

NUPUR

WINTER 2008-SUMMER 2009



God loves You!



NUPUR

WINTER 2008-SUMMER 2009

New Understanding of Pure Universal Revelations

Commemorating
Swami Nityatmananda's 116th Birthday
on Tuesday, 2 June 2009



Build Relationship with One God



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God loves you

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PREFACE

As the new issue of NUPUR comes forth, I would like to share with you the accomplishments the Foundation has made in the last six months. A good news for all our precious donors - our Foundation has been registered as a charitable organization and our donors now get exemption under section 80G of the Income Tax Act starting from 01 April 2008 to 31 March 2010. Secondly, we've outreached many hurting souls this time in various parts of the World rather than only in India, more than what God did through us in the past.

Readers, this time God wants to encourage you because there is a season of correction and a season of encouragement. This time all our articles focus on encouragement in your life to help you move forward in your walk with God. God is a good God and He wants only goodness for all His children, His love for each one of us is unconditional and continuously flowing.

I encourage each one of you precious souls to come to Him with sincerity and true repentance in your heart and ask Him to enter your life. Though my relationship with Him is just four years old which means that I am just four years old but I want to tell you that life was never so easy, peaceful, happy and joyous. Each day of these four years has been more fruitful than my past decades of existence. If not for God, I wonder what life I would have been spending, wandering without Him! Without doubt, **I assure you that your worst day with Him is better than the best day without Him.** Know that you are precious to the Almighty.

I also want to say that very soon our country will be choosing its next leaders and I would request you to ask God to send the leaders He wants for our country who can take our country to newer and greater heights. Before you go to polls I want to make a request to all our dear readers to pray this prayer for our country:-



Your worst day with Him is better than the best day without Him.

Dear God, we love you and we know that you are our biggest protector at all times. God, we want to glorify You in everything that we do, protect our country and give it the leaders who take it to newer heights You see for this country. God we ask You to bless each citizen of our Country with the kind of love and integrity You want each one of us to have for our country.

This volume of NUPUR is one combined issue for Winter 2008 and Summer 2009.

God bless all you precious people and know that He does not need your fasts and sacrifices. He wants you to give your life to Him, which in any case does not belong to you.

-Shalini Mehta

नूपुर के इस नये अंक के आगमन पर हमारी फ़ाऊंडेशन की पिछले छः महीने की उपलब्धियों को मैं आपके साथ बांटना चाहती हूँ। हमारे अनमोल दान देने वालों के लिये एक अच्छी खबर है - हम एक चैरिटेबल संस्था के रूप में रजिस्टर हो गये हैं। साथ ही आयकर ऐक्ट के सैक्शन 80-जी के अन्तर्गत फ़ाऊंडेशन को दिये गये दान को 1-अप्रैल-2008 से लेकर 31-मार्च-2010 तक आयकर से छूट मिल सकेगी। दूसरे, इस बार हम न केवल भारत में बल्कि दूसरे देशों में पीड़ित जनों की सहायता कर पाये हैं। पिछले वर्ष में ईश्वर ने जितना हमसे करवाया था, उससे अधिक, इस बार करवाया है।

प्रिय पाठको, इस बार ईश्वर आपको प्रोत्साहित करना चाहते हैं क्योंकि कभी सुधार की ऋतु होती है तो कभी प्रोत्साहन की। इस बार के सारे लेख प्रोत्साहन पर केंद्रित हैं और ये आपके जीवन में ईश्वर के संग आगे बढ़ने में सहायी होंगे। ईश्वर एक अच्छे ईश्वर हैं और अपने सभी बच्चों की भलाई चाहते हैं। उनका प्यार हम प्रत्येक के लिये अहैतुक और निरंतर बह रहा है।

मैं आप सब अनमोल लोगों को प्रोत्साहित करती हूँ कि आप ईश्वर के पास सच्चे हृदय एवं सच्चे पश्चाताप के साथ जायें और उनसे अपने जीवन में आने के लिये प्रार्थना करें। चाहे मेरा उनके साथ सम्बन्ध मात्र चार साल पुराना है, मायने मैं केवल चार साल की हूँ लेकिन मैं यह बताना चाहूंगी कि मेरा जीवन कभी भी इतना सहज, शांत, सुखी एवम् आनन्दमय नहीं था जितना अब है। इन चार वर्षों का एक-एक दिन मेरे पिछले दशकों की आयु से कहीं अधिक फलदायक है। मैं विस्मित होती हूँ कि मेरे जीवन में ईश्वर न होते तो किस प्रकार का जीवन मैं व्यतीत कर रही होती, प्रभु के बिना भटक ही रही होती। मैं आपको भरोसा दिलाती हूँ कि प्रभु के साथ सबसे ख़राब दिन भी प्रभु के बिना आपके सबसे अच्छे दिन से अच्छा है। जान लें कि आप प्रभु के लिये अनमोल हैं।

जैसा कि आप सबको पता है हमारा देश अपने अगले नेताओं को चुनेगा। मैं आप सबसे विनती करती हूँ कि प्रभु से प्रार्थना करें कि वे उन



प्रभु के साथ सबसे ख़राब दिन भी प्रभु के बिना आपके सबसे अच्छे दिन से अच्छा है।

नेताओं को भेजें जो हमारे देश को नयी और अधिक ऊंचाईयों पर ले जा सकें। इससे पहले कि आप वोट देने जायें मैं चाहूंगी कि आप सब प्रिय पाठक देश के लिये ऐसी प्रार्थना करें -

हे ईश्वर, हम आपको प्यार करते हैं तथा जानते हैं कि आप सब समय हमारे सबसे बड़े रक्षक हैं। ईश्वर, हम जो भी करें उससे आप की महिमा हो, आप हमारे देश की रक्षा करें और इसे वे अग्रणी गण दें जो इसे उन ऊंचाईयों पर ले जा सकें जो आप देश के लिये देख रहे हैं। प्रभु हम आप से प्रार्थना करते हैं कि इस देश के प्रत्येक निवासी को उस प्यार और सच्चाई का आशीर्वाद दें जो आप प्रत्येक जन में इस राष्ट्र के लिये चाहते हैं।

नूपुर का यह अंक शरद 2008 तथा ग्रीष्म 2009 का संयुक्त अंक है। ईश्वर आप सब अनमोल लोगों को आशीर्वाद कर रहें हैं।

आप सब यह जान लें कि प्रभु आपके व्रत या उपवास या बलिदान नहीं चाहते। वे तो चाहते हैं कि आप उन्हें अपना सारा जीवन दे दें, जो वैसे भी आपका अपना नहीं है।

- शालिनी मेहता



Know that, God loves 'YOU'



I had been praying to God for taking out this issue of NUPUR at the calendar time it should have been taken out, but something inside me was not convinced or completely ready. The revelation which I got on my birthday was what God waited for me to understand and get it in this NUPUR.

It is a very simple expression of speech that **God loves me**, but holds a very deep and a very powerful meaning to it. We may be facing adversities in life today and many a times we are in situations we wouldn't want ourselves into and wish that they never hap-

pened, but we either are still going through or have to go through. And in almost all situations we've felt lost, small or unloved, not knowing what to do. Following are some situations we might be going through or may have gone through.

- We might be married to someone about whom we had a completely dif-

ferent opinion when we got into the relationship, and s/he seems to have changed and we feel trapped. And we get to the conclusion God what have you done, my friends are so happy why I am the only one suffering!

- We could have been fired in spite of being honest and dedicated employee of the company who always thought only in company's interest while most of the people around never thought in the interest of the company.
- We could have lost our complete salary on the day we received, when we knew how important this time each penny of it meant. Or did not receive the salary on the expected date and knew how badly the dues need to be paid.
- Probably we lost our partner early in life or a very close loved one.
- You could be a child who lost her parents very young with no one to

take your responsibility, or may be a child who was abandoned by the parents. Or you could be a parent who lost a young child.

- You may have been born with some kind of deformity and every time you are being reminded of your incapability, you feel nobody loves you.
- You might have been abused sexually or mentally continuously, with no where to escape. And you always wondered: God, why me!
- You don't get a promotion that you have been working so hard for; waiting patiently and expectantly, instead someone else with a low calibre gets it.
- A partner walks out on you whom you loved and trusted all your life.

When you come in relationship with God, you start noticing that He is working in your life and He deals with you on many things because you are now not of the world but His own. One such thing is money. He saps out every single penny that you can depend on so that you can just hang on to Him and nothing else, to make you completely depend on Him. He provides as much is the requirement in your life but not a penny extra. And He is the one who decides what your requirement is,

No matter how many mistakes we make or we forget Him, He still loves each one of us dearly.



God, the King of this universe,
the Origin, the Creator for whom
all things are possible,
He loves me!

not you. This way He prepares us before He can open the doors of His kingdom and make us inherit His kingdom. At such times when you are going through such situations you feel completely like on a roller coaster ride and sometimes you are tempted to ask: God, don't you love me? This kind of a trial for money each believer has to go through, there is no escape, and I write this with full conviction that one knows at the end that it was worth it because every child of a king has to be prepared to handle the vast inheritance he is going to get.

These and many such situations in our life happen wherein we feel, where is God; doesn't He love us that we have to go through this in our life? And we start to curse our destiny and sometimes even make statements like, God has gone deaf, God doesn't love us and that is the reason we are going through this pain.

When faced with severe situations in life, we find our life so meaningless and hopeless

and sometimes, take the extreme step of committing crimes, or committing suicide, or get into deep depression, or kill ourselves slowly by silent stress. Reason for this is that most of us are completely unaware of the truth that **God**

loves us. God, the King of this universe, the Origin, the Creator for whom all things are possible, He loves us!

After a long course of rejections in my life, I had become so hard-hearted that sometimes Vinay would wonder does this woman really have a heart - I was rude, I was angry, I was frustrated. And because of people always finding faults in me I had accepted this fact that I am not good enough for anyone. This is the reason when Vinay would love me I was not able to receive his love. I couldn't believe that someone could love a person like me. God had been trying to

convey to me through various means and show me that He loves me and that His love for me is unconditional. And no matter how many mistakes we make or even when we've forgotten or shut Him out of our life, He still loves each one of us dearly. The day we go back and want Him, no matter how many years might have passed when we didn't care to know Him, we find that He still has been loving us unconditionally all through.

When God entered my life He made me realise that it makes no difference to Him whether I am fat or how many mistakes I've made, I could be miserable or down, or dumb enough to understand something, He still loves me.

I did not understand the intensity of His love and every time I would listen to some conference or read about it that God loves us, I would say - yeah, I know God loves me, till the time it actually became a revelation to me one fine day. This happened on my birthday. A couple of days before

that, I noticed that I was feeling low and angry. But didn't know why, but I kept telling God I am angry but don't know why. Then all the past incidents of the way my parents treated me or remembering my children I felt hurt and dejected, I got more angry and realized that I am actually angry with God, and held Him responsible for every small and big thing that had gone wrong in my life. Night before my birthday I tried my best to pick a fight with Vinay and tried to sulk a little more but Vinay, the calm compassionate as he always is, did not let me take his joy away and neither encouraged me to lose any more of mine.

Next day on my birthday I felt very low in spite of my daughter showering me with thousand kisses showing me how much I meant to her and my husband showering me with his love trying to pull me up. But I was angry and no matter how much I prayed or tried to speak positive affirmations I felt everything meaningless. And I was not able to receive anything what I was being given by God through my daughter or Vinay. I kept meditating on what was lacking in my life and remembering that so many people have not wished me or remembered my birthday or so and so did not give me a surprise gift the way I did on their birthdays. And I kept telling myself that inspite of me being sensitive to others'

God didn't want me to get rooted in the love of world but in His love which is available to me at all times and is unconditional.



Instead of looking for love from people, if I would just say **“God loves me”**, I would remember all the good things God had done in my life and then, I would receive God’s love through people too.

needs, people don’t care for me and don’t do special things for me. Again I started to blame God that it was God who was not letting these things happen for me.

That day the best decision I took was to go to my office instead of taking time off. Then I just sat with Vinay and asked him to talk to me about why this was happening to me. He told me that I was looking for love at all the wrong places, from the people and I was putting my expectations in people and when that didn’t come through I would get frustrated, because God didn’t want me to get rooted in the love of world but in His love which is available to me at all times and is unconditional. We put pressure on relationships expecting way beyond what they could give us and then feel frustrated, because this kind of love can come only from God. Instead of looking for love from people or expecting from people, if I would just say **“God loves me”**, I would remember all the good things God had done in my life and then I would receive God’s love through people too. I immediately started repeating in my mouth ‘God loves me’. And as I kept repeating I felt something inside me open and re-assuring and I felt tears rolling down realizing wow! The King of this universe, the Lord of the Lords loves me, then

why should I seek love from people who are themselves seeking to fill their own life with love. **It’s like I was trying to quench my thirst with a glass of water when the whole ocean was right there with me to quench my thirst!**

God is a possessive God, He does not want us to seek love elsewhere, without us first being deep rooted in Him. His love for us is available at all times, we keep looking for it in the wrong places and get hurt. He is the source of everything. In **Bhagvad Gita 7:8 God says to Arjuna: ‘I am the origin of all; from Me all things evolve...** Therefore, as I got myself into believing ‘God loves me’ all day long, you try doing it and you will find peace and joy in your life.

-Shalini Mehta

Can you sleep when the wind blows?

Author unknown

Years ago, a farmer owned land along the Atlantic seacoast. He constantly advertised for hired hands. Most people were reluctant to work on farms along the Atlantic. They dreaded the awful storms that raged across the Atlantic, wreaking havoc on the buildings and crops. As the farmer interviewed applicants for the job, he received a steady stream of refusals.

Finally, a short, thin man, well past middle age, approached the farmer. "Are you a good farm hand?" the farmer asked him. "Well, I can sleep when the wind blows," answered the little man. Although puzzled by this answer, the farmer, desperate for help, hired him.

The little man worked well around the farm, busy from dawn to dusk, and the farmer felt satisfied with the man's work. Then one night the wind howled loudly in from offshore. Jumping out of bed, the farmer grabbed a lantern and rushed next door to the hired hand's sleeping quarters. He shook the little man and yelled, "Get up! A storm is coming! Tie things down before

they blow away!" The little man rolled over in bed and said firmly, "No sir. I told you, I can sleep when the wind blows." Enraged by the response, the farmer was tempted to fire him on the spot. Instead, he hurried outside to prepare for the storm.

To his amazement, he discovered that all of the haystacks had been covered with tarpaulins. The cows were in the barn, the chickens were in the coops, and the doors were barred. The shutters were tightly secured. Everything was tied down. Nothing could blow away. The farmer then understood what his hired hand meant, so he returned to his bed to also sleep while the wind blew.

When you're prepared spiritually, mentally and physically you have nothing to fear. Can you sleep when the wind blows through your life ?

The hired hand in the story was able to sleep because he had secured the farm against the storm.

We secure ourselves against the storms of life by grounding ourselves in the Word of God and not by grounding ourselves in our abilities, relationships and assets.

We don't need to understand, we just need to hold God's hand at all times so that we enjoy His peace in us even in the middle of our storms.



जान लो, ईश्वर तुम्हें प्यार करते हैं!



