

O Embodiment of Divine Compassion

O Guru Divine, You embody
The Lord's Merciful compassion,
Thy Grace symbolizes the very first sight
Of the Self in its beauteous dispassion.

Whenever Thy devotee in loving refrain
Calls out to his Beloved Divine,
O Lord! You appear as his worldly Master
And he witnesses Thy Radiance sublime.

O Revered Guru! You mercifully appear
As the Lord's embodiment of Grace;
And Thy lowly servitor is duly blessed
With the glimpse of His Beloved Lord's face

O Master! When I perceive Thy Gracious visage
My head bows in homage to Thee;
Each pore of this body I lay at Thy feet
O Clement Supreme Deity!

Translated from Param Pujya Ma's original elucidation given below

परम की करुणा प्रतिमा

परम की करुणा प्रतिमा, गुरु आगमन होती है।
आत्म स्वरूप प्रथम दर्शन, गुरु कृपा ही होती है॥

प्रेम विह्वल हो राम भक्त,
राम को जब पुकार ले।
राम गुरु बन दर्शन दें,
राम को वह निहार ले॥

परम कृपा की मूर्त बन, देख गुरु आ जाते हैं।
मनोवाञ्छित परम दर्शन, वा में साधक पाते हैं॥

गुरु का दर्शन जिस पल हो,
सीस वहाँ पर झुक जाये।
दर्शन मात्र से अंग अंग,
चरणत् में ही बिछ जाये॥



*Don't shine so that others can see you,
Shine... so that through you others can see Him.*

~ C.S. Lewis

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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.

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The Lord's Advent...

His Divine Grace

Translated by Aruna Dayal from Pitaji's question on Bhagwan Janma
from Arpana's Publication 'Gyan Vigyan Vivek'



This is the auspicious season of divine blessings. Days when spiritual fervour and joy sparkle in the raindrops on the verdant foliage. It is a season of worship and devotional praise, as each household celebrates the advent of Lord Krishna.

At Arpana too, the very earth seems to quicken with new life, in mute, yet potent anticipation, as the day of Param Pujya Ma's birth draws close...

धन्य धन्य वो भूमि प्रभु ते लिया जहाँ अवतार
धन्य है वो स्थान जहाँ पर प्रेम का हो प्रचार

These lines from a popular bhajan describe the environs of Arpana, which have been witness to the dynamic, transformative and living spirituality of a realized soul: of a liberated sage – our own Beloved Param Pujya Ma! Her life, deeds and words, are an embodiment of the Eternal Truth of Universal Oneness: of the Cosmic Unity of Advaita, which translates so simply and perfectly into the mantra she always gave, to all who asked Her, 'Love All'.



Beloved Ma – Sportswoman and sage; divine poet and manifestation of practical spirituality – we turn to Her, and pay our homage of eternal gratitude at Her Feet, as she illuminates the mystery of the Lord’s advent on earth, amongst us...

The flow of spiritual knowledge, ‘Urvashi’, emerged in a cascade of devotional wisdom in response to Her own father’s query – a query which echoes and reflects the question in our hearts.

Revered Pitaji asked Param Pujya Ma:

What is the difference between the whole perfect Brahm and His avatar on earth? In the Puranas, the Lord on earth is described as a living offspring of the Whole. How does the Lord take birth? Why, of His own volition does He take form on earth? Is His birth by His own wish?

In the Bhagwad Gita, He says ‘I am different from Prakriti, I am Purshotam’. Revered Pitamah, Param Pujya Ma’s father, expressed his inability to understand these many aspects of the Lord’s advent on earth: he asked Her to illuminate this divine mystery.



Ma repeats the question, addressing the Lord on the behalf of Respected Pitaji –

O Lord! What is the difference between Brahma and His Manifestation on earth? Why and how is the Avatar's advent ordained? Is it by the intent of Brahma Himself?

He lives as a man amongst men, but Shyam Himself tells us, He is Purshotam, the highest among all beings. What is the meaning of His words and how does a part of Brahma, descend amongst men on earth?

An adaption of Param Pujya Ma's answer, which is originally a flow of song: 'Urvashi' a current of living spirituality – sublime wisdom

His Descent for our Deliverance

The descent of Brahma in human form is a consequence of a universal invocation for divine intervention, by the need of virtuous seekers of the Truth. Men of virtue perceive the destruction of righteousness in the world. Within their hearts they see the conflicting play of their own egoistic qualities, and in despair plead for Divine intercession.

Seekers and sages absorbed in the worship of Truth, having gone astray, having lost their way, plead with the Supreme Being to deliver them. In response to their plea, Brahma takes birth in human form and lives on earth whilst abiding in perfect silence, which is the essential nature of the Supreme Being.

Responding in His mercy, the Lord comes amongst men, He lives as the highest embodiment of Truth in life and He manifests the Spirit in action, so seekers, too, the Truth realize.

Through the annals of time, whenever Brahma manifests amongst mankind, He is bound by the laws of nature and of Maya. The supplication for Divine redemption by seekers is perceived as the intent or wish of the Lord, who takes birth and lives as is the need of the time and of mankind.

A Divine mystery deciphered

Ma then elaborates on this divine mystery to enlighten seekers: The birth of the Lord on earth occurs within the totality of the whole of the Supreme, as He, a part of the One Supreme Truth, takes form as a human being, and takes birth.

The Supreme Being manifests as a human being. He comes in the form



in which man has faith and gives fruit to the endeavour of seekers. He comes in response to the collective, cumulative desire of righteous men and true seekers.

When individual aspirants invoke their Master and plead for His Grace and His presence in their lives, then the Divine appears to such individuals in their hearts, else grants them visions of His Divine Form. However, when large numbers of the righteous, countless sages and aspirants call, in torment, for Divine redemption and the Lord's saving grace, then He, in such times of appalling affliction, descends amongst mortals.

He takes human form when codes of 'dharma' and virtue are trammelled into dust, when men are in grievous

pain, and the thought, values, norms and principles of righteousness are shattered and rage in conflict with the forces of darkness, causing untold suffering. In such eras of darkness, the call of countless aspirants finds expression... when the Lord comes as man, impelled not by His personal intent, but by destiny, by the voice of mankind, of those who long for deliverance from the growth of demonic forces. In His compassion, He is born amongst them, aligning Himself to their culture, civilization and needs.

From the wholeness of Perfection He comes to us as part of that Supreme Essence: whole and part, at once is He. He is the Divine Brahma and manifests in His actions, the divine qualities of the Supreme. In fact, the Divine birth is an expression of the collective spiritual invocation of countless men. That Supreme Truth has no desire or wish, it is Eternal, Infinite Silence...

