

Cut away your Bonds

...and Freedom attain

Cut away your bonds and freedom attain
From the inevitable clutches of death,
Before your body inertness gains,
Let His joy fill every breath.

Why should I breed hatred or stand in awe
Of death, disease, joy or pain?
These are my benefactors within my core
I'll not fear them again.

Now with death this body ever plays
How can I forget the end?
When death approaches me in my last days,
My welcome I shall extend.

Yama is my Teacher – the Lord of death,
How can I ever forget Him?
I patiently await my last bated breath,
In union I'll dissolve every sin.

Translated from Param Pujya Ma's original elucidation in Hindi given below

क्यों न देह पात से पहले

क्यों न देह पात से पहले, मृत्यु से तर जाऊँ मैं।
जन्म मरण के बंधन तोड़ूँ, महा आनन्द को पाऊँ मैं॥
सुख दुःख और जरा व्याधि, क्यों इनसे द्वेष कमाऊँ मैं।
यह तो मेरे शुभचिन्तक हैं, इनसे क्यों घबराऊँ मैं॥
मृत्यु से अब नेहा लागा, याद न उसकी भुलाऊँ मैं।
अंगीपाश करने जब आये, हृदय से उसे लगाऊँ मैं॥
यम को गुरु अब मैं मानी, कैसे उसे भुलाऊँ मैं।
अब प्रतीक्षा एक लगी, आग से आग बुझाऊँ मैं॥

(अर्पणा प्रार्थना शास्त्र १, न. १४ - १२.१२.१९५८)

Whilst there's Time...

If you know all belongs to Him

...the Creator of the universe

Then know this world as merely His form

...the whole in which all does immerse.

Then each moment you will bow your head,

in utter and complete humility

Then you will know all as His

and purify each act and ability.

*~ Param Pujya Ma
in 'Mrityu se Amrit ki Or'*

Contents

3	Au Revoir Raj A Tribute	19	Life in the Context of Death Ma's answers to questions
6	Your Grace fills my life to Overflowing Abha Bhandari	23	Srimad Bhagavad Gita – Ma's love letters to Her Lord
		36	Arpana Newsletter



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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.

*Au revoir Raj...
may God be with you at all times!*



06.08.1958 – 04.03.2023

“Raj, please come upstairs quickly!” Raj’s heart would leap with joy when he would hear these words resounding over the loudspeaker from Ma’s room... he would come hurrying up... joyous that his Guru... his Divine Mother, Param Pujya Ma had called for him! Often, he would leave his electrical repairs half done in Ma’s room... just to hear these words and be re-called to Ma... and he would unabashedly admit that! Such was his heart’s emotional surge for Ma.

He often reminded me of Lord Hanuman, who, when asked what was dearest to him, bared his heart to show the images of Lord Ram and Mother Sita dwelling within! Surely it was so with Raj... his Divine Mother, Param Pujya Ma dwelt within his heart, and he proclaimed it proudly to all whenever he got the opportunity!

Not a single person who knew him could deny his warmth and his welcoming smile for everyone who came to Arpana. Each one was a 'guest' of his Divine Mother, and therefore received his heartfelt welcome and attention. Entrusted with the management of maintenance and construction activities of Arpana, he did his very best to be of whatever service was required of him by his 'Guru Ma' and Her whole family... even getting into unwarranted little 'battles' with anyone who he felt was not acting in the interest of Arpana, his Mother's home, which he guarded with all his abilities!

He was ever available to every aged and handicapped member of the Arpana Family... rushing them to the hospital on a wheel chair... and being of every assistance he could... even if he only needed to stand by... for, do they not say... "They too serve, who stand and wait!"

Raj came to Ma at a very young age... so much was his love for Ma that he decided to dedicate his entire life to Her and Her's. It was not that he had no emotional issues!... These too surfaced from time to time... as is so with us all. But so deep was his faith in Ma, that it always brought him back to Her feet



sooner than later! His longing to be close to Her at all times was more than obvious to all... when She went to Dalhousie, he so looked forward to a phone call to say that he was required there AT ONCE to attend to repairs and maintenance during Ma's sojourn there! In fact he would keep his bag packed to travel to Her at a moment's notice!

He was always available to rectify any maintenance issues that cropped up invariably, many many times a day and did his very best to make sure that the least inconvenience was suffered by others... all this, despite a severe neurological problem that afflicted him for over 15 years... nothing would keep him from his intent of service.

He was caring towards every patient who came to Arpana's hospital... making sure that each patient was attended to and received attention at the earliest. He would even wake his wife, Sadhana late at night to provide dinner to the relatives of a patient who had been brought late to the hospital. Through Covid, he would be available to anyone who called for help or required admission in the hospital... not even caring for his own safety!

Second to Ma, the One dearest to his heart, was Ganga Ma. Raj felt happiest in the flowing embrace of Ganga. Param Puja Ma had forged a beautiful link for all of us, Her children with Her Ganga Ma... and we all still look to Ganga as Nani Ma... Raj's greatest and most joyful moments were the moments he could spend at Ganga. I can hardly remember a single member of the Arpana family whose immersion in the Ganges was not lovingly aided by Raj... and She, his Ganga Ma was his final 'home' as well... As She embraced him, and carried his 'flowers' upon the crest of Her waves, we bid him adieu!



Au revoir dearest Raj... we know your onward journey shall be joyous indeed... for all that you have 'given' to so many shall indeed come back to you... such is the nature of Creation!



Your Grace fills my Life to Overflowing

Part 10

ABHA BHANDARI



Mr. RM Sabharwal...Ratti Uncle

When I first saw Ratti Uncle, he had just travelled from Bombay for a Company meeting in Delhi, and had asked Ma to come to meet him during the hour or so he had in Delhi before he boarded his return flight. I was utterly irked at his request. How could he expect Ma to travel all the way from Madhuban to Delhi just to meet him for the one hour he had free? Little did I realize then, the heart of a true *bhakta* which instigated Ma to undertake that journey... not once... not twice... but each time he made that request!

When he asked Ma what he could do for Her, Ma made him a strange request ... “Every month, post me some roasted *chana* worth 50 *paise* from Bombay!” Ratti Uncle, enthused by Ma’s request, purchased 1 kg of roasted gram and parcelled it to Ma. He happily enquired of Ma on a phone call if she had received his ‘gift’. She replied in the affirmative but pointed out

that he had not really fulfilled her 'wish'... she had asked for just 50 paise worth! He said, "How could I ask the seller on the footpath for just 50 paise worth after stepping out of my large car!" "That is just the point!" said Ma. "It is easy to buy 1/2 kg and parcel it to me... but to get off your big shiny car to buy just 50 paise worth of *chana* is difficult... what would others think of you!?" These small and seemingly trivial lessons Ma taught were well learnt by a sincere *bhakta*.

When Ratti Uncle was finally posted at Delhi in the mid-seventies as Director ACC, he began to visit Ma frequently. He had always been a fervent seeker of the Truth... and now, he was in the proximity of One Who was Truth Incarnate! His soul urged him to give up his Corporate status, and to offer himself in service to his Divine Mother. When someone of his calibre joined the Ashram, it was obvious that the very scale of operations

w o u l d
c h a n g e !
D e s t i n y
decreed that
when he
ultimately
requested Ma
to allow him to
come and
reside at the
Ashram, Drs.
AK Anand
(surgeon) and



Ela Anand (gyneacologist) who were Ma's brother and sister-in-law, also decided to shift to Madhuban to give of their expertise for the benefit of the rural populace. The natural outcome of such a connection was the genesis of a hospital! Ma said to them, "Make such a hospital of excellence for the rural folk, where you would also admit me if I ever required hospitalization!" Thus she set the standards for the activity which was to benefit thousands through the next many decades.

