

# Tapasya



**Transition from Information to  
Knowledge to Experience to Wisdom (IKEW)**

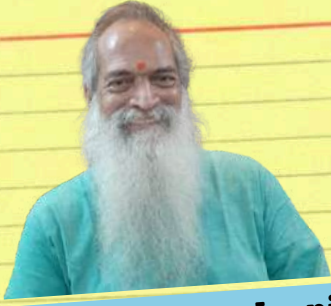
## Back To School



A Devrukh Spiritual Prowess Pvt Ltd (DSPPL) initiative

This newsletter is specially for all students, teachers and parents.  
As Ajit Telang Sir used to say that the education of a student is a social triangle.  
Unless, teachers and parents do not form “perfect” angle, the educational  
triangle can never achieve the ideal “equilateral triangle” combination.





Ajit Telang Sir, Our Inspiration!

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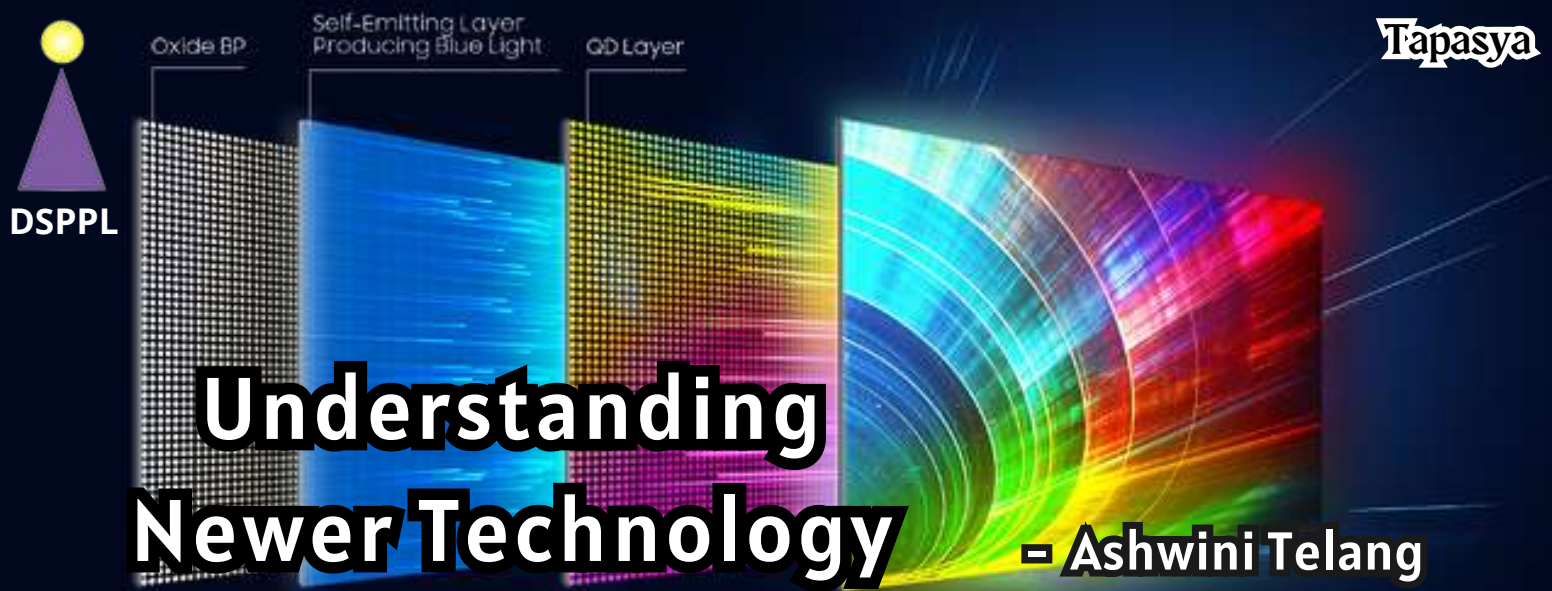
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# Understanding Newer Technology

= Ashwini Telang

We all have seen that now-a-days, Humans are upgrading more on technologies rather than anything else in the world. Everything around us keeps changing a lot, take for instance, mobile phones. Earlier they were mere devices to stay connected via calls and messages. Now they have replaced cameras, videos, games and help us stay connected not only with calls and messages but also to the larger audience via social networking applications. Even our fans, lights, refrigerators, and air-conditioners have all become smart devices. Have ever wondered what could be next? Could there be new screens coming up next in our near future?

I guess the answer is a big yes, they are QD-OLEDs. Now that I have told you, I am sure you will be curious to know more about QD-OLEDs. Well, QD-OLED stands for Quantum Dot Organic Light Emitting Diodes. This type of technology will give us super bright and colorful images on our TVs and monitors. In fact, this is an advanced algorithm that helps to extend the QD-OLED's lifetime and durability. It also reduces the overall power consumption by up to 25% compared to the previous model. So, not only do you get a better viewing experience, but you also save energy! The magic of QD-OLEDs lies in their ability to produce flawless, life-like colors accurately and consistently. This means that the colors you see on the screen are very close to the colors you see in real life. So, whether you're watching a movie, playing a game, or doing your homework on a QD-OLED screen, you can expect a truly immersive experience. In simple lines, QD-OLEDs are paving the way for the future of screen technology. With their ability to produce bright, vibrant, and life-like colors, they offer an unparalleled viewing experience. Remember, the next time you're watching your favorite show or playing your favorite game, the magic of QD-OLEDs is making it all possible!

Now that you know more let's have some fun with what we just read!  
Get ready with your pen and paper.





