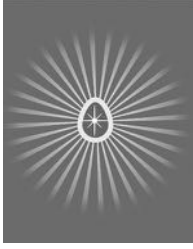


- शिव भगवानुवाच -



प्रिय वत्स, विश्वका अनेकौं 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 अनेकौं आत्माहरुको दुःख र पीडालाई निवारण गरी मुक्ति तथा जीवनमुक्तिको अवस्था प्राप्त गराउने पथप्रदर्शक बन ।

ईश्वरीय उपहार

द्वैमासिक आध्यात्मिक पत्रिका

वर्ष ७, अंक ३, कार्तिक/मंसिर २०१२ (Oct-Dec., 2015)

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मूल्य रु. २५/-

ब्रह्माकुमारी ईश्वरीय विश्व विद्यालय एवं राजयोग
प्रशिक्षण केन्द्र भैरहवाद्वारा प्रकाशित
ईश्वरीय उपहारका लागि

संरक्षक

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फोन : ०६१-५२०१०७

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आध्यात्मिक तथा धार्मिक दृष्टिकोण

; dhn ; # gsf k' f'w/x? dW] eht s cfw/x?sf ; fy; fy} ght s, r fl/lqs / ; f:st s
 dno / dfof fx?n] klg xhf/fj; ifjv d2 kwpf] cfPsf s/f Ct xf; , bzg t yf ; dhn zf:qn]
 kbllft u' \$f] 5 . oyfydf eht s k' f'w/ Pof cf58f j f cfsf/ x] eg] ; :st , snf ; ~~ult~~ ,
 dno t yf uf Fj +lj z]ft fx? dfgj ; # gsf ; f] bof] ds :j ?kx? xg\ . j:f:t j df :j ?k /
 ; f] bof] ?nfQ; 'ld cWbg ug] x] eg] h]j. gsf] :j ?k ; f] bof] (fdf g) 5 ct Mhx] F; f] bof] f 5g] Tox] F
 h]j. g 5g] . ; f] bof] fs] klg uxg lr Gg ub] arXo cf] / of] ds ; f] bof] Jb] Qsf j [Q kj [Q
 / Jj xf/df b]vg] pd/t f, bof, kd t yf ; xof] u h:t f dno] df cfw] /t ; f] bof] s] l] j sf; x] f] g}
 ; dhn] s] ; j k] flo l] j sf; df G] f klg hfG . oLs/ fx? s] cfef] df g} b] Qnced, czln, lx; s,
 58f t yf q'h g/ ; x] /s/ Lkj [Qf adng k] b] 5, h; n] ; dhn] f] Q] b] ML, czfG / b] b] h]j. g
 Jbt t ug] a] w] t N] pb5 . ct Mb: t f cdfg] lo ; f] , af] / lx; f] ds s] p] s n] kn] Q] s] x] Lx; b] d]
 lgo] G] u/ L; dhn] f] Q] / l] f ug] [p] 2] on] ; [l] 6s] cf] b] s n] d] v j t G] fg; d] cf] b] z} { dno / dfof fs] j]
 l] z] f] t T] s] flng zf; s, kzf; s / :y] g] lo lgs foaf] 6 F] j] lgo] d t yf ; j] y] l] gs ?ka] 6 cj n] l] at ug]
 p] 2] os] ; fy] df 1fg ; k] f] d] ug] (cf] d l] j 2] :t / d]) k] k] t yf k] z] d l] f] pd] cf- cf] kn] ; :s/ , ; :s [t ,
 / l] t l/ j fh, r f8kj G] f] d] w] d] af] 6 p] k] z] / l] z] l] f] n] f] Q] cf] d] ; fy] ub] cf] O] s] f] s/ f] x] d] L; a] n] f] Q] j] ut
 g} 5 .

t y] lk ; dhn] s] j] f: t l] j s dh ; f] bof] (eg] f] j] f ; 'bj l: yt , ; z] f] ; t / ; lgo] f] ht ?kn] l] j sf;
 ug] t k] f] Q] x] d] L; a] } r G] g] z] n x] f] b] k] g ; f] g] f] s] f] Q] s] f] ?k k] l] j fl/ s l] f] d] v ; f] d] l] hs cj :yf; d]
 kwp] g ; ls/ x] f] 5g] . ; a] s] f] dg] df ox] L] v] ds/ x] s] f] 5 ls slxn] T] o: t f] ; v] L] F] +; d] f] ; dhn] s] j]
 lgo] f] x] f] n] f] <cf] n l] j 2] cz] f] G] do cj :y] af] 6 ulh/ x] s] f] x] f] cf] d Jb] Q] ?df st f st f j} f] d] t f
 cf] Q] s] s] f] 5 . lsg] s eht s ; f] v] g ; f] s] f] l] j sf; s] f] ; fy; fy} cfw] l] ds t yf w] d] s ; f] s] f
 ; l] 6x? af] 6 kg] M] d] f] g] n] cf] kn] f] G] g] :t / df u] P] s] f] dg] f] n] f] Q] p] R] ag] p] b] c] G] b] ML] Jb] Q] n
 l] j] z] f] n] f] Q] k] g] bof, l] df / ; xof] u kwp] b] cu] l] 8 a] d] f] cj Z] o ; dhn] f] Q] ; d] f] ag] p] g] G] f] l] d] N] 5
 e] G] s] / f] d] x] f] g] w] d] s] t yf b] z] l] gs g] l] t j r g] s] f] x? n] cf] kn] f] w] d] u] G] , bz] g] z] f: q / p] k] z] f] ds
 sy] f] s] x] g] L] F] +; l] Q] n] u] G] a] / f] k] t] 6 k] f] cf] O] s] f] 5g] . oL; a} ; fy] s] dno / dfof fx? nf] Q; a] n]
 cf] d] f; fy] ub] cf] k] g] k] l] 5 n] f] l] b] g] x? df ; dhn] s] j] r fl/lqs k] f] t l] j] l] ?kn] v: s] b] u] O] s] f] j] :y] n] f] Q]
 cWbg ub] {ca dfg] h] f] t n] cf] kn] f] cl: t T] ar f] p] g] x] f] eg] x] d] L] ce} ; e] d] L] do] f] l] t / cg] z] f] ; t
 x] g] h? / L] 5 . o; s] f] n] l] u] w] d] s] dno] e] G] k] g] d] f] l] y] cfw] l] ds z] l] Q] n] t] P] s] f] / x] g] c] t

cfj Zos 5 . lsgls xfdLbv/xsf 5f/wld\$ zIQm]s]Lzt fAd; Dd t dflg; nfQcgzfl; t ,
clx;+s t yf klj q agfpg h?/ k]Of lbPs]cj :yf xB;+k]g kl5Nhf]zt fALCyf(\! ^cf)k]v
@cf]zt fAd; Ddf lj Z :t /df lx;f / cdfgj lo k] [Qxfj Lx;+cfOx]s]s/f ; j [fOn] kdffOt
u]s]f]5 eg] @cf]zt fALnfuk]5 t dfgj s]f]b] ħ r l/csf] k/fs Dgn] kof /G / w lcfQg}
bMlt agfPs]s]f xfdL; a]cgelt ul//xsf 5f}.

ca :d/G of]o s]f oxL5 ls xfdLcfk]g] dg] :yit nfQecelt / ofzdk]cf] :yaf6
ar fpg w]t eQk/l:ylt ; E ; fdgf ug{clx;+fTds hlj gz]hlnfQcfTdf; fy ugk]x]5 . wld\$
klfsf pkf; s j f u?hgx?n]st }st }56k] ?kdf lx;+nfQkt j QMhufPs]cj :yf 5g . h:t }
r f8 kj \$]f]l; nl; nfdv x]5f]eg] lx]G /fi6-g]k]nd; ankyf]f/f Q / -b] L vZLxb]5 e@]
t df]uL/ lx;+fTds pkb]x? lbPs]f]x]f ; {fw/G JbQx] k]g lx;+fTds s]fsnfka]6 c5t
xg ; s]f]cj :yf 5g . xg t of]k]yf lx]G]s]f] ; fy; fy} dl:nd t yf lq]z og nufot sf ; Ddfodf
k]g 5f8f, 3/h' j f k]N' hlj hGhfQ; d] :j t @ ?kn]lx;+f u/Lsh khf j f pT; j sf lbgx?
dgfpg] ub]5g . o:t f] k] [Qn]t TsfnnfQ/dfOf]t x]5 g]t/ dfgj dfgj alr s]f] c]f]Tdot f,
lj Z f; , c]f / ; Tsf/df lu/f] 6 eQJbQm] JbQm]Q]gd] ?kdf xTof ug]k] [Qdf]nfPs]s]f
d/f]k]og t yf c/laog /fi6sf lx;+fTds ut lj lwaf6 kdffOt x]5cfOx]s]f]5 . ; a}w]5f u?x?
h:t }df]Dob, of]G, a4, z\$ /fr fo] /fd, s[G t yf ## s]f]L]b] l] t fn] k]g cf-cf]k]g] w]G
dfk]h ælx;+f k/df]w]f]eg] pE] u]s]f 5g]t / kl5Nhf lbgdf dL; a}s/fnfQk]cf] of lj :d/G
u/Llx;+fs]f]k]f]h]Q]k]g w]df ; d]xt ub]f]lu/f] 6, k]6 / lj e]t f cfPs]f]k]f]G .

t ; y{ca w]5f]b]o/fe]G k]g pr f]G]f]j ?k cfM]Tds laGhf]Qha xfdLcgelt u5f]
t a dfq k]cf]kdf hljgs]f] ; Rf lj >fd ldn] yf]5 . ylst / lj e]k]cf]dg c]f]G]t / Pst]f] xg
yf]N]5 . :d/G /x]f] \w]h] JbQn; d]h; ; D]bo / l]Z t ; s[t nfQ]j sf; ug{k]Of lb]5 eg]
cfM]Tdst fn]l; w]f] /fi6-x]5]lj Z nfQg}z]f]G]do agfpg j ; w] s]6]as ds]f]g]t fa]6 ; D]f]g ub]
clx;+fTds ?kn]lj sf; ug{hf]B lbPs]f]x]5 . c]w]f]dn] Tofu, j }f]dt f / lg; j fy{ ;]fnfQ]hf]B
lbPs]f]x]5 eg] w]df ; f]D]f]ost f, l]Z t h]ft lj z]fnfQ]hf]B lbPs]f]x]f] lj e]p k]cf] ; d]hs]f]
; # gf xg hf]G h; n]ub]f ; d]h]df k]cf] ?kdf ; v / z]f]G :y]k]g ug ; w] ; a]f]u//xg]k]5{.

ct M] dos]f]dfu cg?k xfdLlj le@ w]5f] pkf; s, c]g]ofL]j f ; b:o e]f]t f k]g w]ld\$
b]i6s]f]e]G d]f]y]N]hf] >]Lc]M]Tds b]i6s]f]t k]f]cu / ag]f] :cfM]Tds lr G]g la]G]s]f] >]f]
h]f]t d]p l]z] zIQm]Qha x]s] df]g] k]f]dn]cfk]h]f]Q]k]g h]f]t d]p :j ?ks]f] :d]t ub]k/d]h]f]t
j f d]x]f]h]f]t l]z] nfQ]c]f]Tds lkt fs]f] ?kdf of]j f :d/G u5f]eg] xfdldf cfM]Tds zIQm]y]j f
clx;+fTds zIQ]s]f] lj sf; xg hf]G . ct M]bxLclx;+f]do c]j :yaf6 g]j f:t lj s ?kdf ; v /
; d]4do hljgs]f]p]bo x]g] .

— ब्र. कृ. भानुप्रकाश पौडेल

सदा अचल, अडोल र एकरस स्थितिको अनुभव गर



► ; do cg; f/ ca ; bf cr n-c8fh ; j {vhfgfn}; D@ ag .
yfj}klg 8udu ePd; ; j {vhfgfs f]cgej xbg . k/dTdf lkt fã/f
ldn\$ f]vhfgfnfQ; bf sfod /fvj]; fvg xfi -; bf cr n c8fh /xg'.
cr n /xgn]; b; vZlsf]cgeit xG . dL; a;lj gfzLvZLxgl.
; To vZLp; } E xG, hf]cr n c8fh /xG .

- lbgofs f]sbg}klg kb f/sf]xnr nn]cr n c8fh l:ylt df lj xg gkbf] \. o:t }j xg lj gfzs / cr n c8fh ag/ x/\$ lj gnfQo; /Lkf/ u/ dfgf]s sbg}of]lj xg g}xf]Q, Ps v]h xfi. kx8 klg lt n ; dfg cgej xfi \. gn]hkm -1fg_ cfTdn]of]t cfp5 g}of]t xg'g}5 eg] kixN}hfQk5 .
- h; nfQ8f -; [i6 gf6s _ sf] 1fgsf] zIQnbj xfi/s h]gdf w/df 5, pmsixN}klg xnr ndf cfp; S; . ; bf Ps /; , c8fh aQ/ agfpg]lj zif zIQoxL8f]sf] 1fg xfi. o; nfQzIQsf] ;kdf w/df ugk? sixN}xf/ vfg'k5 .
- kj [Qf /x] sxlkig s; } E df 5 eg]of]; a;f]lj xg jk xfi. To; h]kixn]nuf dQag . cub h:t }lgZ oal4 ag . dfog lgZ o?kLkfnfQxnr n u/fpgsf]nflu lj leQ kb f/af6 cfp5 . dfog yfsf] \t/ lt df]lgZ o;kLkfp sixN}lj r Int gxf] \.
- hf]; bf df:6/ ; j zIQnfgsf]; ldf ; b /xG, p cr n c8fh /xG . afkdf -k/dTdf_eGxG -z/L a? hf]f] \t/ lt df]vZLghf]f] \. o; sf]cuif8 k}f t s}Lklg xfiQ . h; sf]; fydf vZlsf]vhfgf 5, p; sf]cuif8 sbg}s/f 7hf]xbg . To; h]sbg}klg s/fdf lr E gn]p lsgs k/dTdn]; bf ; xof]L; j fw/LaR fnfQ; do lbOxgG .
- cfknh]cfknh]Q; u/ . x/\$ zIQsf] x/ u]sf]cgej 5 <ob cgej sf]zIQ5 eg]sbg}klg k/l:ylt n]gsf/Tds kefj kfg; S; . ct M do cg; f/ zIQm u]nfQcf]kfg u/ .
- xfdL; j fR lkt fsf]; Efg xfi. of] :d]t n] Ps/; cj :yf sfod /xG . ha Ps; E ; D@w /xG, t a cj :yf klg Ps /; /xG . db c? afx/Lsg}; D@sf]ofb cfp5 eg] Ps/; cj :yf /xbg . Ps/; cj :yf agfpgsf]nflu Ps k/dTdf l; j fo c? s}Lgd]vof] \.



