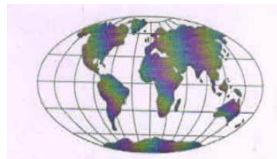


Ra Dha Sva Aa Mi Dayal Ki Daya Ra Dha Sva Aa Mi Sahai
OVERSEAS BULLETIN
(QUARTERLY)



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. 2 Monday, 30th June, 2025

(April – June 2025)

ON THE AUSPICIOUS OCCASION OF THE BHANDARA OF
PARAM GURU HUZUR SARKAR SAHAB (13-04-2025)
THE OVERSEAS BULLETIN OFFERS ITS HUMBLE OBEISANCES
AND DEDICATES THIS ISSUE
IN **THY HOLY LOTUS FEET**

SHABDA by PARAM GURU HUZUR SARKAR SAHAB

जिनको प्रिय न परम गुरु प्यारे ॥ टेक ॥
तजिये तिनहिं कोटि बैरी सम यद्यपि प्रान अधारे।
तिनके संग हानि जानि निज होइये तुरत नियारे ॥ 1 ॥
पिता मातु बंधू सुत बनिता भक्ति बिघ्न जिन डारे
तिनहि आदि से सबहिन तजिया जो जो गुरु आधारे ॥ 2 ॥

**SELECTED BACHANS OF PARAM GURU HUZUR SARKAR SAHAB
(23)**

A brief Discourse was Delivered on the subject of Creation. It was stated that when the Prime Force i.e., the Supreme Being had not Manifested, He was Formless and Nameless. When the impulse came and it was Lord's *Mauj*, a Current Manifested and *Shabda* also. When any force Manifests itself, it always has two characteristics, one of Repulsion and the other of Attraction, that is, it repels anything which is not consubstantial (homogenous) and makes other things consubstantial and attracts towards itself, as in the case of magnet.

The Supreme Being is Embodiment of love and where there is love, there has to be the Lover and the Beloved, otherwise there can be no conception of love at all. Now the Beloved is One

who is complete in every respect and is not deficient in any manner. The Lover is one who has deficiency and is inclined at all times towards the Beloved. Thus the Supreme Being has two phases, that is (1) the Beloved who is full of Spirituality and (2) the Lover who is initially deficient in Spirituality. Thus a powerful Spirit Current issued forth from the Beloved and came down and established contact with the Lover. The result was that the Lover came in communion with the Beloved and assumed the Form of the Beloved. Thus here too there were two phases, viz., one, *yog ang* which became one with the Beloved and assumed the Form of Love and the other, *ayog ang* which was not capable of becoming one with the Beloved and therefore it was separated and thrown downwards as *viyog*. Thus the Spirit Current which connects *yog* with *viyog* has only one function at all times, that of uttering separation and separation alone. Whatever was *yog* remained in the Region of pure Spirit and the Current of lesser Spirituality, which is between *yog* and *viyog* is more or less a connecting link. It became known as love which created *Brahmanda*. And that which is *viyog ang* has great deficiency of Spirituality. In fact, this alone is *Maya* and it is from this that the Region of *Pind* was created.

SELECTED BACHANS OF PARAM GURU HUZUR SARKAR SAHAB (27)

It was stated earlier that the Supreme Being can Appear as *Satguru* ("Acclaimed" *Waqt* / Present *Sant Satguru*) only in human body. No other body more perfect than the human body has been created in this world, or even in any other sphere, i.e., *Loka*. When any force Manifests itself, there are necessarily three factors in that energy, viz., first, the Centre from which it Manifests itself, second, the Current by means of which it spreads and third, the Form which it assumes. In other words, these three factors can be said to be the head, the Trunk and the Feet of the Energy. Thus all these three are found in the human body. In the lower part of our body, that is in the feet and in the legs, there is very little Spirituality, there is greater Spirituality in the portion above it that is the trunk and there is maximum Spirituality in the head.

Thus, the Physical Form of the Supreme Lord is His Human Body. Now, what is His Subtle Form? When there is impulse or commotion in the reservoir of energy or force, its Manifestation can be in no Form other than *Shabda* (sound). For example, if force strikes against something, sound is produced. It is a matter of common experience that when a force impinges on physical objects, there is necessarily some sound, but this sound is very crude and weak. Similarly, when force impinges on subtle matter, the *Shabda* which is produced will not be heard by us because our ears are incapable of hearing more than eighteen to twenty thousand vibrations per second. For example, the light which comes from this lamp is also accompanied by sound, but this sound is very subtle. We cannot hear it. In all this Region, a very powerful *Shabda* is resounding. Pythagoras of Greece has also spoken of the Music of the Spheres. Some people try in the solitude of night to hear this very *Shabda* and they do hear something. There is *Shabda* in stars etc. also. The *Shabda* that is produced when force impinges on subtle matter is very melodious and very powerful. Now, if matter is removed altogether and Pure Force impinges on Pure Spirituality, the force of the *Shabda* which will then be produced cannot be imagined. That *Shabda* is the Manifest Form of the Supreme Being and it is this *Shabda* that brought about the Creation.

