

Ra Dha Sva Aa Mi Dayal Ki Daya Ra Dha Sva Aa 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. 4 Sunday 31st December 2023,
[October-December 2023]

CATECHISM

Q. 52. What should be the behaviour of a true **Paramartha Abhyasi**?

A. 52. To speak less, to eat less, to sleep less, to deal in worldly matters only to the extent it be necessary and that too with sincerity, to compulsorily engage in the **Bhajan**, **Sumiran** and **Dhyan** of the Lord with love and eagerness and sincerity for as long and as many times as may be possible, to perform **Seva** of the **Satguru** of the Time ("Acclaimed" Waqt/Present Sant Satguru) according to His desire and with sincerity and with true faith, never to use meat, wine or other intoxicants, to attend the Satsang of Huzur **Ra Dha Sva Aa Mi** Dayal as much as possible and if it be not possible, to recite the **Bani** a little and alone thoughtfully by applying it to one's own self thinking that the Satguru ("Acclaimed" Waqt/Present Sant Satguru) is addressing one therein, to always keep aloof from undesirable company that is, the association of worldly people, not to waste one's time, that is, leisure time and as far and as soon as possible, to turn one's attention from outward things inwardly and not to raise useless and undue desires for obtaining worldly wealth, honour and enjoyments.

BACHANS OF PARAM GURU MAHARAJ SAHAB

Merciful Satguru ("Acclaimed" Waqt/Present Sant Satguru) arranges for the removal of the bonds and attachments of the spirit of the **jiva** and when, on the removal of bonds and attachments, the spirit would ascend to higher planes to some extent, the **jiva** would realize how strong were the attachments of the spirit and how difficult it was for those attachments to be removed. When the **Jiva** comes to know about these attachments, one would appreciate the Greatness and Glory of Huzur **Ra Dha Sva Aa Mi** Dayal and realize that HE is the Great Redeemer and would also appreciate the worth of HIS Name and would be grateful to the **Satguru** ("Acclaimed" Waqt/Present Sant Satguru) and then would be prepared to sacrifice one's life for Him. Then the Glory of His Original Reservoir would fill one's heart, and one would attain spiritual progress easily and with the Grace of the Saints, one would one day attain one's Original Abode and would be grateful for one's good fortune and would become specially dear to Merciful **Ra Dha Sva Aa Mi**. It is only then that one will realize the real eminence of the Sant Satguru ("Acclaimed" Waqt/Present Sant Satguru).

(Selected *Bachans* of Param Guru Maharaj Sahab, *Bachan* 78, 2nd Para)

ON THE AUSPICIOUS OCCASION OF THE BHANDARAS OF

PARAM GURU MAHARAJ SAHAB (22-10-23) &
PARAM GURU HUZUR MAHARAJ (31-12-23)
 THE OVERSEAS BULLETIN OFFERS ITS OBEISANCES AND DEDICATES THIS ISSUE AT
THEIR HOLY LOTUS FEET

SELECTED SHABDAS (20)

मन तू करले हिये धर प्यार ।	रा धा/धः स्व आ मी नाम का आधार ॥	॥ टेक ॥
रा धा/धः स्व आ मी नाम है अगम अपारा ।	जो सुमिरे तिस लेहि उबारा ॥	सुन घट में अनहद झनकार ॥ 1 ॥
रा धा/धः स्व आ मी धाम है ऊँच से ऊँचा_।	संत बिना कोई जहाँ न पहुँचा_ ॥	दरस किया जाय कुल करतार ॥ 2 ॥
रा धा/धः स्व आ मी नाम की महिमा भारी ।	शेष महेश कहत सब हारी ॥	लीला अपर अपार ॥ 3 ॥
रा धा/धः स्व आ मी परम पुरुष जग आये ।	हंस जीव सब लिये मुक्ताये ॥	और जीवन पर बीजा डार ॥ 4 ॥
नाम की महिमा बहु बिधि गई ।	मुक्ति की यही जुगति बताई ॥	सुमिरो रा धा/धः स्व आ मी बारम्बार ॥ 5 ॥
रा धा/धः स्व आ मी नाम का भेद सुनाया ।	सुरत शब्द मारग दरसाया ॥	धुन संग सुरत चढ़ावो पार ॥ 6 ॥
धुन आत्मक जो रा धा/धः स्व आ मी नामा ।	तिस महिमा कस कहूँ बखाना ॥	जो सुने सोई जाय निज घरबार ॥ 7 ॥

TRANSLATION

O Mind! Place absolute reliance on the Ra Dha Sva Aa Mi Name with Love within your heart.

