

# ^'kcn\*

## Hkkx &ø

xgick.kh ea ^'kcn&ljfr\* ds fo"k; ea cgr o.ku vk;k gSA

bu nksuka 'kCnka ^'kcn\* vlg ^ljfr\* ds fo"k; ea fi Nys Hkkxka ea folrkj l fgr fopkj dh tk pph gSA ijq^ljfr\* ds fo"k; ij vlg [kykl k djus ds fy, fuEufyf[kr mnkgj.k l gk; d gks l d rsgA

**Qk/s** yrs le; dejs dh nf"V (vision) dks **dfr** (focus) fd;k tkrk gS vlg vkl & ikl ds Qk/rw^n'; \* gVk, tkrsgA bl rjg bfPNr n'; dk l gh ^vDI\* Qk/s ea vkrk gSA

Bhd bl h rjg è;ku dks doy ^'kcn\* vFkok xjeak ij gh ,**dxz** ; k **dfr** djuk t:jh gS rk fd gekjs eu ij 'kcn dk l qj] l kQ vlg vlyh **vkRed ^vDI\*** ,**oa ^vlj\*** **ill+ldsA** nll js 'kCnka e] eu vFkok ^è;ku\* ea ls vil; vuko'; d Qk/rw e] dh [; ky nij djus dh t:jr gS vFkok ^è;ku\* dks l kd kfjd [; kyka ls **ekldj** ; k **vfyR gkdj]** , d gh ^'kcn\* **ea ljfr dks fyoytu** djuk gSA bl dk eryc ; g gSfd ^'kcn&ljfr\* dh dekbZ ds fy, nfu; k ls **^vfyR\*** jguk vfr t:jh gS rk fd ^ljfr\* ^'kcn\* ea yxkuh vkl ku gks l ds A

eu dks l kd kfjd [; kyka ls **ekldk** , **oa** , **dxz** djuk vFkok ^'kcn\* ij **dfr** djuk vR;Ur dfBu dke gS vlg ; gh vke ftKkl q/ka dh **f'kdk; r** gksh gSA bl fy, c[ 'ksqq xjed[k l; k]ka dh l a fr vFkok ^l k/ l a fr\* gh eu dks , dxz djus vFkok ^'kcn&ljfr\* dh dekbZ ea vR;Ur **^l gk; d\*** gks l drh gSA

fefy l æfr l k/wmcjs xj dk l cnq dekb AA (i: öy)

l k/ dS l ðx u drgw /koSAA

l k/l ðx vl ffr euq i koSAA (i: üöü)

l k/l æfr fefy eu ofl vlkvk A (ok Hk- xq üö@ö)

mÜky rky (convex lens ) ea l s x t j r h g b z l w z dh fdj.ka **bdVBh** ,oa ,**dlxz** (converge) gls dj] ,d 'kDreru **^xk-h fdj.k\*** dk : i /kj.k dj yrh gSA bl 'kDr'klyh fdj.k (converged dynamic ray) ea l w z dh xelz dh rh{k.krk bruh c<+tkrh g\$ fd og dlxt+dls tyk nrh g\$ tc fd l k/kj.k fdj.ka dk dlxt+ij dkbz vlj ugha glrk A

;g n"Vkr gekjs [;kyk] è;ku vFkok ^l jfr\* dh ^fdj.ka ij l gh mrjrk gSA t\$ & t\$ s gekjs [;kyka dh fdj.ka bdVBh vl\$ ,dlxz glrk tkrh g\$ o\$ & o\$ s bu dh 'kDr c<rh tkrh gSA

gekjs ,dlxz è;ku dh fdj.ka ^'kcn&l jfr\* dh dekbz }jkk rhoz ,oa 'kDreru gls tkrh g\$ ft l s gekjs eu dh e\$y u"V gls tkrh g\$ vl\$ gekjk vlr% dj.k fuezy glrk tkrh gSA bl rjg gekjs fuezy eu ds 'k'ks ij vkrEd ^vDI\* tYnh iMfk g\$ vl\$ x# dh cf['k'k glrk gSA

bl izdkj ^'kcn&l jfr dh dekbz }jkk gekjh vlrjvkrEk ea ^uke dk izdk'k glrk g\$ vl\$ **^xkcln xtrk\*** gSA

i Hk dh ml rfr djgg l r ehr AA

**l ko/ku ,dlxj plr AA** (i: üüy)

eu ds rjæ l cfn fuokjs j l uk l gft l kkbz AA (i: üüýy)

vkun ewyjqeq l Hkq n\$[kvk xj l cnh xksoq xftvk AA (i: üyüy)