The part of the whole is as if never separated. Can a drop of water in the vast ocean be different from the ocean? To take the metaphor further – heat mounts in the environment and casts itself on the ocean. Can it be defined as the 'Pukar' or call, which causes the drop to rise as vapor into

the heavens, to form the cloud, which then descends as rain? That drop does not know of the process, or this phenomenon of Nature, which transforms it from a drop in the ocean, to the cloud from whence it made its descent as a raindrop, to the thirsty earth.

Let us say that in this metaphor the drop is none other than Ram, the *avatar* who is part of Brahma. The difference we perceive between the drop and the ocean is as the difference between the *avatar* and his Source of Being, Brahma.



Man – in the bondage of ignorance

As for a human being, he is possessed of attachment to his body, his mind and his intellect. Man is absolutely rooted in the belief and conviction that he is the body. This belief generates ‘*Dvaita*’, and separates him into the realm of duality, governed by the delusion of *Maya*.

Man is unable to transcend this conviction that he is the body-mind-intellect unit. He is bound to his mortal frame. He is full of the ‘I’ and of egoity. So, in bondage in the mortal coil, he suffers the travails of cyclic birth and death in the eternally turning wheel of *Karma*.

The *avatar*, descending to earth is bound by the ways of *Maya*, the dictates of destiny and the laws of nature. He is subject to the play of destiny, which directs the events that shape his mortal journey on earth. However He remains rooted in the Spirit of Oneness, of *Advaita*, of Silence.

All devotees praise the glory of the power of the Divine Name of Rama. They have faith in its power to transform and change events for the ‘better’. However, Lord Rama Himself had to undergo deep adversity. He was sent into exile for 14 years, and lived the difficult life of a nomad and ascetic for that period of time. His wife Sita and his brother too were his companions. He – who is worshiped as Lord and Sovereign of the Universe – what comforts and ‘happiness’ did He experience on earth? His life is a continuity of ‘suffering’ and adversity (from our point of view).



Yet Rama is part of that Brahma and has His Divine nature: His birth was the consequence of the call of men desiring deliverance. The ‘Avatar’ has no personal desire requiring fulfillment of any aspiration. The desire of those calling for deliverance results in His advent, His coming is in accordance with the norms of the age, civilization and race from where the prayers of the righteous invoke His birth.

He is foremost amongst men, and assumes human form. However there is no ‘I’ or ego which claims the body as itself. He is purely enacting the dictates of Destiny. He knows that all

the Universe and the chronology of events is the play of *Maya*. However, ordinary men, bound by their egos, know only that they are the body.

They are attached to and claim their body-self as their own. They are constantly affected by circumstances. If they are praised, they claim the credit and become full of pride. Full of egoity they believe they are the body, this puppet of clay, and they too become no more than figures of clay, destined to mingle in the dust.

Without words, they assent that they are the body – that is the unconscious refrain within – and they live only for the kingdom of their finite, mortal body-self. The mind is the instrument that strives constantly for the establishment and renown of the body-self. It endeavors that all others praise it, and it is acclaimed and successful.

The wise man transcends the body-self and therefore is superior amongst men. Such a one, established in the Truth, has no personal desire. He fulfills the aspirations of others. He has no aspirations of his own, but fulfills the dreams of others. Such a one has no mind, with the mind-stuff full of cravings. He has no attachments. He has no dreams, and has no goals to achieve.

'I should reform this World'... 'I must destroy the evil and demonic forces'... such goals and intents do not motivate Him. If he had the motivation to become a destroyer of evil or a reformer, then he would be imbued with that ambition and personal intent. However in the case of the *avatar*, this is not so.

In our lack of wisdom, we must not commit the folly of giving such motivation to the divine being. He is far beyond any such intentions or attributes of the mind. It is important to understand that he is above and beyond the body, mind and intellect. He has arisen from the Source – Brahma, and has all the divine attributes of the Supreme Being.

In Homage and gratitude

In this season of Divine blessings and Grace, with our minds at Ma's feet and our hearts full of praise, we offer our prayers – in Her words. At Her Feet we place the dilemma of our limitations, which impede our ability to recognize Him in His Manifest Form.

O Master, Thou dost come to earth and
Thou has the Lord's qualities, how can we ever measure Thee?
Even if we spent our lives in measuring Thee – it will be to no avail!
We can only in humility praise Thy glories.
In Thy mortal frame, I will fail to recognize Thee
In Thy body form, I will fail to realize and see the Truth Thou art –
So, O Lord, abide within me, reveal Thyself in my heart.

When Thou dost come to earth Lord, how will I know Thee?
Blind am I, Thy Truth how will I perceive?
Thou dost descend bound by Maya and its delusive forms
Thou, who art Lord of Maya, come as a servant, of power shorn!
Thou has no vestige of egoity and are purely subject to Destiny
When Thou dost appear, how will I recognize Thee
Ocean of Grace! Lord, have mercy! cleanse me, that I may know Thee.

We, who were blessed by the opportunity of living in the presence of a liberated sage, can only bow at the Lord's feet in humility and gratitude for this undeserved Divine Grace. We can only offer at Ma's Feet our prayers for Her constant presence in our hearts, cleansing our being of the encrustations of egoity which separate us from our True self and from Her.



Your Grace fills my Life to Overflowing

Part 4

The continued story of how the Grace of my Guru, Beloved Mother and Divine friend... Param Pujya Ma, embraced my entire existence, giving new meaning to my life...

ABHA BHANDARI

E-22 Defence Colony – A new karma bhoomi

In 1967, our sojourn at the Delhi Gymkhana Club came to an end. Our house, E-22 Defence Colony was now vacant, having earlier being leased and therefore unavailable. When we shifted to our next ‘home’, we knew its most important nucleus would be the room reserved for Ma. There was a solitary bedroom on the second floor, which was immediately selected as the appropriate room for Ma. It would give her the privacy she required whilst meeting with the many people who wanted to have time with her, and the terrace would be developed as a garden in front of her room.



I was ecstatic. Now we would gain Ma's blessed company for longer periods! I would look forward to the telephone ringing with the information that Ma was coming! A small office room on the first floor was turned into a 'mandir'... where Ma would ever so often walk in informally, and all of us would sit around her in an intimate 'question and answer' session. How amazing were those days... unknown to me, and unrecognized by me, I was being introduced to the Scriptures and to Spirituality in an unimaginable way. I had certainly no spiritual ambitions... but as they say, when one walks through a sandalwood forest, one surely comes out of it with a strong fragrance of the sandalwood within...

