?k xG . z/L eg\$ f] ks[t x]. kfs[t s r lhx? ; a)kl/j t gzn 5g. To; h] of] z/L klg kl/j t g xG cyf\ o; n] cfkrg] r fhf krf . cyf\ z/L k-r t T x? ldn] ag\$ f] xG . t Lxg- kY L, hn, j fo, clg / cfsz . To; h] bksf] cj zfg kl5 of] efit s z/L gi6 e)pkoknr t T df ldng hfG t / dh k?if hg aefTdf/Ex] Toj] slxN} klg dbj .

xldLdgox?sf bQksf/sf lkt f xGg. Ppof xgxG -xldlnfQhG lbg] lkt f, h; nfiQ nfi]ss lkt f klg elgG, hf] ; fsf/ xgxG, h; sf] gfd klg xG / ?k klg xG . bf] f] xgxG -lg/fsf/ lkt f h; nfiQk/nfi]ss lkt f cyf\ cfTdfsf] lkt f elgG . pxfhfQk/dlkt f k/dfTdf elgG . pxfhf] qrtzMaXdf, lj ic' / z\$ /sf/r gf ugkG . To; kl5 lt g)adfnhsf] t gdf kj z u] ; #f/sf h]j cfTdfx?sf] /r gf ugkG . lsgs pxfhf] cfkrg] z/L xG . pxfhf]lg/ ~hg lg/fsf/ klg elgG .

pxfhf]u]j fr s gfd x]azj AEIzj sf] cy{ xG ; bf s nfi]sf/L . pxfhf]Q ; Tod lzj d; G/d eg] ksf/ ul/G . pxfhf]vf; } cfsf/ xG / pxfhf] hofit laG :j ?k xgxG,

hf] k/dwid lgj f; LxgxG . pxfFafXdf Fj + ; fwk?sf] / lff ug/ lj s d{ lj gf; ug\$ f nflu ; uddudf o; wlt df cj t / G ugkG . clxn]sf] du ; uddu x] . pxfF; bf ch/ cd/ xgxG . pxfhf]Q; j {u / zLQsf ; fu/ xgxG . pxfhf] dlxd f ck/Df/ 5 . pxfhf]Q; [i6s f] cflb, dW/ cGosf]; f/f 1fg 5 . lsgs pxfF; [i6 qsf /r lot f klg xgxG . pxfF; Df] b] t fs f klg b] t f xgxG .

j f: t j df :j onfQcfTdf dfg] k/dfTdf nfiQofb ug{ g} of]u x] . To; h] of]us f] cy{ x] ldng . sb} bQj f bQeG a9Lj :t sf] Ps cfk; df ldng xg' g} of]u x] . of]us f] cy{ hf]Bg cyf\ ldng xg' x] / lj of]us f] cy{ 5 lsg' cyf\ leG xg' x] .

To; h] pxfhf]lg/G/ ofb ugfn] xfdldf ePsf ; f/f lj s d{? lj gf; xGg . pxfhf] xfdlnfQkfj g agfpgxG . ; Tooldf dgloaf6 b] t f agfP/ k/dwid lnP/ hfogG . clxn] pxfF kOb cfTdfx? nfiQkfj g agfP/ pglx?sf] p4f/ ug{ o; wlt df cj t / G xgePs f] 5 . j t df] ; uddus f] ; dos f] dxT nfiQ hfog] cfh]jv k/dlkt f k/dfTdf; E ; Df hf]j . pxfhf] s fo df ; xof]u Lagf: of]u nufci: of]u Lagf:



स्वर्णिम संसारको महिमा

✍ aXdfs btf/Lcdq f urf d, lj /Tegu/ ; vI

; To v08 :j l0d ; #f/ lzj afafn]/RyxG
 lab urf / kfj g t gdf >ls[0fsf]h0 xG .
 kb f0s f]gfd}5g ; 0/ alg] er/0fx?
 xl/ofnLj [f nt f dLz / ; bf/ kmx? .
 !.



dgdfjks ; U0k kth dg To; }/dfpg]
 kb [t sf]lj lr q vjh ; D0t f vfg]lkpg].
 kfj g ; vblou x] gg lr gsf]km xg]
 /fj zfs sf] ; 0 5g kf]0n]e/k' xg].
 .@

/uLr uLkix/gdf lx/f ; gsf u/uxgf
 ; gsf 0f enm/ df] Lhl8Ps f dxndf
 :j r flnt lj dfg r 9Lij bzt / lks lgs ug]
 Pp0;sh Ps wd{Ps efiif 5 Pst f 5g].
 %

8p; o j if{cfo' xG z/L :j Pfn]5Pq]
 c0x/df dw' d'sfg ; fksnf k0'xg].
 g t xGg 3f]sf g lr y0]hgj /x?
 g t 6P5g ls6 kt # dfvf dP8 hij. c? .
 #.

hg; v0f gf}nfv dfq b] b] ls f]/f0 xG
 cv08 / cyfx ; v :j ur; 0f of]dg 5G .
 lr qsnf ; uLs nf gTosnf xG k9fQ
 lgj f/Ldgdf s fLb]0 cfk0]k/fQ.
 ^.

; Toolsf hij. h0'clx+s / ; D0'5g]
 avf af3 Ps}3f6 slt kf/n]kfgLlkp5g .
 /Tghl8t kij of f b0}d0 6 t fh xg]
 kfs [t s ; 0' t df km:t f enr ds xg].
 \$.

g t dfx l/ ; g en0f slx0}x0 cxfdf/L
 g t kn; g cbnt r f/Lx0 el6r f/L.
 g c:kt fn g t 8f0/ st }5g /fj ladf/L
 d0lj lsn g t c88f g t xg]sd f/L.
 &

सुख र दुःख

æv : ogGfGd\ bM d\ bM : ogGfGd\ ; v d\ AE

æv d\ bM d\ dg\ ofGd\ r qjrt f\ k\ j t { } AE

;v kZ ft\ bM bM kZ ft\ ;v ofj
r omg/ G/ r ln/xG . j : t j df ;v / bMsfj
; D w s] E 5, s] sf/ G n] p T G xG . e G
af/ pf hf G c T G h? / L 5 . lsgls hlij gdf
x d L x / s l f G ;v / bMsfj cgej ul// x s f
x G f ;v / bM sdh G x f] o; s f] l; w f ; D w
sd\ E 5 . sd\ ug] ; do d f h : t f] e f] g f x G,
h : t f] p; s f] ; f v g f x G, T b; c g? k p; n f Q
k m l d N 5 . >] 7 sd\ f] k m >] 7 g} x G .
ct M; b f s f n s f] n f l u ; j >] 7 ;v k f l k s f]
n f l u ; j >] 7 sd\ f] c f] Z o s t f 5 . ha; D
unt sd\ f k G k l/ j t g c f p G, t a; D k G
; v s f] c g e j s b f k x g ; S G .

w] h; f s] f] d f G t f s] 5 e g] ;v F] d
bM b] } k/ d f T d f n] g} l b g x G . k/ d f T d f s f]
d l x d f ; b} æv s t f E F] d\ æ b M x t f E s f]
? k d f u l/ G . ; v s f] ; f y; f y} bM k l g p x L
k/ d f T d f n] g} l b g x G e g] p x f f] d l x d f u g]
c f] Z o s t f g} k/ b] . s] s g} b l Q m b f / f k s f z
F] d c G s f/ b] } l d N e g] d f G s g < d f G g
; b s f] s f o\ x f] ; b} k s f z l b g] / c G s f/ n f Q
e u f p g] . o; k s f/ k/ d f T d f k l g b M L x G g
t a t a k/ d f T d f n f Q k s f 5 G . o; a f 6 k l g o x L
l; 4 x G l s k/ d f T d f s f] s f o\ b M x d f p g]
x f] t/ b M s f] a G g d f a f] s f o\ k/ d f T d f n]
u g] k G . k/ d f T d f ; v b f t f t c j Z o x G g}

t/ sd\ l; 4 f G s f] l g o d n f Q s l x N } p N t^a S g
u g] k G . o; s f/ G k/ d l k t f l z j k/ d f T d f h f]
h o f t { n^a u d x G x G . p x f f] e G x G l s d
h g d t l b G, T o x L c g; f/ s d\ u f] e g] ; v L
a G s f] . o; k s f/ c f r / G c y f f \ s d\ f] d l x d f
p x f f] a t f p g e P s f] 5 . ct M b M g f z F] d; v
k f l k s f] n f l u k l j q k j [G s f] c k] f f / x G .

