

- शिव भगवानुवाच -

मन-बुद्धिलाई यति व्यस्त राख कि व्यर्थ संकल्प कहिल्यै नआओस् । यसको लागि सहज विधि हो - आफ्नो मनलाई सदैव मनसा, वाचा र कर्मणा सेवामा व्यस्त राख्ने । मनलाई व्यस्त राख्ने साधन हो - हरेक बिहानको मुरली ।

ईश्वरीय उपहार

द्वैमासिक आध्यात्मिक पत्रिका

वर्ष ६, अंक ५, फागुन - चैत्र २०७१ (Feb.-Apr. 2015)

जि.प्र.का. कास्की द नं. २४३/०६५/०६६

मूल्य रु. २५/-

मधुरता

जहाँ मधुरता हुन्छ, त्यहाँ पवित्रता हुन्छ ।
पवित्रता विना मधुरता हुन सक्दैन ।
त्यसैले हरेक बोलीमा मधुरता, सन्तुष्टता
र सरलताको नविनता हुनु पर्दछ । यही
नै महानता हो । मधुर बोली मधुर
संस्कार र मधुर स्वभावद्वारा अरुलाई
पनि मधुर बनाउनु पर्दछ । मधुरता
यस्तो गुण हो, जसले जो कसैलाई पनि
हर्षित बनाउन सक्छ ।

उपहार-सूची

विषय	पृष्ठ
सम्पादकीय	२
अव्यक्त ईशारा	३
दादीजीको आशीर्षचन	४
मनुष्य मत र ईश्वरीय मत	५
त्याग-एक आध्यात्मिक शक्ति	८
परमात्मा शिव वन्नुभयो	१०
ब्राह्मण जीवनको जन्मसिद्ध	१२
शिवरात्रीको रहस्योद्घाटन	१४
शिव अवतरण र दिव्य कर्तव्य	१६
शिक्षा, शिक्षक र मानव संस्कृति	२०
परमाणु शक्ति बनाम परमात्मिक शक्ति	२३
मूल्यनिष्ठ समाज रूपान्तरणको आधार	२४
शिवरात्री-महान पर्व	२८
शान्तिको जननी स्वधर्म	२९
पुरुषार्थीको लागि अलवेलापन ...	३१
जीवन नाटकको हीरो	३२

a\dfsdf/l OZj /lo lj Zj lj Bfno Pj +/fhof\ klzlf0f s\bb|e\jxf/f k\$flzt ..OZj /lo pkxf/U sf nflu

संरक्षक : राजयोगिनीद्वय ब्र.कु. सुरेन्द्र दिदी, ब्र.कु. परिणीता दिदी प्रबन्ध निर्देशक : ब्र.कु. शैलेशराज बराल
प्रधान सम्पादक : ब्र.कु. भानुप्रकाश पौडेल सम्पादक : ब्र.कु. शिशिर रेग्मी

पत्रव्यवहार: a\dfsdf/l OZj /lo lj Zj lj Bfno Pj +/fhof\ klzlf0f s\bb|gof\hf/, kfj/f, k\fm) ^!-%@@^%, %#!##

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

आध्यात्मिक जगतमा बिन्दु एवं ज्योतिर्बिन्दुको महत्त्व

ul0ftlo kl/efiffg;f/ h;sf]dfkg cyf{\nDaf0{ rf}f0{/ prf0{gfk; ;lsb; To; }f0{laGb' eG; ;lsG5 eg] j0f6 ul/Psf]5 . t/ sg}klg c; jf clf/sf]cf/De ug{eg]laGb]7hf]; xofu k%ofPsf]xG5 . ul0ftsf cg;f/ laGb' Psn}eGb c?; E kofu xB dxTj k0f{b}vG5 .

To; /L g}eff]ts Pj +; fog lj 1fgsf cg;f/ sg}klg kbfsf]dVo ?k c0f Pj +k/df0' laGb' ; dfg xG5g\ k/df0sf]d't{?k g}kbfsf]x]. ctM k/df0'-k/df0sf]; efhgaf6 g}kbfsf]ag}sf]xG5 . olb sg}klg kbfsf]9fFdf kl/j t6 rfxG5f]eg]qmdzM k/df0df klg ?kft/Of ug{kb5 .

To: t6/L hlj lj 1fgsf]cg;f/ o; ; #/df ; j kyd Pssf]lo hlj hf]clt ; 'ld ?ksf]lyof] hg kl5 uP/ To; }f]lj sl; t ?k ; dbdf 8f0gf] / h:tf lj zfn kf0lfsf]lj sf; ePsf]s/f JoVof ul/Psf]5 . o:t} vuf] lj 1fgn]klg dfgj ; [6sf]lgdf e fh]do laGb' :j ?ksf]cllg jf k\$zaf6 lj ikn}g e0{pTkl ePsf] xf]elgPsf]5 .

otf cll0f]Tds lj 1ffgn]klg dfgj cTdfsf]; Argf klg k\$z :j ?k laGb' hf]cv08 Hof]t}o zlQmaf6 lgdf ePsf]xf]eg] j0f6 ul/Psf]k0G5 .

h; /L eff]ts zf:q cg;f/ laGb} cfw/af6 cfh;Dd cf0kubf cg}f} ;fwgsf] cflj:sf/ u/L dfgjnf0{ ;fwg ; DkGg xg 7hf]; xofu ku}sf]5, t/ otf xfdl dfgjx?sf]klg ; 'ld laGb' ; dfg dgn] pQm ;fwg / ; f]af6 bl3\$fnlg ?kdf dlQm Pjd\k/d cfgGb kf}t xg g; Sg] s/f ljleGg bfzlgS, wd}fTdf, ;fw' ;Gt / lj 4fgx?n]ki6 kf/\$f] xB jf:tlj s cfgGb kf}t ug{cTdf jf dgsf /rlotf k/dfTdf Hof]tla}bzj k/dfTdf hit dg Psfu ug{ ;Sb5f}+Tolt g}k/dfTdf laGbaf6 cTdf?kl laGbd Ps k\$/sf]phf{zlQm cfp}5, oxl g}cfl0f]Tds zlQmsf]dxTj k0f{kl}t xf]. o; u/L ;fdlhs lf}df klg lj sf;sf]z?jft laGbsf]-) _ ?kaf6 z? u/L qmdz !-@-# ub}pTisif{cj:yf by}0G5 .

wld\$ s}fsnk c}tu} klg khf cfhf ubf{laGb}k}ls 6lsfsf]kofu ub}; a}f0{ ;Ddfg jf ;Tsf/ ul/G5 . To:t}; gftg wd}fnDalx?n]k/dfTdfnf0{c sf/ ; j ?k Hof]tla}bhf0{ofb ub}5g\ To:t} dl:nd, lqnirog / af} ; Dk}fosf eQm}gx?n]k/dfTdf Hof]tla}bhf0{qmdzM vbf, g', kf}G6 ckm nf06 / zflGtsf]Hof]tsf]?kdf Wofg u/\$f]k0G5 .

lg:sif} eGb laGbaf6}eff]ts kbfsf/ cef]ts cTdfsf]; Argf ePsf]xB o; sf]klg clt lj sl; t :j ?k j t6fg ; do @! cf}zTf]bsf]eff]ts ;fwgdf clt lgv/tf ; 'ldt :j ?k On\$6}gs / P6f]ds c:qz:qaf6 s}f} /rgf]ds s}fsnkdf dfgj n]kofu ub}ljleGg lsl; dsf lj sf;sf sdx? u/\$f]5 eg]csf]t/ laGb' ; dfg P6f]ds ; #fwgsf]kofu ub}dfgj ; #/nf0{ ; #/ ug{sg}a] gnllg]cj:yf klg ; a}eff]u/x\$ 5f}+ ctM o:tf]8/nlbf]/ eolet ljgzsf/L cj:yfnf0{?kft/Of ug{cef]ts ; f]sf]alh Hof]tlaGb'k/ dfTdfn]dfgj ; #/sf]pTs[6 :j ?k cflbsfn :j 0f} ; #/sf]; fb}o cflb b] ax}dfnf0{by}f0{kgM pQm ; vb\ ; #/df hfgsf]nflu eff]ts :j ?knf0{eh} laGb' :j ?k Hof]t ; dfg cTdfdf Psfu}xB}cTdfsf df]ns uOf -zflGt, kljqt, 1ffg, zlQm / cfgGb_ cflbnf0{ :d/Of ub}Hof]tla} ; Tod\zjd\ ; Gb/d\k/dfTdf lzj nf0{ kof/n]afaf eGb}ofb jf Wofg ub}5f]eg]kSs}klg xfdln]hfg cGhfgd u/\$f cg}f]kfkhg s}sd}6 dQm e}Ps ; Gb/, zflGt / lbJo hljg kf}t ug{ ; kmn xg}5f}+ eff]ts kbfsf]{nufot Jo}Qm lj z]fsf]dfof, df} / 8/ qf; sf]hfnaf6 ; lhn}kf/ e0{dlQm tyf hljgd}Qmsf]; Gb/ cgel't ug{ ; kmn xg}5f}+

a}sf' efgk\$z kf}j

आत्मिक स्थितिको अभ्यासद्वारा शान्ति र शुभभावना सम्पन्न बन

- cg\$ k\$/\$sf JolQm j\$ej cyjf cg\$ k\$/\$sf j:tx?sf] ; Dksdf cfpbf cflTds efj / cgfzQm efj wf/Of u/ . of]j\$ej / j:tx? cgf; Qmsf]cuffl8 bf; lsf]?kdf xG5 / cf; St efj ePsf]cuffl8 rDas h:t}xG5 .
- ca o:tf]kf/bzl{ag, hg lTdf]z/L/leq lj/fhdfg cfd]f :ki6 b]vof] \ . lTdf] cflTds :j?kn] pglx?sf] cfkmg] cflTds :j?ksf]; flffsf/ u/fcf] \o; nf0{g}elgG5 cJoQmjf cflTds l:y]tsf]cgej u/fpg'.
- ha :jonf0{csfndt{cfd]f dfG5f} ta csfn d[ofaf6, csfnaf6 / ;j{d:ofaf6 aRg ;Sb5f}. dfgl;s lrgtfx?, dfgl;s kl/l:y]tx?nf0{x6fpg] Pp6}; fwg xf]cfkmg]k/fgf]z/L/sf]efgnf0{eNg' . b} cledfgnf0{d}fpgfn]g}; j{kl/l:y]tx? d]G5g\
- h; /L cg\$ hGd cfkmg]b}sf]:j?ksf]:d]t :jef]j s /xG5, To; /L g}cfkmg]j]f:tlj s :j?ksf] :d]t]sf]cgej yf]; do klg ub}f] / <o; klxf]kf7nf0{k/f u/ . ta cfkmg]cfd]f cledfgl l:y]táf / ; j{cfd]fx?nf0{; flffsf/ u/fpg]lglD agb5f}.
- sg}klg sdhf] cfd]fx?sf]sdhf]lnf0{gb} . ljleGg lsl; dsf cfd]fx? 5g\efg]:d]t]df / xf] \ ; aklT cflTds b]i6 /xf] \ cfd]fsf]?kdf p; nf0{d]t]df Nofpgfn]z]Qm lbg ; lG5 .
- sg}klg ljfgaf6 dQm xg]olQm 5, ; \$Q8df :josf]:j?k cyff cflTds Hof]t :j?k :d]t]df cfcf] V sd}f lglD efjsf]:j?k - o; 8an nf06 :j?kdf l:yt ag ta ; \$Q8df xf0hDk lbg ; S5f}. sg}klg ljfgn]cuffl8 a9ydf afwf k/dfpbg .
- h; /L P6d aDa sg}Pp6f :yfgdf 5f\$gn]rf]; km(To; sf]cz kmnG5, To; /L g}cflTds adasf] k}ej klg cg\$ cfd]fx?nf0{cfslif} ug5 / ; xh}k}hfsf]; wofdf j]4 xG5 . To; j]; #7t ?kdf cflTds :j?ksf]cEof; nf0{a9fpm :d]t :j?k ag . clg jfod08n z]Qmzfnl ag5 .
- h; /L sg}klg JolQmbk}sf]; fdGg]pleg]alQs}:josf]; flffsf/ ub5, To:t}lTdf]cflTds l:y]t z]Qm?kl bk}sf]cuffl8 sg}klg cfd]f cfcf] \p; n]Ps ; \$Q8d}cfkmg] :j-:j?ksf]bzg jf ; flffsf/ u/f] \ lTdf]x/\$ sd}f, x/\$ rngdf ?x]fgotsf]cfsif}f] xf] \ hf]:jR5 cflTds an ePsf]cfd]f 5, p; n]; a}f0{cfkmt km(h?/ cfslif} ub5 .
- o:tf]sg}klg af]x]dof 5g] x]hf, h; n]cfd]fclcdfgl agGk?iffy{u/\$f]gx} \ t/ lg/Gt/ cfd]f cledfgl agGkb5, h; af6 sd}b}b}dfly ; Dk0f{lj ho xf] \x/\$ sd}b}b} ; t]k}wfg / :jR5 xf] \ b}sf]k/fgf]; #sf/ / ; DaGwaf6 ; Dk0f{d/hljf xf] \ o; k?iffy}af6 g}gDa/ k]k}t xG5 .



उमंग उत्साह बिना जीवन नीरस छ, त्यसैले सदा उमंग उत्साहमा रहनु छ न कहिल्यै अपसेट हुनु छ, न त अवसेन्ट नै



cGt/dgdF zflGt 5 eg] aflx/ vZlsf] nx/ rln/xG5 . :jOmF0{
vZl /fVgsf]nflu, dglonf0{vZl /fVgsf]nflu slt dXgt ugKb5 .
vZl /xg'cyff cGtd\l /xg'. sfXl slxNo}vZl xBq,\To; sf]sf/Of
s]xf]< afXodVtf . afXodVtfaf6 sdBbpx? cToGt}r~rn xG5g\
sdBbpx? lgoGqofdf 5g\eg] zltN xG5g,\zft xG5g\ . To; h]
cGtd\Vtfaf6 dg-al4nf0{lhtdf vZl xG5, lj sdrf\lt aGgdf vZl
xG5 . w}; fHg]/ aHlg]afglN]hljgdf tgj xG5 . ta sgKlg k?iffy{
ugdf dXgt cgej xG5 . To; h]; Rrf0k} \$ lelq lrQnf0{; knf /fVgn]
vZl xG5 .

leq sg}klg sdl g/xf] \eGsf nflu To; sf]ulx/f0df uP/ cfknf]
r]s^a u/] r]h ugK5{ gg afafsf] lbnDF a:g ; lsbq . lbnf/fd afafsf] h:t} lbn
agfpg' 5 eg] ; dfoHhg zIQm ; dGg] zIQmaf6 sg} klG s'/fsf] la:tf/df hfg' xBq .
ol bA}zIQmaf6 ; bf ; Gtl6 /xg]j/bfg afaf; f lncf; d hab]v afafsf]ag;+tab]v dnf0{afafsf]
o; j/bfg kft ePsf]5 . afaf eGgxG5-; bf zAb ; bf ofb /fv . afafsf]Kof/sf]zIQmaf6 >]7 sd{
ug]pdu-pT; fx slxNo}sd xBq .

Ps t eujfgsf]; fy 5, csf];]fsf]efllo 5 . eujfgsf]; fy lagf ;]f xBq . ;]fsf]kmin]
w}); v lbG5 . ;]f ug]qmdf of]d]u/}sf]xf]eg] slxNo}cledfg gcfcf] \ / d]f];]fsf]sb/ xBq
eg] slxNo}lg/fzf klG gcfcf] \ hg j/bfg / cfzljf afafaf6 ldln/x}f]lyof] To; sf]; 6dfdf
:jOm]:jOmF0{>flkt ub5gV pdu-pT; fx lagf hljgnf0{lg/z agfp5g\ h; /l kHx? sxlFuP/
Ps ; \$Q8 a:b5g\kgM csf]; \$Q8df pl8xfN5g\cyff yf]a:g]clg pl8xfN]afgl xG5, To; /l
g}afafn]klG p8\l snf lbgePsf]5 ; DkGg aGgsf]nflu . tadfQ ; fX|snf ePsf]algG5 . ; b}
pdu-pT; fxdf /xgsf]nflu slxNo}ck; 6 xgxBq, g t slxNo}cj; Q6 -cgkl:yt_ g}xg' 5 lsgls
; b} afafsf]; fdGg] Snf; df 7hfx?sf]; Ddv pkl:yt xg' ;]f klG xf] :j-pGglT klG xf].

slxn}f]lPsf]tdf a;] :jOm]:jOmF0{Kof/ u/ . afafn]t Kof/ ugK5 g} tyflk :jOm]
:jOmF0{/ To; kl5 cGonf0{Kof/ ug]cEof; ug5 . hf]h:tf] S}5, p; sf]ljz]ftf by], hfg] p; nf0{
Kof/ u/ . hf]klG ; Ddv cfp5, ?xflgot]sf]JolQm]df /xg'j:f:tjdf ukt / ; 'ld k?iffy{xf]. cfk; df
?xflgotn]el/kof{0Zj/lo :gx xf] \

वज्रुष्य वज्र र ईश्वरीय वज्र

परमात्माको दिव्य नाम र दिव्य रूप

संज्ञाय संज्ञा र परस्परिज्ञा परस्परिज्ञा
 शिखरको संज्ञा संज्ञा संज्ञा

dflg;n] ;dfhnf0{ hg cg\$ k\$/\$sf
 dtx? lbPsf 5g\ 1fg ;fu/ kltt kfjg k/
 dlktf k/dftdf lzjn] hg ;j{7 dt lb0/
 xgePsf] 5 To;df dxfg\cgt/ 5 . pbfx/0fsf]
 nflu dflg;x? eGb}/ dfgb}klg cfPsf 5g\ls
 k/dftdf ;j{ofkl xgxG5, pxfFuf0{ ;k{ laR5L,
 9Ef-d9f, ;dGb, kxf8-kj{ htftt}xgxG5 . t/
 k/dlktf k/dftdfn]d ;j{ofks 5g, d Hof]t:j?k
 laGb?k xF d aXdnf\$df a:b5'eg] atfpg'xG5 .
 dflg;x?n] eGb}cfPsf 5g\ultf 1fg ljiofsf]
 ;sf/ ?k >ls[0fn] lbgePsf] xf] t/ k/dlktf
 k/dftdfn]eG' ePsf] 5 ls jf:t]js ultf 1fg
 aXdf, ljiof' / zS/sf klg /rlotf, /fHo eflbsf]
 pkef] gug]ceQmf, Hof]tlaGb' ;a}cftdfx?sf
 lktf k/dlktf k/dftdf lzjn]lbgePsf]xf]. o; u/
 dflg;x?n]slnoUnf0{aLn bW lkp}u/\$f]aRrf
 dfgb5g\ t/ clxn]k/dlktf k/dftdf lzjn]eG'
 ePsf] 5 ls slnou t clxn]j e0; s\$]f] 5,
 d[0' zdf 5 0 / To; sf]clxn]clt yf]}; dodfq
 afEl ar\$]f]5 .