Ma now came to Delhi oftener at the call of those who needed her and depended on her. Whenever she was in Delhi, the house would be buzzing with activity. She would often be accompanied by Chhote Ma, Papaji and one or two other Ashram residents. Guests would abound, often staying for breakfast, lunch or dinner...

and I would be joyous each time I was told to go to Ma's room to serve the guests! It was another glorious opportunity to see Ma! It was also a change from my normal days, when I was used to be 'waited on' hand and foot by our domestic staff! So much so, that I had no idea at all how much toil went into all the kitchen preparations, or the cleaning and dusting etc. My mother often used to chastise me "You should learn to do things yourself... why do you wait to be served when you can get up yourself and do the needful?" Her pleadings would fall on deaf ears... except when Ma was in the house!

It was inevitable that Mama's misgivings would reach Ma's ears! Unknown to me, Ma and



Mama drew up a devious plan! My 2 month summer holidays were about to begin. Ma advised Mama to grant leave to all the domestic staff! She told Mama that she would make it a point to be here in Delhi throughout those 2 months. I would then have no other alternative but to engage myself completely in the household chores. Those 2 months were unimaginable! My mornings would begin at 5.30 am, because morning tea had to be served to everyone by 6 am! And my day would end after 10 every night, after washing up after dinner! Amazingly, though my body would be dropping with fatigue, my heart was joyous because my Beloved Ma was before me always... encouraging me, loving me, laughing with me, singing to me... what better opportunity could there be... to learn all in her aura? Irrespective of the fact that she was having to ingest undercooked food... or a dal cooked with too much salt, or veggies that had been burnt, her encouraging smile was always there for me!



Ever so often, my mother would be overcome with *moha* for her ‘poor overworked child’ but nothing could escape Ma’s perceptive vision! She would notice my mother’s agitated heart even whilst sitting at the ‘*satsang*’. “Where are you going?” she would ask as she would see my mother edging out of the room. “Just to see that all is well in the kitchen” would be my mother’s reply. “Come and sit down” Ma would say, “allow Abha to grow up!” Thus she would ensure that the lesson would be well learnt, both by mother and daughter!

That was the beginning of many years of joyous service of my Spiritual Mother... my Beloved, my ‘best friend’... it was a love affair that would indeed last a lifetime! Thus was the ‘shrew’ tamed!

In Ma’s embrace, I also gained many associations and friends who became my own ‘family’ and who have stood by my side till this day. As other families began coming to Ma from Delhi, from Karnal, from Jullunder, and many other places, the ‘young ones’ of those families automatically bonded. I discovered that each one held Ma in the core of their heart, much as I did... such was Her boundless persona! With that one focus, we all went about our lives as destiny decreed, but all met together again in that same aura of love... an aura that keeps us together till this day. Ma would give exclusive time to each one... and also ensured the growth of each one through purposeful individual and collective activities. Some of my most pleasurable memories are those of working hard but in an affable togetherness... as one family... almost as siblings!

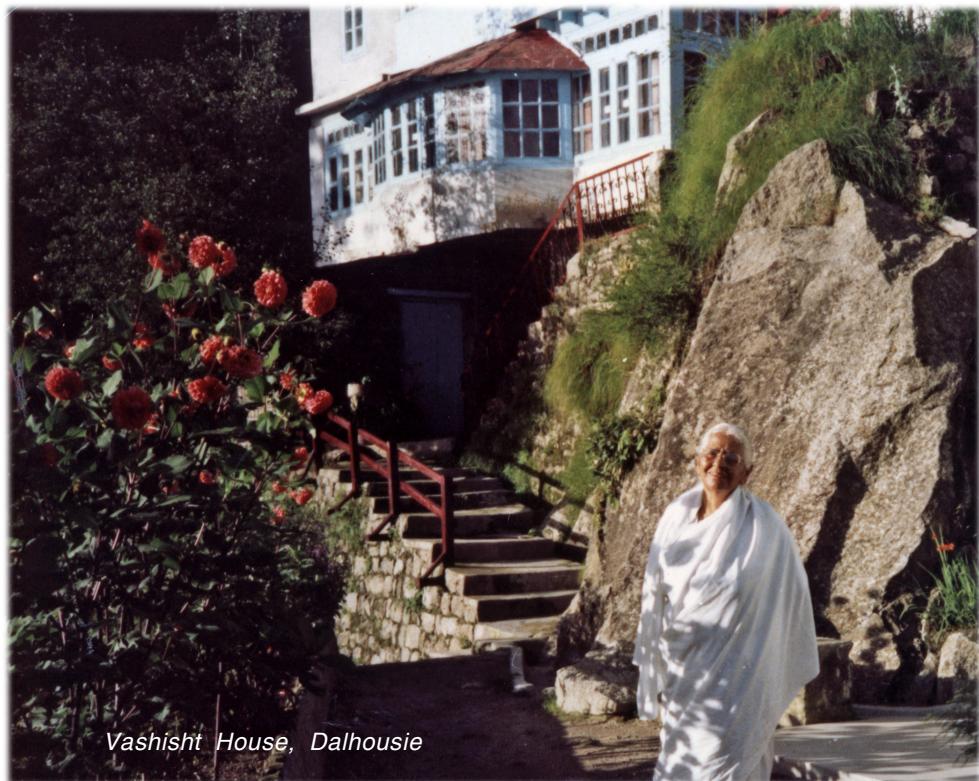
Many occasions arose to augment this togetherness... most important of all these used to be the 26th of August, Ma’s birthday! Chhote Ma, helped by one or two other ‘seniors’ would get together a celebratory performance... and we all used to have a riot during ‘rehearsals’ and also



Celebrating Ma’s birthday in a spirit of togetherness

during the actual performance. What beautiful memories of those times, when once again, humane values were being germinated through Ma's playway method of spirituality. It was these amateur performances which ultimately led to Arpana's celebrated Light and Sound Productions, where the stories told by Ma to us, were developed into semi professional 'shows' with the entry of Col. Gupte, retired Director of the Song and Drama Division of India... but more of this later!

In 1969, Vashisht House in Upper Bakrota, Dalhousie was procured by Arpana, so that Ma's ageing parents at Anand Bhavan could be tended to. In 1970, during our summer holidays, the entire '*vaanar sena*' was sent up to Dalhousie to 'repair and paint' Vashisht House, and prepare it for occupation! It amazes me today, as to how Ma could repose so much faith in ignoramuses like us, who did not know a single thing about even holding a brush in our hands... let alone painting a whole house! But it was her reposing her trust in us which worked wonders... always! Apart from the cultivation of new skills, these activities were aiding the bonding of a 'family' being created... a bond which would last through many decades.



