

RA-DHA-SVA-AAH-MI DAYAL KI DAYA RA-DHA-SVA-AAH-MI SAHAI  
**OVERSEAS BULLETIN**

(QUARTERLY)



*Dominus Illuminatio Mea*

Let us work like humble servants of the Supreme Father.  
Let us live like dutiful children of the Supreme Father and  
Let us love each other like earnest devotees of the Supreme Father.

*(Gracious Huzur Sahabji Maharaj)*

**Volume LVI No. 2 Friday, 30 June 2023 (Apr - June 2023)**

**PATH**

धन धन धन प्रीतम बलिहारी		( आज ) प्रेम लहर लहरावत न्यारी	॥ टेक ॥
बरसत अमृत धार अखंडा		भींज रही रचना सब सारी	॥ १ ॥
धूम मची अब धरन गगन में		होवत पल छिन जग उद्धारी	॥ २ ॥
भक्ति राज हुआ अब घट घट		माया काल निपट थक हारी	॥ ३ ॥
सुरत नवेली सज धज आई		प्रीतम चरनन गई लिपटारी	॥ ४ ॥
पुरुष अपार अनंत हमारे		मेहर दया से लिया अपना री	॥
		( मेहर से सबको (हमको) लिया अपना री )	॥ ५ ॥
चहुँ दिशि प्रेम घटा रही छाई		मस्त मगन सब जीव सुखारी	॥ ६ ॥
मन इंद्री भी निर्मल होकर		चरनन रस ले जगत बिसारी	॥ ७ ॥
तन मन अँग अँग उमँगत		उठत अकह शब्दन इनकारी	॥ ८ ॥
धूमत			
सुरत चली तज पिंड असार		पँचरंगी फुलवार लखा री	॥ ९ ॥
सहस गगन दसद्वारा खोलत		महासुन्न के पार सिधारी	॥ १० ॥
भँवरगुफ़ा होय सतपुर गाँजी		सतगुरु दर्शन अद्भुत पा री	॥ ११ ॥
अलख अगम और अनाम धाम चढ़		मिल गये दर्शन रा धा स्व आ मी भारी	॥ १२ ॥

*(Prem Samachar, S.7)*

ON THE AUSPICIOUS OCCASION OF THE BHANDARA OF  
**PARAM GURU HUZUR SARKAR SAHAB** (09-04-23)  
THE OVERSEAS BULLETIN OFFERS ITS OBEISANCES AND DEDICATES THIS ISSUE IN  
**HIS LOTUS FEET**

**FOUR LETTERS  
FROM THE PEN OF  
HIS HOLINESS HUZUR SARKAR SAHAB**

**Ahang**

We are taught that *Ahang* is the root of all evils. The original consciousness of the ego as separate and distinct from the Fountain Source is real *Ahang*. In different words, the consciousness of force emanating from a source which is not the real source, but only a cover concealing the real source, constitutes the highest conception of *Nij Ahankar*. This consciousness must indisputably conceal within itself the first seed of duality and separation, of course, in latent condition. In its kinetic condition, this seed in its various stages of development must increase the distance from the Original Source. The foremost phenomenon, presented by an active condition of this germ, must be a tendency to realize itself as a living and moving force. This may be called the first germination of Desire, or, more appropriately, *Kamna*. Thus *Kam Ang*, in its highest conception, constitutes the first direct projection of the *Nij Ahankar*. This *Kam Ang* again in its active condition must overcome resistance in the way of its own fulfillment.

**Krodh, Lobh, Moha**

The phenomenon, presented by the friction of overcoming this resistance, must inevitably assume the form of what is known as *Krodh* in its highest and subtlest conception. Such resistance having been overcome, the natural phenomenon of the attainment of the desired object must generate the force known as *Lobh*. And, finally, the feeling of clutching at the desired object so attained constitutes *Moha*. Thus, it is clear that the first seed of duality which, in its active condition, assumes the above-mentioned four distinct aspects, in its downward progress and development, naturally creates a wider and inconceivable gulf between the spirit and the Original Source. It need hardly be mentioned that this first seed, of course, conceals, within itself, the Pure Spirit which constitutes the Prime Source of energy and which is dragged down in the process referred to above and becomes entombed in the conditions thus brought into existence by the germination and development of that seed. Thus, the above process becomes also a process of separation and inconceivable distancing of the spirit from its Fountain Source.

