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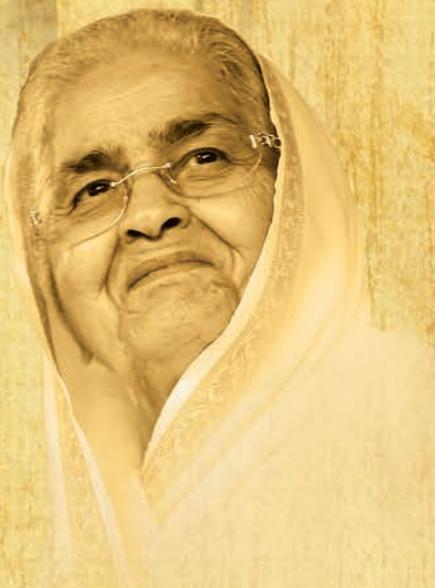
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**Boundless Vision, Vast thinking;
On path of Truth, easy moving**



**The Guides of
Salvation Path**

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Managing Editor: SULEKH SATHI

Editor: Vinod Behl (Honorary)

Associate Editors: Ramesh Chander Thukral (Hony.)
and Joginder Singh (Hony.)

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Email: patrika@nirankari.org OR editorial@nirankari.org
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Editorial

Vinod Behl
vbehl2008@gmail.com

HAPPINESS IN HARD TIMES

How can we remain calm, peaceful and happy in times of distress and suffering. This question is crossing everyone's mind in the present stressful times of Corona pandemic when we are seeing immense pain and human suffering around us.

The pandemic has enhanced our fears and insecurity, be it financial insecurity or our insecurity with regard to our health and wellness. How to cope with these worries and fears associated with crises and down cycles in life and stay happy and peaceful. All our worries which are cause of our unhappiness, emanate from our mind. As Satguru Mata Sudiksha Ji puts it - Mind which is the abode of God, gets polluted with Maya (material temptations). Only a clean (pure) mind can fill the life with joy. Our mind can be controlled through our connection with God".

God, the fountain head of bliss dwells inside us. But our problem is that we look for Him outside. We search for happiness in outside world's material pleasures, ignoring the advice of our prophets, spiritual gurus and scriptures that tell us that happiness lies within. It is our mind which plays dirty tricks and bind us in all kinds of desires which are cause of our sorrows. Satguru Mata Sudiksha Ji cautions us against these dark desires. Wishing to possess immense wealth even with illicit means, seeking to harm others etc. are all dark desires. Dark desires lead to dark deeds. Baba Avtar Singh Ji says that with dark deeds we reap sorrows and lose happiness and peace.

Satguru Mata Ji explains us that desires as such are not bad. Pious or noble desires open door for happiness because we align our wishes with the wish of the Lord Master. That's seeking love, happiness and welfare for all, oneness of the mankind, affinity with all, animosity with none, peace for all, discord with none. With our pious wishes from pure mind and noble deeds, we can find happiness and peace. And that's possible only if we are aware of God and remain connected with Him through spiritual tools of Satsang, Sewa, Simran prescribed by Satguru.

Avtar Bani says that one who bows his head with love and devotion to Lord Master, attains the three forms of bliss- divine, physical and material. Baba Avtar Singh Ji says that otherwise if you forget God, all your material possessions will become a cause for your misery. Unwavering faith in God gives us courage and resilience to face the adversities of life with a positive mindset. This God connection also help us to remain equipoise in happy and sad times.

This pandemic has shown us the significance of collective wellbeing and happiness, the importance of caring and sharing, being kind, compassionate, benevolent, providing a healing touch to those in distress. You will feel the joy of making others happy. Baba Ji had taught us that life lived for others is the best life.

So, in these times of extraordinary distress, let us pray to Satguru Mata ji to bless us with spiritual strength so that we stay calm and resilient, radiate this positivity and provide relief to all those in distress with our benevolent acts and seek happiness in the happiness of others.



Satguru's Discourse

Showering her pious blessings on humanity on 2 August, 2020 in Mussoorie (Uttarakhand), Satguru Mata Sudiksha Ji Maharaj Said:

Sadh Sangat Ji, Say with Love:

Dhan Nirankar Ji!

It is a long time since I last got an opportunity to share my feelings with you. I would first pray before Nirankar that all remain healthy

and engaged in performing their respective professional and domestic responsibilities. However, we must not lose sight of precautionary measures required in the process. Besides keeping ourselves physically fit, we

should always take the anchorage of Nirankar; as otherwise we know well how difficult it is becoming to carry on during the present phase of acute pandemic situation.

The example of iron comes to my mind. It is too strong a metal to be destroyed. Yet, its strength would diminish with its own rust. The rust fully covers the iron surface and finishes it. In the same way, the rust of our mind drifts us away from Nirankar in spite of the fact that this mind has been cleansed by Satguru by connecting it with Nirankar. Still, it becomes weak at times. It is because the mind, though accepts the fundamental existence of Nirankar, yet it tends to ignore this statutory fact.

At times, attractive illusions of this material world leave such a strong impact on the man that he forgets the real truth, viz, the Omnipresent. So, these temporary attractions (in other words, rust) pollute our mind. This pollution can only be cleansed by Nirankar, as is mentioned in Hardev Bani, "Only a clean mind can fill this life with joy. If it, however, is polluted, all the peace and pleasures are taken away.

Though our mind is the Nirankar's abode, yet we keep polluting it with unscrupulous thoughts. Mind is so tricky and instable. For example we resolve to get up early every morning and set alarm to do certain physical exercises or yoga to improve our physical fitness, However, we entertain an excuse to put off the idea till the next morning. And, we go back to sleep. On doing a review, we will find that it is the mind which plays this double game - first motivating us to get up early for exercises, and then coming up with excuses at the last moment questioning the utility of exercises. The inconsistency of mind is well known. This tendency of letting mind control us will soon result in Nirankar fading away from our life. However, we can strike a balance with the help of Nirankar and when we do so, it proves to be very beneficial.

We must stabilize our minds within this life span itself, irrespective of innumerable contrarian thoughts coming in. If someone harms us, we are not able to pardon that person easily. If we ponder over forgiveness, it becomes clear that the person who harmed us, may or may not have benefitted, but our pardoning that person will surely benefit us. It would lift the burden off our mind. And secondly, we will come to understand that we are not forgiving because the other person has improved himself but because we have moulded our mind in accordance with the will of God which makes forgiveness easier. Following this, we do not keep contrarian feelings in our mind. Rather, we start working for self-improvement of mind as this task also rests in our own hands.

All of us would have realized during the past few months that we were not able to meet family members or friends stationed at distant places. Yet love for them in our hearts reaches out to them. When we have this realization, then we feel that more than physical meeting, what matters is true love in the heart. And love that changes in given circumstances is no true love at all. Love is for ever which is derived straight from Nirankar. Why we should therefore not keep this love alive in our hearts for everyone in the world - whether you know them or not and whether you have met them or not.

I remember another incident about mind's condition. A person travelling on a boat was caught in a storm and he started remembering his deity for his safety. He said that if storm stopped and he reached home safely, he would sell his grand house and the money realized would be offered for service. Suddenly, the storm stopped. Now, a thought came to his mind that since the storm had stopped, there was no need to fulfil his words. However, the storm reoccurred. Now, he finally told his bewildering mind to stick to his original words. The boat



Under the present situation of Corona pandemic, a few members of family may be away for quite some time. Meeting them in person presently seems difficult. One must realize, however, that it is the love which is far more important than seeing them physically. The love which recedes or rises is of no value at all. Love has been gifted to us by Nirankar, and we must be able to sustain it and share it with people of the world, whether we have met them or not. This love must remain intact and last for ever.

finally arrived at the shore and he reached home safely. Next day, he advertised to sell his house, mentioning that the proceeds of sale would be used for service of the people. When the needy buyers reached his home, the man, however, attached a condition that the house will be sold along with his pet cat. He told that the house would cost Rs one while the cost of the cat was Rs.10 lakhs. He was able to sell his house with cat. Now, cleverly he said to Nirankar that as per his word, he would spend the sale proceeds (one rupee) of house for service. This reflects our state of mind. In crisis, it creates fear of God and then itself thinks of a way to come out of it. This clever mind plays tricks. And when we do not have control over it, it goes haywire, causing immense damage to us. Therefore, the control on mind is vital which can be attained only through sewa, simran and satsang (Service, God remembrance and Congregation).

For the last several months, we are holding online spiritual discussions through the Zoom App in place of regular satsangs. However, spiritual discussions on the digital platform also needs to be conducted with full responsibility. I am aware about its positive results. However, it is also understood that some are doing it for self promotion. They are doing it more to air their knowledge than to listen to the wise words of saints. It is therefore necessary these online holy discussions are done maintaining propriety, i.e., with the spirit to hear holy words from saints in the absence of regular sangats.

May Nirankar bless us to be able to take His shelter in any given circumstances, bow before him with humility and feel His warm love so that we are saved from making mistakes or playing tricks of any kind.

Accepting Nirankar as our all in all, as we head towards normalcy, we may still feel some irritation or difficulties on account of our daily routine not getting normalized. Even then we should have complete faith in God. We might claim to have complete faith in Nirankar, yet at times, when the things do not happen as per our desire, we have extreme feeling of this not happening at all. We tend to forget that if something is not happening as per our desire, it is the wish of Nirankar. These days 'depression' is becoming the talk of the town; people staying back at home for long have even started thinking whether death is a better option than living life like this. We must remember however that this body is a gift of Nirankar which cannot be treated so roughly. This mind should also be surrendered before Lord. And saints, Our mind should be so tender that it does not hurt anyone.

In this manner, while doing satsang, sewa, simran, we should make good use of God's gifts, viz, body, mind and wealth. We should mould ourselves in such a way that living on this earth, we take pride in Nirankar. The sole task of a human being is to do 'karma' and not shirk from his responsibilities while treading the path of humanity.

Sadh Sangat Ji, Dhan Nirankar!

English Translation : Asha Kapoor

Golden Period of Satguru Baba Avtar Singh Ji

Manifestation of Satyug in Kalyug

Shahanshah Ji served his Guru Baba Buta Singh Ji as God Incarnate. He performed Sewa with full dedication without caring about the criticism by people.

Baba Buta Singh Ji in 1943 declared Rev Avtar Singh Ji as his worthy descendant and adorned him as Satguru. After partition, Baba Avtar Singh Ji came to Delhi. In Delhi, Paharganj became his centre for propagation of the Mission. Despite limited space and resources and handful of saints, the Mission spread with leaps and bounds and touched new heights due to the eagerness and enthusiasm of the saints. All the saints and the 'Seven Stars' of the Mission were always ready to follow the directives of Shahanshah Ji. Raj Kavi Ji, Roop Lal Ji, Ghanshyam Das Ji, Rishi Vyas Dev Ji, Pradhan Labh Singh Ji and many other saints started traveling to villages and towns to spread the God knowledge. Shahanshah Baba Avtar Singh Ji was, of course, their inspiration and role model.