A) Can you guess what the 'OLED' in QD-OLED stands for?

Organic Light Emitting Diodes  
Optimal Light Emitting Diodes  
Optical Light Emitting Diodes

B) Can you imagine how your favorite video game or movie would look on a QD-OLED screen? Draw a picture or write a description

C) What's your favorite color? Do you think it would look different on a QD-OLED screen? Why or why not? Map them out.

You can share your answers with us. Send us email at [info.dsppl@gmail.com](mailto:info.dsppl@gmail.com)

Remember, the next time you're watching your favorite show or playing your favorite game, the magic of QD-OLEDs is making it all possible! So, keep exploring, keep learning, and stay curious!





# Science of Learning Part 6

s pranjal joshi

How do we start preparing for the examinations? Reading text books or notes given by teachers, tutors, or coaching classes, preparing own notes, tables, flow charts, solving past exam question papers, discussing with friends and teachers for clearing our doubts, so on and so forth. Spirituality teaches us that “adwait” means one and the game of life is played only when it is ‘dwait’ i.e. two. Examination is also a game played by two – Examiner and Examinee. The most interesting aspect of this game is that, it is a Game where both can win. When a student fails, examiner cannot win.

The point we wish to make is “are we making examiner part of our exam preparation strategy?”. Suppose, we have to select an Indian cricket team consisting of 11 players for a match against Australia. What can be our winning strategy? How do we select our 11 players to win the game?

We need to get answers for certain fundamental questions to do so. Which type of game this will be – Test Match, One day or 20-20. Where is it being played – in India or outside India. What is the ground report, pitch, environment, probable 11 players Australian team will have, the current performance of our own players, past experience of playing with Australian team and other similar aspects. This will help to prepare our winning strategy.

Let's take another example – suppose we need to design a Food Menu for a party at our home. How do we do this? We need to consider what the occasion is for which menu is to be designed (Religious Pooja, Birthday, New Year celebrations or something else). Is it a brunch, lunch or dinner, who are the guests and what do they like, and can we cook it or we need to order it from outside. Our replies to these questions will help us to design a food menu which we as well as our guests will enjoy.

Are we asking these questions about our exams? What my examiner is expecting me to do is very fundamental question. And the interesting part is examiner is communicating this all, but we fail at times to listen to it.



## Science of Learning Part 6



Whether it is a selection of a team for a cricket match or designing a food menu for a house party or preparing a winning strategy for our examinations, we need to fundamentally inquire about 3 aspects –

- (a) The event – Game, Party or an Exam Paper
- (b) The counterparty – Opposite team, Guests or Examiner, and lastly about
- (c) Myself – my abilities to perform and improvements required thereto to match the “expectations”, my approach and finally my attitude.

We will notice that only aspect out of above 3 which is variable and hence can impact the result is “myself”. Neither can I change the exam paper nor the examiner. To succeed I can change myself. But until, I “fix” other two, I cannot decide for “myself”. Preparing myself for examinations without considering the examiner and the exam paper is preparing only 1/3rd. How can I succeed with 1/3rd?

The examiner is communicating with us in many ways. One of them is Suggested Answers to past examination questions. Read those Suggested Answers. Obviously one must read the technical answers given therein. But our focus should be more on the “observations” made by examiner in those suggested answers. We have seen that many a times an examiner makes an observation like “Most of the students could not attempt this question.” or “Many students failed to explain the concept of .....” or “Majority students misinterpreted the facts which reflect poor understanding level”.

Come on. Examiner is giving a clear hint here that he will repeat these questions in the upcoming exam papers in one or the other forms as they are very fundamental for that subject and in spite of that majority have faced difficulty in answering it correctly. These communications and hints from the examiner are very crucial. It helps us to predict the examiner and the exam paper. So can we predict the examination paper in advance?



## Science of Learning Part 6



..continued


The probability of answering “Yes” to this question is very high specifically with the New Generation. Our research on New Generation of over 10,500+ families across India and USA from different cultural, social and economic background suggests 28 characteristic traits which are completely different from all earlier human generations.

The present generation students are born “pratyaharis” using one sense at a time. They are very high on intellect as they are blessed with powerful third eye chakra. Imagination, intuitive powers, predicting the future event or possibility thereof, is more natural, comfortable and easy for this generation. They are just 2 step away from achieving “Dhyan” or concentration unlike previous generations which were 7 step away. All these features make them most eligible candidates to do what we are suggesting. These powers if channelized in appropriate direction will create wonders in their life and a boon for the society. But unfortunately, most of them are not aware about this. Not only that, even the parents and the teachers are also clueless about these characteristics. No wonder, this un-guided, non-channelized energy is creating more challenges and troubles in a day to day life, be it at home or school or college or even a workplace. Something which was designed by the almighty for uplifting the entire human consciousness has become a cause of concern or worry due to our ignorance and reluctance. The primary objective of all DSPPL programs is to bring awareness about these “hidden siddhas” amongst parents, teachers and of course the student themselves.

We cannot become successful in the exams to the fullest of our potential merely focusing on “what I can do, what I can not do”, what I have prepared well and what I have kept as an option as I am weak in that subject or concept.” These questions need to be reconsidered after making examiner part of our examination preparation strategy. What examiner wants from me is the first question to begin this process. The closer examinee goes to the examiner the better will be the result. This is another dimension of “Adwiat” – examiner and examinee becoming the one.