;v s f] n f l u 1 f g n f Q b j x f/ d f N f p g
c f] Z o s 5 . w] h; f s] f] d f G t f 5 l s 1 f g n] ; v
l d N . ct M; v k f l k s f] n f l u 1 f g L a G] d l x g]
u b G t / j : t j d f 1 f g s f] c s f] g f d ; d e m x f] .

1 f g l n P k Z ft\ k l g s d\ >] 7 u g]
c f] Z o s t f t k 5 { g} . ct M b f / x f] l s 1 f g n f Q
k l g c f r / G F] d b j x f/ d f p t f g c f] Z o s 5 .
1 f g n f Q h l j g s f] n l o d f a b n] T o x L c g; f/ c f o z {
k? i f f y\ u g] k G . e l g G æ f g b f g d x f d g A E
b j x f/ a f 6 1 f g b j v g k G . ha; D 1 f g s f]
; D w s d\ E h o g, t a; D d g l o h l j g n f Q
k G; v L j f c d] d o a g f p g ; v x G .

;v F] d b M s f] c g e j d g a f / f x G .
o; a f 6 w] h g s f] o f] d f G t f s] 5 e g] d g n f Q
l h T g n] b M n f Q l h T g ; l s G . t/ d g t P s
; f v g d f q x f] h; a f / f x d L c g e j u b G f ; d g n]
; s N k u g] s f o\ u b G . p k l g i f o d f n] v P s f] 5
- k/ d f T d f n] k l g ; s N k u g] k G . o; F] L : j k
k l g ; s N k s f] P s ? k x f] .

lj sNk / lj sd{g}bMsf sf/Œ xg\ .
 bMnfQxŒpŒg dgdf hg lj sNk r N5 To; nfQ
 lhTg h?/L5 . of lj sNk g}df of hfn xj] .
 df of ks[t j f wg ; DŒCs f]gfd ge}lj sf/sf
 cs f]gfd xj] . dVb ?kdf lj sf/?kLdf of kfF
 lsl; dsf 5g\ h; sf] cfw/df r Nj] lj r f/nfQ
 lj sNk elg5 / lj sf/oQmsd{nfQ lj sd{
 elg5 . cyj f kksd{elg5 . pbf/Œsf]nflu
 olb arf 3/df pŒb ub5 eg]p; sf]cdfnfQ
 p; dly qŒw cfp5 / olb qŒw s}an dg; D
 dfq/xof]eg]To; nfQlj sNk elg5 . o; }ksf/
 ha xdf] j fŒL j f s[t df lj sf/ kij i6 eP/
 xdf]sd{nfQbift ub5 , t a To]sd{f/f xdf]
 lj sd{aŒ5 / o; af6 bMsf]pTlQx5 .

ct M; v kllK / bM lgj f/Œsf nflu
 xdf hg sd{ 5g\ tL sd{nfQ lj sd{ aŒ
 glbQ; Tsd{ ug] kbf; ugkŒ5 . h; sf nflu
 cfj Zos 1fg r flx5 . 1fg Ps ; fwg xj] /
 o; nfQ; fvgf] ?kdf kbf]df NŒpgrn] g}
 1fgf] ; fyŒt f aŒ5 . 1fgf]pkofu lj sd{
 cŒsf/?kLlj sf/nfQgz ug{cyf\kij Œ fsf]
 kllKsf] nflu cTŒ}sd e}x5] 5 . 1fgL
 cfTdn] dg] dyg u/] ckr}E ; f]kŒ5 d
 :j o+sIt kij q j f lgj Œ/L agf] 5' eg] .
 zLQeg] ; dodf klg o; }d]6sf]nfQckgfpŒ
 kŒ5 ls zLQsf]cy{s}n eu] fgs f]gfd hkg'
 j f khf ug{ dfq geP/ h; /Leuj fg kŒ /
 kij q x5 / To:t }ckr}sd{nfQklg :j P5
 agf/ kŒ t yf kij q aŒ} kbTg ug{ klg
 xj] . ha; D eŒsf] bj x/ lj sf/ dQaŒ
 t a; D bMsf]klg ; DŒ}gz x5 .

hg dglo hk-t a bfg Œflb ub5g\
 pglx?n] klg of WŒg /Vg h?/L5 ls olb
 bfg ub{Œ} s[t ?kL dfx ; 'd ?kdf dgdf
 5 eg] of] bfg lj sf/L bfg eof] / To; af6
 bfgsf] >]7 kms f] kllK x5 . bfg, hk, t k
 cfib ; a}sd{nfQkŒ sfo{ agfP5 eg] ol
 sd{ug] ; dodf lj sf/af6 dQmxg h?/L5 .
 cŒMŒTs cfib bj s / cfib eŒt s olT lg
 pŒt sd{f]klj Œ fsf]lj gf Jby{5 . kij Œ f
 ; Rf ; vsf] cfw/ xj] . ; v / zLQsf] hggL
 xj] . z4 sd{hljgsf] cfw/zlnf xj] . olb of]
 ePŒ eg]dg]osf]hljgdf slxŒ}klg ; f]ksnf
 ; DŒ}lgj Œ/L doŒ k?iff] d bj L bj t fsf]
 h:t f] ; v zlfŒ Pj +; d]4 kllK xg ; SŒ .
 ct M/ft L ; Tg] ; dodf dg]dyg ugkŒ5 ls
 sfd, qŒw nŒ, dfx?kLzŒ?nfQslt lht }
 eg] . s; }sf]s[f j f bof b]6n]xdfLlgj Œ/L
 aŒ ; SŒ}h; /Lz/Ldf yf] /flu nflu]aŒ}
 To; nfQt ?Œ}xŒpŒg]kbf; ul/5 . o; }ksf/
 sd{f /x5] of] lj s[t nfQŒfŒ xŒpŒg] kbTg
 ug{cfj Zos 5 .

cfhsf] ; dŒndf w}dflg; x? lgj {t fnfQ
 gdt f cf; lQmfQ clx;f kj [t nfQ kult /
 kl/j t ŒnfQ lj sf; dfgs f 5g\ . o; sf/Œ
 eŒ5g\ ; v t sfu lj iŒ ; dfg 5 . ult fdf
 n]vPsf] 5 ls æv bM ; d]s]f Aeyf\
 bM ; vnfQ ; dfg ; DŒ}n r n . ult fsf] of]
 dxj fŒsf]cy{klg oyf{t l/sfn]g; lDŒgs f]
 sf/Œn]cgy{ePsf] 5 . o; af6 w}dflg; x?n]
 dfgs f 5g\.....

ज्ञान दृष्टिमा 'ओम् शान्ति'

ब्र.कृ. रामप्रसाद दुइगाना
पाल्पा

'चिदञ्चिद' इति ; ःस/ / दित्ति दत्त
:यित्ति x/\$ cग/7गद/ :j :t Lj fr gs/ ?कद
कभ्रु खग/ zिद/ सfdgs/ d/ x/ . o; s/ cy/
JlQmcg; f/ k/s t l/sfn] a/ / a/ /
ul/Ps/ xg ; 5 . oyf/ 'चिदञ्चिद' /lo
dx/ x/ . x/\$ s Nks/ ; d/ a/ /
d/ k/d/ lzj lkt f/ :yitk
cn/ ?d/ dg dxo1 -h; n/ kh/ f
a/ / L/ /lo lj 7 lj Bno elg_ sf
o1 j T; x?n] Ps c/; d/ JQm/ c/ /
clej f/ x/ 'चिदञ्चिद' . of/ lj 7 lj Bno :j o+
k/d/ lzj a/ f/ :yitk ePs/ n] o; s/ /
cy/ a/ n] cn/ s at f/ Ps/ 5 . चिद
c/ , z/ d/ :j w/ cy/ \ d c/ z/
:j ?k 5' . el/ km 1fgs/ t] f/ k/ k
lps/ bz/ a/ dvj zL a/ x? s/ :j w/
kngs/ kt ls a/ ls/ l/ h/ u/ u/
dx/ x/ 'चिदञ्चिद' .