The Name 'Ra Dha Sva Aa Mi' is inaccessible and infinite, it redeems anyone who repeats it internally listening to the sound of **Anhad Shabda**. 1

The Abode of Ra Dha Sva Aa Mi is the highest of the high where nobody without the help of the Saint has ever reached and could get the **Darshan** of the Creator. 2

The glory of the Ra Dha Sva Aa Mi Name is very Great. Even **Shesh** and **Mahesh** have failed to describe it. Infinite and unlimited is its wonderful efficacy. 3

The Supreme Being Ra Dha Sva Aa Mi manifested HIMSELF in this world, Redeemed all **Jivas** like **Hamsas** and sowed the seed of Devotion in the hearts of all other **Jivas**. 4

HE described the Glory of the Holy Name in various ways and Declared that the method for getting salvation is to repeat the Holy Name 'Ra Dha Sva Aa Mi' (internally) again and again. 5

HE gave out the Secret of the Holy Name 'Ra Dha Sva Aa Mi' and explained the method of **Surat Shabda Yoga** and Advised people to make their spirit ascend with the help of the sound of **Shabda**. 6

How can the Glory of the Ra Dha Sva Aa Mi Name, which is **Dhunyatmaka**, be described! Whosoever listens to the Ra Dha Sva Aa Mi Name (resounding within) will reach the Original Abode. 7

MESSAGE OF THE Ra Dha Sva Aa Mi FAITH

Some distinguishing marks of a true *paramartha* and his/her nature

It is desirable for every *Paramartha* to examine the ways and vagaries of one's mind by comparing them with the distinguishing marks given below:---

(i) A *Paramartha* should be tender-hearted and sweet-tempered so that one may not be harsh to anybody and may listen attentively to the troubles of an unhappy person and, if possible, help him/her according to one's capacity, otherwise, one should at least be sympathetic, considerate and liberal towards him.

(ii) One should have a true desire for *paramartha* and one's search for true *paramartha* should be continuous and when one comes to know from where *paramartha* can be had, one should stop discussions and arguments about it and also give up prejudices and accept it with all one's heart and, with a sincere mind, perform the *Abhyasa* taught to him/her to attain *paramartha*.

(iii) One should have full faith in the existence of the Supreme Being and new enthusiasm for performing acts of devotion to Him should fill his heart again and again.

(iv) One should hold the Person who gives information about the whereabouts of the True Supreme Being and His Secret as dear to oneself and one should, in all humility, try to associate with Him again and again and, after learning from Him the complete secret and the method of *Abhyasa*, one should engage oneself in the practices as soon as possible and thus get some joy and bliss within oneself.

(v) One should make it one's habit to forgive others and to be tolerant towards others and, as far as possible, one should not be angry with anybody, nor should one quarrel or fight with anyone.

(vi) One should entertain to some extent some dislike in one's mind towards worldly-minded people and objects of *Maya* i.e. one's mind should not feel at ease and be happy to meet the former.

(vii) One should resolutely decide not to be ashamed of or afraid of worldly people in regard to the activities of true *paramartha* and, as far as possible, should act accordingly.

(viii) One should always have the desire earnestly to perform devotion to the True Supreme Being with one's body, mind and wealth and, as far as possible, one should keep oneself engaged in it.

(ix) One should, as far as possible, give preference to winning the Pleasure of the *Guru* and the Supreme Being over winning the pleasure of any other person.

(xi) One should try to keep oneself aloof, as far as possible, from all such things, ways and customs etc. as may create any obstacles in activities connected with one's *paramartha*.

(xii) One should, on hearing the taunts of calumniators, act after proper thought and should try carefully to understand and think how far the calumny is wrong and how far, right and if it is right, what harm is done thereby or how much *paramartha* benefit is there in it. If one is not able to understand anything fully, one should inquire about it in private from a devoted Satsangi and thus satisfy oneself and be content.