नूपुर के इस अंक के प्रकाशन के लिये मैं प्रभु से प्रार्थना करती रही हूँ कि यह अपने समय पर निकल आये। किन्तु मैं भीतर से कुछ निश्चित तथा पूरी तरह से तैयार नहीं थी। मुझे अपने जन्मदिन पर जो प्रभु ने प्रकट किया वही प्रभु मेरे समझने की प्रतीक्षा कर रहे थे और उसे इस नूपुर में आना था।

यह भाषा की बहुत ही सरल अभिव्यक्ति है - ईश्वर मुझे प्यार करते हैं। किन्तु इसका अति गंभीर एवं सशक्त अर्थ है। आज जीवन में हम चाहे घोर कठिनाईयों का सामना कर रहे हों और कई बार ऐसी परिस्थितियों में हों जो हमें अच्छी न लगती हों और हमने यह कामना की हो कि ऐसा कभी न होता, किन्तु या तो हम अभी भी उसी परिस्थिति में हैं या परिस्थिति में से गुजरने वाले हों। लगभग ऐसी सभी परिस्थितियां

जिनमे से हम निकल चुके हैं या गुजर रहे हों कुछ इस प्रकार की हो सकती हैं -

- हम किसी ऐसे जन से विवाहित हों जिसके बारे में हमारा, विवाह से पहले एक पूरी तरह का भिन्न अनुमान था और अब वह बिल्कुल भिन्न है। हमें लगता है कि हम फंस चुके हैं। हमें ऐसा लगता है कि प्रभु आपने यह क्या किया? मेरे मित्र इतने खुश हैं (अपने जीवन साथी के साथ), एक मैं ही क्यों भुगत रहा हूँ?

- आप एक ईमानदार और निष्ठावान कर्मचारी थीं, जो सर्वदा कम्पनी की भलाई के बारे में सोचती थी चाहे आस-पास के अधिकतर लोग कम्पनी के लिये कर्तई नहीं सोचते थे। इसके बावजूद आपको कम्पनी से निकाला गया हो।

- जिस महीने हमें वेतन की सर्वाधिक ज़रूरत थी, उसी महीने किसी कारण वेतन बहुत देर से मिला हो या न मिला हो या हम अपना वेतन खो बैठें और हमें ही पता है कि उसकी एक-एक पाई कितनी महत्त्वपूर्ण थी।

- हम अपना जीवन साथी खो बैठे हों या ऐसा कोई निकट का बन्धु जिससे हम खूब प्यार करते थे।

- आप एक ऐसा बच्चा हैं जिसने अपने माता-पिता को बचपन में खो दिया या जिसे माता-पिता ने बचपन में त्याग दिया हो या आप एक ऐसे माता-पिता हैं जिन्होंने अपना युवा बच्चा खोया हो।

- आपने किसी शारीरिक लाचारी के साथ जन्म लिया है और प्रत्येक बार जब आपको आपकी अक्षमता के बारे में बताया जाता है, आप अनुभव करते हैं कि आपको कोई प्यार नहीं करता।

हम कितनी ही गलतियां करें या प्रभु को भूल जायें, वे फिर भी हम प्रत्येक को बहुत अधिक प्यार करते हैं।


- आपका मानसिक या यौन शोषण किया गया हो, जहां से निकलने का कोई मार्ग नहीं और आप हैरान होते हों कि हे भगवान, मैं ही क्यों?

- जिस पदोन्नति के लिये आप जी-जान से प्रयत्न कर रहे थे, वह एक कम योग्य जन को दे दी गयी हो।

- एक जीवन साथी जिसे आपने पूरी उम्र प्यार विश्वास दिया हो, एक दिन (किसी और के लिये) आपके जीवन से चला गया है।

ये और इस प्रकार की परिस्थितियां जब घटती हैं तब हम यह महसूस करते हैं कि प्रभु हमें प्यार नहीं करते इसीलिये हमें इस परिस्थिति से गुजरना पड़ा। और हम अपनी किस्मत को कोसना शुरू कर देते हैं और कई बार ऐसा कहना शुरू कर देते हैं कि भगवान बहरे हो गये हैं, भगवान हमें प्यार नहीं करते और यही कारण है कि हमें दुःख दर्द से गुजरना पड़ रहा है।

जब जीवन में हमें कठोर परिस्थितियों का सामना करना पड़ता है, तो हमें अपना जीवन अर्थहीन और आशाहीन लगता है, तथा कई बार हम आत्महत्या अथवा अपराध करने जैसा चरम कदम उठा लेते हैं या गम्भीर उदासी या विषाद में चले जाते हैं या स्वामोक्ष तनाव से अपने-आप को मार लेते हैं। इसका कारण यह है कि हममें से अधिकतर इस सत्य से अनजान हैं कि भगवान हमें प्यार करते हैं। ईश्वर जो इस विश्व के राजा है, जो सब वस्तुओं का स्रोत है, जो सबके सृजनकर्ता हैं, जिनके लिये सब वस्तुएं सम्भव हैं, वे हमें प्यार करते हैं।



ईश्वर जो इस विश्व के राजा हैं, जो सब वस्तुओं का स्रोत हैं, जो सबके सृजन-कर्ता हैं, जिनके लिये सब वस्तुएं सम्भव हैं, वे हमें प्यार करते हैं।

जीवन में अस्वीकृतियों के लम्बे दौर के बाद मैं इतनी निष्ठुर हृदय हो गयी थी कि कभी कभी विनय चकित सोचते थे कि क्या इस स्त्री के पास सचमुच हृदय है? मैं अशिष्ट थी, मैं क्रोधी थी, मैं कुंठित थी, और चूंकि लोग हमेशा मुझमें गलतियां ढूंढते थे, मैंने यह स्वीकार कर लिया था कि मैं किसी भी काम की नहीं। यही कारण है कि जब विनय मुझे प्यार करते मैं उनके प्यार को प्राप्त नहीं कर पाती थी। मुझे यह विश्वास ही नहीं था कि कोई मुझ जैसे को भी प्यार कर सकता है। प्रभु ने मुझे यह समझाने के बहुत प्रयत्न किये और मुझे दिखलाया कि वे मुझे प्यार करते हैं और उनका प्यार मेरे लिये अहैतुक (बिना कारण) है। इस बात का कोई महत्त्व नहीं कि हम कितनी ही गलतियां करें या उन्हें भूल जायें, वे फिर भी हम प्रत्येक को बहुत अधिक प्यार करते हैं। जिस दिन भी हम उन्हें (सच्चे) हृदय से चाहने लगे, यह मायने नहीं रखता कि हमें चाहे कितने साल हो गये हों या उन्हें जानने की इच्छा भी ना हुई हो, हम पायेंगे कि वे फिर भी हमें इस सारे समय अहैतुक प्यार करते आये हैं।

किन्तु जब प्रभु ने मेरे जीवन में प्रवेश किया, उन्होंने मुझे जनवाया कि इससे कोई फ़र्क नहीं पड़ता कि मैं मोटी हूँ या मैंने कितनी ही गलतियां की हैं, मैं कितनी ही दुःखी या उदास क्यों ना होऊँ या किसी वस्तु को समझने के लिये कितनी निर्बुद्धि ही क्यों ना होऊँ, वे फिर भी मुझे प्यार करते हैं।

यहां तक कि मैं प्रभु के प्यार की प्रगाढ़ता को समझ नहीं पायी और प्रत्येक बार जब भी मैं किसी सम्मेलन में सुनती अथवा इस बारे में पढ़ती कि प्रभु हमें प्यार करते हैं, मैं कहती, हां पता है मुझे, प्रभु मुझे प्यार करते हैं। जबतक एक दिन, यह मेरे लिये एक पर्दा उठने जैसी अनुभूति हो गया (प्रकटन

हुआ)। यह मेरे जन्मदिन पर हुआ। उसके कुछ दिन पहले से ही मैंने देखा कि मैं बहुत उदास एवं गुस्से से भरी महसूस कर रही हूँ। लेकिन मुझे पता नहीं कि मुझे ऐसा क्यों हो रहा था। किन्तु मैं प्रभु को कहती रही कि मैं आपसे गुस्सा हूँ परन्तु पता नहीं क्यों। सारी पुरानी घटनाएं, कि कैसे मेरे माता-पिता ने मुझसे व्यवहार किया या अपने बच्चों के बारे में सोच कर मैं दुःखी हताश हो गयी। मुझे और क्रोध आया और मुझे अनुभव हुआ कि मैं वास्तव में ईश्वर से नाराज़ हूँ। अपने जीवन की प्रत्येक छोटी बड़ी घटना जो मेरे जीवन में गलत हुई थी। उसके लिये ईश्वर को उत्तरदायी ठहरा रही थी। जन्मदिन के एक रात पहले मैंने विनय से लड़ाई शुरू करने की भरसक कोशिश की और रूठ जाने की कोशिश की। लेकिन विनय, जो हमेशा शांत एवं संवेदनशील है, ने अपने सुख और प्रसन्नता को मुझे छीनने नहीं दिया और न ही मुझे मेरी प्रसन्नता खोने के लिये प्रोत्साहित किया।

अगले दिन मेरे जन्मदिन पर मैं बहुत उदास थी; अपनी बेटी के हज़ारों चुम्बन के बावजूद, जो कह रहे थे कि मैं उसके लिये कितना मायने रखती हूँ और मेरे पति जो

मुझ पर अपना प्यार उड़ेल रहे थे मुझे उत्साहित करने के लिये। किन्तु मैं बहुत गुस्सा थी। मैंने कितनी ही प्रार्थना की और अपनी सकारात्मक स्वीरोक्तियाँ (सकारात्मक कथन) बोलीं। किन्तु मुझे सबकुछ अर्थहीन लग रहा था। जो कुछ भी ईश्वर मुझे मेरी बेटी या विनय द्वारा देने का प्रयत्न कर रहे थे, मैं उसे प्राप्त नहीं कर पा रही थी। मैं अपने जीवन में अभाव पर चिन्तन कर रही थी और याद कर रही थी कि कितने ही लोगों ने मुझे जन्मदिन की मुबारकबाद नहीं दी या मेरा जन्मदिन याद नहीं किया, इत्यादि, या किसी ने मुझे विस्मित करने वाली भेंट नहीं दी जैसे मैंने उनके जन्मदिन पर दी थी। और मैं अपने आप को कहती रही कि चाहे मैं दूसरों की ज़रूरतों के बारे में संवेदनशील हूँ, लोग मेरी चिन्ता नहीं करते और मेरे लिये कुछ विशेष नहीं करते। दोबारा मैं ईश्वर को ही दोषी ठहराने लगी कि ये ईश्वर का ही किया-धरा है जो मेरे जीवन में अच्छी घटनाएं नहीं होती।

उस दिन सबसे अच्छा निर्णय मैंने लिया छुट्टी लेने की बजाय ऑफ़िस जाने का; मैंने सोचा जगह बदलने से मुझे लाभ होगा। तब मैं विनय के साथ बैठी और उन्हें अपने साथ बात करने को कहा कि मेरे साथ ही ऐसा क्यों हो रहा था। उन्होंने मुझे बताया कि मैं गलत जगह पर प्यार ढूँढ रही हूँ - लोगों से अपनी उम्मीद बांध रही हूँ और जब वे पूरी नहीं हो पा रही, मैं निराश हो जाती हूँ। चूँकि प्रभु मुझे जगत में प्यार की जड़ें जमाना नहीं देना चाहते, बल्कि अपने प्यार में स्थापित

प्रभु मुझे जगत में प्यार की जड़ें जमाना नहीं देना चाहते, बल्कि अपने प्यार में स्थापित कर देना चाहते हैं।



मैं क्यों एक गिलास जल से अपनी प्यास बुझाने का प्रयत्न कर रही हूँ जब कि पूरा समुद्र-भण्डार मेरे सामने है मेरी प्यास बुझाने के लिये!

कर देना चाहते हैं, जो मुझे हर समय बिना कारण उपलब्ध है। इसके बजाय कि मैं लोगों से प्यार की उम्मीद रखूँ या उनसे प्यार की आशा रखूँ, यदि मैं मात्र यही कहूँ कि 'प्रभु मुझे प्यार करते हैं' मुझे अपने जीवन की तमाम अच्छी वस्तुएं या घटनाएं याद आयेंगी जो प्रभु ने मेरे साथ की हैं और मैं लोगों के द्वारा भी प्रभु का प्यार प्राप्त करूंगी। मैंने उसी समय से बोलना शुरू कर दिया कि प्रभु मुझे प्यार करते हैं। और जैसे जैसे मैं बोलती गयी, मुझे अनुभव हुआ कि मेरे भीतर कुछ खुल गया है और भरोसा स्थापित हुआ। मुझे अनुभव हुआ कि - वाह, इस विश्व के राजा, राजाओं के राजा, मुझे प्यार करते हैं तो मैं क्यों लोगों से प्यार की भीख मांगूँ, उनसे जो स्वयं अपने जीवन को प्यार से भरने का प्रयत्न कर रहे हैं? यह तो ऐसे हुआ जैसे मैं एक गिलास जल से अपनी प्यास बुझाने का प्रयत्न कर रही हूँ जब कि पूरा समुद्र-भण्डार मेरे सामने है मेरी प्यास बुझाने के लिये!

ईश्वर अपना स्वामित्व जताने वाले ईश्वर हैं। वे हमें दूसरों में प्यार ढूँढने देना नहीं चाहते, बल्कि चाहते हैं कि हम उनमें गहरे जड़ें जमायें। उनका प्यार जो सर्वदा

उपलब्ध है, पर हम उसे गलत जगहों पर ढूँढते रहते हैं और दुःखी होते रहते हैं। वे ही सब वस्तुओं के स्रोत हैं। **भगवद् गीता (7:8)** में प्रभु अर्जुन से कहते हैं - **मैं सबका स्रोत हूँ। मुझसे ही सब कुछ उत्पन्न हुआ है ...**

इसलिये जैसे मैं दिन-रात यह विश्वास करने लगी 'प्रभु मुझे प्यार करते हैं', आप भी सारा दिन करके देखिये और आप पायेंगे कि आपने जीवन में सुख और शांति प्राप्त कर ली है।

- भावार्थ : विनय मेहता

YOU SAY GOD SAYS

You say: It's impossible.

God says: All things are possible.

You say: I'm too tired.

God says: I will give you rest.

You say:
Nobody really loves me.

God says: I love you.

You say: I can't go on.

God says: My grace is sufficient.

You say: I can't figure
things out.

God says: I will direct your steps.

You say: I can't do it.

God says: You can do all things.

You say: I'm not able.

God says: I am able.

You say: It's not worth it.

God says: It will be worth it.

You say: I can't forgive myself.

God says: I forgive you.

You say: I can't manage.

God says: I will supply all your
needs.

You say: I'm afraid.

God says: I have not given you a
spirit of fear.

You say: I'm always
worried and frustrated.

God says: Cast all your cares on
Me.

You say: I'm not smart
enough.

God says: I give you wisdom.

You say: I feel all alone.

God says: I will never leave you
nor forsake you.



Speak the **HOPE** of God

In the normal day to day life, we are driven by our emotions, our logic and thinking as to what we should be doing, where we should be going and what to do or not to do, how to present yourself to others in a meeting, how to win a particular contract or how to get a breakthrough or how to relax in a certain time of the day. This period is pretty ripe for us to entertain good as well as bad thoughts in our mind based on our feelings or emotions. The feelings could be of particularly being happy or sad or jovial or just plain empty.

Many times when we are sitting idle, a set of thoughts cross our mind and disturb us. One of the very common ones is: what shall happen to me next? How I am going to fair in my exam (lets say when you have to go through some exam period) or when I am going to get a job or when I am going to be successful, etc. There could be many such thoughts depending on your circumstances and thus your requirements. I have seen that most of the times, depending on what we think, we end up having happy or sad emotions, with the result that we become either positive or negative about our future. Sometimes the emotional flow is so strong, that we keep weaving one thread after the other and end up seeing

ourselves in a miserable condition when we start thinking negative. And then one shudder makes us wake up in a pensive mood to tell others straight what we have been thinking about. However, the same thought, when turned towards a positive statement, makes us look good and stable when we keep weaving good threads in the future time of our dreams. So the biggest challenge in our daily life is: how to be positive about our present and future and live positive? And then how do we spread it around ourselves: to our near and dear ones, family and friends to have the multiplier effect in our life?

