

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. 4 Tuesday, 31st December, 2024 (October – December 2024)

ON THE AUSPICIOUS OCCASION OF THE BHANDARAS OF
PARAM GURU MAHARAJ SAHAB (13-10-2024) & PARAM
GURU HUZUR MAHARAJ (29-12-2024)
THE OVERSEAS BULLETIN OFFERS ITS HUMBLE OBEISANCES AND DEDICATES THIS ISSUE AT
THEIR HOLY LOTUS FEET

PARAM GURU MAHARAJ SAHAB'S BACHAN

Seva is of three kinds, viz, first, the *Seva* of the *Sant Satguru* ("Acclaimed" *Waqt* / Present *Sant Satguru*) or the *Sadh*, second, the *Seva* of the *Satsang* and third the *Seva* of the lovers of the Lord and His devotees. The second kind of *Seva* is not rendered to any particular person. If the *Sant Satguru* is Present ("Acclaimed" *Waqt* / Present *Sant Satguru*), then His service, otherwise the service of Merciful Ra Dha Sva Aa Mi, Who is the Father of the *Sant Satguru* ("Acclaimed" *Waqt* / Present *Sant Satguru*) also, is *Seva* of the Highest Order. The *Seva* of the third category is like doing the *Seva* of one's family and of members of one's own caste fraternity. When a friend comes to a person, every kind of service is offered to him/her, e.g. he/she is offered food and drink and entertained. One sits with him and talks with him/her. In short, hospitality is extended to him/her in every way. The *Seva* of all the three kinds cannot be placed in one category. The *Seva* of the first and second kinds is almost equal in importance, but the *Seva* of the third category is of a slightly different nature. However, all these three kinds of *Seva* are considered to be *paramartha*. If *Seva* of all these three kinds is done without any selfish motive, the reward is very big, and Merciful Ra Dha Sva Aa Mi grants the wealth of His Love (*Prema Bhakti/Prema Saran*) in return. Then love in the Holy Feet of Merciful Ra Dha Sva Aa Mi is engendered and one begins to attain the object of life.

Extract- Selected Bachans of Param Guru Maharaj Sahab (10)

PARAM GURU HUZUR MAHARAJ'S BACHAN

322 (xii). There is no true friend and well-wisher of the *Jiva* in this world, except the *Sant Satguru* ("Acclaimed" *Waqt* / Present *Sant Satguru*). He can Protect and Help the *Jiva* at all times, provided one surrenders oneself to Him with a sincere mind and engages, as far as possible, in such activities as He may Order. If one does so, the *Sant Satguru* ("Acclaimed" *Waqt* / Present *Sant Satguru*) would, with His Grace, make one perform whatever spiritual activities are necessary, and, by making one develop love (*Prema Bhakti/Prema Saran*) in His Holy Feet, loosen one's known and unknown bonds, as a result of which one would suffer very little trouble at the time of death and then He would, with His Grace and Mercy, Grant him/her *Darsana* and, lifting up one's spirit with His Current, would Grant him/her abode in some high region of happiness and as long as the *Jiva* does not become entitled to reach the

Original Abode by performing the practices, the *Sant Satguru* ("Acclaimed" *Waqt* / Present *Sant Satguru*) would grant him/her human form again and again and would make one perform necessary spiritual activities by stages and would grant him/her abode in a high region of happiness, and by making one reach the Abode of Ra Dha Sva Aa Mi one day, would Grant him/her eternal and supreme bliss and would release one completely from the pains and pleasures of the physical Body and from the pangs of births and deaths.

SELECTED SHABDAS (17)

गुरु प्यारे करें आज जगत उद्धार		॥टेक॥
जीवन को अति दुखी देख कर	उमँगी दया जाका वार न पार	॥ 1 ॥
नर सरूप धर जग में आये	भेद सुनाया घर का सार	॥ 2 ॥
दीन होय जो चरनन लागे	उन जीवन को लिया सम्हार	॥ 3 ॥
बाकी जीव जन्तु पर जग में	मेहर दृष्टि करी गुरु दयार	॥ 4 ॥
जस तस उनका काज बनाया	अपनी दया से किरपा धार	॥ 5 ॥
कोई जीव खाली नहीं छोड़ा	सब पर मेहर की दृष्टि डार	॥ 6 ॥
कुल मालिक रा धा स्व आ मी प्यारे	जीव जन्तु सब लीन्हे तार	॥ 7 ॥
कौन सके उन महिमा गाई	शेष महेश रहे सब हार	॥ 8 ॥
दोउ कर जोर करूँ मैं बिनती	शुकर करूँ मैं बारम्बार	॥ 9 ॥
रा धा स्व आ मी सम समरथ नहीं कोई	रा धा स्व आ मी करें अस दया अपार	॥ 10 ॥
मैं बालक उन सरन अधीना	चरन लगाया मोहिं कर प्यार	॥ 11 ॥

TRANSLATION

Beloved *Satguru* ("Acclaimed" *Waqt* / Present *Sant Satguru*) is Redeeming the world today!