Shahanshah Ji continued to apprise people of the philosophy of Nirankari Mission through his dynamic speeches and never ending tours. Rishi Vyas Dev Ji was greatly impressed by him and propagated the Mission rapidly in Mumbai. Shri Vyas Dev Lamba Ji belonged to a prosperous family in Pakistan. The government had honoured him with the title of



Nirankari Mission, every year, observes 15th August as 'Mukti Parva' to pay tribute to the benevolent saints who lived their life spreading the light of God knowledge. On this day, we remember and take inspiration from the lives of saints like Baba Avtar Singh Ji, Jagatmata Buddhwanti Ji, Pradhan Labh Singh Ji and many others.

Baba Avtar Singh Ji lived his life with strong conviction based on truth, God-Knowledge and love. His childhood was full of struggles. He served his parents with fervour and was a man of integrity. He personified the saying 'work is worship'. Seth Sawan Mal Ji was so much impressed by his spirit of service and honesty at the railway station that he took him home. Working with integrity and honesty, Revered Avtar Singh Ji ran Sawan Mal Ji's bakery with great success. Later, he taught bakery work to many people and helped them stand on their feet.

Rai Bahadur. Saint Vyas Dev Ji moved to India after partition leaving behind all his property. He did many errands after coming to India. He even had to sell milk on the roads of Haridwar- Dehradun. Inspired by him many other saints also accepted menial jobs. They decided to be successful by taking up menial jobs, staying steadfast on the Truth, following the path shown by Shahanshah Ji. Difficult times passed away in no time. It was all because of Shahanshah Ji's blessings and encouragement. All the saints slowly tasted success and along with their business, they started giving momentum to spread the truth.

Since the saints were limited in numbers, they would get sufficient time to take lessons and guidance from Shahanshah Ji. Simple minded and unassuming saints would find solutions to their problems by sitting at his holy feet. He taught simplicity and morality to his devotees. Shahanshah Ji wanted his devotees to bring up their families with their hard earned money and make Sewa, Simran and Satsang a part and parcel of their lives. Shahanshah Ji wanted them to live as Satyugi (leading life of truthfulness) in Kalyug, never to indulge in cheating and staying away from criticizing and hating others. Instead, he told devotees to think and do good to others, adopting Truth as permanent basis for life. He inculcated these values to make the lives of devotees sublime. He taught them that even if someone came to them with the intention to pick up fight with them, stay calm and offer cold water to cool off that person.

Shahanshah Ji got Sant Nirankari Mandal registered as soon as he

came to Delhi in 1948 and this has now grown to become a worldwide organization. Be it the setting up of Sant Nirankari Sewadal, building Sant Nirankari Colony and several other tasks undertaken by him, familiarize us with his vision and great thinking. The foundation of Nirankari Sant Samagam was laid by him, starting with a congregation held to pay tribute to his son Sajjan Singh Ji, which later took the shape of a mammoth annual Sant Samagam. He visualized Nirankari Colony as a place where the residences of devotees were in close vicinity and they could easily connect with each other. Initially, the colony had just Baba Ji's residence, congregation hall, Sant Niwas and other places related to Sewa. Now it also has a bank, post Office, Police post, dispensary, workshop, park, langar and canteen etc. Devotees are greatly fascinated by the Sant Nirankari Colony and Satguru Baba Ji's residence and get emotional when they come here. The best thing you get here is the God-Knowledge imparted by Satguru. There is nothing holier than this divine knowledge in this world. Any



visitor can get this divine gift for free on simply paying obeisance to Satguru.

Satguru can only be understood by the divine vision imparted to us by him. To comprehend Shahanshah Ji's stature it is imperative that we know his vision. Only a Jeweller can value a jewel. No one else can value it. Let us understand Shahanshah Ji's thoughts:-

Merge With Pure to Become Pure : If we do an in-depth study of Shahanshah Ji's discourses we shall be able to easily understand the essence of God-Knowledge. Shahanshah Ji said, 'One can become pure by knowing the timeless Nirankar, otherwise one remains unchaste'. He makes us further understand by saying, 'Saints and devotees, Our soul is formless and it gets purified by meeting the Formless, i.e, Nirankar. When a dirty stream mingles with Holy Ganges, it becomes pure, has no filth whatsoever and does not emit foul smell. People use water from this to wash their eyes, drink it and purify themselves by bathing in it'.

Take Refuge in God : The main objective of Shahanshah Ji's life was to eliminate darkness of ignorance. He said, 'Today people want to get rid of the darkness of ignorance by worshipping God and by visiting holy places like gurudwaras, temples and mosques. But this is not the way to get rid of darkness. The only way out is to know God. After knowing God when we surrender ourselves to Him and say - 'Tu Hi Nirankar, Mein Teri Sharan Haan, Meinu Baksh Lo', He will purify us. There is no other way out. God-Knowledge is like lighting up millions of suns and the darkness of ignorance and misconceptions vanish.

Divinity of Jagatmata Buddhwanti Ji: Baba Avtar Singh Ji was extremely kind hearted. The divine Jagatmata Ji would wholeheartedly welcome all the visiting saint devotees at their place. She not only offered them delicious food but also washed their soiled clothes and ironed them. It influenced them so deeply that they carried with them the same spirit of service towards other devotees on their return to native villages and towns. This way she spontaneously taught them divine virtue of serving others.

Take Refuge in Satguru : Those who took pride in the kindness of the Satguru and conducted

themselves according to his teachings are glorified in the court of Satguru. Shahanshah Ji said, 'Poor Bhilini who could only afford to eat berries, was still always engrossed in her Lord Master Rama's remembrance'.

Lord Master disclosed the identity at the proper time. Lord Master Krishna lovingly accepted the raw rice offered by his poor devotee Sudama who had means only to afford stale food. Sudama in turn was blessed with all the material bounties.

Baba Avtar Singh Ji always taught his devotees to be ready for any sacrifice for the sake of love for Lord Master. He would say, Devotees are not afraid of making sacrifices for the sake of their Satguru'. Guru Arjan Dev Ji, the Satguru of his time had to go through great ordeals. He accepted those sufferings gracefully as the Lord's wish. That is because the devotee knows that God does everything to raise his stature. Devotees find solace only in their Satguru because he is their only refuge.

Who is Fortunate : Shahanshah Ji's interpretation of being fortunate was different. Being fortunate is not decided by abundance of material assets but by spiritual wealth. He would say, 'Only you are true saints and I do not find saints like you on the earth. Because the one, after having human birth has realized the Omnipotent, Omniscient God, and lives with this awareness and in His remembrance all the time, is fortunate one in true sense.

Sublime State of a Devotee : Shahanshah Baba Avtar Singh Ji had a clear view that a 'Gurmukh' (true devotee) was always in the awareness of Guru's teachings, and 'Manmukh' (self willed person) always listened to his mind. A 'Bemukh' is entirely different and has a pitiable condition. Shahanshah Ji says the one who listens to the Guru but does not pay heed to his teachings is Bemukh. The world calls him an animal. He is like a stone that remains unaffected even if it stays in water for years. Similarly, a person who does not abide by Guru's teachings after listening to them is stone-hearted.

Securing Spiritual Wealth : Inspiring to attain God-Knowledge and securing it, Baba Avtar Singh Ji explains - One cannot receive God knowledge

without the Guru and the soul will not be liberated without it. People are fighting over caste and creed because of animal instinct. They lack humanness. Fortunate are the ones who after attaining God knowledge from the Guru, have transformed their animal instinct into divinity.

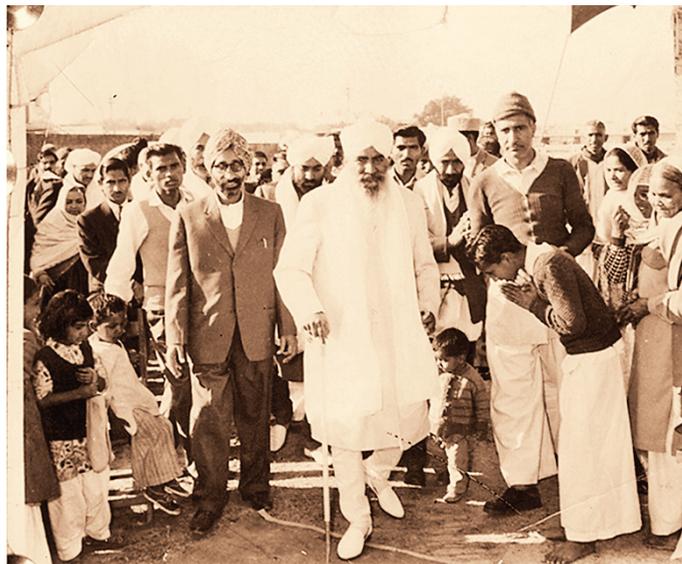
Best Teachings of Devotedness: Baba Avtar Singh Ji would always advise to secure the valuable gift of God-Knowledge devotedly and carefully. Your life has been refined by giving you this sublime treasure. It is your duty to keep it secure. It is your job to maintain your prestige and stature. If we give a bath to someone and dress him up in beautiful clothes and he throws mud on himself, whose fault is this. Similarly, you have been told about the virtues of a saint and you are being taught to follow them. Despite this if you indulge in wrong doings then neither Sadh Sangat nor Satguru are to be blamed. Such a person destroys himself. To summarize, after taking God-Knowledge, we don't have to criticize any saint. We must not have to resort to animosity, discord, back biting or stealing against a saint. People will teach you negative things but don't pay heed, because a thousand blind (ignorant) people cannot do any harm to a person with eye sight (awakened person).

Hard Work and contentment : Baba Avtar Singh Ji considered hard earned money as the best. He would make his disciples understand by saying, 'Saints, enjoy your life with hard earned money but do not have any worries at all. Be content with what God gives and honour the divine decree. A labourer works hard the whole day but a clerk works comfortably sitting in a chair, yet he earns more than the labourer. But the labourer remains content with the will of God and trusts the divine decree. But Satguru can change the divine decree. 'Neecho uch Kare Mera Gobind kahun sei naa Darren'.