; [6 /r gf / /r lot fs/ oyf/ 1fg
d/; s/ n/ cgd/ f/ lj ifo x/ . cgd/ f/
v/ L/ k/dt s/ 1fgleq k/d/ -euj fg_
s/ k/ x/ fg xg g; 5; ; j f: qdL lz/ f/ dL
>ld/ u/ ut/ f/ dgd/ f/ s/ k/ x/
/ w/ ? lj g/ s/ w/ c/ ; fy u/ x/ d/ /
/lo el/ k/ s/ z/ lj xg ; ?^a s/ o/ ; d/ g
a/ . l/ s/ k/ x/ fg / 1fg lj g/ s/ x/ d/ w/
lj gf l/ s/ lj f- j Lcy/ \ dgdt / k/dt n/

cl/ s/ u/ c/ >4fs/ g/ a/ . oxL/ /
el/ n/ / s/ s/ / s/ /r Ps/ x/ hg
syf c/ s/ s/ ^ dx/ ; T/ / ^
dx/ h/ k/ s/ ?k/ l/ q/ ul/Ps/ 5 .
o; s/ e/ f/ x/ s Nks/ c/ ' %)) j i/ f/ /
! j i/ f/ a/ / s/ n/ s/) j i/ f/ ^
dx/ ; d/ lj gf s/ n/ l/ p/ c/ 1fg
el/ l/ o/ q e/ s/ x/ g/ s/ s/ ^
^ dx/ ; T/ el/ Ps/ x/ . l/ g/ / /ft s/ /
306n] kt l/ u/ \$ f x/ s/ l/ g/ s/ f/
d/; s/ s Nks/ lat] . !)) j i/ f/ oyf/
x/ ; :d/ d/ /v/ g; 5; d/; s/ n/ l/
z/ :q/ n/ v/ s Nks/ c/ n/ v/ i/ f/ e/ s/ /
v/ L u/ p/ / f/ a/ . o; 6 l; l/ h/
d/ l/ c/ 1fg? k/ s/ n/ /r/ k/ u/
; d/ d/ c/ f/ l/ k/ f 1fgs/ ; fu/ k/d/ /
lzj a/ e/ -s Nks/ c/ n/ v/ i/ f/ x/ ,
d/ %)) j i/ f/ . ; a/ d/ n/ a/ f/ ! %
j i/ f/ u/ . ; [6 s/ ; d/ /x: o p/ u/ u/
g/ ; T/ d/ g/ :y/ k/ u/ x/ %))
j i/ f/ ; d/ d/ n/ ; w/ l/ d/ c/ p/ k/ 5/
d cz/ /L/ c/ l/ h/ ePs/ n] ; d/ c/ /
; f/ -hg; s/ w/ d/ g/ n/ /lo lz/ f/
l/ g/ n/ d/ dv r f/ x/ . oxL/ k/ s/ /
n/ l/ * \$ s/ r/ q/ k/ u/ \$ f j/ a/ a/ n/ /
d/ / k/ / -l/ z/ t _ u/ \$ / 5' . d/ / y/
ds// -l/ z/ t _ a/ k/ 5 d/ g/ l/ g/ s/ f/ g/ d

aXdf /flv/lbPs]f]x

; To / d] founfQaXdfhls]llog / a]k/ / sln -elQmounfQaXdfhls]l/ft elg5 . clxn]slns]lcG5 elQmounfQaXdfhls]l/ft df s]es]f[ag] ; lt/x]f cflTds ; G]gnfQ 1fgdf] lknfP/hfuf] ug(x]s] k?iff]Q] ; uddoudf d wt ldf c]t/l/ t eP/ aXdf >ldvaf6 /fhof]us]lzlff lb5' . h; n]oxLzlzffaf/f c]knhf]Q]lbb]s/Of u/] ; t]f]k]wg aG]k?iff]s]f]k/AvhDdf u5{ Tof]cfTdf g]; Toolus]f k]h] b] Lb] t f aG5g\ . o; /Lkft M, D]k; v-z]f]G-cfg]G]s]f]; Tool k/Av -ef]d_ ; lsPk5 a]k/ d]df cfQ]df lt g]k]h] b] Lb] t f khf/LaG] ; [i6s]f]lgolt x]f . oxLq]dd]f khf/Lag] E]elQmounf]l]u]x]uP . 1fg g]p aG]x]f ; a]eQ]n]k]g]M]s]es]f]k]t]ls ag]s]f 5g\ . d Ps k/dfT]ds]f]g]dd]f oot q ; j]g] hlt elQnu/] k]g d]f]f] af/]df ; G]f] D] k]fpg g; s] ; a]eQ]n]j]ifo j]}/Of]s]f] /f]j] gs]df k]r]f]f] 5g\ . log]eQ]n]f]Q]1fg k]s]f]z]s]f] t]f]f] g]p lbP/ hfuf ag]fpg aXdf >ldvaf6 /r]g]f u/]Ps]f aXdf]s]df/ s]df/lx? 1fg uuf ag] ; #/s]f]s]g]f s]g]df 1fg j ; f]u//x]s]g\ oxL ; uddoudf d]f]f] >ldt a]f/f kbQ 1fg d/nL / /fhof]us]f]lzlff 1fg, of]u, w/]Of / ;] f]af/f 1fg/T]n]l]; u/]f] g/n]f]Q]g]f/foC / g]f/l]n]f]Q]n]dL ag]fpg]k]r]f]f]s]f]ox]f]d]G]c]f]p]z]f]G]leq ; [i6s]f] ; D]k]k]f]s]h] ns]s]f]5 . clxn]s]f]log]k?iff]f]k] aXdf]s]df/ s]df/lx? t]yf]c]fpg]; ToolL/f]h]d]df k]g]M]b] Lb] t f aG]x]g\ . >ldt ult]f]s]f]d]x]f]f]s]o chG]f, ce]f]Q]n]cl]j]g]z]L]Ps] k/dfT]ds]f]7]p]f]f] b]w]f/L>ls]l]n]f]Q]e]uj]f]g\ -k/dfT]df_ / ; j]f]b]k]L

