

vki dks ns nri vls vki fcuk iz kl ds nh?kkz q cu tk, aA vxj vki vius thou l s l; kj
djrs gš LoLFk vls nh?kkz q cuuk pkgrs gš rks fof/or~ i f' k{k. k ysk pkfg, rikfd
vki ds thou dks l qnj vls l qkn cuk; k tk l dsA ftl fnu vki è; ku ea mrjus dh
dyk l h[k ysk ml fnu vki Øks/ ij fot; iklr dj yskA ml fnu vki vius
'kjhj l s fodkja dks fudky l dks vls , d ckj fiQj vki dk thou cpiu ea ysk/
vk, xk A è; ku nus dh ckr gSfd vki tcju ctkZ cuus dk iz kl dj jgs gš ftl l s
vki dk 'kjhj fodr gks jgk gSA gekjs i wzt dgrs Fks ^l kBk rc i kBk* A vFkkZ~ l kB
o"kz ds ckn gh rks tokuh vkrih gSA vr% ge ceki s dks dHkh Lohdkj u djä rHkh
ge thou dk vkulln mBk l dks A

rkv kb,] ge vkt l si q% l dYi i wzd u; k thou thus dk iz kl dja A
'kkkdkruk l fgr&

& vkpk; Z l q' kZ

ik.k ÅtkZ dš sc<k, j

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i Fke l kdj.k 2010

eY; % #ú 11@& ek-k

i dk' kd %
vkpk; Z l q' kZ i QmUMS ku] ubZ fnYyh

eæd%
'kkjnk bWj i kbtst] i Vuk& 4

iflr LFkkv %
vkRedY; k.k dkkæ

ε EEE

i Qk u- % ± 91124 - 2394650
eki % 09818203070, 09334118812
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E-mail : info@shrisudarshanjimaharaj.org

Hkfredk

orëku ifjosk es fo'o LRkj ij ; lxx dks ftl : i ea i pxfjr fd; k tk jgk gs ml ea ; lxxn'kzu vlg ; lxxfo|k dh emy dh vo/kj. kk xlsk vlg vkl u ik. kk; ke dk : i gh fn[kk; h nrk gA ftl ds dkj. k vk/qud ifjosk ea ; lxx fo|k dks l oZdY; k. kdkjh : o; i ea i Lnrp ugha fd; k tk l dk gA mRre thou mRre ; ksu vlg nh?kz vk; q dh dkeuk l Hkh eulj; ea , d ts h gsrh gA bl dkeuk dks ; lxx }kjk ds s ijk fd; k tk; bl dk exzh'kzu ; lxx okf'k'B ea Hkh x; h gA ; lxx ds ckjs ea 'kkL=ka dk er fofo/rki wLz gks ds cktm , d l eku gA LoLFk thou dk ; lxx vkpk; Z Jh l m'kzu th egkjkt dh , d , d h ifjdYi uk gs ftl ea LoLFk thou thus ds fy, vko'; d ; lxx vH; kl dks l a wLz-k ea l ekfgr djus dh dks'k'k dh x; h gA

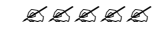
i qrd ds vjkk ea gh 'ork' orj mi fu'knj ; lxx pml/lef. k mi fu'knj- JhenHkxonxhrtj egkHkkjr] Ldlni jk. k vkfn ea nh x; h ; lxx dh vo/kj. kk Hkh ikBdka l s l Ek{k gksk A bl i qrd okf'k'B dk exzh'kzu Hkh fn; k x; k gs ftl ea thou ; ksu vlg nh?kz q gks ds jgL; crk; k x; k gSA fdl h Hkh i qrd ds ckjs ea dgk tkrk gs fd i qrd dk Lo; i ys[kd ; kx; rk] l k/uk] 0; ogkj vlg vuqtko ij vk/kfjr gsrh gA bl i qrd ds ys[kd , s s gh vuqtko fl ¼ ohrjxh xgLFk rFkk vLRedY; k. k ds exzh'kzd gA vkpk; Z l m'kzu th egkjktA ftUghus Lo; a fl ¼ djds ; lxx dk ; g mins k tu l kekl; ds fy, i Lnrp fd; k gSA vkpk; Z Jh dh Hkkouk gs fd 'kjhj LoLFk jgsx rks eu Hkh LoLFk jgsx A bl hfy, LoLFkthou dk i kfr grq l efr exzh'kzu l s ifji wLz i qrd LoLFk thou dk ; lxx vkpk; Z Jh l m'kzu th egkjkt us l oZdY; k. k kFkZ dfr ds : i ea i Lnrp fd; k gSA

; g i qrd ftKkl q ikBdka dks ; lxx dh ikphu , oa vk/qud nkska i ja jk dks l e>us vlg vuqj. k djus dk vol j inku djxk A ; lxx ds ckjs ea D; k dgrk gs 'kkL=k \ v"Vka ; lxx ds l ou l s LoLFk thou dk YkkHk ds s i ktr fd; k tk l drk gS D; k gs ; e dh l k/uk vlg D; k gs bl dh mi ; ksrk gekjs thou ea \ D; k gs fu; e vlg ds s fd; k tk l drk gs bl dk ikyu \ "kVdeZ D; k gs vlg bua l s dks dks l s deZ l gt : i ea vuqj. kh; gs \ ; lxx ds psgkl h vkl uka ea eq; vkl u dks dks l s gs bl ds djus dh D; k fof/ gs \ bl ds djus l s D; k ykHk gsrk gs \ ik. kk; ke dk jgL; D; k gs \ dfrus izdkj ds gsrh gA ik. kk; ke vlg ml ds vH; kl dh fof/ D; k gs \ ; lxx dh

i eqk emk; a D; k gs vlg ml ds vH; kl l s D; k ykHk gsrk gs \ eu dks o'k ea djus ds fy, i R; kgj dk vH; kl D; k gs \ dks dks l h emvka dk vH; kl gekjs fy, vf/d mi ; lxx , oa LoLF; o¼d gS fdl jks ea dks l k vkl u&ik. kk; ke&emk&cl/ dk vH; kl dja \ D; k gs Loj foKku vlg Loj dh mi ; ksrk \ , s s Hkh izdkj dh ftKkl kvka dk l ek/kku i qrd fd; k x; k gs tks ; lxx ij i pfyr l Hkh vk/qud i qrdka ea bl i qrd dh JSBrk dks fl ¼ djrk gA

i qrd ea i Lnrp Loj foKku l aca'h v?; k; ea tglw bmlj fi xyk vlg l qkuk ukmlh ds izkg dk oKkfud Lo; i i Lnrp fd; k x; k gs ogha bmlj fi xyk , oa l qkuk ukmlh ds izkg ds l e; djus ; lxx deZ vlg i Dyki Dy] jks fuokj. k ea Loj fu; kstu vlg vlg Loj ds uk [kka dk o. kzu Hkh foy{k. k <x l s fd; k x; k gSA i qrd ys[ku ea ; lxx fo'kskK Jh gn; ukjk; . k >k dk 'kks/ l anHk] vkl u , o rrl aca'h vkys[k i qrd dks i wLz-k inku djus ea l gk; d gpz gA