Good Character : Satguru Baba Avtar Singh Ji would teach devotees by living examples. He warned them against cheating anybody for money or cast an evil eye on somebody's wealth. If we surrender ourselves to Nirankar, He will take care of us. Like a Mother protects her child from the

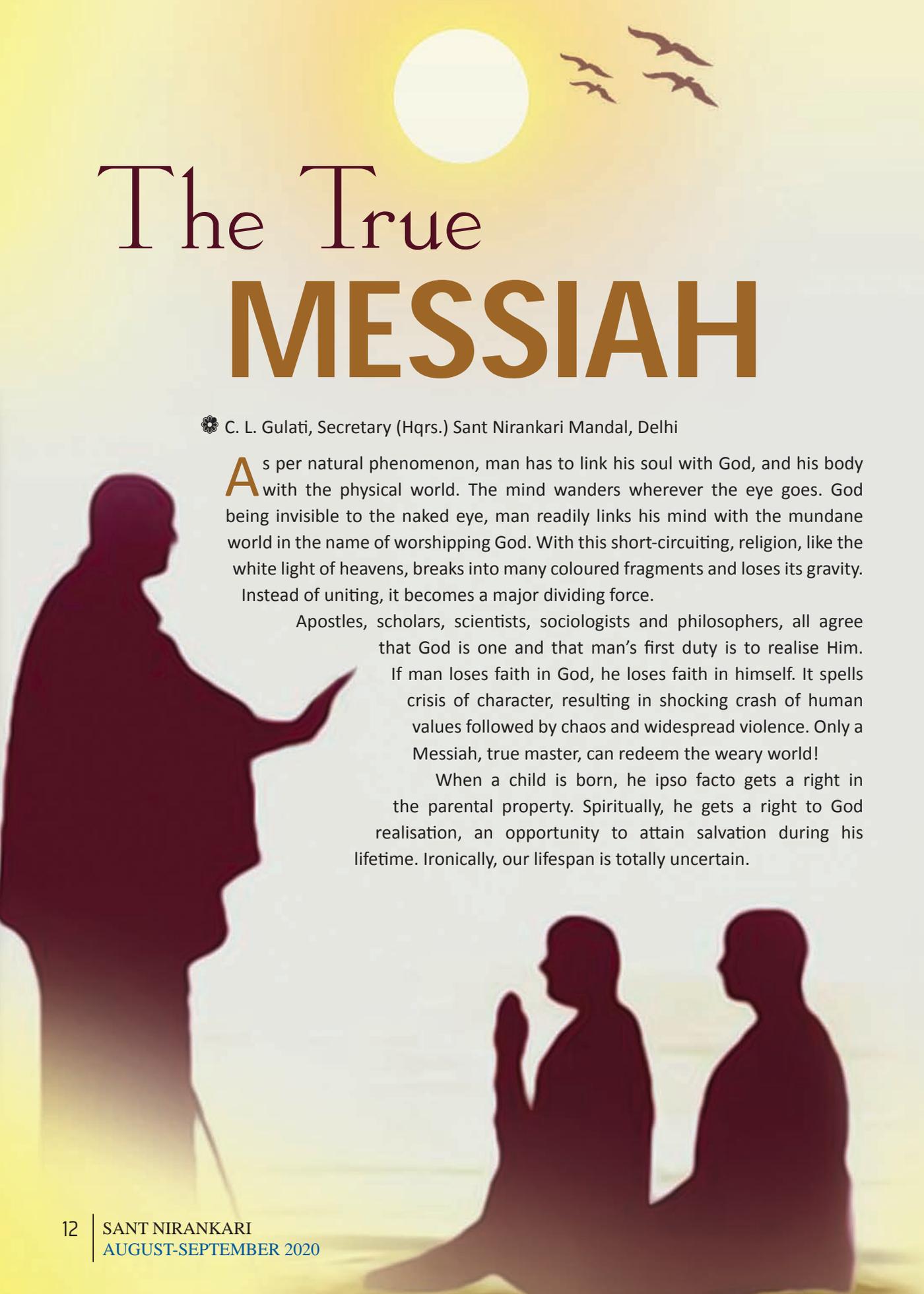
vagaries of weather, similarly Satguru protects his disciples from miseries, saves them as his children from any ill effect of bad weather like parents giving dose of medicine to children. Similarly, I am pleased with saints who offer their services to me. But at the same time I feel concerned that they may not stop working because of the lure of easy money. Guru wants everybody to earn their living.

Spirit of Surrender : Baba Avtar Singh Ji would explain that surrender means that Nirankar is the owner of everything 'Mera Mujh Mein Kuchh Nahin Jo Kuch Hai So Tera'. Saints, mould life in accordance



with Satguru's teachings and you will not have death of anything in life. Live joyfully, enjoy bounties of life, but consider these as God's assets. Nothing is forbidden but always remain submitted to God and live in His awareness. You will feel joyous and blessed. If you forget God, all the material things will become cause of misery and of course you will have to face the cycle of life and death. Every task undertaken with the awareness of God shall bring joy, You have not been forbidden to do anything except backbiting, animosity, cheating. Everything else is acceptable, but it does not anyway mean that you indulge yourself in mundane pleasures all the time'.

Baba Avtar Singh Ji wanted his devotees to behave as 'satyugi' (truthful persons) while living in Kalyug. It will make your life beautiful and also refine the world.



The True MESSIAH

✿ C. L. Gulati, Secretary (Hqrs.) Sant Nirankari Mandal, Delhi

As per natural phenomenon, man has to link his soul with God, and his body with the physical world. The mind wanders wherever the eye goes. God being invisible to the naked eye, man readily links his mind with the mundane world in the name of worshipping God. With this short-circuiting, religion, like the white light of heavens, breaks into many coloured fragments and loses its gravity. Instead of uniting, it becomes a major dividing force.

Apostles, scholars, scientists, sociologists and philosophers, all agree that God is one and that man's first duty is to realise Him. If man loses faith in God, he loses faith in himself. It spells crisis of character, resulting in shocking crash of human values followed by chaos and widespread violence. Only a Messiah, true master, can redeem the weary world!

When a child is born, he ipso facto gets a right in the parental property. Spiritually, he gets a right to God realisation, an opportunity to attain salvation during his lifetime. Ironically, our lifespan is totally uncertain.

Saint Kabir says Kabir nagara kooch ka baajat hai din raat — ‘that day and night, every breath sounds like a bugle, cautioning man of approaching death.’ But caught in the cobweb of this mundane world, man chases willo’- the-wisps at the heavy cost of ignoring God-realisation.

It is often argued that just as all roads lead to Rome, all modes of worship lead to God. This comparison is very odd. Rome is a fixed place for which different roads can be followed to reach it. But God is not confined to any one fixed place. He is omnipresent and the whole world is stationed in Him. In Him we live, we move and exist. He is there even in a needle hole. It is the prerogative and jurisdiction of the living true master to reveal Nirankar, formless God to the seeker. True Master is also called sadhguru, brahmnjnani and prophet. All great religions in their pristine pronouncements place emphasis on the spiritual rather than ritual aspects of living.

The question, ‘Can formless God be seen?’ is a patent negation of all the scriptures and teachings of true masters, who have said in no uncertain terms, that human life is primarily meant to see and know God. Seeking evidence of God is not the question, but an answer to the multiple hydra-headed problems defying peace, purity and prosperity throughout the world.

Kabir says Sache ka koi gahak nahi, Jhutha jagat patije ji; kehat Kabir suno bhai sadho, in andhon ka kiya keeje ji — ‘people approach the Guru and beg for multitude of worldly things, instead of Divine Knowledge. There are few takers for the Truth.’

When a person falls sick, his efforts do not end in the mere formality of going to a doctor. He continues consulting doctors, one after the other, till he fully recovers and regains good health. Likewise, we may approach a guru, but our purpose is to keep our determined search on till we come in contact with the sadhguru, who, with words and practical hints, introduces the omnipresent God instantly.

Braham Binde so Satgur Kahiye — ‘as the sunrays are in themselves the concrete proof of the rising sun, showing God at hand is the singular test and distinguishing feature of the true master.’

When a person has a strong urge for God-realisation, he will find the true master to bless him with Brahmjnana. Adi Granth (880) says, Rattan Jawahar Lal Hari Nama Gur Kadh Talli Dikhlaya — ‘God shown at hand by sadhguru is a unique and invaluable gift.’

In the Gita, Arjuna kept arguing at length with Krishna in Kurukshetra, but Krishna did not reveal his Virat Svarupa to Arjuna till he faithfully surrendered. The holy Bible says, ‘Ask and it shall be given, you seek and ye shall find, knock and it shall be opened unto you (St Matthew 7-7).’

The true master is eternal and continuing since the creation of the universe. He is always present, sometimes manifest, and at other times unmanifest. With the eternal continuity of true masters and their revelation of one formless God, the process of humanisation and rearrangement of human relations on the basis of love, mercy and compassion underline the spiritual awakening in the world.

When God dwells in our mind, He protects us from all evil and vices. God is the cornerstone of all religions and actual knowledge of one common God of the cosmos proves the essential oneness of prophets and scriptures. ‘Same is the spirit (Light), same is the procedure to reveal Him, Only the physical self of the True Master changes (Adi Granth, 966).’

The flow of spirituality continues unabated. To accept and respect the contemporary sadhguru is to accept all past and future true masters!

APOSTLES, SCHOLARS, SCIENTISTS, SOCIOLOGISTS AND PHILOSOPHERS, ALL AGREE THAT GOD IS ONE AND THAT MAN’S FIRST DUTY IS TO REALISE HIM. IF MAN LOSES FAITH IN GOD, HE LOSES FAITH IN HIMSELF.



Sweet Memories

Mata Savinder Hardev Ji Maharaj

The unassuming and simple nature of Mata Savinder Hardev Ji greatly impressed all. Her congeniality and affinity would make anyone and everyone emotional whosoever came in contact with her. She was God sent for disbursing love and teach us how to love. Her love for the humanity attained new global dimension on November 14 ,1975 on the occasion of 28th Sant Samagam when she became the life partner of Baba Hardev Singh Ji who himself was love personified. She toured the entire world to teach people how to live, conduct and remain soaked in the love of God. She spread

the fragrance of godfidence, devotion and surrender to the entire humanity and wished the same from devotees because life is worthy only because of love. We have to always lead a loving life.

Mata Savinder Ji was born in Yamuna Nagar (Haryana) in the family of Shri Manmohan Singh Ji (Father) and Smt. Amrit Kaur Ji (Mother) and was brought up by Shri Gurmukh Singh Ji and Mata Madan Kaur Ji of Farrukhabad (U.P). She received love from both the families and gave love to both. She completed her education in Mussoorie and Delhi. Baba Avtar Singh Ji always embraced her as a member

of the family. A brilliant student, Mata Savinder Ji immediately started shaping up herself in the mould of Baba Hardev Singh Ji after she got married to him. On April 24, 1980 when Baba Gurbachan Singh Ji sacrificed his life and Baba Hardev Singh Ji emerged as Satguru at the young age of 26 years. They were just married for five years and everything changed dramatically. Baba Hardev Singh Ji took charge of the changed scenario and Mata Savinder Ji joined him in propagating the Mission. The contribution of loving Rajmata Ji and Mata Savinder Ji in spreading and propagating the Mission is exemplary. This also highlights the strength and importance of women power.