**Ahankar**

Hence, *Ahankar* comes to be at once the prime cause of the condition known as Material Creation and is, in essence, the source of distraction and dissipation of spirit. It may not be out of place to characterise this aspect of *Ahang* as the "Force of Repulsion" as contradistinguished from the "Force of Attraction" which, in its highest conception, is the essential characteristic of spirit. To counteract repulsion and distraction, there must be attraction and concentration. Also, we are aware that *Ahang* is opposed to *Dinta*, of course, both in their sublimest conceptions.

**Dinta**

Therefore, let us see what real *Dinta* is. An intense consciousness of all energy flowing from a Source from which we, also, are only insignificant emanations, accompanied with the condition of absolute dependence upon that Source, constitutes real *Dinta*. Thus, while *Ahang* centres round the consciousness of a false source of energy, *Dinta* at once converges from all directions into the real Source itself. We may, therefore, reasonably describe *Ahang* as outward force and *Dinta* as inward force. If, therefore, *Ahang* is responsible for our separation from the Source, *Dinta* must be indispensable for our union with the Source. In other words, *Ahang* can only be counteracted effectually by *Dinta* in active condition. That is, whereas now *Ahang* forms the main guiding force within us ever since the first dawn of our consciousness, *Dinta* must wholly counteract it, and, finally, completely replace it, before we can expect fullest emancipation from the entanglements created by *Ahang*. To be clearer still, as *Ahang* saturates our existence entirely, so *Dinta* must become the all-pervading function within us. As the slightest and pettiest conscious and unconscious

movements of our energies are induced by *Ahang*, so, for the effectual progress of the process of our spiritual regeneration, our entire existence must be predominated with and guided by *Dinta*. Such being the inconceivable importance of *Dinta* in the attainment of our Goal, not merely as a matter of theoretical or philosophical interest, but as a condition bitterly and sorely needed for our practical purposes, it becomes only reasonable that we should understand it still more clearly. This conception of *Dinta* in the abstract needs, therefore, a little further elucidation. So long as the film of *Ahang* blinded our spiritual visions and concealed from us the Original Fountain of Prime Energy, *Dinta* was only a name and incapable of realization by us. Even the faintest conception of real *Dinta* must result only from some kind of knowledge of, and contact with, our Supreme Father.

### **Saran**

Mere theoretical aspect of this point is absolutely devoid of any practical results. We must be first blessed with some direct and real contact and knowledge or, at least, with the possibility of it. This is only possible by the actual advent of the Tide into our plane. Though actual realization may remain deferred and remote, yet the certain possibility of such realization is thus established once for all. In plain language, the direct result of our coming under the Protection of the *Nij Dhar*, thus descending into our plane of existence, renders it at once possible for us, sooner or later, to realize that our Supreme Father is the Supreme Force, and all the rest in the creation, above and below, depends entirely upon Him for everything. This cognisance of Supreme Dependence upon Him constitutes the first gleam of Real *Saran* in its highest conception. The engendering of this feeling of Universal *Saran* towards His Exalted *Charans* results in what has been described above as *Dinta*. This *Saran* and *Dinta* go hand in hand and are really two aspects of the same thing. This Universal *Saran*, accompanied with its active function *Dinta*, naturally comes to be the most potent energy, capable of striking at the root of *Ahang*. As has been said above, it must disillusion, foremost of all, the falsehood of dependence upon a source which is only a shadow. And it must, in its active manifestation, disintegrate the stronghold of *Ahang*. Thus it is that *Saran* and *Dinta* alone are the instruments fit to deal a fatal blow to *Ahang* and all its appendages.

