

## ***O ignorant one, why be proud***

*O ignorant one, why be proud of this body – 'tis the dust that lies at thy feet  
Revel not in false glorification, lest you forget the path you seek,*

*You glorify in that which is dust, and are a servitor of the transient  
If you indeed perceive with wisdom, your illusion shall be rent.*

*O why be proud of this body, when it shall soon to dust reduce  
When my ashes mingle with yours, then who is greater, can one deduce?*

*I am a traveller of that path, which leads to Ram's feet Divine;  
I yearn for His glimpse, 'tis my last wish to be the dust at His feet sublime.*

*This body shall inevitably be fuel in the pyre, yet if this mind in the Lord's hues is coloured  
It will spread fragrance even as it burns, and unto the Lord is offered.*

## **क्यों इस देह का मान करे**

क्यों इस देह का मान करे, यह तव चरणन् की धूल ।  
मिथ्या सराहना मत करियो, मैं पथ न जाऊँ भूल ॥

मिट्टी का अभिमान करे, अनित्य शव चाकरी करे ।  
ज्ञान दृष्टि से देखर इसे, क्यों भ्रम में तू फिरे ॥

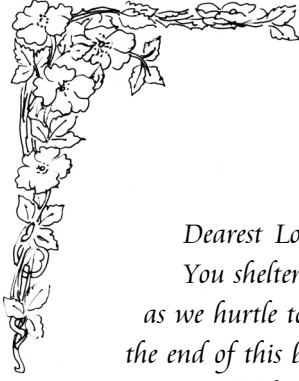
क्यों इस देह का मान करे, यह जल्द ही धूलि बने ।  
मम राख्री तव राख्री मिले, कौन किसे फिर बड़ा कहे ॥

राम चरण का पथिक हूँ मैं, अब दर्शन की है प्यास ।  
धूलि बन वा चरण चढूँ, यही है अंतिम आस ॥

सामग्री तो यह स्वाभाविक है, श्रेय पथ सुगन्धि बने ।  
राम रंग में रंगी हो पूर्ण, जब अर्पित होने चले ॥

*(अर्पणा प्रार्थना शास्त्र १, व. २३ - २०.१.१९५९)*





## Homecoming!

Dearest Lord,  
You shelter us  
as we hurtle towards  
the end of this brief life.  
A wisp of smoke  
is all it is.  
But if in this short time  
we are fortunate enough  
to have tasted of You,  
we too can meet death,  
unafraid...  
as did Chhote Ma,  
who offered love and blessings  
to all around her.  
In the midst of her intense  
pain and discomfort,  
she lived Ma's reflection  
of Your words --  
Love all!

Verse by Menati Mull

Arpana's Revered and Beloved Chhote Ma, left her mortal body on 10th May, 2015 to abide forever at the feet of her beloved Lord and Guru, Param Pujya Ma, to whom she devoted her entire life.

Humanity will remain ever indebted to Chhote Ma's life long labour of love – inscribing and disseminating the scriptures and the ocean of knowledge that flowed forth from Param Pujya Ma.

To celebrate Chhote Ma's life and deeds, and express gratitude for her presence in our lives, we dedicate this special edition of the Pushpanjali to her.

~ The Editor



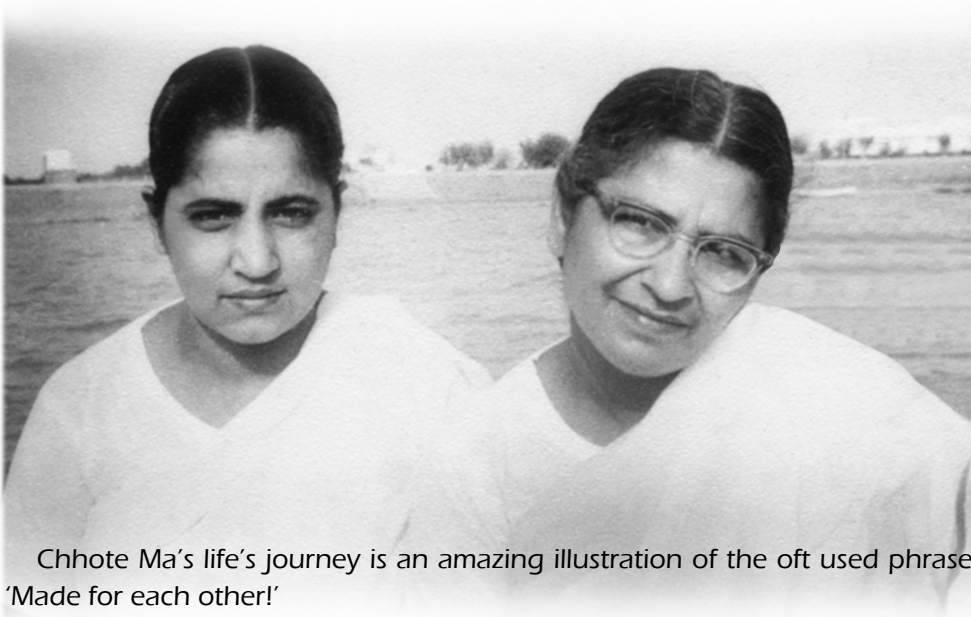
Editor's Name: Ms. Abha Bhandari  
Address of Editorial Office: Arpana Trust, Madhuban, Karnal 132037, Haryana

Note: Views represented in this journal reflect the understanding of individual contributors. Most articles are based on 'Satsangs' given by Param Pujya Ma in answer to seekers' questions.

Published by Mr. Harishwar Dayal for Arpana Trust, Madhuban, Karnal, Haryana on 1<sup>st</sup> June 2015  
Printed at Sona Printers Pvt.Ltd., F-86/1 Okhla Industrial Area, Phase I, New Delhi 110020

## 'Made for Each Other'

ABHA BHANDARI



Chhote Ma's life's journey is an amazing illustration of the oft used phrase 'Made for each other!'

This was aptly ratified by the first remark by Param Pujya Ma when she first saw Chhote Ma: "Arre... tu to mera apna aap hail" Since that moment, till the day Chhote Ma left her mortal frame to be with her Supreme Mother and Lord, Chhote Ma's entire life has been a symphony of dedicated devotion. Destiny bound them irrevocably... from Ma flowed a ceaseless Ganga of Supreme Knowledge and Chhote Ma wrote... time, space, circumstance... nothing made a difference. Their souls were intertwined. Chhote Ma was with Param Pujya Ma as a shadow since 1947, when she first met her Mentor... that was when she first 'fell in love!'

There may have been many 'differences' at first, as there are between a little child and mother... but the innate bonding was undeniable. And who but Chhote Ma had the 'guts' and the moral fibre to admit to those moments when she, as an ignorant child, had disparate views from those of the One she adored. And Chhote Ma spoke of these moments with an objectivity and clarity of one who lives 'beyond the body self'... She oft related these instances to illustrate a *shloka* of the scriptures. She had the innocence of a child... not caring for her own reputation or status and ever highlighting in her life, the Divinity of her *Guru* – Param Pujya Ma.



For decades, her melodious voice started the day at Arpana, as she sang Ma's prayers with devotional abandon. She disseminated Ma's Word with an inimitable sincerity. She cared not who constituted her 'congregation'... she was merely in communion with her 'Lord'. Despite her frail health during the last few years of her life, she even travelled long distances to fulfil the purpose of her life... the dissemination of 'Urvashi' and sharing the wondrous life of Param Pujya Ma with all. The Preservation Room at Arpana, the *Shastras* in the Arpana Temple, as well as the *Mandir* at Defence Colony, are testimony to Chhote Ma's amazing dedication, commitment and perseverance.

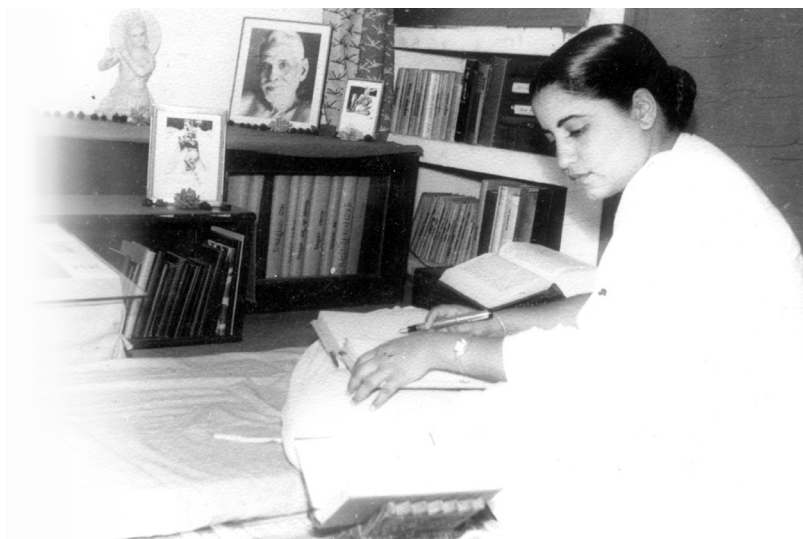
Chhote Ma did not merely disseminate the knowledge of the Scriptures... she made every endeavour to live that knowledge. She was 'Chhote Ma' – the Little Mother to all her children. She bore the tirades of her errant 'children' with a loving fortitude... and made every endeavour to see that her children were comfortable. After Param Pujya Ma, she truly was the 'bonding' factor of the entire Arpana family, including the extended family. Silently she attended to every need of every child... not expecting anything in return, not even gratitude! As a Mother often does, she knew the need of every child, and addressed it to the best of her ability. She upheld the reputation and security of Arpana with all her might and indeed, with all her heart.

