

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. 2 Sunday 30<sup>th</sup> June 2024 (April - June 2024)**

## **BACHANS OF PARAM GURU HUZUR SARKAR SAHAB**

“In fact, we should engage in our *paramartha* activity with the determination that we shall continue it without any break. It is quite legitimate to have a desire for tangible gain, but it is not proper, in the absence of tangible results, to feel disappointed and become lethargic in one's efforts. This is the time for our purification. If the spirit is made to ascend to higher regions without having been purified, the result would be that the impure matter with which the spirit ascends to higher regions, would manifest itself with great force and strength and just as *Rishis* and *Munis* of old fell down from their high spiritual status with great force we shall also have a similar fate. Therefore, at first, purification is a necessary process. It is not possible that any person who has stayed in Satsang for some time should not have got some experience or evidence of Lord's Grace, internally or externally; we should not therefore feel perturbed. In fact, we do not have as much true devotion as we show unnecessary uneasiness.”

**(Extract, Selected Bachans of Param Guru Huzur Sarkar Sahab - 3)**

Business habits are very useful even in *paramartha*. It is necessary that the flow of physical and mental energy should continue outwards, otherwise it would produce harmful effects within the devotee. In fact, official life has a very good influence on a *paramartha*. Generally, *paramarthis* work very diligently and honestly and besides that the strictness and the pressure by officers keep the mind under restraint. Look at the Saints and *Mahatmas*, e.g. Kabir Sahab and also all the Revered *Gurus* of our own Faith, all of Them earned Their livelihood with hard work. Many people who are not Satsangis do not know that in our community, Soamiji Maharaj, Huzur Maharaj and Maharaj Sahab did not use even a single *paisa* out of the *Bhent* money for their personal needs.

**(Extract, Selected Bachans of Param Guru Huzur Sarkar Sahab - 2)**

ON THE AUSPICIOUS OCCASION OF THE BHANDARA OF  
**PARAM GURU HUZUR SARKAR SAHAB** (14-04-24)  
THE OVERSEAS BULLETIN OFFERS ITS HUMBLE OBEISANCES AND DEDICATES THIS ISSUE AT  
**HIS HOLY LOTUS FEET**

## SELECTED SHABDAS (24)

दर्शन दीजै दीन दयाला ।	दाता दासन के हितकारी	॥ टेक ॥
जब ते चरन सरन तुम लीनी ।	मन बुधि सुरत हुए लवलीनी ।	
तुम्हरी किरपा घट में चीन्ही ।	हो गई जीवनि सुफल हमारी	॥ १ ॥
मैं हूँ बाल अनाड़ी प्यारे ।	तुम हो दाता अपर अपारे ।	
राखो चरनन मोहि सदा रे ।	मेरी निसदिन यही पुकारी	॥ २ ॥
यह जग विष की खान अपारा ।	बहती प्रबल अनल की धारा ।	
तुम मोहि लीनी अधम उबारा ।	गाऊँ कैसे महिमा भारी	॥ ३ ॥
बिछड़ूँ नहीं चरन से कबही ।	जनम जनम मेरी बिनती एहि ।	
तन बिच दर्शन पाऊँ नित ही ।	सुन लो अर्ज गरीब भिखारी	॥ ४ ॥
रा धा स्व आ/अ:मी प्रान पियारे ।	हम सब दासन के आधारे ।	
सब जग (हमको) सहजहि लीनी तारे	अचरज अचरज अचरज भारी	
	(लीला अचरज अगम अपारी)	॥ ५ ॥

## TRANSLATION

O' Merciful Lord! the Supreme Benefactor of humble devotees, pray Grant me Your Beatific Vision.

Ever since I took Protection in Your Holy Feet, my mind, intellect and spirit have become engrossed in You.