### **Our security lies only in humbly looking up to Him for all Help**

Having thus established for ourselves, for sheerly practical purposes, the inconceivable importance and necessity of forming a somewhat accurate conception of *Saran* and *Dinta*, we can well pass on to consider its actual working in our daily lives. Of course, before we were accepted into His Protection, our conditions were different but, since that event, all our concerns have undergone a complete change. If the force that has brought this about is a real and living Force and knows no interruption or stoppage, the whole aspect of affairs within us must, in subordination to its influences, have completely changed. In other words, the free play of the functions of *Nij Ahang* must, incessantly and at each step, become negated by the contact of the *Nij Dhar* with our spirit. Thus, we could not but have an unending series of experiences of the demolition of our *Ahankar* in all its phases, finer or grosser. This directly points to the *Mauj* that the foremost spectacle in our purification comes to be the experience of ever-repeated blows dealt to our *Ahankar*. If the powerful Tide of *Mauj* lies in this direction, our position cannot be secure and our miseries and troubles must be infinite if we do not help ourselves to conform to it. Thus it becomes a sheer necessity that each one of us, whatever one's status may be, must realize, well or ill, that one's security lies only in somewhat accurate conception and cultivation of *Saran* and *Dinta*. There can be no rest without it. All else must be fruitless. All attempts of our conscious existence, be those *paramartha* or *swartha*, must be chastened and softened by this feeling. We must willingly or unwillingly note that we are pettiest and most insignificant nobodies. All our false ideas of self-importance and the consciousness of our so-called prowess and skill and capacities are only hopeless vanities, and the whole structure of our self-sufficiency is but a bootless dream. As humble and helpless servants of our Supreme Father and surrounded on all sides, within and without, by unrelenting and terrible enemies, there is no room for any egotism. Our security lies only in humbly looking up to Him for all help and meekly doing what we can to earn this. This simple and unassuming and intensely humble frame of mind is indispensable to a devotee for one's uninterrupted progress. In *paramartha*, we have been apt to be mistaken in choosing our line of conduct. We have often thought that, by those same tricks and cleverness with which we attain our

earthly objects, we will be able to please Him also. Nothing could be sadder and more mistaken. It is well described by Kabir Sahab :-

चतुराई रीझे नहीं रीझे मन के भाव

### **REGIONAL NEWS (April - June 2023)**

**Celebration of Bhandara:** The Bhandara of Param Guru Huzur Sarkar Sahab was celebrated on the 9<sup>th</sup> of April 2023 with love and devotional fervour in the entire Region.

**Zonal Satsang:** London Branch hosted the 20<sup>th</sup> DRSAE / 1<sup>st</sup> DRSAE Property Holding CIO Zonal Satsang via hybrid mode on 24<sup>th</sup> June 2023 with the highest ever attendance of 221 attendees across 7 nodes in video mode and 16 attendees in audio mode. The Zonal Satsang highlights included a cultural programme themed on *Guru Bhakti*, Interactive sports, Satsang *Antakshari* and quiz, recorded video of Superhuman children themed on *Adhayayan, Seva, and Vyayam*. The CRC children reflected on their learnings from the Satsang story books, i.e. '*Dehkaan ki Dawat*' and 'Value of Time'. The programme concluded with updates on various functional areas of the Region, i.e. AAFDEI-Europe and SPHEEHA activities, Mahila Association, publications etc.

**Children Cultural program:** All three Branches in the Region were blessed with an opportunity to present LIVE cultural program on e-Satsang cascade. They included variety items like Western ballet inspired Dance on "Amazing Grace" hymn, musical drama based on *Bhajan* and Roman dance inspired item on an English poem "No, You don't have Eyes of Buddha".

**CRC:** Children continued to receive benefit from various sessions related to varied topics of Satsang culture, Biographies of Revered Leaders, Storytelling and Hindi & Sanskrit sessions. Children continued to take part in the *yoga* and meditation, Satsang garden activities, recreational games and jigsaw puzzles, recitation of *Paths* etc.

**Superhuman:** Superhuman children participated in approved activities of recitation of the Holy Name (*Ra Dha Sva Aah Mi*) at the Five Omni Valent Nerve Centres (*Chakras*) during Satsang and Self-Defence PT. They also participated in learning and reciting *Paths* on special occasions such as Zonal Satsang and Open Day and took part in Khet activities.