[kk | inKkK ea i ksd rRoka bl i qrd ea ; e fu; e vkl u ik. kk; e] emk] cl/ ds l kFk l kFk fofHku jkska ds mi pkj ea l gk; d ; lxx vH; kl dk exzh'kzu l gt : i ea bl izdkj fd; k x; k gs fd i <+djds Hkh bl dk l gt vH; kl fd; k tk l drk gSA 'kjhj ea ok; q rro dh fLFkr ds l kFk fofo/ izdkj ds iz. kk; ke dh fof/ , oa bl ds vH; kl l s gksokys ykHk ds ckjs ea l kx fHkz l kexh l s ikBdka ds fy, bl dh mi ; ksrk vlg Hkh vf/d gA fcgkj jk; l fgr jk"Vh; , oa varj kVh; Lrj ij ; lxx ds ftKkl qk] vuqkfx; ka , oa vH; kl l ; ka ds fy, ; g i qrd m; lxxh fl en gsrh A



ik.k Átkz dš sc<k, j

'kjhj dks LoLFk j [kus ds fy, 0; k; ke dh vko'; drk gsrh gSA 0; k; ke l s 'kjhj Fkdrk gš l Hkh vakra ea jDr&l pki c<rk gš vŕš 'kjhj ds vlnj dk fo"ksyk inKfZ i l hus ds ekē; e l s ckgj fudyrk gš ft l l s 'kjhj ds vlnj pchz, d<k ugha gsrh A 'kjhj ds vlnj fo"ksyk inKfZ vŕš pchz ekvki k dk dkj.k curh gš mlga ckgj fudkyuk vko'; d gSA 'kjhj dk jkefNnz [kyk gprk gls rHkh i l huk ckgj fudyrk gSA cgr VkbV diM+ iguus l s jkefNnz dk egj dhn gls tkrk gSA bl l s u 'kjhj l ka ys i krk gš vŕš u i l huk ckgj fudyrk gSA [koc i fjJe djds 'kjhj dks Fkdruk vko'; d gš rHkh 'kjhj ekv vFkok cMŕš ugha cusxk A l Hkh vakra dk 0; k; ke fdl h vuttkoh 0; fDr l s l h [kdj i frfnu djrs jga A

ik.k. kk; ke& ik.k; ke dk vFZ gš ik.k dk išk.k A ik.k gh i jekRek gš tks gekjs i p Hksrd rlo (iFoh ty) ok; q vfxu) vkdk'k) ea feydj tho dks thfor dj nrk gSA bl h ik.k dks vkrk; k i jekRek dgk tkrk gSA

ik.k dk išk.k vŕš l w/z thfor jgus ds fy, vfuok; Z gSA gekjs ik.k dk l hekk l Ecl/ ml fn0; 'kDr ijerlo i jekRek l s l nb cuk jgrk gSA bl h dks ijerlo] fn0; 'kDr] ik.k Átkz dgk tkrk gSA bl h dks vkbU Vhu l q j i koj dgrs gš vŕš ml j s oKkfud okvY i Qd Z dgrs gSA tc rd tho ml ijerlo l s tM+ jgrk gš rc rd og thfor jgrk gSA ; g tM+ dpy l ka ds ekē; e l s gh jgrk gSA gekjh l ka l nb i jekRek l s tM+ jgrh gSA l krš tkrš geskk tho i jekRek l s bl h l ka ds ekē; e l s tM+ jgrk gSA yfdu tc 'kjhj dk fl Lve ; k 'kjhj dh vkrfjd 0; oLFk fdl h dkj.k l s vW tkrh gš rks euf; ej tkrk gSA bl h vkrfjd 0; oLFk vFkok fl Lve dks LoLFk j [kus ds fy, 'kjhj ds l Hkh Nks&cM+ vakra ea jDr&l pki vŕš ik.k&ok; q vKD l ht u dk i zkg dj; k tkrk gSA D; kfd Lej.k j [kuk gš fd dpy vKD l ht u euf; dks thfor ugha j [k l drh] ml ea ik.krlo dk gskuk vfuok; Z gSA vefjdh oKkfud LVhi ōu jkst u us viuh i qrd The weathering ea fy [k gš fd gok ea dHkh&dHkh III winds Hkh cgrk gš tks 'kjhj dks up l ku djrk gSA ; gh dkj.k gš fd ekrk, a vi us cPpla dks [kys cnu ckgj tkus l s jckrh gSA bl fy, tc l w Z dh fdj.ka o'kka i j i M+us yxq rHkh i kr%dky dk Hkē.k djuk pfg, A l epz ds fdukjs i ; k r ek-k ea l .kk; u Átkz ml dh ygja l s i šk gsrh gš ft l dk l ou djuk pfg, A

bl hfy, gekjs l r txykq igMla vŕš unh fdukjs cBdj ik.k Átkz dk l xg djrs gš A iratfy dgrs gš euf; pks rks viuh 'kDr dk folrkj djds vullrdky rd thfor jg l drk gSA iratfy Lo; a 300 o"ka rd thfor jgs A egf"z fo'okfe-k us 60]000 o"ka rd ri L; k dh A mu yskca us ik.k Átkz dks c<kus dh dyk l h [k yh Fkh A LoLFk vŕš nh?kz q cuus ds fy, fof/i wbd ik.k; ke djrs jguk pfg, A l ka ds ekē; e l s gh i zdr l s ik.k Átkz gekjs 'kjhj ds l Hkh vakra rd igprh gSA ; g Hkh Lej.k j [kuk pfg, fd 'kjhj ds jkefNnz dks l ka yus ds fy, [kyk j [k] 'kjhj ds cky vŕš jksvka dks u"V u dj] D; kfd ml h l s 'kDr&l xg gsrk gš ft l ds dkj.k 'kjhj vŕš pgs ij ykyek jgrh gSA bl hfy, l r&egkRek vi us cky ugha dVokrs A fl j ds cky brus cM+ bl fy, j [ks tkrš gš fd l w Z l s ik.k Átkz cky ds ekē; e l s 'kjhj dks feys A bl fy, cky gekjs 'k=q ugha fe-k gSA : l ds oKkfud us gky gh ea ?kšk.kk dh gš fd bl iFoh ij vKD l ht u l w Z l s gh vkrk gSA bl fy, ge l w Hksu ik.k; ke dj l w Z l s ik.k Átkz i kr djrs gSA l w Z ueLdkj Hkh bl hfy, fd; k tkrk gSA