# NEW EDUCATION POLICY

## Part 05

Dr. Nirav Thakkar,  
Ahmedabad

# NEP:2020 हमने क्या खोया... हमने क्या पाया...

## 6. Empowerment of teachers

- The position of teachers in the society is unfortunately going down. Intensive efforts will be made to make their services and career glorious. Doing so will motivate talented students to join this profession.
- An incentive scheme will be prepared to prepare the best quality students in rural areas for the profession of a teacher and to do educational work in their own residential area and 'TET' examination will be introduced to select high quality teachers.
- Various training programs will be organized, including innovative experiments of teaching and knowledge enrichment, so that teachers can do effective classroom education. For this, online and offline training will be given. Such 50 hours of training annually will be mandatory for every teacher.
- The unqualified teachers (untrained and contractual teachers) will have to retire by the year 2022.
- Teachers will have to be kept away from non-teaching activities so that they can focus their entire attention on class education.
- A separate mechanism will be created as per the central guidelines for regulating the career and progress of the teacher.





## NEP:2020 ..continued

- NCERT and NCT will jointly formulate national professional standards of teachers. This research will be followed by different ability criteria according to the status of teachers. The promotion of teachers and their salary increase will be based on these capacity-parameters.

### Challenges regarding the new education policy:

- The framework of the new education policy that has been placed before us is only a structural document. There is no clarity in this document on how this seemingly ambitious education policy will be implemented.
- Even after 73 years of independence, many schools are still covered or run in one or two classrooms. The current education structure is run in a 10+2 manner. Creating a physical structure of pre-primary schools for the implementation of the new education policy 5+3+3+4 in rural areas seems to be a far-fetched reality.
- Giving pre-primary as well as primary school education in mother tongue or regional language is a very welcome initiative. This idea sounds good on paper, but when English medium schools have reached the rural areas and the mentality of the parents is to teach their child in any English medium school, then does it seem possible for this idea to come true?

Concluding part in the next newsletter...



# ***Our Attitude decides our Altitude***

## ***Power of Gratitude***



***- Krupa Choksi***

According to me gratitude is the biggest virtue. If we have feeling of gratitude in life, I think we can realize God very easily.

Most of us associate gratitude with saying “thank you” to someone who has helped us or given us a gift. From a scientific perspective, gratitude is not just an action. Gratitude is a positive emotion, which is really important because it serves a purpose.

Positive psychologists contend that gratitude is more than feeling thankful for something, it is more like a deeper appreciation for someone (or something,) which produces longer lasting positivity. In researching Gratitude, Thankfulness, and Appreciation over the last 2 decades, scientists feel very confident in saying that this practice significantly increases our overall well-being, reduces stress, increases happiness, and health and the evidence is there to prove it. Another is that practicing gratitude can decrease levels of depression and anxiety. According to Cicero, "Gratitude is not only the greatest of the virtues but the parent of all others." Multiple studies have shown the correlation between gratitude and increased wellbeing not only for the individual but for all people involved.

### **1. Gratitude Improves Mental Health**

A 2015 article in the Journal of Personality and Individual Differences showed that “higher levels of gratitude were associated with higher levels of personal well-being, greater life satisfaction, and lower levels of psychological distress.”

A 2014 study by researchers in the Indian Journal of Positive Psychology found that gratitude increases happiness.

A pair of 2014 studies from Utrecht University in Netherlands found that both gratitude and acts of kindness have a strong impact on positive emotions.





# ***Our Attitude decides our Altitude***

## ***Power of Gratitude***

***Continued...***

This is especially fascinating when you consider the work of folks like Bruce Lipton, author of *Biology of Belief* or Jerry Tennant, author of *Healing is Voltage*, or David Hawkins, author of *Healing & Recovery*, who all draw extremely strong correlations between positive emotions, quantum physics, and changes in protein configurations and cell membrane voltage.

### **2. Gratitude Improves Physical Health**

This 2015 paper in the *Journal of Religion and Health* found that those who were more grateful for who they are and what they have were more hopeful and also physically healthier.

Psychology Today cites several studies that found people who report being more grateful also report feeling fewer aches and pains, and are more likely to go to the doctor and take care of themselves.

Research shows that when we think about what we appreciate, the parasympathetic or calming part of the nervous system is triggered and that can have protective benefits on the body, including decreasing cortisol levels and perhaps increasing oxytocin, the bonding hormone involved in relationships that make us feel so good.

### **3. Gratitude Improves Resiliency**

In a 2006 study in the journal *Behaviour Research and Therapy*, scientists found that Vietnam War veterans with high levels of gratitude were more resilient, and less impacted by post-traumatic stress disorder.

Another 2003 paper in the *Journal of Personality and Social Psychology* found that people with neuromuscular diseases who kept “gratitude journals” reported a greater sense of well-being and more positive moods at the end of the study, compared with those who didn’t make such lists.



## ***Our Attitude decides our Altitude***

### ***Power of Gratitude***

***Continued...***

#### **4. Gratitude Activates the Brain Stem Region that Releases Dopamine and Serotonin:**

The benefits of gratitude start with the dopamine system, because feeling grateful activates the brain stem region that produces dopamine. Additionally, gratitude toward others increases activity in social dopamine circuits, which makes social interactions more enjoyable.

Like the anti-depressant Prozac, gratitude increases circulating levels of the neurotransmitter serotonin. Thinking of things, you are grateful for forces you to focus on the positive aspects of your life. This simple act increases serotonin production in the anterior cingulate cortex.

