

- शिव भगवानुवाच -

सन्तुष्टता योगी जीवनको विशेष लक्ष्य हो । जो सदा सन्तुष्ट रहन्छन् र सबैलाई सन्तुष्ट गर्दछन् उनीहरूको योगी जीवनको प्रभाव अरूमाथि स्वतः पर्दछ। योगी जीवनका तीन ओटा सर्टिफिकेट छन्-पहिलो स्वयंसँग सन्तुष्ट, दोस्रो बाबासँग सन्तुष्ट र तेस्रो लौकिक एवं अलौकिक परिवारसँग सन्तुष्ट ।

ईश्वरीय उपहार

द्वैमासिक आध्यात्मिक पत्रिका

वर्ष ६, अंक ४, पौष - माघ २०७१ (Jan.-Feb., 2015)

जि.प्र.का. कास्की व नं. २४३/०६५/०६६

मूल्य रु. २५/-

नव वर्ष सन् २०१५ को
हार्दिक मंगलमय
शुभकामना

HAPPY
NEW YEAR



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ब्रह्माकुमारी ईश्वरीय विश्व विद्यालय एवं राजयोग प्रशिक्षण केन्द्र भैरहवाद्वारा प्रकाशित "ईश्वरीय उपहार" का लागि

संरक्षक : राजयोगिनी द्वय ब्र.कु. सुरेन्द्र दिदी, ब्र.कु. परिणीता दिदी
प्रधान सम्पादक : ब्र.कु. भानुप्रकाश पौडेल

प्रबन्ध निर्देशक : ब्र.कु. शैलेशराज बराल
सम्पादक : ब्र.कु. शिशिर रेग्मी

पत्रव्यवहार: ब्रह्माकुमारी ईश्वरीय विश्व विद्यालय एवं राजयोग प्रशिक्षण केन्द्र, नयाबजार, पोखरा, फोन: ०६१-५२२२६५, ५३५१३३

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मुद्रण: हिमालय अफसेट प्रेस, नयाँबजार, पोखरा फोन : ०६१-५२०६५१, ५३२५०८

मूल्य शिक्षाका अग्रदूत पिता श्री ब्रह्मा

dfgj lo dNo Pj -efbz{klfnf0{hf\$ lbb}c; n tyf ; Eo gful/ssf]kglgdf ug{g}dNo lzlf sf] p27o xf]. cfh ; ah}sg}g sg}?kdf lzlf ln0/x\$ 5g\ o; af6 Joltmf0{Joj; flos ?kdf ; kmntf, cfly\$?kdf nfe jf sg}klg l; kdhs lzlfa6 :j/f/huf/ e}cfd f lge{ xg ; d} lzlf n] ; xof] t kfof0/x\$]5 . tyflk Joltmf cgzf; g, ; Totf, clx;f, 0dfbf/L h: tf dxTj kOf{uof Pj + lj z]ftnf0{cfkntf]hljgdf ptfb}cfgGbdo hljgsf]l gdf ug{dNo lzlf n]7hf]; xof] ub5 .

मूल्य शिक्षाको अग्रदूत पिता श्री ब्रह्मा ha ha o; ; #/df 3f] bM Pj +czfGt xg yfNb5, ta g}dfgjnf0{ bM/af6 dSt ug{dNosf ; f] laGb' ; Tod\zjd\; Gb/d\Hof]td6 lzj k/dTdfn]cfllbb] aXdfnf0{ lglD agf0{x fFdfkntf cflWofTds 1fg, uof / zltm? ; DkOf{dfgj cTdfx?alr kmh]pg]dxfg sfo{ j tdfg ; dodf ul//xgePsf]5 .

मूल्य शिक्षाको अग्रदूत पिता श्री ब्रह्मा कै किनु ?

elg65 ; [i6sf]:yfkgf aXdfaf/f eof]o; af6 klg :ki6 x65 ls k/dTdfn]; j kyd Ps ; lfd / eltmefj af6 cft.kf] Joltmf0{cfw/ agf0{; ah}0{cfkntf]kl/ro lbg]sfo{ug{65 eg]csf]t/ :jo+ aXdf klg Ps ; DkOf{Toful, tk:jl / aXb ?kn]; a\$]f;] s agl k?iffy(ug{yfngeof]. o; lsl; dsf] dxfg sfo{; j kyd cfkm':jod\ky kbz\$ agl c?nf0{aXd 1fgsf]lzlf lbg]klxnf]u? jf cubt ag\$]x]lktf>l khlkktf aXdf k/dTdf Pj -e6o wd\$ cfTdfx?n]; d} cf-cfkn]zf:qfg'; f/ cfbd, xpjf, P6hn b]bt jf 1fgsf cubt'sf]gdn]dlxdf ub}jOf6 ul/Psf] 5 .

पिता श्री ब्रह्माको मूल्य शिक्षाको किनु जेठो किनुको ?

ha ; #/df cg\$]1fg lj 1fgsf]pTklQ -Exploison of knowledge) t eof]h; n]ubf{dfgj dfqdf e]t's Pj +klj lws ?kn]k]:t ; fwg ; f]sf]pkhn]; v / ; ljwf klg ldNof]. sfnt/df ol ; fwgsf]pkef] kZrft\ha sg}klg ; dodf ol ; fwgn]wf\$ lbg]cj:yf b]v65 . To; lfofd kSs}klg xfdl dfgjx? bM Pj +jllkt e}cej ePsf]dx; ; ug{yfnb5f]ptm; dodf cftl/s vZl tyf ; Gt]f]sf]afw 66] hf65 . o:tf]cj:yfdf e]t's ; fwgsf]1fg dfqn]xfdlnf0{lgo6qOf gu/L dNolzlff?kl ; fwgsf]zlQm rlx65 . o; ; fwgsf]zlQm]xfdlnf0{cej sf]cj:yfdf klg vZl / ; GtInt dgl:ylt sfod /Vg ; xof] kfof5 . xfdlnf0{of]klg yxf xgkb5 ls ; [i6 kl/j t6zln 5, ; [i6df ePsf x/\$; fwg ; f]x? klg Ps g Ps lbg kl/j t6 jf gfz eP/ hf65g\ o:tf]cj:yfdf xfdln]cfkntf]dgl:yltnf0{sd\$]ult cg'; f/ ljklQk} {dgdf cfklQ cfpq glbg o; }dNo lzlf sf] dxTjnf0{x]poud u/L cfkntf0{cftl/s ?kaf6 ; zOm Joltm agfpg]dxTj kOf{sfo{:j om]ug{k65 eGg]pRr nlo lktf >l aXdfn]/fv] cfkntf ; DkOf{e]t's ; fwg ; f]nf0{dfgj sNof0sf/L sfodf ckOf u/L dltmsf]t/ (Vibration of freedom) ; DkOf{dfgj hutnf0{lbg cfkm'; fdf6o enk8ldf

a; } Hof]t{do lzj k/df]dfs]lr]gtgdf 8Ag yf]Ngeof]. ha ha px]F/fhof]y?kl ; fwgdf kf/ut x]E} hfg]eof]ta ta j x]F; j }f Ps cfbz{/ z]Qmzfnl lktf jf ; Af]ss]c]g]e]l't ; a]h]f0{lbn]fpg ; S]g]e]of]. jf:t]j]df ha x]fdl c]k]m':j]o+c]g]z]f; t e}nf]s s]Nof]ofs]dfq lr]gtgdf 8la/x]G5f}eg]k/d]f]d]f hf] ; l]6sf]; f]t] l]j]G]b'l]z]j]n]x]fdln]f0{; xof]y]l x]f a]9f0{x]fdl]af/f cb]e't rd]ts]f/l sfo{u/f0{c?sf]s]Nof]of u/fpg]x]G5 . of]w]h; To k]d]f]of s]o]f]dx]f]tk:j]l Jolt]m?sf]5 . ; j]k]y]d o; l]s]; ds]f]sfo]s]f]y]fng]l c]flb lktf a]x]df afaf]n]u/]s]f]x]g]f]n]c]f]h s]o]f]afaf]s]f ; G]t]l af]x]d]of sh]e]l]f]of l]b]j]o c]f]d]f]n]k]l]g c]k]m]y]f] tg, dg / wgn]f0{nf]s Pj +; dfh s]Nof]ofs]f]sfo]d]f p]t; u{u/l ; dk]o]f ef]j]n]; j]f ul//x]g]e]P]s]f]5 . of]g}p]R]r Pj +d]No lz]l]f]s]f]k/]f]s]f]i]7]f x]f]. c]k]m]h]c]k]m]y]n]f]lu ; * u/] s]g}k]l]g j :t]s]f]p]k]e]f]y] ug{ e]g]f ; a]h]f0{l]j]t/]of u/l ; j]f k]b]f]g ub]f{a]9]l ; G]t]l]i]6 / c]G]o]af]6 k]l]g z]e]e]f]j]g]f j]f c]f]z]j]f]6 k]k]t ug{ ; l]s]G5 e]g]l]b]j]o O]z]f/f c]flb lktf a]x]df afaf]n]; a]h]f0{c]f/]d]e s]f]n]b]l]v g]l]b]g]x]b]f c]f]h To]x]l k]l]j]q ; j]e]f]j a]x]d]f]s]d]f/l l]b]b]l al]x]g]l]x?d]f k]o]f?k]d]f b]l]v]G5 . cy]f]f \px]f]F?n]; j]k]y]d c]k]m]y]f]; v; ; l]j]w]f, ef]s, k]o]f; / l]g]G]b]l]n]f0{Tofu u/l d]d]t]d]o]l b]l]i]6 /f]v]l ; j]s]f]s]Nof]of /f]v]b}cx]f]f]q l]j]s]l]t / l]j; u]t]d]f 8a]s]f ; d]f]h]s]f b]f]h]e]f0{l]b]b]l al]x]g]l]x?nf0{c; n g]f]u]l/s ag]f]p]g c]f]l]o]f]l]d]s Pj +g]l]t]s l]f]g?k]l d]No lz]l]f]n]f0{l]g=z]l]s ?k]n]k]l]z]l]f]o]f l]b]o{n]f]v]f}g/ g]f/]l]s]f]h]l]j]g]n]f0{p]4]f/ ug]e]P]s]f]5 . To; s]f]k]t]l]s]d]f l]f]g]s]l b]j]l ; /:j]t]l, z]l]s]t]s]l b]j]l b]u]f{/ w]g]s]l b]j]l n]l]d]l]s]f]?k]d]f hut]n]j]O]f]g u/]s]f]k]d]f]o]f 5 . ; f]o]b c]flb lktf a]x]d]f]n]k]l]g ; a]s]f]e]n]f]l]r]t]f]p]E}; fwgdf /x]s]f x]b]f ; l]i]6]s]t]f]s]f]p]k]f]l]w k]k]t ug]e]of]. To:t} px]f]b]f k]l]j]q ; G]t]f]g j]f af]x]d]of j]t;x?n]k]l]g O]z]j/]o c]f]l]f]g?k c]k]m]h]f0{k]o]f?k]d]f ; #/s]f]; j]s 7]f]g]l h]l]j]g]n]f0{O]z]j/]o d]f]u]d]f al]n]b]f]g l]b]P]s]f]x]g]f]n]c]f]l]b]z]l]Q]m:j?k]f euj]t]l ty]f b]j]t]f eg]z]f:q]d]f j]l]o]f]t 5 .

j]f:t]j]df ; #/s]f]b]M]v / j]h]g]f]n]f0{k]l/]j]t]g ug]; j]s]f d]f]l]n]s lzj k/d]f]d]f]n]c]k]m]l'; d]f]g]s]f l]k]p ; G]t]f]g z]l]t]m:j?k a]x]df / n]f]v]f]af]x]d]o]f]s]f]; xof]y]a]f]6 h]g ; l]i]6 k]l/]j]t]g]s]f]d]x]f]g sfo{r]l]n/x]s]f]5 of]c]t]o]g]t]u]k]t 5 . ; fw]g]f]s]f]c]e]o]f; ug]; f]w]s j]f k?i]f]f]y]l]h]d]f]q o; s]f]c]f]g]t]l/s /x:on]f0{d]x; ; ug{; S]b]5]g \ ha d]x; ; ul/]G5 l]g]l]Z]r]t?k]d]f x]f]d]l]n]c]k]m]y]f]h]l]j]g]n]f0{; f:#/s O]R]5]f c]f]s]f]f]f, l]j]s]l]t l]j; u]t]n]?d]l]n]P]s]f]Jolt]m]ut ; l]j]w]f]n]f0{k]l/]Tofu ug{s]g}s]l]7]g n]f]l]b]g l]s]g]l]s o; n]f0{t]R]5 x]f]e]g]l] n]f]l]b]5 .

l]g]i]s]i]f]d]f e]g]k]b]f}; dor]q]m]l]g/]G]t/ ?k]d]f r]l]n/x]g]k]s]o]f]f x]f]. o; r]q]m]c]g; f/ ; #/d]f c]l]t ; v, ; v, b]M]v / c]l]t b]M]v]s]f]j]f]t]f]j/]of x]fd]l ; a]h]j]e]f]l]g}k]b]5 . c]t]M]c]l]t ; v]s]f]c]j:y]f k]l]g y]x]f k]f]p]g j]f c]g]e]l't ug{d]No lz]l]f?k]l c]f]l]o]f]l]d]s lr]gtgdf n]f]l]g]k]g]l]x]G5 . :d/]o]f /x]f] \e]f]l]t]s l]f]g]n]; v k]k]t x]G5 t/ c]l]t ; v]s]f]c]g]e]l't x]b]g . c]l]t ; v]s]f]c]s]f]g]f]d]g}k/]d]f]g]b]b]c]j:y]f x]f]. o:t]f]c]j:y]f k]k]t ug{; f]w]g]s]f]3]f]a]f]6 c]k]m]h]f0{d]t]m]u/l d]Nol]z]l]f]f]o]s]t /f]h]o]f]y] ; f]w]g]s]f]/; d]f h]l]t 8la/x]G5f}Tolt]g} O]z]j/]o z]l]t]m]s]f]k]s]D]k]g]x? x]f]d]l]n]d]x; ; ug{; k]m]n]x]G5f}+

; f]R]r}g}o]x]l l]b]j]o c]g]e]l't]s}c]f]w]f/]d]f k/d]f]d]f l]k]t]f]n]; a}; ; :s]l] d]f]g]j]s]f]l]g]d]f]o]f cy]f]f \j]l]o]f]d ; #/s]f]k]g:y]f]k]g]f ub]f]x]g]x]G5 . t; y{o:t]f]c]l]t b]M]v]s]f]j]f]t]f]j/]of?k]l s]l]n]o]u]l z]l]n:j]e]f]j]n]f0{d]x]f]k]l/]j]t]g u/l c]f]b]z{/ d]Nol]g]i]7 h]l]j]g k]k]t ug{d]No lz]l]f]s]f]k]o]f]f]P]j +c]u]b]t a]x]df afaf / px]f]b]f/f c]k]m]y]f] h]l]j]g]d]f n]f'u/]s]f]p]b]f]x/]o]f]x?n]f0{k]b]l]r]G]x]s]f]?k]d]f x]b]f]a]x]df afaf ; d]f]g ; j]j]Tofu]l, of]y]l / ; j]f]w]f/]l a]G]l]; s]N]o u/]f}+

a]s]= e]f]g]k]s]f]z k]f]8]h

अन्तिम पेपरमा पास हुनका लागि सामना गर्ने शक्ति धारण गर

- ha sg}klg s/df ;fx; /flv65 eg]w]}s/ ;fdgf ug\$[f] nflu cfp5g\ . ;fx; /fVg]alQs} dfof; 6 ;fdgf ug{z? x65 . To; 7};fdgf ug\$[f] nflu klxNo}af6 lxDdt /fVgkb5 . sg}klg k/Liff sg}klg ?kdf cfcf]\k/Liffnf0{kf; ug\$[f] nflu xf0hDk nufpg]cEof; xgkb5 .
- clxn]c6tsf];dosf]klg c6t xf]. To; 7}0len l:k6 jf 0len ;:sf/ ;a7]clt ;fdgf ug5gV pglx?sf]c6to xg5 . kmx/ ;a}afix/ lg:s] eid xg5 . To; 7}pglx?sf];fdgf ug\$[f]nflu klxn]t cfkmy];d:ofx?af6 d0mag . o; sf]nflu artsf] of]hg agfp / Jojxf/df ptf/ tadfq cfkmy]/ ;j{f]dfx?sf]arfp ug{;Sg5f].
- cl6td ;dosf];fdgf ug\$[f] nflu x/\$nf0{rf/ zI0m? wf/Of ugk65 . !_ ;d7g]zI0m @_ ;dfof]hg zI0m#_ ;xg]zI0m/ \$_ ;fdgf ug[zI0m . ;fdgf afkbfbf / b]l kl/jf/sf]xf0g t/ dfofsf]zI0msf];fdgf ug[zI0m wf/Of u/ .
- ;kmtfsf]l; tf/f a6gn];fdgf ug[zI0m cfp65 . ;kmtfnf0{;fdGg]/fvdf ;d:of klg x6b5 / ;kmtf kl\$6sndf cfp65 . ;dlk l; tf/fx?df afkbfbfsf]u0f / st{0 k]olf blv65 .
- gfh5 ;dosf];fdgf ug\$[f] nflu cfkmy]gfh5kgnf0{5f\$gkb5 . cfkmy];j:l:yltdf k/f Wofg lbgkb5 . olb ;j:l:ylt >]7 5 eg];jkl/l:yltx?af6 kf/ xg ;ls65 . ha;Dd ;'ld jf :yh sg}klg sfdgf 5, ta;Dd ;fdgf ug[zI0m cfp6g . sfdgn];fdgf ug{lbbg . To; 7}af]x0fx?sf] cl6td ;Dk0f{j?ksf]ufog xf}OR5f dfqd cljBf .
- cJoQm:l:yltdf /xg]cEof; nf0{ca g]/ agfpm . ha of]l:ylt g]/ a6b5, ta g]/n s7]dl6h z? x65 . g]/ ga6gfsf]sf/Of ol g]/n s7]dl6h /f]sPsf 5g\
- jtdfg ;do ef]hfgsf]sf/Of dfofsf]uf]hf w]}nfu\$[f]5 . To; 7}o:tf]zI0mj?k ag, h;df dfofn];fdgf ug66bf klxNo}gd:sf/ u/f]\;fdgf ug{gkfcf]\ w]};fjwfg, xfl]zof/ / va/bf/ xgkb5 . cfkmy]j]Q / jfod08nnf0{r\$ u/ . h:tf]s}j fod08n xf]\t/ :josf]zI0mzfnl j]Qn]j fod08nnf0{kl/jt6df Nofpg ;Sb5 . j fod08nsf]j]Qdfly c; / kg{g}ef]hfgsf]; s] xf].
- h;/l b]lx?sf];fdGg]c;/ ljs/fn ?kdf ;fdgf ug{cfp65g\ t/ pglx? kz' cyf{\a]dem a6b5g\To;/l g}x/\$ cfltdf ltdf]cgejldt{/ cfltds bl]6sf];fdGg]laNsh a]dem a6b5g\



आन्तरिक स्थितिलाई शक्तिशाली बनाऔं

ha;Dd :jomf0{ cgej xbg, ta;Dd c?nf0{ u/fpg ; lsbq . To; h]afafn]h]; sfpq' ePsf]5, dgg u/] To; nf0{ :jodf cgej u?FeGg]/x/ xgkb5 . ha z?-z?df dnf0{cfIdfsf]1fg ldNof]Tof]s/f leq}v d Ps cfIdf xF / c? klg cfIdf xg\eg]nflnf]. o; af6 bl]6sf]f ablnof]. km/ c?nf0{klg daf6 cgej xg yfNof]. 1fg lagf bl]6df b}k, blgof, ; Da6w / kbfi{g}/xG5g\ cfIdf :j?kdf l:yt xgfn] bl]6 ablnG5 . ha :jomf0{ cgej eof] To; kl5 c?nf0{klg u/fpg z? u/}+



