

CHAIRMAN'S NOTE



Dear Friends,

I wish you all peace, good health, happiness and prosperity.

There comes a day when we realize every day is a blessing from God. And I consider it a new beginning. Most of the world's scriptures and nearly all the world's great spiritual masters emphasize that GRATITUDE is essential for a beautiful life. Most ordinary people too, would agree that complaining and criticizing can make life bitter and sour. Why should one be grateful? Being grateful makes us positive, happy and optimistic; it helps us see the bright side of life. It teaches us the art of appreciation, which is becoming a lost art for some of us today.

Some experts believe that we lack in the spirit of gratitude because we take things for granted. May be we need to go without the things we take for granted, to be able to appreciate what we have. When we become aware of all the things that we have to be grateful for, when we actually begin to count our blessings, we will be overwhelmed with gratitude for all that God has bestowed on us so generously. A peaceful sleep, our loved ones whose dearest wish is just to see us happy, our friends who add value to our life, good health which we utterly fail to appreciate until we fall ill, the fresh air and sunlight around us, the marvels of technology which have made our life so easy, the society and community which lets us live in peace and order – what would we do without them all? Try and write down all that you should be grateful for.

Do not leave out anything! Do not take anything or anyone for granted! Being alive, being free to do what you care about, being literate, being with people – these are not rights for all; these are privileges which we enjoy and take for granted. And we ought to be grateful for them.

Thoughts have an inherent capacity to materialize. It is said - if we feel strongly about something, it definitely happens to us. It is that power of thought which makes things happen. If we are grateful for what we have, we will attract many more things to be grateful for. Gratitude is the very basis of the abundant law of attraction.

Remember that gratitude is not an attitude to ourselves; it should be an attitude to life, an attitude which we show to others. Gratitude is most beautiful when it is expressed, and not just when it is felt. How we can feel gratitude without showing it? When we show gratitude, we are sharing our joy and happiness with others. During prayer, we light agarbattis or offer incense to show our gratitude to God; the fragrance from the incense spreads all around, making others happy. So it is with gratitude: it blesses both the giver and the receiver. It strengthens their faith in life, and teaches them to show their gratitude to others.

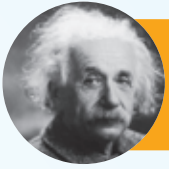
Gratitude is the foundation of a peaceful life, a secure and stable mind. A positive man, a man of contentment, is known by his attitude to the things happening around him. In every situation, under all conditions he says, "Praised be the Lord! Whatever He does, whatever He gives me, is worthy of praise." This attitude of acceptance with gratitude is the secret of true contentment. But it should be genuine. It should come from the depths of your heart. We all have our own style. But if we say what we feel in the right tone at the right moment, even a simple, "Thank You!" means a lot.

With Best Regards

Yours

Ramkumar Goel

Quotes on *INDIA*



“We owe a lot to the Indians, who taught us how to count without which no worthwhile scientific discovery could have been made.”

- *Albert Einstein, German born Theoretical Physicist*

“If there is one place on the face of this Earth where all dreams of living men have found a home from the very earliest days when man began the dream of existence, it is India.”

- *Romain Rolland, French Novelist and Art Historian*



“Many of the advances in the sciences that we consider today to have been made in Europe were in fact made in India centuries ago.”

- *Grant Duff, British Soldier and Historian*

“India conquered and dominated China culturally for 20 centuries without ever having to send a single soldier across her border!”

- *Hu Shih, Chinese Philosopher and Diplomat*

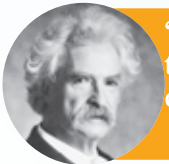


“There is no book in the world that is so thrilling, stirring and inspiring as the Upanishads.”

- *Max Muller, German Philologist and Orientalist*

“The Indian way of life provide the vision of the natural and real way of life. We veil ourselves with unnatural masks. On the face of India are the tender expressions which carry the mark of the Creator's hand.”

- *George Bernard Shaw, Irish Playwright and Political Activist*



“India is the cradle of the human race, the birthplace of human speech, the mother of history, the grandmother of legend, & the great grandmother of tradition. Our most valuable & most constructive materials in the history of man are treasured up in India only.”

