

એવનાનો વિકાસ



caat naanaao ivakasa

Da^ qaamasa j o caakao MSc, Ph.D.

Anawaad : Aimat priK

"j o svanao naqal j aNatao - A o kSaM naqal j aNatao
 pNa j o svanao j aNao Co -
 A Nao bahmaadnaa A gaaQa rshyaa ivayao
 baQajj j aNal laQaM Co "

ispircyalA la saayansa A nD irsaca- fa] nD Gana

malba[

© A imat priK

Aa pŕstknaa kaŕ pNa Baaganao kaŕ pNa rito pkaiSat krta phŕaaM
laK knal ilaiK t maŕi ŕi maŕLvaal j \$ri Co Aa] praitŕŕ naŕcao laK ŕaa
mau_a OyaanamaaM raK vaa:

1. Aa pŕstknaa maŕ#ya]_ŕanao K aŕŕi rito Taŕkvaao nahŕM
2. [nŕŕnaŕŕ saa [T <http://www.thiaoouba.com/> naao] ŕlaK krvaao
j \$ri Co j ŕal krŕnao vaacak Daŕ caakanaao saŕbK- saaŕal Sako
3. pŕŕa laK aNanao Daŕ caakanao maakŕlaavaal A manal ilaiK t maŕi ŕi maŕLvaal.

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ispircyalA la saayansa A nD irsaca- fa] nDŕana
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pqama A avallŕa : iDsambar 2003

Aa pŕstk [-baŕk sva\$po [nŕŕnaŕŕ pr ina:Sal k] plabŕa Co
<http://www.thefreedomofchoice.com/>

Capital gaj ratŕ A avallŕa maŕLvavaa laK knaao saŕbK- krao

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pstavanaa

Ak klttranal klpnaa krao
 Qaarako tmao klttranao bao vastmaallal Aknal psallgal krvaa khao Cao
 Ak saltr ikhtatI hlrao
 A nao
 Ak vaasal raotIalnao TikDao

Anamaana lagaavaao ko A a bamaallal A o Sam psaktI krSae
 A o hlrao tao nahllj psaktI kro

Saa maaTo klttrao raotIalnao TikDanal psallgalqal K Sa Cae

karNako Anal salimat baiw Ak hlranal saltrta ko Anal ikhtat naqal
 parKI SaktI. A nao mana A o nakamaa pqqarnaa TikDa krtall raotIalnao
 TikDao vaQau ikhtatI Co

A apNal saBaana psallgalAao A apNal baiw Wara salimat A nao inaiScat qaaya Co

Saa maaTo A a pstknal Sa\$Aat maM Ak dYTaltqal kriE karNako **Aa
 pstknaao]_Sa Aavaa sarL dYTaltao Wara tmaari tkSaiktnao] Skarvaanaao
 A nao A nao pDKarvaanaao Co** pDKar kyaa Cae pDKar Co tmao kaq
 ikhtatI hlrao caikI na jaAao Anal kaiSaSa. .

A nao kdaca Sa\$Aatmaall tmana kaq hlrao na pNa j D^{oo} tao pNa Qalrj
 rakjao A a pstknao Yvananaa j da j da tbakkamaaM fri fri vaaktaj ao
 tao j Qalro Qalro tmao A nao ptp\$M samaY SakSaa

A a pstknaao ma#ya]_Sa tmana A o dK advaanao Co ko tmao tmaari A ltr
 j [E svanaao A a bahmaallnaa j Ak A Sa triko A Byaasa kri saBaanapNao
 koTlaao ivakasa saaQal Sakao Cao

tao tqaar qa[j aAao Ak kdl na K Daa AaScayaj nak pvaasa maaTo j o
tmanao tmaari j caotnaanao Ao CDaAao saQal la[j Sao j nal tmao kdl
klpnaa pNa nahll krl haya!

Aa pstkmaall GaNaa savaalao A wal rito rcavaamaall A avyaa Co ko j naa
j vaabao tmaara mananaa] DaNaqal bahar nalkLI tmaari samaxa svayall pgaT
qaaya. j ad[Ao tmaara A caotna manamaall dTayadaa kT laallj vaabao tmao SaaQal
kaZao Cao

Dao Tama caakao
madabaanae AasTilayaaf 4 idSallbar 1999
A pvaasanaall palamall A zvaaiDyaall

"j o svanao naqal j aNatao - Ao kSaall naqal j aNatao
pNa j o svanao j aNao Co -
A Nao bahmaadnaa AgaaQa rhyyao ivaYao
baQajj j aNal laIQaall Co "
[2]

sahd aam savaal aao

A a bamaaljal Sam vaQau sarL Co :