Vashisht House, Dalhousie

Vashisht House also promised to be a memorable venue for spiritual study and discussion, and inspired many a precious scriptural treatise written and spoken by Ma in response to seekers' questions.

In 1969, when I finally finished my education in school, I excitedly approached Ma and asked her "Can I not come to you now? You asked me to finish my schooling... which I have done. Please allow me to be with you now!" Formal education seemed completely futile to me... when the 'book of life' was open before me. Ma lovingly smiled at me and said... "Schooling is not enough. You must not close your options! Once you have graduated, we will consider it again!" Despondently, I proceeded with college admissions...

College life was always at the periphery of my life. Life, for me, came alive only during those moments when I was in the aura of Ma's love and divinity. But She had a way of permeating every dimension! We were just 22 students in 'Philosophy Hons.', the subject I had chosen through Ma's indication... for, she always 'indicated' ... never 'directed'! Certainly, life at college was very different from life at school... and we were all stretching our wings which had hitherto been tied by the tight schedule and rigorous regimentation of school. A prominent expression of this newfound freedom was the ability to 'mass bunk'... a phenomenon that was becoming more and more popular in those days! A mass bunk basically meant that not a single student would arrive at class, so it was not possible for the professor to mark anyone absent, since there was not a single student attending the class!



With friends in college

I related this to Ma with great aplomb and glee! But I did not expect the repercussion! Ma looked extremely displeased with me. I was taken aback...



I had not yet experienced Ma's silent displeasure! It was more potent than any harsh word! After a little while, when I could no longer endure her silence, I ventured... "Did I say anything wrong...?" Ma's answer was forthright... "If you cannot respect your Guru... how do you expect to learn anything? Your collective disappearance from class is a direct insult against those who teach you and help you to be better human beings... I have nothing more to say!" Indeed, she had said all, and shown me the way.

The next few months were a test of my adherence to the path Ma had shown. Although there was a severe and hostile response from my classmates at my refusal to join in any future 'mass bunk'... I am content today that I could adhere to Ma's principles despite all. I am also infinitely grateful to her for helping me to lift myself to an awareness of the Truth in life's seemingly insignificant situations.

The strength that lay in the convictions she disseminated was evident, when, at the end of our college life, my classmates came up to me and said, "We were very upset when you refused to join us in our escapades, but we admired your tenacious adherence to your principles... albeit silently!" Evidently, Ma's message had filtered beyond me and touched others too!

There was a side of Ma which she herself never publicized, nor encouraged others to talk about... Her clairvoyance...

It was the month of December. I was studying for my 2nd year terminal exams. My mother had gone to Madhuban to spend some time with Ma and attend the satsangs. Only my father and I were in the house. Suddenly that evening the doorbell rang, and when I opened the door, I found Papaji (Dr. Mehta) standing there. "Do come in Papaji" I said, "It is lovely to see you! Is there any special reason for your coming to Delhi?" "Nothing at



all!” said Papaji, smiling. “I was busy with my work at Madhuban this morning when Ma called me and said “Baba Sir, please go to Delhi and be at Defence Colony.” Papaji smiled and said “I did not ask her the reason... I simply came!”

The next morning when I left home to give my exam, both Dad and Papaji were sitting in our sunny office/verandah and chatting. I took their blessings and left for college.

Three hours later when I returned, as I was climbing the stairs to our first floor residence, I could discern a strong smell of petrol. This meant that Dad was probably pursuing his annual chore of ‘drycleaning’ his woollies in white solvent! I came to the verandah and Papaji was still sitting where I had left him... busy with his writing. When I walked in, he asked me how I had done my paper, and remarked... “It has been a long time since Bhai Sahib went to have a bath... please ask him to come to the verandah and sit in the sun!”

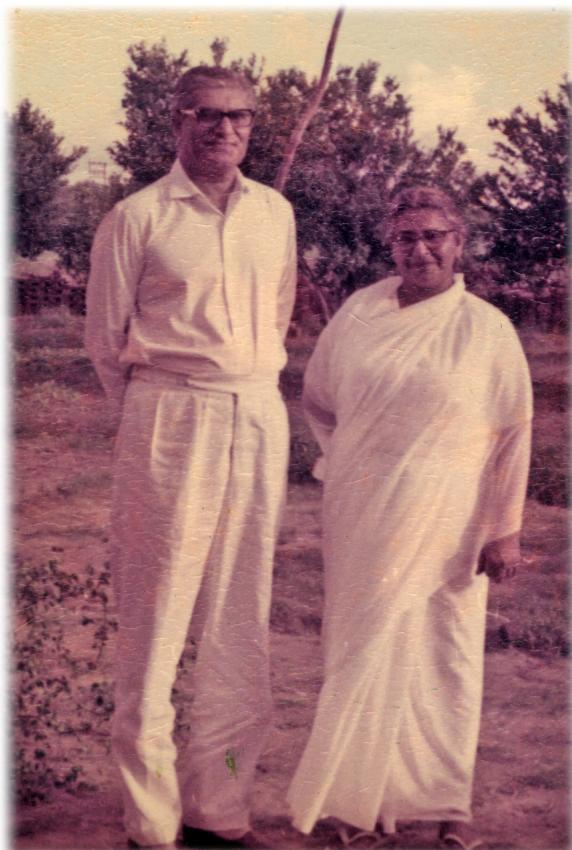
As I walked towards Dad’s room the smell of petrol was overwhelming. I looked into the room and could not see Dad. I knocked at the bathroom door and there was no response. When I tried the handle, the door fortunately opened. The bathroom was full of petrol fumes... and to my dismay, I saw Dad lying unconscious in the tub! I ran out for help, and between Papaji, our domestic help and I, we brought Dad out and laid him on the bed. He was stone cold... almost as though he was frozen! We covered him with blankets and turned on



the room heaters, and I rubbed his feet vigorously. Meanwhile, Papaji had rummaged in Dad's medical closet, and quickly administered a life saving injection. As I continued to rub his feet to bring some warmth into his body, Dad opened his eyes groggily! We all heaved a sigh of relief! When Dad asked in a husky voice "What happened...?" I did not know whether to admonish him for not taking enough care... or to thank Ma profusely for sending Papaji to us... Papaji who had administered the life saving injection! I suddenly understood why Ma had sent Papaji to Delhi... evidently without any cause! She knew what was about to happen... and had put the solution in place before the event transpired!