In you need more natural vitamin and mineral support for these neurotransmitters, Natural Stacks has you covered: Dopamine Brain Food and Serotonin Brain Food

#### **5. Gratitude Improves Sleep:**

A 2009 study in the Journal of Psychosomatic Research found that those who expressed gratitude more often slept better and longer than those who didn't. According to a 2011 study published in Applied Psychology: Health and Well-Being, writing in a gratitude journal improves sleep. Something as simple as writing down a list of things you are thankful for at the end of the day can also help people sleep better.

A 2015 study from UC San Diego, which included researcher Deepak Chopra found that gratitude is associated with lower fatigue, better sleep, lower depression, and increased cardiac function.

Spiritually if we see than attitude of gratitude reduces ego which is the biggest barrier in realizing ourselves. Looking at all these benefits, there is no doubt that all the incarnations have promoted attitude of gratitude in all religions







## ***Thought for the Month - The Unheard God - Vivek Pandey***

People have all kinds of conversations within the family. Mostly, children ask questions and parents respond as to their age. Seldom do people realize that God is always eavesdropping on them. Let us look at a family having a small talk and God overlooking them. The four characters in the scene are as below:

Rajesh (Father), Sandhya (Mother), Ananya (Daughter, age 12), Dhananjay (Son, age 15), God (Overlooking them all)

Introduction: The scene is the dining room in the suburban parts of Mumbai. The family is financially sound and the mother is about to serve dinner. Four of them drag their respective chairs and sit.

Sandhya: How was your day?

Rajesh: It was busy as usual. Just the routine stuff.

**(God (muttering to himself): Oh Rajesh! You could have said, "There are no good days and bad days. We choose to feel good or bad. The days are always good." Your kids would have learned something deeper.)**

Ananya: I grabbed a book on Sacred geometry today. It is far more interesting than what we learn at school.

Dhananjay: Read stuff but don't lose track of your marks. That is what matters!

Sandhya: Don't drag her into the numbers game. Let her explore life. Let her know the unknown and the mystical.

Rajesh: Your mom is correct. Numbers, whether in the marksheet or the bank can provide you comfort only for a while. Furthermore, not everybody needs to be a topper.

**(God: Now these are good answers. Well done! Sandhya and Rajesh)**

Dhananjay: Papa! I was planning to go to a movie with my friends.

Rajesh: You do your work regularly. So you can have a good time. Fine, no problem, go ahead.

**God (banging his head on the wall): At least ask him what sort of movie is he going to watch. Also, you could have told him to not gather scenes in his**





## *Thought for the Month - The Unheard God - Vivek Pandey*

**head. Train him to flush out things that do not nourish the mind.)**

Ananya: Why do you guys always allow him to move out? Why am I never allowed to do so?

Sandhya: You are only 12. We never allowed him when he was 12.

**(God: Sandhya could have added that it is safe to move out when the senses are sharp and the mind is focused. At your age, it is easy to imagine stuff, however, facing the reality is altogether different.)**

Rajesh: Your mom is right. Once we notice that you can take care of your life and the way you carry yourself is commanding, we will allow you to move on your own. But no night outs, please!

Dhanajay: But why Dad? We have lights almost everywhere in the city. How does it matter?

Rajesh: Don't argue! A few things have come down to us through tradition. We followed our parents. You also better do the same. You may move out in the morning. The fresh air is good for health.

**(God: You could have easily mentioned that when the Sun is not visible, the negative energies become dormant. The young minds cannot fathom the unknown. The morning time is full of positive vibes and is good to nourish the young mind.)**

Ananya: But Papa! Is the air not fresh during the night?

Rajesh: Maybe it's not! That is the reason people don't move out during the night for eons.

Sandhya: Why this whole attraction towards the night? Things can be done during daytime. Night is to sleep. Now read your book post-dinner & go to bed.

**(God: What to do with these people? They seldom hear me. Ananya has a valid question. It is not about the air in the morning or during the night. It is the space that holds the air. There are unseen forces that impact human lives. Make them aware of the truth. Why fuss around mediocre reality?)**

God: So many opportunities lost to grow and evolve together. People need eyes to see me. People need ears to listen to my voice. I am always around.