Ratti Uncle was not only a seeker of knowledge, but also replete with devotional fervour. Ma often spoke of the true seeker who burned his 'candle' at 3 places... both ends and the centre! Truly Ratti uncle was a living example of such excellence. Through each day of the nearly 3 decades I knew him, 24 hours of every day were dedicated to his Lord and to his



Beloved Mother... unquestioningly, unswervingly, with complete focus and drenched with love. His questions in the daily *Mandir* sessions with Ma illuminate the path for every seeker. How blessed I feel to have been witness to his daily interactions with Ma regarding the work he had taken on. These were indeed a 'ready reckoner' of how the *Sadguru* takes forward a determined and subjugated disciple speedily on the path of union with the Divine.

He sought complete annihilation at the feet of the Lord. That was his only desire. Truly, Ma held his hand and carried him forth to his 'home' with the utmost love and diligence. If living with Ma was a

rare opportunity to be witness to the life of the Realized Soul, then living in the proximity of Ratti Uncle was to perceive in intimate detail, the thoughts, actions and aspirations of a true Seeker. To be with Ratti Uncle was to nurture a deep desire within oneself to aspire to at least touch the periphery of spiritual life. The vigilance of a true *sadhak*, the agony of such a *sadhak* at the distance that still remained between him and his Master, the unremitting toil to cover that distance with speed, and the one-pointed yearning of the *bhakta* were all epitomised in him.

I was fortunate indeed that Ma gave me the blessed opportunity to work with him in those early years. When he once asked Ma to allow him to serve her, she gave him a rare birthday gift. She handed him a suitcase full of leather chappals crafted by a poor cobbler family of Chamba, (the story of this family is already told in 'Let's play the game of love') and instructed him to find a market for those 'goods' and thereby, a mode of subsistence for that family, whose children were refusing to continue the family trade.

I was told to accompany Ratti Uncle in this task. Little did I know what a treasure of realization was about to unfold before me. Ratti Uncle, whose personality was awesome as it is, and also, being a Director of ACC at that

time, was held in great admiration and respect. Yet, in keeping with Ma's directive, he thought nothing of stepping out of his swanky car and carry the attache case with samples to the local shops on Janpath. When I offered to carry the bag, he would simply say "Please allow me to do what Ma has



told me to do!" As he went about 'selling' the goods to the shopkeepers and appealing to them for large orders, I was allowed to write down the orders. I know that left to myself, I may not have been able to sell a single item... but so overawed were the shopkeepers with Ratti Uncle's sincerity and single purpose to serve the cobbler community, that they offered suggestions of variants in the items and an improvement in quality, so that these sales were perpetuated! His persistence in this activity ensured that the 'business' of the cobblers was put on a firm foundation.

To be with Ratti Uncle was to receive a continual lesson in humility and love, and be witness to his perfection in spiritual pursuit. How must a *sadhak* act, interact, pursue his spiritual goal, be subservient to his *Sadguru*... these, and many other lessons were the outcome of the privilege of being with him.

He was indeed a perfectionist in every sphere. Even as he participated in Arpana's numerous plays, or as he recorded those songs he sang from the depths of his heart, or through spiritual lessons learnt through conversations with him as he travelled, or perceiving the time and importance he gave to the smallest child of the Ashram who wanted 'Dada' to bring back a pencil for him from Delhi... in every way... every day... he exhibited excellence in his spiritual pursuit. There was no one who sought his help and did not receive it! Be it the humble servitor who swept his room or the student who sought admission in some illustrious faculty... or a hapless job seeker... he had time for all.

I have yet to come across someone of his calibre, his nature and his focussed pursuit of spiritual life.

I thank God time and again for these beautiful people who illumined my life through Beloved Ma's amazing Grace. They all helped me to see and understand our Divine *Sadguru* better and enabled me to know that all that Ma taught was indeed applicable in my day to day life.

Dr. Rahul Gupta

This would also be an appropriate time to mention with the deepest gratitude, the critical role Dr. Rahul Gupta played in our lives... especially through those crucial last years of Ma's sojourn on this earth.

He was a schoolboy when he first met Ma in the mid 70s... but grew to be not only a wonderful doctor, but also an amazing person and a loving son to Ma, Mama, Papa and indeed all the elders of Arpana. He stood like a pillar through those crucial years of ill health suffered by our entire family... guiding, advising, hand holding and providing a net of loving care through several hospital visits and admissions. I cannot even begin to imagine what we would have done without



him... He made himself available to his Divine Mother and to us all... at all hours of day and night! He helped us to take crucial decisions and saw us through every step of the way. They say that relationships are made in heaven... the presence of Rahul in our lives was evidence of this Truth. Despite his busy schedule as a doctor, his day would start always with his visit to Ma to check her blood pressure, sugars etc. and Ma too, lovingly, would prepare a special breakfast of love for him... consisting of a buttered toast topped carefully with banana and marmalade... and blessings galore! Surely, that was merely a token of the immense blessings he received for the devotional service he offered unremittingly day after day!

It would also be appropriate to remember here, the immense service offered by Deepak bhai (**Deepak Dayal**) during those myriad weeks, months, years that passed since Ma suffered the lethal stroke after her surgery to remove a cancerous growth. The following description of 'those devastating years' carries with it my memories of his infinitely loving tending to Ma night and day, for many months and in fact years of her physical



incapacitation due to a stroke. He would lift her, carry her, feed her, take care of her diet and medication when I was not there, and did everything... in fact more than everything a loving son would do for his biological parent.

We were at one time 80 residents at the Ashram. I may not be able to describe here, the role played by each one in the service of Ma and Arpana... let it suffice to say that each one played a vital role in making Arpana a home of service as it is today. Each one was unique in themselves, and with Ma as their supreme anchor, they gave of themselves to the hilt. I am incredibly grateful to each one... named or unnamed in these pages, whose contribution to Ma's unique 'experiment' in spiritual living was incredible and whose presence in my life is invaluable.



I have to especially thank **Ravi Dayal**, a very dear brother to me... whose innate exceptional qualities make him stand tall amongst many of us. There has never been a moment when I have not received his utterly strong hand of support... completely... yet

silently... unobtrusively. A man of many parts, he continues to give of himself to all who need his engineering expertise, his extremely practical approach to all problems, completely devoid of emotional turmoil! Can 'Love All' indeed be practiced at all times? His life is a resounding 'YES' as an answer to this question. No wonder then, that Ma would answer every question he posed in the Mandir on the attributes of the *Atma* ... whereas we, if we asked the same question, would be told "Take the first few baby steps and proceed for some distance on the spiritual path before you become eligible to ask such questions!"

Ravi never compromised the Truth... throughout his life, the choices he made were based only on upholding what was right, just and truthful. A rare soul indeed... with the noblest qualities!

Those devastating years

In 2005, Ma underwent a surgery to remove a malignant growth that was detected suddenly. The surgery took place at Gangaram Hospital and after a week of hospital stay, we were allowed to bring her home. However, destiny had other plans. The very next morning I noticed a slowness in Ma's movements... (but never in her smile!) I phoned Rahul to inform him and he came immediately. It was a Sunday... yet, he managed to arrange to get a scan done through his resourcefulness. The reason for Ma's debility was obvious... she had suffered a stroke. Her right side was affected. Movement in her right arm and leg was considerably affected.