Mata Savinder Ji adorned the dais along with Baba Ji for 36 years and blessed devotees, but did not utter a word to express herself. She wanted everybody to listen to Baba Ji attentively and adopt his teachings in their lives. Her contribution in the salvation tours left deep imprints. Mata Savinder Ji and Baba Hardev Singh Ji idolized the ideal couple that Nirankari Mission wants to see prospering in every household. It was the living example of a blend of spiritual and practical life. Every devotee wished from the divine couple:

*'Tumhari rahon per chal payen,
sikhaya jo usei kar payen.
Maan ki mamta ki Chhanv mile,
daman rahamat se bhar payen'*

Times are never the same. Change is part and parcel of life. Baba Hardev Singh ji left his mortal body and merged with Nirankar on May 13, 2016. The entire world was taken aback. Mata Savinder Ji at this difficult time took the reins of the Mission and gave forbearance and strength to it. Rising above her bad health and other obstacles, she devotedly propagated the Mission. The devotees would throng in large numbers for her holy glance during her salvation tours. Mammoth congregations were held in Delhi, Mumbai and abroad. Everything seemed returning to normalcy. But on July 17th 2018 due to health reasons, she bestowed upon Mata Sudiksha Ji the responsibility of the Mission and enthroned her as Satguru. On August 5, 1918 Mata Savinder Ji left her mortal body for the heavenly abode but the divine figure will continue to guide us always. In the



form of Mata Sudiksha Ji, she is right in front of us and guides us through. She was strength personified. Just beholding the holy mother, amazing spiritual powers would start flowing. She gave us a formula for life - 'Whosoever will connect others with Nirankar and promote them towards Sewa, Simran and Satsang will prosper along with them. The entire humanity can prosper if we follow her teachings. She wanted us to move ahead on the path of truth shoulder to shoulder and carry out the tasks as desired by Baba Hardev Singh Ji.

We are fortunate for having been blessed by Mata Savinder Ji with the patronage of Satguru Mata Sudiksha Ji Maharaj. Whereas we will be able to pay tribute to Mata Savinder Ji and Baba Hardev Singh Ji under the stewardship of Satguru Mata Sudiksha Ji Maharaj, we will also be able to make our life rewarding. Mata Savinder Ji's inspirational teachings and ideal life shall continue to guide us through many eras to come. She will always be with us as a nurturer and preserver.

*'Pyar anokha meethi boli karuna wali maan.
Sanrakshak bun tu karti sab ki rakhwali maan.'*



Giving Generously and Receiving Gracefully



A person who refuses to accept love, help & support - wisdom, or care from others - can stop the flow of positive energy just as much as someone who doesn't want to give it.

❁ 'Rajan Sachdeva', U.S.A.

As important as it is for us to learn how to give unconditionally, it is also vital that we allow others to help and contribute to us.

It is also imperative that when others want to give something to us or help us in any way, then we should also allow them to do so.

The natural energy flows in a cycle of giving and taking.

A person who refuses to accept love, help & support - wisdom, or care from others - can stop the flow of positive energy just as much as someone who doesn't want to give it.

Since childhood, we are taught about giving and helping others - but not taking or accepting help from others.

Asking for help is generally regarded as a sign of weakness.

If we think deeply, we will find that the world is based on the natural law of giving and taking - not only on one - but on both.

For example, clouds carry water from the sea and spread it on the earth in the form of rain.

In this way, the cycle of life-energy goes on.

But only by taking, or only by giving, this cycle cannot be completed.

Similarly, a person who refuses to accept help, knowledge, or love, etc. from others, becomes as much a hindrance in the flow of energy as one who does not want to give.

On a few occasions, when I was touring with Bharpā Ram Chand ji on his Prachar tours - if anyone ever wanted to give me a gift, I strictly refused to accept it.

On one such occasion, when someone wanted to give me a gift, I refused to accept it and asked him to do whatever Seva he wanted to do for Bhapa ji - or give it to the mission - but I do not want anything for myself. I said I am a seeker and a humble server. I am here to serve - not to receive gifts, etc.

Bhapa ji heard it and called me - and very affectionately told me that refusing to accept a loving and thoughtful gift or any kind of help or Seva from others is also a

sign of ego. By refusing to accept their gesture of love and kindness, we are not only hurting their feelings; their sentiments, but showing our ego - a sense of superiority as well.

Be open to gracefully receiving from others - whether it's a gift, a compliment, admiration, or just a piece of friendly advice".

Giving and receiving – both are an integral part of life.

However, according to the time and situation - the give and take roles, change their positions.

With a newly born child, parents are all about giving and loving - and the child is entirely at the receiving end.

The newborn child is unable to give the parents anything other than joy and happiness.

At that time, the job of the parents is only to give, and they try to provide everything to the child according to their abilities - while the child is completely helpless and dependent on the parents.

But over a period of time, the roles are reversed.

The parents - when they become too old and helpless - reach at the receiving end.

This is the time when the children have to take up the role of giving.

Now it's time for them to become providers and care-takers.

Considering the physical anatomy and capabilities of humans at different stages of life, this seems to be a natural law of Nature.

By understanding and adopting this natural law, we can create a more balanced and energetic lifestyle - by giving generously and receiving gracefully - with gratitude.

And, more importantly, knowing when to give and when to receive.

Nirankari Rajmata Ji

Invaluable teachings

The life of the affectionate Nirankari Rajmata Ji was that of an ideal disciple, a true God lover and a staunch devotee. Right from early age, she was blessed with God-Knowledge that helped her become a true devotee for the rest of her life. Shortly before the partition of the country, viz, in April 1947, she got married to Baba Gurbachan Singh Ji. She received abundant affection and guidance through attentively serving both Baba Avtar Singh Ji and Jagatmata Buddhwanti Ji. Pleased with her devotion and sincerity, Baba Avtar Singh Ji showered upon Rajmata Ji various blessings which she safely retained throughout her life. There are many fortunate people in the world who acquire spiritual assets, but only a few of them are able to retain them carefully as Rajmata Ji did. The present vast form of the Sant Nirankari Mahila (woman) Sewadal will always remain grateful to the spirit of service and benevolences of both Rajmata Ji and Jagatmata Ji.

Importance of Congregation

Rajmata Ji would always emphasize the importance of congregation during discourses saying that saints were blessed as they regularly attend congregations and have holy glimpse of Satguru. As a matter of fact, Satguru's glimpse is always great as this God-Knowledge is attainable only with his grace. This divine knowledge illuminates our life as we become able to come out of rubbish of materialistic world in pursuit of the truth. She narrated an instance during her Kasauli visit. It was mentioned by her in the congregation that without tutor one cannot attain knowledge. After the congregation, an elderly person approached her to say that his child never went to school, yet he could read a 4th standard book. Congratulating him, Rajmata Ji said that someone at home should be teaching the boy.

The elderly person said that his elder sister taught him daily. Then Rajmata Ji had to explain to that gentleman that the child's sister was his tutor who made him read the book. But for his sister, the boy could not read a single word on his own. The elderly person shook his head in affirmation. The bottom line, therefore, is that we definitely need a tutor if we wish to gain knowledge.

Destination is Important, Not the Route

Talking about the ultimate destination, Rajmata Ji says - when we wish to reach anywhere, we may not be able to do so without the help of a person knowing the route. If we set out on our own on any path, we would not be able to reach our destination. Some people even claim that they can attain God on their own; that there are so many ways to reach Him. This is indeed a big mistake. God is not away from us that we have to follow different routes to reach him. No saints! We need destination, and not a trek.

The Light of Knowledge

Rajmata Ji believed in moving ahead on the path of life after complete surrender before Satguru. She always taught to own Satguru and imbibe his teachings. She preferred actions over words, and wished to see life being moulded in line with true discipleship. To make the matter clear, she would always narrate an example which fully convinced saints.

Rajmata Ji used to say that more a disciple imbibes divine knowledge in life, his life keeps attaining higher stature. Then other people can take inspiration from him in order to refine their life and eliminate darkness from their lives. Rajmata Ji called it a great mistake if anyone claims to have come out of the darkness on his own. She would narrate an example of a family whose members would engage themselves at night in taking the baskets from home

and overturning them outside. In the morning, they would be happily saying that they were able to throw darkness out of their home. Time passed like this. A boy in the family got married; and an educated bride joined the family. She inquired the reason for doing this exercise at night. He got the reply that the family members were simply pushing darkness out. Then the bride volunteered to drive away the darkness on her own. Other members tried to convince her she would not be able to get the task done alone. The bride brought an earthen lamp, dipped a cotton stick in oil. When the night fell, she lighted the lamp with a matchstick and illumined the room. Taken aback, the family members said that no one ever guided them that darkness can be dispelled by lighting a lamp.

The Power of Mind

Rajmata Ji effectively inspired saints to calm down the agile mind by taking shelter at the lotus feet of Satguru and by taking to sewa, simran and satsang in life. She always inspired saints to surrender mind before Satguru for ever without a thought to take it back. The mind will object to it and would create doubts even on Satguru's credibility. It is pro active for bad deeds but is hardly alive towards good deeds.

The affectionate Rajmata Ji says, 'You know that the mind remains weak in a weak body and vice-versa. They both are tied with each other. Therefore, the learned saints always say that to strengthen the mind we should regularly attend congregations, render service and constantly remember God. Those who adopt this principle, will enjoy every moment of life. Wishing welfare for all, saints always say that when we wish welfare for others, it results in our own welfare.

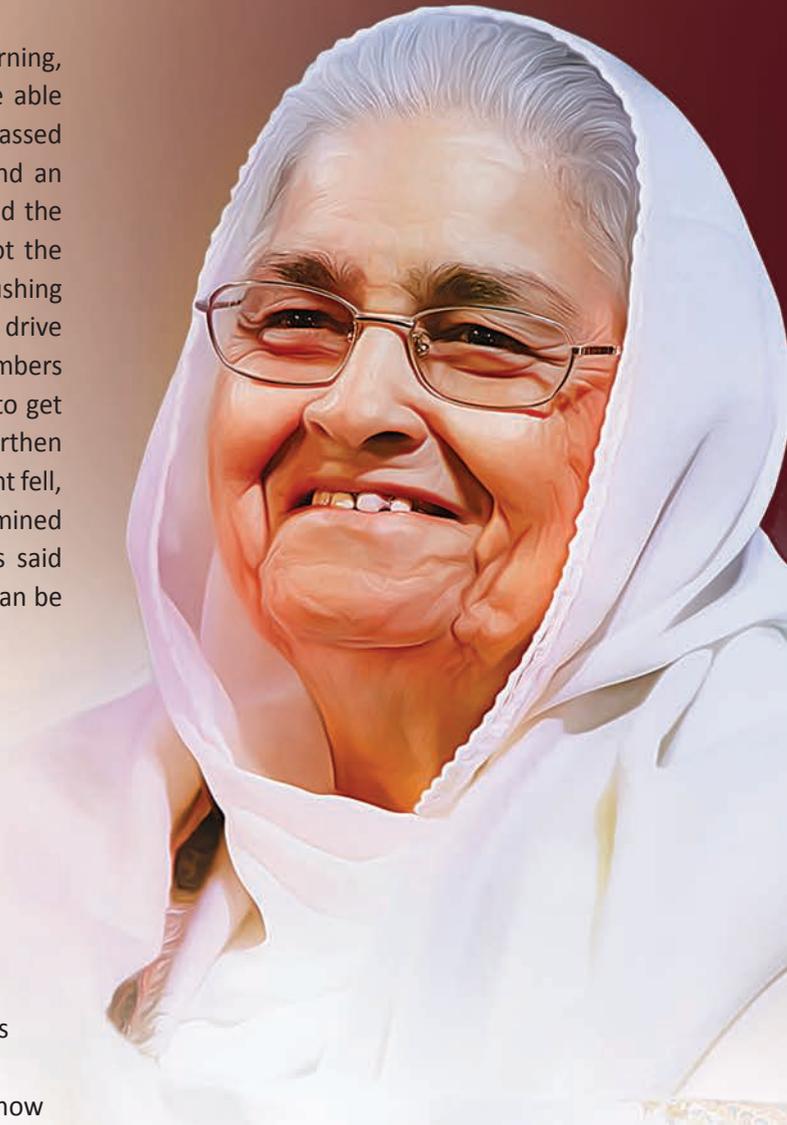
No Love Without Knowing

We cannot develop love in our heart for those whom we do not know. When we come to know them - may be friend, sister, brother, etc., they immediately get into our hearts though living thousands of miles away. Whenever any one talks

about them, our attention is drawn towards them because we happen to know them. Similarly, the followers of Sant Nirankari Mission tell that we should first know the God we worship and eulogize because without knowing, love cannot develop.