- *Mark Twain, Father of American Literature*

“There has been no more revolutionary contribution than one which the Indians made when they invented zero.”

- *Lancelot Hogben, British Statistician*



“After the conversations about Indian Philosophy, some of the ideas of Quantum Physics that had seemed crazy suddenly made much more sense.”

- *Werner Heisenberg, German Physicist*

►► PERSPECTIVE

“Water is life” - not just for us human beings but also for the entire ecosystem. Without it no one can exist even for a day. It is the most precious resource from Mother Nature, but also a finite resource. While most of the planet is covered in water, less than 1% is available as fresh water for our consumption. The quantity of fresh water is only limited to groundwater, rivers, and lakes. Additionally, changing climate has a severe impact on fresh water availability.



With 70% of the surface covered in water, Earth appears undeniably blue from far. Earth has been called the "Blue Planet" due to the abundant water on its surface. There is not enough evidence of liquid water in the interstellar space that can support human habitation similar to Earth. Only a planet of the right mass, composition, and location can support water. And only on such planets, like Earth, can life flourish. And yet we take water for granted. On an average one person wastes about 0 - 45 litres of water per day, which is about 30% of average requirement per person per day.

We are facing a water crisis today. There are millions of people across this globe who spend their entire day searching for potable water. People in developed countries use 10 times more water compared to the underdeveloped countries. Many places in the world, have likely reached “*peak water*,” the limit of how much water can be reasonably taken from the area. Facing Day Zero due to increased water demands, governments in these places are forced to introduce water rationing. Rapid population growth, pollution, global warming, deforestation and wastage of water are a few of the factors causing the planet's growing water crisis.

It becomes our duty to safeguard what remains of this precious resource for our future; and the only way to deal with this is to conserve as much water as possible by using what we have in the most responsible way. All we have done till now to save water is not enough. Improving water infrastructure, large-scale forestation, rainwater harvesting, recycling waste water, pollution control, education and awareness, and most importantly understanding that tackling the water crisis is the combined effort of the government and the communities. The call for water conservation needs to be echoed across the globe.

Save every drop... Our world depends on it!

Yours

Jyothsna Raj



लड़के भी रोते हैं...

घर में बच्चे लेकिन बाहर मशहूर होते हैं,
अजी लड़के भी रोते हैं जब घर से दूर होते हैं।
लड़के भी घर से बाहर मम्मी के बगैर होते हैं,
यदि लड़की घर की लक्ष्मी तो लड़के भी कुबेर होते हैं।
बस यादें ही जा पाती हैं अपने गाँव की जमीनों तक,
लड़के भी कहाँ जा पाते हैं कई साल महीनों तक।
अपनों के सपनों के खातिर ये भी मजबूर होते हैं।
अजी लड़के भी रोते हैं जब घर से दूर होते हैं।
हम सोचते हैं हमेशा घर के बारे में,
पर खड़े कहीं और होते हैं।
सिर्फ लड़कियाँ ही नहीं,
लड़के भी दिल से बड़े कमजोर होते हैं।
विश्व जीतने का एक सिकंदर इनमें भी होता है,
बस रोते नहीं पर एक समंदर इनमें भी होता है।
यदि लड़की पापा की परी तो,
लड़के भी कोहिनूर होते हैं।
अजी लड़के भी रोते हैं जब घर से दूर होते हैं।
माना कि लड़कियों को,
घर छोड़ जाने का एक डर होता है।
लेकिन इनका एक घर के बाद दूसरा घर होता है,
माना लड़कों को कोई डर नहीं होता,
ये नौकरी तो बड़े शहरों में करते हैं।
पर इनका कोई घर नहीं होता,
चंद पैसों के खातिर इनके भी सपने चूर होते हैं।
अजी लड़के भी रोते हैं जब घर से दूर होते हैं।