**^è;ku\* vFkok ^l jfr\* dh ,dlxrk ds fy, yxu]** n<fk vl\$ **vH;kl vlo';d** gSA

mnkgj.k ds: i e] tc cPpsV\$yhohtu (T.V.) n\$kragsrksog ml eabus

**^exu\*** gls tkrsgā fd vkl & ikl vlg viuk **^vki\*** **Hly tkrsgā** vlg mlga  
vU; dN **^lurk\*** ;k **^lurk\*** gh ugha A bl rjg cPpka dh **^ljfr\***  
VShohtu ea exu gkdj **^Mch\*** jgrh gSA

**^ie&LoSuk\*** vFkok **^ibr dh Mjhr\*** **^ljfr\*** dks **^'kcn\*** ea **^fyoytu\***  
djus dsfy, tknwdk dke djrh gSA

ibr ie ruq [kfp jfgvk chpqu jkbZ glr AA

pju dey euqcf/vls cnuqljfr l atks AA (i: úyöý)

l k/l xfr vl ug l Hk ja ek.kns A

l cn ljfr fyoyg vfk [k o [k.kns A (ok- Hkk- xq úù@úú)

l k/l xfr xj l cnqfi vjk A (ok- Hkk- xq úù@úú)

mijDr fopkj l sfl } gkrk gSfd **^'kcn&ljfr\*** dh delbZ dsfy, &

l k/ & l xfr

vfylrrk

, dlxrk

exurk

vH; kl

ibr & Mjhr

xj i l kn

**dh vR;Ur vko'; drk gS A**

bu l k/uka ea l sc [ 'ls gq xjeq [k l; kja dh **^l xfr\*** vFkok **^l k/ l xfr\***  
**gh igyh l h; k ey l k/ u gS** D; ka fd mudh ^nsh; l xfr\* ds **^i Hko\***  
}kjk vU; l Hk ^vfkRed xqk\* lgt gh eu ea vk dj cl tkrsgā

fdjik djsft l q i kjcgeq gkoS l k/w l xq AA

ftm ftm vksqo/kbz sfrm frm gfj fl m jacqAA (i: ÷ ÷)

ÅBr cBr gfj Hktgq lk/wlax ijfr AA

ukud njeFr NqV xb ikjcge clspfr AA (i: ü÷÷)

, dh ^'kcn&ljfr\* ea fijkbz gpbz ^vkrEd thou&jk& okyh lk/&laxfr  
cMs Hkx; Isikr glsrh gSA

fcuqHkxk lrlaxqu yHksfcuqlaxfr eSyqHkjhtStlm AA (i: öy)

rk dk njlqi kbz s oMHkxh AA

tk dh jke ukfe fyo ykxh AA (i: üöy)

fcuqHkxk lrlaxqu ikbz s djfe feySgfj ukeqgjh AA (i: üü÷÷)

foKku (science) dh [kst vuq kj l kjh n"Veku LFloy olrq] fHku&fHku  
rRoka (elements) ds feJ.k lscuh gSA ; fn fdlh LFloy inkfKkd olrq  
(matter) dksckjhd lscckjhd rKfRst k, j rksfoKku usfl ¼ dj fn; k g\$ fd  
; g n"Veku inkfKZvn"V v\$ l (e v. kvk) t\$ sfd&v. kvka (molecules)  
ijek. kvka (atoms) U; Wku (neturons) v\$ byDVku (electrons)  
vkn dsfeJ.k lscuk gSA byDVku dh FkjFkjgV (vibration) ; k gjdr ds  
dkj.k gh l kjh inkfKkd olrq; vlrRo ea vkrh gSA

Bhd blh izkj iHkl smRiUu l (e) vn"V FkjFkjgV okyk ^**dolvit** ; k  
^**vugn 'kcn\*** gh l kjs l d kj dks i sik djrk] i kyrk , oa pykrk gSA bl dks  
xjck.kh ea ^vugn ck.kh\*] ^vugn /qu\* v\$ ^vugn ukn\* Hkh dgk x; k g\$  
; g ^vugn 'kcn\* vFkok ^vugn /qu\* **'kijfd dkula l s ugha l qh tk**  
**l drh D; kd** ; g rks f= kxqka l s nij bZojh; eMy dh vfr l (e ^FkjFkjgV\*  
vFkok ^'kcn\* g\$ tks døy **vlrj&vlRek ea vuqho }kjk gh l qk tk**  
**l drk gSA** bl vugn ^ck.kh\* vFkok ^'kcn\* dks l qus ds fy, ] igys gea  
^ck.kh\* ; k ^'kcn\* ds LFloy 'kfcnd : i ^xjgk\* dk vVW fleju&vH; kl  
djusdh t: jr gSA yxkrkj fleju djrsgq ; g xjgk l (e glsrk tkrk gsv\$  
gekjs eu] ru] c¼ v\$ vur%dj.k ea /l rk] clrk] j l : i glsrk gvk

**^v{kjglu\*** gks tkrk gSA bl rjg xjeak vFlok ^'kcn\* ds v{kj vyki gks tkrsgs, oaviusokLrfod lwe Lo:i ^'kcn\* vFlok ^'uke\* }kjk varj&vRrek ea izdkf'kr gkdj] ^ijxV igkjs tkink\* vFlok ^xtzk\* gSA