It is only upon surrendering before Satguru that the mind becomes controllable otherwise it is not possible to control mind on our own. Whenever the mind goes haywire Satguru's remembrance puts it in place and it wishes well for others.

Throughout her life, Nirankari Rajmata Ji conveyed the message of truth and love. On 29 August 2014, she renounced her mortal body to immerse in Nirankar. Her teachings are immortal and will keep guiding the mankind for eras together.





Human Life is *An Examination*

✿ Dr. Muniv Sharma 'Nirank' (Jalon, M.P.)

The entire journey of human life is an examination. This world is like an examination hall wherein man keeps answering questions put forth by life and one day suddenly his answer sheet is taken away as life is about to end. The teacher then evaluates the answer sheet and

declares if the pupil had cleared the exam or not. A person who cannot clear the examination of life is again trapped in a cycle of birth and death. His marks decide the kind of birth he will get next time. Ironically, there are around 84 lakh life forms wherein one cannot answer the questions of life since other creatures do not have the privilege

of reading and understanding the scriptures, the benefit which only humans enjoy.

The privilege of being able to read the scriptures and get a spiritual guru who can help him solve these fundamental questions of life is only available to the man in this human form. Yet if he fails to clear the exam of life, it is because he does not bother to seek answers. He fails to recognise the importance of life during his lifetime. Who is our creator is the most basic and relevant question which man should have always asked but he refuses to ask this question and is ever lost in the material world. Saints have always made an effort in this direction but man who is in deep slumber since ages refuses to wake up. It is vital to know the answer to this all important question, accept it and lead life accordingly. Who is the creator after all? This most vital question has been asked from man since ages even as man's journey of coming and going to this world has continued unabated. Now who has the answer to this question?

Without the help of a true master, this question will remain a mystery. Kabir Das Ji says— 'just as a moth is burnt in the fire, only very few men in this world are saved and rest face the same wrath as of a moth'. Now who is the true master? Many would love to call themselves as one but actually the true master will be the one who can answer all these questions ridding you of the ignorance inside you. God knowledge in the 'Guru' and not his physical form are important. Guru is likened to Brahma, Vishnu and Mahesh. The one who introduces you to God is greater than the God since he has the key that has helped to unlock the doorway to the Almighty.

As is being said— True master is the reflection of God in physical form. God is omnipresent in each and every particle of this universe but only the true master is the knower who can open the eyes to this enlightening knowledge. Those who make false claims and promises of introducing God through

rituals actually are themselves ignorant and don't have the real answers to life. So to be successful in the examination of life, we need the true master as only his divine knowledge can provide us the answers to escape from the cycle of birth and death. After knowing God, one can progress in life and attain unwavering faith through unflinching devotion. Actually 'Guru' is God personified as how can an enlightened incarnation be different from God. That is why Tulsidas ji writes—

'Soi janai jehi dehu janai.

Janat tumhin tum he hoi jail.

Oh Lord! Only the one whom You bless would know You and be one with You. So 'Guru' is God personified. God is omnipresent in all living and non living and that is proof enough of its magnanimity. The 'Guru' who is one with God, alone can help meet the Lord. Gurus who are not sure but engage people in various rituals are themselves unaware of God knowledge. Therefore, we see that for clearing the examination of life, the foremost requirement is that of 'Guru' and living life according to God knowledge imparted by him. This is the sole answer to the question of life. God knowledge is the realisation of God with the grace of Satguru and one can remain steadfast on it through staunch devotion. It helps unravel all questions related to life and lead to well being of the soul. At present, this pious task is being done by Sant Nirankari Mission under the aegis of Satguru Mata Sudiksha Ji Maharaj. One can benefit from this to get everlasting bliss in this world and world here after. Satguru is leading us to the right path of tolerance, love, fellowship and coexistence. This is a challenging task in the present times when human values are lacking. Satguru herself is involved in this task to redeem devotees and rejuvenate this world so that this earth once again becomes worth living. It is high time we gained this divine knowledge to get redemption and spread Satguru's word to others as a true Nirankari.

NEVER REFRAIN FROM SERVING SAINTS AND REMEMBERING GOD

Never leave the company and service of the saints. Do not give up meditating on this Omnipresent Nirankar and stay steadfast on sewa, simran and satsang all the times. Those who know Lord Nirankar - whether Hindus, Muslims, Sikhs or whoever - are the true devotees of God and saints. They must be served and Lord Nirankar be remembered every moment while moving, sitting, standing, sleeping, etc. No other act or religion has ever been described higher than this. These three acts, therefore, must never be forgotten.

— Era Personage, Baba Avtar Singh Ji





Wisdom in the Days of **CORONA VIRUS**



What helps in the process is a double vision comprising an awareness of the mortality of self and an intuition of the immortality of Atman, which needs to be at one with the Divine. The death of the physical, the shaking away of the mortal coil, is the necessary approach road to final oneness with the Divine.

✿ Valson Thampu

Wisdom is the ability to see situations in relation to ultimate ends, whether these ends are assumed as oneness with God, or attaining moksha, or moral perfection. The modern world – the world of autonomous, self-contained individuals – is one of discontinuities. It affords many advantages; but it is, as TS Eliot says, ‘a heap of broken images’. Ancients’ vision was different from this. The ancient custom of memento mori

was that of exhibiting a skeleton at a feast in order to remind the banqueters of the fate that awaited them.

The awareness of the hidden link between banquet and death distinguished a banqueter from a glutton. It is no civilisational gain that they become one.

Today we don’t need to have recourse to skeletons. Death surrounds us with its ubiquitous presence. Consider this irony. We are currently gearing up, nationwide, to ward off the coronavirus; for the virus is an emissary of death. Yet, it was only a few days ago that human-inflicted death had a

free run in the national capital. What if there was a margin for coronavirus in the format of that riot, or of strategies of aggression in the pursuit of power and pelf ? Imagine a lowly virus humbling the might of China!

It was native to the Indian spiritual vision that one should stand apart from one's actions and become, as it were, a spectator to them. This was implied in the dispassionate pursuit of one's duty. This distancing of self from what would outwardly seem to be its own actions is practical only through connecting one's actions to something beyond the self of the doer. Actions are like hats.

They need pegs to hang on. Such pegs are either the egos of individual doers, or the will of the eternal Brahmn. Being in tune with Brahmn – the supreme spiritual goal – is the medium through which the distancing of self from its doings is possible at all.

What helps in this process is a double vision comprising an awareness of the mortality of self and an intuition of the immortality of Atman, which needs to be at one with the Divine. The death of the physical, the shaking away of the mortal coil, is the necessary approach road to final oneness with the Divine. The spiritual truth is: 'We are in death even while we are in the midst of life.' Illness and death are intimations of human mortality.

They are also necessary for our species to maintain objectivity in relation to mundane actions and advocacies. Awareness of death



as inalienable to the human condition is as relevant to victims as it is to their victimisers. Everyone exists within the web of mortality. Seen objectively, there is something funny about mortals killing mortals; for we could not have killed anyone, if human beings weren't mortal. And if we, as killers, are indeed human, how can we kill anyone, without killing our own humanity?

Greater sanity will prevail in public life if we have the sensitivity to bracket viruses and man-made violence together as symptoms of the imperfection of the scheme of things in which we have to undertake the adventure of earthly life. In its web, the agent of power, with assured impunity to consequences and his defenceless victim, share a common destiny.

Courtesy : Times of India



Godfidence

✿ Gian Prakash

In the year 2020, the deadly Covid-19 pandemic has put the entire world in a terrible state, causing large scale deaths and economic loss.

Medical Science is still in search of a solution to cure the deadly disease.

Spirituality reveals the secret truth behind all such phenomenon.

In 40th chapter of Yajurveda named 'Isha Upanishad,' it is clearly mentioned that 'Paramatma' (God) is the only supreme power who creates, destroys and preserves all non-living things and living organisms.

ईशा वास्यामिदं सर्वं यत्किञ्च जगत्यां जगत्।

तेन त्यक्तेन भुञ्जीथा मा गृधः कस्यस्विद्धनम्॥1॥

Whatever (root or conscious) is in this world, it is all covered by God (under His authority). Use only that left (handed over) by Him (for use). Because the material asset belongs to no person and instead belongs to 'God' only.

तदेजति तन्नैजति तद् दूरे तद्वन्तिके।

तदन्तरस्य सर्वस्य तदु सर्वस्यास्य बाह्यतः॥5॥

He (Paramatattva) is also dynamic and is stable (also), He is far from the others and yet near also. He is inside all this (root, conscious, world) and outside also .



Godfidence stabilizes the mind of these devotees, protecting them from various ill effects of worldly pandemic situations. God is the ultimate solution to such difficult situations like the Covid pandemic and He does it in His own ways.

Without the will of Paramatma, not a single leaf can move; thence this pandemic situation occurred only because of His intentions. Therefore a devotee can only pray to Him to save humanity.

But this secret of superpower Paramatma and thoughts for praying for the wellness of humanity generate in the mind of humans only by the grace of perfect, true 'Guru'.

We can understand this concept through an example. In a class, there are students of different IQ levels. Some students have better IQ, thus they immediately learn their lessons. Some students are mediocre and others have very low IQ. A teacher gave a lesson to students to understand it at home. Students with better IQ understood the lesson but were not so much confident. Those with mediocre IQ, tried to understand but were filled with doubts and low IQ students simply could not understand the lesson. Next day in the class when the teacher taught that lesson, students with better IQ, easily understood and were now confident about the teachings, mediocre students also understood and kept their faith on teacher. The low IQ students revised the lesson and finally understood what the teacher had taught. In conclusion when the

teacher taught that lesson, then students could understand clearly with confidence.

Similarly, this secret of 'Paramatma' is taught by only complete Guru who imparts God-knowledge (Paramatattva) to humans and they can see, realise and understand 'Paramatma' with a strong belief. One can not understand it clearly by just reading holy scriptures or with the help of self-made or copied ways of bhakti (devotion) or Karma-Kand (worldly rituals), without knowing Him. God Realisation can be possible only by the blessings of true Guru. When humans surrender their all kinds of egos and learnings/knowledge at the feet of Guru they thus become eligible to attain the Paramatattva. After attaining the God-knowledge, humans become true devotees and understand the secret of 'Paramatma' and Karma. Such devotees filled with 'Godfidence' and they remain equipoised irrespective of experiencing happiness or sorrow.

