₹ 10/-

ਸੰਤ ਨਿਰੰਕਾਰੀ

Sant Nirankari (Punjabi) Vol . 58 No. 2 FEBRUARY 2014

ਸਤਿਗੁਰੂ ਬਾਬਾ ਜੀ ਦੀ ਪਾਵਨ ਹਜ਼ੂਰੀ ਵਿਚ ਸੰਗਰੂਰ, ਲੁਧਿਆਣਾ ਵਿਖੇ ਹੋਏ 'ਭਗਤੀ ਸੰਗੀਤ ਸੰਮੇਲਨ' ਦਾ ਦ੍ਰਿਸ਼, ਨਾਲ ਹਨ ਪੂਜਯ ਮਾਤਾ ਜੀ

ਸੰਤ ਨਿਰੰਕਾਰੀ ਪਬਲਿਕ ਸਕੂਲ, ਫਰੀਦਾਬਾਦ (ਹਰਿਆਣਾ) ਵਿਖੇ ਹੋਏ ਪ੍ਰੋਗਰਾਮ ਵਿਚ ਸਤਿਗੁਰੂ ਬਾਬਾ ਜੀ ਦੇ ਨਾਲ ਸਕੂਲ ਦੇ ਬੱਚੇ ਅਤੇ ਪ੍ਰਬੰਧਕ

ਸਤਿਗੁਰੂ ਬਾਬਾ ਜੀ ਦੀ ਹਜ਼ੂਰੀ ਵਿਚ ਆਗਰਾ (ਉ.ਪ੍ਰ.) ਵਿਖੇ ਹੋਏ ਸਤਿਸੰਗ ਸਮਾਰੋਹ ਦਾ ਦ੍ਰਿਸ਼, ਨਾਲ ਹਨ ਪੂਜਯ ਮਾਤਾ ਜੀ

ਮਲੇਰਕੋਟਲਾ (ਪੰਜਾਬ) ਵਿਖੇ ਹੋਏ ਸਤਿਸੰਗ ਸਮਾਰੋਹ ਵਿਚ ਸ਼ਰਧਾਲੂਆਂ ਨੂੰ ਆਸ਼ੀਰਵਾਦ ਪ੍ਰਦਾਨ ਕਰਦੇ ਹੋਏ ਸਤਿਗੁਰੂ ਬਾਬਾ ਜੀ

ਸਤਿਗੁਰੂ ਬਾਬਾ ਜੀ ਦੀ ਹਜ਼ੂਰੀ ਵਿਚ ਜਲੰਧਰ (ਪੰਜਾਬ) ਵਿਖੇ ਹੋਏ ਸਤਿਸੰਗ ਸਮਾਰੋਹ ਦਾ ਦ੍ਰਿਸ਼, ਨਾਲ ਹਨ ਪੂਜਯ ਮਾਤਾ ਜੀ

ਪਾਨੀਪਤ (ਹਰਿਆਣਾ) ਵਿਖੇ ਹੋਏ ਸਤਿਸੰਗ ਸਮਾਰੋਹ ਵਿਚ ਆਈਆਂ ਭਾਵਨਾਵਾਂ ਵਿਅਕਤ ਕਰਦੀਆਂ ਸਥਾਨਕ ਭੈਣਾਂ

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ਮਹਾਰਾਸ਼ਟਰ ਦੇ ਪਹਿਲੇ ਸਾਲਨ ਦੱਤ ਨਾਗਪੁਰ ਦੀਆਂ ਤਿਆਰੀਆਂ ਦਾ ਜਾਇਜ਼ਾ ਲੈਂਦੇ ਹੋਏ ਸਤਿਗੁਰੂ ਜੀ ਅਤੇ ਹੋਰ ਸੇਵਾਦਾਰ

ਸਮਾਗਮ ਦੌਰਾਨ ਹਜ਼ਾਰਾਂ ਦੀ ਗਿਣਤੀ ਵਿਚ ਸੰਗਤ ਦਾ ਇਕੱਠ

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;fsro gtuB (25-11-2013)	;fsro pkpk ih	22-27

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Gkos@Bgkb	A1000	A2500	--	A6000	A10000
:jkell	£12	--	£60	£100	£150
:jog	€15	--	€75	€ 125	€200
nwokek	$20	--	$100	$150	$250
eBkvk@nk;Nbknk	$25	--	$125	$200	$300

fJe ekgh l A10 j'o dF l Tgjes nBj;ko nwokeh vkbo dl pokpo okFh

ਸੰਪਾਦਕੀ

nfj ;k;

r|o| tork e'Jh dksk Bjh Jl ws fJjdh ijh ws Bjh.
ejl ntsko r|o| dl pkMl dorfj ofjdh gs Bjh.

;goB ntsko pkDh d Tges Fbe nB;ko wByh ihtB ftu ro dh nfsns wjssk j feTfe ;fsro jh fifrnk; ~ gG dk frnkB gdkB eoe iBw-woD d ueo s puk ;edk j. rof;y d fjod ftu jo ;w fJj nfj;k; pfDnk ofjdk j fe ;fsro B pjw frnkB ogh i nwbe dks T;~ gdkB ehsh j, Tj ;;ko ftu jo eJh th Bjh d ;edk. ro dh fegk ;dek jh fiE Tj ihtB d TdF dh gosh eo gkfJnk j TE fJ; ;;ko ftu yFjkb ofjD dh :esh th T;~ fwb ;eh j. fJ;bJh rof;y jwFk fJj wBdk j fe -

nfj;kB i' ehs! g|o| ;fsr|o| pdbk Bjh u|ek ;edk.
ejl ntsko r|o| dk eo}k iBw-iBw Bjh bkj ;edk.

rof;y ;fsro okjh nkgD ihtB s ehs TgekoK dk jo gb nfj;k; pDk e oydk j ns fJj nfj;k; jh T;~ jo tb ngD ;fsro dh wfjwk, rDrkB ns gik eoB bJh gfos eodk ofjdk j.

ro gik dk f}eo nkTfdnK jh fJe gke-gftso, fBowb ns Titb ;tog nyK ;kjt nk iKdk j fi; ftu etb ns etb fgnko jh Mbedk j, fi; ftu ;kfonK bJh dfJnk ns eoDk Mbedh j, i rof;yK dhnK nyK dh nfsgs fgnk; ~ fsgs eoe TBK d fjofdnK ftu gktBsk Go fddk j. fJ;bJh jh sK oph goFK B fejk fe -

r|o| doFB dk cb j! tvk wB ~ gke pDKdk Jl.
r|o uoBK dh X|Vh gk e| wB wbk X|b iKdk Jl.

ro gik dh ggok :rK-:rK s ubh nk ojh j. ngD ;fsro gsh rof;y dh nk;Ek, ftFtk; ns ;wogD jh fJ; ggok d wb ftu j. rof;y wBdk j fe -

nkfg BkokfJD ebkXko ir wfj gotfo:T|..

rof;y dh nk;Ek sK ;fsro ~ jh gwkswk s th tXo Tgo oodh j fi;dk gwkD oph-goFK dh pkDh u ;gFN fwbdk j -

joh Bl ikB dlyK ftu x|oh,
r|o| Bl fpgsk ekNh w|oh.
joh Bl gKu u'o dhJl ;kE,
r|o| Bl geV fdykJl jkE.
ghgk n!;l r|o| sl sB wB tko,
joh si|j| go r|o| Bk ft;ko|.

;fsro gsh fJj nfj;k; jh rof;y ~ Grsh wkor s nr tXkTD ftu ;jkfJe jdk j ns Tj fJ; ;opftnkge nBs, ftFkb gow;sk gG fBoeko ~ ;fsro d dth ftneshst ftu wfj;; eo bdk j ns sB-wB-XB ;fsro ~ nofgs eoe dth yFh dk nBGt eodk j.

rof;y ~ gb-gb fJj nfj;k; ofjdk j fe ro dh n;b gik sK ro dk jew wBD Bkb jh ;Gt j fJ;bJh Tj jo jhb, jo ;w fJ;h ~ ihtB dk nkXko pDkTdk j. to, Jhoyk, jeko dhnK GktBktK ~ BV Bjh nkTD fddk ns fgnko, fBwosk, ;fseko, goTgeko ns dfinK dh ;tk ~ jh gfjb fddk j.

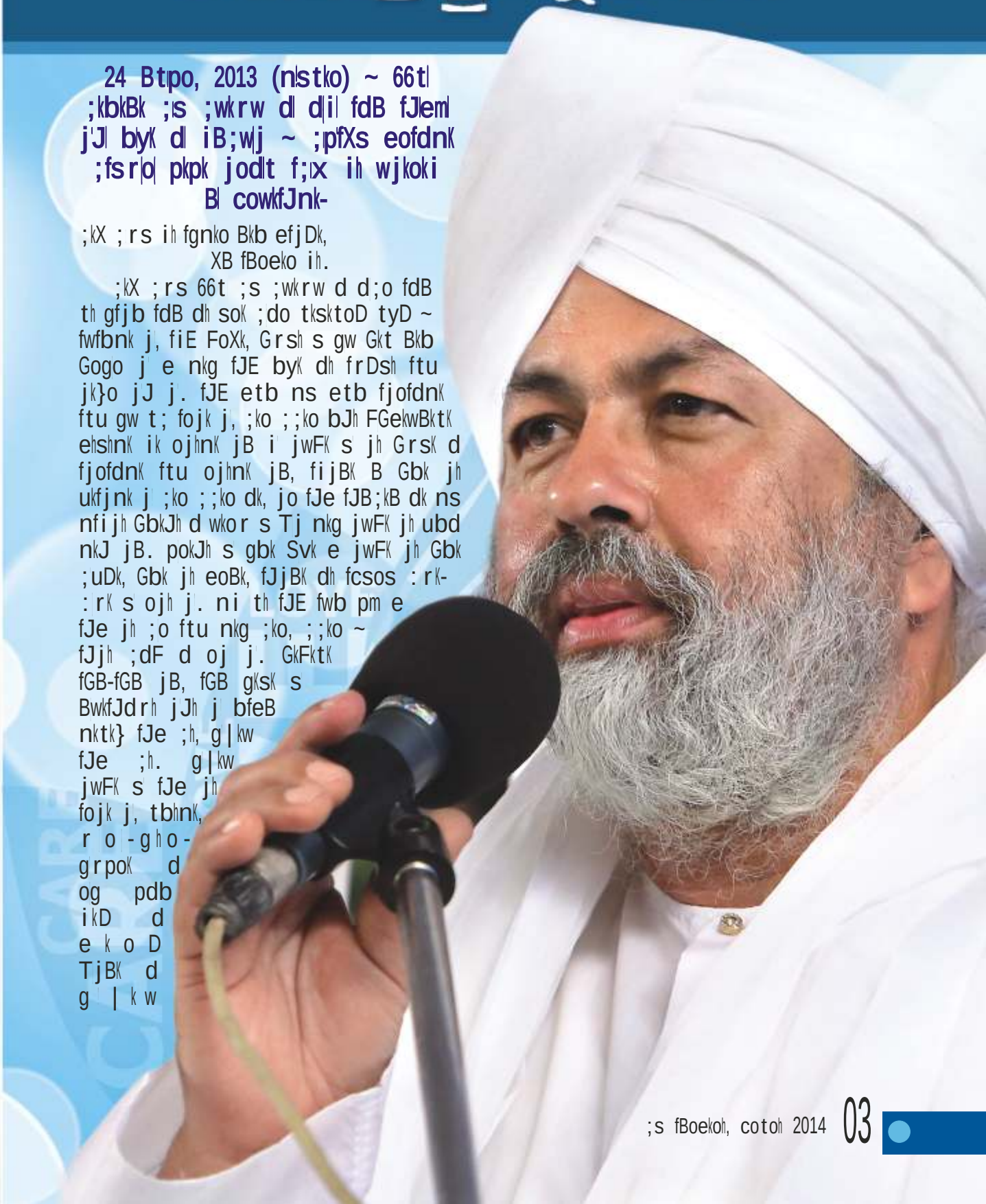
rof;y nfijhnK gftso GktBktK ~ grN og dD dk eJh Bk eJh nt;o yi bd jB. fBoekoh irs ftu 23 cotoh ~ ro-gik fdt; d og wBkfJnk iKdk j id dF-ftdF ftu pm Grs fJe tko fco nkgD nkg ~ ;fsro d gsh nogs-;wogs eod jB. ;fsro d nfj;kBK ns TgekoK ~ djokTd jJ ;fsro dhnK f;fynktK ~ ihtB ftu ngBkTD ns ;;ko se gukTD dk ;ebg eod jB.

ni id fJe tko fco n;h ro-gik fdt; wBkTD ik oj jK, ngD-ngD wBK ftu MKeDk j fe eh n;h f;oc ro-wfjwk rkTD, ro-:F eoB ~ jh ro-gik ;wM oj jK iK fco ;uwu fJj nfj;k; j fe ro op dk jh ;keko og j ns fJ;d puBK dh gkbDk jh ;jh ro-gik j.

;fsr|o| dh g|ik eoBh j! ihtB ftu jo gb jo ;|nk;.
r|o| s| o|p ftu coe Bjh e'Jh *;kEh* oyD! fJj nfj;k;.

- ;|by ;kEh
ssathi_2007@yahoo.com

ਸਤਿਗੁਰੂ ਪ੍ਰਵਚਨ



24 Btpo, 2013 (nstko) ~ 66tl ;kbkBk ;s ;wkrw dl d|il fdB fJeml j'Jl byK dl iB;wj ~ ;pfXs eofdnK ;fsr|o| pkpk jodlt f;x ih wjkoki Bl cowkfJnk-

;kX ;rs ih fgnko Bkb efjDk,
XB fBoeko ih.

;kX ;rs 66t ;s ;wkrw d d;o fdB th gfjb fdB dh soK ;do tksktoD tyD ~ fwfbnk j, fiE FoXk, Grsh s gw Gkt Bkb Gogo j e nkg fJE byK dh frDsh ftu jk}o jJ j. fJE etb ns etb fjofdnK ftu gw t; fojk j, ;ko ;;ko bJh FGekwBktK ehshnK ik ojhnK jB i jwFK s jh GrsK d fjofdnK ftu ojhnK jB, fijBK B Gbk jh ukfjnk j ;ko ;;ko dk, jo fJe fJB;kB dk ns nfijh GbkJh d wkor s Tj nkg jwFK jh ubd nkJ jB. pokJh s gbk Svk e jwFK jh Gbk ;uDk, Gbk jh eoBk, fJjBK dh fcsos :rK- :rK s ojh j. ni th fJE fwb pm e fJe jh ;o ftu nkg ;ko, ;;ko ~ fJjh ;dF d oj j. GkFktK fGB-fGB jB, fGB gKsK s BwkfJdrh jJh j bfeB nktk} fJe ;h, g|kw fJe ;h. g|kw jwFK s fJe jh fojk j, tbhnK, r o -gho- grpoK d og pdb ikD d e k o D TjBK d g | k w

Bjh pdb, ;dhnK :rK dk nsokb pFe jt bfeB i Universl Truth (;kotGfwe ;u) j, i fJe ;ukJh jdh j, Tj ekb Bkb pdbdh Bjh j, Tj ;EkB Bkb pdbdh Bjh j feTfe Tj dfBnkth ;ukJh Bjh j. dfBnkth ;ukJhnK gb-Go bJh jdhnK jB, TjBK dh fwnkd xN jdh j, Tj jwFK Bjh ofjdhnK jB. fJe ;EkB s ;ukJh eM jo jdh j ns d;o ;EkB s Tj ;ukJh Bjh jdh iK eM jo jdh j, ;w d Bkb Tj th pdbdh j, fJj dfBnkth ;ukJhnK jB bfeB fi; ;ukJh dk f}eo j fojk j, Tj jo ekb, jo wbe bJh, jo fJB;kB bJh, nfjwhns oydk j sK ni th Tjh g|kw djokfJnk ik fojk j.

nkg B ;do-;do Fpd ;D i ;k~ fJ; gk; gfos eo oj ;B ukj Tj fe; GkFk ftu ej rJ, SNh fijh wk;w Two, SN fij pu dh o;Bk s th ssbh }pkB ftu nkg B ;fDnk, }pkB ssbh ;h bfeB ;dF ssbk Bjh ;h, Tj pjs yok ;h, Tj nBk wjstgoB ;h i tvh-tvh Two tkb th ;koh Two Bjh ;wM gkTd. T; o;s ~ i o;sk ftBkF tkbk j, i T; ~ Svd Bjh jB, Tj wf}b-J-we;d ~ gkTd Bjh jB - **fwb| okj| jh w| jw, okj| B;hp pB rJh. s| Gh Bk nkgB| xo frnk, jw Gh Bk ngB| xo rJ.**

Tj okj ftu jh ofj ikd jB. TjBK ~ wf}b-J-we;d gkgs Bjh jdh. wf}b gkTD bJh wkfbe B fJj Tsw iBw fdsk j bfeB n;h okjK ftu jh TbM e ofj ikd jK ns wf}b Bkb ;kjwDk jh Bjh jdk, fJjh ;kvk B;hp pD e ofj ikdk j. wjKgoFK-;siBK BTgeko ehs. fJB;kB ~ wf}b dk f}eo jh Bjh ehsk pbfe wf}b s fbnk e yVk eo fdsk, o-p-o eo fdsk fJ; wkfbe-ykfbe, fJ; ;u Bkb, fJ; ;ukJh Bkb. fco id fJ; Bkb o-p-o jfJnk sK nksw-ftGo j frnk, nkswk fJ; soK Bu Tmh ghsw Bkb fwb e, iBwK-iBwK s ftSVh jJh nkswk dk fwbkg j frnk. XB j rJh Tj nkswk ns ;;ko ftu, fJ; fJB;kBh fi;w ftu fJ;dk nkTDk wpkoe j frnk. fJ; soK Bkb fJj wjKgoF-;siB-GrsiB fJj ;dF dd nk oj jB, fJFkok fJ; gk; jh ;h. goDk fJ; gk; tb tXD dh fdsh ik ojh ;h. jo eJh ;;ko d bkbu Bjh fds ik oj ;B, eJh uwsekoK dk f}eo Bjh j fojk ;h, eJh gkgshnK dk bkbu Bjh fdsk ik fojk ;h, etb ns etb fJ; wkfbe Bkb iVB dh goDk, fJ; Bkb iV e fjod ftu fgnko ~ Go e fgnko Gfonk fttjko eoB dh goDk, fJB;kBK dh edo eoBh, fJB;kBK ftu fJ; joh dk Bo tyDk ns ;kfonK ~ ngBst d Gkt Bkb Gogo j e nkgDgB dk Gkt gdkB eoBk. nkgDgB d Gkt ftu eJh gokfJnk, eJh prkBk Bjh j, Gkt, fgnko jh fgnko l fJj ou-t; ikJ fjofdnK ftu, ow-ow ftu. fe; FkfJo B fejk j- **Bk pskJ| jw| :j Fjos| :j dbs|, jw fgnko e| Gy| j| jw| fgnko ukjhJ** fe dbsK ns FjosK d f}eo eod j ns fJ; dV ftu br jJ j. fJ; dV ftu dVd fes ;u dk, gw dk, Bkw-fBFkB Bjh ihtB ftu, eJh wb oj Bjh jB. fJj ;wkrw dk i wy ftFk ofynk frnk Human Values (wkBth wb) i fJB;kBh edoK-ehwsK jB, fJj fJB;kB d ihtB ftu ew}o jdhnK ik ojhnK jB, fJj UMb j ikdhnK jB wjKgoFK B fJjh df;nk j fe nro fgnko dh, ;u dh, fJB;kBhns d wbK dh edo eor sd sjkvh ehws fJ; ijkB ns T; ijkB ftu j. You will be valued if you value the human values. (sjkvh ehws sd j nro s;h wkBth wbK dh edo eor) It was said , God has made so many images but how this human being is living his life, less of love, compassion and

tolerance. Just few days back and yesterday we celebrated and dedicated what was announced by United nations. 16th of November as an International Day for Tolerance. Where is tolerance left,where is copassion left, so much greed, so much selfishness, narrow-minded people are living in this world. So we are talking about values that saints and various prophets since time immemorials have given this message to the whole of mankind not for particular class of people or people belonging to a particular cast, creed of culture, this universal message for the whole of mankid. (nfijk fejk frnk j fe gwkswkB pjs ;ko og pDkJ bfeB fJj fJB;kB fe; soK nkgDk ihtB pshs eo fojk j, fi; ftu fgnko, eoDk ns ;fjBFhbsk dh xkN j. eM fdB gfjbK ns eb jh n;h wBkfJnk ns ;wofgs ehsk yd ~ ;:es okFNo ;x dnkok xfFs 16 Btpo d nsookFNoh ;fjBFhbsk fdt; d gsh. ;fjBFhbsk feE puh j, nBk f}nkdk ;nkoEhgD, ;ehoD wB tkb be fJ; ;;ko ftu ofj oj jB fJ;bJh n;h edoK dh rb efj oj jK. ;sK-gho-grpoK B goksB ekb s jh ;goD wkBtsk ~ fJjh ;dF fdsk j fJj ;dF fe; iksh, ;gdkfJ, ;;fesh bJh jh Bjh pbfe TjBK B ;goD wkBtsk ~ fJjh ;kotGfwe ;dF fdsk j.) fJj swkw ;dF jB ;;ko d fJB;kBK bJh feTfe fJB;kBK Bkb jh ;oeko j. Xosh dk iBs iK d}y pDBk, fJj fJB;kBK d ekoD jh j. If we feel that this world has become a hell or we wish for a heavenly atmosphere in this world, it will be possible only through human beings.We do not expect that animals will make this world a hell or they can make it heaven, it all depends upon human beings, if they are enlightened, if they are noble, if they have love and compassion, considerations for others in their hearts, they will make this earth a heaven. (nro n;h ;;ko ~ tyd jK sK fJj Boe pD uek j. i n;h ukjd jK fe ;;ko ftu ;tor tork tkskoD pD sK fJe tko fco fJj fJB;kBK d ekoD jh jJrk. n;h fJj Twhd Bjh eo ;ed fe ikBto fJ; ;;ko ~ Boe iK ;tor pDk ;ed jB. fJj ;G eM wBy s fBoGo j. nro Tj pXhwkB j, nro Tj Be j, nro T;d ndo fgnko ns eoDk j, nro wByK d fdbK ftu d;fonK dk fynkb j sK Tj nfijk ihtB ihDr fi; Bkb Xosh dk og ;tor tork ;do pD ;erk) fJ; soK Bkb wjKgoFK-;siBK-GrsiBK B ;;ko d fJB;kBK s ukfjnk j ns fJB;kBK ~ fJjh goDktK fdshnK jB. fJj ;dF ikBtoK bJh Bjh jB fJj fJB;kBK ftu jh i gFnK tkbh ftosh tkb jB, TjBK bJh jB. fJj fJB;kBK bJh jB fe jtkBhns ~ eY fdT, fJB;kBhns ftu ;fEs j ikT. fJj fe; rK, xV iK rX ~ Bjh fejk ik fojk j, fJj ;kvh rX tkbh gftosh, i nVhnb j Tj~ do eoB bJh fejk ik fojk j, fJB;kB j e fJ; ifjohbgB ~ do eoB bJh fJB;kB ~ fejk ik fojk j. fJj ;g ~ Bjh fejk ik fojk fe ;g s nkgDk ifjo nkgD ndo]sw eo d. fJ; soK Bkb nro n;h tyhJ sK swkw ikBto ns gF-gSh, TjBK bJh fJj ;dF Bjh j. fJj fJB;kBK ~ jh ;dF fdsk ik fojk j s ftvpBk fJj j fe fJB;kB jh ;GbD ~ fsnko Bjh j. fJj T; soK Bkb ihJ ik fojk j, T; okj s ubdk ik fojk j, Tjh fcsosK, TjBK gftoshnK Bkb Gogo j e fJj ;;ko ftu ftuoD eodk ubk ik fojk j. bG-bkbuK Bkb Gogo, jeko Bkb Gfonk jfJnk, pokJhnK Bkb Gfonk jfJnk, nfijhnK-nfijhnK usokJhnK fJj eodk ik fojk j, fJB;kB fe; soK Bkb fttjko eo fojk j,

nkgDl nkg ~ Go bT| nfijhnK GktBktK Bkb, nfij| ;fs Bkb, nfij| rDK Bkb, fi; dl ekoD s;h Gol j'J oj'r| s| Gogo j' e| fJ; ;;ko s| oy;s j't'r|. ykbh jE Tj ikdl jB. i' etb ns| etb dfBnkth gkgshnK Bkb Gogo ofjdl jB feTfe Tj Bkb ikdhnK Bjh jB, ;oho fJE ofj ikdk j! sK Tj feE Bkb ikDrhnK

fit fe fJe fJB;kB ~ gefVnk frnk s Tj~ ii d ;kjwD gF ehsk frnk sK ii B fejk fe - You have stolen money from this man and that person says no My Lord, I have not stolen money from him, he gave it to me when I pointed the gun towards him. (s fJ; nkdwh d ogJ uokJ jB sK Tj ftnesh efjdk j fe Bjh ii ;kfjp, w fJ;d ogJ Bjh uokJ jB, T;B w~ fJj ogJ yd fds jB, id w fJ;d Tgo pde skB fdsh ;h.) fJ; soK fJj feBhnK usokJhnK eodk j, feBhnK ubkehnK eodk j ns id yd ~ fJj nfj;k; Bjh jdk sK fJ;~ wj dh ykDh gdh j. wjkgoFK-;sK B fJe-fJe bw ~, fJe-fJe gb ~ ;do pDkTD dh rb ejh j fe ;kvk fJe-fJe gb ;do j ikJ, ;kvk swkw ihtB ;do j ikJ, s n;h usokJhnK, ubkehnK, jeko, B\os, to, Jhoyk, fxDk, nkfd GktBktK s do j ikJhJ ns fJe ;do og ;kvk pD ikJ. fJe nfijk ;do og i fe mve fddk j, i fe ;ko tkstoD ~ wfjedko pDk fddk j, nfijk ;do og ;kvk pD ikJ, fJjh wjkgoFK dk jwFK Gkt fojk j, fJjh TjBK dh ukjBk ojh j, fJjh TjBK dh fJSk ojh j.