, v[kj f[kfj tkgxs vkb v[kj bu efg ulfg AA  
tgk cksy rg vNj vkok AA tg vclsy rg euqu jgkok AA  
clsy vclsy ef/ gS lkbz AA  
tl vlsqgSrl y[ksu dkbz AA

(i- ýpú)

mngj.kLo:i **^l;kj\*** 'kcn fdh **^vld"lzk\*** dh Hkkouk dk 'kfcnd **irhd** gSA ;g **^vld"lzk\*** vFlok iæ Hkkouk dh glrh bl **^l;kj\*** lcn ij **fulhij ugh** gSA 'kcnla ds fcuk Hkh iæ dk izdVko gks ldrk gS vls iæ&LoSuk dk jak&jl vuttko fd;k tk ldrk gSA ;g 'kcn rls viusvki ea futthb vls ^uk'koku\* gS ijarq bu v{kjka ds ijksk ea fNih gPz xtr ^iæ&LoSuk\* gh vlyh olrqvFlok **^ie infkz** gSA tks dpy vuttko }kjk gh eglw dh tk ldrh gSA iæ&LoSuk dk idVko vls bl dks vuttko djuk gh l;kj dh xtr clyh gS **^pi&ihr\*** gS tks vuttkoh l;jfr }kjk gh tkuh] cwh ;k vuttko dh tk ldrh gSA

blh rjg ^ck.kr\* & ^'kcn\*] vius okLrfod lwe :i iæ&Hkkouk ;k ^pi&ihr\* }kjk izdkf'kr vls ^idV\* gkrk gS vFlok xtrk gSA

^'kcn dh dekbz ;k fleju dk ;g ewy lk/u gekjs 'kjhj] eu vls c¼ rd lfer gSA bl lsvks ^'kcn&l;jfr\* dh varj&vRrek ea ^[ksy\* vls gh gS tks &

i<u&i<kus l s Äij gSA  
le>u&le>kus l s ckgj gSA  
c¼ dh idM+l snij gSA  
de&dalka l s ckgj gSA  
rhuka xqka l s ckgj gSA

ckgje[th /ek] s vyx gSA

fOyktQh ds okn&fookn Is Åij gSA

tc ^'kcn\* vFkok ^xjeak\* dh dekbZ vFkok ^fleju\* djds eu dh ^'n'kk\* vUrZed[th gls tk,] rks ;g ^mleu\* gls tkrk gSA bl ^mleu\* ij vUrRrek dk vDI iMf k g\$ ; k ; p d g k s f d v k R e & i z k ' k dh ped i M f h g s v F k o k u k e dh N g i k l r g k r h g S A

bl vkfRed vDI ; k ^Ng\* dh **ijl & dyk** vFkok ^uke\* ea vkd"lk k 'kfDr vFkok ^ihr&vkd"lk k gSA bl vkfRed i hr&vkd"lk k ds **fcuk gekjk eu elf; dh vkd"lk k** (worldly gravity) ea Is fudy ugta l drk v k s 'kcn & l j f r ea y h u ug t a g l s l d r k A ; g v k f R e d i h r & v k d " l k k g h g e k j h o f U k d l s e k f ; d h e M y d s H k e & H k y k o d s ^ t k n i e a l s [ k p d j f u d k y l d r h g S A

bl rjg ^l j f r \* dh r k j ^ v k R e k \* dh r j Q f [ k p r h t k r h g S &

r k j h u r w S N k j h u N w S , d h e k / k s f [ k p r u h A A (i- øü÷)

vkfRed ^i e & M j h \* Is v k d f " k r g l s d j j **i e & l o s u k ea ^f c l e i n \* g k u k g h ^' k c n & l j f r \* ea f y o y h u g k u k g S A**

igyh voLFk ea tc gekjk ^eu\* , d k x z g k d j ] ^' k c n \* v F k o k ^ x j e a k \* dh dekbZ vFkok fleju djrk g\$ rks bl dks ^e; ku\* dgk x; k gSA

tc gekjk eu ^'n'kk\* cnydj vUrZed[ k g k d j v k R e k d l s ^ i j l r k \* v F k o k ^ N i r k \* g \$ r k s ^ u k e \* dh i h r & M j h } k j k v k R e k dh x g j k b ; k a e a ^ f [ k p r k \* t k r k g S v k s g e k j k ^ e ; k u \* c n y d j l i e **^ v u l l o h l j f r \* c u t k r k g S A**

bl rjg tc ^l j f r & ' k c n \* v F k o k ^ u k e \* d s e g k j l ea **^ x < † t k , v F k o k ^ y h u \* g l s t k , ]** rks ml dks **^' k c n & l j f r & f y o \* d g k x ; k g S A**

l j f r l c n q j n v r f j t k x h v f e m > k s y > k s y i h t k g s A A (i- üü=þ)

lcnq l jfr fyo fi je j l q  
vdFk dgk.kh dFkh u tk, AA

(ok- Hkk- xq üö@üü)