Seeing *jivas* in great distress, His Grace surged forth without limit and restriction. 1

He made His advent into the world in Human Form and Revealed the Secret of the Real Abode. 2

He Mercifully took those *jivas* under His Care who in all humility sought Shelter in His Feet. 3

And Merciful *Satguru* ("Acclaimed" *Waqt* / Present *Sant Satguru*) Cast His Gracious Glance also on the rest of the *jivas* and creatures of the world 4

Somehow, He worked their good also in His Benevolence and Mercy. 5

He did not neglect any *jiva* and Directed His Loving Glance towards all. 6

Almighty Lord, Beloved Ra Dha Sva Aa Mi in His Mercy, has Redeemed all *jivas*, high and low. 7

Who can describe His Glory; even gods like *Shesh* and *Mahesh* have failed in this. 8

With folded hands I pray and offer my grateful thanks to Him again and again 9

No one can equal the might of Merciful Ra Dha Sva Aa Mi; such Unbounded Grace and Mercy is Showered by Him. 10
I am a helpless child depending absolutely on His Protection; He has lovingly drawn me to His Holy Feet. 11

DISCOURSES ON RADHASOAMI FAITH BY PARAM GURU MAHARAJ SAHAB

67 - COMPONENT PARTS OF THE NAME Ra Dha Sva Aa Mi EXPLAINED

104. It is a matter which can be easily observed that in imitating a sound such as that of a whistle, bell, etc., the instrument of articulation is required to be put in such a condition as corresponds more or less with the condition which gave rise to the sound. It is well known that in wind-instruments, the vibrating column of air has to be set in motion in a tube, and the emanation of this vibration from the open end of the tube produces the sound peculiar to the flute, clarinet etc. Now, if we want to imitate the sound of a flute, we shall so adapt our instrument of articulation as to create a tube within it, with the open end at the lips, and then set the aerial column in vibration, which will issue from the hole of the lips in some resemblance to the sound of a flute. The sound of the sibilant letter 'S', which is uttered by adaptation of the instrument of speech in a manner similar to that mentioned above, will accordingly necessarily take part in the imitation of a flute-sound, and the flute-sound could never be imitated if the sound of the letter 'S' were not to be used. Similarly, in imitating a bell-sound, which is produced by a concentrated shock on a part of a metallic disc or on the side of a metallic vessel, the use of the sound of a dental letter is indispensable, as the striking can only be imitated in the instrument of articulation when the tongue strikes the shut-teeth in uttering dental letters. The bell-sound is accordingly imitated by the sound '*ding-dong*' in English, or by the sound '*tan-tan*' in Hindustani. It will be observed that the initial letters are both dental, while the closing letters are nasal. From what we have stated above, the principle is established that the use of certain peculiar letters is indispensable in imitating sounds in articulate speech. Let us now apply this principle to find out the letters and their forms which would represent in articulate speech the sound accompanying the actions of a spirit current and its focus. We have already stated that the action of the spirit-force is somewhat similar to that of magnetism. The examination of the conditions prevailing in a field of magnetic force will, therefore, serve our purpose. Ether in its normal condition, as evolved in the course of creation, consists of a homogeneous mass capable of differentiation into two components already referred to as the positive and negative ions. This differentiation takes place because of the action of energy from an extraneous plane, but the creational tendency tends to restore the components to the original natural condition. This is the reason why the negative and positive poles attract each other, and a neutral zone is formed between the two. In plain language, the formation of the two poles of a field of magnetic force corresponds to the storage of energy at one place and its corresponding depletion at another. If we look at individual ions in a field of magnetic force, we find that they are subject to stress of two opposite characters. All the ions are accordingly in a state of subtle tremor. This is the first effect in a sphere of attractive force. The prevailing attraction then resolves into attraction-currents which are made up of a series of such tremors in the same direction. This is the state, to some extent of the action of a spirit current. Now, let us ascertain what letter-sounds and their combinations will set up a similar condition in the instrument for articulation. The sound of 'R' is one which is produced by a most pronounced vibration of the tongue, and this letter sound must, therefore, be used in the first place for the purposes of imitation in articulate speech of the sound accompanying the action of a spirit-current at any point, which is one of tremor. The attractive flow towards the centre has next to be imitated, which is accomplished by the use of a dental-aspirant letter-sound necessitating the initial

drawal of breath inwards. The letter-sound 'Ra Dha' are accordingly the nearest approach in articulate speech of the subtle sound accompanying the action of a spirit-current.