5g\egLul/Ps]f]ehnf]Q]ceh -; w/]_u/]f]p]f] c]g]s] uk 1fg k]f]x ug]k]g]x]s] s]N]s]f] ; uddoudf dnf]Q]w]t]l]df]c]f]p]g]k]5{ . o; af]x]s] w]t]l]df]c]j]t /Of]x]g]8]f]d]df]d]f]f]s]g]k]f]6]5]g] . c]1fg]s]f]k]d]f]f]o]t] t]f]f]c]f]f]n]x]p]f] c]f]p]z]f]G]s]x]f]t < - k]f]h / lkt]fx?s]f]k]g]lkt]f, k]t]x?s]f] k]g]k]t, u?x?s]f]k]g]u? k/dfT]df]l]z]j] af]af]s]f]u]f]p]L]k]f]k]c]G]4]f / c]G]el]Q]af]6]d]Q]n] l]q]s]f]n]bz]k]f]h]of]u]x]s]f]; #7]g]x]f] . - ; j]f] k/dfT]df]n]f]Q] ; j]f]b]k]L 5g\ egL ul/Ps]f]b' ; ~r]f/n]f]Q]r /k]r]h]u/] : j]o-k/dfT]df -euj]f]g]_s]f]1fg]a]f]f]p]x]f]f]g]d]s]d / w]d]s]f] k]l]x]f]g]l]log ; k]r]n] Ps]g]f/L /fh]Cl]f]x?s]f] ; #7]g]x]f] . - ; #/n]h]; n]f]Q]Q]u]f, d]9]f, k]T]y/, d]7]d]l]G], u]L]af, r]r]{d]l]h]b, h]n]y]n]df]t]l]y]{j]t]u/] oq]t]q]v]f]h]5]g\ pg} k/dfT]df]l]z]j]af]af]c]f]k]g]f] af]r]fx?d]f]y ; d]k]Q]e]Ps]f]Q] /lo]l]j]E]f]y]k?s]f] ; #7]g]x]f] . - s?]f]f]g] -s]d]f]f]g]s]f]d]x]f]f]t] -j]f]f]l/s_ o]4]df]1fg]j]f]o]s]f]t]L]nuf]Q]i]j]ho]k]f]k]u]s]f] l]z]j]z]l]Q]n]k]f]G]j] ; g]f]x?s]f] ; #7]g]x]f] . - u]f]k]L]N]he -k/dfT]df]l]z]j]af]af]_s]f]1fg] d/n]l]df]h]l]j]g / hut]s]f]n]l]o]af]s]s]f, clt]l]G]b ; v]s]f]e]n]n]df]e]n]n]j]u]f]k, u]f]k]g]l]x?s]f] ; #7]g]x]f] . - c]g]s]t]d]f]af]f]Ps]f]f]; #/n]f]Q]k/dfT]ds]f] >ldt a]f/f]Ps]t]d]f]af]f]g]u]f]Ps]f]u]t]l]x]G], d]l]n]d, l; v, Q]f]Q]c]f]k; d]f]x]f]e]f]Q]e]f]Q]g]f]n]f]Q] r]l/t]f]y]{ug]{h]f]l]t, w]d]{l]n]u] / #]e]p]l]x]t]d]f]q]1fg

kj fx ug[cfMfTds ; #7g xj] .
 - cd/gfy lzj afafaf6 cd/ -; To gf/foC_ syf ; @ kf/ j t gaf6 cfPs f kf/j t { -cfTdf_x?s f] ; #7g xj] .
 - bzf; gs f] bZ qraf k/ \$L Ps bkdL -cfTdf_x] , cgs bkdL? s f] / # ug] gf/L ; z/Os/Of s f] cgd gdf x] cfTdfz f] .
 - of] ; #/ dfig; s} sd{ Jb xj/ / cfr /On] ; j u j f gs { aG] xj] . of] ; #/ afx\$ b] t f j f / flf ; / fl-Of s f] cG sg} n f \$ 5g eG] b] G f] ; lxt ; [16s f] uX 1fg lbg ; km ; #7g xj] .
 - x/ \$ dglosf bQ lkt f xG g . Ps t z/ Lsf lkt f t cs f] cfTdfs f] lkt f . PpG} cflTds lkt f k/dfTdf lza afafaf6 lkt f, lz lfs , ; bu? s f] ? kdf kngf kfk aXfAf/ f /lr Ps f dvj zLafXOf x? s f] ; #7g xj] .
 - afk/ dubv u \$ f] elQsf] km 1fgAf/ f cflTds lkt fnfQ lr g] Ps lkt fs f] > ldt df r Nj] dft j] aR fx? s f] ; #7g xj] .

cfb/Oflo eQing of] ; #/ ajks f] gf6sznf cgs t fn] el/ Ps f] dx f; fu/ xj] . o; af6 lsgf/ f nfg' eg s f] dx fef/ t o4 lhTg' xj] . o4 snfdf x/ \$ dglos f] cnu cnu kf6 xG . o; \$ f] kt ls lxn f] s s 8 / lj sf/ s f] eOf/ af6 1fg dff L r lg ; km xj] L x; s f] ; #7g xj] cfTdfz f] . elQsf] nlo xj] hli.gdf Q/ f gelt ug' . dgdt / k/ dt df cfM/ t cgs n f s s u? x? s f] elQm ; T; waf6 xfdL dff p7gs f] ; 66f ks fz lj xlg ; ?' a s f] ofdf k mof . o; /LcG > 4s f] c1fg / fldeq km f eQm] p4f/ ug' kf/ n f s s lkt f 1fg ; b' k/dfTdf lzj afaf kgMo; wt ldf cjt l/ t xgePs f] 5 . aXdfs f] dMafaf6 k/dfTdf lzj afafAf/ : yfikt ajks f] ? b 1fg dxfo1s f] ofu clGaf6 vl/ Ps f kij q cfTdfx? s f] ; #7g xj] cfTdfz f] . c1fgt fs f] s fn / flcaf6 dQreQ 1fg ks fz s f] / fnduf df ofaf ug' r fxg] ; a n f] : j fut 5 Q/ / lo ; #7g cfTdfz f] d f .

पेज नं. २२ को बाँकी अंश

bMnfQbM dfG' ePg . t / bMnfQbM gdfG' t sg] ; l4 ePg . o: t f] bMs f] kl/ l: ylt db hli.gdf pT@ xG eg] dgnfQ] r lnt ub\$. o; s f/ Of o: t f] bMf] k f os kt # g} hli.gdf xgePg . bM sg} s Nkf xg . To: t } ; [16 klg sg} s Nkf xg . ba} ; To xj] . ct MMs f] ; fdgf 1fgk' \$ xg cfj Zos 5 . bMnfQbM dfG' s f] ; 66f bMs f s f/ Of g} hli.gdf g/xj] \ . bM zA zAs f] df g} g/xj] \ . b] Lq] t fs f] j f: t lj s hli.g r l/ onfQn f] G n] hfgs f/ LxG ls dglo ; Tool t yf q] foudf ; DfK ; vLlyP . s fns f] klg 8/ lyPg wg wGn] el/ kOf hli.g lyof] . t a dfaf cyf \ lj s f/ s f] gfd lgzfg klg lyPg .

bMs f] ; doaf Ps / ; cj : yf xj] \ . o; s f/ Of n] vPs f] 5 ls Tf] bMnfQbM g dfgL afLsd{ e f] s f] ? kdf cfPs f] eG] ; D n To ; n f] ; w s f] nflu hli.gdv It nf-hnLlbg] k? iffy{ cj Zb g} ug' kb\$.

शान्ति यात्राको अनुभूति



प्रा.डा. कपिल लामिछाने,
भैरहवा

nuft f/ PpG /fhf /hfjsf]lxn kfn] /x .
 ?l6gdf /xhf dfpG cfa'lj zfn kj { z[vnf /x .
 lgot; f] nfig afQ/ fjs f]af6]f u8Lu8fpE; ; Derg eof].
 yfln; s:}f] 3dfp/f] ; fB/f] af6] l5r N) xdf lhk nfda4
 lyof]. To; }t eP/ cuif8 æ]. ælkn ; / bfpG] cfof] s; }t
 Clj]p eG- 766f u/] . geG] af6] bfpG] f] h:t } h:t }
 r/ }t r/ }t . lyof] . vfhf kvfvk]f / ufp] at LbvP .
 xfdLcfa' / f] bdf cfk]g]kgs f] cgelt eof].