^l jfr\* ds vrj&vRk\* eaf[kps tkus dh vkfRed [lsy dks le>us ds  
fy, fuEufyf[kr mnkgj.k l gk; d gks l drk gS &

;fn ykgs dh ^l b; k ds Åij ls ^pçd\* j [kk tk,] rks &

dkbZ l bZ mNy dj pçd l spid tk, xh A

dkbZ l bZ yVdus yxsh A

dkbZ l bZ Åij mB ds fQj fxj i Msh A

dkbZ l bZ i Mh g bZ fgysch A

dkbZ l bZ fgyrh gh ughA

^pçd\* ea rks, d gh ^vkd"lk&'kDr\* dke djrh gS i jrq l bZ ka ij  
vyx&vyx ^vl j\* gsrk gSA D; khd l b; ka dks dbZ Js kh dk ^tax\* yxk gsrk  
gSA

ni js 'kCnka ea l b; k vius ^tax\* vFkok ^esy\* vuqkj gh pçd ls  
vkd"lk gsrk gS vls gjdr ea vkrh gSA tks l bZ fcYdy l kQ gsrh gS og  
rjUr pçd l svk fpidrh gSA ftl l bZ dks Fkk k tax yxk gsrk gS og ogha  
ij fgyrh gS mB ughal drh A i jrq tks l bZ tax l sy Fki Fk g bZ gk ml ij pçd  
dk dkbZ vl j ugha gsrk vls og ^vl l sel\* ugha gsrh A bl ea pçd dh dkbZ  
deh ugha vfi rq ^tax\* dk gh u d l gSA

ruq tfy cfy ekVh Hkbvk euqekbv k eksg eu# AA (i- üü)

Bhd blh idkj vRk ea rks bdl kj vkfRed ^pçd 'kDr\* vFkok  
^vkd"lk gS i jrq eu dh ^esy\* dh Js kh vuqkj gh tho vkfRed  
vkd"lk egl d djrk gS A

tc rd è; ku\* vFkok gekjs eu dh ofÜk ek; k ea [kfpr gS vFkok i Hkq  
ls foek k gS rc rd gekjh l jfr ^l b; k i Mh gS vFkok ^eqkz gS D; ka fd

ek; k ds Hk&Hkyko ea gea vkrRed eMy dk Kku ; k fo'okl gh ugha gkrk A

T; k&T; ka^l gfr\* vUrRk ea^lcn\* eayhu gkrh tkrh g\$ R; k&R; ka tho dk ckjed[ kh l d kj l s l a/ de gkrk tkrk g\$ v\$ m l s v i u s v k l & i k l d h ^l \* Hkh ugha jgrh A ; gk rd fd ftKkl qvius 'kjhj l s Hkh cl q' gk tkrk gSA bl rjg tho dh] v i u s i p Hk&rd 'kjhj dh **prurk l s ^c&l q'\*** gk **dj ^etuf l d ek\*** gk tkrh g\$ A

ni jh rjQ vlyh fn0; Lo: i ^lcn\* vFkok ^uke\* ds izdk'k eMy ea izsk gkdj gh] tho dk l frx# ds ?kj ^u; k tle\* gkrk g\$ fQj tho dk l d k j d v k o x e u f e v t k r k g S A

ni j s 'l c n k a e a v r j & v k r e k e a ^ l c n \* e a f y o y h u g k u s i j g h t h o d h ^ x j d s l c f n t h o r q e j s o k y h v o l F k k g k r h g \$ v \$ ^ x j l c n \* d s i z d k ' k & : i e M y e a u ; k v k r e d t l e g k r k g \$ v \$ v k r e d t h o u d h i k f r g k r h g \$ A

xj dS l c f n t h o r q e j s g f j u k e q o l S e f u v k b A A (i- ýý)

l c f n e j s f Q f j e j . k q u g k b A A

f c u q e w f d m i j k g k b A A (i- üýý)

l c f n e j s f r l q f u t ? k f j o k l k A A

v k o s u t k o s p u d s v k l k A A (i- üüþ)

l c f n e j s r k l H k q f d N q l u s v u f n u q , d k s t k . l s A A (i- üüýþ)

l c f n e j g q f Q f j t h o g q l n g h

r k f Q f j e j . k q u g k b Z A A (i- öüp)

m i j k D r f o p k j d k l q k i : i e a ; p n ' w z k t k l d r k g \$ &

^ i j e k f k z d k v k j E H k ^ l k / l a f r \* l s g k r k g \$ A

v k e ; k r e d t h o u d s f y , **xj e a k d k v w f l e j u t : j h g \$ A**

T; k&T; ka ^è; ku\* } j k f l e j u f d ; k t k r k g \$ R; k&R; ka **xj e a k d s v { k j**