संकलक:
प्रज्जवल तिवारी
ए आर सी - मुम्बई



- दो पक्ष** - कृष्ण पक्ष एवम् शुक्ल पक्ष
- तीन ऋण** - देव ऋण, पितृ ऋण एवम् ऋषि ऋण
- चार युग** - सतयुग, त्रेतायुग, द्वापरयुग एवम् कलियुग
- चार धाम** - ब्रदीनाथ, द्वारिका, जगन्नाथपुरी एवम् रामेश्वरम्
- चार पीठ** - शारदा पीठ, ज्योतिष पीठ, गोवर्धन पीठ एवम् शृंगेरी पीठ
- चार वेद** - ऋग्वेद, अथर्ववेद, यजुर्वेद एवम् सामवेद
- चार आश्रम** - ब्रह्मचर्य, गृहस्थ, बानप्रस्थ एवम् सन्यास
- चार अंतःकरण** - मन, बुद्धि, चित्त एवम् अहंकार
- पंच गव्य** - दूध, दही, गाय घी, गोमूत्र एवम् तुलसी
- पंच देव** - ब्रह्मा, विष्णु, महेश, गणेश एवम् सूर्य
- पंच तत्व** - पृथ्वी, जल, अग्नि, वायु और आकाश
- छह दर्शन** - वैशेषिक, न्याय, सांख्य, योग, पूर्व मीमांसा एवम् उत्तर मीमांसा
- सप्त ऋषि** - वशिष्ठ, कश्यप, अत्रि, जमदाग्नि, गौतम, विश्वामित्र एवम् भारद्वाज
- सप्त पुरी** - अयोध्या, मथुरा, वाराणसी, हरिद्वार, उज्जैन, द्वारका एवम् कांचीपुरम
- अष्ट दिक्कपाल** - इन्द्र, कुबेर, यम, वरुण, ईशान, अग्नि, वायु एवम् नैऋत्य
- नवग्रह** - सूर्य, चन्द्र, मंगल, बुध, बृहस्पति, शुक्र, शनि, राहु, एवम् केतु
- दशावतार** - मत्स्य, कूर्म, वराह, नरसिंह, वामन, परशुराम, राम, कृष्ण, बुद्ध एवम् कल्कि अवतार (जो कलियुग के अंतिम चरण में होगा - अभी कलियुग का प्रथम चरण है)



संकलक:
कमल किशोर कैथोला
ए आर सी - सिकन्दराबाद

IT IS POSSIBLE TO STAY FOREVER YOUNG



As we grow older, we tend to start worrying about ageing. Many try to stay young through several means. They may do physical exercises, eat healthier, or undergo medical procedures to reverse signs of ageing on their face and body. But there is a method that is non-invasive to help keep you young, and that is meditation.

Medical researchers are exploring ways to extend human lifespan and enhance the quality of life. People are looking for a magic pill that would extend lifespans by another 10, 20, or more years. Why? Because, people feel that youth is the time of great power, beauty, strength and courage. Youth is a time when we feel we can do practically anything we want.

As we get older, we often exclaim, "Oh, I can't run as fast as I used to" or "I'm not able to lift the same amount of weights as before!" All of a sudden, we realize that we can no longer do what we used to do easily.

In our younger days, even if something could not be done, we would work hard and try to do it, anyway. Normally, youngsters feel strong and confident. With advancing years, when we see our ability and strength ebbing away, it becomes difficult. Hence we experience what is called a midlife crisis.

We wonder what is happening to us. But ageing is part of life, no one is exempt once you advance in years. And with each successive year, the physical body is going to deteriorate. We need to be able to deal with this situation in the best possible manner.

Today, we may find, through advances in medicine and technology, that life is a little easier than it used to be for those who lived say, a hundred or more years ago. Human lifespan is also increasing due to better healthcare, medical intervention and medicines; greater awareness of nutrition and what to eat or avoid; there is more talk of improving one's quality of life through right living. We are learning how to live a more fulfilling, happy and long life. Even so, we cannot avoid old age.

Can we bring youthfulness back into our lives? There is no magic pill to help us do that, but there is a natural means of rejuvenation that can add vitality and bring joy to our years. We want to feel buoyant at all times. We do not want to be depressed, sorrowful or in pain. There is a way out of all the sorrow in which we find ourselves. There is a fountain of youth within us that can be accessed through meditation. Once we take a dip here, we will discover that our soul is eternal.

The soul is always youthful and everlasting. Souls do not age. With this realization, we become transformed and begin to identify not only with our physical body which is subject to age, but with our spiritual Self that is ageless.