The answer to above questions lies not in positive thinking, as you may be thinking, but in its root, that is how to water and nurture the root of being positive all the time. The root of all positive statements is the Word of God, the divine help, that reaches us at the right time, and that which is already with each one of us in one form or the other, due to our upbringing under different religions and different cultures. We need to speak the Word, the Hope of our life day in and day out. However, what we normally do during the day is : we do not focus or remember what God is saying, instead we chose to repeatedly describe the problems or situation we are in to our friends, dear ones and other relatives to attract sympathy from them, rather than affirm the Word of God, the promise of God

How to remain positive about our present and future? How do we spread it around so as to remain positive all the time?

and remember Him. In my life's experience as of yet, I have come across five situations that we broadly fall into, wherein we can affirm or speak the Hope of God to help our mind stabilize and take control of the situation, rather than getting our life tornadoed under the spell of emotional imbalance and hence letting the situation take control of our life and turn it into a mess and misery.

Broadly these five situations in our life are:

- 1 When **everything is going good**, we are satisfied at our success, we think our daily routine is good,
- 2 When our life is **entering into a new phase** due to a situation, different from the present one, which we may or may not have gone through earlier in our life span,
- 3 When our life is **hit by a tragedy**, sudden or otherwise
- 4 When we have **been in a difficult situation for quite some time** and we think when is this going to end up, and

- 5 When we are just **coming out of the "bad or difficult times"** and are trying to get back to "normal"

Let us take up these life situations one by one. Though thought most common in everyone's life, and yet uncommon is this first situation:

When we think life is going good, there are no major issues, no major hiccups, and everything just seems to be flowing fine. Most of us enjoy such days plugging ourselves into various activities and not realizing that these are the most opportune days for us to get closer to God. Our mind is stable in all respects with no major worries. Instead what we do, we indulge in various activities to pass our time and spend it in leisure, partying and other related activities, thinking this life is so good. What we should know instead is that this is the best time to catch up with God. Free from worries, we can spend enough quality

Speak the Hope of God to help the mind stabilize and take control of the situation rather than have our life tornado'ed under the spell of emotional imbalance.

time with God to firstly thank Him for all the peace and provision He has given, for the calm life that He has given, the settlement and stability of mind that He has provided, and build a solid relationship with Him. During such times our mind does not have to pray to God because of a pressing need, because of something we want to get driven out of our life, but just because we want to be closer to Him. This is what pleases God - when we go to Him for Him, not for the things He can provide us. Imagine children coming to parents only in the time of need, and rest of the time not even bothering to ask about how the father and mother are! How would a mother or father feel with that? Same way is with God. When we go to Him just because we want to strengthen our relationship with Him, He is pleased. And in such times it is easy for us to go to God for Him because we are already feeling fulfilled, and our mind is at rest and peace. To get closer to

When we go to Him just because we want to strengthen our relationship with Him, He is pleased.

Him, we need to read, study and speak out loud His Word in such times of life. The Word in such times can be:

- God, I am Your son and servant (emphasizing your relationship with Him, whatever you want to make);
- God, thank You for giving me a full life that I am enjoying everyday;
- God, thank You for loving me and abundantly blessing me;
- God, make me a blessing wherever I go;
- God, make me what You want me to be;
- God, make me live a life that is pleasing to You;
- God, thank You for providing for my needs every day; and
- God, thank You for blessing me with Your wisdom for taking my day to day decisions.
- God, make me glorify You in everything I do.

All these words are the hope of God in such times that we think are good, and strengthen our mind and soul in good times, and make a foundation for the life when the times may get tough. In my own life, from the days I have been a student and the time I spent with my mentor were the days when I had no worries of any sort, of my future or my family, I spent my maximum time in her

company, with the motive of gaining wisdom and knowledge that would build my relationship with God in my everyday life. The service rendered to her helped me subdue my ego, moulded my temperament to be more persevering and patient, and made me capable of arresting my senses. The silent relationship with God that I developed with her help, made a good foundation for my future life when the life's ship faced a number of unexpected storms. Though I did not exactly live the relationship with God during her tenure, but I was aware of it since I saw her constantly connected to God one way or the other. How to be thankful to the people around, how to encourage people around, how to be tolerant of peoples' mistakes, how to support a person who has no one to turn to, to walk with a lost person, all these things I learnt as part of my spending time with her,

in addition to the usual work I used to do with her. I spent about sixteen such years in her physical presence that I enjoyed.

This period could also be of the middle-aged people, who have their children studying and they have a settled job and life is going on at a regular pace or the retired people enjoying time post-retirement.

2 Let us talk about the second situation: when we are about to enter into the next phase of life. Examples could be: when we are getting married; when we have married off all our children; when we are shifting to another city or country where we have not been earlier; when we are entering into higher responsibilities in our job; when we discover a new aspect in our character or life that we did

How to be thankful to the people around, how to encourage people around, how to be tolerant of peoples' mistakes, how to support a person who has no one to turn around to, to walk with a lost person, all these things I learnt as part of my spending time with her.

not know earlier; when we face a situation we know shall be okay for us but we have not faced it earlier.

In such cases there is insecurity or fear in our mind as to what will happen, though deep somewhere we know everything shall be fine in due course. However, the anxiety does not allow us to rest in peace till we get settled in the new situation. To be stable during such transitions we can speak the hope of God in the following manner, and it shall put to rest all our anxiety, and make us rest in the comfort of God:

- God, thank You for being with me especially during this period of transition and change.
- God, thank You for making me learn what You want me to learn through this change, and leading me into what You have planned thereafter.
- God, thank You for making me do what You want me to do for this change
- Thank You God for taking care of all my needs at all times.

- God, thank You for revealing me the resources that You have reserved for me.
- God, I trust and believe with all my heart that You are working behind the scenes for my good.
- God, thank You for giving me wisdom to handle this change in my life and making it fruitful as per your plan.
- God, thank You for revealing the destiny that You have reserved for me.
- God, I trust You with all my heart for you are leading me into this change.
- God, thank You for making me deal with all situations in this change with your help.

When we talk to God like this and speak the promise of God in our heart over and over again from whatever scripture we may read, we shall be at rest during the transition and see God's hand working for us all the time. We shall see with our own eyes things that seemed so huge and difficult getting done easily or even if we have to go through difficulty, we find our patience and perseverance increasing day by day and everything seems to be flowing as per God's plan rather than we getting impatient and anxious for things that are not happening as we expected. So even though the change brings in things and events that happen the way we do not expect, we certainly are at peace and rest in God's comfort, knowing that everything is happening for our good.

I have gone through such situations many times, the times when I appeared in the Board exams for the first time in eighth class; when

I entered into a professional college and could not get the professional branch I desired; when I was fired from my job; when I got married; when I was forced to leave an institution of which I was a member for more than twenty years; when I left the environment of my home away from my parents; when I shifted from one rented accommodation to another to altogether different type of localities; when we sold our home that we had built with so much of passion, and more. But the most comforting have been the words that I kept speaking to myself that reminded me of the presence of God with me to overcome my nervousness or anxiety, meet all my needs, and made me rest in Him.

I am sure the life of readers must have gone through a lot many such similar events or upheavals. However, the main point here is whether we continuously speak the hope and promises of God or keep saying to ourselves: what shall happen now, what shall happen to my kids, what should we do now, whether I shall get the right milkman / maid for the new home, etc. If you start speaking the Word of God and the Hope of God you shall see a gradual change in your attitude and peace and calm shall prevail in your mind to tackle any change and challenge in this world.

3 Let us look at the third type of time interval: when a tragedy strikes your life unexpectedly. Most of the people, including myself, do not know what to do. It happened with me when I lost my mentor, even though I knew that she has grown old and can leave her mortal coil anytime. However, a person can



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never anticipate when God makes the unexpected happen at the time He wants it to. Though I have never experienced, but have seen people losing their near and

dear ones in natural or man made calamities like earthquakes, bombings, floods, accidents, and so on. One can not imagine the state of mind of another person if one has not gone through such a situation. The Word of God coming from others does not seem to provide comfort in such situation, and the mind wanders around the memories of dear ones lost. So what does one do? You can not bring back the person who is gone. God's decisions are irreversible, unless He wishes otherwise. So how do you bring rest in your heart and soul? The only way is to speak the hope of God which is like a cool fresh breeze at such times, that subsides pain of the heart, pain of the lost relationship, pain of parting. Since I used to accompany my mentor at most of the places, I always made it a point to visit places where death had taken place. Once I accompanied her to one place where a certain relative of hers had died. I accompanied her to see and

learn how she reacts to it and how she takes it on when such a thing happens in the family. And I told her about the reason I accompanied her later. What I saw at that time was not the comforting words, just hearty hugs and prayer on her lips to God to give strength to the family and peaceful journey onwards for the soul departed. What I have learnt apart from repeating the name of God in such trying situations, is to speak out to your own heart:

- God is the only source that fills this void for me completely.
- My relationship with God is permanent.
- God has taken the soul to its new place for its good.
- God is with me all the time.
- God is providing me all strength, guidance and patience.
- God is taking care of all my provisions for the present and the future.
- God continues to guide me in all times.
- God is leading me by His hand at all times. I am in the palm of God's hand at all times.
- God leads me for the rest of my life and I surrender to God under His leadership.

All these thoughts though difficult to practice at that time, can come if we keep praying to God. And He automatically puts words in our mouth. After all we are His dear children and He does not beat us more than what we can bear.

4 Let us look at the fourth situation, when you have been in some difficult situation for

quite some time or a long time and are unable to get out of it or are not able to figure it out as to why this is happening in your life. This time you need to submit to the leadership of God on a day to day basis and keep speaking the hope of God as under:

- God make me learn what You want me to learn through this.
- God make me go through this situation the way You want me to.
- God give me patience to go through what You are taking me through.
- God thank You for making me what You want me to be, through this situation.
- God show me that You are with me all the time.
- God make me fulfill the purpose for which You are making me go through it.
- God I do not have to figure it out. I trust You with all my heart.
- God You are good all the time.
- God make me do all those things that please You.
- God lead me by Your hand into the future you have reserved for me.
- God make me completely surrender to Your Will.

There have been many times in my life, when I have seen things have just slowed down, nothing is happening, days are all the same, we are into tight situation for a long long time, the suffering seems to be endless with no respite. All these days we have been telling each other (me and Shalini) these comforting words, and in between God has been showing us that He is getting it done



We, however, do not try to figure it out, and apply our little intellect in reasoning. Like a small child we just trust Him since He has the ownership and leadership and it is His responsibility to take us out and not ours.

for a definite purpose that may be revealed to us at His time. We, however, do not try to figure it out, and apply our little intellect in reasoning. Like a small child we just trust Him since He has the ownership and leadership and it is His responsibility to take us out, and not ours.

If you carry your baggage of the past, your attitude is bound to become distasteful and more so when you see people who haven't been to those situations and are yet enjoying life much more than you.

The fifth situation, which shows that the comfort of God has started happening in the life, but still the old memories and things haunt us and try to take us backwards. If you carry your baggage of the past, your attitude is bound to become distasteful and more so when you see people who haven't been through those situations and are yet enjoying life much more than you. Rather than comparing yourself with others and asking God "why did you take us into such a situation at all," we need to speak the hope of God:

- God, I may never understand why You took me through all this, but I trust You that it was for my good.
- God, thank You for taking me out of this situation with flying colors.
- God, thank You for making me a better person.

- God, thank You for strengthening my mind, body and soul through this time.
- God, thank You for all Your provisions that I can see all around
- God, thank You for bringing me into the Promised Land.
- God, thank You for being with me through the problem.
- God, I know that You shall never leave and never forsake me.
- God, lead me into Your path all days of my life
- God, lead me into Your plan and make me fulfill the purpose You have sent me here for.

In this way, when we keep speaking the Hope of God in all the situations of our life, life not only gets better, but makes us move ahead at a pace decided by God. When we move at our own pace, either we fall down due to speed (because we are not yet ready for that pace), or we fall behind because we do not receive the required strength of the Lord to run the race. But if we keep God first, keep walking with Him all days of our life, He is sure to reward us with realization of His continuous presence in our life. Such a life becomes holy to men and dear to God.

-Vinay Mehta



The most
important thing you can
make your child
inherit is



‘Life’



What prompted me to choose this topic? I feel if we do not check ourselves right now, and see where we are heading, we could be in serious trouble soon. We cannot play with fire and not get burnt. I have been seeing examples around me and also reading in newspapers about no matter how well the person is placed professionally in his/her life, or no matter how well qualified they are or how much money they have, they have either ended up their life because they could not deal with the situation they were in or were living miserable lives because of their attitude towards the circumstances. Recently an NRI (Non-resident Indian) in US ended his and his family's life because he could not deal with his circumstances. He was an alumnus of IIT Madras and UCLA (both excellent universities in the world). It pains me to see people cutting short their journey of life because they are not able to deal with the tests they are being put

through. And I would wonder why this was happening, why they are not able to deal with their problems, why are they not enjoying the precious life God has given them. I prayed to God on this as it greatly pained me to see people ruin their lives. The answer that I got from God is what I am going to be sharing with the readers here, which is sure to be an eye opener to millions of parents.

Most of us want to give the best to our children. Why I used the term *most* and not all, because many of us still have not yet understood how precious children are. We

It pains to see people cutting short their journey of life because they are not able to deal with the tests they are being put through.

earn a whole lot of fortune struggling and sweating so that we could leave them with a fortune when we are gone. Some amongst us give them the latest up to date gadgets and all such things which could make them look 'cool' in their friend circle. Some of us want to give the best of educational qualifications to our children so that they excel in their professional lives. Some of us believe, that there is a definite need to have a son to whom we can leave this fortune we have earned, because our daughters do not belong to us. Recently a gentleman more than double my age advised me how important it was for me to have a son, and when I asked him what assures me of bearing it, he very confidently hinted at the latest scientific ways that could

help me determine whether I was bearing a male child. He was worried about the successor of our foundation and company after we are gone and also because he said: 'Ours is a male dominated society and presence of a male child in the family is a must.' I was not only shocked but amazed at the kind of thinking this man possessed. He had lived most of his life and was standing on the exit door of his life. Later I realized that though this man was a proud father of two sons apart from having a daughter and a grandfather to three grandsons, he did give good worldly education to his sons because all were bright engineers and further his grandsons were also would be engineers, but is that all? Is this what makes a parent proud or fulfilled? To be honest, the legacy he was leaving behind for his children and grand-children would ruin their lives. Some of you might feel perturbed when I write this but it's surely like one blind man leading another blind one.

I have ample examples where parents have given the best education, tons of money, good values to their children. But the **most important thing that they have missed out in life is to teach their children 'how to live life?'** and that is the reason why in families we are seeing problems, intolerance, divorce,



separation, suicides, depression in young children, children going for drugs or perverted stuff or working late hours. And we always think: 'this happened in *their* family. It can't happen to us.' Some time back I read in the newspaper about a young man who did very well academically but later could not find himself a job in spite of his good academic background. Ultimately out of frustration he took to drugs and one day he started roaming around in the premises of his alma mater without clothes to protest against the system. He was ultimately arrested by police, but what a shame he brought to himself and his family was not called for. If he had been just taught how to live life by his parents, he would have never done

When our children get hurt we feel the pinch more than them. Then why don't we give them the inheritance of living life the right way and dealing with the tests and trials in life?



Inheritance of life is teaching the children to LIVE THEIR LIFE IN FAITH and how God would want His children to live their lives.

this. Same way so many young brides out of frustration commit suicide, not realising that for every problem in this world there is a solution. When our children get hurt we feel the pinch more than them. Then why don't we give them the inheritance of living life the right way, of dealing with the tests and trials of life? Recently one of our acquaintances shared with us an incident where the boy was doing his engineering from an engineering Institute of repute. One fine day he left home never to come back. When parents cared to find about from his college friends, they were faced with another shock that their son had not attended the college for past one year! Parents did not know at all about it. How amazing can it get, I wondered? Do we ever realize where are we headed? And where are we making

our children go?