राजयोगिनी दादी जानकीजी, मुख्य प्रशासिका, ब्रह्माकुमारीज

h; /l cfIdf Hof]t bVgsf] nflu xf] To; /l g} cfIdcledfgl l:yltdf l:yt xgf; fy}cfIdfdf /fzgl cfp5 . ol cfIdfaf6 h]ht bVb5; tl ; a}j gfl xg\o; df lk} xgxbg . xfd]dgdh]xG5, r} /df Toxl cfp5 / To; t}j fod08n agb5 clg c?leg klg Toxl klb5 . To; h]Ps t d cfIdfsf]j:f.tljstfsf]cgej ug{/ csf]afafaf/f k]ktsf]cgej ug{h?/l 5 . afafn]h]ht lzlf lbgePsf]5, ;jbzq rqrnf/l agg] b]luOf wf/Of ug] ol lzlf? klxn]t :jodf wf/Of xf] \afafsf]Pp6f klg lzlf d]f]hljgdf ld; gxf] \afafsf]lzlf leq}af6 o; /l wf/Off xf] \s bVg}n]klg dnf0{; sfpq]sf]xf]eg} ; fVg\ afafn]h]rfxgG5, To; nf0{k/f u?F. ha o:tf]0R5f xG5, ta cge]t klg xG5 . elQmf klg hf]kSsf eQm xG5, p; sf]efjgf k/f xG5 . o:t}; udoldf xfdl eujfgsf]aRrf xf} xfdln]hg efjgf :jo+ cGosf]sNof0sf]nflu /Vb5f]Tof] k/f xG5 . ha afafn]cfkmg]aRrfn]/fd]f; f}sf]bVgXG5, ta pxf]f]d2t ldNb5 .

afaf eGxG5, dVaf6 af]hl sd xf] \ cgejaf6 xfdl dl't{agb5f} dl'tf]s}l af]bg, t/ p; sf]r} /fn]sfo{ub5 . z?-z?df c?nf0{s; /l aem]p]FeGg]lrGtg rNof]eg]clxn]cfkmg]0{s; /l aem]p]FeGg]lrGtg rNb5 . 0z/f]n]aem}x? b]tf agb5g\ ; do cg'f/ xfdlnf0{cgej xgkb5 ls xfdl g}b]tf lyof} / km/ alg/x\$ 5f}+

x/\$ s/fx?sf]/x: onf0{k/f aem]f]xgkb5 . cfQnfPsf]jf lg/fz r} /f xg' eg\$]f; dem k/f gXg'xf] of] eg\$]afaf; E hg k]kt jf ; Da6w 5, To; sf]; demxg' / To]; demnf0{sfd]f Nofpg'xf]. k?iffydf ; kmntsf]cy{s}xf]eg]afafn]x]fdlnf0{; fy lb0/xgePsf]5 / xfdl klg c6]zgk} \$; fy ln0/x\$ 5f} ; 'ld cledfgnf0{5f} b}sf]efgaf6 k/ /x] cfGtl/s l:yltnf0{zlQmzfnl agr0/fv}+

कमजोर संस्कार परिवर्तनको विधि

प्र.कृ. भगवान शार्ङ्ग, माउण्ट आशु

of]; uduof]kē'ldngsf]; gñf lbgx?
 Pxbd} l56f] ?kn] lalt/x\$] 5 . ca o:tf]
 ;do cfpg nfu\$] 5 ls sg}klg ahf hg; s}
 kl/l:ylt cfpg ; S5 . k/dTdfn]cf^gf]clwstd
 lbJo sfo{x? k'f ul/; SgePsf]5 . ca afSl /x\$]
 yf]}; dosf]xldn]k'f nfe lng cfjZos 5 .
 sōf]afXdf cfTdfx?n]ca cnf]ss hēd lnPsf
 5g\ sōf]afXdfjT;x?n]ca hēd lng]fnf 5g\
 sōf]afXdfjT}if{kē'ldngsf]cfgGb lnP / ln0/x\$]
 5g\clg sōf]afXdfjT;x?n]kē'ldng ul//x\$]
 5g\ . ;]f klg ul//x\$] 5g\ 1fg ; Gg]; gfpq]
 qmd klg hf/l g}5 . t/ la8Dagfsf]s/f, pglx?n]
 cf^gf]; ;sf/nf0{k0f?kn]abNlg ; ls/x\$] 5g\
 pglx?sf] hljg dfof; f oā ubf{ub}lalt/x\$]
 5 . s}l lbg; Dd slnoul ; ;sf/, s}l lbg; Dd
 afXdf ; ;sf/ oxl qmddf g}hljg lalt/x\$] 5 .
 pglx?nf0{hljg af]emf]cgej e0/x\$] 5 lsgls
 g pglx?n] slnoul hljgsf] cfGbb ln0/x\$]
 5g\g t afXdf hljgsf]lng ; s\$] 5g\ ha
 dfosf]jf/ x}g, ta pglx?nf0{afXdf hljgsf]
 cfGbb cfp5 t/ ha dfosf]jf/ pglx?dfly xG5
 ta dfosf]af/df 1fgl x}f klg, grfx] dfosf]
 j|zet eP/ cf^gf]k/fgf]; ;sf/ cg'; f/ sd{u/]
 bMl x}k5'tfp5g\ t/ o:tf]lsg < slxn]Dd
 rNlg]o:tf]oā < olb af/Daf/ o:t}oā rln/Xof]eg]
 q}foudf lfglo 3/fgdf g}hēd lngk5{. olb 3/L
 3/L cf^gf]k/fgf]; ;sf/sf]jz x}hfG5f]eg]Tof]
 ; ;sf/ cem}dhat' x}hfG5 .

To:t}k\$]n]olb xfdl Ps uNtl u5f]f-
 eg]Pssf]; o uoff b08 klg ldN5 . hg xfdln]

sdf0{u5f]f-Tof] klg ; dfkt xG5 . Toxl sf/Ofn]
 afXdf ag] klg ; v, zlfGt, cfGbsf]cgeIt x}g .
 jf:tjdf eljio b]kbsf]cfwf/ klg oxl xf]ls
 haaf6 afXdf algof] xfdl slt ; do dfohlT
 /Xof]slT ; do sd}b}ohlT /Xof]f- eljiodf pRr
 b]kb kkt ug\$]nflu nfd] ; do; Dd dfohlT
 aGg cfjZos 5 . rfx] xfdl nf:6df cfof]-t/
 nf:6df cfP/ klg hab]v xfdl afafsf aRrf aGof]-
 tab]v cf^gf k/fgf ; ;sf/x?nf0{l/kl6 xg glbg]
 dfohlT ag] /Xof]eg]g]nf:6df krf:6 hfg ; S5f]-
 xfdl nf:6 cfP/ klg / sōf]afXdf] 1fgdf rn]
 klg Ps wSsfdf s; /L dfof /fj Ofnf0{df/] 0Zj/lo
 hljgsf] cfGbb lng ; S5f]eGg] s/f o; n}ydf
 k|t't ul/Psf]5 .

ladf/lsf]nflu hg k\$]f/sf]ladf/l xf]Toxl
 lsl; dsf]bj f0{lboG5 . h:t]s; }f0{Hj /f]cfPsf]
 5 eg]Hj /f\$]g}bj f0{lboG5 . ta g}p; sf]Hj /f]
 ; Grf]xG5 . olb Hj /f]cfPsf]k} G6nf0{G6psf]bv\$]
 bj f0{lboG5 eg]p; sf]Hj /f]; Grf]x}g . a? p; sf]
 Hj /f]a9b}hfG5 . eGgsf]tftko{s]xf]eGbf hg
 k\$]f/sf]ladf/l xf]Toxl lsl; dsf]bj f0{lbof]eg]g]
 ladf/l l7s ug{; kmntf ldN5 . Toxl k\$]f/n]x/\$
 cfTdfnf0{ljsf/?kl ladf/l nfu\$]5 . xg t x/\$
 cfTdfdf kfF ljsf/ t 5g\g}To; kfF ljsf/
 dMl]klg sg}Pp6f dVo ljsf/ cjZo xG5 . hg
 Pp6f ljsf/sf]sf/Ofn]cG6 ljsf/x? k}z u5g\
 t; y{jf:tjdf tk:of cyjf k?iffy{eg\$]o:tf]
 dVo ljsf/; f ; bsf]nflu dOm xg' g}xf] .
 Itglx?nf0{cf^gf] hljgdf l/kl6 xg glbg' g}
 jf:tljs tk:of xf]. To; }f]Tof]; ;sf/sf]af/df

xfdlnf0{ulx/f]1fg xg cfjZos 5 . To] ; :sf/sf] kfej xfdldfly gxf] \To; sf]nflu xfdln]lg/t/ c6]zg lbg h?/L 5 . o; sf] nflu cJoQm d/nláf/f, Snf; háf/f, cgejl ef0{alxglx?áf/f To]dVo lj sf/sf]af/df 1fgoQmkj f0G6x? Pslqt ug{cfjZos 5, h; áf/f xfdl To]dVo lj sf/; E af/-af/ xf/ vfg' gk/f] \ To:t}k\$f/n]xhdlleq hg dVo lj sf/ 5, Toxl k\$f/sf]1fgsf]Kj f0G6 aládf, kllS6sndf wf/Of ugf]la:tf/}la:tf/}To] lj sf/ ; dft x65 . ta g}cf'gf]k?iffy{ ; xh ; kmntf kft x65 . lsgls x/\$ cftdf dVo Pp6f sdhf]L x65 . Pp6f ; :sf/ Psbd}kfej zfnl bZdgsf] ?kdf x65 . o:tf] ; :sf/sf] af/df s}n xfdlnf0{dfq /fd] E yxf x65 lsgls To] ; :sf/ hljgdf af/Daf/ l/kl6 e0/x\$] x65 . o:tf] ; :sf/n]afNofj:yfb]v g}xhdlnf0{ ; tfg yfNb5 . lsgls cg\$ h6db]v To] ; :sf/ l/ kl6 ePsf]x65 . afXdof alg; s}k15 klg ha ha df\$ ldn5, xfd]c6]zg, cEof; sd x65, 0Zj /lo lgod dof]sf]pNn3g ub5f}of]Eof; sd ugf] jf sf/Of csf/Ofn]To] ; :sf/ af/Daf/ l/kl6 x65 . jf:tjdf ; a66f dxfg k?iffy{t To]xf] hg ; :sf/ xfd]hljgdf l/kl6 x65, To; nf0{alh; lxt lgsfNg' jf nfd] ; do; Dd To] ; :sf/sf]jzle't g' . of]g}j:tlj s ; fwgf xf]. t; y{o:tf]xhd] sgrfxlFsdhf] ; :sf/ 5, To]:jon}g}hfF ug] tyf To]fly lht kft ug]k?iffy{ug]. ta xhdlleqs] /fjOfn] ; w\$]nflu labf0{lnG5 cyf\ x/\$ k\$f/sf]lj sf/ alh; lxt ; dft x65 . To; h] /fdofdf b]f0Psf]5 ls ha /fd / /fjOfsf]oá e0/x\$]lyof] ta /fdn]afOf xfgxGvof] ta p; sf] Pp6f afOf sfl6Gvof]. clg bf] f]t] f]c]p}of]. o; sf] sf/Of s]lyof]e6f /fjOfnf0{dfg]7fpFpgnf0{yxf lyPg . To; h]pgsf]6f0d j]6 xE}uof]. t/ ha pgnf0{yxf nllf]ls /fjOfsf]dg]:yfg gfel xf]

of]g}p; sf]sdhf]L xf]. ha gfeldf afOf xflgof] ta Ps w\$sd]f g} /fjOf dof]. o; sf] ; fy ; fy} dxfe/tdf b]f0Psf]5 ls led / bbf]vgsf]ubf o4 w} ; do; Dd rNof]. b0{hgf dWb]sb}klg xfb}y]. t/ ha lednf0{yxf nllf]ls bbf]vgnf0{dfg]:yfg hfB xf] ta Ps w\$sd]f g}ledn] bbf]vgnf0{df/ ; kmntf kft u/].

e6gsf]tftko{s}xf]e6f xhdlleq hg dVo ; :sf/ af/-af/ xfd] k?iffy{hljgdf l/kl6zg x65, To; nf0{g}; dft ug]k?iffy{ha xfdl u5f} ta xhdlleq hg /fjOf 5, To]Ps w\$sd]f g}d5{ of]g}ljz] tyf uxg tk:of xf]. o:tf]k?iffy{ xfd] ; do oá ug] Joy{hf} . o:tf]k\$ /sf] k?iffy{g}xhd]hljgdf sb}klg k\$ /sf]?sfj6 cfp} . o:tf]k?iffy{g}sdftt ag] nlo; Dd klG ; S5f}. jt}fg ; dofg' / o:tf]k?iffy{ h?/t 5 . olb cem}klg cf'gf]s8f ; :sf/sf] jz e0/x65f}eg]clGtd ; dofd Toxl ; :sf/n] wf]f lbg} . cf'gf]; fydf c6o lj sf/L ; :sf/x?nf0{ klg lnP/ cfp5, h; af6 xfdl km] km] x65f}To; h] cab]v g}nfd] ; dosf]s8f ; :sf/dfly lj ho kft ug]k?iffy{xb c]t cfjZos 5 . To; h] o:tf]s8f ; :sf/ abNgsf]nflu To; sf]lj ifodf 1fgsf Kj f0G6x? Pslqt ug] rfx]d/nláf/f rfx] Snf; x?áf/f To; sf]af/df 1fgl aGg]. olb To] ; :sf/ ablnb}eg]cd]j}hf afaf; E ; gfcf}tfls afkbf]n]To] ; :sf/sf]af/df d/nláf/f, 6lr^aáf/f, cyjf sb}JolQmáf/f 1fgoQm Kj f0G6 lbgx65 . olb xhdlnf0{s}; E 1fgsf]rrf{ug}5 eg]klg xhdlleq hg hg s8f ; :sf/ 5g\ tl ; :sf/ d}fpgsf]nflu g}c?; E To] ; :sf/ ; DalGwt cgejoQm wf/OffoQm 1fgoQm Kj f0G6 ; G'5 tyf To; nf0{cf'gf]hljgdf k]S6sNnl ptfg}5 .

afEl csf]c\$df

विश्वशान्तिको लागि स्वयंको परिवर्तन

✍ प्र.कृ. आचारी, घाण्डुड

JolQmut zflGt g}ljZj zflGtsf]cfwf/ xf] JolQmut zflGtn] g}cg\$}dfgj cfdfx?nf0{ zflGtsf]/fx b}yfpq ;S5 . zflGtsf]nflu x/\$ dglo klxnf ckm'; bf hfuf /xgkb5, lsgls Ps Ps dfgj ;dfhsf]0sf0{xf]/ k]to\$ 0sf0{clt dxTj k0f{5 . h:t}Ps Ps

06fn]dxn t0f/ x65, To:t} Ps-Ps dfgj cfdfsf]Hof]t hNgn]jf Ps dfgj kl/j t0 xgn] ljZj sf cg\$}dfgj cfdfx?sf]Hof]t hfuf xg ;S5 . h:t}Psdh/f]yk] bz x65 . bzdf lh/f]yk]; o x65 To:t} ljZj zflGtsf] nflu kl/j t0sf]klqmf x/\$ dfgj n]a9fp}uPdf of]69f 50 . of] l56f] g} k0f{ xg ;S5 . zflGtsf]/6 nufP/ dfq zflGt :yfgf xg ;Sb0 .



o; wlt0f jf ;dfhdf zflGtsf]nflu xfdl ckm':jo+ zflGtdo agf} ta g}c?nf0{klg zflGtdo agfpq ;ls65 . cfh ljZjdf zflGt, b}zdf zflGt, lhNnfd zflGt, gu/df zflGt, ;dfhdf zflGt xf] eGg]rfxgf ;a\$]5, h; sf]nflu cg\$ zflGt ;Dd}hgx? klg xg]ub5g,\of]e0/x65 . t/ s]n zflGt ;Dd}hgn] dfq zflGtdo sd{zflGtdo rl/q xg ;Sb0 . dfgj zflGtsf nflu of zflGt k]kt ug\$]nflu j}fl/s cfbfgk}fg ub5g\ . sg}klg ljrf/ ljGbdh rrf{ kl/rrf{x65 of k}tfj kf; ul/65 . t/ of]dfq kof]t xf]0g . o; sf]pkn]lw ta xg ;S5 ha xfdl o; nf0{Joj xfl/s ?k lb65} hf]Jofj xfl/s

?k lbgsf]nflu kl]t1fa4 x65, p; n]g}kl/j t0sf] cfjZostfnf0{/fd]f} aem; ;S5 . j t0fg ;dodf xfdln]b]v/x\$} 5f}ss sg}klg sfo{; rf? ?kn] rNg ;s\$] 50 . o; sf]dh sf/of s]xf]eg] xfdln]cfkm} egr0nf0{Joj xfl/s ?k lbg ;s\$} 50} . :jo+cfkm' kl/j t0 xg ;s\$] 50} . kl/j t0sf nflu k0f] ePdf xfd] gsf/flDs :d[t, j [t, b]6, sd}f g]ts / dNox?sf] czflGtsf sf/ofx? cGt e0]gj /oftkm}a9g ;S5g\ .

ljZj zflGtsf]nflu ;a} dfgj cfdklt ;a} wd]kt cfb/ efj k}efj, ;befj /Vg clt cfjZos 5 . x/\$ dfgj cfd] cyf} wd}f cgbfolx?n] cfm}h0{ lrgg ;sd} xfdl sf] xf};sx}v cfof}zflGtsf]OR5f

/Vg]jnf jf:tjdf sf]xf]o; sf]cgej ug{; sd} cfk; df / ;dfhdf clt g}kof/ :g} ;fy ;Ddfg; /xg ;S5}k/:k/ ;xof] ag] :j t0qtsf]cgej ug{/ u/fpg ;S5} xfdl ;a}dfgj cfd] ldn] sg}klg sfo{u5f}cjZo dglon]Pstf, zflGt, kljqt, ;d[4sf]cgej ub5 . b}efgb]v cnu /x] cfd] cledfgl a6}ef0rf/fsf]; Da6w /fv}df xfdldf zflGt, ;v, k} / cfbg} hfuf xg ;S5 .

a}xfol ;Dk0f{s/fx? 5g\Toxl jf:t]s :ju{ xf]E To; sf/of ljZj, b} tyf ;dfhdf kl/j t0sf] cfwf/ :j-kl/j t0sf]cfjZostf 5 .

महंगी फुरसदको

घटनाक्रममाटी बुधा, पोखरा

cfpgxf] ù cfpgxf] ù % ldgð dfq
aem] hfgxf] . tgfjdQm hljgsf nflu 3/, ux:y
/ sfo{lfqdf /x/ klg ; v zflgtdo hljgofkg
ugf] nflu cfpgxf] . # ldgð dfq ePkg 0Zj/lo
1fg aem] hfgxf] .

sxl ; do klnfsf] s/f sg} Pp6f
:yfgdf 7hf]dihf nflu/xsf]lyof]. dhfsf]Psl5g
ePkg cjnfs]g u/f]eG]pTs7f lnP/ d klg
leq k; . vzlsf]s/f ToxfHljgdNo cfllofTds
lrq kþzðl gfdS Aofg/; lxt axdfsd/L 0Zj/lo
ljZj ljBfnoaf/f klg lrq kþzðl /flvPsf]/x5 .
ljleG ksf/sf cfwlgs efl]ts cfsif / goff
gofF cf0=6laf/ ; lh; hfp cfsif :6nx?sf]
alrdf Pp6f 5§}p27o af\$]cf]cnf]ss cgej
u/fpg] hljgdNo cfllofTds lrq kþzðlsf af/]
e/; s cf^gf] zIQm nufP/ ; a\$] sNof0sf]
efjgf /vL Zj j :qwf/L sdf/Lx? cf^gf] 3f6
; \$P/ vl6/xsf lyP . d klg ToxlFg}lyP To;
ljZj sNof0sf]kljq cleofgdf .

staf6 v}v}S]/x5, o; f]x]l xfn]eG]
cfjfh cf0/xsf]lyof]eg]st}ex]Nof]kms] cfpf
aem]clxn]km 5, xfdln]t klxNo}; g\$]
xf]clxn]t ptf -grufg x] hfg l9nf]e0; Sof]
kntsf; g] . kms] cfpf cfh ca]hf eof] ; fem
kl/; Sof]ef]h cfpf cflb cflb cfjfh d]f]sfgn]
klg ; lg/xsf]lyof]. t/ stf stfaf6 t dg ge}
ge}klg ; G}kg[af ù s]/x5 / xf]o:tf]eG]
cfjfh klg of]sfgn]6afSs ; lgx]Nof].