If such an eventuality had befallen anyone else, it would seem as though life had come to a standstill... It takes a lot of mental adjustment to be unable to conduct even one's daily chores by oneself.

It was not so with Ma! Even though her speech slurred, her right hand was no longer able to lift even a spoon to the mouth... let alone a pen to paper... she was unable even to lift herself out of bed without help... a wheelchair existence was the only obvious reality before her...

Yet, her smile never faded... Wahe Guru! Her complete acceptance of this phase of life was stunning. Ever peaceful... ever blessing... ever abiding in the embrace of her Beloved... it seemed as though she had never been more powerful nor so infinitely tall in her spiritual stature. She was ever available to anyone who sought her blessing or aid... ever concerned about the wellbeing of not only the people around her but also all living things... she would sit in her office room overlooking the terrace and point out the brown and dried leaves of a distant plant, bidding us to remove that leaf and thus energize the plant! How watchful was she... I knew that whenever I entered her room, she would immediately discern if I was downcast... she would hold out her hand so that I could clasp it and derive sustenance.



On the one hand, she seemed to have become so child-like... so vulnerable... yet, she was strong as a fortress, keeping at bay all winds that harboured trouble and negativity. It seemed as though just being close to her person was to be protected completely. When destiny took away some children from the Ashram who had been lovingly reared and nurtured by her, it seemed as though she became quiet... was her silence assuaging our pain? For, where she was concerned, there was no attachment which is always the catalyst for pain. Her complete detachment could be discerned from her answer to Deepak bhai's question... "Ma, how will we hold the myriad services started by you... how will we sustain them... nurture them and continue to provide service to our rural brethren?" Her answer was simple... "Why do you worry? If the Lord ordains that these services are of use to His children, He will send both people and funds to keep them irrigated and growing... if these are not available, simply place a padlock on the

gates!” Were these the words of One who had spent more or less her entire life building the edifice that was Arpana? How could she ever envisage the closure of these services? Yet, her words were very matter of fact and devoid of any emotion.

Such was her complete detachment with herself, with all of us who surrounded her, and with the work in which she had involved herself through several decades.

We would try to take her for little ‘walks’ in her wheelchair, privileged to hold her on both sides to facilitate her walking a few steps and keep the body as well as we could... the pain was evident, but acknowledging our desire, she would always make the effort. She would push her body because she knew that we needed her! Life or the passing away of life were both equally acceptable to her. She lived only because of those who needed her.

In those days, she would use every opportunity to give of herself... and her smallest words were of immense import. Her right arm was swollen and her right hand unable to move... In order to exercise her hand, I would often urge her to use it to write a few words... and therefore one day I asked her to write her message for me... She wrote the following words in a semi broken script, despite the fact that her right hand was completely unusable... “You are a good girl... so far!” She smiled mischievously when she wrote the words ‘so far’! Then she continued... “You will learn to love when you don’t think... you will become a habitual giver... your giving will become a habit...” Then came her direct message to me... “Don’t count... just give!” The date was 26th April 2006.



In those words, she gave me the sap of life... words to live by... words that would guide me through whatever remained of my life.

When I look back, I can see... that was the period where Ma was, in a sense, training us to live without her physical presence. And yet, memories of that period are probably the strongest in my heart.

I well remember the day when she was in acute breathing distress. Rahul had called for an ambulance to remove her to hospital. I sat by her side in the ambulance, and the heavy traffic was impeding the speed of the ambulance. She could see my mounting anxiety. She took my hand as though consoling me, and clasped it warmly in hers, as though assuring me that all would be well! How compassionate was my Divine Mother, that even when her own body was in acute distress, her thought was for her child's internal insecurity and pain!

Even after her return from that hospitalization, her concern was always for us... it was as though her own body did not exist at all. Whenever we approached her for a message for all her children, her answer would always be "LOVE ALL!" Her state of *samadhi* became more and more apparent... not because she was any different from what she had always been, but because our understanding of her was gaining clarity. The Gita says that 'Such a One' who is in a state of *samadhi*, becomes one with whosoever/whatsoever comes



before That One. So also, it seemed as though she could immediately read the mind of those who came into her room! And she would respond to them accordingly. She would identify with their problems, their thoughts, their dilemmas and their attachments! She would lessen their pain and their discomfort and would bless them with a greater acceptance of their lot.

It seemed to me that her silence was becoming palpable... and her compassionate love more embracing. How fortunate were we to be recipients

of the attention of our Divine Mother in those months and years.

I sometimes wonder why the Lord gave Ma those years of intense pain and physical suffering... and then I also know that she suffered those years so that we, her children, could prepare ourselves for the inevitable. I once even questioned Ma... "Why does the Lord make you suffer so?" She answered silently... "Who are we to question His wisdom? Accept all He gives with gratitude and fortitude!"

During those last few months, keeping in mind Ma's failing health, we would often become her 'keepers' and if someone wished to come to meet her or sit with her, we would discourage them... and more often than not, we would receive a severe reprimand from Ma... "If YOU can be with me... then why not others?" This again exhibited her complete detachment with her physical being... and her extreme compassion for all.

On the 1st of April 2008, a group of devotees from Kambar Darbar in Mumbai sought to meet Ma since they were coming to Delhi enroute their pilgrimage to Badrinath Dham. That afternoon was



magical. Ma was as though energized anew with their devotional quest. She answered each one's questions... she laughed and sang with them... and gave us all an unforgettable delightful memory to live by. On the 3rd of April, she had to be admitted into the ICU of Escorts, since she was once again afflicted by acute breathing distress.

Deepak bhai and I had decided to spend our nights in the hospital lobby so that we could be at hand in case of any requirement. Ma's condition declined, and I recollect how lost I felt. It was Ma who had held my hand through the loss of all my loved ones through the years of 2003-04... and now it seemed as though the Lord was about to distance my Divine Mother, Guru, Friend and Beloved Companion from me too! As though she recognized

my internal agony, when I went to meet her on the 13th of April, she held my hand and signalled me to bend close to hear her words muffled with the oxygen mask that covered her nose and lips... I knelt close to her and heard her words... “I love you my darling... I will always be with you!” Tears filled my eyes as I received my Divine, Beloved Mother’s love... even as life was ebbing away from her!

When the last moment came in the early hours of the 16th of April 2008, and even as we stood by the mortal remains of our Beloved Mother, I remember looking around me as the world continued its normal routine... and I remember feeling almost incredulous that this entire populace was completely unaware of its phenomenal loss!... that a Realized One had left their midst... that a Divine Soul which had come and spread Its Light of love and knowledge in this world was now lost to them forever! Everything seemed unreal. And yet, in the midst of the enormous turmoil, it seemed as though Ma’s hand was still holding mine and saying, “Darling I love



you... I will always be with you!”

For some time, it seemed to me as though life had come to a standstill... drained of its meaning and its beauty.