**Mahila Association:** As part of set goal to become '*Vibrant Entities*' Mahila Associations of the Region continued to take part in skills development sessions & activities e.g. cooking, embroidery, knitting, *yoga, Lathi PT, Self-Defence* and Women & Children Health Care lecture series etc. Birmingham Branch *Mahilas* held Annual Meeting wherein they reviewed quarterly report that was submitted by the Association that needs to be sent to Dayalbagh for approval. All Mahila Associations enthusiastically participated in meal & snack preparation for Zonal. They prepared various sale items for special occasions including Zonal Satsang and Open Day.

**Pre-Initiates:** Students took part in learning the Early History of Dayalbagh, Satsang Culture and Life Histories of the Revered Leaders. Hamburg pre-youth had an immense opportunity to learn & reflect and showcase their familiarity about "Importance of Prasad in Satsang".

**Open Day:** London Branch hosted Open Day at Stokenchurch *Satsang Ghar* on 10<sup>th</sup> June 2023, coinciding with the Annual Summer Fete function in Stokenchurch village grounds opposite the *Satsang Ghar*. A total of 165 local people visited *Satsang Ghar*. Visitors were quite appreciative of the warm, welcoming atmosphere and well maintained *Satsang Ghar* premises. London members showcased various items, e.g. Health Care PT by Children, Self-defence PT by Ladies including Lathi PT, along with video play of "A day in Dayalbagh", Dayalbagh Renewable Energy, and DEI posters exhibition. The mini exhibition included various research papers from DEI and key patents.

**AAFDEI:**

- On 2<sup>nd</sup> April a presentation was given on 'Supply Chain Management' covering Job opportunities, skills and training. 24 people participated across the Region.
- On 30<sup>th</sup> April the benefits of Homeopathic Medicine were shared by an Expert. 35 people took part from London, Birmingham and Hamburg Branches.
- On 21<sup>st</sup> May an interactive session was held on 'Making Your Home Energy Efficient', given by an Energy Expert. 50 people took part across the Region.
- Counselling, CV Support & Interview Practice soft skills were provided to several candidates.

**DSC / NSC:**

- The 5<sup>th</sup> International Dayalbagh (Art) Science (& Engineering) of (Evolutionary/Re-Evolutionary) Consciousness (DSC) and the 46<sup>th</sup> (Inter) National Systems Conference (NSC) were jointly held from 27<sup>th</sup> -29<sup>th</sup> June, 2023 in hybrid mode.
- The auspicious global event was co-chaired and co-organised by Prof. Anand Srivastav, from Kiel University, Germany.
- The highlight of the conference was the Vision Talk of Most Revered Prof. Prem Saran Satsangi Sahab delivered by Dr. Arsh Dhir.
- Dr. Alf Gathorne-Hardy, from the University of Edinburgh, gave a Plenary Talk on Ecology. His Talk was Blessed with Ambrosial Remarks from Most Revered Gracious Huzur.

**Satsang Ghar Maintenance & Khet activities:** All three *Satsang Ghars* continued to maintain gardens and in the building of *Satsang Ghar* premises in beautiful manner, by growing seasonal fruits, vegetables and flower beddings. Seasonal harvest is sold to the Branch members.

**Regional Association:**

- A meeting of the Governing Body was held in May wherein it was agreed to transfer the two UK *Satsang Ghars*'s and some Funds to DRSAE Property Holding CIO. A new bank account was opened for DRSAE Property Holding CIO.
- Trustees of both DRSAE and DRSAE Property Holding CIO agreed for both charities to complement each other & work in a spirit of cooperation.
- Election meetings were held in each Branch for electing members for the new term of the General Body commencing September 2023.

**International Yoga Day:** Birmingham Branch organized a public *Yoga* Event on International *Yoga* Day on 21<sup>st</sup> June at *Satsang Ghar*. The Event was attended by over 40 visitors from the local, such as Chinese, Sikh, Christian, Nirankari, and Muslim. Notable attendees included Member of Parliament Shaun and few other dignitaries. The Event concluded with offering of healthy lacto-vegetarian snacks to all participants.

**Other:** Few members of Hamburg Branch were blessed with an opportunity to recite '*Tere Charon Mein*' Path in German at Dayalbagh fields during Evening Satsang on the April Bhandara Day during their visit to Dayalbagh for wheat harvesting *Seva*.

**Information about the Overseas Bulletin**

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