

1½ NqVV; kæk djacgrj bLreky

cgqkk NqVV; kæk vFkZ ; g yxk; k tkrk gSfd i <kbZ vks gkeodZ l sjgr feysxh [kæ
eLrh vks vkjke dj l dæš ukuh&nknh ds ?kj ; k dgha vks ?kæus tkus dk vol j
feysxA ; g , d k l e; gkrk gS tc vki eupkgh phtka dks dj l drsgA *Nk= gksus ds
ukrs NqVV; kæk vFkZ fuf"pr : i l s ; gh gSfd vkjke djus dk l e; feysxk vks
vPNs bā ku dh rjg cgrj dke dj ik, A vDI j ge , d tš s thou l s Åc tkrsgA
bl fy, NqVV; kæk ds nks ku foJke djds ij kus : Vhu ij ykS/us ds fy, rš kj gks tkrsg
gA

yfdu Vkke Vcy cukdj pyus l s [kkyh cps l e; dk cgrj mi ; l x fd ; k tk
l drk gA Vkke Vcy cukuk dkQh ifj.kkenk; d gksxA bl rjg l s vki eupkgh
xrfof/k; kæk ds fy, l e; dk foHktu dj l drsgA

NqV; kæk l oke ykk dš syā

NqVV; kæk ds nks ku eukjatu vks Kkuo/kZ nkska rjg dh xrfof/k; kæk ea l rgyu gksuk
pkfg, A egRo i wkZ ckr ; g gSfd NqVV; k etnkj gka yfdu bl l s Nk=kæk dks dñ
gkfl y Hkh gksuk pkfg, A ftl Hkh xrfof/k ; k vH; kl dk vki puko dja ml s [kRe
djus dh dks" k" k jguh pkfg, A dñ l h[kus dk mīš; gksuk pkfg, A Nk=kæk ds NqVV; kæk
ds fy, fn; k tkus okys xgdk; l fo"ysk.kkRed vks 0; kogkfjdrk ij vk/kkfjr gksus
pkfg, A , d h xrfof/k pua tks vki dks jkefpr djrh gka mnkgj.k ds fy, ; fn rškdh
dks puk gS rks l fuf"pr djafd vki l = dh l ekflr rd dñ rškdh l h[k ik, A*

Hkk'kk dš Z

Hkk'kk l ædth dksky dks cgrj djus ds fy, NqVV; kæk ds nks ku Nk= vklykbu vaxst h
dkd l dk puko dj l drsgA dšct bāy" k vklykbu vaxst h l h[kus dk , d vPNk
rjhdk gA dšct bāy" k , Xtke ds fy, rš kjh djuk NqVV; kæk fcrkus dk okdbz , d
mi ; l xh vks etnkj rjhdk gA ^dšct bāy" k l s Ldny Lrj ij vaxst h l h[kus okyka
dks xgu] xqoUkki wkZ vrj kZVh; eW; kaku dh l fo/kk feyrh gS tks vaxst h l h[kus dh
i fØ; k dks eukjatu d o i Hkkoh cukdj 0; kogkfjd dksky fodfl r djrh gS vks of"od
Lrj ij Lohdr l fVQdV inku djrh gA

gj l fVfQdV/ dKkU ; jkSi ; u YedZ vKkD jQjd ds , d yoy ij dlnr gS tks
Nk=ka dh cksyus fy [ku] i <us vks l qus dh {kerk dks fodfl r vks r\$ kj djrk gA}
dicit bdy'k ylost , l d eV ea l Qy jgus okys Nk=ka dks l fVfQdV/ inku fd,
tkrs gS ftlgs of'od Lrj ij da fu; k l l.Fkkuka vks fo'ofok; ka t\$ s vefjdu
, Dl id bAM; k] LdkMk bAM; k] MGY; w pvks bAM; k vkfn l s ekU; rk i klr gA fcfV'k
dkmAl y bAM; k }kj gj o"lz 7 l s 17 o"lz ds Nk=ka ds fy, l ej Ldny dk vk; kst u
fd; k tkrk gA iVdFkk ys[ku] dgkuh okpu] dFkkud o fdjnkj ys[ku vks dkl Z ds
var ea vi us ekrk&fir k ds fy, , d 'kks r\$ kj djus t\$ h xfrfof/k; ka ds tfj; s cPps
vi uh vxsth cgrj cukrs gA

tqu ds lfk pya

vi us vdknfed dksky dks cgrj cukus ds l kfk gh NqVV; ka dk l e; vi uh ifrHkk
dks ekat us ds fy, Hkh mi ; q r gkrk gA mnkgj.k ds fy, ; fn vki dks Qvcky i l n gs
rks ckbpk HkV; k Qvcky Ldny tkbu ij l drs gA bl ds nsk ds 10 'kgjka ea 23
if'k{k.k dnz gS tgl; 5&17 o'kz ds cPpka dks i f'k{k.k fn; k tkrk gA l l.Fkku ea o"lz Hkj
if'k{k.k fn; k tkrk gS ftl dh Qhl yxHkx 3000 : i ; s %gj l wj ij fHkuu½ ekfl d
gksh gA
; fn xkus dk 'kks l gS rks epbz ea Vw Ldny vKkD E; frtd] pBUkbZ ea ds e E; frtd vkfn
vYikof/k@l ej dkl Zcky ifrHkkvka dks i k\$'kr djus ds fy, djkrsgA

dh u;k l hka

NqVV; ka ea u; k vks , d k dksky l h[ka tks vki dk Kku c<le, vks thou Hkj mi ; ksch
jgA Hk"kk] uR; dh ubz 'kYkh] i kskfex ylost vkfn l h[kuk , d s fodYi gA ; fn
rduhd ea : fp gS rks dh; wj l adkh ; k; rk c<le, p vi us vi us ekrk&fir k] Hkcb&cgu
; k l hfU; jka l s cf<; k i kbj i kbV/ iztS/Sku cukuk ; k ekbØkd kV vKkQI l h[ka tks
Nk= dh; wj l kbd ; k vkbV/h ea vkxs dh i <kbZ djuk pkgrs gS os i kskfex l h[k l drs
gA

iBu&fdrkca thou Hkj l kfk nrh gS vks fdrkca i <uk NqVV; ka ferkus dk l cl s vPNk
rjhdk gA Nk= vki & ikl fLFkr i qrdky; ka dk ykHk ys l drs gA i jkuh fdrkca [kjh
l drs gS ; k fo'o i qrd esy] fnYyh] bVjus kuy dksydkrk cpl Qs j t\$ s vk; kst uka

ea tk l drs gÅ NqVV; ka ea Mbl] E; ftd] fFk, Vj l h[kuk] ok | ; æ l h[kuk] Cyklk
fy[kuk] Ldp o iVax cukuk] Qks/kskQh] dtdax tS s fodYika dh cgrk; r gÅ
ckxokuh djuk] vkVZ xSyjh] l xgky; ka vkfn ea ?kæus tkuk tS s fodYika dks [kaky
pukr; ka dks n[ka vks] irk dja fd Hkfo"; ea fdu phtka l s ykHk feyska l cl s cMk
ykHk ; g gksk fd vkids l kFk cgr l h ; kna tM+ tk, ach tks thou Hkj vkids l kFk
jgÅhA

being a buddha
is your ultimate potential

the bliss and the silence
of a buddha
is your birthright