**Life** gkrš tkrš gš A

;g Life v{kj **^?ly\* dj** Hkkouk Lo:i ea cny tkrš gš A

Hkkouk okys ^mleu\* ij bZojh; cf[ 'k'ka dh fdj.ka i M+h gš A

bZojh; fdj.ka }kjk vkrRed ^Ng\* vFkok **^ije dyk\* vulllo gkrš**

**gš A**

vkrRed ^Ng\* }kjk ^:g\* vUrj vkrEk dh vlg vkdf"kr gkrš gš A

bl vkrRed vkd"zk }kjk ^è;ku\*&^Ijfr\* ea cny tkrš gš A

^Ijfr\* Life 'kcn dh Mjsh vFkok bZojh; /fu dls i dM+ysh gš A

Icnqxq Ijfr /fu psyk AA (i: ùpy)

^kcn\* vFkok ^uke\* dh ^ihr Mjsh\* Is ^Ijfr\* Igt&LoHko vUrkrEk  
dh vlg f[kprh tkrš gš A

bl xdr **^ie&[sy\* dls dcy c['ksqq xjed[k l; kjs vulllo }kjk ^ca\***  
**,oa ^egll\* dj** I drs gš A

Fasten this **ONE WORD** to your heart.

Let the **WORD** go with you in your work and daily routine.

The **WORD** will keep your spirits awake.

Repeat the **WORD** until -

it penetrates your body,

it infiltrates your mind,

it permeates through your heart and soul,

your 'self' is 'possessed' by it,

you 'hear' it with your heart and soul,

'feel' it in your intuition.

enjoy its bliss and joy in your very 'being',

bask in the cozy warmth of its 'sunshine',

get lost in its 'glory',

and your 'whole being' gradually becomes 'embodient' of this ONE WORD.

bl dk vuokn ; pgs &

bl ^, d 'kcn\* vFlok ^xjeak\* dks vius ân; eacl k yls , oa vius jkt+  
dh fnup; k'ea l kfk&l kfk j [ks vls] vius thou ea <ky yls A bl , d ^'kcn\*  
dh bruk jVu&tki &fleju djks fd rfgkjsru] eu] ân;] vr%dj.k ea; g  
^'kcn\* vFlok xfeak /j &cl dj jl : i gks tk, , oa **vullo ea ^lpuš**  
**yxsA** rfgkjk ^vki\* ; k gLrh gh bl eak ea lek tk, vFlok rē Lo; a gh  
^xj&eak\* dk ^lo:i\* cu tkvls A

dchj rrrrdjrk rrgwvk eē efg jgk u gwAA

tc vkik ij dk fefV xbvK tr ns[km rr rWAA (i: úý÷ÿ)

**^ijelk** dsekxZ ij pyusokysftKkl vka dks vud /kfeZ ekk] Hkyko]  
mrjkbz, kj p<kbz, kj efi'dya vls fojks/rk ea ls xqjuk i Mfk gSA

tho f=lxqk ek; k ds Hke & Hkyko ea fopj.k djrk gSA bl fy, ml ds  
lkd kfjd vls /kfeZ &

[; ky

fu'p;

deZ

/eZ

thou&l's

thou

,d i{h;} v/yk] lfer vls xyr gk l drk gS A

^vè; kRedrk\* vfr lve vRe emy dh fujkyh ^iè [ly\* gS] tks  
cf¼ dh le> ,oa idM+ l s ijs gSA

vkè; kRed volFkk dh foLekne; h ^iè& [ly\* dks døy vkrRed  
vuttko }kjk gh c<k] l h>k] igpkuk vls egl w fd; k tk l drk gSA

bl h fy, cf¼ emy ds ftKkl vka dks vkè; kRed volFkk ds fy, fo" k;  
ea vR; Ur Hkkr; ka iM+ jgrh gS ftl dkj.k ftKkl vka ea vud rY[k  
okn&fookn] 'kjs xty ,oa> xMs gks jgrs gSA

vkè; kRed emy dk vuttkoh Kku **u gkus dkj.k** l k/kj.k ftKkl q  
^cf¼\* emy dh i kfr; ka dks gh vkrRed ekZ dh **ivkrk** le> yrs ga ,oa 0; FkZ  
Hky&Hknz cu dj ^Qw\* ugha lekrs A bl h dkj.k bu dh vkrRed mlufr #d  
tkrh gS vfi r q, s sHKV ds gq ftKkl q^/ež l s Hk nj gks tkrsgs vls ekf; dh  
jlkry ea **nckjk Ql tkrs gSA** gk; in ckr rls ; g gS fd , dh /kfeD  
fxjkoV ds cktm] mudk ^/kfeD **vfkku\*** c<fk tkrk gS ijr q os [kq  
bl l svutku] cS[kcj ,oa c i jok gks gSA