एव तावदि (अभिर्तो) सति अस्मिन्निर्णयं पुरुर्हि, सत्यं के
 होर अस्त्य के होर?

ljut @%) jifdf ;#/df cg\$fg\$
 dtx? :yflkt ePsf 5g\ cfllofTds ljifodf
 cgluGtl ulyx? klg /lrPsf 5g\ . lat\$ b0{
 oudf dflg;n] /r\$ Tol l; 4fGtx?nf0{ nfvf}
 s/f\$]dflg;x?n]cf^gf]hljgdf ckgfPsf 5g\
 ltgsf]krf/k}f/ klg u/\$f 5g\ t/ xfn cg\$
 dt dtfGt/ / l; 4fGt sf afjhb ;#/df kfkrf/,



श्रवणयोगी
 प्रह्लादकुमार जगद्विद्यचन्द्र

cTofrf/ Pj -bMvsf]jftfj /of ag\$}5 . cem ;fFf]
 s'f t of]xf]ls ljut @%) jifdf ;#/df bM/
 a9/x\$]f] 5 / dflg;sf w]}dtdtGt/sf sf/0f
 ;dfhdf tgfj, emu8f, czflGt a9fpg]sf/0f ag\$
 5g\ cg\$fg\$ dglodtx? Pj -wd{; Dk}fox?nf0{
 bV} dflg; sf]dgdF Pp6f 7hf]blj wf pTkGg ePsf]
 5 ;fy}klxn]vsf]kZg t 5f\$ ls jf:t]df
 ;To s]xf]/ c; To s]xf]<k/dlktf k/dftdf clg
 eujfg 0Zj/sf]jf:t]js kl/ro s]xf]<cg\$
 dfgjlo dtx?n]dflg;sf cfllofTds ;d:ofnf0{
 ;Nemfpg\$] ;sf cem}w]}aNemfPsf 5gV ;Tosf]
 glhs klg dflg;nf0{ cToGt sl7g agfPsf
 5g\ a? of]klg eG ;lsG5 ls k:/k/ lj/fM
 olQmj xlg cg\$ dt / jfbsf sf/0f ljZjdf s/f\$}
 dflg; 0Zj/ ljdv jf gfl:ts aGb5g'eGb cTolQm
 xG .

ctM cfh dflg;n] g :jo+cf^gf] af/df
 ;To /x:o hfg\$]f] 5 g t cf^gf k/dlktf k/
 dftdfsf] oyfy{ ;j?k hfGb5 . g t ;#/?kl
 rqmnf0{aem\$]f] 5, g sd{csd{lj sd\$]f] km/s
 5bdfpg ;Sb5 . g sd\$]f]uxg ultsf]af/df
 1fg 5, g p;nf0{ ;Dkof{zflGt ldn\$]f] 5, g
 z/l/ kOf{:j:y 5, g p;nf0{wgsf] ;v kft
 5, g aGwg dQm hljgsf]cfGgb kft u/\$f] 5,
 To; }1fgsf ;fu/, zflGtsf ;fu/, cfGbsf ;fu/,

k/dlktf k/dftdf :j o-dflg; x?nf0{of}; Dk0f{x:o
atfpgsf nflu pglx?nf0{1fgsf]lBjo gh/ -1fg
rIf_ lbP/ ; vSf]af6f]b]fpg tyf ; Dk0f{kljqt
; v / zflGtsf]hGdl; 4 clwsf/ lbgsf]nflu kbM
cjtl/t xgePsf] 5 . dflg; t cNk1fgl -yf}]
hfG] xG5g\ k/dlktf k/dftdf 1fgsf ; fu/ tyf
lqsfnbzl{-tlg}sf n et, j tdfg tyf eljionf0{
b]G ; Sg] xgXG5 . To; j]dflg; sf]dt -dgd
/ k/dlktf k/dftdfsf]dt ->ldt_ df dxfg\cGt/
xg' :jefljs}xf]. ; fF]s/f t s]5 eg]dglosf]
dt / k/dftdfsf]dtdf xf]/ xf]G eg]h:t}km/s
5 . o;}cGt/sf sf/of dflg; b]M 5 / k/dftdf
b]Maf6 w]}6f9f, zflGt tyf cfgGbsf ; fu/ / k/d
kljq xgXG5 . clxn] k]hktf ax]dfsf]z/L/df
kj} u/] 1fg ; fu/, kltt kfjg k/dlktf
k/dftdfn]hg 0Zj/lo dt lb0/xgePsf]5 To; sf]
dVo ; f/ / dfgjlo dt; f]sf]To; sf]dxfg\cGt/
o; k':tsdf kf7sx?sf]sNof0ff{y{k;t't ul/Psf]
5 . u0fu]xs b]l6 /fvL kf7sx?n]dglo dtnf0{
k9x]hf, To; ; f ; DalGwT kZgx?df klg w]}j rf/
ug]hf ; fy}k/dlktf k/dftdfsf]dt klg tGdo /
Psfu|eP/ k9x]hf / cfkm]G0f6 ug]hf ls ; To
s]xf]/ sg dt sNof0sf/L xf]<

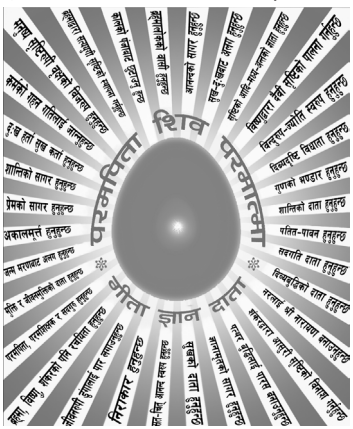
क/दलकत/दलकत क/दलकत र/दलकत र/दलकत र/दलकत
क/दलकत क/दलकत क/दलकत क/दलकत क/दलकत क/दलकत
dflg; n]eGb}cfPsf 5g ls k/dftdf gfd
/ ?k /lxt xgXG5 . lsgls gfd / ?k ePsf]j:t'
cflb / cGt ePsf]ljgfzl xG5, hals k/dftdf
cgflb / cljgfzl -gfz gxg] xgXG5 . sg}?k
gxgfsf]sf/0fn]Hofl]t:j?k k/dftdfnf0{lg/fsf/
elgPsf]xf].
क/दलकत
dfly n]vPsf]dtsf]c; Totf tyf k[7df
n]vPsf]dtsf]; Totf a%gsf]nflu lgDg lnlt
kZgx?df lj rf/ u/f]-
!_ olb k/dlkp, k/dlktf k/dftdfsf] gfd 5g

eg]eQmng tyf ; fwX? s; sf]hk ub5g\ olb
k/dlktf k/dftdfsf]sg]?k 5g eg]eQm cyjf
; fw' ; Gtx? eujfgsf]bzGsf]nflu elQm khf,
; fwgf, cf/fwgf cflb lsg ub5g\
@_ dflg; x?nf0{k/dftdf bzG cyjf 0Zj / ldngsf]
7hf]0R5f xG5, hals lbjo rlf'h; af/f k/dftdfsf]
bzG klg xg; S5 . o; nf0{7hf]j/bfg dflG5,
t k/dftdfsf]sg}lbjo ?k cjZo xG5 hg lbjo
b]l6af6 dfq b]G ; lsg5 eg] lsg gdfG}<
#_ hals nfd]sf]; \$f 5f]f] tft]sf]; \$f lr; f]sf]
thgdf / o:t}cGo lj z]f]f klg c? zAbsf]thgdf
k]f] ul/G5 eg]lg/fsf/ zAbsf]ljz]f]f ; fsf/
tyf ; 'ldsf/sf]?kdf dfg lsg ; lsbG cyjf
To]zAbsf]cy{of]lsg glng]ls k/dftdfsf]sg}
:yh jf k\$zdo z/L/ Pj +z/L/s ?k t xG5 .
t/ h; /L cftdf Hofl]t:j?k / c0f'?k 5, To:t}
k/dftdf klg Hofl]t laGb'xgXG5 <
\$ _ hals laGb' cyjf c0f]sf]sg}nDaf0 rf]f0{
xG5, p; sf]sg}sf]f jf gfkG of]o cfsf/ xG5
cyjf laGbhf0{lg/fsf/ eG ; lsg5 eg]k/dftdfsf]
af/\$f lg/fsf/ zAbsf]cy{Hofl]t laGb'xf]eg] lsg
gdfG}<
%_ h; /L u0fsf]?k xG5, tyflk u0]fnf -u0f_
sf]cf'gf]?k xG5, h; /L ; uGwsf]?k xG5 t/
k]nsf]?k xG5 eg]k/dftdfsf]zflGt, cfgGb cflb
cflb u0fsf]t ?k xG5 tyflk o:tf u0f ePsf
k/dftdfsf]lghl ?k cjZo xG5 eg] lsg gdfG}<
^_ ef/tjif]f k]o} jif{Izj/fql kj{dgf0G5,
o;n]klg s]of]l; 4 ubG / ls k/dftdfsf]sg}g
sg}?k xG5, To; j]t pxfFc1fg?kl /qldf ; #/
df cj tl/t eP/ dglo cftdfnf0{sNof0f ug]G5 <
&_ h; /L xfdl ; #/e/sf dflg; x?df ; Gtfgsf]
?k; f cfd-f]sf]?k cjZo d]h vG5 To; /lg}
cftdfsf]c0f'?kaf6 s]of]l; 4 xG5 / ls k/dftdf
lktfsf]klg o:t}lbjo Pj d'Hofl]tdG laGb'?k 5 <
*_ c0f?kl cftdf klg cv08, cgflb, cljgfzl xG5
eg] k/dftdfsf] cgflb cljgfzl u0fnf0{c0f'?k

lsg gdfg<
(_ s]xidf k/dlktfs]sg}gfd / ?knf0{gdfg'
gfl:tstf xfo'g <s]of]dfg'otf cg; f/ ; Dk0f{zf:q
lg/y\$ xbgg\clg ; a};fwgxf? lg/fwf/ xbgg\<
s]cf^gf lktfs]gfd ?k / jf; :yf g -wfd_ sf]
hfgs/l gxf dflg; x? ..cgfyl ePgg<

एहिले | क/दलक्त | क/दलक्त | शिवे | के | सधे/हनु' परिर्को |
छ ?

k/dlktf k/dlktf elg65- gfd / ?k
gePsf]sg]klg j : t'; To xbgg . ctMd k/dlktfnf0{
gfd ?k/lxt dfg' t d k/dlktfnf0{g dfg' xf].
d k/dlktfnf0{lg/fsf/ elgs]cy{of]xfo'g ls d]f]
sg}}?k / cfsf/ g]5gg a? ..lg/fsf/l zAb ..; fsf/l
zAbsf] thgdf kf]yl ul/65 / o; sf]cy{xf]d]f]
sg}zf/l/s jf k\$[ts[-k\$[tn]ag\$] cfsf/
5gg . aRrfx?- hg cf]dn]:yh z/l/ wf/of u/\$f]
5 p; nf0{; fsf/ elg65, To: t]h; n]; 'ld k\$fdz
z/l/ -sfof_
wf/of u/\$f]x65,
h: t]axdf, lj iof/
z\$, pglx?nf0{
; 'ld cfsf/l
cyjf b]tf ?k
elg65 . t/ d]f]
g sg}:yh z/l/
5 g t; 'ld z/l/
g]5 . To; h] d
Hof]t:j?k k/
d]f]dnf0{lg/fsf/ elg65



oBlk, d]f] sg}zf/l/s ?k 5gg tyfk
lghl k\$fdzdo r]go ?k Hof]t]laGb' 5, h; sf]
k]lSdf g]zj lnE gdsf kltdfx? agf0Psf 5g\
d]f] Hof]td6 laGb' ?k xgfsf] sf/ofn] g}dnf0{
cJoQm dt{-JoQm gxg]d]t{ elg65 .
aRrfx?, d]f]dVo gfd ..ljju xf] lsgls
lzs]cy{sNof0sf/l xf]/ d g}; a\$]sNof0f ug]

jfnf k/dlktf xFclg ; a]f0{dlQm tyf hljgdIQm
/ ; v tyf zfl6t lb65'. ctMd k/dlktfs]sg}
gfd g}gdfg' Ps 7hf] eh ug{xf] lsgls sg}
j:tsf] gfd lgzfg -?k_ gdfg' eg\$] p; sf]
cl:t]j gdfg'-g:jlsfg] xf].

aRrfx?, d]f] sg}; Hjrfs of zf/l/s
gfd t 5gg, t/ d k/dlktf : j?ksf]cgflb uof] frs
/ ; j]7 gfd elzjE g}xf] hg gdfaf6 d]f]
uof, st]o tyf cf]dnfsf ; fy]d]f]; DaGwsf]klg
kl/ro ldNb5 .

xf] dnf0{lagf gfd, lagf ?k, lagf wfd
/ ; j]ofks dfgn]g}elQm khf, 1fg, Wofg, ofyl
cf]b ; a}gi6 xbgg]uPsf 5g\ fy}; a}g/ gf/l daf6
ljdv xbgg]uPsf 5g\ lsgls ha pglx?n]d]f]
gfd, ?k, wfd g}dfngg'eg]dg sxfnu] l6sfpg]
-c8dfpg] clg s; sf]ofb ug] cfltds ; DaGw
sf]E h]f]g]cyjf khf s; sf]jug]c ctMoxl Ppof
uNtsf sf/of ; a]uNtx? z? ePsf xg\ fy]ofyl
e]6 xgfsf]sf/ofn] ; a}dflg; wd{e]6 sd{e]6,
ky-e]6 Pj +sf]lNo ePsf xgV of]; ;f/ gs{
; dfg ag\$]xf].

aRrfx?, olb cfhsf dflg; n]d]f] o:tf]
lbJo tyf uofsf/l gfd elzjE nf0{tyf d]f]lbJo
?k -Hof]t]laGb_ nf0{hfg] d]f]; Demgdf l:yt
xg]cEof; u]eg]oxfFe]6frf/sf]kof{?kdf c6t
eP/ ; Dk0f{>]7frf/sf] : yfkf xg ; Sb5, ; fy}
of]ef/t jif{ : ju{ ; dfg aGb} kgM /fd /Hosf]
: yfkf xg ; Sb5 . aRrfx?, olb ; a}g/ gf/lnf0{
k/dlktf k/dlktfsf]gfd elzjE / ?k Hof]t]lnE
-Hof]t:j?k_ xf]elg]yfx x]of]eg]d'; ndfgx?n]
lzs]dlG/x? nbg]y]/ t]f]kn]f] klg ub]y]a?
To; nf0{k/dkHo k/dlktfsf]kltdf dfg]; ;f/sf
; a}dflg; x?n]ef/t]ifnf0{cf^gf] k/dkHo tly{
dfgby]. o; /l ; ;f/s]0]txf; abing ; SYof]lsgls
; ;f/sf ; a}dflg; x? cfkn]f0{elzjE sf]; Gtfg
dfg] / ; a]f0{ef0-ef0 dfg]; G]dn] a:g]lyP .
अनुवादक लोकनाथ रेग्मी, स्याङ्जा

त्याग - एक आध्यात्मिक शक्ति

✍ राजयोगी च. कृ. अर्य, माउण्ट आर्य

eujfgnf0{cuf18 e0}, af/Daf/ pxfEsf]?knf0{ lgxfn], ; DdV 1fg ; g] / pxfEsf]gh/df ; dflxt eP/ tg-dg-wgaf6 ckn]kfknf0{lgfn] To; nf0{ ; Rrf lbnbl]v ; dlk{ ug{g}Tofu xf]. olb ; a\$%/Tofu u/] klg dh]of]Tofu u/]eG]efjgf dgdf jf d\vdv /xG5 eg]Tofusf]kmm ; dfkt xG5 .

; Sbg] lsgls ; xof]usf]kmm p; nf0{dfgfsf]?kdf kkt e0; s\$]xG5 .

dfg kktnf0{cfkn]fn]lo agfpg'-of]1fglx?sf] nlf0f xf]g, lsgls dfg ldNgn]dglo 7hf]aG ; Sbg] . olb dfg g}rflxPsf]xf]eg]To; nf0{:j dfg cyjf dxfg l:yltaf6 kkt ug]5{. o:tf] dfg :yfol xG5 / c?sf]nflu k]0ffsf]; f] aG5 . dfu] kkt ug]dfg /f]N6l klg xf]g / o:tf]dfg af/Daf/ b] cledfgnf0{a9fP/ ckdfgsf]cgelt u/fp5 . dfg t xfdlnf0{:jo+eujfgn]lbgPsf]5 . xfdl olf dxfg\ag5f]0i6 b] ag5f]hs xfdlnf0{dfg lbgfsf]nflu nfvf]e0m? Pspd cQfInb]kvf]df xG5g\ of]xf]l:yltáf/f clwsf/n]kkt xg]dfg . afE] ; a}dfgx? rdrd r]Dsg] lbor\$] Hof]t ; dfg 5g\hg sg}klg ahf lgEg ; S5g\

सातको लीजत कर्ण (पुनःत्याग होवत)

sitko dgion]rf/]k{cm{cfkn]gf]gd kn]nof] \ eg] s]n dfgsf]nflu sfo{u5g . h; af6 p; nf0{ dfg ldNb} To; sfo{nf0{ 30ffsf] b]6n} x5g . dfgsf]sfdgn]u/\$]sfo{kmbfos x5g / k0o h]Ddf x5g .

sitko 1fglx?n]efifof s]n gfd sdfpgsf] nflu u5g tfls p; sf] rf/]k{cm{gf]gd kn]nof] \ . o; af/f ; fwsnf0{Pp6f 7hf]xflg s]xG5 eg]p To; sfo{k{cf; Qm xG5 . p; nf0{olb efifof ug] cj; / ldng] eg] pbf; lkgfn] 3]vxfN5 . sdgf bl]vg]of]cf; lQm]; fwgdf lu/fj6 Nofp5 . o:tf] ; j]fbf/f vzl rfxlFcjZo ldN5, t/ olb vzl]sf]nflu dfq}Tof]; j] ul/G5 eg]pQm vzl zfZ]t\vxg ; Sbg] . sg}JolQm]7hf]; j]f:yfg agfpgdf s]n o; sf]nflu wgsf] ; xof]u u5{tfls p ; a\$]f]gh/df kg{ ; sf] \ sf] JolQm af/Daf/ dGrdf s]n o; sf]nflu hfG5 ls ; ah]p; nf0{dx/yl dfgg\To; ahf p; nf0{dx/yl t cjZo dflgPnf t/ p dxfg aG ; Sbg] . p; sf] wgn]cg\$ cfdfx?sf]sNofOf t u5{t/ JolQm :jokf]sNofOf xg

सातको लीजत योगीहटको लीजत होवत

; fbulnf0{ltnf-hnl lbP/ zfgdf /xg' b]yfj 6l ?kdf /xg' l:yltsf]; 6x j :q / zf/ll/s JolQm]j df w]w]wofg lbg'kP'k]ll cfdfx?sf] nlf0f xf]g . lj lbt}5 ls o; af/f b]x-cledfg a95 / ?xflgot]sf] rds ; dfkt xG5 . xfd] ; Rrf zfg :j dfg / ?xflgotdf g}5 . xfdltk{ ; f/f ljZj ta cfslif xG5, ha xfdldf kljqtf / ?xflgot]sf]cfsif] xG5 . afXo zfg ; w]rNb} . s; j] Pspd] l7s eg\$ 5g\ ; fbul hljgsf] >[f/ eof] P]sf]xf/ eof]. s] dxfg of]ugl bfb] hfGsl hl o; sf]k]olf pbfX/of xgXg t <



hf] c; \o cfdfx?sf] cfsif[fsf] s[ob] xgxG5 .
 xfdlf]; fydf /fdl]eGbf /fdl]j fxg xf] \d]f]; fydf of]
 eGbf >]7 ; fwg xf] \d ;]fd 7hf]k bdf xfpf d]f]
 rZdfs]k] c?sf]eGbf /fdl] / dxuf]xf] \ hxfF
 d a:5' ToxfC? sf]l ga; f] \ d c?sf]; fydf
 eflhg s; /l u?—of] zfgsf] sfdgfn] dglonf0{
 bM/L agr0lbG5 . h; sf]WoD o:tf]lsl; dsf]xG5,
 p; n]pRr lj rf/sf]zfgsf]cgej ug{; Sbg . pRr
 lj rf/n] t p; sf] zif a9fp5 . h; sf] hljgdf
 ; fbulsf]/; xG5 . cfhsn l; wf ; fwf ; fwsx?nf0{
 s; n]dfG5 /, h; sf]b]yfj 6lkgf w]}5, p; sf]g}
 ; f]v vf]h w]}xG5 eG]klg dfgotf 5 . t/ s]eNg'
 xG] eg]cxsf/sf]kR5/ klg nfd]xG5, h; nf0{
 km/ cfuf]g]nufpgk5{. olb tkf0{Toful xgxG5,
 clg s;]k]klg ; f]v]eg]s]l ; do klvG' \Tof]
 lbg 6f9f 5g, hals Toful cyjf tk:jl g]ljZj
 :6]hdf k]olf xG5g\

सहज सेनाको होतु, सेना-सजको हो

ha ;]f kb-kf]hZgaf6 ljs[xG5, ta ;]f
 ; 3if{ab5 . 0Grfh{aGg' g};]fsf] lfgdf cufl8
 a9g' xf]eG] sltkox?sf]dfgotf xG5 . xfdl; E
 zIQm xf] \wg dfl] xfdl]clwsf/ xf] \x]fdl]cf1f
 ; j]d]go xf] \ t/ ; To s]xf]eg];]fsf] lfgdf Tof]
 JolQm g}cufl xf]h; sf]lrQdf ;]fej, /xdefj
 / lfdfej cfPsf]xG5 . ;]fn]olb cxfj, 6Ss/
 / lrGtfsf]a] ePsf]5 eg]To; nf0{;]f elgbg .
 ;]f eg]sf] cfdfx?sf] kngfsf] gfd xf] ;]f
 bftfkg xf].

;]f u/] lng]efj cnl]ss efj xf]g . olb
 ;]fn] xfdl] 6f]kl pRr ul/lbPsf] 5 eg] xfdln]
 To; nf0{tn ul/lbg' kb5 .

;]fsf] k]olf vzlsf] vhf]g xf]. vzl klg
 afXodvtfsf]xf]g, ; f;l/s xf]g, cftl/s vzl
 h; sf]rds cgxf/af/f kl]teflift xG5 . Tofusf]
 anaf/f ul/Psf] ;]fn] k]olf km lbG5 . o; n]
 1fg ; G]x?df cfd]f-hfu[cfp5 . 1fg ; G]x?n]

xfdlnf0{/ xfdl]Tofunf0{b]v5g\ ta g}tk:ofsf]
 dfu]f cufl8 a9g]sf]nflu ; fx; ug{; S5g\

सेनाको समूह (त्यो हो)

;]fsf] lfgdf gDa/ tlg s/fx?sf]cfwf/df ldNb5 M
 != sltnf0{; v lbof}. @= sltnf0{of]o / of]l
 agfof}#= :j o-sl zIQmzfnl eP/ /lxof]. ; a}eGbf
 ; 'd / cfjZos Tofu d eG]k] [tsf]xf]. of]d
 kg g}; 3if{/ 6Ss/sf]hGdbftf xf]. of]g}Joy]sf]
 sf/of xf].