A k Gar banaavavam

ko

A k mart Sarlrao Yvatt krvaE

balj a Sabdamaal pCIA o tao A k Gar banaavavam vaQau sarL Co ko A k Yva banaavavaaE

A k Yvanal inamaana krva krtam A k Gar banaavavam GaNam sarL Co

j ao A a j vaaba ivaYao tmaara manamaal kaq[pNa Salika haya tao bao vaar vaQau ivacaar kri laao j ao tmao] prnaa j vaaba saaqao 100% salmat hao tao tmao balj a savaala maaTo tyaar Cao

Sam kdl A k Gar j ato j paotanao banaaval SakE kaq[baiwSaaLi Yvanal madd ivanaaE

j ao A apNao laalaa samaya saQal rah j ad[A o taE **Analt** samaya saQalE

Sam K r k r A k Gar svayam paotanao banaaval SakE idvaala, baarl, baarNaa, riyaragaana, racarcallaal saSaabana vagaro saaqae

Sam tmao Anamaana lagaaval Sakao Cao ko A k Garnaal paotanao banaavavaanal **saBaavanaa** koTlal CE

A apNaa AnaBavaaqal A apNao 100% K atripwak khi SakIA o CIA o ko A k Gar A pmaLo na j banal Saku A oTlao ko A k Garnaal A pmaLo banal j vaanal Sakyata **Sahya** Co

pNa Saa maaTo A k Gar paotanao na j banaaval SakE

Ak Gar padtanao na j banaaval Sako karNako Ak Garnao banaavavaa baiw
 A nao baiwSaaLI Yvanal j \$r pDo koj oGarnal klipnaa krl A nao banaavavaanal
 yaaj naa GaDi baallakama kro A nao Amaall saivaQaaAao raKI A nao rhvaa
 laayak banaavao

**Aa saibat kro Co ko Ak Gar banaavata phlaall baiw A nao baiwSaaLI
 Yvanall Aistwa havall Ainavaaya- Co karNako Ak Gar banaavavaanal
 yaaj naa krva krt pNa phlaall Anal klipnaa krl Ainavaaya- Co**

AgaL vaaltata phlaallAo K atrl krl laao ko tmao] pr laK daao inaYkYa-
 ptptrao samaY gayaa Cao A nao A nao ivaYao tmaara manamaall ka[Salka naqal.

pqama maadim pgalam

A apNao hmaNaamj A o vaat pr salmat qayaa ko A k Gar banaavavaa krta
A k Yva banaavavaao GaNaao maGkda Co

A oTlao j ao A k Garnal A apmaLo banal j vaanal salBaavanaa Sathya hayaE tao
A k Yvanal A apmaLo banal j vaanal salBaavanaa tao A naaqal pNa AaCl
Cd

A aqal A apNao A o inaYkYa- pr phatAlA o CIA o ko Yva kdl A apmaLo
paotanaM inamaaNa na j krl Sako

Yvananam inamaaNa yaaj naapvak qayam havam j ad A o

kaq pNa jatnaa Yvanaa Aist%vamaam Aavata phdaam kaq caotnaa A nao
baiw Aist%vamaam Aaval hawal j ad A o karNako kaq ko Yvananal pNa
KlPnaa krl A nao banaavavaanal yaaj naa GaDval pDo A k Garnal j ma. . .

A k Yvanam inamaaNa krva k oTlal baiwma-kaanal j \$r pDoe qaaDI ko bahu
baQalE

hm j aNaM CM ko Aa vaat pr tmao salmat qaSaa ko Yvananam inamaaNa krva
mahana caotnaan j \$r pDo A oTlal mahana ko A aj o A manal KlPnaa pNa
krval maGkda Co

A %yaar saQalnal vaatnaao inaYkYa- A a maj ba nalkLo Co

saa0 pqama A k mahana caotnaa Aist%vamaam Aaval hawal j ad A o -
bahmaam ko A maam vasanaar kaq pNa Yvanaa Aist%va krta pNa
phdaam

A a bao Sabdao pr Qyaana dij ao 'mahana' A nao 'caotnaa'. karNaKo A saamaanya baiwma<aa Qaravanaar caotnaa ivanaa Yvananal Kl pnaa pNa Sakya naqal.

yaad raK j ao ko tmao A agaLnaM pkrNa vaaktata samayao salhat qayaa htalM ko A k GarnalM inamaaNa baiwma<aa ivanaa saBava naqal. A nao tmao A o vaat pr pNa salhat qayaa htalM ko YvananalM inamaaNa krvaA A saamaanya baiwma<aanal j \$r pDo

A agaL vaaktata phlaalM fri A k vaar A a vaat plpplI samaY laj ao karNaKo samaj yaa ivanaa ko A a vaat saaqao salhat qayaa ivanaa A agaL vaaktavaanaao kaq[j A qa- naqal.