- राजयोगिनी दादी गुल्जार

विदेही स्थितिको अनुभव गर्ने विधि

j t ffg ; doof ; a}cfTdf?nfQ; bf ; vL/ ; bf zfiG /xg]
Cf xG . ; fw/Of czfiGaf6 zfiG kfk ug't ; fdf s/f
xfjt/ xfdLdgnfQgsf/fDs / Jy{; sNkaf6 g}dQm/fpg
r fxGfj: ha dg o:t f ; sNkaf6 k/ xG, t a xdf] ze ; sNk
r Ng yfN5 . clg ; dy{; sNksfjt/ # : j t MknG .

afafs] ha cj t /Of xG, t a j foj }g -t / # / fdf] nfG,
lsg <sgs pxf; fu/ xgxG . 1fgsf] / ; a}zlon?sfj; fu/ xgxG . pxf]zlon?sfjksDg
j fodOndf r f/ k}k}Ps f]xG . xfdln]kig nfG xfp; ag] To:t }j fodOn kn}pg' kb5 .
xfdLzlonzfiG / vZlsf]nfG lbg] ?xglnfG xfp; xj:t / ?xglnfG xfp; pxLaG ; S,
h; df ; a}zlon?sfj:6s 5 . ob :j oaf 5g eg] c?nfQs; /Lbg ; S <xfdf] ; fd' lj Z
kl/j t gsf]c ToG}7hf]lhD] f/L5 . afafn]lbPs f]o; lhD] f/lnfQcj Z lg f} ug' -k'f ug'
kb5 . lj b}LaG, cz/vLaG' j f sd(lt aG' c ToG}7hf]uG b -nlo_xf] . ob xfdln]cfh}v
o; sf]t }f/Lu}eg]clGd ; doof oxLt }f/ln]d2 k}fp5 .

lj b}Legs] b}kaf6 Psbd 69f hfg' x]G . o; sf]cy{t sb}kig b}ksf]sd[Obx?n]
xfdlnfQ}kefgdf gn}cf] \cyf\ b}ksf]sb}kig sd[Obn]xfdlnfQ}cfk}k}cfs liff gu/f] \eG]
xG . s}k}6s sb}s/f; F ; Dg}x}x}kig b}f} ; g} eG] afgLxG . o; af6 xdf]
b}g] / ; G]sd[Ob nh -sdhf]_5 eG]k6 xG . j zdf 5g eG]k6 xG lsgeg]sf]cfof]
oxL; do g}lsg cfof] s; /Lcfof]h:t f ; sNk r Nf xdf]w}zlonbydf hfG . sb}g sb}
cfTdf o:t f]j efj xG . s; hfQ; G] s; hfQ}b}g]c ToG}Cf xG . ; fgf; fg]s/f'fd cIt
7hf] ; f} fQr N5 . o; sf]cy{; f}zlon}gdly lgoGf 5g eG]alerG . ob s; }fj f'ldf
lgoGf 5g eg]p h?/ sf]LbQ}hg' s'f r ln/x}f]ahdf alr }f gahLa:g ; Sg . sb}; Dg
geP kig afN5 . o; /Lsg}g sb}lj zif sd[Obn]cfsif(u/\$ }xG, To; }x/\$n]sg sd[Ob
d]f]lgoGdf 5g eg] r }s^ ug'h?/L5 . hf]cfk}lgoGdf 5g To; n]g}cGdf w}f
lbG . lsgeg]cGdf ; a}s/fnfQ}b}g] / ; G]sfo(g)xG . af]gsf]nflu t Tot ahf ; do g}
xG . To; }ha oLsd[Obx? k}lgoGdf xGg, t a dfq lj b}LaG ; lsG .

ca kZ p7g ; S, o; b}ksf sd[Obx?n]dnfQ}lsg cfs liff ub5gt <lsgeg]ddf
sGn^ kf / -lgoGf zlon5g . sb}kig sd[Obn]xfdlnfQ}cfk}k}gvr f] \ . oxLcEof;

ug{k5 . gpeg]cGdf ha cj :yf cT6}v/fa x5, To; ; do sGn^a kf / 5g eg]s lxN} klg kf; lj b'cg/ aG ; ls b} . afaf t eGx5, cGdf Ps ; }Dsf]k/Lff x5 – gj6ff]f :dlt nAfsf] . df] klg b'k cledfg s}Ps lx:; f xf] . gtf f ; DQ/ j e} ; E dfq xT, sg] lr h; E klg df] xG} . z/Lsf]sg}klg sd[Gbn]klg obcfsli{ ug] eg]of]df]sf]sf/On] ub{ePs]xf] . To; h]gj6ff]f :dlt :j ?k aGsf]nflu Ps ; xh cEof; 5 . xfdLhit ; s}b:t lsg gxf; bf ; f] h]s d cTdf dflns of]sd[Gbx?af/f sfo{u/fOx]f]5' . h; /Lsg}lgz s j f xfsdnfQcfkg}sf]fdf cfkg}s' ; kf a; j klg :j eflj s h]d lgz s xFdf]f s d f/lx?af/f sfd u/fpg]j fnf xFeg]ofb /lx/x5, To; /Lg}xfldf klg d cTdf s/fj gxf/ xF oLsd[Gbx? d]f s d f/Lj f ; fyLxg]eG] :dlt eG/gk5 .

d cTdf dflns xFu/fpg]j fnf xF. dflns dfGn] cTdf cnu x5, z/L cnu x5 . of] cEof; sfo{ub{ klg alr –alr df ul//xg' k5 . dflnskg cfpE Gf/fkg (Detachment) cfOn5 . u/fpg]d xFu]sd[Gbn]xf]eG]dx; ; xg]lalG}lgz gdf h?/ r N5g. sd{5f]f/ xT, sd{ub{d cTdf s/fj gxf/ xFeg]cEof; ub{sd[Gbd]ly sGn ug}; xh x5 . ob dflnsnfQdflnskgs]f]ofb g}5g eg]; j sn]s; /LdfG / <

ob d vfg v fOx]f]5' / dh]s}Lj r f/ r nfOx]f]5' h; df d]f]k'}Wfg ; f]lj r f/df 5 eg]klg vfg t dh]dv d}/flv/x]f]x5' . o; j vt df ob s; h]gg nfu]f]5 ls 5g eg] ; Wf]eg]ulx/f]lj r f/df dlg ePs]sf/On]pQ lbg ; ls b} . To:t }xfdLkdf /x] klg cfkg} lr Gg dggdf 5f]dflnskgs]f]gzdf 5f]eg]xfldnfQs g}klg sd[Gbn]cfsli{ ug}; Sg} . of] cEof; cT6}; xh 5 lsgeg]o; df sfd 5f]g]xT, sfd ub{dflnskgs]f]cj :ydf /xgk5 . t a sd{klg /df]x5 / lj b'kkg]f]cEof; klg kSf x5 .

Ps fGdf o; sf] cEof; /df] E ug}; ls G . leG-heG :j dfgs]f]gzf / vZL5 eg] dflnskgs]f] :dlt cen}kSf b}hfG . t kfQhlt dflnskgdf /xg5, Tot sd[Gbn]w]f lbg 5f]k5 .

o; ; ddf c.bQnafafs]c.bQ?ks]f]cT6}7hf]nlf r ln/x]f]5 . afafnfQhg sfd hfaf6 u/fpg' 5, ha u/fpg' 5, t a To:t f cTdfx?df eflj gf / zIQrel/lbg5 . s}an o; df xfdLlgdQaGk5 . c.bQdf afafn] o:t f]sdfn ul//xgePs]f]5 ls cGdf ; ahfQ; DQ agf/ ; ydf g]ln/ hfog5 . ; hfo gv fQhfgs f nflu xfdLca lsg t }f/ g}g] <k?iffy{klg cT6}; xh 5 lsgeg]o; ; ddf xdf bQkt f xg5 . Ps lzj j f f ; dfg lj b'kLaG' 5, Gf/f aG' 5, cTdf aG' 5 . cs]f]s d f aXdf afafnfQcgz/Of ugk5 . sg}klg sfd z? ug]Gf klxn]aXdf afafnfQ; fdG]/fvxf] \ . aXdf afafn]s; /Lugeof] <afafs]f] [Qs:t f]lyof] <afafs]f] b]6 s:t f]lyof] <afafn]s; /Lsd{ug]Gf] <

afLcz kh g#!! ==

मनुष्य मत एवं ईश्वरीय मत

के परमात्माले प्रेरणाद्वारा अथवा सन्देशवाहकद्वारा आफ्नो परिचय दिनुहुन्छ ?

के सबै मार्गहरूले मुक्ति र जीवनमुक्तिलाई प्राप्त गराउँदछन् ?

मानिसले के भन्दै र मान्दै आएका छन् ?

द्विग; न]स]e/ df/cfPsf 5g eg] k/dfTdfn] k]dfā/f 1fg lbgxS, cyj f ; do ; doof s]L; Gzj fxs -; 'gf lbg] k7pgxS, h; n]; #f/nfQk/dfTdfs f]; Gz lb5g. ct M ; #f/df hlt klg dfu(5g, dL; an] Ps G/ cyj f dQsf] afdf nf5g. dfi; nfQhg dfu(cyj f wd(/df] n]l5, p; nfQckgf/P p; nf6 p; nfQdQm] f h]j.g dQmg ; S .

प्रश्न:

dfly n]vPs f]dt s]c; Tot f t yf t n n]vPs f] dt s] ; Tot fnfQ aerg lgDnvt kZx;df lj r f/ ug]f \.

!_ G/lo 1fg t yf of]s f]lzlf Tof]; doof cfj Zost f xS, ha dfi; of]u-el6, wd-el6 / klt t xSg,db of]u-el6 JbQnk/dfTdfaf6 lj dv xof]s f]s f/df k/dfTdfs f]z4 k]df kfpq / aerg ; Qg eg] k/dfTdf k]dfā/f 1fg lbgxS eg] s ; /LdfG ; ls G <

@ db dglo cfTdf ;j od klg hG-d/df ; v-bM / z/Ls f]; DQsf] aGdf xS eg] aGaf6 dQm]bg ; ls G eg] s ; /LdfG ; ls G <

#_ dg ofTdfā/f :yflkt u/fPs f w]dfu(df t k/:k/ ep-leGt f / lj /fw5, ta of]s ; /LdfG]s ; a)dfu(Ps G /s]f]kfk u/fpg] fnf xG <

\$_ euj fgs f] dx f] S

5 ls wd(Ldf]gs f] ; doof d :j o-utt f 1fg t yf ; xhof]u l; s fpg cfp5' T; n] euj fgn] s g]; Gzj fxs nfQ k7pgxS eg] s ; /LdfG ; ls G <

%_ euj fgs f] :j ?k

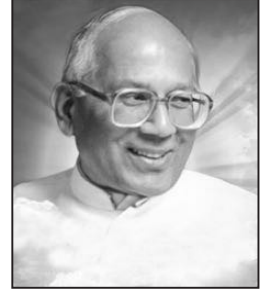
t yf dQm/ h]j.g dQm?kLn]os f] af/df klg dfi; x;df k/:k/ / ux/f] lj /fw 5 eg] ; a) dfu(] Pp6) G/ cyj f nlot k]ns ; /L nfg ; Sg <

अब परमपिता परमात्मा शिव के

सम्भाइरहनुभएको छ ?

x]j T, ha dh]l; s fPs f utt f 1fg / ; xh /fhof]u kfoMh]k eP/ hfG, ta d :j o- g]c]t f/ lnG'.

j T, ha ; #f/df wd]s f]Ldf]g / :j ?ks f] lj :df t xS, ta dglo cfTdf; d]f]k]dfnfQ cgz/df ug]; Qg lsgs pglx; t df]k]wg e)s]s f xSg/ daf6 lj dv, of]u el6 P] + lj k/lt al4 ePs f xSg,clg d]f]k]dfdf pgs f] c]k]df]t df]L; #s f/s]f]ld; f] 6 xG]; Df]gf xS . ct Mdh] k]dfā/f 1fg lbG . j T, d k/dw]daf6 dglo cfTdfnfQc]k]df]; Gzj fxs



राजयोगी ब्रह्माकुमार
जगदिशचन्द्र जी

agfP/ k7p1f6g lsgls ha; Dd d ; fdG]cfP/ 1fg lbG, clg ; do ; doaf lgaZg / dfu{bzg klg lbG clg sd\$ f] uXo ult sf] 1fg lbG, t a; Dd dgio cfTdfx;n] :ki6 Fj +bj xfl/s t l/sfaf6 ærñg klg ; Sgg\ . o; sf] cnfj f dgjo cfTdfnfQcz/LLcj :yfdf l:yt ug\$ f] nflu pglx;nfQ lkt f, lzlfs, u?s f] ?ka6 ldng ug\$ f] nflu cfkñg] 1fg, kb, zlfG, zIQm j T, , ; anIQ dQm d nñfg] st (b t ; æ\$ f] cfllbs f] bj xfl/s cgej u/fpgsf] nflu d :j o+ cfpgk5 .

Q fQcfllb cfkñg] cfkñg] dt :yfkf u/\$ f 5g\ h; n] ; #/df dt leGt f / enBf g} a9Psf 5g\ . d t cgs cf; /Ldt x?s f] cG u/ P5 Q /lo dt :yflkt uq] fnf xFct M; #/df ; a} dt cyj f dfu{dlQm hñg dIQm nñfg]j fnf xIQg alN\$ pglx; t ; #/df snxsf sf/af ag\$ f 5g/ xF xF ; #/ g}gs{ ag\$ f] 5 .

j T, , wd{ :yfkx?n] t Qnfd, a4,

रावण अमै जिउंदै छ !

ब्रह्माकुमारी सपना, नेपालगंज, बाँके

s; n]eG /f] G 8/af]eg]
s; n]eG /f] G d/af]eg]

hnfpg t x/ j i f{hnfp5g\ /f] G d/af]eg]Leñf] vZLdgp5g\

pmt clxn]lhp55
sfd, qñv nfe=ñfQ; p55

s; nfQyxf 5 / dgs f] /f] G lhp55 eg]
uk ?kdf cfTdfs f] zIQm d5 eg]

p; sf ; Gfg klg clxn]lhp55g\
cfTdf ?kL; lt fs f] v g lkp55g\

; j (bfkL5 pñ; j (bfkLzj xIQ
; æ\$ f] dgdf 5 pñs f] kLs f] kdf xIQ

cgs dfj nfQpñeñQ/fv\$ f] 5
lj sf/s f] lt / r nfQ/fv\$ f] 5

s; ñ] hfg\$ } 5gg\ 1fg j f'af6 pñd5{eg]
dLk6sfaf6 xIQ, ofu clldf p k5{eg] ..

sD/s /Gs f] lgGdf ; t fQ/fv\$ f] 5
c1fg cGs/ knIQ/fv\$ f] 5



मलाई नै यस्तो किन ?

ब्रह्माकुमार शिशिर रेग्मी, पोखरा

j t dfg ; #/df bM, t gf / czflG
 dflg; sf]; aef 7hf]; d:of agsf]5 .dflg; sf]
 ; aef 7hf]; DkQvzLdflg; af6 nueu cnu
 eQs]sf]5 .bML/ t gfj utt xef ; #/df kfoM
 ; aef] dv af6 lg:s g] zA x] – dnfQg]o:t f]
 lsg <of] kZgn] w]} nfd] ; do; Dk cgQ/t
 ag] dflg; nfQlg/fz / bMLagfOx]sf]xG .
 dflg; n]clj /n ; flw/xg]o; kZgsf]dvb sf/Of
 x] – p; nfQcfOx]sf] bM, kl8f, kl/l:ylt
 j f ; d:of . cyf\ \
 ha dglo sg} bMdf
 kb5 ; d:of j f kl/
 l:ylt sf] lzsf/ xG,
 t a p; n]o; kZgnfQ
 bf]j/OfOxG . p; n]
 JbQn eu] fg, kl/
 l:ylt cflbnfQ bfj
 lbG . s]sf] l] ifodf
 unt w/Of agf]5
 eg] s]sf] ; DkQnfQ t lQmagfP/ :j oef
 l/Qnf]sf] dx; ; ub5 . p cfTldflgn] kt f8lt
 xG . w]} k6s c; kmit fnfQcufn] h]j.gdf
 cema9Llg/fzf / t gfj sf] lgot e]jg k5 .
 Ps t kl/l:ylt / ; d:ofs] kl8f csf] pQ
 gldnf]sf] aj] gL . dflg; nfQ cOsf/ n]f5
 bgdf, lg/z n]f5 h]j.g / ; f]g; Dk k5
 cfTdxTofaf/].



x/]n]cfkrg]h]j.gdf Ps ; Dk JbQn
 lgdfQ ug r fxG . h]j.gdf x/] ; f] nfQ
 uG]b; Dk k'ofpg r fxG . ; Dk wdf ; bWt f,
 cVobgdf ; kmit f, Jb] zfoof pTs[Of f p; sf
 clenfiff aGg.h]j.g?kLofofdf x/bd ; d:of,
 kl/l:ylt , l] g] afw]sf]cgk:l:ylt r fxG . t ylk
 cfkrg] n]o, Qsf / ; f] eGf k]r]s h]j.gdf
 cfOg] r f] k]8f, cGfo, c; kmit f nufot sf
 l] k/l:ylt x?nfQ ; fdgf ug] qad] p
 lg/fz xG, ylst
 xG, bMLxG /
 eG – x] eu] fg,
 dnfQ g} o:t f]
 lsg <lj z]f u/L
 >ldfg j f >ldt L
 Ps csf]nfQnfd]
 ; do; Dk Ps t k]h
 ; j]f ubf{ cfkrg]
 ; Gfgn] s]sf]k6s
 cfk]h] eg]sf] gdfG, cfkrg] ; f] cg?k
 aRfx?n] dfu{ gn]bf, k6s–k6s sf] kb]f; sf]
 af] hb klg ; kmit g]x]ef, dxT] k'Of]cj ; / xft af6
 u]df, zf/l]s j f dfg]s / f]u n]f]df, k6s–
 k6s pkr f/ u/fRklg / f]us]f] ; d]w]fg g]x]ef j f
 / f]u kQ gn]f]df, k]s[t s l] k]Qdf cfk]h] kb]
 j f :j o+k6s–k6s T]o; sf] lzsf/ x]ef, l] leG
 ; Dk w?df -JbQn / Jb] zfl]os_ cfk]h]

; f]] cg?k gxĒsf c; ĒliĒ?sf] >[rnfdf
kfoMdf;g; x?df o; kĒgn] kĒs-kĒs :yfg
lnĒ .