(xiii) One should not allow any feelings of pride or vanity of caste or wealth or official position or personal qualities to influence one's mind, when one is engaged in *paramartha* and Satsang activities.

(xiv) One should keep in mind one's defects and faults and, therefore consider oneself a weak, insignificant and useless fellow and also believe oneself to be so and should behave with love and humility towards all and continue making efforts to remove those defects.

(xv) One should not, as far as possible, allow feelings of jealousy, antagonism and anger to enter one's mind and should not speak ill of any person in his/her absence, to others nor should one make it one's habit to listen to any calumny of other persons.

(xvi) One should not unnecessarily be greedy and should not ask for or take anything from anybody unless it is necessary.

(xvii) One should not engage in any pomp or show for name or fame. Such activity is considered useless in **paramartha**. One should engage with humility in one's mind and without any *ahamkara*, in whatever work or *Seva* one does to win the Pleasure of the Lord.

(PREM PATRA - PART II, DISCOURSE 15)
Ra Dha Sva Aa Mi MAT SANDESA (Para 128)

SELECTED BACHANS OF PARAM GURU MAHARAJ SAHAB

(67)

Saints shower Mercy in every way; nobody else can do anything. Saints Themselves came down from the Highest Abode and Assumed Male Human Form and gave out the secret of the entire creation and, in Their Mercy, imparted their Teachings to the **jivas** and taught the Method of Devotion and Themselves helped the **jivas** to acquire the ability to engage in Devotion. They put the **jivas** in good or bad conditions and made them engage in **Bhakti**, and Themselves, in Their Mercy, gave them sufficient strength to contain the joy of Devotion. Merciful Ra Dha Sva Aa Mi HIMSELF pulled up the spirits of the **jivas** to Higher Regions and in His Mercy Granted them success in all their activities and also the Highest Abode. This **jiva** by oneself can achieve nothing. The **jiva** has no courage. Saints are Omniscient in every way and They know fully well from what Regions particular spirits have come. They have drawn spirits to their Holy Feet and Granted the wealth of **paramartha**. The **jiva** by himself/herself is incapable of doing anything. Saints Themselves create good and bad conditions and thus make the **jiva** engage in proper activities and cleanse the **jiva** in every way. The Glory of the Merciful Satguru("Acclaimed" Waqt/Present Sant Satguru) is beyond words. How fortunate are the spirits whom Merciful Ra Dha Sva Aa Mi, through HIS Grace, attracted to HIS Holy Feet and made them reach the Highest Abode and Granted them Nectar for food and made them immortal and Granted them the wealth of Eternal bliss! These days Merciful Ra Dha Sva Aa Mi is showering HIS Grace on the **jivas** belonging to other Faiths also to such a great extent that one cannot adequately describe it, but the **jivas** are so foolish that they cannot make proper use of the Gift. Every Satsangi should at all times express one's gratefulness to Merciful Ra Dha Sva Aa Mi and consider oneself more fortunate than the followers of other religions. One should believe in one's heart of hearts that he must one day reach the Highest Abode with the Grace and Mercy of Huzur Ra Dha Sva Aa Mi Dayal. Who else except Merciful Ra Dha Sva Aa Mi can shower such Grace on the **jivas** ? It is HE Who removes the load of **karmas** from over the ignorant **jiva** and takes one to the Highest Region. Any **jiva** who has come with true humility and meekness to the Holy Feet of Merciful Ra Dha Sva Aa Mi or in other words, who has surrendered oneself to Merciful Ra Dha Sva Aa Mi would certainly get Redemption.

REGIONAL NEWS (Oct. – Dec. 2023)

Celebration of Bhandaras: The Bhandaras of Param Guru Maharaj Sahab and Param Guru Huzur Maharaj were celebrated, on the 22nd of October 2023 and 31st of December 2023 respectively, with love and devotional fervour in the entire Region.

