

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.

(Param Guru Huzur Sahabji Maharaj)

Volume LVII No. 3 Monday 30th June 2024 (July - September 2024)

ON THE AUSPICIOUS OCCASION OF THE BHANDARAS OF
PARAM GURU HUZUR DR. M.B. LAL SAHAB (06-07-2024) &
PARAM PURUSH PURAN DHANI HUZUR SOAMIJI MAHARAJ (26-08-2024)
THE OVERSEAS BULLETIN OFFERS ITS HUMBLE OBEISANCES AND DEDICATES THIS ISSUE AT
THEIR HOLY LOTUS FEET

SAR BACHAN, PROSE - PART II

162. As long as the *Satguru* ("Acclaimed" *Waqt* / Present *Sant Satguru*) does not show His Grace, the *Jiva* cannot have faith in Him. He alone who has love for and faith (*Prema-Bhakti/Prema-Saran*) in the *Satguru* ("Acclaimed" *Waqt* / Present *Sant Satguru*) should be considered as the recipient of His Grace and Mercy. Many people wish that members of their family and their relations should have faith in the *Satguru* ("Acclaimed" *Waqt* / Present *Sant Satguru*). This desire is not bad but it should be borne in mind that as long as the *Satguru* ("Acclaimed" *Waqt* / Present *Sant Satguru*) is not pleased to show His Grace, it is difficult for anyone to have love for and faith (*Prema-Bhakti/Prema-Saran*) in Him. This matter should, however, be left to the *Mauj* of the *Satguru* ("Acclaimed" *Waqt* / Present *Sant Satguru*), for He would, whenever He so likes, Grant His love and faith (*Prema-Bhakti/Prema-Saran*) in a moment and would lift up a *Jiva* out of the morass of the world.

164. It is very difficult to continue to attend the *Satsang* of the Saints. The condition of some people is that they attend the *Satsang* and yet they really do not do so, for apparently they seem to be listening to the Discourses but they do not listen with the idea of acting upon them. What good can the *Satsang* then do to them? Only those persons can be said to listen to the Discourses properly and understand them correctly whose hearts are affected by them and who also try to act more or less accordingly.

51. Just as sophists who have no love do not achieve anything, in the same manner, a devotee of the *Satguru* also does not get anything without love (*Prema-Bhakti/Prema-Saran*). As long as one does not develop love, one cannot gain anything. The only difference is that the sophist has destroyed even the root of love and therefore one would never gain anything, while a devotee of the *Satguru* ("Acclaimed" *Waqt* / Present *Sant Satguru*), would one day surely get the Gift of Love (*Prema-Bhakti/Prema-Saran*).

(Bachans of Param Purush Puran Dhani Huzur Soamiji Maharaj)

SELECTED SHABDAS (8)

खोज री पिया को निज घट में		॥टेक॥
जो तुम पिया से मिलना चाहो	तो भटको मत जगत में	॥ 1 ॥
तीरथ बर्त कर्म आचारा	यह अटकावें मग में	॥ 2 ॥
जब लग सतगुरु मिलें न पूरे	पड़े रहोगे अघ में	॥ 3 ॥
नाम सुधारस कभी न पावो	भरमो जोनी खग में	॥ 4 ॥
पंडित काज़ी भेष शेख सब	अटक रहे डग डग में	॥ 5 ॥
इनके संग पिया नहीं मिलना	पिया मिलें कोई साध समग में	॥ 6 ॥
यह तो भूले बिषयबास में	भर्म धसे इनकी रग रग में	॥ 7 ॥
बिना संत कोइ भेद न पावे	वे तोहि कहैं अलग में	॥ 8 ॥
जब लग संत मिलें नहिं तुमको	खाय ठगौरी तू इन ठग में	॥ 9 ॥
रा धा/धः स्व आ मी सरन गहो तो	रलो जोति जगमग में	॥ 10 ॥

TRANSLATION

Search the Lord (Beloved) within your own self. If you wish to meet the Lord (Beloved), wander not in the world. (1)

Holy places and austerities, rituals and ceremonies all detain you on the way. (2)

So long you do not meet the Perfect Master, you shall remain engulfed in sin. (3)

Nor shall you taste the nectar of the Holy Name; rather you shall roam about in various forms of life. (4)

Pandits, Kazis, Sheikhs and mendicants all meet with hurdles at every step. (5)