What exactly is inheritance of life, you might be wondering by now? **Inheritance of life is teaching children to live their life in faith believing in the life God has chalked out for them and not what they are making it into through permutations and combinations.** None of us are anything without Him, but we are everything with Him. In **Bhagvad Gita God tells Arjuna in verse 10:39 '...There is no being, whether moving or unmoving that can exist without me.'** How is this inheritance possible, you might ask? That is possible only when we start inculcating faith into our own life and our children's lives. If you see your children and observe them, and you find that they are speaking the same negative words and thinking the same negative thoughts as you've been doing in the past, it's high time for you to sit back and really think. Like I know of an acquaintance who always speaks fear out of her mouth, about how bad this world is and what might happen to her children when they grow up and things like that. So what she is indirectly impregnating into her children is fear, whereas if she just gets into a habit of telling her children to tell God to come along with them every time they move out of the home and tell Him to be with them by doing it herself also, it shall bring a huge change in their life. This change in

thought and speech can make a huge difference in our children's lives.

Next time your child has a stomach-ache out of fear of exams, instead of taking her to get her ultrasound in emergency you need to sit and talk to her the confidence of God. I would like to share with you how we do it with our daughter. Whenever she feels fearful, we immediately tell her to speak out loud, 'I am full, I am complete, God loves me'. Then whenever she sees something that she desires to have we immediately tell her that you ask God for it, He is your provider, He will give it. Over time this is building so much faith and confidence in her that whenever she wants something she asks it in faith and she always gets it. One day I was teaching her the name of various animals with pictures, she looked at a yak and said I want to see it in real. I told her that we'll have to go to Leh/Ladakh but that's too far. But she was determined so I told her to ask God for it. And last year summer we went on a vacation and we happened

mightily thrilled. Even when we sold our house, she had a beautiful room which I had done up in pink, but when we shifted into a rented house she missed her room a lot. I told her that God wants us to stay in this home now, so you need to enjoy it. She believed and was thrilled with the surroundings she had. Every time we go out of the home anywhere, we say - God, please come with us. When she goes to school she calls upon God to come with her, it gives her the confidence that God is with her and taking care of her at all times. Whenever a child bullies her, I not only pray for her (telling God to teach her how to deal with the situation) and for the other child, but also make her understand that her first line of action should not be to hit back but to restrain the bully and if the bully still doesn't listen, only then give back. Why I shared this with you because today most of us as parents are into teaching 'tit for tat' to our children and this



to visit Kufri. There not only she got to see yak but sat on it and got herself photographed. She was

How a tree is going to flower or fruit depends on how the gardener takes care of it. If you sow the seed and never give proper manure or never prune it, it never fruits into a healthy tree.



Teach children to deal with the situation by first practising how to depend on God and then showing them how wonderful it is to depend on God for everything, because life cannot be lived on material stuff alone.

encourages strife, negative thoughts, anger, jealousy and unforgiveness in them. Many a times we are ourselves down and perturbed about a particular relationship but do not realize that in our anger we start feeding wrong thoughts to our child and because their mind is tender, they get confused. Whether a tree is going to flower or bear fruit depends on how the gardener takes care of it. If you sow the seed and never water it, nor give it manure, never prune it when it grows in all directions, it never fruits into a healthy tree.

Show your children that you trust them by showing your confidence in them. In spite of trying my best when my first marriage didn't work, my parents, who considered me a black sheep of the house, thought it had brought shame to the family, especially my father who thought I could never make anything

good for myself in life. To add to all this, once an astrologer told him that even if I get married four or five times I would never have a settled married life. Instead of rubbing off what a stranger told him and giving confidence to his daughter, he started to despise me so much that when I and Vinay were trying to work out our marriage in the initial years he would look down upon me, believing in his heart that I would never make it. And today after six years of my marriage to Vinay I can say this with the confidence of God in me that I and Vinay have a great married life and with God we are making progress every single day. Therefore, I would like to tell all such parents who do not trust their children or despise them for something: *your children need you even though they might show otherwise. Put your trust and confidence in them, love them so much that they trust you rather than the strangers and be big enough to forgive them for the mistakes you think they might have made.*

It's time we taught our children to deal with the situations they might face in their lives. How? By first practising how to depend on God and then showing them how wonderful it is to depend on God for everything. I have seen parents whose daughter is about to get married. They tend to accumulate tons of gifts for her over the years, spend lavishly on her wedding and only after a few days find

that she is unhappy and unable to enjoy her married life. Why does this happen? Because life cannot be lived on material stuff alone, these are secondary things. When she is about to be married instead of teaching how she needs to speak back to her in-laws or be clever enough to make her husband be on her side, teach her how she can run to God every time she has a situation, teach her how she can ask God to give her wisdom to handle the situation, teach her how to ask God for patience and love to deal with a family hither-to unknown to her.

After your child has studied hard and has accomplished great laurels by clearing some tough exams, and has now found entry into a university where you think his/her future seems secure. But suddenly you come to know that your child is unable to deal with the change of environment, or he is so fed up with the ragging, that he's thinking of ending his life. What will you do? You need to prepare your child to deal with any kind of situation in its life by depending on God, teaching them how they

situations.

Recently I came across someone who is leading a mediocre life herself, meaning she is in a habit of compromising with her life situations and the same she is inculcating in her daughter. God wants us to live an excellent life because He is an excellent God. Her daughter, since she does not have friends in the neighbourhood, is left with a girl who is otherwise in a habit of lying at every pretext. The mother though knows the kind of company her daughter is keeping, she is compromising with the mediocre life style and not asking God to give His very best. If you keep compromising (compromising means thinking "Everyone has to adjust to such circumstances, there is no better alternative than this, this time shall pass so why make a fuss," rather than looking for God's best) you'll never



can ask God for His help in everything they do, asking God for His wisdom, courage and strength in dealing with the

Children need to have firmness in their thought process about God's presence at all times. So even when they've difficult situation in their life, they shall have this belief that this happened for their good; and think "even though I am down right now, I believe God has something better lined up for me."

You've what it takes, you were born to do great things and you can make a difference with your life.

get what God has planned to give you.

Once I was talking to someone about God's confidence and how we can inculcate the same in our children, and the parent answered that their children before leaving home pay their respect in the prayer room to God by bowing their head. That is good but not sufficient. They need to have firmness in their thought process about God's presence at all times. So even when they've been mistreated by friends or teachers in the school, or fired from their job, they shall have this belief that this happened for their good; and think "even though I am down right now, I believe God has something better lined up for me." We all need to affirm to ourselves all the time that we are full and complete and see God's

goodness working in our life.

I know of a lady who remains very angry with her child all the time, meaning every time the child makes a mistake she is sure to get a nice bashing from her mother. I was also like this till God showed me that I needed to let my child flower instead of disciplining her with fear all the time. Now the impact of all this on that girl is so much that she lies on every small pretext and though neither she nor her mother realizes its repercussions but some day it could put them in some serious trouble. Though I might not be the best parent in the world but I believe that God has a good plan through me for my daughter and He is making me the kind of parent He wants me to be.

I've started impregnating a verse from the Bible in the mind of my child, which says - 'You've what it takes, you were born to do great things and you can make a difference with your life.' Therefore I encourage all parents to choose a legacy of "LIFE" for your child today.



-Shalini Mehta

Akhaṇḍa Pāṭha

STUDY

THINK

REFLECT

DISCUSS

SHARE

LIVE

SPEAK

SPREAD

Almost everyone knows this word: *Akhaṇḍa Pāṭha*. The literal meaning of *akhaṇḍa* is “without break”, and that of *pāṭha* is “study”. So *akhaṇḍa pāṭha* means unbroken study of Word of God. In general sense, everyone understands it to be continuous study or reading (more common is the reading) of a particular scripture for a day, for a week or for a month or more. Most of the times people get this *pāṭha* done when they have to ini-

pāṭha can be done smoothly by the people at home or the temple. And once done, we get into the details of our function or further action on our programme, thinking that we have already initiated the blessings of God through the *akhaṇḍa pāṭha*, every thing should go on smoothly now. This scenario I have seen innumerable in the last thirty years or so in many homes.

On the day the *pāṭha* is started, we start with a lot of enthusiasm and everyone is invited to the function. However, as soon as the time passes on, the enthusiasm falls and I have seen numerous times, that just a single person or many times not even that is sitting peacefully to hear the word of



Name of God should be running *akhaṇḍa* in our heart, or in other words the heart should be in continuous connection with God.

tiate something important in the family, say, marriage of their son or daughter; or the child going abroad or any occasion that involves all the family and relatives to get together. Once it is decided to hold it on a particular day or set of days, arrangements are done with a temple manager or gurudwara committee as to conduct it at home so that the

God. At the close of the day or the second day, you can see only the reader (from gurudwara or temple) is seen reciting the scripture with no one to be seen around, since all of the family is busy in work or gossiping, preparing for the bigger function. For them the *pāṭha* does not hold any significance except that it is a get-together which is happening at their home. And when the *pāṭha* has to end, usually a feast is organized and you can see multitudes thronging the closure function includ-

A parrot can repeat the word of God, but when the cat comes to kill, it instead shouts in its own language.

This is how we behave when tough situations come. We start pitying, cribbing, complaining, getting frustrated and react in fleshly mode, asking God : Why me, and pray to Him to take the situation away.

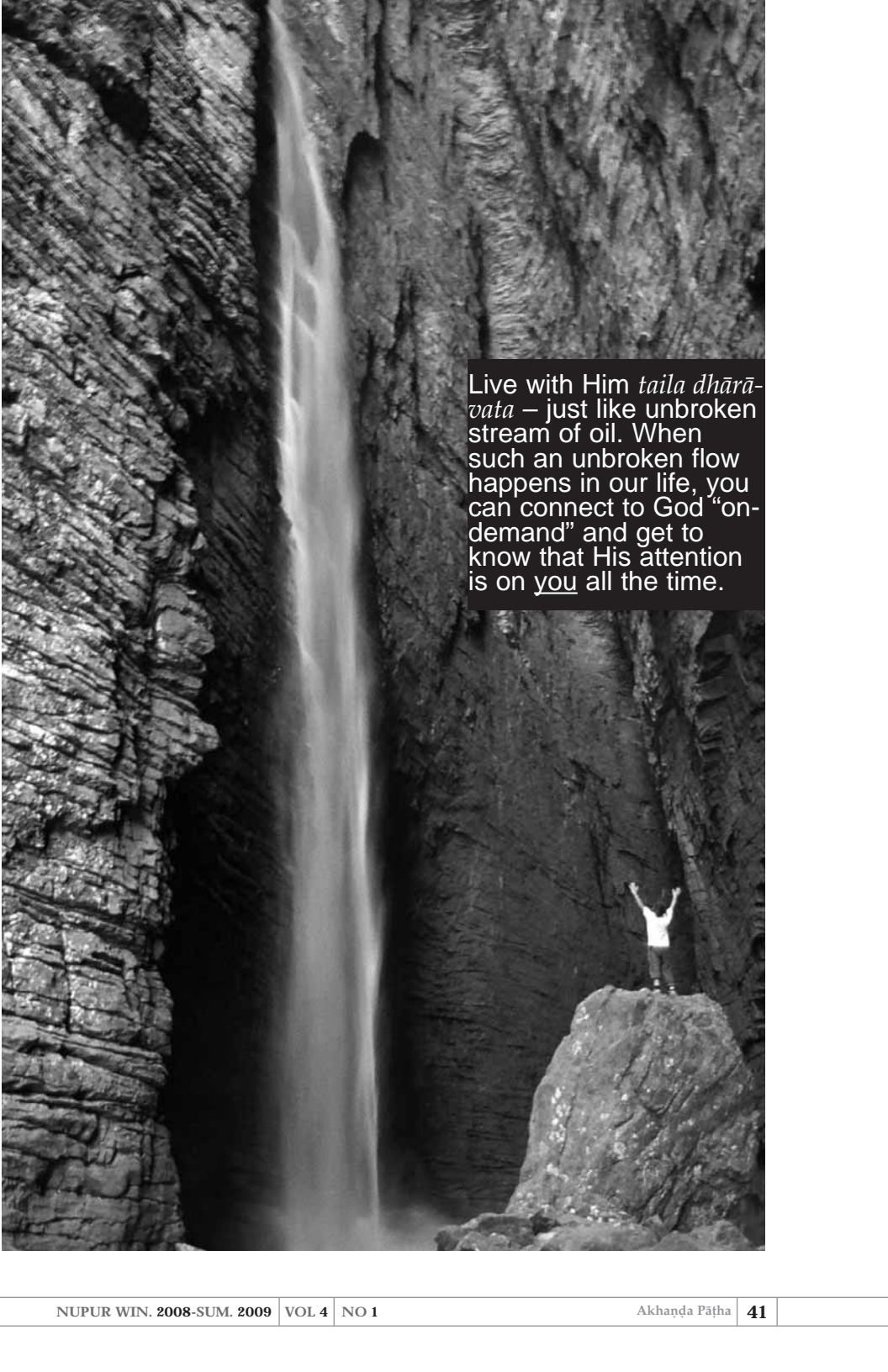
ing those who do not come to hear the Word but come to eat the feast! In my whole experience I have not seen more than one or two people who are serious to get something from the scripture for their own life to become better. So what do we actually think *akhaṇḍa pāṭha* is?

We think that *akhaṇḍa pāṭha* is for that particular period of time only for which we hold the function, that period when we invite the temple or gurudwara people to come into our home and read the scripture continuously for a few days, since it is auspicious to do so. But we are seriously mistaken!

Once my mentor told me that the name of God should be running *akhaṇḍa* in our hearts, or in other words the heart should be in continuous connection with God. Most of our scriptures also tell us so. Guru Granth Sahib tells us the same about 'simrana'. Simrana is nothing but remembrance, and we are supposed to be in remembrance of God constantly and continuously.

The purpose behind *akhaṇḍa pāṭha* is that we get into a habit of continuous study of the scripture. Scripture is nothing but the Word of God. Studying the Word of God

doesn't only mean that you have to keep the scripture in front of you and read out for some time during the day or evening. No! It means you continuously study, think, reflect, discuss, share, live and spread It by speaking out. Once you inculcate the habit of keeping the Word of God with you all the time, you are keeping continuous company of the Word. It does not mean memorizing the whole scripture. **Many people think memorizing the scripture is superior. They can recall scripture's phrases with ease. But if you see their personal life, it is in a mess.** Sri Ramakrishna used to say: a parrot repeats the word of God, but when the cat comes to kill, it does not recite that, instead it shouts in its own language. This is how we also behave. We can recite the scriptures with ease, but how do we behave when tough situations come as challenges in our life. We forget to live the Word, instead start pitying, cribbing, complaining getting frustrated and react



Live with Him *taila dhārāvata* – just like unbroken stream of oil. When such an unbroken flow happens in our life, you can connect to God “on-demand” and get to know that His attention is on you all the time.



in our fleshly mode, asking God: Why me, and pray to Him to take the situation away. Most of the times we want our friends to sympathize or say: poor lady or poor man, she has got so many problems, she needs help. But the biggest help is inside: the person is not living in remembrance of God's Word, it has not become his/her way of life, it has not become continuous (without-break) in his / her life; their life is not *akhaṇḍa pāṭha* – continuous living of the Word of God. It is in this way that Upanishad tells us to live our daily life – live with Him *taila dhārāvata* – just like unbroken stream of oil. When such an unbroken flow happens in our life, you can connect to God "on-demand" and get to know that His attention is on you all the time.