अनिवार्य तर अस्विकार्य

cfhsf] ; #/ ; d:of g}; d:ofn]el/Psf]
5 . sg]klg dflg; ol ; d:ofx?af6 c5tf]5g .

tgsf]; d:of, wgsf]; d:of 7hf]kl/jf/ xg]hf0{5\$}
; d:of, kl/jf/ gxg]hf0{5\$}; d:of, clws 0R5f /
ck]f]sf]; d:of, kl]tsh kl/l:y]tsf]; d:of clg
st}zf/l/s ; Gb/tfsf]klg ; d:of . ; aGbf 7hf]
dfgl; s aGwg tyf gsf/fl]ds ljrf/x?sf]; d:of
lbgf]lbg a9b}uPsf]of]ljZjdf dflg; sf]cf^g}
pTkfbg blift ljrf/?kl ; d:ofaf6 bf; x5}u0/xsf]
5 . o:tf]eoj]x l:y]tdf p; nf0{v]hl 5 t s]n
; v, zflg / vzlsf]. o:tf]cj:yfdf axhg lxtfo,
axhg ; vfosf]efjgf /vL 0Zj/lo 1fg lngsf]
nflu cfpgxf], san rlvxgf] dfq, To; kl5 vfg]
of gvfg]lng]jf g]ng]san tkf0\$]0R5f egl
kþkþ 1fgsf]k}fb af8] sltkonf0{rfVg klg
km 5 < cfZro{ ù ; v zflg / vzl kfggsf
nflu ef]fl/b}lx8g]sxfFcfG6 5 egl v]hl lx8g]
t/ k]ktsf]af6f]b]vpg v]hf To; af6df lx8g]
dg 5 of km 5 egl t]sg]jf cljZj; sf]
Rofb/ uDnE cf] lx8g] ù

; d:ofdQmxg clgjfo{7fG]t/ ; d:ofdQm
cyjf ; d:of; hllgsf nflu rlxg]cf]t/s zIQm
k]ktsf]af6df lx8g eg]c:j]sf/ ug]. ; f]f]
s; /l lhpG ; S5f]x]fdl ; v zflgtdo hljg <
kl/l:y]tdf abnfj cfpgkb5 eG]t/ cfk]hf0{
abNg' kg]cj:yfdf 0Gsf/ ug]cyjf abNg
gv]h]kl5 s; /l ; v zflgtdo ; dhfsf]sNkgf ug]
x]fdln]<o; /l t ; dhdf, b]df of kl/jf/df zflg
Nofpg' t k/}hcf] \x]df]cf^g}dgklg slxNo}
zflg / ; vL x5 .

lkþ cf]dg\0ltxf; ; flfl 5-hg JolQm]
b] of ; dhfsf]nflu sxl ub5' eg] cf]pg]h]
; j]kyd Tofu / tk:of klg u]. ef/t jifdf
sdf]o:tf pbfx/0f]lo JolQm]jx? 5g\h; n]b]z

/ ;dfhsf nflu cf^gf];j{J Tofu\$ f 5g\ rfx] Tof]Tofu cf^gf]JolQmut ;v ;ljwfsf]xf] \,rfx] kfl/jfl/s ;vsf]xf] \of cGo sg};fwg, j e j of kbfsf]Tofu lsg gxf] \ cfhsf];dfh / k:'tfn] 0ltxf;af6 lzlf lsg lsg ;ls/x\$ f 5gg\< pglx?nf0{;Dk0f{j e j, kbfsf{/ ;fwgsf];v klg rflxPs}5, kfl/jfl/s ;v klg rflxPs}5, efu ljnf; klg rflxPs}5, wg ;DklQsf];v klg rflxPs}5, lj sf/nf0{cf^gf] hljg;fyl agfP/ lx8/x\$ f]cfhsf]dfgj kl9ln]hlt; s};v, zflGt / Pstfsf];kgf b\kfg aQdfgl, eh7, 7ul, lx:f / snfahf/ gu/l sx fHljgofkg ug{;lsG5 / < olb o:tf] xfdl] dfGotf 5 eg] dfgl; s zflGt, kl/jf/sf]zflGt, ;dfhsf]zflGt / bzd f zflGtsf] sNkgf s;/l ug[< st]xfdlnf0{slxNo}kth, k xg glbg]sf/Ofx? log}t xf0gg<

;fR}g]nflU5 cfh dflg; nf0{0Zj /lo 1fg ;Gg, cflWoflTds lrGtg ug{ kth, k g}5g . slt dxuf]ePsf]of]kth, k < s; }E klg 5g . xfdl t /fhgllt ug]dfG5, xfdlnf0{sx fFkth, f xG5 / 1fg Wofgsf s'f ;Gg, s]ug[; fdlhs dfG5]ePkI5 / w]}7fpE f xft xfnkI5 t kth, k g}gxbg]Jofkf/l hljgdf xg}, emg \olts}Jo: t, kth, k}5g, cfxf] xfdl t emg oj f lk9L, xfdln]t ; #f/nf0{w]}aemg 5, bVg 5, w]}ug{5 clxn]sx fFclWoflTds agg]< crld nflu5, o:tf cfj fhx? w]}cfp5g clxn\$ f] ;dfhaf6 .

kf7sj 0b, s]cflWoflTds lrGtg ug[;fwgf ug]JolQm] bzd / ;dfhsf nflu sxl u/gg\< pglx?n] ; #f/nf0{aemg}\< oyfydf hf]JolQm g]Tj sf]ef/ af\$] lx8/x\$ f] 5 p; sf]nflu g} k/d cfj Zos 5 cflWoflTds lrGtg / ;fwgf . rfx] Tof]g]Tj bzd sf]xf] \,;dfhsf]xf] \,kl/jf/sf]xf] of s^n :josf]g}lsg gxf] \, cfrfo{rf0fSo /fhgllt zf:qs f k\oft cfrfo{lyP pgsf]gllt slxNo}kth, v fGyof]To; h]g}kl; 4 5- rf0fSo gllt . cfrfo{rf0fSof]gllt kl; 4 xg\$ f]k5fl8

Pp6}dfq sf/Of xf]pgsf];fwgf . pgsf]Wofg, dfq ;fwgf / ;sNksf]bQtf g}pgnf0{nlo;Dd k'ofpg]crs z:q aGof] . :jfdl lj j\$fgG6 klg hljgsf]k'f4df g}; #f/nf0{aemg, bVg ;kmn eP / Ps cflWoflTds cfbz{ojf g]fsf]?kdf ;dfhdf :yflkt eP . ljZjdf s'f]o:tf cfb/Oflo JolQm?sf]pbfx/Of k'tt 5 . cf^gf lghl :jfy{/ dxTj fsfHf cflbnf0{Tofu] pglx?n]h]u/];dfh / bzd sf lxtsf nflu u/]. olb g]Tj ug]JolQm]df g} Tofu / alnbfgsf]efjgf 5g eg]p;af6 hGd\$ f] efjl lk9Lsf]eljio s:tf]xf]h < ;To, c;To, oyfy{coyfy{;fwf/Of / c;fwf/Ofsf]klxrfg ug{ xfdln]};Sgkb5 . cflWoflTdstf Tof]dgaOl xf]hf] cfkth kln] cg\$nf0{k\$ f z lbG5 . cg\$sf]hljg Hoflt afNg ;S5 . cflWoflTdstf Tof];nf0sf]ltnl xf]hf]xhf};fgf]5, ;fwf/Of 5 t/ af?bsf]rf0 / 3;0f ;x] csf\$ f]nflu ;lNsG5 / ljzfn clUgsf] ?k lnP/ ; #f/nf0{kl/j tG ug{Sb5 . To; h] olb xfdl ;fR}g}bzd ;dfh / kl/jf/nf0{agfpg] ;f]z}xf]eg]olb xfdl ;fR}g}kl/j tG rfxG5f] eg]cfkthf0{kufNg}kb5 . :jo+hn] g}ljZj nf0{k\$ flzt ug{;lsG5 .

csf]s'f of]slxNo}g ehf]hs hg rlh ;Ssnl xG5 . To; sf]aflx/L cfsif0f xG5 . hg rlh gSsnl xG5, To; sf]g}aflx/L cfsif0f / ;Gb/tfsf]eesf xG5 . aflix/L cfsif0f / eesftkm a9L cfslif0f e0{To;0f ;do nufpE nufpE cftl/s ;Tonf0{yxf kfgp kth, k}gkfp sf t xf0gf]xfdln]<

समयको माग-समय प्रबन्धन

of]s'f ;To 5 ls clxn]; #f/df dflg; nf0{kth, k g}5g . :jeflj s ?kdf kTo\$ dflg; sg}g sg}sof0f Jo:t 5 . t/klg of]Jo:t tfsf]afj hb klg hljgdf dglon]yf];do :josf]nflu klg lgsflngkg]cfj Zostf 5 . ;dosf];Gbzd 5 ls-;donf0{;bkofu u/, kGwg u/ . hf]JolQm afXo

;v ;ljwfsf]cfsif[, jfxà j:t' jèj / kbfsf] kèj]df cfp5, p;n]hljgdf ;do kàGwg ug{ ;Sb[. ha dflg;n]of]lgof6 lng ;S5 ;do cg'f/ / cfjzostf cg'f/ klxnf sg sfof0{ klyldstf lbg] ta p;n] ;dosf] ;bkof] ug{ ;S5 . o;sf nflu cfjzostf 5 0zj/lo 1fg . hg 1fgn]al4sf]sfo{ldtfd / lgof6 ldtfsf] ljsf; ub5, h;áf/f xfdl dgnf0{lgof6 ug{ ;Sb5f]jfxà kèj / cfsif[afwgaf6 dQm xg ;Sb5f]elg xfdlnf0{cftl/s ;Gb/tfsf]nflu klg knt 6 lg:s65 .

ljzjs} wgl dflg; x;dldof kg] JolQm la/nfsf]Pp6f 36gf ofb cfp5 . Psk6s pgl Jofkf/ ub]lyP . Jofkf/ ug]qmdf u/lanf0{bfg klg ub]lyP . o;}qmdf pgl olt Jo:t lyP ls s; }f]cgxf/ xg]klg pgnf0{kh, 6}lyPg . eujfgn]dflly a; } of]bzo xlv/xgePsf]/x5 / p;nf0{la/nfsf]glhs hfg]ljrf/ cfP5 . pxfF ;fwf/Of ?kdf klgeP5 / egeP5 æd ltdlnf0{ sxl lbg cfPsf]5Æ . Jo:ttfd g]pgn]x65 x65 h]lbg]xf]l5\$}lb0xfn efg]jSo kof] u/}f]; Gb / Psk6s klg eujfgsf]dvdf gx]f{eujfgnf0{ klg g/dfn]nfu5 / Toxf6 knt/s knt] cf^gf] :yfgdf klgeP5 . kl5 crfgs pgl enlof.; eP5g\tof] Jo:ttfsf]hljgaf6 . ;f]g yfn5g\ cfh;Dd daf6 ;a]lngdfq cfp]t/ d ltdlnf0{ sxl lbg cfPsf]xfof]cfjfh s; sf]lyof]< st} pxfFg}eujfg t xg]xg < cf]h; sf]k]ktsf nflu olt dlGb/ agfPfbfg k0o u/}cfh pxfF:jo+ eujfg\d]f]kf; df cfp] dnf0{Psk6s pxfFf0{ xg]klg kh, 6 ePg, d olt Jo:t s;/L ePF< kl5 bf] eujfgnf0{af]hp5' / bz[ub5' ebf eujfg knt{sgeP5 . To;kl5 x]eujfg dnf0{ bz[lbgxf] = t/ lj8dagf, xft nlf0{kZrftk . st}x]dfl]hljgdf klg To:t}xg]t xfo}g <

lkp cftdg\h6d h6df6t/b]v h;nf0{k]kts ug{xfdln] tly{ j, bfg, k0o cflb ub]cfof}

h;sf]Ps ;\$08sf]bz[nflu xfdl dlGb/ dl:hb, ukm, u?4f/, gblgfnf, hf8f]udl{ jiff{ gegl cg\$:yfgdf klbf;wfof;pxl lg/fsf/ :jo+ lzj eujfg Ps ;fwf/Of dfgjlo z/L/sf]cfwf/ ln0{wtldf cjtl/t e0;SgePsf] 5 . pxfF] a]dfstf/L 0zj/lo ljzj ljBnosf zj j :qwf/L a]dfstf/ / a]dfstf/Lx?sf]dflodaf6 cfknt] 0zj/lo 1fgsf cgdf] df]lx? a;f0/xgePsf] 5 . k/dfd lzjafaf eGgX65-kof/f arRfx?, hlt ;S5f}daf6 zlQm? n[, d ltdln]g]vfh]f]/ rfx]rlh lbg cfPsf]5' . jf:tjdf k/dfdaf/f xg]k]ktnf0{afxo rdf]h]b]v ;ls[, of]t c]tr[f]h]b]v/ dx; ; ug]s/f xf] . oxfFaem]kg] s/f s]5 ebf oyf]h; n]k/dfdaf/f k]ktsf] cgej u/}f]5 of dx; ; u/}f]5 p;n]knt 6 5[eGb[. csf]nflu ul/lbg]xf]/ knt 6 5[eg] jxgf agfpg]< p;df of]hfu[t cf0; s]f] x65 ls p;n]h]ul/x]f]5 cfknt] nflu g} ul/x]f]5 . clxn]t knt/ klg ;do 5 eujfg cf^gf]wfd knt{sgePsf]5[t/ ca k/dfd lzjafaf cf^gf]st{0 k/f u/} cf^gf]wfd knt} ;do w]}glhs cf0; s]f]5 . aem]kg]dx]k]ktsf] s/f :d/Of u/}ls-sg}klg eflts z/L/wf/L JolQm eujfg of 0zj/ xg ;Sb[. eujfg eg]JolQm ebf dflysf]kf/nf]ss zlQm xf] . ctM k/dfdsf] ;fwf/Of ?kleqsf]zlQmznl ?k Pj+c;fwf/Of st{onf0{lr}f/ o:tf]Jo:ttfsf] hljgdf eujfg tkm]pxfFf0{lr}f/ cgej ug] ;do klg lgsfnf]lsgls oxl ;do xf]:jbz[/ k/dfd bz[ug] . olb o; ;dodf k/dfdnf0{ / k/dfdsf]st{onf0{san Jo:t hljgsf]dfq jxgf agfP/ xfdl ajf:tf ub5f]/ cljzj; sf] Rofb/ cf] a:5f]eg]ha knt 6}knt 6 xg]ahf cfp5 ta xft nlf]5 san kZrftk . ctM cftd / k/dfd cge]tsf nflu klg ;do kàGwg u/} ofb /fv]hg rlh ;Ssnl x65 To;df jafxà cfsif[x6[. ☆ ☆ ☆

प्रयास गर्नेहरूको कहिल्यै हार हुँदैन

✍ प्रह्लादकुमारी श्रेष्ठ, पाटी, पोखरा

hljg ofqfdf wj} ksf/sf ptf/ r9fj / dfx? cfp5g\ h;n] JolQmsf] lxdtnf0{ tfl8lb65g\ pT;fxnf0{ flOf ul/lb65g\ cfzfnf0{ 5fl8lb65g\p;sf]w0{/ ;fx; 8udufpg yflnb5 / JolQm]:jonf0{k/flht dfgl;stfsf]bf; agfp5 . kmn:j?k p;n];kmtfsf]dfuaf6 sbdnf0{k5fl8 x6fp5 .

;#f/df ;kmtfsf syfx? wj} g} k9g kf065 . Itg}syfx? k9] k7off lng]k0f; klg ul/65 / tl ;km JolQm?nf0{cfkmgf]hljgsf]/fjh df8n agfP/ sd{lfd; ;kmtfsf kf06fx? rflng] hdsf]ul/65 . tyflk tl syfx?leqsf ptf/r9fj, c;kmtf / k0f;sf cgj/t >vfnfx?sf cfwf/df g}Tof];km JolQmj plePsf]x65 . Itg}c;kmtf kZrftsf b0 ;nk ;lxtsf k0f;x? g}j:f:tjdf k7offbol k]ux? xg\h;nf0{x/\$ JolQm]cfkmgf] hljgsf]uf70f]sf]snd agfPsf x65g\

x/\$;km JolQm];kmtf kflktsf]nflu hljgdf wj}c;kmtfsf tltf kmx?sf]:jfb lng aflb0 x65g\ dflg;x?sf s6' argnf0{l] ifsf]kofnf lkPem]lkb55g\ . It/:sf/, 3off, ckdfg, Unflgnf0{ ;xif{cufil8 a9g]l;0sf]?kdf :jlsfb5g\ 0ltxf; ;flfl 5, ;km JolQm? ;w}sf8fsf]af6f]lx8\$xf x65g\ s0f;/ftx?df lgb]nf0{ ltnf-hnl lbP/ pHofnf] lbgf]kltlff/t x65g\ d[ohf0{ lgwf/df 6fF\$xf x65g\,nlosf];kgf ;w}cfvdf ;f] cfv, x/L / c0wsf/ /fqlnf0{d:s/fx6; f]kf/ u/\$f x65g\

ofb u/f]cfkmgf]arkgnf0{ cdfsf]ahfj6df xfdl xft / 38fsf];xfotfn]s0f]k6s cufil8 a9g] sf]; ; u/\$f lyof]:yxf 5g xfdl sltk6s n8df] xfhf, /f0{/f0{/lx8df]xfhf . s]loltahf klxnf]k0f;df g}xhdl ;km ePsf lyof]t < t/ xfdln]slxNo]klg ca xfdl lx8g ;Sb0f]eg] ;f]0f]lx8g]k0f; ub]/

Xof]-olb arkgdf c;kmtfnf0{ulDe/tfk] \$ dx; ; u/L a; \$f]eP cfh xfdl lglikmqm lgl;Cb} lx8g ;Sg]lyPgf]:efjfy{s]xf]eg]olb xfdl arkgdf c;km x6fx6]klg ;kmtfsf]l;0 r9g l;Sof];eg]cfh xfdl;E zIQm ;lk, ljz]ftx? 5g\tyflk xfdldf olt lg/fz lsg < lxdt / ;fx;k] \$ cufil8 a9g]sf];6df lg/fz / pbf; eP/ lsg xfdl]sbdx? kl5 x6b5g t < elg65, sdhf] ta /fls65g\,ha pglx? yfSb5gV ljhf ta /fls65g\,ha pglx? lhTb5g\

x/\$ k?iffylh]p cfkml'sd6ld jf s?lfd df kf08]h:t}Ps of4f xf]eGg]:dlt ul//xgkb5 . p slxNo]c;km xg ;Sb0, ha;Dd p;n]k0f; 5f80g . ;fob tl JolQm?sf]gfd 0ltxf;df n]lvg]lyPgg\ xfhf / Itlgx?nf0{cgz/of ul/g]lyPg xfhf, h;n] cfkmgf]nlo kflktsf]nflu wj}k6s c;kmtfsf tlQm df8x?df clln0/xgk/df]hljgnf0{c6To ug] ;f]x?;E ;3if{ug]k0f]tyflk tl c;kmtfsf x/\$ l;0x? pglx?sf]nflu ;kmtf kflktsf]sf]0f ;f]jt eP / ;du]ljZ]sf]nflu Ps k7offbol dlt{ ag]. pglx?sf]klxnf]sbd lyof]pRr :t/df klgsf]nflu c;kmtfnf0{k6m kl/eflft u/] To;nf0{Ps cj;/sf]?kdf lng'. ctM xfdlnf0{klg tl dxfg x:tlx?n]h:t}c;kmtfdf :jonf0{sdhf]g;Deni o;nf0{Ps pT;jsf]?kdf dgfp6}cufil8 a9g h?/L 5 lsgls x/\$ c;kmtfaf6 xfdl ;kmtfsf]Ps sbd glhs ku\$xf65f]:ofb /vf]:hlt xfdl k0f; ub]hf65f]:d:of Tolt xfdl;E en5b}hf65 . jf:tljs c;kmtfn]s0n xfdl];Dk0f]dfgl;s k0f;sf]lgliqmtfnf0{ \$] ub5 . kf7sj0b, To;h] hljgsf k]0\$ c;kmtfx?;E s]l l;sf]/ kflkts cdNo cgejx?af6 cfkmgf]hljgnf0{;d4 u/f];