bl fy, cf¼ emy dh ^/kfeD **volFkk\*** vls vkrRed emy dh  
^**vuttkoh iè& [ly\*** ea puko djuk t: jh gS rkd vfhkyk" h ftKkl q viuh  
/kfeD volFkk dh [kstchu] igpku vls fu.kz dj l da A

fuEufyf[kr o.ku }kjk bu nku ka volFkkvka dk fu.kz; fd; k tkrk gS &

**/kfeD volFkk**

**vkè; kRed volFkk**

/kfeD l k/u gS

vkrRed [ly gS

vge dh l hek ea gS

x# dh c[f'k'k gS

m|e ; k ^gB\* l s fleju djrs gS

viu&vki fleju pyr k gS

^eu\* vius vki ckgj Hkkrk gS

**^l jfr\*** l gt&LoHko vlrj&vkrk  
dh rjQ f[kprh gS

: [k&l v[k Qk dV iz Ru vFkok  
^vynh fly pKult\* gS

ckgjed[kh /eZgS

Hke Hkyko dk vj/jk gS

^dcmw thvMk ÅfHk pMf gS  
dcmw tkb ibvlys\*

de&/eZgS

tLe&ju eAgS

ekufI d ^è; ku\* gS

ijekfkd exZ gS

ckgjed[k ekufI d fØ; k gS

nd[k&l q[k gS

}& Hkko gS

fxjkoV gS tkrh gS

/kfeZd vfhkeku gsrk gS

/kfeZd rvLI q , oauQjr gS

^ge dhvk ge djfgx\*

x# ^l kdh\* gkdj iæ l; kyk fi ykrk  
gS

vkfRed eMy dh ^[ky fujkyh\* gS

vkfRed izdk'k gS

fdIh vdfkuh; iæ&LoS uk dk jI  
vFkok **Igt dh ekf gS**

iæ&LoS uk ds vdkk'k dh mMku gS

I nk u; k thou gSA

vUrj&vkRek ea ^l jfr\* gS

vkfRed efty gS

vUrj&ed[k foLeKne; h [ky gS

I nk vkuln gS

Loa ew gS

I nk p<nh dyk gS

^e# efg jgk u g# gS

^l xy I fx ge dm cfuvkbZ gS

^uk ge dhvk u djfgxs uk dfj  
I dS Ijhj\*

xjefr okyh ^'kcn&l jfr&fyo\* dh ^lgt&lelf/\* &; kfx; ka okyh  
^lqu&lelf/\* I s foy{.k gSA ; kfx; ka okyh ^lqu&lelf/\*} fdIh , d uDrs  
ij eu dh ofÜk dks , dksz djds 'kjh I s c&l q' gkuk gSA bl ea  
^iæ&lofuk\* dk vak ugh gsrk A bl fy, tc ; kxh dh Ielf/ [kyrh  
gS rks og fQj ^l k/kj.k euq; \* gh jgrk gSA bl rjg ^lqu&lelf/\*  
ekufI d ofÜk dk vutko ; k ^fØ; k\* gh gSA

, d h ^l q u & l e k f / \* l s f j f 1 / 4 ; k & f l f 1 / 4 ; k i k l r g l s t k r h g a v l s ^ ; l e k h \* b u  
d l s g h ^ v k r e d i l f r \* v f k o k ^ e i t y \* l e > d j j b l e a l a r d v g l s t k r k g s  
A v f i r q ^ h k y k & h l n z \* c u d j p y s c u k d j v l s B k B & c k B e a ^ O p l \* t k r k g s  
A b l r j g o g v k r e d e m y d h v u k [ k h ^ i e & [ l y \* l s v l t k u ] c s [ k c j ]  
c i j o k g v l s o p r j g r k g s A

i j r i ^ ' l c n & l j f r & f y o \* o k y h v u t k o h v k r e d e m y d h ^ i e & [ l y \*  
d h ^ l g t & l e k f / \* v l s g h g s A v l r z e [ k h ^ ' l c n & l j f r \* d h d e k z d j r s  
g q ^ l j f r \* ] ^ ' l c n \* e a f y o y l u g l s h t k r h g s A t c f y o & y h u g b z l j f r i j  
' l c n d h ^ i k j l d y k \* ? V r h g s r l s x l f o n x t r k g s A

v k u n e w q j k e q l h k q n f [ k v k x j l c n h x l f o n q x f t v k A A ( i : u y u y )

b l r j g f = l x q l h > B h e k ; k d h l e k ; i V W t k r h g a v l s c k n y k a d h r j g  
e k ; k d h g l r h ^ v y k i \* g l s t k r h g s A f Q j ^ ' l c n \* v n j & c l g j ^ l o b ; k i d \*  
f n [ k r k g s b l s g h ^ l g t & l e k f / \* ; k ^ l g t & / u \* d g k t k r k g s A b l  
^ ' l c n & i z k ' k \* d h l g t l e k f / e a l s f u d y u k ] f t K k l q d h e l f d s c j k c j  
g l s r k g s A

