

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 LVIII No. 1 Monday, 31st March, 2025

(January – March 2025)

ON THE AUSPICIOUS OCCASION OF THE BHANDARAS OF
PARAM GURU HUZUR SAHABJI MAHARAJ (23-02-2025) &
PARAM GURU HUZUR MEHTAJI MAHARAJ (23-03-2025)
THE OVERSEAS BULLETIN OFFERS ITS HUMBLE OBEISANCES AND DEDICATES THIS
ISSUE AT **THEIR HOLY LOTUS FEET**

PARAM GURU HUZUR MEHTAJI MAHARAJ'S BACHAN

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".

(Extract: Bachan No. 17. Selected Bachans of Param Guru Huzur Mehtaji Maharaj)

PARAM GURU HUZUR SAHABJI MAHARAJ'S BACHAN

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.

(Extract: *Satsang Ke Upadesa* III, Discourse No. 66)

SHABDA

Composed by Gracious Huzur Prem Saran Satsangi Sahab
Rendered on the occasion of Bhandara of Param Guru Huzur Sahabji
Maharaj during Aarti Satsang on 22/2/2009

English Translation

मैं पाया सुहाग सतगुरु का	॥	I acquired the splendour of <i>Satguru</i> ("Acclaimed" <i>Waqt</i> / Present <i>Sant Satguru</i>).
मैं पाया स्वरूप परम गुरु का		I caught hold of the Form of Param Guru ("Acclaimed" <i>Waqt</i> / Present <i>Sant Satguru</i>).
मुझे मिल गया नाम परम पुरुष का		I got the Name of the Supreme Being.
मैं सुमिरूँ नाम रा धा स्व आ मी का		I repeat the Name of <u>Ra Dha Sva Aa Mi</u> (Dayal).
मैं पाया सुहाग सतगुरु का	॥	I acquired.....
मैं धावूँ धाम रा धा स्व आ मी का		I hasten to attain the Region of <u>Ra Dha Sva Aa Mi</u> .
मैं दरसूँ परम प्रकाश रा धा स्व आ मी का		I see the Supreme Refulgence of <u>Ra Dha Sva Aa Mi</u> .
मैं निरखत लीला- बिलास रा धा स्व आ मी का		I witness the Glorious-play of <u>Ra Dha Sva Aa Mi</u> .
मैं पाया सुहाग सतगुरु का	॥	I acquired.....
मैं अनहद शब्द सुनूँ ब्रह्मांड का		I listen to the unstruck sounds of <i>Brahmanda</i>
घंटा शंख मृदंग किंगरी सारंग का		The Bell, the Conch, <i>Mridang</i> , <i>Kingari</i> and <i>Sarangi</i> .
मैं देखूँ प्रकाश व्यापक मन का		I see the refulgence of Universal Mind.
मैं पाया सुहाग सतगुरु का	॥	I acquired.....
ज्योति लाल रवि पूरन मासी चंद्र का		Of <i>Jyoti</i> , Red Sun and Full Moon.
मैं सुनूँ मुरली बीन वाद्य सत पुरुष का		I hear <i>Murali</i> and Been instruments of <i>Sat Purush</i> .
मैं परखूँ प्रकाश मध्याह्न भान का		I see the refulgence of mid-day Sun.
मैं पाया सुहाग सतगुरु का	॥	I acquired.....
मैं लखूँ शब्द प्रकाश अलख अगम का		I see the refulgence and Sounds of <i>Alakh</i> and <i>Agam</i> .
मैं चखूँ निर्मल अविरल बिलास धुर घर का		I taste the pure incessant glory of Original Abode.
मैं पाया पूर्ण सुहाग रा धा स्व आ मी का		I acquired full splendour of the Feet of <u>Ra Dha Sva Aa Mi</u> .
मैं पाया सुहाग सतगुरु का	॥	I acquired.....