klj klg dfpG /fh:yfgs f] dfpG cfa'df akdfs df/ ls f]
 cfa'kLsf lyPgf. cG/ f] 60 dVofno /x . kfs :t fgs f] nxf] / df
 s:t f] x]hf To] 7pEdgdf 7hf]lh1f; f lyof]. ; g! (#^ df :yflkt of]; :yf kfs :t fg :j t G
 lh1f; fnfQuit fdf 1fgs f] ; f] dfigPs f] 5 . ePk5 ; g! (% df ef/t s] o; :yfgdf
 cu:t ! @t fl/vs f] laxfg xfdL dfpG ; /}f] /x . / s]L ; dokl5dfq cfa' / f] bdf
 cfa'hfg] t of/ ls f ; fy s] f] af6 lgSdf. lr of ij :t fl/ t ul/ Ps f] hfgs f/ LkfOf] . ox]F xfdln]
 vfP/ zifG] g kLdf. hnkfg -gf:t f_ vfP/ @%Ps8 elddf lj :t fl/ t 1fg ; /f] / lf] /
 zifG] gaf6 a; kfs {-zifG] gs f] c]f] D]hod !) Ps8 elddf lj :t fl/ t kfGj ej g -d]v g_
 g]hs }f] ^ g]a/ up_ kLdf / s]L]bg cuif8 s] f] ebc] cj n]s g u]bf. ox]F akdf afafs f]
 cfPs f] j ifn] 7p]Paf af6] lfit utt ePsfn] kj r g slf, cVog slf, kfszinf, e]h]gno,
 a; hfg g; S] eP5 . akdf afafs f]; d]w:yn c]lb /x }f 5g. xdf]
 k]h klg xdf nflu lhks f] Jj :yf cfhs f] l]bp] f] f] e]t efG] klg ox]Leof].

s:t f] x]hf To] 7pEdgdf 7hf]lh1f; f lyof].
 lh1f; fnfQuit fdf 1fgs f] ; f] dfigPs f] 5 .
 cu:t ! @t fl/vs f] laxfg xfdL dfpG
 cfa'hfg] t of/ ls f ; fy s] f] af6 lgSdf. lr of
 vfP/ zifG] g kLdf. hnkfg -gf:t f_ vfP/
 zifG] gaf6 a; kfs {-zifG] gs f] c]f] D]hod
 g]hs }f] ^ g]a/ up_ kLdf / s]L]bg cuif8
 cfPs f] j ifn] 7p]Paf af6] lfit utt ePsfn]
 a; hfg g; S] eP5 .

k]h klg xdf nflu lhks f] Jj :yf
 ePs f] lyof] . xfdL r f/ ; d]xdf lj eQneQ
 r f] j G] lhkdf a:of. sg g]a/ s] f] lhkdf s] f]
 s] f] a: g] eG] s] f] ek]h]n] ldn] Q S] ePs f]
 /x . ! # @ g]a/ s] f] lhkdf xfdL 8 e]f/ = uk /
 ; fydf clgzf axglhL /x }f .

cfa' / f] baf6 dfpG cfa' sl/ a @
 ls = el = b' ldf /x . k]xn] of] d] f8 / hok' sf

dfpG cfa'df xfdln] c]w]Tds
 ; a uk]no 3D]f. h} j fcdn ul]fa
 x]bf. 8fS/x; E 5 f]s / Lkl/ r o eof] . clg
 8fS/n] xl:k]ns f] lfdt f, nlo / lgods f ; fy
 kl/ r o u/ fP . o; } ahf 7hf] kfgL cfof] . ? Hb
 le%ak; kfs { kLdf. lk; kfs { a-h/ / kTyl/ n]f]
 eldd]fy ag] f] /x . afix/ af6 df6] N]fP/

xfn] of] kfs { agfPs] elgE] / x\$. oxFy/L
y/lsf j [f, j g:kt / pBg 5g. afnaf6sf
5 . hnkfg u\$ 5 . xfdln] oxLer of vfof. leq
lzj dl@ / x\$.

1fg ; /f] / , dwj g , ; a\ukfno, xl:k6n
/ lk; kfs\$ f ; fy} xfdln] dvb bQ :yfgsf]
cj n\$g, edf / bzg uof. Pof xj- lbnj f8f
dl@ . of] cflbgfy lbuL/ h8 dl@ xj. P3f/fj-
zt faldf lglaf of] dl@ ; j] f] ; a\ud/d/n]
ag\$] 5 . j f:t snf , ; 'ld ldxg lznksnf /
sf/ulsf] cbet' / cfsif\$ gdf oxFoljg
kfo6 . dfj a/f lglaf ldxg ; 'ld snfsf
b[6n] of] clat lo g} 5 . dl@ kl/ ; /d} csf]
Z j] lA/ h8 dl@ , c@ dl@ / cf>d / x\$ f
5g . ; fob To; h] o; nfQ ij Z ; Dtf ; ' ldf
/flvPs] 5 .

csf] xj- gS Llem . of] Pof t fn
xj . of] c/fj nL kj { dnfnsf] blf@-kZ daf
cj l:yt 5 . /j -j fn] f_s] l] zfn d} gsf
sf/af d?eldsf nflu kl; 4 /fh:yfgs} Pof
5p o; /L kx8L ebfu / t fnt n8fn] klg
; lhPs] kfo6 . sg} ahf Clif dlx;n] oxF
t k:of uy[/] . clg Ps Clifn] g^ -gfvb_n]
sf] /] of] t fn agfPsf xg[e@] lshbGLklg
/x\$. xdf nflu of] gn] xfo, t / Toxf
nflu of] cgr] g} 5 . /fh:yfgs] ; a@ pFf
7paf / x\$] t fn xj of] . o; sf] nLafOPs
xhf / r f8Okf ; o ld6 / x\$] 5 . x\$
; fEnalr df kfgsf] kn] f 5 f8E] / x\$. xfdln]
To; sf] cj n\$g eg] ug] kPof.

xfdn] gS Llems] cj n\$g u/k5

Toxf/fh:yfgL kf] fs nufP ToxLj zell'fod
t l: j / lvr fof. of] klg hlj.gsf] Ps / ^ g} xj].
dgel/ cfoGgelt ; En] ; fEmxdl
kgMca' / f8 enof. cfn] lbg klg ; fy\$
/xof] e@] nldf] . efln laxfgsf] 3fd erhs
xfdn] kn] csf] 7paf nflu kfo] r fn\$ f
xg] f.

अक्षरधाम

!# cu:t sf] 3fd e@] gert] xfdL
clf/wd; Dlsf] ofqsf nflu t of/ eQs\$ f
lyof. akdn\$ ej g, lqn\$ ej g / j \$ 07
ej g t lg]ej gdf / x\$ f ; xofdx; dgdf] xglj g
s Dk\$ sf] dh a/f df ^ gaH; kdrf. ek]L
clgzf alxglL /fwf alxglL dGf efO,
cflksfz, kdf ; Tof klg klu; s\$ f / x\$ g .
afix/Luf8L leq k:g kfp8g . kr @ udl\$ f]
df] d geP klg xdf] l/he{ a; P, L lyof] .
a; df hf8] xg ; S] ePsfn] dh] l] @lr 6 /
Sok6] L; fydf lnPs] lyPF. 5 ft f ; fydf /fv
lgd] lyof] .

uf8L u8of] . s] L ; dcd} xfdL uh/ft
kfo6f kj z u\$ f lyof.

gf} ah] t / xfdLcLaf kj Ldl@ kdrf.
of] uh/ft sf] kl; 4 dl@ xj . o; nfQcLafhsf]
dl@ elgE] / x\$. of] kof of ; a\ud/d/n] ag\$]
5 . oxffkt j if{ nfv} > 4fn' cfpE] / x\$ g . of]
kTyl/nflyLs fdf / x\$. o; dl@ df klgf nflu
kn af6\$ f cit / Qns ah sf/s] . bj :yf klg
ul/Ps] / x\$. oxFs ah sf/nfQp8gv6] hf
elgE] / x\$. *) ? kof] l6s 6af6 Ps k6s

cfphfp ug[kf[] /x5 . of] xfd] dgs fdgf
 h[r 9g]h:t f]; kr[] / cfwgs eg]5g .
 ToxL y[] f] y] } t n ; a[] ; xht fs] nflu
 c[] s] Ps cs] d[] / kl5 ag] Ps] /x5 .
 xfdL Tox] klg k[] .

dl[] s] c] n] s] g kZ ft \!) ah] xfdL
 Tox] klg m[] u] f] 8 a[] . a[] s] s] s] f] v] f] g
 / k[] s] s] ; fy) d] k[] m[] , s] k] ; , P] 7] , t / s] / L
 c] l] b] s] f] v]] LePs] f] k[] b]] u] f] ! @a[] h[] 8 /
 gu/ k] l] n] s] k[] . ToxL Ev] g] v] f] . p[] Q] t] k[]
 9^a]] k] x] 8 n: s] / } lyP .