Whether we are middle-aged or aged, we are transformed through the power of meditation. It leads us to find our true Self as soul, which is ageless and forever young. We will no longer depend on scientists to find the magic pill to bring our youth back. Through meditation, we will become evergreen, and can live in a perpetual state of happiness and joy.

राजा परीक्षित

राजा परीक्षित को श्रीमद्भागवत पुराण सुनाते हुए जब शुकदेव जी महाराज को छह दिन बीत गये और तक्षक (सर्प) के काटने से मृत्यु होने का एक दिन शेष रह गया, तब भी राजा परीक्षित का शोक और मृत्यु का भय दूर नहीं हुआ। मरने की घड़ी निकट आते देखकर राजा का मन क्षुब्ध हो रहा था। तब शुकदेव जी महाराज ने परीक्षित को एक कथा सुनानी आरम्भ की।

राजन्! बहुत समय पहले की बात है, एक राजा किसी जंगल में शिकार खेलने गया। संयोगवश वह रास्ता भूलकर बड़े घने जंगल में पहुंचा। उसे रास्ता ढूँढते-ढूँढते रात्रि पड़ गई और भारी वर्षा होने लगी। जंगल में सिंह, व्याघ्र आदि बोलने लगे। वह राजा बहुत डर गया और किसी प्रकार उस भयानक जंगल में रात्रि बिताने के लिए विश्राम का स्थान ढूँढने लगा।

रात के समय अंधेरा होने की वजह से उसे दीपक दिखाई दिया। वहां पहुंचकर उसने एक बहेलिये की झोपड़ी देखी। वह बहेलिया ज्यादा चल-फिर नहीं सकता था। इसलिए झोपड़ी में ही एक ओर मल-मूत्र त्यागने का स्थान बना रखा था। अपने खाने के लिए जानवरों का मांस उसने झोपड़ी की छत पर लटका रखा था। बड़ी गंदी, छोटी, अंधेरी और दुर्गन्ध युक्त वह झोपड़ी थी। उस झोपड़ी को देखकर पहले तो राजा ठिठका, लेकिन पीछे उसने सिर छिपाने का कोई और आश्रय न देखकर उस बहेलिए से अपनी झोपड़ी में रातभर ठहर जाने देने के लिए प्रार्थना की।

बहेलिये ने कहा कि आश्रय के लोभी राहगीर कभी-कभी यहां आ भटकते हैं। मैं उन्हें ठहरा तो लेता हूँ लेकिन दूसरे दिन जाते समय वे बहुत झंझट करते हैं एवम अपना कब्जा जमाते हैं। ऐसे झंझट में मैं कई बार पड़ चुका हूँ। इसलिये अब मैं किसी को भी यहां नहीं ठहरने देता। मैं आपको भी इसमें नहीं ठहरने दूंगा।

राजा ने प्रतिज्ञा की कि वह सुबह होते ही झोपड़ी को अवश्य खाली कर देगा। उसका काम तो बहुत बड़ा है, यहां तो संयोगवश भटकते हुए आया है। सिर्फ एक रात्रि ही काटनी है। बहेलिये ने राजा का ठहरने की अनुमति दे दी, पर सुबह होते ही बिना कोई झंझट किए झोपड़ी खाली कर देने की शर्त को फिर दोहरा दिया।

राजा रात भर एक कोने में पड़ा सोता रहा। सोने में झोपड़ी की दुर्गन्ध उसके मस्तिष्क में ऐसी बस गई कि सुबह उठा तो वह सब परमप्रिय

लगने लगा। अपने जीवन के वास्तविक उद्देश्य को भूलकर वहीं निवास करने की बात सोचने लगा। वह बहेलिये से और ठहरने की प्रार्थना करने लगा। इस पर बहेलिया भड़क गया और राजा को भला-बुरा कहने लगा। राजा को अब यह जगह छोड़ना झंझट लगने लगा और दोनों के बीच उस स्थान को लेकर विवाद खड़ा हो गया।