] _6a ivaYanaao saamaanya #yaala

SaM tmao klpnaa kri Sakao Cao ko **A salma baiwma-aa** Qaravanaarl mahana caotnaa ka[pNa]_6a ko karNa ivanaa kSalk banaavaE

A tIao balj ao inaYkYa- A o nalkLo Co ko **Yvananaao ka[k]_6a tao havaao j j a[A o**

hvao pCl pStknaao SaVa Baaga Yvananaa saaqal Aga%yanaa Anaoo saaqal maSkida ivaYaya pr pKaSa paDSaA bahmaaD Anaoo Kasa krInao maanava Yvananaa Aist%vanaao]_6a **SaaQal Anaoo saibat** krvaanaao

A aqal hvao tmaarl klpnaaSaikt Anaoo baiwnao kdl na vaTaval haya A val ASakya laagatl salmaardK anal pdao par j vaa tQaar raKj ao . .

j ao tmao Aa pDKarnaoo phalal vaLSaaq qaaDa pNa, tao tmanaoo Aa bahmaaDmaalm tmaarm sqaana Anaoo mah<va samaj a[j Sao tmaaro hvao pCl ka[nal pNa ka[pNa vaat 'maanal' laavaanal j \$r nahIM pDo karNa ko tmao **sa%ya j aNal gayaa hSaa**

SaM tmanaoo A o j aNavaanal [cCa naqal ko Aa bahmaaDnaoo j nma Saa maaTo qayaaE maanavalnaalm Yvananaao]_6a Saa C#E A %yaaro bahmaaDmaalm SaMqa [rhyalM C#E Saa maaT#E A o Saa maaTo qayalE Anaal j \$r SaMhtIE

Balt kaLmaalm GaNal vyaiktA arA o Aa]_6a ivaYao laakanao samaj avavaanal kaiSaSa kri htIE pNa laakao samaj yaa nahIM Anaoo Aa A QatI samaj Namaaljal tmaNao GaNal maanyataA anaoo j nma A aPyaa

pNa ka[vaatnao 'maanal laval' Anaoo Anaoo tmaara saiht drko drk vyaikt saamao 'saibat' krvaamaalm A asamaana j malnanaao fr Co

Aa pŕstk maara Ývananaa caalalsa vaYaanaal 'Ballaa krl SalK vaanaal kaiSaSa'
 A nao A naa pCl balj a palŕa vaYa- drmyaana raj naa klaakao saQal krlaa
 kzar. Oyaanaqal maLŕaa &ana A nao samaj Nanaa nalcaad samaana Co

Ao &ana A nao samaj Nanao Aa pŕstk Wara tmaara saQal phalŕaaDvaM maara
 ÝvananaM saQal kprM kama Co

bahmaaD A nao Ývananaa]_ŕa ivaYao maarl j atnao samaj avavaM Ak pDkar
 samaana j htM CtaYaa Ao AŕIaM maŕKda nahatM kmaE

maarl vaat manaŕ samaj avaval sahdal Co knako hm manaŕ j aNaM CŕM pNa hm
 tmanaŕ naqal j aNataŕ maara maaTo Ao j aNavaM maŕKda Co ko kyaa dYTaMtaŕ
 A naŕ k[maaihtl tmaarl klpnaaSaiktnaŕ] <aj naa Aapl SakSao CtaYaa
 maM maaraqal banatl baQal kaiSaSa krl Cŕ A naŕ A saŕa raK MCM ko tmaŕ pNa
 banataŕ pyaasa krSao

taŕ pŕama bahmaaDnaa parBaŕal Sa\$A at krlAŕE baQal vaatnaŕ parBaŕa hawaŕ
 j \$rl Cŕ barabarnaŕE

pàrBa

bahmaaDnaam pàrBa ivaYao ivacaarao

A a samaga' saRYTnao pàrBa.

kSaMj naqal.

kSaMj nahIM- pINa- SathyaavakaSa - na AakaSa, na samaya, na AnaBallt,
na catnaa - kSaMj nahIM

tmao kIpnaa kri Sakao Cao Aavaa pINa- SathyaavakaSanalÆ

hMj aNaM CM A o maSkda Cq pNa kaiSaSa krao .

kIpnaa krao Ak Aavaa saQaaMtk, Anamaainat, pINa- SathyaavakaSanalf
j namA ist%va balj a Sanaaya A ist%va phdaam pàrBaqal htm

baQaanao pàrBa.

tmaara manamaam pINa- SathyaavakaSanal kIpnaa krvaanal kaiSaSa krao

hvao khao Aavaa kōTlaam 'pINa- SathyaavakaSanam A ist%va haq SakÆ

j ao tmaarao j vaaba 2 ko tqal vaQau haya tao A o 'pINa- SathyaavakaSa' nahIMrhī
karNako tmao 'kSaak' nao bao triko j da tarvaao Cao A o kSaMk pINa-
SathyaavakaSamaam saBava naqal.