In my experience, I realized that there are at least three stages beyond just reading of the Scripture, as to reach the state of continuous fellowship with the Word. The first one is : just understand the text with your intellect and recite it. The second one is when you get the realization of the text and you start practising it in your life. The realization makes you

He has made us practice continuously just this Word of His : "Depend fully on Me, Lean on Me, and not on your own understanding."

understand the scripture in your heart and you have an inclination to start practicing in your life. But inbetween you forget or are not able to do it because of distractions in your mind. The third stage is when you reach a point through your personal relationship with God that God makes you practice it continuously without fail, and it gets into your "blood" and then you can not leave it even if you want to. This is called the unbroken fellowship of the Word. I will give you an example. When we first

took out our first edition of Nupur in Summer 2006, it was entitled "Full dependence leads to Joy". Actually at that time Shalini and me had just entered into practicing full dependence on God understanding it with our minds. As the time went by, we could not practice it in our own and God put us into more challenging circumstances time and again to bring home the "full dependence." So gradually we understood in our heart what full dependence on God is. Right now God has made us depend on Him for even very small frugal tasks that we would not let God handle. Only few days ago, I got this revealed that we have to depend on Him for anything and everything, not just selective things that we think are big and for small things or jobs we take in our own hands. In this way, He has made us practice continuously just this Word of His : "Depend fully on Me, Lean on Me, and not on your own understanding."

Most of the time we

blame *māyā* or our circumstances for the "temporary" connection we have with God, saying that since we are householders, hence we have hundreds of distractions, how can we ordinary ones make continuous connection with God? The answer lies in a simple question: When we can remember our son, our daughter, our friends, relatives, our parents, our near and dear ones and we do not need any extra effort in doing that, why can't we do it with God? And the answer is - we have not made Him our own. Anyone who is our own, our attention, thinking and heart requires no effort in remembering him or her. We need to build a relationship with God through this *akhaṇḍa pāṭha* – the continuous company of the Word (what God says to us). This relationship over time when gets strengthened, gets us closer to God every day.

So next time you hear someone going for an *akhaṇḍa pāṭha* or you are getting it done in your own home, take that to be a starting point in your life to get into a continuous relationship with God so that His constant company can guide you in life and make it a bliss, irrespective of your circumstances.

-Vinay Mehta

अखण्ड पाठ

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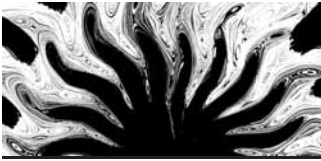
प्रचार

प्रायः सब ही यह शब्द जानते हैं -

अखण्ड पाठ। अखण्ड का शाब्दिक अर्थ है बिना टूटे या बिना रुके और पाठ का अर्थ है अध्ययन। इसलिये अखण्ड पाठ का अर्थ हुआ ईश्वर की वाणी का अटूट अध्ययन या निरन्तर अध्ययन। आमतौर पर, हर कोई इसे किसी शास्त्र का एक दिन में, एक सप्ताह या फिर एक महीने या अधिक का निरन्तर अध्ययन या पढ़ना (पढ़ना ही आम बात है) समझता है। मेरा यह विश्वास है कि कम-से-कम भारत में, हर किसी ने देखा है कि अधिक समय लोग, जब परिवार में कोई महत्त्वपूर्ण कार्य आरम्भ करते हैं तो अखण्ड पाठ करवाते हैं - जैसे बेटे या बेटी का विवाह हो या जब

कैसे इसे घर पर करवाना है ताकि पाठ ठीक ढंग से हो सके। और जब यह इन्तजाम हो जाता है, हम सोचते हैं कि अब ईश्वर के आशीर्वाद का तो हमने प्रबन्ध कर लिया है अखण्ड पाठ के ज़रिये, अब सब कुछ ठीक-ठाक रहेगा। पिछले तीस वर्षों में मैंने यह कार्यक्रम बहुत बार प्रायः अधिकतर घरों में देखा है।

जिस दिन पाठ आरम्भ होता है, हम बहुत उत्साह के साथ शुरू करते हैं और सभी को आमन्त्रित किया जाता है। लेकिन जैसे समय बीतता है, उत्साह गिरता जाता है और मैंने देखा है कि मात्र एक या कई बार एक भी व्यक्ति ईश्वर की वाणी सुनने के लिये नहीं बैठा होता। दिन के अंत में या दूसरे दिन, आप देख सकते हैं कि जो मन्दिर या गुरुद्वारे से बुलाया हुआ पाठक है वही केवल शास्त्र पाठ कर रहा है, बाकी किसी का कोई पता नहीं, क्योंकि पूरा परिवार या तो बड़े उत्सव की तैयारी के काम में व्यस्त है या गप्पें हांकने में। उन सबके लिये पाठ का इससे अधिक कोई महत्त्व नहीं कि यह एक इकट्ठ है जो उनके घर पर हो रहा है। और जब पाठ का समापन होता है, आमतौर पर एक भोज किया जाता है। आप देख सकते हैं कि बहुत से लोग, वे भी जो पाठ



अखण्ड पाठ हमारे मन को सिखाने का एक तरीका है। अखण्ड पाठ के पीछे उद्देश्य है - हमें निरन्तर ईश्वर की वाणी के अध्ययन की आदत पड़ जाये।

सब परिवार के लोग मित्र एवं सम्बन्धी इकट्ठे होते हैं। जब यह तय हो जाता है कि अखण्ड पाठ किस दिन होना है या किन विशेष दिनों में होना है, मंदिर या गुरुद्वारे के मैनेजर या कमेटी के साथ तय होता है कि

पढ़ने के समय नहीं थे, समापन समारोह पर आ रहे हैं और भोज खा रहे हैं। मेरे अब तक के जीवन के अनुभव में मैंने एक या दो लोगों से अधिक को नहीं देखा जिन्हें शास्त्र से कुछ अपने निजी जीवन को बेहतर बनाने के लिये सुनने की इच्छा हो, खोज हो। हम वास्तव में अखण्ड पाठ से क्या समझते हैं?

हम सोचते हैं अखण्ड पाठ वह है जब एक नियत

एक तोता भी प्रभु का नाम रटता रहता है। किन्तु जब बिल्ली उसे मारने आती है, तो वह प्रभु का नाम नहीं जपता बल्कि टैं-टैं ही चिल्लाता है।

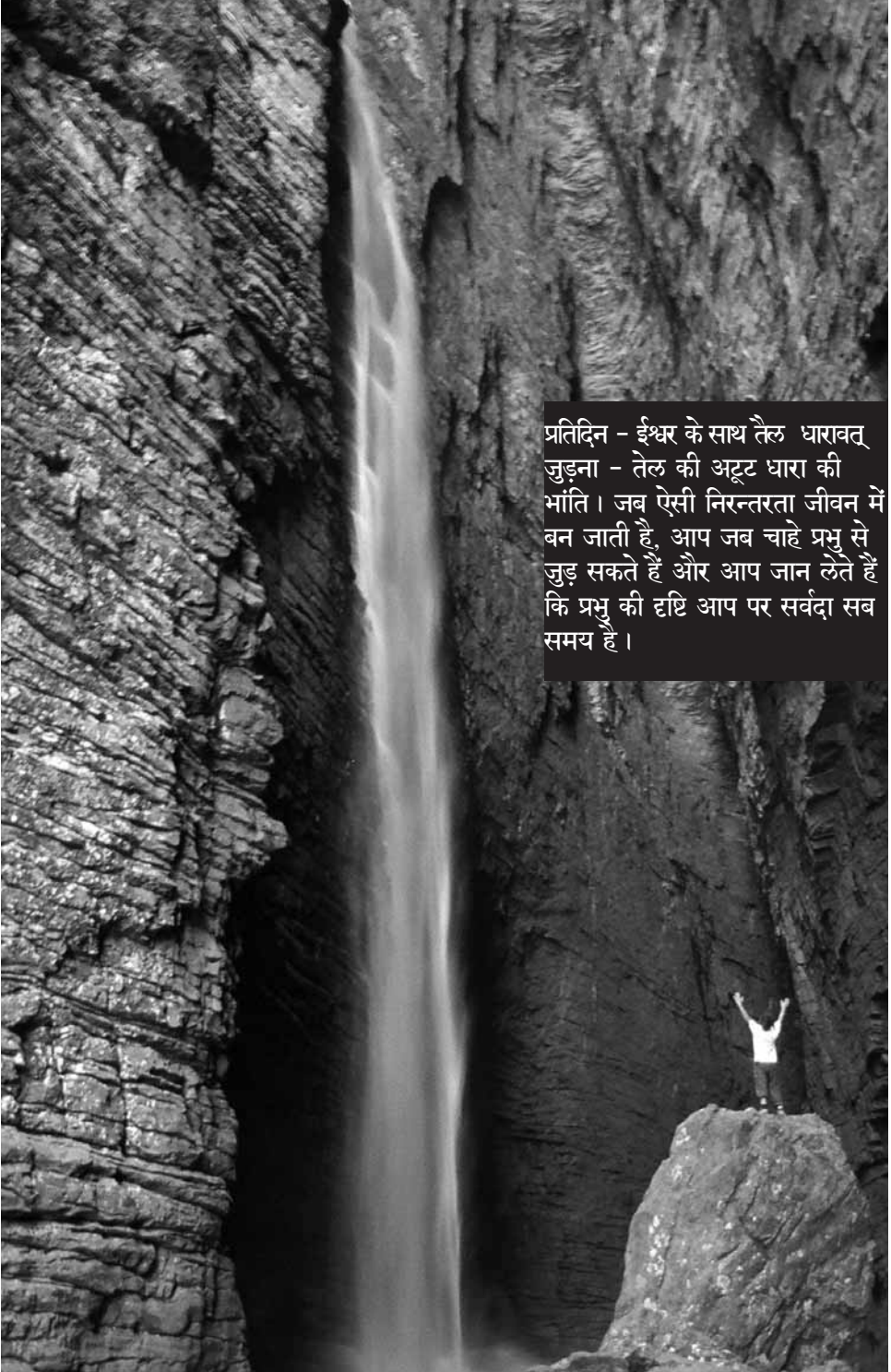
जब हमारे जीवन में कठिन परिस्थितियाँ आती हैं तो हम क्या करते हैं, हम वह शब्द भूल जाते हैं। बजाय हम अपने ऊपर तरस खाना बड़-बड़ करना, शिकायत लगाना, कुढ़ना और भौतिक प्रतिक्रिया करते हैं और प्रभु से परिस्थिति दूर करने के लिये कहते हैं।

समय पर हम पाठ करवाते हैं, जब हम मन्दिर या गुरुद्वारे से अपने घर पाठ करवाने के लिये लोग बुलाते हैं और कुछ दिन निरन्तर शास्त्र पढ़ने के लिये बुलाते हैं, क्योंकि ऐसा करना शुभ है। किन्तु हम एक गहरे भ्रम में हैं।

एक बार मेरे गुरु ने मुझे कहा कि प्रभु का नाम हमारे हृदय में अखण्ड चलना चाहिये। दूसरे शब्दों में हमारा हृदय प्रभु के साथ निरन्तर जुड़ा होना (योग में होना) चाहिये। हमारे प्रायः सभी ग्रन्थ यही तो कहते हैं। गुरु ग्रन्थ साहिब हमें सिमरन के बारे में भी यही कहता है। सिमरन का अर्थ और कुछ नहीं बल्कि स्मरण या याद है और हमें प्रभु की निरन्तर याद में होना चाहिये। अखण्ड पाठ हमारे मन को सिखाने का एक तरीका है।

अखण्ड पाठ के पीछे उद्देश्य है - हमें निरन्तर शास्त्र के अध्ययन की आदत पड़ जाये। शास्त्र माने ईश्वर की वाणी। शास्त्र के अध्ययन के मायने यह नहीं कि आप हर समय शास्त्र को अपने सम्मुख रखें और इसमें से दिन/रात कुछ समय के लिये पढ़ें। नहीं! इसके मायने है कि आप ईश्वर की वाणी का निरन्तर अध्ययन करें। सोचें, मनन करें, आपस में बात करें, दूसरों के साथ बाँटें, इसे अपने जीवन में जीयें और इसको बोलें। एक बार आप ईश्वर की वाणी का संग रखने की आदत डाल लें, आप प्रभु के शब्द का निरन्तर साथ रख रहें हैं।

लेकिन इसके मायने शास्त्र को रटना कतई नहीं है। कई लोग सोचते हैं कि शास्त्र को कंठस्थ कर लेना बहुत बड़ी उपलब्धि है। वे शास्त्र वाक्य बहुत आसानी से मुख से बोल सकते हैं। किन्तु यदि आप उनका निजी जीवन देखें तो वह दयनीय दशा में है। श्री रामकृष्ण कहते हैं - एक तोता भी प्रभु का नाम रटता रहता है। किन्तु जब बिल्ली उसे मारने आती है, तो वह प्रभु का नाम नहीं जपता बल्कि टैं-टैं ही चिल्लाता है। हम भी ऐसे ही व्यवहार करते हैं। हम कितनी बार, बारम्बार अपने परिवारों में खूब तामझाम के साथ अखण्ड पाठ करवाते हैं, हम चाहे शास्त्रों में से आसानी से मुखस्थ कर बोल सकते हों, किन्तु जब हमारे जीवन में कठिन परिस्थितियाँ आती हैं तो हम क्या करते हैं? हम वह शब्द भूल जाते हैं। बजाय हम अपने ऊपर तरस दिखाना, बड़-बड़ करना, शिकायत लगाना, कुढ़ना और भौतिक तरीके से प्रतिक्रिया करते हैं और प्रभु से कहते हैं कि यह परिस्थिति दूर कर दो (हमारे कष्ट / संकट दूर कर दो)। अधिकतर समय तो हम अपने मित्रों सम्बन्धियों से चाहते हैं कि वे सुहानुभूति दिखायें और कहें कि बेचारी (या बेचारा) इसे



प्रतिदिन - ईश्वर के साथ तैल धारावत्
जुड़ना - तेल की अटूट धारा की
भांति । जब ऐसी निरन्तरता जीवन में
बन जाती है, आप जब चाहे प्रभु से
जुड़ सकते हैं और आप जान लेते हैं
कि प्रभु की दृष्टि आप पर सर्वदा सब
समय है ।



कितनी तल्लीफ़ें हैं, इसे सहायता चाहिये। किन्तु सबसे बड़ी सहायता तो भीतर है - व्यक्ति जो ईश्वर की वाणी के स्मरण में जी नहीं रहा। वह उसके जीवन जीने का तरीका नहीं बना। वह उसके जीवन में निरन्तर नहीं बना। उसका जीवन अखण्ड पाठ नहीं बना - ईश्वर की वाणी को लगातार जीना! उपनिषद् भी हमें इस प्रकार का जीवन जीने को कहता है प्रतिदिन - ईश्वर के साथ तैल धारावत जुड़ना - तेल की अटूट धारा की भांति। जब ऐसी निरन्तरता जीवन में बन जाती है, आप जब चाहे प्रभु से जुड़ सकते हैं और आप जान लेते हैं कि प्रभु की दृष्टि आप पर सर्वदा सब समय है।

मेरे अनुभव में मैंने यह जाना कि शास्त्र के पढ़ने मात्र के बाद ईश्वर की वाणी के साथ निरन्तर योग की तीन अवस्थाएँ हैं। प्रथम - केवल बुद्धि से समझ कर पाठ करना। दूसरा, जब आपको उस वाणी का बोध होता है और आप जीवन में उसे अभ्यास में डालना शुरू करते हैं। यह बोध आपको शास्त्र का अर्थ हृदय में समझायेगा और आपमें स्वतः ही उसे अभ्यास में लाने की प्रवृत्ति

आपको उनके साथ अटूट सम्बन्ध बनाना है ताकि उनका सतत् साथ आपको प्रतिदिन दिशानिर्देश दे सके और आपका जीवन, आपकी परिस्थितियों के बावजूद, मधुमय हो।

जायेगी। तीसरी अवस्था है जब आपका प्रभु के साथ निजी सम्बन्ध इस हद तक पहुंच जायेगा कि ईश्वर ही बिना भूले आपसे उसका निरन्तर अभ्यास करवायेंगे - वह आपके खून में उतर आयेगा और तब आप चाह कर भी इसे छोड़ नहीं पायेंगे। इसे कहते हैं प्रभु की वाणी का अटूट सम्बन्ध। मैं आपको एक उदाहरण दूंगा। जब हमने ग्रीष्म 2006 में नूपुर का