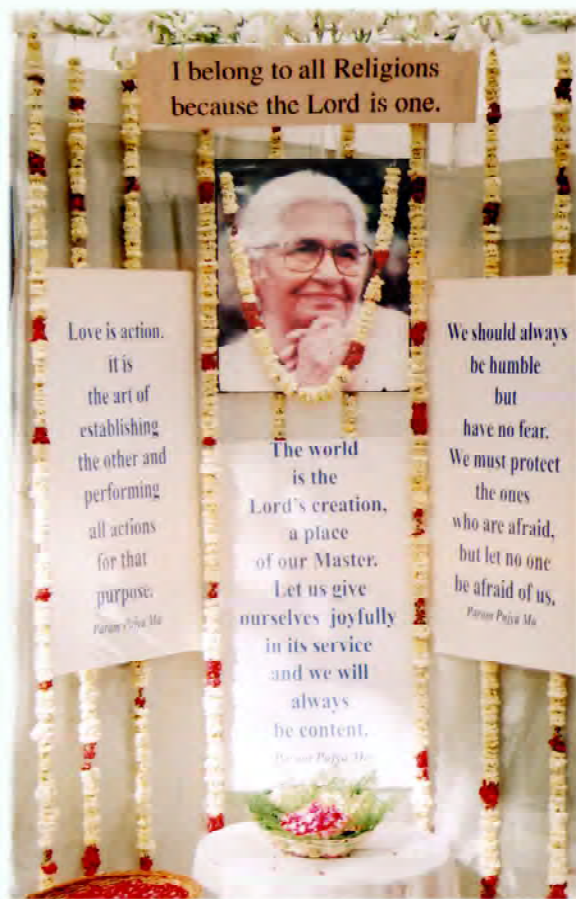
Then, from within, Ma’s voice spoke again... “Life is a never ending

journey... do not stop at every milestone and look back at the road already walked... perceive the meaning and purpose of life and live it as an offering to the Divine!" Indeed, she had, through the years, through her words, woken us to the true meaning of life. This was now a precious opportunity to practice what she had taught through her Word and life.

How often when we all sat together with Ma, she would sing "*zindagi aur kuch bhi nahi, teri meri kahaani hai!*" Truly, the story of this life of mine has been enlivened and illumined only because of Ma's presence in it.

Yet, the thoughts and memories I have endeavoured to record here, are so very inadequate as compared to the vastness of each moment spent with her... and these are the memories of one puny little child... Imagine how limitless would be the story of Ma's life, if each one who came into her Illumined orbit would record their experiences too! The entire canvas of such a divine life will only be somewhat complete when everyone whose life she touched, shares their experiences. I pray that may happen, so that the world may, in some small insignificant way albeit, benefit from the amazing life of our Divine Mother... whose Spirit is so effulgent that it illumines the entire world... whose knowledge is so expansive that it can carry on its wings the sincere listener or reader to the Ultimate Truth... whose love is so great that it still embraces this entirety...

Truly, *zindagi aur kuch bhi nahi teri meri kahaani hai!*



Life in the context of Death

Questions we asked Param Pujya Ma about Death

How should we view death?

Death is merely a deep sleep that makes you forget that life is a long drawn dream that you called 'life' only to awaken into the beginning of another dream.

The Lord, in His mercy, makes you forget your past life along with all its successes and failures, attachments or achievements so that you can begin afresh in any new environment where the fruits of your actions take you.

Death in reality has no meaning where the world as such is concerned. It only takes away all that you have collected for yourself in the years that have gone by.

Life and death are merely a thought that disturb a man of ignorance. The wise know that these dreams come and go as rippling waves on an ocean.

Compare death with the unconscious state when the surgeon cuts into your body and you are not aware of the fact.

To see death as the end of the objective world is a folly – it could be called the end of the subjective world or the world you have been calling your personal world.

- Death will positively take away all you own or possess today.
- Death will positively take away all that you call 'mine' today whether it be people or the gross world.

Death itself is not painful, though the process of death may be painful.

Is it possible to ensure a better tomorrow?

- Leave behind a better world and better thoughts because you have to return to this very world.
- Leave knowledge of humane and divine values behind you in the hearts of people and the younger generation.
- Support the intellectuals and the practitioners of great knowledge, so that you seek it out and find it available to you in your next life

amongst those very persons with whom you had shared it in your previous birth.

- Sow the seeds of love and the allied divine qualities in the hearts of the people who surround you – you may be able to partake of that love when you return.

Does one 'carry' anything with oneself into one's next life?

What you give to others in this life, you will get back. What you have collected for yourself, will never come back to you.

Whatever becomes 'public property' will be available to you even when you return in a different form – be it an institution or books of knowledge or the beauty that you have left behind in the hearts of people but the 'personal property' you bequeath for personal use, will never be available for you to participate in.

Extreme attachment to knowledge as a sincere seeker, and an intellectual recognition of that knowledge as the absolute truth, will bring you back to that same knowledge.

Why are we afraid of death?

- The mind is afraid of the unknown.
- The mind is afraid of giving up its present domain where it is the sole ruler.
- The mind is ever crying to increase its domain or sphere of influence and is unconsciously aware of the fact that its influence is not justified.
- The mind has been able to dominate and conquer its own intellect which has become an absolute subservient satellite of the mind and the mind is afraid to lose such a slave.
- The mind has spread out its wings towards gross objects which it has been collecting all its life and now it is afraid to lose them all and begin again.
- The age long hard earned status/ position amongst relations, reputation in society etc. is very difficult to give up when you are not sure of your future.
- You are well aware of the fact that all your experience, knowledge etc. will be left behind and you may have to begin in a more humble home.
- You are afraid to lose your mind, body and intellect unit.

The mind that has been spreading itself, with its limitless capacity

for extensive expansion over all that came its way, finds it difficult to gather and bring back its attachments within its own self and accept their reduction into nothingness.

How can we learn to live in this Truth perpetually?

If the individual had lived intellectually, he would automatically have lived in facts and would not have let his emotions with their fathomless expansion capacity encompass the sphere around as his own possessions – accumulating attachments. In other words, there would have been a negligible expression of ‘I’ and ‘mine’. The intellect, when ruled by the mind, takes us towards non-facts which is called *asat* or untruth. The intellect, uninfluenced by the mind, will be mastered by the Divine Truth and then only will one be able to live in Reality.

The mind does not want to live in the facts – the intellect on the other hand, can see the facts, but is silent. The moment you go toward facts and the truth, you become a silent participant in the facts of life and death. The mind is ever talkative and busy making eloquent noises and that is the reason one cannot hear the silent though indisputable voice of Truth itself.

These are indisputable truths yet why does man live in delusion?

Delusion is the cause by which identification with the name and form is created. This ignorance creates all the unhappiness. One's whole life, the individual keeps seeking security for the inevitable insecurity of death. As a human being is ever seeking freedom and mistakenly thinks that freedom from people, society and want etc. constitutes this freedom, similarly, he in his ignorance, thinks his security lies in material gains. In actual fact, he needs freedom from his own attachment born out of the idea of ‘I’ and ‘mine’ and security from death.

Unconsciously he wants to be successful in the present body and really do something which will be of everlasting value to his people and society. He is ever making endeavours to do some deed which would establish his name in the world. In this effort, he strives to establish his body. The establishment of the name lies in very different kind of qualities and the establishment of the body lies in the opposite qualities.

In reality, as found in the presence of death and the cycles of death

and birth, you are merely a spectator behind the dreams. The moment you become an active and an attached participant, believing you are the body etc. you lose the proper and true perspective and become ignorant. Then the tragio-comedy begins.

It has been seen that a true spiritual seeker is much less affected by the sting of death. Why is that so?