@a[] h[] xfdL uh/ ft s]] u] f] g] u] / : yt
 cl] f] / w] d] k[] . cl] f] / w] d] k[] g] l] a] c] } k] g] L k[]
 / xfdL k] g] l] d] r] l] b] . ; fy] d] e] P] s] f] d] f] a] [] ,
 S] d] f] , N] k] k] c] l] b] s] f] p] G] / d] a] e] n] f] / 6] s] g
 l] n] g' k] f] / x5 . leq k;] k] 5 eg] : j] f] d] g] / f] o] s] f]]
 dl[] / a] f] s] c] G] q] k] / ; / d] f] eg]] h] Q] r] k] n] j] l] h[]
 / x] 5 .

lj zfn kl;/ , e] b] s] n] f] d] s] dl[] ,
 e] j] g ; ^a] k] f] n] o] , b] z]] g] s] ; f: s] [t] s] c] f] v] g] d] f]
 c] f] w] / t] k] z] g] , g] f] 6] 0] k] f] G] / f] , le] 8] o] f]] k] z] g]
 c] l] b] x]] e] n]] ; f]]] a] %]] t] d] d] s' / f] ;
 cl] f] / w] d] d] f] / x] 5 g] . : j] f] d] g] / f] o] s] f]] h] l] j] g] s] y] d] f]
 c] f] w] / t] le] 8] o] f]] l] k] n] d] k] g] b]] / f] G] / x] 5 . w] i] d] s] ,
 b] z]] g] s] ; f: s] [t] s] : y] n] t] o] f]] x]] g]] l] j] v] o] l] k] ; s] f]
 n] flu k] g] b] z]] g] l] o] e] P] s] f] n]] o ; n]] k] o] g] k]] 4] g] d] f]
 7] h]] o] f]] u] g] k] v] f] Ps]] / x] 5 .

S] d] f] , d] f] a] [] n] f] g] g] k] P] k] g] leq }
 l] g] Z] t] 7] p] e] f] d] f] q] k] r] f]] l] v] f]] / k] r] f]] k] p] g]
 ; z] N] s]] j] : y] f] / x] 5 . xfdL w]]]] T] o ; s]] n] f] e]
 l] n] o] f] .

o]] k] / ; / sh @ Ps 8 l] j] z] f] n] e] e] f] u] d] f]
 l] j] : t] f] / t] 5 . d] v] 6 : d] f] / s] t] y] f] k] z] g] s] l] d] f] q]
 ^ Ps 8 e] l] d] d] f] k] r] n] Ps]] 5 . o ; s]] l] g] d] f] d] f]
 ^ x] h] / d]] 6] s] 6] g] u] h] a] l] k] T] y / n] f] u] s]] f] 5 . ; a]]
 k] T] y / d] f] s] n] f] s] f] / t] f] 5 . o]] ; g] ! (* % d] f] a] g]]
 k' f] e] P] s]] f]] x]] . t] L] u] h] a] l] k] T] y / x] ; Tox] f] a] 6 * @%
 l] s] = e] l] = 6] 9] f] / f] h] : y] f] g] s]] a]] l] k] x] f] 8] k' s]] f]] v] f] g] l] a] f] 6]
 l] g] s] f] n] L @% l] s] = e] l] = 6] 9] f] l] k] s] j] f] 8] d] f] s] n] f]
 e] /] j] f] g] S] f] ; L] u] /] d] f] q] o] x] f] f] o] f] Ps]] / x] 5 .
 j] f] : t] j] d] f] : j] f] d] l] g] / f] o] d] dl[] / s] z] n] k] a] G] t] y] f]
 d] f] g] l] o ; f] x ; s]] l] p] k] x] / s] f]] k] d] f] / x] s]] f]] l] v] 5 .
 o ; s]] l] p] b] s] f] g] ; g] ! ((@ d] f] e] P] s]] / x] 5 .
 l] b] n] l] d] f] k] g] c] l] f] / w] d] 5 , t / x] f] d] l] n]] o] f]] d] h]
 : y] f] g] d] f] x]]] e] P] s] f] n]] Tox] f] x]]] s] f]] lyP] g] f] .

cl] f] / w] d] d] f] b] z]] g] l] o , d] g] g] l] o w]] } : y] f] g]
 / x] 5 g] . o] x] f] v]]]] e] n]]] : y] f] g] k] g] / x] 5 g] .
 h] n] k] f] g] s] f] n] flu : j] P] 5 ; ; k] r] n] / ; G]] j] : y] f]
 / x] 5 . x] f] d] l] n]] k] g] c] i] k] v] h] ; L] h] n] k] f] g] u] b] f] .
 c] f] Q] l] q] a]] k] g] v] f] o] f] . s]] k] L] k' t] s] l] s] G] f] . 8] f] =
 z^a] s] / k] ; f] b] g] k] f] n]] t] s]] k] L] 6 ; 6] k] g] l] s] G] e] P] 5 ,
 t / p] b] s] f] g] c]] n]] g]] u] / l] b] o] f] . x] f] o] f]] n] l] a] g] l] n] f] Q]
 k] o] 6] s] c] f] p] g] / s]] k] L] ; d] o] c] 8] o] f] p] g]] s] l] x] n]] s] ; / L]
 a] g] f] p] g]] x]] h] f] e] g] L] d] g] d] f] s' / f] v]]] n] / x]] . k] f] s] f]]
 3] d] f] 8] f] = l] u] t' l] u' l] ; E] o ; a] f] /] 5] f] s] / l] d] f] s' / f]
 k] g] e] o] f] .

cl] f] / w] d] s] f]] f] 6' ; f]] - h] n] k] z]] g] x]]] k] g]]
 Ps cs]] f] c] f] G] d] x]]] h] g] / f] i] t] * a] h]] d] f] q] b]] / f] G]]
 / x] 5 . x] f] d] l] n]] c] f] 7] a] h] f] o] f] . k' } ; f]] x]] f] . / f] i] t]
 b] ; a] h]] d] f] q] x] f] d] l] n]] c] l] f] / w] d] 5] f] 8] o] f] . k] f] g] l] s] f]
 k] r] f] / f] n] f] Q] : q] g] a] g] f] / T] o ; d] f] le] 8] o] f]] k] z]] g]

ug{ kfglsf /^aulr^aul; fgr 7hf, xif f cluf,
 cToG cluf, ar^aulr^aul krf/f b/fpg' dfg
 cfZ dhgs 5g . j f6' ; fjt xfdln]cGq klg
 b/}sf 5fF. Nf; fdf klg dh] bQj ifcI3 j f6'
 ; f/^au dfg] x/}sf]lyFF; ; fgrjt grj j f6' ; fjt
 xkf lbg; D] xfdln] dgd]xgl j g s DkS df
 klg x/}sf} xF. oxfF] j f6' ; fdf cVrTd 5,
 bzg 5 / lj fgsf]r/d kfk klg kCG . of
 g}o; sf]vfi; ot xfi.

j f6' ; f] ; lsFk5 xfdLpTrmh dg
 lnP/ kCG.

clf/wd kuf kfgLk/}sf] lyof] . j f6'
 ; f] klg x/}of] . w/}kz g x/}of] . ylst -unt
 slkn gids f]z/L pxLcfPs]P, La; -a; g#
 (%#_sf]k5Nhf] Soflagdf kuF.I; hgn]klg
 z/L I3; f] NfG. c; ofd klg cf-cfkruf
 z/LnfQpxpL; 6 / Soflagdf NfGafpg
 ; km eP. !\$ cur: t , p7g]ahf xg nfd a; n]
 xfdln]Q dgd]xgl j g s DkS sf] dh k] z
 a/df kVfObof].