Godfidence stabilizes the mind of these devotees, protecting them from various ill effects of worldly pandemic situations. God is the ultimate solution to such difficult situations like the Covid pandemic and He does it in His own ways.

THE POWER OF Spirituality

❁ Sameepta Girdhar, Gurugram

The global pandemic of COVID 19 has led to an environment of perpetual fear, panic, and anxiety. Negative thoughts and feelings have engulfed our lives as people are dealing with a myriad of stressful issues. In volatile circumstances like these, spirituality attains a prominent position in our life as it ensures a sense of harmony and balance.

Spirituality helps us to tackle the associated stress, accept what we cannot change, and strengthen our resilience. According to a scientific study, spirituality can affect a person's coping styles or their focus on control perceptions. It can also provide access to a network of social support and increase social capital, both of which are widely acknowledged to promote and sustain emotional and psychological wellbeing.

Spirituality forms a bedrock of the ideals and beliefs of the Sant Nirankari Mission. It is also known as the Universal Brotherhood Mission with a motto of Oneness, an all-embracing

spiritual movement, cutting across all divisions of caste, colour, and creed. The Mission seeks to reveal God and impart self-realization to all human beings irrespective of their religious faith, sect, or community and thus liberate them from the shackles of ignorance, superstition, ritualism, and dogmatism in the name of devotion to God.

The three main pillars of this mission include Sewa, Sumiran and Satsang. Sewa - The term is used to define the selfless service of humanity without reward. The previous masters of the mission have led this humanitarian cause with a sense of responsibility and compassion. The Mission believes that it is our duty and not a favour on anyone to contribute to society with our complete might and empathy. Selfless service is true Seva.

Sumiran (God remembrance) After imparting God-knowledge, the True Master asks the devotee to remember God all the time, everywhere and in all circumstances and thus make it a part of his daily life, his normal behavior.

Satsang (congregations)- Gathering

of devotees or enlightened beings is known as Satsang. In the mission, it is believed the satsang has both external and internal manifestations.

Externally, it is represented in the form of gatherings where the participants garner various spiritual perspectives. It also refers to an internal state of bliss that enables an individual to attain peace by transcending time and place.

Despite the major changes that have taken place, saints from this mission have resorted to spirituality to maintain an internal state of equilibrium. They spread positivity by propagating that the period of human life should be treated as an opportunity to find meaning in life, have meaningful interactions with our dear ones and connect with the Divine. All three aspects together create a harmonious environment for a bring to connect with the almighty and live a peaceful life.

Congregating, fellowship and holy assembly is a powerful way of giving voice to one's spiritual beliefs. The digital era has made it possible to attend multiple virtual congregations in a day. By attending satsangs, the mind becomes more clear and the heart is filled with joy. Saints from all over the globe come together to participate in the holy congregations and share their wisdom.

In a period of uncertainty, it is extremely important to engage in self-reflection and attain an optimistic outlook. When we are worried or distraught, the sense of acceptance helps us realize that something is not certain. Acceptance enables us to live in the present and embrace all the obstacles of life by internalizing a growth mindset.

Therefore, it all sums up to the power of faith. Our spiritual identity is like a flame within our hearts which connects us with our larger goals and expands our consciousness. It has the strength to sweep away all of our fears and doubts. It is an unshakable spirit that will help us sail through this storm and embrace a better tomorrow.



Self Assessment

✿ Satish Talwar, Delhi

Every year we joyfully ring in the new year and ring out the old. But for a devotee, dates on the calendar don't matter much. For him, no two days are different as his only concern is to live a meaningful life.

'Yug sundar sadiyan sundar her pal sundar,
gar manav jivan ho sundar'

(Every moment if lived beautifully shall lead to beautiful future) is apt for an enlightened soul as life after God realisation slowly becomes more and more sublime

Undoubtedly, days on the calendar as such have no meaning for a devotee. But from time to time, he makes a reality check about the quality of life lived by him, shortcomings/ vices in him and the virtues imbibed by him.

Destination is always of prime importance during a journey. The transits and various halts during the journey are of little importance and without any attachment to them, a devotee continues to move ahead. His entire focus is on the destination. The milestones are definitely important because one can halt and look back to assess the quality of life lived so far and the heights of spirituality that he needs to touch. One also assesses the challenges of future and starts afresh with new awareness, energy and enthusiasm. Similarly, we assess and evaluate the time that has passed for material and spiritual advancement. We assess as to which specified goals could we reach and which ones we missed. Why we could not achieve certain objectives and how could this be done. This evaluation is done both for material and spiritual achievements. Evaluation is obligatory and is more important in spiritual field. The sole purpose of human life is to attain perfection in spiritual field. Our spiritual advancement decides our present life and life hereafter.

After receiving God knowledge from Satguru, the foremost religion of a devotee is to see God in everyone. It is imperative to perceive God in everything whether living or non living. It is written in holy 'Avtar Bani'—

'Rub nuu hazar nazar takna
iss toun vadda dharam nahi
Sadh jana dee sewa bajon
uchha koi karam nahin'

It is imperative for an enlightened soul to evaluate everyday if after God realisation he has been able to perceive God at all places in all beings. If not yet then effort must be continued in this direction. Do I feel as happy when my neighbour flourishes as I feel for myself. Have I got rid of jealousy because it is the root cause of hatred, resulting in violence.

Once an old lady was asked to speak on spirituality. The lady was reticent. She would quietly go to the spiritual congregation, listen to discourses and return home. The old lady spoke just one sentence and finished but the audience were truly gratified and felt it was the ultimate to live a meaningful life. She had said---

'Kisi aukhei nuu veikhan taan saukhi naa honwaan
Kise saukhei nuu veikhan taan aukhi naa honwan'

It means— Instead of procuring more items of comfort, I should concentrate on sharing miseries of others and be joyful on seeing somebody flourishing instead of feeling jealous. This feeling only resides in the heart of an enlightened person with a pure soul where God dwells. Hatred comes when one considers himself superior and of higher status and intellect than others. He rates his caste, creed, region, religion, lifestyle and eating habits superior to others. These feelings are the root cause of ego that follows sin and finally destroys man. It is aptly said—

'Daya dharam ka mool hai paap mool abhiman'

We have been reading and listening for years now that we need to love all. How is it possible to love everybody. The minimum we can do is not to hate anyone, if it is not possible to love them. The prevalent tendencies in the world like jealousy, hatred and violence emanate from differences in caste, creed, lineage, eating habits and lifestyle. Therefore, Nirankari Mission preaches that one shouldn't be proud of one's caste, creed or lineage and also not to hate anyone on the basis of dress sense, eating habits etc. As the journey of life continues, it is imperative to incessantly assess oneself because after attaining God knowledge, only that devotee who is always in the awareness of omnipresent God, can live a meaningful life sans jealousy, hatred and pride.



EGO

Biggest Barrier to Salvation

❁ Pardeep K. Madaan (Chandigarh)

When I start thinking about ego, the following lines from Sampuran Hardev Bani come to my mind

अहंकार को अपनायेगा जन्म मरण में जायेगा।
निरंकार को अपनायेगा मुक्ति का पद पायेगा।
अहंकार को छोड़ दे बन्दे मन में ये निरंकार बसा।
कहे 'हरदेव' उजले मुख से हरि की तू दरगाह में जा।

The above lines fully explain the fact that ego is the biggest obstacle on the path of salvation.

We are going through the crisis times caused by Corona virus. A micro virus, 1/90th of the size of a hair, weighing just about 0.85 atom grams and which can't be seen through the naked human eye has wreaked havoc. When it enters into the human body through the respiratory system, it can badly damage lungs and other vital organs. Likewise, when ego enters into our mind in a subtle form, it can damage our devotion completely and create hindrance in salvation. It is aptly written in

the holy scriptures that ego is the root cause of all ills and ailments inherent in a man.

I often call ego a 'Proud Worm'. I don't even realize when and how this proud worm comes to dominate my mind. When I am overwhelmed by the feelings like I am the most powerful, richest and beautiful and there is no scholar like me, it means I have ego in my mind. The proud worm has taken roots in my mind. Just as a termite eats the wood and makes it hollow, in the same way, ego makes my devotional mind hollow. Guru Amar Das Ji has aptly said in Guru Granth Sahib : have feelings in my mind, like I can do this work, I can only do this work in the right way & manner, no one in the world can do this work except me, I am the most powerful, I am the most beautiful, there is no scholar like me, no one is rich like me. To have such feelings in mind means to have ego in the mind, the proud worm has taken place in my mind. Just as the termite licks the wood and hollows it out, in the same way the ego hollows my devotional mind. Guru Amar Das Ji very beautifully and aptly said in Shree Guru Granth Sahib Ji

Humey nave naal virodh hai doen na vase ek thai
Humey vich sewa na hovai taan man birtha jaai
(SGGS Page No. 560)

It means, "Ego is opposed to the name of the Lord; the two do not dwell in the same place. In egoism, selfless service cannot be performed and so the soul goes unfulfilled." It is further explained like this

Jab lag meri meri kare, tab lag kaj ek nahi sare.
Jab meri meri mit jaye, tab prabh kaj sawrai aaye.

As long as man cries out, mine, mine, none of his tasks is accomplished. When such possessiveness is erased & removed then God comes and resolves his affairs.

Baba Bulleh Shah Ji also advised and cautioned for not having friendship with an egoistic person. In his words

Bulleh Shah us nal yari kadi na liyo
Jis nu apnay tay ghroor hovay.

After attaining this God-knowledge (Brahm Gyan), my goal should be to unite with this Almighty Nirankar. The biggest obstacle in this process is my pride, my own existence. The more I refrain from indulging in self glory, the more I go on connecting with Nirankar. Saint Kabir Ji also taught us

Tu Tu karta tu bhaya, mujhme rahi na hun,
Bari ferry bali gaye, jit dekha teet tun.

Meaning thereby, Oh God! by reciting your name all the time I merged in you and my ego disappeared. My troubles of transmigration disappeared. Now, wherever I look around I see you. If we really want this kind of state of mind, then we have to give up me & mine and start reciting Nirankar in full awareness.

Baba Ji very beautifully explained the benefits of God remembrance (journey from me to you) in verse 191 of Sampuran Hardev Bani as under:-

मैं में है अभिमान साधो तू में ये भगवान है।
मैं से होती जीवन हानि और तू से कल्याण है।
मैं से होता मन मैला है तू से आती निर्मलता।
तू से आती पावनता है तू से आती उज्ज्वलता।
तू में ज्योति ज्ञान की है मैं में है अज्ञान अंधेरा।
तू से सुख भरपूर है मन में मैं से दुख का नित्य बसेरा।
जिसकी मैं तू में बदली है उस जन का क्या कहना है।
उसके दिल में गुरु है गुरु के दिल में उसने रहना है।
मैं मेरी न कर मन मेरे तू ही तू ही करता जा।
कहे 'हरदेव' सदा दुनिया में आनंद से विचरता जा।

The remedy to eradicate the ego is mentioned by Baba Ji in the above-mentioned verse. Baba Ji said that in this way, one can get rid of the disease of ego and lead a pious and pure life, full of divine virtues and bereft of all vices i.e. lust, anguish, attachment, greed, pride, hatred and jealousy which are harmful to self and society.