ni nkg ;ko fJE jk}o j e fJjBK gfjbnK ~ Tikro eo oj j, fJjBK ~ w}psh d oj j. ukj nkg fe; th gKs s ub e nkJ j, fe; wbe s ub e nkJ j, nkg ;ko fJjBK ehwsK ~ w}psh dD bJh, fJB;kBhns ~ fco ;Ekfgs eoB bJh, BehnK Bkb Gfonk ihtB ihD dh goDk dD bJh, fJE jk}o jJ j, j}koK whb dk ;\o sn eoe. nkg th rfj;Eh j, fJj Bjh j fe fes nkg ~ pm - fpmkJ jh eJh nk;wkB s ewkJhnK nk ikdhnK jB, fwjBs-wFes eod j,]B-g;hB dh ewkJh j, jo geko Bkb nkgDhnK f}wdkohnK nkg dhnK th jB. gfotkoK ftu feBhnK-feBhnK w}pohnK th jdhnK jB bfeB nkgd wBK ftu Tj goTgekoh fjodk th sK ew eodk j, Tj Grsh th sK j, fJ; ekoD nkg j}koK-j}koK whb dk ;\o sn eoe fJE gXko j. nkgd fjod ftu dod j fJB;kBhns d gsh, wkBt iksh d gsh. ;siBK B ed fJB;kB ~ fJj ghVk TmkTd ty e T; gkf;U ny Bjh coh j, jwFK fJjBK B T; ghVk ~ joB bJh nkgD :rdkB fds jB. fJB;kB nfrnkBsk d ekoD Grs fojk j, GowK d ekoD Grs fojk j bfeB fJ;~ nfj;k; Bjh j fe fJj ghVs th j. nfj;k; Bjh j feTfe ekoD ;wM ftu Bjh nk fojk j, wjkgoF-;siB fJB;kB dh fJ; ghVk ~ ;wMd jB fJ;bJh T; ghVk ~ do eoB bJh fJj nkgD :rdkB fdd nkJ jB, fJj Tguko eod nkJ jB, fJj oFBh ;Ekfgs eod nkJ jB, fJj Tikbk eod nkJ jB, skfe fJB;kB fJ; ghVk s Tgo Tm ikJ.

GrsK d fjod ftu Tgeko d }ip jd jB toBk eh bDk-dDk. toBk Grs epho ih efj ;ed ;B, whokpkJh efj ;edh ;h, sekokw ih efj ;ed ;B, Bkw dt ih efj ;ed ;B fe ;k~ sK wf}b fwb rJh, ;k~ sK Tikbk gkgs j frnk, ;k~ joK s eh bDk-dDk< nro nfijk Gkt TjBK dk jdk sK nk;kBh Bkb fJe gk; j ikd, fco fe; to-tk;s dk ;kjwDk Bk eoBk gdk. i GrsK-ro-gho-grpoK s ibw jJ sK nk;kBh Bkb TjBK dk pukn j ikdk, eh bDk-dDk j n;h sK gju jJ jK wf}b s, bfeB nBhnK-nBhnK eopkBhnK, nB pbhdkB d fds fJ;bJh fe fJB;kB fJ; rb ~ ;wM ikJ fe fJ;dk fjs fe; ftu j, fJ;dk efbnkD fe; ftu j, fJj fe; soK

Bkb wf}b se gju ikJ, fJ; ihtB ekb ftu jd jJ, fJj TjBK d wB ftu dod ns ghVk ojh j, fJ; bJh fJj goTgeko eod nkJ jB ns ni th nkg T; goTgeko d }ip Bkb Gogo j.

nkg irk-irk s fJj g|kw fdd ik oj j skfe fJB;kBK dh ;wM ftu fJj rb nkJ fe Materialism (gdkoEtkd) s nr th fJe wjstgoD ihtB j, fJ; ihtB d gfjb jB, n;h fJ; s nr fBebhJ, fJE se ;hfws Bk ofj ikJhJ. fJ; ftu eJh Fe Bjh fe }oos j ;kwkBK dh, }oos j riokB dh, }oos j nr tXD dh, jo eJh isB eodk j nr tXD dh, ekw:kp jD dh. To be successfull, as has been said, no doubt, we work hard to attain success but at the same time we should work hard to be man of values. We want to became man of success in various fields, we want to be successful, so we have to always think of that aspect by which we are considered as truely successful person. Even if we achieve world but if we lose our soul, what have we gain. Wordly achievements, no doubt, are important and saints never said that you don't achieve them but they pointed out towards important factor that do not lose those values and do not lose humanity, humanity is the foremost. (;\b jD bJh fit fe fejk frnk j fe pFe n;h ;\bsk gkgs eoB bJh ;]s fwjBs eod jK bfeB Bkb-Bkb ;k~ fJB;kBh edoK Bkb Gogo fJB;kB pDB bJh efmB :sB eoBk ukjhdk j. n;h ihtB d ftfGB ysoK ftu ;\b jDk ukjd jK, n;h ;\bsk ukjd jK fJ;bJh ;k~ TjBK gfjbnK tb brksko fXnkB dDk gJrk, ;jh wkfJfBnK ftu ;\b ftnesh pDB bJh i }ooh wB ikd jB. nro n;h ;;ko gk ikJhJ bfeB nkgDh nkswk rtk pmhJ sK n;h eh gkgs ehsk< ;;kfoe gkgshnK pFe wjstgoD jB ns ;sK B ed Bjh fejk fe TjBK ~ gkgs Bk eo bfeB TjBK B fJ; wjstgoD sE tb fJFkok ehsk fe TjBK edoK-ehwsK ~, wkBtsk ~ rtk Bk dDk feTfe wkBtsk pjs wjstgoD j) ni th wjkgoF-;siB fJjh nktk}, fJjh g|kw d oj jB fe n;h soehnK eod jK wpkoe j, ;k~ dfBnkth ekw:kphnK fwbdhnK jB wpkoe j, fJ; ftu eJh fJsok} Bjh j bfeB fco Tjh rb fe wb ;Ekfgs jD ;kv ihtB d skfe fJB;kBhns jt, wkBtsk jt. fJB;kBhns dk gbk ed Bk SvhJ, fJB;kB pD ofjD s eM th gkgshnK eoBk wpkoe j toBk Tj ekw:kphnK jd jJ th fJjh wfBnk ikdk j fe eM th jkf;b Bjh jfJnk j. gkgshnK jJhnK bfeB fco th ykbh jE wfBnk ikdk j fe ykbh dk ykbh fojk. nkgD tb ;funk fe pjs Go frnk jK bfeB ykbh dk ykbh fojk fJ;bJh wjkgoF-;siB fJB;kBK ~ ;wMkTd jB fe nkgD nkg ~ Go bT nfijhnK GktBktK Bkb, nfij ;fs Bkb, nfij rDK Bkb, fi; d ekoD s;h Go jJ ojr s Gogo j e fJ; ;;ko s oy;s jtr, toBk sK jwFK s fejk ik fojk j fe ykbh jE jh ub ikd jB. ykbh jE Tjh ikd jB i etb ns etb dfBnkth gkgshnK Bkb Gogo ofjd jB feTfe Tj Bkb ikdhnK Bjh jB, ;oho fJE ofj ikdk j sK Tj feE Bkb ikDrhnK fit fe; FkfJo B th fejk j Tj Fno fi; ftu fejk frnk j fe :kd oy e e\B ftu ip Bjh jdh. fe; soK Bkb fJj fi;w th fJE ofj ikdk j, fJj dfBnkth gdkoE feE Bkb ikD tkb jB, fJj wfjb wkVhnK feE Bkb ikD tkbhnK jB. fJ;dk wsbp fe ykbh jE ikd jB-

fenk bleo e nkfJnk ir w, fenk bleo e ikJrk. wjmh pkX nkfJnk ir w, jkE g;ko ikJrk.

fJ;dk wsbp sK ykbh jE ikDr bfeB fJE fejk ik fojk j fe Bjh Gogo j e ikDr, nfijh dbs ewkJhJ, nfijhnK gkgshnK eohJ, nfijhnK TgbGXhnK gkgs jD fe Gogo j ikJhJ fJ; dBhnK ftu, fJ; wkBt ;oho dh :ksok sn eod jJ Gogo j ikJhJ ns Go e ikJhJ fJE, ykbh Bk ikJhJ. fJj tes fJ; bJh pjs nwbe wfBnk frnk j, fJj pjs nwbe tes j, fJ;~ nt jh jE Bjh rtkTDk j, fJj ;Bfjoh nt;o j fJ;~ B}ondk} Bjh eoBk j feTfe B}ondk} eoBk pjs Gkoh g iktrk. fJ;dh nDdyh eoe fco sK etb ftbkg j, fco sK etb eobkJrk, fco eM jE nkTD tkbk Bjh j fJ;bJh fJB;kB s jKbk th ;Gb ik, jKbk th edo eo b ns nkgD ihtB ~ T; fwnko se b ik, fi; fwnko s epho ih gju ;B, fi; s swkw GrsiB gju ;B. Tj fJ; ekoD gju ;B, eJh dfBnkth og iK eJh fbnkes dh rb Bjh ehsh ik ojh j fe T;d ekoD gju ;B. Tj gju ;B fJ; ekoD, etb fJjh wkfXnw ;h, fJjh iohnk ;h, fJjh gkgshnK TjBK B ehshnK ;B, fJ; ekoD TjBK ~ Tj wekw jkf;b jfJnk ;h. n;h th Tjh wekw jkf;b eoBk j, n;h th Tjh TukJhnK gkgs eoBhnK jB. jo fJB;kB ~ wjKgoF-;siB fJjh fJe goDk fdd jB fe fJB;kB Ts;kfjs j ikD fJ; gk;. fJB;kB s ;sk Bk ofj r\bs dh Bhd ftu, nDdyh Bk eo, s ;ir j ik, nyK yb b, ;ukJh dk ;kjwDk eo b, fJ; ;fs ~ ihtB ftu Tsko b, fJ;~ nkXko pDk b ihtB dk ns fco fJe nfijk ;do sok tid jt i dBhnK bJh th todkB pD ikJ. fJ; soK Bkb s nkgD fJ; ihtB d ;\o ~ sn eo b.

fJj mhe j fe dBhnK ftu pjs eM j fojk j, TjBK Ts ;kvk eJh }o Bjh ubdk fit fe dk; ne;o efjdk nk fojk j fe dBhnK ftu nB ev fpyo jJ jB fe fe; fe; ev ~ uDr sK wjKgoFK B fJe okj d; fdsh fe nro ;ko ev Bjh uD ;er sK w}ps ;b tkbk isk gk bT, fco ev jd jJ th s;h nk;kBh Bkb T;d Tgo fBeb ikTr. ;ko ev uDBk wwfeB Bjh j bfeB nkgB is s;h gk bd j sK TjBK efvnK Tgo rio ikd j. wjKgoFK-;siBK B fJB;kBK ~ ihtB ihD dk fJjh ;bhek df;nk j, fit nkgB jD EVh do gfjb ;fDnk fe - Team of Doctors has come from abroad, and they are treating so many people who are suffering from certain ailments and you have listened the words of wisdom which were conveyed from this team, that we should make the best use of the present time, present moment. We should live the present moments to the fullest.

An example came to mind, that a person was in his house and outside the front door. His wife was shouting and outside the back door his pet dog was barking and his friend was with him and he said, friend which door will you prefer to open first. that person said obviously the back door, I will let the dog in because the moment he will enter he will start barking and he will just try to lick me and try to lift me. I want to enjoy that moment, and if I open the front door first and let my wife inside and next 30 minutes there will be bla bla bla bla and I will be deperived of that happiness which I will get from the dog, my pet (vkeNoK dh Nhw do dFK s nkJh j ns Tj pjs ;ko beK dk fJbki eo oj jB i fe; yk; fpwkoh Bkb ghVs jB ns nkg B TjBK d fttegoD ftukoK ~ ;fDnK i T; Nhw okjh grN ehs rJ fe ;k~ nkgD toswkB gb dk ;otsw Tg:r eoBk ukjhdk j. ;k~ toswkB gb ~ ;goD og Bkb ihDk ukjhdk j.

fJe TdkjoD wo wB ftu nkfJnk fe fJe ftnesh xo ftu ;h sd xo d nr tkb dotk} d ;kjwD T;dh gsBh Fo eo ojh ;h ns xo d fgS tkb dotk} d ;kjwD T;dk gkbs esk Ge fojk ;h. T;dk fwso i T;d Bkb xo ftu jh pmk ;h T;B gfSnk fwso! fejVk dotk}k s;h gfjbK ybDk ukjr< Tj ftnesh pfbnk - fBFfus og Bkb fgS tkbk dotk}k ybKrk ns nkgD gkbs es ~ gfjbK xo ftu nkTD dtKrk feTfe fi; gb Tj ndo nkJrk, Tj GeDk Fo eork ns w~ TmkDk ukjrk. w T; gb dk nkBd bDk ukjrk ns nro w nr tkbk dotk}k gfjbK yb e gsBh ~ gfjbK ndo nkTD ddk jK sK nrb 30 fwNK se pbk-pbk-pbk-pbk jh jdk

ojrk ns w T; yFh s tKMk ojKrk i w nkgD gkbs es s gkgs eo ;edk jK)

efjD dk Gkt fe fJe-fJe gb ~ n;h nfijk Tg:rh pDk bJhJ. tkeJh jh ihtB ;k~ pjs nkBd ddk j, ;k~ yFh ddk j. b bJhJ ihtB s i ;k~ ihtB s fBjwsK fwbdhnK jB, toBk bD s nkJ sK ihtB fJe ;kj th Bjh Svdk j. sK fJe-fJe bw ~ Tg:rh pDk bJhJ, Sv dJhJ to-B\os. SNhnK-SNhnK rbK s nBK ehwsh ;wK rtk fdd jK, SNhnK-SNhnK rbK ;kv bJh nBhnK wjstgoD j ikdhnK jB, fijBK d eJh wkfJB Bjh jB, fijBK dk eJh wjst Bjh j T; ftu jh n;h nkgDk ;kok ;wK BFN eo fdd jK, ftnoE rtk fdd jK. eM T; ftu jkf;b jD tkbk Bjh j, eJh T; Bkb B}dhehnK tXD tkbhnK Bjh jB pbfe doh jh tXrh. fJ; soK fJjBK ehwsh gbK ~ n;h ftnoE ftu rtkTd ub ik oj jK. fJe-fJe gb dh n;h edo gkJhJ, fJe-fJe gb dh ehws gkJhJ feTfe fJj fJe tko jEK ftu yM frnk sK tkfg; Bjh nkJrk, fco n;h efjd jK fe feE frnk B}o Bjh nkTdk j. nbg j ikdk j Tj sK ! fJe-fJe ihtB dh feBh ehws j, fJe ftnesh id dBhnK s ubk ikdk j sK GogkJh Bjh j gkTdh j T;dh T; og ftu. fJ;bJh edo eohJ n;h fJe-fJe ;kj dh, edo eohJ fJe-fJe fJB;kB dh ns fJ; ihtB d gbK ~ n;h fpskTd ub ikJhJ fe fJe-fJe gb ;to ikJ noEks n;h T; ~ fJ; soK Tg:rh pDkJhJ, toBk bw sK bw jB, fJj sK fJe-fJe eoe phs jh oj jB.

;wK sK nkgDh o\sko Bkb ub jh fojk j, fJ;dk eM ftrVBk iK pDBk Bjh j. nro n;h edo eo btKr sK ;kvk pD ikJrk, nro n;h fJ;dh edo Bjh eoKr sK ;kvk ftrV ikJrk. ;w dk eM pDBk ftrVDk Bjh j, fJ; wkfbe-ykfbe dk eM pDBk iK ftrVBk Bjh j. fJj pDBk s ftrVBk ;kv bJh j sK ;MtkB pD ikJhJ, ftteh pD ikJhJ, nfijh wisdom (ftte) gkgs j ikJ sKfe n;h Bk nkgDk ftrkVhJ ns Bk jh d;fonK dk ftrkVhJ. nkgDk th ;tkohJ ns d;fonK dk th ;tkohJ. n;h fJ; ihtB d ;\o ~ fJ; soK sn eo bJhJ, fJ; ;fs ~ nkXko pDk e, fJ; wkfbe ~ nkXko pDk e. fJjh ;uk nkXko j, fJ;h ~ goD fejk frnk j. fJj gok j, fJ; go d Bkb n;h iVhJ, fJ; ;fs d Bkb Bksk iVhJ, fJ; ;fs d Bo ~ xfN-xfN ftu tyhJ ns fJ; d jh Brw rkJhJ, fJ; dh jh wfjwk rkJhJ, ;ko ;;ko dh GbkJh dh ekwBk eohJ ns nkgD bJh Fesh wrhJ, nfijk ;do ihtB ihD bJh, nkgD ;kjK ~ fJ;~ ;wofgs eoB bJh feTfe fJj nkfd s j, fJjh ekfJw-dkfJw ofjD tkbk j-

nkfd wX sl ns se ekfJw Jl fBoeko.

fJjh jwFK s ;h, j ns ojrk th. fJjh ;kvk ;uk ;jkok j, fJjh ;koh dBhnK, ;koh ekfJBks dk nk;ok j, fJ; d ekoD ;goD pfjwv jd ftu nkfJnk j. dBhnK ftu feE n;h ;ud jK fe eJh ;jko pDd jB, fit Tj FkfJo dk Fno fXnkB ftu nkTdk j fe -

swkw T\wo ejK eB ;kE ofjs j\,
iBkil w\Gh b'r eX\ pdbs\ ofjs j\.

fJj FkFts fJe gwkswk jh j, nro dfBnkth og ftu eJh Individual (ftnesh) ;kvk ;jkok pD fojk j sK Tj th wkfbe d ekoD jh pfDnk jfJnk j, fJ;bJh fJ; wkfbe ~ gfjb dDh j - This God Almighty nirakar (fJ; ;otFeshwkB fBoeko ~) ;kX ;rs, dgfjo s jh nkgB fe; edo ;do GktBktK ~, ;do Yr Bkb i fpnkB ehshnK rJhnK, TjBK ~ ;fDnk j. fJ;h soK eb th nkg B nfijhnK ;do GktBktK ;DhnK ns eb th ;wkrw dk sh;ok fdB j, eb th nkg Gogo nkBd bTr ns Ts;kfjs jtr, gw ns Grsh Bkb Gfonk ihtB ihD bJh ns nkBd th gkgs eor fJ;bJh dk; jo f}nkdk FpdK dk ;jkok Bk bdk jfJnk nkg s fJ}kis ukjrk.

;kX ;rs ih, XB fBoeko.

(gFeF - okigkb Bk;k)

ਜਨ-ਜਨ ਦੇ ਪ੍ਰੇਰਣਾ ਸਰੋਤ

ਸਤਿਗੁਰੂ ਬਾਬਾ ਹਰਦੇਵ ਸਿੰਘ ਜੀ

;fsro dh wfjwk dk toDB eo ;eD *u epho ih tor FFm ;sk B th ngDh n;woEk Tikro eod jJ fejk fe ;koh Xosh dk ekr}, ;koh tB;gshnk dh byBh ns ;s ;wdo dh f;nkjh pDk bJh ikJ sd th *ro rD fbyk Bk ikJ* noEks ro dk rD fbfynk ikDk ;Gt Bjh jtrk, fco th Grs ngD ;fsro d rDk, goTgekok dk toDB eoB dk brksko isB eod ofjd jB.