The last four months of her life were remarkable... even as her lungs found it difficult to function, and her kidneys failed her, and she was punctured all over

her body with needles and tubes, and she was asked, "Chhote Ma, do you have any pain?" And unable to speak because of the tracheostomy, she would shake her head vigorously to indicate she had no pain. She would point at Ma's picture before her, indicating that her Divine Mother had taken away all pain! Was this not an indication that Ma had indeed lifted her dearest child, Chhote Ma, into her arms of love and security, a clear indication that her child indeed merited only the comfort of her mother's arms? And whosoever came to see Chhote Ma in these last few months, received her blessings and her sweet innocent smile as a benediction. She would raise her hand and stroke the head of her children with generous abandon, as the 'parting gift' of a loving and dedicated Mother.

...And now, she, whose entire life was steeped in devotion to her *Guru*, her Mother, her All, is one in Essence and Spirit with her Beloved Master... Each time we read Ma's Divine flow of Urvashi, elucidating the Scriptures, we will remain ever indebted to dearest Chhote Ma, who was indeed Ma's 'hands'... Even as Ma sang with abandon, lost in the ecstasy of the Divine Presence that permeated her whole life, Chhote Ma, in utter selfless dedication, inscribed every word of the Divine flow of Urvashi for the benefit of generations to come. The Principal Upanishads, the Srimad Bhagavad Gita (4 readings), priceless heart-touching prayers contained in numerous '*Prarthana Shastras*' of 500 pages each, *Satsangs* spanning over 50 years... all these were recorded in Chhote Ma's beautiful writing for us all to read and imbibe.

Thank you dearest Chhote Ma for this priceless gift of Supreme Knowledge that you have made available to us for always! ❖



# Thank You, Chhote Ma!

DR. ELA ANAND'S TRIBUTE AT THE PRAYER MEETING FOR PUJYA CHHOTE MA



Today we have gathered together to offer our *Shraddhanjali* to Pujya Chhote Ma and thank the Lord for giving her the strength to bear her bodily pain and ending the discomfort which she bore so patiently.

I would like to thank her for what she has been to me, an elder sister, a guide, and latterly a mother who demonstrated the qualities of love, patience and sincerity in her life.

In the first few years of my association with her, I was privileged to observe how she quietly gave comfort to Mr. C.L. Anand (Pitaji) whilst his wife (Bibiji) was suffering so much in her last illness. Her discussions with him on spirituality, a subject of great interest to him, enabled her to divert his attention away from watching Bibiji's suffering anxiously. She was successful in giving him those moments of peace. This made a deep impression on me.

It was in our Nursing Home phase that she introduced us to the beauties of Urvashi and Spirituality. She demonstrated her humility when she made enormous quantities of *halva* to be distributed as *prasad* at the inaugural function.

She demonstrated her patience when our attention strayed and we got up either to attend to plants or to patients, thus interrupting her. She also fitted in with our timings by either taking *satsangs* elsewhere or by accompanying Dr. Anand on his drive to the ESI Hospital where he worked. Gradually we began to

spend more time with her. She would also give examples from her own life with Puja Ma without glossing over her own faults. Sometimes when we did not understand the practical nature of what she said, she would also give examples from Bollywood films that she would take us to see. This enabled us to understand that spirituality was not just listening and reciting the divine words of Urvashi but it enables us to apply the various tenets in our own lives. This made a tremendous difference in my interpersonal relationships both at home and in my professional life. It taught me to introspect and to recognize my own weakness.

Puja Chhote Ma thus steadied the boat of my life.

I owe Puja Chhote Ma a huge debt for the beauty that she brought into my life and will always be grateful to her. Puja Chhote Ma played a huge role in the creation of *bhajans* by Dr. Anand. She chose the words for this initially but gradually the words were selected during her *satsangs* and more than 300 *bhajans* were composed by Dr. Anand in this way.

In fact Urvashi was Chhote Ma's life. The divine outflow of verse which issued from Puja Ma's lips was faithfully recorded by Chhote Ma in her own inimitable shorthand which was transcribed later in her very readable hand writing. In this way 26 large *shastras* were produced of prayers, *satsangs*, 3 readings of the Gita and the Upanishads. If it had not been for Chhote Ma this divine work would have been lost to posterity. If it had not been for her then Dr. Anand and I would not have developed a desire to know the meaning of 'Love All'.

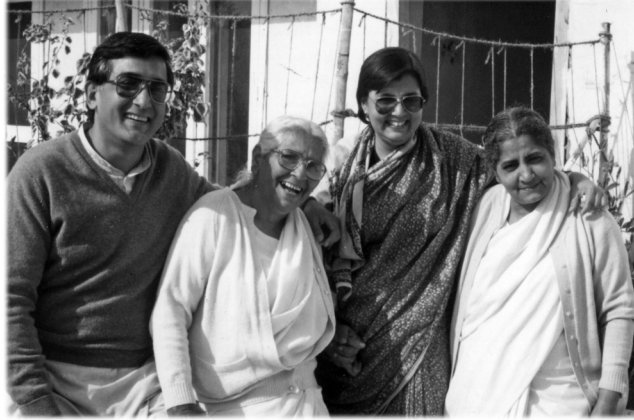
Puja Chhote Ma's love for all was displayed in small gestures. She made these for the entire extended family and *satsangis* on all occasions such as birthdays as well as in their sad moments. She displayed her compassion towards all. She never had any guile or ill feeling towards anyone.

In her last illness she displayed an unusual calm and patience. She was totally uncomplaining and bestowed her blessings on each one of us. She had immense faith in Dr. R.I. Singh and was content to be completely under his care. Indeed he left no stone unturned and explored every possibility of trying to give her relief. It is with heartfelt gratitude that I must thank Dr. Singh for his unusual empathy which gave Chhote Ma so much comfort. He said to me, 'I am doing it for myself.' I would also like to thank all the staff, doctors and the matron specially for looking after her.

I would also like to thank Dr. Rahul Gupta for his careful and caring co-ordination of Chhote Ma's treatment at Fortis Escorts Hospital, Delhi.

Thank you Chhote Ma for being my mother and guide in the last 40+ years. I shall miss you and always remember you with love and gratitude. ❖

## *An Abiding Relationship*



My association with Arpana began on hearing Pujya Chhote Ma's *satsangs* at Lajpat Bhavan about 37 years ago. Her explanations of the *Shastras* through the beautiful expositions of Urvashi had me spellbound. Later for about fourteen years Chhote Ma came to Nizamuddin for the monthly *satsang* week in Delhi. We not only got the opportunity to hear the Urvashi *shastras* in depth from her, but during the drives to the various venues, during mealtimes, while watching movies and so on, we could discuss all manner of topics and she would, in her affectionate way, tell us Param Pujya Ma's way of looking at and dealing with daily life. What would amaze me was that she never hesitated to narrate incidents which showed her in a negative light, to highlight some point of Ma's teaching, so that we could better appreciate the beauty of Ma's way of looking at life.

While working in Arpana's Publications department, I would be scrutinising the Urvashi data entry for spelling errors. She was an M.A. in Hindi, and I had studied Hindi only as a compulsory subject. But she gave me the freedom to question what was written, and she would say, "I knew nothing about the language of the *Shastras* when I came to Ma, and my hand only wrote down what the ears heard." What humility, to allow people less qualified than you to question your life's work!

Apart from *satsangs*, we knew Chhote Ma as an expert in knitting, but she amazed us with lessons in cooking too! She never forgot a birthday and was always ready with a gift for each one. On trips to places of pilgrimage, Chhote Ma was the most energetic member of the group. How can I forget our trip to Vaishno Devi, when my son got severe asthma on the way. She walked with us at a leisurely pace for 12 hours, so that he too could reach the *mandir* and



receive the blessings of Ma Vaishno Devi. Her enthusiasm was infectious. One year she came to celebrate Ganesh Chaturthi with us, and she gave us a beautiful and new way of understanding the significance of Ganeshji.

Our lives were touched by her love in innumerable ways. She will always be with us.

KUSUM BHOJWANI

In addition to many tributes of being a 'recorder' of Pujya Ma's prayers and *satsangs*, Chhote Ma had an incredible memory and would be able to instantly recount the time, place and occasion when a particular prayer or *satsang* was recited. She would explain the teachings of the Gita, Upanishads, etc. in a way that faithfully brought out Urvashi accurately and breathed life into it by giving each prayer a vivid geographic, historical and personal context.

I first attended Gita *satsangs* by Chhote Ma at pre-dawn sessions at the residence of Drs. Anand Kumar and Ela Anand in Delhi. This was the first time that I had been 'taught' a scripture as opposed to merely reading it superficially on my own. I was amazed at the depth that was brought out. Every *shloka*, every topic was revealed at multiple levels to discover its essence. I guess one of the most important things that Chhote Ma taught me was that I must have the '*salah*' - the interest and desire to really understand and imbibe the lessons into my practical life and to change my very nature.

I am grateful to her for being my first teacher who so lovingly and patiently taught me these lessons and shall remember her as such.

ASHOK BHOJWANI



What can we say about a person who is so evolved? I met Chhote Ma when I was around 9 or 10; She visited our home often, since she did a *Satsang* week for Arpana along with my mother, and she literally brought me up like a son.

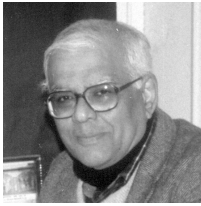
By default, the first *satsang* was at our home, at around 6am! Well, getting up for the *satsang* was quite something, because initially we were not used to it, and did not understand why we were to be part of it! But I do distinctly remember that the tone of the *satsang* would change everytime a child walked in!! This was true identification – she would speak to us in our language – the language of stories which would touch the heart! She would take the story to a fascinating positive ending, and make us learn from it.

When we used to visit Madhuban, she would always be either writing Revered Ma's Urvashi, reading Urvashi, giving *satsangs* or solving people's problems. Her energy was amazing, and this impressed one and all. She would wake up early in the morning and would work till late at night on the propagation of Urvashi. This energy was truly a gift of God, which is given to

those who spread the word of God, do noble deeds and are positive.

Several people also visited Chhote Ma with life problems/ issues and she had an open door for them – giving them the best solution after understanding the problem well. Chhote Ma always impressed me with her smile, positivity, identification with others, love for all, ability to talk and win hearts. Here's to true love – such noble souls are always 'Amar'.