CATECHISM

Param Guru Huzur Maharaj

Q. 53. What are termed inwardly and outwardly directed tendencies?

A. 53. The spirit that is entangling itself in external worldly objects through the sense-organs is known as having outwardly directed tendency. Turning it inwards and disengaging it from worldly objects and engaging in love and devotion sincerely and with faith in the Holy Feet of the Lord and to remember His Name and Form all the time, is known as inwardly directed tendency.

Q. 54. How can inwardly directed tendency be possible?

A. 54. There are different methods for a recluse and for a householder for turning the attention inwards. First - for a person who after breaking all one's worldly bonds has sought Protection in the Holy Feet of Satguru Ra Dha Sva Aa Mi Dayal and for whose feeding, clothing and other needs the Satguru ("Acclaimed" *Waqt* / Present *Sant Satguru*) has taken the responsibility, the duty is that after reciting the Holy Books two or three times for an hour, he should perform *Dhyan* and *Sumiran* for three hours and also *Bhajan* for three hours with regularity and join *Satsang* without fail whenever it be available. In the latter case there would be no necessity for reciting from the Holy Books separately and *Sumiran* and *Bhajan* also for two hours each will be sufficient. One should watch one's mind all along i.e., keep guard over it, as far as possible and stop it from raising undesirable thoughts and mental images and take full care that one's mind does not divert one's body towards evil deeds. One should keep oneself completely away from lustful and similar thoughts, external enjoyments of the senses like hearing of music and witnessing of dances, visiting fairs and places of entertainment, roaming about in the *Bazaar* for amusement, reading of books of stories and fables, playing of *chaupar*, chess, cards etc., using of *bhang*, hemp, *charas*, opium, chandu, *madak* etc. i.e., intoxicants which induce dryness, drowsiness and laziness and from entertaining desire for eating good food and wearing good clothes etc. One should always keep in mind the transitory nature of the world and the thought of one's death. One should perform *Seva* of the *Satguru* ("Acclaimed" *Waqt* / Present *Sant Satguru*) of the Time with body, mind, wealth and *Surat* (spirit) and obey His Orders. When any evil thought troubles oneself much one should inquire about its remedy from the *Satguru* ("Acclaimed" *Waqt* / Present *Sant Satguru*) and use it accordingly.

Secondly -- for a householder the most essential thing is that one should as far as possible loosen and lighten one's worldly bonds, keep them only as may be necessary and should not interfere in any worldly thing with which one has no concern. One should do everything with sincerity and leave the result thereof to the Will of the Lord. One should not entangle oneself much in pleasure, pain and worldly enjoyments. One should engage one in the *Seva* of the *Satguru* ("Acclaimed" *Waqt* / Present *Sant Satguru*) of the Time and of the devotees and the like according to one's capacity. One should engage oneself in the morning and evening at least for an hour in *Sumiran* and *Dhyan* and another hour in *Bhajan* and if one can manage he should do this for three or four hours and attend *Satsang* invariably whenever it is available and do some reading of the *Bani* everyday with understanding, specially when *Satsang* is not available.

REGIONAL NEWS (October- December 2024)

Celebration of Bhandaras: The *Bhandaras* of Param Guru Maharaj Sahab and Param Guru Huzur Maharaj were celebrated, on the 13th of October and 29th of December 2024 respectively, with great enthusiasm, love and devotional fervour in the entire Region marking a significant event for our community.

Sant Su(perman) Evolutionary Scheme & CRC: All Children in the entire Region enthusiastically participated in various activities, which are divided into three categories based on the developmental goals.

1. **Physical:** All Children of the Region practiced and performed Self-defence cum Healthcare PT, *Yoga*, Dance on a regular basis on either audio or video mode and participated in khet sewa activities.
2. **Mental:** Children of the region learned the art of storytelling in Hindi & English. Children of the region are improving their attention span and mental capabilities via various games; e.g. chess, jigsaw puzzles , board games etc. All children participated enthusiastically in the quiz program based on the Biography of Param Guru Dr. M.B. Lal Sahab conducted on Innovation, Quality and Valuation Day.
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.
4. **Other:** Art, craft, and baking sessions were held for children, featuring seasonal activities like fall wreath making and Christmas cookie baking. The Birmingham branch also organized a walk to the local nature reserve.