xfdL c\$ / u/] df; ; fĒn j f sf/
ls Ēsf] lĒdf, hflu/ vfg uPs] kxn] lbgdf,
cf>d j f sg} ; :ydf ;] f ub\$] pduf] lĒdf,
; krm eP/ k':sf/ kĒk ub\$] lĒdf,
cfkth] ; f]] cgs hsf ; fyleQ l5d\$ ls]]
; Edf /xĒsf] lĒdf, kĒb\$ laxfg p7df gofF
hlj.g kfP/ lbgf] z?j ft ug{ kfpĒsf] colĒ
cj ; /df, cfkrg df f-kf fs] ;] f ug] ; cj ; /
kfpĒ, pd] 9n\$ klg zf/ll/s F] +dfg] ; s
:j f:Y sfod /fg] efd kĒk ePs] df, kĒb\$
lbg cf] Zost f cgs h dgQst sfo{klt {ug
kPs] df, xifĒ xĒ kĒb\$ j ifĒ cfkrg] ; Ts d
ug] Ps j if{sd ePs] c1fgt fs] af] hb klg
hĒ lĒj ; dgfpĒ vZLePs] lĒdf Ps kĒs
klg k/dfTdf lkt fnfQ; Ēh x] euj fg, dnfQ
g}olt vZLlsg <dnfQg>o:t f]cj ; / lsg <
dnfQg>o:t f] ; krm f lsg <eg] slxĒ>of
dv af6 pR f/Ē u/df <lb u/df eg] bMs]]
lĒdf, k/l:ylt / ; d:ofs] ; doaf o:t f] kĒg
kĒs-kĒs ug{c; fĒe\$ xĒ .

kĒb\$ lj k/lt k/l:ylt x?df sĒL g
sĒLj f sg}g sg}; sf/fTds klf ns\$] f] xĒ .
slxn\$ xĒs g] k/l:ylt / ; d:ofs] sf/Ē yxf
gxg klg ; \$.o; s] cy{dnfQdf}o:t f] xĒ
j f dnfQcĒfo ePs] 5 eĒ] x] . laus]]
38ln] klg lbgdf bĒkĒs ; xL; do b]/fp5 .
Tb; ĩ] ; w; sf/fTds ; f] afgls]] sf; u/f]-
lsgls k/dfTdfnfQ xdf] nflu /df] s] xĒ

eĒ] s/f :ki6 yxf 5 . bM kbfĒ cĒfos]]
dx; ; xĒ, c; krm xĒ sĒL lĒdf zfĒ eP/
Ps fĒdf a; f]-. k/dfTdf lkt fnfQ ofb u/f]-
pxfĒ s/fsfgLu/f]- x] /, x] k/dfTdf, xh/
g}t xgxĒ dnfQo; bMa6 kf/ u/fpg] .
hxifxh/ xgxĒ, Toxf] s]] lĒ Ēf =
; d:of j:t j df /B l; lĒn x] sĒL; do
s]/k15 Tof] l; lĒn lbg xĒ . cyfĒ \; dfwg
xĒ . g ; d:ofdf bMLagf-g t ; DĒt df
3dĒLg} agf]-. lsgls hlj.g Ps v]h x] .
r] s]] kĒb\$ v]h kZ ft \ /fhf / ; lgs Pp6}
a\$ df a:gkĒ .

8ufdf ofdf ub{df cr fgs ; dĒdf
t krg cfRk15 Ps hgf JbQaf; ; krm xĒ .
p Pp6f Ēkdf cfĒL . hlj.g /lfs] nflu
Pp6f ; fg]af; :yfg agp5 . /ft lbg euj fg; Ē
klydf ub\$. w]; do klvĒ, t/ s] f] Lar fpg
cfpbg . elj ios] nflu vfgs /fx? hĒdf ug
yfnĒ . t/ Ps lbg cr fgs p; s] af; :yfg /
vfgs /fx? ; a}hĒ, v/fgLxĒ . sĒLafL
/xĒ . p l/; fp5 . p; n] euj fgnfQdf lĒ,
cfkrg efdnfQ; /fĒ . p; n] cfkrg] s] kĒs
kĒg ub\$ -dnfQg}o:t f] lsg <eflnkĒ laxfg
/] \$' ĒhL cfP/ p; nfQp4f/ u5Ē . p; n]
; f] -d oxĒ' eĒ] s/f s; /Lyxf kfof<
pgx?n] eĒg - xfdLha ofdf ub{df}t a
xdfln] o; Ēkdf cfu\$] w] b] lĒ dlnfQ
ar fpg cfof]-. o; 36gaf6 s] aĒg ; ls
eg] lb xfdldf cfzft lt. klt krmnfQkvĒ ; \$]
w] f 5 eg] euj fgkt ; Rf lĒ 4f; 5 eg]
xdf] kĒb\$ bMdf euj fgs] ; fy lĒ / ; f]]

cg?k ; kmi f ldn5 . ha t krig cfp5, t a
 sdhf/ JbOx? To; t krignfQx/ bMLx5g
 eg] zIQmLJbOx?n] To; t krig; E n8g]
 ; fx; hDf uc5g/ eflnsf] hlg ; udfs
 nflu t of/ x5g. To; h]; d:of / kl/:ylt sf]
 afj hb klg zIQmLag] lj hokyt kfmL3g]
 ls sdhf/ ag/ k/flht xg] eQ] ljsNk xfd]
 xft df 5 .

Pof /fd] 8f/ agsf] nflu s of-
 k6s 3Dlx? / c; xh af6x? l5r fngk5,
 Pof /fd]kf06 agsf] nflu cfsf; df slx/f]
 afn / j ifk E hVkb5 . To:t } ; d:ofaxlg
 dfig; x? slx0} dxfg / ; km xEg\ . k/lff
 gbg s fLckuB xEg . n8fQgnl8sg
 s fLlj hoLag] f] 5g . cfszdf t f/tx? klg
 t a bV5g, ha cOsf/ /fLx5 . ; Rf xL/f
 s fOfaf6] lg:sgk5 . To; h] hlg gdf slx0}
 g; fV+dnfQg} o:t f] lsg eg] . ; d:ofnfQ
 r b] L lbcf] / ; km agf] . olb s; h] xfd]
 v6f t fQ] kof; uc5 eg] xfdlnfQj {xk5
 lsgs o; af6 xfdL pglx? eQ dfl y g} 5f]
 eQ] k6 x5 .

x/5 ; Dax?nfQ ; xif : j lsf/ u/f]
 lsgs ; Dax t a dfQ} a65, ha xfd] t L
 cftdfx? ; E sg}g sg}s fdc Psfp06 x5 .

cfkrg ; Gfpx?sf] kfnf klf0 klg b6f ; fy
 gu/f] . k6s-k6s pglx?nfQo:t f] p:t f] eg]
 gs/fTds phf k7fcf] . hf E xfd] bdcg
 5, /L; 5, s6 ; Dax 5, p; nfQ lg/G/
 zeej gf, zesfdg, zIQm k] nufot sf
 ; sf/Tds phf? k7Ox] t fls p; E sf]
 Psfp06 ; lhn} E ; h x] \ .

To:t } cfkrg z/Ldf nfu] f]
 /f] Jbifw?sf] sf/G bMLag] cftdfig; E
 cfkrfQ glwSf/f] . lj ut df ul/Psf] unt
 sd6f] vft f r QineOx] f] ; Dax . j f:t j df
 /f] nfu] f] x] Q, of] t sd6f] x] hg /f] ; E
 r QineOx] f] x5 .

lgisifdf lj k/Lt kl/:ylt x? lj zif
 bQdf sf/Ox? ; E] cfPsf x5g—lj ut sf] sd{
 j f elj iocf s] L/fd] l; sfg] lzlf . j f:t j df
 sd{ o:t f] cj zDf] L5, h; nfQalh ; dfg
 Ps k6s /f] k; s] k5 To; sf] km clg fo(ef] g'
 g} k5 . hlg sf] sb}g sb}knof ul/Psf ol
 b} lj sNk sf/Osf] ?kdf cfPkig dfg nfQ
 krf] hgs g} 5g . klxf dh] h] /f] f] lyFF
 clxn] ToL g} sf6k5 / h:t f] / h; /L
 /f] f] lyFF To:t } / To; /L g} ledfpgk5 .
 o; ; Tot fnfQhfg] hlg zfG ; vL/ v'zdf
 lhcf] .

पेज नं. ६ को बाकी अंश

of] ; a}d/nlaf6 :ki6 x5 . ; f] f] h; /Lafafn] ugeof] To; /Ldh] klg ug5 .

cd] ahf cToG} pdu pT; fx; E ofdf a:bf ; bsfnsf] -:yfo_ cgej hDf
 x5 . cgej LcftdfnfQsg} klg ; do df of cf of eg] klg cgej sf] zIQm] ; s] Bdf ; dfk ug'
 ; S . cgej zIQmDf ug'f nflu ; f/f lbg dflns ag] sd{u/fpg] cEof; u/f] .



नारीकी आध्यात्मिक सशक्तिकरण

✍ ब्र.कु. बिष्णु, लामाचौर, पोखरा

gf/LzA cfk... ; jhgzn 5 .gf/L
 zAnfQcu... -Women_ elg5 .oxLzAn]
 g}hut hggLgf/lsf]ckf/ dlxdnfiQkl/efliff
 ub5 . xg t lzj lkt fsf] b[6df ; #f/df s}g
 eb b[6 g}x... ; a}cftdf? lzj kq efGefO
 xg k}h klg hut ; #fng ug{o; sf] ky/fj [Q
 kg:yfkgf, k/d z4s/Gsf nflu lzj lkt fn]
 klg o:t f clt bhe kbdfkd ; fefldzfnLgf/L
 zLQx?nfQ kbju u/L j G] dft /d eGx5 .
 lzj / zLQsf] ; eQm?k klg zf:ox?df dlxd
 ul/Psf]5 . hxfF

W=Will power M

gf/ldf cbD ; fx / cftDs zLQckf/
 x5, h; n] ub{ s7lg eG s 7lg kl:/y:lt df
 klg b} dgfann] x/ \$ lf}pf lj 7 lj hoLaG
 ; ISg.

O=Oneness :

gf/L cfk... x/ st {bdf lhD] f/L /

nugdf dug eP cfk.../M/ zLQ,ndfg pR
 l:y:lt nfQkfk ug; ; ISg.

M=Might M

lzj afafs f]zLQ.../f hacftDfs f cG/s
 zLQx? hfuf xg klb5g,t a gf/Lcj nf x}Dg
 ls zLQm;j ?kf aG5g. lzj zLQmbuf sfnL
 cDaf ag] dfj sf cG/ x}posf buf / kfkx?sf]
 lj gf; u/L; bux?n]k}sfizt ug; ; ISg.

E=Enlightment :

lb}t f 1fg kb}zn] :j feflj s u}x?
 :gk, Tofu ; xgzLnt f, s ?Of cflb lb} cfe}Qm
 gf/L g} ; j { dg}sf dg}k}k ug] fnf hubaf
 aG5g.

N=Nobilitypbf/tf

gf/L zLQncdf ag] kl/j f/sf ; a}
 ; b:ox?sf sdLs dhf]lx?nfQ dgdf ; dfixt
 u/] ; f/f kl/j f/nfQPs ; bdf a}Gg.

आध्यात्मिक सशक्तिकरण:

gf/LnfQ afix/L; f;#f/s k9fQ kb, dfg ; Ddfg, wg, j }ej x/\$ Ifpsf]r/d l; ddfp pRr efdsf]nflu g}cVfTds zIQsf]kl/r o/ To; zIQsf] gf/ldf kl/r fng u} gf/LnfQ cfG/s ?kaf6 Q/ /lo zIQm]e/k' u/fpgk5{.; #f/sf lj gfzLzIQx? hlt g}ePklg cVfTds zIQm cyf\k/dfdf zIQsf] kb]u lj gf sb}pRt d nlo xfi; n ug{ ; ls } . a? kt gt krfpGv eG . gf/LnfQ afix/L bft f, ; lk / l8ulsf ; fy Q/ /kbQ zIQm; dfj } u/L clt pQ hgziQnt of/ ug{ ; ls G / pglaf/f ; d:t ; [i6 ; zIQs/ f xg klG . o; #fQ cVfTds ; zIQs/ f elgG .

gf/LnfQ ; fdf]hs, cfiy\$, /fngjt s, kzf; lgs, gjt s, z]f]s, wld\$ nufot ; dfhsf ; DQf cj ; /x?df ; xefuL u/fQ gf/lleqs] cbD zIQnf]kl/r fng u/L3/, kl/j f/, ; dfh / l; E]bz nufot ; d:t lj } df gf/lsf]; lqra hgziQsf]kl/r fng xg ; sf] \o:t f]of]o ; zQm gf/LpTfagsf nflu lj leG ; lk, snf, bft f, 1fg, u}, zIQx?n] ; DQ aghfQ ; zIQs/ f elgG .

नारीको भूमिका :

gf/Lwt {dft f h:t}; xgzln ag] :j o+ dfq geQ3/-kl/j f/, Q6dq ; dfhsf x/\$ j u{/ Ifpx?; E; D4 eP x/\$;] fdf ; lqra; xeflut f ePs] kfG . 3/sf] ; fg] sfaw}dv InP 7hf] 7hf] ; fdf]hs sfodf klg gf/lsf] dxT kQ eldsf /xG . lgm] fy{?kaf6 efj L; Glt x?s] h]j.g agfpg] h:t f] ; #gzln sfodv InP

wd{ ; :s [t sf] k:t f]k:t f, du}du kngf lbg] ud5g. To; #]k]xn}f Clifdlbx?n]æq k-tt] gf/Lt q/dG]b] t f/Eeg] ufog klg u/\$f 5g. lj } gj lgd}f j f lj } kl/j t }sf] gl} g}gf/L xg. pg}; dfhsf] kyd QfQxg. ; To / d] f du gf/Lk}wg du x] h; df ; d:t ; [i6 wgvfG, ; v ; d[4n]el/kQ lyof]. gf/ln]afk/ xb}slndf cfQdf; D cg\$; af} u/Lr g] x?nfQ kf/ u}bM ; vn]cfkng]3/kl/j f/sf x/\$; b:osf] h]j.gnfQ ; /ff / ; DQf k}bg u} cfOx\$ L l5g. gf/Ls 7g kl/l:ylt x?df oft g}x?nfQ, x] klg cfkng]cf] j}dfly lgoG /v}gdf clt s}zn xl5g. cfkng]x/ efj feLbQdf lx;fTds geQ /r gfTds t/l}sf ckgp}5g. ; #gzln dx}gt L gf/L; xgzln ag] kl/j f/ P} +cG cfTdf?kit kd, ; /nt f, ddt fn] kf]ift u/L; bf v}zL/v}g] kb; u5g. o:t f Tofud' {gf/lx?sf c}gd p}dx/ f k}lr g } Lg] bu} nldL; /:j t Lnufot ; xf; / lj /t fs Lkt dlt {em]sL/f}gLnldlafQ lgdQ efj ePsL clx}of, r/l}q fg lzj fhL dft fhL, hf] fQ; /fngLgfo8, db/ G] f, km]f]G gfQ6E]h cf]b . gf/lleq ckf/ zIQm5 . t; y{ k/dfdf lzj klg log}zIQx?af/f :j u{:yfkgf u} x}xG . gf/Lr l/q lgd}f f, ; #g } Lxg} h; sf]dft [zIQm]; dfh ks flzt eOx\$. dxTdf a4, dxflj /, :j fdLlj j \$fgG, dxTdf u}Lcf]b h:t f afnsx?s] :g}kQ} kngf u/Lr l/qnfQ dx}g agfPs xg. dft f g}x/\$ afnaf]ns fsL kyd u?, kyd kf7zinf, ks [t kbQ u? ag] dw}t f, zfn]gt f, ; Glt f, ulD/t f, cgzf; g, QfG/t f, cfTdf ; #oh:t f lbb cfelf}x?

cfrkrf gj hft lzzx?df klxvfpq ; lSg .
 kfr g gf/lx? lbab zlx?n] el/kf lbab fsL
 klt dlt {lyP .lj z d]j / ; fx; Lgf/lx?n]cfrkrf
 j f cfrkrf ; k'x?af/f lsit {/v] ; G / ; gfrf
 Q x; /r }f 5g / lj z df lj hosf] vhf
 kx/fPs f 5g.