कथा सुनकर शुकदेवजी महाराज ने परीक्षित से पूछा परीक्षित बताओ, उस राजा का उस स्थान पर सदा के लिए रहने के लिए झंझट करना उचित था? परीक्षित ने उत्तर दिया, “भगवन्! वह कौन सा राजा था, उसका नाम तो बताइए? वह तो बड़ा भारी मूर्ख जान पड़ता है, जो ऐसी गंदी झोपड़ी में, अपनी प्रतिज्ञा तोड़कर एवम् अपना वास्तविक उद्देश्य भूलकर, नियत अवधि से भी अधिक रहना चाहता है। उसकी मूर्खता पर तो मुझे आश्चर्य होता है।”

श्री शुकदेव जी महाराज ने कहा, “हे राजा परीक्षित! वह बड़े भारी मूर्ख तो स्वयं आप ही हैं। इस मल मूत्र की गठरी देह (शरीर) में जितने समय आपकी आत्मा को रहना आवश्यक था, वह अवधि तो कल समाप्त हो रही है। अब आपको उस लोक जाना है, जहां से आप आए हैं। फिर भी आप झंझट फैला रहे हैं और मरना नहीं चाहते। क्या यह आपकी मूर्खता नहीं है?” राजा परीक्षित का ज्ञान जाग पड़ा और वे बंधन मुक्ति के लिए सहर्ष तैयार हो गये।

मेरे भाई-बहनों, वास्तव में वही सत्य है। जब एक जीव अपनी माँ की कोख में जन्म लेता है तो अपनी माँ की कोख के अन्दर भगवान से प्रार्थना करता है कि हे भगवान! मुझे यहां से (इस कोख) से मुक्त कीजिए, मैं आपका भजन-सुमिरन करूँगा। और जब वह जन्म लेकर इस संसार में आता है तो (उस राजा की तरह हैरान होकर) सोचने लगता है कि मैं ये कहां आ गया (और पैदा होते ही रोने लगता है।) फिर उस गंध से भरी झोपड़ी की तरह उसे यहां की खुशबू ऐसी भा जाती है कि वह अपना वास्तविक उद्देश्य भूलकर यहां से जाना ही नहीं चाहता है।

“यही मेरी भी कथा है और आपकी भी।”

संकलक:

मनीष कुमार

एआरसी - जयपुर



THE SALESMAN'S SIMPLE SECRET OF SUCCESS

Recently I was a guest at a sales meeting where the product these men sell is one that seems to require high-pressure selling. When I entered the auditorium where the salesmen were assembled, I instantly felt the intense pressure, the electrical tension. The Sales Manager on the platform epitomized the entire group.

In crisp, fluent English he rapidly disposed of various business matters and then paused. Suddenly, he seemed momentarily at a loss for words. “Gentlemen”, he began, speaking slowly for the first time, “I am about to present a man whom I consider an 'eighth wonder' of the world. He is one of our country’s salesmen and has as poor a territory as can be imagined. He has been with us only a few months, but during that brief time he has advanced to first place in our sales force.”

“Gentlemen, I give you a man with whom you are already acquainted through our weekly sales bulletin—the phenomenal Mr. Ed Barnes.”

A large, friendly looking man rose from his seat and advanced to the speaker's platform. Every one of those men turned their full attention on his gait, his bearing, the style of his clothes, and the cut of his hair instantly became the objects of their keen observation.

“Gentlemen”, he began quietly, “in appearing before this group I feel like a country boy who has had a few piano lessons now finds himself standing before finished artists, trying to tell them how to play their instruments. As you have noticed by now, I am not a fast talker. I know no tricks of salesmanship, no rapid closes, no fancy rebuttals. What I have to offer you is so simple that it is often overlooked or ignored.”

“Before I start out in the morning, I take a few moments to read an inspiring passage from the Bible. Then I sit quietly and let the words sink deep into my soul. All of us bathe our body, shave our face, and brush our teeth every morning. I find it equally important to take a few moments to clean my



mind”. The speaker paused and smiled. “I don't know how you fellows find yours, but my mind seems to get cluttered up quite often.”

“Before calling on a prospect, I pause a moment to realize that I am not going in alone, and that one who is infinitely greater than I is walking by my side, guiding me, helping me to say the right thing, and preparing the way in advance for me. I have faith in God, faith in myself, and faith in the product I am selling. These three, plus sincerity, comprise my sales technique – if you care to call it that.” “Gentlemen, fellow salesmen, I thank you for your earnest attention.”