You cannot meet the Lord (Beloved) in their company. The Lord can be found only among *Sadhs* (Saints). (6)

They are lost in worldly pleasures, and delusions permeate their whole being. (7)

None can learn the secret of the path to the Lord, without a Saint. (8)

So long you do not meet the True Saint, you will be cheated by these swindlers. (9)

If you take shelter under Merciful **Ra Dha Sva Aa Mi**, you shall merge in the refulgent *Jyoti*. (10)

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

One should not Indulge in useless Conversation in Satsang and Fields

In the Evening Satsang of Saturday, August 4, 1979, a Discourse of Param Guru Huzur Mehtaji Maharaj (*Bachan* No. 58, June 8, 1941) was read out. Immediately after the *Binti*, Revered Param Guru Huzur Dr. M.B. Lal Sahab was Pleased to make the following Remarks:-

You have just heard a Discourse of Param Guru Huzur Mehtaji Maharaj in which it was said that if children are taken away from their mothers soon after they are born, will they have any objection to it? Abroad in other countries, people stake their lives for the good of their country and community. Whether in the battlefield or in any other field, they are ready to make every kind of sacrifice. Please tell me whether you wish to remain entangled in attachments and ties like the present or you wish to see a New World Order by following New Directions.

In this Discourse Param Guru Huzur Mehtaji Maharaj has stressed the importance of *Seva* (Service) and sacrifice in very forceful words. I think that before putting your children in the charge of *Satsang*, you should entrust yourself to the *Satsang* which implies a dedication of your body, mind and money to the *Satsang*. I think by doing *Seva* and *Sumiran* (Repetition of the Holy Name) a person can easily achieve almost as much of spiritual progress as a person may get through *Dhyan* (Contemplation of the Holy Form) and *Bhajan* (Listening to the Spiritual Sounds) by sitting in a corner. In the present-day life of conflicts and strains, doing of *Dhyan* and *Bhajan* has become extremely difficult. In *Satsang* and in fields we should not engage ourselves in gossips and idle talk. Everyone should maintain silence while doing manual work in the fields and so he/she will get an opportunity of repeating the Holy Name internally, that is to say by silently working in the fields, *Sumiran* will naturally become possible for him/her.

Secondly, you may also consider entrusting your young boys and girls for the service of Dayalbagh. I again tell you that such opportunities rarely come and if unfortunately they are missed once, it is possible, they may not appear again in your life-time.

(Extract, Dayalbagh Herald 21.8.1979)

DISCOURSE OF PARAM GURU HUZUR DR. M.B. LAL SAHAB TO YOUNG MEN

I think I have spoken to you earlier also or perhaps in general *Satsang*, that it is not easy to get opportunities for *Seva* in Dayalbagh. Many people try to obtain some *Seva* here but they are not able to get it. Therefore one who gets an opportunity should be thankful to the Lord for it, and as long as one is performing the *Seva* one should depend on the Grace of the Supreme Father. If ever an idea comes to one's mind that one is a very capable person, and the work is being completed due to his capability or that this work has been entrusted to him/her because he/she is most capable of doing it, it will only bloat the ego of the mind and develop *Ahankar* which will take him/her far away from 'Humility'. And if you once go off from Humility, there would be no success in your *paramartha* activity. That being so, always have faith in the Grace of the Supreme Father. Whatever opportunity you get, make the best utilisation out of it. And if per chance you do not get any *Seva* or some *Seva* is taken away from you, you must not feel offended. On the other hand, repentance and remorse should fill your mind. You should feel

that there must have been some mistake or some shortcoming due to which the *Seva* was taken away and for this you may pray for pardon at the Feet of the Lord. With such a frame of mind, the attitude of Humility shall always be with you and you will remain very near to *Satsang* and will never go away from it. You will not quarrel with anyone and you will not think ill of anyone. All these are the great advantages of such an attitude. My advice to you therefore is that whenever you get an opportunity for *Seva*, you should bear all these things in mind and then do as much *Seva* as you can and sincerely. It is not necessary that everyone must partake in every *Seva*, but full advantage must be taken whenever an opportunity comes.

(Extract: Discourse of Param Guru DR. M.B. Lal Sahab to Young men in their Meeting held on the 10th August, 1980), DBH 26-08-2003

REGIONAL NEWS (July – September 2024)

Celebration of Bhandaras: The *Bhandaras* of Param Guru Huzur Dr. M.B. Lal Sahab and Param Purush Puran Dhani Huzur Soami ji Maharaj were celebrated, on the 6th of July and 26th of August 2024 respectively, 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 participated in various activities, which are divided into three categories based on the developmental goals.