स वत करारी आँसु ?

klxnf dnf0{of]k]t xf] \clg dfq ;]f u5{
 sg}rfG; ldng eg]; xof] 5g, d]u/]of];]f
 d g}u5{csf]h]xft nufpg ; Sbg, d]f] 8d]ldf
 ltdln] lsg x:tlf]k u/]sf] dnf0{g; f]v cf^gf]
 dgdtn]lsg sfo{u/]sf] d]f]dt g}>ldt\wf] d
 kgsf]ol s/fx?nf0{klxrf]g u/] Itglx?af6 dSt
 xgsf]nflu hf]p2t /xG5, p g};]fsf]; Rrf ; v
 lng]clwsf/l xG5 . ;]fn]olb xfdl]l:yltnf0{tn
 v; fln/fv]sf] 5 eg] xfdlnf0{Tofusf] cfjZostf
 5 . hf];]fd Gof/f / kof/f eP/ /xG5, p g}Toful
 xf].

d kgsf]; j?k clt g}; 'd 5 . d]u]olt ;]f
 u/]t/ dnf0{s;]k]; f]v]klg ; f]v]g, d olt of]o 5'
 t/ s;]k]c; / lbG, d]u]p eGbf /fdl]efifof ug{
 ; S5' cyjf d/nl ; g]pg ; S5' t/ klg p; nf0{g}
 af/Daf/ cj ; / ldN5 . olt dfq]xf]g sf]l t jStf
 ag]k]5 c?nf0{s]l klg ; ldng]g,\ g c?nf0{
 cufl8 a9fp5g\ of]; a}d kg xf]ha JolQm of]o
 eP/ klg c?sf]nflu cj ; /x?sf]Tofu ul/lbG5,
 p g}dxfg\xf]/ cj ; /x? 5f]f ; /x k5fl8 k5fl8
 cfp5g\

cf^gf]l; 6 ghcf] \eg] c?nf0{bafpg' ca
 dnf0{s;]k]; f]v]eg] 8/n]cj ; / glbg; p; sf]

परमात्मा शिव बन्नुभयो कन्याहरुको कन्हैया

प्रह्लादमाहात्म्य किशोरावस्था श्रुतद्वारा, माउण्ड श्राव

eg] ul/G5, lga[fsf] an /fd . lgm Cb} pk/fst nf\$flst ;To xf]. o:tf] s0f}k6s w}} hgf; E ePsf]xG5 . ; Hkdf s]eG ;lsG5 eg] o:tf] cgej pglx?nf0{g}xG5, h; sf] dgrf]ld tb&g?k xG5 . pglx?nf0{g}o:tf] cgej xG5 h; df o:tf]kqtf xG5 . ljifonf0{ki6 ug\$fnflu dxfef/tdf jlof} Pp6f j [f]t pNn} ug{o}yflrt xfhf . j [f]t cToGt};f/ule} 5 . dnf0{Psb} klts/ nlfof]. jof} s]5 eg]Ps k6s efd;/ gdsf]/flf; n]!^))) /fhshd/Lx?sf]ckx/Of u/] pglx?nf0{agbl agfPsf]xG5 . clg /fhshd/Lx?n] >l s[Of; E laGtl u5} ls xfdlnf0{of]/flf; af6 5bfpqxf] \ pglx?sf]laGtl ; g] >l s[Of t?Gt} ToxfHfgxG5 . jof} 5 ls jxfh]/flf; d/f / efd;/ ; E n8f0{ug{eof}. o4df >l s[Ofn]kff lz/ /flf; d/f ;lxt efd;/ /flf; sf]aw ug}G5 . >l s[Ofn]; a)!^))) /fhshd/Lx?nf0{5bfpq}G5 . /fhshd/Lx?nf0{eg}xG5 ls ca tkf0? ; a}cfk} ajfsf]3/ ; /lft ; fy kns} . t/ pglx? lkntf{hfg dfb}g>l s[Ofn]; flg}G5 ls tkf0? lsg cfk} ajfsf]3/ kns} rfxg}G5 < pglx? eg5} x] s[Of, xdf]j]bs k/Dk/f cg; f/ olb sg}clj]flxt :ql cfk}3/ 5f} Ps lbg klg aflx/ al:5g\eg] p; nf0{cfk}ajfsf]3/df hljg ko{t clj]flxt g} a:gk5{ To; h}xhdl ajfsf]3/ lkntf{hfg rfxg} >l s[Of ; flg}G5- To; f]eP tkf0{s}rfxg}G5 < pxfh]eGgeof]x]>ls[Of xhdl rfxG5f]s tkf0{xhdl} klT ag}xf] \ xh/ xfdlnf0{cfk} ; hgl}sf]?kdf :jlsf/ ug}xf] \ xhdl xh/nf0{g}cfk}klT :jlsf/ u5f} xdf]hljgdf ca dfq xh/ xg}G5 c? sf}l 5} . syf cg; f/ >ls[Ofn]lagf sg}zt{cfk} lj/f6tf / ljzfn x}osf] kl/ro lbb}+pglx?nf0{ t?Gt :jlsf/ ug}eof].

o; k\$ / >ls[Ofn]tl ; a}/fhshd/Lx?sf] hljgnf0{ ; /lft k}fg ug}eof]. pglx?nf0{ aaf}

xgaf6 arfpgeof]. tl czQm sdf/Lx?sf] hljg p4f/ ug}eof]. k}g s]p7} eg]s]of]36gf l7s To; /l g}36\$}xfhf, h; /l of]jlof} 5 < o:tf] sgrfxlF/flf; xfhf, h; n]/fhshd/Lx?nf0{ckx/Of u/] agbl agfPsf]xfhf < ; DkOf{clx+s >ls[Ofn] sg}o:tf] lx+s o4 ug}eof]xfhf < s]!^))) /fhshd/Lx?nf0{cfk}z/Of lbg}eof]xfhf < !^))) /fhshd/Lx?sf]eljio s]/Xof]xfhf < pglx? s; / ; ?lft /x}xfhf}pglx?n]>ls[Ofnf0{s; /l cfk} klT :jlsf/ u/]xfhf}l}j}n]t s]eG5 eg] of]sxfq ; a}?ks xf]. of]l7s To; /l g}36, h; /l of]jlof} ul/Psf]5 . syf/n]sxfq}nf0{ k}l}sf]ds ?kdf uf:5g}h; sf]cf}l}ds cy{xG5 . ; sf]ds j [Of/f o:tf] j [Of]tsf] cf}l}ds cy{xG5 ; lsG5 . lat\$}36g}nf0{ k}l}sf]ds ?k lbP/ ofb ul/G5 . ; dosf]c}t/fndf of]lj:d} xG5 . sg}36gf w]}k} s xG5g\ sf}l lj/n}36g}x? o:tf xG5g\h; af6 k}off ldnf] \ o:tf]36gf rfx] ; ju\$} rfx]c}o s; \$}hljgdf 36\$}xf] \ To; df Psbd}k}off zlQm xG5 . To; df hljgsf]lbzfnf0{abNg}zlQm xG5 .

परमात्मा शिव बन्नुभयो कन्याहरु

j :t}M of]j [f]tdf lg/fsf/ Hof]t}agb' :j?k k/ d}Tdf lzjsf]st{lo ljz]sf]jof} 5 . s[Of zAbsf] b06f cy{5 . s[Of ; s} zAb xf]h; sf]cy{xG5 cfslif} ug]fnf . lg/fsf/ Hof]t}agb' :j?k k/d}Tdf kljqtfsf]; fu/ xg}G5 . pxf}kljqtfd ; a}Gbf cToGt lbJo cfsif} 5 . To; h}k/d}Tdf pxf}lbJo cfsif}sf/Of s[Of klg eg} ; Sg}G5 . ; ah}f0{ cfslif} ug]fnf k/d}Tdf lzj ; fw/Of dglonf0{ cfk} ; sf/ d}Mod agfP/ cjtl/t xg}G5 . of] d}Mod ag}fnf c}Tdf Toxl xG5, hf]; Toolsf]kyd /fhshd/ xG5 . of]p; sf]Pp6f sNk cjldf cl}td h}d xG5 . uof :jefj sf]sf/Ofn]Tof]c}Tdf klg

?xfgl cfsif(xG5 . To; h); Toolul kyd /fhstdf/sf] gfd klg >ls1of xG5 .

वर्णमालिका वृत्तिहरे वै)वर्णमालिका]रि हो]

:j tM:ki6 5 ls ; Tooludf ; a); Vl xG5g\ ToxfFsgklg ksf/sf]lj sf/ xG5 . sg}klg ksf/sf]bMv xG5 . ToxfFlo:tf]sg}36gf 36g ; Sbg . of]slnousf]cgt k?iffQd ; udousf]36gf xf]. of] ; a)ca k]olf ?kdf 3l6/xsf]5 . ha ; a)cfldfx? ljleG ksf/sf]cfknf]lghl sd{; :sf/sf]aGwgdf afwPsf 5g\ of]sg}afllx/L /flf; sf]s/f xfoG . j tdfg ; do x/ cfdfsf]cgt/dgdf b0{k sf/sf] j [Qx? pkl:yt 5g\ . ; sf/flds / gsf/flds . cfdfx? cfknf]gsf/flds j [Qdf g]; j o-afwPsf] cgej u5G .

कर्मवृत्तिहरे)वृत्तिहरे]

o:tf]k sf/n]k/dfd f lzj cjtI/t eP/ cfdfsf]tlg}sfnsf]1fg lbgxG5 . k/dfdaf/f kht 1fg-of]sf]zIQmf/f cfdfn]aGwgDQml:yltsf] cgej u5{. Ps k6s k/dfd cgeIt ul/; sKl5 sbg}klg cfdfn]kM/ km]sP/ Toxl]aGwgsf]cgej ug{ rfxbg\ . laItl ug] /fhstdf/L xfoGg\ a? ; fwf/Of sdf/Lx? xG5g\ ol ; fwf/Of sdf/Lx? g} xf]gxf/ -efjL /fhstdf/L xG5g\ pglx? g}; j ffo{ cfsliif ug] ; j sf]kof/f]k/dfd lzj -s[Of_ ; G kfyG u5G . log); fwf/Of sdf/Lx? k/dfd ofbsf] zIQm/ >]7 sd\$]kl/Offd ; j?k elj iodf pRr kb kfpG]aG5g\

pglx? k/dfdnf0{cfknf] kltsf] ?kdf :jlsf/ u5G . lsgls pglx?n]alemxf xG5g\ k/dfdsf]cnf]ss zIQm ckf/ 5 . pxfFsg}klg ; DaGwsf]cgej u/fpgdf ; lfd xG5 . k/dfdfn] klg pglx?nf0{lagf sbg}zt{cfknf]z/Ofdf t?Gt lngeof]. lsgls jxfh] hfGxG5 hf] cfd f ; a) tkmf6 al4of] x6fP/ dklt ; dkOf xG5g\pglx? cjZo g}; j {k sf/sf]aGwgaf6 dQm xG5g\

j]bs dfGott cg; f/ cfdfn0{cfknf] g sbg}:ql g sbg}k?if g}df]Psf]5 . csf]dfGottdf k?if eg] s]n Ps k/dfdnf0{dfq df]Psf]5 / cfdfx?nf0{k/dfdsf]; hglx? df]Psf]5 . To; h

of]j [fGtdf s]n /fhstdf/Lx?sf]j ofG ul/Psf]5 . ; a)cfldfx? aGwgsf]l:yltdf g}xG5g\ t/ ox]F syfsf/n] lga[sf] an /fd eGg] nf\$]stnf0{ rl/tyf{ug]kpf; u/\$f 5g\ s]aen]pg sf] ; ul/Psf]5 eg]k/dfdsf]zIQmlagf hGd-hGdfT/sf] aGwgaf6 dQm xg ; Dej 5g . of]aGwgx?af6 dQm xgsf]nflu clgjfo{5 k/dfdklt >4f / ; dkOf efjg . k/dfdsf] zIQm c; Xfo / lga[xf?nf0{ ; lhn}cgej xG5 . lsgls pglx?df cfknf]l; ldt cxdsf]cj/f] xG5 . pglx?df k/dfdklt xflb\$ / af]4s ba}k sf/sf]:jlsfo{f :jfeljs ?kdf sfo{ ul/xsf]xG5 . pglx?sf]x]odf g}; lhnf] ?kdf >4f / k]sf]klk kmh\$]xG5 .

jf:tjdf of]rl/q k/dfd lzj sf]g}xf]. t/ lsgls >ls[Ofsf]cfd cfknf]clGtd hGdf To]; a)st{onf0{7]ufg lbgf]nflu dflod aG5 . To; h]syfsf/x?n]ghfg\$]sf/Ofn]g}sfnt/df >l s[Ofsf] ; fsf/ ?knf0{g}k/} st{osf]lhDdf lb0Psf]5 . To; h]pgl eG5g\ s pxf]f]o:t}k sf/sf] st{osf]sf/Ofn]g}pgnf0{sGxOf elgPsf]xf].

वर्णमालिका]वृत्तिहरे]

of]j [fGtaf6 xfdnf0{k]Off ldn5 . klj qtf / cf:yf k/dfdnf0{lkp 5 . k/dfdsf]gh/df of] cToGt clgjfo{5 . o; nf0{k/dfdfn]klxn]g}lagf zt{:jlsf/ ug]xG5 . ltglx?sf]dNnf0{g]kG ; lsbG . ltglx?nf0{ lsg ; lsbG . of] cfdsf] lgtGt lghtdf cgflb ?kb]v ; /lft /xG5 . cgeItsf] klqmfdf cufl8 a9b}hg cfd o; sf]lghtf; Dd k]of]eg]To]; p; sf]lghl ; Dklt aG5 . of]cdNo lrh xf]. of]g]To]; b]l ; Dkb xf]h; n]xfdnf0{k/ dfd ; dfg khglo agfP . o; sf]sgklg ; f;fl/s lrh; G thgf ug{ ; lsbG . h:tf]s} ; f;fl/s dNofsgnn]Oj/olo dNofsgsf]thgf ug{ ; Sbg . cfdsf]cfknf]dg]hutdf gsf/flds j [Qsf]?kdf aGwg xG5 . k/dfd 1fg-of]sf]zIQmf/f cfd-f ; flf]sf/ ug{ ; lsg5 . :j osf]cgt/hutnf0{klj q agfpg ; lsg5 . k/dfdsf] ; fysf]cgej af/f ; j {k sf/sf]aGwgaf6 dQm xg ; lsg5 .

ब्रह्मण जीवनको जन्मसिद्ध अधिकारः ब्रह्मरहेलदी, ब्रह्मरवेलदी र ब्रह्मरहेप्पी

✍ प्रह्लादकृमाठी विष्णु, नामाचौट, पोखरा

; [i6 /ud-rdf h6d lng] gj hft lzzsf] klg h6dg]lalQs}p; sf]efllo, eljio, sd6f]l Innf hf6gsf]nflu lrgf cflb agfpg] h6d ; f0f x6]k/Dk/f 5 . hg kl/jf/df h6d lng5, ToxfFp; n]gfd, y/, 3/ clg ; DkOf{; DklQsf] clwsf/ p; n]h6dl; 4 clwsf/ sf] ?kdf kft ub5 . To; w/l k?iffQd ; udoudf lzjktfsf] lbJo 1fgaf/f lbJo h6d kft ; jQd afXdof shelfof cTdfx?nf0{klg slk-slksf] clt bh6, clt >]7 efllo Pj +j/bfg klfkof/]lzjktfa6 ldNb5 . ; udoul j/bfgl ; dodf sg cTdfn] slt pRrtd ; f6llo kft u5{e6g] s/f p; sf] cf7fsf] rds, clg d:tssf] bds nufot rfn 9fn ?xfgl kmnsaf6 c6t/cf7dfs] sgfb]v aflx/; Dd :ki6 emNs65 . ?xflgotsf]Hj fhNoj fg zIQmj f0lfd dw/tf b[6df kljqtf, ; :sf/df zltntf ; /ntf cfp6]hf65 clg hljg 0Zj/lo tlg j/bfgx?n] ; /fj/ e0{clt zfnlg, ; Gb/ ?kdf 9fln65 . tl j/bfgx? xgm

१- ब्रह्मरहेलदी :yh ?kdf eflts z/l/ ; bf x/t/xaf6 :j:ys/ alnof]/xg' klg tgsf]efllo elg65 . lbJo kl/efifdf Pe/x]bl e6gn] ; bf Pp6} ; dodf tg, dg, wg, dg, jf0l, sd6f/f ; j{k6f/sf]nfl]ss, cnfl]ss ; jf ug{; Sg]zIQmzfnl l:ylnf0{elg65 . Pe/x]blsf] j/bfg kft cTdf slxn] JolQmsf] k6fj n] slxn] Joflwsf] k6fj n] slxn] vfgkfgsf] k6fj n] df} dsf] sf/0fn]dgsf] :ylt tn dflly sbflk x6g . ; bf Ps/ ; , crn c8fh, cem]pQ/fQ/ k6ltsf]af6f]df cuf8 a9/ xf] \o; nf0{elg65 ; bf lg/f]l, t6b?:t clg dgb?:t ; bf e0/xf] \ k/d kljq afafsf]ofbdf sg}klgdfojl 5f6fsf]k6fj gk/f] \ cf^gf]cflTds b[6 / dgf]ansf] kof{; zSQm cj:yfnf0{sfod /fVb}x/\$ k6f/sf] ; jf Ps}k6s -d6; f-jfrf-sd6f df ug{; Sghf0{Pj/x]bl

cj:yf elg65 . afXdof aRrfx?nf0{of]j/bfg h6dl; 4 clwsf/sf] ?kdf kft x65 t/ hf] sf]ln] o; nf0{ hljgdf k6f] u/l kmnet ug{; Sbg'o; df klg bh6 efllosf]v]h rNb5 .

२- ब्रह्मरवेलदी :cfhsf]blgof g]x/ k6f/sf]p6gl-t-k6lt, ; kmtdf clg wgjfg a6g]df/df/L, bf6wkklt :k6fsf] hdfg xf]. nfv k6Tg u/klg cflv/ldf uP/ xftdf nlfof]z6o ege]m}cf^g}k]h6dsf]lx; fa lsf]a xf]. o; 0Zj/lo hljgdf klg x/\$ cTdf cf^gf]lzjktfn] k?iffy6f]cfwf/df hf]pkoQm vhfgr kb6fuf6 xg]u/l lbgx65 eg]o:tf vhfgr?n] ; bf e/k/ /xgk65 . hljgsf x/ kl/l:yltsf df6x?df s]u?Fs; f]u?F e6g]k6g}gp7f] \ rfxgf t 5 t/ xg} ; Sbg, ug{ ; lsb6 h:tf lgj htsf b] htsf ahl, ; slk slxNo} gp7g\ 0Zj/lo j/bfgsf vhfgr?n] :jo+klg e/k/ ag] ; bf pdu-pT; fx, ; bf vzl cgej ub5 eg]o; blgofdf 0Zj/lo vhfgr gkPsf bMl, cz6t, lgw6, kof;L, t8k6f cTdfx?nf0{zlt n 5q5f6fsf] ?kdf e/kbf] ; xf/fsf] e/f] fsf] cgej u/f0{cf^gf] pdu-pT; fxsf]zIQm6f/f pglx?nf0{klg p8fpg ; Sg] hljg HoflT hufpg ; Sg]zIQmzfnl cTdf ; bf a6g ; Sghf0{ ; bf wgjfg cTdf elg65 . xg klg olb sg}JolQm ; u :yh wg-; fwg gePklg p; df lhp6f]hflbf]hfu/, pdu-pT; fx, lxdtd / ; fx; 5 eg]p; n]vfnl xft ; #f/sf]x/ sgdf uP/ klg oz:jl ag] x/ PZjo{ gfd, dfg, zfg, bfd sdfpg klg ; S5 / x/ cTdfs] lbn lht] ; xof]l, ; xofq / z6lrgtsx?sf]w0{f] hdfpg klg ; kmn x65 . cfzjfb] ag] hljgsf x/ lf0df oyf ; s] ; Rrf lbnn]p6gltsf]af6f]df nflu/xg', w6{wf/0f u/l lg/Gt/ pT; fxxk}6, b6tk}6 cf^gf] nlosf nflu kl//xg' g} ; bf wgjfg a6g' xf]. o; sf

nflu kf7s ldqx?, dg / lbnnf0{ljzfn agfpgkb5
 clg cf6 / ; fx; nf0{a9fpgkb5 . To; kl5 dfq ; a}
 s/fn]; do kl/l:ylt cgsh x6]; kmntfn]; bf 5f6fn]
 em;k5af0/x65 . xfdl dxgtdf efi:fl/g' kb5 . xfdfl]
 cftl/s b9tf, ; fx; / lxdtdt g}wg xg, cljgfl wg
 xg\aflx/l :yh kbfx? t san ; xofyl ; fdfull dfq}
 xg\ Pj/xllbl aglj/bfgl cfdcf cftl/s ; zIQms/Of
 ePsf]x65 .