t g t g n s [ k r g r g r w g s r e r s f u d l h Q i v e j k A A ( i : u y )

b l m P p & m R r e ] i f o = [ ] v k u l n e ; h ^ l g t & l e k f / \* d l s x j c k . l h e a ; w  
n ' k z k x ; k g s &

n f [ k v p j t q j g s f c l e k f n A A

? k f v ? k f v l j u j l g t l e k f / A A ( i : p u o )

v u f n u q l g t l e k f / g f j y k x h g f j t f i v k x f g j x h k h j k A A ( i : y = p )

l g t l e k f / l n k f y o f l m t h o k g f j x u x l b z A A

x j d s l c f n j r k c s k x h f u t ? k f j r k l h y k b z A A ( i : u u y u )

l k a k f j d ^ u s k l u \* t l o ] ? k s v / d k j e a t h o u 0 ; r h r d j r s g s b l  
f y , m u d k l k a k f j d k k u v / j k ] H k f e r v l s x y r g l s l d r k g s A b u d h  
^ e u k d y f i r n f u ; k \* u s k o k y k a d h n \* V e k u n f u ; k l s f h k l u ] f o y { . k v l s

v/jh g<sup>h</sup> gS bl fy, mudh ^thou fØ;k\* vFkok [;ky] lkp] de] /e] 0;ogkj v<sup>g</sup> ijekFIZ Hkh] mudh idk'k&ghu ^v<sup>i</sup>/j<sup>h</sup>\*] vKurfjd LFky nfu;k dseukd fyir fu'p;ka ij gh vk/kfjr g<sup>h</sup>sg<sup>h</sup> tks v/j<sup>s</sup>v<sup>g</sup> xyr g<sup>h</sup> l drs g<sup>h</sup>A

Bhd blh rjg tho nsh; ^fn0; n<sup>f</sup>V\* vFkok **vuttkoh Kku ds fcuk** vkfRed ehty dh xq<sup>r</sup> vn<sup>n</sup>V nfu;k l svutku] c<sup>i</sup>jokg] vl/ &cgj<sup>h</sup> vKkuh g<sup>h</sup> ftl dkj.k mudk ljk<sup>h</sup> thou] n<sup>n</sup>Veku] >Bh] ekf; dh nfu;k ea gh id<sup>h</sup>jk jgrk gS v<sup>g</sup> vKkurk ds v<sup>i</sup>/dkj ea deZ d<sup>i</sup>rs g<sup>h</sup> v<sup>g</sup> Qy Hkx<sup>r</sup>sg<sup>h</sup>A

xjck.kh ea bl ekuf l d va<sup>r</sup>/j<sup>s</sup>;k **eu dh vKkurk d<sup>i</sup>sg<sup>h</sup> v<sup>i</sup>/dkj** dgk x;k gS

vfxvkuh va<sup>r</sup>/k va<sup>r</sup>/q va<sup>r</sup>/kjk AA (i- üüö)

vfxvkuh va<sup>r</sup>/qu c<sup>i</sup>bZ flj Äifj te [Mlxqdy [k AA (i- üüö)

n<sup>i</sup>j<sup>s</sup> 'kcnka ea vuttkoh Kku ds fcuk gekjh ^fn0; &n<sup>f</sup>V\* ugha [kyrh v<sup>g</sup> vkRe&ehty ds 'kcn&idk'k dh l<sup>w</sup> ugha g<sup>h</sup> l drh A bl rjg vkfRed **fn0; n<sup>f</sup>V ds fcuk ge vkfRed : i ea v<sup>i</sup>/s g<sup>h</sup> v<sup>g</sup>** vuttkoh Kku ds fcuk ekf; dh Hkx<sup>r</sup>&Hkx<sup>r</sup>kos ds v<sup>i</sup>/dkj ea thou 0; rhr dj jgs g<sup>h</sup>A

dgSukudq, fg u<sup>E</sup> va<sup>r</sup> l s l frx<sup>h</sup>ij fefy, snc n<sup>i</sup>fv g<sup>h</sup>zAA (i- üüü)

iR; d<sup>i</sup> tho us vius&vius l adkjka v<sup>g</sup> fu'p;ka vudkj &

ijekRek

xq

'kcn

uke

vkfRed ehty

ds fo<sup>r</sup>/k; ea dkbZ **fo<sup>r</sup>/k** &

[;ky

dYi uk

fu'p;

J¼&Hkkouk

cukbz gþz gSA bl h eukdfYir J¼&Hkkouk vuq kj gh ge /eZ vFkok i jekFKZ dekrsgðA

gekjs l ðkj fHKU&fHKU gkus ds dkj.k gekjs ekufI d vlg /kfeZd [;kyk vlg fu'p; k ea fHKUurk gkuh t:jh g\$ ftI dkj.k gekjk vki l ea /kfeZd okn&fookn] rvLI ç] o\$&fojks/] uQjr vlg /eZ dsuke ij yMkb; k; , oa tYe gkrs jgrsgðA