A aqal A o inaYkYa- nalkLo Co ko saRYTnao pàrBamaam fkt Ak j pINa-
SathyaavakaSa saBava Co

Ak j .

A oTlao A aK M bahmaaD **Ak j piÉyaa** haq Sakō - Balao pCI A apNanao
A o gamao tōTlām j iTla laagao - Balao pCI Anāl A apNal AnaBallt A nao
A nam A qaGaTna gamao tōTlām salimat haya.

j agaanaji aga A apNaam K gaadL Saas~IA ao bahmaadmaamj naao pNa taga madL vao
Co A o baQam Ak j ibalqal] d'Bayam haya A wam A manam manavam Co - j nao
tA ao 'balga banganam kind' kho Co [16]

Sam A a j agaanaji aga CIE

caotnaanao ivakasa

caalao pqama A apNao caotnaanao ivakasa maaTo SaMj \$rI Co A o cakasaLA o

SaM caotnaanao 'saM arI'nao AK YvamaaM balj a YvamaaM 'maakIal' SakayaE j ao
A ma qatM haot tao A apNao vaatMraA anaoo kadaj maam] cca iSaxaNa A apl
Sakya haot.

SaMA o Sakya Co ko A apNao SaIK vaLA o kaq[nao A nao A naoo laIQao balj Mkaq[
baiwSaaLI banal j ayaE nahIMhaE

SaMA o Sakya Co ko baiwnaoo kaq[pNa ivacaar krvaoo maaTo] pyaaga kyaa-
ivanao A apNao baiwSaaLI banal j [A E kdaca A Sakya.

A oTlao caotnaanao ivakasa maaTo AK j vastuj \$rI laagao Co - vaQau ivakasa
pamavaanal A anal paotanal j [cCa. balj a Saalya j \$r naqal fkt
ivacaarvaanal [cCa.

] prnal vaatqal A o saibat qaaya Co ko caotnao fkt paotanaoo j ivakasa
saaQal Sako balj Mkaq[A apNanao vaQau baiwSaaLI ko haM Sayaan na banaaval
Sako - fkt A apNao j - SaMA a saacM naqalE

A aqal A o inaYkYa- nalkLo Co ko **caotnaanao ma#ya laxaNa ANao krdal**
[cCa trf ivakasa pamavaanao Co

hvao A wal isqaitnal klpnao krvaanal kaISaSa kraoj maM caotnaanao paotanaoo
ivakasa saaQavaanal [cCa j qatI naqal. tmaari j baiwnao SaM hala qaaya
j ao tmao A naoo] pyaaga j na krao taE

Qaarao ko tmao ivacaarvaanaoMj baQa krl dvaanaoM nakkl krao tao samaya j taM
tmaari baiw xalNa qatI j Sao

A aqal caot naamaal paotanao ivakasa krvaanal pirNa phdaqal j rhdal Co
caotnaa maaTo saaqal vaQau saarl A nao tksaljat psallgal paotanao ivakasa
krI vaQau fid aavavaanal j Cî nahlltao A o xalNa qatl j Sao A nao kdaca naaSa
pamaSao

Sall vaQau baiwSaaLI A nao &anal banavall A analdayak naqalÆ

Sall tmao A anaqal iva\$w psallgal krSaaÆ

Sall tmao baiwhina banal naaSa pamavaanal psall krSaaÆ

] pr pCayad aall savaal aanaall j vaaba tmaara manamaall tjaar raK j ao - kdaca
tmanao Tlk samayamaal Anal j \$r pDSao

caotnaa kyaam CÆ

malʔayanal xaNao A k marit Sarir A nao A k Yivat Sarir vaccao Sam frk hoya
CÆ

balhao ikssaamaam Sarirnaa baQaam A tʔao A k sarK a hoya Co
Sarirnaao A Nau A o A Nau samaana Co
tao Sam frk CÆ

caotnaa caalal ga[Cfi Ama j aNakarao khɔao

caalal ga[Æ kyaam A nao caalal ga[A o phd aam A o kyaam htiÆ tmao pNa A o
vaat tao maanaSaa ko caotnaanaam A ist%va Sarirnaa ka[A tʔa ko ka[pNa
A Namaam hawaam Sakya naqal. karNako malʔayu baad pNa baQaam %yaam j Co j yaam
malʔayu phd aam htaam Sarirnaam ka[A tʔa ko A Nau saQaa kyaam j taam naqal.
A o tao %yaam j Co A nao %yaam j rhɔao - j yaam saQal tmao A nao baaLi ko daTi
nahim dao