#= Pj+VzL kkt ug[kof; ul//xsf x65g\ vzl s; /l
 kkt ug]; f:fl/s bM/sf]dh sf/Of s]xf]eg] a%g
 ; ls/xsf 5gg\ hljg Ps ; uf]d xf]eg]n8f0{[E s]
 8/fpg'5 / egem]of]slnoul blgof g}bM blgof xf]
 eg]oxfVzldf ; bf /xgsf]nflu cgsh jftfj/Of 5g
 e6g] ; Tonf0{c6t/cfdfn] :jlsf/l cf'gf] hljgsf]
 ; DkOf{lhddf lzjktfnf0{lbk5{. clg lbnn]e6gk5{
 ls afaf ltdf]gfddf blgof]dnf0{sn\$ nufPklg
 :jlsfo{5 . ltdf]sddf hit bM, bb{lg6bf, ckdfg
 kfp klg :jlsfo{5 . ltdf]tkmf6 hf]dnf0{kkt 5
 :jlsfo{5 e6g]alQs}()% bM ; dkt x65 . /fd]
 / ; km eP dh] ubf{e6g] laudf, c; km ePdf
 cg\$efly bfi] ykf/] cf'gf]6fpsf]hf]fpg]rnv]h
 ug]clg zfl6t sxflDn5 <vzl sxflDn5 <pk/
 jfnfnf0{hljg clg dkg / d7f]kg ; dkOf ug]k5{.
 pg\$]lhddf nufpgk5{. ; a66bf 7hf]kSsf ; fb,
 kSsf ; dkOf c6t sxflDng ; S5 / <; a\$]enf0{f]
 nflu ; bf st{fo lgjfx, wd{lgjfx u/ t/ sbflk c?
 JolQmaf6 sg}sf, sg}; xof]sf]cfzf, e/f]f, sbflk
 gu/ san Ps an Ps e/f]f Ps afadf u/ ta ; j{
 ; x/f, ; j {sfdgf :j tM k/f x65 . hljgdf h:t}bM
 pTk6g ug]36gf lsg gxf],\g/ ; jftfj/Of lsg gxf],\
 sxlfst}s; \$f]; xof] / ; x/f kkt gxf] czfl6tsf]
 ckllktsf] vlinkg clg xf/sf] c6ej u/fpg] 36gf
 lsg gxf] \o:tf] ljifd kl/l:yltdf klg ; bf dgsf]
 l:yltnf0{; bf vzlsf]l:ylt elg65 . a}dfafaf h:t}
 hf]JolQm; E hltahf h:tf]/fxt, cxfxt, ; xof, /xd
 o; blgofaf6 xfd ln65f]c?af6 x/\$nf0{Ps-Pssf]

kb\ u0ff agfP/ Aofhsf]:ofh u/l-u/l oxl h6d of
 cg\$ h6d cjZo g}ltg]jf p7fpgk5{. oxl cl6td
 ; To xf]. To; h]Inge6bf gling'g}jz eof]lg . d7f]
 t Ps afaf csf]sf]l 5g . unt ; x/f ldn]e6bf
 gldNg'g}a] xf]. t; y{c?af6 sxl ldn, kfOPg
 eg] bM sbflk xg6g, sg}cfdfn]Ps /lQe/ sxl
 5f\$g ldnbg . ltg]{p7fpg'g}k5{. afafnf0{e6g'kb5
 ls d7f afaf hljgsf]x/ kllktdf ltdf]xft 5, d7f]x/
 bvd] ltdf]; fy 5, dg c6o cfdcf; E u/la ag] lsg
 cxfxt, /fxt, ; jf / ; xof, bfg / pkxf/, k/:sf/ /
 krsf/ lsg ln0/f' <; jfr zIQm efloljwftf, ; a}
 e6bf 7hf]; 7 d7f afaf ePk15 dnf0{s]sf]cej <
 h] lbgk5{ afafnf0{ rf; f] 5 . dflg, vfl]g dnf0{
 cfjZostf g}5g . d t a]dk/sf]lagf sf\$ allnqm
 afbzf xF. oxl gf/fo0l gzdf rh]d xgk5{. oxl
 gzf nflu/xf] \d7f]lbn ltdldf ; bf nflu/xf] \k?iffy{
 u/] ltdn]rfx]h:tf]d ag ; sFoxl nug nflu/xf] \
 egl ; bf vzldf /xgk5{. d7f]; #/}Ps afaf, e/f]f
 g}Ps afaf t d7f]lr6tf pgnf0{5 . d pgsf]afns
 xFaf5l oxfFsf]5 / s; sf]nflu d lr6tf u?F< s]
 sdfs nflu lr6tf u?FJoyf < d7f]afafs] cf1f
 5 ; bf vzgl; a ag . oxl cf1f lz/fk/ rNg ; sF.
 hljg dxfg agfpg ; sF. cf'gf]Ps ze ; \$Nkn]
 Ps dw/ zltn jf0fn]Ps ems pkl:yltn]; #/
 sf bM c; xfo cfdcf?nf0{; v zfl6t vzl lbg
 ; Sg' lg/ ; / pbf; l jftfj/Ofnf0{klg ; vl vzldo /
 df0f] agfpg', c6wsf/df /fzgl Nofpg', czfl6tnf0{
 zfl6tdf kl/j t6 ug}; Sg'h:tf]zIQmzfn l:yltnf0{g}
 Pe/xllkl elg65 . ; bf v'gl; al cfdcf elg65 . bM,
 czfl6t, /f]l, kl8t cfdcf?nf0{Ps knsf]kllktsf]
 c#nl lbg ; Sg' cf'gf]vz r]/af6 c6o cfdcf?nf0{
 dfj hljg lhp\$gf]; fy\$tf, lxdtd / pdu-pT; fx
 hljg lhp\$gf]cfzsf]Hof]t hufpg ; Sg'oxl ; bf vzl
 /xg'xf].

pkoQm tlg j/bfg kkt u/l hljgnf0{
 w6o-w6o agfpg ; sf]oxl z6efjgf .



शिवरात्रीको रहस्योद्घाटन

✍ घ ङु ताटा, ढमकडा, पाल्पा

kmNug dlxgfsf]s[Of klfsf]clGtd /ft eGbf klxnf]lbg kmNug s[Of rtbZlsf lbg dgf0g] lzj-/flq ;d:t cf:yfjfg\JolStx?sf nflu :d/Off];j kj{xf}. o; lbgnf0{lzj-rtbZl klg eGg]ul/G5 . ..lzjU slxNo}klg ; dftk gxb] k/dfdfsf] csf]gfd xf]. ..lzjU zAbsf] pTKlQ .jz sfEft] wftaf6 ePsf]5 . o; sf]cy{h; nf0{ ; a}r]rfxG5g\p; sf]gfd ..lzjU xf]. cfgGb ; a\$] lkp ePsf]h] ..lzjU zAbsf] cy{cfgGb klg xg uPsf]5 . o; sf/Of ..lzjU zAbsf]cy{k/d dun, k/d sNof0fsf] ?kdf /x\$] 5 . ..flqU eGfn] cGwsf/ eGg] alem5 . cGwsf/df ; xl s/sf] 1fg xg g; Sbf ; fdfhs / g]ts ck/fw w}]xb] ub5g\ . To; sf/Ofn] ..flqU c1fgfGwsf/, kfk / tdf]0fsf] lgzfgl xf]. ..lzj-/flqU zAb .k/dfd lzjU tdf]0fsf]; x/s cyjf gfzssf]?kdf /x\$] 5 .

o:tf]dlxdfsf]cfef ; d]6Psf]lzj/flq k/ dfdfsf]khf crGf, j t a:g] wgl hufpg] hfuD a:g] efE, wt/r]hf0{k]fbsf]?kdf uxOf ug]eGg] dfgl; stfnf0{kltlalDat ub5 . /ft eGg]lalQs} cGwsf/nf0{hgfp5 . To; d]w] kmNug dlxgfsf] s[Of klfsf] r]f]r]+/flq t dx/flqsf]?kdf lng] ul/G5 . o; /flqn]jif{el/sf /ftx? d]w]k]ys dxTj /Vg]u/\$] 5 . of]/ft k/dfd lzjsf] gfd; E ; DaW /x\$] 5 . o; sf/Of o; /ftnf0{ lzj-/flq eGg]ul/G5 . lzj; E ; lGw ePs}sf/Ofn] ubf{of]/ftsf]dlxdf lzjk/f0fdf klg pNn] 5 . lzj-/flqnf0{ ; fwgfsf] b]6sf]Ofn] dx/flq egl dgfpg]ul/G5 . ; fS[ts tyf wld\$ lx; fan]klg

of]kj \$f]cToGt 7hf]dxTj /x\$]5 . k/fk] \$fndf o; w/df k/dfd lzjsf] sfo{ePsf]/x\$ eGg] s/f t dgfpg}cf0Psf]lzj-/flqaf6 g}kli6 xG5 .

slnousf]kEj / ablnbf]kl/j z cg?k lzj-/flq dgfpg]tl/sf klg k]/Psf]5 eg]j ; ut / ljstx? ylk hgfn]o; kj df cebkg blvg' :jeflj s ePsf]5 . lzj-/flq h:tf] kljq Pj+ wld\$ kj {dgfpg]hg tf} tl/sf clxn]xdf]; fd' cjndjg ePsf]5 To; n]ubf{o; kj {lj s [do ab] uPsf]5 . h; sf]sf/Ofn]o; kj \$]a]hf /fHon]klg ; /lfsf]gfd w}]hg]kl/rfng ug{k/\$]5 eg] To; sf]Jo; yfkg ug{yk}cfly\$ ef/ /fHon]af\$g' k/\$] 5 . c1fgtfsf] 3f] snf]/flqdf k/dfd lzjn]c]Nof]Tds 1fg of]af/f dfg; df ePsf nE, dfx df; o?kl lj iffSt dgf] [tnf0{gi6 u/l b] tNo hljg k]fg u/\$]dxfg\sQ]osf]:d[tdf dgf0G]of] kj \$f]c]Nof]Tds kl cf] hdf kbf{lzj-/flq h:tf] dxfg\k] \$f]dlxdfd xf]; cfPsf]5 . hg s/f @! cf]ztfAbsf]nflu bM/sf]s/f xf]eg]k/dfdfsf] nflu Unflg xf].

of]s/f ; To xf]ls j tGfg, e't / eljiosf] kg/fj [t g]hljg xf]. j tGfg e'tdf kl/Of t xG5, eljio j tGfg / e't kgM eljiodf kl/Of t xG5 . Ctsf] kl/j tG eP h:t}x/\$ s/sf] kl/j tG lglZrt 5 . o:t}u/l of]; [6sf]sf nV0sf]kl/ j tG klg lglZrt 5 . oxl lgodsf]cg?k ; [6 klg kg/fj [Q e}/x\$]5 . oxl kl/j tGsf]; donf0{ ; adou jf k?iff]doul egl gdfds/Of ul/Psf]5 . oxl ; dodf o; ; [6df kgM :jo+ k/dlktf k/dfd lzj ; fw/Of dfgjlo tgsf]cfw/ lnP/

ultf 1fgáf/f c1fgtf?kl c6wsf/nf0{k\$zfzdo kfb} xgk65 . k/dftdfs]o; cleofgsf]af/\$f hfgsf/l /fVgk?nf0{...1fgdfu{ elg65 . hg ..elStdfu{ sf] s/f 5, Tof]w]}km/s 5 ..elStdfu{ n]efjgf; f; ; b7o /fv\$]x65 . efjgfsf]efj elddf ; txl?kdf khf cr6f ug]af6f]nf0{..elStdfu{ e6g]ul/65 .

...1fgdfu{ / ..elStdfu{ ; du/ / ; /n?kdf xdf{ ; dfg h:tf] nfu] tklg ...1fgdfu{ sf] ; f; ; dk6ftf, Tofusf] uxgtf cfk]df cf]emf] 5 . k/dftdfs]; To kl/ro / :josf]klg kl/ro kP/ ; Toolul dfu{ofqf ul//x\$} af]xdof cftdfx?n]df6g] lzjhol6t j}sf]tf} tl/sf clns le6g 5 eg] s7l k7s / dfl6s klg 5 . 1fgdfu{ k/dftdfs] kl/ro Pj+:josf] kl/ron] t s]n ; Toolul dfu{f klyssf]?kdf dfq x65f}+1fgdfu{f]p47o s7n dfu{f rNg'dfq ge0{b}Tj kkt ug{cyf6} :josf]hljgnf0{b}lu0fn]; Dk6g agfpg'xf]. /fHo Pj+wd{:yfkgfsf]of]; g]nf]cj; /df cfkng] kb lglZrt ug\$] nflu lzj-/flqs]of]j}tnf0{cem ; zSt dgfpg' 1fgdfu{f]k/d s0{o klg x65 . lzj / /fts]efjnf0{cftdaf] u/L ; xl / ; 'd tj/n] lzjsf] zlstnf0{ cftdfdf l; h6t u/L gsf/flds ?kdf /x\$} ; :sf/?kl /ftnf0{-c1fgtf_ pHHjndf kl/Of t ug{5 . ; Dk0f?kdf tk:jl z\$ / ag] c/ffob] lzjafafs] chkfkh ofbn]dfq k?iffy6f]ult tlj |xg]b]V65 . ; dosf] /kntf/; f;k?iffy6f] klg tlj }f Nofpgsf]nflu ca s]n ; txl lzj-/flq xf0g, ; 'd / kl/jt6sf/l lzj/flq dgfpg' kb5 .

:j:yfgl j}syfdf jlof6 syfg'f/ z\$/ hln]nfd]; do; Dd lzjsf]Wofgdf a:geof]. ha z\$/ 3f] tk:of/t xg' x6yof] ta sfdb] cfP/ Wofgnf0{eE u/fpg nflu z\$/hln]cfkng] t}f] g] vf]h] sfdb]nf0{eid kfg6of] e6g]pNn}y

ePsf] 5 . xf] of]Toxl cj:yfsf] ; 's xf] ha ; adoul tk:jlnf0{ ; 'd?kdf ljle6g sfdgxf? dfofsf ?kdf cf0/x65g\Psfl/ :josf]; fwgfsf] kmn -kkt_ klg ldNg]qnd 5 eg]Toxl kkt]sf] cledfg Pj +Toxl kkt]taf6 cge't xg]ckdfg / Toxl kkt]sf]ef]ts ?kdf b]vg]sfdgxf?n]x/\$ af]xdof cftdfnf0{k6fj kf/\$f]x65 . 1fgg] dfq kof]t 5g ca 1fgg]sf]k/fsfi7f xg' h?/L 5 ta dfq ol ; 'd ?kdf cfpg]sfdgxf? klg gi6 xg5g\

slxn\$fxlFo:tf]klg x65 h; /L :yh?kdf dgf0g]lzj-/flqdf ; 5\$} bfp/fnf0{hnf065 t/ sg]bfp/f o:tf cu]v k/\$f x65gVs s]n 89] snf dfq ePsf x65g\ t/ k0f?kn] eid xg ; Sb6g\o:tu/L tk:jl hljgdf klg k/dftdf k6df ha; Dd k/fgf ; :sf/sf] b6g u/L eid -v/flg_ x6g ta; Dd ?k kl/jt6 eP klg ; f/ ?kdf kl/jt6 ePsf] x6g . elStdfu{f] tl/sf cg'f/ s6f]n] dx/flqdf hfud a:b5g\ . cnf]ss lzj-/flq dgfpg]of]; Gbe6f xdl hf]o; hfuf of cleofgdf efu lnPsf 5f}+xdl g}cfn:odf pEg] k?iffy6f] b6df lbnl; ls:t xg]jf ul//x\$}5' e6g]em7f] lbnf; fdf :jonf0{/V5f}+eg] hfud ug] ; dxdf t kl/65 t/ :josf]c6td6sf]hfut eg]x6g . ; fdlxs k?iffy6f] ; fy ; a\$]x65 t/ ug{eg] :jon]g]kb5 .

ctMcfTdaf], cftd :d[t, ; adoul ; dosf] :d[t s]n :d[tsf]?kdf dfq xf0g of]:d[tsf] 7x/fj lbuf] xg' h?/L 5 . :josf] k?iffy6f]nf0{ afl/sl; f ljZn]f0f, clloog / ljrf/nf0{kl/isf ub}uof]eg]c1fgtfsf]/flqnf0{lr6u6tJodf klg lglZrt?kdf ; xh xg5 .



शिव अवतरण र दिल्य कर्तव्य

ॐ चट्टमाकुमाट.यज्ञमूर्ति. टीकापुट

..cNkmsf]cNnfx ldnf, a\$]ldnl em7l jfbzfxl, d} agf /jhsf /fxl ll -d cfdfnf0{cNnfx k/dlj/ ldNof]. k66/nf0{em7f] zfg-zf\$tsf] Jofkf/df Psnf0l ldNof]. d ca 66 r9] aDa04f6 kms]. pxfFsf dhrgb\$]l; l/o; ljdf/l\$]va/ kfP/ pt}nflg' ePsf]lyof].

sfsf dhrgb\$]d[osf]ahf, cfd f s; /l z/l/af6 lg:s] hff]x5, o; sf] klg ; flffsf/ eof]. k\$z ljGb' :j?k cfd e\$6lsf]alraf6 z/l/df tn tn hff]v\$fsf cff; Dd klj] k6m ; :t ; :t dflytkm(a9b)e\$6l alr k6of/ z/l/af6 aflx/ lg:s] uof].

Toxf6 x6/af6 kms] cfkm} 3/df ozf] lgj; df ; T; u ug{ yfNgeof]. ; ?df of] kf/ljfl/s ; T; u h: tf]lyof] kl5 69fsf ; Da6wLx? klg cfp g yfn]. sltkonf0{t cfkm} 3/df klg ; flffsf/ x6Yof] pglx? klg ; T; udf cfp g yfn]. o; /l cfp g?df lj j flxt dftfx?sf] wof cTolws a9l lyof] ; fydf pgsf arRlx? klg cfp g yfn]. sltkosf t k/}kl/jf/sf ; b:ox? klg ; T; udf cfp g]. bfbfsf] o; ; T; unf0{ cfd-d08nl eGg yfNof]/ bfbfnf0{cfd afaf / Pp6l ky/ aflnsf /fwf -hf] kl5 ..dDdfu hubDaf ; /:j tIsf] gfdn] kVof x6eof] pxfFf0{cfd-/fw} eGg yfNof]. lsggeg] ; T; usf] ; ?df bfbf nfd]/ dw/ :j/n] cfd Wj gl pRrf/Of ug{x6Yof]. /fwfsf] cfd Wj gl clt dw/ lyof]. ; xefulx?n] klg Wj gl df Wj gl ldnfpf]. uha t s] x6Yof] eg] sltko t cfd- Wj gl sf] pRrf/Of xg] lj lQs] wof gdf hfGy]/ s; } >ls[0fsf] s; } :j u\$] s; } dxflj gzfzsf] ; flffsf/ ug{ubY].

To; ; T; udf cfp g] / ; flffsf/ ug]

sltko dftfhx?n]cf'gf l5d\$]l / ; Da6wLx?nf0{ vj/ k7fpf]ls cfd\afafsf]kf; df sg]ukt zlQm 5, pgsf]j f0laf6 cd[a; {5, hf]; Gtkt x6onf0{ Ps cnf]ss zltntf lbG5 . pgsf]lgwf/df lbJo k\$zsf] rds 5 . bl6df cnf]ss k\$z 5 . ultfsf] ; Rrf 1fg ; gfp/ dglonf0{ ; Rrf zflGt lbGxG5 . æcfd afafsf] ; DdV hff] ; Vb\cgeit x6Yof] pxfFf]z/l/df ukt ?kdf cPsf eujfg\ ldn g dgf0/x\$] cfef; x6Yof] / s6f]-t b\$]sf] ; waw ; d] la; ; cfd]sf] ; flffsf/ ug{k6by].

Toxfefpg]dftf / sdf/lx?sf 3/kl/jf/sf c6o ; b:ox? klg v;l x6y] ; fy] cZro{st klg x6y]. v;l o; dfgdf ls ca 3/ emu8f x6Yof] lsggeg] ; T; u u/l kms6?sf] rj/fdf cnf]ss rds x6Yof] j0fl dl7f] / ; DdfgkOf x6Yof] sfo[lt nugzintf klg cTolws a9] uPsf]lyof]. cZro{st o; dfgdf ls 7h-7hf ; fw' ; Gtx?nf0{bh6 xg] ; flffsf/ ol dftf / arRlx?nf0{; xh}s; /l x65 4

; ?df bfbf klg ; xefulx?n] ; flffsf/sf s/f ; gfp] :jod\cfzro{dfGgX6Yof]. t/ ; :t ; :t bfbfnf0{leqleq}o:tf]cgej eof]ls eujfg\ ukt ?kaf6 pxfFf0{; Rrf ultfsf]1fg lbb}x6xG5 . pxfFf ; Rrf ultf 1fgsf]:km'Of xg yfNof] clg pxfF 1fgdo l:ylt / cgeit'sf]/; df /dfpg yfNgeof]. bfbfsf] al4df of] lbJo ; emæm kkt e}x\$] lyof]ls ultf g]Pp6f dfq o:tf]zf:q xf] h; df eujfgaf6 pRrf/t sxl j0flx? 5g,\ ; fy} tl af0flx? sg sg xgV kl5af6 ylkPsf -kllkt_ j0flx? sg sg xg . o; sf]1fg :km'Of e0/x\$] lyof]. t/ ha eujfgn]pxfFf0{0Zj/lo 1fg lb0{ /Vg' ePsf]5, Tof]ultf-zf:q, h; nf0{klxn]j xF

lgTo k9yXGyof]ca To; k|t|sf]nufj :j tM 56df].
bfbfnf0{o:tf]cgej xb}uof]ls :jod\eu]fg
:jod\eQmx?sf]cfzf kOf{ug\$]nflu / ulfdf
lbOPsf]æobf obf xl wd{o ————/ sf]cfknf]
jrg k/f ug\$]nflu kn|/ %))) jif{klxn]h:t}j
ukt jzdf pxf\$]z/l/sf]cfwf/ lnP/ j;Gw/fdf
cjt/of ug\$]Psf]5 .

ca bfbfn]cS6a/ !(#& df ;:yfsf]cf7
;b:olo Joj:yfkg ;ldlt agfpgeof]. h;df \$
dftfhx?—dgdflxgl, ?Isdofl, ?k, dflxGb| / \$
sdf/lx? /fwf -dDdf_ /df -k\$fdlof_ zftfdlof /
;Gb/lnf0{tf]sof]. dVo ;#flnsfsf]lhd]f/l /fwf
-h;nf0{pxf\$]f;ak|t|sf]:g}do Pjd\ddtfd
Jojxf/n]dDdf eGby]nf0{;Dkgeof]. !& kn|t/L
!(#* df a}dfafaf -bfbf nVvL/fhnf0{eu]fg\
lzjn]lbgePsf]cnf]ss gfd_ n]cfknf];DkOf{
hfohyf of];:yf klhflktf a}d\$sdfl/Ozj/lo
ljZjJ Bfno -cf]d d08nlfnf0{lbOPsf]gofGfd_ df
;dlk{ ug\$]of].