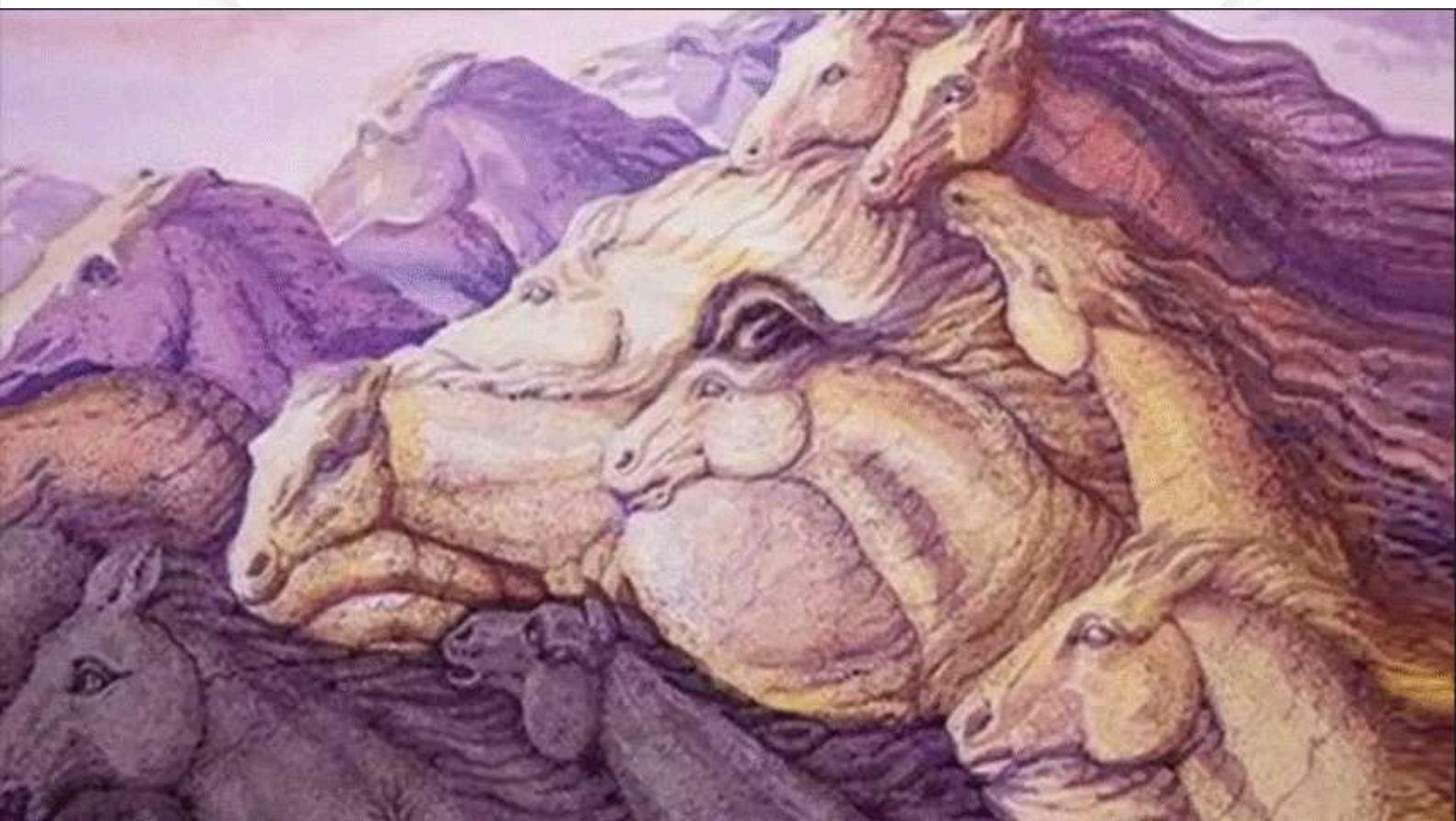


# Horse Puzzle

- Ashwini Telang

The Number Of Horses You  
Find In This Picture Will  
Reveal Your True Personality

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# Horse Puzzle

- **Ashwini Telang**

The picture reveals the intricate interaction between our sensory organs (such as our eyes) and our brain's processing of the data received. The investigation of optical illusions aids psychologists and neuroscientists in their understanding of human vision and cognition.

• **If you saw one horse...**

You are someone who is concerned with the larger picture. You view things in their whole and have a very broad perspective. You certainly make quick decisions and do not evaluate or think things over thoroughly. Because you can compute results before anybody else, you are an excellent manager.

Even before anyone picks up a pencil, you can draw the finished image in your thoughts. Despite having all of these outstanding traits, you are still not yet indispensable; thus, do not stop working on yourself. You have the ability to effect change. Don't let your qualities build a laid-back attitude in you.

• **If you saw 3-10 horses...**

You have traits of perfectionism. You are the type of person that does not take things lightly and places value on important things. Your decision-making process is quite rational and sensible. Despite being a sensible person, you work in a haphazard manner. However, this does not prevent you from reaching your objectives. You do not work in a systematic manner, which causes problems.

You are constantly in motion and may be running at times and crawling at others, but you never stop. You're constantly on the move. As difficult as it is for you to admit, you might grow overconfident in your talents at times. You overdo things without realizing it, but you are someone who does not give up, thus you understand how to take failure.

• **If you saw 11 or more horses...**

You have sharp eyes and you notice details that others miss. You have a very responsible personality, which is why you don't miss even the smallest details. This is also why people enjoy working with you. They are confident that you will not disappoint them.

You frequently find yourself in circumstances where you are unsure whether you should go with something or continue working on it. You believe that everything can be improved, thus you don't know where to stop. You are never fully happy with the outcome and are always thinking of making things better than before.





# अथर्वशीर्ष

भाग ६

- *Mrunal & Yamini Kutumbale*



सर्वं जगदिदं त्वत्तो जायते। सर्वं जगदिदं त्वत्तस्तिष्ठति। सर्वं जगदिदं त्वयि लयमेष्यति। सर्वं जगदिदं त्वयि प्रत्येति। त्वं भूमिरापोऽनलोऽनिलो नभः। त्वं चत्वारि वाक्पदानि ॥ ५॥

(यह सारा जगत् तुमसे उत्पन्न होता है। यह सारा जगत् तुमसे सुरक्षित रहता है। यह सारा जगत् तुममें लीन होता है। यह अखिल विश्व तुममें ही प्रतीत होता है। तुम्हीं भूमि, जल, अग्नि, वायु, और आकाश हो। तुम्हीं परा, पश्यन्ती, मध्यमा और वैखरी चतुर्विध वाक् हो।)