(Extract – The Dayalbagh e-Herald 02-March-2021)

DIARY OF PARAM GURU HUZUR SAHABJI MAHARAJ

I delivered a long speech in the Evening Satsang. I wanted that people should be made to have a deep realization of their religious duties and therefore I had to use rather strong language. First of all, I explained that the science of Biology tells us that in the beginning very simple forms of life appeared in the world. These bodies were just bits of protoplasm floating on water but when animal life established its foothold through this stage of creation, the laws of nature began to act and react, and the process of differentiation began to manifest itself in the cells and the substance of nerves came into existence. Separate centres were established for separate kinds of activities. The nervous system was created. Frogs came into existence and so also the fish. Then the heart, the brain and stomach etc., came into existence. The fishes which fly and live in nests on trees then appeared and birds and animals also appeared and then man appeared as a finale to the evolution of forms of life and animals established dominance over the mineral as well as over the vegetable kingdom. Exactly in the same manner, man first established his foothold, then spread out and made progress in the world. The first man was very simple and differed very little from animals, but gradually when he found his way to protect himself from germs and wild beasts and succeeded in keeping alive and established his foothold, laws of nature began to act and react and differentiation among men came about. Light appeared in man's brain and emotions filled his heart and his faculties of seeing, hearing etc. began to function more efficiently. He acquired knowledge of the forces of nature, and belief in gods and ancestor-worship began. *Rishis* having the same status as God appeared. *Brahma Vidya*, i.e. knowledge about God was revealed and *Brahmanas* appeared in their glory and the dominance of the forces of nature and of gods was established over man's heart.

People gave up leading nomadic life and agriculture was discovered, and houses began to be constructed. Worship of God *Indra* began so that man could have rain at the proper time and big sacrifices were performed for protection from diseases. Besides, big *Ashrams* were established to enable man to think over the problem of salvation and to enable him to perform spiritual practices. Sometime after, there was a decline among *Brahmanas*, and for protection of mankind, the art of plundering and looting others was found out. Why should anyone undergo the trouble of cultivating lands? Why should anyone pray in humility to God *Indra* for rain? Why should they not plunder those whose crops are green? Why should they not grow rich immediately by plundering other nations which are prosperous? This was the beginning of the *Kshatriya* caste.

Swords, axes, arrows and bows were invented and the art of using weapons was developed and the God of war, "*Rudra*," began to be worshipped. Fighting became a duty, and the authority of the *Kshatriyas* was accepted everywhere, and the *Brahmana dharma* was subordinated. After this, the work of *Brahmanas* was generally to guide in the performance of sacrifice etc., to help in gaining victory over enemies in war and in washing away the sins of murder and slaughter etc. Sometimes they advised people about good omens and sometimes they sought help from the stars etc. Authority and knowledge about God both passed on to the *Kshatriyas* but as plundering others became frequent and very common, the *Kshatriyas* began to decline, and nature made an effort and establish its third focus of power i.e. the *Vaishya* caste.

Things of luxury began to be made, and boats began to ply over rivers and instead of the shining glint of the sword and the twang of the bow, the glitter of the diamonds and the jingling sound of coins became common things. Why should we put our life in danger by fighting or in war? Why should we not sell a thing worth 4 *annas* for 4 rupees and earn 3

rupees and 12 *annas* and spending a part of this income, engage soldiers for our protection? In short, railway trains began to run, steam ships began to go from place to place and aeroplanes began to fly. Different kinds of things of luxury and comfort were invented, and authority of the *Kshatriyas* was lost, and the *Vaishya dharma* came into limelight.

The services of poor *Brahmanas* became available for a few paise and they were obliged to beg for money from door to door. But the *Vaishyas* also had a fall from their ideal. There was adulteration in everything and due to love of profit, deception was resorted to, and brother could not trust his brother and father could not trust his son and there was greed, and attachment for wealth and property increased and worship and religious activities were discarded. All the people everywhere are running after money and after luxury. The purpose for which nature had brought the human body into existence has been given up. The laws of nature were obliged to form a fourth focus. Nature cannot be defeated. It has infinite means and thus the turn of the *Shudra dharma* came.