My heart has experienced Your Grace and Mercy and I have achieved the object of my life. (1)

O' My Beloved! I am Your ignorant child, while You are infinitely Merciful Supreme Being. Be Pleased to Grant me Permanent Abode in Your Holy Lotus Feet, this is my humble prayer day and night. (2)

This world is a bottomless mine of poisonous matter, and a powerful current of fire is raging through it; You have Mercifully Salvaged a worthless *Jiva* like me, how can I adequately praise Your Glory! (3)

I may never be separated from Your Holy Lotus Feet, this is my life's humble prayer; I may have Your Beatific Vision internally all the time. Be Pleased to Grant the humble prayer of this poor beggar. (4)

O' Beloved Merciful Ra Dha Sva Aa Mi! The Prop of Your humble devotees, You have with ease emancipated us all, the *jivas* of the world; Wonderful! Wonderful! What a Great Wonder! Your Glory is indeed Most Wondrous, Indescribable and Infinite. (5)

## SELECTED BACHANS OF PARAM GURU HUZUR SARKAR SAHAB

(19)

Some people have this notion about *paramartha*, that they may attain the Lord easily and their worldly activities may go on as usual. There are others, however,

who think that they are nothing. They are neither body nor mind and they engage in *Abhyas* and if they try hard they get some joy in *Manakasha* for a few minutes and thereby feel very happy. There are some people who think of the Lord on seeing beautiful things of the world. But one cannot meet the Supreme Lord by any of these means. Those who have even performed *Abhyas* like this are able to enter into the state of *samadhi* for a few minutes, but all this is useless. All these people are entangled in delusion.

Now the question arises as to what is the cause of this delusion? The Saints have stated that first we should see who are our friends and who are our enemies. We know of only two things, the body and the mind. Both these appear to be our great friends, but they are very great enemies and it is because of these that *jivas* are entangled in this world. We are very subservient to the body. If our breathing stops just for a while, how painful it is, and if we fall ill, how much do we suffer! This body rules over us to a great extent and there is no limit to the authority exercised by our mind. Different attitudes of the mind, *Kama*, *Krodha* etc., are misleading the *jiva* in the world.

The limit of the body is up to the Sixth *Chakra*. It remains with us up to the Sixth *Chakra*, for its limit is up to the stage of death, that is up to the limits of *Pind Desh*. First is the dream state, then *Sushupti*, thereafter the state of trance and then death occurs. The dream state is the *Kalpataru* of the *Yogis*, for on attaining this state whatever one orders becomes immediately available. This too is high status. The *jiva* who can create the dream state in the conscious wakeful condition is superior to *Rajas* and *Maharajas*. If we want to take cream during the wakeful condition, we would first bring milk and prepare cream from it or if we have to go for a stroll, we will have to walk to the garden and only then shall we reach the garden, but in the dream state, anything for which we have a desire becomes immediately available to us. The body is made up of material substances. One who has subdued this body also attains high status, for he/she gets access to the creator of the *Pind*. Beyond that is the *Brahmanda Desh* of the mind. The Saints have stated that the mind too is made up of matter but it is of subtle matter. Both these, that is the body and the mind, are taking down the *jiva* to *Chaurasi*. The body remains behind in the *Pind Desh* and being itself made up of matter, it will take the *jiva*, when death takes place, to the region made up of similar material. Similar is the case with the mind. But both the body and the mind are liable to destruction. They are very powerful enemies of the *jiva*. Whatever the *jiva* is doing in this region is under the orders of the *Pindi* mind, which is ruling over the body and is deluding the *jivas* by its different tendencies. The mind is the offspring of *Kala*, who himself is ready with all his forces in his own region. Beyond this is subtle mind and beyond that is the *Brahmandi* mind. It is only a brave person who can fight with all of them, otherwise a number of warriors, *Rishis*, *Munis* and *Mahatmas* have been knocked down by this mind. How dare the *jiva*, who is extremely weak, overpower them?

To begin with, this *Pindi* mind is not only very powerful it is also very clever, intelligent and cunning. It employs such deception, trickery and traps that the *jiva* is brought under complete control. It gives such enjoyment to the *jiva* in things for which one has greater attachment or towards which one feels more attracted that one is not allowed to get out of the entanglement. If there is a person who has renounced everything or who is completely detached from the world, it shows him/her such miracles that he/she remains rooted where he/she is. Saints have, however, fully exposed its tricks. They have openly described its each and every trick in the Holy Books so that devotees may understand its tricks and may not get caught in its trap. For this very reason, recitation from the Holy Books is very necessary which one should listen to with attention and

grasp and assimilate. This is also a kind of *Abhyas*. It is for this reason that the Saints have condemned learning, that is, they have said –

*Hey Vidya, tu bari avidya, etc.*

(O Learning! Thou art great ignorance.)

so that people may not remain entangled in learning.