How often, her presence became a life saviour for our family!

After Dad retired from Maulana Azaad Medical College and his affiliated responsibilities as Dean of Irvin and Gobind Ballabh Pant Hospitals, he approached Ma for guidance as to what he should do next. He requested Ma to allow him to start a clinic at Madhuban for the rural folk, with a



strange request... "All I want is a small space for a clinic, along with a one hole golfing facility and a temple!" Ma laughed and advised him "You should stay on at Delhi. Yet, you must use your medical knowledge for the benefit of the needy..." In keeping with Ma's advice, Dad opened his charitable clinic in a small room of the nearby Lajpat Bhavan... and dedicated himself to bettering it day by day... often with his own resources, but also through collecting donations from friends and associates. So much so that after a year, he had managed to build a facility which could render good service to the surrounding underprivileged families. So involved was he in his offering of service, that he made it a point to tend to his patients every single day, despite the extreme weather conditions of Delhi... and despite his own ill health.

One day, as he was driving back from his clinic, he noticed an old hunchback woman standing at the side of the road. As his car approached, she suddenly rushed across the road and hit the car, hurting her head on the roadside kerb. Dad lifted her into his car, and rushed her to AIIMS, the closest hospital at that time. However, she was declared 'brought dead'. Dad was devastated. Here, he had dedicated his very life to the service of these very people... and now this precious life had been lost through an accident with his car.

Dad was deeply wounded. He found it difficult to absolve himself of the guilt of being part of a life lost. He went to the family of the old lady, despite being warned that he may be the recipient of reproach and anger if he went there. He apologized and tried to do all he could to assuage the grief of the family. They were not well off, and he provided funds for their future wellbeing too... yet, his remorse remained... unabated.

It was then that Ma explained to him the inexplicable grip of destiny on every moment that passes. She asked him if he had purposely done what had happened. His answer was naturally in the negative. She told him that he must understand that what happened was meant to be... instead of remorse, he must do whatever he could for the family of the lady who had passed away... nothing else was in his hands... remorse and negative thoughts would merely serve to extend and perpetuate the chain of destiny that was already transacting. Ma's presence and her constant reminder of the truth of life served as a balm... and though it took many months for Dad to pull out of his terrible sense of regret and repentance, Ma ensured that he found solace in his continued service of mankind.

...to be continued

Blessed are we...

...that You touched our lives Beloved Ma!

You have taught us how to breathe, think, act and live!



A happy person spreads happiness. He gives freedom to others. It becomes a habit, his disposition changes.

If you are happy within, you don't expect things from others. You don't need happiness from outside.

Why don't you choose happiness? Why do you choose unhappiness?

For a plant to blossom, it needs to rise above the ground ; similarly lift others up so they can bloom.





Just see, just hear; don't interpret.

You cannot withdraw your sense organs, you can master them.

A happy person is master of his sense organs, not a slave.



You are so involved with the world outside that you have no time to research the Self. Look within... then you will not judge 'others'.

Notice your own greed, your anger, your complexes... your impurities. Look at each of your actions. Are you doing each act for the 'I' or are you laying it at the Lord's feet?



*Those who profess to love, and focus on a limited few, lie.
Either love is a habit or it is not love. Love is like a river
that is constantly flowing. Anyone can partake of it.*



*A person who wants nothing for himself,
belongs to everybody.*

How much Time do I have?



*Each day goes by... another new dawn
Yet it never strikes me 'how much time do I have?'*

*I keep on thinking I will do this, I will do that
I keep on making grandiose plans for next day...
next week... next month... next year
I never pause to reflect... will I at all be there tomorrow?*

*I have seen near and dear ones gone
Yet I don't see that one day I too will be gone
I have myself lit pyres of my close family
Yet I don't see one day my pyre too will be lit
When will I accept the truth that one day I too will be gone?*

*When I accept this infallible truth...
will not the way I live undergo a wonderful change?
Will I then not unburden myself...
and shed the unnecessary weighty baggage I carry?*

*Will I then not embrace life with all its hues and colours?
Will I then not cherish each moment with gratitude?
Will I then not be more at peace?*

Thank you Beloved Ma

ANURANJAN SINGH

Love Letters to Her Lord...

~ A Blueprint of the Aspirant's Path

From the 2nd reading of the Srimad Bhagavad Gita
by Param Pujya Ma



Continued from the last issue...

Param Pujya Ma's path of spiritual living gifted us with the knowledge of thoughts and deeds required by a sadhak to traverse that same path and reach his spiritual goal. As Lord Krishna expands on the importance of the aspirant's focus on his goal, Param Pujya Ma leads us along the Highway of the determinate intellect which pursues That Supreme Goal, versus the indeterminate intellect, which constantly makes myriad forays into every little alleyway of the world, thus losing its direction again and again. She makes us aware of our insufficiencies, our weaknesses and our leanings which persuade us to lose our way repeatedly... "The Lord Himself has wed you... what need do you have to look anywhere else?" She asks us to look within!

ABHA BHANDARI

Chapter 2

व्यवसायात्मिका बुद्धिरेकेह कुरुनन्दन ।
बहुशास्त्रा ह्यनन्ताश्च बुद्धयोऽव्यवसायिनाम् ॥४३॥

The Lord explains this intellect further, saying:

O Kurunandana (Arjuna)! This one-pointed, determinate intellect is single; but the indeterminate possess diverse intellects, scattered in all directions.

Shloka 41

You have heard haven't you, that great men think alike? This statement contains a profound truth which is relevant to and applies perfectly to this path towards the Supreme. In the past, the Lord has descended into the hearts of his devotees for establishment of the Truth. He can come again also... it is He who abides as the Truth within the heart. Whosoever merges with the Atma Essence draws the same conclusions! The Upanishads, the Vedas, and other Seers and saints of various religions, reach the same conclusions... they do not differ.

It is people like us who abide in the unreal, who dissect and divide That One Truth into varied thought processes. All these 'discoveries and theories' which are 'tried and tested' today are proved false tomorrow. On the other hand, That Truth is eternal and ever the same by definition! There can be several ideas and manners of description, but the basic Truth is one. You decide which path you want to choose.

Whose refuge shall I seek Ram? Medical theories keep changing. That which is considered a 'healer' today could be considered a 'killer' tomorrow. There is so much research, so much wealth that goes into that research! They say that medical science is improving... but health does not improve! In fact, earlier, the human lifespan was longer... even mantras were healers... this is very possible... only faith and trust are required.

