

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. 3

Saturday, 30th Sept., 2023

(July – Sept., 2023)

SAR BACHAN (PROSE)
DISCOURSES DELIVERED BY PARAM PURUSH PURAN DHANI
Ra Dha Sva Aa Mi SAHAB
AT THE TIME OF SATSANG, SOME OF WHICH HAVE BEEN RECORDED
FOR THE GUIDANCE OF SATSANGIS

183. If one is filled with the yearning for the, Lord at any time i.e., if an earnest desire to meet the Supreme Being springs up in one's mind at any time and one is not able at that time to meet the Perfect Satguru ("Acclaimed" *Waqt/Present Sant Satguru*), his yearning would go in vain. If a person filled with yearning claims that one would be able to reach Satguru's Region without the Help of the Satguru ("Acclaimed" *Waqt/Present Sant Satguru*), it would be wrong, because it is impossible to attain the Original Abode without coming into contact with the Satguru of the Time ("Acclaimed" *Waqt/Present Sant Satguru*). Both, a person who is filled with this yearning and one who is not, need the Help of the Satguru ("Acclaimed" *Waqt/Present Sant Satguru*). If one has a yearning and it is sincere also to some extent but one does not come into contact with a Perfect Satguru ("Acclaimed" *Waqt/Present Sant Satguru*), that yearning would be lost in the association of an imperfect *Guru* and then if later on, one comes into contact with a Perfect *Guru* ("Acclaimed" *Waqt/Present Sant Satguru*) also, one would have no desire for the *Guru* within oneself. If there is a person who has neither yearning, nor Love (*Prema-Bhakti/Prema-Saran*) for the Supreme Being, but one surrenders oneself to the Perfect Satguru ("Acclaimed" *Waqt/Present Sant Satguru*), the Perfect Satguru ("Acclaimed" *Waqt/Present Sant Satguru*) would, with His Grace and Mercy, increase the intensity of one's desire and Love (*Prema-Bhakti/Prema-Saran*) for the Supreme Being and thus accomplish one's object. And if one comes into contact with an imperfect *Guru*, one would, on the other hand, feel proud of one's intense desire and one's object also would not be accomplished. Thus, in every way, the Perfect Satguru ("Acclaimed" *Waqt/Present Sant Satguru*) occupies the most important position. One should therefore conclude that nobody can achieve one's object without coming into contact with the Perfect Satguru ("Acclaimed" *Waqt/Present Sant Satguru*).

ON THE AUSPICIOUS OCCASIONS OF THE BHANDARAS OF
PARAM GURU HUZUR DR. M.B LAL SAHAB (09-07-23) &
PARAM PURUSH PURAN DHANI HUZUR SOAMIJI MAHARAJ (07-09-23)
THE OVERSEAS BULLETIN OFFERS ITS OBEISANCES AND DEDICATES THIS ISSUE
IN
THEIR HOLY LOTUS FEET

SELECTED SHABDAS (7)

प्रेमी सुनो प्रेम की बात		॥ टेक ॥
सेवा करो प्रेम से गुरु की	और दर्शन पर बल बल जात	॥ 1 ॥
बचन पियारे गुरु के ऐसे	जस माता सुत तोतरि बात	॥ 2 ॥
जस कामी को कामिन प्यारी	अस गुरुमुख को गुरु का गात	॥ 3 ॥
खाते पीते चलते फिरते	सोवत जागत बिसर न जात	॥ 4 ॥
खटकत रहे भाल ज्यों हियरे	दर्दी के ज्यों दर्द समात	॥ 5 ॥
ऐसी लगन गुरु संग जाकी	वह गुरुमुख परमारथ पात	॥ 6 ॥
जब लग गुरु प्यारे नहिं ऐसे	तब लग हिरसी जानो जात	॥ 7 ॥
मनमुख फिरे किसी का नाहीं	कहो क्यों कर परमारथ पात	॥ 8 ॥
रा धा/धः स्व आ मी कहत सुनाई	अब सतगुरु का पकड़ो हाथ	॥ 9 ॥

TRANSLATION

O Devotee! listen to what Love (*Prema-Bhakti/Prema-Saran*) is.