A *sadhak* wants to learn more and achieve the goal at his earliest. He feels that even if he is not able to achieve the insurmountable heights of spirituality, he does not want to miss his present opportunity of going to the maximum extent in his lifetime. Thus he becomes more alert intellectually and gives up his emotional fears. An ordinary man takes a different view and wants to cling to the past and present.

For a *sadhak*, death becomes a powerful witness which helps him in understanding the essence of life and death intellectually. For him, life becomes a time of reckoning and awakening.

For a *sadhak* or an honest man with an essential devotional desire to live in the Truth, death becomes a vivid reality. He knows death to be the inevitable end of all his endeavours; at the same time, he accepts birth as another inevitable reality in the cycle of the Universe.

Death and rebirth should be taken together because birth, death and rebirth are in tune with the essential essence of the Universal Reality. The one who sees this cycle as the truth and as an integral part of the Universal song of the Lord or even of nature, will automatically take a very different view towards the gross aspects of the world.

You have been taking your present existence as a fact – but have forgotten the fact that you were born in a very ordinary way – as any other child is born – and that you will die in an ordinary way as any other man dies. Birth and death are two sides of the same coin.

Death necessarily involves birth, and birth is an eloquent proclamation of death. Unfortunately the mind keeps us extremely diverted and does not let us hear or even see this absolute practical and factual truth. The taboos fixed by and propagated by the parents and the families, specially the loved ones, against the term ‘death’ have contributed a lot. The term ‘death’ is considered inauspicious. The consequence of this taboo is that we lose not only the truth but also the art of living. The art of living in perpetual happiness lies in the remembrance of the essence of birth, death and rebirth.

Love Letters to Her Lord...



~ A Blueprint of the Aspirant's Path

From Param Pujya Ma's beautiful flow of thoughts to her Lord upon reading His injunctions in the Srimadbhagavadgita (2nd Reading)

Having described the state of the Sthit Pragya to Arjuna, Lord Krishna warns against the 'strong wind' of desire arising from attachment to sense objects, that hinders the path of the sadhak. Warning Arjuna thus against the affliction of attachment to worldly sense objects, the Lord guides him to develop the steady intellect of the Sthit Pragya and thus attain a state of equanimity.

Param Pujya Ma, through her inner quest, guides us all similarly, beseeching the sadhak to 'awaken... and stop meandering along what may seem to be 'green meadows'... and thus stray away from the path that leads to our inner calling of equanimity and peace within.

ABHA BHANDARI

Chapter 2

In continuation:

तस्माद्यस्य महाबाहो निगृहीतानि सर्वशः ।
इन्द्रियाणीन्द्रियार्थेभ्यस्तस्य प्रज्ञा प्रतिष्ठिता ॥६८॥

Bhagwan says:

Therefore, O Arjuna! He, whose sense organs are unattached to the objects of the senses and who has full control over them, he is of a steady intellect.

Shloka 68



The Lord has just told us how the senses abduct our mind and cause sorrow. Keep them under control or else the intellect, your values, your peace and your happiness will all be destroyed. Now in a nutshell, the Lord presents the logical conclusion to this whole predicament. He says to Arjuna, “Be warned! These sense objects are very powerful. Keep your distance from them.”

Contact with these sense objects is wrong for a *sadhak*. Yes – when realization has been achieved and the Truth regained, then the mind gets distanced. When the mind has become resident of Ram’s kingdom, bodily contact does not matter. Establish the mind in the *Atma* Self. When the mind stops inviting these ‘guests’ – the sense objects, when it has closed its ‘shop’, then even the messages brought by the sense organs cease to bear any meaning. They will return empty handed. When the sense organs are completely under control, then contact with *Avidya* or ‘wrong knowledge’ also ceases. Then the intellect will no longer waver.

Look O mind! Do not try to crush these senses. If you try to imprison them, there will certainly be a time when they will escape! Then they will

seek their revenge by capturing you from all sides! No. You must rationalize with them. Explain them through the Yoga of Intellect. Explain to them the basic truth. Continually explain the truth to them till they are under your control. Keep them protected from sense objects. There will certainly be a day when they will be controlled. Just change their outgoing nature. When the mind is controlled by the Pure Intellect and the Intellect is established in the Atma and receives the bliss therefrom, then you will automatically turn away from the external sense objects.

O boatman! Be warned. You have to steer your boat of *sadhana* beyond the ocean of this world. Beware! Tie your sails to your mast – adjust your rudder – the storm of sense objects has beset you. This storm has been aided and abetted by your *moha*. BEWARE!



The Lord says to me, “Do not be weak.” He has thought of you Himself! Then why are you afraid? He is accompanying you Himself. He is your Inspiration and strength. He is with you constantly as your Adi Guru. Every moment of my life, He surrounds me with loving care. When I fall, He lifts me up and again places me on the path. O foolish mind! Trust Him at least! Do you know... That All Powerful, Inimitable Courageous One is bearing your flag and standing by your side Himself. Leave all in His care and move forward with interest and faith!

या निशा सर्वभूतानां तस्यां जागर्ति संयमी ।
यस्यां जाग्रति भूतानि सा निशा पश्यतो मुनेः ॥६९॥

Describing the difference between the ordinary man and the sage, Lord Krishna says:

The self controlled sage is awake in what is night to ordinary people; and when all others are awake, that, for a Muni, who is a seer, is night.

Shloka 69

Listen! There are only two types of people in this world – *Paramartha* (those who are God oriented), or *Swa-artha* (those who are self oriented). *Preya* and *Shreya*, *Shubh* (auspicious) and *Ashubh* (inauspicious), *Krishna Paksha* (the dark lunar fortnight) or *Shukla Paksha* (the bright solar fortnight);



however, don't you know, both are facets of Ram Himself? Both are sides of the same coin... One pertains to *Avidya* (knowledge that augments the unreal materialistic sphere) and the other to *Vidya* (knowledge that augments the Real – the *Atma*) one is the Spirit or the Truth, and the other is the individualistic 'charioteer' (riding this body chariot).

They say here, O *Sadhak*! That path which is considered to be the bright path of knowledge by the entire world, is 'night' for you... because it is the path of veritable darkness and ruination. Wake up! Arise into the path of the Spirit Essence. This is the true awakening. That which the world lauds as 'duty, social work etc.' can surely lead you to heavenly gains... it can give you wealth, recognition, a good name etc. But don't you see... this path is inevitably akin to the dark night for you. You have to determine – is heaven your goal? Awaken and rise and decide today. If your goal is freedom from this carcass disease, then all this is a futile waste of time.

The Lord Himself is shaking you and waking you. He is trying to bring you to the correct path. He has clarified what the Truth is... but O mind! You also have to aid His endeavours. You do not know That Supreme One and you feel you know all? Instead of accepting That *Brahm*, you compete with Him in every sphere only for the establishment of this ego? O Ram! Why can I not transcend this inadequacy of mine despite knowing it so well? The purpose of this knowledge is being lost. Instead of surrender, I am becoming arrogant and proud. Ram Himself is waking you. Awaken! Stop yawning!

If someone commits suicide unwittingly, one can sympathise... "poor girl! She knew no better!" But if I commit suicide knowingly – only for the propitiation of my ego, then shame upon me! Don't you see... you are so intoxicated with your ego that you are murdering That Supreme Essence and committing suicide every moment. Come even now... and establish yourself in the Truth. Proceed towards That Ram and surrender all to Him.

Hold His feet! This is the only way to attain Him. This 'awakening' is the true union of the devotee with his Lord. All else are comparative 'wrongs'... all else is contained in darkness.