Mr. Barnes walked quietly to his seat. The group of salesmen were stunned. The Sales Manager, who had expected a lengthy address, was wholly unprepared for this brief and simple message. He rose and walked slowly to the speaker's platform.

“As most of you know, I have been in the selling game for many years. During that time I have listened to countless speeches on the art of salesmanship, but to me this is the greatest and most complete exposition of selling practice that I have ever heard. All I can say is, 'Go and do likewise'. The meeting is adjourned”.

This technique of having faith in God and oneself can be applied in all areas of living.

- **Gola H. Roberts**

(excerpt from East & West Series)

THE RICHNESS OF DADA'S LIFE

– KRISHNA KUMARI

Age after age, great souls have been bringing the message of compassion and reverence for all life, be it Mahavira or Buddha, Nanak, or Kabir. Was not this also the call of Rev. Dada's life! Though small in stature and simple in form, there was something special in him that was indescribable and undefinable. He came with the clarion call: "You are all princes and princesses! You are the children of the King of Kings! Life is God's gift to you; each new day is his vote of confidence in you; and true happiness is your birthright! Claim it as your inheritance from your heavenly father!"

In the richness of his spirit, he made our lives richer!

Multitudes were drawn by his captivating magnetism. Many were transformed by his wondrous example. He touched a hidden chord in every heart. Wherever he went, they followed him, eager for his pearls of wisdom, athirst for his luminous look. In them all, he saw the reflection of his Guru. For him there was no high or low, no rich or poor, no sinner or saint. He bore the burdens of all. A true burden bearer, he willingly took upon his shoulders the loads of all those who were weary and heavy-laden.

In the years following the demise of the Master, Dada became an inveterate *yatri*, a traveller, a pilgrim, whose one life's mission was to carry forward the message of his Master to every nook and corner of the country. Dada travelled extensively in India to visit several Sadhu Vaswani Mission Centres, scattered across the length and breadth of the land. More often than not, the railways were his preferred mode of transport. The Indian Railways is among the largest railway networks in the world, but back then, the trains were invariably overcrowded, uncomfortable or running behind schedule. But luxury was never Dada's cup of tea! He would always prefer to travel by third class. When faced with the inevitable question, "But why?" He would laugh and reply, "Because there is no fourth class!"

Once, arriving at Pune station to catch a train, Dada's eyes fell on a small, disabled boy, scurrying to catch a train. He struggled to hold a bunch of bags under his arm while balancing on his crutches at the same time. Many people rushed to and fro, unmindful of the little boy, while others accidentally bumped into him. A few even scolded him for being clumsy and getting in their way. The plight of the boy did not escape Dada's observant eyes. Ever on the lookout for an opportunity to be of help, Dada quickly stepped forward, picked up the boy's scattered belongings, and said softly, "I am sorry, my child!" He then helped the boy to get on the train. Unobtrusively, he slipped a currency note into the boy's shirt pocket, and settled him comfortably near a window. The child, who had seldom seen such tender concern, was overwhelmed. All he could do was wave out his hand in gratitude even as the train pulled out of the platform.

Dada's simplicity and spiritual strength were remarkable. For him every scripture was veritably God conversing with him. He was a lover of the Gita and the Sermon on the Mount. He was a picture of the teachings of the *Dhammapada* and the *Quran*. In him shone the humility of the Sikh Gurus. For him

religion did not denote mere creeds and dogmas, rites and rituals. Religion for him comprised of the fragrance of love and service. Greater than power, he believed, is *dharma*. For true strength lies in doing what is right. True honour, he said, lies not in the pursuit of greatness but in treading the path of *dharma*. A pilgrim of the Lord, clothed in humility and filled with love, he moved from place to place. Ever compassionate, he brought joy into the lives of all who came in contact with him.