Pre-Initiates: Regular sessions on Satsang History & Culture were conducted to imbibe Satsang values in younger youth members.

Mahila Association: Progress Reports of all three *Mahila* Associations were submitted to Sabha during in pursuit of making all Associations Vibrant Entities. All *Mahila Association* have been dedicated to achieving various goals through innovative ideas and hard work.

1. **Textiles:** All *Mahila* Associations across the region participated enthusiastically in making various regular usage household products; e.g. sling bags, purses, *kurtas* , block printed *chunnies* , children wear , dining table runners etc.
2. **Food making and processing:** London Branch *Mahilas* prepared freshly ground spices and gram flour which were sold in Satsang at no profit no loss basis. Birmingham Branch *Mahilas* prepared vegetable pickle and carrot *halwa* learnt in demo sessions.
3. **Skill development:** Hamburg Branch *Mahilas* continued cooking classes on multiple cuisines, e.g. Kashmiri and western desserts whereas Birmingham Branch focussed on vegetable pickle and Indian sweet, Carrot *Halwa*. Hamburg Branch have started classes on 'Block Printing' technique on fabrics. London and Birmingham *Mahilas* continued to improve their skills in *Yoga* and *Lathi* PT in various sessions.
4. **Coaching children to recite Shabdhas:** *Mahilas* continued to teach children *Paath* recitation in various languages, e.g., Sanskrit and English,
5. **Knowledge Sharing:** Regular monthly sessions were conducted by Hamburg Branch on various topics of interest, e.g., Importance of Game Paradigm, Benefits of Homoeopathy, Plate Tectonics. Birmingham Branch *Mahilas* started to impart training in IT to various members of the Branch. Birmingham Branch conducted sessions on women's health and dental hygiene.

AAFDEI:

Europe AAFDEI members were busy with various activities which are broadly divided into the following categories

- Knowledge Sharing: Sessions were facilitated for job seekers to share their experiences, with the first session on 25th October, 2024 benefiting participants.
- Soft skills coaching: Candidates received support and assistance through counselling, CV assistance, and interview practice leading to successful work placement.
- Course Material Preparation: Progress continued on preparation of course material for two DEI courses; e.g. Project Management (CDM 302) and Clinical Biochemistry (CDM 101).

Satsang Garden:

1. Birmingham: Members of the Branch were involved in hedge cutting, lawn mowing, jet washing and bricklaying as part of Garden maintenance. To follow sustainable agroecology practices Satsang Ghar Garden Waste was recycled into manure.
2. London: Marigolds from the raised beds were used for decoration purposes of the *Satsang Ghar* on *Bhandaras*. Bulbs were planted for spring season. Members continued maintenance activities of de-weeding of the footpaths and other garden areas and compost making.

Satsang Ghar maintenance:

- Birmingham Branch Volunteers plastered the garden wall and the conservatory underwent renovations with the roof and adjacent wall replaced.
- Hamburg Branch members cleaned and prepared all rainwater containers for winter.
- London Branch Members cleaned the stained-glass windows and grand chandeliers within the *Satsang Ghar*.

Special Days - Innovation, Quality and Valuation Day:

The Region celebrated Innovation, Quality and Valuation Day on 31/10/2024 with an innovative quiz program on the topic 'Param Guru Huzur Dr. M.B. Lal Sahab's Life History'. Birmingham Branch conducted a lecture by Prof. Ranjeet Satsangi.

Community Link / Service

- The Hamburg Branch supported the "Johanniter Christmas Trucker Campaign" in December 2024, contributing aid packages with food, hygiene items and toys for disadvantaged families, children and communities in Southeast Europe and Germany, delivered by volunteers during the holiday season.
- Members of Oslo MPG volunteered for a 20-hour shift at the *Dandiya* Charity Event, organized by the Indian Community to support the Norwegian Cancer Society (Kreftforeningen). They also handcrafted Christmas cards for local elderly care homes.
- Members of the London Branch cleared the brambles surrounding the *Satsang Ghar* boundary wall in the neighbourhood.

Regional Association

Meetings of the Governing Body and General Body were held to pass the Revised Budget for 2024/25 and Proposed Budget for 2025/26.

Other

- A few Sant Su(perman) Evolutionary scheme children from the Region received the opportunity to participate in a cultural program at Dayalbagh fields and at Prem Nagar Huzuri Kothi.
- Hartlepool Area Satsang shifted venue to a church building i.e., a dedicated place of worship, in Newcastle.
- PBn. Dr. Kamlesh Gautam, Regional Member, DRS AE, passed away on 21st November, 2024. DRS AE Trustees unanimously passed a condolence resolution on 21.11.2024.

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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