प्रेम रूकानून

✍ प्रह्लादकुमारी शिषुण, लामाचौट, पोखरा

; #/df /x\$ f zAbsf]ix?df kf0g] zAbx? dWlo] ol b0{ zAbx? k9ydf ; fwf/Of nfu]f klg loglx?sf] kφQm kl/efiff, kφfhg Pj +kl/Offdx? clt hl6n Pj +/x:of]ds 5g\ . kf7s ldqx?, ; txl ?kaf6 ol zAbx?sf]cy{ghf]g]t sf]xihfg\ / 0 o; sf]/x:of]ds cy{eg]lgtf]t km/s /x\$. jf:tjdf kφ] Tof]efj x]h; n]lqklflo -ug]ul/g]/ hut_ sf]; bf enf0{sNofOf, ; v, vzl Pj +; kmntf kOf{x] \ kl/Offd zē x] \ To:t}god sfgg eGfn] klg lgdfOfstf? , kφ]stf? nufot ; f/f hutsf] lgMjfy{enf0{sNofOf ; d]6Psf]x] \ . oxl kφ / sfgg]sf]olge; h kφ]af6g}0zj/, k\$[t / r/fr/ hut Pj +x/\$ dfgj hljgsf]clt Pso/φ t]/sfaf6 Joj:yfkg / ; ~rfng e0/x\$]5 . olb s; h]of] olge; h love, Law & order sf]pNn3g ub\$ eg]ol ; f/f k]s[ts hlj]s kφfnl / e]ts kφfnldf 8fdf8fh kb]x\$. To; h] : j o+k/d]df klg of] axb gf6ssf] Law, order & love sf]lgoddf affvgePsf]5, h; sf/Of j x]fklg rln/xgePsf]5 . ha-ha ; [6df rtb]sf] c]t ; do cfp\$5 ta Law, order & love lj k/lt dfgj sf]Joj x]/ xg yfN5 . o; nf0{dx]ljgfz elg65 . dfgj n]cfkny] lj gfz cfkny]g]Tofpb5g\,oxl l; 4f]tdf Pso/φ rNg g; s] .

kf7s ldqx?, ; [6sf] cf]bsfn -; To- q]fol_ df 0zj / , k\$[tdtf / b]l b] txf?n]Law & love sf]order nf0{oyf]rt ?kdf kφ] u/\$]x] t]sfnlg /fHo zf; g Joj:yf ; fdf]hs, kfl/jfl/s, JolQmut, hljg ; ; s[, ; ; Eo ?kdf clt ; /n, ; vb\?kn] ; km lyof]. hxfFg sf0{t]f-d]f] g

pFf-lgrf, g lj b]f / if8dGq, s]l lvrftfgl lyPg a? x/\$ b]f]df, 0zj / / k\$[tsf] Law & love sf] ; flft\kl]tdt{ lyP . s; h] s; h]f0{s/ann] sf]d u/fpg, s66h ug{af]llo u/fpg, s]g]k]f] {ug{ kb]yof]. k/d]df / k\$[t : jef]s ?kdf -Law & love) cg; f/ kφ / >4fk] \$ rNby]. t]sfnlg ; dodf x/ JolQmsf]cf^gf] hljg, uOf, dNo; E kφ lyof] sd{ E kφ lyof] cfk; df ; befj / kφ lyof]. JolQmut jf ; fdf]hs, /fli6 x/ ; fwgk]t ; dtf / ddtf -kφ_ lyof]. To; h] ToxfFs; h] s]l lrhsf] nflu 8f6, 8k6, bafj ug{kb]yof]. clt Pso/φ u8hl, g]r/n Law & love sf]order cg; f/ : j r]lnt lyof] t : ju\$]dlxdf cfh; dd klg ufog ul/65 . b] txf?nf0{dof]f k?iff]d klg elgPsf]5 . 0zj / / k\$[tsf]kφ / lgoddf rn] g}dfgj b] tf aGg] /x\$. kφn]kφQm ePsf]ahf x/ sd{Joj x]/ ug{ clt vzl-vzl t]tof/ x]y]. b] txf?sf]k/d]df / k\$[t; E kφ]9 kφ lyof]. ta ; #/ kφ]do, zfl]tdo, ; vdo lyof].

hab]v afk/ou ; ? eof]b] txf?df lu/fj 6 cf0{dglo ag]. oxl 0zj / / k\$[tsf]Law, order & love sf]pNn3g u/] g}xf]. To; kl5 km] sfgg]sf] klfnf0{anhkml ; zQm agfP/ ; #/df kφ] ug{ yf]nof]t/ kl/Offd hxfFkφ g}5g, ToxfFsfgg]sf] s7f] kφ]n]kφ]sf]ubl ; 8] af]x/ v]q]nf]cf8da/ /Xof]. x/\$ JolQm]v lnP/ /fli6 c]t/f]6 ; 3 ; ;yf klg sfgg]sf]; xl kφ] ug{c; km eP . j t]fg ; dodf ; #/df lj s[t / kfksf] k/sfi7f gf3\$] ahf kφ leqleq}cf]h]f0/x\$. v]q]nf] dfgj af]x/- af]x/ kφ-kφ e]b}af]h]f0/x\$ clg blgofdf lbg]glbg

if8dGg, :jfy{ kfk, a0dfgl / zlfifof dfrhf0/x5 . ol
; a}lj Bdfg kl/l:yltaf6 of]s]k0f10ft xG5 eg]k0
lagfsf]?vf]sfg0sf]anhkml k0f] x/5sf]cfkmg}
jf dfgj wd5f]:j tM ljgf; xf]. ; #/ xfsG]c; km
k0f; xf]. xg klg Jojxf/d}egf}sf]xL ; /n-; To
:gx} efjjnf JolQm]eg5f]dfG, h]klg ug{; xif{
tDtof/ ex]fnG5 . o; sf] abnfd :jfy{sk6 xg]
JolQm]eg5f]dfG sbfkl dg}nflubg . rfx]p; n]
hlt g}sfg0sf]k0f] u/] ug{dfG afllo u/fP klg
p; sf] c6t/cf1df t pklt ents5f] sbfkl x5g .
To; }Pp6f dxfg egf0{5 asfg0 / xltof/n]:yh
z/l/ t entsfpg ; Snf t/ x/5 JolQmsf]lbn kufNg
/ entsfpg k0f]s}k0f] ug{k0b5 A o; }k} udf ljZj
kl; 4 qm/ zf; s lx6n/sf]cfkmg]; Qfan 5Bf pgn]
eg5f]dfG x/5 JolQm y/{sflb}h]klg ug{tof/
x6y}/ uy]t/ ha pgl ; QfRot eP ta ; #/}pgsf]
ljklfd plnP . Tox 0ltxf; sf] zfZj t 36gfa6
xhdln]lzlff lngkb5 . k0f] ljgf Law & order
k0f] ug{x}sf]x]jut s]xg]/x5 < sfg0 cfkmg]
xftdf lnP/ s/ ann]ysfP/ v0f]u/] aj{ cfts
dRrfP/ bdgaf6 gdg u/fpg vfl]g}sf]kl/0ffd
clt vfl]mgs, ktgsf/l, lG6glo a6b5 .

cfh efltsjbl dfgjn]0Zj/ lktfnf0{t
lal; {s}. k5[t dftsf]lgod / dof]sf]klg jf:tf
5g . ; #/ rnfpgsf]nflu s0n :yh lgod sfg0
/ tl/sfx? agfPsf 5g,h; nf0{p6gl-t-lj sf; eg]
dfgj dVv kl/x5g\ t/ o; sf] kl/0ffd dfgj sf]
g]ts ktg, wd{gfz clg :josf] / ; f/f ; #/sf]
ljgf; sf]lgldQ alg/x5g\ xgklg oxl cl6td ; To
xf]ls ca slnousf]c6t t xgk5{. of]sfo{ug5f]
lgldQ jt0fg slnoul dfgj sf]ljrf/ / sd{g}
lgldQ a6b5 t 0Zj/ / k5[tsf]ne / n sf]c8{
pNn3g g}ljZj kl/jt0sf]sf/s xg ; S5 . ca

/Xof] lzj lktfnf0{ cfkmg] g}lu5 lktfsf]?kdf
:jlsg]. jt0fg ; do lzj lktfn] gjou :yfkf
ug] dxfg elu/y sfo0f 7hf] cfzf /fv] lgldQ
agfpgPsf afl]0f shelfof aRrfx? dfly 7hf]
lhDd]f/l ; lDkgePsf]5 . j]f0{6n]klg eGgePsf]5
ls ak0f g}0Zj/ xfa . lzj lktf kof/sf]l; Gw'xgXG5 .
hg k0f]df ; f/f hutsf]enf0{ ; kmntf / pTyfg
; d]6Psf]xG5 . afk/af6 efltsjbl dfgjn]k0f]
u/5f] sfg0df z?-z?df lGm]jfy{ k0f] ldl; Psf]
lyof. ta g}; dfh /hf]0f; Dd eP klg rn5f]lyof]
t/ slnoul sfg0 k0f] lagfsf]?vf-; vf, sSs8 /
bMvfol ag5f]h]; #/sf]of]xfnt 5 .

afafsf]lzlfnf0{hljgdf k0f] u/] ca ?vf]
sfg0af6 dfq}rn5f]dl; g/lnf0{kl/jt0f u/l ca
k0f] ; lxtsf]sfg0 x/ JolQmsf]hljgdf, ; dfhdf Pj +
; d:t ljZj df k0f] e0/xf] \axdfhl / afl]0fx?sf]
; sllkaf6 /lrt of]; f/f j ; Gw/fnf0{:ju{agfpgsf
nflu ca x/5 afl]0f cftdfx? dxf/ybl]v lnP/
ev{ }h6d5f]aRrfx?n]klg 0Zj/ lktf; E k0f] u/l
pgsf]sfg0 / c8{df PSo/6 rNgk5{clg cfkml6bf
7hfsf]cf1fsf/l ag] ; fgfx?nf0{klg oxl l; sfpg]
ag eGgePsf] 5 . k0f] / sfg0sf] ; Gthg /vl
hljgdf rNgk5{ ; do / afkbfbsf]0Zf/f; f/ xfdl
rn0f}reg]wf5f cjZo vfgkg]xG5 . k0f] ljgfsf]
sfg0 anhkml k0f] ugfl] :josf] kfkf] 38f
el/65 clg Ps g Ps lbg cjZo o; sf]glthf efl]g]
kb5 . h6d-h6dsf]kb e]6 xg klb5 . ; udoul
; #/ xfsG] / ; Toolul xf]gxf/ ; ju{w/df Nofpg]
; Dk0f{afl]0f cftdfx?n]clt g}; r] ag] 0Zj/
lktf / k5[tdftsf]PSo/6 lgod / kof/df rNg]
a6g ; sf]ta ; udoul ; xjgf ; do klg sdf0{g}
sdf0f ; Dk0f{kn]; km xg5 eg]eljio k]nAw
klg >]7 ldNg5 .

धर्म र धारणाको अन्तर सम्बन्ध

✍ प्र. सु. तामा, दमकडा, पाल्पा

0ltxf;sf kfgfx? kN6fof}eg] ljZjdf
; lbof}v g}wd{sf]gfdff ljZj :t/df g}oC e}x\$}f]
b]vG5 . wd{kl/j t}gsf]gfdff g/; #f/sf/L sfo{xg'
PSSf0{f}ztfAbsf]Ps lfoD g}xg}sn\$ xf]eg]
pko\$t sfo\$}f]k[7eld wd{k|tsf]cglj 1tf g}xf].
olt x}f}k}klg Psflt/ wd{k|t hgrf;f]a9/x\$}f]
5 eg]csf]t/ ;#f/df wd{sf]cefj v8ts/x\$}f]
klg 5 . cfh hlt wd{/ pkwd{sf]hGd e}x\$}f]
5, Tolt g}; fDk}flostfsf]efjn]k}o kf0/x\$}f]
5 . kl/Offd:j?k wd{eGg]zAbk|t k|oM dfg; sf]
wf/Off ;xl 5g .

oxl cj:yfnf0{ b|6ut u/} ultf1fgsf
bftf k/dfTdfn]wd{sf]/lf x}'cfpg]5'eGgePsf]
lyof] . ;f}xl k}ofnf0{k/f ug{k/dfTdfn]dfgjlo
tgsf]cfw/ ln0{j}t}dfg ;do :j}osf]sQ{o
lgj f}ub{xg}xG5 . jxfn]wf/Offsf]alnof]w/f}x/df
/fv}af}x}dof jT; cyf{\x}fdl afafsf aRraf/f
jf:t}j}df wd{sf]oyfy{k}lxrfg lb0/xgePsf]5 .
slxn\$}xlFafafn]wd{sf]af}v / wd{sf]uf}lDeo{fsf]
dx; ; u/fpgsf]nflu eGg}xG5 ;j}l}of} ;#f/sf]
rule regulation sf]lgdf{f}ltdlx? g}xf] ; fRr}g}
k/dfTdfn]; lDkPsf]of]uxgtd lhDd]f/ln}x}fdl ; a}
af}x}dof cf}dfnf0{wf/Offdf a:bf ; vb}cgel't xG5 .
jf:t}j}df wd{sf]alh?k wf/Off xf] . h;/L o; sf]
hljg r}qmf0{x}of}eg]j [fsf]dxTj kOf{cj}oj
eg\$}f]b]v}g]xfuf, kft, kmn / k|n ge0{hldg d}g

/x\$}f]h/f eP h:t};fwgfsf]h/f eg\$}f]cf}t}l/s
wf/Off xf].

jf:t}j}df cf}bz{;dfhsf]lgdf{fsf]cfw/ g}
wd{?kl wf/Off xf]. oxl efjn}g}pQ/ j}bs sfn jf
afk/ olaaf6 w}w}lfd\$ JolQm}j}x?sf]pbo eof]/
;f}xl ; dodf w}w}lfd\$ k':tsx? klg n}vP . tyflk
wd{sf]kl/efiffn]; Dk}flostf, lj}e} / b}fledfgl
; #f/sf]hGd u/fof]. wd{sg}cfj/Ofdf xg'xG5
wd{t cf}t}l/s ljZj;sf]wf/Offsf]?kdf ljBdfg
5 . wd{f}o{; #f/df ?k}f}t/Of ug\$}f]nflu x/\$
afafsf af}x}dof cf}dfsf]nflu dG;f, j}frf, sd}ffdf
wf/Offsf]lj}ifo lbg'ePsf]5 . ;#7g / :j}osf]
dhal'tsf]nflu af}x}dof hljgsf ; -;fgf wf/Offn]
k}ts;sf]sfd ul//x\$}f]xG5 . h;/L Ppof ;fgf]
k}ts;n]l; #f]/ynf0{k}efj kfb}To; #/L ; -;fgf
wf/Offn]klg :j}o-# ;#7gnf0{k}l}of ck}l}of ?kdf
w}w}g}k}efj kf/\$}f]xG5 . hg ;fgf]e}sg klg w}w}
7hf]sfo{ul//x\$}f]xG5 . wf/Offsf]kl/kSj :j?k
g}wd{xf]hg k/d z}lQnk|tsf]k}d / cf:yaf6
kNn}lj}t xG5 .

hlt x}df]wf/Off kSsf xG5 Toltg}x}fdldf
/xdsf]efjgf hfuf}e0{l}Zj j}GwTj}sf]efjg}df
j[4 xG5 . ldyof cl:d}tf?nf0{x}ofpg'klg wd{sf]
g}sf}d xf]. dx}slj /lj}G}h}wd{sf]; Da}wdf o;/L
n}v5g}wd{Ps h}f}j}Nodfg k}l}k xf]. h;sf]k}efn]
; #f}o{cf}nf]st ub}5 l

wd{f0{ dflg; sf] cxsf/ j[Q bdg ug[l; 4ft dfg] klg oyfydf ljBdfg k/Dk/fut ; :sf/n]o; nf0{pkofu u/l kl/kf6Lsf ?kdf JofVof u/{sf]kf0G5 . wd{/ wd{sf]gfd df xg]k/Dk/fdf w}] cGt/ 5 . wd{sf]jf:tlj s cy{/ l; 4ft gaenb dfgj dfqdf wd{sf]wf/Of}5g / c/fhs ag{sf]5 . c/fhstf; 6; ; dkbflostfsf] efj gfn] ul; t 5 . ha ; Dkbflostfn] :yfg kfp5 ta Pstfsf] kf7 l; sfpg]wd{g}lj lj wtfsf]sf/s tTj ag kU5 . j tdfgdf e}x{sf]wd{sf]gfdsf]o4 g}wd{sf]st{of x]eGg]w}]5g\ x]j:f: t j df wd{dfgj lo ; dhnf0{ ; xh / ; /n agfpg]zlOm x]. ha dflg; n]wd{sf] gfdsf]b?kofu u5g ta cf^gf]cxsf/, :jfy{Pj + c6o cf; /l j[Qn]kf]lt ; Dkbflox?sf]pbo xG5 . wd{t cfsfzdf p6d0 lj x/ ub}u/{sf]afbnsf] kfgl x]eg]; Dkbflostf vfkN6fdf el/Psf]kfgl x]. hlt kf]lnf]z4 cfsfzsf]kfgl xG5 Tolt vfkN6fdf cf0; s}k15 zc xbg .

dflg; x? clxn] cfP/ j tdfg hljgsf] zfZj t dNonf0{ 5f\$] c:yfol dNotkm{ cfslif e}x{sf] 5g\ . kl/Offd:j?k pglx?df ; d:of / ; 3if{ pQ/fQ/ al9/x{sf] 5 . j}lQms, ; fdlhs tyf /fli6e, cGt/fli6e hljg czft ePsf] 5 . cNksfnlg ?kdf ; dfwfg cfkm' :jom] ul//x{sf klg 5g\ t; y{o:tf]kl/l:y]ltdf wd{dfq o:tf] dfu{x] h; n] ; a} lfg]sf] ; d:ofsf] ; dfwfg ug[; fx; /fvb5 . hx]Fdf]g; sf]cGtcf[dfs]cl:tTj nkt xgaf6 arfp5 . wd{sf]csf]zAb x]wf/Off, hg lgodnf0{ kfg u/] dflg; :j tGq xG5 ; josf]; j fE]lQf pGgl ug{; Sb5 . To; hf0{g}wd{ elG5 . o; }u/l wf/Off g}:j tGqtfsf]; 8s x].

cfTdljZj; sf]sfl x]. wd{sf]dh ddhf0{ghfg] of hfGg]kof; gu/] wd{f ; -; fgf s/litb]v lnP/ ljZj :t/df e}x{sf dfgj tf lj /f]l sfo{b}vpg' lj /f]l xg' d'v{f x]. of]bfif wd{sf]xf]Gg, bfif t cfr/Of ug]olOm?sf]x]. o; y{wd{f0{; t'wf/Off agfpg' Pp6f dxTj kOf{s/f x]eg]wd{sf]gfd df ; dkbflostf a9fpg' lG6glo sfo{x]. JolSt, ; dh / /fi6sf] ; hf? Joj:yfsf]nflu wf/Offn] Tof]sfd ub5 hg d}b08n]z/l/sf]nflu ub5 . wf/Offn]Ps ; fwgdf ; xfos dfq ge0{; fwsnf0{ arf0/fvdf ; xofu u/{sf]xG5 . wf/Offnf0{xNsf /fv] sg}klg ; fwgf ; km xg ; Sb5 . xg t wf/Offsf] cy{ ljifo cg'f/ cnu cnu /x{sf] kf0G5 t/ zAbft/ ePtf klg efj df eg]cGt/ 5g . /fhgltdf wd{sf]cy{x]b} elSt, ; zf; g . ; dhzf:qdf wd{sf] cy{x] ; bfr/ / hg; jf . ; u]d zf:qdf wd{sf]cy{x]k?iffy{/ cfTdf]; u{. Jofkf/ zf:qdf wd{sf]cy{x] ; Rrf0{/ bfg . lzlf zf:qdf wd{sf]cy{x]Pslgi7f / ; b}fjg . o; /l wd{g}x/\$ lfg]sf]k}wfg ; #fnssf]?kdf /x{sf]5 . ofb /fvf]sg}klg j :tsf]; f]bo{To; j :tsf]wd{f lglx /x{sf]xG5 . hg s/f ; To / oyfy{x]Toxl s/fdf ljZj; / cf:yfsf]wf/Offnf0{c6n /vl :j odf ; sf/fds phf{k}b}f] u/fpg'g}j:f:tlj s wd{x].