All things are accomplished by votes. Nobody bothers about the *mantras* of the *Brahmanas* or for the sword of the *Kshatriyas* or the money of the *Vaishyas*. If people attach importance to anything, it is votes. There are strikes and more strikes. Big businesses have been destroyed. The world is starving, and every country is being crushed under the weight of debt, and the backbone of the people is broken. Crores of people are dying of diseases and there are preparations to wage war and such arms and weapons of war have been invented that cities can be destroyed in no time. Nations are living in conditions of dire poverty, and all the money is being spent on purchase of arms and armaments. The people are falling in the pit of disaster and there is weeping and wailing on all sides. People are ignoring God and pushing out religion. They believe in majority alone. They worship the majority and the majority rules. How can the laws of nature keep quiet even after observing these conditions in the world?

On observing these terribly sad conditions in the world, nature felt excited and agitated and the skies began to tremble. There was great tumult in *Brahmanda* as well as in the Region of Pure Spirit. Supreme Father Almighty Lord Ra Dha Sva Aa Mi Dayal came to this world, established the *Satsang* and preparations began to be made for true religion to flourish. It is in this connection that I and you have gathered here today.

We are very unlucky that we have been born in such bad times, but we are extremely fortunate that we have not come here merely to fill our stomachs or to produce children.

We have been allotted special *Seva* to perform. We are the *servants* of the True Supreme Lord. We shall do *Seva* like true *Shudras*; we shall keep our hearts pure like true *Brahmanas* and engage in performing spiritual practices for getting the *Darshan* of the Supreme Lord, we shall, like true *Kshatriyas*, protect religion and divine knowledge and like true *Vaishyas*, we shall try to make all the people of the world happy. Nature has now established the fifth focus and wants to take *Seva* from us. Nature demands four things from us, viz first, that we should live on our honest income so that our body and our mind may remain pure, secondly, we should engage in spiritual practices in the morning and in the evening and thus purify our hearts and develop *adhikara* for touching the Holy Feet of the Supreme Lord, thirdly, we should love each other like true brothers and fourthly, whenever we may be overwhelmed by troubles and calamities, we may remember the True Supreme Lord and pray for His Grace and Mercy. If we lead such a life, not only we but the whole world would be benefited. This is the *Seva* which the laws of nature want us to perform. Are you ready and prepared to do this *Seva*? That person alone who is prepared to do this *Seva* is the True Soldier of Ra Dha Sva Aa Mi Dayal.

(DIARY OF SAHABJI MAHARAJ PART III: 22 December 1932)

REGIONAL NEWS (January- March 2025)

Celebration of Bhandaras: The *Bhandaras* of Param Guru Huzur Sahabji Maharaj and Param Guru Huzur Mehtaji Maharaj were celebrated, on the 23rd of February and 23rd of March 2025 respectively, with great enthusiasm, love and devotional fervour in the entire Region marking a significant event for our community.

Superhumane & CRC: All children across the region engaged in activities across three main categories: Physical, Mental, and Spiritual, with each Branch focusing on specific activities.

Physical: Children practiced Self-defense, Healthcare PT, cultural activities, and *Khet Seva* weekly. Hamburg focused on skipping and squats, while London participated in Basant Sports.

Mental: Birmingham children learnt about Param Guru Huzur Dr. M.B. Lal Sahab's Biography, took part in quizzes, and engaged in storytelling and riddles. Hamburg played puzzles, drew trees, built Satsang models, and hosted a podcast on endangered species. London played boardgames and language games like Scrabble.

Spiritual: Recitation of Ra Dha Sva Aa Mi on Five *Chakras* (Nerve Centers) and slogans in Hindi, English, and Sanskrit were practiced during Superhumane and CRC sessions, alongside learning of new *Paths*.

Other: CRC children of the Region participated in the Joint CRC Annual Function with Dayalbagh and other global Branches, and in Branch level cultural programs for *Basant*.

Mahila Association: The *Mahilas* across all three Branches have been dedicated to achieve various goals through innovative ideas and hard work.