You study science or gain mastery over any other subject, to what avail? These subjects can only lead you towards material gains. They cannot deliver to you That Eternal Truth. All that knowledge (pertaining to worldly gain) is within the orbit of ignorance. To remain immersed only in that knowledge, is akin to sleep. Awaken now, and know what true knowledge is. Then make every endeavour to attain That Truth. Miss! If you do not awaken even after hearing all this, then your utter ruination is inevitable.

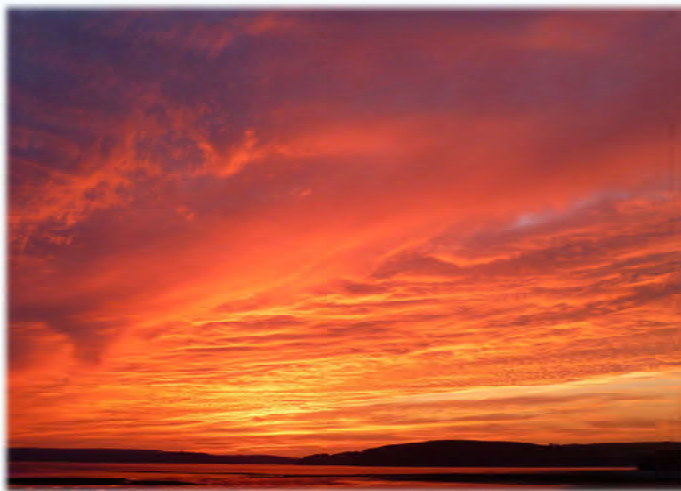
Hear what sages of yore who had 'awakened' to the Truth (like Ramana Maharishi) are telling you. They say that this world, this body and everything pertaining to this material world are perishable. All must go. O Ram! I consider my thoughts, my body, my reputation and defame... this world to be my own... I am 'merged' with this. O Ram! Come! Help me to establish myself in That Real Truth just once. You tell me in many ways... but grant me the intelligence to understand and accept. You are this Knowledge Ram... and you are the One who understands also! You are also the ability that will enable me to practice it in life. Do as You will, but hear my small plea! Keep me at Thy feet... grant me Thy refuge. Show me my reality Ram. If I am Yours and You are mine, why do I delight in collecting these 'trinkets' from the market place of this world?

Do you not know O foolish one... Ram Himself becomes manifest in this human world. Why does He do so? When all is His, why should He manifest Himself in this infinitesimal human form? When will you understand the immense grace of Ram? He takes birth again... and yet again, for you. He comes in human form, because you find it difficult to have faith in the Unmanifest Supreme Truth. You say "How can I believe in something that I cannot experience?"



You take birth in human form, and prove that the state of the *Sthit Pragya* described in the Gita is possible.” Therefore, You took the form of Ramana Maharishi... with a body like ours, the same problems, requirements, physical ailments... and yet, he was completely indifferent to all! They say ‘what a man has done, a man can do.’ Did you therefore take birth in this form to augment my courage to tread this path? O Ram! Now I find no solace in words. Grant me just one glimpse of Yours, so that I do not spend my entire life in arranging and re arranging words! I have spent so many years in decorating and redecorating the body and the world around me... but have achieved nothing from it. Let alone all else, the ‘decorations’ are endless... they never attain completion!

O Ram! That You come again and again to awaken me and to explain to me is Your Grace. You have come as the Guru... now establish me in Thy Truth just once. Awaken me, like Raman Maharishi was waking us. Why this darkness? When I think I am ‘awake’ from my point of view, actually I sleep from the spiritual point of view. When the ‘I’ is awake... when the body prevails, then, identified with the world and even with my inner world, I sleep. Come Ram! Awaken me... lift me that my eyes never close again. You say ‘the Unreal cannot prevail ‘so help me awaken in the Truth... to the Real. Awaken me O Compassionate One! Lift me to Thee!



Do you not see the redness of the sunset in the sky? Look how He Himself is awakening you in the sunset of your life. And further away, see the dawn approach. Forget the world... do not measure yourself with the measuring rod of the world. O

Sadhak! Their standards are very different from yours. The difference is of night and day! Are you worrying because these ropes of attachment are fragmenting? Do not despair! These ropes have to break... allow it to happen naturally. Ram Himself is cutting these ropes for you. Actually, O foolish one, He is not cutting them... He is merely untying them from one

finger and fastening them on another! In fact, this is His intent... that you attain *vairagya* (detachment) from the world and focus your love and attachment on Him alone! Come! This is your desire too... is it not? Therefore come to Him without hesitation. He is calling out to you. Do not tire.

आपूर्यमाणमचलप्रतिष्ठं समुद्रमापः प्रविशन्ति यद्वत् ।
तद्वत्कामा यं प्रविशन्ति सर्वे स शान्तिमाप्नोति न कामकामी ॥७०॥

Eulogising the qualities of the *Sthit Pragya*, the Lord says:

Just as the ocean remains calm even when turbulent waters pour into it from all sides, similarly a person of steady intellect remains peaceful even as all desires converge within him; those who crave for the fulfilment of desire, do not find peace.

Shloka 70

The state of the God Realized Soul is being discussed here. It is said He is like that Ocean, whose waters are unfathomable – so also is the innate peace of the God Realized Soul. Surely... His peace is limitless... it matters not to the ocean whether countless rivers release their waters unto it or not. It is fulfilled with its own waters. So also, joys of the material world matter not to the spiritual practitant... they do not cause any ripples within him. Sense objects are available to him, but they do not cause any disturbance within him. Therefore no further latencies or *sanskaras* are created. The greatest sorrows of unfavourable circumstances do not shake the equilibrium of the poised *Yogi* who is immersed every moment in the Supreme. That Embodiment of Truth Knowledge and Bliss is immovable and unshakeable.

W o r l d l y
enjoyments
and problems
merely flow
into him and
get resolved
w i t h o u t
producing any
change in the
God Realized
Soul. Their
contact does
not make any
difference to
him. In this



state, That One is completely established in the Supreme. He is ever satiated and completely identified with the Supreme.

This is the depth of his calm demeanor and his forbearance. One must be calm and stable like the ocean. No matter with what intensity and speed countless rivers empty themselves into its depth, it makes place for them all within itself. So also, your mind must not be disturbed... there must be no ripples created... Such a One is indifferent to the biggest upheavals of life. Do not reject or abhor anyone or any situation. To disallow them is to reject the Lord Himself. Complete acceptance is essential – no matter what the circumstances. Bow your head and accept all. Only then will the mind learn to be indifferent and all accepting. Only then will Ram abide in your heart each moment in a **conscious** state. When the mind is ever brimming with the Lord's Name, then how can anything else abide therein? How can such a mind waver let alone be agonized? If Ram is within the mind, with one's Beloved abides within, then how can one even think of anything else? How can anyone then shake you from your bliss, from this ocean of your undiluted love? Just augment your yearning for Him. Let this ocean of my mind be filled only with this longing for the Beloved every moment. Let me be absorbed in Thy yearning Lord, and be completely indifferent to the flood of material gains or tragedies of life.

They say further, if you remain embroiled in desires of the world, you will continue to burn in the fire of unfulfilled desire. How can you then ever find peace? Renounce these desires, these petty wants... and remain merged in That Supreme One.