At first the Goal was defined... there is only one Aim... only one Truth. Do not try to convert this Truth to falsity. O mind! Know also that there should be no doubt in the intent to attain that Truth. When all is false, excepting Him, then know that our concept of the Truth could be false... our notions and perceptions could be false... but a focused determination and one-pointed mind can still attain That Truth. Once we have decided, then of what consequence is doubt?

If one's goal is That Unmanifest Brahm, AUM or even an 'Idol' wherein one worships That Supreme, the worshipful Intent itself becomes the object of worship. Whatever one's mode of worship... whether it is lauded by others or rejected, that worshipful intent itself is akin to the Supreme. One must lay one's all, even one's life at the feet of that One... albeit the Guru... at the altar of That One's Name... at the feet of one's object of worship.

The indeterminate intellect does not permit this to happen. Once one has made a decision, one must start to walk in that direction... all are different forms of That One. What is required now is only the strengthening of your faith and surrender to your object of faith.

Whether That One is possessed of a form (*saakaar*) or is devoid of form (*nirakaar*), it does not matter... (to be aware of That Eternal Consciousness through the organs of perception, is to limit That One)... besides, this conception is also a conception that lies in the realm of imagination... therefore the Form too is an imagined form. There is only one objective of all this 'imagery'... to attain a one-pointed devotion and thought.

Understand once again... *Dhyan*, *Dharana* and *Samadhi yoga* are all but various forms of absolutely one-pointed concentration and attention. All discussions and achievements are directed this way. Absolute concentration on Him is the only way of knowing Him. All is He. Just affix your mind in That Goal! He is the only Reality.

The indeterminate intellect is incorrigible! It continues to look for benefits for the body self... and for those we consider to be 'ours'. O foolish one! Reflect only upon That One... your constant attachment should be with That One. Your thought should be focussed only on That One.



Do not waste your time in this futile manner. Relinquish all thoughts of the exterior world... no matter what. Even if you think of others, it is in relation to your self! You are thus consigning yourself to destruction... throwing yourself in the well! Do you still feel that you can change anyone's intellect, thought, and destiny? You cannot even change yours. Learn to accept! Change your point of view towards the world.

You sometimes desire to serve the world... at other times you want to 'salvage' your friends and relations! This is not your business! They are all His business! Whatever you do, do only for Him... whosoever and whatsoever leads you to Him, is the only path to follow. All else are merely 'flowery speeches' to entice you... they are a disturbance in your spiritual quest. Desires and wants are petty... these desires are your worst enemies and cause your destruction. Yet, we are not even conscious of this. Come... awake... and turn away from them... distance yourself from them instantly.

That Compassionate One has placed within us, the intellect. He allows us to 'decide our life' so to say... He allows us to react to life as we like. The *sanskaras* of each one are different. The destiny of each one is different. Do not agonize over these futilely. Leave all to Him. They are His business. This is the only path of wellbeing for you. He is all – accept it and mind your own business. Be careful... your *sadhana* must not be fragmented thus.



You are attached to this body... you are entwined with the ‘family’ of this body. This world which you are attached to is also transient. Why do you wander thus in this world of birth and death, blinded by the *tamsik* nature of your attachment? *Moha* (*raag*) and repulsion (*dvesh*) are the cause of repeated births... you reap and die. Your *moha* shall visit you again and again... it is this *moha* which deprives you of That *Atma* Essence. It does not allow you to sit at Ram’s feet. It is like a sentry... ever on duty. When you begin to go towards your Divine Beloved, it pulls you back and says, ‘Where are you going? Come back instantly... your duties await you!’

O Ram! I have come this far because of Your Grace. Now have mercy... change the perspective of these clamourings of the heart. May I not exploit my spiritual endeavour. May I distance myself from the establishment of the ego. Grant that everyone forgets me!

May I forget all enterprise. None of this can give me intransient happiness.

Leave all to Ram! He is the Lord and Master of this entirety! Establish your mind in Him. When your new abode is established, your old home shall be forgotten. Nest at His feet. You hear others, and get enmeshed in their flowery speeches!

The Lord says, “You have experienced the rainfall of My Grace... if you wish to experience it even more, then come, sit in My boat! You will find every colour and hue in My boat! Concentrate on the *Atma* Essence. Do not get enmeshed in *riddhi siddhis* (wealth, opulence, miraculous powers). These will only cause your downfall.”



यमिमां पुष्पितां वाचं प्रवदन्त्यविपश्चितः ।
वेदवादरताः पार्थ नान्यदस्तीति वादिनः ॥४२॥

Now Bhagwan speaks about those who possess the indeterminate intellect with multiple desires:

O Arjuna! Unenlightened people with multiple desires (who) quote Vedic doctrines and indulge in sweet and meaningless talk...

Shloka 42

Now they are talking of people with indeterminate intellect (as opposed to the one with a determinate spiritual goal) who, through using all sorts of flowery words and ways and means, try to propagate methods of attaining happiness. Some try to quote the Vedas and other scriptures. They use several types of words and speeches with new colours and hues for persuasion. These speeches are ever full of new colours, fragrances etc. They propagate ‘immediate investment for immediate results!’ They give assurances of the attainment of coveted objects, of the eradication of sorrow, of the attainment of heaven, of the attainment of sons etc. All these are merely flowery assurances and speeches, ostensibly good and decorative and appealing. But one cannot achieve everlasting happiness through these.

The attainment of the goal of Shreya is the true ‘profit’ and gain of the spiritual aspirant. Of what avail even if we attain happiness for some moments? The only ultimate truth is death. Then the same cycle of birth and death and the cycle of sanskaras overtake us. You know that the Supreme Goal is That One. Whosoever or whatsoever leads us to That Goal is appropriate for us... even that ‘unreal’ is correct for us, if it takes us to our goal. All else should be gradually dropped. All else is only for temporary dalliance. Of what avail that ‘speech’ which is used for the attainment of a desired object... which is devoted to our desire... which enunciates mantras for the attainment of what we desire? Achievement of these material gains brings an end to our spiritual endeavour. They can only offer the cycle of birth and death and its fruits. Even if they yield heaven itself, of what avail can that be... O foolish one, the end is death!