प्रत्यागमन

ca kTofudg xg'5 . uBaf6 ar]f clns
 k/ hfG / krh ; f]LuBdf krs(G . xfdLar]f
 h:t }x/}f. p8}f]p8o}j f uPs]uo}ug{; Sf
 /xg'5 f. 3/ , k/ j f/ , /f]L/fL . bj ; fo ; fdlhs
 ; DQv oLxof cgs aGg /x/}g. cfkrh]Q
 dQreGk; klg dQm/xg'5g. ; fw ; G, dxG,
 dxk?if, eful, of]L x/}sf cTdf sb}g sb}
 aGgdf /x/}g. cfkrh]Q k/dfTdsf ; Gfg
 eGk; klg ; f;f/s aGgaf6 dQm/xg'5g.
 lkrG kb/}x/} lkrG. xfdLklg hg af]uPs f

lyofFs]a ; f]Laf6] ; f]Lkqofaf6 kCG.
 !\$ cur: t -; fpg @_ sf] /ft !)
 ahjt / xfdL cfa' /f]dv cf>d PS k] af6
 lbNhsf nflu ktyfg uVf. xof af]uLaL! ÷@
 lyP. akdfsdf/ls]q]6df d/}f]r N]lsf]z/Lsf]
 gfd slkn nfd5fg]x/}eg]/h ofqdf kfj lws
 sf/On]/fhsdf/ /xg uPs] lyof]. pd/ klg
 Ps bzs 36f . xg klg d eP eGf sd}
 pd/}sf] b/vG' . !%cur: t sf] cj ; / ePsfn]
 lbNhd s8fOxg ; S . l6dn] ; f]y] cfkruf]
 gfd, pd/ Vfn ug{ k/r o kq g/fpg'ln8/
 cyf\ek]DhfQ; Ds{ ug{ eG' eG] xfdln]Q
 lgg lyof]. k/G, o:t]f]cj :yf st }cfPg .
 /hn] !! ahjt / lbNkVfObof]. lbNlaf6
 u/}vk/'sf nflu xof]/h ; fF ; j f kfF ah]dfq
 lyof]. To; h]xfdln]lbNhd s]Lsgdh uVf.
 oxfFklg kfgLk/}lyof].

lbNlaf6 56}f]/h /ft e/ b/8/xof] .
 u/}vk/ ku]k5 ca g]kn slt v/ kuFh:t f]
 eQs}sf]lyof]. e}xj f; D] hf]u/La; l/he{
 eP klg b; uhdv of a; cfpq kfPg .
 ; lj-wg agfpg] d] f] b/}g]G}; lj-wg agfpg
 glbg] kk-r ; ? eQs}sf]/x/} . dw] aGn]
 ub{ of foft 7K /x/} . l/Sf ; dft] 3/t krh
 n]G of. wG l/Sf kfOf].

/fhor]usf nflu dt { kit df, t l: j / , khf,
 krh, dnf h:t f s/f s]L gr flxg] /x/}g .
 clg of] bz]gs ; kdf lg/fs/ ca; j fdL/x/} .
 akdfsdf/ln] bdf ny/fhn]Q akdf afaf egl
 hof]t lj G lzj k/dfTdsf] ; fs/ dVd dfG

Hoft lj 0 ; j dft0 k/dft0fs f]kr f/ ubf/x5 .
 akdf afaf s] n dV0d j f lgdQdfq xg)e@
 ul/Psf] /x5 . bdf ny/fhnfQ Hoft lj 0
 k/dft0f -lzj afaf_sf] ; fsf/ dV0dsf jkdf
 lnQkr f/ ubf-d-r , ofusTl cflb :yfgdf lt gs f
 abfa8f t l:j / /Vg'lj /f/wef; eof]e@nft5
 dnfQ. o:t } sfnr qrcu(x/\$ dusf]; dfg
 cfo'-(%) _e@' klg t s{^a ut / zf:q; Dlt
 nft0g . o:t f cgs s'/fdf dt aerfpg ; ls 5 .
 lj dlt sf c; klg w}lj ifo xg ; 5g . kth
 klg cftd; ed t yf ; s/fTds ; fj df hf8 lbg'
 o; sf]pknlAv g}xf] .

dflg; nfQ hf]ha/h:t L / wjfw8ln]
 geQkd; ; bej , dlZ]afh]lj r gn]clx;f; ; br f/
 kbz'gaf6 kl/j t g ug; ; ls 5 e@]df0t f /Vg'
 o; sf]csf]pknlAv xf] . ! \$) e@f a9Lb'zdf
 gf}xhf/ e@f a9L;] fsTlx; ; lqm /x5g .
 #) ÷#%xhf/ hlt k06fnlg ; dlk; ; b:o /
 ! \$÷!%nfv hlt cgbfoL-lj B'yl; /x5g .
 T; df klg dft z]S j f dlxnf]sf]dV0 g] T] df
 dt 7hf] / lj :t fl/t ;^a u7g lqafzln xg'
 lj Z s}nflu gdf ePsf]5 .

o; n] cfr f/ lj r f/ , ; ed, cgzf; g,
 ; 'bj :y'kg, /fhofu klzlf0df hf8 lbPsf]kff
 dlZ] afh, yf]}afh, la:t f}afhsf]gf/faf6 d
 kefij t eFF. .; T; afh+ yk ug; ; erp lbg
 r fx5' . b]i6sf]f kl/j t gdf ; 3fp kl's]dx; ;
 u/\$f]5' . ; a)k/dft0fs f ; Gfg ePsf]n]Ps n]
 csf]hfQefOof alxgLe]gf] /x5 . Tof] 1fg
 eof]dnfQ. cfa' /Psf] /fhofu lzlj /df /x5
 a:bf d]f]h}gdf dQa; 5 .

oxF;] fe] 5 . hft , w0{ lft] cflb s g}
 e]bef] 5g . ; kl/j t g'af6 g}lj Z nft0k]j t g
 ug; ; ls 5 e@]o; sf]ubLs/f] /x5 .

d akdf]sb/ gagf]f, t/ of] 5f]f]
 ;^a ut n]d]f]; fj , cfr f/ , lj r f/df s}Lkl/j t g
 nft0Psf] 7fg]f]5' . ; ;f/df l; 5g, hf0, a%g
 slt a5L5 slt . T; sf]; ldf 5g . d Pp0f
 ; fg]nft0 lnP' lx8sf]df5]d]w}ck]ff ug'
 x5g / c;n] klg daf6 a9Lck]ff ug' plr t
 gxf]f .

e}xj f s]0sf ek]0 ef0lx;n] xdf]
 ; v ; lj wnfQV0fn ub'xfdlnfQ]g] g jkdf
 sl/a bQxk'f 3dfP' e}xj f k'0fpg'ef] . cfa'
 t Psk6s 3D}kg] /x5 . w0 d 56sf] .

of0sf] cf/Deaf6} cfl\ zlfG xdf]
 clej fbg / kf/:kl/s ; f]d' fsf];]' /xof] .
 ot f dflg; x; o; ; ; ynfQkhfkt f akdf]sb/L
 Q' /lo lj Z lj Bno e@e@f cfl\zlfG e@
 ?r fp5g . cfl\zlfGdf uP' cfsf]; pmkig
 cfl\zlfGdf nft0f /x5 cflb . krs]k15 Ps
 ; HhgnfQe0f d]f] cfl\zlfG eg]f . It gn]
 csdsfP' eg]- cfl\zlfG eg] dfq x5
 <d]f]; edt eP' eg]f x5 . e@e@ /
 ub'ub'x5 . Ps hgn] eg] gxf]f . Psk6s
 eg] gxf]f . h] x5 eg]}x5 . l9nf] x]f,
 t/ eg]k15 x5 x5 . x/\$ dflg; df zlfG,
 ; d]ndf zlfG, b'zdf zlfG, lj Z df zlfG .



वर्तमान समयमा आध्यात्मिक ज्ञान किन ?