Now the Current of the Supreme Force which has come down to this world from Higher Regions, that is from the region of Pure Spirit, to save the *jivas* from *Kala* and the Mind, can alone save the *jiva* from them, because a weaker force yields to a stronger force, just as the light of a lamp fades into insignificance in the light of the sun. Hence, whenever that Current of Pure Spirit, which is the Supreme Lord and our Father, may Graciously come down to this region, that Current alone can extricate the *jivas* from these entanglements and carry them. These *Kala* and Mind are afraid only of HIM. Hence, whenever you may fortunately come into contact with the Sant Satguru ("Acclaimed" *Waqat/Present Sant Satguru*), Who is the Incarnation of the Supreme Lord, you should learn from Him all the secrets and awaken your Spirit and proceed upwards. At present, the Spirit of the *jiva* which is intelligent is inert. This too will get awakened by a similar (homogeneous) substance, that is the *Chaitanya*.

Some people say that they are engaged in good and pious acts and as the Supreme Lord is Omnipotent, they would meet HIM merely by following this path. But they are mistaken, for if a person who is thirsty remains sitting in the hope that the Supreme Lord is Omnipotent and would send water to him/her, this cannot happen. The Supreme Lord has made arrangement for wells etc., and one should oneself go there and take water. If one prays much, the utmost Grace that the Supreme Lord showers on such foolish people, is that HE would get them into contact with some enlightened person so that they can follow the path after seeking his guidance. Hence, if you want to engage in true *paramartha* and wish to meet the Supreme Lord, you should contact the Satguru ("Acclaimed" *Waqat/Present Sant Satguru*) and learn the secret of the path from Him and follow it thereafter. It is impossible to proceed without His Help. No other method has been created for this purpose.

### **REGIONAL NEWS (April – June 2024)**

**Celebration of Bhandara:** The Bhandara of Param Guru Huzur Sarkar Sahab was celebrated with great enthusiasm, love and devotional fervour in the entire Region marking a significant event for our community.

**Superman Scheme & CRC:** All Children in the entire Region across all three Branches, centres and MPGs enthusiastically participated in various activities, which are divided into three categories based on the developmental goals.

1. **Physical:** Self-defence and Healthcare PT, Yoga sessions, various *Khet* activities including de-weeding, watering, planting new crops etc. Hamburg conducted special sessions on "Favourite Sports" to educate on key rules of the games and famous Sports players. London children enjoyed outdoor games of football and Badminton etc., in British Summer.
2. **Mental:** Learning Hindi as core objective by various modes, e.g. puzzles, number songs, conversational phrases, stories etc. Origami boats were made by Birmingham children as part of Arts and Crafts. Hamburg Branch children made a working model of windmill and learnt about "Novel Renewable Energy Sources" and its conservation. Children learnt to make their own fertiliser from compost. A Few London Children helped in the research and presentation on the Stokenchurch Satsang Hall history for Open Day. Hamburg children learnt about elephants and their habitat.
3. **Spiritual:** Children continued to perform meditation and recitation of the Holy name

(Ra Dha Sva Aa Mi) at the Five Nerve Centres and reciting new *Paaths* in Hindi and Sanskrit with musical accompaniments. Birmingham Branch children learned and practised the principle of “Waste Nothing”. London children performed various Seva activities on London Open Day including Shoe guard, kitchen serving, dish washing etc.

4. Other: London children visited the local village fair and enjoyed summer fete rides and fun activities e.g. Holding Birds of Prey, juggle and balance etc.

**Mahila Association:** The *Mahilas* of all three Branches have come up with innovative ideas and worked hard towards achieving the goals set in various areas.