;T;udf cfpq] ;-;fgf aRrlx?nf0{
cf]llof]Tds Pjd\ Jojxf/l/s lzlf lbg .cf]d\
lgjf;U df xf:6h vfl]nof]. lzlf\$fsf]lhd]f/l
/df -k\$fdlof_ rGb]lof, x]o klf cflbn];xif{
lngeof].

tlg} sfnsf 1ftf lzj eu]fgn]
a}dfnf0{cfb}z bl .;T;udf cfpq]dftfx? Pjd\
sdf/lx?nf0{cf^gf cleefjsaf6 .d}h] d}f
:j}R5s dh/Ln]d}l 5f]l÷axf/l÷>ldlt÷gfltg
nf0{cf]d /fw]sx]fOZj/lo 1fg-cd} k}kt ug{hfg
cgdlit lbG5' U To:t}a}x]f]sf]kq n]y]f0{x:tfll/
u/f0{nofP/ k}z ug{kg]clg]fo{lgod agf0of].

o; ;:yfsf]k}z;f htftt}f6 e}x}f]
lyof]. lzlfjbx?, lk|k}knx? / /;sf/L O6;k\$6/
/ 8f0/\$6/x? va/}g lb0{af]B}sf]lg/llof ug{
cfpy]. ToxfR9g]JaRrlx?sf]pRr wf/Off, ;knf; U3/
jftfj/of, ;dw/ lzi6 Jojxf/af6 clt g}k}f]jt

e}dOm s07n]k}z;f ub}y]. kqklqsfsf sltko
;kfb\$?n]klg lg/llof u/L ;Gb/ ;Dkfb\$lo n]y]
ub}y].

t/ lj8Dagf, s;h]/fd]sfo{;k}g ug]
k}f; u5{eg]ToxfFk/lifx? klg yk}cfp5g\
lj/f]w / cj/f]w}x?n]af6f]5\$b5g\ol ;a}Jojwfg
kf/ u/] g}prf0f]f0{rdg ;lsG5 . wd{yfsx?
;fd' klg afwx? cfP, lozhf0{qm;df r9fPsf]
dxDbnf0{dSsfaf6 n]y]l}of]. zS/frfo\$]cfdfn]
g}pgnf0{lj}fx a}wgdf afw] 3/ d}/fVg x/
olSt ckgf0g, a4 ;fd' klg w}j}lj/f]w}sf :j/x?
tl;P eg] :jod\eu]fgn]cjt/of cfwf/ ug]
agfpg' ePsf]a}df afaf ;fd' klg afwf, lj/f]w
cj/f]w g cfpq]s/}ePg . hlt dxfg JolQm]j
xG5, Tolt a9l lj/f]w, cj/f]w}sf ;fdgf ug{k}g]
xG5 / plt ;a}Jojwfg / lj/f]w}sf]kf/ u/]
g}dxfg a}g ;Sb5 . ;T;udf cfpq]dftfhx?sf
sltko kltx?n]k}t]glx?sf]kljqtfsf]sf/ofx?n]
pgnf0{qm}oftgf lbg yfn]t/ h:tf]S}cTofrf/
;x} klg dftfhx?n]sdf\$ kltx?sf]sdf]5f
kl't{ug{cl:j}sf/ u/kl5 cTo}t l/;fP/ sf]7df
tnf nufP/ /fVg yfn]. cf]d\afafsf]hfb' nllof]
egl wfdl—enf]qmx? af]h]fP, e't enf]g{qm}ljlw?x?
ckgfpg yfn]. axhfol eg]l; qm]n]vf6df xft v\$
afw], v}gf glb0{s}f}hbg /fVg yfn]. sdf/lx?
kl't klg sltkosf ajf, cdf, bhx?n]lj}fx ul/
lbg xb}Ddsf]bjfj lbg yfn]oftgf lbg yfn].
o:tf ;a}oftgf ;x} klg hj pglx?n]lj}sf/l
dglo;E lj}fx ug{gfd-h/ u/}f. c}tdf oftgf
lbP/ pglx?sf]rfxgf k/f g eP kl5 .P06l cf]d-
d08nlW u7g u/]s}l kqsf/x?n]klg .P06l cf]d
d08nlW nf0{;fy lbP . cf]d\Ngjf; aflx/ lks}l}E
ug{yfn]cf]d lgjf; df cfuf];d} nufP .

eu]fgn];dfhdf jf; gsf k}tnf agf0Psf
c]nf gf/lx?nf0{;bfl]o k}z; s, cf]llof]Tds g}d]
Pjd\ljZj}sf]p4f/ ug]1fg cd}lknf0{;ju\$]af/

vflg]ck; /f -k/L_ agfpg]sfo\$fi; ?jft ugēof].
 To; kl5 g} ljZjdf gf/L kltsf] ehefj sf] cfto
 ug{cleofgx? ; #fng xg yfn\$fi kf0G5 . t/
 gf/L : j tGqt f lj /fW, gf/Lnf0{; w}bfztdf hs8g
 rfxg?af6 ; #flnt ..P06l cfđ d08nlsf] nllf-
 u{xdf cfuf]nufpg]kpf; sf]kl/0ffd : j?k zfl6t e-
 u/\$f]cleof]df ..P06l cfđ-d08nlsf] sxl hgfnf0{
 kqmp u/L ; /sf/n]d2f rnof]. o; sf]; fy}zfl6t
 e- u/\$f]cf/fk nuf0{cfđ d08nlsf sxl hgfnf0{
 khl{sf6l cbfntdf pkl:yt xg elgof]. t/ c6tdf
 cbfntn]P06l cfđ d08nlsf]klfdf km}nf ; gfof].
 kl5 xfo\$fh]Tof]km}nfnf0{pN6fpE}lg0f6 lbof]
 ls cfđ-d08nl h:tf ; :yfx?nf0{zfl6tk0f{?kdf
 cf^gf]wd{krf/ ug]wld\$ lqmfnsfkx? ; #fng
 ug]k0f{clwsf/ 5 ll

; g\ (#* d)cfđ-d08nl s/fFldf ; %of].
 Toxfkfg P06l cfđ-d08nlsf ku] ; /sf/ / lxGb"
 dgqx?nf0{kēfj df kf/} 0Zj/lo ljZj lj Bfnodfly
 kltaGw nufpg] gfafnssf] gfdff o1df uPsf
 aRrlx?nf0{ cleefj sss] lhDdf nuf0{ kmsfpg]
 cbz lbg ljz z kfg]h:tf s}fsnfkx? ; #fng
 u/]. sxl gfafnsx?nf0{cleefj sss]lhDdf lbg]
 lg0f6 cbfntaf6 klg eof]/ kmsfQP klg . o; /L
 kmsfQPsfx?nf0{oftgf lbff Ps aflnsfsf]d[0'
 klg eof]. c6tdf sxl l; k gnfu]kl5 cleefj sx?
 :jodh]g}kmsfQPsf aRrlx?nf0{kGM s/fFl hfg]
 cgdlt lbg afllo eP .

ol ; a} lj/f]sf] afahb !@ jif\$fi]
 o1df \$)) o1jT; x? 1fg / of]df klzllft
 e}ssf lyP . ef/t / kfs:tfgsf]ljefhg kl5
 s/fFl df pu]fbl dl:ndx?n]klg cfđ d08nl klft
 kl5 cfP/ ; xof]lTds glt ckgfP / o1jT; x?
 s/fFl df ; /llft cgej ul//x\$fi lyP .

k/dfTdf lzj sf]a}dfafafnf0{k}kft lgbz g
 Pj d}tgdf hfg]; GbzLx?n]ToxfE6 NofPsf ; Gbz
 adf]hd 0Zj/lo ljZj lj Bfno ef/tdf ; g]eof]. ; g\

!(%) df s/fFlaf6 ; of}c>k0f{gdx?sf]ljbf0{
 lnE}ef/t /fh:yfgsf]c/fjnl >vndf kg]cfa"
 kj{df e/tk/ dxf/fhfsf]ahsf]L ef8df ln0{
 0Zj/lo ljZj lj Bfno ; fl/of]. sxlkl5 cfP/ xfn
 ; ls6 xfp; ePsf]; /sf/L ejg lnhd ln0of].
 sxl kl5 g}/fh:yfg ; /sf/n]lnhsf]; dfktl u/L
 ; /sf/L sd{f/L bf8xf, ed0df cfpE a:g]; ls6
 xfp; agfpg]lg0f6 lnPk15 xfn .kf08j ejgl
 /x\$fi]tTsflng kf]y/g xfp; vl/b u/L dVofno
 ; fl/of].

To; kl5 !(%@ b]v ef/tsf ljlefg
 zx/x? 0Zj/lo ; Gbz lbg] ; jf sfo\$fi]z?jft
 eof]. 0Zj/lo 1fgsf sxl yfkfx? kft u/\$fx?sf
 cg/f]w / lgdGoffdf 0Zj/lo ljZj lj Bfnosf /fh
 of]sf]s}bx? ef/tsf]ljljw zx/x?df :yfkf
 ug]qnd ; ? eof].

@\$ hg !(^% df dDdf cyfē hubDaf
 ; /:j tl cJoQm ePk15 ; :yfsf]dVo Joj :yfkdf
 bfl k\$zld0f tfl]sg'eof]clg !* hgj/l ! (^ df
 a}df afaf pkm{nvvl/fh cJoQm -kfly] z/L/sf]
 Tofu_ eP kl5 bfl k\$zld0f dVo kzf]; sf
 agf0g' eof].

bfb cJoQm ePk15 sltkonf0{nfu\$fi]
 lyof]ls ca a}dfsdf/L 0Zj/lo ljZj lj Bfno
 ; hfpE t/ k/dfTdfs]of]hg t a}dfnf0{cJoQm
 agfP/ cem a9L j}bsf]; jf u/fpg' lyof]; fy]
 aRrlx?nf0{k\$zdf Nof0{; dfhd :yflkt u/fpg'
 lyof].

Pp6}bz ef/tsf sxl zx/x?df l; ldt
 0Zj/lo ljZj lj Bfno bfl k\$zld0f @))& df
 cJoQm xbfFpxfE]#* jif\$fi]kzf; slo sfo\$fn
 leq !@(bzdf lj :tf/ xg ktof]. l; ldt s}baf6
 *) s}bx? ; xhf/f}pks}bx? / xhf/f}xhf/
 c0f' s}bx? -ultf kf7zfnfx?_ :yfkf xg ku].
 0Zj/lo ljZj lj Bfnodf cfj 4 xg] u}:yx?sf]
 ; wof sl/a (nfV; Dd ktof]. bfl k\$zld0f

cJoQmePkI5 aXdfsd/L OZj/lo ljZj ljBfnosf] dVo kZfl; sdf, lj bZ ; Jdf cTolws Voflt kkt ljZj s}; aGbf l:y/ dgal4sf] wgl, hfgsl bfl dVo kZfl; sf xgeof. pxfBf]; bfljo gTj df cfh ljZj sf !\$) bZx?df o; ; yfsf]zfvfx? lj :tf/ ePsf]5 . hxf!) nfv uX:yx? lbgxPps 306f OZj/lo 1fg d/nl >jOf /fhof]sf] cEof; ubX cfkn]nfl]ss kZf, Joj; fo, gfs/L ; dT ; fng ul/xsf 5g\ . ;fy}cGo dglo cTdfx?nf0{k/ dfTdf cj t/of / pxfBf] lzlf / /fhof]sf] 1fg / cEof; u/f0{pglx?nf0{klg lrgTfdQm x;dV lglZrt / sdZln agf0/xsf 5g\ . ;fy}cfkn] / c?x?sf] ; dT eljiosf] :jlf bfgofdf hfg] klnAw ; hf0/xsf 5g\ ; fRl of]k/d cfZro{xg} < h; eujfgnf0{xld cfwf sNkb]v ljleG gdx? lbE} oyfy{kl/ro lagf vflb} ksf/ ubX bv]f] kfVb}cfof]kfkfsf]vfn8f]o; bMvdo ; f/af6 dIQm lbgxf] vgl cf/fwgf hk, tk, o1, kfygf, aGbf ubX cfof}. st}k/dTdfsf]bzg xG5 ls Ps ems kf0{5 ls eg] ltyGqf, xh cfib ubXcfof}. Toxl k/dTdf xdl arfx?sf]kzf/f ; g], arfx?nf0{ e6\$gaf6 58fP/, cTdf, k/dTdf / ; I6 ramsf] oyfy{; To 1fg lbP/ 1fgl agfpg, ; jfQd of] /fhof]sf]cl4tlo cEof; u/fP/ kfkaf6 dIQmlbg, of]sdelkfs gsa6 lgsfn] :ju\$]/fHo eflb lbg, cf^gf clt lkP dglo cTdfx?nf0{dfq ge0{ k\$[t Pjd\; DkOf{aXdf08nf0{klg zI4s/of ug{ h]7 k?if cfbd cyf\; Tool kyd /fhstdf/ >ls[0fsf]cTdfsf]rf]fl; of]hGd; cfib k?if cfib b] aXdfsf]; fsf/ z/l/sf]cfwf/ lnP/, pgsf]z/l/df lbJo cj t/of u/] o; j; wdf sNksf]cGtdf yf] ; dosf]nflu cfpgePsf]5 . o; ahf klg cnd:t ; :t ag], ljs[dg-al4 /fvb} cg\$fs}sts{ubX sDes/of ag] OZj/lo kQ, 1fg, ; v zflGt kkt ug[3/ 5pd}pknAw ck] {df\$fnf0{ubfP}eg] k/dTdfn]xld]nflu :yfkf ug{ePsf]k/dTdf 5xf/L]

OZj/lo ljZj ljBfnodf cfpG, bMv lrgTfaf6 dQm ; /lft xg cfgfsfgl ubE}eg]of]eGbf bef]o csf] s]xg ; Sb5 / <hals k/dkTf lzj, vbf, OZj/ s; h0{3/af6 58fpg' xEg\k/lj/f/d}/x] cfkn] kZf, Joj; fo ; fng ubf]k]klg lrgTfdQmlglZrt / vZxfn hljgofkg ; Dej kf/L lb0{cl4tlo zIQm kQ / u0fx?n]l; ufg{xG5 ; fy}eljio @! hGdsf] ; DkOf{ ; v zflGt / PZj o\$] lof/Ql ug{xG5 . k/dkTfn]bzfgg\bz lj sf/?lk /fjOf_sfk-hfaf6 dQm kf/] , hGdhGt/ b]v cTdfdf nfu\$]kfkfsf] lvofnf0{ ; fkm u/L rdrdfP}lx/f agfpg' xG5 . lktfn]w}] dXgt klg u/fpg' xEg . l; km{ eG' xG5, ..dZf ld7f clt kof/f, nf8nf nfd] ; do b]v la5f]8Psf arfx?, dh]ltdlx?sf]nflu :yfkf u/\$]aXdfsd/L OZj/lo ljZj ljBfnosf]5xf/ldf cfp, dg, jrg / sdaf6 kljq /x], dgnf0{zLtn agfp / al4n]dnf0{ofb u/, ltdf]sNof of xG5 . of]bMv wfda6 dIQmvd e}kOf{ ; v, zflGt / kOf{ PZj o\$]kfn]w eflg :jlf bfgofdf cfpG}of] ; GbZ cfkn] xdlhG; , 0i6ldq, 5/-l5d\$lx?nf0{ lbP/ pglx?sf]klg sNof of ug]lglD ag . of]g ; jfI d ; jf xf]h; af6 ltdl gof; Tool bfgofsf] /fHo eflb eflg kfpG}of]%)) jif\$]cGt/sf] ; adousf dfq kkt xg]cl4tlo df\$ xf]. of]df] sf rSof]eg]hGdhGt/ cfkn]0{3f6f kfgE}. ofb /fv .clxn]ePg eg]slxNo}xbG . efln efln eGbf sfnn]vfg\$. clg k5'tfpg' ; jfo sXl / xg]5g\ dh]ltdf] ; gnf]efllo sf] ; gnf]snd ltd]xTdf lbPsf]5; t/ of]snda]ta g}sf ubE ha ltdf]xT dZ]xTdf /xG5 . afE ltdl hfg, ltdf]sd{hfg] V

OZj/ cMnfx logsf]gfd,
 ; bult lbg'logsf]sfd .
 k]jldf cj t/of u/\$f 5g\clxn]
 lbg5 hghgnf0{oxl ; To ; GbZ .

शिक्षा, शिक्षक र मानव संस्कृति

— प्र.कृ. शिवलाल, ढाड

h; /l Ps 0lGhlg/ cfkndf]blfttsf]cfwf/
df lgdff ug[u5{7ls To; /l g}cftdf cfkndf]dh
k\$[t-wd{sf cfwf/df z/l/ hGdnf0{ kkt u5{.
o; /l hGd / z/l/nf0{kfljt kfg]dVo tlg s/fx?
5g- ; :sf/, sd{/ cftdfs dh u0fx? .

; :sf/ dVo tlg k\$/sf xG5g\
!= kj hGdsf ; :sf/M- cftddf hljg rmdf 3l6t
kto\$ sd\$ n k lfk ; :sf/sf ?kdf /x\$]xG5, hf]
sf/0f?kl kl/0ffdsf nflu ; dosf]k t liffdf xG5g\
/ kl/0ffd kZrft'g]lg kl/j tGsf ?kdf elj ionf0{
kfljt kfg{; kft xG5g\ To; h]elgG5, clttsf]
ueaf6 jt dfgsf] hGd xG5 / jt dfgdf u/\$f]
sd?kl alhn]elj iosf]lgdff u5{.

@= j zfofut ; :sf/M j] flgs c]j jof cg; f/ h; /l
dgsf efj ; jefj n]k\$[tsf kto\$ j :thf0{kfljt
u5{ To; /l g}sg}cftdf sg}j z j [fsf]c# agg
cftdf ha cdfsf]ueaf kj z u5{ To; ahf b]v g}
p; df efj, ; jefj, u0f / sd\$]kfljt b]vg cf/De
xG5 / afns !^ aif{kubf; Dd lg/Gt/ cf/fkt ; 'd
phf{To; afnssf]z/l/df pT; hlE e0{afnssf]
: jefj, ; :sf/, /#-?k / zf/l/s agj6 cflbsf]
lgdff xg yfN5 . lj 1fgn]o; nf0{18PgP ddf]l klg
eGg]u5{ lj z]f cfdn]vfPsf]afh\$] ; g\$]b]y\$]f]
u/\$]f] ; a)ue\$]gj hft lzzdf c; / kg]s/fnf0{
d]Bsn ; f0G; n]klg kkmul/; s\$]5 eg]hGd kl5
kl/jf/sf cG0 ; b:ox?sf]/ Toxsf]jftfj/Ofn]hg
; :sf/sf]lgdff xG5, To; nf0{j zfofut ; :sf/ eGg]
ul/G5 .

#= ; utsf]kflj n]agG] ; :sf/M 3/df dftf lktf/f
lg?Q/, ktlft, pk]ft / lj :yflkt afnsx? kl'tsh

kl/l:ylt wfGg g; sl cgsh jftfj/Ofsf]vflhl jf
k]j f{sf] dxTj sf]fnf0{af\$] sg}klg ; #7g jf
; fylx?sf]dfendf kl5g\ pglx? dxTj sf]fnf0{kl't
xg]cfsf]ff /fv] Ps gjlg lj ; jf; sf]yfnl ug{p2t
xG5g\ h; sf]kflj n]afnsdf hg ; :sf/ lt/fkt
xG5g\logh]f0{ ; #7gfTds ; :sf/ eGg] ul/G5 .
of] vt/f w]h; f] gfaflu -6lg Ph_ cj:yfsf
afnafnsfx?df kg[u5{ cfh ; dfhdf ()Ü cdf
ajfx?sf]Hj nGt ; d:of eg\$]g]oxl 5 ls xdf]
afnafnsfx? xfdln] eg\$]dfGg\ ; Gg\ of]
s/f slxn}klg ; f]Gg\ ; o ; d:ofsf]alh :jo+
xfdln]g}/fk\$] lyof; xfdlnf0{yxf ePs}s/f]xf]
ls afnssf]klxnf]kf7zfnf 3/ xf]/ kyd u? dftf
/ lktf xg\ olb dftf lktf g}o; s/fb]v cglj 1
5g\eg]o; sf]lhDd]f/ sf]< xdf] Cifldlgx?n]
kf]f0fs ulyx?df klg pNn]y u/\$] 5g\ls afn
afnsfx?sf] e/Of kf]f0fsf ; DaGwdfM hf] cSsn
5o] jif{cf]cSsn ; o aif{. cyfE\hGdb]v !)
j if{Ddsf] z}j sfn cdfsf] af] ; Nodf xlsGk5{
hxfDdttsf] ; Gwdf kOf{cf]k] g eo, g /fu, g
a]f, g 5n, g sk6, lgdh, lgZ5n / :j5Gbttsf]
kfljdf kjflxt Pj #cfn]st pTtE pGd]df /lrt
z}j ; 'lft hljgsf]kyd sfn xf]. !) aifb]v !^
j if\$] ?kft/Of sfndf afnsnf0{kOf{l]lw lgif]df
/Vgk5{ cyfE\cToGt ; tsf / ; jwfglk] \$
cfkm'kOf{cgzf; gsf]dfkb08df /xl x/\$] af]whG0
lgif]sf kl't3ftsf kxf/nf0{sfnu9l ag] cyfE\
; gf/n] uxgf agfPe] 6s6sfpg' k5{. afnssf
nflu cdf aj]sf]k]olf hljg cfbz\$]vhf lsf
xG5 . ctM lzlf s agGebf klxn]:joef lzlf xg'
clt cfjZos 5 . !^ j if{15 afnsn]Ps kl/kOf{

JolQm]nf0{kfkt ul/; s\$]xG5 . p; nf0{olb ; emj
jf ; Nnfx lbgk[of]eg]ca ldqj t Jojxf/ ug[kg]
xG5 . p; nf0{cf^gf hljgsf cgejx? ; gfP/ of]
s/f afv u/fpg' plrt xfnf ls s]; To xf]/ s]
c; To xf]; xl af6]sg xf]/ unt af6]sg xf]cflb .
oxl plrt jftfj/0fdf g}afnaflnsf? s'; uaf6
aRg ; S5g .