प्रथम अंक निकाला, उसका शीर्षक था Full Dependence leads to Joy (ईश्वर में पूर्ण समर्पण आनन्ददायी है)। उस समय शालिनी और मैंने अपने मन से पूर्ण समर्पण समझ कर उसे अपने जीवन में अभ्यास करना शुरू किया था। जैसे जैसे समय बीतता गया, हम अपने आप से इसका अभ्यास नहीं कर पाये - और ईश्वर हमें और अधिक कठिन परिस्थितियों में डालते गये जिससे हमें पूर्ण समर्पण / पूर्ण निर्भरता समझ में आ जाये। इसप्रकार क्रमशः हम अपने हृदय में समझ पाये कि प्रभु पर पूर्ण समर्पण क्या है। अब इस समय प्रभु ने हमें छोटे से छोटे कार्य के लिये भी उन पर आश्रित रहना सिखा दिया है। ऐसे कार्यों के लिये भी जो हम समझते थे कि इस छोटे से कार्य के लिये प्रभु पर आश्रित कैसे हों। कुछ दिन पहले ही मुझे यह प्रकट हुआ कि हमें प्रभु पर किसी भी, और प्रत्येक वस्तु के लिये आश्रित होना है, ना कि कुछ चुनींदा वस्तुओं के लिये जो हम बड़ी समझते हैं और उन छोटे कार्यों के लिये नहीं जो हम समझते हैं कि हम स्वयं कर सकते हैं। इस प्रकार प्रभु ने हमारे भीतर उनके इस शब्द

को घुसा दिया और निरन्तर पालन करवाया है- 'मुझ पर पूरा भरोसा करो, मुझ पर आश्रित हो जाओ ना कि अपनी बुद्धि पर।'

प्रभु के साथ अस्थायी योग के लिये हम अधिकतर समय माया या अपनी परिस्थितियों को ही दोषी ठहराते हैं। यह कहते हुए कि हम गृहस्थी हैं इसलिये हमें हजारों बाधाएं हैं। हम साधारण जन कैसे प्रभु से निरन्तर योग रख सकते हैं? इसका उत्तर एक सरल प्रश्न में है - जब अपने पुत्र, पुत्री, अपने मित्रों, निजी सम्बन्धियों, अपने माता-पिता, अपने सगे-सम्बन्धियों को याद करने में हमें अतिरिक्त प्रयत्न नहीं करना पड़ता तो हम प्रभु के साथ ऐसा क्यों नहीं कर पाते? उत्तर है - क्योंकि हमने उन्हें अपना बनाया ही नहीं! जो कोई भी हमारा अपना होता है, हमारे ध्यान, हमारी सोच, हमारे हृदय को कुछ भी प्रयत्न नहीं लगाना पड़ता उसे याद करने के लिये। हमें अखण्ड पाठ द्वारा प्रभु के साथ एक सम्बन्ध बनाना है - निरन्तर प्रभु की वाणी का साथ रख कर। यही सम्बन्ध जब समय के साथ प्रगाढ़ हो जायेगा तो प्रभु के निकट हम प्रतिदिन होंगे।

इसलिये अब अगली बार जब भी आप अखण्ड पाठ के लिये जायें या अपने घर में करवायें, भगवान की ओर से यह इशारा समझें कि आपको उनके साथ अटूट सम्बन्ध बनाना है ताकि उनका सतत् साथ आपको प्रतिदिन दिशानिर्देश दे सके और आपका जीवन, आपकी परिस्थितियों के बावजूद, मधुमय हो।

- विनय मेहता



faith
or
faith of
convenience

Do you have FAITH or faith of convenience? Are you making faith your convenience? We all are aware of Faith and feel that we practise faith, but Faith works only when we use it. While explaining about faith to someone during a counselling session, God revealed to me the meaning of faith. Let me explain - when we ask God for something, we usually put a time frame to it and visualize it believing it to be fulfilled in a particular way - in our hearts we believe that this is how our prayers would be fulfilled. But God's ways are entirely different from what we usually think. Reason being, God works in a broader perspective and our mind's focus is limited and short-term. But believing in the good of whatever and howsoever God answers our prayers is what Faith is. Therefore, **Faith is believing our good in what God is giving us and not the way we are expecting and believing for God to fulfil our prayers.**

FAITH is believing in the good of what God is giving you not the way you expect. Manipulating circumstances to make things work for you is called FAITH OF CONVENIENCE.

When I talk to people whom I counsel about having faith in God, they promptly say "I've lot of faith in God, and I believe in God." But later during the talk I notice how they have manipulated and tried to change the circumstances to make things work for them. This is what is called the faith of convenience. We tend to *show* our faith in God only as much as is convenient to us. But **faith means** to be *blind* (blind means you do not question and do not try to figure out) in believing in God and His ways, **to fully accept whatever He thinks is best for us and not hanker after what 'we' think is best for us.**

One day during conversation with one of my friends, she suggested me to keep a look out for certain things to fulfil one of my desires. I answered: But why should I, when I know that God is working behind the scenes to favour me all the time. He is the most intelligent One and He knows how it has to be done and when it has to be done. Why should I get worked up or be anxious about doing things my way? She then realized what faith actually is. See, when we ask God to fulfil our prayers we put conditions along with it, as we think is the right way; but that is not how God wants to do. Even though initially we might feel odd or disappointed because we do not trust

Him that whatever He does for us is the best, because usually it does not happen the way we've been thinking! **We are fearful of completely entrusting God with our plans and prayers because we are scared of paying the price of change which we might have to make in ourselves and in our life.** Recently I was a little frustrated about a situation and I asked God to show me if He was actually working on it behind the scenes. In half an hour I got a call from someone and she said that God had put it in her heart to speak to me.

When God asked us to start our company we didn't have any relative or friend sitting abroad to help our company with projects and finance. but we had complete faith in God that if He has asked us to start it, we need to do it even if for more than one and a half year we did not have a single employee or project. Not a single Venture Capitalist came forward to fund our company. We were the

odd ones out in the entrepreneurs' circle and people would look down upon us as if, poor ones, they didn't know that this was not the right decision for them. Subsequently we sold our home also for the company because God asked us to do it. A person known to us even asked: 'what are you doing nowadays?' But not a single day passed in our life when there was any scarcity of sumptuous meal and our needs were not met. Whenever we needed something we would tell God and either we would receive it as a gift from someone or God would provide money for us to buy. God made sure that we never faltered on essential payments. And all this while, we kept tithing regularly every month. If there was no income I would take out new bed spreads or sarees or Vinay would take out his brand new shirts to give away to the needy.

Having a faith of convenience does not impress God. Let's say your daughter tells you that she believes you for something in her life but



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only if you do it *her way*, not the way you think is best for her. You surely would not like it but also feel hurt and feel that your daughter does not trust you. Same way God also feels. See what the **Bible** talks about faith in **Hebrews 11:6 – But without faith it is impossible to please and satisfy Him. For whoever would come to God must believe that God exists and that He is the rewarder of those who diligently seek Him.** When we put our faith in God we need to trust Him that God is for our good and He will never stretch us more than we can bear. Now you may wonder what I can do if I am not able to have faith in Him? You just need to sincerely and simply pray, and ask

God to help you, to help you use His faith in you and take away fear and all those things that contribute to your fear.

It's not like, some people have no faith at all or some have more faith and some have less. God has given each one of us a measure of faith. The choice remains with us, whether we use it or not. It is like you know that the chair can hold you, or the bed you relax on can support you, and that's why you sit or lie on it. This knowing is your faith in your chair or bed. Then why don't we put such a simple faith in God? Practising faith does not come easy nor does it happen overnight. Faith is a process which you have to practise over and over again. The mind always makes the process difficult because our mind wants to figure out and it thinks negative first about everything. Just like water it first falls.

You need to practise positive thinking and speaking the Word of God which is speaking positive, even when you don't feel like. For this each one of us need to know and believe that we are souls, not bodies and each soul is full and complete. **God says in Bhagvad Gita 10:39 - 'And whatever is the seed of all beings, that I am, O Arjuna. There is no being, whether moving or unmoving that can exist without me.'** But because we keep meditating on the lack in our life, we are not able to enjoy God's abundance in our life. So the truth is that each one of us is complete and all that we need to do is to affirm to our self that *I now attract God's overflowing abundance in every area of my life which He has already reserved for me.* This statement will



When we put our faith in Him He will put the right people in our path and make things move in our favour, but the first test, which is the test of faith you got to pass.

help you change the thinking pattern of your mind and you'll instantly start remembering that you are full and complete. This is how faith builds up slowly and gradually.

Faith is action in what you believe. Very recently when we applied for registration under Income Tax Act and exemption from Income Tax for our donors, people concerned told us very categorically that it's not going to be easy, there would sure be some hiccups. But I was sure in my heart that I don't have to do anything that is not right in God's eye, I was very sure that God has called us to do this work and whatever it is needed to make His work grow He will get it through. We do not have to make our permu-

tations and combinations. And in a record time of seven days from the time of our interview with the Income Tax Commissioner our Foundation, not only got registered but also got the exemption certificate, without looking up to anyone but God. God did this. When we put our faith in Him He will put the right people in our path and make things move in our favour, but the first test, which is the test of faith we've got to pass. Same way recently our company was in competition to get a UN project which was also one of our biggest projects till date, we so badly needed it and we were conveyed the same intention. We just went ahead and did straight what God asked us to do

and stuck to righteousness and we were selected for the project. Till date we have never had to pay anything to anyone to get work for our company and God has always made crooked places straight for us. God will do His part only if we do our part. What normally happens in situations like this we tend to feel fearful and doubt, thinking - will God ever come along, will we ever get through what we are going through and we start using our mind to manipulate things in our favour. But know that God may not be early but He will definitely never be late.

In most of the marriages people are not enjoying the partner with whom God has put them with. Reason being that in most of the marriages, people tend to make their own combinations. If boy is a paediatric, he will choose a gynaecologist girl so that later they can start their own clinic together. We look at marriage as a business rather than a life-time relationship. I am not saying a profes-

sional cannot choose another professional as a life partner; what I am saying that the connection between the two is more important and needs to be a divine connection. Vinay never thought about my past or how I could help him achieve something in life. He got married to me because God asked him to and when we went through a phase of misunderstanding, and I would try to put my past fears on him, he would literally cry somewhere alone and pray to God but kept firmly, believing that since God put me in his life so he would trust Him rather than the circumstances. He also could choose the faith of convenience and could say - okay, if we are to stay together then let me live my life my way and let her live hers - lamenting over his pitiable marriage, but he didn't do that. He kept believing and praying for things to change and kept a positive attitude. Not only did God work miracles in me by changing me little by little but also our marriage. And when I think, if Vinay had chosen faith of convenience over faith, what would have happened to me and where would I have been today!

Through all these personal examples, I encourage each one of you to build upon *the faith* that is already in you by practising it daily rather than keep a faith of convenience which does no good in any way to our life.

-Shalini Mehta





विश्वास

या

सहूलियत का
विश्वास

क्या आप में विश्वास है या सहूलियत का विश्वास? क्या आप अपनी सहूलियत अनुसार विश्वास करते हैं? हम सभी विश्वास को जानते हैं और यह सोचते हैं कि हम विश्वास करते हैं किन्तु विश्वास तभी कार्य करता है जब हम इसका प्रयोग करते हैं। एक परामर्श देते हुए प्रभु ने मुझे विश्वास का अर्थ प्रकट किया। मैं विस्तार से बताती हूँ - जब हम प्रभु से किसी वस्तु के लिये प्रार्थना करते हैं तो हम उसके लिये प्रायः एक समय निश्चित कर लेते हैं और उसे एक विशेष तरीके से पूरा होते देखना चाहते हैं - अपने मन में यह सोचते हैं कि इसी प्रकार ही हमारी प्रार्थना पूर्ण होगी। किन्तु जैसा हम सोचते हैं प्रभु के तरीके उससे एकदम भिन्न हैं। कारण, प्रभु कार्य करते हैं एक विराट परिप्रेक्ष में जबकि हमारा मन सीमित सोच और अल्प-अवधि के फल पर केन्द्रित रहता है। किन्तु **जैसा भी और जो भी प्रभु हमारी प्रार्थना का उत्तर दें, उसे पूर्ण स्वीकार एवं ग्रहण करना ही विश्वास है।** इसप्रकार विश्वास यह है - जो भी प्रभु हमें दे रहे हैं उसी में ही प्रसन्नता-पूर्वक हम अपनी भलाई की सम्मति मानें, ना

प्रभु कार्य करते हैं एक विराट परिप्रेक्ष में जबकि हमारा मन सीमित सोच और अल्प-अवधि के फल पर केन्द्रित रहता है। विश्वास यह है - जो भी प्रभु हमें दे रहे हैं उसी में ही प्रसन्नता-पूर्वक हम अपनी भलाई की सम्मति मानें।

कि जिस प्रकार हम आशा कर रहे थे।

जिन लोगों को मैं ईश्वर में विश्वास का परामर्श देती हूँ, जब उनसे बात करती हूँ, वे तुरन्त कहते हैं - मुझे तो ईश्वर में बहुत आस्था है और मैं ईश्वर में विश्वास करती हूँ। किन्तु बात करते समय मैं यह देखती हूँ कि कैसे उन्होंने अपना कार्य करने के लिये चालाकी की और अपनी परिस्थिति को बदलने का प्रयास किया। इसे ही कहते हैं सहूलियत का विश्वास - हम ईश्वर में उतना तक ही विश्वास करते हैं जहां तक हमें सुविधाजनक होता है। किन्तु विश्वास का अर्थ है प्रभु के विश्वास में और उनके तरीकों के बारे में अन्धा होना (अन्धा मायने आप उसके लिये प्रश्न नहीं करते और खोज-बीन करके जानने का प्रयत्न नहीं करते) - जो कुछ भी प्रभु हमारी भलाई के लिये सोचते हैं उसे पूर्ण रूप से अंगीकार करना, और जैसा हम अपने लिये भला सोचते हैं उसके पीछे-पीछे ना फिरना।

एक दिन अपनी एक मित्र के साथ बातचीत में उसने सुझाव दिया कि तुम्हें अपनी इच्छा की पूर्ति के लिये फलां वस्तुओं का ध्यान रखना होगा। मैंने उत्तर दिया - किन्तु मुझे क्यों रखना होगा, जब मैं जानती हूँ कि प्रभु परोक्ष में मुझे अनुग्रहीत करने के लिये हर समय कार्य कर रहे हैं। वे सबसे अधिक बुद्धिमान हैं और यह जानते हैं कि यह कैसे होगा और कब होगा। क्यों मैं

सारा दिन इस विषय में चिन्तित रहूं, सब समय अपने तरीके से काम करने की चिन्ता करूं? तब मेरी मित्र ने जाना कि विश्वास क्या है। देखिये जब हम प्रभु से अपनी इच्छा-पूर्ति के लिये कहते हैं, हम साथ में शर्तें लगा देते हैं। हम सोचते हैं जैसा हम सोचते हैं वैसा ही सही है। लेकिन प्रभु उस प्रकार से नहीं करना चाहते। हम ईश्वर पर विश्वास नहीं करते कि वे हमारे लिये जो भी करेंगे वह हमारे लिये अति-उत्तम होगा, चाहे पहले-पहल हम हैरान-परेशान महसूस करें, क्योंकि यह वैसे नहीं होता जैसा हम आमतौर पर सोचते हैं। अपनी योजनाओं एवं प्रार्थनाओं के लिये प्रभु में पूर्णतया विश्वास करने से हम घबराते हैं क्योंकि हम अपने आप में तथा अपने जीवन में बदलाव का मूल्य नहीं चुकाना चाहते। अभी कुछ समय पहले मैं एक परिस्थिति को लेकर थोड़ी कुंठित सी थी। मैंने प्रभु से प्रार्थना की कि वे मुझे दिखायें कि वे परोक्ष में सचमुच ही कार्य कर रहे हैं। आधे घंटे में मुझे किसी ने फोन किया और उन्होंने कहा कि प्रभु ने ही उनके हृदय में मुझे फोन करने को प्रेरित किया है। मैं शान्त हो गयी।