;fsro pkpk jodt f;x ih wjkoki dk ihtB ns nfXnksfwe Bo pugB, p}or, :tk, fJ;soh-goF ;kfonk ~ ;wkB og Bkb nkeofFs eodk j. *oj rdrd j rJh J, dkfsnk doFB eoe so* tor rhs rk e dF-dodF ftu Grs ;fsro pkpk ih d gsh TwV fgnko ~ grN eoB dk isB eod jB. rodt d doFBk d fJSe Grsk ~ TBk dh jbeh fijh Mbe ns fJe w;ekB fsgs eo ddh j. ;fsro pkpk jodt f;x ih dk iBw 23 cotoh 1954 ~ ;s fBoekoh ebBh fdbh fty jfJnk. wk ebts eo ih ns fgsk pkpk ropuB f;x ih dk Gogo fgnko sk TBk ~ fwfbnk jh, FfjBFkj pkpk ntsko f;x ih ns irswksk pXtsh ih dk bkv-fgnko th nkgd ;do ftneshst ~ fBykoD ftu Gogo fojk. ovhU ebBh ;fEs o}oh gpfbe ;eb ftu nkgdh Fonksh gVkJh Fo jJh ns gfNnkbk (gikp) d :kdftdok gpfbe ;eb ftu nr dh f;fynk ;gB jJh. fdbh :Bhtof;Nh nkgdh Tu f;fynk dk wkfX:w fojk.

nfsns fBwo ns Fks ;Gkn tkb jodt f;x ih BitkBk ftu nfsns befg: oj. nkgB ;s fBoekoh ;tkdb dh todh gk e ;fs;r ;pfXs nBek ftt;EktK ~ ;ukoskgote ;GkbD *u :rdkB fdsk. 14 Btpo 1975 ~ nkgdk FG ftnkj gi: ;ftdo eo ih d Bkb ;gB jfJnk. 24 ngb 1980 ~ eokj gJ bek B nkgd fgsk ;fsro pkpk ropuB f;x ih s ekfJokBk jwbk eoe TBk ~ Fjhd eo fdsk. fJ; fdb dfjbk dD tkbh xNBk B ;goD fBoekoh irs d Bkb-Bkb nkg d ihtB ew ~ th pdb e oy fdsk. 17

ngb 1980 ~ ;fsro og ftu grN jD d pkd nkgB ;G s gfjbK FoXkbnK ftu fJ; Fjkds Bkb gdk jJ r; ~ mvk eoB bJh]B tjkTD dh irk]BdkB eoB dk fBodF fdsk. nkgd wkordoFB ftu ;s fBoekoh fwFB byK :fBN]BdkB eoe ftFt dh ;G s wjoh]BdkB eoB tkbhnK ;;EktK ftu Fkfwb jfJnk. fBoekoh ;oto ~ ;do og dDk jt iK nkXfBe dth :ksok (Divine Joruny) fwTihnw iK Jest d ctko dk fBowkD, nkgB ngD :r wkordoFB dh nfwN Skg jo EK s Svh.

pjwfrnkB ogh nBwb ;rks ;;ko ~ d e ;fsro yFh gdkB eod jB. ;s epho ih efjd jB -

r|o ;wkB dksk Bjh, :kue fFF ;wkB.
shB b'e eh ;gdk, ;'
r|o| dhBj| dkB.

fJ; ;;ko ftu frnkB d ;wkB gftso eoB tkbk fBo; d j jo eM th Bjh j. ;fsro frnkB ogh feFsh ftu gkgh s gkgh ~ fpmk e Gt;kro s gko eo dd jB. ;fsro s f}nkdk fdnkb ;;ko ftu eJh jo j jh Bjh ;edk. FhwdGrts rhsk ftu GrtkB Fh feFD noiB ~ efjd jB, noiB s frnkB d okjh ;fudkBd gwkswk ~ ty -

nfg uldkf; gkgG:L gkge|swL.
;ot frnkBgbktBt tofiBL ;|sfoF:f;.

(rhsk-4 -36)

i s jo ;G gkghnK s f}nkdk gkg eoB tkbk j sK th s frnkB ogh feFsh dnkok fBo;dj ;goD gkg-;wdo s nkokw Bkb so ikJrk.

;sK B ;fsro dh iksh gSD bJh tofis (wBK) ehsk j, fi; soK fwnkB dk Bjh, sbtko dk wb jdk j, fJ;h soK ;fsro iksh-gksh s Tgo fBowb wkBt sB ftu ftuoD eod jB, fJ;h dk ;jkok bDk ukjhdk j. ;fsro dk ;oho nby goy ~ dyD dk dogD j. i nby dh bysk eoBk ukj, Tj Bo og ftu BkokfJD ;fsro d doFB eo e fsgs j ;edk j. ;fsro pkpk ih dh pkjoh ;ohoe pDso f;y og ftu j, fJ;bJh fJBK ~ f;y iK gikph ;wM bD Bkb ;fsro d n;b ;tog ~ Bjh ikfDnk ik ;edk. fdbh ftu 66t ;s ;wkrw d shi fdB GrsK ~ iksh-Xow dhnK ;hwktK s Tgo TmD bJh gfos eod jJ pkpk ih B fejk ;h - ne;o be Gow eod jB fe fJj gikphnK dk fwFB j. gikph sK fJE 20 gshFs th Bjh jB, 80 gshFs sK i gikph Bjh jB, Tj fwFB dk nr jB. fJj ;kotGfwe, ;G dk ;KMk fwFB j i nBesk ftu Jesk dk ;do og j. ;s fJ; soK Bkb ftnkge fdFNheD oyd jJ ;koh wkBtsk, ;ko ijkB bJh ;do ;u oyd jB.

;fsro pkpk ih ;Gkn nB;ko xN jh pbd jB, ;kdk GiB rfjD eod jB bfeB ew brksko ns ;G s f}nkdk eod jB. ;kb d fsB uEkJh fdB nkg efbnkD :ksoktK s ofjd jB.

fJBK :ksoktK dk f}nkdkso fj;k ;Ve wkor okjh sn jdk j fco th nkgd fujo s EekB iK n;fjisk dk BkwfBFkB Bjh jdk pbfe nkgd fujo dh uwe ns w;ekB dy e FoXkb Bth Toik Bkb Go ikd jB. ;kdk ihtB Tu-ftuko dh goDk ns wkBt wkso d efbnkD dh GktBk ns fBokeko gwkswk d gsh ;wofgs j e ihtB :ksok sn eoB dk wkordoFB nkg wkBt wkso bJh ;Ekfgs eod ik oj jB.

16 Btpo 2013 ~ fdbh ftu ;kbkBk ;s fBoekoh ;wkrw dhnK fsnkohnK d dokB nkgB ;:es okFNo okjh xfFs ***nsookFNoh ;fjBFhbsk fdt;*** d nt;o s ;wkrw wdkB fdbh fty jk}o j}koK FoXkbnK ~ ;fjBFhbsk ngBkTD dh goDk dd jJ fejk fe wkBt fi; soK dk ihtB ihn fojk j fJ; ftu fgnko, eoDk, ns ;fjBFhbsk dh ewh j. srfdbh, ;tkoEgosk tkb be ;;ko ftu tX oj jB, ;fjBFhbsk xN jh puh j. ;kfonK ~ ;fjBFhbsk }oo ngBkTDh ukjhdh j.

;fjBFhbsk jt iK wkBth edoK-ehwsK jD, ;fsro pkpk ih fiE ;;ko ftu fJBK dh ewh tb fJFkok eod jB, TE jh fJBK ~ tXkTD *u brksko :rdkB dd jB. ndts Gkt *u ;fEs jD bJh pkpk ih *Jest* Gkt ~ ngBkTD dh goDk fBoso ftFt iBwkB; ~ d oj jB. 2012 ftu :H eH ftu jfJnk fBoekoh nsookFNoh ;wkrw (nBHnkJHHn;H) jt iK jo ;s ;wkrwl pkpk ih Jest dk Gkt ;G EK ;Ekfgs eod ik oj jB.

23 cotoh 2014 (ro gik fdt;) ~ pkpk ih dk 60tK iBwfdB j. ;fsro pkpk ih ngDh dth w;ekB ns wXosk Bkb ;;ko ~ fBoso ;yh eod ofjD, fJ; ro gik fdt; s fJjh FGekwBk j. fJjh ekwBk nkgD ns ;ko ;;ko d bJh j fe-

r|o wofs rfs udowk, ;te BB ue'o,
nkm gjo fBoys oj|, r|o wofs eh n'o.

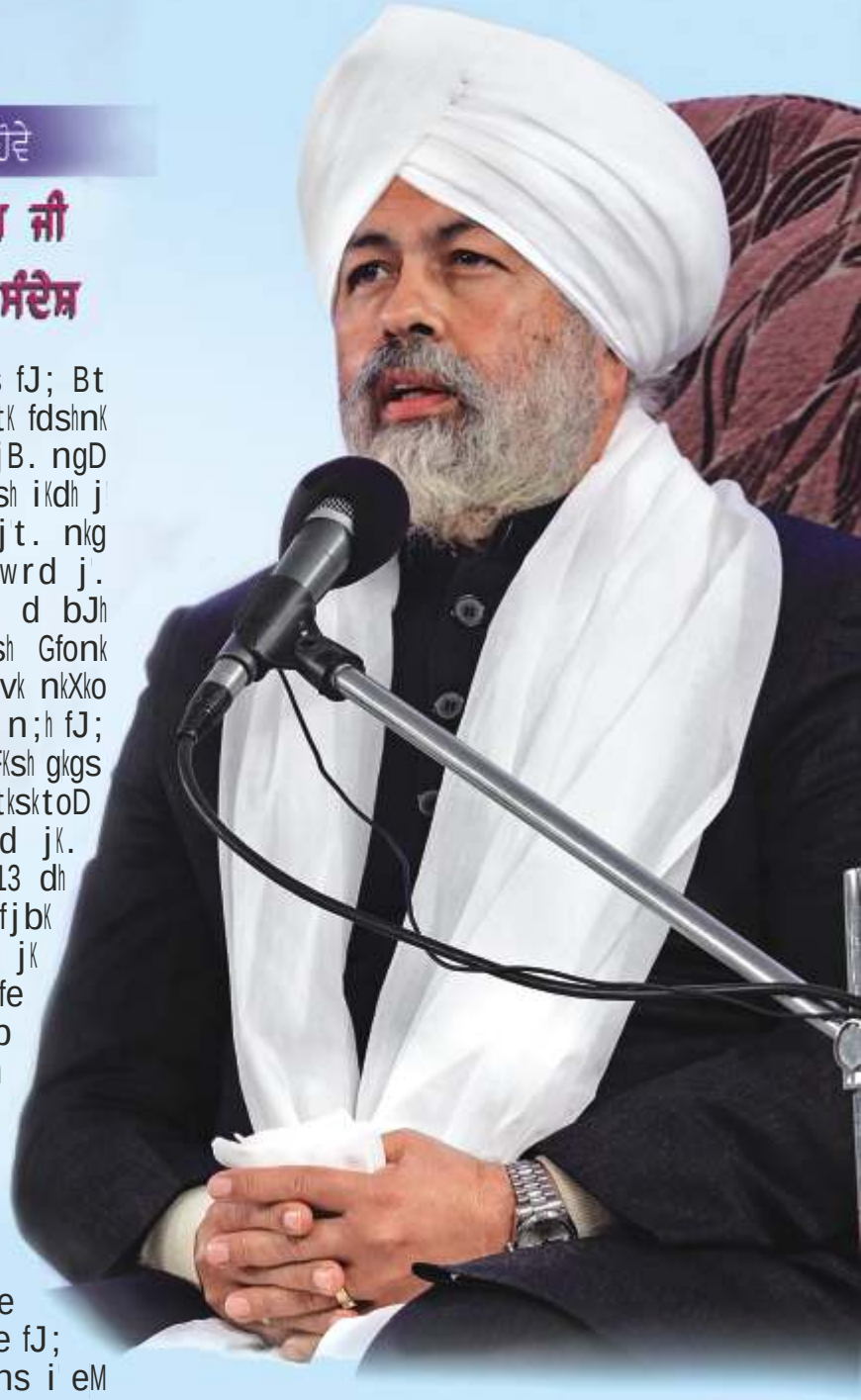
ਨਵਾਂ ਸਾਲ ਸਾਰਿਆਂ ਲਈ ਮੰਗਲਮਈ ਹੋਵੇ

ਸਤਿਗੁਰੂ ਬਾਬਾ ਹਰਦੇਵ ਸਿੰਘ ਜੀ ਮਹਾਰਾਜ ਦਾ ਨਵੇਂ ਸਾਲ ਦਾ ਸੰਦੇਸ਼

Bt ;kb dk nkrwB jfJnk j ns fJ; Bt ;kb d bJh ;;ko Go ftu FG ekwBktK fdshnK ikdhnK jB, gkoEBktK ehshnK ikdhnK jB. ngD ns ;ko ;;ko dh GbkJh dh gkoEBk ehsh ikdh j fe uko gk; FKsh Gfonk tksktoD jt. nkg GrsiB th ;;ko dh GbkJh d bJh wrd j. f;oc wrd jh Bjh j GbkJh eoB d bJh wjstgoD :rdkB d oj j. FKsh Gfonk tksktoD sK jh ;Ekgs jdk j id ;kvk nkXko gwkswk, JhFto-fBokeko pDdk j. id n;h fJ; Bkb iV ofjd jK sK wB ~ ;eB ns FKsh gkgs jdh j ns n;h uko gk; th fJjh tksktoD ;Ekfgs eoB ftu ngDk :rdkB dd jK.

jD i 365 fdB phs jB, i 2013 dh ;wkgsh jJh j, fJj ;kb th, fJ; s gfjbK th nshs d tb id B}o xwk e dyd jK sK ;k~ f;oc gVub eoBh jdh j fe n;h ngDk fJj swkw ;wK fe; soK Bkb fpskfJnk j< n;h eh tkeJh jh wkBth rDK ~ w}psh fdsh j< wkBth edoK ~ w}psh fdsh j iK fco n;h nfijh Values dh iok th edo Bjh ehsh. eh n;h fBob Grsh GktBk Bkb Gogo j e fJj ;wK fpskfJnk j< eh tkeJh n;h rows d nB;ko fBwo pD e ftFkbsk Bkb Gogo j e ;fjBFhb j e fJ; ;w ~ fpskfJnk j< n;h gVub eohJ ns i eM ofj frnk j T;~ gkgs eohJ. rows d nB;ko ftFtk; Bkb Gogo j e ns ftFkbsk Bkb fJ; ihtB d ;\o ~ sn eohJ. ;kfonK d bJh BtK ;kb wrbwJh jt, fJjh FGekwBk j. dksko fiE dth rD ;kfonK d ihtB ftu Gogo eo TE jh ;y-;gBsk th jo fe; d ihtB ftu nkJ. uko gk; fgnko Gfonk tksktoD jt, ;ko fJB;kB xoK s b e, gfotkoK s b e swkw ;;ko Go bJh Jesk GkJhuko dh GktBk Bkb Gogo ofjD sKfe fj;k, Tgdt fJj ;G i nfij wkjb pDd jB, fJBK s ;kfonK ~ SNekok fwb ns Xosh fJe ;tor dk og pD, fJjh FGekwBk j.

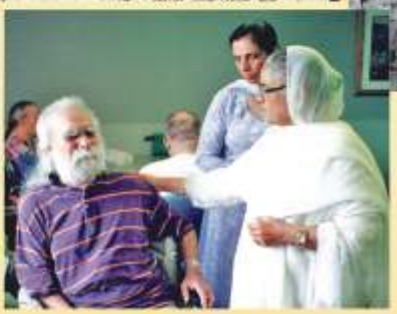
XB fBoeko ih.



ਪਿਆਰ ਅਤੇ ਅਪਣੇਪਨ ਦੀ ਪੁੰਜ

ਨਿਰੰਕਾਰੀ ਰਾਜਮਾਤਾ ਜੀ

frnkB ns Grsh dh ;kyFks wosh fBoekoh okiwksk ebts eo ih ~, ngD iBw fJe iBtoh 1931 s jh gfotko ftu i GrshwJh tkskt oD fwfbnk, Tj jD se fBoso ikoh j. FfjBFkj pkpk ntsko f;x ih s id nkg~ pjwfrnkB dh ;rks gkgs jJh sK nkgd GrshGkt ftu jo fByko nk frnk. okiwksk ih B FfjBFkj ih d nfws tuBK ~ ngD ihtB ftu ngBkTD dk ;do isB ehsk. FfjBFkj ih B frnkB gdkB



eod jJ fejk ;h -

fJe wkfJnk j fi;~ gfesh th efjd jB ns fJe fBoeko gwkswk j i fJ; wkfJnk ~ pDkTD tkbk j. wkfJnk ghtosBFhb j gwkswk Bjh. fJ; nub-nvb gwkswk dk jh ;jkok bDk j. fJBK tuBK ~ nkgB rY pB fbnk. pkpk ropuB f;x ih d Bkb nkdoF XowgsBh dk og ns pkpk jodt f;x ih d Bkb nkdoF wk dk og sK gF;k:r j jh l ;tk, f;woB ;fs;r ~ nkgB fi; og ftu rows nB;ko ngBkfJnk, Tj th pfw;kb j.

ni fsnk;h ;kb dh Two ftu th okiwksk ih dk frnkB ns Grsh d gsh i brkt j, Tj goDk irkTdk j. okiwksk ih d BV gju e FoXkb-GrsK ~ ngko fgnko ns ngDkgB sK fwbdk jh j, okiwksk ih th fJe wwskwJh wK dh soK FoXkb-GrsK dh fttjkoe ;wf;nktK dk ;fji jb gF eoe TBK d ihtB dk wkordoFB eod ofjd jB. dF-dodFK s nkTD tkb GrsK ~ okiwksk ih eb ojkBh nFhotkd th fwbdk j ns TBK dhnK eJh pjs wFfeb brD tkbhnK ;wf;nktK th gbe Mgefdnk ;bM ikdhnK jB.

fJe tko fJe

gsh-gsBh fBw;eko dhnK bkJhBK ftu id okiwksk ih ;kjwD gju sK gsBh B fejk fe wksk ih Fkdh ~ eJh ;kb j rJ, eJh puk Bjh j. wksk ih T;dh rb fXnkB Bkb ;D oj ;B, eb jh fJe jo iVk ngD pu d Bkb ngDh pBsh oyD bJh yVk ;h, TBK d Bkb i puk ;h Tj th fJj rbK ;D fojk ;h. pu B ngD jE ftu fbnk jfJnk SBSBk T; wK d jEK ftu d e fejk - nKNh fJj fyvDk, nkg ngD pN ~ d dDk. fBoeko gG dh fegk Bkb pkd ftu TBK xo pNk jfJnk. T; wK B Tj fyvDk ngD pu ~ d fdsk.

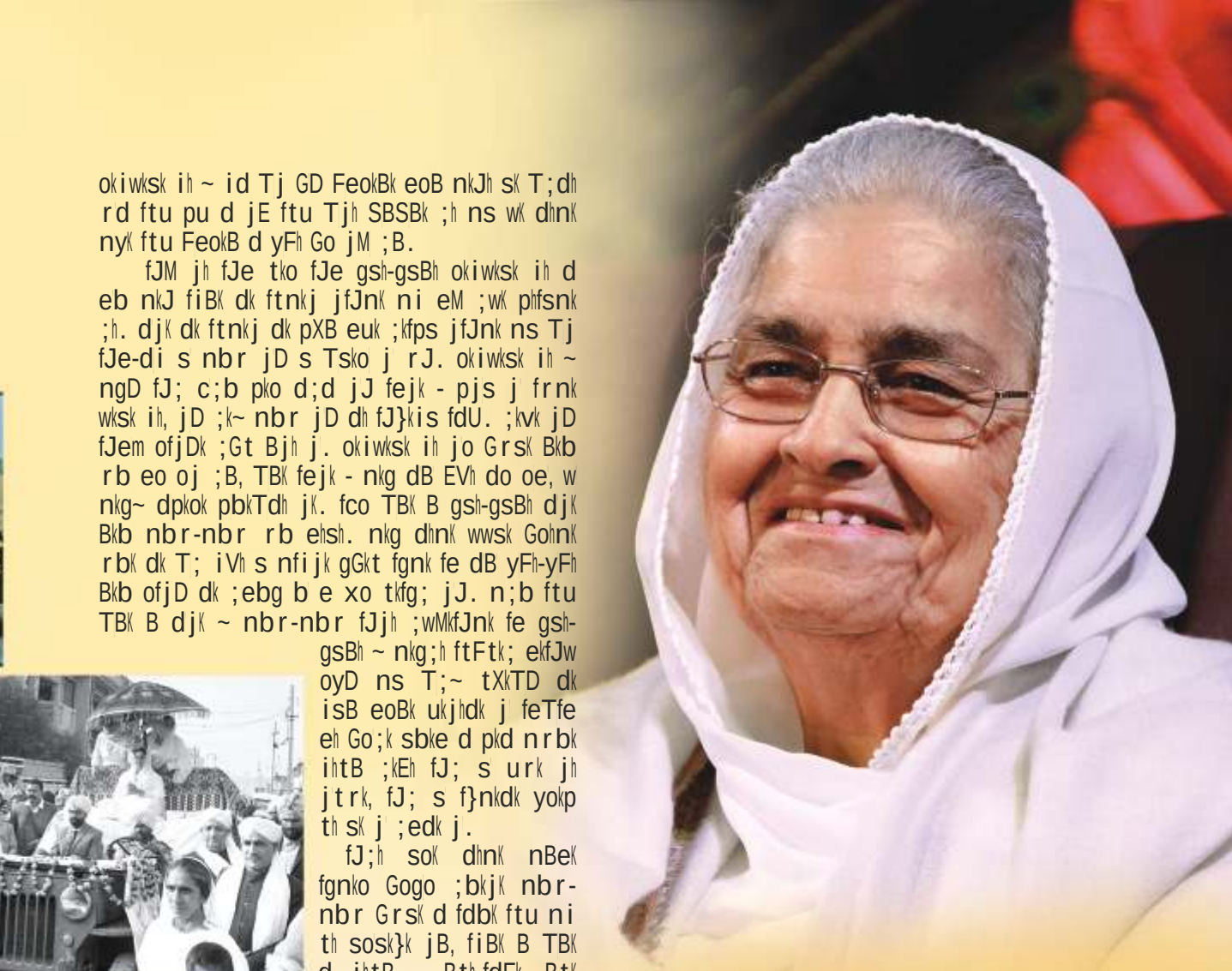
okiwksk ih ~ id Tj GD FeokBk eoB nkJh sK T;dh rd ftu pu d jE ftu Tjh SBSBk ;h ns wK dhnK nyK ftu FeokB d yFh Go jM ;B.

fJM jh fJe tko fJe gsh-gsBh okiwksk ih d eb nkJ fiBK dk ftnkj jfJnK ni eM ;wK phfsnk ;h. djK dk ftnkj dk pXB euk ;kfps jfJnk ns Tj fJe-di s nbr jD s Tsko j rJ. okiwksk ih ~ ngD fJ; c;b pko d;d jJ fejk - pjs j frnk wksk ih, jD ;k~ nbr jD dh fJ}kis fdU. ;kvk jD fJem ofjDk ;Gt Bjh j. okiwksk ih jo GrsK Bkb rb eo oj ;B, TBK fejk - nkg dB EVh do oe, w nkg~ dpkok pbkTdh jK. fco TBK B gsh-gsBh djK Bkb nbr-nbr rb ehsh. nkg dhnK wwsk GohnK rbK dk T; iVh s nfijk gGkt fgnk fe dB yFh-yFh Bkb ofjD dk ;ebg b e xo tkfg; jJ. n;b ftu TBK B djK ~ nbr-nbr fJjh ;wMkfJnk fe gsh-gsBh ~ nkg;h ftFtk; ekfJw oyD ns T;~ tXkTD dk isB eoBk ukjhdk j feTfe eh Go;k sbke d pkd nrbk ihtB ;kEh fJ; s urk jh jtrk, fJ; s f}nkdk yokp th sK j ;edk j.

fJ;h soK dhnK nBeK fgnko Gogo ;bkjK nbr-nbr GrsK d fdbK ftu ni th sosk}k jB, fiBK B TBK d ihtB ~ Bth-fdFk, BtK TsFkj fdsk.

wwskwJh okiwksk ih d Bkb guko :ksok s rJh fJe GD B df;nk fe TBK ~ gN ftu r; pDB dh ;wf;nk ;h fJ; bJh Tj ngD Bkb ;kohnK dtkJhnK b e ubdh ;h. okiwksk ih B T; GD ~ ;wMkfJnk - Bk f}nkdk ykU, Bk gN ~ ykbh oy, ;sfbs GiB eor sK dtkJhnK dh }oos jh Bjh gtrh. ;uwu nfijk jh jfJnk ns okiwksk ih dh f;fynk ~ ngBk e Tj GD swkw ;ohoe phwkohnK s pu rJh.

fttjkoe ;wf;nktK d fJbktk okiwksk ih d rows Bkb Go nfXnksfwe ;dF, beK d fjod ftu rfjokJh se Tso



ikd jB feTfe Tj i th pbd jB, TBK d eow ftu jdk j. ;fs;r ftu ikDk okiwksk ih ~ pjs g;d j, Tj pyko ftu sg th oj jD sK th ;fs;r ikD bJh fsnko ofjd jB, fJ;bJh id Tj ngD gtuBK ftu ;fs;r ftu }oo nkTD dh goDk dd jB sK jo fe; ~ Tj wio jdk j.