We all must live an egoless life, serve the humanity with the gratitude of selflessness and obey the directions given by Her Holiness Satguru Mata Sudiksha Ji Maharaj treating these as the will of Almighty Nirankar to tread the path of devotion, leading to salvation.

Who Am I



✿ Bal Krishan Sharma, Gurugram

Who am I? This question must have perturbed philosophers from the day universe was created. Man normally identifies himself with his physical attributes like body, name, father's name, residence and profession or job etc. But after a little bit of pondering, it becomes clear that for we humans, our physical form is not just our identity. The physical body continuously changes but the Self does not change. At the age of 5, I got admitted to school. Now I am 75 years old and the physical body has changed a lot but I am the same person. Science says that all living and non living things are made up of small particles which continuously change. The older particles (cells in living beings) are replaced by the new ones. It is also known that old cells cease to exist after a period of 8 years. It means my physical body has changed 9 times as of now. But I have not changed.

I cannot be the master of my body. I was not asked before my birth and shall have no control over my death as well. The basic necessary functions of the body like breathing, digestion of food, circulation of blood in the blood vessels and beating of heart continues even when I am fast asleep, and are beyond my control. A little disruption in these functions causes death. I wouldn't even have let my hair grey if it were under my control. Clearly, the remote control of my body is in some other hands.

But the question of my real identity is still unanswered. Logic doesn't help because the true identity of man is beyond mind and reason.

'Munn buddhi tei akhon behre'.

Here spirituality comes to our help. Saints and scriptures tell us that living being is an indivisible component of omnipresent God. Vedas declares--'Jivo Brahmaiv naaprah' i.e corporeal being itself is the God. In Gita Lord Krishna explains to Arjuna—

'Mamaivansho jeevlokei Jeevbhooth sanatanh'
that is the living being in this universe is my eternal component. Tulsidas ji has written—

'Ishwar Ansh Jeev Avinashi'

Baba Avtar Singh Ji says—

'Tuu vee iss the ansh hain bandei, issei jot dee joti ein.
Kodian dei which rulya phirne unjh tei suchha moti ein
Eho tera asli ghar ei eho tera roop mahan'
— Sampuran Avtar Bani (verse-189)

Here 'tuu' implies the indivisible component of God in the same way as waves make up the ocean.

In the holy Gita, Arjuna was only seeing the physical bodies that are perishable. Lord Krishna made him realize the real identity that is imperishable. The physical body and the soul have opposite characteristics. The body is perishable, changeable, component of nature and visible to eyes while the soul is unchangeable, component of God and subtle. Shankaracharya ji says—

'andhkar Prakashvadbhinnow' i.e. they differ from each other as light and darkness.

The foremost duty of man is to surrender himself to Satguru and know himself. Baba Avtar Singh Ji says—
'Jis jot daa Ansh hain bandei uss jot nuu jaan tei sahi'
(Sampuran Avtar Bani verse- 231)

Sadguru Baba Hardev Singh ji had said in his discourse 'We are not human beings having spiritual experience but spiritual beings having human experience'.

Other living beings are also indivisible component of the formless God. In this manner we can see unity in diversity and love all. May the Satguru bless us with wisdom so that we can see every one like Guru Nanak

NIRANKARI MISSION'S CONTRIBUTION TO GLOBAL CORONA RELIEF OPERATIONS

With the blessings of Satguru Mata Sudiksha Ji Maharaj, the Sant Nirankari Mission is contributing its selfless services both at the national and international levels in this difficult period of Corona pandemic. By organizing a global blood donation campaign during the month of May, not only rich tributes were paid to Baba Gurbachan Singh Ji, but the benevolences of Era-Visionary Baba Hardev Singh Ji were also fondly remembered.

National Level

Delhi: Owing to its global spread, the Corona pandemic has been a cause of attention internationally, followed by lockdown situation enforced by each country. The first and foremost task has been to feed lakhs of needy families. A significant contribution in this regard was made and is still being made by the Sant Nirankari Mission and Sant Nirankari Charitable Foundation by providing food items. The Mission has made its contributions in major cities and small towns through its network of branches in the country.

Mission's branches in Delhi and NCR actively participated in this task. These included branches at Sant Nirankari Colony, Arjun Nagar, Rohini, Rohtas Nagar, Mangol Puri, Madangir, Piragari, Mehrauli, Gita Colony, Model Town, Sultan Puri, Rani Bagh, Prem Nagar, Mubarakpur,

Mukherji Nagar, Harsh Vihar, Nand Nagri in Delhi, besides Ghaziabad, Faridabad, Noida, etc. In NCR.

Sant Nirankari Mission also offered its congregation halls to central and state governments for the purpose of converting them into quarantine centres to help them combat the pandemic. Such a gesture of the Mission was well appreciated by various concerned sections of the society, including common public, social and religious





organizations, police departments, and other administrative officials of the centre and state governments.

Mumbai: Over three thousand Nirankari families which were simply dependent on daily wages were helped by providing ration items, e.g., rice, wheat, wheat flour, pulses, salt, sugar, oil, spices, biscuits, tea, etc., during the entire lockdown period. For quick distribution purposes, these items were separately packed and given to them either by inviting families at the satsang halls or by delivering at their doorsteps. In addition, prayers were regularly performed at each satsang hall between Colaba and Bhayandar, Mumbai Chhatrapati Shivaji Terminal, Thane, Panvel and Uran, etc., seeking early relief from the Corona pandemic and for the overall welfare of the mankind. These services were successfully rendered under the guidance of Shri Bhupinder Singh Chugh Ji, Zonal In-charge Mumbai, with the able support of various coordinators, sewadal officials and volunteers of the Charitable Foundation.

Considering the Mission's offer to convert its various congregation halls into quarantine centres, different rooms in the Chembur congregation hall were reserved for this purpose. Similarly, the satsang hall located at the Old Cantonment in Gwalior (M.P.) also accommodated a number of Corona virus infected persons.

Sant Nirankari Charitable Foundation, a social welfare branch of the Mission, is rendering services of

giving medical advice and aid through its helpline. This scheme is being run by Mission's doctors in coordination with the Medanta Hospital in Gurugram besides other hospitals. Under this critical phase of global emergency, the Foundation has come forward in organizing a number of blood donation camps at national as well as at international level.

In Jaipur, under the aegis of Sant Nirankari Mission, a considerable number of masks were distributed. For the ease of police administration, masks made of special Khadi fabric were made and distributed. The branches in Udaipuria, Hathoj, Thikariya and Dudu also distributed masks.

In Mussoorie (Uttarakhand), the Environment Day was celebrated on 5 June when the volunteers of the Sant Nirankari Charitable Foundation took up the task of sanitizing the entire city which was highly acclaimed by various social organizations.

The Sant Nirankari Mission, with its goal of spiritual awareness, has been working in the direction of social upliftment, relief, rehabilitation, etc., for the past 90 years. The Mission takes it as its duty and not an obligation. Service to the mankind is being rendered with full energy. Every saint carried out the service of either preparing langar (community meal) or its distribution following safety protocol of wearing mask and using the sanitizer. The Mission is firmly committed to serve the nation through its efforts to relieve the people from Corona pandemic.

In addition to above, commendable support was provided by Mission's branches in Ludhiana, Amritsar, Barnala, Chandigarh, Kotkapura, Gurdaspur, Paonta Sahib, Hoshiarpur, Simla, Rajpura, Jammu, Udhampur, Jalandhar, Longowal, Panipat, Karnal, Sonipat, Hisar, Yamunanagar, Fatehabad, Bundi, Jaipur, Barmer, Alwar, Bhilwara, Lakhshargarh, Sri Ganganagar, Jaisalmer, Sirohi, Udaipur, Jabalpur, Indore, Ujjain, Bhopal, Morena, Rewa, Satna, Mumbai, Pune, Nagpur, Aurangabad, Nasik, Kolhapur, Sholapur, Kolkata, Bardhaman, Howrah, Kanpur, Lucknow, Barabanki, Rudauli, Ayodhya, Kushinagar, Agra, Varanasi, Jhansi, Saharanpur, Mussoorie, Chamba, Dehradun, Rajgarh, Sirmaur, Katni, Surat, Ahmedabad, Vadodara, Bengaluru, Hyderabad, Patna, Nalanda, Gaya, Ranchi, Goa, Raipur and many more.

International Level

From the international perspective, the United States of America has been the worst hit country by Corona virus. Various branches of the Mission in this country initiated several food drives. Providing relief services, a large quantity of masks and gloves together with medical materials were provided to the front line workers. Till now, eleven food drives have been launched in America under which thousands of people have been provided with food. Also, in different cities of the neighbouring country, Nepal, viz, Tikapur, Kathmandu, Mahendra Nagar, Sarakpur, Bhajni, Amaravati, etc., a large number of relief items were distributed among people in distress.

Los Angeles, California (U.S.A.): The Mission's branch in Los Angeles adopted a multi-dimensional relief approach during Covid-19. To host virtual food drives, it collaborated with Harvest Food Bank. A considerable number of people lost their jobs leading to an increasing demand for food banks. The Mission's branch here has already distributed over 14,000 food packets. The 'food bank website' here prominently shows the Mission's contributions being a primary helping institution in this field.

New York (U.S.A.): Mission's branch in New York is objectively running an active human service campaign. A separate booth at the local congregation hall was created where a large number of surgical masks and latex-free gloves were distributed. The food packets, prepared at the branch were distributed among the staff as well as to the front line workers of three big hospitals, viz, Winthrop University Hospital, Good Samaritan Hospital and St. Francis Hospital.



Atlanta, Georgia (U.S.A.): The Atlanta Branch actively participated in the food campaign for homeless shelters. A large number of youth volunteers came up to collect grocery and paper products. Female volunteers also came forward to help prepare masks. Blood donation camps were organized in collaboration with the Life South Community Blood Centre.

Houston, Texas (U.S.A.): Food and food products were provided for jobless people through the Houston Food Bank. In addition, monetary aid through a cheque was also given to the Houston Food Bank.

Seattle, (U.S.A.): The local branch donated a large quantity of food articles to a non-profit organization, viz, North-West Harvest for providing relief to the pandemic victims. The North-West Harvest, Washington is a non-profit distributor of food products to about 375 food banks, food programmes and a network of schools requiring large quantity of food. At the instance of the North-West Harvest, saints in the Seattle branch collected money for the purpose of purchasing food items for victims.

Washington D.C. (U.S.A.): The Mission offered its complex to the local government officials for temporary



use in connection with matters related to Corona virus. This cooperation of the Mission was highly appreciated. These local authorities, being in contact with national authorities, briefed them about the community services being rendered by the Mission. The volunteers prepared warm food in the kitchen of the Satsang hall and delivered to the needy people.