VIVEK BHOJWANI



I attended Rev. Chhote Ma's *satsang* for the first time in 7 Nizamuddin East around 1983. During the *satsang* she reinterpreted Sri Sankaracharya's saying as applicable to us as individuals: "ब्रह्म सत्यम् जगत् मिथ्या, जगत् सत्यम् मनोजग मिथ्या।"

Somehow this made a deep impression on me and I continued attending the early morning *satsangs* at Anand Nursing Home. Later on Rev. Chhote Ma would come every month for a week and stay with us in Nizamuddin. We had an opportunity to closely interact with her in this period. I accompanied her in 1984 for the special round of *satsangs* for Ram Navami she held in Delhi. We explored many *mandirs* all around Delhi. She was very fond of visiting the *mandir* at Chhattarpur and Birla *mandir* in Delhi.

Rev. Chhote Ma was a great teacher. All the informal time we spent with her was a treasurable experience. She taught us how to understand movies. She used to say "असली कहानी तो अब शुरू हुई है!" at a moment in the movie which used to completely change our interpretation of the movie. Through such examples we learnt how to deal with real life situations in a better way.

Rev. Chhote Ma's way of explaining complex आध्यात्मिक concepts through stories was unmatched. Her narration of real life incidences in her life taught us what life is all about. We will be eternally grateful to her for the life lessons she taught us.

I saw Chhote Ma for the last time in December 2014 at Madhuban. One evening I went to her room to find her seated peacefully on her chair knitting. Her face was so serene as if all her कार्य (life's work) is done and she is at peace with everything. I could not control my tears.

I will miss Rev. Chhote Ma very much.

ARVIND KELKAR



We were blessed by Chhote Ma's presence in our lives, and as she is released from this mortal existence, she is enshrined in our hearts. Our unending gratitude and *pranams*.

KUNDA KELKAR

# Fragrance of a Beautiful Soul

DR. RAHUL GUPTA



It was Respected Chhote Ma who acquainted my family and me with Param Pujya Ma. I still remember that day clearly... Anand Nursing Home, New Delhi... it was winter time... still clad in my school uniform, I was sitting in a corner of the room, trying hard to understand the conversation between my parents and Chhote Ma. Then, suddenly, Chhote Ma looked towards me and asked "Would you like to meet Ma?"

That was 1979... and now, it is 2015! These many moments, days, years contain millions of golden memories... each memory soaked with evocative times spent with Param Pujya Ma... every memory filled with an undeniable sweetness... a link of the soul with one's own essence. And maybe that is why we all feel so very close to dearest Chhote Ma... for it was she who acquainted us with Param Pujya Ma fully. It was her immense faith and toil which enabled her to weave a fragrant garland of the many flowers of Ma's Word. It was because of her immense grace that each word of Urvashi is available to us today on myriad sheets of paper, books, *shastras* for many generations to come.

Every memory of this noble soul is a lesson of divinity. In the ICU – on a ventilator – she would always be smiling... never once did I see her frown or wince in pain... when I know that each injection, each tube inserted must have made her so uncomfortable!

Such greatness does not descend on this earth again and again. Such selflessness is not visible to us ever so often. And such wonderful Souls are immortal... they go nowhere! The fragrance of Beloved Chhote Ma's life will stay by our side always... we only have to take out time to remember and experience the sweetness of that beautiful spirit, and to perpetuate it in our hearts.

The purpose and aim of Chhote Ma's life was to bring the Light of Urvashi to every hearth and home... and this is a dream we all have to fulfil together.

I would only request this of you... do not go back empty handed... take Chhote Ma's fragrance along with you. Chhote Ma's life is the best *prasaad* to carry home with us.

राम नाम की लूट है, लूट सके तो लूट,  
फिर पाछे पछतायेगा, जब प्राण जायेंगे छूट।

# *A Special Relationship*

ANU KAPUR

“गुरु गोविन्द दोनों खड़े, काके लागूँ पाए  
धन्य गुरु मेरे आपुनो, जिन गोविन्द दियो दिख्राए”

**'My Lord and my Guru stand before me... at whose feet shall I pay homage first?  
My heartfelt gratitude to my Sadguru... Who introduced me to my Lord!'**

Sant Kabir

Our lives with Param Pujya Ma began in a similar vein. My entire childhood was spent in the shade of Her love and care. I was 7 years old then. I remember learning almost everything from Chhote Ma. Today, I wish to offer my deepest gratitude to Chhote Ma.

Throughout his life, my husband Lav and Pujya Chhote Ma shared the deepest spiritual relationship. This was not a relationship like any other. I was blessed to be witness to this beautiful relationship of a son with his 'mother'. Lav was approximately 19 years of age when he first came in contact with Param Pujya Ma. At that sensitive age, when most young boys seek a furtherance of their material quest, and to attain name and fame for themselves, Lav was drawn instead, into all things spiritual. It was then that he became very close to Chhote Ma. Under her tutelage, he wrote almost all the *Shastras* elucidated by Param Pujya Ma including most of the Upanishads and the Srimadbhagavadgita.

They would both wake at 3 am every day and begin their 'study'... they logged about 18 hours of study and writing every day. This sequence of events continued for almost 11 years! It is because of this close proximity and his extreme respect and love for his 'teacher' that Lav first called her 'Chhote Ma'. For him, she had become not only his greatest friend, philosopher and guide, but also his 'Little Mother'. Chhote Ma embraced not only Lav as her son, but also imparted great love and identification to our whole family, treating us as an



integral part of her. Each of our children established their own unique relationship with Chhote Ma.

With Param Pujya Ma's blessings, this path of high humane and spiritual values clarified

through Chhote Ma's immense endeavours, shall always remain the only 'Light' for us to follow. We will ever tread the path she has shown us, and will never allow the radiance of the values she has upheld to become dull in our hearts and memory. ❖

## *She enriched our lives*

SUSHMA AGARWAL



Reminiscing back, I had the good fortune and privilege of first meeting Pujya Chhote Ma 29 years ago at a *satsang* in Ushaji's home. After the *satsang*, Mrs. Usha Seth introduced me to her. I was instantly touched by her captivating smile, pleasant disposition and gracious personality. I thanked God for bringing me in contact with this beautiful person and hoped that I would get an opportunity to meet and know her better.

As I was inclined towards spirituality I was always looking for a *Guru*, who I could talk to and seek guidance from.

They say that when you have a very strong desire to do something, the Lord always opens a door for you. I had really enjoyed listening to Chhote Ma explaining the Gita, interspersing it with little anecdotes from Pujya Ma's life. So when Usha ji told me that Chhote Ma holds a *Satsang* for a week every month at 5:30 am at Nizamuddin, and offered to take me there, I grabbed at the opportunity. This is where I first meet beautiful people like Sonu Bhojwani, Dr. Raj Gupta and other Arpana family members.

I am full of gratitude to Ushaji, who introduced me to Arpana and later took me to Madhuban, where I had the good fortune of meeting Param Pujya Ma. This was the best thing that ever happened to me, and it changed the course of my whole life.

In those good old days we used to go to Madhuban 5 or 6 times a year, and each time stay there for 3 or 4 days. Param Pujya Ma being so busy, we only got to meet her for a few minutes each day, but she guided us that we should seek to spend more time with Chhote Ma to understand the scriptures, to bring those values into our lives and try to live them.

Chhote Ma with her kindness and identification asked Usha ji, Krishna ji and myself to come to her room at 5 am every morning, for an exclusive *satsang* for an hour and a half, before the *Satsang* in the *Mandir*. Her kind and reassuring smile put us totally at ease, so that we could comfortably share our personal problems without any apprehension and get her guidance. Looking back, these were the most precious and beautiful morning hours and the highlight of our Madhuban visits.

Attending Pujya Ma's *Satsang* and getting the privilege of talking to her, was further reinforced by the time we spent with Chhote Ma, who illustrated with small anecdotes from Pujya Ma's life, how Ma looked and dealt with every situation in a different and positive way. All this motivated us to start the Delhi Education Project at Molarbund.

In spite of her indifferent health Chhote Ma came to Molarbund for *Satsangs* with our staff. Everybody looked forward to her monthly *satsangs* and now remember her fondly with great respect.

I feel greatly privileged and blessed to have known Pujya Chhote Ma and to have got her guidance to enrich my life in various ways.

Today we celebrate the life of Pujya Chhote Ma,

- Who dedicated her entire life to Param Pujya Ma and Arpana.
  - Who translated Scripture into behavior and practice, as Pujya Ma showed us the way.
  - Who identified with whomever she met.
  - Who gave of herself without reservation.
  - Who acted on what she believed, and practiced 'Love all'
  - Last but not the least, for the greatest gift she left for posterity, by inscribing 'Urvashi' as it flowed from Param Pujya Ma's lips.
- and
- Who has left the world so brightened that she will live in our hearts forever!



Beloved Chhote Ma, I feel so blessed that you came into my life and have been an integral part of my life for more than 45 years. Thanks to Beloved Ma, you and Arpana came into my life. Where would I have been and what would I have been without you all! Your unceasing love, your warm smile, your secure embrace, your comforting words, your simplicity, your inspiring devotion and much much more. Thank you for everything!



ANURANJAN SINGH



When I came to Madhuban, I was still immature. But Chhote Ma lovingly guided me at every step. Her *satsangs* were eye openers. I learnt from her how to love every person and everything in Nature – flowers, leaves, sunrise, sunset...

Each year she would give me a beautiful gift on my birthday. Every time I use the things given by her, I say a prayer for her.

Just before she fell ill, my granddaughter had come to visit with her newborn son. Chhote Ma took him in her lap with great love and blessed him.

I miss her and her melodious voice a lot in the *mandir*. I can only say that God may bless her always.