;fsro s ftFtk; ns ;wofgs ofjD dk Gkt nkgd jo gtuB u grN jdk j. fJ;d fgS th TBK dk bpk s}opk j i FfjBFkj pkpk ntsko f;x ih, pkpk ropuB f;x ih ns ;fsro pkpk jodt f;x ih d ;w ftu Bkb ofjd jJ fJemk ehsk. Tjh ;G eM nkg nB;oD-nBeoD bJh nr gF eo dDk ukjd jB. nfij GrsK dh frDsh byK ftu j i fBoekoh okiwksk ih dk fgnko ns wwsk Gogo wkordoFB gk e ;oyo j rJ. ;kfonK d fjod dh fJjh fJSk j fe okiwksk ih dk nFhotkd jwFk fwbdk jh oj.

ਮਾਂ ਦੇ ਚਰਨਾਂ ਵਿਚ ਹੈ ਰਹਿਮਤਾਂ ਦਾ ਖ਼ਜਾਨਾ

wK dh gfoGkFk d ;eDk nk;kB Bjh j. wK dh wwsk, fJ; dh eoDk, dfJnk dh udo tKr j i pu ~ jo pbk s pukTdh j. wK dh SK ftu puk ;ofyns ofjdk j. wK dh wwsk dk dkwB dBhnk dk ;kjwDk eoB dh Fesh ddk j. wK ;kfJnk pD e pfjdh j, ;N pu ~ brdh j, dod wK ngD ;hB ftu }ip eo bdh j. wK fJe-gb th do jdh j sK nXokgB fijk brdk j. wK d ftSV dk fJe-fJe gb ;dh tork brdk j. wK dk nKub yFhnK dh cbtkVh j. wK dh rd ftu nkBd dh febekoh j. wK d uoDK ftu ;tor tork ;y j. wK dk ;tog ;u-wu op tork j. wK fttneshst dh fBowksk j. wK ftu ;Bj dh SK sK j bfeB emosk dh Xg Bjh j. wK dk fjodk gw dk Tj ;kro j fi;dh eJh fw;kb Bjh j. nfij jh fgnko, wwsk ns ;Bj Bkb Goh jJh wK j gi: wksk ;ftdo eo ih.

gi: wksk ih ;fsro pkpk jodt f;x ih wjkoki dh XowgsBh jB. nkgdk iBw 12 iBtoh 1957 ~ jfJnk. Btpo 1975 ftu nkgdk FG ftnkj jodt f;x ih Bkb ;gB jfJnk. w;oh ftu Fonksh f;fynk gkgs eoB d dokB nkgB ewb pe ov ;fEs ;s fBoekoh ;fs;r GtB fty FfjBFkj pkpk ntsko f;x ih ;goD ro gfotko ns jo ;sK dk Gogo fgnko s nFhotkd gkgs ehsk. Fo s jh nkg FKsh go fdsVsk Bkb ngD Nhu tb nr tXD bJh fsnko ofjd ;B. fttkje ihtB d Fonksh gi ;kb pjs ;y-uB Bkb phs fco 24 ngb 1980 dk Tj ekbk fdB nkfJnk id pkpk ropuB f;x ih okjK s GNe }kbw beK dh wkBf;esk d fj;k dk fFeko j rJ. wkBtsk d w;hjk d fJ; soK Fjhd j ikD d pkd gi: wksk ih B ;fsro pkpk jodt f;x ih wjkoki d Bkb nBh w}psh ns fdVsk Bkb ;kJ dh soK ;kE fBGkDk Fo ehsk fi;dh fes jo fw;kb fwbDk wFfeb j. pkpk jodt f;x ih d ;fsro og ftu grN jD d pkd gi: wksk ih go dF Go ftu ns do-dFK ftu cb fBoekoh GrsK ns jo fifrnk;nK se gju e TBK ~ wkordoFB gdkB eoB dk ew eo oj jB. ;kohnK ghtkoe f}wdkohnK fBGkTd jJ nkg goTgeko d ew ~ gfjb dd jB ns ;fsro pkpk ih d Bkb bwhnK efbnkD :ksoktK s th brksko ikd ofjd jB. ;fs;r grokw ftu nkgdh usBsk tyfdnK jh pDdh j. fjdh ns nro}h ftu pVh eFbskgote ngDh rb oyD ftu wkfjo jd jJ th gi: wksk ih ed ;Ni s

ftuko eoB bJh nr Bjh nkJ. jkbkfe wk s jh pu pbDk f;yd jB bfeB fJj Tj wk j i ;kfonk ~ pbD dk wek ddh j go nkg wB ofjdh j. ;tk, f;woB, ;fs;r eoB dh goDk nkg ngD pbk dh pikJ ngD eow ns ftTjko Bkb dd jB. ;fs;r gvkbk ftu wu s ;fsro pkpk ih d Bkb gi: wksk ih dh widrh fJe nByh yFh ddh j. Grs ihtB d wFfeb gFB wksk ih d ;kjwD oy e nkgdk wkordoFB bd jB ns TBk f;fynktk dh oFBh ftu pf\eo j e nr tXd jB, gi: wksk ih efjd jB -

❖ xo-gfotkok ftu FkbhBsk, ;fjisk ns ;tkGkt Bkb ofj e xo dk wkjb ;do pDkJh oyhJ.

❖ fiBk puhnk d ftnkj fBoekoh gfotkok s pkjo jd jB, eJh tko TBk ~ TE ;rs Bjh fwbdh. nfij ;w Tj wB ~ ftufbs Bk jD dD ns fBoeko Bkb Bksk iVd jJ fBokeko dk jh nkXko bD. ;fsro dk nk;ok ns fBoeko dk nkXko wB ~ yFh gdkB eodk j.

❖ i BitkB pu-puhnk do dFk ftu ofjd jB, Tj TE ;rs Bkb iV ofjD. fBoeko, ;kX;rs dk ;kE ojrk sk rbs o;s s ikD s pu ofjDr toBk ;ukJh dh okj s GNeD dk vo pfDnk ofjdk j.

❖ ngD ihtB dk Nhuk ;k\ oyhJ, fJXo-TXo GNehJ Bjh. gVkJh-fbykJh d gsh th usB ojhJ. eJh tko pu pkpk ih s gSd jB fe pkpk ih nwHn;H;hH eo fojk jk nr eh eok< fJj fXnkB dD :r rb j fe ftfrnkB dh gVkJh eoe T;h ftu wjkos jkf;b eoBh j nfijk Bjh fe pkpk ih ysh-pkVh eoB ~ efj dDr. fJ; sok gi: wksk ih pu-puhnk ~ gfog esk jkf;b eoB dh goDk dd jB fe ro dk ;jkok b

e jo sok Bkb soeh eod ikU. wk d uoBk ftu ofjwsk dk nBwb]ikBk j fJ;dk bkG gkgs eohJ -

wk e| uoD| w| ofjws| ek j| yikBk,
wb Bjh fJ;ek :j nBwb nkfF:kBk.

ਗੀਤ-ਗੁਲਜ਼ਾਰ

r|o| g|k fdt;

nwBdhg (skokrVj, pNkbk)

ro gik fdt; n;h ;ko ob e wBkJhJ.
nkgD ;fsro ~ ;ko ob-fwb foMkJhJ.
ro gik H H H

;fsro dhnK ofjwsK ;G fwbdhnK B.
ghs fgnko d wfje cbK tKr fybdhnK B.
ir ;do j ikt, wfjeK jh cbkJhJ.
ro gik fdt; H H H

sB wB XB Bkb ;tk eohJ ro do s.
;yK d Bkb Gvko ;kfjpk Go d.
wB nkgD ~ ;tk, d ftu bkJhJ.
ro gik fdt; H H H

;tk ;fs;r f;woB ;dk ;kvk rfjDk J.
;G ftu fJe fwe j e fgnko Bkb ofjDk J.
nwB pNkbth d rhs, ir ~ ;DkJhJ.
ro gik fdt; H H H

;|uh g|k r|o| dh

pbthso ;'Yh (wbgsk)

;uh gik ro dh byK dyK ~ jodh.
ro ;koh dBhnK dk jd jwdodh.

goB ro dh gik, fijdk sV Bjh dik-2
i XowK w}jpK dk fJ}jko Bjh eodh,
ro ;koh dBhnK dk H H H

Xosh s nkTdk J, Gkt og tNkTdk J-2
fJj ofjdk nwo ;dk, Gkt dBhnk ojh wodh,
ro ;koh dBhnK dk HHHHHHHHHH

;tk eo i fBofJSs, Tjdh oydk J gs-fJ}s-2
i ro do dk jfJnk, Tj ;tk eo ro xo dh,
ro ;koh dBhnK HHHHHH

fJe g;k th rof;y dk, ro xo gtkB uVdk-2
Tj Gkr tkbh bSwh, i ro do GNk uVdh,
ro ;koh dBhnK dkHHHHHHHHHH

fJfsjk; rtkj ir dk, ir tKr puk bdk-2
nkg oe bJ @;Yh# rof;y dh B}o wVdh,
ro ;koh dBhnK dk HHHHHHH

r|o| g|k

;|ydt f;|x (;|rshtkbk)

ro gik nkTdh ;k~ ;wMkTD bJh,
to Jhoyk ~ wBK u fwNkTD bJh,
ftu wBK d t;kJhJ ;ko fgnko ;s,
rows Bkb nkTDk j ;Xko ;s.

ro gik ;k~ Grsh f;yk ojh,
fijVh nXeko wBK u fwNk ojh,
ybk frnkB tkbk tos Gvko ;s,
rows Bkb nkTDk j HHHHHH

pVk Gtib ikt Tjdk sodk,
wkD Sv fijVk ro do jodk,
;kvk ;jDk fijk pD feodko ;s,
rows Bkb nkTDk jHHHHHHHH

ro gik fdb ftseo sVdh,
@dt# fgnko tb fdbK ~ j wVdh,
ukb ubDh j ro nB;ko ;s,
rows Bkb nkTDk j HHHHHHHHH

fBoeko ;keko o|g ftu

Uw g|ekF (B|rb NkT|BfFg)

fBokeko ;keko og ftu ir d ndo nkfJnk j
okiwksk dk oki dbkok jodt BK oykfJnk j

dF-ftdFK d ftu fco e Bkw dk ;dk tu fojk,
iB fifrnk; uoBh Yfjd ;;ko j yV e ty fojk,
fjd w;fbw f;y Jh;kJhnK ~ fJ; rb fwbkfJnk j,
okiwksk dk oki dbkok H H H

npo efjdk Xosh wK ~ ur s eow ewkJ,
fi; s nk e jodt gho B ;s ;wkrw bkJ,
;oi uB ;skfonK B th fJ; ~ ;h; fBtkfJnk j,
okiwksk dk oki dbkok H H H

irK-irK dhnK fgnk;hnK ojK dh fJj fgnk; pMkdk j,
nkp fjnks d u;w ftu Go e ikw fgbkTdk j,
ropuB dk fwFB fJbkjh fJ; B nr ubkfJnk j,
okiwksk dk oki dbkok H H H

;e shfbnK ~ fJj ;fsro eo fddk rbd;s,
fSB ftu do; eokJ @Uw# dk d;dk Bjh fJj o;s,
wB T;dk gekF j frnk fi;B fJj~ foMkfJnk j,
okiwksk dk oki dbkok H H H

ਗੁਰੂ ਪੁਸਾ ਦਿਵਸ

JhFo f;ix dkT| (pfmvk)

fJ; Xosh s iBw sK nBeK bd jB gs Tj iBw XBsk: r jdk j i ;fsro dh uoB-FoB ftu goB og Bkb ;wofgs jdk j, Tj jh f;nkD ns gtkB jd jB i goB og ftu ;fsro Bkb iV ikd jB ns ro ;tk ftu nkgDk ihtB psh eod jB. nfij rof;yK pko fbfynk j fe L-

;cfbT| ;fsr|o ;|ftnk XB iBw gotkD|.
fiBk ;fsr|o ihtfdnk w|fJnk B ft;o| ;|Jh gloy ;|ikD..

fBoekoh fwFB fe; fsEh, fsUjko iK fe; ftFF fdt; dk wEki Bjh go ;;ko tKr fe; fdB-tko ;ohoK Bkb iV e o;wK ohsK d gikoh Bk pD ikD, fJ; bJh eM fdB ;ebg og ftu wBkJ ikd jB. 23 cotoh fi; ~ ;wuk fBoekoh irs ***r|o| gik fdt;*** d og ftu wBkTdk j, 23 cotoh pkpk ih dk iBw fdB j. fJ; ftu eJh Fe Bjh fe ro frnkB jh jdk j, ;oho Bjh. gs fi; ;oho okjh frnkB grN jdk j T; ;oho gsh FoXk-nk;Ek dk grN jDk }ooh j. ; Tj tv Gkrk tkb jd jB i fjofdT ;fsro dh ;tk eod jB. nfij rof;yK ~ fe; uh} dh xkN Bjh ofjdh.

;fsr|o eh ;|tk ;cb| j! il e' eo| fus| bkfJ.
wB fufdnk cb| gktDk jUw! ftuj| ikfJ..

(nkfd rE gBk 644)

ro fdnK uoBK dh gik ehfsnK, fjofdT MefdnK jfJnK ;kohnK eow fJdohnK ;\b j ikdhnK jB fit fe wjkswk B fbfynk j L-

;cb j;s r|o uoB gik gBkw.
;\b uoB godSBK e' g'Jhn..

ro gik dk ;jh wkfJfBnk ftu fJj Gkt j fe ro d jo jew ~ fpBK fe; soe-dbhb d j-p-j fyV wE gtkB eo bDk. jo :r ftu ro ns f;y dk fJj nsN foFsk ro d jew ~ wBDk jh Bjh pbfe wB e T; nB;ko ihtB ftu YkbDk j. T; nB;ko ubDk j. goksB s fJj ro ns f;y dh gEk ubdh nk ojh j.

r|o ;|tk i|r uko| j'Jh..gkok iB| eko ewkt! e'Jh..

(nkfd rE gBk 161)

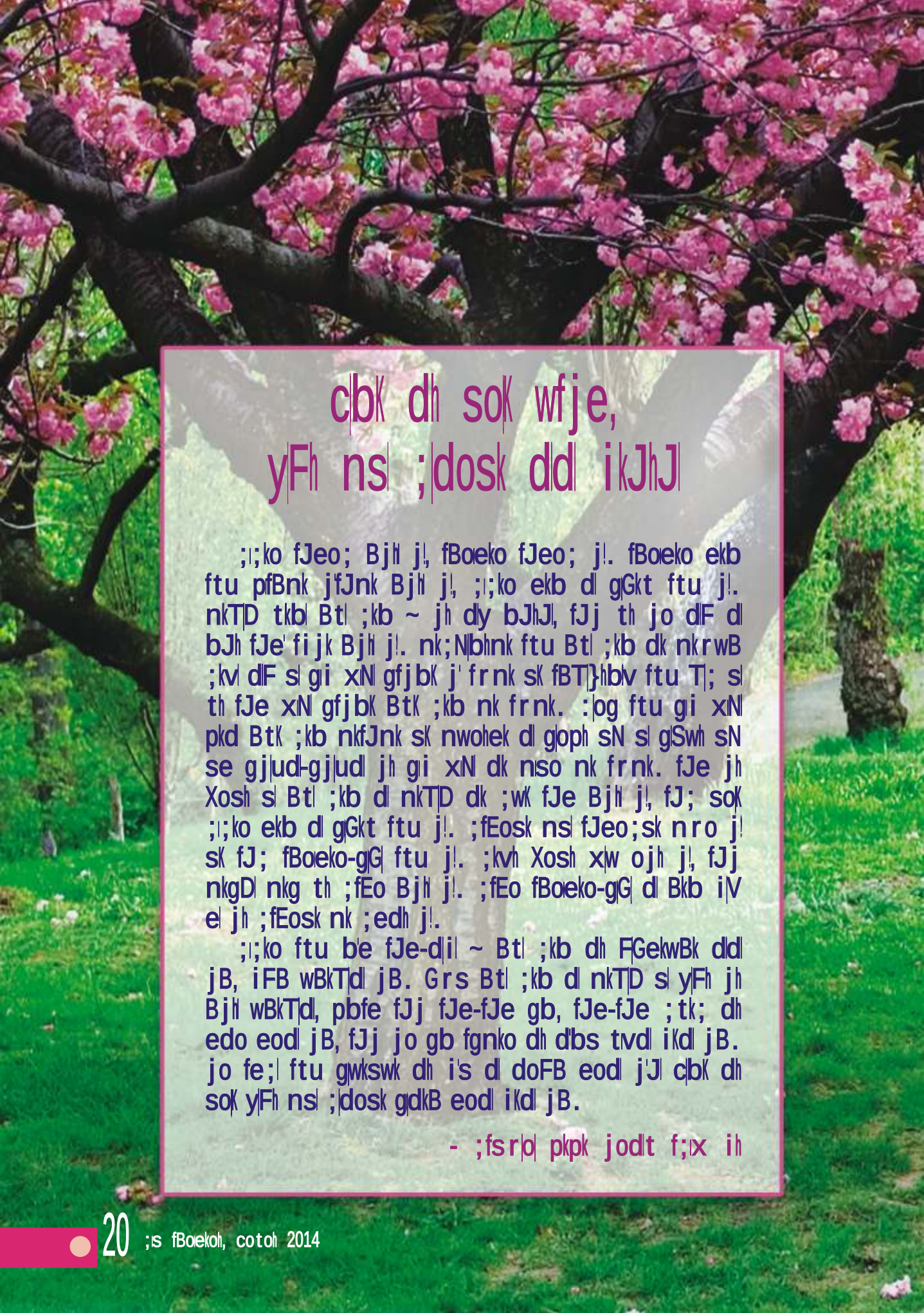
fJ; fdB ro gik d rhs, eftsk iK ftuko eo dD jh ro gik dh ;koEesk Bjh, fJj sK fJe o;w iK ohs dh ndkfJrh jtrh. ro dh f;fynk ~ jo gb nkgD ihtB ftu pDkJh oyDk jh n;b ftu ro gik dh ;koEesk j wjkswk B fJ; dk fBoDk ehsk j fe-

;|te f;y gliD ;fG nktfj ;fG rktfj jfo jfo T|sw pkBh..
rkftnk ;|fDnk fsB ek jfo EkfJ gkt! fiB
;fsr|o eh nkfrnk ;fs ;fs eo wkBh..

(nkfd rE gBk BH 668)

oki wjkoki fJfsjk; d |bkw jd jB idfe ro gho grpo fJfsjk; d wkbe jd jB, fJfsjk; d f;oiDjko jd jB. ;wki ~ nfijh ;X ns nfijh dD fdd jB fi; Bkb goh wkBtsk ~ fJe nfijk ;eB fwbdk j i fe fJB;kBh ihtB bJh ;y ns goTgeko dk iohnk pDdk j. ; fiE se pkpk ih d iBw fdB dk ;pX j sK fJe n;k fJfsjk; f;ofink frnk j iK wkBtsk ~ nkgD iBw fdB s nfijk sjck fdsk j fi; Bkb wBysk ;jD tksktoD ftu ;kj b ;e ns ;eB wfj;; eo. fJj sjck j ***;\kJh w|fjw*** ns ***o'y bkT|Dk*** skfe ;kvk tksktoD FX pfDnk oj. fJj nDwbk sjck j. *ro gik fdt;* tkb fdB ;wuk fBoekoh irs fJj eow eodk j. fJj wkBtsk bJh fJe ;do ;dF j.

23 cotoh ~ *ro gik fdt;* dh wjssk ~ ;wMd jJ, ;fsro pkpk ih d nkdF ~ wBDk j fe ;;ko ftu nfrnkBsk dk pjs jBok j fJ; ~ do eoB bJh jGbk wkohJ sK i tfjwK GowK s nfrnkBsk s SNekok fwb ;e. fBoeko gG dk nfj;k; jo tes ;kv wBk ftu pfDnk oj sK jh ro gik dh ;koEesk j.



c|bK dh soK wfje, yFh ns| ;|dosk dd| ikJhJ|

;ı;ko fJeo; Bjh j|, fBoeko fJeo; j|. fBoeko ekb ftu pfBnk jfJnk Bjh j|, ;ı;ko ekb d| g|Gkt ftu j|. nkT|D tkb| Bt| ;kb ~ jh dly bJhJ|, fJj th jo d|F d| bJh fJe' fijk Bjh j|. nk;N|bhnk ftu Bt| ;kb dk nkrwB ;kv| d|F s| gi xN| gfjbK j' frnk sK fBT}hbv ftu T|; s| th fJe xN| gfjbK BtK ;kb nk frnk. :|og ftu gi xN| pkd BtK ;kb nkfJnk sK nwohek d| g|oph sN s| g|Swh sN se gj|ud|-gj|ud| jh gi xN| dk nso nk frnk. fJe jh Xosh s| Bt| ;kb d| nkT|D dk ;wK fJe Bjh j|, fJ; soK ;ı;ko ekb d| g|Gkt ftu j|. ;fEosk ns| fJeo;sk nro j| sK fJ; fBoeko-g|G| ftu j|. ;kvh Xosh x|w ojh j|, fJj nkgD| nkg th ;fEo Bjh j|. ;fEo fBoeko-g|G| d| Bkb i|V e| jh ;fEosk nk ;edh j|.

;ı;ko ftu b'e fJe-d|i| ~ Bt| ;kb dh F|GekwBk d|d| jB, iFB wBkT|d| jB. Grs Bt| ;kb d| nkT|D s| yFh jh Bjh wBkT|d|, pbfe fJj fJe-fJe gb, fJe-fJe ;tk; dh edo eod| jB, fJj jo gb fgnko dh d'bs tvd| ik'd| jB. jo fe;| ftu gwkswk dh i's d| doFB eod| j'J| c|bK dh soK yFh ns| ;|dosk g|dkB eod| ik'd| jB.

- ;fsr|o| pkpk jod|t f;ıx ih

ਸਤਿਗੁਰੂ ਪ੍ਰਵਚਨ

25 Btpo, 2013 (;wtko) ~ 66t tkofFe ;s ;wkrw dh shi fdB fJem j'J bykK dh iB;wj ~ ;pfXs eofdnK ;fsr|o pkpk jodt f;ix ih wjkoki Bh cowkfJnk-

;kX ;rs ih fgnko Bkb efjDk,
XB fBoeko ih.