वर्तमान स्थिति:

j t dfg gf/Lhut nfrkrf gf/L/hngt s,
 ; fdlhs, cfly\$, z]fs, wld\$ / j }f]gs lfrf
 k?if ; /x Fj +k?ifeGf klg cul8 5g. sxlE
 r f]L 8s}L, hj f, t f, , xTof, bk Jofk/, r]naP
 af lavg, bb{g / krfx?df klg gf/lx?
 k?if ; /x j f ; f]eGf klg aL5g. sb]gf/lx?
 3/h' lx;f, 5f]L xhf, klkft, pTk8g, cGfo,
 kl/j f/df ax:s[, ; dhj f6 P3n]cgs ; d:ofx?
 erh/x}f 5g. hlt g}; lj-wgdf gf/LpTyfgs f
 gf/fx? / sfgg abnPk g gf/lx?dflys f]z]f]G,
 bbg / klkft sd 5g . To; h] gf/lx] bzf /
 lbzf h:t fsf] t :t }5 . o; /Lgf/lx] l:ylt /
 kl/l:ylt krs krs b]vPs f]5 .

o:t f cflb zlx?n]gf/lx?sf zlx?sf >fj
 cgflbkt flg/fsf/ lzj afaf xgxG .pxf]s lndu

cGdf a]dfs]t gā/f zlx?sf] kb]a/f gofF
 lj z sf] lgdf uf xgxG . o:t f zlx?n]zj
 lkt fn] gf/lx?nfrkrf lbgeQ cj nfa6 zlx?nfrkrf
 agfpgxG .sdnk]k ; dfg agfP Q /lo ;] fsf]
 lgdQ agfpgxG . lzj lkt fn] Q /lo 1fgā/f
 gf/lxfQ ; [l6sf] cflb, dW, cGsf] 1fgsf ; fy}
 :j :?k, nlo, :j wds] hfuf u/fpgeQs/lit ,
 s' :sf / sky]sf] ; fēnfaf6 dQmugG .
 hft ep, lnE ep, /# ep, wglu/lax?sf] ep
 ; a] agx? r Bn] :j t Gf fsf] lj uh krf]
 zlx?n]t f/ agfpgxG .nldLgf/fof aG]nlo
 ; lxt lzj lkt fsf]lj z kl/j t gsf] dxfg sfof
 gf/L ; xof]L ehf aG]5g. gf/L ; zlx?n]sf]
 nflu lzj kbQ cflTds 1fg, cflTds b]6 / j [Q
 r flxG . u; ys]f/ynfrkrf q ag] gf/lx] kf/
 nufpgk5 . o; /Lgf/L ; zlx?n]Gn] ; dhhsf]
 ; j fēf lj sf; xg kl5 . To; h] gf/lxfQ lzj
 afafā/f 1fg kbz klt laDf u/fP ; #f/nfrkrf
 kbzsf]afaf]b]fpg]bk :t Light house aG
 ; lSg. lzj / zlx?n] Combined :j ?kn]gs{
 agf] wt { :j u; clg c; / agf] g/ gf/L b]L
 b]t f aG ; S}f 5g.



तानसेन अनुभव आदानप्रदान कार्यक्रम पश्चात समूहमा समाज सेवी जे.पि.
 महर्जन सुर्य प्रसाद श्रेष्ठ जगजिवन गौतमका साथमा ब्र.कृ. प्रेमादीदी लगाइत अव्य

योग

ब्र.कु. शिवलाल भाइ, दाड

ofu zA cToG Jbks 5 . ofusf
af/pf lj le@ lj 4fgx?sf aJdfad)kl/efiffx?
5g\ . 5fPs/ldf eGkbf ofu cyf\ ; D@w
ldnfk, hfB, ofb j f Wfg xG .

pkoS ofusf ; f/et' zAfx?sf
af/pf lj r f/ ug[x]egj ; fw/G efiffdf ofusf
cyf?nfQo; /Lj Gg ug; lsG . ofu zAsf
hg kbj fr LcgS zAx? 5g, t LzAx?sf
lj ZhjG ubf{ofusf}oyf{ f :ki6 eP/ cfp5 .
h:t } ofu cyf\ hfB, sbj; }v !±! Ö@klg
xG / !, ! sf] ofukm !! klg xG, elgG
bQdf ; fdY{fg JbS sf] ; xofun] P3i/sf]
a/fa/ xG . ct Mb:t f] sdQot f / ; fdY{sf]
efj bzfpB} dxfg\ ofu Clif kt ~hnln] egS f
5g\ .. ofu Ms dz' s fzndXcyf\ \oxfHfPsf]
kl/efiffsf] Jbksf nfnQ ; dut fdf bzf{Psf]
5 . oxffctdf / z/L?kLks[t sf] alr, dg /
Q@bx?sf alr, Q@b / sd\$ f alr, JbS
/ ; D@sf lar sf] pTs[6 ; ofun] g} sznt f,
bft f, k/k\$ t f, ; D@t f, ; D@f, ; kfof sf]
cfr TonfQ; fsf/ ?k kbfg ug; ; S . Toj
g} ofu x] . pbf/Ofsf nflu ; D@w zAnfQ
g} Incf}. s ; sf] sf] E s] ; D@w 5 . ct M
; D@w g} sf/G x] / sf/G g} kl/j t g j f
kl/:s[t fsf] hgs x] . ; #/sf x/ j :t', x/
ljifo, x/ ; D@w? ofu j f ; ofus} kl/Ofd
xg\ . cfsfz, hn, kY Lj fo' / clg cyf\ Ps-
Ps ks[t df klg cgs fgs cfOij s ; ofu of

; D@w 5 . dfgj z/L klg k~r t T]n] ag\$ f]
h8 j f gZ/ ks[t dfq x] . hlijg h8 Pj +
r } gsf] lj :dft t ; ofusf] Ps pTs[6 gdf
x] . hG, lj sf; , lj s[t / lj gfzsf] r qto sd{\
-j Q klg Ps cbet' ; ofu g} x] . /ft lbgf]
r qmCt ' r qmCt if r qm/ ; [i6 r qmklg
lj lj w; D@w?sf]; dGoaf6 g} lgTb, lgoldt ,
cgg, clj gfzL5g\ .

csf]cydf Clif kt ~hnln] egS ofuM
lr Qj [Qlg/f]Mca oxffkZg p75 ls lr Q-
j [Gsf] cf/fk-cj /fk lsg xG <Ps lgZ t
lbzdf kj fixt geP/ lj lj w/fu, vif, lj ifox?df
lsg kj fixt xG . o; kZgsf] pQ hfGeG
k' {xfdLof] hfgf} ls . dUsf] xF<s xff6 cff<
k/dfdf, E d]f]s] ; D@w 5 <cfib . j f:t j df
d Ps clj gfzL, cgg, r } gf xFPs lj :dft t
cbZb ks f zj fg phf{xFPs laG?k cftdf xF.
To:t } d]f] cyf\ \h; sf] lj gf d ckO' 5' . Toj
x] ks[t ?kLz/L hf]kl/j t gZln 5 . h; nfnQ
hij. elgG . ha hij / cftdfs] ldnq, ofu,
j f ; ofu xG, ta hij fdf aG5 . xfdL; a}
hij fdf x}. h; /Lk/dOfs] ; lds/G cG' /
cOfs] ; lds/Gn] kbj / kbj af6 j :t sf] ?k
kl/Ofd aG5, To; p/Lo; h8 hud hut sf]
; lds/G kl/:s[5 . h8nfQr } gn] r } gnfnQ
; r } gn] / ; r } gnfnQ k/d ; r } g Q /sf]
ks[t n] k] ePs] xG . h8 j :t', h8 ks[t
r } gsf] efj / :j efj ?kL ks[t n] r nfnodfg

5g. cyf\kefixt 5g. rjgsf]efj :j efj
 ks[t ; rjgsf]uof wof(efj :j efj / ks[t df
 clwg xG\eg]; rjg k/d ; rjg k/dfTdfs]f
 cgs Ddf clwg xG\ . ; f/df eGkof cfTdf
 k/dfTdfs]f ; a} uof? ; DdG / ; DdG?kn]
 ha lj Bdfg xGg, ta cfTdf ; dGt ; dy{fg
 xG / ; #f/df ks[t ?kL/ydf /yf/fjof eP/
 ks[t ?kL /ynfQ :j fivgt f'k' \$:j t G eQ
 cgG lbzdf lgj f'vult n]k] fixt ug; S .

To; y/Lha cfTdf o; hG / dTosf]
 k/k-r df kof M k/fwg xG, ta dglo
 kj [Q lj ifosf] clwg xg] xgn] kof bkefn]
 oQnkof k/t G fn] oQrt d'kwgt fnfQ kfk
 u5{ . p; s]dg lr Gsf j [Q? CfTds eP/
 lj ifosf kan /; lx?df afvP/ j f; gfs] efju
 ug] t [Ofn] lj ifosf] cfufdf utt QGbx?sf]
 j]pdf cfzS kfoLo; efit s hut df cf'gf
 ; d:t phf? k]fx u/] gfz u5{ . log}
 j [Q?sf]lg/fyw ug] elgPs]xf] . t/ j f:t j df
 dgnfQ j f lr QnfQ lg/fyw ug; ls b} . dg
 :j efj t Mult j fg xG . Isgeg] s'kg j]unfQ
 olb /f] lbPs]f]vGdf To; s]klt lqraf eofgs
 xG . ct Mogs]j]unfQ/f] To; s]k]s[t s]f]
 lj k/lt xG / tL j]x?nfQ g/f]L lt gnfQ
 gj s/Of j f lbzf lbP/ kdfOf [Q cyf\cfTdf
 lr Gg, k/dfTdf lr Ggt / dfGk5{ . of]g]ofju
 xf] Isgeg] dg lj ifosf] s/Of lj iffS eP/
 kt gdv j f cw]ut lt/ hfG . olb dgnfQ
 :j lr Gg, :j bzG, :j 1fg, :j d]t, :j Mfo
 F+ :j cgelt t kfn cGsl/Ofs]f] zf:j t F+
 k/ :s] lbzdf df] l:y/ kfg] cj w/OfnfQ
 lj sl; t ug]lj 1fg g]of]s]f]kyd sbd xf]eG

; ls G . olb cfTdfs]f] dg?kLzIS nfQ lbzf
 lgld6 ug; ; Is of]eg] cfTdf ks[t s]f]s'kg
 j fw / aGx?af6 dS eP/ kgMk/dfTdfs]f
 uof?n] / ks[t n] ; DdG ; dGt ; ; dy{fg,
 aG . oxLzIS n]cfTdfnfQ; bf pw] s/Of /
 n]hfG . o; /Lhj.fTdfnfQ; dGt ; ; bP; ; DdG
 / ; fdy{fg agfpgdf of]us]f] dxTj kof elds f
 xg] xgn] of]unfQh]j.gdf kwgt f lbPs]f]xf]
 t/ of]us]f] lj ifodf cgs]bS x?sf k]ys
 k]ys dt 5g. tL ; a} of]x?dV] /fnofju
 ; a}G dxTj kof of]u xf] h; nfQutt fdf lj iffo
 of]u, elS of]u, s'of]u, 1fg of]u ; Gf; of]u
 u/Lcgs ?kn]j Gg u/Ps]f]5 . ; j kyd xfdL
 of]us]f]cf] Zost f s'g k/l:l:ylt df s; nfQk5{
 eg] hfgf:

!=lj iffo of]u M

dxef/t s]f]pkVofg cg; f/ o4 cf/De
 xgeGf k]f' ; fdlhs lgod, dfg-doff /
 /fhwdf lj k/lt]bS ut :j fy{lgof]ht lfd
 s'ln dfg; st fn] k]f'ulxt w' /fi6-kbx?af/f
 ; dul dfg] / dfg] hft nfQ g} snst ug]
 cdfg lo]j xf/n]kt flst z]f]ft kfo' kbx?
 ha wof/ dofs]f] /ff{wdf klt lgw ag]
 wof]f] s?lf] -sd{eld_df k5g, ta kfy{
 chg ; Dvdf cf'gf cfkGhgx?, u?hgx?
 / lkt fdxnfQ b]5g cyf\pgLbk -z/L_ /
 b]sf wof] p]h]ncndMdf k/Lp; s]dgdf
 lj iffo of]u pTkG eQp; nfQwof / ; Tos]f]
 dfu6 lj r Int k5{ . j f:t j df of]o4 / o4sf
 of]fx? s'g] F]t x] ; s geP/ s'gn dfg; s
 cG/af j f lqraf / klt lqraf]f] eos/ o4sf]
 ?ks / cnsf/ dfq xf] . cs]f]zAdf eGkof

s}kig ofUL k?iffyk s dQot fdf lgi 7f /fvj
x/š ofr s, x/š st {ok/fof tk:j lx?sfj
hlj.gdf :j wd{/ k/wd\$ f alr xg] dxf; uidsfj
kvf kdfiOf Ps hlj.G cle.JbS dfq xf].
ha ofulsfj dgdf lj iffo ; zo pTKG xG j f
Ps tk:j Lj f Ps chgsfj Aoodf ; zokOf
lj iffo?KL snf afbnx? d8fl/Gg, ta pm
lsst {blj d9, csdQo eP/ :j o+lj ifo lj sf/
x?sfj cwlg fniQlgot sfj abng g; lsg] vjh
; Derh k/fhontQj /Of u/L kgMkxn\$ fj erh
bM, czflG, cklj of f, /fu, aif, zfs cflbnfQ
lj vlt fsfj s d]j vfg ; Derh dg lr QnfQ
kt gdlVw/fdf kj fixt ub5 . To; h] ult fdf
pnhjy ul/Psfj 5 -;j wd+lgwg+> pMk/wdfM
eofj x . k/wdof l:yt JbS sfd, qfjw nfe,
dfx, cxs-f/ cflb lj ifodf lnK xG, o; lbzdf
dfg n]lj ifosf]efjnfQlgot sf]lj vfg ; Derh
lj sf/sf] clvg xG . ct MelgG- .k/flvg
; kgb ; v gflAETo; JbS sf] hlj.gaf6 ; bf
; j of :j dfg, :j wd{/ :j flvgt f / :j fledfg
; dfK eP/ hfG . hf] JbS :j osf] ; To
cl:t T af6} lj eQm5, p; nifQg} k/fvgt fsfj
unfolsf] / k/t of fsf] klZs cyf\ :j o+
:j os}sf] dg zd'eP/ affk5{. h; sf]kl/Ofd
dfg] lx+s kz' ; dfg ; ukLj [Qclt j fdLeP/
s}an lj gfzsf/L, lj Vw+Tds sIT; t sd\$ sfj
; xr f/s eP/ hlj.gofkg u/Ls] n lj gfznfQ
dfq lgDofp5 . To; h] elgG, .lj.gfzsf]n]
lj k/t al4 lj gzofG, lj gfzsf]n] ktt al4
lj holG/Aeo; ks f/sf JbS sf] Aoodf bof,
lfdf, kb, ; fxgelt , cgs Df h:t f ; sf/fTds
kj [Q?sf] gfz e}s\$fn] p; sf] b]6s f]df

s}an k/lr Gg, k/b]f, k/lgOf / k/3ft
h:t f pOfb kj [Qofx xGg. To:t f dfig; x?
hlj.gnfQPs dfq lglOf lgh] d]zg h; sf]
pkofu kZ ft ^`ofG] dfg; st f xG . To:t f
kj [QePs f dfig; x? cfkthfQw]}7hf glt j fg,
al4dfg, ; DerGg. hxfDdfg df cktf f xG,
j xffj gozlt f xG / cxs-f/sf]dbdf ; dfndf
lj vGg] fdL glt s}sf/Ofn] ukO4, lj Z o4sf]
hG xG . o; ks f/sf JbS x?nfQ dfu{\
bzg, lbzf lglG ug{cyf\ ofULagfpg s 7lg
dfq x]G, c; Der xG . j }os sfnsf Clif
r fj f\$sf] bzg o; \$] Ps hlj.G pbf/Of x]
h; n]eQ] .pw/f]lnP' x"lkpg, eflnsf]s/f
s; nifQyxf xG AE cfwgs duf 8fij Gsf]
lj sf; afb / To; af6 keflj t sDlgi6 bzg
kth i6 cfOfhgsf kj t \$:dfngsf]lj r f/df
gf/Ls}an khgg / k?if s}an o4sf nflu xG,
afL; a}as j f; dfq x] AEo:t f ks/Ofx?sf]
hG lbg] JbS j fdLdfg; st fn]oxLs/f eG
..d]v f]nf]nfpm, v-; on d]h d]u? F=AE
o; h]t h; ls[/dfodf n]v Psf]5 .kmxlg
kthxlg j h- j /ifL; w j /if]hnb, d/v Aoo g
r h- hpm? ldnQ]j /f- ; dfg AEcyf\ affsf]
afdf r fx] col] g}xfn, To; df km / kth
nflu . To:t }dv{ dfig; sf] Aoodf r fx] aXf
j f b]t fsf u? a:k:kt g}cfP ; DerP klg
r h] cfpG .
o; h]cfhsf]lj Z df lj ifbosf]pOfd fn]
cgs ; dflhs lj kOf, ; ukLj [Q clt j fdL
lj r f/x?sf]sf/Of cgs ; j gfzsf pbf]Ofx?
eOxsf 5g. It gx?n] ; dfndf wld\$ Pj +
j h]f/s aA /# Pj +hft lo aA /fhgt s aA

efiffut åå, /fli6æ, c6/fli6æ åå cflbnfQ
 h@ lbPsf 5g\ . ct Mca ; r] eQnf-
 lsgg] lj iffb cl]gsf] H]fnfn] sxlExdf] klg
 ; j gfz g ul/bpf] \ . p7]ca a] eof] ; do
 xdf]nflu /f]sg]5g . cf'gf]r] gfsf]k6 vfh]
 p@]ft krp2 eP] ; #/nfQ; s6af6 ar fcf]-
 xfdLof]Lag]ef]Lg ag]- ct Mj iffb of]u x/
 of]u,t k:j L/ k?iffy&?sf dgdf pTk@ xG,
 o; sf]1fg xg' klg clt cf] Zs 5 . of]g]df of
 x].