Denver, Colorado (U.S.A.): The local branch provided a large quantity of food items to two main non-profit food banks, viz, the Christen Food Bank and the Project Worthmore for the purpose of rehabilitating refugees. The local volunteers of Denver Sadh sangat maintained social distancing while executing food campaigns. All the food items were carried in the vans of Crown Food Bank and Project Worthmore. The Coordinator of the Sphatic Food Bank 'Ms Vandy' expressed her thanks to the Mission for donating food for needy people.

Raleigh, North Carolina, (U.S.A.): The Mission's Branch in North Carolina coordinated with local food bank, viz, Food Bank of Central and Eastern North Carolina. This bank works for providing nutritious food, attending food problems as well as strengthening the community health. This bank collaborates with 34-county region, with over 800 partnership agencies to cater to the food needs of over six lakhs people, families, children and elderly.

Chicago (U.S.A.): During the Corona pandemic, the Chicago Branch has selected Greater Chicago Food Depository as a pantry for donation by the Mission. It is helping in the form of cash donation or by providing grocery items listed by them.

Boston, (U.S.A.): The Boston Branch has made monetary donation to the Greater Food Bank, Boston. Food articles weighing over 400 pounds



as well as toiletry articles were donated. This food bank is known as the biggest food relief institution in New England as well as in the whole of United States of America. This institute manages awareness among people about community health as also provides food to the people of East Massachusetts.

Tracy, California (U.S.A.): The Sadh Sangat in Tracy compassionately and lovingly participated in various selfless service activities.

Virtual Food Drive: A team called 'Divine Blessings' was registered with 'Harvest of The Silicon Valley', a non-profit organization having a large network of about 1000 sites and 310 partners. Through this medium, food is provided to children, families and senior citizens.

Tracy Bhawan providing help with grocery items: A new initiative was taken up in providing help to those Indian nationals and families who are facing hardships during this challenging time. Food items are made out of wheat flour, rice, vegetables, pulses, spices, etc for distribution to the needy.

St. Joakin General Hospital, Family Medical Residency and St. Joakin County Public Health Services were given cooked Indian food. In addition to the staff of these three medical institutions, over 500 food packets every day were provided. Every staff member of these hospitals appreciated this humanitarian gesture of the Mission.

Blood Donation

for the Corona Affected Persons



During this difficult period of Corona pandemic, all the hospitals felt shortage of blood. Therefore, in response to calls made by various hospitals, the Mission organized blood donation camps throughout the country. A brief account of this initiative is given below:

Chandigarh: At the Sant Nirankari Satsang Hall in Sector 30-A, a blood donation camp was organized on 28 June in which 175 people donated blood. The camp was inaugurated by the Mayor, Smt. Rajbala Malik Ji.

Speaking on the occasion, the Deputy Chief Coordinator of the Mission, Shri Shubhkarani Ji said that whereas the entire world is struggling with the Corona pandemic, the Nirankari Mission is making important contributions towards welfare of the mankind by fulfilling the need for Blood Banks. Through its branches within and outside the country, the Mission is helping in distributing essential ration items to the needy families with the spirit of selflessness.

The Zonal In-charge of Chandigarh, Shri K.K. Kashyap Ji informed that the blood donation camp was organized at the behest of the Blood Bank, P.G.I. and the Government Multi-Speciality Hospital, Sector-16. The volunteers and saints maintained proper social distancing while donating blood with a spirit of service to humanity.

Raipur Rani (Haryana): At the instance of the Blood Bank, P.G.I. Chandigarh, the Sant Nirankari Mission organized a blood donation camp at its Satsang Hall here. A total of 133 units of blood were collected. The camp was inaugurated by the Regional Coordinator, Sewadal, Panchkula, Shri Karnail Singh Ji Bhullar. Shri Ramswaroop Ji, head of the branch, expressed his sincere thanks to the team of the P.G.I. Chandigarh as well as those who donated blood.



Chandan Nagar (Pune): Under the aegis of the Sant Nirankari Charitable Foundation (S.N.C.F.), a blood donation camp was organized on 21 June at the Nirankari Satsang Hall located at Forest Park. The team of the Sassoon Hospital Blood Bank collected 72 units of blood. The officials of the Blood Bank made sincere appeals to people to donate more and more blood because of the lockdown situation in the city due to Corona pandemic.

Maharashtra: The Corona outbreak in the entire Maharashtra State has been severe and affected the entire government and health structure. Following the request of the Sassoon Government Hospital, the S.N.C.F. arranged various blood donation camps. Adhering to the safety rules framed by the Administration and doctors, the volunteers paid special attention to social distancing,



wearing of masks and hand gloves while conducting blood donation camps across the state.

Gurugram (Haryana): Under the supervision of the S.N.C.F., a blood donation camp was organized here on 4 July with a view to help victims of the pandemic. The camp collected 59 units of blood. The inauguration was done by Dr Satyen Sahgal of the Civil Hospital. Devotees donated their blood with enthusiasm at the camp arranged by Shri G.P. Chaddha Ji, Deputy Chief Coordinator (Administration), Nirankari Sewadal.

Jammu: In a blood donation camp organized here, twenty people donated blood. The camp was inaugurated by Dr. Mina Siddhu Ji (President, Blood Bank, State Medical College, Jammu). The Zonal In-charge, Shri Ajit Singh Ji informed that the S.N.C.F. has always been the front runner in human service and its volunteers are making committed efforts to provide relief during this pandemic period.

Jaipur: In this city also, a series of blood donation camps were organized from 11 to 20 May in which

the devotees actively participated. These camps were organized at the behest of the administrative authorities of the Sawai Man Singh Hospital which faced acute shortage of blood.

Dehradun: In this capital city of Uttarakhand State, a blood donation camp was organized at the Nirankari Satsang Hall on 15 June. It collected 60 units of blood. During the camp, all the precautions were taken like thermal scanning, sanitization, social distancing, etc. The Zonal In-charge, Shri Harbhajan Singh Ji and Coordinator, Shri Kalam Singh Rawat Ji expressed their sincere thanks to Shri M.F. Ansari, General Secretary of the Indian Red Cross Society as well as the entire team of the Doon Medical College.

Nagpur: A big blood donation camp was organized here also. The details of this camp are still awaited.

Delhi (Aman Vihar): During a blood donation camp organized here on 27 June, as many as 35 units of blood were collected. It was inaugurated by the local M.L.A., Shri Ravindra Bharadwaj Ji.



Delhi (Uttam Nagar): During a blood donation camp organized on 24 June, a total of 17 units of blood were collected. The camp was inaugurated by the Coordinator of the Palam Sector, Shri Ramsharan Ji.

Request to Readers



It is submitted before the esteemed readers of Nirankari journals, viz., Sant Nirankari, Ek Nazar and Hansti Duniya in Hindi, Punjabi and English, that the records of these journals and their subscribers are presently being updated. Therefore, you are requested to provide us with your mobile number, and e-mail ID at the earliest to the magazine department so that your record can be updated. Kindly mail your details to : sulekh.sathi@nirankari.org and patrika@nirankari.org

You may also provide these details to:
WhatsApp Mobile No.:9266629841

FOR OUR ESTEEMED WRITERS



* Published in eleven languages, 'Sant Nirankari', is purely a spiritual monthly magazine, containing articles by learned writers. A creative coordination with the society in spirituality and literature is also attempted through this journal.

* Another fortnightly journal, viz, 'EK Nazar', is brought out in three languages. Its main subject matter relates to ideological write ups, children's world, scientific and literary articles, inspiring stories and inspiring personages etc. Efforts are continuously made to improve its level and make it more attractive and interesting.

* Another publication, viz., 'Hansti Duniya' is brought out in four different languages. It is a rare monthly magazine aimed at the mental development of children. Its contents include interesting stories, knowledgeable scientific articles and poems, etc.

The contributions for the above publications in the form of articles, songs, poems, stories, etc. may please be sent only at either of two e-mail IDs, viz: sulekh.sathi@nirankari.org, and editorial@nirankari.org so that the writing material is received and published in time.

— Sulekh 'Sathi', Managing Editor, Magazine Department



Service with Humility

A Nationwide Tree Transplantation Campaign Organized By Sant Nirankari Charitable Foundation (S.N.C.F.)



The Sant Nirankari Charitable Foundation (SNCF) organized a nationwide tree plantation and maintenance campaign. The main objective of the campaign was to plant trees in huge number as also to maintain and strengthen them. This campaign was in support of a declaration made by the United Nations on 28 July 2020 to mark the day as the 'World's Nature Maintenance Day'. Whereas thousands of Foundation's volunteers took active part in this this grand campaign, the local administrative authorities and general public also extended their hand of cooperation to make this effort a success.

During the Tree Festival Week, a large number of trees were planted in various parts of NCR Delhi. A variety of types of trees suitable for the soil and weather were planted. Various types of tree-guard solutions were adopted in order also to provide their safety. Trees were planted in collaboration with Times of India in the northern part of Delhi and Gurugram on 4 and 5 July respectively. On 6 July, the campaign continued in the administrative and private school blocks in the villagers of Panchi Gujran, Bhodwal Majri



and Patti Kaliyan in Haryana, as these villages were already earmarked by the Foundation as its special areas for fast and all round development. This function was attended by all the villagers as well as the heads of these villages. Thousands of trees earlier planted were taken care of for future maintenance.

Because of the Corona pandemic, wearing masks and maintaining social distances were given proper care during these functions. In Sector 7 of Kurukshetra, trees for olive, neem, ashoka were planted in the presence of coordinators, viz, Shri Kewal Krishan Arora Ji and Shri Bal Krishna Mastana Ji. On the occasion of tree plantation drive in Burhanpur (M.P.), Shri Ramesh Jethwani and Chander Lalwani, coordinators, were present. In another campaign: 'A Plant For Every Home', as many as 160 plants were distributed.

In another campaign organized in Chandigarh, ex-Mayor Shri Rajesh Kalia, together with Shri Navnit Pathak Ji (Coordinator), a number of trees were planted. Another exercise was undertaken in the railway complexes in Rudauli and Ayodhya. The Station Superintendent, Shri Vishram Yadav Ji and many railway police staff jointly planted a large number of trees with support from Nirankari volunteers. The Deputy Superintendent of Rudauli, Shjri Nipun Agrawal (I.A.S.) planted trees in the administrative wing of Rudauli. Speaking on the occasion, Shri Agrawal said that SNCF has been the front runner in the fields of service and human upliftment. The Head of Rudauli Branch, Shri Ramchandra Yadav Ji and a number of volunteers of the Foundation planted various fruit bearing plants. The tree plantation campaign was carried out at a much larger scale and was successfully implemented.



During tree plantation drive, SNCF volunteers planting trees at various places paan India



Devotees of Sant Nirankari Mission doing multiple services across the globe during Covid-19





During Covid-19 the devotees of the Sant Nirankari Mission contributing in relief activities across the world