, d vŕš egloi w z dkr ; g gš fd 0; k; ke ; k ik.k; ke dk ukedj.k i 'kq/ka ds uke ij fd; k x; k gSA D; kfd i 'kq cM+ gh l jy ik.kh gsrk gš og dHkh Hkh vki fuktud Hkstu ugha djrk vŕš ml dk vkgj&fogkj Hkh l a fer gsrk gSA bl fy, fl gkl u] l i ka u] x#M+ u] e; jkl u vkrn ukedj.k fd; k x; k gSA bl dk vFZ gš fd vxj ge LoLFk vŕš nh?kz q jguk pgrs gš rks ge vki fuktud Hkstu l s cpa A i 'kq/ka ea d bz i 'kq 'kdkgkj vŕš dhn eka kgkj gsrk gSA yfdu euf; eka kgkj ugha gš ; g i w z 'kdkgkj tho gš bl fy, LoLFk jgus ds fy, l knk Hkstu vko'; d gSA dgrs gš ¶i v/ l ki 0 rks ekFk l ki 0 A, i v/ dk l ki 0 jguk vfuok; Z gš vŕš i v/ l ki 0 jgrk gš 'kdkgkj Hkstu l s A Hkxoku~Jhjke] y{e.k vŕš l hrkth us pšng o"ka rd dpy 'kdkgkj Hkstu djds l e; 0; rhr fd; k A i jekRek us bl l d kj ea brus i ōy i šk fd, gš fd vxj mudk fu; fer l ou dj] rks ge Hkh nh?kz q cu l drs gš yfdu ge rks viuh thHk ds xyke gš A pKV] i dksM+ cktkj ea mi yC/ l eka š ckl h Hkstu djds Lo; a gh vi us 'kjhj dks u"V dj jgs gš A tks 0; fDr Lo; a vi us 'kjhj dk 'k=q gš ml dks dks cpk l drk gš xj"B Hkstu djuk] foFHku i zkj dh u'kva dk l ou djuk] vkt gekjh vknr cu xbz gSA

bl fy, vxj l pep ge LoLFk vŕš nh?kz q cuuk pgrs gš rks thHk dh xykeh NksM+uh i M+axh A l knk Hkstu] 0; k; ke vŕš i k.k; ke djuk i M+axk] rHkh ge'krk; qvŕš nh?kz q cu l drs gš A

eus dbz ckj vius cPpka , oa fe=ka dks Hkh dgk gSfd vki chekj D; ka gksuk pgrs
 gā vl e; cwk- gksuk ; k fofHkUu izdkj dh chekfj; ka dks fueak.k nclj vius ikl D; ka
 cykuk pgrs gā vxj vki vius ckjs ea cjk l kprs gā rks vki ds l kfk cjk gh gksk A
 D; kfd fopkj ds dhvk.k q cMā i Hkko' kkyh gksr gā A bl fy, geškk i d lu jgā vPNh cka
 l kpa geškk vk' kkoknh cus jgā gā r&e d jrs jga vls dHkh Hkh cā-ki s dks Lohdkj u
 dja A eš rks eturk gūfd chekj ogh gsrk gS tks chekj gksuk pgrk gSA cā- ogh gsrk
 gS tks cā-ki s dks Lohdkj dj yrk gS vls vl e; ogh ejrk gS tks ejus ds fy, rš kj
 gk tkrk gSA vkt Hkh cgr ylx dgrs gā fē- s rks ejus dh Hkh i d r ugha gS, bl
 dgkor ea ne gSA bl dk vfkz gā tc i d r gsch) eš rHkh e: xk A vki dks vxj i d r
 ugha gS rks fi d j vki ejus ds s ejrk rks og gS tks [kV ij i M&i Mā eR; q dh irh- k
 djrk jgrk gSA

, d vls egloi w k z ckr crkuk pgrk gūfd tc ylx l fol l s fjV; MZ gk tkr
 gā rks os eku yrs gā fd vc pyus dk l e; vk x; k A ; g fujk' kkoknh n" Vdks k gā
 , d s cjs fopkja dks eu ea ugha vkus nsuk pfg, A bl fy, vko' ; d gSfd ekr&fi rk
 vFlok vFkHk kod vius cPpka ds eu ea vk' k dk l pjk djrs jgā mlga gkjuk fujk' k
 gksuk] fdl h NkV/h&cMā vl i Qyrk l s mnkl gksuk u fl [k; a; D; kfd os dQ Hkh cu
 l drs gā cPpka ds vPNs xqkka dks i k l kgr dja vls geškk vk' kkoknh cus jgus dh
 i j.k nā rHkh gekjk thou li d y cu l dsk vls ; gh thou thus dh l gh dyk gSA

i k.k 0; k; ke&

- 1 l h/s [kMā-gk tk, ā dej ij nkska gkFk j [ka vls dej dks pkja vls ?kpek, a A bl l s
 dej ij pchz , d- k ugha gsrh A
- 2 dej ij gkFk j [kdj mBd&cBd ftruk dj l drs gā dja A
- 3 nkska i kpa dks ckjh&ckjh l s Āi j&uhps mBk, ā FkMā nj yšV&jkbV djrs jga A
- 4 l EHko gk rks de&l &de vk/s fd-eh- dh nkm+ yxk, ā ft l s Lykjsl Hkh
 dgrs gā A
- 5 fi d j FkMā nj otkl u ea cBa A
- 6 nkska gkFk dks l fdz ea ?kpek, a A
- 7 viuh xnz dks pkja vls ?kpek, a A
- 8 nkska gkFka l s nhokj vFkok fdl h etar phit dks Byus dk iz kl dja
- 9 iz kl dja fd vki ds l Hkh vaka dk 0; k; ke gk tk, A rHkh 'kjhj ea jDr&l pjk
 Bhd l s gksk A

10 vius iV dks vlx&i hNs djā ft l l s iV <hyk gksk A Bgdk yxkdj gā us l s Hkh
 iV dk vPNk 0; k; ke gk tkrk gSA