A a sarL] dahrNa prqal A apNao samaY SakIA o CIA o ko caotnaa A nao
baiwma-aanaam (j o caotnaanaaj A k A Ba C) A ist%va A a A Nau aqal
banad aam Baa tk j gatqal iBanna A nao sva t- Co

tao A o kyaam CÆ A nal A apNanao hj u BaaL maLi naqal pNa A naao A qa- A o
naqal ko A apNao A naao A Byaasa nahim kri SakIA o

pritu A k vaat tao saaf Co ko A Nau aqal banad aam yam aqal A naao A Byaasa
krvaao maK amal Bayam khwaasao

A apNal 'baiw' j A naao maaTo saaqal] <ama rhɔao caalao A naao] pyaaga
kriA o

caotnaanal] %pi<a

A apNao A agaLnaa pkrNamaal]j salhat qayaa ko salYTnaa parBamaal]A k j pNa- SathyaavakaSa saBava Co

A apNao A o vaat pr pNa salhat qayaa ko Yvana A ist%vamaal]A avata phdaal] A namlinamaaNa krnaarl mahana caotnaa A ist%vamaal]A aval hawal j aq A o

pritu A o mahana caotnaanaoj nma Sal rito qayaaE Sal]A o pNa- SathyaavakaSamaal]al j nmal SakE

tmanao yaad haya tao A apNao A agaLnaa j pkrNamaal]j aq gayaa ko caotnaanao paotanaao ivakasa saaQavaa fkt [cCanal j \$r pDo Co A anaao pravaao tmao ptooj Cao karl paTI j waa magaj saaqao j nmaaa tmao ivakasa pamavaanal [cCa maa-qal A aj o A aTlaa baiwSaaLI banyaa.

tmao j yaaro K rK r tmaara ivaYao icalitna krSaaoyaaaro tmao samaj Saa ko k wal rito tmao maa~ A k saadl saBaanatamaal]al ivakasa pamal (A oTlal saadl ko tmanao j nma baadnaa bao ~Na vaYa- ivaYao kallE yaad pNa nahill]haya) A aj o A aval j iTla baiwma<aa Qaravanaarl vyaikt banyaa.

A aqal A apNal pasao A a tksalhat pravaao Co mahana caotnaanao ivakasa A k A kdma saamaanya saBaanatamaal]al qayaa - barabar A ma j j ma A apNaoo ivakasa qayaa

balj a Sabdamaal]khaI A o tao SathyaavakaSanal saBaanata ivakasa pamal - A o j ritoj ma **A apNal** saadl saBaanata ivakasa pamal. A aqal j svanaao A Byaasa krvaao **A %yalit** A avaSyak Co - A a A k j maaga- Co caotnaanao samaj vaanaao

A k saadl 'hawaanal' saBaanatamaaljal caotnaa A nao baiwma-aanao svamaal j svanal saaqao ivakasa qayaa A manaa ivakasanaa drik tbakkamaal balj a Samalya j \$r nahaatl fkt ivakasa pamavaanal [cCa j \$rl htl. ¹

A apNao AgaL j A o vaat pr salhat qayaa ko caotnaa maaTo saaqal vaQau A analldayak A nao saltaavakark pvalka svanaao ivakasa Co A oTlao A o svaaBaaivak Co ko GaNaal samaya baad A nao GaNal vaCaairk iEyya baad caotnaa GaNal ivakisat qa[ga[- **SahyaavakaSamaaljal** A nao **SahyaavakaSamaal rhinao**

svanao ivakasanaa A analld isavaaya A k ivakisat caotnaanao balY Samal j \$r pDIE Yvananaa saj nahar samal A o mahana cattisak Saiktnao balj m Saltaavak SakIE A a j aNavall kdaca A apNal samaj nal bahar Co . . . pNa A apNao **AapNal** paotanal caotnaanal j \$iryat tao j aNal j SakIA i nahIE

caalao kaiSaSa krlA o A o SaaQavaanal ko k[pvalka tmaarl caotnaa A nao baiw maaTo saaqal vaQau saltaavakark Co

Klpnaa krao ko tmaaro ka[Sarlr naqal - fkt caotnaa A nao baiw. hvao ivacaarao ko tmanao k[pvalka saaqal vaQau A analldayak A nao saltaavakark laagaSaIE A k maa~ pvalka. A val pvalka ko j o A nal k aL saQal caalao tao pNa kllTala na] pj avao ivacaarao A val pvalka ko j o inaritr kyaa-krvaanal tmanao [cCa haya.