\$= cftdf zIQm cyff\cftdfsf ; jefljs ; :sf/M
clWofTd 1fgaf/f, ofv; fwgaf/f cftdfdf lgxlt lghl
u0fx? -; v, zflGt, kd, klj qtf, 1fg, zIQm/ cfgGb_
sf]kbp[tyfg u/L p; sf]hljgnf0{lbJols/of ug{
olb p; sf]dg?kl hdlgdf >]7 ; sNk?kl alh
lg/t/ cs'/of xg yfN5g\eg]; j tM p; n]hljgdf
gjlg /rgfsf pTs[7 lj Bfx?sf]; hgf ug{; dy{
xG5 . afnssf]; j flUof lj sf; df log}rf/ ; :sf/x?
kNnjlt ePsf xG5g\cflWofTds, dfg]; s, zf/l/s
/ ; fdlhs :t/df qm ds lj sf; sf nflu afnsdf
cftdf zIQm cyff\kan OR5f zIQm xg'clt cfjZos
5, hf]s]n clWofTd 1fgaf6 dfq ; Dej 5 .

hggl[sf] ue{ cftdfsf nflu Ps pe{s
hdlgsf]; dfg xG5, hxfPs ; an ; lfd dfg j [fsf]
cs'/ cs]/t xG5 / hljgsf x/ uGtJox?df cg\$}f-
kmn kthx? kmfpg kmhfgp ; S5 . ha ue{tlg
dlxgfsf]xG5, ta dfq p; df r]g cftdfsf]kj ztf
xG5 / cftdfn]cf^gf dfl]ns u0fx?sf cfwf/df
/ cfdfsf]; xofvaf6 z/l/?kl 3/ agfpg cf/De u5{
cftdfdf dVo & j6f u0fx? 5g\eg]z/l/df (j6f
k0ffnl xG5g . cftdfdf 1fgsf]zIQm]dl:tis /
; DalGwt k0ffnlsf]/rgf u5{zflGtsf]zIQm]kmf\$; f]
jf Zj fF kZj fF k0ffnl, k0sf]zIQm]Abo ult jf
/St; mf/ k0ffnl, ; vsf]zIQm]; DkOf{kfrg k0ffnl
/ To; ; f ; DalGwt cukToux?, klj qtf sf]zIQm]
5fnf / To; ; DaGwl k0ffnlsf] ; Argf u5{eg]
cfgbsf]zIQm]z/l/sf]cOf' zIQm-khhg k0ffnl_sf]

/ To; ; u ; DalGwt cjojx?sf]/ cftdfdf hg zIQm
5 To; n]xf8x? / df; kZlx?sf]lj sf; u5{. ctM
olb cftdfdf zIQm?sf]; dfg ; Gthg / ; DkOf{f
5 eg]z/l/ klg ; DkOf{g}kfkt xG5 . cGoyf h:tf]
cftdfsf]u0fsf]:t/ 5, To; \$f]cgkftdf z/l/sf]
:t/lotf agb5 . ctM xdf]zf:qdf ue{; :sf/sf]
s'/nf0{cled60sf]hGd syfn]klg :ki6 ul/Psf]
5 . t; y{; :sf/sf]kg/fj [Q cfdfsf]ue6]v g}xg]
u5{. To; h]elgG5 ue{lt dlxnfn]/fd]s'/f ; Gof]
bVof]afNof]/ z4 s'/sf]vfgkfg u0of]eg]p; sf]
ue0f /x\$]lzzdf kefj k5{. of]s'/f glt zf:qdf
pNny ul/Psf]5 . ctM ; DkOf{1fgsf]alh :j osf]
cGj fOfdf g}; 4 5 .

lzlf s ; dfhsf]o:tf]; Dj fxs xf] h; sf]
dflWodn]x/\$; fws cf^gf]; fllo kfkt ug{; an
/ ; lfd xG5 . lzlf snf0{csf]efiffdf eGkbf{pm
; dfhsf]; j flr ;]s xf]. h; sf]dflWodaf6 JolQm
; dfh / /fi6sf]lgdf0f xG5 . ctM lzlfssf]:yfg
; dfhdf ; j flr 5 . p; sf st{ox? w}]pQ/
bflotj kOf{/xG5g\ h:tf]ls Ps /fhfsf]st{0 g}
/fhosf]; Defn ug]xf]. t/ /fhf t san bZsf nflu
; Ddfgglo, khglo xG5g\ t/ Ps lzlf s ; :f/df
g}; Ddfgglo, khglo xG5g\ h; n]k/dlzlfsf]
cgZ/of u5{. lzlfssf]; DaGwdf xdf]bzGx?df
elgPsf]5 dftb]f]ejM lktb]f]ejM cfrfo6]f]
ejM. ; :f/df cfrfo\$]f]:yfg ; o u0ff dfly, lktfsf]
:yfg xhf/ u0ff dfly / dftfsf]:yfg nfv u0ff
dfly 5 elgPsf]5 . cdf hljgsf]; j flr lzlf s
xg\ hggl w/l t ; dfg ef/l l5g\ h; /l dfgj w/
ltdf /x] cg\$fg\$ /fd]g/fdf s[ox? u5{t/ klg
w/ltn]kto\$sf]kfng kf]fOf ul/x\$]l xG5g\ To:t}
hggl[sf] kngf w/lts}; dfg xG5, lktf cfsz
; dfg pRr xG5, h; sf]dxTjfsf]ff cgGt xG5
eg]cfrfo\$]f]:yfg ol b] \$f]alrsf]; fllo kfkt sf

nflu pkoQm ; fwg, dfMod, ;]'em)cToGt dxTj sf] xG5 . hf]lagf ; fWo ; Dej g}5g . ctM Tofusf] csf]gfd xf]lzfs . o; cfo]tdf lzlfssf]ufyf :jOf{clf/n}clst ul/Psf]5 . xfd] ; dfhdf o:tf cg\$ dxfg lzlfSX?n]hGd lnP h;n] ; dfhsf lglDt cf^gf] ; j }j :jfxM u/xf lyP . dxftdf uf] td a4, :jfdl lj }\$fgG, dxlif{c/ljG, dxfsjl nldlk}fb b]sf, efgQm cfrfo{ uafnfn >]7, zqm/fh zf:ql, wdESt dfydf, dxftdf ufGwl cflb .

lzlfssf]hljg vNnf lStfa h:tf]xgk5{ lzlfssf]hljg Tof]k':tsfno xf] hxfFcbz{?kl lStfax?sf] ; uafno xG5, h;nf0{ k9} x/\$ lj Bfylh]cf^gf]hljgnf0{dxfg agfpg ; S5g\ olb k]o\$ afns / dglosf]hljgdf >]7tfsf]alhfs/af xG5 eg] ; dfh :j tM >]7tfl/ cu} / xG5 . cfh dfgj Joflw / pkfwsf]ulx/f]bnbnf g/fdf]E k] \$f]5 . sfd, qm, nfe, dfx, cxsf/ cflbn] g}ubf{dfgj sf]hljg blif xG5 / cwf]ltnf0{ k]t u5{ dgf]j sf/sf k]f]n]cg\$ df]g ; s /fu, zf/li/s /fu / ; fdlhs b/fuxsf] ; fy}dfg zfg nf\$ nfh sh vfgbfg g}snst u/fp5 . xfd] glt zf:qdf klg sfd]off, nf\$]off, jO]off ol tlg dfgj sf 3f] zq'df]gPsf]5 . b]xs, blj s / e]ts tfkn]pTkG xg]OR5fn]dfgjnf0{dxfg aG lbbg, OR5f pG]tsf]lbj/ xf]. ctM ultdf klg pNnV ul/Psf]5 sd]of jfwsf /:t]dfkm]f' sbfgr . ;:sf/ ;:s[t / ;dfh ol tlg Ps csf\$ k]fs xg\ . ctM xfdl ; a\$]pQ/bf]oTj 5 ls ; dfh pTygdf ; Sbf] ; xof] u/f}rfx] ; fg] cuhlsf]g] lsg gxf] \ . ; xof]sf]efjgf pTkG ug\$ nflu cfh k]o\$ dfgjnf0{cl]ofTdsf]vfFf]5 . o; sf nflu aXdfsdf/L OZj/lo ljZj ljBfno Pj +fhof] k]z]f s]b]dfgj dfqsf] ;]fsf nflu ; dlk 5 . t c]pgxf] \ zè sfo\$ nflu 9lnf lsg, cfh]6 z? u/f}t

येज नं. ५ को बाँकी अंश

g}; a]fly k]fj k5{o:tf]k\$fn]c?sf]of]otf / dxfgtfnf0{ ; Ddfg glbg' klg d kg xf]. o; df k0osf]vftf ; a}l]of xG5 .

kl'tsh ; do cfPkI5 d kg ePsf cftdfx? ljEgsf]clwg xG5gV of] ; #f/df cfk]hf0{Psnf] dx ; ; u5g\

सर्वार्थ स्थिती को]?

hf]j :t' k]t ePklg gePklg, dfg-ckdfg, xf/-hlt, lggf-:t]tdf ; dfg /xG5, p g}dxftoful xf]lsgls p;n]lgisfd efjaf6 ;]f ug{ ; Sb5 / p;n] ; a}OR5fx?sf]Tofu u/] lglDQ efjnf0{ wf/of ub5 . hf]Gof/f eP/ e]ts kb]y\$]pkf] u5{kb]y{cyj f ; fwg eP/ lrGtf gxf] , rfx]sf/df ofqf ug{ldnf] rfx] ; f0sndf, b] }f ; defj xf] \ rfx]#^ k\$]sf]ef]hg ldnf] , rfx]crf/-/f, b] }f cflGbt /xg ; Sb5, p g}dxftoful xf]. rfx] xhf/f]alrdf efifof ug{ldnf] rfx]gl]dnf] }j }f ; dfg efj 5 eg]p g} ; Rrf Toful xf]. hf]/df] sd{u/] klg cf; St 5g, p g}Toful xf]. h;n] ; a} sd]f :jfy{efj Tofu u/] ;]f efj n]/xG5, p g} ; Rrf Toful xf].

ca j ; Gw/df Tofu / j]f]losf]nx/ km]cf}tfls cg\$; fwsx?n]OZj/lo ldn]gaf6 :jof]f0{ t]t agfpg ; sg .

Tofu u/] klg h;n]Tofusf]cf]t/s ; v lng ; s\$ 5gg\ pglx?nf0{ ; xl dfu]zG ldnf] \ . Tofu u/] cg\$ dxfg cftdfx?n]cf^gf]hljgnf0{ lbJo agfpg ; sg / of]egbf klg w]x]fd] ;]fsf] lf] ljEg dSt, cftdfnf0{p8fpg]vfnsf]agf] \ xfd] ; fydf xfd]nflu s]l gxf] \ ; a}ljZj ;]fsf] nflu xf] \ slt eflodf]g 5g\tl cftdfx? h; sf] tg-dg-wg c?nf0{ ; v lbgdf sfd cfcf] \ . xfdl ; fwgx?sf] bf\$af6 aflx/ lgl:sf}eg]g} cgel'tx?sf]vfgl k]t xG5 .

परमाणु शक्ति बनाम परमात्मिक शक्ति

डॉ. प्र. कृ. कृष्ण शर्मा, पोखराथोक-२, पाल्पा

j tdfg olunf0{w}}dfhg; x? k/df0' ou
 -Atomic era_ sf]gfd lb65g\lsgeg]pglx?n}
 k/df0' zIQmsf] cflj isf/nf0{ j tdfg ; dosf] ; a}
 e6bf dxTjk0f{pknAwl df6b5g\ o; df sg}zsf
 5g] lsgeg]k/df0' zIQmsf]pkofu] olb lgdf{fsf]
 sfo{f nufof}eg]d?eldnf0{k/l/ j tdf u/} xl/ofnl
 v; agfpg ; ls65, oftoftsf]nflu t w}}tlj wfdl
 ; fwg pknAw xg ; S5, lahl olt ; :tf]/ olt
 w}}pTkgb ug{ ; ls65 ls k/} ; #/df /fltnf0{
 klg lbgsf]?kdf ablg ; ls65 . o; ksf/n]s[if,
 pBfu], ufpFzx/ cflbdf o:tf]qnlgt ug{ ; ls65
 ls ul/alsf]gfd lgzfg d6} of] ; #/ Pp6f cgf}f]
 -Wonder land_ ; #/ abg ; S5 . t/ tkf0x?n}
 blv/xgePsf]5 k/df0' zIQmsf]pkofu] /rgfTds
 sfo{-Constructive purposes_ sf] ; \$df w}}
 h; f] ljgf; sf/L sfo{sf] nflu kofu] e}x\$}5 .
 lj1fgsf]zIQmf/f j:tx? alg/x\$}5g\ltglx?
 of t cNksfnsf] nflu ; v lbgsf] nflu of t
 ljgf; sf] t6f/ldf pkofu] e}x\$}5 . pbfx/0fsf]
 nflu tkf0x?nf0{ yxf] 5, cfh; Dd cd]/sf
 nufotsfn]c/af}8n/ / c/af]?jn -?; ldbf
 k/df0' ad agfpg]sfo{f vr{e}s\$}5 .

lj1fgsf]zIQmcyjf k/df0' zIQmsf]; 'ldtf
 cyjf p; sf]lj :t[Pjd\sf]ltsf/l kefj nf0{b}v}
 sb}klg JolQm]of]s/nf0{t/:sf/ ug{; Qm] ls
 k/df0' zIQmPs cToflws 7hf]zIQmxf]/ sdfnsf]
 lrh klg x]t/ csf]t/ j tdfg ; dodf of]e6bf
 klg clws 7hf]zIQm]sfd ul//x\$}5, h; nf0{k/
 dflTds zIQmcyjf zflGtsf]zIQm -Silence Power_
 elg65 . of]zIQm e6bf clws 7hf]zIQm 56}5g} .

k/df0' zIQmsf]cflj isf/ t klZrdl b}zdf ePsf]
 xf]t/ otf k} \$f]ef/tdf 1fg ; 6{k/dlktf k/
 dflTdf -eujfg_ sf]cj t/0f e}s\$}5 . k/df0'
 zIQmf0{ hfGg] j}flgsx? lj1fgaf/f cf0fljs
 zIQmsf]sfo{f nfu\$}5g\ otf ef/tdf k/dlktf
 k/dflTdf]zflGtsf]zIQmf/f dglosf]cflTds zIQm
 a9fpgsf]nflu cTofT dxfg st{fo ul//xgePsf]
 5 .

k/dlktf k/dflTdf]uxg 0Zj/lo 1fg /
 ; xh /fhofu] l; sfP/ dgloTdfsf] ; :sf/nf0{z4
 ul//xgePsf]5 / dglox?sf]sd{f kljqtfsf]
 an -zIQm_ el//xgePsf]5 . o; 6f6 ljZjdf
 zflGtsf]zIQm a9/x\$}5 . Tof]lbg ca w}}6f9f
 5g, ha ; f/f ljZjdf zflGtsf] :yfkf xg}5 . hxF
 of]zflGtsf]zIQmsf]sfo{cem}z? ePsf]5g} eg]
 lj1fgaf/f dfg; sf] hljgdf s[ad ; Eotf, :gx/
 lxt jftfj/0f tyf czfT cGtMs/0f 5 . k/Gt'
 otf ef/tj if{f la:tf/}la:tf/}zflGtsf]zIQm]w}}
 e6bf w}}dfhg; x?df cfkmg] kefj kfb}u0/x\$}5
 5 / p; sf]kefj sf]lfq km]b}u}x\$}5 . o;
 ksf/ j tdfg ; do k/df0' zIQm ljgfzsf]t6f/ldf
 / k/dflTds zIQm; Toolu, ; Dk0f; v-zflGt ; DkGg
 b}l ; [6sf]kg]m}yfkfdf nflu/x\$}5 . dfg; nf0{
 of]s/f dfq yxf] 5 ls of]ef]Tds zIQmxf]t/ k/
 dflTds zIQmsf]af/df s]n pglx?nf0{dfq yxf]
 5, hf]p; sf]; Dks{f cfPsf 5g\ hf]cflMoflTds
 k?iffy}f/f ; [6nf0{ ; v-zflGt ; DkGg agfpg
 ; ls65 e6g]ljZj; ub}5g\

jf:tjdf ljgf; sf/L lj1fgsf]zIQm cyjf

बाँकी अश पेज नं. ३० मा

मूल्यनिष्ठ समाज रूपान्तरणको आधार प्रशासनमा आध्यात्मिकता

४ प्र. कृ. माधव विमल्वेना, वीरेन्द्रनगर, सुर्खेत

...j/fHo clwsf/ g}ljZj /fHo clwsf/ xf]. h; n] sd@lGbbfnf0{lhTg ; S5, p hutlht aGg ; S5 ll
- lzajfjf

Administration zJb Nofl6g efiiffsf] Administrare af6 ag\$[xf] h; sf]cy{hgtfsf] ; Jf ug{ hgtfsf] Vofn ug{ hgtfsf] : ofxf/ ug{ eGg] alen5 . (To serve the people, to care for the people or to look after the people, to manage the public affairs) eGg]xG5 . ; fj hlgS kzf; gnf0{ dhSl kzf; g klg elG5 . ; fj hlgS lxtsf nflu : yfikt /sf/ l kzf; g g} ; fj hlgS kzf; g xf]. hg; Jf / hg; /f\$ /; E k]olf ?kdf ; DalGwt hgtfsf] ; jn eljio lgdffdf ; dlk / lqmfzln kzf; g xf] ; fj hlgS kzf; g .

; dudf ; fj hlgS kzf; g eGgn] zf; g Joj : yfkgSf x/\$ lqmfnsfkdf ; nltgf b]yfpG] axb ; ; zQm / j] flgs ; eGg xf]. csf]zAbdf : yfol ; /sf/, h; n] /fhg]ts zGofdf ; d] ; /sf/sf] pkl:ylt b]yfp5 / ; /sf/af/ l golGat / lgb]zt xg] ; Argf ; fj hlgS gllt sfoffj og ug] ; eGgsf ?kdf sfo{ub5 eGg] alen5 . /fHoaf/ l gwff/t sfgGaf6 lgodg, ; ~rfg / Joj : yfkg xg]k2lt Pj + hgtf / ; /sf/ j]rsf]kh xf]egl /fhgllt zf:qsf lj4fgx?n]JofVof ; d] u/\$f]kf0G5 .

gkfnf] ; Gbedf ; 3lo nftflGqs /fHo k]ffnlsf] dfuf0{lbuff] agfpa} hgrfxgf cg?ksf] lj sf; sf]sfo{Pl sfoffj og ug]kzf; slo ; eGg g} ; fj hlgS kzf; g xf].

dxfG bfz]gs kf0yfuf] ; eG5g\ hf]dglo ; jodfly lgoGof ug{ ; Sbg, p ; jTg xg ; Sbg . 3/, kl/jf/, ; dfh, /fhslo xf] \j ; fdf]hs jf c]llof]Tds 9ffF hg; s}l]qdf klg kzf; lgs Joj : yf

/x\$] xG5 . hxfFkzf; lgs Joj : yf /fd]xG5, ToxF >]7 / /fd]sfo{fdtf b]yG ; lsg5 . sfo{Jojl:yt rln/x\$] 5 tyflk sfo{ug]JolQmf ; b}fjgfsf] jftfj/Of tgfj kOf{ kl/l:yltaf6 ulh/x\$] 5 eg] ; kmntf k]t ug{k]f]m c; Dej g}xG5 . o; sf]k]olf ; nltgf kzf; lgs Joj : yf; E xG5 . zfw cg; Gwfg / lrgGg kZrft\o ; ; DaGwdf s]k]6 ePsf]5 eg] h:tf]xfdf]cj:yf, To:t}xfdf]Joj:yf xG5 . cfh xfdl b]yb5f]rxf]3/, sfoffo, sfo{yn xf] jf gllh ; :yfG ; al]t/ c; Gt]f] ; Joj : yfsf]k]v afws aGg kl\$] 5 . hxfFk/:k/ k] tyf ; Ddfgsf] efjgf xG5, ToxFx/ Ps sfoff ; xhtf Pj +; kmntf xG5 . tyflk cfh xfdln]c]l]Tds wd{jf sdhf0{eh} b] cledfgdf cPsf 5f]s ; h]klg c]k]h]f0{ fgf; lenb]f] hf] E clwsf/ 5, p; df k] / ; J]fej sf] : yfgdf : jfldTj / k]Tj sf]eims b]yG kf0G5 . hxfFcedfg xG5, ToxFdfg c; Dej 5 . cfk; df kof / / ; xof] 5g eg] ; Totf l5kg klb5 . To; kl5 ck/fw / cg]tstfsf] ; fd]Ho z? xG5 . olb kzf; suof : jodf dNo ckgfpa}eg] dNolgi7 ; dfh ?k]t/Ofsf] kl/sllkgf s]n sf]f sfuh dfq xg klb5, hg .cfsf; sf]kmn c]f]f t/l d/l eg]h:t}xg hfG5 . To; h]ca ; do cf0; s\$]5, dNox?sf]wf/Off u/l c]llof]Tds qm]Gt Nofpg].

kzf; gnf0{ cfr/Of0m agfpg lgtf]t cfjZos 5 . gllt lgod /fd] agb5g\ / lj 8Djgf, lgod kfngf cfr/Ofaf6 6f9f ePsf] l:ylt 5 . cfr/Of of Jojxf/ >]7 agfpgsf] nflu hljgdf Tofu ; Jf ; dk]of, nug st]olgi7tf, Of]b]f]l/tf, lgljfy]ff c]fb g]ts dNox? ; jo~hljgdf ckgfpg' cfjZos 5 . ; fy; fy} k]f]l kzf; gsf nflu kzf; sss] sygl / s/gl ; dfq xgkb5 lsgls p; sf]Joj xfl/s hljgn]c?nf0{k]f]j t ug{ ; S5 .