11 'kjhj ea Fkdku gk rks 'kokl u ea yV tk, a vls 'kjhj dks i w k z f' kFky djus dk
 iz kl dja A 'kjhj dks i w k z fuf'Ø; dj nā , d k 10&15 feuV rd dja A

Lej.k j [kā vki u chekj gā u Fkds gā gā vls u cā- s gā A fujk' kkoknh fopkja dks
 dHkh Hkh eu ea u vkus nā A D; kfd vkneh 'kjhj l s cā- k ckn ea gsrk gS eu vls fopkj
 l s vWdj igys fc [kj tkrk gSA vki LoLFk gā Ātkzku- gā eu ea ; gh Hkko j [ka A

i k.k. k; ke dh i e [k fof/; k&

- 1 l cl s egloi w k z gS xgj l ka ysk A l ka i jh rjg [kpa vls /hj&/hjs NkMā A
- 2 nkb±ukd l s l ka yd j ml s dln dja vls ckb±ukd l s NkMā A
- 3 l ka ds ekē; e l s iV dks /Ddk ekja A
- 4 l ka i Qdr s l e; iV dks i jk [kkyh dj nā A HkFkh dh rjg iV dks vlx&i hNs
 dja A
- 5 l ka yrs l e; dYi uk djrs jga fd vki izdr l s ik.k Ātkz xg.k dj jgs gā vls
 l ka vki ds eLr" d , oa ul ka ea 'kfd r inku dj jgh gSA
- 6 dej >pdkj [kMā-gk tk, ā thHk dks ckj fudkydj tkj&tkj l s l ka dks
 ckj&Hkrj dja A bl l s xys dk 0; k; ke gk tkrk gSA
- 7 nkska ukdka l s ox i w d gok i Qda vls Hkrj dja A FkMā&FkMā l ka jkdus dk Hkh
 vH; kl dja A
- 8 l ka dks l Hkh vaka ea /hj&/hjs i gpk, a kfd NkV&cMā vaka dks i k.k Ātkz fey
 l ds A
- 9 dHkh Hkh >pdj u cBā bl l s l ka yus ea i j k kuh gsch A >pdj cBus l s yxl
 dks i jh gok ugha feyrh] ft l dkj.k yxl vFkok i Qi QMā l Mēs yxrk gSA
- 10 ; fn fdl h dkj.k l s eu ea fpurk c<<+ tk, rks jpu fØ; k dja A nkska ukd l s
 ckj&ckj gok ya vls ckj i Qda bl l s eLr" d dh Fkdku u"V gsch A l kfk gh
 'kokl u ea yV tk, a vls yEch&yEch l ka ya vls NkMā 'kjhj vls eu dks i w k z
 f' kFky dj nā A , d k vH; kl dja fd ml ea i k.k gh ugha gSA
- 11 i frfnu eu dks , dksx djs i w k z è; ku ea cBus dk iz kl djā bl l s eu 'kkur
 gsrk gSA

tk ylx l ka &fØ; k dks l rfy dj yrs gā os nh?kz q curs gā A



'koki ua fpükfo Jkflur%

iratfy dgrs gâ fd tks ykx ekufi d ifjJe djrs gâ mlga 'koki u djuk plfg, A tS & MKDVj] i ksi [â j] odhy] U; k; k/h'k vFlök dkbz fopkj d A bu ykxka dks cî¼ vîš food l s vf/d dke ykx i M&k gSA bl fy, igys os eu l s Fldrs gâ fi Oj ru l s Fldrs gâA bl ds fy, vko'; d gSfd dke l ektr gks i j mlga Fk&M+ nj fu<ky gkdj tehu ij vFlök fcNkou ij fcuk rfd; k ds iwîz 'koki u ea fpr yv tkuk plfg, A ml l e; 'kjhj dks <hyk Nk&+nâ ckrphr u djaA vî[ka on j [kâ xgjh l ka ya vîš pâpki fu"ik.k cudj i M+ jgaA bl l s cgr ykHk gsrk gSA

gekjk 'kjhj cgr gh l jy gâ yfdu tc dHkh ge Lo; a ml ea ruko i ñk djrs gâ rHkh og vlgt gks tkrk gSA ftl l e; 'kjhj vîš eu 'kkr gâ ml l e; vrfj{k l s ik.k Âtkz xg.k djaA D; kâd vîd l itu l wZ, oa i M&i kS'ka l s feyrk gSA vrfj{k l s l nâ ik.k Âtkz dh o"îz gsrh jgrh gâ ftl s i'kâ i {kh} i M&i kS' i R; d tho xg.k djrs g&

ik.k Âtkz o"îz: fr fujUrja l oZtho'skq A

Àeòâf[ku% eîka dRok fi cfUr HkkX; 'kkfyu% AA

bl fy, ifrfnu ikr%dky [ky s okrkoj.k ea 'kkUr eu l s l ka ds ekè; e l s ik.k Âtkz xg.k djaA yfdu ml ds igys jpu fØ; k djds 'kjhj dh xlnh gok dks ckj i ñkâ; g vko'; d gSA

gekjk 'kjhj eny : i l s l jy vîš l æ gSA bl s vxsth ea Ease dgrs gâA yfdu tc ge vius 'kjhj dh l jyrk (easy) dks r&M+nrs gâ rks ml ea fodkj mRi lu gks tkrk gS vîš rc og disease cu tkrk gSA disease dk vFîz gS dis ease gksk] ftl idkj sin dk vFîz gS vyx gksk (iki) A tc euf; usrd elxz l s vyx gks tkrk gS rks og ikih cu tkrk gSA ikih dk vFîz gh gsrk gS tks eny elxz l s gV x; k gSA , d ml jk 'kCn gS idiot A ; g xhd 'kCn idiatic l s cuk gâ ftl dk vFîz gS tks vius <æ l s thrk gâ tks idfr }kj k fu/kZjr fu; e l s l ger gkdj ugha thrk gks A

bl h idkj , d ml jk 'kCn gS LoLFk] ftl dk vFîz gS Lo ea LFk gksk A tc dHkh gekjk viuk Lo: i u"V gks tkrk gS rHkh ge chek j i M&rs gâ chek j gksk gekjk LoHko ugha gSA tc dkbz O; fDr MKDVj l s fn[kkrk gS rks MKDVj ; g dg l drk gS fd rîga dkbz chekjh ugha gSA yfdu dkbz Hkh MKDVj ; g ugha dg l drk fd rî LoLFk gka