अध्यात्मिक/आध्यात्मिक, गौरी/

; [6?kL /udndf hli. cftdx?sf] l; sf; t yf kl/j t g; DCR /fr / hut sf nflu clt ckl/xfo{klf xf]. hli.gsf nflu hli.hut n] cgs f] ft fj /f t yf kl/l:ylt x?; uF] ; अि f] sf/fn] अर] / ar fpg] sfd eOx] 5 . efit sj fb j f lj 1fgn] eG5 cfhsf] dfgj sf] pTKQ P3 sf]flo hli. clj f (Amoeba) b]vsf] b]j xf] eg] zf:qn] g} eG5 dfig; n] o; ; [6df r f]f; Lnfv of]L lngk5 . t/ cVfTj fcn] eG5 x]s j :t sf] alh krs krs x]5 alh cg; f/sf]; [6x]5 .hli. cyff zl// eg] sf]h8 xf] / To; nfQr nfg] zlQmf] cftdf, x+, k?if, kf, j fo, Zf; , Spirit, Energy, / Power x]h; sf]cgkl:ylt df zl// h8dfq xf]. dfgj ; wdfj e7 g]hG lnG .

csff / eQrfdLdt cg; f/ dglosf] r f]f; lnfv of]ldf kzklLhgj / ; a)agk5 . of]dt t sf]kgs / ldYf dfq xf]. dfig; n] ; a)ksf/sf 1fg kfk u]sf 5g.t / dfg; n] ; j kyd :j os] cVog ug{clt cf] Zs 5 . ; v, bv, zfiG, czfiGs]f] cgeit cftfn] g} z/L4f/f ub5 . cftfn] sd{ cg; f/sf] km kfk ub5 . euj fg lzj k/dftfn] eGx]5 ; [6sf] cf]bsfndf xfdL cftdx? ; t f]kvg lyof] cyff \; t klt zt kij q lyof]. xfd] hli.g ; v zfiG / wg wfn] ; DCR hli.g lyof] . x]sf] dgdf ; v, zfiG kb, Pst f, kij q f

t yf ; DCR lyP, ha snr qmcg; f/ a'k/ / sInoudf kj zt f eof] hxf kOosf] vft f xf; eQdfj sf]dndf sld cfQ; Tot f, Of]G/t f, Pst f, kij q f t yf efQ/f/f ef] gfsf] nfk x]5 dfgj dgdf sfd, qm, nfe, dfk, cxsf/n] p; df snlft ef] gfsf] lj sf; eof] km: j ?k cwdh] h/f uf8of] . To; j] cfh lj Zdf ; j g czfiG / czGif] Jbfk 5 . oL; DCR 36g dfgj hGdf / of]ldf dfq l; ldt 5 . cfh ; -; fgf bz klg cf]j s c:qsf nflu kb; /t 5g. ef] j f; gf, t [Of / efit s p]t sf]x]n] dfgj sf] ; v, zfiG x]fOx] 5 eg] csff / t [fn]dg]onf]k]v ag]Ox] 5 .cfhsf] dfgj nfQ [fn]lk/f]n/x]sf] 5 . kl/Ofd: j ?k p208 / cwd{ cfr /f u/fpgdf aV ag]Psf] 5 . ha; D] dfgj n] t [Osf] kl/Tofu ug{ ; S] t a; D] JbQrkl/j f/ ; dfh, bz / l; w] /fi6sf] sNdf cyff \lj sf; klg c; D] 5 . t [fn] kt g t krs]5 eg] t [Osf] Tofu / cftdz4sf] t k:ofn] dfig; ; t \r l/q fg F] + st {bk/fof aG5 hg v/fa j [G] Tofun] g} JbQmcfz] fg aG ; S5 . oxL lj lwnf] g} elg5 cVfTds an j f wfn .

cVfTds an xf] g} k]Zs k] [G] dfgj nfQ >]7 sd]f]; qm/df Ndf]cfz] b] L b]t f; dfgs] l:ylt aG5 cyff \unt / ; lx ; sf/ j f dfu]f] k]hL kQ nuf]Q :j fy{

cledfsgf] Totusf] t T/t fn] st {b kfngr / ; ls G .sb/s]afuf]kP/nfQPs hgn]afu}

s; nfQ klg bv glog' r fx] dgaf6 r fx] xdf] 5 e@' / # hgn]l; w b/] c; TonfQ; To

j r g j f Jj x/af6} lsg gxf] \ xfdln] bv ; fjt axdt 4f/f kfl/t ul/P enj cfnhsf]dfgj

lbg ; Sgf)oxLg}dfgj sf]lj lzi6 wd{x]t / 00bsf :j fdL agLc; Tot f Qof zfs, eo,

wd{s]cf8D/df /xLkhfkf7, bfg kOb wd{x] / dfgzfg, cxs/f, bff / unt klfsf]c@n klg

/ Q /kt ul/g] cfb/efj, kthkt L, clot f 5g lsgls cMfTds 1fgs]lr Ggz)Lnfk

g]p, lt n, hf+3o; hnn]dfq Q /sf] cfb/ ePs]5 eg] h8j fdL; fj n]dfgj lbgf]lbg

ug]lj lw cfl:t sj fdL; fj x]Q . xfdlleqs] bvL/ czfG aG)uPs]5 . dfgj lo hlg

z4 cfdf, tyf dgn] ; j fxt fy{ u/L szn lg/z / ckQ)alg/xs]5 .

dum Fj +cfr /foQnubj x/n] g' Q / kpl t; y{ dglosf log} ; j n / b]n

cfl:t s aG ; S f) . j f:t j df wd{egs]f] Tot klfnfQ; dfwg u/Lhlg / hut nfQ; lx lbzf

x]h; n]: j tyf c?sf]klg lxt ug{x]. olb lgtz lbg]sf]nflu lj ut *) j ifdv k/dlkt f

xfdln]j t dfg ; dodf lxt sf/Lsfo{u/G eg] k/dfd lzj n] ; xn /fho]u tyf cMfTds

elj io klg xdf] lxt sf/Lg)xG . t/ cfnhsf 1gaf/f cflTds :j ?kdf /xG) cfd ; ldlff

kult lzn JbQn] a8] uj \$f ; fy wd{s] cfdf cfn]f g' tyf ; dnf]f u/LJy{lj r f/

bf; t faf6 dQnxg] s/f ub5g of] klg Ppof tyf lj ; ut ls f /flux?nfQ /fs yds] nflu

eh x]. lsgls o; sf]cy{x]dg tyf 00bsf cr \$ /df fG /fho]us] ; t t \cEof; n] pkr f/

bf; t fnfQ: j s] u/LcMfTdst f j f wd{nfQ u/fpgs] nflu cfpox] \ aMfsbf/L Q /lo

lt nfmLlbQ)xs efg, bxs efgs]cfz]Qn lj 4 lj Binodf hx]Fdg]figs t l/sfn]

o:t f] : j efj , ; :sf/n]t dfgj nfQpGlt lt / pkr f/ u/G . :d/G /x] \dfg] ; s /fusf

x]Q a? kt g / lj vZ t kfwsh]Lxs]5 . 8fG/ s] n lzj k/dfd g)xG . cfkof

olb xfdln] cfkthfQ 00bsf]bf; t fdv dfg] ; s /fuf6 dQneQhlg]gnfQ ; /n, vZL

dQn/fG ; lsG eg] ta dfq ; d]zfnL ; vL/ d]n]dfgj lo hlg ; fy\$ agfpgs]

hlg, bZ ; dfh / /fi6s]lj sf; lgd]f ug' nflu cMfTds dfu]f r nf] : cfd\z]G .

- जहाँ दिलको स्नेह हुन्छ, त्यहाँ सबैको सहयोग प्राप्त हुन्छ ।
- सबै प्रति शुभ भावना राख्नु नै सच्चा परोपकार हो ।
- गुणमूर्त बनेर गुणको दान दिनु सबैभन्दा ठूलो सेवा हो ।
- जो सदा आत्म-अभिमानि रहन्छ, उ सबैभन्दा ठूलो ज्ञानी हो ।
- साधनको आकर्षणले साधनालाई खण्डित गर्दछ ।