O foolish one... look! This is pure devotion – unadulterated devotion. It is like a river of enthusiasm, of aspiration and hope ... with just one thought – to unite with That Beloved. Then, who dipped into that river to



partake of its water or who bathed in it... how does it matter to that river? That river flows unhindered, engrossed in its aspiration to meet with its Divine Beloved. It knows not what transpired on the way... how others used it for their benefit... it travels onwards lost in its own exhilaration. And when it reaches the ocean, it forgets its very entity. It had become forgetful even of its own individuality – whatever little was left of it. It finally sheds even the name given to it by people of the world.



Lord! This mind was already Thine... now this body too has become Yours. Take your lessons from this river, and merge all your thoughts, ambitions, latencies... in That One. Seek and want Him and none but Him. This is the complete ‘changeover’ as perceived by the world!

If all is He, then this body, mind and this world of thoughts are He also. So O mind! Become so conscious of His presence that henceforth, only He should ‘eat’ only He should ‘drink’... only He should exist, all else should be forgotten. Forget your separate entity... do not harbour any desires. Only That desire should remain to be established in His Essence. This is the state of the *Sthit Pragya*. Seat yourself in Him... in That Truth. Let only That be your goal. No other endeavour or desire should beset you.

Until this happens, **peace can never, never, never prevail!**

विहाय कामान्यः सर्वान्पुमांश्चरति निःस्पृहः ।
निर्ममो निरहंकारः स शान्तिमधिगच्छति ॥७१॥

He who renounces all desires and roams free from craving, that One, egoless and devoid of ‘me’ and ‘mine’, attains peace.

Shloka 71

This is the very essence. That *Sthit Pragya* renounces all desire, cravings and attachments. Once established in the Atma Essence, who remains to



cogitate? Who remains to crave? They are repeating the message of *shloka* 2/55 here. The Lord is trying to explain to a fool like me... 'Renounce all desires forthwith! If you must be attached, be attached to the Truth. If you must hear, then hear hymns of devotional yearning. If you must desire, then yearn to sit at the feet of the Supreme. Relinquish all desires other than one – walk to His threshold. Abide in the realms of the *Rishis*... neither this home, nor its threshold, or this mind or body are yours. Why are you so identified and dependent on these? Know that this body too belongs to That Supreme Essence of Whom you are a fragment. You must take all steps to ensure its wellbeing, because it is this very body ascended on which you will reach the *Atma* Essence. Look

after it, only so that this 'vehicle' does not get 'punctured' on the way! But do not think that this 'vehicle' is your all! When this is no longer useful, Ram Himself will change it.

You have not yet reached your goal. You seek peace. But remember, you cannot attain peace until you become egoless, 'I' less, and devoid of attachment. Only then will there be some possibility of knowing peace. Don't you know **only** That One is the Truth. All else is illusion. This world, this body, this 'I', this mind... I am none of these. This ego is the primal ignorance. All the relationships made by this ego are relations of this 'carcass'. If I am not the body, then I am not even these *sanskaras* or latencies. Why am I not even ashamed at my foolishness? Look how this carcass has deluded you. It has made a spectacle of you! Now that I have come to know the Truth, will I still not awaken? Why am I still clutching on to this carcass, this 'I' and this world? When all are not me, then why am I not coming to my senses?

Renounce this 'business' of the *sanskaras*. I am not these *sanskaras*. Why have I placed myself in this turmoil by identifying myself with this stupid body? I sometimes identify myself with the name or defame of this

body... and sometimes I become someone's daughter or someone's sister! Tell me Lord! What is this madness that I suffer from? If 'I' am not... then why do I limit myself thus? O Ram! You have explained the Truth to me somewhat, but I beseech You for Your Grace... that this new realization hues my entire life. May it change my life. May it not remain just 'book knowledge'... may I experience its reality in my life. I must not use it as a business to augment my arrogance, my reputation etc. I seek only Thy support Ram. You have brought me thus far, may I not fall again. Take me forward... teach me how to walk... till I begin to flow towards You only. Do not forsake me Lord! My heart is fearful. This 'I' is identified only with the external world... Let me surrender all at Thy feet.

Don't you know... the eventide of life is here. O Ram! I do not know how many moments remain of this life. All my companions seem to be falling away. Only That One is mine, Who remains with me life after life... even during the period of transit from one carcass to the other. So Ram, why am I not understanding this clearly?

Die to the world whilst still alive! Separation is death... if I separate myself from this body self... this life, this very moment, then who shall die? Who will die? O Ram, give me the strength to know this and surrender myself to Thee.

*O Ram! Reveal to me such a way... such a place...
That no companions are beside me even when I relinquish this body;
May none come before me, even if I groan with pain...
May none hear my call, even if I call in fear.*

*Only Thee... only Thee... be by me even as my hurt or as pain
Whatever form Thou doest assume, may that form be only Thine;
What remains to be sought from this world which is desired by this body?
But Ram! I am not this body, nor does this body acknowledge the real 'Me.'*

*This body is Yours... take it wherever You will... I have nothing to gain from this body
Now I shall gain peace only when You stand before me!
I am unable to gauge O Ram, what should my karma be?
My mind also asks of me... what should my dharma be?*

*Every karma and every dharma... belong only to Thee
All these bodies I have donned in every life... I know these belong to Thee.*

*Pray tell me O Ram! Even this decision is not mine
Sometimes my heart prays... may I relinquish this body and be Thine!*

एषा ब्राह्मी स्थितिः पार्थ नैनां प्राप्य विमुह्यति ।
स्थित्वास्यामन्तकालेऽपि ब्रह्मनिर्वाणमृच्छति ॥७२॥

The Lord says:

O Arjuna! This is the state of a person who has realised Brahm. Achieving this state, one cannot be deluded. Established in this belief, even at the end of life he attains union with Brahm.

Shloka 72

It is easy for You to say that I must be established in this Truth before this life passes... or else I will once again fall into the cycle of birth and death! You say such things so lightly Lord, knowing full well that I can never achieve this Truth! To tell me this, is to agonize this feeble child of Yours. How can this weak sinner even take Your Name without Your permission? How can this child of meager intellect become established in this Supreme Knowledge? How can I approach this freedom of resting in Thee? I know now that any ability to do so also is You and You are also my strength. You are the One Who inspires, and You are the Inspiration. Then how can I come to Thy threshold without Thy Grace?

You speak of *Sanyas* or renunciation. Yet, You are this mind also. So please clarify, how shall I come to Thee? You say “If you remember me at the end of your life, you will attain the same internal state in your next life.” O Ram! How can I ascertain which will be my last moment? Even if I remember You throughout my life, how can I be sure that I will remember You at the time when separation is imminent and I am busy fighting my *moha* – my life long attachments! I shall be beset then with all my worldly associations. O Ram! Show me the way! Distance me from my bondages right now. I know that no one is mine... and also that I belong to none. These relationships, this love... all these pertain to status these days! Those who ‘love’ me today and own me proudly, will disown me most indifferently tomorrow. Even if I have not suffered this same situation personally, I have seen countless ‘poor relations’ being disowned similarly. I also know that You can confront me with this example at any time. Therefore I know Ram, that these ‘relations’ not only do not belong to me – they are not even related to this body! Love prevails according to status. This is the sincerity of worldly relationships.

And You exhibit the fragility of this body to me on a daily basis! Then why does this mind not agree? Why does this intellect not aid me? Is this Your indication to me regarding their sincerity? If this ‘carcass’ itself which

I constantly address as 'I' is not sincere, then how can I expect sincerity from others? Yes Ram! I have now understood... and You have persuaded me to understand this truth. Now show me the path ahead so that I can make this knowledge manifest in my life and not fall repeatedly into the trap of *moha*.