;kX ;rs, ni dgfjo pkd s' jh fJ; ftFkb gvkb ftu nkg pm e wXo tuBK dk nkBd b'oj j, fij' fijk nkBd nkg B eb fbnk ;h, fij fijk go; fbnk ;h. ni sh;ok fdB j' fJ; 66t ;s ;wkrw dk, fiE nfws toyk j ojh j'. wjkgoFK d :EkoE tuB efbnkDekoh tuB jB, fe; th GkFk, fe; th o;Bk s ;kv se gju jB, fJj nfws dk og jB. n;h ikDd jK fe nfws ihtB dkB fddk j, nfij nfws dk ;G B o;gkB ehsk j, ;ko nkBfds jB, ;ko fwb-pm e fJ; wkfbe gwkswk-nekbgoy nr fJjh nodk; eo oj jB fe dksko fegk eo, jwFK jh nfws d ukjtkB pD ojhJ, ed }fjo tb ;kvk edw Bk tX. ed eJh ftFbkgB, ed eJh ifjohbkgB ;kv fdb-U-fdwkr ftu Bk t; ns n;h d;fonK ~ th fJj nfws jh tvd ub ikJhJ i ;k~ gkgs jfJnk j'. fJ; soK fwb-pm e nkg ;ko fJjBK xVhnK ~, fJBK gbK ~ fpsk oj j'. nfijh fJe-fJe xVh dh pjs ehws j, fJe-fJe gb dh pjs ehws j' toBk ;;ko ftu fJB;kB nBh bph Two Gr ikd jB, bfeB Bk gowkoE, Bk gw, Bk eoDk, Bk fgnko, Bk Beh, Bk ufrnkJh, Bk ;tk Gkt, Bk fwmh pkDh ns nt jh nBh bph Two fpsk ikd jB. d;o gk; fJe-fJe xVh, fJe-fJe gb ~ fpskfJnk ik fojk j, fit Tj FkfJo dk Fno gsk Bjh feBh tko dk; B djokfJnk j' fe -

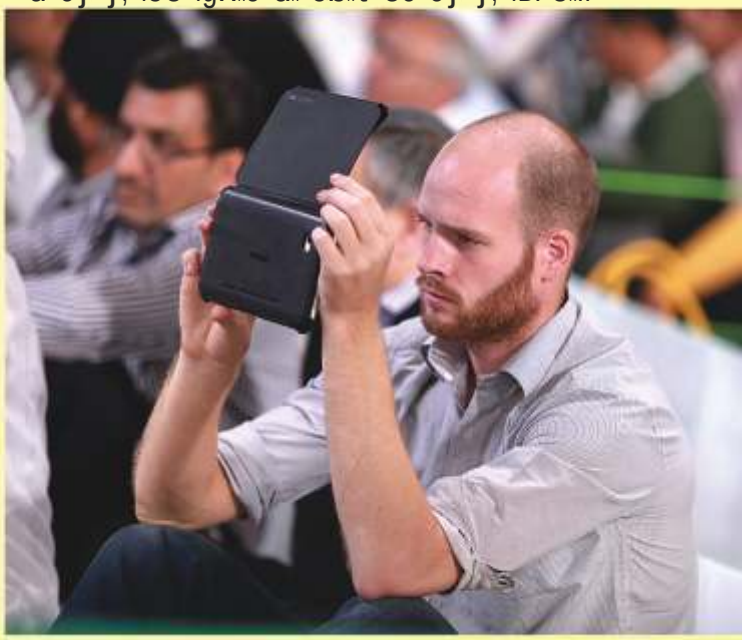
j'sh j| t' Gh i' e|Nho| w| okikfXoki j'sh j| j'sh j| t' Gh i' wfjb| w| x'o dfodo j'sh j|. j'sh j| t' Gh i' bwj| w| :|r| e' ihn bsh j|. j'sh j| t' Gh i' :|r| fws jh ofj iksh j|.

Tj fiTd sK pjs jB bfeB Tj fwse jh jd jB. Tj ihtB Bjh jdk, fJ; soK Bkb jh Tj ihtB ihn ikd jB s d;o gk; gbK ftu jh :rK ihn bd jB-

epho Jle xVh nkXh xoh nkXh j| sh nkX.. GrsB ;sh r';N i' ehB| ;' bkG..

fJe-fJe xVh nBh wjstgoD j fit fe fJe eso ftu ;kro ;wk ikdk j. eso ftu ;kro ;wk ikdk j bfeB fJj ;kro s th ;sFN Bjh jd jB, fJjBK ~ sK dBhnK Go d swkw ;kroK dh }oos jdh j, fJjBK dh fgnk; nBh f}nkdk j fJ; nfws bJh, fJ;dh Grsh eoB bJh, fJ; jfo dh uouk eoB bJh, fJ; ;fs dk grkw dD bJh fe fJj nkgDk ihtB fJ; ~ ;wofgs eoB bJh jwFK ftnkeb ofjd jB, fJ;d bJh jwFK fJjBK dh fgnk; pDh ofjdh j. fgnk; fe; ~ Bjh jdh< dBhnK ftu fgnk; dfBnkth gkgshnK dh jdh j, dfBnkth TgbpXhnK dh jdh j. bfeB GrsK dh fgnk; fBokbh jdh j, i efbnkDekoh jdh j. nfijh fJjBK dh fgnk;, nfijh fJjBK dh fJSk, nfijh fJjBK dh ukjs jdh j. fJj ukjs jwFK jh wjstgoD wBh rJh j. TM sK dfBnkth ukjsK, dfBnkth gkgshnK d pko ftu fejk ikdk j fe dfBnkth gkgshnK fiBhnK wo}h j ikD bfeB fJB;kB dh Gy Bjh fwNdh. fJ;~ sK df;nk ikdk j fe fJB;kB dh i ygVh j fJ; ftu Se j, fJ; ftu fiBk God ub ikT UBk jh fit Tj ek;k (posB) ykbh jdk ikdk j, Tj ed Godk Bjh j, fJ; geko fiBh wo}h TgbpXhnK j ikD, fes th fsgsh iK ;sFNh Bjh jdh. d;o gk; GrsK d pko ftu th fejk ikdk j fe fJjBK dh th ;sFNh Bjh jdh j fe nBh ;tk eoe th w sK jkbK eJh ;tk ehsh Bjh j, jkbK sK dksko jo we dt ;fs;r eoB d. ;fs;r eod jB Gi-Gi e bfeB fco th ukjs ofjdh j fe tX s tX ;fs;r eoB ~ fwb, wjkgoFK dk ;r fwb. toBk fwbD ~ dfBnkdkoh ftu feB fwbd jB i ne;o ;k~ GowK ftu gkTd jB iK fco dfBnkth bkbuK tb gfos eod jB iK fco fJe d;o s fueV ;N oj jDr, fe; dh fBfdnk eo oj jDr, TjBK dk ;r th ;k~ fwbdk j. dksko fegk eoBk ;k~ ;sK dk ;r tX s tX fwb, fJ; soK Bkb fJjBK dh th ukjBk ofjdh j, fJjBK dh th ;sFNh Bjh jdh bfeB fJj fJjBK dh wjssk j. dfBnkth og ftu sK ed th Tj gosh Bjh jdh s dfBnkth gkgshnK j ikD d pktid th Tj edoK-ehwsK ~ Bjh ikDd i fJE go; s f}eo j fojk j Human values (wkBth edoK-ehwsK) dk.

jD th EVh do gfjbK nkg B fJE wu s tfynk fe Gandhi Global Family (rKXh rbpb gfotko) fijBK B fJj ;BwkB fdsk j sK fJj ;BwkB dk; ~ fJe Individual (ftneshrs) d og ftu ;BwkB Bjh j, fJj ;BwkB Human values (wkBth edoK-ehwsK) dk j, principles (f;XKsK) dk j s TjBK principles (f;XksK) ~ nr tXkTD bJh nkg fdB oks ekoi eo oj j, fJ;bJh fJj ;BwkB nkg ;G ~ ;wofgs j. dk; fJ; ckTvFB dk, fJ; rKXh cwbh dk FeokBk th eodk j fe TjBK B fwFB d n;bK tb fBrkj wkoh ns TjBK B Acknowledge (;theko) ehsk fe tkeJh jh fJj i commitment towards Society (;wki d gsh gshpXsk) j, i fJjBK Bl Award (go;eko) pDkfJnk j It is for commitment towards the Society, (fJj ;wki d gsh gshpXsk bJh j) fJE fJe ;;kfJNh dh rb Bjh, You are committed to whol mankind (nkg goh wkBtsk d gsh gshpX j) fe ;koh wkBt iksh, ;ko ;;ko bJh nkg fJjh dD d oj j, fJe fgnko dk cbkt eo oj j, fBFekw



GktBktK Bkb Gogo j, goTgeko ns prkBgB dhnK dhtkoK ~ Ykj e, ngBst dk Gkt, Jest dk Gkt bJ jJ nkg fJ; soK Bkb ;;ko d ;kjwD nkgDk og grN eo oj j fi;dk nBeoD nro fJj ;;ko eo bJ sK tkeJh jh ;;ko dk og

fesBk ;to ikJrk.

;;ko nBeoD eodk }oo j bfeB eodk j nBeoD ik nB;oD TjBK dk i nBfus j, ik nfijh ukb Tj ubdk j i ftgohs ukb j. nBeoD Tj eodk j jBok YD tkfbnK dk. nBeoD eodk j to eoB tkfbnK dk, nBeoD eodk j ShBk-SgNh eoB tkfbnK dk, nBeoD eodk j i TjBK bJh fJe Motivators (gfos eoB tkb) jd jB, i nkg tor Grs jB TjBK s Tj Motivation (goDk) Bjh bd jB. :rK-:rk s fJjh f;bf;bk fojk j, eJh fJe :r dh rb Bjh j fe n;h eb:r ~ e;d ojhJ, gfjbK th nfijk jdk fojk j -

pjo ekw eT| Tfm ybfJnk..
Bkw eh pbk g| g| ;fJnk..

pokJh tb sK fJB;kB Ts;kfjs ofjdk jh ofjdk j. Beh, ufrnkJh ns efbnkD bJh, fJB;kBhns bJh pjs sg-fsnkr eoB gd jB fJ;bJh eD eo, nk;kB okj bGd jB fJ; soK Bkb fJj fJB;kB goDk Bjh bd bfeB fco th wjKgoF nkgDh dB fdd ofjd jB. fJj nkgD edwK ~ oeD Bjh fdd jB, fJj jwFK jh ;;ko d efbnkD bJh gdk jd jB. fJj ;kfonK ~ :rdkB dD bJh. jwFK jh Ts;kfjs ofjd jB, T; d ekoD irk-irk s nbr-nbr gKsK ftu ofjd jJ th fJjBK dh BwkfJdrh byK dh frDsh ftu fJE j. fJj fJe BwkfJdrh j, toBk jo eJh EV Bk gju ;edk j, fgS xoK ftu th ;Gkb eoBh jdh j ns jo th nBeK ew jd jB. BwkfJdrh d og ftu nkg byK dh frDsh ftu jk}o j feTfe fJj Ts;kj j nkg d wB ftu, nkgD-nkgD gKsK ftu ofj e j, fJE th fsB fdB nkg B gKse GkFktK ~ ;otD ehsk ns fwFB dk i og j Tj fJ; geko dk j i Different languages (ftfGB GkFktK) tkbk j. nbr-nbr gKsK s nkg ub e nkJ j fJE, fJjBK wdkBK ftu xw e ty sK nkg ~ fwb ikDr Tj th NN, nKXo gdF s sbr GkFk-GkFh fJE pm jB, eBV j, n;whnk j, pKrbk j, TVhnk j, wokmh j, oki;EkBh j, rioksh j, i TE ofj e nkgDh-nkgDh GkFk ftu jh fJ; gwkswk dh T;sfsrkB eo oj jB, fJ; ;fs dk guko eo oj jB, fJj Bjh j fe TjBK gKsK d jB sK fJE TjBK ~ gikph pDk fdsk frnk j.

ne;o be Gow eod jB fe fJj gikphnK dk fwFB j. gikph sK 20 gshFs th Bjh jB, 80 gshFs sk i gikph Bjh jB, Tj fwFB dk nr jB. fJj fJe Universal (;kotGfwe) fwFB j, fJj ;kfonK dk ;KMk fwFB j. fJE ;ko nkgDh-nkgDh wfje tvd jB, nBesk ftu Jesk dk ;do og, fi;~ fJe d;o dh GkFk nyodh Bjh j, gKsK ~ b e fJj MrVd Bjh jB, fJj ;wu dF ~ fJe dF wBd jB, fJ;bJh fe; th gKs d tk;h jD, fe; th og ftu Fno eoBk jt sK fJj fJjh wBd jB fe fJj dF d jh sK ew nk fojk j ns n;h fJ; dF d jh sK nr jK. fJ; soK d broader vision (ftnkge fdFNheD) oyd jJ ;koh wkBtsk, ;ko ijkB bJh nfijh ;u oyd jB. fJjh fJjBK dh fdFNh j, fJjh fJjBK dh GktBk j fJ; Bkb Gogo j e fJj ;;ko ftu nkgDh dB d oj jB.

;kX ;rs, fJE nkg ;s ;wkrw s jk}o jJ j ns nkg B fJe ;do ;torwJh B}kok fJE pDkfJnk j. jD nkg B gpXeK s fJj th ;fDnk fe fefBnK s ;fj:r fwfbnk j. fJE nBeK

nfijhnk Different Bodies (ftfGB ;;EktK) s i Government or Semi Government (;oekoh ik noX ;oekoh ;;EkB jB) fiE fJjBk dk co} pDdk j fe fJE byk dh frDsh ftu jk}oh jdh j TE ;fj:r dD dk, bfeB T; s fes f}nkdk fJE :rdkB ;kX ;rs dk, ;tkdb d itkBk dk jdk j i fJ; sok Bkb go sg-fsnkr Bkb Gogo j e nfij ftFkb nk:iB ~ wwfeB pDk fdd jB. T; ftu ;ukosk b nkTd jB, ;obsk b nkTd jB ns nfijk nBdwJh tkstoD pDk fdd jB. fJ; sok swkw :rdkB ;kX ;rs dk jwFk s fojk j. fiE ;;ko ~ fJ; og ftu dD fdd jB, nBek-nBek fJB;kBk d wBk d i Gkt jd jB TjBk tb fJjBk dk fXnkB dtkTd jB fe fejVhnk GktBktk jB i fJB;kB d Be;kB dk ekoD pDdhnk jB, i fJB;kB ~ gsB tb b ikdhnk jB ns :kd eokTd jB fJB;kB ~, nfj;k; eokTd jB, fJ; s gfjbk fe doh j ikJ fe s ;ir j ik-

njfsnks eh dhtko np feT| Tmks| j', i' uo wB w| Ek Sgk t' s' ekw eo frnk.

i uo ;h, Tj sk Be;kB eo jh frnk, jD eh njfsnks dh dhtko TmkTd j fJ;bJh feT Bk gfjbk jh njfsjks tosh ikJ, feT Bk gfjbk jh Awarenss (ikrsh) jt, feT Bk gfjbk jh ;irsk jt wB ftu t; uo bJh fe Tj ;kvk fes Be;kB Bk eo ikJ. feBh jh sok d uo fJ; wB ftu t; jB. jeko ~ b bT, fJj uB Bjh bD fddk. XB dk jeko, sB dk jeko, ftdtsk dk jeko, gdth dk jeko, nkgD nkg ~ frnkBh wBD dk jeko fe w sk pjs ;MtkB jk, w sk pjs fJbw tkbk jk, pkeh fJbwk tkb sk wok gkDh God jB, dbs wo eb nBh j fe w eM th eotk ;edk jk, fJ; sok nBek sok d jeko ;kv wB ftu t;d jB. wjkgoF efjd jB fe usB oj fJ; s ns njfsnks (;ktXkBh) tos bT, nB ;ir oj fe fJ;dh Moves (ukb) ~ Watch eo (ty) Ego (jeko) dk gsk Bjh fejVk gsok tosdh j ns ;k~ b vpdh j, nB ;ir oj, nB usB oj. fJ;h sok bG dk f}eo nk ikdk j, fJj bG-bkbu dk Gkt ;k~ b vpdk j, fit Fo ftu fejk fe ed th fJB;kB dh fsgsh Bjh jdh j, fit Tj ejkts fe Needs are met but who will meet the greeds. (bVk gohnk ehshnk ik ;edhnk jB bfeB bkbu ~ eD gok eo ;edk j) fe nBk eM Xosh s j sk Needs (bVk) sk fco th gohnk j ikdhnk jB bfeB Greeds (bkbu) feE goh jJrh. pNk pkg dh ikB b bdk j fJe ikfJdkd bJh, dbs bJh, Tj eJh fbjk} Bjh eodk j. fJ; sok Bkb nB bG-bkbu Bkb Gogo, fJj th gsB dk ekoD j, fJj th soh frokN dk ns nXwsk dk gwkD fddk j, fJ; s th ;ir ofjDk j. ekw, eX, bGh wj, jeko, brksko wjkgoFk, ro-gho-grpok dh pkDh ftu fJjBk gfjbnk pko ;k~ ;ir ehsk frnk j. fJ;bJh wjkgoF-;siB nkg th ;ir ofjd jB, nkgD nkg ~ th usB oyd jB s nfjw s puD dk jwFk :sB th eod jB. fBwosk ~ wjssk jwFk s fdsh rJh j. dk; GktBk ~ jwFk s wjssk fdsh rJh, nkg ~ goD Bk wBD dh GktBk ~ jwFk wjssk fdsh rJh j feTfe nkgD nkg ~ goD wBD tkbk th jekoh jfJnk eodk j ns d;ok eJh eM efj dJ sk Tj EV fij th ftgohs Gkt podkFs Bjh eodk, nkgD bJh urk-urk jh

;DBk ukjdk j, nkgD gsh T;dh fJe nfijh okfJ pDh jdh j. fJe ;;, ~j ~ efjdh j fe ;kjwD tkbh i rtkYD j T; s ypodko ofjDk, T; eb ;Gb e ofjDk, Tj pjs Mm pbdh, Tj Mm d f;tkJ eM Bjh pbdh j, ;; nkgDh ~j ~ efj ojh j. fco efjD brh fe EVh do gfjbK Tj so Bkb rb eo ojh ;h sK Tj eh efj ojh ;h. ~j efjD brh fe Tj efj ojh ;h fe soh ;; pjs urh j. fJj ;D e ;; pbh - jK, ed-ed Tj ;u th pb fddh j. fJ; soK Bkb fJB;kB jwFK nkgD pko ftu urk jh ;DBk ukjdk j. i ndoBh w}psh oyD tkb jd jB, Tj nkgD ihtB dh ukb ~ fBwosk d Bkb, ;po-;sy d Bkb sn eod ub ikd jB. fco eJh eM ej iK Bk ej, fJ; Bkb TjBK ~ eJh ;oeko Bjh jdk j, Tj nkgDh ukb T; GktBk ns n;bK d nB;ko ubd ub ikd jB. fJj th :rk-:rK s gwkfDs j fe fJB;kB fe; dk fbjk} Bjh eod jB, ghoK-grpoK ~ th Bjh SfvnK fe; B. fi;B okj fdykfJnk TjBK ~ th eokjhnk fejk fe fJj sK pfjfenk jfJnk j, fJj sK GNfenk jfJnk j. fJj ;;ko ed fbjk} Bjh eodk bfeB wjssk fJ; rb dh j fe n;h nkgD nkg d;fonK s fBoGo Bk jJhJ fe eJh ;kvk :F eo iK eJh fBdk eo, n;h T; fj;kp Bkb ubDk j, nfijk Bjh j, n;h i oFBh gkgs ehsh j, n;h T; oFBh d sfjs ;kXst Gkt Bkb ihDk j. ;kXst Gkt Bkb fiTd jJ th eJh fBdk eodk j sK fco wkfbe ikD iK Tj ikD. wjkgoF-;siB ;G dk Gbk wrd nkJ jB, fJj nkgD TjBK n;bK s ekfJw ofj e fJ; ihtB dh :ksok ~ sn eod nkJ jB. ni th fJjh nodk;, gkoEBk ehsh ik ojh j fe dksko fegk eo fe nkg ;ko fJ; soK Bkb dBhnK ~ nfijh ;do dD dd oj, d;fonK ~ okjs dd oj. fJe Tj gesh eJh ;kbK pkd fco s fXnkB ftu nk rJh fe fe;h B fejk- *Laugh, the world laugh with you*. (j;, ;;ko sjkv Bkb j;rk), fJe fJj etkjs j. Tj ejkts sK fe; jo soK dh j - *laugh and world laugh with you. cry and you cry alone,* (j;, ;;ko nkg d Bkb j;rk, ot sK nkg fJeb otr). efjD tkb B fJ;~ EVk og nbr fijk fdsk j - *Laugh and world laugh with you, snow and you sleep alone* . (j;, ;;ko nkg d Bkb j;rk, yokN Go ns nkg fJeb ;t) fe nro nkg ;d j ns ;d ;w yokN wkod j sK nkg fJeb jh ;d j pkeh sK eJh ; Bjh ;edk. fJ; soK th Bk jt fe w~ eh bDk-dDk d;fonK dh Bhd yokp jdh j sK jdh oj. d;fonK dk Be;kB jdk j sK jdk oj. Bjh, fJj d;fonK dh ;u jwFK gfjbK oyd jB. ni th nkg B Tj nodk; ;Dh fe -

slo GkDl ;ops dk Gbk.

jo th,

;G ek Gbk eo' GrtkB, ;G ek ;G ftXh j' efbnkD.

;G dk Gbk jt, ;kfonK dk efbnkD jt. sK fJj ngD nkg s f}ndk d;o ~ wjssk fdd nkJ jB-

ngBl bhJl ihJl s' fenk ihJl.

fJj bkfJBK sK n;h ed s ;Dd nk oj jK, fJj ;s-wjkswk-GrsiB jh jd jB i nkgD s f}ndk d;fonK dk fynkb oyd jB, fJ;bJh fJj wkBtsk d ;jh wkfJfBnK ftu BwkfJd jd jB, fJj ;jh wkfJfBnK ftu Xow d BwkfJd jd jB, ;jh wkfJfBnk ftu Xowh jd jB. Xowh jDk eJh fbpk; dk BK Bjh j, eJh gfjokt dk BK Bjh j, eJh jo nfijhnK fJwkosK dk BK Bjh j. Xow, jwFk i wjkgoFK B ;dt s df;nk j fe -

sfi ;fG Gow GfiU gkopjw|..

ej| BkBe nNb fJj| Xow|..