To:t} ; u]dol xfd tk:j]lsf] wd{kl wf/Off hlt ; -; :s[?kdf lj sl; t xG} hfG5, Tolt g}ef]ts hutnf0{wd{sf]sNof0sf/l dhdd{ cjut xG5 .



शिव अवतरण र दिव्य कर्तव्य

ॐ षट्माकुमाट.यज्ञमूर्ति. टीकापुट

ptf k/dwfdff k/dlktf lzjsf] tGb] 66df]. cf]f] k/dwfdaf6 w]h; f]cfdfx? cf^gf] lgw]f/t ; do / ; dxdf j ; Gw/f -k]j]_ df cj t/Of ul/; s]g\ yf]cf]dfx? dfq cf^gf]; do kv] sl//x]f 5g\

clg %)))_ j if{cuf]8sf] 36gf lzj sf] :d]tdf Ps Ps u/L cfpq yf]5g\,d]cl]3Nnf] dx]fjgfz cl3 ; s]Nk z]Qmf/f j ; Gw/fsf] gofF ; Gb/ df]n t]f/ kf/]f]lyPF. d]f]To; sfo]f w]h]cf^gf]; xof], xft / ; fy lbPsf lyP . d]f] cl]tk] aRrfx?n]:j od]k]jg ag] b]l u]ofx?af/f cf]dfs] >f/ u/L, d]f] >]7 >ldt / d]f] ofb ub] b]l u]ofx?af/f cf]k]f] kl/j t] Nof0{cf^gf] xdlh]; -; fyL x?nf0{ huf0{ d]h] lbPsf] 1fg, >ldt / d]f] ofb l; sfP/ ; Toolul blgofsf]nfos agfpg]sfo{u/L dnf0{; 3fPsf lyP . d]f] aRrf j]f]gsx?n] k]s[ts k]f]k]x?; f] ldn] k/]gf] hh{ e} s]f]; f]rgf l8df]n]zg ug{cyf]e]tsfpg 7hf]; 3fp k]f]ofP . k]s[tsf t]jx? / Itgsf k]s[ts k]f]k]x?n] j ; Gw/fnf0{ k]M z]4s/Of ug]f]; fy}vfglx?nf0{; txd]f Nof0{lbP/ P]j of] ; Dk]g kfg{; d] ; 3fP . clg hn d]fly /x]f] cv08 l]df ; ? ; ?df dnf0{; 3fPsf aRrfx? kfn]kfn] cj t/Of u/]. ; ?df pglx?n] k]f]; v z]f]t, P]j of/ Pstfsf]k]f]Aw ef]f] lyP . kl5 c]o cf]dfx? klg cj t/Of ug]qmd ; ? eof]. kl/j It] j ; Gw/f?kl ; Gb/ 3/df @%)) j if{kl5 t leQsf k]k]f]x? pl]ksg yfn.] 5t rxg yf]Nof].

clg dd] u5f]elg ca]fxd, a4, lh; ; , dx]db, gfgs cf]bsf cf]dfx? klg qmd} f] pt}nfu]. kl5 km] cf]dfx?df kl]ttkgf clt a9df] kf]jg agf0{ z]4s/Of u5f]egl z]s/frfo{k]e]tx? klg Tot} em]. pglx? em]f] klg w] ; do lalt; s] . alr-alrdf s]l aRrf cf]dfx?n]b]lb] tfsf]g]f] elQm u/L ; fl]f]sf/sf] Itj | rfxgf /fv]f] yxf kfPF. pgsf rfxgf? k/] ug{; fl]f]sf/ u/fpg] sfo{k]g d]h]ul/lbPF. j ; Gw/fnf0{hg gofF?k lbPsf]lyPFto]olt ; dokl5 olt hh{ e} s]f] ls ca d/Ddt u/] klg sfd grNg]e} s]f] . ca km] s]Nk klxn]h:t]k/]gf]e} s]f]blgofnf0{k/} e]tsfP/ z]4s/Of u/L gofF?k lbg]to]f/L ug]a]f klg e} s]f] .

cf]f] ; l]6rqmsf] 38lsf] ; 0{ klg ca s]Nksf]; d]f]kt tkm]a9] . ca d]h]j ; Gw/fdf uP/ d]f] kof/f aRrfx? dglo cf]dfx?nf0{dx]fjgfz cufj}klj q agf0{b]l u]ofx?n] >f/ u/L ; a]h]f0{ 3/ km]f]g 5 . ca d j ; Gw/fdf %))) j if{cl3 ; /x hfgk5{l

olt ; s]Nk u/L k/d]f]dz lzj k/dwfdaf6 cj t/Of ub]kyd]tM ; 'ld nf]df kul k]fz :j?k dfg-?k M z]s/, lj iof' / a]xdfnf0{; s]Nk z]Qmf/f /rgf ug]eof]. clg j ; Gw/fdf kl]b]t cf^gf]clt kof/f aRrfx? dglo cf]dfx?sf]a]fn cj :yf b]y] x]o ljXj n eof]. clg e]g' eof] x] t, l]tdlx? k/dwfdsf r]go l; t]f/ x] k]fzjfg, r]dsnf t]h]f]o, pHj n l]tdlx?sf]s:tf]a]fn eP5 . s7};

ltdlx? slt dlng eP5f]cfdfsf]a6/L 18:rfh{
 eP5, lknlkn dfq afEsl /x5 . d ; lk0 nf06 xfp ; ,
 ltdlx?sf] kf/nf]ss lktf, h; nf0{ ltdln] bMv
 k/k15 cfwf sNkb]v af]hfpE}cfPsf lyof] ltdf]
 ksf/f ; g] clxn]ltdf] ; fd' xflh/ ePsf]5' . 15\$}
 cfpm/ cf^gf]al4sf]tf/ d ; lk0 nf06 xfp ; ; E
 hf\$ >]7->ldt / b]l-u0fx?af/f cf^gf]>f/ u/
 kfksf]afEfm, hf]h6d h6df6t/b]lv ltdl cfdfdf
 r9\$]5, To; nf0{d; E}sf]of]v-cllGdf eid kf/ .
 ltdl klxn]h:t}@\$ Sof/6sf] ; g ; /x z4, kljq
 a6G\$]f; clg km/Ztf agl d; E}3/ k/dwfd lx8,
 ToxfFsxl ; do lj>fd u/k15 km]v ltdl gofF
 kl/jltE k0f{ ; v, zfl6t, Pz]o{/ Pstfsf]blgofM
 ; vwf d cyfE\ : ju0f /fHo efl0 eflg cfpG\$]f}E
 t/ dglo cfdfx?af6 sg}kltsof b]vf k/0 .
 k/dfd lzj em'sg' eof]. æd klg s:tf]efjgdf
 au5' . loglx? olt lj :dE e}s\$]f 5g\ ls d]f]
 k]0ffsf]efiff aen6g A

..ca d]f] kyd aRrf, cflbb] cfbdnf0{
 vfl]g'k%of]. pgsf]dfgj z/l/sf]cfwf/ lnP/ pg\$]f]
 dfgj-efiffdf loglx?nf0{; Dem'pg'k%of]. o; sfo{
 lgldt snk-snk ; /x 0z]j/lo ljZj ljBfnosf]klg
 :yfkf ug{knf{0 olt ; f]l k/dfd lzj cfd,
 cflbb] a}dfsf]d's// cfdnf0{e6g klgeof].
 ptf pgl t ; g, lx/f, dl0f, dfl0fSo hl8t uxgxf?
 xftdf v]hfpE}ugugfpE}/x5g\æPp6f /fhfn]t
 nVvL/fh afa' tkf0{kf]/fhf xgkg] uNtln]xfl
 /fhf ag\$]f;-tkf0{hf]/L ag' eP5 eg]. ; fRr}
 x0/fjfb l; wbl]v oxfFdDa0{Dd km]sf]d]f lx/f
 hjflx/fts] ; Dd]ho sg}/fHo e6f sd 5 t <
 -Ps}l5g /flsP/_ of]; a}pg}gf/fo0fsf]s[kf xf].
 gf/fo0fsf]s[kfb]6 k%of]eg]s]xg ; St0]v <Pp6f
 ; fgdf cdf udfPsf]6x/f] sfsfsf]uNnf k; ndf

; 3fpg]knRr]hf0{olt ljzfn Jofkf/ rnfpg]hf]/L
 agf0lbg' eof]E -clg u2f dlga6 gf/fo0fsf]km]6f]
 lgsfn] x0] agf/fo0f tkf0\$]f]lnnf ck/Dkf/ 5 E
 e6b}d:t, dlG eP5g\ lzj afaf ; fl]g yfNgeof]
 æcflbb] t e]6P . logl t cf^g} ; toul ?ksf
 khf/L ag5g\ pg}kHo pg}khf/L . ljgzl wg
 ; DklQ / ; Ddfgsf]klg uj {logdf /x5 . ca csf]
 lbg cfpG'k%of]E o:t}; fl]b}lzj To; lbg k/dwfd
 kms0' eof].

csf]lbg lzj afaf k0bf, bfbf nVvL/fh
 pxfE f u?; E ; T; udf s/j4 >bfk] \$ lz/ emsf0{
 u?sf Ps Ps jf0fl cdE ; /x kfg ub]P .

ljzn]afa' p7, lx8 d; E e6f ; :t p7],
 ..dnf0{s; n]af]hfof]< elg ; fl]b}ToxfFc? sf]xl
 gb]v] leq cf^gf]sf]f It/ nflgeof]. Toxfku]
 u2fdf a;] ; fl]g yfNgeof]. ..dnf0{s; n]lsg p7
 e6of] / ; T; u 5f\$] sf]7df cfpG k]/t u%of]<
 o:tf]t slxn]ePsf]lyPg . s]uha eof]st}of]
 u?sf]k]0ff t x0]v

o:t0f lzj afaf-bfbf nVvL/fhdf kjz
 u/] e\$6l alr cfd df glhs uP/ a:g' eof]. bfbf
 nVvL/fhsf]r]k]/f pHjn k\$fn]b]k0dfg eof].
 To]sf]7f k/}nfn /usf]k\$fn]el/of]. nfn k\$fn
 alr Pp6f r]k]/ :ki6 a6b}uof]/ zv, rqn ubf,
 kbdfw/L lj i0f' rtek] b]vf k/]. clg sf]7df cfjfh
 ul-hof]..cx d rtek] lj i0f', ttVj dV -d rtek]
 lj i0f' xE. of]d ltdf]g}cflb ?k xE

Ps15g kl5 To]b]o wldnf xE}cnk
 eof]. sf]7sf]k\$fn klg ; fdf0 eof]. To]rtek]
 lj i0fsf]; fl]f]sf/ klg pgsf u?n]u/Psf]xf]eG]
 nVvL/fhdf k%of]. To]rtek] lj i0faf6 ttVj d'sf]
 cflzj fl] k]t u/fpg] klg pg}u?sf] s[kf xf]
 eG]nfl0f]. To; /ft u?sf]lj :t/fdf cem ; Gb/

vZabf/ uhfjsf kIkbn ylkP, u?sf] jfy?ddf
k/}; ; L ; [6 vGof0of]. laxfg v;L-v;L u?nf0{
; flfftsf/sf]s/ f ; gfpbf u?sf] r; /fd cfZro\$]]
efj b; /f k; of]. ca bfb nVvL/fhnf0{ nffof]]s
of] ; flfftsf/ ol u?n] u/fPsf /x; 5g\ / o:tf]
; flfftsf/ u/fpg] ; fdYo{ klg ol u?n] /fvb; g\.
ta of] ; flfftsf/ s; n] u/fof] t 0 kSs} klg sg }
cnf] ss zIQm] u/fPsf] xgk5; eG] of] bfbfn]
; f; b-; f; b} bfbfsf] u?x? k|tsf] nufj sd x; }
uof]. Psf] tdf a9L a:g yfNgeof] / To] cnf] ss
zIQm af/] g} r; g} r; NgyfNof].

To; kI5 km] / Ps lbg 3/d} / x; bfbfnf0{
Izj afafsf] k\$ fz : j? ksf] ; flfftsf/ eof]. Izj
Hof] t pxf] z/L/df k; } u; of] r; /f b; kofdg
eof] / bfbfsf] dVaf6 cfj fh lg: Sof] ælghfgG
: j? kd\zj f] x+ zj f] x; fg : j? kd\zj f] x+ zj f] x;
k\$ fz : j? kd\zj f] x; + zj f] x; + d cfgG : j? k Izj
xFd 1fg : j? k Izj xFd k\$ fz : j? k Izj xF.
Joj ; flos sfo; l; > fd l; dt j f/ fof; L u} dqsf]
dxndf / x; bfb nVvL/fhnf0{ s; } ; flfftsf/ x?
eP . dxflj gfzsf] klg ; flfftsf/ eof].

aw] ; g} eos / ad agf0Psf 5g\ h; sf]
lj : km; gaf6 c; Xo cfuf] gl: s/x; } 5 . k/df0lj s
o4n] cd] / sl o/ f; k; l dh'ssf] dxflj gfz e; x; }]
5 .

csf] tkm] l zofsf ef/ t cfib b; zdf lj s/ fn
u; o4x? / k|s[ts k\$ f] x? n] cfd g/ ; x/ e }
/ x; } , 7h7hf af9lx? cfPsf 5g\ hij k|ofl clt
eolet e} Hofg hf] fpg oq tq eflb; g\ t/
aRg ; ls/x; } 5; g\ st} cllg cf^gf] dxflj s/ fn
?k wf/ of u/] zx/ sf zx/ / a: tIsf ; a} k|ofl /
dglox? nf0{ eid; ft\ kb; . st} r6d; Ex? ; lxt
vã dznwf/ jiff{ e; x; } t st} k; j] l sDk fofg

eP/ lr/ f kb; . ; a; t/ dflg; x? xfxsf/ ub; g\
t/ k/ : k|/ s o4x? / k|s[ts k\$ f] x? af6 aRg
; ls/x; } 5; g\ dxflj gfzsf] k|/ ofd : j? k s/ f; }
cf] dxf? dfl; k/ dwfdtkm; / L g} a9b; g, h: tf]
ls kt; Ex? k\$ fz ePlt/ cf] / f] nff05g\ e

o: tf] dxlj gfzsf] ; flfftsf/ x; bfb slxNo }
cf] fdf cf' gNofpg] bfb nVvL/fhsf] cf] faf6
c> wf/ f clj / n alg yfN5g\

o: tf] dxflj gfzsf] ; flfftsf/ ePkI5 bfb
nVvL/fh dxef/ tdf ch; } / x cfIQP/ , æk; f] of]
b[o agb ug] , d x; } ; lSbg; eGx; 5 . clg b; }
km] of] . ; Gb/ ; toul, blgofsf] ; flfftsf/ eof]. clg
cfj fh ; l; gof] . l; tdl; o: t} ; Gb/ blgof agfpg' 5 l
bfb nVvL/fh ; f; g yfNgeof] . ..s] eg; f] x; fhf < d
o: tf] ; Gb/ blgof s; / L agfpg ; s; f; l

o; / L 5; f; } ; doleq} s; } k6s cfP/ bfb
nVvL/fhnf0{ l; leG s/ fsf] ; flfftsf/ u/ f0{ ; s; kI5
aLn bfbfnf0{ lgZro eof]]s ; j; f lktf k/ df] tdf
Izj n] pxf] z/L/ sf] cfwf/ InP/ ljZj k|/ j t; } sf]
lbJo st; o ug{ rfxg; ePsf] 5 . k/ df] tdf pxf] z/L/df
lbJo c; j t/ of u/] pxf] dfkm; ; toul
blgofsf] : yfkgf] sfo{ ug; g; . bfb : j od\ g }
; toul kyd / fhsdf/ > ls[ofsf] ? kdf h; d lng'
xg; , clg : j u; f] kyd dx/ fhf gf/ foof ag' xg; .

ta pxf] nf0{ cf^gf] To; a; hfsf] nff] ss
; Dkb; dxn-af8L, lx/ f- hj flx/ ft sf] Jofk/ elj iosf]
pRrtd k|nawsf] cufl8 tR5 nffg yfNof]. clg
dDa0\$] ; f/ f sf/ f; f/ kf6; / nf0{ aemP/ cf^gf]
lx: ; f ln0{ Jofk/ af6 cnu xg' eof]. To; kI5 3/df
k7fPsf] kqdf o: tf zAbx? pNn; lyP M -

..cllkm] c] nfx ldnf, a; f] ldnf em] l
afbzf; l, d} t] agf / h; sf / f; l l

af; l csf] c; s; d

सम्पूर्ण मनका रोगीका लागि खुसीको खबर

ॐ ब.कृ. अटव्यती, रामपुर, पाल्पा

cfh dfgjlo hljg cglu6tl ; d:ofsf] hfnf0{dfgf}h]n]Psf]5 . hlt ; d:ofsf ; dfwfgx? lgsfn]klg csf]; d:of byf kb]f65 . o; /l ; d:of / ; dfwfgsf] cgj/t l; nl; nf rNbfRnb} xfdl oxfFDd cf0ku\$ 5f}. jt]dfg ; dodf dfgjlo hljgnf0{ lgs} si6s/ agfpg] ; d:ofx? d]llo] zf/ll/s / dfgl; s /f]lx? .

oltj]hf ; #/ o:tf]nflb5 dfgf]/f]lx?sf] blgof xf] . /f] dglosf] dxzq' ag] ; f/f ; v, v'; l / ; DkIQ vfl]; /x\$] 5 cfhef]h o:tf sd} df65]e]6Pnfg\h; sf]z/l/df /f] gnfu\$]xf] \ t/ of]e6f klg cem si6s/ / lk8lt agfPsf] 5 dfgjnf0{dfgl; s /f]lx?n} . ; dfhsf x/\$ ju{ pd], lnEsf ; DkOf{ 6 o; sf]ulx/f]gftf 5 . of]/f] ; j{ofkl ag] km]n]Psf]5 . lR6tf, tgfj, czfl6t, dfgl; s a]g], pbf; l, lg/fzh:tf dgsf /f]lx? sfd, qm]v, n]f, dfx, cxsf/ h:tf lj sf/?kl /f]n] ul; t ag\$ 5g\

olb s; }f0{z/l/df /f] Jofwl nfu\$] 5 eg] lg; \$f] c?nf0{ atfpg ; Sb5 h; n] ubf{ ldq ; Da6wlsf] ; xfgelt k]kt ub5 . ; a}ldn] /f]lsf]/vby ub5g\ Vofn ub5g\ ; do-; dodf cf]fwl cflb lbP/ l5\$}t6b?: t kfg{sf]zz ub5g\ eujfg; 6 kly6f cflb ub5g\p; nf0{v'; l kfg{ w]} ; g] lb65g\ . cf]fwl tyf 8fS6/sf] k/fdz\$] lg6t/ k6f] u/l la/fdlsf] xf]nf a9fp5g\ ; xf/f lb65g\ t/ dfgl; s /f]ln] t vh:t eP/ cf^gf] tgfj lR6tf dgsf]xnrnsf]af/df ; a}f0{ atfpg ; Sb5g\ lbnsf]bM/nf0{leq nSfP/ af]x/ agfj 6l xfFf] xf:gkg]af]l0tf x65 . cf^gf] hljg lbg kl]tlbg c; kmn ag\$] cfkm]n] dsbz\$ ag] x6]gld7f]cgej ug]kb5 . csf]km{s; }f0{sf]d qm]v]sf]dx/f] nfu\$] 5 eg]p; sf]/f] ; a}b]v]g

t b]vb5g\ / s; \$f]k] cf]dlotf / ; xof] To:tf JolStnf0{k]kt 5g] eg]pb]v ; a}6f]965g\ p; n] ; a}6 30ff / l/:sf/ dfq kfp65 h; sf/0f cem bMv / hljgkl]t pbf]zlg b]v65 . zf/ll/s /f]l lbg kl]tlbg zf/ll/s ?kdf sdhf] b]nf]/ czQm a6b5 . p; nf0{vfgf c?lr x65, tltf]nfl5 . p; sf] z/l/ y/y/ sfkg yf]N5 / ynf 6\$5 . Hj/f]h]ul; t /f]l a8a8fp5, la:t/f p; sf]lbg /ftsf]; fyl / cf]fwl p; sf]; xf/f a6b5 . csf]km{lR6tf, tgfj, czfl6tn]ul; t JolQmsf]lbg lbg dgsf]z]St uOf / lfdtf sd x6}hf65 . p; nf0{cf^gf]lhDd]f/l pQ/bflo]jkl]t c?lr x65 / cf^g}hljg a}j]lbnf] nflb5 . p; sf lR6tg tyf ljrf/x? :yl/ x6]g\ Joy{lR6tg gsf/]f]ds ljrf/ p; sf lbg /ftsf ; fyl xg eg]cz4 ef]hg / c]ojl:yt hljg z]h] p; sf lbgrof{a6b5g\ kl5 uP/ p; sf]hljgsf] k]ltn]ynf 6\$5 .