You are saying “Remember Me at all times. You make so many endeavours in life – marriage, wealth accumulation, wealth creation, duties, efforts to raise status etc. Now prepare to meet with death. Prepare for shedding this body. All other endeavours shall end when death comes. So prepare for death. Respect death. Separate yourself from this material world while still alive. This separation is ‘death’!

O mind, rise! Why this bewilderment? See... Ram Himself stands before you. O Lord! I sometimes feel appalled at my deeds. I am afraid of my *moha*. Ram! Will I ever be able to come to Thy feet? You warn me again and again “Do not miss this opportunity!” And I, a beggar woman – still seeking trinkets – am still wandering from door to door in search of satiation. And I am using this body which is a ‘gift’ from Thee, to pursue my begging. I have got used to entreating others for alms. Pray help me to leave this habit of petty supplication. I am aware that I deny You every moment.

Now I want to surrender myself at Your feet in my entirety. Yet, I act in an opposite manner. O Ram! Help me! I deny Thee, but have also come to seek refuge in Thee! Lead me on O Lord! I know You have already flooded me with Your grace... yet I seek more... may I agonize only for Thee... may I remember only Thee... may Your presence ever be with me... may I unite with Thee. I know I am asking for too much. But Lord! At least make me worthy of being a servitor at Thy feet!

How can I... one of meager intellect... ever gauge Thy Divinity? I only know that You are... That Only You are! O Ram! I am depending on You! Have mercy!

...to be continued



Param Pujya Ma

Arpana

Newsletter

ARPANA TRUST, Madhuban,
Karnal, Haryana, India
March 2023

Ashram News

Arpana's Legacy – 'Urvashi'

Param Pujya Ma's Word and life together constitute the elixir of Supreme Knowledge – the Divine Urvashi – that which captures our hearts!

Of the vast ocean of knowledge that flowed forth from Param Pujya Ma's lips, Arpana has been able to print only a small segment, i.e. the Srimad Bhagavad Gita, the Japuji Sahib, the Upanishads and her answers to questions of Vedanta.



It is these books containing precious and divine knowledge that Arpana has been privileged to share with myriad book lovers and genuine seekers of Truth, at the **World Book Fair** held in New Delhi from February 25 to March 5th.

Farewell dear Raj!

Raj, a much loved member of the Arpana family, endeared himself to all through his sincere devotion to Param Pujya Ma and his willingness to help all who sought support. He had dedicated his life in selfless service to Ma and Arpana. On 4th March, he suffered a heart attack and thus set forth on the next phase of his Spiritual journey with Param Pujya Ma in his heart. He takes with him the love and the prayers of each one of his family at Arpana... and all the goodness he derived from his dedicated service of the Lord in this life. Adieu dear Raj... till we meet again in the Lord's embrace.



Haryana

World Women's Empowerment Day

To celebrate World Women's Empowerment Day, 2023, 3000 women members of 176 Arpana Self Help Groups from 30 villages held a 'mela' in Village Kalsora, commemorating 25 years of Arpana's Women's Program.



The 12 newly elected lady Sarpanches, 3 women Block Samiti members and 1 Zilla Parishad member, who attended as special guests, were felicitated. SHG women put up a play on greening the environment and others played Kabaddi, races, etc.

Beautiful colors and joyful songs filled the air as the women played Holi together at the conclusion of this most inspiring event.

Our Mission – To Enable and Empower

International Disability Day was celebrated on 3rd December 2022 at



village Budhakheda. Dr. Rahul from the Deen Dayal Upadhyay Satellite Center, Nilokhedi, was the Chief Guest.

650 persons, out of 1,475 differently abled members from 55 villages, participated. A drama, based on a true story of the handicapped was enacted, showing how their lives were changed

by becoming members of Arpana's Differently-abled Persons Organisation.

Arpana Hospital

Free Medical Camp

Arpana Hospital provided free checkups and consultations, including discounts on lab tests and medicine, on 5th February 2023, at a special camp. Dr. Mohit Goyal, MBBS, MD, DM (Neurology), gave Neurology advice. Other clinics included Physiotherapy (Dr. G. K Bala, MPT, DRPT), Dental (Dr. Queency Sharma, BDS), Medical and Ophthalmology, and Acupressure (Mr. Ravindra Kumar, MD).



Delhi Programs

Arpana is a Divine Blessing for Me!



My name is Pooja. I live in the resettlement colony of Gautampuri in South Delhi. My father is a driver with a low income.

Fortunately, I joined Arpana Trust Education Center in Molarbund when I was only 5 years old. Not only were the teachers dedicated to teaching, they were interested in each student. I believe I gained an education comparable to some of the best private schools! I passed my class 12 Board Examination in 2020 with 82%. Then Arpana provided me scholarships to get my Bachelor's Degree in Journalism from Delhi University. Arpana is a divine blessing for me. I have no words to express what Arpana means to me!

A Visit from Gracious Sponsors!

Mrs. Vindu and Mr. Vinay Chhabra from Caring Hand for Children, USA, have been supporting Arpana's Education program since 2005! They visited Arpana Trust on 16th December 2022, and wrote, "Amazing work done by Arpana Trust. Keep it up. Looking forwards to more growth in the future."



Gyan Arambh Adds 10th & 11th Classes to its Tuition Support!



Arpana's Education Center in Vasant Vihar for underprivileged students, teaches students from classes 1-9. This year **classes 10 and 11 were added!**

These afternoon classes enable even very disadvantaged students to get an excellent education. This year, due to urgent requests from students, classes are being held to prepare the students' for their Class 10 CBSE exams.

Himachal Pradesh

Exposure Visit to Farmers Outreach Center, (Krishi Vigyan Kendra), in Saru

The women farmers of Ravi Valley Farmers Producers Organisations in Bhadiyakothi and Gajnoi, travelled to the Saru Krishi Vigyan Kendra (KVK) for an exposure visit on 27th Dec. 2022.

Dr. Suresh Raina, Principal Scientist of KVK, informed the women of ways to grow better crops. He answered questions and gave them his mobile number for advice about any future problems.

Dr. Neha from the Horticulture Department told them about apple, apricot, walnut and plum plants, emphasizing that apple trees, especially, bring in a good income. Women requested apple plants which the KVK will make available.



Assistant Scientist, Dr. Paranjay, explained efficient ways to plant and grow the vegetables. The women visited the KVK's vegetable and horticulture farms, including the fields, nurseries and polyhouses.

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

**We urgently need your assistance to continue these programs
in Haryana, Himachal Pradesh, and New Delhi**

Contact Persons: Mr. Harishwar Dayal, Executive Director, Mobile: 91-9818600644
Mrs. Aruna Dayal, Director Development, Mobile: 91-9991687310

Donations to Arpana provide 50% tax relief under section 80G of the Income Tax Act 1961
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- Differently Aabled Persons organizations for health, assistive devices, certifications and income generation.

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Madhuban, Karnal, 132037**

Arpana Ashram

Research

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

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Contact for Questions, Suggestions and Donations:

Mr. Harishwar Dayal, Executive Director, Arpana Group of Trusts, Madhuban, Karnal - 132037. Haryana
Tel: (0184) 2380801-802, 2380980 Fax: 2380810 Email: at@arpana.org Website: www.arpana.org

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