A a pSna tmaarl maaTinaoCo j oTlao tmao A naa j vaabanal naYk phalitaSaaot oTlao] DaNaqal tmao A a salYTnaa] _Ganao samaY SakSaaot A oTlao AgaL vaQata phdaal A naa ivaYao] DaNaqal ivacaar krao

¹ A a ivaYaya K lba j j iTla Co A nao A nao fkt svanaao] DaNaqal A Byaasa krlnao j samaY SakaSaaot prltu pstknaa A agalnaa ivaYayaa samaj vaa maaTo A a ivaYaya samaj vaa A inavaaya- naqal. vaacaKnao j ao 'A k pNa- SahyaavakaSa' A nao A maal rhinal 'saamaanya saBaanatanal' ivakasa pamavaanal [cCanal j \$rt samaj a[ga[haya tao A o pyaaPt Co

caotnaanal j \$iryatao

A apNao AagaL j j aq[gayaa ko caotnaa maaTo saaQal vaQau A analldayak
A nao saltat'akark pvaik'aA amaallsvanaao ivakasa A k Co

A agalaa pSnaanaa j vaaba \$po tmanao bal'Y kaq[pvaik'a j DI C# tmao
tmaari caotnaanao j \$ri haya A wal bal'Y kaq[pvaik'a SaaQal kaZI C#

IaagaNalA ao ivaYao tmaari Sall maanavaM C# A wal k[IaagaNal Co j o hMaSaam
A analldayak A nao saltat'akark haya C#

balj anao **pina d'raao** A nao **pina maL'vavaao** barabarna#

K r k r, fkt A apNal caotnaanao A Byaasa krta j A o saaibat qa[j ya
Co ko kaq[pNa ivakisat caotnaanao pma j wal] cca IaagaNalA anal
AnaBalt'nal j \$rt pDo Co

A aqal A apNao ina: SalkpNao khi SakIA o CIA o ko mahana caotnaanao pNa
] cca IaagaNalA ao AnaBavavaanal j \$rt htl. A nao pNa pma d'raao htao
A nao pma maL'vavaao htao

saacaa pma Sall C# A a IaagaNalnaa qaaDa A Banao pNa Sabdamaall vaNavaval
maSkda j nahll A Sakya Co pNa A k vaat tmao pNa jaNaao Cao ko
pimanal AnaBalt' maaTo IaagaNalA anal A ap'ao qaval j aq[A o pimanal
AnaBalt' qavaa maaTo A apNao pma d'raao pDo A nao pma maL'vavaanaM pNa
AnaBavavaM pDo

tmanao saibatl j aq[A o C# tao klpnaa krao ko A a bamaallal A k naqal. .

A aqal pimanal pNata maaTo A nao A naa K r k r saltat'akark banavaa maaTo
IaagaNalA anal A ap'ao qaval A inavaaya- Co

laagaNalA anal A aplaE pNa kanal saaqaeE/E/E

A hIM tao balj M kaE naqal. mahana caotnaa SathyaavakaSamaaM **Aklal** Co

A aqal mahana caotnaanao ivakasanaa A maik tbakkamaaM (%yaar baadj !)
A maik saMaadnaaA ao - j nao A apNao laagaNalA ao khIA o CIA i Anal j \$r
pDI. K asa krInao A o Ak A wal ivaiSaYT laagaNalnal A aplanal klpnaa
kro Co ko j o hMaSaa **prmaanM** dnaarl Ci j nao A apNao 'pina' khIA o
CIA o

prituAa prmaanMnal A aplao maaTo mahana caotnaanao balY svaT M- caotnaanaa
'saaqa' nal j \$r pDI j qal A aval laagaNalA anal A anaMdayak A aplao
saBava banao

SaM tmao ivacaarl Sakao Cao A wal vyavasqaanal rcanaa k wal rito krvaanal ko
j maall pmanal A naBalt qavaanal saBavavanaa vaQamaaM vaQau hayaE

caalao A aval vyavasqaanaa ma#ya A Ba SaaQalA o

pina maaTo vyavasqaanal rcanaa

SaM kdl tmao ka[nao pina krva j bardsti kri Sakae

SaM K rdk r tmao kdl pina maalgal Sakae

j o ka['pina' maaTo Sartao raK o tao SaM tmao K rdk r Ana saacaa pina kri Sakae

SaQa pinanaa A aval pirirqaitA amaaM SaM hala qaSaE

j o xaNao A apNao ka[nal pasao pinanal maalgaNal kriA q j bardsti kriA o ko Sartao raK IA o ko trt j pina j wal] cca laagaNalA ao gaayaba qa[j aya Co Anao Anal j gyaa la[lao Co inaraSaa, kTuta Anao Cotra[j vaanal Baavanaa.