ऋषि आगे कहते हैं , " तुमसे ही विश्व की उत्पत्ति होती है। यह विश्व तुम धारण करते हो। और ये विश्व तुममें ही लीन होता है।" ब्रह्माजी विश्व का निर्माण करते हैं , श्रीविष्णु विश्व को धारण करते हैं और महेश विश्व का लय करते हैं। नया विश्व रचने के लिए ये प्रक्रिया जरूरी है। हमने पहले देखा की ॐ कार रूप गणपति में ब्रह्मा, विष्णु महेश तीनों देवता स्थापित हैं।" जैसे ब्रह्माण्ड की उत्पत्ति होती है, वो बढ़ता है और उसका लय होता है नया रचने के लिए। वैसे ही मनुष्य जन्म लेता है। उसका विकास होता है और बाद में उसने जहा से जन्म लिया वहा चला जाता है।" सुमुख ने कहा, " दादी ये समझ नहीं आया।" दादी कहती है , "सुनो। जब तुम अपनी माँ के गर्भ में थे। तुमने जन्म नहीं लिया था। तब तुम्हारी माँ कौन थी ? एक स्त्री थी। पर वो तुम्हारी माँ कब बनी ? जब तुमने जन्म लिया। तुम्हारे जन्म के बाद तुम्हारी माँ के पति तुम्हारे पिता बने। कोई तुम्हारे मामा , दादी , नाना , नानी बने। पहले वो सब थे, पर तुम्हारे कुछ नहीं लगते थे। जब मनुष्य जन्म लेता है तो वो अपने साथ अपना संसार लेकर आता है। और यहाँ से जाते वक्त अपना संसार वो अपने साथ लेकर जाता है। ये बात स्वयं गणपतिजी हमें सिखाते हैं। भाद्रपद चतुर्थी के दिन मिटटी से गणपति की मूर्ति बनायी जाती है। दस दिन उनकी पूजा, अर्चना करते हैं और दसवे दिन उनका पानी में विसर्जन करते हैं। वो हमें सिखाते हैं की जिसने जन्म लिया है उसका जाना भी तय है। जो स्थूल है उसे सूक्ष्म में ले जाने के लिए विसर्जन जरूरी है। जो अव्यक्त है, अमूर्त है उसे मूर्त में, व्यक्त में लाने के लिए मिटटी की जरूरत है। दादी ने पूछा , " तुम्हे पता है मिटटी से गणपति कैसे बनाते हैं ? " नहीं दादी। " सुमुख ने जवाब दिया। मूर्ति बनाने के लिए पहले मिटटी की पूजा करते हैं। संकल्प करते हैं की इस मिटटी में गणेशतत्व आ गया है। और मिटटी में पानी डालते वक्त मंत्र या स्तोत्र का पठन करते हैं जिससे उसके स्पंदन मूर्ति में आ जाते हैं क्योंकि पानी को खुद की स्मरणशक्ति (memory) होती है। "





**..continued**

इस ब्रह्माण्ड में जो भी व्यक्त है , अव्यक्त है उन सबमे गणपति ही प्रतीत होते है। जैसे मिट्टी से अनेक वस्तुएं बनती है। पर हर वस्तु में मिट्टी मूलतत्व है। सोने से गहने बनाते है , गहनों के अलग अलग नाम है पर मूलतः वो सोना है ।

गणपति का वर्णन करते हुए आगे ऋषि कहते है , " त्वं भूमिरापोऽनलोऽनिलो नभः " दादी ने समझाना शुरू किया। " भूमि, जल, अग्नि, वायु, आकाश इन पांच तत्व का निर्माण उस ॐ कार स्वरूप गणपति से हुआ। जो पांच तत्व ब्रह्माण्ड में है वही पांच तत्व से हमारा पिंड याने शरीर बना है। " सुमुख ने दादी को पूछा , " दादी हमारा शरीर कैसे बना ? " सुनो, गणपति का रूप बताते वक्त हमने देखा गणपति इस चराचर में व्यापक है। गणपति का स्वरूप समझते समझते हम अपनी देह तक आ गए। परब्रह्मा से आकाश का निर्माण हुआ। उससे वायु का निर्माण हुआ। वायु से तेज का निर्माण हुआ। तेज से जल का , जल से पृथ्वी तत्व का निर्माण हुआ। हर एक तत्व का एक गुण है जिसे तन्मात्रा कहते है। शब्द , रूप , रस, स्पर्श , गंध ये पांच गुण पांच तत्व से जुड़े है। ये पांचो तत्व साथ में आये तो हमारा देह निर्माण हुआ। विश्व के सजीव, जो गर्भ से निर्माण हुए वो जरायुज, जो अंडे से निर्माण हुए वो अण्डज, जो बीज से निर्माण हुए वो उद्भिज और स्वेदज जो पसीने से निर्माण हुए। इस तरह से जीवों की उत्पत्ति हुई। मानव देह को पार्थिव कहा जाता है। पार्थिव शब्द 'पृथा' से आया है। पृथा का अर्थ है पृथ्वी। अभी तक हमने सर्जन की प्रक्रिया देखी। अब विसर्जन की और जाना है। क्योंकि जहा सर्जन है वहा विसर्जन भी है। इसका उत्तम उदाहरण बताती हूँ । दीपावली में महिलाएं रंगोली सजाती है। उन्हें पता होता है की दूसरे दिन वो रंगोली मिट जायेगी। फिर भी रंगोली में रंग वो हर्षोल्लास से सजाती है। इसी तरह जीवन के हर क्षण को हम आनंदमय बना सकते है। इस देह से हमने व्यावहारिक जीवन जीकर देख लिया। पर शाश्वत सुख की प्राप्ति नहीं हुई। हम अपने जीवन में आनंद की खोज कर रहे है। जो शाश्वत है। अथर्व होने की और आगे बढ़ रहे है। जैसे हम स्थूल से सूक्ष्म की और बढ़ते है हम व्यापक होते जाते है। हमने जन्म लिया तब सूक्ष्म से स्थूल में आये अब धीरे धीरे स्थूल से सूक्ष्म का प्रवास करना है। "

शेष अगले अंक में .....