DHARAMVATI SOOD

## *At the Lord's feet*



**A tribute by Arpana's very dear family at Kambar Darbar in Mumbai... Revered Gopi Dadi, the Spiritual Mentor of Kambar Darbar, and Param Pujya Ma shared a very special spiritual space... All of us at Arpana share the deep sense of loss, not only of Beloved Chhote Ma, but also of dearest Kamla dadi, Bhabhi Kalp, and other beautiful souls whose physical presence is no longer with us...**



May has seen sudden transformations of iconic spiritual guides into celestial beings. After Bhabhi Kalp on Friday, Chhoti Ma from Karnal decided that she no longer wished to stay on the planet and went on to join our other shining angels in heaven above. Guru Nanak Ji was known to have realised God through his singing and longing for him.

Similarly, Chhoti Ma too was known for her '*Prem Bhav Bhakti*' and soulful singing of *Ram Bhajans*. Her smiling face and soft demeanour will be cherished as much as her spirituality and simplicity.

We remember the *bhajan* composed by Dr. Anand and sung by Chhoti Ma as her eternal favorite:

“रंग रंग दो रंगरेज़ा, राम रंग तुम रंग ही दो  
तन को चाहे जो भी करो, मन राम रंग में रंग ही दो...”

Chhoti Ma you will be missed and remembered. May You find abode in the lotus feet of RAM and keep showering your blessings. ❖

# The Chosen One

RAJENDER ARORA



It was a beautiful day when we met Chhote Ma for the first time somewhere in 1978 at Mr A D Khanna's residence in GK 1. It was a sort of love at first sight as we enjoyed the *Satsang* immensely – which started and concluded with a *Bhajan* by Dr. Anand. It was a wonderful combination – Dr Anand's magical voice and Chhote Ma's elucidation of Pujya Ma's teachings. The love affair continued till date and there was no looking back. In between there are a host of memories of our Arpana visits on numerous occasions. We always came back very happy and with a feeling as if our battery had been recharged. Also we used to look forward to her *Satsangs* held in Delhi. It was always a treat.

Chhote Ma may not be there physically but in heart and thought she'll never be far away. How can one ever forget the immense love she gave us besides the lucid and simple way in which she explained to us the teachings of Pujya Ma. She had a unique way of making us understand by giving her own example while interacting with Pujya Ma. It was because of her that we considered ourselves so close to Pujya Ma and her philosophy.

It is also a divine coincidence that Chhote Ma was the chosen one to give the *Prasad* of Urvashi to all of us who came in contact with Arpana. It was a big blessing that she was there at the right time to pen the divine flow which came from Pujya Ma and record the same so meticulously for posterity.

Chhote Ma was indeed a noble soul and the void she has left is hard to fill. But she did her best to explain to us how we should go about in our day to day life. Even now in given situations one always thinks Chhote Ma said this and Chhote Ma said that. That way she is a constant companion and always there for us. It was upto us how much we imbibed. From her side it was राम नाम की लूट! May her soul rest in eternal peace. ❖



## *Those precious two minutes*

RAVI DAYAL

About a week before Pujya Chhote Ma left us for always, I had gone to Madhuban for the day. I had heard that Chhote Ma had been rather unwell that morning and we may not be able to see her.

I still went up to the fourth floor of Arpana Hospital, where a room had been specially created as an ICU for Chhote Ma, to see if I could get the latest update from Vandana bhabhi, who has been Chhote Ma's constant companion for the past many years. She said "Ravi, now that you are here, you can glance from the door... If Chhote Ma is awake, you may be able to see her for a minute." Sure enough, I peeped in and saw Chhote Ma was not sleeping. I stepped into her room, and found a soft and serene smile on her face. She gestured me to come closer to her, and raising her hand she blessed me... and that is when I saw the most beautiful expression on her face, which left a deep impression in my heart.

Chhote Ma had a peaceful faraway look in her eyes, establishing the fact that we all had noticed and discussed... she was not living in the body self... but at the feet of her Sadguru. Chhote Ma was at complete peace with herself internally, having accepted the Will of the Lord in all that was happening to her body. She was now internally prepared for anything, having left everything in the hands of her Lord. Only He existed now in her heart and soul.

I then realized that this period of being so unwell for so many months had been fully utilised by Chhote Ma to prepare herself and accept the Will of her Master completely and unconditionally. Those two minutes with Chhote Ma are the most precious two minutes for me. When she raised her hand and blessed me, I knew that it was a blessing that I would cherish forever. ❖



## *She will always be with us*



Chhote Ma was a most remarkable person with a fascinating story – all the way from a schoolgirl who worshipped Ma, to an academic, to becoming the ‘pen’ to record Ma’s spontaneous expositions about the Scriptures in Hindi verse, to an integral part of community living, to the ‘ultimate’ authority on Ma’s words, to a person of such serenity and peace within that her equanimity was never shaken, no matter what happened to her body.

To us, privileged to be in her family, she was one person who was always ready to listen and do whatever she could. No matter if she had just strongly disagreed with a person only moments before, if there was a problem, she would help with all of her mind and heart and resources. She had a wonderful knowledge of the information that Ma imparted about the mind and its reactions and was always willing to discuss this. She felt for us in our sorrows, encouraged us in right action and assisted us in every way.

We will miss her a lot in that her human form is not with us, but we feel her with us – she will always be with us in our hearts.

ANNE ROBINSON

Dearest Chhote Ma! Yes, that is what she was to all – very dear. Simple, unassuming, humble – yet a storehouse of practical knowledge gained from her spiritual Master, Param Pujya Ma.

Passing by her bedroom, one could hear her listening to Param Pujya Ma’s audio tapes on *satsangs*. At the same time, her nimble fingers would be deftly knitting away. It was amazing how she would remember matching examples from Param Pujya Ma’ life to explain a verse from the Gita or the Upanishad during discourses in the *mandir*.

I remember accompanying her to many *satsangs* in Karnal and Delhi over the years. My sister in Gurgaon always called Chhote Ma her great pal... with whom she enjoyed endless rounds of *gulab jamuns* and *samosas*, while talking of personal issues. The several trips to Gangaji on the death of dear ones shall always be remembered because of her melodious voice rendering *bhajans*.

Once we were visiting Dwarka Dheesh temple in Mathura with Chhote Ma when it started raining. Within minutes the low road between elevated shops on both sides became a horrendous torrent of muddy water. Somehow we took refuge in a shop. All the time Chhote Ma kept reassuring us that Ma was ‘with us’ and leading us in a chorus of words in praise of the Lord!

Even today one can feel Chhote Ma’s presence amidst us all. Her smiling face and assuring words are there to comfort and inspire us.

VIJAY DAYAL





Param Pujya Ma

# Arpana

## Newsletter

ARPANA TRUST, Madhuban,  
Karnal, Haryana, India  
June 2015

### Joined with her Sadguru

...And now, she, **Pujya Chhote Ma**, whose entire life was steeped in devotion to her Divine Mother, her All, is one in Essence and Spirit with her Beloved Sadguru.... Each time we read Ma's Divine flow of Urvashi, elucidating the Scriptures, we are ever indebted to dearest Chhote Ma. Even as Ma sang with abandon, lost in the ecstasy of the Divine Presence that permeated her whole life, Chhote Ma, in utter selfless dedication, inscribed every word of the Divine flow of Urvashi for the benefit of future generations.



A Prayer Meeting was held in Madhuban on 17<sup>th</sup> May with Arpana family, devotees, staff and friends to pay tribute to Beloved Chhote Ma, and offer themselves in commitment to the purpose of her life... the dissemination of Urvashi and the Scriptures. In togetherness, each one added the strength

of their commitment to the legacy of Param Pujya Ma and Chhote Ma.

### Celebrating Urvashi

On Sadhana Day 9<sup>th</sup> March, and Samadhi Divas, 16<sup>th</sup> April, Arpana family and friends from Jalandhar, Chandigarh and Delhi, congregated together in the Temple at Madhuban, and with grateful hearts (and some moist eyes) remembered their Beloved Divine Mother, whose Word and Life had left such a deep imprint on their lives and continues to guide us even today.

## Delhi Directions

### Arpana Students Go to College

Of the 34 students in the graduating Class 12, 14 students are attending regular colleges and 20 students are pursuing graduation in the distance learning program of Delhi University.

The outgoing class 12 students gave a farewell gift of paint to the incoming class 12. The new class 12 boys voluntarily and happily painted their new 12<sup>th</sup> class room.

**Arjun** (last year's class 12): *"With Arpana's help, I am doing computer engineering in Seth Jai Prakash Polytechnic for only a nominal fee. From the day I joined College, my life has been full of happiness. Soon I will be able to help my family financially."*



### Results of NIIT



Of the 22 students who passed NIIT Foundation's Computer Certificate Course in IT for Beginners, 14 got over 80% and 3 got over 90% marks. Their prestigious certificate will be extremely helpful in obtaining jobs.

**New Books:** 120 books were bought for the Arpana Library at the World Book Fair in February, much to the delight of the students in Molar Bund.

**Our deep gratitude to Essel Foundation, Aviva Pvt. Ltd., Caring Hand for Children and all other magnanimous donors for supporting Arpana's education programs.**

## Arpana Hospital

### Ongoing Partnership with CBM for Eye Camps

**Diabetic Retinopathy camps** by Arpana Hospital were held in 8 villages and 903 patients had their eyes checked. If needed, free surgeries are performed to correct eyesight.

**Pediatric camps** by Arpana Hospital were also held in 8 villages and 969 students have had their eyes screened.

**Dialysis machine:** A Dialysis machine, donated by the Bajj Nath Bhandari Public Charitable Trust, was installed at Arpana Hospital. This is a huge value add-on to the existing services being provided to our financially less privileged rural brethren.

**New Gynae OPD:** One more gynae OPD clinic was established at Arpana Hospital so that doctors can better care for the increasing number of patients.