Even the physical *Shabda* of this world has so much power that if the world becomes silent even for a second, see what confusion would be created ; no activity would be possible. This *Shabda* has so much power that even deer and the other animals on hearing it come to a

standstill, and, if we may believe, it is reported that *Tansen* etcetera could produce fire and rain by their music. All activities in this world are being guided by this *Shabda*. If one harsh word is spoken, to any person, he/she immediately flies at the throat of the person who spoke the harsh word, and if a sweet word is spoken, he/she is ready to be his/her slave. The Real Form of the Supreme Being is *Shabda* and this *Shabda* has very great power by means of which the entire activity is being carried on. One may also compare what other religions say about *Shabda*. Christ has said, "In the beginning was the Word and the Word was with God and the Word was God." There is something similar to this in Persian also. Some people say that *Shabda* is the attribute of *Akasha*, rather *Shabda* is the life of *Akasha*.

SOUVENIR IV

PARAM GURU HUZUR SARKAR SAHAB

11. Immediately after Initiation, a phenomenal change took place in Sarkar Sahab's life. He neglected His academic studies and devoted His attention mainly to Spiritual practices. On one occasion, when Param Guru Huzur Maharaj Sahab went to Agra for Param Guru Huzur Maharaj's *Darsana*, He was accompanied by Sarkar Sahab, His brother Shri Ram Avatar Sinha, Munshi Ram Sevak Lal, Munshi Uma Prasad and several other Satsangi brothers from Allahabad.

12. Param Guru Huzur Maharaj Sahab, when presenting Sarkar Sahab to Param Guru Huzur Maharaj, submitted, "Huzur, I have brought this rare present to be placed at Your Lotus Feet". Sarkar Sahab bowed at Gracious Huzur's Feet. Param Guru Huzur Maharaj showered His blissful glance on Sarkar Sahab and said "So you have come" and named Him 'Soami Avatar Sinha'. Soon after, a group photograph was taken in which, apart from other Satsangis, all the three Great Personalities, viz., Param Guru Huzur Maharaj, Param Guru Huzur Maharaj Sahab and Param Guru Sarkar Sahab can be seen.

13. On a subsequent visit to Agra, Sarkar Sahab presented to Param Guru Huzur Maharaj a Hindi Poem of 52 verses entitled, '*Prarthana*' and recited it in His sweet voice. Its first verse is :-

हे संतन सिरताज कृपाला हे गुरु दीन दयाला

After His Manifestation as *Sant Satguru*, Param Guru Sarkar Sahab permitted the publication of the same *Prarthana* in *Prem Samachar*, with some necessary modifications suited to the occasion.

REGIONAL NEWS (April - June 2025)

Celebration of *Bhandaras*: The *Bhandara* of Param Guru Huzur Sarkar Sahab was celebrated on the 13th of April 2025 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 across all Branches regularly engaged in Self-Defense-Healthcare PT, *Khet Seva*, cultural activities, and sports, especially during Zonal Satsang 2025.

Mental: Children in Birmingham practiced meditation, recited slogans in multiple languages and learnt about Param Guru Huzur Sarkar Sahab's life and local history through stories. Some London children visited Spiritual centers like *Bal Satsang Darshan* and *Pawan Smrithyalaya*, with some participating in CRC activities in Dayalbagh *Khet*. Hamburg children engaged in an educational session on earthquakes, created "Qawwail" themed drawings, and built imaginative Dayalbagh models using Legos.

Spiritual: Children performed Ra Dha Sva Aa Mi recitations at the nerve *chakras* and learned new *Paths*. London children recited *Path* at Zonal Satsang 2025.

Other: In April, five children from London performed cultural programs at Dayalbagh *Khet* and Prem Nagar *Pawan Kothi*. Hamburg held a feedback session with parents to enhance Sant Su and CRC activities to understand the changing interests of growing children to incorporate their continuous development and improvise the regular interaction sessions. Couple of key themes suggested included like – half yearly seminars on topics like 'Waste to Wonder', 'Earth Dynamics', 'Oceanography' etc., and introduction of light cooking assignment exercises.