Xow dh gfoGkFk d;h j sK tkeJh jh Xkofwe, Xow dh BwkfJdrh, fJB;kBhns dh BwkfJdrh, wkBtsk dh BwkfJdrh, fJj Tjh eod jB i n;b ftu fJ; or ftu or jd jB, i fJ;h ~ jh nkgD ihtB dk nkXko pDk e ubd jB, i fJ;h ~ jh nkgD fjod ftu t;kTd jB, i fJ;h dk Bo xfN xfN ftu tyd jB. dhtkoK ftu :ehB Bjh oyd jB, fJj gb pDkTD ftu br ikd jB ns fJe

d;o d eohp nk ikd jB. fJ; geko Bkb fJe vo ftu pM ikd jB i fgnko dh vo j ns fJ;h vo dh w}psh dh }oos j i ew}o s ew}o jdh ik ojh j. fJj vo MNe e fJedw Bkb sV fdsh ik ojh j, fJ;bJh uko gk; fJe ew}oh nkTdh ubh ik ojh j. fJj vo NN rJh sk pkeh eM purk Bjh, fgnko d ekoD jh ijkB pu ;edk j, fJj vo NN ikJ sk fco T;dh Ek B\os jh bdh j. fgnko nro Xdbk jfJnk sk fco T;dh Ek sk bDh j fe; B, nro fgnko fjofdnk s fBeb frnk sk T;dk ;EkB B\os jh bJrh. B\os tXdh ik ojh j fgnko xN jdk ik fojk j. fJ;bJh ;fjBFhbsk th xN jdh ik ojh j. Tolerance (;fjBFhbsk) dk f}eo j fojk j, ;fjDFhbsk xN jdh ik ojh j, podkFs d wkd]sw jd ik oj jB, fi; d ekoD wkBtsk ew}o jdh ik ojh j. fJj i gfjb w}ps s w}ps jD ukjhd jB, Tj ew}o jd ik oj jB, nro Tjh ew}o j oj jB sk xok dk eh pukn jJrk, gfotkok dk eh pukn jJrk, ;wki ftu feE fJe w}psh jJrh, dF fco fet w}ps jJrk< fJ; sok Bkb ;ko ftFt dk tksktoD fco fet ;yd jJrk< nkg fJjBk ~ GktBktk efj bT, fJjBk ~ wb efj bT, fJjBk ~ tb: efj bT, eJh th Bk d fdT, fJjBk dh }oos j ;;ko Go dh ;bkwsh bJh, ;;ko dh GbkJh bJh, jo fJB;kB dh GbkJh bJh.

d ;kb gfjbk dk; id nwohek ftu ;h sk TE fJe Ek s fJe gesh dk; d ifjB ftu nkJh, TE th eM ;wk f}nkdk j fojk ;h sk dk; B fJjh fJe nr}h ftu bkfJB ejh, T; ftu efjD tkb B fejk - that person gave such a moving speech, by the time he concluded, the people had moved out of the hall. (T; ftnesh B nfijk rshFhb GkFD fdsk fe fi; ;w se Tj nkgDh rb]sw eodk, sd se ;ko be jkb s pkjo ik ue ;B.)

dk; sk fJjh nodk;, fJjh gkoEBk eodk j ns TM fJe ;jh wkfJfBnk ftu wfj;;hns dk; d wB ftu jwFk ofjdh j fe fiB ;do Yr Bkb swkw wjkgoF, i nBh-nBh do wkfJe s nkgDhnk GktBktk oyd jB T;d pkd sk dk; ;wMdk j fe eJh }oos jh Bjh ofjdh j fe dk; eM ej, Tj wewb ;dF fdd jB ns d;o gk; fJj th gfjb j fe id se dk; dh tkoh nkTdh j sk ;G ~ EektN wfj;; j ojh jdh j, Bhd th nkgDk n;o eo ojh jdh j. fJ;bJh nfij jh fJe yFhnk Go Gkt Bkb Gogo j e fJj ;wkrw dk sh;ok fdB, i ftXhts og ftu xfFs ehsk frnk ;h, T;dh jD ;wkgsh jDh ukjhdh j. pkeh eb dk fdB Tj th ;kX ;rs ~ ;wofgs jdk j, i ebkeko Grsh tkbhnk GktBktk grN eod jB, T; ftu ebk dk ;jkok b e.

nkg ;ko wjkgoFk-;siBk d doFB jJ fJe ;kb i phfsnk j fgSb ;wkrw s jD se, fJ; dokB ud gksk ftu ikD dk wek fwfbnk. ftFt d ud wbek ftu ikD dk wek fwfbnk, TE ik e nkg d doFB th jJ ns nkg ;ko fJE th nkJ j ns nkg d doFB eoB dk wek gkgs jfJnk j, pjs yFh jkf;b jJh. fJjh nodk; pDh oj, ;ko jo geko Bkb sB, wB, XB d ;y gkgs eod ofjD, Grsh Gfonk ihtB ihD dh Fesh dksko ;kfonk ~ gdkB eo. fJ;h sok Bkb ;;ko ftu cbh jJh nfrnkBsk d jBo ~ do eoB ftu nkgD :rdkB fdd ojhJ, fJe dhge irk e uko gk; fJe irwrkTdk jfJnk ;;ko pDkTD ftu nkgDk :rdkB fdd ub ikJhJ, fJ;bJh dksko ;kfonk ~ Fesh ns ;woEk gdkB eo.

;kX ;rs ih, XB fBoeko.

(glFeF - okigkb Bk;k)

66ਵਾਂ ਸਾਲਾਨਾ ਵਰੀ ਦਰਬਾਰ

23 s| 25 Btpo 2013 se fdlbh fty| j'J| ftFkb ;s ;wkrw d| sh|l fdB j'fJnk pj|GkFh eth dopko ;ofsnK dh fyu dk ekoB pfDnk fojk. fJ; fdB eth dopko ftu gVhnK rJhnK e|M gikph ouBktK fJE| g|ekfFs ehshnK ik ojhnK jB -

;toB f;x *gotkBk* vBwkoe

jo :r ftu rkEk ubdh J, tdK dh ns gokBK dh.
id go ro d gd B, jdh gik n;EkBK dh.

fgnko fBwosk fwms ~, feT bGd jo dekBK s,
J; jNh s fwbd B, fJj jNh j fwFmkBK dh.

ftfdnk dh Grsh j ;edh, jo Two Grsh j ;edh,
Grsh ftu Fos Bjh eJh, Bk pfYnK ns inkBK dh.

fJj wks be dh Xosh j, fgsoK dk foD jh Gkoh j,
foD s, foD-wes eo fijVh, j bV Be ;skBK dh.

j Xosh ;koh ;kfjp dh, ;kfjp dh Xos ;jkDh j,
Bk soh J Bk woh J, Bk fBoXB iK XBtkBK dh.

fJj ubdh Xo s nkJh J, ubdh th Xo se ofjDh J,
rkEk j ;te ;fsro dh, s ;fsro d todkBK dh.

i okeF fposh tkb B, *gotkB* og ftrkVB Tj,
i og fBykoD Xosh dk, j bV TjBK fJB;kBK dh.

❑ ;|bly *;kEh* fdlbh

jo pdk i edo eo, fJe di d nowkBK dh.
xkN Bjh ofjDh fco Xosh s, jkf;nK dh w;ekBK dh.

jo gb :kd i fdb ftu oyd, woFd d nfj;kBK ~,
Sfjpo TBK s j brdh, fco oph todkBK dh.

;kwkB fJj Gfse ;yK d, T; pd fgS Gid B,
Gy Bjh jdh fi; pd ~, dBhnK d ;kwkBK dh.

rows dh okj sK ;yh J, fJ; s go Tj Bjh ub ;edk,
fi;d fdb ftu ofjdh J, Gy Fjos s ;BwkBK dh.

;nkoE dk godk id id th, pd dhnK B}oK s nkTd,
gfjukB jh Gb ikdh J, T;~ p;sh dh FwFkBK dh.

n gfjodko nwB fdT, jfFnko oj jfFnko oj,
wfjci s;K jh oyDh J, f}drh pdFhnK ikBK dh.

fgnko, fBwosk, ;fjBFhbsk, jo ihtB u Mbe i,
gfjukB wBysk pD ikt, Bjh bV jo gfjukBK dh.

pfjekTD *u nk e roK d, xo nkgfDnK d ce Bk,
eM yc eo, eM op s vo, Sv nkds FskBK dh.

nfrnkB dh p}o Xosh s, i nwbK d jb tkj ;eD,
s frnkB dh c;b Trk ;eD, j bV TBK feo;kBK dh.

pb eVsB GfonK sK, jo :r wjKGkos eotkTD,
ni bV j *;kEh* xo xo ftu, fwmhnK s wXo ipkBK dh.

j wr fBoJhnK ;doK dh, nowkB TGod efj oj B,
i og fBykoD Xosh dk, j bV TjBK fJB;kBK dh.

❐ pfulso f;ix *gko;* frldVpkjk

wBwshnK ykfjFK ~ nt, ihn dk i}kb Bk pDB fdU,
ihtB ~ ihn bT T; soK, fcsos j i ofjwkBK dh.

Xosh dh ;bxdh fje ftu, sd ghs cnko cNd B,
id ebw d okjh tfj sodh, ;uD Fesh ftdtkBK dh.

ewb ewb nfj;k;K ~, nkT jo fdb ftu Go bJhJ,
sKjh sK fjck}s jtrh, FhF d pD wekBK dh.

Xosh dk og fByo ;ed, fJB;kB cfoFsk pD ;ed,
go tb f;o i edo jt, fJ; ofjpo d cowkBK dh.

Bk fe; ~ eJh Gow jt, i pbd jK Tj eow jt,
yd usB j e eoBh j, oytkbh nkgD fpnkBK dh.

n;h T; pdbkt d jkwh Bjh, i efjo pD fJ; Xosh bJh,
T; fJBebkp bJh iM oj, i yo wr fJB;kBK dh.

nE TE ;GBh EKJh, ;fsro jh fJ}sK pyFdk J,
GrsK d fj; nkTdh j, yFjkbh dtK ijkBK dh.

i nkgk tko e dBhnK bJh, eJh ew Gb dk eo ikd,
fJfsjk; th :kd ;Gkbdk j, fJj fij ;yh ;bskBK dh.

dBhnK fJe wvh j fJ; ftu, jo fe;w d ftTgkoh fwbd,
fiE ;u dk ;dk fwbdk j, gS frS j fJBK dekBK dh.

gko; gEoK dh bV j eh, i pM dk ekoB pDd B,
i og fBykoD Xosh dk, j bV TjBK fJB;kBK dh.

uBh cohdkpkdh (e|ts)

edo s ehws gk bTr, id woFd d cowkBK dh.
fco ukjs goh jtrh, fdb d ;G nowkBK dh.

fJj do j :ko Xy dk, fJe }bw f;sw s dfjFs dk,
yd nkg pu fJ; dBhnK s s yo wr ;skBK dh.

jo o} dhtkbh wkDfdT, eJh pm ftu jBo d,
jo xo ~ oFB eo dtD, jD bV j ;s ;ikBK dh.

fJj fgnko fdbK dk ;dk j, fJj Bkb fdbK d jdk J,
fgnko eoB bJh jdh Bjh, eJh bV ed th }pkBK dh.

fJ; woFd d vo s, eDe j yp wohdK dh,
fJj Broh gho cehoK dh, frnkBh GrsK XBtkBK dh.

uBh ;sK ftdtkBK dh, gfjukD eo rDtkBK dh,
i og fBykoD Xosh dk, j bV TBK fJB;kBK dh.

❐ FG| w;skBk (wkB;k)

fdb d ftu eVsD oyh, wj rb w;ekBK dh.
pd *u pdk yk rJh, fJj udoh ws FskBK dh.
ikB th dkn s brh J, ni BBhnK-BBhnK ikBK dh.
;dhnK s wod ykJh ikd, Gy fwNh Bjh FwFkBK dh.
Tm ;w d tko;, ni xVh nkJh fJwfsjkBK dh.
i og fBykoB Xosh dk, j bV TBK fJB;kBK dh.

ni g rJh bV ;tkoB dh, Xosh dk og ftrkfVnk fe; B<
ni bG oj jK fssbhnK ~, gfjbK pkr TikfVnk fe; B<
ni ewh fgnko dh ikg ojh, ngo fgnko gSkfVnk fe; B<
fpB pd d wkBtsk ~, goK jm bskfVnk fe; B<
wko }whoK pdk sfon, :ko okj Be;kBK dh.
i og fBykoB Xosh dk, j bV TBK fJB;kBK dh.

fdb XVe fojk fJe gEo j, i fJB;kBh XVeD Bjh.
ydro}h d wkbe jK, i dfinK bJh sVcD Bjh.
urk fJB;kB fwbrk feE, i nkgDk fwbtosD Bjh.
feM fByokT Xosh eJh, i ;uK ftu ghtosB Bjh.
dBhnK dh jo Fn fByorh, jJ edo fJjd cowkBK dh.
i og fBykoD Xosh dk, j bV TBK fJB;kBK dh

;toB f;ix (ewb# (fdlbh)

i edo eoB wBysk dh ns wByh ikBK dh.
i og fBykoB Xosh dk, j bV TjBK fJB;kBK dh.

B\os d pJ ph}K ~, i iV TykVB Xosh s,
p; ph} pD i fgnkoK d j bV TjBK feo;kBK dh.

nwB Jesk GkJhukok, cbktD i ;koh Xosh s,
ni bV j n; pfdnK dh, i wfje tvD w;ekBK dh.

Sv y} wko jfEnkoK dh, Xosh ~ Bk TikVB i,

;uD Gbk eb dBhnK dk, jD bV j ;kfJ;dkBK dh.

iksh w}jp iK Xow d BK s, wBK d ndo Gfonk i,
gdFD eYD pkjo fijV, j bV ;s ftdtkBK dh.

;ehoDsk ~ i fdb fwNkd, ftFkbsk ~ etb ngBKd,
dfJnk eoDk ~ wB t;kd, j bV TjBK dfJnktkBK dh.

jtk ~ oyD ;k\ fijV ns Xosh d BdhnK Bkb th,
gfeosh Bkb th fgnko eoB, j bV TjBK fJB;kBK dh.

fi; bn fdyk e ukBD dh, jBok j efYnk ihtB u,
Tgeko i ehs ;fsro B, eo edo fJjd nfj;kBK dh.

Xosh s ofjDk nkfJnk Bk, rb *ewb* eoB n;wkBK dh,
i og fBykoB Xosh dk, j bV TjBK fJB;kBK dh.

nıro} f;ıx fSdk (nfws;o)

nyhT vbd jMnK ~, fwb rJh wfjcb w;ekBK dh.
Xosh dk og fByko ojh, fJj Nhw oph feo;kBK dh.

fi; s g rJh B}o ro dh, JB yFpdko j rJ,
p}o Xosh wfje gJh, b wfje fJjBK rbdkBK dh.

tvD tkfbnK tvhnK gk gk, ehs wo NeV NeV,
uhy uhy e nky ojh ;h, fwNh epo;skBK dh.

ni dk nkdw neb dk chsk b e uB s gju frnk J,
Xosh tv bJh ugk ugk, jD tvDh Ss n;wkBK dh.

fgnkoK d ;oi dhnK feoBK, TjBK ndo nkTD eh,
evh bk e ; oj B i, fdb d oFBdkBK dh.

;D Yvok fSd s, i ni te;h fBebh J,
i og fBykoD Xosh dk, j bV TjBK fJB;kBK dh.

pbftıdo f;ıx fp|;pB nk;N|bhnk

pd dh frDsh xN rJh, tX rJh J f;nk;sdkBK dh.
fJwkB tkb pV EV B, EV Bjh dhB fJwkBK dh.
ei fBwkDh ;fjw ojh, ;D eK obh jtkBK dh.
fuVhnK d yG eso }kfbw, y bJh ukjs TvkBK dh.
fJj gfjbK jh pj frDsh B, jo bV Bjh FskBK dh.
i og fBykoD Xosh dk, j bV TjBK fJB;kBK dh.

tyD ~ pdk brdk j Bjh pd tkbk ew eJh.
yd fgnko wjps ukjdk j, d B\os ikd ph} pJh.
rbK gB dkB dhnK eodk, ikdk gkg dh rmVh j YJh.
j pbpbk i gkDh dk yd, efjdk wo tork Bjh eJh.
j n;b y}kBK eb Bjh TM ewh Bjh ;kwkBK dh.
i og fBykoD Xosh dk, j bV TBK fJB;kBK dh.

dBhnK dk og fBykoB i ;fsro jh fJB;kB pDkTdk j.
FskBK u FskB pdk i FoD fJjdh ftu nkTdk j.
T; ~ fJB;kB pBktD bJh fJj uN frnkB dh bkTdk j.
pd dh fBrkj ftu pd ~ fJj GrtkB fgnk pDkTdk j.
rJ *pbftdo* fij th pD pd j fwjo fJjd nfj;kBK dh.
i og fBykoD Xosh dk, j bV TBK fJB;kBK dh.

r|oghs f;ıx *ghs# (nfws;o)

fJj fJbw fiBK B th f;fynk, Tj edo eoB ftdtkBK dh.
;kro dhnK fwDB vxkJhnK ~, npoK s TuhnK TvkBK dh.
fij~ gok ofjpo fwb ikdk, Bk rb eo ftfynkBK dh.
fi; fdb ftu dod j di bJh, gotkj Bjh eod ikBK dh.
fiBK ~ wf}b fwb ikt, Tj edo eoB ofjwkBK dh.
i og fBykoD Xosh dk, j bV TjBK fJB;kBK dh.

pdk jh pd dk dFwD, id Xosh s pD ikdk J.
fco ;fsro nk e Xosh s, pd ~ ;pe gVkdk J.
i pdk ;pe j f;y bdk, Tj rhs fJjd jh rkdk J.
Xosh s gfink ikdk j, s dorkjh wb gkdk J.
Tj Tvdk fFyo jtktK ftu, s eodk rb n;wkBK dh.
i og fBykoD Xosh dk, j bV TjBK fJB;kBK dh.

;fsro fJj ;wf;nk d ;k~, ;G ~ ;wMkTDk ukjdk J.
fJ; gkgK wkoh Xosh ~, fJj ;tor pDkTDk ukjdk J.
B\os dhnK ;G dhtkoK ~, Xosh s YkjDk ukjdk J.
fJj fdbK d xg jBo ftu, fJe dhg irkTDk ukjdk J.
eohJ edo *ghs* ;dk jh, ;fsro d cowkBK dh.
i og fBykoD Xosh dk, j bV TjBK fJB;kBK dh.

i;ihs il;h (b|fXnkDk)

eJh jb bG eJh eo :sB, }oos jD Bjh nBwkBK dh.
ni uh}K d wb tX oj feT, xN rJh ehws fJB;kBK dh.

Xosh s ;jDk soB dk ni Yr ;bhek nkfJnk Bk,
go y} Gkb ftu TbM frn pdk ty n;wkBK dh.

i wkD j w woh dk jh sK wB bT Xosh sjkvh j,
tfvnK dh f;fynk :kd oy eo ;tk nkJ wfjwkBK dh.

pikB fJj Xosh j ikDh fco ikB pukT eD soh,
ni tbk j s ph} bT fJjd s c;b fJj Be fXnkBK dh.

ewb fijh ;u d oy ~ i fgTd ukVd FskBh,
eh eoBk n; dkBhnK ~ Bjh bV n; ftdtkBK dh.

w nkgDk nkg ;XkoB ftu ni ejK whbK fgS jK,
eh dD dT joK ~ i db db cf;n nowkBK dh.

w eh pbK w eh d;K woh ikB fJjd Tgeko s j,
w frDsh eo eo jGh frnk, wo ;fsro d nfj;kBK dh.

feY fdb tkbk fwfbnk j ndk} brk e dy bU,
jo Bkekwh jo wBwkBh ft;okTdk wBK BkdkBK dh.

jo tko n;K dh wB ikdk fJe tko fJjdh ni wB ty,
J; s b e Fesh ni gkbD eohJ \owkBK dh.

i ofjDk j fJ; Xosh s sK ;to ikU @i;ihs# ihU,
i og fBykoB Xosh dk j bV TjBK fJB;kBK dh.

gw *;kro* (gfNnkbk)

;G bVK goB tkb ~, ni bV gJh fJB;kBK dh.
eJh oki j vxk fJ; ndo, nk ikJ ;wM \owkBK dh.
Bk bV fJj~ XBtkBK dh, Bk bV fJj~ ftdtkBK dh.
Bk EV eJh bewkBK dh, Bk EV j ;xV ;ikBK dh.
fJ;dk dDk Bjh d ;ed, nkJ edo fJjd nfj;kBK dh.
i og fBykoB Xosh dk, j bV TjBK fJB;kBK dh.

dBhnK dh jkbs jJh Bk}e, o} ;Bkwh o} Gukb.
ed spkjh fcfbgkfJB ftu, ed Tsokyv ed Ggkb.
efjD ~ sK j ojh soeh, go Xosh jJh pdjkb.
gfonktoD i Bjh pukfJnk, ;kj bDk th jT wjkb.
;tkoB i edos ekdo dh, ni bV j TjBK ;kwkBK dh.
i og fBykoB Xosh dk, j bV TjBK fJB;kBK dh.

ghs, fgnko, eoDk, fdnkbsk, fJB;kBK u ysw j ojh.
;fjBFhbsk s ftFkbsk, ydro}h ftu G;w j ojh.
to, Jhoyk, B\os nBh, Xosh s Bk j}w j ojh.
brd *;kro* wkBtsk ~, d\BkTD dh o;w j ojh.

pukTD bJh fJj~ dD i gfjok, j bV TjBk dopkBk dh.
i og fBykoB Xosh dk, j bV TjBk fJB;kBk dh.

❐ vkL joeltbihs @nwB# (okigok)

fJj Xosh j rowyk dh, fJj Xosh XhoitkBk dh.
fJE ;dk fe; B Bjh ofjDk, fJj p;sh j wfjwkBk dh.
Bk dFk, G;k, w}jpk dh, Bk eM BhshtkBk dh.
Bk fJj tv gktD tkfbnk dh, fJj j Jest d ukjtkBk dh.
Bk XB d bGh bek dh, Bk ew}ok Bk pbtkBk dh.
i og fBykoB Xosh dk, j bV TjBk fJB;kBk dh.

eko e; f;edo tor, d; ;iDk eh yN rJ B.
do:XB ns joBkeF th, wj uNk yk f;o ;N rJ B.
oktD tor tv jekoh, eh eM nE tN rJ B.
p; Tjh gi ikd B, i bk sok dh jN rJ B.
jo or fwNktD jo fJe dk, wV bV n; bewkBk dh.
i og fBykoB Xosh dk, j bV TjBk fJB;kBk dh.

gs eoBk ;fseko Gb rJ, fgT th eoBk fgnko Gb rJ.
|w tvk e yFhnk dD dh, nkds jh |wyko Gb rJ.
;jkr dk wsbp Gbh gsBh, gsh nkgDk feodko Gb rJ.
oyVh rN s feT pBh ikdh, oyVh d jedko Gb rJ.
Gfbnk ~ :kd eokt i, eM n; ;xV ;ikBk dh.
i og fBykoB Xosh dk, j bV TjBk fJB;kBk dh.

❐ *frnkB eow* (r|VrkT)

Bk MrVk iksk w}jpk dk, Bk jt ir ipkBk dh.
jt edo wBysk dh, br ikJ MVh w;ekBk dh.
Grsk ftu GoBh ukjdk J, Fesh fJj d ijkBk dh.
ieko eokJh dtkgo ftu, noiB d sho ewkBk dh.
i fgnko Bkb pMk dtD, nr B\os d sckBk dh.
i og fBykoB Xosh dk, j bV TjBk fJB;kBk dh.

;fsro B phVk ufenk j, dBhnk ~ ;yh pDkTD bJh.
fJj ;tor t;kDk ukjdk J, nk ikU jE tNkTD bJh.
;GBk bJh ybk jek J, yd ;wM e fco ;wMkTD bJh.
;fsro d GkJhtkb pD, dBhnk ftu nwB fbnkTD bJh.
nfXnksfwe ;u ftuko pD, pu, pY s itkBk dh.
i og fBykoB Xosh dk, j bV TjBk fJB;kBk dh.

i ;fjBFhb ftFkb jtD, n;h w}ps uNkBk dh.
j bV i fvrfdnk ~ ueD, wB fisD tkb GbtkBk dh.
i *frnkB eow* ftu Ykb ;eD, TBk Bkw XBh XBtkBk dh.
Grsh i whok tkr eoB, Fpoh fij FoXktkBk dh.
i edo eoB \owkBk dh, TjBk okw Grs jBwkBk dh.
i ogh fBykoB Xosh dk, j bV TjBk fJB;kBk dh.