Serve the *Guru* (“Acclaimed” *Waqt/Present Sant Satguru*) with devotion and love. And even sacrifice yourself for His *Darshan*. (1)

The Discourses of the *Guru* (“Acclaimed” *Waqt/Present Sant Satguru*) are as dear to the devotee as the lisping prattle of the child is to the mother. (2)

The Person of the *Guru* (“Acclaimed” *Waqt/Present Sant Satguru*) is as dear to the **Gurumukh** as is the beloved to her passionate lover. (3)

One does not forget Him eating, drinking or moving about nor while asleep or awake. (4)

Love (*Prema-Bhakti/Prema-Saran*) for Him keeps pricking one’s heart like a spear just as pain is constantly felt by one afflicted. (5)

Only that **Gurumukh** achieves **paramartha** who has such devotion for the *Guru* (“Acclaimed” *Waqt/Present Sant Satguru*). (6)

So long the *Guru* (“Acclaimed” *Waqt/Present Sant Satguru*) is not so dearly loved, one can only be called an avaricious person. (7)

Slave to the Mind (**Manmukh**) and disowned by everyone, one wanders about friendless. Say, how can one have any chance of achieving **paramartha**? (8)

Merciful **Ra Dha Sva Aa Mi** Proclaims, ‘Grasp now the hand of the *Satguru* (“Acclaimed” *Waqt/Present Sant Satguru*)’. (9)

BACHANS OF PARAM GURU HUZUR DR. M.B. LAL SAHAB

Kindle the spark of love in you participating in Satsang Activities

In the evening Satsang of 18th October 1980, a Discourse from the Diary dated 22-12-1930, of Huzur Sahabji Maharaj was read. After the Satsang, Gracious Huzur Delivered a Discourse with reference to this *Bachan*:

“You have just heard from Huzur Sahabji Maharaj’s Diary the *Bachan* which He Delivered in the Satsang on December 22, 1930. It speaks of the benefit

a Satsangi coming from outside feels to have derived when he/she is going back after attending Bhandara. It has been advised that unless the spark of love in the Lotus Feet of Huzur **Ra Dha Sva Aa Mi** Dayal is kindled, no advantage is derived from attending the Bhandara, and your railway fare has been wasted. The manner in which the spark is to be kindled has not been mentioned but the way to kindle the spark is that when you come to Dayalbagh, you must take part in the activities here in such a way that you remain oblivious of all your other activities that you were engaged in at the place you have come from, or of your avocation or any other matters in which you may have been involved. Every moment from morning till night your thoughts and attention should remain immersed in Satsang. Perform the *Seva* entrusted to you with your full vigour and attention. Your ideas and attention should be one pointed and concentrated in performing that *Seva*. When you come to Satsang platform, sit here with full faith and devotion. Keep your ears and eyes open, and your involvement in the *Shabd*s and Discourses read in Satsang should be such that you may lose yourself in them. You forget where you are. This should be your only one aim. After the Satsang do not try to run away, but maintain your composure for 5 to 10 minutes. At least for 5 minutes you should not leave your seat and silently contemplate over the instructions contained in the *Shabd*s and *Bachan*. If you do so, I can assure you that you will be the recipient of all those benefits of attending Satsang which have been mentioned in the *Bachan*. Even yesterday I made a request to you that if you rush out of the Satsang platform as soon as the Satsang is over, all the concentration and inner withdrawal that you have been able to attain will be frittered away and you remain as blank as ever. Today's *Bachan* must have convinced you that merely ladies and gents coming and sitting in Satsang, or taking Bhandara meal there, or having talks with each other, would not do. If you do not concentrate your attention on the aim for which you have come to Dayalbagh, it will not have any good effect. You just try sitting attentively for 5 to 7 minutes after Satsang and then quietly get up and go to the places you are staying and then see whether this results in some benefit to you or not.

The programme of Sale which has been introduced has also a definite object. This will enable you to have physical nearness and proximity in the Satsang. It is no use crowding outside on the road. When you come here to purchase things, your complete attention should be towards Huzur's Photograph. When you get the article there must be a feeling of gratitude in you that you got an opportunity of being ushered in His Presence. Everybody does not get such opportunity everytime. It is not the intention of Sales here to make a profit on a sale of 10 or 20 rupees. When the article is manufactured here, cost of raw material has also to be paid. A small percentage of profit is of course necessary to pay those who work but the primary object is that there may be a physical nearness in Satsang. When you get up to purchase something, there is no need to make any noise because even if you are not able to get anything, it is nothing to be sorry about. You must have the satisfaction that some brother or sister of yours has had the opportunity of getting it and you may hope to get it at some future time. Ideas like this in your mind will always keep you happy. There is no need for pushing or making noise and spoiling the whole atmosphere of Satsang."

Gracious Huzur then pointed out that on this Bhandara of Huzur Maharaj Sahab, no *Bachan* of His had been read and asked the *pathis* to read one *Bachan* from Part I of “*Bachan*” and also read a *Shabda* composed by Maharaj Sahab, and if possible recite it in the same style and in the same tune in which it was recited in the time of Maharaj Sahab. One Satsangi brother then recited “बार बार कर जोर कर सविनय करूँ पुकार”. Afterwards *Bachan* No. 7 of Param Guru Maharaj Sahab from the *Mishrit Bachans* was read.