**Heartfelt gratitude to CBM as well as to the Bajj Nath Bhandari Public Charitable Trust, New Delhi, for donation of equipment and support for poor patients.**

## Haryana Happenings

### Empowering the Differently Abled

**Meeting Officials in Karnal:** 14 persons from 8 Disabled Persons Organisations visited the District Social Welfare Office and the Office of Education for the Disabled. They also went to the Chief Minister's window, where any citizen can submit an application regarding any problem faced by him.

**Workshop of Leaders of Disabled Persons:** 5 differently abled women leaders were included among the 20 women in a Training of Trainers workshop held in Arpana for 2 days, conducted by ASK, a national NGO based in Delhi. These women learned to plan training modules and to effectively conduct a training session. They also scripted a play on sanitation encouraging cleanliness, building toilets and recycling waste. These activities enhanced their sense of self worth and confidence.

### Differently Abled Persons Function

On 15<sup>th</sup> April, about 80 people gathered at Arpana Trust House, Madhuban as Dr. Ela Anand, Director Arpana Medical Services, presided at a function to present assistive devices and tricycles to 9 differently abled persons from rural areas.

*Naresh, 32 years old, has been unable to walk from birth. He has only studied up to class 2. He has two children and one acre of land for the family's livelihood. He was very grateful for the mobility provided by his tricycle.*



*Jeeto had polio in childhood and has been housebound. She can now attend group meetings with her tricycle!*



*Arpana helped mentally challenged 12 year old Sunil to go to a special school. He loves his tricycle!*



*Mr. Sho Singh, president of the Federation, tells how Arpana is transforming lives of the differently abled.*

**Arpana is thankful to CBM India, the Tides Foundation, Give2Asia and Bajj Nath Bhandari Public Charitable Trust, India, for generous support for these health and development programs in Haryana**

## Himachal Arising

### **The Gajnoi Farmers Producers Cooperative Society**

Members of Arpana's Self Help Groups and Farmers Clubs, founded the Gajnoi Farmers Producers Cooperative Society Ltd. on 14<sup>th</sup> March. 54 men and women registered as members, contributing their share of Rs. 500 each. Benefits include marketing and new information.



**Eco Tourism:** A meeting of Arpana's Youth Groups was held on April 22 by Mrs. Aruna Dayal, Director Arpana Development Services, to discuss the scope of local eco tourism including the need for tourist guides and trekking guides as well as rooms for tourists in local homes. Arpana's new program to give training for these income generating opportunities was greeted with great enthusiasm.

**Farmers Exposure Visit:** 20 members of Arpana's Farmers Clubs attended a two day exposure visit under NABARD at Krishi Vigyan Kendra, Saru {Chamba} on March 16-17. Arpana's farmer members, who used to subsist on incomes less than Rs.10,000 a year, are now earning up to Rs.250,000 a year, largely through information from exposure visits.

**Free Medical Camp:** This camp, sponsored by NABARD, was held at village Kolka, on 12th April. The doctor examined 112 patients from interior villages, most of whom were not able to reach the Government Hospital in Chamba.

**Our deep gratitude to Baij Nath Bhandari Public Charitable Trust, Tides Foundation and Give2Asia, for supporting health and development programs in Himachal Pradesh**

*We, at Arpana, depend on your support for our programs*

**Arpana Trust and Arpana Research & Charities Trust are both approved under Section 80G of the Income Tax Act, 1961, giving 50% tax relief for donors in India.**

**FCRA Registration No. for Arpana Trust is 172310001**

**FCRA Registration No. for Arpana Research & Charities Trust is 172310002**

Send your contribution for dissemination of humane values & medical and community welfare services in Delhi to: **Arpana Trust, Madhuban, Karnal, Haryana 132 037**

Send your contributions for health & development services in Haryana & Himachal to:

**Arpana Research & Charities Trust, Madhuban, Karnal, Haryana 132 037**

**Arpana Hospital: 91-184-2380801, Info & Resources Office: 91-184-2390905**

emails: [at@arpana.org](mailto:at@arpana.org) and [arct@arpana.org](mailto:arct@arpana.org)

Please let us know by email or telephone, whenever you transfer funds to Arpana.

**Mrs. Aruna Dayal, Director Development. Mobile 91-9873015108, 91-9034015109**

Websites: [www.arpana.org](http://www.arpana.org) [www.arpanaservices.org](http://www.arpanaservices.org)

# *Such a one doubtlessly attains Me...*

FROM THE SRIMAD BHAGAVAD GITA



*Pujya Chhote Ma, whose passing away last month left a deep void in Arpana's spiritual fabric, was the epitome of love for Urvashi. Her very life's purpose was to capture all that Param Pujya Ma said on paper and then, to disseminate it far and wide. Even after Ma relinquished her mortal body, Chhote Ma's devotion to her 'Soul's Essence' was exhibited in her constant endeavour to speak of Ma, oft relating little life-stories that illustrated some scriptural tenet, and always, to lead each one towards what she herself knew to be the Supreme Essence of life. Indeed, Lord Krishna Himself says in the Gita, that 'Such a One doubtlessly attains Me!' How fortunate are we, who have stayed in the shadow of such a precious bhakta of the Lord, and gained an understanding of Ma's Word from her. Thank you, our dearest, most respected and most beautiful 'Little Mother' for all that you gave to us so generously.*

य इमं परमं गुह्यं मद्भक्तेष्वभिधास्यति ।  
भक्तिं मयि परां कृत्वा मामेवेष्यत्यसंशयः ॥

**He, who out of love for Me, imparts the deeply mystical Truth contained in this knowledge to My devotees, shall doubtlessly attain Me.**

Chapter 18, shloka 68

Param Pujya Ma says, Little one, understand this carefully... The Lord now speaks of the deserving...

He describes those deserving of this knowledge of Truth;

- a) Those who love this supreme, secret knowledge.
- b) Those who colour their life in its hues.
- c) Those who wish to embody this knowledge in their life.
- d) Those who become an embodiment of this knowledge.
- e) Those who regard this supremely mystical knowledge as My injunction and command.
- f) Those who perceive this knowledge as My message to them.  
Those people believe Me and will tread the path taught by Me.
  1. Such people will engage in selfless deeds.
  2. They will devote themselves to Me selflessly.
  3. They will be steeped in this pure, selfless knowledge.
  4. They will occupy themselves in the service of all for the welfare of all beings.
  5. They will not initiate any project for self-establishment.
  6. They will have a bond of friendship with all.
  7. They will be replete with divine qualities.
  8. They will be *gunatit* – unaffected by qualities.
  9. They will inevitably attain a stable intellect of equanimity.
  10. They will dwell among the most ordinary people, in total identification with them.
  11. They will not create any conflict in the minds of people.
  12. They will be dutiful.
  13. They will possess an attitude of impartiality towards acclaim and insult.
  14. They will view both loss and gain, victory and defeat objectively.
  15. They will love each one who engages in this *dharma*.
  16. They will love all – the good and the wicked.

Such people will measure the Lord by His life. They will endeavour to understand His qualities through His life's precept and then they will translate those attributes in their own lives. Actually, one can inculcate qualities in oneself through understanding those qualities. And if one has true love in one's heart, then the qualities of one's Divine Beloved are bound to irradiate one's life.

Thereafter, when such a devotee exhibits and thus explains those qualities through the example of his own life to others who love the Truth, then those lovers of the Truth also imbibe these same qualities in their own life. Thus the knowledge of the Gita will flow through life.

### **Love**

Let me explain the connotation of love to you again:

1. Surrender is another name for love.
2. The acquisition of knowledge and its practical application, is another name for love.



3. One who loves, is ever trying to know his Beloved.
4. One who loves, ever endeavours to identify with his Beloved.
5. The culmination of love is union.
6. The consequence of love is *Advaita* or non-duality.
7. Love inspires the lover to forget the body-self.
8. Love inspires the lover to forget the mind and all mental turmoil.
9. Love is self forgetfulness.
10. Love humbles the intellect.
11. Love makes a man diligent concerning his duty.
12. Love transforms a human being into a divine being.
13. Endurance and austerity is another name for love. One who loves, tolerates all smilingly.
14. Charity is another name for love.

### **The one who loves**

1. The one who loves offers up his body, mind and wealth to his Beloved.
2. His all is available always for his Beloved.
3. The one who loves, makes a constant effort to please his Beloved.
4. He always feels that what he does for his Beloved is insufficient.
5. He always feels that he has done nothing for his Beloved.
6. He always feels that he can never do anything for his Beloved.
7. He lives merely for the pleasure of his Beloved.
8. The establishment of his Beloved is the sole aim of his life.
9. Love is selfless.
10. Every act of the one who loves, is selfless in essence.
11. His worship is selfless.
12. His knowledge is selfless.
13. He makes no project for his personal establishment – in fact he renounces all actions that stem from selfish desire.

My little one,

- Such a one does not even remember his name.
- Such a one has forgotten his body-self.
- Such a one is indifferent to his mind.

How can love remain conscious of the 'I'? It is his Beloved who takes the place of the 'I'. Gradually, such a one forgets everything else – love is his spontaneous nature.

1. Such a one is ever pure.
2. Such a one is loyal and true.
3. Such a one is ever grateful.
4. Such a one has firmly and resolutely placed his entire trust in the Truth.
5. Humility is his nature – but he does not make a show of his humility.

6. He is generosity itself, but he does not impress his magnanimous deeds on the other.
7. He does everything for the other, but remains ever hidden.
8. He does not expect nor even allow the knot of gratitude to bind the heart of his beloved.
9. How can one describe the compassion of such a one who establishes the other even at the cost of personal deprivation?
10. Self abnegation is the basic essence of the life of such a one.
11. Self control and self denial is the essence of such a one's life.
12. Where can there be any question of forgiveness when such a one abides in complete self forgetfulness?

The pathways of love are indeed strange. People consider the one who loves to be intoxicated. This is also true. The life of such a one is an unbroken string of *yagya* or self sacrificing deeds. Into the fire of that *yagya* of selflessness he continually pours the oblations of his own being, and the ones he loves, constantly receive the sanctified fruits of such a one's *yagya*.

