

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 LVII No. 1 Sunday 31<sup>st</sup> March 2024 (January-March 2024)**

## **BACHANS OF PARAM GURU HUZUR MEHTAJI MAHARAJ**

“It is not within the power of a human being to get free from worldly bondage. This can be done only by the Lord Himself. Undoubtedly *Bhajan* and *Abhyas* are also means of becoming free from bondage but there are other methods as well. This is not the only method. *Seva* ranks first among *Seva*, *Satsang* and *Abhyas*, and *Abhyas* comes third. For *Seva*, sacrifice is necessary, for sacrifice physical fitness, purity of mind and some wealth are essential. If you are weak, you may do only a small sacrifice or none at all and perform any of the other two practices. It is submitted that only a person who sacrifices can do *Seva* properly and when *Seva* is held to be a mode of pleasing the Lord then sacrifice also becomes a cause for getting freedom from bondage. Seeing our capacity and ability, Huzur Sahabji Maharaj gave first place to the mode He considered best for us.”

(Extract: Selected Bachans of Param Guru Huzur Mehtaji Maharaj - 70)

## **BACHANS OF PARAM GURU HUZUR SAHABJI MAHARAJ**

It behoves every devotee that one should ask from the Supreme Father for the Supreme Father Himself. But before a devotee makes this request, one should cleanse one's heart to make it fit for seating Him and wash one's eyes to make them fit for seeing Him, for it is only after seeing that such preparation has been made that He Grants this request. Asking for big boons without making proper preparation to receive them is nothing but acting under the impulse of greed. But if one asks for boons after making requisite preparation, it indicates that one has an earnest desire and big boons are never granted unless one has a true and earnest desire.

(Discourse No. 66, Satsang Ke Upadesa III)

ON THE AUSPICIOUS OCCASION OF THE BHANDARAS OF  
**PARAM GURU HUZUR SAHABJI MAHARAJ (25-02-24) &**  
**PARAM GURU HUZUR MEHTAJI MAHARAJ (17-03-24)**  
THE OVERSEAS BULLETIN OFFERS ITS OBEISANCES AND DEDICATES THIS ISSUE AT  
**THEIR HOLY LOTUS FEET**

## SELECTED SHABDAS (20)

सुन सुन रह्या न जाय	,	महिमा सतगुरु की	॥ टेक ॥
मछरी पड़ी भँवर के माहीं	,	बहती बेबस धार	
ठहरन को कहिं ठौर न पावे	,	मछुवा खड़ा रे किनार	॥ 1 ॥
सतगुरु पुरुष सुजान हैं रे	,	जुक्ति कहें वह सार	
झीनी धार पकड़ सुत मछरी	,	पहुँचे सिंध मँझार	॥ 2 ॥
पंछी पड़ा बहेलिये बस में	,	दिया पिंजरे डार	
निकसन की कोइ राह न पावे	,	हार गया पर मार	॥ 3 ॥
सतगुरु पुरुष सुजान हैं रे	,	मंत्र कहें इक कार	
जाके जपे पलक इक छिन में	,	खुल जाय पिंजरा किवाड़	॥ 4 ॥
जीव बँधा देही के भीतर	,	जरे आस की नार	
जहाँ तहाँ पर मुख जब मारे	,	मुख में पड़ती छार	॥ 5 ॥
सतगुरु पुरुष सुजान हैं रे	,	रा धा स्व आ मी के औतार	
प्रीति करा जिव बंद छुड़ावें	,	आस त्रास दें टार	॥ 6 ॥

### TRANSLATION

One cannot restrain one's emotions on hearing about the Glory of the Satguru ("Acclaimed" *Waqt*/Present Sant Satguru).

The fish has fallen into the whirlpool and is being drifted helplessly with the current. It does not find any place for shelter while the fisherman is standing on the bank (to catch it). 1

The Satguru ("Acclaimed" *Waqt*/Present Sant Satguru) is the All-knowing Purush Who Teaches an effective method of getting out. The fish (i.e. spirit) may catch hold of the subtle Spiritual Current and reach the Ocean of Spirituality. 2

The bird is in the clutches of the fowler who has put it in a cage. It does not find any way to get out and has exhausted itself by flapping its wings. 3

The Satguru ("Acclaimed" *Waqt*/Present Sant Satguru) is the All-knowing Purush Who gives out an effective Mantra (Incantation), the repetition of which opens the door of the cage in the twinkling of an eye. 4

The Jiva is imprisoned in the physical body and is burning with desires created by Hope, the enchantress. Wherever one tries to get sustenance, one's mouth is filled with ashes and nothing else. 5

The Satguru ("Acclaimed" *Waqt*/Present Sant Satguru) is the All-knowing Purush and He is the Incarnation of Merciful **Ra Dha Sva Aa Mi**. He makes the Jiva love Him and relieves one of all one's worldly ties and removes all hopes and fears. 6