;fn usk&ghu ^v/\$ dls ^usk&T;kr\* i ðr gls tk,] rks og bl i ðUk vlg i ðfrd vuk[kh nfu;k dks ns[k ds vR;Ur g\$ku gkck A D; kfd ;g ubz vuk[kh jxhyh nfu;k] ml dh igyh eukdfYir nfu;k l\$ vfr foy{.k] jxhyh] vyx vlg fHkÂ gkck A

IwZ dk Lo:i & ml dk iðk'k vFkok ^/i\* gS

^'lcn\* dk Lo:i & ^vullkoh iðk'k gS A

vUrfjd vullkoh ^fn0; &nf"V\* [kyus ij] tc ftKkl q vRRe&emly dk folekn e;h] iðk'k e;h ^tyok\* ns[krk g\$ rks og vR;Ur g\$ku gkck ^folekn\* gls tkrk gS A

^'lcn&iðk'k\* dh l Pph nfu;k ds epkcy\$ tho ds Lo;a cuk, gq eukdfYir [;ky] fu'p;] Kku vkfn l c >Bs vlg dM+i ðhr gkrs gðA

^'lcn&iðk'k\* okyh ^fn0; &nf"V\* [kyus ij] tho ds Åij tks g\$kuh vlg ^folekn e;h\* gkyr ?Kv/rh g\$ ml s xjck.kh ea ; n'kz k gS &

jke xij ekqfu ekqg euqybZk AA

gm vkdy fcdy HkbZ xj ns[ks gm yk/ ik/ gkb i bZk AA (i: øyÿ&ö)

nj l u ns[kr gh l q/ dh u l q/ jgh

cf/ dh u cf/ jgh efr eSu efr gSA —  
vnHkrf ijenHkrf fcl eSfcl e

vl pjtSvl pjt vfr vfr gSA (d- Hkk- xq ù)

l cn l jfr vugn fyo yhu Hk,

mueu exu xxu ij Nk, gSA

iE jl cl gkb fcl e fcng Hk,

vfr vl pjt eSgfr fgjk, gSAa

xjef[k l d[k Qy efgek vxkf/ cks/

vdFk dFk fcukn dfgr u vk, gSA (d- Hkk- xq ýý)

gk th] ;g ^'kcn&iZdk'k\* dk ije&vnHkrf] vk'p; ð wKZvk'p; ZvkfRed  
^tyok\* rls &

'kcn mtkyk gS

vuhko [ksy gS

^gj ukoSukfy xykã gS (gfj uke l sokrkzyki gS)

pq&ihr gS

ihr&Mkjh gS

vkfRed vkd"lk k gS

^iE&jl \* gS

iE&l;kyk gS

iE&LoS uk gS

^vugn /fu\* gS

uke&[kckjh gS (uke dk u'kk gS)

(vkuIn&foukn gS  
 ^ie&inkFk\* gS  
 ^cl r vxkpj\* (vxE; oLr) gS  
 HkfDr&HkMkj gS  
 ^vugn >Hdkj\* gS  
 ^xlr uke izVkok\* gS  
 ^uke jlk; .k\* gS  
 uke velyk (veW;) gS  
 l; kj dh FkjFkjkgV gS  
 vkRe fgMkyk gS  
 pij fxMko gS  
 vk'p; Ztud Lokn gS  
 vkRe o"kkz gS  
 ^Kku dh vk/h\* gS  
 ^vpjtqfdNq dg.kqu tkbz (vk'p; Ztud vdfkuh;) gS  
 ^f>e f>e cjls vfer/kjk\* gS  
 ^ije&vnHkq\* gS  
 ^ije&rr~ gS  
 vk'p; Ztud vk'p; Z gSA  
 ^xjil kfn\* gSA  
 bl uDr s dks vxsth ea ; pn'kkz k tk l drk gS &

Everyone has different understanding and conception about the

'Divine Essence' i.e. ; Wordless 'WORD', based on our changing intellectual knowledge and personal experiences.

But when the 'Divine Essence' is intuitionally realised and revealed in our consciousness by the Grace of the Lord, it comes as a shocking - surprise, because it is so different and contradictory to our established life-long hypothesis and cherished beliefs. The effulgence and glory of the Divine Essence of Wordless 'WORD' is so -

awe-striking

thrilling

charming

captivating

be-witching

infatuating

intoxicating

that the soul transcends the worldly consciousness, and is over whelmed and lost in the ecstasy of Divine Bliss and Joy.

In this revelation of Divine Enlightenment, the soul forgets the materialistic World and its intellectual the ovetical knowledge and philosophies - which it has imbibed and cherished in the materialistic consciousness, through the ages,

On the revelation of 'Divine Essence' the soul is ushered into the 'Divine World' and is 're-born' in the glory of 'wordless WORD'

(Øe'k% ——)