The essence of such a one's life is supremely purifying knowledge. Every experience of such a one's life is a supreme experience.

#### **The Essence of one who loves**

1. It is but natural for such a one to be uninfluenced by all attributes.
2. Divine qualities are his servitors.
3. Divine attributes are his adornments.
4. Such a one has a stable intellect since it is free of the limitations of the 'I'.

#### **The consequence of love**

Such love transforms an ordinary being into a divine deity; it transforms a deity into an *Atmavaan* who abides in the *Atma*-Self. It has the power to make the *Atmavaan* the Supreme Lord! These are the hues of love.

If one loves the Lord, then the individual:

- a) begins to love all the children of the Lord;
- b) begins to love the attributes of the Lord;
- c) begins to become attached to the Lord.

Since the Lord is the focus of the devotee's love, the latter does not care about what he receives from the world.

#### **The meaning of love for the Lord**

My little one, the Lord's very own Abha, listen!

1. The sincerity of one who loves the Lord, is with the Lord's attributes.
2. His sincerity lies with the qualities of divinity.
3. His eyes are focused on the Lord and his body-self is offered to the Lord.

The truth is, that it is extremely difficult to recognise the flow of his divinity. Let me explain this mystery to you.

### **The life of one who loves the Lord**

Such a one forgives the other's flagrant transgressions, but is seen to flare up at the other's minor misdeeds! Thus he seems to be most ordinary amongst the ordinary. And ordinary people find it hard to forgive him and doubt his very state, judging him by these small acts.

On the other hand, such a one loves even the one who, all his life, continues to disgrace him; he opposes even the seemingly most insignificant act of the other, if it is in the interest of the other's happiness.

If you do not possess the power of endurance or toleration, if you do not have any attachment for the qualities of the Lord, if you do not love the qualities of the Supreme Overlord, then renounce any desire or expectation of attaining the Lord.

The Lord Himself says, "If those devotees of Mine, who love Me thus, impart the knowledge of the Gita to those who have faith, they will surely attain Me.

Little one,

1. Such a devotee will embody all the knowledge that he preaches.
2. Such a devotee will be proof of all the knowledge he endows.
3. Such a devotee will manifest all the knowledge he imparts.

He is the Essence and manifestation of knowledge.

न च तस्मान्मनुष्येषु कश्चिन्मे प्रियकृत्तमः ।  
भविता न च मे तस्मादन्यः प्रियतरो भुवि ।।

**There is no man on earth who does Me a dearer service, nor is there anyone who is dearer to Me than one who loves Me, and who imparts this secret knowledge of Mine to My devotees.**

Chapter 18, Shloka 69

Look little one, the Lord is specifying His own preference.

### **The loving devotee**

1. Such a one is akin to the Lord.
2. His qualities match those of the Lord.
3. He is the knower of the Lord's qualities – their essence and their manifest form.
4. He is an *anubhavi* – he has experienced the Truth.
5. His own life is fragrant with the Lord's divine qualities.
6. He has understood spiritual knowledge by illuminating it with the light of the Lord's life.

7. He has consecrated his body, mind and intellect at the altar of the Lord's divine qualities.

Such a one will protect the divine attributes even at the cost of his life.

He would relinquish his life:

- a) but he will not risk the loss of the attribute of forgiveness;
- b) but he will not lose his sincerity;
- c) but he will not renounce his loving nature;
- d) but he will not forgo his compassion;
- e) but he will not let justice be sacrificed.

Such a one can never harbour a desire for the establishment of his body-self.

Little one, understand this if you can:

- 1. Such a one has donned the veil of love.
- 2. He has immured himself in the Lord's Name.
- 3. He has forgotten his body and mind and their desires.
- 4. No longer does the 'I' rule him; he is ruled by the Lord.
- 5. He has given his body-self to the Lord.

Such people are extremely ordinary, yet who can be more extraordinary than they?

The Lord says, "Such people are dear to Me. There is none who is dearer to Me on the face of this earth. No matter what they do, they are infinitely precious for Me."

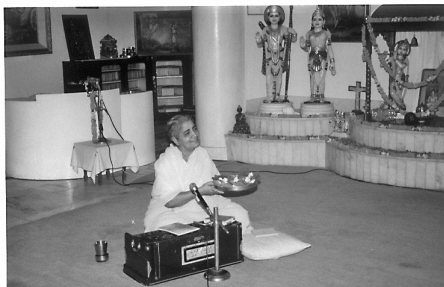
The attributes of such a one's saintliness are indeed exceptional:

- 1. Such a one will have no pride in his saintliness.
- 2. He cannot distance himself from the other by calling him despicable or evil.
- 3. He lives with ordinary people as an extremely ordinary person.
- 4. He does not destroy the beliefs and concepts of the other.
- 5. He is oblivious to his body-self, his body is ever engaged in the service of others.

Even though identified with others' desires, such a one abides in his divine essence and thus conducts his life.

- Who can be the enemy of one who is forgiveness itself?
- Who can be insincere to one who is sincerity itself?

The Lord says, such elevated souls are dear to Him. ❖



## *She lives on!*



*We have received an outpouring of reminiscences, tender memories of Chhote Ma... here we share with you only some excerpts... We thank our Arpana family and friends for taking time out to express their love for Chhote Ma. We have been able to print only some part of the many many thoughts expressed by our loved ones... all of you! The words inscribed herein, reflect the immense love and respect she was held in... truly in the hearts of all, she will live on forever!*

**Raj Gupta:** Chhote Ma has left her mortal body to become one with her friend, teacher, guide and her all – our beloved Ma. But she has left behind such lovely memories of wonderful times spent with each one of us, which will remain with each as a personal treasure life long. Thank you Chhote Ma for giving direction to me and the family for which I shall ever be grateful.

**Anupam Mehta:** Chhote Ma sits in my heart always! She is my Mentor and Guide through all my smooth and rough moments! My childhood, my youth and old age always with you – My Dearest Mother!

**Sushil and Savita Anand:** Heartfelt condolences. Another close association passes on to History! I am sure Chhote Ma herself would be happy as she is finally with Param Pujya Ma.

**Mark & Madhu Henderson-Begg:** Just received the news about Chhote Ma. Our thoughts are with you all at this time, a time for good memories of being together, of our Arpana family, and the place she had in our lives.

**Manu and Raka Mehta:** We all are feeling such a sense of loss after Chhote Ma. We received so much from her. She gave a lifetime of selfless love without expecting anything in return. She will always live in our hearts and thoughts. At times like this, one truly feels the distance. How much we wish we could be there today. Please do my pranam to her.

**Loic & Meenakshi Fave:** Our sincere condolences to the Arpana Family. We will join our prayers to yours on the 17<sup>th</sup>. Our deep gratitude flows for Chhote Ma as she has been teaching us so much and has also been very supportive and encouraging. She belonged to a very rare class of spiritually highly evolved people. We have been fortunate to know her and yes, she has indeed given so much to humanity. We send you our thoughts of deep respect and gratitude. With our love...

**Kapil Kaul:** I join the Arpana family in expressing my sense of profound loss on Pujya Chhote Ma's leaving her mortal body to merge with the Supreme Self, I am also reminded of the words in Bhagavad Gita so eloquently explained by Pujya Ma – na hanyate hanmane shreeray...

Lives like Chhote Ma's are a source of deep inspiration for *sadhaks*, her unflinching devotion, *tyaaga* and dedication to Pujya Ma has been exemplary. I personally had the good fortune of receiving her blessings and fondly remember her kind words.

The path shown by Pujya Ma and Chhote Ma is for the blessed and a joyful one. I pray for each one at the Arpana family to have the courage and dedication to continue the humanitarian work started by the Pujya Ma and Chhote Ma.

**Kuldip Sawhney:** Chhote Ma has left us with beautiful memories and blessings, which we will always remember and cherish, and all her teachings and *satsang* and her guidance we will miss. My pranaam to her.

**Gracy Fernandes:** United with you and the whole family on the going home of Chhoti Ma. I have fond memories of meeting her and Param Pujya Ma in Madhuban, Karnal.

On the 17<sup>th</sup>, we will pause in silence between 3–4 p.m. in union with you and the whole Arpana Ashram in thanksgiving for Chhoti Ma and all the blessings of peace, joy and well-being that are being radiated from Arpana Ashram to all those who live and are cared for far and wide... vibrations of peace and compassion. You are often in my prayer and in my heart.

**Robin Gupta:** Chhote Ma's kind words of encouragement and inspiration will remain with me for a lifetime. What a marvelous human being! When I last called on her she blessed me and gifted me a small *murti* of Vinayakji. I will continue to remember her in my prayers and draw strength from that loving pristine association.

**Prabha Narang:** Chhote Ma left this world on Mother's Day. Though her

mortal body is not with us but her spiritual body is with us. She showered lot of love, *mamta* and blessings on us. We will always miss our Ma and are sure she would always be with us and guiding us. May her pure soul rest in peace.

**Sanjay Talwar:** Chhote Ma is *Amar*. She continues to live in our hearts. Her ever smiling face will forever remind us of the peace and love she immolated in us. She made us realise the real purpose of living. She was a living example of divinity. I will always remember the greatest gift of my life she gave me – my wife. We bow to the great soul and pray she rests in peace at the Lords abode.

**Aradhana Talwar:** Our most beloved Chhote Ma will always be enshrined in our hearts and we will share her love and compassion and the precious moments spent with her with our extended families.

**Krishna Shroff:** Chhote Ma you were so great and beautiful that I have no words to express.

**Kiran Sibal:** May her good soul rest in peace. I've known Chhote Ma for 60 years, enjoyed her association and learnt much from her. She was a wonderful influence on me. I have beautiful memories of the lovely person she was.

**Roop Anand:** I am presently in Barcelona with my son Ranjit and family, and received the shocking news from Deepak. She was a noble lady, who kept Arpana together as a beacon of hope and courage to countless people outside. You all spared no efforts to keep her going, but God wanted her back!