## **PARAM GURU HUZUR SAHABJI MAHARAJ'S DISCOURSES DELIVERED IN SATSANG, SATSANG KE UPDESH PART III (150)**

If the Teachings of Satsang may generally be accepted and adopted, all the troubles of the world would automatically disappear. As Satsang lays great stress on equality, it is therefore essential for the propagation of the Teachings that the Leader of the Satsang should be such a Personality as would treat the rich and the poor, the white and the black equally. Other members of the society cannot learn the lesson of equality without the Leader of the Satsang acting on it. When the Leader of the Satsang would act like this, all the members of the Sabha would also have to be impartial. Just as in former times good-natured and capable people of the world used to come to the courts of Princes and Potentates when they heard stories about their good nature and noble ideas, in like manner philosophers and reformers of the world would join the Satsang on hearing about the Satsang Teachings, about equality and organization of life in Satsang on the basis of equality and they would be responsible for the publication of literature which would spread peace, happiness and equality in the world instead of the useless and sensational stories of the present day and thus when there would be house to house publicity of the principles of equality, lives of men and women would become happier and the present-day rules and laws which have been the cause of general distress in which men and women find themselves, would be annulled and everyone would get an opportunity to lead a life of sufficient freedom. The principles of the Satsang do not teach tyranny or violence, nor do they advise deprivation of anybody of one's wealth or property. All men, to whatever religion or race they may belong, are entitled to lead a life of perfect freedom provided they do not prove to be harmful to others.

## **SELECTED BACHANS OF PARAM GURU HUZUR MEHTAJI MAHARAJ (17)**

In accordance with the Teachings of Satsang, every person, whether male or female, rich or poor, white or black, would be given equal opportunities to develop his or her physical, mental and spiritual faculties provided he or she does not utilize those powers to the detriment of the society or country. Huzur was pleased to observe: "You will see that this Teaching of socialism is gradually being ingrained and finding a place in us. You may observe the biggest executive, authority or office-bearer of Satsang and you will admit that the social discrimination in Satsang is now much less than before and the teaching of socialism is highly appreciated. All those things and customs which created a sense of discrimination and pointed to distinction of high and low, are very rapidly disappearing. We should see that this New Teaching of Satsang is imbibed and absorbed in every pore of our body and we conform fully to these changes coming in Satsang. Those who object to Physical Exercise or drill will at least admit how greatly the sense of social equality is propagated by it. By

people, big and small, officers and subordinates, standing together while doing Physical Exercise, ideas of equality and of hard work are inculcated in one's mind. In fact, this activity of ours is in conformity with Discourse No. 148 of Sahabji Maharaj and in that view it is fulfilment of that Discourse in the form of Action”.

### **REGIONAL NEWS (January - March 2024)**

**Celebration of Bhandaras:** The Bhandaras of Param Guru Huzur Sahabji Maharaj and Param Guru Huzur Mehtaji Maharaj were celebrated, on the 25<sup>th</sup> of February 2024 and 17<sup>th</sup> of March 2024 respectively, along with special festivals *Basant* and *Holi* with love and devotional fervour in the entire Region.

#### **Superhuman:**

- Superhuman children participated and recited the Holy Name (Ra Dha Sva Aa Mi) at the Five Nerve Centres (*Chakras*) during Satsang and Health Care/Self-defence PT, resulting in a remarkable improvement in their health and well-being.
- 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.

#### **CRC:**

- A total of 39 registered CRC children were blessed with the opportunity to participate in the Joint CRC Annual Function with Dayalbagh and Global CRC centres.
- All 3 Branches continued to hold weekly/ fortnightly / bi-weekly sessions on practicing *Path*, Healthcare and Self-defense PT, *Yoga* and Meditation, *Khet* activities and playing indoor/ online games, learning about Sant Satgurus and Holy *Bachans*.
- CRC children participated in PT and cultural programmes with Dayalbagh in 2-way Transmission on weekly basis.
- Active participation in *Basant* Sports, Cultural Programmes and *Holi* celebrations.
- London CRC children prepared a Memory Box with a large collection of photographs of multiple CRC activities at *Satsang Ghar* with added messages. This Memory Box was buried under new raised flowerbed area of *Satsang Ghar* Garden.