Superhuman:

- Superhuman children participated in approved activities of recitation of the Holy Name (Ra Dha Sva Aah Mi) at the Five Nerve Centres (*Chakras*) during Satsang and Health Care Habitat/Self-defence PT, as a result there has been a remarkable improvement in their health and well-being .
- They also participated in learning Hindi and other local European languages which resulted in improvement of fluency in their language skills.
- Regular participation in cultural activities resulted in the improvement of children's artistic capabilities.
- They also participated with great enthusiasm in other Satsang activities; e.g. reciting *Paths* in Hindi, Sanskrit, English / other European languages and *Khet* activities etc. This resulted in harmony & development of a special bond of ***Bhaichara*** amongst children.

CRC: Children of the Region continued to receive benefit from various sessions related to varied topics; e.g., *Path* recitation, musical instruments, classical music based ***Sargam*** on 'Hey Dayal', Yoga & Meditation, Health Care Habitat/Self-defence PT, Hindi Language, Prime Numbers, Evolution of Earth's Continents, Nature Preservation and Conservation, Cooking, Cake & Macrame decoration. Baking etc. Children of Birmingham Branch participated in a Drawing competition conducted in the Branch. Children of London Branch participated in *khet* activities and played board games like jigsaw puzzles and Dominos.

Mahila Association: 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. All three Branches in the Region conducted Office bearer Elections for the new term commencing 01/01/2024. The Third Progress Report of *Mahila* Associations for the period 01.08.2023 to 30.11.2023 was submitted to Sabha in pursuit of making all Associations Vibrant Entities.

Satsang Culture & History of DBH:

- Regular sessions on Satsang History & Culture were conducted in Birmingham Branch. The Branch also conducted a debate session on 'Nature Vs Nurture'.
- London Branch 'Pre-initiates' read Biographies of the Revered Leaders on respective Bhandaras.

AAFDEI: Counselling, CV Support & Interview Practice was provided to several candidates. Regular monthly sessions were conducted for the benefit of members; e.g.

- On 29th October, an informative session was held on 'Artificial Intelligence (AI)' with live demonstrations.
- On 26th November, a session was held on the latest business buzzword 'ESG' or Enterprise, Social and Governance.
- In December, a summary of AAFDEI activities and their impact was shared with the Region.

Satsang Garden: Members of all three Branches continued to perform *Seva* regularly in their respective garden areas of *Satsang Ghars* including maintenance activities, e.g., Hedge cutting, weed clearing, grass cutting, Lawn mowing, patio cleaning, preparing the soil for new plants in spring and bulbs sowing, etc. London Branch members have designed a special raised flower bed area in a small section of the garden.

Satsang Ghar Maintenance:

- Birmingham Branch renewed Gas and Electricity certificates of the property and carried out a few minor Electrical repairs.
- London Branch replaced one fire exit door which was damaged as an emergency.

Innovation, Quality & Valuation Day: The Region celebrated 'Innovation, Quality & Valuation Day' in hybrid mode with a short cultural programme on the theme of 'inculcation of values learnt in Satsang / External world into their daily lives and leading a quality way of life.

Education Day: All three Branches and Centres presented a small cultural program on the theme of various learning styles with all human **Indriyas** (Senses); i.e., **Gyan** and **Karma** at various phases life, in both **Para vidya** and **Apara vidya** segments of Education in human life.

Other:

- Meetings of the Governing Body & General Body were held on November 5th and 12th respectively to pass the Annual Budget and Annual Report. The Budget was subsequently presented at the meeting of the Sabha held on December 30th.
- New terms of both the General Body and Governing Body commenced on 26.09.2023 and Elections of Office-Bearers took place.
- New members were appointed to both the Financial Advisory Committee and Regional Assistance Committee, for a term of four years, co-terminus with the term of the General Body.
- Pbn. Shashikala Panchagnula was appointed as the third "Member" of the Editorial Board, Overseas Bulletin and PB. Manan Sagar was appointed as Internal Examiner of Accounts, both for a term of four years commencing 26.09.2023.
- This Winter Session of the DSC 2024 highlighted the initiatives taken by the Regional Associations and their impact in transforming the lives of the people in the neighbourhood towards Better Worldliness.
- The Association submitted a 4,000-word manuscript and a short 3-minute video pitch, showcasing the impact and outcomes of activities related to the Dayalbagh Model of Satsang, *Seva* and Value-based Quality Community Practices. The manuscript was subsequently presented at a Pre-conference on December 31, 2023.

Information about the Overseas Bulletin

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