@elQrof]uM

elQrcyf\ \dgsf] >]7 ef] gf . Q /n]
 h@b) x/ \$ df]j nfQ bQs /fsf] lj z]f pkxf/
 lbgePsf]5 . Ps ef] gf / csf]lj j \$. ef] gf
 / lj j \$ sf] ; G]hgsf]gfd g]; fr f]elQnk]g x].
 olbdgdf s] n ef] gf dfq5 eg]df]j ef] gfsf]
 j] ; E cf'gf] lj j \$ nfQ klg au]ObG, h; sf]
 lj j \$ au; s \$ sf] xG, Tof] JbS c@ >4sf]
 lzs f/ xG . ob df]j df s] n lj j \$ dfq 5
 eg] klg df]j t s \$ sf] cf]wL t krf]gdf ef] gf z@
 e]bG . h; sf] ef] gfsf] gfz e} s \$ sf] xG,
 pms g] klg ; fdf]hs lgod, ddf] / sd]nfQ
 df]j cyf\ \pnr]f] : t s a@ kl5 lsg]s t s f]
 slxn] klg ; d: ofsf] ; df]wg x@ lsg]s t s \$ sf]
 klg plrt df]kb@ 5 . eS x? euj fg]nfQ
 krf]gsf nflu j f euj fgaf6 dg] fl~5t km
 kfk ug] p2Zon] >4f / ef] gfn] dfq lj j \$ sf]
 s ; f]ldf gpqLul/g] cg]s fg]s ; fvgf, of]u, hk,
 t k, ; j f]wfo, t ly' j t, dnf d@ / khfkf7
 cflbnfQg} cfh e]S of]usf] gfd] h]fgG .
 e]S cyf\ \eS x? cf'gf] dg / j [G]f]j] j f

kj fxfnfQPs lgZ t kf; flus w/fdf kj flx
 u/] Q /s]f] vfh lg/fsf/ h@]t sf] klt ddf,
 sg} JbS lj z]f gfd lj z]f klt ddf / ks [t sf
 ; f] cfsfz, hn, k]L ; b} r @df, j [f cflb j f
 sg} j : t' lj z]f klt dnfQ Q /s]f] ; fsf/ ?k
 of kt ls df]j o; r /fr / hut df lj Z f; sf
 ; fy dgsf ef] gxf? sf] kv/ cl]w]w]f kj flx
 u/L dg]nfQ lj iffb dS kf/] clt l@b ; v /
 cf]g@sf] cgelt ul/g] p2dsf] ?kdf h]fgG .
 o; ks f/ ul/g] elS df ; fws s] n ef] gf kwg
 g]w] elS n] dg]nfQ Ps fsf/ kf/] x7k] \$,
 ank] \$, sd \$ f@bsf] lj lwsf] ; x] /fn] lr QnfQ
 lg] Qkfg] t g, dg, wg ; do, Z fF ; s NknfQ
 p; lgof]ht ks Nkdf lt / flxt ub5 . e]S
 j] f@df o: t f cg]s f] pbf] / x? kf@G g .
 b] Clif gf/b, dl/f, ; /bf, ; k]wfo ; a/Lcflb .
 t / elgG, k]df lj j \$ sf] : yfg z@ xG /
 eS cf'gf] cg@ k]d klj q ef] gf / z4 lg]7
 F] +j Z f; sf] ; fZ t k / fsf] 7fn] hg JbS n]
 hx]Fh; nfQ krf]g] j f ; flff]s f/ ug] of p; df
 Ps fsf/ xg] p2Zon] ck] { ; fvgf j f g]w] elS
 ub5 / c@dt : j fl]t nfQ kfk u5 { . ct M
 ult df n] vPsf]5 og og ks f/ f =

e]S nfQ dVb bQefudf af8g ; ls G .

! - c@ e]S hx]F; a} Ps lg/fsf/
 h@]t : j ?ksf] e]S u5g, h; nfQ] gu] dfu] klg
 e@] ul/G .

@ a} e]S hx]Fcg] b] flk; gf xG,
 hf] cg]s ; fsf/?k b] Lb] t f, of, /ff; , et,
 k] cflbsf pkf; s cyf\ \; u]dfu] cj t f/j fd,
 ks [t j fdL.

कवालिटी अफ लाइफ

✍️ अकॉर्डिंग / 'fn' v8sf, bdfnL

§ fln6L cyfē uō:t/ . § fln6sf] l] ifodf l] 4. Q x; nfQx: j us flj Qg; Qdf cfp5 .: j udf k-r ks [t hn, j fo, clg, kY L cfsfzbv ToxF/fhō uo] /fnf, khf ; a} b] L b] t fx? ; t flkfg, ; j (Q / snfx?n] ; DGE lyP . ; dos] sfnr qmE; To, q] f, āk/ laTb} hff cfn xfdL j t dfgdf slnoudf cfOusf 5fj: oxif dfj x?df Toxf] t Ngrdf snf / uōx? sd / x} fl] kOC . oxifj :t x? l] le@ § ln6sf kOCg.

§ ln6sf] j:t s] fl] nflu j t dfgdf hfkfg bznfQ; Derg] ul/G . x} s hfkgh j:t' alnof] l6sf / ; Q/ ePs] kOC . j t dfgdf ; a} j u; Dido To] cflbs fns] ; Eo, § fln6oS ; dhs] l] gdf (sf nflu cf-efkro] l] paf6 kb; x? klg eOx} f 5g . cfn] sf ; dhn] v; ; Dlt , j:t' , j } j , ; fwg, lzifn] ; DQ ePsf JbS nfQ a9L dxT lbPs] kOC . afXo § fln6sf] ; fydf cfG/s § fln6sf] klg l] sf; uo; ; s} pf dfq dfj h] jg ; fy\$ xG . cfn x} f} x} § fln6oS j:t h] dfj s] fl] h] jgnfQ s} xL l] f] sf nflu eFklg vZL, cfgG ; v lbOx} f] 5 . s] cfn xfdL x} s} dfj h] jgsf] ; dlkdf cfpE To] vZL ; v, cfgGsf] cgelt u/ fpg ; s} s} f 5fj < cj Zō klg xfd] cG/dgn] eG -cE, 5g . t/ b] L b] t f, dxfg cfTdfx? s] fl] dlG, dlt { ; fd' hff klg s} xL kPs] fl] dg} s} dgf k' f ePs] fl]

dx; ; ub5g . cfn klg hg JbS s] fl] : j efj ; :sf/ c; n 5, p; nfQ s:t fl] b] L of b] t f h:t fl] / cf; /L: j efj ; :sf/ ePs fl] Q/ f] Q; E t hgf uo] ul/G .

dfj h] jgsf] § fln6sf] s; fl] eg} fl] g} dVot p; s] fl] !_ afnL (Speech) @ ; fl] fQ (Thought) #_ ; DQ (Relationship) \$ _ Jj x/ (Action) %_ cxf/ (Food) / ^_ : j f. Y -Health) xg . JbS s] fl] JbS T kydt p; s] fl] afnL j r g, lx8fQ nafQv] fQ cflbar6 enS G . afnL; b} 5f] fl] dlZ] / dw] fl] x] \ . xfd] x} s} afnL cix; s skf; h:t fl] g ls 9E h:t fl] . x} s} ; sf/ f] ds of gs/ f] ds 36gsf] z? j ft nfQ JbQsf] afnL fnL, lx8fQ/ x} f] Q] kefj kfc . x} s} § fln6sf] j:t h] x/ l] f] ckr] c; n sfo; lg/ G/ ul// x} s] xG . s; } j] b] / fl] \ of g} / fl] \ . To:t ksf/ xfdln] x} s} dfj s] fl] uō / l] j z] ft fnfQ x} f] g ls cj uō / b] fl] nfQ . k/ dfTds] fl] / r gf o; ; [l6df ePsf x/ JbS , j:t s] fl] cf-ckr] dxT 5 . dfj s] fl] dgn] x} s} l] f] s} xLg s} xL; fl] r / x} s] xG . lbgel/ df dgn] ; fw/ G, cfj Zōs, Jby{ gs/ f] ds , ; sf/ f] ds, l] iffS , t 6: y / dxfg u/ Lcf7 ksf/ sf l] j r f/ x? s/ la#) xhf/ ub5 . x} s} l] f] lx8f, vff, a: bf, ofq ub; ; To klg xfdln] s} xLg s} xL dgdf l] j r f/ ul// x} s} xG f} : h:t fl] h:t fl] xfdldf lg/ G/ l] j r f/ r N5, To:t ksf/ s] fl] t/ # r f/ t / k] n/ x} s] xG . xfd]

; D@; D\$ df cfpq] hf] s fkn] klg To; s f] dx; ; t ul//x\$ f] xG . xfdLdxfg 7hf] kb / klt i 7n] dfq x f] , xdf] Jj xf/n] x/\$ n] dx; ; ul//x\$ f xG g. t ; y{ xdf] s ddf] kij q fntQ wf/ f u/ f}. hf] f] klg ktns f] ghs klf cfgGsf] dx; ; t f ub\$. To: t } ks f/ xfdln] klg xdf] hij.gnfQ ktm h: t f] agcf} . afns, o] f, j [4, dlxf, vgl, u/ la, ks [t nufot ; Es f] ; D@nfQ; dw/ t f, bof / : gkn] e/ f} x/\$; Es f] Jj xf/ df ; Ddfg ; defj / ; d[6 / f v f} . pgs f] nflu s f] Lcfkrf] / s f] Lla/ fg] xG . a; w} s d] s ds f] efj xG . xfdL ; a} pg} lg/ fs f/ k/ df Tdf s ; Gfg cfk; df cf Tdf ? kdf efQ efQ x f} . s } L ; dos f nflu of] aks f] ; [6? kL/ Ed- r df clego ul//x\$ f 5 f} . dxfg cf Tdf x? n] ; donfQ; b} ; bkofu u] . pgs f] hij.g ; a} f] nflu v Nf l st fa a@ kdf] .

lj 1fgn] agfPs f ; fwaf6 sfd lngs f] nflu klg AfdfnfQs } L3G r fh{ uokg] xG . To; } / L dfj s f] z/ LnfQ ; #fng uo] cf Tdf, dg, al4? kL AfdfnfQ klg cMfTds 1fgs f] ks fzã/ f lgTo lg/ fs f/ hft : j ? k k/ df Tdf zLQ, Es f] ; s f/ fTds ; D@af6 : j omfQ ; zQm/ phf] fg agfg ; lsG . j } f] gxs? klg zflGdf / x] nfd] ; dos f] ulx/ f] v f] / cg; Gaf6 gofFgofFkij lwx? s f] lj sf; ub} cfOx\$ f 5g .

ca xfdln] dfj hij.gdf \$ fln6s f] lj sf; ug\$ f nflu klg : j œ f] cGh(t s f] ofqdf xfdlnfQ k] z uokg] xG . z f/ ll/ s, dfj; s, ; dflhs / cMfTds klfnfQ; GInt

? kdf ; E; E} lnP/ hfgk\$ cyf\ : j œ f] hij.gnfQ 1fg, k] , ; v, zflG, cfgG, kij q f / zLQx? n] e/ kG ; D@ agfpgk\$. ; fy} nf\$ k; G, ke' kt G / : j o; k; G cf Tdf g} pR xg, dxfg xg. cfhef] n xdf] ; dnfdf s f] L Jb] S cfpE v zLxG g t s f] L hfE v zLxG g . xfdLs : t f] a@ ; f] f} .

; G/ Tof] x] h; n] ; G/ sfo{ ub\$. hij.gnfQ pR agfpgs f nflu xfo, n] y, dw/ af] g] Jj xf/ uo] kngf, cfkrf] agfg] kfs, k9g] l; Sg] kl/ j t g ; dflxt uo] kzf; g uo] : j : y / xg] Jy(nfQ; dy{ agfg] lgZ G / xg] cufl8 agfg] h: t f lj le@ ks f/ s f snfx? nfQ lj sf; uokg] xG . dnx? s f] ; f] k/ df Tdf; E dgs f] t f/ lg/ G/ hf] 8/ v g' kb\$. xdf] x/\$ af] l- j r g / Jj xf/ n] ; a} f pT; fx pdu / zLQrel/ of] \ . af] Ls f] D] s f] h: t f] x] \ , nj fQ v] fQ x] fQ b] t fs f] h: t f] lx8fQ ktnZ fs f] h: t f] . ta a@ xdf] hij.g s dnf] ktm h: t f] . \$ fln6LoS Jb] S s f] hij.g dGf, j fr f, s ddf ; dfj ; b} ; s f/ fTds, kij q dxfg/ nf\$ s Nf ds f] xg] ub\$. cfh klg dxfg cf Tdf x? s f] hij.g ; a} f] nflu k] f] s f] ; f] cfz a@ kl\$ f] 5 . pxk? lg/ G/ duf] ou; D] w] t f/ f h: t } u/ L r l] s / x\$ f xG g . cfpgx] \ , xdf] hij.gnfQ \$ fln6LoS agfpgs f] nflu : j œ f] cG/ hut s f] cMfTds ofqf / cfkrf] dgs f kfonx? nfQ cufl8 agfpg] hfcf} xfdlaf6 ; b} v zLk] v b] hfcf] \ .

बाबाले भाग्य वरदान लुटाउँछन् अमृत बेलैमा

✍️ aXdfsbf/ dfvj lt ldNj|gf, j L|Bgu/ ; v|

गुड मर्निङ्ग गर, यी नेत्र खोल अमृत बेलैमा
दिन्छन् है वरदान ए मीठे बाबा अमृत बेलैमा

आएर खुदै खटिया हल्लाउँछन् अमृत बेलैमा
बापदादा स्वयं चक्र लगाउँछन् अमृत बेलैमा

सर्व प्राप्तिको भण्डारा खोल्छन् अमृत बेलैमा
भोलेनाथ बनी भाग्य लुटाउँछन् अमृत बेलैमा

स्वधर्ममा टिक्न सिकाउँछन् अमृत बेलैमा
स्व मनको मालिक बनाउँछन् अमृत बेलैमा

प्रकृतिजीत बनाउँछन् हाम्लाई अमृत बेलैमा
दृढ संकल्प गराउँछन् बाबा अमृत बेलैमा

संस्कारहरुलाई बदलि दिन्छन् अमृत बेलैमा
साक्षात्कारमूर्त बनाउने गर्छन् अमृत बेलैमा

बुद्धिलाई रिफ्रेश ताकत भर्छन् अमृत बेलैमा
मनका कामना पूर्ण गराउने अमृत बेलैमा

सुविरस पिलाई अमर बनाउने अमृत बेलैमा
मायाजितबाट जगतजित हुने अमृत बेलैमा

शान्तिको शक्ति भर्दछन् बाबा अमृत बेलैमा
अलर्ट एवं एक्टिभ बनाउँछन् अमृत बेलैमा



अलवेलापन आलस्य छुट्टी अमृत बेलैमा
स्वमानमा आत्मसम्मान हुन्छ अमृत बेलैमा

सकाश दिदै शक्तिले भर्छन् अमृत बेलैमा
स्वराज्य अधिकारी बनाउँछन् अमृत बेलैमा

सूक्ष्म वतनको सैर गराउँछन् अमृत बेलैमा
आत्मिक भानमा बसाल्ने गर्छन् अमृत बेलैमा

हामीलाई सर्चलाइट बनाउँछन् अमृत बेलैमा
गोदीमा हाली भूलाउँछन् बाबा अमृत बेलैमा

निरोगी तन-मन फरिस्ता स्वरुप अमृत बेलैमा
बापदादा साथी रक्षक बन्छन् अमृत बेलैमा

विश्वको सेवा, उमंग दिन्छन् अमृत बेलैमा
बाबाले भाग्य वरदान लुटाउँछन् अमृत बेलैमा

जंगलबाट घरसम्मको यात्रा “मानवको”

✍ ब्रह्माकुमारी सरस्वती, पाल्पा

elgS, s;}; doaf dfgj ; ddfonfQ
 hunL dfgj eg] lr lgGbf] . pglx? hundf
 hgj / ; /x lj r /G ubj] . a; f] f; vfgkg
 lj sf; x; uof] . cfj Zbst f cg; f/ l; k z;L
 / ; :s[t sf] lj sf; x; hff dfgj ; #7gsf]
 lj sf; eQefft s ; fvg t yf ; lj w nufot sf
 ; d:t lqafsnfk c.bj:l:yt lyof] t/ la:t f/}
 pglx?df r] gfoS ; dffhsf] kfbbf] eof].