Dada's love and compassion were exemplary and phenomenal! When the first mangoes of the season are brought by devotees as an offering to Dada, he sees to it that the Class IV employees on the campus receive their share first! Once, when he had been to Hyderabad, he was told by his hosts that mangoes had appeared early in the season. Dada ordered boxes upon boxes of mangoes to be sent to Pune, where he was due to return on the day of *Shivratri*. Arriving at the airport, he drove to the Mission, and as always, after bowing his head in prayer at his Master's sacred *Samadhi*, he went straight into the *Satsang* hall, where devotees were engaged in 'Shiv Mahima' *bhajans* and *kirtan*. At the end of the *satsang*, Dada asked for mangoes to be distributed to everybody in the *sangat*! Mangoes on *Shivratri* day? With a loving, giving, sharing saint like Dada, miracles and surprise bonanzas are a matter of course!

In all he beheld the image of God. Once day a friend of his spoke harshly to him. He was asked why he did not give a stern reply. "How can I do so, he said, where there is God within him?" He wrote numerous books. His curious admirers asked him, "You have achieved so much. Please share with us your secret!" With a smile he replied, "It is love, love for God and love-filled service to all." He was a man of an iron-will - tremendously strong within. Yet, the fragrance of his life lay in surrendering his will to the Will of God. Therefore, he was ever happy and at peace. His secret to happiness was: expect nothing, resist nothing, but accept everything. Dada went with a lantern from door to door, home to home, town to town calling out: Awake, my brother, awake my sister! How long will you in slumber lie? When will we all say to him, we are here to follow you?



“

Life is like a boomerang; what we are, what we do, comes back to us. When we give our best to the world, when we send out warmth, love and appreciation it all comes back to us.

”

– Dada J. P. Vaswani

प्रकृति का सौंदर्य

प्रकृति को अहसास करना और इसे समझना हर किसी व्यक्ति के जीवन का एक अभिन्न हिस्सा होना चाहिए। आज की इस दुनिया में ज्यादातर लोग अपना ज्यादातर समय टेलिविजन देखकर और इंटरनेट चलाकर बिताते हैं अर्थात वह घर के अंदर ही रहकर अपना समय बिताते हैं। वहीं आज की दुनिया की सबसे बड़ी बीमारी मानसिक तनाव को जागृत करता है। अपने काम के साथ-साथ कुछ दिन के लिए हमें प्रकृति का भी आनंद लेना चाहिए क्योंकि प्रकृति ही वह शक्ति है जो हमें इस विश्व में सब कुछ प्रदान करती है, चाहे वह हमारा खाना हो या हमारा जीवन।

प्रकृति में वह शक्ति होती है जो शरीर से कई बीमारियों को दूर कर देती है। हरियाली से मन का तनाव कम होता है

और दिमाग को शांति मिलती है। इसलिए अगली बार एक चीज का हमेशा ध्यान रखें, अगर आप पर काम का बोझ ज्यादा है और ज्यादातर समय अगर आप मानसिक तनाव से घिरे रहते हैं तो अपने मन को शांत करने के लिए प्रकृति का आनंद उठाएँ।

मनुष्य को कभी भी प्रकृति के साथ छेड़खानी नहीं करनी चाहिए। आज के मनुष्य को लगता है कि प्रकृति को उनके अनुसार होना चाहिए जो कि सबसे बड़ी गलत बात है। हम मनुष्य हमारी प्रकृति के अनुसार जीवित रहने के लिए बने हैं ना कि इसमें अपने अनुसार कुछ बदलाव करने के लिए।



संकलक:
शुभम मिश्रा
ए आर सी - मुम्बई

THE POWER OF “AUM”

- Chanting “AUM” creates vibrations which stimulates metabolism, thus leads to weight loss.
- Chanting “AUM” relaxes mind & body, regularizes blood pressure & blood circulation, improves heart health and gives sound sleep.
- Chanting “AUM” creates vibrations in throat which improves thyroid gland.
- Chanting “AUM” is the spiritual way to overcome anxiety & depression.
- Chanting “AUM” removes toxins from the body.
- Chanting “AUM” improves digestion.
- Chanting “AUM” helps get rid of tiredness & gives refreshment.
- Chanting “AUM” creates vibrations to affect vocal cord & sinus, opens up the sinuses to clear airways.
- Chanting “AUM” is the best way to get stress free & balanced life.
- Chanting “AUM” is a holy healing method....