You make constant plans to bond yourself with this body... how do you know what plans God has for you? Maybe this body is useless for your Real Purpose... and He in His mercy is giving you a better one! You believe that ‘a bird in hand is worth two in the bush’! This is a wrong view point. Don’t think of the immediate plan... think of the ultimate plan. Your questions



and answers should be constant with the mind. All these questions and answers should be sincere and empowered with your full enthusiasm. Know the difference between happiness and sorrow. If you want happiness, pause to consider... is it happiness that you are receiving? If you are receiving counterfeit pennies, do not accept them. They are useless. The happiness that will vanish can only give sorrow. View such pleasures and joy with suspicion. They are merely the seeds of sorrow. They will therefore leave latencies of both happiness and sorrow... and these latencies shall again yearn for completion... causing yet another birth, which is actually the seed of all sorrow.

Keep your goal before you and take every step in relation to that goal. It is this method ONLY which is correct. All others are wrong. The only measure of each situation is... will this take me closer to my spiritual goal

or further from it? The temple, the *masjid*, the *samaj* (*Arya samaj*) or the church, do not matter. Go wherever you wish with only one goal in your heart... the attainment of That Atma Essence. Measure each act not with the gauge of attaining immediate happiness, but with the gauge of attaining eternal happiness.

“I want to do this... I want to do that...” The list is endless. You will soon die. Thus you will soon repent your wastage of time. You do not do what you should be doing, and you throw your weight around at others! You have just a few days to live. Come! Rise! Awaken! Think! What should you be doing, considering your inevitable relationship with death... considering the short time left at your disposal!

Keep That Supreme Goal before you and then proceed with life.

कामात्मानः स्वर्गपरा जन्मकर्मफलप्रदाम् ।
क्रियाविशेषबहुलां भोगैश्वर्यगतिं प्रति ॥४३॥

...And whose sole aim is paradise (swarg), who proclaim that ‘naught else exists’, they perform varied actions which are for the fulfilment of desires and cravings and which bear the fruit of rebirth.

Shloka 43

Do not destroy your life! Do not veil your mindstuff with the filth of attachment to this world of objects. Have an absolutely one-pointed focus. A determinate intellect does not waver... and only the determined find HIM! That Goal is obtainable only through absolute surrender. Do not be waylaid by people’s opinions. Be utterly careful from this moment onwards. Beware! The world demands your time and your mind space. But these now belong to Someone else! To be rooted in *samadhi* (a focused establishment in the Real) is your Goal. Decide NOW and then stake your very life in the attainment of That One. Do not get enticed by alluring temptations! What are these temptations as compared to the attainment of the Absolute Goal? Have absolute faith in Him. All else that is transpiring in accordance with destiny, is merely a play of the *gunas*... the tri-coloured qualities. Remember this, and always remember the Goal... keep your mind focused on That Goal.

Do not waste this life in a futile manner. Your Beloved One is once again describing His realm. He is revealing the culture of the *Rishis*. He is also recounting the easiest way of adapting to those new circumstances. He



says, ‘Your nature has been moulded by worldly attachment. Your mind is not in your control therefore your mind has become indeterminate. The continuous onslaught of desire has caused impurities to encapsulate your heart.

But now Ram Himself has wed you. He is saying, ‘Become aware of your weaknesses and then slowly walk towards Me! I have wed you already... now try to win Me!’ He assures me ‘The determinate Intellect never wavers!’ When you are attached only to That One, when you burn to be one with Him, when your thoughts are constantly of Him, then the impediments on the way are also clearly visible. Remember O mind... you must not reject those impediments with hatred or repulsion... Simply refrain from treading their path! Change your path so that you remain only on their fringes! Do not be waylaid by hearing others’ suggestions and loose talk. Become vigilant. The attainment of your Goal is the fulfilment of your *Samadhi*. You must overcome all obstacles to reach your goal. Have absolute faith in Him and remember that all that is happening is a play of qualities... all that transpires is instigated by destiny. Watch all objectively and accept all as His gift.

Do not become agonized by the world. Practice *tapas* (purification) of the mind, speech and body. It is your thoughts which are the perpetrators

of negativity. It is the mind and the body that experience the pain thereof. Realize that you cannot stop the incentive of action – accept all with complete indifference.

Understand carefully! Speech is the mode for discussion. There are three types of discussion... discussion based on self, discussion focused on the other and discussion based on the Lord.

We mostly indulge in the first... discussion regarding oneself... through which we exhibit our own selves to the world! This comes naturally to us. This discussion is sometimes conducted with planning and eloquence, and at other times, more subtly.

If you do not indulge in this, your discussions are focused on ‘others’. You would eulogize the other or deride the other. Sometimes one praises the other even in contradiction to what we actually think! One does so just for establishing good relations with the other so that they are useful to us when we require them! Otherwise why would they be by our side and give us comfort through our joys and sorrows? And even more so, if they are successful people with clout, then even truth and indifference are thrown out of the window! After all, what if they interfere in and ruin ‘my’ affairs? They have great influence! You then sometimes gossip negatively behind their backs like a coward... you become jealous etc. Do you consider yourself above such aberrations? You praise the other only to increase your own pride... and you belittle them also only to increase your own pride! It is a tug of war between two personalities... you wish to establish yourself, and the Lord may have taken the ‘strings’ of the other in His own hands!

O foolish one! Keep away from both discussions described above. Focus all discussions only on the Lord. Forget both ‘I’ and ‘the other’! Self praise and self criticism, both are fallacious. Don’t you know that self criticism or confession of one’s follies also augment one’s pride? Are you trying to prove yourself to be so ‘righteous’ that you are confessing? If you are truly remorseful within for what you have done, then lay your tears at the feet of the Lord. It is only He who can wash away your impurities... and no room shall remain for pride either.

Join yourself with the Divine through the ‘cable’ of *tapas*. Know Him to be your all and bare your heart only to Him. All other ‘talk’ or discussion will only serve to bind you with the world and will become the cause of your downfall. This ‘*tapas*’ of speech is an essential rung in the ladder to



the Divine... it is one of the basic requirements on the path of sadhana. Do not unnecessarily expose yourself for the sake of pride. Cry before HIM. If you cry before a 'blind person' you too will lose your eyesight!

You clamour and agonize for the fulfilment of desire, or for the increment and accrual of pleasurable objects. Has He not told you 'If you have wed Me then leave all to Me!' He is now responsible for your yog kshem... for the security and wellbeing of your Yoga... or union. Can your Beloved not take care of you? Is this the opinion you have of Him?

Love only Him. Agonize only for Him. Forget yourself. Devote all the days that remain in your life to Him. Devote this time to the attainment of your Beloved. Let every step you take be towards that purpose ONLY. Let this life last only as long as I travel towards Him. Or else, take me to Thee Ram! Attainment of the world or its objects is a mere accumulation of material qualities... Rise above these and meet Him. Let there be no other objective of this life.