**Anu Dutt Chopra:** What a wonderful wonderful person Chhote Ma was and what a loss to Arpana and all of us. Everyone who knew her will have personal stories to tell and in each of them her compassion, love and the genuine feeling that she cared about you and blessed you and that you mattered to her will come through... And Vandana Bhabhi... Do not have words to express her absolute devotion and care of Chhote Ma. My love and deepest condolences to everyone at Arpana.

**Deepak Mittal:** It was sad to know about the demise of Respected Chhote Ma ji. Ma ji was a source of inspiration for all the members of Arpana. Ma ji's contribution to Arpana is remarkable as it has given a ray of hope to many lives.

Let us all pray to The Almighty to grant eternal peace to the noble departed soul and bless the family with enough strength to bear this irreparable loss.

**Satish Dhingra:** We have a very big loss. But she will remain in our heart always. May God keep her at his feet. Her blessings will remain with us in future too. Hari om

**Raman Mehta:** The divine soul Chhote Ma decided to pass over on Mother's Day!! Will miss her and cherish her for many lives!! Love and Pranam!!

**General Narayan Chatterjee:** Deeply shocked to learn about the sad demise of Chhote Ma... Our deepest condolences to the Arpana family... I personally spent many inspirational times with Chhote Ma... I became a better human being in her company!

**S.C. Vasudeva:** Chhote Ma was my mentor for me as well as for our family and the firm. We would always remember her, her memories are so cherished by us.

**Ravi Bhandari:** My memory of beloved Chhote Ma is that of a very loving person who would sit for hours and painstakingly explain spiritual truths to me – those truths that I needed to know. As a child I took her for granted, but as I grew older I began to realize how much love she had in her heart to painstakingly guide people. She was just amazing.

**Prem Sarin:** Chhote Ma's soft smile, sweet voice, and loving discourses have been the mainstay of our life. Our tribute to Chhote Ma who carried Pujya Bade Ma's Word to us, through answers to questions and *bhajans*.

**Prem Kalra:** Pujya Chhote Ma was an image of love in my life. It was she who brought me close to Bade Ma. I do not know whether to call her Mother or God, but she was the one who took my hand and taught me what life is... and how to live it. She showed me the way. My head will always be bowed before her.

**P.G. Mulchandani:** I cannot erase from my mind the love and affection I got at this Ashram. I am a real son of Bari Ma and Chhoti Ma. I shall ever remain grateful to them.

**Ashok & Dolly Sethi:** Physically parted but would always remain close, deep within my heart. We related beautifully and shall remain to do so.

**P.K. Chopra:** We felt very happy connecting with Arpana which was my parents' home. We express our respects to Late Chhote Ma.

**Kusum Sood:** Revered Chhote Ma, don't have words to thank you for the love my family and I got from you. Your teachings and affection will always guide us on our journey of life.

**Ranjit Bhatia:** Chhote Ma was the most sacred and loving soul on this earth. Whenever I met her she gave me love. May God give her place in his lap.

**Poorva:** Her wise words will always be remembered. It is a great loss for all of us.

**Dhirs:** It is indeed very sad to learn about sudden demise of Chhote Ma. May the departed soul rest in peace at the Lord's feet.

**Geetha & Hari Sangwan:** We learnt about Chhote Ma's sad demise. Please convey our heartfelt condolences to our Arpana family members. Our hearts are there with you all.

**Premanjali & Ritesh:** Will always and forever remember the most humble and loving soul. We love you Chhote Ma. Please shower your blessings wherever you are. Pranam Chhote Ma.

**Rajender Rautela:** Dear Chhote Ma, you will always be in our heart, our thinking and our deeds. The path shown by you will always lead us towards the betterment of humankind. Your smile, your energy, your love and eternal



bliss will help all of us forever and ever. Thanks for your blessings and divine support.

**Pammy Kohli:** First visit, lovely vibes. The smiles on everyone's faces speaks for Chhote Ma and the Arpana Family.

**Shammi & Narinder Abrol:** Very sad to hear about Chhote Ma. Still remember her loving motivation and love encompassing all mankind. An extremely affectionate person with sterling qualities. Surely she has left a void at Arpana. May she be at eternal peace.

**Chaman and Barbara Mahajan:** Puja Ma and Chhote Ma's memory will give you the strength to carry on. Love...

**Jeroo & Khush Engineer:** Chhote Ma is in her heavenly abode and all of us are much the poorer for it. Our prayers and our thoughts are with the Arpana family at this difficult time.

**Dr. Akhil K. Sangal:** With folded hands in prayer... may Chhote Ma continue to show the illuminated path for us to follow.

**Dr. Aqueel Khan:** All of us at ASK and ATG remember Chhote Ma for her wisdom, love, warmth and compassion; we will cherish these as we move forward in our lives and will include her in our daily prayers. Please accept our heartfelt condolences and we hope that in a small way they help thorough these trying times.

**Dakshu Mansukhani:** My computer has been on the blink for a few days now, hence this tardy acknowledgement to your announcement about the passing away of Dear Chhote Ma. I have also received and viewed the beautiful, touching tributes paid to her by those, like yourself, who knew her from close... the most vantage point to appreciate the divine qualities that she exuded and which she has spread among all those who came in contact with her. Though very, very brief, my own exposure to her has left a permanent impression of a gentle love flowing from a motherly body and shining face.

But, I remind myself: she has only 'passed on', a phrase I am finding so much more comforting than the finality that 'death' is associated with. Through our studies of the Scriptures, we have come to realise that nobody dies, that it is just the body that changes, for is it not self evident that 'I' The *Atma*/Self am the Unchanging, the deathless? (I succinctly come to this conclusion when I study and understand my own daily experience of death... the deep sleep state). Swami Krishnananda says "Birth/death are for the body, not for the *Atma*. To be able to understand this eternality of *Atma* is the real meaning of immortality." This is being attributed to Swami K but it could very well be any *Jnani* saying it ... as I am sure Chhote Ma and Ma, *bhakta-jnanis* themselves, knew and repeated over and over again for our benefit. He echoes all the Masters when he says "Do not contemplate on death, it is just another incident in life. Contemplate instead on God who is the Master of all Life." ❖



*In our hearts...  
always!*

***Our humble and heartfelt gratitude to all  
our family and friends from overseas for  
their abiding love and support***

**Raghunandan Gaiind:** Rabindra Nath Tagore defined death:

*"It is not extinguishing the life.*

*It is putting out the lamp because the dawn has come".*

Chhote Ma personified kindness. She was a considerate person, soft hearted, calm, serene, placid. She displayed a lack of emotional disturbance at all times. Such tranquility comes after years of prayer and meditation. She was devoted to Pujya Ma, whom she served with all her love and devotion. We shall miss her very much. The doctors and nurses at Arpana Hospital served her well and to them we send our grateful love and thanks. Much love.

**Lady Mohini Noon:** It makes me very sad to think that Chhote Ma is no longer with us. She was such a beacon of good cheer and good wisdom, and it was always uplifting to be in her company. From our very first meet, almost 20 years ago... I felt a special affinity with her. To my mother, of course, she was a *guru*. It was always good to be able to meet her in Delhi, and both of us will miss her sorely. She was good enough to occasionally visit my father too, and he had special regard for her.

Chhote Ma's life was an example for us on how to live. Her devotion to Ma, her dedication to Urvashi, and her generous counselling of all in need... was a great lesson on how to love and give. She leaves behind the fragrance of her goodness.

I know how ill she had been recently, and it is the dedication of all of you that kept her going, and I also know with what calmness and detachment she faced her illness. Please convey sincere condolences from my mother, my father, Noon and I, to all members of the Arpana family.

**Fakhru and Sakina Suterwalla:** Sakina and I send our deepest condolences on the sad news of the demise of Chhote Ma. She was a beacon of light and guidance after Reverend Ma to all and will be missed for her devotion to the Arpana family. May her soul rest in peace and give you all the strength to bear the loss. Yours in grief...

**Ian MacRae:** To All at the great and much loved Arpana Family, please

accept my prayers and love on the passing of dear Chhote Ma. It is comforting to know that she will be in the ever loving arms of Param Pujya Ma.

The work of both of these wonderful people (who as you know, I had the tremendous privilege of meeting and conversing with over the years) will be everlasting, and all of us owe them both so much for enabling us to be better people, to be more charitable, and to treat and love others in the way we would wish to be treated and loved ourselves.

I can honestly say that when I met Param Pujya Ma for the very first time, and then sometime later, meeting Chhote Ma, I actually '*found myself*'. I know that this is a much over-used phrase but I can sincerely say that since those times I have never looked back and can and do view the world, and life in particular, in a better and more balanced way. With my love and prayers to all at Arpana...

**Kerry Grier:** My sympathies to the Arpana family for your loss. May you be comforted by the loving use Chhote Ma made of her life. I have no doubt she is being greeted with great jubilation by those who went ahead of her. Love...

**Sudarshan and Ashok Bhanot:** It is with great sadness I read your email. May her soul rest in peace. I am sure you have many great moments that you shared with Chhoti Ma. May her love, strength and courage continue to guide us all. God bless you all and give you strength through this difficult time.

**Krishen Mehta:** We are deeply saddened to hear of your loss, and the loss by the Arpana community. Our thoughts and prayers are with the Arpana family. We will do a special Puja at our home today.

**Matthew & Divya Sood Dixon:** We were so saddened to hear about Chhote Ma's passing and convey our deepest condolences to all of you.

She was an incredible lady and we were truly fortunate to have met her and spent time with her on multiple occasions over the past few years. We still remember the beautiful *Satsang* Chhote Ma presided over during our wedding and will always hold that memory close in our hearts.

**Anil Lal:** Heartfelt condolences to my entire Arpana Family. It is indeed sad that we have lost yet another of the family. God bless all of those whom she has left behind and we pray that she should rest in peace.

**Braham Aggarwal:** Chhote Ma was great inspiration to me, very kind too. We will miss her. She was a great Soul. Wish I could have spent more time with her. With best regards to the Arpana family who took care of her.