c?nf0{e6g' / u/fpg' e6bf klxnf cfknf] hljgdf
 ckgfpg' h?/L 5 . km:j?k lagf ck]ff p; k]t
 ; Ddfg k\$6 xf] V kzf; g Joj :yf tgj dOm ; xh
 / ; ud ag ; sf] \ k/t' ; f/df rf/] km(e]6rf/
 Jofkt 5 . /fhg]ts, kzf; lgs lfg]lv lnP/ tNnf]
 txsf sd{f/l; Dd /fi6sf]kzf; gn]; xl lbzf lbgdf
 cfh g]ts dNox?sf]clt cfjZos 5 . hx]FdNo
 / c]Wof]dstf 5g, ToxF;]fe]j cw/] /xG5 .
 ; fdlhs Joj :yf ; dhdf a:g]JolOm?sf]dfgl; s
 cj:ydfly lge{ ub5 lsgg] zf; g kzf; gb]lv
 lnP/ ; dhfs]x/\$ lfg]df jf cfwlgs ; dh jf sg}
 klg sfo{ug{Ps csf]k]t lge{ xg] qnd lbg]bg}
 a9b5 . Pp6]JolOm]; du|sfo{ug{; Dej klg 5g .
 h; /l z/l/sf ljle6f cjojx?sf]cf-cfknf]dx]j
 5 / Itglx?sf]Ps]dstf Pj +tfnd]hdf g]; Gb/
 / :j:yf z/l/ lgdf]f xG5, To; u/l ; dhfs]x/\$
 lfg]nf0{ ; hf? ?kn]; ~rfng Pj +:j:y kzf; gsf
 nflu sfo\$tf{of ;]fu]xl / kzf; g alr ; xl tfnd]h
 Pj +; Gb/ c6t/; Da6w xg' h?/L 5 . log} c6t/
 ; Da6wnf0{dw' / d]k]kOf]agfpg lgZro g]hljgdf g}
 lts dNos]cfjZostf 5 . k/t'x]fdln]b]lv/x\$]f 5f]-
 cfhs]f] ablnbf] kl/j]zdf JolOmdf nfnr, :jfy{
 cgzf; glxgtf / cg]tstf a9b]u0/x\$]f]5 . cfh
 x/\$ lfg] / ju]df st]fo eh] clwsf/k]t clws
 ; r] ePsf] b]lvG5 . sdrf]l, a]dfgl, nfk/j]xl
 tlj?kdf al9/x\$]f/ sfo]k]t ;]fe]j, lgi7f, ; Totf
 / ; Eotf 0Tof]b k]f]m nfk] e]x\$]f 5g\ zf; s /
 kzf; sn]cfknf]h:tf]cfbz{ :j?k k]t't ub5g\
 To; }cf]d hgtf / clwg:y nf\$ ckgfpg5g\ . olb
 pRr kzf; lgs kb wf/Of u/\$]f kb]lwsf/lx?df
 c]Wof]dstf dNox?sf]:yfkgf xg ; Sof]eg]hljgsf]
 Ps cleGg cus]f]?kdf wf/Of ePsf]v08df lgZro
 g]s]zn kzf; s ag ; Sg]df b0{dt /xg ; Sb]g . ; fy}
 hgtfdf nf\$]k]k]tf a9b]hfg]s/fdf zsf ug]k]k]g .
 olt dfq x]f]g, clwg:y JolOm?sf]sfo{/ Jojxf/df
 szntf / g]tstf ; xh}Nofpg ; lS65 .

s]zn kzf; sdf c]fd]f]z]f; g xg'h?/L 5 .
 k]of\$ kzf; sn]of]klg Wofgdf /Vgk5{s h:tf]sd{
 d ug]5, dnf0{b]v] c?n]ug]5g\ JolOmfj ; dbfodf
 dfx /Vg] JolOmf] sb]fk Gof]o k]k]fg ug{ ; Sb]g .

t; y{kzf; sdf ; bf Tofu tk:of / ;]fsf]hljg /
 sfo{Jojxf/df k]k]v]t lbg' cfjZos 5 . olb x]fdl
 c?sf]; fdGg]cfbz{k]t't ug{rfx]65f]eg]; j]kyd
 tl cfz{/ / l; 4f]tx?nf0{cfknf]hljgdf ckgfpg]
 lxDdt / r]7f xg]k5{. j]t]f]g ; dodf o; cfwlgs
 e]f]tstfn]; DKG ; f/df tgj / ; d:ofx? Jofkt
 5g\ . To; h] @! cf]-z]tfAb]nf0{tg]sf] z]tfAb]n]
 klg lrg ; lS65 . o:tf]tg]f kOf{l:yltdf dfgl; s
 z]lOm]cfjZostf xG5 . dfj dg r#n 5 . d sf]
 xFeg]s'/sf]oyfy{1fgs]cf]j]n]kzf; g ; dhfs]
 x/\$ klfd]tg]j]n]37]j xfn\$]f]5, h; n]kzf; gnf0{
 ; kmn ug]lh]df lnPsf] 5, Toxl JolOm cfknf]
 ; d:ofx?af6 ljrint 5 eg]kzf; g s; /l rnfpg]<
 dglosf]; s]rt ljrf/ / nf]j]t]n]w/tl / cfsf;
 af]8Psf]cj:yf x]df]; fd' b]lv; s\$]f 5f]- JolOm /
 kl:l:yltnf0{k/v ug{; To c; Tos]e]h hf]Gk5{.
 ctM Ps kzf; ss]dg ax]t z]f]t / b]f] xg]k]b5 .
 o; sf]nflu cfknf]cfknf]f0{cgzf; gdf /Vg'kg]xG5 .
 csf]z]Abdf c]fd]f]z]f; g lagf szn kzf; g ; e]j]5g .
 Ps csf]f]b]l]6sf]nf0{l]Zn]f]of ug]JolOmf]c; n
 kzf; g ; ~rfng ug{ ; Sb5 . ; dhdf ef]Of/f]sf]
 e]j]gf cfP]df, sfg]gsf] ; fy ; Gthg eP]df, Gof]
 bof ; bef]j tyf d]Nof] cfw]l/t kzf; g xg ; s]df
 lgZro g]x]fdln]cfknf]f0{ab]N]k]f ljZj kl/j]t]g]sf]
 dxfg cleofgdf ; lfd xg]5f]- To; h] kzf; s xg,
 lk]f] zf; s ag]kg] / pRRf clwsf/sf] ; fy} z]f]t
 z]tn dgn]j ; b] s]b]Dasdsf]e]j]g]sf]lj]sf; ug{
 ; Sgk5{. Head ; len]fn]Headache xG5, t; y{
 cfknf]f0{lg]dQ -Trustee ; len]f] :ad Ps /fhf xF
 lsg]s dnf0{cfknf]fly zf; g ug{cf]p]5 A ljrf/s
 k]k]cl/l6g]f]f]cfbz{dx]j]f]son]klg :j-kl/j]t]g]sf]
 ljZj kl/j]t]g] ug{ ; lsg]s/fnf0{0]h]t u/\$]f]b]lvG5 .
 JolOmf]f ul/g]kzf; g lglZrt ?kn]Jojxf]l/s, ; dw/
 / lg]off]s xG5 . c?nf0{lgo]q]f lgb]z]g / cfz]
 lbg' e6bf klxnf :josf]dgnf0{ ; e]dt, lgolq]t
 / Joj]l:yt ug{ ; Sgk5{. o; ; :ydf l]b]og] ; xh
 /fhof]sf]c]Eof; 4f/f]x]fdl cfknf]sd]l]G]b]sf]kzf; s
 ag ; Sb5f] /fhof] Ps cfz]{hljg l]hpg]snf]xf].
 /fhof]af6 k]k]t :jzf; g ; zf; gsf]cfw]f/z]nf]xf].
 /fhof]n]x]fdlnf0{:j-]lg/l]f]of tyf c]fd]j]Zn]f]of ug{

l; sfpb5 . o; sf]lg/t/ kof; n] xfdl leq /x\$ f
sdl sdhf]l yxf nfb5 ; fy}0zj /lo 1fgn]lbJo
uof / zIQm?sf]lj sf; ; e; xG5 . xfd]JolQm]df
lgvf/tf cfp5 . e]ts pGt]sf; fy ; fy}cfB]Tds
pTygaf6 dfq hljg: t/ pRr, dxfg / cfbzdo xG5 .
cfB]Tdstfn]Psfuf a9fp5 eg]tgfj ; d] sd
ug{; lS65 . cfB]Tdstf4f/f xfdl leqsf zIQm Pj +
kzf; lgs lfdtsf] lj sf; xG5 km: j?k xfdldf
szntfk] \$ kzf; g ugdf ; xlhs/Of xG5 . JolQmsf]
lrQ zft, l: y/ Pj +; e]dt ePdf sl7g kl/jzdf
; xl lGof6 lbg]; Sg]cfbzdo cj : yfsf]zef/De xG5 .
To: tf]kzf; s k]Ofsf] > f] ag ; Sgdf @ dt gxfhf .
cfB]Tds zIQms/Of, k/dftdfsf]; flgWotf, 0zj /lo
; fwgf / : josf jf/df lj : t] 1fgn]cfGt/s phf\$ f]
hGd lbG5 . olb ; fdlhs cfly\$ Joj : yf r : t b? : t
xf] Joj xfl/s 9f#fn]; xl lbzf lgbz ug{; sf] eGg]
rfxgf tjdfq rl/tfy{xg ; S5 hj cftl/s zf; g
dof]ot xG5 . sNof0fsf/l lzj k/dftdf o; ; dodf
Ps ; dGgt axQ/ kzf; gsf]lgj+ nufpb; xgxG5 .
o: tf]dxfg sfof ; xeful agf/ >]7 kzf; g snfsf]
lj sf; u/f}. o; af6 z?jft xg5 ; Joj : yt kzf; g
Pj +; dGgt >]7 ; fdlhs Joj : yfdf ?kft/Of .
szn kzf; gsf nful hljgdf ckgfpg'kg]cfB]Tds
dNox?M
; befjg M; j \$f]kl't e]efj /xt, zefjg, sNof0fsf]
efjgf, ; dtf / ; Ddfg xg' .
k]M elG5 kof/n]kTy/nf0{klg aufng ; S5 . ; j }
eGf 7hf]: g] cftds : g] xf], xfd]b]6 / Joj xf/af6
cleJoQm : jfy/xt k] efjgfn]hljg ; Gb/ / dxfg
agfp5 .
zflGtM cftdlrGtgaf6 cgej xG5 ls d zft : j?k
cftdf x'+ zflGtdf zIQm 5 To;]]; j]f0{zflGt af8d}
hfg' k5{. olb xfdl cfkm}czflGtdf 5f]eg]c?nf0{
czflGt u5f] / ; xl lGof6 lng ; Sb]f}. t; y{lbnnf0{
hf]f}t]f] 6qnf 6qnf gkf/f}
kljqtM sg]klg Joj : yfnf0{; v zflGtdo agfpg
xfdf]dg, arg, sd{/ Joj xf/df kljqt xgkb5 .
kljq ; Gb/ / ; sf/]Tds lj rf/af6 ul/g]sd{/ Gb/
>]7 / kmnfol xG5 . kljqtg}; v zflGtsf]hggl

xf].
1fgMh; /l z/l/ rnfpg / sg}sd{ug\$ f nful lj 1fg
klj lwsf] 1fg rfxG5 . To; /l dNox?sf]lj sf; sf]
nflu cfB]Tds 1fgsf]cfjZostf 5 . 1fg zIQm xf]
k\$zf xf]h; df bu?kl cllf/f]ld6d5 .
kzGgtMolb kzf; s kzGlr t 5 eg]cfwf ; d: ofsf]
; dfwfg t p; sf]; flfTsf/af6 g}xn ug{; lS65 .
s; af6 klg xg]cgfjZos eo dQm xg ; Sb5 .
dw/tM af0fsf] 3fp d]fpg ; lS65 t/ argsf]
3fpn]hljge/ 3f0t]agf0{xg ; Sb5 . To;]]lzlf /
b08 klg dw/tf ldl> t xgkb5 . sd dw/ / lj : tf/}
af]g]JolQmsf]dg Psfu/ / zft /xG5 . dw/tfn]
zIQm gi6 xg kfpb] / p ; j af6 ; Ddf]gt e}x\$ f]
xG5 .
GofM kzf; s Toxl xf] hf] klkft/xt / : jfy/
xt /x] ; j]f0{Ps ; dfgn]Gof kbf]g ub5 .
efj, e]efj / : jefj 6sX]jsf]rqmoxaf6 6f9f
xG5 . PstM Pstdf zIQm xG5 / ; kmntf klg .
To;]]; xof], ; dGj o efjgfn]; #7gnf0{dhj b ug{
; lS65 .
lgldQefjM hlt; s}pRrflwsf/ k]t xf] \k/t' cxd
b/fzokOf{lgotn]s; \$f]clxt gxf] \ . ; b} hg
lxtsf]nlo /xf] \ . x/ Pssf]sd{/ Joj xf/nf0{
; flf]efj n]xg] / lgldQ ; lem sfo{; Dkfbg ug{; r]
/xg' kb5 .
lhD]f/M : jo+ lhD]f/ ag] c?nf0{
lhD]f/l ; lDkg ; lS65 . oxl ;]fsf]clgjfo{zt{xf].
; /ntM kzf; s l; km{kzf; s xbg] clkt' dfu]z\$
klg xG5 . To;]]p; sf]hljg cfbz{xgkb5 . ; fbd,
; /ntf, pRr lj rf/ cfb ; b]0faf6 xfdl c?nf0{s}l
l; sfpG ; Sb5f}.

कुशल प्रशासक कस्तो हुनुपर्दछ त ?

- gsf/]Tds lj rf/nf0{; sf/]Tds lj rf/df abng]
zIQm : joef lj sf; ug]5{.
- rl/q?kl lgj df kzf; g?kl 3/ agb5 h; sf]cfo"
bl3\$fn; Dd /xG5 .

- h; /l sf/nf0{0Gwgsf] cfjZostf 5 . To; ५/L cfTdfdf /x\$]dgnf0{1fg of]sf].
- szn kzf; sn] nf\$snof0f xt' ljrf/ u/L kzf; g ; ~rfng ug{h?/L 5 .
- h; n]ljkl0sf]38ldf ; j\$]arfj ug{cu|/tf b]yfp]c; n kzf; s=g]f aG5, p; ॥] ; d:ofx?sf]lg/fs/0f ; kmntfk] \$ ug{; Sb5 .
- kzf; s rl/qjfg aGg'h?/L 5 .
- szn kzf; s tjdfq ; km kzf; s aGg ; S5 ha p :jædf vzl /xG5 / ; a]hf0{vzl /Vg ; Sb5 .
- Ps csf\$]kl/l:yldf Wofg lbF]jkl/t cj:yfdf dfgjlo b]i6sf]f ckgfpg ; Sg'kzf; g snf xf] kzf; s To; tkm(; r] , hfuf?s / ; dlk\$ xg' kb5 .
- cfll0fTds 1fg, lzlf Pj +/fhof]sf] cEof; n] xdf] ; f] Pj +sfo{Jojxf/df cfdh kl/jtg cf0{Jo; flos hljg ax't pkof]l xG5 .
- kzf; s lg]j\$]f/l tyf cgfzOm xgkb5 . ; j]fuf]sf]tgfj sd ub] ; v zflGt ; Dj [4 / ; j]df cu| / /xgk5{.
- k]o\$ Jo]Om] cfkm] cfGt/s zf; snf0{ cfTdf1fgn] hfuf\$ ug{ cfjZos 5, h; af6 ljgd]f, lgisd efj, lgd]tf h:tf dNox?sf] lj sf; xG5 .
- z/L/nf0{ rnfpg]fnf zf; s -cfTdf_ nf0{ z]Omzfnl agfpg sd]bl]hlt aGg' hljgdf ; Gthg /Vg' tyf :jos]dgnf0{lgogq0f ug{ h?/L 5 .
- k/d ; Gb/ -; Tod\zj d\ Gb/d\s]1fg hljgdf wf/0f xg ; sd]f Jo]Om b]M/bfol lj sf/af6 dOm xG5 .
- /fhof]sf]lgoldt cEof;l tyf 0Zj/lo 1fgn] l; f't ul//xg' kb5 .
- dw/ af]hl, xlif\$ r]j]f / snof0sf/l efjgf hljgsf uxgf aGgkb5 .
- lg:jfy{; j]f szn kzf; ssf]cfbz{aGgkb5 .
- k/dlktf lzj k/d]df o; a]b ; i]6sf ; j]f]r

- kzf; s xgkG5 pxfFusf] ; flgWotfn]cfTdfleg lbJou0f z]Om / dNox?sf] ; ~rf/ xg kb5 km:j?k ljrf/, cfr/0f Jojxf/df >]7tf cfp5 .
- ; Ddfg lbg'g; Ddfg lng'xf]. sd\$]uxg ultsf] /x:o aEfm] lglZrGt /xgk5{.
- c?sf]u0f / ljz]ftfnf0{k/v u/] Toxl adf]hd Jojxf/ k]p\$g xgk5{.
- k]o\$ 36gfsf]k5fl8 snof0f ; dflxt xG5, To; ; n]h]xG5 /fd]xg] eGg]kl/0ffd :jlsfg{k5{.
- Ps szn kzf; s ljgd] ; xgzln tyf ; j}E 3hldn xg ; Sgk5{.
- dfg÷ckdfg ho÷k/fhodf ; dfg l:ylt aGg ; sf] \of]g; a]Egf 7hf]Tofu xf].

सन्दर्भ :

- kzf; s, sfokfn Pj + kjGwgx?sf] nflu kjrgdfnf-kzf; s ; j]f ljefu, a]dfsd]f/lh
- lzj cfdGq0f-lxGbl dfl; s, jif{!, c\$ *
- Annual Report April 2012-2013, Administration Wings, RE&RF, BKs
- ; fj]hgs glt kzf; g / Joj:yfkgM ; Hfkt l6kk0fl, vgn /fhg
- zf; g Joj:yfkg] gljg d]gotfx?M lg/f]f, 908lk]fb
- Awakening the rular Within-An article for Spiritual Upliftmet of Administrators, Excuitives & Managers
- 0Zj/lo pxf/, jif{#, c\$ ^ a]dfsd]f/lh, e} xjf, g]fn
- 1fgfd] dfl; s, jif{#(, c\$ (, dfr{@))\$, a]dfsd]f/lh, zflGtjg, ef/t
- 1fgHof]t dfl; s, jif{!#, c\$ *, a]dfsd]f/lh lrtjg, g]fn
- cf]zflGt ldl8of, jif{!%, c\$ &, a]dfsd]f/lh, d]p06 cfj," ef/t
- MSc 2nd Year-Value education & Spirituality, Annamalai University & RE&RF, BKs
- c]o]om 0Zj/lo dxjf]So -d/nL, @%=)&=@)!%

शिवरात्री - महान पर्व

✍ - प्र.कृ. सुथिला, रामपुर, पाल्पा

x/\$ jif{kmlug s[Of rtb{Lsf]lbg a8f] eJo / wdwdsf ; fy dxflzj /fql kj {dgd0g]ul/65 . o; sf]ul/df / dlxdf dxfg 5 . of]kj {xdfd]dhs gkfn / ldq/fi6«ef/tdf dfq dgd0g] xf0g ; f/f ljZj sf sgf sgdf /x\$ f lzj sf rfbuf/ dlGb/x?df >4fn' e0mngx?sf] el8 nflu] ub5 . o; lbg ef]hgy eujfgnf0{vzl tNofpg e0mngn] a8f] sl7g tk, j t, hfu/Of / lg/xf/ a:g] / lzj dlxdfsf ult ; ut ufpg] grG] / dgf]-hg ug[u/\$f] k065 . o; lbgdf cfknyf cf/llob] eujfgaf6 7hf]cfzlj f6, cg5Dkf / cglx\$sf]efj gf /fv] nfd] ; dob]v cfknyf >4f / efjgf k\$6 u/]klg dfg; x?n]g lzjsf]oyfy{kl/ro hfg\$ 5g\g lzj/fqlsf] jf:tljs /x:osf] afw ePsf] 5, g t hljgdf sxl pknAwl g}xg ; s\$]5 . ha;Dd pxfAf0{ jf:tljs ?kdf lr6g ; Sbdf]- ta;Dd pxfAf6 kkt xg] vhfgy?af6 algrt /xg5f]-

; [6df 3f] c6wsf/, c1fgtfsf] snf] afbn d8f//x\$]a]hdf ; f/f ljZj sf]sNof0fy{o; wltOf lzj k/dTdfs]cfudg ePsf]ofbuf/ lbg g}lzj/fql xf]. lzj k/dTdfs]o; wltOf cfudg x65 To]; fwf/Of sd{ug\$]nflu xf0g . dxflzj /fql eGg]alQs}k/dTdf ha o; wltOf cfpgx65, ; f/f ljZj sf] nflu dxfg ; Gz lbP/ hfgx65, h; n] k/dTdfs]lBjo ; Gz n0{hljgdf cgZ/Of ub5, To] cfTdfn]:jkl/j t6af6 ljZj kl/j t6sf]nflu cfknyf] hljg ; dlk{ ub5 . cfh xfdln] dgfpg] cg\$]ho6tlx?dNob]lzj/fql xl/ftNo ho6tl xf]. k/dTdfn]sf8ltNo dfgj n0{xl/ftNo agfpgx65 . ta ; [6sf /rlotfsf]ho6tlnf0{xfdln]hlt pdE

pT; fx, xiff]nf; / Jofks ?kdf dgfpgkg]xf]Tolt dgd0/x\$ 5gf]- s3n k/Dk/fnf0{cuf18 a9fpg] ; fdlhs /lTl/j fh k/f ug]sfo{dfq e0/x\$]5 . lzjsf]h6d o; eD08ndf jf ; [6df ljz]f sfo\$] nflu dfq x65 .

kltt kfjg k/dTdf; Gsf] ; flffsf/sf] nflu ; fwsx?n]jg-hun kxf8-kj {, ukrf-s6b/f rx/f] s7f] tk:ofdf dlG x65g,h; nf0{kkt ug{ e0mx?n]dlGb/, dl:hb, rr{ uDaf rf/wfd, tly{ j t cfb ub5g,h; sf]Ps emssf]bz6sf]nflu oflx?n]uldOf k-rflG / hf8f]f Ir; f]kTy/sf] cf;g agfp5g\ ta tl e0mx?sf] dl0msf] nflu, oflx?sf]dgf\$fdgf kOf{ug{e6\$ \$f cTdfx?sf] p4f/sf]nflu, /fhof]l /fhClifx?sf]hljgd10msf] nflu gj ; [6sf]kg:yfkgf / ;Twd\$]:yfkgfsf] nflu :jo+; Tod\lzj d\; Gb/d\k/dTdf cfknyf] k/dwfd 5f\$] o; ; [6 /Ed-rdf cfpgx65 . hutlktfsf]sf]l lktf, lzifs, u? 5gg\ a? pxf] ; a\$ k/dlktf k/dlzlfs, k/d;Tu? xgx65 . k/dTdf o; ; #/df cfknyf]st{fo k/f ug\$]nflu Ps j 4, cgejl ; fwf/Of dfgjl tgdf lbJo cj t/Of lngx65, h; sf]st{ojfirs gfd kfhiktf a}df lbgx65 . oxl ; [6 p4f/sf]dxfg\dun / z6sf/l sfo{ug\$]nflu lzj eujfg\$]lBjo cj t/Ofsf] ofbuf/ kj{g}dxflzj/fql kj {xf]. gj ; [6sf /rlotf k/dlktf k/dTdf o; ; #/df lbJo cj t/Of ePsf]&(cf] if{kj } u/\$]5 . o; nfd] ; dosf] c6t/fndf k/dTdf lzjn]uxg cNofITds 1fg / /fhof] ; fwgfsf] dNodaf6 cTdfx?nf0{ kfjg agf0{:j lOf} ; #/sf]gj lgdfOf ub{xgx65 .