जब प्रभु ने हमें कम्पनी शुरू करने के लिये कहा तो हमारा कोई सम्बन्धी या मित्र परदेस में नहीं था जो हमें पैसे या काम से सहायता करता। किन्तु हमें प्रभु में विश्वास था कि जो प्रभु ने हमें आरम्भ करने को कहा है, हमें इसे करना ही है, चाहे डेढ़ वर्ष तक हमारे पास कोई

भी काम या कर्मचारी नहीं था। व्यापार में पैसा लगाने वाला कोई भी हमारी कम्पनी में निवेश करने आगे नहीं आया। स्वरोज्जगारों के समूह में हम ही अनोखे थे और लोग हमें ऐसे देखते थे जैसे, बेचारे, इन्हें पता नहीं कि ये इनके लिये ठीक निर्णय नहीं था। बाद में हमने अपना घर कम्पनी के लिये बेचा क्योंकि प्रभु ने हमें ऐसा करने के लिये कहा। एक जानकार ने तो हमें इतना तक पूछा कि आजकल क्या कर रहे हो? किन्तु हमारा एक भी दिन ऐसा नहीं गया जब हमारे लिये भरपूर और अच्छे खाने की कमी हो या हमारी आवश्यकताएं पूरी नहीं हुईं। जब भी हमें कुछ आवश्यकता होती, हम प्रभु से कहते, और या तो हमें किसी से भेंट के रूप में अनायास ही मिल जाता या प्रभु हमें पैसे मुहैया करवाते ताकि हम उसे खरीद सकें। प्रभु ने हमेशा यह निश्चित किया कि हम कभी अपने आवश्यक भुगतानों पर न डगमगायें। परन्तु इस दौरान, हम अपना दान हर महीने करते रहे। यदि किसी महीने कोई आमदनी नहीं होती तो हम अपनी नयी चादरें या मैं अपनी साड़ी या विनय अपनी नई कमीज़ निकाल कर दान करते।

हम ईश्वर पर विश्वास नहीं करते कि वे हमारे लिये जो भी करेंगे वह हमारे लिये अति-उत्तम होगा, चाहे हम पहले-पहल हैरान-परेशान महसूस करें।

सहूलियत का विश्वास प्रभु को प्रभावित नहीं करता। देखें, यदि आपकी बेटी कहे - यदि तो आप जैसा वह कहती है वैसा करते हैं तब तो वह आप में विश्वास करती है अन्यथा जब आप वह करते हैं जो आप उसके लिये अच्छा समझते हैं तब नहीं - आपको निश्चय ही न केवल यह नापसंद होगा बल्कि आपको बुरा भी लगेगा और आप सोचेंगे कि आपकी बेटी आप पर विश्वास नहीं करती। इसी प्रकार ईश्वर को महसूस होता है। देखिये **बाईबल (हिब्रयु 11:6)** क्या कहती है - **विश्वास को छोड़ प्रभु को मनाना और संतुष्ट करना असम्भव है। इसलिये जो भी प्रभु के पास आता है उसे यह विश्वास करना होगा कि प्रभु है और वे, जो उन्हें दिलोजान से खोजते हैं, उनको पुरस्कृत करते हैं।** जब हम प्रभु में आस्था रखते हैं, तो हमें प्रभु में विश्वास करना ही होगा कि प्रभु हमारी भलाई चाहते हैं और वे हमें हम जितना सह सकते हैं, उससे अधिक नहीं मारेंगे। अब आप सोचेंगे कि मैं क्या करूं यदि मुझमें इतना विश्वास नहीं? आपको बस सच्चे मन से सरल प्रार्थना करनी है कि वे आपको उनके विश्वास से भर दें

आपको बस सच्चे मन से सरल प्रार्थना करनी है कि वे आपको उनके विश्वास से भर दें तथा भीतर का डर, एवं वे सब वस्तुएं जो डर पैदा कर रही हैं, निकाल बाहर करें।

तथा भीतर के डर एवं वे सब वस्तुएं जो डर पैदा कर रही हैं, निकाल बाहर करें।

ऐसा नहीं है कि कुछ लोगों में विश्वास है ही नहीं है, कुछ में अधिक या कम है। ईश्वर ने हम सबको एक मात्रा में विश्वास दे रखा है। यह हमारे ऊपर है कि हम उसका प्रयोग करते हैं या नहीं। यह ऐसा है जैसे आपको पता है कि कुर्सी मुझे सम्भाल लेगी, या वह बिस्तर जहां आप आराम करते हैं आपको थामे रखेगा। और इसीलिये आप उस पर बैठते या लेटते हैं। यह जानना या पता होना ही आपका उस कुर्सी या बिस्तर में विश्वास है। तब हम ईश्वर में ऐसा सीधा-सच्चा विश्वास क्यों नहीं करते? विश्वास का प्रयोग करना आसान नहीं और ना ही यह एक दिन में करना आ जाता है। विश्वास एक प्रक्रिया है जिसका हमें बारम्बार साधन करना पड़ता है। इस प्रक्रिया को हमारा मन हमेशा मुश्किल बना देता है क्योंकि मन चाहता है खोज-बीन करना और पहले किसी भी वस्तु के बारे में गलत सोचना। जैसे जल का स्वभाव है नीचे गिरना।

हमें साधन करना है सकारात्मक सोचने एवं ईश्वर की वाणी जो सर्वदा सकारात्मक है, उसे बोलने का, चाहे हम ऐसा करना न चाहते हों। इसके लिये हममें से प्रत्येक को यह जानना आवश्यक है कि हम आत्मा हैं, शरीर नहीं और प्रत्येक आत्मा पूर्ण एवं भरपूर है उस

कार्य के लिये जिसके लिये वह इस संसार में आयी है। भगवद गीता (10:39) में प्रभु कहते हैं - और सारे जीवों का जो कोई भी बीज है, वह मैं हूँ। हे अर्जुन, कोई भी वस्तु या जीव, जो चल अथवा अचल है, मेरे बिना अस्तित्वहीन है। हम, चूँकि, अपने जीवन में अभाव का चिन्तन करते रहते हैं, हम अपने जीवन में दी हुई ईश्वर की भरपूरता का आनन्द नहीं ले पाते। इसलिये सत्य यही है कि हम प्रत्येक पूर्ण हैं तथा हमें यह सतत चिन्तन करना है कि मैं भरसक भरपूरता को, जो ईश्वर ने मेरे लिये पहले से रखी हुई है, आकर्षित करती हूँ। यह कथन आपके सोचने के तरीके को बदलने में सहायता करेगा और आपको यह तत्क्षण याद दिलायेगा कि आप पूर्ण एवं भरपूर हैं। ऐसे ही आपका विश्वास धीरे-धीरे बढ़ेगा।

आस्था का अर्थ है वह करना जिसमें आप विश्वास रखते हो, उसे जीने का प्रयत्न करना। अभी हाल में ही जब हमने अपनी संस्था को दान देने वाले लोगों के लिये आयकर से छूट के लिये आयकर विभाग में आवेदन किया, तो कुछ सहयोगियों ने हमें साफ़-साफ़ कह दिया कि यह इतना आसान नहीं है। आपको कुछ न कुछ अड़चनें आयेंगी ही। लेकिन मैं अपने हृदय में दृढ़ थी कि हमें ऐसा कुछ भी नहीं करना है जो प्रभु की दृष्टि में गलत हो। मुझे यह निश्चय था कि प्रभु ने हमें यह कार्य

सत्य यही है कि हम प्रत्येक पूर्ण हैं तथा हमें यह सतत चिन्तन करना है कि मैं भरसक भरपूरता को, जो ईश्वर ने मेरे लिये पहले से रखी हुई है, आकर्षित करती हूँ।

करने के लिये रखा है तथा जो कुछ भी उनके काम को बढ़ाने में आवश्यक है, वे करवा लेंगे। हमें अपनी उधेड़-बुन नहीं करनी है। और आयकर कमिश्नर से मिलने के सात दिन के भीतर ही हमें न केवल रजिस्टर कर लिया गया बल्कि आयकर से छूट भी मिल गयी। केवल ईश्वर की ओर देखने मात्र से ही! ईश्वर ने यह किया। जब हम ईश्वर में विश्वास करते हैं, वे ठीक लोग हमारे रास्ते में डालते हैं और सब कुछ आपके पक्ष में चलता है, किन्तु इसके लिये पहले जो परीक्षा आपको उत्तीर्ण करनी है, वह है विश्वास की। इसीप्रकार थोड़े दिन पहले हमारी कम्पनी एक यू एन प्रोजेक्ट, जो अब तक के हमारे बड़े प्रोजेक्टों में से एक है, और हमें इसकी सख्त ज़रूरत भी थी, के लिये प्रतिस्पर्धा में थी। हमें वही इरादा समझाया गया। किन्तु हम बस बढ़ते गये और जो हमें ईश्वर ने कहा, हम करते गये। सही आचरण से करते गये और ईमानदारी को पकड़े रखा और हमें उस प्रोजेक्ट के लिये चुन लिया गया। आज तक हमने अपनी कम्पनी के किसी भी काम के लिये कोई रिश्त नहीं दी और प्रभु ने हमेशा टेढ़े-मेढ़े रास्ते हमारे लिये



जब हम ईश्वर में विश्वास करते हैं,
वे ठीक लोग हमारे रास्ते में डालते हैं
और सब कुछ आपके पक्ष में चलता है।
किन्तु इसके लिये जो परीक्षा पहले
आपको उत्तीर्ण करनी है,
वह है विश्वास की।

सीधे किये हैं। प्रभु अपना कार्य तभी करते हैं जब हम अपना भाग पूरा करते हैं या सच्चाई से उसे पूरा करने का प्रयत्न करते हैं। आमतौर पर मुश्किल परिस्थितियों में क्या होता है - हम भयभीत हो जाते हैं और शंका करने लग जाते हैं यह सोच कर कि क्या कभी ईश्वर

हमारे साथ होंगे? क्या कभी हम इन परिस्थितियों से निकल पायेंगे जिनसे हम अभी गुजर रहे हैं और हम अपने मन से अपनी वातावरण को अनुकूल बनाने के प्रयत्न के लिये गांठ-जोड़ करना शुरू कर देते हैं। लेकिन यह जान लें कि ईश्वर चाहे जल्दी न आयें लेकिन वे कभी भी देर नहीं करते।

अधिकतर वैवाहिक सम्बन्धों में लोग, ईश्वर ने जो जीवन साथी उन्हें दिया है, उनका आनन्द नहीं मना

हम अपने मन से अपनी वातावरण को अनुकूल बनाने के प्रयत्न के लिये गांठ-जोड़ करना शुरू कर देते हैं। लेकिन यह जान लें कि ईश्वर चाहे जल्दी न आयें लेकिन वे कभी भी देर नहीं करते।

रहे। कारण, अधिकतर वैवाहिक सम्बन्ध लोग अपने सन्धि-समीकरण से बनाते हैं। अगर लड़का बच्चों का डॉक्टर है तो वह प्रसूति विज्ञान की लड़की डॉक्टर से विवाह बनायेगा जिससे बाद में दोनों इकट्ठे अपना क्लिनिक चला सकें। हम विवाह को एक व्यापार की भांति देखते हैं ना कि जीवन भर के सम्बन्ध के रूप में। मैं यह नहीं कह रही हूँ कि एक व्यवसायी दूसरे व्यवसायी को जीवन-साथी न बनाये। बल्कि यह कह रही हूँ कि दोनों के बीच का जो सम्बन्ध है वह अधिक महत्त्वपूर्ण है और वह होना चाहिये एक दिव्य सम्बन्ध। विनय ने मेरे भूतकाल के बारे में या मैं कैसे उन्हें ऊंचाइयों तक ले जाने में सहायता कर सकती हूँ, कभी नहीं सोचा। उन्होंने मुझसे शादी की क्योंकि प्रभु ने उनसे ऐसा करने को कहा। और जब हम गलतफ़हमी के दौर से निकले और मैं अपने पुराने भय उन पर थोपने का प्रयत्न करती, तो वे अकेले कहीं रो लेते और भगवान से प्रार्थना करते। किन्तु इसमें उनका दृढ़ विश्वास था कि यदि प्रभु ने मुझे उनके जीवन में डाला है तो वे प्रभु पर विश्वास करेंगे ना कि परिस्थितियों पर। वे भी सहूलियत का चुनाव कर सकते थे और यह कह सकते थे कि यदि हमें साथ रहना है तो मैं अपना सारा जीवन अपनी तरह से जीऊँ और वे अपना जीवन अपनी तरह से जीयें और अपनी बेचारे वैवाहिक जीवन का अफ़सोस मनाते रहते। किन्तु उन्होंने ऐसा नहीं किया। वे विश्वास करते रहे और प्रार्थना करते रहे बदलाव के लिये और सकारात्मक

मनोभाव रखा। न केवल ईश्वर ने मुझमें चमत्कार किये मुझे धीरे धीरे बदल कर, बल्कि मेरे वैवाहिक जीवन में भी और विनय में भी। मैं अब सोचती हूँ कि यदि विनय ने भी पूर्ण विश्वास की बजाय सहूलियत का विश्वास चुना होता, तो मेरा क्या होता और मैं आज कहां होती!

इन सब व्यक्तिगत उदाहरणों द्वारा मैं आप प्रत्येक को प्रोत्साहित करना चाहती हूँ उस विश्वास को प्रतिदिन प्रयोग में लाकर बढ़ाने के लिये, जो पहले से ही आप में है, ना कि सहूलियत का विश्वास रख कर अपना जीवन हमेशा असंतुष्ट और अधूरा रखें।

- भावार्थ : विनय मेहता



GOD IS THE

I N S T R U M E N T A L I S T

Recently while attending a musical performance on Santoor (a multi-stringed musical instrument) God prompted a wonderful revelation in my heart. I saw that the performer was adjusting the wires of Santoor by tightening them or loosening them to bring out just the right tone out of them. Then he played on the wires of the instrument with two sticks so skillfully to bring out the most beautiful notes (that sometimes included hitting the wires quite briskly and coarsely too) that made the audience go into ecstatic applause at times. At that moment God told me that the “I am the instrumentalist, and you are the instrument. When I tighten or loosen your circumstances, I want to bring out the right notes and sound through you. And I am playing you night and day. What kind of sounds are you emanating, have you ever thought?” I asked God to reveal me the true meaning of what He said. My memory flashed me a saying from Sri Ramakrishna, who used to say, ‘I am the instrument and the Mother, the

instrumentalist.” God told me: the right tone means the right attitude (the way He wants us to live our lives). Tightening or loosening the wire means changing circumstances, sometimes so hard that you would say, it is hard to bear, and at other times you feel quite well entrenched in comfortable circumstances. The right attitude makes you emanate good sounds – you do not complain, but rejoice in all circumstances.

Ultimately it is God who is playing us for His glory. In case you do not help Him make His music beautiful, your circumstances shall be tightened and played upon till the time you learn to actually keep a good attitude and bring out the right sounds which is nothing but the praise of the Lord in your thought, words and action in all circumstances in your daily life.

The revelation brought a greater understanding to my perspective of life. I pray that it also opens door for you to have a deeper understanding in your own life.