जय गुरुदेव







# सात दिन

- Saurabh Malpani

एक बार की बात है संत तुकाराम अपने आश्रम में बैठे हुए थे। तभी उनका एक शिष्य, जो स्वभाव से थोड़ा क्रोधी था उनके समक्ष आया और बोला- "गुरुजी, आप कैसे अपना व्यवहार इतना मधुर बनाए रहते हैं, ना आप किसी पे क्रोध करते हैं और ना ही किसी को कुछ भला-बुरा कहते हैं? कृपया अपने इस अच्छे व्यवहार का रहस्य बताइए?"

संत बोले- मुझे अपने रहस्य के बारे में तो नहीं पता, पर मैं तुम्हारा रहस्य जानता हूँ !

“मेरा रहस्य! वह क्या है गुरुजी?” शिष्य ने आश्चर्य से पूछा।

“तुम अगले एक हफ्ते में मरने वाले हो!” संत तुकाराम दुखी होते हुए बोले।

कोई और कहता तो शिष्य ये बात मज़ाक में टाल सकता था, पर स्वयं संत तुकाराम के मुख से निकली बात को कोई कैसे काट सकता था? कैसे झुठला सकता था?

शिष्य उदास हो गया और गुरुजी का आशीर्वाद ले वहाँ से चला गया। उस समय से शिष्य का स्वभाव बिल्कुल बदल सा गया। वह हर किसी से प्रेम से मिलता और कभी किसी पे क्रोध न करता, अपना ज़्यादातर समय ध्यान और पूजा में लगाता। वह उनके पास भी जाता जिससे उसने कभी गलत व्यवहार किया था और उनसे माफ़ी माँगता।

देखते-देखते संत की भविष्यवाणी को एक हफ्ते पूरे होने को आए। शिष्य ने सोचा चलो एक आखिरी बार गुरुजी के दर्शन कर आशीर्वाद ले लेते हैं। वह उनके समक्ष पहुँचा और बोला, "गुरुजी, मेरा समय पूरा होने वाला है, कृपया मुझे आशीर्वाद दीजिए!" "मेरा आशीर्वाद हमेशा तुम्हारे साथ है पुत्र। अच्छा, ये बताओ कि पिछले सात दिन कैसे बीते? क्या तुम पहले की तरह ही लोगों से नाराज़ हुए, उन्हें अपशब्द कहे?" संत तुकाराम ने प्रश्न किया।

“नहीं-नहीं, बिल्कुल नहीं। मेरे पास जीने के लिए सिर्फ़ सात दिन थे, मैं इसे बेकार की बातों में कैसे गँवा सकता था? मैं तो सबसे प्रेम से मिला, और जिन लोगों का कभी दिल दुखाया था उनसे क्षमा भी माँगी।”

शिष्य तत्परता से बोला। "संत तुकाराम मुस्कुराए और बोले, “बस यही तो मेरे अच्छे व्यवहार का रहस्य है। मैं जानता हूँ कि मैं कभी भी मर सकता हूँ, इसलिए मैं हर किसी से प्रेमपूर्ण व्यवहार करता हूँ, और यही मेरे अच्छे व्यवहार का रहस्य है। शिष्य समझ गया कि संत तुकाराम ने उसे जीवन का यह पाठ पढ़ाने के लिए ही मृत्यु का भय दिखाया था। वास्तव में, क्या हमारे पास भी सात दिन ही नहीं बचें हैं?”



# अच्छे घाव

## - जयंती काटदरे

एक साधुजी के आश्रम में कई सारे विद्यार्थी उनसे विद्या और ज्ञान प्राप्ति के लिए आते थे। कुछ विद्यार्थी साधु जी के नियम और शिक्षा से बहुत तंग आकर आश्रम छोड़कर भी जाते थे। कुछ विद्यार्थी कभी कुछ कठोर भाषण सुनना पड़ा तो अपमान ना सहने से चले जाते जाते थे। वैसे तो गुरुजी बहुत ही मृदु भाषी थे। पर उनके विद्यार्थियों में अच्छे बदलाव लाने के लिए उन्हें कभी-कभी कठोर भाषण भी करना पड़ता था। बहुत कम विद्यार्थी आगे चलकर उनके अच्छे विद्यार्थी और शिष्य बन पाते थे।

उस ही आश्रम में आनंद नाम का एक विद्यार्थी था। वह नया ही आया था। शुरू में तो उसे अच्छा लगा पर बाद में उसे वहां के दिनचर्या का कंटाला आने लगा। अगर वो आश्रम छोड़कर जाता तो उसके पिताजी उसे घर नहीं लेते। इस ही कारण वह वहां से भाग भी नहीं सकता था। यह नियम यह शिक्षा किस लिए यही उसे नहीं समझता था। मन में एक तो वह गुस्सा करता था या फिर उदास, मायूस रहता था। साधु जी यह सब जानते हुए भी अनदेखा करते थे।

आश्रम में कभी-कभी उसके गुरुजी पत्थर या लकड़ी से बहुत अच्छी मूर्तियां तराशते थे। वह देखना आनंद को बहुत ज्यादा पसंद था। एक दिन आनंद को पता चला आज से गुरुजी पत्थर से मूर्ति बनाना सिखाएंगे। यह सुनकर दौड़कर आनंद गुरुजी के पास गया। वो बहुत खुश था। मूर्ति शाला में देखा तो गुरुजी छिनी हथोड़ा लेकर सिर्फ बैठे ही थे। कुछ कर नहीं रहे थे। दिन बीत गया पर गुरुजी ने पत्थर पर चार या पांच घाव ही दिए थे। दूसरे दिन भी ऐसे ही हुआ। तीसरे भी। और आगे भी ऐसे ही होता रहा। आनंद को इस बात का बहुत आश्चर्य होता था। एक दिन उसने पूरी हिम्मत जुटा कर गुरु जी से यह बात पूछी कि, "अगर आप हर रोज सिर्फ 4-5 घाव लगाओगे तो मूर्ति कब बनेगी या फिर बनेगी या नहीं?"