❐ fpleo f;|x *wkDe* (frldVpkjk)

Xosh gdfFs jt sk fco]o Bjh n;wkBk dh.
;kro th Fks Bjh ofjd, Bps nk ikJ s\kBk dh.

jdh J ws pjkok dh, s;tho pD ;wFkBk dh.
ftfrnkB tydk ofj ikd, tkj ubdh Bjh ftdtkBk dh.
i Xosh ;jDh jt sk, rikfJF Bjh Be;kBk dh.
i og fBykoB Xosh dk, j bV TjBk fJB;kBk dh.

fgnko dk id ftek; jt sk, og fB]od Xosh dk.
nfws d tkr nkekF jt sk, og fB]od Xosh dk.
nfXnksw dk gekF jt sk, og fB]od Xosh dk.
Xosh s ;s fBtk; jt sk, og fByod Xosh dk.
fJj j ikt sk gdh J fco, edo wByh ikBk dh.
i og fBykoB Xosh dk, j bV TjBk fJB;kBk dh.

ekdo dh fJj ouBk ;jDh, ;jDh fJj~ pDk e oyhJ.
foFhnk, wBhnk dh Gwh j, fgnko fJjd Bkb gk e oyhJ.
pfunk bJh fiT wk jdh J, foFs ~ ngBk e oyhJ.
Grsh, fgnko s ;tk tkb, ork Bkb ;ik e oyhJ.
wkDe fwb e goh eohJ, ohM fJjd nowkBk dh.
i og fBykoB Xosh dk, j bV TjBk fJB;kBk dh.

❐ pBko;h dk; *dotF* (yBk)

fiE Tu-Bhu dk MrVk Bjh, j dBhnk fJj ;BwkBk dh.
fijBk wkBtsk ~ ;wM fbnk, SN rJh nkds FskBk dh.
jD fgnko d pdb po; gJ, br MVh rJh w;ekBk dh.
yFhnk ftu Bud Ngd B, Bjh]po eJh Be;kBk dh.
;fsro s b e f;fynk i, God Mbh todkBk dh.
i og fBykoB Xosh dk, j bV TjBk fJB;kBk dh.

fJj wkBtsk d oky B, ;dk ;tork d ftu t;d B.
jJh fJBk s fegk ;fsro dh, bek ~ rk rk d;d B.
fJj ;s fgnko rowy B, se fJe di ~ j;d B.
fJj dBhnk fgnkok dh se e, eJh fuVd B s B;d B.
fJBk Xosh ;tor pDktD bJh, jd eo fdsh pbhdkBk dh.
i og fBykoB Xosh dk, j bV TjBk fJB;kBk dh.

❐ ;|ydt f;|x dt (;|rshtkbk)

f}drh d ftu bV }ooh, rows d nowkBk dh.
wB ftu n;h ws t;, i ws ;yh ;bskBk dh.
fwfbnk iBw nwbe jhok, ubhJ Bk ukb jtkBk dh.
w woh ~ wko e fwso, pDdh ws ftdtkBk dh.
;G dBhnk bJh fgnko dh f;fynk, ojh j td gokBk dh.
i og fBykoB Xosh dk, j bV TjBk fJB;kBk dh.

fwbtosD dhnk ;kMk gk e, fdbk *u n;k fgnko pDkJhJ.
yFhnk d ftu Mw npo, Xosh ~ rbiko pDkJhJ.
dfJnk GktBk eow fbnk e, ;jDk fijk feodko pDkJhJ.
or-fporh dBhnk tkb, cb go e jko pDkJhJ.
goTgeko dh ;u pD jD, pY pkb itkBk dh.
i og fBykoB Xosh dk, j bV TjBk fJB;kBk dh.

og fByodk Xosh dk, id poeoko oj GkJhukok,
fgnko, fBwosk, ;fjBFhbsk fJ; fpB jDk Bjh r}kok.
nwB Fksh Gr Bk jt, Bk jt feXo xbxkok.
fJe-di dk dBhnk d ftu, pDd pdk id ;jkok.

;wM pDkTDh @dt# wBK ftu, woFd d \owkBK dh.
i og fBykoB Xosh dk, j bV TjBK fJB;kBK dh.

❐ ;hskokw @;hsb# (bfjokrkrk)

dkBtsk d f]nkb fsnkrD Sv dD ukb jtkBK dh.
jt ;u xBJhJ tkbh jo wkBt d nowkBK dh.
os fy}k dh B}o Bk nkJ Bk gsMV Bk s\kBK dh.
Xosh s]sw ftokB jtD, wfje jt w;ekBK dh.
tb f;o ps ;kGD fijV, pD Nhw n; feo;kBK dh.
i og fBykoB Xosh dk, j bV TjBK fJB;kBK dh.

or B;b d Gd fwNk e fco Xosh dk fByko pD.
eoe]sw dts GktBk ;G nkgDk ;;ko pD.
wkBtsk d Gkt ikD e, fJe ;KMk gfotko pD.
fjd w;fbw f;y Jh;kJh, ;kfonK Bkb fgnko pD.
;kjwD og ;keko i jt, bV Bjh gowkBK dh.
i og fBykoB Xosh dk, j bV TjBK fJB;kBK dh.

fByko nkJrk Xosh s i eow Bkb feodko th jt.
;jDk ;jDk jt nkuoB, ;jDk ui nkuko th jt.
fwbtosD s GkJhukok, ;GBK dk ;fseko th jt.
;kdrh d ftu ofj e jodw, :kd ;dk dksko th jt.
;hsb ~ th ;wM nk ikt ;kfjp so \owkBK dh.
i og fBykoB Xosh dk, j bV TjBK fJB;kBK dh.

❐ oFB bkb @oFB# (gfNnkbk)

Bkb fBwosk fisD ir ~, Sv jeV Mm rwkBK dh.
;yh t;D bJh bV j ;iD, w;ehB fij GbtkBK dh.
bV Bjh fJ; Xosh ~, jD frofrN fij FskBK dh.
Bu Bu ojh ykdh fJ;~, jt; ;dk jtkBK dh.
fgnko Bkb i ukb oe dJ, B\os d s\kBK dh.
i og fBykoB Xosh dk, j bV TjBK fJB;kBK dh.

Sv dkBtsk dh fcsos ~, jD wkBtsk ngBk bJhJ.
fJj Xosh foFhnK, wBhnK dh, fJE fgnko d pk| ;ik bJhJ.
eJh Gko pD Bk Xosh s, eM fwbib edw Tmk bJhJ.
tKr gghj sV\ ojh, oj op d Bkb fwbk bJhJ.
i edo ;u dh eoB ;dk, j bV TjBK ftdtkBK dh.
i og fBykoB Xosh dk, j bV TjBK fJB;kBK dh.

fByko nkJrk Xosh s, uwe Tmrh dBhnK ;koh.
Grsh op dh]\ ydk dk, ;wM bt i jo Bo Bkoh.
Xyk XVh s pJhwkBh, eogFB dh i eN phwkoh.
Bk vb]B w}bwK dk, B}o Bk nkt fes bkukoh.
oFB fd; Tdk; Bk eJh, os b nktD w;ekBK dh.
i og fBykoB Xosh dk, j bV TjBK fJB;kBK dh.

❐ ;|oihs f;|x *BFhbk*

:rK :rK s fJe f;fynk, rows d ftdtkBK dh.
fgnko wjps GkJhukok, pNh j rDtkDK dh.
be ns gobe ;jbk yFhnK d ijkBK dh.
;fji nt;Ek pD ikdh J, Bjh ofjdh Gy ;BwkBK dh.
fJj ;ko cowkB B oph, f;fynk td eokBK dh.
i og fBykoD Xosh dk, j bV TjBK fJB;kBK dh.

fJB;kBK dh Xosh Ts, ni ekb fgnk fJB;kBK dk.
rb rb s MrVk pfdnK, gV fby ftdtkBK dk.
EK EK s fe;k eo;h dk, ;eNoh s gXkBK dk.
fJB;kB i bGD w sfonk, xo nr ;h pJhwkBK dk.
GhV s j go co th frDsh, pjsh j FskBK dh.
i og fBykoD Xosh dk, j bV TjBK fJB;kBK dh.

eb:r dh Xosh iBs dh, fJj pyF foj fidrkBh J.
fJj fdb ~ mve ddk J, pbdh s gKdk gkDh J.
fJj dyhnK dk jwdodh J, od dk pDdk ;kBh J.
fJj og ydk dk pmk J, fJj n;bh is BokBh J.
fJj Ujhn pkDh pb oj, i pkDh ro ;fjpkBK dh.
i og fBykoD Xosh dk, j bV TjBK fJB;kBK dh.

Uw gekF *Uwh* (fdlbh)

;G s gfjbK sK w~, j bV so todkBK dh.
w nkgDk nkg ;tko ;eK, Sv fceoK eb ijkBK dh.

TBK ~ th d ;ws dksk, pd sK Tj th so B,
dBhnk ~ Boe pDktD dh, efFF j fiBK FskBK dh.

puBh ;h gFkBh ;h, s f}d ebFK xoh ;h,
woFd B eN dy ;ko, dBhnK fwb rJh w;ekBK dh.

i fJj d;d B jo fJe ~, Tj rb eJh SNh wNh Bjh,
w yd niwk e efjdk jK, fJj rb j td-eokBK dh.

ssk dnkgo eb:r ndo, fgnkoK d wfjb T;ko i,
fJj eow ewkJ GrsK B, pkih bk-bk e ikBK dh.

fJj or fpor cbK dk, rbFB wfjek fdsk ;fsro,
s Fg pdb e oy fdsh, j irb phnk pkBK dh.

i ;y bDk nkBd gkDk sk-Two jwFk jo tb,
fco jew ndbh eohJ Bk, jofr} fJ;d cowkBK dh.

pd sK eoVK t;d B, fJ; dBhnk ftu *pkp-Uwh*,
i og fBykoD Xosh dk, j bV TBK fJB;kBK dh.

ਠਵੇਂ ਸਾਲ ਦੇ ਮੌਕੇ ਤੇ ਸਤਿਗੁਰੂ ਬਾਬਾ ਜੀ ਦੀ ਪ੍ਰੇਰਨਾ

ਸੁੰਦਰ ਭਾਵਨਾਵਾਂ ਨਾਲ ਜੀਵਨ ਵਿਚ ਨਿਖਾਰ ਲਿਆਈਏ

fdlbh, 1 iBtoh. ;fsro pkpk jodt f;x ih wjkoki B rows d nB;ko ihtB dk ;\o sn eod jJ ;do GktBktk ~ ngBk e ihtB ftu fByko fbnkTD bJh gfos ehsk j. nkg ni oks fBoekoh ;oto d ;kjwD ;wkrw wdkB ftu Bt ;kb d ;wkoj ~ ;pfXs eo oj ;h.

;fsro pkpk ih B nFhotkd gdkB eod jJ fejk fe - Bt ;kb d nkrwB s nkg ;ko wjkgoF jk}o jJ j. fiE ;;ko Bt ;kb d nkrwB s iFB wBkTdk j, ukj Xosh dk eJh th dF ik fj;k jt, nbr-nbr dFk d ;w dh fGBsk d fj;kp Bkb fJj nbr-nbr ;w s wBkfJnk ikdk j. nkg ;siB nt sk ;kb Go ;kfonk d Gb dh ekwBk eod j, go Bt ;kb s nkg fJem jd j feTfe fBoekoh okiwksk ih dk iBw fdB th fJ; fdB jdk j.

FfjBFkj pkpk ntsko f;x ih dk iBw fdB 31 d;po ~ jdk j ns okiwksk ih dk 1 iBtoh ~. sk ;kb d nfsw fdB jBo dk ns ehsk FfjBFkj ih B ns ;kb d gfjb fdB okiwksk ih d iBw fdB s Btk ;kb Grsh Bkb Fo jdk j.

fJ; tko ;:es okFNo ;x B cfwbh ckofwr ~ ufDnk j sk cfwbh Bkw nk ikdk j, Gktfe fwb-ib e ew ehsk ikJ sk Tj ihtB ~ yFjkbh ns TukJhnk tb b ikdk j. dfynk ikJ sk ;koh wkBtsk jh nro fwb- ib e ew eo sk jo fJe d fj; ftu yFjkbh nk ;edh j. fJ;d TbN i ys dk pNtkok j ikJ sk T; og ftu yFjkbh Bjh nk ;edh.

dksko fegk eo fe jo Grs f}wdkohnk ~ Be Bhns Bkb fBGkTd jJ ihtB d ;\o ~ sn eodk ikJ. ;kvk ihtB jwFk jh fByko tkbk ihtB oj. Grs jwFk jh ;fs;r ~ wjssk dd jB fi;d ekoD wB ftu nBd pfDnk ofjdk j.

2013 ftu Tsokyv ftu ekch Be;kB jfJnk. ;s-wjkswktk d wB ftu jwFk jh ghVk ojh j ;;ko d bJh ns Tj TBk dh ghVk joD ns TBk ~ yFh dD ftu br ikd jB.

nkgB fejk fe ;ko fgnko ns fwbtosB Bkb ihtB d ;\o ~ sn eod ub ikD. 2014 dk nkrwB j uek j sk i ;kb ubk frnk, T;d Bkb ;kvh srfdbh ns ftgohs GktBktk, to, Jhoyk, tkbhnk GktBktk th ubhnk ikD, fJBk ~ nr Bjh b ikDk. ;ko wBws ~ fsnkr e rows d Bkb ihtB sn eoB ns ;kfonk dhnk ;do GktBktk jD.

dksko ;kfonk ~ ;wM dt, ;kfonk ~ ;y-;gBsk ns sB, wB, XB dh ;woEk dt skfe Tj ngDk :rdkB dd ikD feTfe Grs ngDhnk ;woEktk ~ gowkoE ftu jh brkTd jB. fJ; s gfjbk fBoekoh okiwksk ih, fiBk dk iBw fdB th wBkfJnk frnk, B nFhotkd gdkB eod jJ fejk fe - ni Bt ;kb ftu ;kfonk ~ tXkJh jt. dksko fegk eo fe ;ko ;yk Bkb Gogo jD ns jo ;s d xo yFhnk jh yFhnk jD. yFhnk ns yFjkbh ;kfonk d xok ftu dksko fbnkJ ns jo eJh ;fsro d uoDk ftu pm e nkBdgote ihtB pshs eo. fJj ;wk Gkrk Bkb fwbdk j. ;s jwFk fJjh gkoEBk eod jB fe so uoDk ftu jh ihtB phs.

;fs;r grokw ftu fdbh ns nk;-gk; d Ffjok s nkJ nBek Grs ebkekok B Grsh ;rhs okjh fiE Bt ;kb d nkrwB s ;fsro s nFhotkdk wrhnk TE fBoekoh okiwksk ih d iBw fdB s FGekwBktk ns wpkoek th fdshnk. grokw dk ;ukbB Fh ;by *;kEh* ih B ehsk.

ਭਗਤੀ-ਪੁਰਬ ਸਮਾਗਮ ਵਿਚ ਸਤਿਗੁਰੂ ਬਾਬਾ ਜੀ ਦੀ ਪ੍ਰੇਰਨਾ

ਜੀਵਨ ਵਿਚ ਭਗਤੀ ਦਾ ਪਹਿਲੂ ਮਜ਼ਬੂਤ ਰਖੀਏ

fdlbh, 22 d;po. ;fsro pkpk jodt f;x wjkoki B ihtB ftu Grsh d gfjb ~ w}ps oyD dh goBk dd jJ fejk fe Grsh f;oc fe; ftFF fdB se jh ;hfws Bjh j pbfe jo gb, jo fSB Grsh d sfjs ihtB pshs jDk ukjhdk j. Grsh Bkb ;kv wB ~ w}psh fwbdh j. nkg fBoekoh ;oto d ;kjwD ;wkrw wdkB ftu FoXkb-Grsk d ftFkb iB;wj ~ ;pfXs eo oj ;h.

;fsro pkpk ih B fejk fe fiBk B Grsh ehsh TBk d gsh ni ;ko ;wofgs jB. TBk fJ; fBoeko ~ fdb ftu fpmk e gb-gb fpskfJnk. TBk B ro d nkF nB;ko ihtB d ;\o ~ sn ehsk, TBk ;sk dk TmDk-pmDk, ubDk-pbDk Gkt fe ;kok ihtB jh Grsh j frnk. Grs feXo th oj T;d bJh Grsh jh wjst oydh j ns fJ;dk nfj;k; oyd jJ ngDhnk f}wdkohnk ~ fBGkTDk j.

ephodk; ih, othdk; ih thokfBnk ik irbk ftu Bjh rJ Tj wkfbe dh :kd fdb ftu t;k e ;tk, f;woB ns ;fs;r eod oj. fJ;h ~ :EkoE Grsh fejk frnk j. fbpk; ns gfjokt Grsh Bjh jB. i fJ; or ftu or ikdk j Tjh Grsh d noE ~ ;wM gkdk j.

Grsh FowDh jBwkB ih ~ nBe TgbGXhnk gkgs ;B bfeB TBk B jwFk Grsh ~ jh wjst fdsk. fJjh ukfjnk fe Grsh ekfJw oj ns ihtB dk jo gb Grsh d sfjs jh phs.

n;h jo o} GiB eod jk fi; Bkb ;k~ Fesh gkgs jdh j. fJj Bjh j fe fe; ftFF nt;o s jh GiB rfjD eod jk. fJ;h sok Grsh f;oc fe; ftFF fdB bJh Bjh jdh pbfe fJ; Bkb ;kv wB ~ o} yoke fwbdh j. fJ; Bkb ihtB ftu w}psh nkTdh j. fJ;bJh ;kvk jo eow Grsh d sfjs jh phsDk ukjhdk j. Grsh tkb gfjb ~ jwFk w}ps oyhJ sk jh n;h ihtB d ;\o ~ ;cbskgote sn eo ;ekr.

dksko ;kfonk ~ Grsh Gfonk ihtB ihD dh Fesh ns ;woEk gdkB eo. ;ko ngD ihtB ~ Grsh tkb or Bkb ;ik bD ns ;;ko s th Tgeko eod ikD. fJ; nt;o s gow gi: okiwksk ebts eo ih B ngDk nFhotkd gdkB eod jJ fejk fe- Grsh jwFk ro dh eoBh j fi;B ;k~ fBoeko Bkb ifVnk. fJj fBorD th j ns ;orD th. Grsh Gfonk ihtB ihD Bkb jh n;h ihtB ftu yFjkbh fbnk ;ed jk.

;wkrw ftu nBek pbkfonk B Grsh d gfjb ~ rhsk, eftsktk ns ftfynkBk okjh Tikro ehsk. gi: ;sy f;x ih d gfotko d wpok B Grsh dh okj s tXd ofjD dh ekwBk ehsh. wu ;ukbB Fh ebdhg f;x ih B ehsk.

Grsh-gop ;wkrw dk FG nkoG ;do FGk :ksok Bkb jfJnk i :roki ebBh s Fo jJh. ;do gkbeh ftu ;fsro pkpk ih, fBoekoh okiwksk ih ns gi: wksk ih fpokiwkB ;B. gkbeh d nr GrsiB Grsh rhs rkd jJ ub oj ;h.

ਵਿਉਹਾਰਕ ਪੱਖ ਨੂੰ ਮਜ਼ਬੂਤ ਕਰਨ ਦੀ ਲੋੜ

;fsro pkpk jodt f;x ih wjkoki B fgSb fdBh jfonkDk ns gikp d eM Ffjok dh efbnkD :ksok ehsh. efbnkD :ksok dk gfjbk gVkn ;h - gkBhgs.

gkBhgs, 10 iBtoh. ;w ns ;EkB dh ;dosk ;do GktBktk d ekoD jdh j. fe; ;EkB s MrVk, eVt pb ns rkbh-rbu ehsk ik fojk jt sk Tj ;EkB, Tj ;wk yokp brD brdk j bfeB id T;h ;EkB s gw Bkb Gogo j e fttjko ehsk ikdk j sk TE fjbD dk th wB Bjh eodk. Btk ;kb 2014 Fo jfJnk j ns ;ko fJe-di ~ tXkJh d oj jB, fJj FG ekwBktk fiE jok bJh jD TE ngD nkg bJh th jD fe w GbkJh eok, ;ukJh dh okj s ubk, ;dGktk Bkb jwFk Gogo ojkI sk jo gb, jo fdB, jo wjhBk, jo ;kb ;do pD ikdk j. fJj goDkdkfJe ftuko ;fsro pkpk jodt f;x ih wjkoki B gkBhgs (jfonkDk) fty nk:fis ftFkb ;fs;r ;wkoj ftu grN ehs.

;fsro pkpk ih B fejk fe ;w dh edo eohJ. ;w dh edo eoB ns ;u ~ efbnkDekoh pDkTD Bkb ;tk; ;koEe j ikd jB, ihtB ~ ihtB fwb ikdk j toBk sk bjko dh yb th fpBk gkD d ;tk; bdh jJh wfj;; jdh j. TE ;tk; dh nktk} sk j bfeB gkD Bjh j. gw d ekoD Grs dk ihtB ;do pDdk j. gw Bjh j sk fwse fejk frnk j gw ftjhB bek ~.

;fsro dt ih B fejk fe MeDk ew}oh dh fBFkBh Bjh j, jwFk wB Bhtk ns ws Tuh oj, ed nfGwkB Bk nkJ, SNh fijh ehVh os ftu gJh Feo ~ ue bdh j, ftFkb jkEh d fj; T; os ftu gJh uhBh d fJe-nX eD Gkt jh ;v okjh fwb ikD bfeB f}nkdkso sk T;d fj; ftu fwNh jh nkTdh j. Grs fBwo Gkt oyd jJ brksko ngDh fpjsoh ftu brk ofjdk j fi; sok fJe nEbhN ukj Tj bph dV ftu fj;k b fojk jt ik Tuh Skb nkfd ftu, Tj jwFk ngDh ;ghv ~ fpjso eodk ikdk j. ngD ohekov ~ jok dh sbBk ftu ;XkoD dk isB eodk j, ngD foekov ~ yd jh sVdk j. Grs jwFk ;ws dk dkB wrdk j. ;ws nr tXkTdh j, ews vpkTD dk ew eodh j. ewsh s f}nkdk ;wsh dh wjssk j. ;;ko s f}nkdk fBokeko dh wjssk j ns fxDk s f}nkdk gw dh wjssk j. fJ; fBokeko gwkswk ~ ikDB, wBD, ;wMD ns ;thekoB d pkd fJ;~ fttjko ftu fbnkTD, fJ;d fttjkoe gy ~ w}ps eoB dh }oos j. Grs jwFk fJjh isB eodk j ns ngDh ihtB :ksok ~ ;do pDk bdk j. ;fs;r ;wkoj ftu Fh Xow f;x ue; nwhnbkJH ;wkbyk, Fh ;odo nfjbkts (f}bk Gkigk gXkB, gkBhgs) ;fjs tvh frDsh ftu ftFF ;iD th gXko. ;EkBe wyh Fh rouoD bkb ih B XBtkd grN ehsk.

fJ;h fdB Fkw gkBhgs s otkBk j e do oks iwBkBro gju. 11 iBtoh ~ dgfjo d ti iwBkBro GtB s Grsk dk ftFkb ;wj jk}o jfJnk. gi: wksk ;ftdo ih dk iBw fdB 12 iBtoh ~ ;h, Grsk B iBwfdB dh yFh th wBkJh.