, d k l fV/i ñkâ dkbz ugha ns l drk D; kâd LoLFk gksk vlnj dh ckr gâ ftl dh dkbz tkr ugha gks i krh A bl ds fy, i k.k; ke ds fl ok ml jk dkbz jkLrk ugha gSA l rka dk dguk g&

i d lufpûks i jekRen'kîze~A

tks O; fDr i d lu jgrk gâ ml s gh i jekRek ds n'kîz gksr gâA yfdu tks O; fDr geskk nâ[kh jgâ fpûrkxlr jgâ ruko ea jgs rks og LoLFk ugha jg l drk A LoLFk jgus ds fy, i k.k; ke] O; k; ke] gâ uk] xhr xkuk] cPpka dh rjg mNy&dm djuk rFk #fp ds vuð kj euljat u djuk vko'; d gSA geskk pkschl ?kâ/s ruko ea jgus okyk vYi k; q cu tkrk gSA D; kâd euf; bruh l eL; kvka l s f?kj jgrk gS fd vxj ml ds thou ea vkd"îz k] iæ vîš jkx u gks rks og ej tk, A

euf; ds LoLFk vîš yEck thou thus ds fy, vko'; d gSfd ml ds eu ea dkbz xgjh mRd.Bk gâ dkbz mîs; gâ ftl s og i jk djuk plgrk gSA D; kâd icy ox l s y{; dh vîš c<rs jgus l s thou dh Âtkz c<rh jgrh gSA tcrd og O; fDr ml mîs; dks i jk ugha dj yrk] rc rd og ej ugha l drkA bl fy, vius thou dk dkbz y{; fu/kZjr dja vîš ml s ikus dk iz kl djaA

c&ki s dks dHkh Lohdkj u dja

c&ki k , d ekufi d chekjh gSA 'kjhj c&ki gsrk gâ yfdu tks ykx eu l s toku cus jgrs gâ os c&ki s dh tîrk Lohdkj ugha djrsA gekjs i ñt gea 'krk; qHko dk vk' khokh nrs Fks A yfdu vkt dy ge l kb o"îz ds Âij gksr gh c&ki k dks Lohdkj dj yrs gâA bl fy, geskk eu dks ykfyR; i wîz cuk; s j [ka gâ geskk toku cus jgus dk iz kl djaA D; kâd vki vius ckjs ea tS k fopkj djâç os k curs pys tk, æs A tks ykx thou ea gkjuk plgrs gâ c&ki gksk plgrs gâ chek j gksk plgrs gâ os gh thou l s gjk tkr gâA vc tks O; fDr Lo; a l s gjk tkrk gâ ogh ml jka l s gjrk gSA yfdu tks ykx vîe; kRed 'kDr l s iwîz gksr gâ ftl ga vius Âij Hkj k k gsrk gâ tks viuh ckrka l s ml jka dks i Hkfor dj l drk gâ ogh l nâ fotrk curk gSA

tks O; fDr Lo; a l s gjk tkrk gâ og ml jka dks thrus dk vk' khokh ds s ns l drk gS euf; ds ikl ; g 'kDr rHkh vkrh gâ tc og vîe; kRed 'kDr l s iwîz gks tkrk gSA dkbz Hkh cMk MKDVj ; k odhy ; k dkbz o&kfud] tc i jekRe 'kDr l s tîel j thou thus yxrk gS rks og egki # "k cu tkrk gSA gea Hkh os k cuus dk iz kl djuk plfg,] D; kâd ftl icy mRd.Bk l s rîe fdl h olr q dks i kuk plgrs gâ ml h ox l s og rîga i ktr gksx A rîgkj k plguk vxj {k.k. gâ detkj gâ rks olr q dh i kfr

dh l hkkouk Hkh {kh.k gksx D; kfd fopkj l s gh oLrq dkeuk vFkok inkFkZ i Hkkfor gsrk gSA , d k foKku Hkh ekurk gSA

dbz ykxka dks thou ea eku] ; 'k vls l iOyrk ugha feyrh A bl dk , d gh dkj.k gSfd ml us rhork l j mrd.Bk l s vls fu"Bki d d viuh l iOyrk dh dkeuk ugha dhA D; kfd vxj fdl h dks dks l iOyrk feyrh gS rks Hkh [k ea ugha feyrh] ml s l iOyrk dks viuh fu"Bk l s thruk iMrk gSA l iOyrk] eku] ; 'k rks l j s vke mi yC/ gSA vxj l iOyrk mi yC/ ugha gsrh rks brus ykx l iOy d s gsrh l iOyrk ml h dk oj.k djrh gS tks ml s i p k j r k gSA l iOyrk rks r f g k j h i f e d k dh r j g gSA vxj r e ml s p k g s x r k s og Hkh r f e g a p k g x h A bl fy, viuh p k g u k d k s m r d v v l s o x o k u c u k v l s A foKku Hkh ekurk gSfd ftl ox l s r e f d l h o L r q d k s p k g s x s og o L r q H k h m l h o x l s r f g k j s i k l v k ; x h A bl fy, l i O y r k e g l o i w l z u g h a g s e g l o i w l z g s r f g k j k ^ p k g u k * A bl fy, viuh p k g r d k s i z y c u k v l s A

njvly l x h r & l k / u k i j e k R e k dh v l j k / u k g S A t c x k ; d d k t m h o i j e k R e k l s g s t k r k g S r k s l x h r e a f n o ; r k v k t k r h g S A

l p i n k t k , r k s l x h r d k j v i u s l x h r d s > j k s [k s l s i j e k R e k l s r k n R E ; L F k f i r d j y r k g S A b l h f y , H k D r l x h r d k s v i u k e k e ; e c u k r k g S A

fopkj l s Øks' dk fu; ak.k

i.k.kk; ke dk l c l s c M k mi ; k x r c g s r k g s t c e u l j ; v i u s v k ' k k o k n h f o p k j k a l s ' k j h j d h o f u k ; k a i j f u ; a k . k d j u s y x r k g S A d k e] Ø k s '] y k h k [e n] e k g v l s b z ; l z ; s N g o x g e k j s ' k j h j e a l n b m i f L F k r j g r s g s b l g a " k i m f o d k j d g r s g S A d k e] Ø k s ' t s s e u k o x d k s l e y u " V u g h a f d ; k t k l d r k] y f d u m l i j f u ; a k . k v o ' ; f d ; k t k l d r k g S A i . k . k k ; k e l s ; g h y k H k g S A

t c d H k h d k e v l s Ø k s ' d k o x e u e a i s i k g l s r k s r j l u r n i V k c u d j m l s n s [k u s d k i z k l d j a f d d s o g e u d k s m } s y r , o a i H k k f o r d j r k g S A v k i L o ; a , d n i V k c u t k , a A ' k o k l u e a b l h f Ø ; k d k K k u g k r k g S A b u ' k C n k a d k s L e j . k e a j [k a