; d:ofsf]; dodf ; dfwfg xg g; Sbf cfh sltko l8k]zgsf] lzsf/ ePsf 5g\eg] s; }h] hljgb]yl yfs] lj/St eP/ cf]dx]of u/\$ 5g\ sf]l sf]l g dg]g af]kg' lhp]nf; h:tf]kfun ag\$ 5g\eg] s; }h] lR6tf, tgfjnf0{ :jef]js -Natural) ; Dem] ; j]lsf/ ub]hljg h]t]g rnfPsf 5g\ . sf]l sfd qm]v h:tf cg\$]dgr]s[tsf sf/0f cf^gf]O]ht udf0 h]ndf a6bl ePsf 5g\ ; dfhsf cg\$]ck/flws 36]x? 3l6/x\$ 5g\ dfgjlo hljgdf ; d:of ylk0/x\$ 5g\ ca o; sf] ; dfwfg s]xf]h < s]tkf0{xfdl o:tf] ; d:ofaf6 dSt xg ; lsb] / <

xfdl ; a\$] ; d:ofnf0{ d]llogh/ ub] ; #/sf dfgl; s /f]lsf /f] lj z]f]1, ; j{z]lQndfg, zfl6tsf ; fu/, cfg6bsf ; fu/ k/dlktf k/df]df

चौकी वेज नं. २४ मा

मुरलीको महत्व

— ब.कृ. कृति सुटवल

>ldb\eujb\ultfsf]k]unf0{lnP/ xg]xf] eg]ToxF>ls[0f / ufk-ufk]glx?sf] rl/qnlfsf] j0fg ul/Psf] 5 . ha >ls[0fn] afF/l cyff\ d/nl ahfp]ta ufk-ufk]glx? Toj]wg ; g] bf] hf]y] lsgls ufk-ufk]glx? d/nlw/ / d/nlsf] k]l lyP . d/nln] g} pglx?nf0{ d/nlw/sf] k]l agf0lbof] . pglx?n] cf'gf] hljgnf0{ d/nlw/df ; dlk\ ul/lbP . >ldb\eujb\ultfsf]of]k] u kē' k]sf]hfbu/ d/nlsf]hfb'Psbd}uXo /x:ofds / lbJotfsf]; fydf lrlqt ub5 . k]o eQm]g / kf7s ; fws ; f]g]ub5g ls s:tf lyP xfh]g\ufk]glx? s:tf]lyof]x]hf d/nl, d/nlw/df s:tf]hfb'lyof] h;n]x/ Pssf]dgnf0{n7X agfpg]ub[of]. kē' rl/qsf] of] lbJo /x:onf0{ hfg' / ; Demg' sg} kbd]k]bd efbzfnl cfd]sf]efl]osf]s/f x]. of] /x:ofds s'/nf0{ hfg ; ah] ; Sb]g\ . s/f]sf] sf]x\-sf]x]df klg sf]x]n]dfg hfg / aem] ; S5g\ Tox] k] u clxn]j t]fg ; dosf]x]. clxn]j t]fg ; do cyff\ ; adoudf d/nlw/ km] d/nl ahfp] xg]g5 . d/nlsf]of] lbJo /x:onf0{ :jo-k/dlktf lzj k/d]dfn]; Demf0/xgēPsf]5 . sln]ousf]c]Gto cyff\j sf/l /j]0fsf]blgofdf ukt cfd]dx? hf]kē' 1fgsf]rfqs cyff\kē'kof/sf]kof; l 5g\j:f:tjdf pglx? g}; Rrf ufk-ufk]glx? xg\ d/nlw/ lg/fsf/ k/dlktf k/d]df xg]g5 . of]ultfsf]1fgsf]d/nl a]df d]vaf/f ahf0/xgēPsf]5 . of]d/nl; h; sf] k] 5, p;n]g}lbJo hljg k]t ub5 . dgnf0{ d]xt agf0lbG5 . lj sf/ / b]m]vaf6 dQm ul/lbG5 . nf]sn]fnf0{d]f0lbG5 . hljgdf 1fgsf]/; lknf0/ xG5, /l; nf0{d]f0lbG5 . of]d/nl g]ktlt kfjgl uuf x]. h;n]dgsf]d]fnf0{whf0{; xl p]gl]tsf]dfu{ b]y]0lbG5 . oxl d/nln]g}pk/fd agf0{tlg nf]sf] ofqf u/f0{lqnf]lgfy, lqsn]bzl{agf0lbG5 . oxl d/nln]g}cf]b, d]w, c]tsf]1fg lb0{j] zf:qsf]dfu{ atf0lbG5 . cfd]sf]:jwd{/ sd{atf0{cf]nf]Psf]

cgxf/nf0{x]F0lbG5 . oxl d/nln]g}lg/fz ePsf] lh]buldf cfz]sf] ls/of lb0{l]ddt a9f0lbG5 . d]xtfhnf0{lz/tfh agf0lbG5 . lg]b-:tlt, dfg-ckdfg, ho-k/fhodef Ps /; agf0lbG5, x/; ; d:ofdf tk:of ug{l; sf0lbG5 . oxl d/nln]g} lj]g lj]gzs agf0lbG5 . x/; s'/nf0{; xg u/l ; xzfx agf0lbG5 . oxl d/nln]g}; j]0f ; Dk]G; ; f]x] snf ; Dk]0f{agf]5 . df:6/ 1fg ; fu/, dfg]b]v b]tf agf0lbG5 . khf/lnf0{k]h, sf]lnf0{l]f, k]y/nf0{k/; agf0lbG5, v]zsf] gfr grf0{ c]t]b} ; vsf] emhdf emh0lbG]o:tf]cb]t / cnu lsl; dsf]kof/ el/Psf]d/nln]x/; d]x]gnf0{ k]df abnlbG5 . kē'sf]; flft\ldng u/f0lbG5 . oxl d/nl dfgj hljgnf0{k]j]t]g ug]; hljgl abl x]. d/nl ltg}cfd]dx?sf]:j]f x] h;n]kēdf hljg ck] u/l lgZro; h kēhf0{k] ub5g\cyff\ hljgnf0{kē' ck] ul/lbG5g\ . o:tf kē' k]lx? hf]kēd}dug e0{cf'gf]; waw x/fpg]cfh Ps dfq x]g, nf]v]v cfd]dx? 5g\hf]kēdf ck] eP . pglx?sf]tg, dg g}d/nl x]. >ldb\eujb\ ultfdf j]0fg ul/Psf]; Rrf ufk]glx? log]xg\ ca b]m]df lk]n; Psf]dlQmrfxg]cfd]dx?nf0{k/d]dfsf] oxl lbJo ; G] 5 ls lbJo 1fgsf]d/nl h?/ ; g]h?/ k9f]/ p; sf]lzl]fnf0{wf/of u/f]sgls of]g]j]t]fg ; dodf :jo-k/dlktf k/d]dfn]cf]1f lbgēPsf]5 ls olb eu]fgsf]d/nl; h k] 5 eg] p; sf]hljg g]df klg kf/ xG5 . ; w]f]b /fv]h; nf0{ d/nl; h k] 5 p g}kē'sf]lkp a]g ; Sb5 . o; h] Joy{s/fx?df ; do gi6 gu/l hljgsf]:j]fnf0{v] gkn]f]; j]t]fg ; dodf :jo-k/dlktf k/d]df o; w]l]cf]0{ax]df]vaf/f ahf]Psf]ultf 1fgsf]d/nl ; G]geh]sgls o; sf]Ps-Ps zAb /Tgsf]; dfg cyff\k]bd a/fa/ 5 . To; h]k/dlktf k/d]dfn]g} of]3f] slndf cf0{af/af/ lgoldt ?kdf d/nlsf] /; fkg ug]nf]nlu k]off lbgēPsf]5 .

शिक्षा, शिक्षक र मानव संस्कृति

— प्र.कृ. शिवलाल, ढाढ

jt dfg ; dhdf dfgj hxfPpRr j} flgs
kflBfl]uSl (Scientific Technology) Sf] cgZ/Of
ul//x\$] 5 / ; r'gf kflBfl]uSl (Information
Technology) Sf] lj sf; n]; dfhsf] k]o\$ lfgdf
cToft tgj kOf{k/l:yltsf]; hgf u/\$] 5 . o:tf]
kl'tsh kl/l:yltdf s]n ; GtInt g/-gf/l h; df
cs[t d lj nlfOf kl'tef xG5 p; h]dfq To:tf cfwl
tknfgsf]; fdgf ug{; Sb5 . cGoyf efj gTds tgj
Pj efshtf?kl ; dosf]a:knfn]: j omf0;kl/jf/nf0{
; dfhnf0{/fi6mf0{/ lj Zj nf0{g}sf nfgt/df kbqmfGt
ul/lbG5 . o; df sg}clt; olQm 5g . cfh ; dosf]
dfu s]5 eg]x fdlnf0{o:tf]lzlffsf]cfj Zostf 5,
h; n] k]o\$ dfgj nf0{o:tf] sfznjfg, lj lw-jQf,
of]o agcf] \s hf]hljgsf]k]o\$ lfgdf x/ sfo{
x/ sd{; /n, ts{ut, olQmQm / ; Tolgi7 Pj +
jf:tljstfdf cfwl/t eP/ ug{; sf] \ . lsggeg]
lzlffsf]p2]o eg\$]g}dfgj lo dNox?sf]kg?Tyfg
ug{ k]o\$ dfgj nf0{Ps kpl'tzln Pj +pQ/bfol
gful/s agsf nflu kl/t ub]p; sf]lj rf/ / Joj xf/
pbf/ agfP/ wd{efiff, hft, / lnudf cfwl/t eP
tyf k]f]xbl]v dfly j; wà s6Dasdf] efjgf
huf0{; vdo ; #/ Pj =>]7 ; dfhsf]kg; Argf ug{
xf] x/\$df cftd; Ddfgsf] efjgf huf0{pglx?sf]
cftl/s uOfx?sf] lj sf; u/l g]ts dNox?df
; fy ; fy pglx?nf0{cflloftdstft/ kl/t u/fpg;
/ j} flgs bl]6sf]fsf]; fy; fy;cflloftds 1fgnf0{
; /n / lj j\$-; Ddt tl/sfn]dfgj sf]dfg; k6ndf
kl't:yfkg u/] Ps ; #nt ; DkOf{dfgj sf]lgdf
ug{xf].

lzlffsf lj ifodf xdf] glt jrgx?df klg
w}]; f/ule{ s'fx? n]vPsf 5g . h:tl]

; f lj Bf of lj dSto]. lj Bf bflit lj go+lj go bflit
kqftd\==== sf]No

lzlff cyf{h; n]k/d ; Tosf]vfhdf dgnf0{
; xfotf u/f] \; j omf0{sfnsf]agwgb]v dQmu/fcf] \
/ b]o dfq xf]g cftl/s k\$zsf] klg, zlQmsf]
dfq xf]g k]sf]vhfgf lbg ; sf] \cyf{ \; Tonf0{
jf:tlj s : j?kdf k\$6 ug{; sf] -/lj Gbgy 6bf] .

afns / dglosf]z/l, dg / cftdfdf h]
klg >]7 5 To; nf0{afx/ lgsfNg'-o; h]f0{g}d
lzlff eGg]u5{dfxtdf ufwl .

lzlff ; Tosf]xltof/ xf]lzlff cyf{dlSt,
cftd bzg, ; jo+k]0ff, lgTo gof ; h]g, ; fx; -
lj g]af ef] .

dfgj df ; DkOf{fsf]k\$6ls/Of g}lzlff xf]-P= hl=
j] ;

lzlff lbg]fnf lzlfs / lzlff k4lt s]n
lg]xt : jfy\$ nflu k6 e/Ofsf] ; fwg agfP/
JolStnf0{wgnfhktf, kbmf]ktf / lj nftztsf]k]f]Of
u5{eg]lg]Zrt klg ; dfh / /fi6sf]ktg xgaf6
s; h]klg /f\$g ; Sb5, lsggeg]olb lzlff / lzlfsnf0{
; fwf/Of cjwf/Ofsf]dfkb08df /flvg]k6f; ul/G5
eg]lzlffdf lzlffsf]; fdYo\$]kof6 vfl]g sl7g dfq
xf]g bh6 xg5 . To; sf]cGTo]6n]k/Dk/f, ; s[t
/ ; Eotfsf]sg]kof6 /xg]5g lsgls lzlfs /fi6sf]
lgdf{xf]. ctM lzlfs]xlG ; dfhn]cfkn]k/Dk/f
/ ; s[t]sf]/lff ug{; Sb5 p; sf]lagf ; dfh /fi6sf]
sllkgf; Dd ug{sl7g xG5 . g /fi6sf]cl:dtfsf]/lff
g}; Dej 5 . lsgls ; sf/xlg JolSt, ; sf/xlg
k/Dk/f, ; s[t / ; Eotfdf g JolStsf]JolSt; G
k6, ; xfgel't xG5, g ; dfhsf kl't g /fi6kl't k6,

elStefj / cfb/efj xG5 . hxfF, dfhdf a:g]JolSt
 g}; :sf/xlg, ;Eotfxlg, /fi6efj b]v xlg, ;fdlhs
 k/Dk/fx?k]t b/fu]x] xG5 eg]To; ;dfh / /fi6sf]
 ktg cj; Defjl 5 . elgG5, lzlfs /fi6sf]lgdfF
 klg xf] / /fi6sf]cleiffk klg . lsgls lgdfF / k]h
 ol b] }zlfs]xf]tdf v]g]u5G . xdf]; dfhdf sg}
 ahf lzlfs lelf]sf]cGgdf kflnG]of]/ bfgsf j :qx?
 klx/] lgisfd efjn]; dfh / /fi6«lgdfF]sf]sfoF
 ; dlkE eP/ Psf]s] Tofu / tk:ofsf]hljg Joltt
 uy]. pm ; DaGwdf efjgf t /fWof]t/ ljjztf nZ
 dfq xG]Yof]. k] t uYof]t/ p; sf]k]df cfz]St
 xG]Yof]. k/dfy{g}p; sf]hljgsf]WoD k/f]ksf/
 g}p; sf]sd?kl o1sf]; ldwf / lg:jfy{e0{/fi6«
 lgdfF ug{p; sf]hljgsf]Ps dfq p2]o /xG]Yof].
 o; }sf/Ofn]g}p; sf]; fdYoF ; Tos]an lyof]. p
 ; dlf ; d]6, /fhf, dxh/fhf, lz/ eh]sP/ gtd:ts
 e0{xv8 /xG]y]. t/ ljlwsf]lj8Dagf cfh lzlf /
 lzlfs kZf s]n k] e/Ofsf]; fwgdfq ePsf] 5
 To; df klg cfhsf]; /sf/n]lzlf]nf0{Joj; fols/Of
 ug]t/ a9l WofgsifF ul//x]sf] 5 ; /sf/l :shsf]
 36b]:t/lotfn]; /sf/ ljjz 5 Joj; fols/Of ug{
 t/ o; sf]; dfwfg v]f]gsf nlu sg}k]f; g}ug{
 rfxG . lsgeg]lzlf]sdf Tof]; fdfYo{ca /xG] lzlf
 / ; s[t]sf]/lf ug].

jf:tljs lzlf]n] dfgj sf] ; j]f]uOf
 lbJols/Of u5{ sfo\$Zntf k]f]g u5{. lzlf]sf
 ljifodf Clifx?n] klg ufg u/]f 5g\ td; f]f
 Hof]tu]o, c; t]f]f ; t]do, d]o]f]f cd]d]do .
 cyfF\c1fg?kl cGwsf/b]v k]f]z]t/ c; Tob]v
 ; Tolt/ / aGwg -d[o_b]v d]OQm-cd/Tj_ It/ InP/
 hf]g}g}; fF]1fg xf]. o; }f6 g}cg]sf]hljg]k]of]l
 z]OQm?sf] lj sf; xG5 . ; fF]lzlf]n]g}dfgj sf]
 cG]t]s/Ofdf ; ; j]f]btf Pj +; fd-h:otf?kl >]7
 efjgsf] lj sf; u/fp5 . h; n]ubf{hljgdf Ps
 ; ult ; dfq dw/tf, Pstf / dfgj t]sf] :j/

cleul-ht xG5 . lzlf]sf]dh WoD -p2]o_ hljgdf
 k]f]f]sf]k]f]kt ug{xf]. o; sf]cleJolQm]f0{sdnsf]
 k]hsf]alrdf dfgj t]sf]k]t]s b]l b] t]nf0{b]y]P/
 JoQm ul/Psf] 5 . ; f/df eGgkbF{lzlff Ps o:t]f]
 alh xf] h; af6 hljg?kl km]bfos j [fsf] ; [gf
 xG5, cyfF\hljgsf k]o]s efudf lbJo uOfx?n]
 el/Psf xG5g . p; sf k]o]s Jojxf/df ; To, wd{
 ; j]f, k/f]ksf/, wD{Tofu, pbf/tf, kljqt]f h:t]f lbJo
 uOf?kl dw/ km / km]hsf]; j]f; n]a]b]k]odfg ePsf]
 xG5 .

cf]df cG]f]f]of lj gf lzlf]sf]sg]klg WoD]nf0{
 k]f]kt ug{ v]f]g' eg]sf] afn]dfly dxn agfpg]
 ; kgf b]v]g' h:t]xf]. h; /l k-r dxfe'tn]ljgfz]
 z/l/sf]/rgf ePsf]5 / o; sf]k]f]f]of klg log]k]fF
 k]s[t]af6 g}xG]u5{eg]cf]df ck]s[t]s, ce]f]t]s,
 c]o]Qm ; 'd ; Qf xf] dfq Ps k]f]f xf]. ; v, z]f]Gt,
 k]f]f, kljqt]f, 1fg, z]OQm / cf]g]bsf]k]o]f{cl:t]j]nf0{
 jf l:ytk]f ?k, ; t]l]rt]cf]g]b:j ?k, dg, al4,
 ; :sf/ ; lxt clt ; 'd laG]b?k Hof]t:j ?k cl]s-rg
 b]x/lxt g sf]n g b/l dgsf]ultdf b]t a]ljfg
 z]f]z t cl:t]j]nf0{cf]df elgG5, of]sf]nf]t]t, cyfF\
 ch/ cd/ cljgfz] 5 . b]x?kl j :qn]f0{wf/Of u/l
 hGd-d[o; ; v-b]v, k]k-k]o]osf]aGw]gdf /xl hutdf
 lg]o ult]fg /xG5 . oxl ult jf k]fxdf k]flxt
 e0/x]f] l]f]f-l]f]f]df kl/j tG] e]xg]hlj-k]s[t]_ sf]
 ltn:dl :jefjn]el]dt cf]df slxn]k]t]t eP/ b]v
 / lj]fsf]c]gej u5{t slxn]; t]k]s[t]_k/d]f]df_
 sf] ; flg]woaf6 kf]g cj:yfn]f0{k]f]kt u5{. ; f/df
 eGgkbF{cf]df]df hf]dg 5 To; sf]k]j]fxsf]lbzf /
 b]v]l hljg?kl bzfn]f0{ab]v]g}hljg / hutsf]
 cf]f]rTon]f0{kl/z]f]v]g ug{xf]. ; :f/ kl/j tG]zn
 5 . t]j bz]gsf]cG]f]f]ofn]klg h8 z/l/sf]lgdfF
 cf]df]sf]l:y]tdf lgw]f]t xG5 eg]sf]5 .