1. Physical: Children from the Region participated in weekly Self-defence-cum-Healthcare PT, Satsang Garden activities, and online *Yoga* sessions. A swing was installed in the London Satsang *Ghar* garden, where children enjoyed outdoor play.
2. Mental: Birmingham Branch children learned the life history of Param Guru Huzur Dr M.B. Lal Sahab and Param Purush Puran Dhani Huzur Soamiji Maharaj and studied Hindi in CRC sessions. Hamburg Branch children explored Renewable Energy by building windmill models and enjoyed drawing riddles and puzzles. London children continued playing various Board games and jigsaw puzzles.
3. Spiritual: Recitation of Ra Dha Sva Aa Mi at five nerve centre *chakras* and recitation of slogans in Hindi, English and Sanskrit were performed regularly. Birmingham and London Branch children learnt new *Paaths* and recited them during Branch Student's Satsang.
4. Other: In August, children from the Region visited Dayalbagh for the *Bhandara*. They took part in CRC farm sessions, "Superman" children participated in Regional cultural activities in the fields. Some children also received specialized paediatric advice, including IQ testing.

Pre-Initiates: Regular sessions on Satsang History & culture have been conducted throughout Q3.

Mahila Association: The *Mahilas* of all three Branches have come up with innovative ideas and worked towards achieving the goals set for themselves 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 in Dayalbagh *Khet* during August month.
2. Food making and processing: Hamburg Branch *Mahilas* prepared jam from local fruit 'Quinsy'. All three Branches participated and sold at no profit no loss, many homemade food items in Zonal Exhibition including jams, pickles, savouries, sweet items etc.
3. Skill development: London Branch *Mahilas* conducted demo sessions on basic crochet skills, *Lathi* PT and making various cuisine food items, e.g. Korean, Gujrati and Punjabi. Etc.

4. Coaching children to recite *Shabdas*: *Mahilas* continued to teach children *Paath* recitation in various languages, e.g. Sanskrit and English,
5. Knowledge Sharing: Regular sessions were conducted by Hamburg Branch on various topics of interest, e.g. *Seva* as per Ra Dha Sva Aa Mi Faith, Reflection from a Geoscientist Expedition
6. Other: London Branch *Mahilas* started nature walks to promote health and wellbeing.

AAFDEI:

Europe AAFDEI members activities are divided into the following categories

- Knowledge Sharing: On 4th August a session was held on 'Amazing Rajaborari' - Skills & Women Empowerment' by a guest speaker Dean DEI Tribal Skill Development & Rural Entrepreneurship.
- Soft skills coaching: Five candidates received counselling, CV support, and interview practice.
- Talks: Talks on Marketing and Market Research were given to DEI MBA students in September every week for a duration of 5 weeks.

Satsang Garden:

1. Hamburg: Coriander seeds were produced and distributed to Branch members and vegetables were grown in Bensheim Satsang *Ghar*.
2. London: Regular lawn mowing, de-weeding and horticultural activities took place, and members harvested many vegetables for use by *Mahilas* in preparation of meals prepared at *Satsang Ghar* for *Seva* volunteers.

Satsang Ghar maintenance:

- Birmingham Branch: The conservatory roof was replaced and an adjoining wall was renovated.
- London Branch: Work to replace the roof tiles above the kitchen and install a new Vestry roof were completed.

Special Days – Zonal Satsang:

Birmingham Branch hosted the '21st DRSAE / DRSAE Property Holding CIO Zonal Satsang' via hybrid mode on 13th July 2024. The Zonal Satsang highlights included

- Cultural programme
- *Paths* recitation
- Mini Exhibition and Sale of textile goods, recycled items and homemade food items at no profit no loss by *Mahila* Association
- Interactive Sports

Regional Association

The DSC 2024 Conference was held in Hybrid Mode from 23-25 September 2024. Two organizers were from the Europe Region, one from Kiel University and the other from Birmingham University. The highlight of the conference was the Vision Talk given by the Most Revered Professor P.S. Satsangi, Chairman, Advisory Committee on Education. Some Brothers / Sisters from the Region presented an oral and poster paper at the conference.

Information about the Overseas Bulletin

The overseas Bulletin is issues 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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