(Extract from Dayalbagh Herald DBH 4.11.1980)

REGIONAL NEWS (July-Sept., 2023)

Celebration of Bhandaras: The Bhandaras of Param Guru Huzur Dr. M.B. Lal Sahab and Param Purush Puran Dhani Huzur Soamiji Maharaj were celebrated, on the 9th of July, 2023 and 7th of September, 2023 respectively, with love and devotional fervour in the entire Region.

Path recitation on e-cascade Network:

- The Hamburg Branch received a rare opportunity to recite *Shabdas* on the morning Satsang e-cascade on 28th July.
- London Branch members were blessed to receive an opportunity to recite *Path* twice during this quarter; once in Morning Satsang (31st July) and once in the Evening Satsang (28th August) transmission.

Zonal Bhandara:

- By the immense Grace of Huzur **Ra Dha Sva Aa Mi** Dayal some members of the Region were able to attend Bhandara of Param Purush Puran Dhani Huzur Soamiji Maharaj at Dayalbagh and took advantage of *Darshan* and *Seva* opportunities.
- Some members were fortunate to participate in Zonal *Path*.
- By Grace, Satsangis of DRSAE were permitted to offer *Bhent* online to DRSAE on the occasion of Bhandara of Param Purush Puran Dhani Huzur Soami Ji Maharaj.
- The Region was Blessed with the opportunity to offer *Prasad* in the Fields during Zonal Bhandara and the same was subsequently distributed across the Region.
- Some members were fortunate to receive Initiation.

Children’s Cultural program:

Hamburg Branch was blessed with an opportunity to present LIVE Cultural Program on e-Satsang cascade in European Languages.

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 *yoga* and meditation, Satsang garden activities, e.g., planting new plants, weeding, harvesting vegetables etc., recreational games and jigsaw puzzles, learning and recitation of *Path* etc.

Superhuman: Superhuman children participated in approved activities of recitation of the Holy Name (**Ra Dha Sva Aa Mi**) at the Five Omnivalent 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 took part in *khet* activities.

Mahila Association: As part of the 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.

The London Branch *Mahila* Association conducted elections for the office bearers for the next term commencing from 1-1-2024.

Satsang Culture & History of Dayalbagh:

- Hamburg Branch hosted a 5-Day Satsang Summer Camp to teach & inculcate Satsang Cultural Values and 'Dayalbagh Way of Life'.
- Regular sessions on Satsang History & Culture were conducted in Birmingham Branch. A special talk on 'Free Multi-speciality Medical and Rural Assistance Camp in Dayalbagh' was conducted.
- London Branch 'Pre-initiates' read Biographies of the Revered Leaders on respective Bhandaras.

AAFDEI:

- On 10th July, an engaging session was held on 'Job Opportunities in Pharmacy' given by 2 Pharma Industry experts with 38 participants.
- On 27th August, an informative presentation on 'Brand & Digital Marketing to find Jobs (e.g. LinkedIn)' was made with 35 participants.
- On 24th September, a presentation was given on Electric Vehicles, attended by 55 people.
- Counselling, CV support & Interview practice was provided to 7 people.

Satsang Garden: Members of all the three Branches are cultivating varieties of Vegetables, Fruits, and Flowers. Seasonal harvest; e.g., Onions, Potatoes, Courgettes, Tomatoes, Radish, Green Chilies, Strawberries etc., is being sold to the Branch members. Garden maintenance activities, e.g., Hedge cutting, Weed clearing, Grass cutting, Lawn mowing, Patio cleaning etc., were also regularly undertaken.

Regional Association: Regional meetings of DRSAE (General Body & Governing Body) were held during the quarter. A Fixed Deposit account was agreed to be opened.

Other:

- Birmingham Branch members had an opportunity to meet UK Prime Minister, Rishi Sunak, in a community meeting and shared the news about their International *Yoga* Day Celebration. Local M.P. & Mr. PM expressed their joy and congratulated our Community for organising such events.
- By the Grace of Huzur **Ra Dha Sva Aa Mi** Dayal, the Norwegian translation of 'Hey Dayal....' was Approved to be played on the e-Satsang Network.

Information about the Overseas Bulletin

The Overseas Bulletin is issued for private circulation only. It is published by the Dayalbagh **Ra Dha Sva Aa Mi** Satsang Association of Europe, registered as a charity in England and Wales (charity No. 1113327). The annual subscription for subscribers accessing the e-Bulletin living in the UK is £2.00 and for continental Europe €2.50.

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