Witness - Witnessing - witnesser

i . k . k k ; k e d k y e a v k i n i V k c u t k , j v i u h l k d k a d k s v k r s v l s t k r s n s [k a A b l h d k s H k x o k u c q 4 ' f o i ' ; u k , f Ø ; k d g r s g S A g e a H k h n i V k c u t k u k p k f g ,] r H k h ' k j h j e a m r i l u f o d k j t s & d k e] Ø k s '] v g a d k j v k f n g e a m } s y r u g h a d j l d a s A b l h f Ø ; k d k s v a x t h e a B i o - T r a n s f o r m a t i o n d g r s g S A t c e u e a f o p k j m B r k g S r k s m l f o p k j l s i H k k f o r g k d j g e k j s ' k j h j d s v a x i H k k f o r g k u s y x r s g S A t s s Ø k s ' d s v k r s

gh 'kjhj ea jDr&l p k j d k c < u k] v k a [k a d k y k y g l s t k u k] N k r h d h / M e d u c < u k] p g j k y k y g k u k v k f n i e d [k g S A y f d u b l l s i g y s g e k j s e f l r " d d h f i V ; w j h x f l F k l s v u o j r i k o g k u s y x r k g s t k s g e k j s e u k o x d k s c < k n r k g S A b l h i k o l s g e k j s ' k j h j d k l a r g y f c x M + t k r k g S A

gekjk 'kjhj eu ds fopkjka l s i Hkkfor gkdj pyrk gSA tc ge pyuk p k g r s g & p y u s y x r s g s c B u k p k g r s g s c B t k r s g s Ø k s ' d j u k p k g r s g s Ø k s ' d j u s y x r s g s d k e d s o x l s i H k k f o r g k u k p k g r s g s g l s t k r s g S A ; g l c f o p k j k a d k [k s y g S A b l f y , d g k t k r k g S t s k f o p k j d j k s s o s k c u t k v l s s A i . k . k k ; k e e a v P N s f o p k j k a d k m r l t z u g k r k g S v l s c j s f o p k j k a d k L o r % g h u k ' k g l s t k r k g S A

fopkj l s LokLF; & ykHk

i . k . k k ; k e d k v F k z g s i . k . k d k s o ' k e a d j u k v F k o k i . k . k d k i k s ' k . k v F k z ~ e u e a v P N s f o p k j i s i k d j u k] v k R e c y d k s t x k u k (s e l f a w a k e n i n g) v l s v i u s v P N s x q k a d k s i k r l k f g r d j u k A

dbz fopkj d r k s ; g H k h d g r s g S f d f o p k j d s o x l s ' k j h j d h c h e k j h d k s H k h u " V f d ; k t k l d r k g S A v k b u l V h u u s r k s ; g k r d d g f n ; k g S f d f o p k j d s o x l s i n k F k Z v F k o k o L r q d k s H k h i H k k f o r f d ; k t k l d r k g S A b l f y , è ; k u (m e d i t a t i o n) d k s [k a c x g j k c u k ; a v l s b l l s ' k j h j d h c h e k j h d k s u " V d j a A L e j . k j [k a f o p k j , d Å t k z (e n e r g y) g s b l f y , v i u s v P N s f o p k j k a l s ' k j h j d k s L o L F k c u k u s d k i z k l d j a t c r d v k i L o L F k j g u k p k g a s r H k h r d L o L F k j g l d a s A T ; k g h v i u s c k j s e a d k b z ' k a d k v l s l a n g e u e a g k u s y x x k r l s v k i d k ' k j h j c h e k j g k u s y x x k A b l f y , i . k . k ' k f D r d k l o / u v f / d & l & v f / d d j r s j g a A

i . k . k ' k f D r d k l a g e y r % ¶ l w H k n u , i . k . k k ; k e l s g k r k g S A m l d s c k n u n h] > j u k] i o r] t a x y] i h i y v l s c j x n d s i M k a l s H k h i . k . k Å t k z d k l a g f d ; k t k l d r k g S A l a r k a d s l e i d z e a c B d j H k h i . k . k Å t k z d k l a g f d ; k t k r k g S v l s è ; k u d s e k e ; e l s L o ; a d k s v a r f j { k l s t k M e u s i j H k h i . k . k Å t k z l a g f d ; k t k l d r k g S i . k . k Å t k z d s d k j . k g h e u l j ; m r l k g h] f g E e r o k y k v l s Å t k z k u - c u r k g S A i . k . k Å t k z d s v H k k o e a e u l j ; v k y l h] m r l k g g h u] m n k l] n k [l h v l s i h y k f n [k u s y x r k g S A b l l s m l d s p g j s d h y k h l e k r g l s t k r h g S A b l h d k s u " V d j u s d s f y , i . k . k k ; k e f d ; k t k r k g s r k f d ' k j h j e a i . k . k Å t k z c u h j g s v l s ' k j h j d h v k H k p e d r h j g S A

t c v k i è ; k u e a c B a r k s l H k h f n ' k v k a l s e u d k s r k M e j , d k x z d j a v l s d o y i j e r l o d k L e j . k d j a A f i O j F k M + g h f n u k a e a v k i , d k x z g k u s y x a s A

v'kkur gksuk rks vkt gekjk LoHkko cu x; k gSA Nks/h&ek/h ckrka ij Hkh ge v'kkur gks tkrsgA ; g chekjh gSA è; ku djus okys bl chekjh l s cp tkrsgA geskk 'kkur jgus dk iz kl djaA dgk tkrk gsf d , d 'kkur 0; fDr fdl h dks Hkh ijklr dj l drk gSA dgrsg&

Peace is a state of being and war is a state of doing.