A ama A a Ak GaNal j naaj k pirirqait Co

Anaa prqal A oFlal vaat saaf Co ko :

saacaa pinanal AnaBalt maaTo balj anal vyaiktgat svati-tamaal ka[baallaCaD na qa[Sako

vyaiktgat caotnaaA o svacCaqal balY vyaiktgat caotnaanao] cca laagaNalA ao dvaanal psatlgal krval j ad[A o

A oFlao drk vyaiktgat caotnaanal **salbNa- svati-ta** pina maaTnal rcanaanaao **payaanao isaQaalit** hawaao j ad[A o

vyaiktgat salbNa- svati-ta isavaaya pinanall Aistva ASakya Co

vyaiktgat salbNa svatll-tanao mallBalt AaQaar Copsallgal krvaanal A salma svatll-ta.

Sallvyaiktgat svatll-tanal kaq salmaa rK a haq SakEj ao kaq pNa rito
 vyaiktgat svatll-ta salimat raK vaamaaMA avao taoj val A o SaaQaaSao ko trt
 j pimanamsqaana GalNaa A nao Cotra[j vaanal Baavanaa j val GalNal duK kark
 salMaadnaaA ao la[laSao

A oT laq

**pina maaTnal vyavasqaanal rcanaa krvaamaallvyaiktgat svatll-ta A salimat
 hawal j aq A o**

svatM-tanaa pirNaamaao

drk vyaiktgat caotnaa salpNa svatM hawaqaal A o j \$ri naqal ko A o svatM banyaa baad tmanao pma kro j .

A apNao A agaL j ayam ko drk vyaiktgat caotnaanal svatM-ta A salimat hawal j ad[A o A nao A maal ka[dK la pNa na d[Sakaya. A oTlao ko A o vyaiktgat caotnaa pmanal badlao ka[balY iEYaa ko salMaotnaa pNa psalM krl Sako Co

A hllM A o naaMavall j \$ri Co ko A manal psalMgal A manal salimat baiw pr inaBar Co ³pdaa klt ronal vaat yaad Co nae´

tao A vail Sam krl Sakaya ko j qal drk vyaiktgat caotnaa svacCaqal j pmanao maaga- psalM krl

A a GaNao naaj ik mau ao Co karNako A aval pirNaa ka[pNa rito vyaiktgat caotnaanal svatM-tanal A aDo na A avaval j ad[A o

A a samayao A apNao A agaL krdal vaat yaad krvat j \$ri Co ko] cca laagaNalA ao j val ko pma %yaaro j Sakya Co j yaaro caotnaa ivakasa pamadal haya.

vyaiktgat caotnaa j oTlal vaQau ivaiksat hSao A oTlal vaQau] cca laagaNalA ao A o AnaBaval SakSao

A aqal - pma j val] cca laagaNalA anal AnaBallt krvaaf vyaiktgat caotnaanaa ivakasa maaTo j \$ri pirisqait inamaaNa krvat AavaSyak Co

vyaiktgat caotnaanao ivakasa A o fkt taikk psalMgal j naqal pritu A o] cca laagaNalA ana sa j na, ivakasa A nao AnaBallt maaTo pNa A %yallt A avaSyak Co

SaM Aa vyaiktgat caotnaanaa ivakasanal kaq[salmaa haya Sako K rIÆ

SaM kdl tmao tmaara baaLknaI baiivnaao ivakasa salimat krvaæ [cCSaaÆ

fri AhIM A o j isqait Co j ao vyaiktgat caotnaanaa ivakasanal kaq[salmaa rKa haya tao j wal A o SaaQaaSao ko trt j pimanal laagaNalnal j gyaaA o GaNaa, inaraSaa A nao Cotra[j vaanal laagaNalA ao Gara[vaLSao A aqal] cca laagaNalA anaM saj nanal Sakyata naihvat\ qa[j Sao

A aqal vyaiktgat caotnaanaa ivakasanal kaq[j salmaa na haq[Sako

pina j wal] cca laagaNalA ao fkt A wal j vyaiktgat caotnaa pasaqal maLI Sako ko j o qaaDI GaNal ivakasa pamal haya A nao j o svacCaA o saj naharnaø pina kro

pritu vyaiktgat caotnaanao saM Na- svatM-ta A nao A salimat ivakasanal xamata dvaæ CtallpNa A o pinanaao j maaga- psatM krSao A nal kaq[baalhQarl naqal. A nao j ao A ama na qavaanaM haya tao A manam saj na krvaanaao kaq[A qa- naqal rho tao Saa maaTo saj na kriÆ mahana caotnaa paotanao j Klada phatcaadvaæ A manam saj na kriÆ SaM tmao kdl kaq[A wal vyavasqaanal rcanaa krSaaø ko j o tmanaø j naikSaana phatcaadIÆ

pinamaal pDvaal

sabNa svatM ta Qaravati A nao ivakasanal A salma xamata Qaravati vyaiktgat
caot naanao pina madLvavaa SaM krl SakayaE