afEl csf]c]sdf

माउण्ट आबूकी यात्रामा आध्यात्मिक अनुभूति

कृष्णमणि श्रुत्याल, पय्याडि, पोखरा

of] eIQmduf6 ge0{1fgdfu6 ugkb5
 eGg]pb3f]fsf ; fy ; g\!(#& b]v :yflkt ePsf]
 a\dfsd/ l 0zj/lo ljzj ljBfno xfn cfp/ &(
 jifdf kbkdf u/\$f] 5 . ha ef/tsf]/fh:yfgdf
 a\dfafaf6 0zj/lo ljzj ljBfno :yfkf eof]
 To; a]hfb]v g}zflGtjg / dw]g lqnf0{wldf\$
 :ynsf]?kdf dflgb}cfPsf]kf0G5 . To; dxfg
 tly{yndf x/\$ aif{ a\dfsd/ l 0zj/lo ljzj
 ljBfnon]/fhof] lzlj / ; #fngdf lg/Gt/ tf lb6}
 cfPsf]/x5 . o; }znlnzndf @)&! ; fndf ; #fng
 xg]/fhof] lzlj/df kfy/fsf]k:of s]baf6 of]
 n]ys klg dfp06 cfa" hfgdf ; lrs[ePsf]
 lyof]. tly[agf wdf]cl:tj g/xg]7x/ ub]@)&!
 >fjOf @% ut]klZrd gkfnsl lgb]zsf /fhof]ugl
 kl/Of tf lbblHo" / ; #yfsf dx;lrj a\dfsd/
 z]h]f ef0hlsf]xftaf6 /fv l afw cfzlj (gsf ; fy
 xfd]l l6d dfp06 cfa" hfg lg:s\$]lyof]. Toxf
 ljleG b} / lj b}zaf6 tlyf{x? hfg]ubf{x5g\
 xfdl klg a; / 6]sf];j/ u/l tlg lbgf lbg
 zflGtjg k]of}. zflGtjg h;nf0{ dfp06 cfa"
 elG5, To; 7fp]ef] eflts / cflWoflTds k]lt
 ; f]f]6bf /df] /x5 zflGtjgdf /x\$ lqnf\$,
 a\dfnf\$ Pj +b]onf\$ ejgx? eflts ; ljwfn]
 ; DkG /x5g\ lqnf\$tkm{k?ifx? / a\dfnf\$tkm
 dlxfx? a:gsf]nflu ; ljwf ldnf0Psf]/x5 eg]
 lbJo nf\$tkm{lrof, gf:tfsf]Jo:yf ldnf0Psf]
 /x5 . hf]S]h]f0{klg nfu5 Toxf]f]Jo:yfkslo
 lfdtf ; jn / ; lfd 5 . ; bf ; j]f cf]zflGtsf
 kl/jf/x? r:t / b?:t b]vG5g\ . a]h]cf^gf]
 lhD]f/l ; doleq g}; Dkfbg ubf{/x5g\ k]of\$
 lbg kftM sfnsf]\$M) ah]v g}/fhof] cEof;
 / To; kl5 kjrgsf]sfoqnd xg]/x5 . /fhof]
 klzlf0f lbg?df a s= ljblfl piff lbblhl, /fh'
 ef0hl, hfgsl bfbhl xgx] /x5 . o; sf cnfj

cGo ljafg JolOm?af6 ; d] cflWoflTds kjrg
 ; Gg kf0G5 . kjrgsf]lgrf]df c]dfsf]ldng
 k/d]df; G xG5 / k/d]df / c]dfsf]ldngaf6 g}
 hljgdf ; Rrf ; v / zflGtsf]cgelt ug{; lsG5 .
 k0ofdf, wdf]df, dx]df, b]f]df / k/d]dfsf]af/]f
 lj:t[hfgsf/l kf0G5 eg]; dosf]af/]f klg
 hfgsf/l ldn5 . of]klzlf0f sfoqnd 8fod08 xndf
 xg]ub5, hxf@)-@% xhf/ dflg; x? ; lhn}c6g]
 /x5g . To; lqdf w}ejgx? /x5g\cem}s]l
 alg/x\$ 5g\eg]s]l aG]qmdf 5g\ . lh1f; '
 ; a]h]f0{; f]g s/}nflub5 ls olt w]ah] sxf]6
 s;/ l cfp6 < of] :jod\k/d]dfsf]; To sfo{
 ePsfn]; a}; b:ox?sf]:j -OR5fn]; Sbf]; xof]
 u/l To; lqdf cflWoflTdstsf ; fy-; fy}ef]ts
 k]ltsf rd]sf/ xg uPsf]/x5 . Toxf]f]u]af6
 k]z ug]l]Qs} dflg; x? gtd:ts xg]ub5g\
 lsgls Toxf]f]k]of\$:yfgdf dflg; sf hljgdf
 cfjZos g]ts lzlf ; DaGwL dx]k]of]1fgx? n]yl
 kf7 k9f0Psf]b]vG5 . tl g]ts lzlf]d]o]d]h]klg
 s]l a]f]x? g]f u/\$f]lyP]f]ck s]dV ;]af]h]uP
 bf]zAb ;]0 ltxf; cf} Ps unt zAb ;]dxfef/t
 ag htf x}. ctM kxn] t]h] lkm' af]h] o:t]
 o:t}cflWoflTds lrgtgsf ; fy cf^gf]dgnf0{Jo:t
 ug{k]f]f / Toxf]f]f; Gb/ b]z; G /dfpg k]f]f
 ; f]r}g]d]h] :jod]h]f0{clt eflzofnl 7fg\$]lyP]
 d]h]csf]cr]dsf]s/f of]klg kfP ls /fh:yfg
 Ps o:tf]eld x]hxfkfglsf]clt g}cej 5
 t/ To:tf]cej]sf] :yfgdf klg #)-#% xhf/
 dflg; nf0{; lhn}kfglsf]Jo:yf ug{; #yfn]cf^g]
 hldgdf 0gf/ vgl ; ljwf lbPsf]/x5 . cem]o;
 ; #yfn]af]x/ a; f]f; ug]f]l; Gbfx?nf0{; d] kfgl
 lglzNs ?kaf6 lj t/Of u/\$f]/x5 . dnf0{nfl5
 kfgl pknAw gxg]:yfgdf klg kfglsf]; ljwf ; lhn}
 k]kt xg' eg\$]of] 0zj/lo zIQmsf]rd]sf/ klg

xf]. afy?d / efBf whf0df kofu ePsf kfglnf0{
 kgM zl4s/0f u/l ToxfBf af0la?jfdf /v/ To;
 eldnf0{x/fe/f agf0Psf] /x\$. dh] ToxfFsg}
 klg lrrhnf0{Joy{uPsf] blvg x/ lrrhnf0{; xl
 tl/sfn] pkofu u/\$f] kPF. cem} cfZro\$] s/f
 To; :yfgdf %% Ps8 elddf !%)) hgfnf0{
 ;lhn}E Psk6s vfgf ksfpg] lfdtf ePsf]; f0{
 phf{-solar plant_ tof/l cj:yfdf /x\$]5 . of]
 Pl; of dxfbzsf]; aebf klxfn]>0lfd kgI/x\$.
 dfp06 cfa"lfqdf kf08j ejg, cf0\zflgt ejg,
 gssl tfn, lk; kfs{1fg ;/f]/, Unf]n xl:k6n,
 k\$zdl0f kfs{h:tf wld\$:yn / kfs[ts
 ;Gb/tfn]e/k/ :ynx? 5g\o; /l cfllofTdstfsf
 ;fy effts p6glt / kplt ePsf]o; ;:yfdf
 hfgf kfpBf cfknhf0{clt eflozfnl 7fg\$]5' .
 ;dudf dfp06 cfa"lfq lzjafafsf]0zj/lo zlQm]
 hf]s; hf0{klg cflgbt dfq xg, nll5 ToxfBf]
 eflf0df dfgj xlfodf ePsf sfd, qmf], nfe, dfx,
 c*sf/ Toful ; Toolus]cfXjfg ul//x\$]5 . ; a}
 Zj] kf] fsdf ; lhPsf aXdfsd/ -aXdfsd/lx?
 zflgtsf] lauh ahf0{; Tosf]klxrfg lbB}xI8/x\$
 5g\ . oxl zflgt / ; Tosf] cgbfoldf dh] klg
 0zj/lo ljZj ljBfno; E cgt/ xfoaf6 g}kpf9
 ; Da6w ufF\$]5' . d]f]/ ljZj ljBfnosf]; Da6w
 Pp6}z/l/sf] cfBf / xftsf] cgt/ ; Da6w xg\$
 dh] Pp6f ult ; g\$] lyPFædw]g vZj' b]f xE
 t/ dh] ToxfFuP/ ; flR}g}cgelt u/Hs Tof]
 :yfg e=:ju{/x\$. o:tf] ed0fsf]cj ; / ldnf0{
 ; kmn tNofpg ; xofu ugXg] aXdfsd/ l 0zj/lo
 ljZj ljBfno k:ofe, kf]/fsl a+s'd-h' alxglhl,
 gofBhf/ kf]/fsl a+s'/df alxglhl / o; ; :yfsl
 ; b:o k/dftdfl ; Gtf nldl vgin Ho"kl't d
 cfef/ JoQmub]; :yf / ; :yfsf ; Dk0f{; b:ox?sf]
 p6glt / kplt sf] lzjafaf; E sfdgf ub\$' .

वेज नं. २८ को घाँकी

ljzn]ljZj sf sgf sgdf o:tf] cflTds xl:k6n
 vfl]gePsf]5, hxfF; Dk0f{cflTds /f]sf] pkrf/
 ;fy}cf]fwl ; d] ldnb5 .

To; cflTds xl:k6nsf]gfd xf]aXdfsd/ l
 0zj/lo ljZj ljBfno .

xfdf] ; jfx? M-

!= ; Dk0f{dfgl; s /f]sf] lglzNs pkrf/ tyf
 plrt k/fdz{.

@= k/dlktf k/dftdflsf]; To kl/ro / pxfBf]lbJo
 lzlfaf6 hljgnf0{lbJols/0f ug[k]k]0ff .

#= blgs 0zj/lo 1fg tyf /fhofu klzlf0f .

\$= hljg lhpg]snfsf]klzlf0f .

%= k/dftdf zlQm tyf j/bfg kflktsf] :jlof0
 cj ; / .

^= ; sf/fTds ; fl]sf]snfsf]klzlf0f .

&= tgfj Pj qmf]sf]JoJ :yfkgsf]klzlf0f .

*= dfgj leqsf ; bu0fx?sf]hfuf/0f tyf cju0fsf]
 lg/fs/0f ug[l]lw .

(= h:tf]5}kl/l:yltdf klg zflgt, w0{/zlt n
 a6g]zlQmsf]kflkt .

!)= cfllofTds, rfl/lqs tyf cgzfl; t hljg
 zhlsf]hfgsf/l .

!!= ljleG bJoZg tyf shtaf6 56g]ljlwsf]
 hfgsf/l .

!@= dgfl]s[tx?dfly lgo6q0f tyf cflT
 cgzf; gsf]1fg .

!#= xTof, lx;f, cftsdQm cfbz{ ; dfh agfpg
 ; ahf0{clek]/t ug{.

; Dk0f{zflgtk]l tyf hljgnf0{ ; vb\
 agfpg 0R55 ; Dk0f{dxfgfjx?df oxl cfux
 ub\$]s Ps k6s ; jf ug]df\$]cjZo lbgxf] \



समयको माग - शिक्षामा आध्यात्मिकता

४ प्र. कृ. माधव तिमिल्सेना, वीट्ठन्नगर, सुर्खेत

j tdfg lj 1fgsf] ; dfgt oudf klq
; Tolgi7f / rfi/lqs dNodf cfPsf]xj; n]eojf x
vt/ fsf]; \$t lb0/x\$]5 . lgm, Gb} efi]ts pGgt
/ k\ltsf] tla|bf}df dflg; c; lldt 9un]cufi8
al9/x\$]5 . dflg; n]c; Dej s/fnf0{klg ; Dej
tNofPsf]5 . t/ o; sf ; fy}lj sf; sf]o; oudf
tgj, lrGtf, eo, qf; , lbSbf/L, lg/fz/ / xTof lx;#sf]
; :s[tdf ; d] kl/j tG ePsf]5 . dflg; sf] dg
/ z/L/nf0{cf/fd, ; Gthg / Joj1:yt ug{g}lu\$
; kdf k\kt lgb] ; d] l5lgPsf]5 . cem ; ljwf
; DkGg lj sl; t dh\$;x;df cfk; L ; DaGw lj R5}sf
36gfqmd a[4 xg\$; ; fy}oj fx;df cfd3ftl 36gf
al9/x\$] 5g\ . xTof, lx;#, anflsf/, kfkrf/,
ckx/of, n8f0{o4, adaf/lsf 36gf lbgxFclt j [4
e0/x\$]tYo ; a\$; ; fd'5 . ulx/f0{E cllboog ubf{
ol ; a}k\$;f/sf 36gfsf]dh sf/of dflg; a9leGbf
a9l efi]ts jfbl xg' / cflWofTdstfnf0{jf:tf gug{
g}x]eGbf cfkIQ g xfi]f . lsgls cflWofTdstfn]
hljgsf] rfi;km{ ; ~rfngdf nlrnf] t]j sf] ?kdf
sfd ub\$. efi]ts ; DkGgtf / ljkhf xgk\$
eG]dg; fo sbflrt'xof]g . dflg; sf cfjZostf
cfkl't\$ cftl/Qm wg bfi]tsf]k'/'tf, j :t'j}j sf]
e/k'/'f xg' /fd] klf x]. t/ ol ; a\$; ; xl /
cgf; Qm efj n]kofi ug\$; nflu eg] cflWofTds
hfu]tsf ; fy ; ead, lgod / dof]sf] kl/lwleq
/xl pkefi u/df lbuf] ; vsf/L xg\$. cGoyf
; d:of / hl6ntfn]eng'eng'pu'f / s7f]tf k\kt
ub}hfg\$. jf:tjdf cflWofTds dNon]dflg; nf0{
cfd-cledfgl agf0lb65 . ; fy}k/dfTdf :d[tdf
/x] dg, al4, ; :sf/ / lrQsf]z4sf nflu Wofg
ofi ugdf an lb65 . dflg; n]ha 1fg / ofi
cEof; sf]lrGtg ub\$. To; af6 p; leqsf zZj t
dNo, uof / zIQm; ; zOm / ; lqno xg k\ub5g\eg]
sdhf] / gsf/fTds s'/fx; d]b}h}h65g\ dflg;
:jef]h] zft, :gxl, ; xofil agl Ps csf]f0{

; Ddfg efj n]Joj xf/ ug{k\ub5 . p; leq bof, ldf,
k/fk\$;f/ / ; xgzlntf h:tf lbJo uofx; lj sl; t
xG5g\ . pm ; ah] ; v kfpng\ / sf]l klq bMl
czft, /f]l / sdhf] gagd\veG]ljzfn efj gf
/Vb5 . cfkmg]tkmf6 s; h}f0{klg kl8f xg]; \$Nk,
af] / sd{ub} . o; sf]; \$f oyfzSo ; xofil /
; xhstf\$]eldsf lgjfx ub\$.

cflWofTdstf cfkmg] lhDd]f/Lx?nf0{
; Gthg agf0/Vg] snf x]. :joklt, kl/jf/klt
tyf ; f/f ljzkltsf]lhDd]f/L ta k'/f xg ; Sb5,
ha :jo,+k/dfdf tyf sd\$]uxg ult+lgodsf]
ulx/f]; dem k\kt xG5 . cfd 1fgaf6 efi]ts t]j
Pj +to; sf ; ldfx?af6 cgfzQm /xg] zIQm k\kt
xG5 . k/dfTdsf] klxrfgn] xfdldf ; jGofx?sf]
>f]sf] ulx/f] k\kOf{ ; DaGw :yflkt u/] pQm
>f]x?sf]ljz]ftf, uof Pj +zIQm? :jodf uxof
ug{dfu{kz:t ub\$. sd\$]uxo 1fgaf6 cfkmg]
k'/gf] lx;fa lsfra rQm ug\$; ; fy}j tdfgdf
>]7 sd{ug\$; nflu k]off ldNb5 . sg}klg JolQm
z/L/s c:j:ytf, sdhf] dfgl; s l:ylt, wgsf]
cej / ; DaGwdf s6tsf]lzs/ xg ; S5 . dfgj
hljg ol rf/ s'/fx?- tg, dg, wg, hgdf cfwf/t
5 tyflk cfh ol ; a}rh lfoew/ Pj -ljZj; glo
e}s\$ 5g\ . k/dfTdsf] :g}kOf{ k\do / lg/
Gt/, jf:tlj s :d[tn] ; xgzIQm nufotsf ci6
zIQm? a95g\; fy}h:tf]s}lj ifd kl/l:ylt /
rg]l]sf] ; fdgf ub}cuflit lngdf ; xfos l; 4
xG5 . sd\$]uxg ultsf]1fgn]x]df] >]7 lj rf/
z4 efjgf, >]7 sd\$]cfwf/df ; j{ ; d:ofx?sf]
; dfwgdf dx]jkOf{eldsf lgjfx ul'/x\$]xG5 .
cflWofTds JolQm ceo xG5 . cljgzl cfd]sf]
cgel'tn]JolQm d[to]f]eo / qf; af6 dQm xG5
; fy}cjZodefjl d[to]f]lgZrGt efj n] ; fdgf
ug{tTk/ /xG5 . Ps cflWofTds JolQm k/Dk/f
Pj +sd\$]f08x?sf] 3]f]b]v dfly p7] :jtGq

dl:tisn]To;leqsf]lglxt ; Tosf]c]j jfOf ub5 .
 p cflDcgZfl;t, clx+s, kljq / ;ædl xG5 .
 cflWoflTds JolQm OdfGbf/, ;fx;L, st{olgj7 tyf
 sd\$zn xg\$sf] ;fy}cfknleqsf] zlQm? h:t}
 ;xgzlntf, ;dfolhgZlntf, cGtdV/tf, zflGt
 tyf ;fdgf ug]zlQmsf]lj sf; ug{;S5 . ;jRfRf
 zlQm, f\$sf]dfgl; s ; DaGwsf sf/Of cGtl/s ann]
 hljgdf cfpG]h:tf]s}rGf]l / sl7gOf?nfO{
 ;b} ;fdgf ug{;km xG5 . cflWoflTdstf dgsf]
 cGt/ofqf, dgsf ; Gb/ lj rf/?kl df]lx?; f v]ng]
 v]h xf]. ;fy}; sf/fTdstfsf]llflthdf p8fg eg]
 ljdfg xf]. c\$[zAbdf eGkbf{p2]odhs tyf
 cykOf{hljg lhpg]snf xf]cflWoflTdstf .

xfdln]b]v/x\$ 5f;eflux/\$ 5f;cyf\ \
 sf]xl st}cglj 1 5df]s o; ;do /fhgllt, Jofk/
 pBf]v, lzlf, wd{ ;flxTo, snf OToflb x/\$ Ifqdf
 rl/q / g]tstfsf]clgsfn e}x\$]5 . cflwgs
 efl]tstfn] ;DkGg o; w/fdf dfgj sf]ult ; ut
 llflthdf klu; s\$] 5 . k/Gt' k]j]lsf]l:yltaf6
 p ckl/lrt ab\$. xfdl]; a]h]dx; ; u/\$]s/f
 xf]ls lj 1fgn]ult lbof]t/ ; xl lbzf lbg ; sG .
 cfk;L:g], ljZjf; ; xof]v Pj +; jflbtfsf]:yfgdf
 j}efj, ; 3if{c:j:y klt:kwf{lx+f, tgj h:tf
 gsf/fTds efj / ;efj n] ;fdl]hs hljgdf
 czflGt, eo tyf r]k]k{c; /lffsf]jftj/Of ; hgf
 ul//x\$] 5 . o; sf] kGfj af6 lzlf Ifq ; d]t
 c5tf]/xg ; s\$] 5G . k]lrg ; s[tsf zFz]t
 dNox?-;To, clx+f, kq, Tofu alnbfG, ; jf,
 k/f]ksf/ cflbsf] lu/fj6 lzlf]jbx?sf] lrgtfsf]
 lj ifo ag\$] 5 . ; dosf]dfu ; du|lzlf k4ltdf
 cfdh kl/j tG xf]h; nfO{kmnbfol tyf hljGttf
 s]n cflWoflTdstfsf] :kz{dfqn} ug{ ; lsG5 .
 lzlfdf ; wf/ Nofpgsf] nflu cflWoflTds / dNo
 lzlf cfhsf]cfjZostf dfq xG ckl/xfof] xf].
 h;/L z/L lj 1fg / cf/f]o lj 1fgsf] 1fg ; a\$]
 lglD nfebfol 5 . To; sf]; fy}dGf]n, cfdj n,
 cfdljZjf; tyf cflTds cf/f]o 1fgsf]dx]j eng}
 prfOf 5 . z/L/sf]:j:f:Yosf]nflu pkrf/sf]h?/L
 5, To; /Lg]cflDfsf]tlg cu- dg, al4 / ; :sf/sf]

/f]unfO{s; /L 7ls ug{; lsG5 . To; sf]; xh lj lw
 cflWoflTds 1fg / To; sf] Jojxf]l/s kof]vaf6
 dfq ; e] 5 . ; f]Gts sf]f 1fgn] hljgnfO{
 ; xl lbzf lgb] ug{c; De] 5 . of] ; f/df
 efl]ts 1fgsf]cefj 5G lj 4fgsf] sdl 5G .
 ca oxfCfrfo{dfq xfoG cfr/Ofn]el/Psf]sZn
 JolQm]sf]cfjZostf 5 . lrq xG rl/q b]lvGk5{
 lhaf] xG hljg af]lGk5{. r]Gz s/] a:g} xG
 cflWoflTds kysf] r]Gzn/ aGg]; Tdfu{/f]lGk5{/
 To; dfuOf lg/Gt/ cuf]8 sbd a9fpg'k5{.