Tbt ahfsf dfgj ; ddfonfQhunLeGs]
 sf/G s;pn hundf /x;fn] dfq x] a?
 pglx?; E JbfK hunL :j efj n] ubf x] .
 hlj.gdf cgzf; g / dfgj lo doffsf] sdL z4
 ; fsxf/Leffhg t yf Ps cfk; df x;kgj; DQdf
 ; x]df fsf] vff] Jj:l:yt lbr of] ; /llft
 :yfg, cfk; L; DQdf :kiG fsf] cej lyof] .
 dfgj eP/ klg kzt N nyflnE ; DQdf t yf
 pglx?sf] lbr of] lyof] . Tof] s] 7gf] Q] c] :yf
 kf/ u] cfhsf] cj :yf; D] cfPsf] pknAnk]
 ofqn] dfgj hft lgs} ulj { 5 . w l] v lnP/
 cfsf; ; D]sf ; D]k] z]S dflj lj hoL ags] f]f
 v'; L5 cfh dfgj hft nfQ.

; dosf] r qm; E; E; cfhsf] lj sl; t
 ; #/df s;pn efft s ; fvg / ; f] sf] lj sf;
 dfq ePsf] 5; cg] f;gsf/f]ds s]psnfk
 t yf dfgj lo d] / df] f lj k/lt ; :sf/sf]
 lj sf; klg t lj.l?kn] ePsf] kt lt x]S . ; D]k]
 ; x]ls/G, lz]ff / ; f] gfsf] kr /t f, lj 1fg /
 klj lwaf6 k]k] x]f] g} cfh k]k] kl/j t g] eof]

eg] dx;'; u]sf] ah]df klg dfgj sf] r l/q
 t yf sd] E; hunL:j efj t cfh klg e]6S .
 Tbt ahfsf hunLdfgj x? g]E] x]8g] pglx?sf]
 a]t f lyof] eg] clxn]sf s]t ko gf/ lx? lg] {q
 h:t} eP/ lx8g'; E; ; dffhlec]f lgn]fh kz'
 h:t} x]g]. df;xf/ effhg vfg; kz'sf] x]Tof ug]
 c.bj:l:yt ; DQdf /N] Tbt ahfsf dfgj sf]
 nflu a]t f t yf 1fgsf] sdL lyof] t/ clxn]
 o:t f sfd / s]s]T]o dfgj sf z]s / zfg
 ag]f 5g]. df;xf/ effhg vfg' p; sf nflu
 lbr]sf] lbr of] ag]f] 5, h; n] k]T]s 5fs
 c?sf] hlj.g lhp]g] clwsf/ l5g] effhg v]G,
 p; nfQ; dffhsf] ed] en]f]dL w]j fg / e]f]d] fg
 ; D]G]. s:t f] c]1fgt f U]T; j] t elgS
 n]df n]df l; ^a, /f]g] / b]x] ePs]f]et' dfgj
 leq]5 . Tof] l; ^a sf] cy{x] cledfgo]S hlj.g
 -d h:t f] / f]f] al4dfg, w]j fg sf] k]L5] eg]
 w]s b] / f]p]g' . /f]f] kt ls x]f] kzkgf, kzt N
 Jj x]f/, lj j] s] lxt f . g]f]sf] cy{x] nf]ej [Q.
 cs]f]f] w]g ; D]Q/ hlj.g dflj cf]f] nuf]p]g'
 el]f]r f/, r f] L8s] j]L, n]k]f6, s]nf]f] w]f] ug] /
 ; dffhdf cz]f]G a]f]p]g' . T]o:t} ks]f/n] et' sf]
 n]df n]df b]x]n] df;xf/ effhg vfg / c?nfQ
 v] f]p]g] k] / t ug] :j efj nfQ a]f]p]5 . j] f:t] j] df
 o:t f] z]f/ll/s cf] /G ePs]f]et' s]x]Est} 5]g,
 a? dfgj leq]5 eg] ca clxn]sf dfgj hunL
 geP/ zx/lof t yf lj sl; t ; dffhsf r] g]z]ln
 k]f]Ls; /LeP t <

ट; ढ] slt ko wldṣ lj r f/ aḥ] dfg; x? o:t f ; fdlhs lj s[t t yf dfg lo s'; :sf/af6 ckrhṣ ar fpg krh Toj 3/ ; dhn 5f] hunlt/ nfu] . pglx?nfQ of ; ;f/ ledldgsf] lzzlleq / S L/fv]h:t f]nldf] cyf\ afx/af6 ; 6/ / klj q 5 t/ ledeq} lj sf/ / lj s[t dfq . ट; ढ] 3/ 5f] hun uP . t/ hundf hḥf dfq xfdL tofL xḥf . klj q xḥf . k/dTdkit kḥ ; dkḥ xḥf . tofu t lj sf/sf] ug' 5, ckij q fsf] ug' 5 . j f:t j df lj sf/ / ckij q f t 3/df xḥ, xfd] ; dhdḥ xḥ, a? dgleq 5 . klxn] klxn] ; fw ; 6 hundf uP, Ps fḥdf ukrdḥ a;] kmkrh / sḥdh vḥf/ t k:of u/]t/ clxnḥf dfg; x?nfQ t 3/ ; dhd} /xg] afgL k/ḥf] 5 . xg klg dfg] :j efj ढ] ; fdlhs kḥLxḥ] . ट; ढ] ca xfdLhundf xḥ, 3/d}a;] ; Rf

dfgj cyf\ lj sf/nfQ tof] ; Rf tofL / zfl 6 :yḥgf ug] ; 6 aḥ' 5 .

hunaf6 3/df / 3/af6 hunsf] of of uḥca ; [6 r qsf] Ps sNksf] of of k/f ePsf]5 . ca ckrh] ; Rf 3/ xfdL; aḥ' hfg' 5 . ca ckrh] 3/ hfgsf] nflu ; aḥ] ckrh] /xḥf hunkgfniQ kl/j t ḥ ug' 5 . ट; sf] nflu xfdL; aḥ' cḥḥs lkt f k/dTdf lzj n] xfdlnfQ ckrh] j f:t lj s 3/df hfg] ; xh dfuḥ at fOxgePsf]5 . ; dosf] kl/j t ḥ; 6; ca goff ou kl/j t ḥsf] ; do cḥPsf]5 . klj qḥsf] w/df, ckr; df kḥ t yf ; beḥsf] hfuḥ, ckrh] qsf lj sḥsf] lj gf; df t T/t f, k/dTdkit ; dkḥ efj , lg:j fy{ ?kdf kl/j t ḥsf] sfoḥ ; xof]L aḥ' g} kl/j t ḥsf cḥw/x? xḥ . t cḥpgḥ] , sḥḥsf] hun h:t f] ; ;f/nfQ krh] sf] auḥ f aḥ' pḥg Psh6 aḥ} .

केही चिन्तन बिन्दुहरू

- hf] :j o+; bf ; 6 j f kt 6 /xḥ, p; sf] kz;ḥ x/ḥn] cj Zb uḥg . kt 6 t fsf] kḥḥf km xḥ kfz;ḥ . ; 6 t fsf] lgzfgL kḥḥf ?kdf kt 6 t ḥvḥ . t / ; 6 t f klg t lg ks f/sf] xḥkḥ - afa; 6 ; 6, :j o+; 6 ; 6 / ; j { 6 w f +; 6 s ḥ 6 ; 6 .
- kḥ cḥḥf aḥsf] nflu g jby{ ; ḥf;g ; ḥcf} ; bf ze efj gf /fv} ze aḥL aḥf} jby{nfQ zeaf6 kl/j t ḥ u/f} . klxnf t :j onfQ kl/j t ḥ ug] af/ḥ ; ḥf} :j oḥsf] kl/j t ḥ g}c?sf] kl/j t ḥ xḥ] . o; df klxnf d .
- aḥḥḥ hlg]gsf] :nfluḥ xḥ ckrh sḥ}j :t' 5ḥ df:6/ ; j ḥL qḥgsf] vhfḥdf . ; bf oxL:nfluḥnfQ: dḥ df /fv] t [k cḥḥf aḥ} .

संस्कार धर्म रक्षक हनुपर्दछ

— als = /fd kt fo 9^a ufgr, kfnkf

wd/ ; :sf/ dflg; sf]; [i6 / ; Eot fsf] l] sf; ; E; yfikt ePs fl] ifo xf]. o; nfQhf@ hlj.fTdf -dflg; _ sf] pTKQnfQ hf@ h?/L xG . ks[t af6 lgd@ z/Ldf k/dfTdsf]alh ?k cfTdsf]; dfofng ?k g;dflg; xf]. h; nfQ k?if / ks[t sf]; eQmkt lt dflgG . æfTdf/E cd/ , ch/ clij gZL; Qsf]/y ks[t sf] z/L ; bf gZj fg 5 . dfgj z/Lsf]; #fns jf 8k@/ cfTdsf 1fg, kd kij of, ; v, zIQn zflG / cfg@ lghL; t fUf xg. log)uX?sf] ; fericle.bIQng)dflg; sf]; Rf wd{xf]. wd{ ; w;kj of fsf] huf dfq :yL /xG . kij of fdf lj r ng / ; [i6sf]k/j t G; E; f;#l/s e8sf] sf] kl5 sd{Gbx? axlsg yfNsg, ta ; t fUf b] cfTdfx? ; t f] uQnfQ Toru] /hf] t df] xE t dflwfg cj :ydf klb5g/ cfTdsf] lghLu@ / :j ?knfQ Toru} sf/G cgs sd@Gdf affGg, h; nfQ xfdL ; :sf/n] dflg; leqs f] wldst fsf]; s] ug; ; S t / ; :sf/ ckr@f wd{ xg ; Sg . a? ; :sf/ ; dhn, k/Df / kf/An] 8f;Psf] sd@Gg aG5 . ; bf bMbfLxG . To; n] xfd]; Rf wd{ Tor] xf] hxfQg / lo lbab u@ / 1fg wgs f] bfg u/] ; a]kt ze / sNf@sf]ef] jQnu/G . wd{ a]Q ; dhsf] lxt / /fi6nfQg; culfdLug] ; a]f]nflu ; vbfLxgkb5 .

cVfTdzgn] eG— ; [i6sf] cfib ; Todu hxfEdflg; lbab uQn] oQm] t f lyP . hg; wbf (nfv lyof] . ; [i6 ; Dk; v, zflG,

cfg@n] e/k' lyof] . Pp6; ; Gfg b] L b] t f wd{lyof] . csfn d[To' xEYof] . dflg; sf] cfo' s/la !% jif{xGdf] . cfTdfn]v'; Lv'; LPof z/L 5f8] gofFz/L w/Of uYof] . oxLqrh r n] of fsf] cGdf cfQdf hg; wbf a9] ## s/8 kldf] . hg; wbf a[4; E; dflg; df ul/aL / cf] Zost f klg a9) uP . cflTds u@af6 dflg; lj r Int xg yfn] E; ; [i6df afk/ dus f] cfudg eof] . t t kZ ft \ dflg; x? /fu, jflw cefj , bM, czflG / csfn d[To's] r kPdf kg{yfn] . c1fgt f, c; Tot f, 3Of, bM, czflG, t gfj / lg/lxkgf dflg; sf] b]gs La@ yfn] . cflTds u@ / wd{fQ la; ; jQn] z]f j f ; dhnf/f rnfPsf r ng / sd{fQ chsf/ u@hf sfnfG/df lt g); :sf/n] wd{sf] :yfg u@ ug{yfn] . ; :sf/nfQ wld\$ df@t f lbP, E; dflg; sf] sd{ afhL, jx xf/ , kd, :gk, bof ; a; :j fy(n] clek] t a@uP . :j fy[z ul/g] dflg; sf] x/\$ sd{fQdf nfe / kfk, dfk / cfzIQna9) uof] . c1fgt fs) sf/G dflg; sf] d[To' c; xh / bMbfLxg yfn] . lhj t 5p@h u/\$f unt ; :sf/h@ sd\$sf] kef] n] d[To'kl5 slt ko czflG cfTdfx?n] k] ?k w/Of u/Lschf] cfTdfnfQ t 8kfpq' :j efl] s lj wLxf] . To: t f k] cfTdfaf6 t 8kgdf kg{gk/f] V of cfTdfn] r L zflG kfk u/f] \ eg] p; sf] :j fld] sf s]Lj :t x? ToLdf cfTdsf] gddf p7P/ ; f] hfgs 7p@ / flvbg] r ng dflg; n] d[To' af]wu/] E; n\$ fl] ifo xf]. o; /Lck u/Psf

k; ; fduLcgs 8/n]; ?sf lbgdf s; h]kbfu
 ubjy] . ; do laTb} hff ul/aL/ cefj nfQ
 y]g t L; fdulsf] nls l5kL dfig; n] kbfu ug
 yfn] E; Ps csf df lgu/fgLxg yfnof] . h; n]
 k; ; fduLkbfu uy] t LjblQmfQ; dnfdf et'
 k] sf]; #f lbg yfnof] hg s'/f ; dnfdf kff
 xg g; s]k5 k; ; fduLkbfu xg 5f8] . h; n]
 ubf df cTdfsf kl/j f/ ; box?nfQ kl8f
 afw xg yfnof] . oxLcj :yfnfQ dWgh/ u/L
 t Tfling ; dhn ; xpfE] ; fdilhs lj wfg k/fd,
 syf, zf:q / sd{sfc8; E;cG k4lt dTdbf
 cTdf zflGs] nflu bfg lbg] / lng] ; :sf/n]
 j y]gst f kfof] . To; k5 g]df cTdfsf] gddf
 p7Ps] bfg :j ls/ ugnfQ pk] / h; n]
 ; -; Dfig bfg lbG, p; nfQohdfg eG]r ng
 cG k4lt ; E;lj sf; ePs]xf].

dfgj ; :sf/ :j vdsf]/lff ug]xgk5 .
 wldG dfGt fn] ; [l6s] cflb dW / cGbsf]
 1fgnfQcfd; fy xgk5 . hg 1fgn]dfg; s
 ?kdf x/\$nfQ:j :Y ; DG / v'; L/v]nlo
 af\$]xf] \. hxfv'; L / ; vs]axf/ xG, ToxF
 dfig; sf] lj r f/n] l:y/t f kfg ; S . h; sf]
 nflu ; ah] v'; L v'; L :j lsfg ; S] lg:j fy
 ; :sf/ xgk5 . hg ; :sf/df v'; L / ; vsf]
 cgelt xG, ToxFwd{kl/j t Gsf] ; ff cfp
 ; S] . t / lj 8Dag s] eof] eg] t Tfling
 ; dhsf] r] gf cgs'h cW >4df cfv/t
 xdf] ; :sf/ ; dfofgh ; w/ gePs} sf/G
 r nfofg lj r f/sf wlx? lxG ; :sf/af6 c?
 ; :sf/ -wd_ df knfog xE, 5g. xfdL6h' 6h'
 x]wd{kl/j t GnfQ]sf] ; /sf/sf]xf]eg/
 /fu cnf]sf} c? kl/j t G xgs]sf/G abh

cfkthfQ; wfg] afdf s lxn}lr Gg r nfPg}:
 a? xdf] ; :sf/ nfe / kkd cfv/t / lng]
 kb{ cfkthf g/fdf]xf] . /fhn]klg hgt faf6
 lnPs] bfg -s/_ sf]LjblQmf] z]fs] :j fydf
 kbfu ug]el6r f/ xf] .; dubz / hgt fsf]xt df
 kbfu ug] /fhsf] wd{xf] . To; E/Lc1fglnfQ
 1fg bfg ug] cj udnfQ / lo uf bfg ug]
 bMlnfQ; vs]dfu{b]/fpg' lg/xnfQcflTds
 zlQmf; t gf df k/\$nfQcfc lbg, er7s]
 v] Lu]nfQklj q dfu{b]/fpg' 3]fn] lt / :sf]
 ePs]nfQk] ug] czfGnfQcflTds 1fg ; lxt
 zflGs] bfg lbg' cflb dfig; sf] :j wd{xf] . log}
 xfo / cTdfsf pbuf/ t yf sd{ lxt :j vdsf]
 kngf ug]x/\$nfQcflTds lkt f k/dfdf lzj
 afaf; E ldn g dfgpg]xs ; ah]Q; dfg 5, hg
 elQkL; :sf/af6 ; ah]v]h]sf]lj ifo g]t }-f]
 cf/f k/dfdf lzj sf]klk xf].