**Cate Whitcomb:** My deep condolences to you and all of the loved ones at Arpana. She led a beautiful, grace filled life. With love...

**Jagdish Singh:** I am dreadfully sorry to hear of Chhote Ma passing. Please convey our sincere condolences to the Arpana family.

**Emma Vaughn:** My thoughts and prayers are with you and the wonderful Arpana family during this time. Even in just my brief interaction with Chhote Ma, I could see what a remarkable person she was. Much much love. ❖

## Down Memory Lane...

*The children of Arpana remember their growing up years  
with Ma and Chhote Ma at Madhuban*



**Naman Dayal:** Chhote Ma was a constant inspiration and force in our lives. Today my thoughts go back to all those years growing up in Madhuban. I remember how Chhote Ma taught us to take notes (diligently!) during *Satsang*; I remember how she would prompt us to ask questions and introspect; I remember how she encouraged us to be competitive (in a friendly way!); I remember her telling us stories and teaching us lessons in the *Mandir*. I feel blessed to have had such an experience. Chhote Ma's memory and spirit will live with us for ever. Our heartfelt love and regards to everybody back home.

**Connie:** The last few days have been emotional and silent ones as I have been flooded with memories of our friend, confidante, playmate, disciplinarian, mother, teacher and so much else, Beloved Chhote Ma. The Gita classes and the *pakora* parties both stand out in equal measure of the beautiful person that she is! The thought that she is with Pujya Ma, now as she was always in life, is the sole comfort for all of us that she



leaves behind. I cannot believe that She will not be there the next time I have the fortune of visiting. Lots and lots of love and condolences to the entire Arpana family at Madhuban and all over the world as this is a loss that is will be hard to come to terms with. Pranaam and love dearest Chhote Ma – you will be sorely missed by all your children.

**Lucie:** My memories of dearest Chhote Ma go a long way back. In fact, they start from the beginning of my life. I grew up as a child of Arpana along with eight other children. Chhote Ma dedicated a lot of her precious time towards us children by being an integral part of our learning. She always encouraged us to take on new challenges, bringing out the best in us, by doing so.

I remember her arranging cooking classes for us, making *samosas* with her own hands to help us learn. She held a special Gita class for us at 5am daily, so dedicated was she towards the children of Arpana. In a most down to earth and genuine manner she strove to help us imbibe and practise humane qualities. I remember how she especially would praise me for being the most punctual child to attend the *satsangs*. She made me feel proud and special and this inspired me to do even better.



Dearest Chhote Ma will continue to live on in my memories as the most humble and sincere teacher I have ever come across. Her warm smile and dedicated soul will always be a part of my being.

**Avi:** She was always there... an integral part of our life! I've known her displeasure when I erred... I've seen her pride in my success... but most of all, I've experienced her love!

Chhote Ma's trip to Amritsar when I was working there was a memorable one, because for the first time I got a chance to do something for her... even if it was only arranging passes for her to attend the ceremony at Wagah border or facilitating her visit to the Golden Temple. Each of these places had special memories for her... of her earlier visits with Pujya Ma years ago.

Chhote Ma highlighted every little achievement of mine, yet kept me grounded by her wise counsel. How fortunate I have been to have lived and learnt under her guidance and care. ❖



## *We will miss You!*



HOMAGE BY ARPANA DOCTORS AND STAFF, PAST AND PRESENT

**Dr. R.I.Singh:** Chhote Ma – a noble soul, very simple, embodiment of love, who bestowed her love unconditionally on everyone who came in contact with her. She was spiritual to the core, disseminating the essence of Shastras and she acquired from Bade Ma. May her soul rest in peace.

**Dr. Vivek Ahuja:** I have not been fortunate to meet Bade Ma, but for me Chhote Ma had been the one who carried and continued the flame of enlightenment that was inherent in Bade Ma. Chhote Ma is a symbol of devotion and kindness. May her soul rest in peace.

**Dr. Minoo Thakur:** I can never forget the ever smiling face of Chhote Ma. I will miss the Divine aura I felt in her presence whenever I enter Arpana.

**Dr. B.K. Thakur:** Her life was as of a saint and religious preacher. She led a life of sacrifice. She made her name in the society due to her deeds.

**Dr. Amar Singh:** A memorable and noble personality.

**Dr. Tejinder Singh:** A wonderful, pious and realized soul. Miss you Chhote Ma

**Dr. Vinod Girotra:** She is a very good soul. I miss you Chhote Ma

**Dr. Gurpreet Kaur:** Chhote Ma – always smiling face with such a positive attitude. In a short span she has made a special space in my heart. Shall always remember her for her positive attitude.

**K.B Malhotra:** Pujya Chhote Ma – my mother calling me while on bed in Hospital, “Bete Mil kar to Jao.” So loving, always blessing and wishing well for everyone. Such a Divine Soul! I miss you Ma, you are with me always.

**Ravinder Kumar:** I start my day in Arpana through your valuable words in

Arpana's Mandir. I will remember you and your advice throughout my life.

**Vinod Kumar Soni:** Chhote Ma's sweet and soft voice and beautiful discourses will always remain with us forever since we start our daily routine from the Mandir.

**Vineet Kumar Arora:** Pujya Chhote Ma, we start our day with your loving voice and inspiring thoughts and *bhajans*. We will always miss you, and you are always with us in our heart and thoughts.

**Y. K. Kalia:** The void left by Pujya Chhote Ma can never be filled. Like all of you, I too will fondly remember her bewitching, resonant and melodious voice outpouring sweet *bhajans* in the morning congregations, a spiritual inspiration which has now been stilled for all times by ever moving Kaal Chakra.

**Karan Arora:** Chhote Ma, I will always remember her melodious and bewitching voice outpouring sweet *bhajans* in the morning prayer. Chhote Ma sits in our heart always. I can never forget her ever smiling face and always remember her great messages. One of the messages that I like most is: "Only His Name is Truth"

**Sandeep Kumar Chauhan:** Pujya Chhote Ma's spirit of dedication towards others will always remain a source of inspiration for all. I pray to the Lord to grant her Liberation.

**Usha Rani,** Nursing Superintendent: I can never forget her ever smiling face with positive attitude. Chhote Ma sits in my heart always. She is a very good soul. She said we are all one. In her last moments too she was smiling and had no regrets of going forever to God. I miss you Chhote Ma.

**Vijay Kumar** (ICU staff): I can never forget the ever smiling face of Chhote Ma. She is a very good soul. She said we are one and God is one.

**Reena Saini** (ICU staff): People say death is very difficult but I saw Chhote Ma... I can never forget her smiling face. I miss you Chhote Ma.

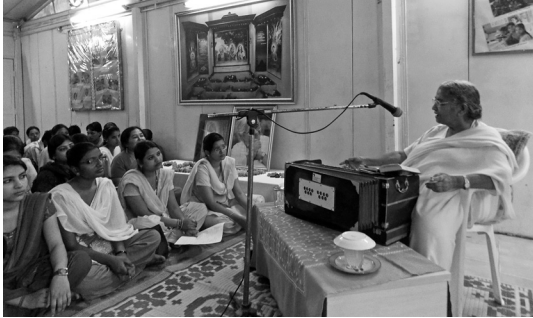
**Luxmi,** Staff: Pujya Chhote Ma, you considered everyone to be equal. Ever since I've come to Arpana Hospital, I have seen you as my mother. You are Devi Incarnate. I love your smiling face. I miss you Chhote Ma.

**O.P. Kalra:** Kare karave aapo aap, sab kuchh us Ishwar ke haath" – these words, oft repeated by Chhote Ma convey to us to surrender our all to God. Her words will continue to show us the way and strengthen our belief in the Lord.

**N.K. Malik:** We were blessed by the presence of Pujya Chhote Ma. We will always miss her teachings, *satsang* and guidance that we were receiving at the start of our day at Arpana. She will always remain in our hearts.

**Veena Arora:** I was very lucky to have almost daily contact with Chhote Ma, as she used to call me for donation work. I was very happy to do this work with her. During work she often spoke about the path of eternal truth and guided me to work with honesty and sincerity. I shall always remember her teachings in my life. ❖

## *She showed us the way*



*It has been Chhote Ma's endeavour to spread Param Pujya Ma's Word by holding discourses in various cities of India. Since April 2013, she has been going regularly to Molar Bund for this purpose. Nabneeta reports...*

Chhote Ma on request from Molarbund staff, took out time to conduct a monthly *Satsang* in spite of her busy schedule. She started every *Satsang* with a *Bhajan* from the collection of Param Pujya Ma's prayers and illustrated its deep rooted meaning in simplified version and how we could implement those values in our lives.

I remember each *satsang* at Bal Vikas Kendra where all the staff participated with their heart and mind. In the very first discourse, Chhote Ma explained the meaning of the *bhajan* '*Bhagwan ye sab kuch tera hai*'. She told us that God is omnipresent, he is in each and every one. He gives us whatever we have, so no one should feel proud that he/she has achieved this worldly power unless the Lord has given it.

In the next discourse, Chhote Ma explained the meaning of the *bhajan* '*Chit na uthey ab mera*'. She said that we should surrender our emotions at the Lord's feet so that we always see him in all creatures. Our mind should be like the sky where clouds of sadness and failure come and go, where thunder and lightning of hard times seem horrifying but they fade out with time and the sky looks as it is.

Explaining the meaning of the prayer '*Jit jaye tan jaye, man tore charan me raha kare*', she told us to have complete faith that what the Lord does, is for our wellbeing. We should not complain if our desires are not fulfilled because the Lord knows what is good for us and He gives it at the proper time.

Her *satsangs* soothe the heart and give us peace. They divert us from the hustle and bustle of our lives. Chhote Ma's *satsangs* bind us together irrespective of caste, creed, religion and faith.

After each *satsang*, *prashad* was distributed by Chhote Ma with her blessings.

We are going to miss you and the guidance you gave us, respected Chhote Ma! ❖