1. **Textiles:** Hamburg Branch *Mahilas* continued creating innovative textile products like bowl covers and bottle bags for upcoming exhibitions. London *Mahilas* organized an exhibition for Basant of 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:** DRSAE prepared *Elaichi* cookies for sale at the foreign kiosk in Dayalbagh during Basant. All Branches *Mahilas* prepared special *Prashad* and snack packets for the CRC Annual Function.
3. **Skill development:** Birmingham Branch offered *Yoga*, Self-defence, IT, Cooking, and Adult Education classes. Health Talks were held to raise awareness about blood pressure and vitamins. Hamburg Branch continued 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 Shabdas:** *Mahilas* coached children in reciting *Shabdas* in Hindi and Sanskrit, and also for performance items for cultural programs performance items on special sessions during *Basant* and *Holi* celebrations.
5. **Knowledge Sharing:** Regular monthly Expert-led sessions were organized by Hamburg *Mahilas* on various topics of interest, e.g., Musculoskeletal relaxation related "Sleep Well Live Well", "Minimalism and Decluttering" and "Digital Detox". London Branch organized Talks on couple of topics, e.g. "Becoming More vibrant in 2025", "Tips on self help Guide on immigration to UK and back to India".
6. **Other:** All three Branches *Mahilas* participated in joyous celebrations of *Basant*, *Holi*, and *Lohri* related various festive activities like *Pheri*, exhibition, sports, bonfire, *tappe*, cultural programs etc.

Pre-(Initiates): In the Region, pre-youth students engaged in various activities, which included group discussions and quizzes on various topics like Self-defense, History of Dayalbagh and *Jeevanis* of *Sant Satgurus*. They also participated in cultural programs and sports during Basant and Holi celebrations. Additionally, they supported the *Mahila* Association and helped with cleaning and washing utensils, demonstrating a strong spirit of Seva.

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

- Knowledge Sharing Seminars: A Talk on the "Dayalbagh Way of Life" was given to trustees of a London charity, and a job counselling meeting was held offering tips on gaining sponsorship from UK companies for overseas job seekers.
- Soft Skills Coaching: CV support, Interview Practice, and Counselling were provided as needed

Satsang Garden and Agroecology: The *Satsang Ghar* gardens across the three Branches were well-maintained and prepared for growth. In Birmingham, the Agroecology team planted flowers, herbs, and managed the disposal of cut shrubs. In Hamburg, spring cleaning was completed, and potatoes and roses were planted. In London, rose bushes were planted, and a garden area was readied for vegetables, with garlic and courgettes added, while spring bulbs began to blossom.

Satsang Ghar maintenance: The *Satsang Ghar* across Region were thoroughly washed and cleaned both inside and outside which included the paved areas, gardens, and entrance lobby etc towards the preparation for *Basant*, *Holi*, and *Bhandaras*. In addition to that regular cleaning was also undertaken by the members. A *small* section of the external wall of London *Satsang Ghar* Hall-3 was repaired with pointing solution, and two dehumidifiers were placed in the halls to reduce humidity and improve air quality inside the *Satsang Ghar* Hall.

Media: Children from the Birmingham Branch highlighted the importance of *Basant* Festival, with one featured in the school newsletter. A media article in Stokenchurch's 'Village Matters' magazine was published in relation to Satsang Festivals, i.e. *Basant* and *Holi* and vibrant traditions and celebrations.

Special Days - *Basant & Holi* , *Lohri* and Founder's Day: The Region celebrated Founder's Day, *Basant* and *Holi* with vibrant festivities across all three Branches. All Branches organized *Basant* sports and cultural programs.

Community Link / Service: Children from the Birmingham Branch shared the importance of *Basant* at school, with one child earning a Gold Star for her participation. Her involvement in *Basant* celebrations was featured in the newsletter, raising awareness about the Ra Dha Sva Aa Mi Religion in local community.

Regional Association: Some Brothers, Sisters, and Children visited Dayalbagh to celebrate *Basant*, *Holi*, and Most Revered Gracious Huzur's Birthday. DRSAE members participated in the *Basant Path*. Governing and General Body meetings were held to approve the Annual Accounts. The DRSAE Regional President participated in the Panel Discussion at the 6th Winter Session of Dayalbagh Science of Consciousness.

Information about the Overseas Bulletin

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