Pp6} :j wd{ hG / dTdf/f kfof]nt
 dfig; sf] wd{ s lxn}kl/j t G xg ; Q . t /
 ; :sf/ kl/j {g xg ; S . lsgs ; :sf/ xfdL
 dfig; n] g}r nfPs] xf}. Of zlQmf] lj sf;
 ePdf xfdln] g}; w/ ug] ; S} :j cixn]sf] goff
 k't df wldG lj r ng Ndfpg c; xh ag]sf]
 Psdfq dTb' ; :sf/ xf] . o; nfQ; xh t l/sfn]
 df cTdfsf] zl4s/G u/L df s]sf] gddf
 lbQ] bfg bTj b x/\$; dfon] ; fdilhs s]ff
 dkrh kl/r fng ug] ; do ; f]f sbd xg ; S .
 hg s]faf6 kfs [t s t yf b]Lij klQdf k/\$f
 kl/j f/nfQx/\$; dhn] ; ?df cfkthf s]faf6
 /xt kbfu ug] ; S . o:t f]s f]fs]fb?kbfu ug]
 sg}klg lj j \$zln jblQmf]3 g; g]xf
 afLcz kh g# @ ==

स्वास्थ्यको लागि हाँसु अथवा मुस्कुराउनु

ब्रह्माकुमारी संगीता गैह्रे
वालिङ, स्याङ्जा

खिँखिँ खिँखिँ : j f: Ys f] nflu : j f: Yj w6
6gs (Tonic) x] . j t dfg ; dddf xffgs f]
nflu w} xfo Snax? v f] nPs f 5g. k] b6
Jl Qnx f] j f k] @ / xg r fx5 . xF, n] f]
Jl Qn, xh ; / n / k] @ r Q: j e] j sf x5 g.
x] i f] J] Qm p d / , g d r Q x5 . s 8 f / l h l 4
: j e] j sf x5 g. x] i f] J] Qm x] p o ; d a Q L
/ f] u sd n f] 5 . x] i f]] z f / l / s t y f d f g ; s
J b f o d s f] s f d u b 5 . T o ; j] d f g ; s t g f]
t y f z / l / d f / Q n ; r f / 7 s k s f / n] x5 /
d f l g ; : j : y a 6 5 . x] i f]] p l r t ; d o , s f / 0 /
c j ; / d f x g k b 5 . c r f g s s f] x] i f]] ; d : o f s f]
l g j f / 0 s f] ; 5 c g 5 ; d : o f p T 0 x g ; 5 .
h : t } d x f e f / t s f] s y d f b] k l b s f] c r f g s s f]
c 5 x f ; k 0 x] i f]] d x f e f / t h : t f] l e i f 0 o 4 s f]
s f / 0 a 0 f] . c t M b l Q n c f k o f] ; f d f 0 l j j s 5 f]
k b f u u 5 p l r t ; d o / p l r t 9 u n] x f : g' c y j f
d : s / f p g' k b 5 .

c g x / d f l g ; s f] : k i 6 F j x] . d f l g ; s f]
d g s f] c j : y f c g x / d f k t 6 e n s 5 . T o ; j]
x] i f]] d : s f g P s l z z s f] h : t } l g o f] f / ; @

kh g# @ s f] a f 5 L c z

e l 6 r f / s f] ; 0 e] j g f / x 5 . k s [t s j f b] L k s f] k d f k / 5 f x / 5 n f Q ; x o f] u u g] k l j q e] j g f
/ f v] ; u 7 x g] x] i f] e g] s f] f v 8 f u g] s l 7 g k b 5 . h ; n] u b ; d f n d f d f] n P s f c : j : Y k t : k w f w i d 5
l j r n g / : j f y k ; s f / n f Q l g ? T ; f i x t u b ; d f n a f 6 u / a L / k 5 f] k g x 6 p g / f h o f] u s f] s o g r a n f Q k g
s] L 0 f l d n g ; 5 . o : t f] k l j q ; j f ; a 5 f] n f l u c f j Z o s k o ; 5 . x] i d l l e a s f] k / f t g : j f y k ; s f / d f
k l / j t 5 N o p g ; l s 5 . ; R f w i d 5 e] j g f ; l x t ; d f n l j s f ; s f] q r a n f Q g o f d f 5 l b g g o f f] r f / n f Q
c l 3 a 9 p o f x] i f]] ; s f / x] i f]] w d 5 f] / l f s a 0 ; 5 .

x g k b 5 . x] i f]] x] i f]] : j e] j s / c f g 0 k b f g u g]
x g k b 5 . x] i d l x f 5 f] i t c ? s f] n f l u k l g x] i f]]
k] 0 f l d n 5 .

h a x] i d l d : s / f p 5 f] i t a x] i f]] ; f y ; f y }
; # / d : s / f p 5 . d f l g ; c f k o f] h l j g d f
k] @ f / ; 0 i 6 f s f] c g e j u b 5 t p m
d : s / f p 5 . o l b d : s f g x] p o s f] ; R f e] j a f 6
p T 0 x 5 e g] p ; d f P s r 0 a s l o c f s i f 0
x 5 . d : s f g n] x] i f]] r j] / s f] d i 0 a 9 p 5 .
d : s f g d f l a g f s l 7 g f Q j : t x ? s f] k f k u / f p g]
c b e t' z l Q n x 5 . d : s f g n] ; d a 0 d f l g s 6 f /
l d d f a 9 p 5 . P s d : s f g n] c ? J b l Q n ? k t
; s f / f d s k e f j k b 5 . h l j g d f k l / j t 5
N o p 5 d : s f g n] ; d : o f s f] ; d i w i g u / f p 5 .
t y f j 5 f / s d t e p ; d f k u / f p 5 .

c t M x d f] o f] ; u d d u l h l j g v' ; L d g f p g]
c g k d p T ; j x] . T o ; j] x] i f]] d g ; b f v' ; L / f v]
c g x / x] i f]] a g f p g s f] n f l u / f h o f] u s f] c 0 f ;
u g k 5 { . l b g l o 5 f] / f h o f] u s f] k b f u n] d f l g ; n f Q
; b f k k r i n k i t u / f p g ; 0 e j 5 .

नियत्रा शान्ति यात्राको अनुभूति



प्रा.डा. कपिल लामिछाने,
भैरहवा

of] @&@, fpg
 @ ut] avaf/
 t bg; f/ @!%
 cu:t %s]s/f
 x] . ; fpg !^
 ; D] d]f] of]s]f]
 s/} lyPg . d

lgisfd 3dfO
 ?r fp5'.s}k]k]k]k]
 of udfpg x]Q .
 o:t }f] d]pO6 cfa's]f] z]f]G] of]of]d] e}x]f]s]f]
 6]h]k]g ; xefuLxg nfu}s]f]y]xf] k]f]f]u]P 3df]Q
 xG, /df]G / l/k]h]e]G . Psgf; s]f]h]G
 k]g s]h]G u]f]h]of]u] k]z]l]f] s]G s]G; af6
 3/ k]r]s]g] af6]f] k5{ . 8f=z^a}s/k]f] fb g]k]n
 / d]h] ; f] s]G]f] k; L]e]k]G] ef]O]L/ z]f]G]
 alxg]h]n]f]Q]e]f] eb]G]s]f] O]s]f] ht] fo]f] . ; xL
 ; d]od]f] k]u]f]f] .bj] :yf] xg]e]of] . 8f=z^a}s/k]f] fb
 g]k]n / d ; k]l]j]f] h]f]g]6^ u]f]d] k]d]f] . 8f=lut'
 lu/L]k]x]n] g]t] of/ x]g]e]P]s]f] ly]of] . lh]n]h]s]f]
 s]k]l]j]l]i]7] j]l]O]x] h]f]g]u]LP, Ly8]f]f]l]6s]6
 als^a u]P]s]f]f] b]z]s]f] ab]n]f]f] c]j] :yf]n] u]b]f]
 h]f]g] g; S]j] e]P]k]5] l]6s]6 /bb] u]g]k]g] c]j] :yf]
 e]P]s]f]x]f] . x]f]d]L/ c]z] k]g] w]f]t] g]l]6s]6df]
 h]f]g]u]L]bj] :yf]k]g] e]P]s]f]x]f] .

of]of] d]f]G]f]k]s]f]t] x]f]/ k] [Q]k]g] x]f] .
 c]f]l]bd] s]f]n]d]v] c]l]x]n] D] h]G]d]v] d]f]O; D] k]g]

df]G]l]x]f]8/x]f]f]x]G] . h]f]l]x]f]8, p; h]l]b]z]b]g]of]F
 b]v]5 . p]x]L]1fg]ub]n] ; d]f] x]G] . h]l]j]g]s]f]z]4t]f]
 3df]O]f] 5 . h]o]f]f]k]f]g]L]k]r]f]f] x]G] . alu/x]of]
 eg] k]r]f]f] k]f]g]L]k]g] ly]u]b]u]P/ s]x]l]E]g] s]x]l]E]
 :j] P] k]l]j]q] x]g] k]f]5 . T]o; h]l]d] e]G] ; 3]d]x]g]
 l]x]f]8/x]g] h]l]j]g] x]f] . d]x]f]s]l]j] b]j]s]f]f] s]l]j]t]f]d]f]
 e]G]g]a] d] k]f]y/L]e]n]f]p]x]L]7]p]f]h]l]D]g] = .

d]of]of] h]n]n]h]l]j]g]n]f]Q] ; ~r] g] u/] cem
 :j] P] , z]f]G] / ; G] k]f]g]r]f]x]G] . h]l]j]g]s]f]c]y]f]
 c]f]zo / c]f]od]f] t]h] y]k]g] r]f]x]G] . 3]d] x]j] 3]d]
 d]g]j]f] ! e]f]l]d] d]f]G]f]eg] 3]D]g] k]f]p]g] k]g] e]f]l]d]
 /x]f] .

a]4]e]l]d]a]f]6] z]f]G]s]f]j]v]f]h]l]d]f] d] e]f]t]l]t] /
 e]f]f]l]g]c]f]t] / ag]s]f]5' . æ] / a:b]5] u]l]x]f]Q]f]
 ; t]x] ax]G]f]s]l]t] b' <E]eg]L]j]s]f]f]n]st]f]f]6
 ; f]y]h]t]f]n]f]5] . æ:t] /L]s]O]n]L]a] ; d]u] 99}
 j]g]d]f]x]L]E]eg]L]s]l]a]n] x]f]d]n]f]Q]l]u]h]P] h]t]f]j]
 n]f]5] . h]j]s]n]f]u]f] , a]4] k]g]t] z]f]G]s]f]j]v]f]h]l]d]f]
 T]ot]h] / x]f]g]P]s]f] ly]P . d] k]f]y/L]e]n]f]p]x]L]7]p]f]h]l]D]g]
 h]D]l]r]f]x]G] . c]f]l]bd] s]f]n]d]v] d]f]G] ; l//x]f] .
 8]n]x]f] . r/]j]t] . r/]j]t] . n]D] n]D] = .

x]f]d]l]j]z]l]j] B]n]od]f] k]9]f] / k]9]O]x]f]f]
 d]f]G] . e}x]f] f]a]b]n]l]t] / ak]d]f]s]d]f]L]Q] / l]o]l]j]z]
 l]j] B]n]o]n]y]f]f] ; f]O]g] a]f]b]b]d] x]f]f]o]f] . x]f]g]t]
 c]l]x]n]k]g] x]f]d]L]x]f]f] / x]f]f] 5]f] . of]l]j]z]l]j] B]n]o]
 b]j] / x]f]Q] , x]f]d]f]t] T]s]f]n]l]g] c]N]k]1]f]g]j]f]c]1]f]g]t]f]
 ; D]e]h] . o:t]f]j]k]f] e]f]f]t]s] k]f]f]f] / . o:t]f]k]f]

cgzf; g .o:t f]kfl]ij Z lj Bno .dgdfl]xgl] j g s Dk]S , zfl]Gj g s Dk]S , ; ~hokfs{ ; fhf/ krfG, t kfl] g, zifGfdl] kfs{cflb cfa' /f]B :yt dVb :yn /x]g .

dgdfl]xgl] j g s Dk]S sfl] dh a' /af6 leq l5gl]aCs }xidl]nfQa]d}cgelt eof] . @ Ps8 elddf k]nPs f]kl/ ; /, klr u /Ps f ; k]n k]n]s nf af]x; k]n]k]y x; af]a? j fx; vhf v]h d]f]x; em]x; k]n]k]ydf 7p]7p]af k]xg]s f] ; lj w]s f nflu /flvPs f cfw]gs af]x; l5gl]5gdf cfO]xg] uO]xg] a; , Eofg, lhkx; n] kl] j znf]Qh]j . G t n]Ps f lyP . % xhf/ hgfn]Qa: g] ; lj w] ePs f a]x]n]s ej g, lqnf]s ej g, a]s]O7 ej g, lb]bn]s cflb gfd u]s f ^- & t n] cgs ej gx? G]nlehg / Fk]r]d :d]8of] ej gx; d]f]v; f]G n, Eofg / a; sf nflu a]d]fa]d}k]s {; cfl]n] dgdfl]xgl] j g s Dk]S ; lj w] ; D]G c]f]G]n]s n]l]d5 . of] /fh: yfgs }k]T] /nf] ?v]f] eld x]f] . d]f]g; n] u]] h] k]g x]f] /x]s ! clxn] of] x]f]e/f 5 . cfa]b 5 . u]n]h/ 5 .

csf] cfZ a' 5 . To:t f] u]d] 7p]F/ k]f]L bh]e x]g] 7p]af s Dk]S leq k]n]k]ydf 7p]7p]af / x]s ej gs f] x]s t n]df 7O]f ldg/n j f6' ; xh / ; j { he /x]s . To]f] u]d]k]f To:t f] k]f]L k]f]g' To:t f] ; j] f ; lj w] k]f]g' cfZ o'gn]f]d] s' }ePg .

x]d]L ga]h}dgdfl]xgl] j gs Dk]S leq]s f] a]x]n]s cu]f]8 p]q] k]n]k]ydf pleQ]c] n]s g u]d]yof] . ek]T]h]n]x]d]f nflu af; s]f]hfgs f/L u]f]p]g' eof] . d]x]n]x; a]x]n]s df, s]x]Lk?if

; fylx; lqnf]s ej gdf t yf d nufot s]x]L ; fylx; n] a]s]O7 ej gdf af; k]f]f] . cf]k]n]f] s]f]Ts f]r faL]n]P' 8f=z^a 's /k; fb g]k]n / d a]s]O7 ej gt k]n]n]l]d]f . 8f=lut 'lu/L/ h]j /fh cl]v]s f/Lk]g Fp]d' r faL]n]P' ot }n]f]d]geof] . lxt /h k]G]L d]g]h cfr fo{ / z]L]h]Lk]g ox]L ej gdf k]g]ePs f] /x]s . xt f] /xt f] :g]f]g u]n]f] / t n c]f]G]d]f em]f]s geg]b]Q]ah]v]f]g v]f]gs f nflu To]x]L]6 a; r 9] zfl]Gj g -ox]L]6 ! ls=el=k/ _hfg] lyof] .

cut & b]v cut !# ; D] x]d]f]v]f; af; ox]L]eof] . 'x]d]f] t lhp]B a]s]O7 af; ef] : 8f= g]k]n]s f] 7O]f]L .

.a]x]n]s s]f] a; f]O s:t f] /x]s < D]f]8dx; E] x]d]f] k]Z]g .