**Mahila Association:**

All three Branches' *Mahilas*; i.e. Birmingham, Hamburg and London, continued the theme of vibrancy in the Association and carried on work with more enthusiasm under the leadership of the new office-bearers in the quarter. *Mahilas* channelised their energies in many directions of *Seva* in their Branches which can be broadly categorised into the below areas:

1. Textiles: Manufacturing various items of daily usage with different materials including fabric, wool etc., and conducting Mini Exhibition for the sale of these items.
2. Food Making and Processing: Following Lacto Vegetarian/**Satwik** cooking principles, *Mahilas* prepared food items on monthly / weekly Satsangs and snack items of Savoury and Sweets and *Masalas*, Sprouts etc., for sale. The First Cooking book with *Satwik* recipes was published by Birmingham Branch *Mahila* Association.
3. Computer Training for novice personnel.
4. Arts & Crafts: Preparing various decoration items that can be used in *Satsang Ghar* and at homes.
5. Skill Development: This included learning and sharing new skills in various areas e.g., Embroidery, Crochet, Demo on Cooking with Pre-mixes in making food quickly in today's hectic lifestyle, DIY (Do it yourself) projects with recycling theme etc.
6. Adult Education: *Yoga* and Self-defence classes, Talks and Seminars on various topics e.g., Health, Food Hygiene, Homeopathic Remedies etc.
7. Coaching for Students: Hindi and few other European Language lessons, Classical Music & Dance basics etc.
8. Coaching children to recite *Shabdas* not only in Hindi but also in various other languages like English, Sanskrit and few other European languages.

**Satsang Culture & Dayalbagh way of Life:** London Branch organised a Mini Spring Camp for three days, for Pre-initiates and CRC children, along the lines of Summer School, in which Revered Leaders' Life Histories, Early History of Dayalbagh, Dayalbagh Culture, Arts and Crafts Skills etc., were taught.

**AAFDEI:**

- On 28<sup>th</sup> January an interesting session was held on Entrepreneurship – Online Indian Food Business. Many useful tips were shared and 75 people took part.
- On 10<sup>th</sup> March a conference on Women Empowerment was held at London *Satsang Ghar*. After an introduction to the CIO and *Mahila* Association a Talk was given by Anne Diamond, a famous TV Presenter-cum-Journalist and Children Health Campaigner. 75 people attended the event.
- 4 Members supported the development of DEI courses such as 'Entrepreneurship'.
- Counselling, CV Support & Interview Practice was provided to 4 candidates.

**Education Day:** Birmingham Branch members celebrated Education Day when they organised various activities like *Antakshari*, Story-telling, Group Discussion and a TED Talk on 'Learning for Life - Careers'.

**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.

**Media:** In January DRSAE Property Holding CIO, issued a press release of the article - "**Dayalbagh Leads Global Sustainability Through Conscious Living: A Model for the Future**" on various digital news channels in Europe. The article highlighted the proceedings of the Fifth Winter Session of the Dayalbagh Science of Consciousness Conference.

<https://www.issuewire.com/dayalbagh-leads-global-sustainability-through-conscious-living-a-model-for-the-future-1787980263478730>

On the auspicious occasion of *Basant*, DRSAE Property Holding CIO shared a Press Note from Sabha across various media channels. The article "**Basant Panchami 2024 Celebration in Dayalbagh**" showcased Dayalbagh for its unique 'Dayalbagh Way of Life,' *Basant* and the International Year of Camelids 2024 celebrations. The article reached over 145 digital news platforms globally, with significant coverage in Europe and Asia Pacific/Australia. Additionally, it was broadcast on three local radio stations in Birmingham, reaching over 270,000 multicultural and Asian listeners. Local outreach initiatives included exhibitions, cultural activities, and *Basant* greeting cards distribution by children, fostering community bonds and promoting cultural unity.

<https://businessnews.org.uk/article/NEW84N3D/basant-panchami-2024-in-dayalbagh>

**DRSAE Property Holding CIO:**

By Grace, the ownership of the two UK *Satsang Ghars* at Birmingham and Stokenchurch were successfully transferred to DRSAE Property Holding CIO. DRSAE continues to use the properties as a Licensee.

The Trustees of the CIO joined AADEIs and AAFDEI' to recite *Path* in the Fields on *Shiksha Diwas* on 01.01.2024.

**Satsang Ghar Maintenance:** It was agreed to carry out roof and gutter repairs at London *Satsang Ghar*. The works shall take place in the next quarter.

It was agreed to carry out conservatory repair at Birmingham *Satsang Ghar*.

**Other:**

- Meetings of the Governing Body and General Body of DRSAE were held to pass the Annual Budget of the Association.
- An inspection of each Branch was conducted to ensure the proper functioning of the Branch and that the activities are implemented as per Satsang Guidelines.

- A Camel Milk Trial was conducted in London and Hamburg Branches. Oxygen Levels, Pulse Rate and BP were measured for participants. Trial Reports with all measured readings were submitted to Dayalbagh.
- On the auspicious occasion of *Holi*, DRSAE members participated in the *Path* by Foreign Countries in Dayalbagh, and volunteers from the Region prepared & sold sweet items in the Kiosk for Foreign Countries at *Vaikunth Dham*.
- Hamburg Branch members performed *Basant Pheri* in the Branch.
- An insightful Seminar was conducted in Hamburg Branch by Prof. Anand Srivastav on Artificial Intelligence and Human Consciousness.

#### **Information about the Overseas Bulletin**

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