1. Textiles: Across Region all *Mahilas* participated enthusiastically in making various products like crochet items, embroidery items for the Zonal Satsang and Zonal Bhandara Exhibition Sale
2. Food making and processing: Hamburg *Mahilas* introduced the *Chaar Prashad* series in *Humari Rasoi* sessions on step wise preparation of *Prashad*. London *Mahilas* made *Samosas* and served as snacks to visitors on open day.
3. Skill development: London Branch *Mahilas* conducted demo sessions to prepare various food items e.g. Pickles, cupcakes, *Samosas* etc. while Birmingham Branch *Mahilas* were focussed on New *Yoga Asanas* in on *Yoga Day*
4. Coaching for students: Hamburg *Mahilas* wrapped up this year’s course work with end of year students’ projects and started prep work for the new academic Hindi sessions starting in September 2024.
5. Coaching children to recite Shabdhas: *Mahilas* continued to teach children *Paath* recitation in various languages.
6. Knowledge Sharing: Sessions were conducted on ‘Effective Communication with Adolescent & Adult Members’, Health Talks, ‘Satellite Navigation and Communication Application of ISRO’.
7. Other: London Branch *Mahila* Association has been busy this quarter organising activities for Open Day. Birmingham and London *Mahilas* enthusiastically participated in doing various preparatory tasks for International *Yoga Day*.

**AAFDEI:**

- On 21<sup>st</sup> April a session was held on ‘Mental Health and Well-being’. An effective solution for coping with the stresses of life was found to be the “Dayalbagh Way of Life”.
- On 19<sup>th</sup> May a Workshop was held on ‘Money Matters’ that covered finance topics such as Insurance, Pensions, Tax Planning. 62 people from across the Region attended the session.
- Job Counselling, Interview Practice and CV Writing support was provided as required.
- AAFDEI members arranged a Mini Exhibition for the London Open Day.

**Satsang Garden:**

1. Birmingham acquired a new woodchipper.
2. Hamburg: Besides growing vegetables in Bensheim *Satsang* Ghar, this year a new sapling of *Moringa* tree was grown in Pots. The fresh produce of cherries, red currant and Blueberries were distributed to members of the Branch.
3. London: Besides regular lawn mowing, de-weeding and Horticultural activities, Garden management of cutting the Big tree (Western Red Cedar) Branches and disposal of hundreds of tons of rubble was completed. Several pallets have been repurposed to create raised flower beds and herb garden in line with vertical Agroecology.

**Satsang Ghar maintenance:**

1. Birmingham Branch painted the outside fence, parged an outside wall with cement and added new paving stones to the outside of the garden shed. Additional

paving stones were added by the back garden wall.

2. London Branch replaced old gutters and fascia for all the outside walls of Satsang Ghar. Entrance Footpath and garden paving stones were pressure-washed.

**Media:**

- Birmingham: The *Yoga* Day event was promoted through leaflet distribution, and advertisements on 'Things to do in your area' websites.
- London: Stokenchurch's local magazine, 'Village Matters,' printed an article on Women's Day celebration of London *Mahilas* highlighting their Women Empowerment activities. It also promoted the Open Day and International Yoga Day event being planned at the *Satsang Ghar* with relevant advert flyers. The village's local community Bus service's wall calendar published *Satsang Ghar*'s photo for the month of June.

**Special Days:** International *Yoga* Day was celebrated in Birmingham and London Branches on 21<sup>st</sup> June by organizing a public *Yoga* Event that opened the doors to local community members. The event concluded with offering of healthy lacto-vegetarian snacks to all participants.

**Community Link – Open day:** London Branch hosted the 3<sup>rd</sup> Open Day on 8<sup>th</sup> June 2024, with great zeal and enthusiasm, attracting a total of 108 local guests. London members showcased various items, e.g. Healthcare PT by children, Self-defence PT. "A Day in Dayalbagh" & Dayalbagh Renewable Energy videos and DEI Posters Exhibition and sale of various handmade items by *Mahilas*. 'History of Stokenchurch *Satsang Ghar*' detailing its Architecture and Heritage, presentation was delivered by pre-initiates. Localites and the Historian were very much appreciative of the well maintained *Satsang Ghar* premises with the original Victorian Stained-glass windows and doors from the Victorian era.

**Other:** Few members of the Region were blessed with an opportunity to recite a *Paath* in English and Superman scheme children were given an opportunity to perform a Cultural dance at Dayalbagh fields during Evening Satsang during the April Bhandara.

**Demise:** PB Jag Mohan Mehan, Trustee, DRSAE Property Holding CIO passed away on 28<sup>th</sup> May, 2024. A condolence resolution was unanimously passed by the Trustees of the CIO on 30.05.2024.

**Information about the Overseas Bulletin**

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