't]lg lqnf]s b]v]of] : lqnf]s ej gs f ; fylx; s]f]syg .

h]f]ht f eP]k]g lr of]s f nflu lb]bn]s ej gs f] e]T]n]df / v]f]g t yf k]r gs f nflu zfl]Gj gdf k]d]f dw' ldng eO]f]N]b]f] . s]l/a ; a] E] d]f]a]O lyof] . ek]T]h]L]x]d]f] ; v- ; lj w]s f nflu hlt v] k]g cleef]s er]f] dt of] . k]n b]Q]k]f]O]f lxB]g' g]k]g] . ; a]s]f] 7of]s 7of]s 7of]s \ = s]t ; G/ ; 'd ldlxg b]j :y]f]kg . ox]L]f] ; a]e]G 7h]f] l]j z]f]t f eg]s } . b]j :y]f]kg /x]s .

ox]L]E]u]f]an cl86] / od xn 5 . af]ats f sd/f -w]f]g s]d] 5 .

cfa' /f]B :6] g]d]v ^- & ls=el]s f] b]l]df c]j l:yt zfl]Gj g /fhof]u klz]l]f]Gs f]d]Vb

s]l/x5 . ; g!((%df lglot t yf & Ps8
 elddf lj :t fl/t zflGj gdf 5j 6f kj zdf/ -u5
 8fod8 xn gfdS Ps 7hfj/ c; ; fgf 7hf
 yk]xn /x5g. 8fod8 xndf @÷@%xhf/
 dflg; x;n]Ps ; fy cf/fdn]kj r g ; @ ; Sf
 /x5g. of] ; a)G 7hfj xn xfl . xfdln] oxLE
 bfl/t gdf]xglhL lddhx; zln' ult f, 8fS/
 ; lj tf, Gf tyf a)kfsdf/ 8fS/ kd d; @
 a)kfsdf/ /fdgy cflba6 kj r g ; Gf. ; o
 j iflf bflhfgs lhL/ a)kfsdf/Lpiff lddsfl
 gfd t v a ; Gf / lj bz eddf /xg'ePsfn]
 s/f ; @ kfPg . o; n6df g]kna6 kl]f ^
 ; o ; lxt ^ xhf/ ; xefuLlyP . oxfl!) ÷!%
 xhf/ hgfn]Qa:g] ; lj w klg /x5 .

oxLEs Gf] xn gfdS ; lj w ; D@
 cG/f]G ; D]hg :yn klg /x5, hxfFbQ
 xhf/ hgfn]Ps ; fy efu lng ; Sf /x5g.
 of]lj leG efiffdf kj r g ; @ ; lsg]cG/f]G
 xn xfl . c; klg ; fgft gf s Gf] xn / ldl6^a
 xn /x5f 5g.

oxf/%^ xhf/n]Ps ; fy vfgf vfg
 ; S] lfdt fsf] 7hf] 8folg^a xn / c; ; fgf
 8folg^a xn klg /x5g. vfgf ksfg] 7fP
 cnl]5 . /f]Lksfg] lj efu 5, hxfFbQx
 cf]Zost f cg; f/ #) xhf/; D /f]L kfSf
 /x5g.

c:kt fn 5 . bdfs cf] f; lo ej gx;
 5g. ; ^aukfno 5 . tk:of ej g 5 . lel8of]
 kbz] slf 5 . afafsf sd/f -d]86] g slf
 5 . ksfz :t D 5 . ksfzg 5 . lj q]s lf 5 .
 5fkfvfgf 5 . nfpGk5 . a; kfs{5 .

oxf; 8s, k]L, ej g, sf]f, r f]f, ldn/L
 ; efs lf, e]hgfn, ; lj w slf -z]f fno,
 cl86f]od xn, k^au, v]h d]fg, kt llfno,
 a; kfs{; a]t / ; krf]L/ 5 .

af]lj r g dlZ]5 . Dj xf/df cf]k]kg
 5 . n]f5 x/]n] cxd pt } pt } st } 5f8]
 cf]Ps f 5g.

cf]Zos ; a)7f]ff vfg] kfgL-ldg/n
 j f6/ _pknAv5 . af6]f]f]; 8s, k]L, kt llfno
 ; a]t / 5 . xl/dfnL5 . z]f fnon]Qoxf; lj w
 elgPs f] /x5 . T:t fl] ; lj w hxfFv]f]of] ToxLE
 pknAv5 . lr of, gf:tf, hnkfg, vfgf ; he
 5 . st } cf]phfp ug]k]f] eg] a; , lhk, fofg
 hlt v] klg pknAv5 .

c]v]fd / lj 1fg klj lvsf] ; f} ; @/
 e]hg /x5 oxfl; a]t / cf]w]gst d klj lvsf]
 pko]f] 5 . l; l; l6eL Sfd/f 5 . lel8of]ukr]
 5 . l; 8L, l8le8L, k] 8]k] kb]f] x5g. ls @
 klg kf]G . /]8of] :6] g, G]nlehg kt f/G,
 fofgn, Gf, k't s ksfzg tyf lj q]l]t /G
 x5 . G]nk]f] Ps r Ddf G]nk]f] ; lj w 5 .

oxf:j fledfgL/ :j fj n]Lr l/q b]g
 kf]G . sf]Ls]Ldf]G . lr of lnP vfgx] \.
 hnkfg / vfgf klg :j odlnP vfgx] \ . slt
 s:t fl] sg cf]k]kg] 5gf] . cf]Gd w]x5g-
 bfn, s8L, eft , /f]L, k/f]f, ; fu, t /sf/ L, elhof,
 kfk8, cr f/, xn] f, d]k, lv/, af]of, skrb]w
 sf]f] lr of, b]w lr of lr gL; lxt lr gL/lxt .
 ldg/n j f6/ gdf, lr ; fl/ t ft fl] s:t fl] vfg] .
 cf]k]f]n]P vfg] . yfn, s6]f, lunf; , r Df lng]
 / sfd ; lsPk5 oyf:yfgdf /flv]bg]. h]kf]S,

Tof]n; g k6fh ; d] gePsfj; a}z4 zfsxf/L
kfS . kOf{xfo]gs .

kTofit M bfgdt Jb, r Gf, k':sf/
:j lsfo{5g . OFf eP efn]eOOf/L-bfg kfq
df bfg ug; SxG . bfg kfosf]gfd oxFFefn]
eOOf/L/xF .

oxLaf6 /]hsf]l6s6, a; sf]l/he] g ug]
; lj wf 5 . o; afx\$ cGq hfg' k/]uf8Lals^a
ug]; lj wf klg oxLFx\$.

; xeful x/\$nfQ kj r g, lzlj/sf]
lbg r f/ ebOsf]; Boh pknA u/fOPsf]5
/ ; a}sfid ; f]Lad]hd xg] ubf]/x\$.

afnaRf lnP/ hfg kfOS . It gsf
nflu ToxL:t/sf] 5\$ sfogrd xG . kj r g
xndf nfg kb] . nfg kfOG .

h]j.gnfQr flxg]; a}; lj wf pknAv5,
t/ oxFFh]j.gnfQa/j fb ug] s]g}klg j :t sf]
; lj wf 5g . To; dflly oxFFkt aGw 5 . ; t k
la8L, vgl, ks f/, r /f], dEktg lgif4 5 .

kfgL, lr of, gf:t f vfgf hlt klg lng /
vfg kfOS, t/ dQklg kring' /of] dflg] .
Tof]lgdZ ul/Psf]xG .

akdr of /xg] dof]t j :q wf/G ug]
lj :t f/} af]g]; s] d] sd af]g] dLZ] af]g]
lgdZ xG / oxFFefpg]x/\$n]o; }ubf]/x\$g.
Tof]bv of].

kl;/df PsPs 3Gdf xn, ;8s,
af63f]; at / dw wg ahtf]/x\$, ; fy}laxfg
ah]v /fit (N) ; d] alr alr df * ÷(
k6s /ft f] aQ an]f]/x\$, ult ahtf]/x\$,
h; nfQokrs s G]n elg]f]/x\$. aQ an]f

/ wg ahtf h]fx]Fs}eP klg 6S /]sP/
bQldg]; d] d]8g] g j f G /sf]:d/G ubf]
/x\$g.

zflGj g glhs} !% Ps8 elddf
; ~hokfs{/x\$, hxf#xhf/ hgfnfQa:g]; lj wf
5 . zflGj g]v @# ls n]fd6s f] b'/df * ^
Ps8 lf]krmf; f]f/ kfG lgdf]fwlg cj :ydf
/x\$. oxLaf6 ! d]Laf6 lj Et \pTktg ug]nlo
/x\$. of]; #f/s}7hf]; f]f/ kfG xf]/. o; sf]
lgdf] k'f eFk15 akdfsdf/lsf] dVfnosf
nflu ; /sf/af6 lj bot \lng' kg]cj :yfsf]cG
xg]/x\$. zflGj g]v \$÷%ls=el=k/ !))
lj ufx lf]kmsf]t kf] g t yf zflGj g]v %^
ls=el=k/ !%Ps8 lf]kmsf]zffdf] kfs{
/x\$g, hxf]fn v] Lu/Psf]5 .

laxfg r f/ ah] p7gf] \ /fit b; ah]
; Tof] \. kfF lj; lo /fhofu lzlj/sf]sfogrd
; Bohdf oxL5 . d]f]; do klg 7ofS; oxLxf].
To; h] r f/ ah] p7g dnfQs]g}cnfd{ cflbsf]
cf] Zbst f kb] . oxFFklg k/g . dgdf cer]n
lh1f; f 5, /fhofusf]. s]x]of]/fhofu <

dflg; x; kfomZf/ll/s t G?:t ls f nflu
ul/g]cf; g, kfOfod / WgnfQofu a^k5g.
sit n]t of]f of]f egLof]unfQkr]gs f jkdf
klg lnPsf] b]/\$f]5' . /fd] cflbn] b]/Psf]
af6] klg o:t} h:t} b]vG . zAs f]x;df
of]unfQ-!_od, lgod, cf; g, kfOfod, kTofx/
wf/df, Wfg / ; dflvsf] ci6^a u of]unfQofu
t yf -@ lr QnfQ /df nlg u/fpgsf nflu
Psful xg] sfo{ d]f]sf] pkfo egLcYfOPsf]
kfOS . o:t} /fhofu klg Ps ks f/sf] ofu

xf] . g]fnLj [kt \zAs fzdf /fho]us f bQcy{
 lbPsf]5 - -!_krint hofit ifcg; f/ /fhsfj
 ;v / clvsf/ kfk ug{ kfpj] ukuit sf] Ps
 ofu / -@kt ~hlnsf]of]uzf:opf j Qg u/ /Psf]
 Ps ofu bzg . d]f] aernof, akofsb/lsf
 b]i6df /fho]u eg]sf]cfTdsf]k/dfTdf; t xg]
 ofu j f ; lDing xf] .

cu:t * b]v !@; D u/Lkf lbg
 cfTdklxr fg, k/dfTdsf] klxr fg, ; sf/fTds
 lr Gg, t gf] af6 d]S , /fho]uf/f ci6z]S sf]
 kfk, /fho]usf]cfw/ / lj lw/ /fho]usf lj leG
 cj :yf, snr qsf]1fgaf6 ; v z]f]Gsf]kfk,
 khfkt f akof ; fsf/ d]vof, sd]sf] uxo ut
 cf]b lj leG lj ifo z]f]s df leG leG lj ifofj 1
 / cgej ln] k] r g lbP . s]L le]8of] lkrnd
 klg kbz]g eP . d cfk]of] dgdf u] a; }f
 s]Ls/f gegL/xg klg ; lSg7 Tot sf lbg
 nuf] ktt u}sf uxg lr Ggn]Qs]Lx/krof
 clebQmug{klg ; lSgF.d clxn]oxLr k] fdf
 5' . oxL alr df dh] pQm, f/ lgs f]g] sf] ;
 u}sf]xF. 7ofS }oxLxg klg ; Srf .

/fho]usf bfz]gs, ; f:s[t s, ; fdlhs,
 dg] }f]lgs cgs c]vbg / lj Zh]f]f xg
 ; S5g.o; nfQx]a]g]k/vg]cgs b]i6sf]f
 klg xg ; S5g.d t Pp6f ; fix]Tos dg] f xF.
 3d] f xF. dnf]Qhx]fht f 3d] klg /df] }xG
 eg]dt ; @ dt z]f]G :yndf k]f / z]f]Gsf
 s/f ; @ dg Td] }klg cf]k]f]t eQs}sf]
 5 . h] eP klg d ox]F/fho]usf df]Gt fsf
 ; D]vof dh] aern] s]Ls/f /vg r fxG' -
 cfTdn]Qk/dfTdf; E ofu u/fpg'g]/fho]u xf] .

Ps fut f, cogz; g/ Vofgaf6 ak]T j f k/dfTdf
 kfk ug; ls G .

cfTdf hofit lj @ : j k xG .

z/Lsf]; ~r fns oxLcfTdf xf] .

d]to' eg]sf] ToxL cfTdn] h]Q{ sk8f
 Toru]en]z/Lnf]Q]of]g'xf]-j f; f; h]Qf]g oyf
 lj xfo- ult f, @@@ .

cfTdf /fhf j f d]fns xf] eg] c]f]f,
 sfg, gfs, dv cf]b Q]b To; sf ;] s . To; h]
 d]f]g; Q]bsf j zdf kg{x]g . a? Q]bn]Q
 j zdf /v]k5{ .

cfTdf xdf]z/Ldf e]s]6L-l6sf nufpg]
 7]p]df a:b5 .

cfTdsf t lg ; !d z]S 5g- dg, al4
 / ; :sf/ . -!_ha cfTdn] ; f]S5 clg xfd
 dgn] ; f]of]e]G]f-@ha cfTdn]s]L]g]f]f
 ln]G clg xfdLal4n] sfd u]of] e]G]f-#
 cfTdfdf h:t f ; :sf/ el/Psf x]Gg To:t }sd{
 xg] ub]g .

z/L x]Q, cfTdf kdv ePklg zf/l]s
 z4t f, lg]f]ut f / ; k]f]Qcf] Zos 5 .

cfTdf geP z/L r N]g . Af]6}geP
 dh]f]f] r N]g .

cfTdsf cgs ksf/ 5g- kfkTdf,
 k]ofTdf, w]f]Tdf, dx]Tdf, b]f]Tdf .

cfTdsf dvb u]f- z]f]G, k]f, klj qf f,
 z]Qm, v, cf]G cf]b xg] .

cfTdsf dvb lj sf- b]k]f]edfg, of]f]v
 c]x]f/, cf]n:o xg] . cfTdsf] 3/- ak]dn]s ÷
 k/d]v]d÷z]f]G]v]d÷lg]f]v]d÷dh j t g xf] . of]
 /ft f]f]f] ; g]f]f]l]b]b ksfz : j ;ks]f]xG . oxL

cfTdf Hoftt lj @ :j jkn]/xG .

cfTdfs f lkt f k/dlkt f k/dTdf
Hoftt :j jk ; j dG / ; j f 5g . It gLhG
d/Odv k/ 5g-g hfot]ldbt]j f sbfr Gfo+
eTj f j f g ebM chf] lgTmzfz t f]o+k/fdf]
g xGt]xGdfg]z/L] .- utt f, @_

k/dTdfs f u?-Hzio-dft f-kt f-Hzifs
5gg . It gLg/fsf/ j f z/Lxlg / Ps 5g .
Hoftt lj @ :j jkdf /xsf xGg . k/dTdf ; t-
lr t-efg@ :j jksf 5g . ; TcdLzj d ; @/d
klg e@ ; lsG .

cfTd kxr fg h?/L5 eg]ci6zQsf]
kxr fg xg' h?/L5 . /fhof]usf] cEof; af6
ci6zQmkfk xG; S . ci6zQsf] kxr fg
eg]f]hljg lhpq]snf x]. To:t f cf7 zls
xg-

- !_ ; xg zIQm (Power to Tolerete)
- @_ ; lDng zIQm (Power to Adjust)
- #_ lgd6 zIQm (Power to Judge)
- \$_ k/vg] -lij \$ _ zIQm (Power to Discriminate),
- %_ ; fdgf ug]zIQm (Power to face),
- ^_ ; xofu ug]zIQm (Power to Co-operate),
- &_ ; a'st g ug]zIQm (Power to Withdraw)
- *_ ; dfj]zIQm (power to peck-up),

oL dW] s]L dGat f k']t k k'lp
bfz]gs uG; F 7ofS }dh vfGg eg] s]L
sIQkg ldhg . t ; y(cG ofu t yf bzg; t
o; sf]t hgfTds cWbg xg' cfj Zos b]b5' .
dfpG cfa' nuft f/ PpG?l6gdf /xG lgo; f]

nfg yln; s]f] lyof] . To; h]t Clj]p eG-
r/]jt r/]jt . xfdLcfa'/fBdf kljklg dfpG
cfa'kuf lyPgf . s:t f]xhf Tor] 7pF<dgdf
7hf] lh1f; f lyof] . lh1f; fnfQutt fdf 1fgsf]
; f] dfgPsf]5 .

cut !@t fl/vsf] laxfg xfdLdfpG
cfa'hfg]t of/lsf ; fy s]f]af6 lgSof . lr of
vfP/ zflGj g kdf . hnkfg -gf:t_ vfP/
zflGj gaf6 a; kfs{-zflGj gs f] c]d Dlhod
ghs]f]^ gDa/ up_ kdf / s]Lbg cuf8
cfPs]j iff] 7pPaf af6] lft utt ePsfn]
a; hfg g; S]eP5 .

k]h klk xdf nflu lhksf] Jj :yf
ePs]f] lyof] . xfdL r f/ ; dxd f lj eQneQ
r f/j G lhkdf a:of . sg gDa/s]f] lhkdf s]
s]f] a:g] eG] s'/f ek]hln] ldnfQ S] ePs]
/x5 . !# @gDa/s]f]lhkdf xfdL8lef/=uk /
; fydf clgzf axghL/x5 f .

cfa' /fBaf6 dfpG cfa' sl/a @
ls-el=b'ldf /x5 . kxn] of] d] f8 / hok'sf
/fhf /hf]s]f]lxn kfn] /x5 .

dfpG cfa'lj zfn kj { z] vnf /x5 .
afQ]Ps]f]af6]f u8L8fp] ; Derg eof] .
3dfp/f] ; f]f] af6] l5r N) xdf lhk nfda4
eP/ cuf8 a9] . 's]kn ; / b]pG]cfof] s ; h]
766 u] . ge@ af6] b]pG]s]f] h:t }h:t }
lyof] . v]hf kvfv]f / ufP] at LbvP .
cfk]k]gs]f]cgelt eof] .

कमशः.....