'kkur flfkr ea vki fdl h ij igkj ugha djrj vki tks gA l s cus jgrsgA yfdu yMkbZ ea igkj fd; k tkrk gSA tglk dgha vkØe. k gskr gS ogha v'kkur gsrh gSA d". k us dā ds njckj ea gkFkh dks ijklr fd; k j D; kfd gkFkh d". k ij vkØe. k dj jgk Fkk vks d". k ml vkØe. k l s l ger gkrs jgs A ml gkaus fojks/ ugha fd; k j iQyr% gkFkh gkj x; k A unh ea ogh Mmcrk gS tks rjus dk iz kl djrk gSA tks unh dh /kjk cu tkrsgS os dHkh ugha Mmcrs A bl fy, i. k. kk; ke ea ge viuh l ka ka ds ekè; e l s idfr l s tM+ tkrsgS l ger gks tkrsgA dkbZ fojks/ ugha djrs A rHkh gea i. k. k Åtkz feyrh gSA ; gh i. k. kk; ke dk lgt ; ksx gS D; kfd ; ksx dk vFkz gh gS ^tkMek* A

; ksx% fpÙkofÙkfujks% A

rfgkjk izdfr l s tM+ tkuk gh ; ksx gSA T; kgh rø izdfr l s tM+ rsgS rfgkjh l kjh v'kkur u"V gks tkrh gSA bl fy, i. k. kk; ke vko' ; d gSA

Lej. k j [kq l d kj v'kkur gS l d kj dk foLej. k 'kkur gSA bl hfy, l rka dk minsk gsf d l d kj ea jgk yfdu ml ea Mmcrs er A /u l xg djks yfdu /u er cu tkvks A /u rfgkjs fy, gS og rfgkjk nkl gS rø ml ds nkl ugha gks A /u rks 'kjh ds l qk ds fy, gksuk pfg, A , d k u gsf d rø viuk 'kjh xykdj /u dek yk vks tc /u vk tk, rks ; g 'kjh gh u"V gks tk, A

bl fy, igys i. k. kk; ke l s eu dks 'kkur djā fi Qj vkfRed l qk ds fy, iz kl djaA bl l s vki dks vikj l qk dk vuttko gksus yxsx A vki dh vk; q c<xh vks vki LoLFk , oa i d lu fn[kus yxæx A i. k. kk; ke l s ; gh ykHk gSA

thou Åtkz (thouh 'kfDr) l ø/ü ds mik;

How to regain LIFE ENERGY

iR; d 0; fDr l qk thou thuk pgrk gSA gekjs ; gk ekkr, a vius cPpka dks vk' khokh nrh gsf d [tq tq thv.] nh?kz q Hko 'krk; q Hko A

bl rjg dk vk' khokh x#tu Hkh gea nrs gSA yfdu izu gsf d ge viuh fdl Hmoy ds dkj. k vYik; q cu x, gA i jekrek us rks gea nh?kz thou i nku fd; k gS yfdu

ge vYik; q D; ka vks dS s cu tkrsgA ; ksx dgrk gS cpiu ea gekjs 'kjh ea vikj Åtkz jgrh gSA cā. M l s ge vikj Åtkz xg. k djds tle yrs gSA ge T; k&T; ka cMæ gks gS 'kjh dh Åtkz [kpz gsrh tkrh gS i jUrq ge Åtk&l xg ugha dj i krs A D; kfd gekjk thou fodkjla l s Hkjus yxrk gSA ge cktkj l s cjh vknra [kjhdj vius thou ea mrkj yrs gS i QLo: i gekjs thou dh l kjh l qnrk u"V gksus yxrh gS vks gekjk 'kjh] vkpj. k vks 0; ogkj bruk dq i gks tkrk gsf d ykx gel s ?k. kk djus yxrs gA iR; d euf; viuh bl dq irk dks Nqkus dk cgr iz kl djrk gS yfdu , d kj tc 'kjh fodkjxLr gks tkrk gS 'kjh ea cjh vknra i dsk dj tkrh gS rks yk [k iz kl ds ckn Hkh l ekt ds ykx gea vknj vks l Eeku ugha nrs A ol- k vks l kjk l s gekjs 'kjh dh l qnrk rks c<+ tkrh gS i jUrq ml dh dq irk ugha <d i krh A

gekjs l rka dk ijke' l z gsf d 'kjh euf; ds thou dh l c l s veW; pht gS bl s fcxMæ er nks A i frnu gekjs 'kjh dk tks Bkl gks jgk gS ml s cpkus dk iz kl djuk gksk rfd 'kjh vl e; ea ckk vks chekj u gksus i. k, A D; kfd tks ykx 'kjh&j{kk dk mik; tkurs gS os l s o"kkard vki kuh l s nks r s jgrsgA gea Hkh dQ os k gh djuk pfg, A

'kjh ds fodkjxLr gksus dk dkj. k

gekjs 'kjh ds l Hkh vax eglo i w l z gSA , d&, d vax dks l nō l pkyr j [kuk pfg, A tc dHkh 'kjh dk dkbZ vax l pkyr ugha gsrk] fdl h Hkh dkj. k l s og vax i fjJe ugha djrk gS rks ogk pchz te tkrh gS vks jDr l pjk #d tkrk gSA ogk dh eka i f' k; k f' k fky gks tkrh gS vks /hj&/hjs ogk dM&dpjk , d- k gksus yxrk gS bl izdkj l s ckn ea og vax cMksy gks tkrk gSA

'kjh foKku dgrk gsf d gekjs 'kjh dh eka i f' k; k , DVhu vks ek; ksl u nks izdkj dh i k/ hu i Okboj l s cuh gSA

ge tks dQ Hkh [tkrs gS Mkbts ku fl Lve ds Bhd&Bkd u gksus ds dkj. k ml i nkFkz dk fof/or- fu" dkl u ugha gks i krk] ft l s fo"kyk nō jDr ea i dsk dj tkrk gS vks Hkstu ea iz Qr rsy] ?kh l s i ktr pchz Hkh jDr ea i dsk dj tkrh gSA bl l s dksy. Vmly c<+ tkrk gS vks jDr&l pjk ckr/r gksus yxrk gSA fi Qj bl l s mri Å fodkjla dks Bhd djus ds fy, yEcs bykt dh vko' ; drk i MfH gSA

l qe LokLF; ds mik;

ge vius LokLF; vks vlOLFkrk ds fy, Lo; aftEepkj gSA ge vxj foodi w l z <x l s 'kjh dh j{kk dk l dYi djrs jga rks 'kjh ea dkbZ Hkh chekjh i dsk ugha dj