गुरु जी ने कहा, "आनंद मैं भी इसे जल्दी से बनाना चाहता हूं पर क्या करूं इस पत्थर को ज्यादा काम से दुख होगा ना यह घाव तो उसे लगते होंगे?" आनंद ने जवाब देते हुए कहा, "गुरुजी पत्थर को अगर सुंदर मूर्ति में बदलना है तो घाव तो देने ही पड़ेंगे ना?" गुरु जी ने मुस्कुरा कर कहा, "एकदम बढ़िया बात कही है तुमने आनंद! अगर अपने विद्यार्थी या फिर शिष्य के भीतर के आलस और अज्ञान के पत्थरों से सुंदर मूर्ति बनानी है तो मुझे घाव देने ही पड़ेंगे और सामने वाले को सहने ही पड़ेंगे है ना?"





# DSPPL Events

**Successful completion of 1st batch of EduSPOTs  
Special sanskar (values) program for 5-8 year old students**



More than 120 students across 13 centres enjoyed 1 month long program, doing TAPASYA activities daily. Program conducted at Ahmedabad, Bengaluru, Devrukh, Hyderabad, 3 centres at Mumbai, Nashik, 3 centres at Pune, Rajkot and Vadodara. Looking forward to having more EduSPOTs.

**Non-Residential SOFT (Spiritual Outlook for Future Times)  
Programs for 9-12 year old students conducted at  
Bengaluru, Devrukh, Mumbai and Pune in the month of May'24**





# DSPPL Events

**Residential SOFT 4 to 6 Program  
conducted from 23 - 28 May 2024 at Devrukh Ashram**



**Residential STRONG Program for 15+ years students is going on  
from 31st May 2024 till 4th June 2024**







## देवरुख हमारा घर - अविस्मरणीय अनुभव - सुगंधा हेगशेळ्ये

जय गुरुदेव, माझी आदरणीय गुरुजी यांचे कडून दिनांक ८ व ९ जानेवारी २००५ रोजी द्वितीय श्रेणी रेकीची दीक्षा झाली। तेव्हापासून आज पर्यंत रेकी दररोज घेत आहे। परंतु मी आता माझा पालखीचा अनुभव सांगत आहे।

माझ्या माहेरी माझ्या वडिलांकडून शिवांची आणि विष्णूंची साधना दररोज होत होती। त्या अनुषंगाने आम्हा भावंडांकडून ही थोडी-थोडी साधना होत होती। आपल्या मठामध्ये दर गुरुवारी पालखी सोहळा होत असतो हे आपणास श्रुत आहेच।

एके दिवशी माझ्या स्वप्नात माझ्या माहेरच्या घरी स्वामींची पालखी आली व पालखी बरोबर आपले गुरुजी व काही साधक होते। त्यानंतर मी व माझ्या बहिणीने घरातील इतर सदस्यांनी स्वामींचे पूजन करून औक्षण केले। हे स्वप्न मी गुरुजींना सांगितल्या नंतर त्यांनी त्या नंतरच्या गुरुवारी पालखीचा भोई होण्याचे सौभाग्य मला दिले।



# देवरुख हमारा घर - अविस्मरणीय अनुभव

- सुगंधा हेगशेट्ये

**..continued**

द्वितीयश्रेणी रेकी शिकल्यापासून आजपर्यंत दररोज रात्री झोपतांना मी रेकीने संपूर्णघर सुरक्षित करते। परंतु काही वर्षांपूर्वी माझ्या आयुष्यात एक दुःखद संकट आलं। तेव्हा पासून साधारण २/३ महिने दररोज रात्री मला २:३० ते ३ च्या दरम्यान जाग यायची आणि मनात एकच विचार यायचा कि घरात चोर आले तर मी काय करू ? मी उठून परत घर रेकीने सुरक्षित करायची व स्वामींच नामस्मरण करीत असे। पहाटे ४ नंतर केव्हातरी मला झोप लागत असे।

एके दिवशी रात्री नेहमी प्रमाणे मी नामस्मरण करीत असतांना माझ्या मनात आले किमी का घाबरते? माझ्या सोबत स्वामी आहेत ना। तेव्हापासून मी गुरुजी स्वामींनाव रेकी मातेला नमस्कार करून आम्हा सर्वांचं आणि माझ्या घराचं संरक्षण करा असे सांगत असे।

त्यानंतरकाही दिवसातच मला स्वप्नात देवरुखचे साधक श्री सचिन गट्टे हे मशाल घेऊन माझ्या घरा भोवती फिरत असताना दिसले। मी माझ्या मुलांना उठवून त्यांना सुद्धा हे दाखविले। त्यानंतर सचिन गट्टे यांनी मागे वळून माझ्याकडे बघितले आणि हसले। त्यानंतर ते तेथेच गुप्त झाले।

तेव्हा पासून स्वामी माझे व माझ्या घराचे आज पर्यंत संरक्षण करीत आहे।

-सुगंधा हेगशेट्ये





# DSPPL COMICS

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