...to be continued

What can I say is My Doing?

ANURANJAN SINGH



I have a beautiful roof over my head...

I have more than enough to meet my needs...

I have had a good education...

I have a caring loving family...

I wouldn't be where I am without the 'yogdaan' of others...

I have so much to be grateful for if I truly counted my blessings...

Can I say all this is my doing?

Did I choose the family I was born into?

I could have been born anywhere...

...with no roof over my head, struggling to exist.

Did I choose circumstances or situations in my life?

Did I choose Beloved Ma who gave her all to me?

Had I been born at any other place, at any other time, under any other circumstances...

Had I not been blessed with Beloved Ma's presence in my life...

I would have been an aimless straw in the wind going hither and thither...

Devoid of even the opportunity to discover the real meaning, purpose of life...

Then how can I say "I have done it all"!?



The Arpana Temple

Arpana

Newsletter

ARPANA TRUST, Madhuban,
Karnal, Haryana, India
August 2021

Arpana Ashram

Arpana Day – Celebrating Param Pujya Ma

Param Pujya Ma's Life transformed the lives of those who came to her. She lifted us from the swamp of delusion, granting a glimpse of the possibility of a life untouched by aberrations – pure and joyful within – *sat chit anand*.

As always, we celebrate the day of her birth, 26th August, as 'Arpana Divas'. Participating in precious Video Satsangs recorded through the past many decades, brings Ma ever closer in our hearts, opening new vistas of love and understanding to bond all hearts as one.



The Programme includes:

1. Questions asked of Param Pujya Ma by devotees and her in-depth answers.
2. Readings from the Gita (2nd reading), Chapter 13, shlokas 7 to 11, will be enriched by a conversation between Niriti Anand and Vishnu Mehta to illuminate the Word of the Gita through the life of a Realized One.
3. Bhajans from Ma's heartfelt prayers sung by the Urvashi Academy singers
4. Param Pujya Ma's meditation on *vairagya* and *sanyas*.



5. 'Rishi Raikab', Param Pujya Ma's story revealing the elevated state of the sage Raikab. In this dramatic presentation of Raikab Rishi, Ma shows the frail and futile nature of worldly fame, power and riches, when compared with the supremacy of eternal values.

Haryana

Deen Dayal Upadhyay Center Holds Assistive Devices Camp



Arpana established a significant liaison with the Deen Dayal Upadhyay Institute, Nilokheri for the rehabilitation of Persons with Disabilities (PwDs).

Arpana identified 13 persons with hearing and motor disabilities from 8 villages, who received hearing machines, wheelchairs, smart sticks, crutches and tricycles at a camp arranged by Deen Dayal Institute in Nilokheri on July 5, 2021.

Soma, a 62 year old resident of village Sadarpur, is a member of the Himmat Differently Abled Persons Organization. 10 years ago, due to shock of his young son's death, he lost his eyesight. His wife works as a daily wager to feed both of them. A Smart stick was given by Arpana to Soma so that he can easily move about.



Deep gratitude to Baij Nath Bhandari Public Charitable Trust and Mrs. Sushma Agarwal, both of New Delhi, for support for the Differently Abled

Arpana Hospital



Parkashi, 65 years old, lives in village Shakheda with her husband, who is not able to work. Their pension is their only source of income. One year ago, she had an unsuccessful surgery in a local medical camp for removing a cataract in her left eye. When vision in her eye remained blurry, her relatives brought her to Arpana Hospital and the doctor recommended a repeat surgery. Due to her financial condition, she was given a free cataract operation and also provided free medicines. She was very happy and grateful for the restoration of her sight and for making it possible by providing free services.

Deep gratitude for support from the Tides Foundation (USA) and Friends of Kalpana & Jaydev Desai (USA)

Delhi Programmes

Molar Bund

Class 12th CBSE Board Results 2021

Due to the Covid pandemic, CBSE Board exams were not conducted this year. The result of class 12 (based on scores in school exams and pre-board marks) was declared on 30th July 2021. 20 out of 24 students passed with over 70% marks. In Humanities, Shivani stood first with 93%. Tonika was second with 88.2% and Simran was third with 87.4%. Most of these students want to join Delhi University to pursue Computer courses, Hotel management, Polytechnic, Marketing, etc.



Shivani stood first!

Will you join us in enabling children in slum resettlement colonies to develop their potential and find successful avenues to live with happiness and dignity?

As it is of utmost importance for them to continue their education, we request your aid for:

Scholarships for Delhi University (Total Expenses for 3 years)	Rs.45,000
Scholarships for technical courses (Total Expenses for 3 years)	Rs.90,000
Scholarships for Computer course (Total Expenses for 1 year)	Rs.30,000
Scholarships for Marketing course (Total Expenses for 1 year)	Rs.60,000

Deep gratitude for education support to Aviva plc, UK, Essel Foundation, New Delhi, Technip India, Caring Hand for Children, USA, and Arpana Canada

Vasant Vihar

Celebrating Independence Day

Held at 'Rejoice', Arpana's Community Centre in Vasant Vihar, New Delhi, **Gyan Arambh** is Arpana's education program to provide important support to under-privileged children from classes 1-9 so they can compete with their peers. Although classes are being held online, 26 students came together to celebrate Independence Day on 12th August.

- Games and prizes were arranged for the students.
- The children delighted in seeing a short animated film about Independence Day.
- Sweets and snacks were thoroughly enjoyed by all.



Himachal Pradesh

Activities of Self Help Groups

756 SHG women undertook 126 sanitation programs in 81 villages in July!

To the delight of Bakhatpur SHG women, who petitioned the Panchayat for drinking water as well as a water trough for their animals, this was completed in April!

After Arpana's SHG women petitioned the Forest Dept., 20,450 trees were planted from April 2021 to July 2021.

The women pledged to protect the trees for their first 5 years of growth.



Transforms Pushpa's Life



Pushpa, a member of Sontali Self Help Group, took a micro-credit loan of Rs.30,000 from her group in July 2021 to purchase a second jersey cow. She now earns upto Rs.15,000 per month from the sale of milk. Now, she is financially stronger and her son is doing a B.Tech course.

Arpana is deeply grateful to Tides Foundation, USA, Baij Nath Bhandari Public Charitable Trust (New Delhi) and Mrs. Sushma Agarwal (New Delhi) for supporting programs in Himachal Pradesh

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Arpana Ashram

Research

Publications & CDs

Arpana endeavours to share its treasure of inspiration – the life, words and precept of *Pujya Ma*, through the publication of books and cassettes.

Publications

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