-Vinay Mehta

GOD UNDERSTANDS YOU



For some days now, God has been consistently putting in it my heart as well as showing some things around me, to convey to me that each one of us, whether we are a child, a teenager or an adult, we all want to be understood. We are all His children and we are made of what our Father God is made of, which is love. Whenever anyone of us is devoid of love in our life, we feel that no one understands us. We try to fill that void with food, wrong relationships, drugs, alcohol, perverted stuff, work, glamour, get into doing outrageous things to get noticed (becoming size zero or showing private interactions in public to gain attention) or watching too much television or spending too much time surfing the internet, gossiping, etc. But what each one of us does not realise that even if no one understands us or loves us in the world, God understands us. For many years I consistently

felt a huge void in my life because my parents never understood me, or I would say, they never tried to understand me. When Aanya, my youngest daughter was around one and a half years old, I noticed that she was a lot like me and if I would not be careful in dealing with her as a parent, she would end up, if not exactly, but somewhat like who I was. I immediately started praying to God for her, to



Even if no one understands us or loves us in the world, God understands us.

make her what He wanted her to be and also for myself to make me the kind of parent He would want me to be. Within three months I could see her change and I was able to understand her well.

Sometime back I was talking to Vinay on this and I told him that his parents understood him. This was the reason he was able to spend good time with his mentor Smt. Ishwari Devi Gupta. My in-laws understood my pain of separation from my children and they have always supported me emotionally.

But how many of us actually understand our children or our colleagues or our employees or people around us? We normally do not want to understand the need of the other per-



Rather than playing the blame game, we need to deal with the situation, we need to sit down and ask them how we can help them and seek solution...

son. So many people from the Human Resources department of companies complain that they do not get the right people to do the jobs. It is not really about getting the right people to do the job but how well you can motivate the people you have and get the best out of them! In our company I am in-charge of the Corporate and HR affairs and I make it a point to spend at least 85% of the time to take care of our people's requirements. Whenever anyone does not seem to be in their usual self, we talk to them and genuinely try to understand what's bothering them, and try to help the person come out of the issue, personal or professional. This also gives them the confidence that we care. This not only boosts their morale as an individual but also as a professional and subsequently their productivity too.

When children reach marriageable age, we tend to force them children to get married never understanding whether they are actually mentally ready for it or not. Rather than forcing our children to marry, we need to get to the root of the problem as to why they are not ready for marriage, try and address the real reason not from our perspective, but from theirs. When our child does not score well or is facing some problem in their peer group or school, instead of pointing a finger

at their inadequacy to deal with the situation, we need to sit with them and ask them how we can help them and seek a solution rather than put the blame. I always wanted my parents, especially my father, to come to me and ask me or just even say to me that he understands what pain I've gone through in my life, till, God spoke to my heart that He knows what I went through and He understands my pain.

When my daughter started with the new session in her school last year, after about twenty-five days she fell very sick and was off from school for one and a half week, she lost touch with all the things that were being taught to her. She was unable to cope up after she resumed school. Her teacher instead of understanding her, started complaining to me, and she

became even more adamant. Also I could not understand why she would just not write, I thought it was a temporary phase and would get over soon. But she started losing interest slowly and would refuse to go to the school. This rang alarming bells in my ears. By now I knew this was serious. Though till then I was already talking to her previous class teachers and seeking some solution, but nothing seemed to work. So one of her previous teachers suggested to me that since summer holidays were about to start I should make her practise one

page writing every day, so that she gets over the fear she had developed for writing. In the mean time I kept praying to God. The moment holidays started I got colourful writing books for her and initially I had to bribe her into writing, later she developed interest and I would encourage her at every step. The problem that she had developed was because she had been absent for so long and physically still weak she had developed fear of writing. With God's help I was able to change this for her and soon after she was willingly getting books to write on her own. Today she loves writing. And after her holidays her teachers also noticed a drastic change in her. But all that she wanted was to be understood and helped. To be encouraged that yes, she could do it.

Why I shared this incident with you? Because we need to deal with the situation right in the beginning rather than when it goes out of proportion. Women want to be understood all the time, so many cases I see around me and also those which come to me for counselling purpose, wherein the husband has spent years of marriage but never understood his wife. So many cases have I seen where



We can make it heard to the One who understands everything too well and seek a solution for it. He will help us make things easier for us, by making us as well the other person understand.



The fact that we are already into it, we might as well do something about it to enjoy the journey instead of lamenting over what could have been.

women have developed physiological problems because of this.

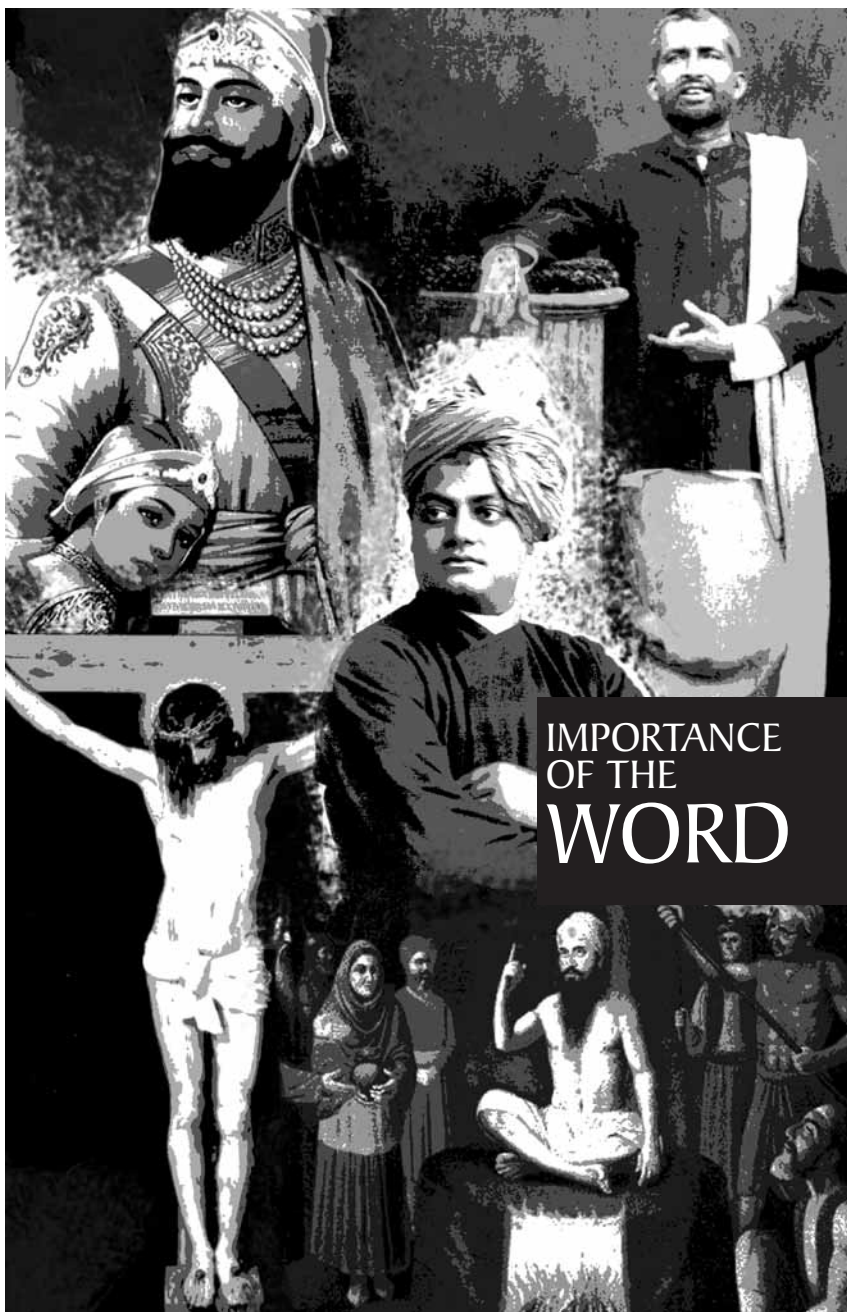
Though we all know that men in general are logical and women emotional, but we need to understand that we've been put together by God in a relationship because we are different. Most of the times the husbands do not care enough to understand their wives; either because of their upbringing because they never saw something like this in their family, or it could be that they never wanted this relationship after all. But the fact is that since we are already into it, we might as well do something about it to enjoy the journey instead of lamenting over what could have been. We can at least make it heard to the One who understands everything too well and seek a solution for it through Him. He will help us, make things easier for us, by making us as well the other person understand.

Today when I sit back and wonder what would have become of me if Vinay and his family had not understood my pain and helped me deal with it. At every step Vinay

has helped me become the person God has made me into by understanding me and showing his confidence in me. Do not say that my husband is not as understanding or my wife does not understand me. Well, God understands each one of us perfectly because **He is the one who created us. He is the Beginning, the End and the Middle. He is the Alpha and the Omega. He is the science of the Self.**

So I encourage each one of you to know that God understands you even if nobody in the world does and one fine day, if you go to Him with all your heart, He will surely make the world and most importantly the people understand you.

-Shalini Mehta



IMPORTANCE
OF THE
WORD

This time God made me choose this topic of **How should we hold Him fast during the trials of the world** for the Importance of the Word.

Most of us think that we are ordinary mortals and do not have enough faith or courage to hold Him in our daily trials. We forget that we are the children of the Lord of Lords and He has equipped us with strength, wisdom, forbearance in a measure as required against our circumstances. Some of us look to the convenience of the world rather than advantage of the Word to fight our battles. The Word of God strengthens us to go through the trials and tribulations of the world. When we look at the life of the great ones, Ramakrishna, Jesus, Swami Vivekananda, Guru Arjan Dev, Guru Gobind Singh, take any such name and you shall find that the trials were an integral part of their life. God sent them to the world to show each one of us that human birth shall entail difficulties, doubts, questions, arguments, and financial, physical and emotional problems. Only by courageously holding on to God during these times and keeping Him first place in personal life, did the great become great. **However, with time their followers and more so the preachers who have not tried to form a relationship with God**

Almighty have misinterpreted the call of these great people and have conveyed it to the common people that they had come from heaven just to teach and reach out to the people of this world. And people start blindly worshiping them without taking a lesson from their personal life and the pains these personalities went through and still held themselves steadfastly in God.

We very easily start blaming the circumstances and our time, thinking how we, ordinary mortals, can fight the world and realize God in this very life. Those who braved the trials were different. Instead, their life is a living example in front of us to be steadfast in our faith in God and His Word. We need to make their strength our strength to keep pressing forward.



God sent them to the world to show each one of us that human birth shall entail difficulties, doubts, questions, arguments, and financial, physical and emotional problems. Only by courageously holding on to God during these times and keeping Him first place in personal life, did the great become great.



With time preachers who do not have a relationship with God misinterpret the call of the Great and convey to common people that they had come from heaven just to teach and reach out.

Take the case of Sri Ramakrishna Paramahansa. He had to go through the cancer of the throat, a very painful experience towards the end days for more than a year (1885-1886) to make a team of spiritual stalwarts ready for the world. Swami Vivekananda, the renowned disciple of Ramakrishna Paramahansa was known as Narendra in his young days, and was one of the favourite disciples of Sri Ramakrishna. If you study Sri Sri Ramakrishna Kathamrita (dated 21-April-1886), you will find that Sri Ramakrishna was lying ill due to throat cancer at the Cossipore House, and Narendra still did not believe in the incarnation of God. He said to M. (Mahendra Nath, a fellow brother disciple): "Till the time I do not realize myself properly, I shall not listen to what others say ... I want the Truth and the

other day I argued a lot with Sri Ramakrishna." At this point in time, Narendra himself was going through a lot after his father's death and had to fight his loneliness, court cases and had the responsibility to feed his family with lesser jobs which he did not enjoy. It is only after going through so much and his own personal realization and revelations during that time, God made him what he became and influenced India and the world later.

Study the Bible and you will find that Jesus went through some of the most difficult times of loneliness and pain in the garden of Gethsemane and at the Cross. Why? And he would still take courage and say, 'Father, Thy Will be done.' Take the life of the Sikh Gurus. Guru Arjun Dev was made to sit on a hot plate and had boiling oil poured over him. The excruciating pain he must have gone through could not disconnect him from God at all. Both the sons of Guru Gobind Singh were captured and buried alive in the wall. Imagine the pain they went through and the pain of a father whose two teenaged sons are done to death like this! But he did not forego God in this hour. He held on to the peace of God in such trying circumstances.

Now let us look at our life. When God puts us in the trying circumstances of pain, separation, lack and loneliness, we despair,



If we steadfastly keep on holding God, and consistently study and speak out the Word of God, He shall reward us with His understanding and revelations in due course and shall use us for the purpose He has sent us to the world.

become frustrated and start pitying, cribbing, complaining and blaming in the first instance, start running to astrologers, friends, relatives, but do not run to God and ask Him as to what He wants to teach us or make us learn. Instead we start saying that God has become deaf, He does not listen to our prayers, we can't see Him working in our life, we forego our belief and start saying negative things from our mouth. We need to rather look to the life of the Great and speak the Word of God that tells us how to behave and live in such circumstances. Most of the times, we just read the Word and say nothing is happening, instead of applying it in our life and affirming what God says we are.

Therefore during the progress towards God, for those who keep God first in their life, the trials and tribulations to bring confusion, indecisiveness, lack of direction and frustration in life, shall come and **the Bible** tells us how to handle it – **to rejoice whenever you are enveloped in or encounter trials of any sort – (James 1:2)** – knowing that God is working in you at that time. If we steadfastly keep on holding God, and consistently study, speak out the Word of God, He shall reward us with His understanding and revelations in due course and shall use us for His purpose. All scriptures recount trials of the Great and are a source of immense strength.

When Shalini and myself read the scripture daily morning, we find the joy and strength in the Word to help us lead our daily life. When some difficulty comes our way during the day, God makes us remember how the Great ones handled such situations in their lives. It gives us immense help to go forward. That is why it is so important to keep the company of God and His Word and reflect on the lives of the great ones by practicing it in our lives, rather than using the excuse that the Great were different, they could do it, we are ordinary mortals.

-Vinay Mehta



THANK YOU!

First of all, God's Child Foundation would like to take the opportunity to thank regular readers who have encouraged us consistently through their words and action. We also thank our generous donors who have shown their confidence in our pursuit to outreach the needy souls all over the world.

Following are the institutions and the purpose of our outreach, in recent times:

- 1 SOS children's Villages of India for annual sponsorship of a girl child.
- 2 Joyce Meyer Ministries for annual education of girl child.
- 3 Chandigarh Breast Cancer Association - medical help for poor patients suffering from breast cancer
- 4 Director PGI, Chandigarh - for financial assistance to specific poor patients

During this period, we have done numerous personal counselling sessions for the individuals in person as well as telephonic sessions with the Word of God. We are happy to see that these individuals have put their trust in God and have changed their way of thinking and hence life.

We would like to inform all readers that very soon we plan to launch our blog www.godschildfoundation.org that will enable us to share our realization and revelations to a broader audience. For more information you can call us or write to us.

There is a change in our postal address and phone number as well. Please note our **new address and phone number:**

God's Child Foundation
House No. 480, Sector 11
Panchkula-134109, Haryana
Phone: 0172-277-1541

If you want us to pray for you, your family or anyone you wish for, or pray with you, you can call us on the above number or send in your prayer request by postal address or email-us at godschildfoundation@gmail.com.

If you wish to send your donation you can send either by sending a cheque/DD in favour of 'God's Child Foundation' payable at Chandigarh. Your donation means a lot to us and God's cause. Donations to the Foundation are exempt under section 80G of the Income Tax Act vide letter no. CIT/Pk//Tech/80G/2008-09/5636 dated 02-Feb-09 valid from 1-Apr-08 to 31-Mar-10.

We have a closing prayer for our readers:

'God, our protector we pray to You for all our readers, shower them with your blessings, make each one of them realise the presence of Your unconditional love in their lives. God pull each one of them into a living relationship with You in this life itself.'



NUPUR

NEW UNDERSTANDING
OF PURE UNIVERSAL REVELATIONS

Look up to Him at all times
as a child.



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