;fsro pkpk ih B fJE nFhotkd gdkB eod jJ fejk fe Bt ;kb d nkrwB s jo eJh FG ekBwkBk ddk j. Grs Grsh Gkt, nehdk, gw d Bkb ;tk, f;woB, ;fs;r eod jJ ihtB ;\o ~ ;dosk Bkb sn eod jB.

bfXnkDk, 11 iBtoh ~ jh iwBkBro s otkBk j e ;fsro pkpk ih ;rtkb bfXnkDk ;fEs, ;s fBoekoh ;fs;r GtB gju. GtB dk thj JeV dk ftFkb yso Grsk Bkb Gfonk jfJnk ;h. fJE gjuD s dth iVh dk fBxk ;tkrs ehsk frnk. fJE jJ ;fs;r ;wkoj dk

;tog *Grsh ;rhs ;wbB* d og ftu ;h fi; ftu ;otFh gFgdo *ggh* (fcbo), wBdhg nv gkoNh, f;woBghs ro gekF ns ;kEh, ;dhg ih, ewb eosko, uB uweo, wBihs ogtkbhnk (bfXnkDk), f;woB (guebk), jhok nv gkoNh (npjo), rbfido rb ns ;kEh (frdVpkjk), fvgb ns fFtkBh (okigok) nkfd B ngD Grsh rhs-;rhs Bkb go tksktoD ~ GrshwJh pDkfJnk. Fh irsko *irk*, Fh ;fodoykB (uvhrV) ns Fh wxonbh (pfmvk) d Bkb Fh nuHn;Huktbk (iBb fJuko}, bfXnkDk) th fJ;h rhs-;rhs d or ftu or B}o nkJ. gi: wksk ih d iBwfdB dk ee eN e GrsK B yFhnK wBkJhnK. wu ;ukbB Fh i;ihs *i;h* B ehsk.

;fsro pkpk ih B gktB nFhotkd gdkB eod jJ fejk fe fJE fJ; ftFkb og ftu i nkBdwJh ogh pfDnk j Tj fjod ~ yF eoB tkbk j. ;kfonK B fJe gb-gb yFh wBkJh j fi; ~ *Grsh ;rhs ;wbB* dk BK fdsk frnk. fJE i Gkt ftnes ehs rJ T; ftu Fpd ns ebkeko jh Bjh, Grs fjod jD d ekoD ebk th Grsh dk og pD rJh j. Grsh s ebk d fJ; fwbB Bkb ;wkBsk nk rJh. Grsh ftu ;rhs ns ;rhs ftu Grsh dk gw Gfonk og pfDnk jfJnk. fJ; Grsh ;wbB ~ FG fwbB th efj ;ed jK. id fJ; gG-gwkswk, fJ; wkfbe d Bkb Bksk iV ikdk j sK fJj ;rhs th gdk eo ddk j. Grs eJh th nt;o jt fJ; fBokeko d jh Brw rkd jB. fJ;dk nfj;k; jwFk pfDnk oj. Grsh dk or ufVnk oj fJ; wB dk Bksk ed fJ; dksko Bkb BK NN. grokw ;gB jD d pkd ;fsro pkpk ih ibXo bJh otkBk j rJ.

ibXo, 12 iBtoh ~ bdo egbe; yso, egoEbk ov, ibXo ftu ftFkb ;fs;r ;wkoj ~ ;pfXs eod jJ ;fsro pkpk jodt f;x ih wjkoki B fejk fe ;koh fB}kw, ;koh ekfJBks dk wkfbe fJj fBoeko goh soK fefonk eo fojk j fco th mfjfonk jfJnk j, mfjo jJ d Bkb iV e jh ihtB ftu mfjokU nkTdk j. feBkok eoB Bkb, thokfBnK, r\ktK ftu ik e mfjokU fwb ikJrk, nfijk Bjh j. Grs fBoeko gG d nfj;k; Bkb Gogo j e Tmdk, pmdk, nkuko - fttjko eodk j fJ;bJh T;d ihtB ftu yp;osh jdh j. Bt ;kb s fdsh ik ojh FGekwBktK dk f}eo eod jJ ;fsro pkpk ih B fejk fe ;kb d 365 fdB, 365 gfBnK dh feskp dh soK jd jB fi;dk fJe - fJe gBk gbNd jJ nfsw gBk nk ikdk j. ;kb 2014 d FG nkrwB s tXkJhnK fdshnK ik ojhnK jB ns dyd jh dyd fJ;d th 12 fdB phs rJ. Grs jwFk phsd ik oj ;w dk ;dTg:r eodk j feTfe i gb phs frnk Tj tkfg; nkTD tkbk Bjh j.

;fs;r ;wkoj d pbkfonK ftu ;bhw ns ;kEh (nfws;o), Bhbw j;oki (bfXnkDk), ;dF ih, roghs ih (ibXo), niwo f;x ;X (pNkbk), p;s ewb (bfXnkDk), pyFh fpbk (ibXo), ;fodo ;kro, irsko irk, wihs ogtkbhnk, nuH n;Huktbk (bfXnkDk) nkfd B ngD Gkt grN ehs. Fh eFo f;x (;:ie) ibXo B dth iVh d gsh XBtkd grN ehsk.

Fo ftu ;fsro pkpk ih B fJE brkJh rJh fBoekoh gdoFBh dk ntbeB eoe nFhotkd gdkB ehsk. ;s ;wkrw ftu mv dh gotkj ehs pro GrsiB tvh frDsh ftu gXko. Fkw ~ ;fs;r ;wkgB d pkd ibXo s ub e wboeNbk GtB s nkrwB jfJnk. fJE ;fsro pkpk ih B nFhotkd gdkB eod jJ fejk fe fgnko, fBwosk ns GkJhuko dh GktBk ~ tXkTd jJ ;u dh nktk} ~ ;kfonK se gjukD dk ew Grs jwFk eod jB.

wboeNbk, 13 iBtoh. nkBd dfBnkth ;yK s Tuh nt;Ek j. ;sK-wjKgoFK d tuB nkBd dD tkb jd jB.

Grs, fJ; ;u, fJ; nekb-goy ~ fjod ftu t;k e fJ;dk jh fBoso rDrkB eoe nkBd gkgs eod jB ;sk d ;r Bkb i nkBd gkgs jfJnk j fJj nkBd jwFk pfDnk oj. ;fsro pkpk ih B gikp d fJfsjk;e wjstgoB Ffjo wboeNbk dh nBki wvh ftu nk:fis ftFkb ;fs;r ;wkoj ftu FoXkbnk ~ nkBdgote ihtB d ;\o ~ sn eoB bJh Tges goDkdkfJe wkordoFB gdkB ehsk.

rodt jodt ih B fejk fe Bliss is the true happiness beyond the senses (nkBd fJdhnk s go ;uk ;y j) nkBd d bJh nkBd d ;os fJ; fBoeko gG Bkb iVBk jtrk. i iV frnk Tj xo-gfotko, fttjko-ekopko eod jJ th nkBd ~ jh wfj;; eodk j. *iT| ;ly e'ukjl ;dk okw eh bfj# dk Gkt ;;ko ;wM Bjh gkdk okw dh FoD, okw dk nkXko bDk ;yh ihtB ihD d bJh }ooh j. wboeNbk s otkBk j e ;fsrodt ih eM ;w gfNnkbk oe e npkbk SkTDh GtB gju fiE ;rsk ~ Bw;eko eoB dk nt;o gkgs jfJnk. ;fsro pkpk ih B fJ; nt;o s Grsh Gkt Bkb Gogo j e ;tk, f;woB, ;fs;r eod jJ, ;ukJh d nfj;k; Bkb ihtB dk ;\o sn eoB dk nFhotkd gdkB ehsk.

npkbk, 14 iBtoh ~ npkbk GtB d ftFkb yso ftu nk:fis ;fs;r ;wkoj ~ ;pfXs eod jJ ;fsro pkpk ih B fejk fe ;;ko, gfotko ftu ofj e jh fJ; fBoeko dk or uVkJh oyDk j. gwkswk dh gkgsh th eoBh j ns fJ;d Bkb fBopkj th ;;ko ftu ofj e jh eoBk j, gbkfJB eoe, thokfBnk-r\ktk ftu ik e Bjh t; ikDk.

rodt jodt ih B fejk fe wjkswk pX B wfjb dk fsnkr }oo ehsk bfeB TBk B ihtB dk fBuV fJjh eY e ;;ko ~ fdsk fe ftuekob (Middle Path) wkor ~ ngBkDk j. fJ; gwkswk dk nfj;k; th sk jh jtrk. f;FNh d ;ko iht fJ;h fJe s nkJ jB fJj Gkt id ;gFN j ikdk j sk fJeogsk dk nfj;k; th jdk j. wjkswk efjd jB fe fJ; wb rb ~ cV, ;w dh ehws gkU ns nBwb ihtB ~ Tg:rh pDk bU, fJ; ihtB ~ noEgoD pDk bU, fJ;~ nfrnkBsk ftu Bk fpskU skfe sjkvk ;;ko ftu ftuoD eoBk sjkv bJh sk efbnkDekoh pD jh fJj jok d bJh th efbnkDekoh pD ikJ.

;fs;r ;wkrw d pkd Fkw ~ Grsk ~ doFB dk nkBd gkgs jfJnk. Bud-rkd Grsk B ngDh yFh ~

Tikro ehsk. npkbk s ub e ;fsrodt ns guko ekcbk nXh oks pkd fdbh gjfunk.

fJ; efbnkD :ksok ftu ;otFh pbdt Bkor, gowihs *pNh*, nfBb ewko ns GD eftsk peb Fkfwb

ojh.

gi: wksk ih ngD **@iBw fdB 12 iBtoh#** ~ iwBkBro ftu ;B. goh efbnkD :ksok dokB gi: wksk ih dk iBwfdB ns gikp dk gf;X fsTjko **@bjVh 13 iBtoh#** yk; fojk. Grsk B fJBk yFhnk dk Gogo nkBd gkgs ehsk.

- joihs fBFkd

r[No fdlbh nsl nk;Fgk; dl ysoK ftu to;hnK oph ofjwsK

rkihnkpkd, 12 d;po. fJE okiBro ne;NFB d okwbhbk wdkB ftu FoXkb-GrsK ~ ;pfXs eod jJ ;fsro pkpk ih B cowkfJnk fe eJh th :r jt ;oi dk wjst jo :r ftu fojk j. fJ;h soK ;sK ns ro-gho-grpoK dh wjssk jo :r ns jo do ftu ojh j.

nkgB fejk fe fi;d ekoD fJj Xosh, ;oi, uB f;skfonK dh jd j T; Bkb Bksk iVB dh }oos j. fJjh goDk ni th fdsh ik ojh j fe nkswk dk jBok do jt ns frnkB dh oFBh Bkb jo fjodk oFB j ikJ.

;fs;r ;wkoj ftu nBe pbkfonK B ngD Gkt grN ehs. ns ftu rkihnkpkd ;eNo d ;:ie Fh ;shF rKXh B XBtkd grN ehsk.

nkrok, 5 iBtoh. ;fsro pkpk jodt f;x ih wjkoki B fejk fJE fJfsjk;e skiBroh ftu ek;ri d emh whBk pk}ko d wdkB ftu ftFkb iB;wj ~ ;pfXs eofdnK cowkfJnk fe fJB;kB Gfse so s soeh eo fojk j bfeB wkBth-edoK-ehwsK d og ftu th soeh jDh ukjhdh j.

nkgB fejk fe swkw iBhnK ftu wkBt ;otF;m j. fJ;dk fwnko Tuk jDk ukjhdk j ns fJj ;Gt jtrk fJB;kBhns dh okj s ubD d ekoD. wkBth rDK Bkb Gogo jDk jtrk.

ni fJB;kB n;fjBFhbsk, fxDk, B\os d ekoD gsB tb ik fojk j. F;m wkBt ihtB gkgs eoB d pkd th sS ew eoB s ro} Bjh eodk. iok-iok fijh rb s n;fjBFhb j ikDk, fJB;kB dh wkBf;esk ~ Tikro eodk j fe Tj fe; do u rio fojk j. fJB;kB ngDk fwnko Tuk eo sK ;;ko d eJh th gGkt T; s n;o Bjh gk ;ed.

;fs;r ;wkoj ftu nkrok d wno Fh fJdoihs nkohnk B ;fsro pkpk ih dk Ffjo tk;hnK tb ;tkrs ehsk. nkrok dh iBb fJuko} Fhwsh eKsk ih B dth-iVh d gsh fesxsk grN ehsh.

gbtb (jfonkDk), 6 iBtoh. fJE ;oekoh jkJh ;eb d rokTv ftu FoXkb-GrsK ~ ;pfXs eod jJ ;fsro pkpk jodt f;x ih wjkoki B cowkfJnk fe ;;ko ftu ojhJ go fXnkB fJ; fBoeko gG Bkb ifVnk ofjDk ukjhdk j. fJjh ;t:G gow;sk j i ;w ns ekb s go j.

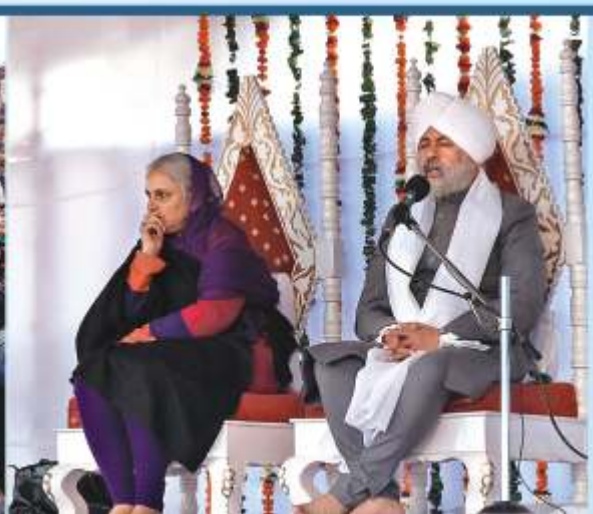
nkg B fejk fe fJB;kBh iBw pjs wjssk oydk j. ;wK ofjd jh fJ;dh edo eo bDh ukjhdh j. toswkB dh jh nfjwhns j. fJe-fJe gb ehwsh j, phs ikD s fJj nshs pD ikdk j. i ;wK ofjd ;w dh edo eo bd jB Tj ihtB ~ ;tko bd jB. toswkB ;kvk fJjh j fi; ftu n;h ihn oj jK.

;fs;r ;wkoj ftu jfonkDk d ;kpek wsoh Fh eoD f;x dbkb ns Fh ;GkF es:kb B jk}o j e dth iVh dk ;tkrs ehsk. gbtb d nwHnbHJH Fh ;GkF uXoh B th ;fsro pkpk ih dk ;tkrs ehsk. gbtb d wyh Fh irdhF udo ih B XBtkd grN ehsk.

;o: Bro (rkihnkpkd), 8 iBtoh. ;fsro pkpk jodt f;x ih wjkoki B fejk j fe ihtB ftu mfjokU fbnkTD bJh gowjd gwkswk ~ ihtB dk nkXko pDkTDk jtrk. fJj gwkswk mfjfonk jfJnk j fJ; Bkb iVB s jh mfjokU nkTdk j. nkg fJE ;o: Bro ftu ftfdnk Gkosh ;eb d wdkB ftu ftFkb iB;wj ~ ;pfXs eo oj ;h.

nkgB fejk fe nkswk ns gwkswk ;yw j. id ;yw Bkb ;yw dk fwbkg jdk j sK sd fJe-fwe tkbh nt;Ek nkTdh j. noEks id gowjd dh ikDekoh j ikdh j sd fJj nt;Ek nkTDh ukjhdh j. ihtB ihd jJ fJj fJe-fwe nt;Ek gkgs jDk pjs wjst oydk j.

;fs;r ;wkoj ftu pfunK B ;tkrs rkB gF eoe ;fsro pkpk ih dk ;tkrs ehsk. nBe pbkfonK B th ngD Gkt grN ehs. ;eNo ;:ie Fh nwHvhH iFh ih B dth iVh d gsh XBtkd grN ehsk.



Fh jop; f;x ih dk FoXk}bh ;wkoj

;kdrh ns ;obsk TBk dl ihtB dh ftFFsk ;h

fdlbh, 13 d;po. ni nfij ihtB ~ :kd ehsk ik fojk j i ihtB Grsh Gkt Bkb Gogo j e ihnk frnk. TBk dh ;kdrh ns ;obsk Bkb ;ko tkfe\ jB. fJj ftuko ;fsro pkpk jodt f;x ih wjkoki B wfoi rokTv fty pjwbhB ;s T;skd jop; f;x ih d FoXk}bh ;wkoj ftu grN ehs.

;fsro pkpk ih B fejk fe jop; f;x ih B pkpk pNk f;x ih d ;w s b e pkpk ropuB f;x ih d Bkb ;wk fpskfJnk. ed TBk B iskfJnk Bjh fe wok Bksk ro gfotko d Bkb j. n;b ftu ;s ngD nkg~ frDtkd Bjh ngD nkg~ rtkTD ftu ftFtk; oyd jB. nfij ihtB wj pbdh s;tho jd jB. pbk okjh sk pjs ekfJb eo bd jB bfeB TBk dk ihtB n;b ihtB Bjh jdk. fJBk B ngD ihtB ftu ;kfonk ~ gGkfts ehsk.

dk; pugB s jh dydk nk fojk j fe; sok TBk B ngDk ihtB ;tk ftu ;wofgs ofynk. i nkfJnk j T;B fJe Bk fJe fdB fBFus ikDk j. bfeB ;tkb fJj j fe ihtB dh :ksok fe; sok sn ehsh rJh. wBwy ns rowy dB nkTd ns ikd jB bfeB rowy dk Bkw ;fseko Bkb fbnk ikdk j.

Bdh ns Bkb djk d feBko jd jB bfeB Bkb ftu rdrh pfj ojh j, fi; Bkb pdp nkTdh j ns Bdh ftu fBowb ib j fi; ftu be Bjk th ;ed jB ns ib gh th ;ed jB. fJe feBkok iBw j ns dik feBkok ws j. ftueko fe; sok dk ihtB j T;dh wjssk j. fgnko Bkb TBk ~ ;ko dko ih fejk eod ;h. ed th TBk B ;fs;r s ngD edw Bjh oe ns fe; dk fs;eko Bjh ehsk. SNhnk-SNhnk goDkdkfJe rbk Bkb th ;wMk fdnk eod ;h.

FoXk}bh ;wkoj ftu nBe pbkfonk B TBk ihtB s oFBh gkJh ns TBk ~ fBxh FoXk}bh nofgs ehsh. ns ftu gfotko tb Fh ;fodo f;x ih B nkTD tkfbnk d gsh XBtkd ehsk.

Fh jop; f;x ih 10 d;po 2013 ~ fBokeko gG ftu bhB j rJ ;h. TBk dk T;h fdB Fkw ~ fBwrpX xkN s nfsw ;;eko ehsk frnk, fi; ftu nkg ;fsro pkpk jodt f;x ih wjkoki ns gi: wksk ;ftdo ih ;fjs ;s fBoekoh wvb d nfXekohrD ns tvh frDsh ftu ;rsk Fkfwb jJhnk.

gG dh gkgsh Bkb jh ihtB ;cb jdk j

fdlbh. ;s fBoekoh wvb d edoh :iBk ns ;bkjeko pov d tkJh; unowB Fh ywoki uYk ih dh tvh GD okiokDh ego ih 26 Btpo ~ fBoeko ftu bhB j rJ ;B. nkgdh Two 93 ;kb ;h.

nkgd ihtB s goDk bD bJh ntsko fJBebt, gSwh ftjko d ;fs;r GtB fty FoXk}bh ;wkoj dk nk:iB edoh :iBk ns ;bkjeko pov (;fBwh) d unowB Fh rfpd f;x ih dh gXkBrh jm jfJnk. TBk B fejk fe i wkBt iBw ftu nk e gG dh gkgsh eoe ngD fBi xo ftu gju ikdk j T;dk ihtB ;cb j ikdk j. GD okiokDh ego ih B ;fsro s pjw dh gkgsh ehsh ns Grsh Gfonk ihtB ihn e ;do fw;kb gF ehsh. fwbB;ko ftneshst ns wXo ;Gkn TBk d ihtB dh ftFFsk ;h.

Fh ywoki uYk ih B fejk fe TBk B 1950 ftu pjw frnkB gkgs ehsk. dk; d gfotko u frnkB bD tkb Tj di wpo ;B. frnkB gkgsh d pkd go goftko ~ TBk B ;fs;r Bkb ifVnk. ;ohoe og Bkb phwko jD d pktid th ;fs;r d gsh TBk dh brB nfsw ;tk;k se pDh ojh.

;wkoj ftu ;s fBoekoh wvb d gXkB Fh ihnkoHvhH *;fsnkoEh* ih ;fjs wvb d nBe gdkfXekoh ns tvh frDsh ftu FoXkb jk}o ;B. ;eNo ;:ie Fhwsh ;sF uYk ih B nkTD tkfbnk d gsh XBtkd grN ehsk.

;fsr|o| pkpk jodlt f;|x ih wjkoki dh gktB SsoSkfJnk jlm r|o| glk fdt;

g|rokw

22 cotoh 2014 (FBhtko)

;tkdb obh L ;to 10 ti s dgfjo 2H00 ti se
;fsro gtuB L 2H00 ti

23 cotoh 2014 (nstko)

ro gik L Fkw 6 ti s oks 9 ti se
;fsro gtuB L oks 9 ti

;EkB L ;wkrw wdkB, fBoekoh ule,
fBoekoh ;oto d ;kjwD, fdbh-110009

1H fdbh ftu dB fdB bro dh ftt;Ek ;wkrw ;EkB s jh jtrh
2H ee eNDk TE jh ;GkJwkB jdk j fiE ;fsro dh gsy widrh jt.
3H rNo fdbh d fJbktk pkeh Gkos dhnK pkuK ro gik fdt; grokw 23 cotoh 2014, nstko ~ jh nk:fis eoBrhnK. ;fs;r d pkd bro dh ftt;Ek th ehsh ikJ..
4H dF Go ftu gfjbK dh soK ftFF **;ckJh nsl oly brkU wfjw** 23 cotoh 2014 ~ ubkJh ikJrh, fi; ftu ;kX;rs d fJbktk ;tkdb d GDK-Gok th Fkfwb jDr.

-- ;hHnlbHr|bkNh, ;eso (wlyd\so) ;s fBoekoh wvb, fdlbh-9

Fh nkoH eH wjsk

;hHghHJHphH ns ;|tkdb d Bt| w|po wBBhs

;fsro pkpk ih B iBob pkvh whfNr ftu Fh nkoH eH wjsk ih ~ edoh

Fh FGeoD

Fh fFt e|wko i|Blik

:iBk ns ;bkjeko pov dk BtK wpo wBBhs ehsk.fJ;h soK Fh fFt ewko iBik ~ ;jkfJe Tg-wy ;ukbe (yso) ns Fh FGeoD ih ~ ;jkfJe Tg-wy ;ukbe (NfBr) wBBhs ehsk frnk.

Fh ;hH nbH @rbkNh# ;eso, ;fBw, fdbh B wjKokFNo d wywsoh Fh fgEthoki ujkB d o;eo; ov, fdbh ;fEs rfj fty gju e TBK ~ 24, 25, 26 iBtoh 2014 ~ wpJh fty jD tkb wjKokFNo d 47t gkdfFe ;s ;wkrw bJh ;dk gso fdsk ns Bkb jh *;s fBoekoh* wkf;e gsek ns *Jest* ;wkrw ;thBo th GN ehsk. Fh utkD ih B ;d gso bJh XBtkd grN ehsk ns ;s fBoekoh gsek ns Jest ftFFKe gV e T;dh Fbkxk ehsh.