शान्तिको जननी स्वधर्म

✍ व.कृ. रामप्रसाद ढुंगाना, पाल्पा

:j wd{/ zflGt Ps csf\$kf kpf0 xg\ :j sf] cy{ xG5 :jo+cfTdf=cfTdfsf] wd{ xf] zflGt . hljgdf zflGt kfkT ug{dfgj hljgsf] nlf xf]. zflGtn] g} hljgdf ;v / cfgbbsf] cgeIt u/fp5 . cfh ;#f/el/sf ;a}dglosf]e8sfj / bf\$ zflGts}nflu xf]. :jwdaf6 lj rng e0{k/wd{ / czflGtsf]bf\$df /] ubf{b}df]g;sf]z/L/nf0{ cfTdfn]ToflulbG5 . oxl g};f]jt ;To xf]h;nf0{ xfdl bMvb\ d[0'eG5f]dglo :dzfgl zfn]zflGt / :tAw agb5 . x/\$sf]dvaf6 d[cfTdfn]rL/ zflGt kfkT u/f] eGg]zfs JoQm xG5 . o;}efjaf6 JoQm xG5 dglo cfTdfsf]:j wd{zflGt xf]hg d[0' kl5sf]efj kOf{>4f-hnldf dfq JoQm xG5 .

zflGtsf] hggL :jwdaf l:yt /xg :j/fhsf]kpv eldsf /xG5 . :j/fhsf]cy{xf] cfknyf sd{bfnf0{:jzf;gdf /Vg' . /fho]af/f kfkT b}l uOfn]oQm dflg;sf sd{bfn zlt n / ljrf/ ;sf/ftds xG5g\ . kj'fx?sf]lzlf / 0ltxf;af6 kf7 l;S] ;sf/ftds klt:kwfdf pQd cGt/dvL ag] :j dNof]gaf/f :jofn0{ hfg' x/\$ dflg;sf]st{0 xf]. t/ ljut / jt'f'gdf dnfPsf unt ;:sf/nf0{cfTdf;fy u/L gsf/ftds lrGtgsf]hljgzhl algbbf; :j/fHo clwsf/L agkg]dflg;sf]cfr/of levf/L zhl]sf]ag\$]5 . hGd\$]^ dlxgf;Dd dfq cdfsf]bw lkP/ xS\$] arf jo:s xbf cg\$ ljs[t / lj;ultsf]bf; ag\$]5 . :jlrGtgaf/f ljzj sNof0sf nflu cg\$ df\$] lbg ;Sg]dfG5]cfh olt lg/Lx ag\$]5 ls rfkofnf0{8f]ln]8f]ofPem}; It{r'f, /S; , uff r/] h:tf SofG; /sf lapn]8f]of0/fv\$]5 . sNk

sNk ;#f/nf0{blw kbf{sfnsb lj ifsf]; H kfPsf] dlb/fhGo kbfy\$]kpf]n]dglonf0{f:t]js u/La, /f]L / levf/L agfPsf]5 . o:t}ljs[tsf sf/of x/\$ lfg]sf]dflg; wd{/ sd{e]6 ag\$]5 . o; \$] k]olf pbfx/of xf] clwsfz sd{f/L kzf;s, /fhg]f, pBf]L, Jofkf/L, Joj;folx?df dnfPsf] e]6frf/ k\$[t / e]6frf/Ldfly k/\$]clVtof/sf] cfrf .

cGtdvL xgkg] dflg; afXodvL ag\$] sf/of cg\$ ljs[tnf0{cufng yfn] . wd{sd{ vfg-kfgsf ;a};ldf t]8P . dflg;n]cfknyf]hGd / d[0'sf]agwgnf0{klg la; I. h;/L eP klg :yh wg cfhg ug{dfq}dflg;sf]nlf agof]. hGdbf d} s]lnP/ cfPsf]lyPF/ d/] hbf d]f];fydf s]s] hG5 <eG]s/f la; I cfknyf ;Gtgsf]k?iffy{/ eflodf ljZjf; ug{xf\$df lbg buOff, /ft r]f]Off ljs[t / lj;ult; lxt e]6 cfr/of dflg;sf]wd{ agof]. cGoyf dflg;sf]nflu k\$[tn]/rgf ul/lbPsf] z4 cxf/, ljxf/ / Jojxf/ ug] dflg;n]cfknyf] hljgdf sdfPsf]:yh ;DklQ slxNo}vfp/ ;Qm . o;/L ;sf/ftds zhl dflg;sf]blgsl agof]eg] kltshTsf]pkh afx\$sf u/Lal :jtm Gog eP/ hG5 . ljzjaf6 ul/al lgjf/of ug]cr's cf]fwl g} cxf/, ljxf/ / Jojxf/df kl/jtG xf].

:jwdaf l:yt /x] ;Rrf zflGt kfkT ug{ dflg;sf]hGd; 4 clwsf/ xf]. cfTds cgeItdf >ldt -:jwdaf cfwl/t JoQmsf]lbgrof{ g} :jwd{xf]. elG5; ;[6sf]cfib ;Tooludf Ps dfq kljq b]l b]tf -:j_ wd{lyof]. ;To / q]fousf] cGto kl5 kljqtdf cfPsf]lj rng; }dflg;x?

k/wld{xg yfn]. h&d / dTo'sf]clwg:y x/\$ aRrf
w/tldf cfpf :jwd{f] kngf ug[kl]tj4tf
lnP/ cPsf] x&5 . p; sf] ?k; ; u; /ut, 5fnf
hfF] sg wd{f]xf]eg] 5&dfpg ; lsb&. a?
k/wd{ cufn\$} ; dbfon] cafw aRrfnf0{ lxGb'
dl:nd, af&L, 0; f0{dW0]Pp6f lsQdf ; fdh u/] f}
p; sf]wd{gdfsf/0f x&5 . o; /l :yflkt cg\$ wd{
g}slnoul czfl&tsf]sf/0f a6of]. oxl l:ytaf6
; #f/nf0{kl/j t& u/l kljq b]l b] tf wd{:yfkgyf{
x/\$; u&oudf k/dffdf lzj afafaf6 pRrf]/t
dxjf]so xff]

æ; j {wdf]g kl/tHo dfd\$ d z/0f+j h .

cx+if ; j {kfk]of]df]flo:ofdl df zr ..

>ldb&fuj b\ultfdf lb0Psf] of] dxjf]so
k/wd{f oq tq 5l/Psf dflg; nf0{:jwd{f ; dlk&
xg a&df>ldvaf6 pRrf]/t k/dffdf lzj]j]fsf]
; Gb& xf].

:jwd{s; h&f0{k&zg ug]j :t'xf]g . oyfy{
/ cflTds cgzf; gdf /x/]ug[sd{xf] hg zf; gn]
dflg; ;j/fHo clwsf/l a&b5 . :j/fHo clwsf/l xg'
eg\$]cfknhf0{cflTdfgzf; gdf /fv'g'xf].

/fhof]n]dflg; df b]l u0fsf]lj sf; x&5 .
0&j/lo b]l u0fn] oQm dflg; g} b]l b] tfsf]
k&ls xf]. oxl efj >ldb&fuj b\ultfdf o; /l JoQm
ul/Psf]5M

d&dgf ej dbeQmf]dBfhldf gd:s? .

dfd}iol; ; To t]kl]thfg]lk&f]l; d]. .

/fhof] - :jwd{ sf] kngf&f/f g/nf0{
gf/foof / gf/lnf0{nldl ; dfgsf]nlf0fn]oQmagfP/
ljZjdf :jwd{f]kngf&f/f zfl&t :yfkgyf ug]p2]on]
:yflkt ; #yfsf]gdf xf]k]hflktf a&dfsd]f/l 0&j/lo
ljZj ljBfno .

पेज नं. २३ को बाँकी अंश

k/dfof' zIQm klg zfl&tsf]zIQm cyjf k/dflTds
zIQmsf]k]0ffaf6}sf& ul//x\$]5 . lsgeg]ca
:jod\k/dlktf k/dffdfsf]of]hgf cg';f/ jt&fg
slnou cf; /l Pj d'wd{e]6 ; [6sf]dxflj gfzsf]
t&f/l e}x\$]5 . k/Gt'k/dfof' zIQmsf]cflj isf/sf]
kl/0ffd s] x&5 / of] s; sf] lj/f6 of]hgf]sf]
clwgdf sfo{e}x\$]5 eg] dglox?n] hfg\$
5&g\ pglx? of]e&bf klg w}]pRr zfl&tsf]zIQm
cyf&v/dlktf k/dffdf xg&5 e&g]klg hf&g&g
pxf&f] sfo{jf:tjdf jt&fg ousf]lgldt k&v
36gf xg\$. o; sf/0f jt&fg ousf]gfd k/dfof'
ousf]jbnfdf k?iff]d ou xgk5{. oxl olunf0{
xfl ; u&ou klg e&g ; S5f] . lsgls Psflt/
k/dfof' zIQm&f/f slnoul ; [6sf] dxflj gfz /
csf]t/ k/dffdf&f/f ; Tool kljq ; [6sf]:yfkgyf
- ol b] }st{0 e}x\$]5 / jt&fg ; do b] }ousf]
ldngsf]; do xf].

cfh lj 1fgsf]zIQm&f/f dflg; r&g&f ; Dd
ku\$] 5g\ pglx? s&l ; dosf]nflu c&tl/lfdf
c&tl/lfoga&f/f uP/ Toxf]fh]vzl / t]h gePsf]
c&ej u5&\o; nf0{pglx? cfknhf]kx& w}]7hf]
ePsf]; Den&5g\kVg' of] k/dffdf&f of] zIQm
k&f]t u/] dflg; ; b]z& / r&g]z& b]kb k&f]t ug]
cyjf j \$&7 hfg]k?ify{ul//x\$] 5g\Wofgj :yfsf]
dflWodaf6 c&tl&fxs z/l/ wf/0f u/] lbJo b[6sf]
; fwfg&f/f ; b]r&g&f Pj d tf/fu0fe&bf k/sf]nf\$]
e&of ub&xl]sfkg -cz/L/L, clt0l&b& ; v tyf
pNnf; sf] cnf]ss c&ej ul//x\$] 5g\ . k/Gt'
clxn]of].kx&f] hgtfsf]hfgsf]/ldf cf0; s\$]5&
hg lbg of]; dfrf/ ; #f/sf]; dfrf/-kqdf k\$flzt
xg\$, To]lbg ; #f/sf]dflg; x? ef/tsf]of]u -oQm
k?iffy{/ cflTds zIQmfly c]zro{c&e't ug]5g\

; fef/ 1fgdfnf

पुरुषार्थीको लागि अलवेलापन हानिकारक छ

✍ व.कृ. कविता, खालिङ

k?iffydf ; aebf clws xfglsf/s s'f
dglosf]cf^g}cna]hfk g xf]. ha dglon]cf^gf]
dg, jrg, sd{dfly Wofg lbbg, cf^gf]l:yltsf]
hfF ubg, ta p; sf]k?iffydf l9nfg xg hf65 .

kl5 uP/ p; sf]
cEof; 5b65 .
kpl t /f]sg
hf65 clg
kl/Ofd:j?k
p; sf]dg
; f;fl/s

ef]tkm{k}eflj t
xg hf65 . ; fy}
of] Pj +cfrf/
; eotfk]t klg
pm pbf;lg xg

hf65 . ctM xfdln] cna]hfkgnf0{cf^gf] dgdf
:yfg lbg' xbg . ; fgf] ehnf0{; fgf] cyjf xNsf
dfg] 5f8g' xbg . cyf\To; nf0{dfdhl s'f
dfg] eh ul//xg'g}cnj]hfk g xf]. of] ; fwgdf
klg nfk/jfxl ug{j}t tf8g' jf cw/f] 5f8g'
/ sfoef lbn gnufpg' klg can]hfkgs}sf/Of
xf]. tTk/tfk]s sfd gug{; T; u jf 1fgd/nl
>jOf ug{pkl:yt gxb' klg cnj]hfk g xf]. of]
w]xfglsf/s 5 . xfdlnf0{kljq agfpg]lgodnf0{
sb} klg cj:yfdf klg 5f8g' xbg . cf^gf]
kljqtsf] /lffsf] nflu ; bf b9; sNk ugk5{.
sb}JolOm E s; j]s]L eGbdf, pkxf; , Jo^lo
ubdf lj gffdf jf ; fgf]kl/l:yltdf cf^gf]hljgsf]

pRr wf/Offnf0{5f8g' can]hfk g xf]. yxf 5g,
;jf; sf]ult sga]h cl6td xg]xf]. To:tf]ahfdf
cfkth] cfkm} E k?ifydf] ahfdf l9nf; :tl ubf{
cl6td kl/Ofd jf ; fydf s]hfnf eg] ; fl]gkb5 .

h:t}b36gf jf sg}
/f]sf] l; sf/af6
csfndf d/Of xbf
; fy sg]kg lrhn]
glb] xfdl To:tf]
cj:yfdf cf^gf]
sd?kl eflo/yfnf0{
bf]f lb65f}; jf:tjdf
eflosf]cfwf/ g}sd{
xf] . ; t}sd{ Pjd\
sNof0sf/l sd{ug{
can]hfk g u5f}eg]



cl6tddf xfdlnf0{bMv g}xft nflu . ctM cf^gf]
hljgnf0{dxfg agfpgsf]nflu
p7fpg / cf^gf]elj ionf0{pHjn agfpgsf]nflu
; b} j}t}fg ; dodf /fdf]; sNk >]7 sd{tyf
tla|k?iffy{ug{5f8g' xbg . of]ta xg ; Sb5
ha xfdln]hljgsf]rqm]df o; hljgnf0{cf^gf]
cl6td hljg df65f}; o;y{o; slnouL ; [6sf]
dxfljgf; lgs6 5 . of]z]f ; do cyf\k?iff0d
; adoudf g/af6 >lgf/foOf / gf/laf6 >lnldl
; dfgsf]lbo hljg agfpg]k?iffydf nfuf}.

जीवन नाटकको धीरो

✍️ प्रहमाकुमारी श्रवणा, पाकी, पोखरा

खुशीहरू, तालीहरू, सिठीहरू । एउटा हिरो नाटकभरि दर्शकहरूको मुटुमा बस्दछ, आँखाको प्यासी हुन्छ, प्रतिक्षाको बिन्दु हुन्छ । कतिलाई हँसाउछ, कतिलाई प्रेरणा दिन्छ, अनि उ हरेकको दिलमा बस्दछ जिवन्त बनेर । चाहे उ फकिर होस् वा राजा, चाहे कुल्ली होस् वा बादशाह, रोल जुनसुकै होस्, हरेकको आँखामा उसको चित्र चलचित्र भै घुमिरहन्छ । उ आदर्श हुन्छ, रोल मोडल बन्दछ ।

उसको प्रदर्शनको सुन्दरता कसरी उसले आफ्नो चरित्रलाई आत्मसाथ गरेको छ भन्ने उसको क्षमतामा भर पर्दछ । आफ्नो भूमिकाप्रतिको लगन, निरन्तरता र पूर्णताको लक्ष्यले उसको सफलता निर्धारित हुन्छ र दर्शकको दिलमा बास बस्दछ, तालीहरूले सुशोभित हुन्छ । आफ्नो रोल निर्वाह गरिरहँदा उसले सोच्दछ, म केबल एउटा कलाकार हुँ, रोल निश्चित मैसकेको, डाइलन तय भइसकेको र पोशाक डिजाइन गरिसकिएको, मात्र एक कलाकार । उसले फिक्स भइसकेको आफ्नो रोललाई हदैसम्मको राम्रो गराउनुमा नै उसको महानता हुन्छ ।

हिरो बन्ने जीवनको यात्रामा कतिपटक उ दर्शक बनेर आफ्ना कार्यहरूप्रति विश्लेषण गर्दछ ताकि उ आफ्ना कमजोरी हटाई पूर्ण अभिनय गर्न सकोस् । आफ्नो भूमिकाबाट अलग रहेर उ आफ्नै भूमिकाको विश्लेषण गर्दछ, कमजोरी हटाएर अभिनयमा प्रगति गर्दछ । आफ्ना विविध भूमिकाहरूलाई स्वतन्त्रता निभाउदछ र अन्ततः आफ्नो व्यक्तिगत जीवनमा फर्कन्छ ।

पाठक मित्रहरू, हामी पनि त कलाकार नै हौं नि । आत्मारूपी कलाकार । शरीर हो वस्त्र । पेशा वा जिम्मेवारी हो भूमिका । परमधाम घरका स्थायी बासी हामी आत्माहरू श्रेष्ठ र उत्कृष्ट भूमिका निर्वाह गर्नका लागि यस सृष्टि रंगमञ्चमा

अवतरित भएका हौं । यो सृष्टि, यहाँका पदार्थ र अन्य व्यक्तिहरू केबल हामीलाई भूमिका निर्वाह गर्नका लागि सहयोगी हुन् । यी हाम्रा स्वामित्वका होइनन् । यहाँ त हामीले परमात्मा पिताको श्रीमतरूपी निर्देशन वा आज्ञालाई हरपल पालना गरी सहयात्री बनेका हरेक आत्मारूपी कलाकारहरूसँग बिना हस्तक्षेप स्वयंलाई प्राप्त अमूल्य भूमिकालाई श्रेष्ठ र उत्कृष्ट बनाउने पुरुषार्थ गर्न जरुरी छ । हामी कलाकार अनेक पुनर्जन्म पश्चात् हाम्रा आफ्नै कर्मरूपी बीजहरूको आधारमा प्राप्त शरीर र भूमिकालाई मुल्नाको कारणले आज हामी श्रेष्ठ र उत्कृष्ट भूमिका निर्वाह गर्नबाट बञ्चित भइरहेका छौं ।

विविध प्राकृतिक विपत्ति, आपसी द्वन्द्व, पारमाणविक युद्ध, जनसंख्या वृद्धि, नैतिक एवं चारित्रीक पतन लगायतका दृष्यहरूले भरिएको सृष्टिनाटकको अन्तिम श्रृंखलाको मञ्चन भइरहेको वर्तमान परिप्रेक्ष्यमा सृष्टिनाटकका निर्देशक एवं रचनाकार निराकार ज्योतिस्वरूप परमपिता शिव परमात्मा आफ्नो धाम परमधाम छोडी नाटकका महानायक पिताश्री ब्रह्माबाबाको शरीरमा प्रवेश गरेर सन् १९३६ देखि ब्रह्माकुमारी ईश्वरीय विश्व विद्यालयका संसारभरका १० हजार बढी शाखा एवं उपशाखाहरूको माध्यमबाट सम्पूर्ण मानवआत्मालाई ईश्वरीय ज्ञानद्वारा परिवर्तन गरेर यसै सृष्टिनाटकको एक चक्रलाई पूरा गरी पुनः नयाँ दृष्यको शुरुवात गर्न रिहर्सल गराइरहनुभएको छ ।

पाठक मित्रहरू, यस सृष्टिमा हीरो पार्ट खेल्ने अवसर सबैलाई छ । सम्पूर्ण गुण एवं शक्तिहरूको जन्मसिद्ध अधिकार शिव परमात्माबाट लिएर स्वयंको जीवनलाई श्रेष्ठ एवं उत्कृष्ट बनाई जीवन नाटकमा हीरो बन्ने अपूर्व अवसरलाई नगुमाओ । अहिले नभए कहिल्यै हुँदैन ।