Mahila Associations: The *Mahilas* across all three Branches have been dedicated to achieving various goals through innovative ideas and hard work demonstrating the quality of 'Sahyog'.

1. **Textiles:** Hamburg Branch and London Branch focused on making various wearable items using textiles.
2. **Food making and processing:** Birmingham conducted regular online sessions in cooking. London *Mahilas* continued to make dry *masalas*, sweet and savoury items for regular sale and for Zonal Satsang.
3. **Skill development:** Birmingham conducted regular online sessions in PT and *Yoga*.
4. **Coaching children to recite Shabdhas:** *Mahilas* coached children in reciting *Shabdhas* in Hindi and Sanskrit, and for performance items for cultural programs in Zonal Celebrations.
5. **Knowledge Sharing:** Regular monthly expert-led sessions were organized by Hamburg *Mahilas* on various topics of interest including wellness related ones. Birmingham Branch organised a session on cyber safety workshops for children.
6. **Other:** All three Branches' *Mahilas* participated in joyous Zonal celebrations with participation in various areas, including running of food stalls, exhibition and sale of a variety of handmade goods including snacks, sweets, pickles and craft items.

Pre-(Initiates): In Hamburg, Pre-Youth members led sessions on Satsang history and culture for children, organised a mindfulness session for youth, and conducted an economics workshop to raise financial awareness following the recent stock market crash. In London, Pre-Initiates planned and led tailored sports activities for Superhumane children during the Zonal Satsang. In Birmingham Pre-Initiates engaged in *Seva* activities of cleaning of the *Satsang Ghar* and its gardens.

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

- Knowledge-sharing Seminars: Conducted some workshops on key topics such as 'UK Visa Challenges' and 'Employment Obstacles in Germany'.
- Soft Skills Coaching: Organised several job counselling workshops addressing job retention attended by groups ranging from 8 to 12 participants.

Satsang Garden and Agroecology: The *Satsang Ghar* gardens across the three Branches were well-maintained and prepared for growth. In Birmingham, the Agroecology Committee has been actively involved in enhancing the garden area by laying slabs and building raised beds. They demonstrated sustainable practise by using garden grass and leaves to produce compost for future use. Birmingham SG Garden had a bumper crop of marigolds, strawberries and *Bathua*, *Chana* plants were grown as an educational activity for the children, helping them connect with nature and understand food cultivation. In Hamburg, spring cleaning was completed, and few flowering plants and vegetables were planted. Hamburg children enjoyed a *Khet* tour with a fun vegetable leaf-tasting game, plucked red and black currants to make ice cream sauce for sale and regular produce was used as *prasad* and in the meal preparations. In London, climbing roses and wall-flower plants were planted, alongside many vegetables in the vegetable patch area that include potatoes, cabbage, carrots, tomatoes and courgettes. *Satsang Ghar* was adorned with seasonal bulb flowers of tulips, daffodils and lilies. Onions and strawberries were harvested. A Fairy House was added to the large tree in the garden to encourage younger children to play in nature and engage in agroecology activities.

Special Days – Zonal Satsang:

The 22nd DRSAE Zonal Satsang was held on 8th June 2025, in physical mode at Hamburg *Satsang Ghar* and Supervised Virtuous Virtual Reality mode for Birmingham & London Branches. The programme featured a cultural programme, *Zonal Paths*, *Mahila* Association Exhibition and Sale, a quiz programme and Regional updates. Constructive and productive activities were held in parallel to the Zonal Satsang activities that included sewing, agroecology and litter picking. The occasion marked 20 years of Youth Association in London & Birmingham Satsang Branches.

Special Days - Yoga day: On 21st June 2025, *Yoga* day events were held at Birmingham and Stokenchurch *Satsang Ghars*, attracting both local visitors and *Satsangis*. Qualified *Yoga* teachers led the sessions, which were followed by the serving of lacto-vegetarian healthy snacks.

Community Link / Service - London Satsang Ghar Open Day:

On 7th June 2025, the London Branch enthusiastically hosted its 5th Open Day, drawing many local guests. Highlights included displays of the Dayalbagh Organic Dairy Farm Model, the London *Satsang Ghar*'s Organic Horticulture and Herbs Garden, Renewable Energy videos, a DEI Poster Exhibition, and sales of Satsang Books and handmade *Mahila* items. The *Mahila* Association group also demonstrated Self-defence PT live.

Community Link / Service: A session on Fire Causes and Prevention was organised for the Hamburg Branch members in collaboration with the Mannheim Fire Brigade, "Konrads Brandschutzhelfer Kurse".

Regional Association: The DRSAE General Body Meeting was held on 8th June, 2025 to approve the Annual Report.

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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