I dri A vkt dy ik; % 40 o'kz dh volFkk ds dkn vf/dk k ykxka dk 'kjh fodr gkus yxrk gS D; kfd 0; fDr vius 'kjh dk è; ku NkMaj vl; I kjs dke djus yxrk gS A bl l s 'kjh mi f{kr gk tkrk gS vks og fcuk dkj.k i Qyus yxrk gS A bu fodkja l s cpus ds fy, gekjs l rka us 0; k; ke vks i k.kk; ke dk i je mi ns k fn; k gA tks ykx 0; k; ke vks i k.kk; ke djrs gA mudk 'kjh ugha i Qyrk] chekj ugha i Mf k vks os ges kk nh?kz q cus jgrs gA

bl Nk/h&l h i f=dk ea 'kkfey rF; ka l s e s vki dks txkus dk iz kl dj jgk gj rfd vki l ko/ku gksj bu ij fopkj dja i wZ LokLF; ds fy, rks vki dks i frnu vius fy, , d ?k/k fudkyuk gh i Mxk A ugha rks fdl h Hkh rjg l s 'kjh dks cpkuk l hko ugha gk l dsk A l dYi dja fd , d ?k/k vius fy, thou thus dk mik; djks vks 'k k 23 ?k/s i fjokj ; k l ekt dks nxs A

vkb,] i kr%dky l s 'kq djrs gS A l p g dk l e; egüoi wZ gsrk gS A fcNkou l s mBus ds i 'pkr-gYdk xel i kuh ygl q dh nk&ru dyh ds l kFk ya A fi Qj FkkMh nj pgydneht dja A fuR; f0; k l s fuolk gksj i k.kk; ke vks 0; k; ke i k jtk dja A bl chp fdl h l s ckr u dj v[kckj vks Vh-oh- l s nj jga A eu dks 'kkur j[kdj 'okl &f0; k dk l pkyu djrs jga A bl chp tks Hkh 0; k; ke vks i k.kk; ke vki dj l drs gA dja A yfdu fdl h Hkh ckr ij 0ks' u dja A bl h l e; ea 0ks' djus l s cpus dh fo'k k vko'; drk gS D; kfd bl l e; 0ks' dk ox vkus dh l hkkouk vf/ d jgrh gS A

fi Qj Lukukfn l s fuolk gksj FkkMh nj i jekRek ds l keus è; ku ea cBj è; ku dks [kx xgjk cuk, a A i gys vius x# ds fp=k dks è; ku l s ns[ka fi Qj ml ea Mucus dk iz kl dja A /hj&/hjs fp=k ykr gk tk, xk vks vki 'k; ea i os k dj tk, xs A bl h 'k; l s vki dks thouh 'kDr feyus yxrk A vki dYi uk dja fd fn0; izdk'k l wZ dh Hkfr vullr ea izdk'kr gk jgk gS vks vki ml l s Åtkz xg.k dj jgs gS A vullr l s fn0; izdk'k vki ds eflr"d ea i os k dj jgk gS A vki dYi uk djrs tk, j /hj&/hjs og izdk'k vki ds l Hkh vakra ea i Qyus yxrk vks FkkMh nj ea vki dk jke&jke izdk'kr gk tk, xk A

bl rjg dk Hko vki l w Zksu i k.kk; ke }kjk Hkh dj l drs gS A yk l wZ dh vks vk[ka cm djds è; ku dja vks dYi uk dja fd l wZ dh yk jf'e vki ds 'kjh ea i os k dj jgh gS A bl l e; [kx xgjh l ka ya vks Nk/aA l ka ds vUnj tkus vks ckgj fudyus dh xfr ij Hkh è; ku j [ka vks ml s egl w dja A l ka yrs l e; ; g Hkh dYi uk dja fd izdr l s vikj Åtkz vki ds 'kjh ea i os k dj jgh gS vks NkMf

l e; 'kjh dh chekj l kl ds ekè; e l s fudy jgh gS A dHk&dHk jpu&f0; k ds }kjk vius eflr"d dh l kjh fdku dks ckgj i Qa A

dikyHkfr ds }kjk 'kjh ds Hkrj ds vakra t s yhoj] fdMuh] yk l vkfn dks LolFk fd; k tkrk gS A ; g f0; k Hkh vko'; d gS A FkkMh nj ds fy, egg cm djds Åj dk mPpkj.k dja A bl l s eflr"d dh egu jDr&dkf'kdk, a l pkyr gkus yxrk gS A Hkz dh rjg xqxukus l s eflr"d dks cgr ykHk gsrk gS A

i kr%dky l wZ dh ykyek tc o{ka ij i Meus yxrk gS rHkh o{ka l s vkD l h tu fudyus yxrk gS A ml h l e; [kys ehku ea Vgya ; k nk/aA nk/aus l s 'kjh dk i l huk tks fo'k cudj vki ds 'kjh ea cBk gS og fudyus yxrk A i l huk u fudyus ij og fo'k 'kjh ds vakra dks {kfrxLr dj nrk gS A bl fy, bl fo'k dks ckgj vo'; fudky dbZ ykx 'keZ dh otg l s [kys ehku ea 0; k; ke&i k.kk; ke ugha djrs ft l dkj.k mudk 'kjh 'k?kz gh fodkjxLr gk tkrk gS A 'kjh dh j{k ds fy, , d h 'keZ mfr ugha gS A vius 'kjh dh j{k ds fy, fuEufyf[kr mik; vo'; dj&

- ? i frnu 0; k; ke vks i k.kk; ke vo'; dja A
- ? i kr%dky , d ?k/k vius fy, ft, a A
- ? l knk Hkstu dja A
- ? Hkstu djrs l e; Vh-oh- ns[kuk] vdkj.k cksyuk [kM&[kM- Hkstu djuk vR; ur gkfudkj d gS A l hko gk rks Hkstu djrs l e; ekj jga A
- ? i kr%dky tc è; ku vFok intk ea cBa rks i jekRek l s viuh dqkyrk ds fy, i kFkZuk dja A bl l e; vius 'kjh dh iz kl k dja A vius vPNs xqka dh iz kl k dja vks nkska gkFk dks vius pgjs ij j [k rfd izdr l s i k l r Åtkz vki ds pgjs ea i os k dj l ds A ml h Åtkz l s 'kjh ea ykyh vks l Qnrk c<f h gS A è; ku j [ka & Disbelieve your illness and produce emotion of happiness.
- ? jkf=k ea l krs l e; i jekRek dk Lej.k dj mudh xkn ea l k s tk, aA jkf=k dk Hkstu gYdk gS A gYds Hkstu l s cjs Lolu ugha vkrs A
- ? frnHk ea 4 l s 5 yhVj i kuh vo'; i h, a A
- ? i v ds fodkj vFok d c t l s cpus ds fy, i v dk 0; k; ke dja vks Bgkdk yxkdj gA A

fo'k k& ge bl Nk/h&l h i f=dk ds ekè; e l s vius l Hkh fiz tuka dk è; ku muds 'kjh dh vks vka"V djuk pgrs gS A ; g l hko ugha gS fd e s d n fy[kdj