;vdo hljg Ps snf xf]. hljg s]xf]<
 o; sf]cflWog klG Ps lj 1fg xf]. olb dgsf]zflGt
 ljgf ; v kfpG] cleniffn]wg sdfOG5 eg]Tof]
 lg/; / Joy{xG hG5 . ha;Dd hljgnfO{lgeG,
 lglZrGt tyf ; bf xif]Of{ agfpg] snf l; lsGg
 ta;Dd dxn, uf8L, wg, kb]y{ 3/-kl/jf/ ; ayf\$
 xBf]klG ; vsf]:j; Ing ; lsGg . km:j?k b3Ggf,
 z\$, c; km]tf xfgl h:tf kl/l:ylt?kl h]h/af6
 dQm xG k]lO] c; De] 5 . ; dfh l; km] efl]ts
 j:tx?sf] ; xk dfq xG s]n lj 1fgsf] k]lKtn]
 ; dfhsf]dfkb08 k/f xG ; SbG . ; dfh r]gd't{
 5 . of]; f/ t kq, ; b]efj, cfk;df efl]tj efj,
 g]tstf tyf dfgjlo dNox?sf]cfwf/df rNgk5{
 ; dfhsf ljleGf ju\$ nflu lzlf]sf] hu lgDg
 cfwf/df xgkb5 .

- afnssf nflu ; Defj gf
 - o]fsf]nflu /rgf]ds k]lt
 - j]sf]nflu ; xGelt tyf ; x]otf
 - dlxn]sf nflu Pstf
 - ; dfhsf nflu lj j\$ Pj +efjGfTds ; Gthg
 - Jofkf/sf]Ifqdf /lt, glt tyf k]lt
 - pBf]vdf pGgl
 - ls; fgdf k]ngstf\$]efj
 - g]fdf O]5fzlQm k]tj4tf, OdfGbf]l/tf /
 rfl/lqs p]yfg .
- ; sf/fTds z]l]fs jftj/Ofaf6 g}lzlfOf
 sfo{kGf]sf/l 9un]rNg ; Sb5 . lzlf]s lj Bf]yl{

z]f]s jftfj/Of lgdf] ug[; zQm d]l]od xg\ ol
 b]d]f dNo lz]ff / c]l]o]f]Tdst]sf] ulx/] k]e]fj
 kfg{ ; lsof] eg] z]f]s huts]f] elj io ; lglZrt
 5 . slff lz]l]of]k] # l]dg] ; f]o]n] ; sf] c]e]of] ; n]
 z]f]s jftfj/Ofnf]0{?lrs/ agfpg]Ps k]e]fj zfnl
 dgf] } flgs lj lw ePsf]s/]f lj leGf ; dodf ePsf
 cg' Gwfg / k]o]f]n]kli6 ul/ ; s]s]f]5 . dglox?af/f
 pTkGg xg]lj rf/ t/ux?n]j ftfj/Ofsf]lgdf] u/]s]f]
 xG5 . ; sf/]Tds lrGtgn]dNolgi7 jftfj/Ofsf]/
 rgf ug{ ; S5 . ; :sf/]ljxlg ; dfh dglo cl:t]T]sf]
 nflu vt/]sf]306l xf]. elgG5, dNolgi7 gful/
 sn]g]dNolgi7 ; dfhsf]lgdf] ug{ ; kmn xG5 .
 hljgdf dNo Pj -e]l]o]f]Tdst]sf] ; dfj z]tf ; d]l]hs
 Joj:yf abNg]cfwf/ xf]. o; sf nflu xdf] elj iosf
 sOfw/ aRrfx?sf] slnnf] dl:tisdf hljgdNo,
 ; b]Joj x/, lzi6rf/, Od]Gbf/L ; Totf c]l]bsf]lz]ff
 lb0gk5{ . lj 8D]gf c]hsf cleefj sdf g]t]s
 dNosf]lu/]f]6, kfZrf]o ; :s[ts]k]e]fj / c]w]lgs
 Jo:t]tf alrsf] c:t Jo:t hljgz]n] xdf]l]
 ; f]d]l]hs Joj:yf ; s]6u]t 5 . cfh :sh, snh
 Pj +ljZj lj Bfnodf lb0g]lz]l]fn]kl]tef]fg o]f
 pTkfbg ug{ ; s]s]f]5 t/ c]hsf o]f]df dNo tyf
 ; ; :sf/]sf]cgkl:y]t lrGt]fhgs agb}u0/x]s]f]5 .
 To; }c]hsf] ; dosf]k]s/ lz]l]df c]l]o]f]Tdst]f /
 dNox?sf]pkl:y]t xf]. ; dfhdf xg]x/]s] lj k/Lt
 kl/j z]nf]0{ /f]g x/]s] Jo]Qmsf] hljgdf kof]t
 1fg, uOf / dgf]nnf]0{ a9fpg]sf] ; fy}hljgnf]0{
 lb]ols/Of tyf >]7 ; :sf/ agfpg'g]dNo lz]l]fsf]
 p2]o xf]. o; k]o]f] ; df lz]ff k]e]fu, a]x]d]s]df/L
 0Zj/lo ljZj lj Bfnon]lj Bf]l{ lz]fs cleefj s
 Pj +; d:t ; d]l]hs Joj:yf]df kl/j t]G]sf Nofpg
 dNo lz]ff Pj +c]l]o]f]Tds lz]l]fnf]0{ kf7]d]q]m]df
 ; dfj z] u/L lj leGg z]f]s ; :yfx?df ; kmn k]o]f]u
 ul/ ; s]s]f]5 .

ef/]tdf c]G]fdnf]0{ljZj lj Bfno, t]dngf8'
 ozjGt/]fj r]f]fg vhf lj=lj= gfl; s, dx/]fi6«
 /ds[Of wdfy{k]m]p]G8zg lj=lj= ef]k]fn, dNo k]o]z,
 l8]u9 lj=lj=cf; fd, jw]dfg dx]f]l/ vhf lj=lj=
 sf]f /fh:yfg]af/f dNo lz]ff tyf c]l]o]f]Tdstf

ljifodf l8knf]d]f, :g]t]s]f]0/ l8knf]d]f, Pd-P; =; l=,
 :j:Yo ; /l]f]df kf]6ul]b6 l8knf]d]f, lj=P=, tyf
 :j k]Gwg Pj +ljkb\Joj:yfkg ljifodf Pd=
 lj=P= ; Ddsf]l8ul k]o]f]g ug]sfo{e}x]s]f]5 . ; fy}
 lk=P=8l=ug{ ; d]t ; lsg]Joj:yf ldnf]0Psf]5 .
 o; sf]cn]f]f c]o b]z]sf lj leGg lj=lj=x?n]o;
 lz]l]fnf]0{ckg]fpg]k]o]f] ; u/]s]f] b]l]v]G5 . g]k]f]nsf]
 sf7df08f]ljZj lj Bfnon] ; d]t o; kf7]d]q]m]dnf]0{
 ; dfj z] ug{ rf; f] b]v]f]Psf]5 . xfn; Dd sl/j
 !^))) Jo]Qmx?n] dNo lz]ff / c]l]o]f]Tdst]df
 l8ul]n0; s]s]f 5g\eg]g]k]f]ndf sl/j @)) hgfn]
 o:f ljifodf pRr lz]ff lng] ; f]e]l]o k]f]Psf 5g\
 dlxnf ; z]l]Qms/Of, o]f hf]u/Of / c]l]o]f]Tds kydf
 pN]y]glo eldsf lgj]f] u/]s]f sf/Of df]x]gnfn
 ; v]l]8of ljZj lj Bfno, pbok/ /fh:yfgn] #)
 l8; l]j/, !((@ df a]x]d]s]df/lh ; :y]f]sl k]j{dVo
 k]z]f] ; sf b]bl k]s]f]zd]o]f]l]h]nf]0{dfg]fy{lj Bf]f]fl/wl
 l8=ln6=af6 ; Ddf]gt u/]s]f]lyof]. To; u/L j]t]d]fg
 dVo k]z]f] ; sf b]bl hf]g]sl]nf]0{ul]td olg]l; 6l,
 ljzfv]k]6gd\cf]w] k]o]z]n] / ; :y]f]sl ; e]Qm dVo
 k]z]f] ; sf b]bl /tgdf]x]g]l]nf]0{uh]j uf]ljZj lj Bfnon]
 pQm pk]f]w]af/f lj el]f]t ul/ ; s]s]f 5g\o; af6 l; 4
 xG5 ls 0Zj/k]o]o ; ljZj lj Bfnosf] sfo{/
 lz]l]fn]el]jiodf c]fpg]Ps c]fbz{:j]l]of]0 ljZj sf]
 lgdf] ug]5 . ol]t dfq x]g sf/fuf/sf agblx?n]o;
 lz]l]fnf]0{hljgdf ckg]f/ ; f]d]l]hs ?k]f]t/Ofsf]
 l]q]df dx]T]k]o]f] / pknAw]k]o]f]{hljg lgj]f] ul//x]s]f
 5g\ t; y{sf/fuf/ agb]5g\w/ u]x]x? .

c]G]tdf olb hljgnf]0{ ; vdo, z]Gt,
 Joj]l:yt / c]l]r]Tok]Of{ agfpg' 5 eg] ; dosf]
 dfu dNolgi7 lz]ff Pj -e]l]o]f]Tdst]f xf]. ; :sf/]sf]
 ; j]s]7 k]f]o]l dfgj x]dl clxn] olu kl/j t]G]sf]
 cl]G]td 38ldf 5f]o; w/]df lgs6 eljiodf ; vdo
 ; df]gt]sf] ; :sf/ c]f]p]5 . h]Gd h]Gdsf]>]7 e]l]o
 lgdf] ug] / dNojfg k?iff]Qd Pj =>]7rf]l ag]
 ; ; :s]E kl/]f/ / ; ; :s]E /fi6«lgdf]sf]o; dx]
 lz]ff cleof]gdf ; xeful agf]. ..clxn]geP slxNo}
 x]G] u

त्याग नै तपस्या

श. प्र. कृ. रामप्रसाद दुङ्गाना
वाल्वा

tk:of cllwofTd bzqsf] kof]y xg]j }xb zAb
xf] of]zAbnf0{lj leGg sf]faf6 cg\$ cy{bP/ kof]y
ug{; lsG5 . tflkg tk:ofsf] tflTj s efj xf].
; Tosf] vfl]hl . unt / lj sf/L s of]snfknf0{
Toful cflTdfcgzf; gdf /x] dg?kl tf/nf0{k/
dfTdfdf hf\$g'g}tk:of
xf]. dflg; sf]dg, jrg
/ sd\$]efj g}kfk /
k0osf]kl/Ofd xf]. x/\$
b[6n] dg, jrg /
sdhf0{ kljq agfP/
nlo kfl]ktsf] ugTJodf
nflu/xg'g}tk:of xf].



cllwoTd bzqsf]
ldof] ; jzf:q lz/f]ofl
>ldbefujt ultf xf]
h; nf0{ ; a} zf:qsf]
hggl elG5 . h;df
eujfgaf/f 1fgsf] ult
uf0Psf] efujt zAbn]
tk:ofsf] uxg efj
af\$]f]5 . h:t}

elQm-hljgsf] cdNo lglw eujfgsf] vfl]ldf
>ldtsf]abnf cg\$ dtsf]cg'; /of ub{cg\$]f]f]
ofbdf hljge/ oq tq e6]sg'g}elQm xf].

1fg-cg\$]f} JolQm jf ljz]fsf] khf /
elQmaf6 dQmeP/ Ps k/dTdf lzj lktf -eujfg_
nf0{hfGg; cge]t ug[t] f]cf]f kfl]t ug[1fg xf].
j]flotf-k/d; To ->ldt_ sf] 1fg

/ lzlfaf6 ; f;#l/s ljifo lj sf/nf0{lhTg' g}
j]flotf xf].

tk:of-elQmsf]k/fsfi7f1fgaf/f; f;#l/s
ljifo ; fu/af6 dfly p7] cflTdfgzfl; t e}sdn
klk ; dfg kljq hljg lhpq]snf g}tk:of xf].

tk:of zAbnf0{; /n ?kn]
cllwoog ubf{o:tf]efj JoQm
ug{; lsG5 .

t-tYo 1fgn]oQm eP/
k-k/d ; Tosf]vfl]hl ub\$
; -; TodVzjd\; Gb/d\$]f]
of-ofbdf /xg'g}tk:of xf].

zf/l/s ; jf:Ynf0{
cf3ft kg]u/l 3/ kl/jf/
cGgkfgl Tofu] hun k:g'
jf oq tq e6]sg' tk:of
xf]g . tk:of kljqTdf
cfwfl/t ; fwgf xf] .
kljqtf tk:ofsf] hu xf].
kljqtf wf/of ug{ eg\$]f]

lj sf/L vfgkfg, unt ljrf/ / j:t]sf]Tofu xf].
dflg; oyfy]k/d]Tdfsf]cdfgt xf]To; }p]pxf]f]
>ldt cg'; /of u/] h6d h6d]f]t/sf]kfk s6fpg
lg/fsf/ lzj lktfsf]7fp]f z/L/wf/L >ls[0fsf]
gfd ; lxt ; j]ofklsf]gf/f hf\$] k/d]Tdf lzj
lktfsf]clt Unflg ul/of]. o;/L zf:qdf unt
JofVof ePs}sf/of cflTds lktf lzjafafnf0{
hfGg]Dzj/lo clwsf/ / ; jwd]f]f0{eh} ; #/ cg\$



१) राम बजार (पोखरा):- सुन चाँदी महासंघका केन्द्रीय अध्यक्ष मणिरत्न शाक्यलाई ईश्वरीय उपहार प्रदान गर्दै ब्र.कु गोमा । २) पाल्पा:-मूल्यशिक्षा एवं आध्यात्मिकता विषयमा एम.एस.सी. उत्तिर्णा गरी माउण्ट आबूमा दिक्षित ब्र.कु. भानु प्रकाश पौडेललाई स्थानीय क्षेत्रमा आयोजित बधाई कार्यक्रम पश्चात् शिक्षाविद् एवं त्रि.वि.वि.का पूर्व प्राध्यापक गोपीकृष्ण शर्मा, पत्रकार माधव अर्याल, नगरपालिकाका योजना प्रमुख विष्णु पौडेल एवं ब्र.कु. प्रेमा । ३) आबूरोड, शान्तिवन:- माउण्ट आबूमा आयोजित राजयोग शिविरमा सहभागी गुल्मी एवं पाल्पा क्षेत्रका स्थानीय समाजसेवी महानुभावहरुका साथ ब्र.कु. सुशिला बहिनी एवं ब्र.कु. सबिता । ४) रूपाकोट(कास्की):- मूल्य शिक्षा विषयक प्रवचन पश्चात् विद्यार्थीका साथ ब्र.कु. मञ्जु बहिनी सहकारी संस्थाका अध्यक्ष डिगमाया गुरुङ्ग, प्राचार्य भोला पौडेल एवं अन्य । ५) खार, ग्वालिचौर(वाग्लुङ):-स्थानीय महिला समूहलाई नारी सशक्तिकरणका लागि राजयोग विषयक प्रशिक्षण शिविर गराउँदै प्रशिक्षक ब्र.कु. राजु घले । ६) रिडी, गुल्मी : अनुभव आदानप्रदान तथा स्नेह मिलन कार्यक्रममा समाजसेवी द्वय केशरमान बजिमय, जीवन कसजु, आमा समूहकी अध्यक्ष धना रानाको साथमा ब्र.कु. सगिता र ब्र.कु. गोमा बहिनी एवं अन्य युवा व्यक्तित्वहरु । ७) रामबजार, पोखरा:- नेतृत्व विकास र तनाव व्यवस्थापन विषयक प्रशिक्षण कार्यक्रम पश्चात् प्रशिक्षक ब्रह्माकुमार राजु खड्कालाई सम्मान गर्नुहुँदै सभासद कुमार खड्का ।

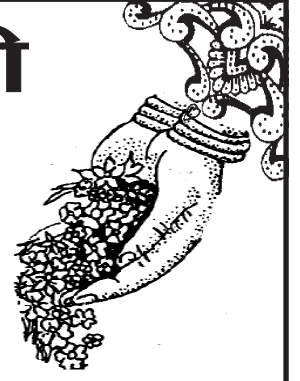
८) पोखरा:- सिटी रेवानद्वारा आयोजित महोत्सवमा सञ्चालित जीवनमूल्य आध्यात्मिक प्रदर्शनीको अवलोकन गर्दै सर्वसाधारणहरु ।

९) भैरहवा:- बाल नेत्र एकेडमीका शिक्षक एवं विद्यार्थीहरुका साथ ईश्वरीय ज्ञान चर्चा पश्चात् ब्र.कु. शान्ति ब्र.कु.भूपेन्द्र अधिकारी, शिक्षाविद् बालकृष्ण भट्टराई एवं अन्य ।

हार्दिक श्रद्धाञ्जली



जन्म
२०३४ माघ ५ गते



अव्यक्त आरोहण
२०७१ मंसिर २८ गते



हाम्री अति स्नेही मिलनसार र सक्रिय दैवी बहिनी ब्रह्माकुमारी उषा लामिछाने विगत २० वर्षदेखि ब्रह्माकुमारी ईश्वरीय विश्व विद्यालयमा पूर्णकालीन रूपले समर्पित भई ईश्वरीय सेवा गर्ने क्रममा दाङ, गोर्खा र हाल विन्ध्यवासिनी पोखरा सेवा केन्द्रमा सेवा गर्दै आइरहनुभएको थियो । उहाँ केही समयदेखि मृगौलाको समस्याले अस्वस्थ हुनुहुन्थ्यो । विडम्बनावश यही २०७१ मंसिर २८ गते आइतबार उहाँको आत्माले पुरानो देह त्याग गरी यस संसारबाट अव्यक्त भई बापदादाको पासमा पुग्नुभयो । साहशी व्यक्तित्वकी धनी स्व. ब्रह्माकुमारी उषा बहिनीले परमात्माको यस धर्तिमा अवतरण र विश्व परिवर्तनको कार्यप्रति दृढ निश्चय राखी ईश्वरीय सन्देश जनजनमा पुऱ्याउन र अनेकौं आत्माहरूको जीवनमा सकारात्मक परिवर्तन ल्याउन आफ्नो जीवनकालमा ठूलो त्याग र तपस्याद्वारा ईश्वरीय सेवा गर्नुभयो । उहाँले ईश्वरीय सेवाको विस्तारमा पुऱ्याउनु भएको योगदान र पुण्य कार्य हामी सबैका लागि सदैव स्मरणीय रहिरहने छ । आत्माको यस अव्यक्त आरोहणको घडीमा उहाँको भौतिक शरीरको अभावमा सम्पूर्ण लौकिक आफन्तजन एवं अलौकिक ब्राह्मण परिवारजनमा परमात्माबाट धैर्य धारण गर्ने शक्ति प्राप्त होस भनी उहाँको पावनआत्माप्रति भावपूर्ण हार्दिक श्रद्धाञ्जली अर्पण गर्दछौं ।

राजयोगिनी ब्र.कु. परिणीता

निर्देशक एवं संरक्षक

ब्रह्माकुमारी ईश्वरीय विश्व विद्यालय परिवार, पश्चिम नेपाल