A apNao AgaL j j aq[gayaa ko kaq[nao kSaM pNa krva dbaaNa laavavaamaal
A avao tao] cca laagaNalA anal j nma lawaanal Sakyata j nastnaabaad qa[
j aya Co balj a pr AiQakar j maavavaao A o pmanal h%yaa samaana Co

tao SaM kaq[balY rito pina A nao balY] cca laagaNalA ao madLvavaanal
Sakyata vaQaarl SakayaE

SaM A o Sakya Co ko vyavasqaanallinamaNa phd aqal j A o rito krvaamaalA avao
ko A maal pmanal saBavanaa vaQal j ayaE

salYTnaa parBanal klpnaa krao

fkt caotnaanaM A ist%va Ci balj M kaq[nahIM

mahana caotnaa.

Aklal.

svanaao ivakasa saaQati - karNa A o samayao A a A kmaa~ tksalyat A nao
salltaVakark pvaik Co

A o svanaao A oTlaao baQaao ivakasa saaQao Co ko

hvao j nal [cCa qaaya

Anal A o klpnaa krl

Anal rcanaa krl Sako Co

mahana caotnaa pmanal klpnaa kro Ci

K asa krinao 'prmaanaM' dnaarl laagaNalnal A apTao

mahana caotnaa A avaa prmaanaMnal AnaBaltnal [cCa kro Co

- pina dvaao A nao pina madLvavaao

A kvaar j \$rt j Naayaa baad mahana caotnaa

balj a 'saaqal'nal klpnaa kro Co

mahana caotnaa balY vyaiktgat svatM- caotnaanaa saaqanal klpnaa kroCo karNa fkt Aaval vyaiktgat caotnaa j pma j wal laagaNalAanal AapLao krl SakO Cfi j nal AnaBalttnal mahana caotnaaA o [cCa AnaO klpnaa krl.

AapNao AagaL j ad[gayaa ko] cca laagaNalAanal AaSaa fkt A wal vyaiktgat caotnaa pasao j raKl Sakaya ko j o **svacCaA** o paotanaao saarao Awaao ivakasa saaQao

SaM tmao kdl tmaaraqal GaNal AaCl baiwvaaLa Yvanaao pma madLvalE ko j o tmanaao samaY pNa naqal SaktalM K r k r saltava pamal SakSaaO

AoTlao mahana caotnaa pqama **klpnaa** kyaa- baad Ak A wal salYTnal **rcanaa** kroCo j maalMsalbNa- svatM- ta Qaravanaarl vyaiktgat caotnaa paotanaa j ivakasa maaTo pirt qaaya AnaO AnaamaalM pma madLvavaanal j \$iryaatnaao ivakasa qaaya.

AoSakya naqal koAaTlal mahana caotnaa pma pamavaanal fkt 'Sakyata'naa]_Sa saaqao salYTnal rcanaa kro Ao svaaBaaivaK Co ko mahana caotnaaA o paotanal baiivma<aaqal pmanal saBaaavanaa AnaK gaNal qa[SakO A wal rcanaa krl hSao

balj anal salbNa- svatM- ta saaqao kaC[jatnal baallaCaD kyaa- ivanaa pma pamavaanal saBaaavanaa AnaK gaNal Sal rito vaQaarl SakayaE

Aa samaj vaa maaTo pqama AapNao pinamaalMpDvaanal iEyaanaao AByaasa Krvaao pDSao pinamaalMpDvaa maaTinal maLLBalt j \$iryataao Sal CfiE

SaMsaacaaO pma tmao kanao caahao Cao A o j **aNyaa** ivanaa Sakya CfiE ivacaaraO . IagaBaga ASakya Co

A aqal mahana caotnaa A k A vaa maaganal SaaQa kro Co j qal krInao A manal haj rInal j aNa balY vyaiktgat caotnaanao qa[Sako fkt balj anaa A ist%vanao j aNavaaqal j A naa pinamaal na pDI SakayaE pNa pinamaal pDvaa maaTo A a malL Balt j \$iryaat tao K rI j naE

tmaara ivaYao balj anal ij &asaa, kut hla A nao AakYaNa k wal rIto vaQaarl SakayaE balj a svacCaAo tmaarl pSaMaa krta krta tmanao caahvaa laagao A anal Sakyata k wal rIto vaQaarl SakayaE

A a samayao Ao yaad raK vaal j \$ri Co ko mahana caotnaa SahyaavakaSamaal A kIal Co A manaa ivaYao j ao kSaM pgaT krl Sakaya tao Ao Co A manal maQaaval baiwma<aa A nao A manal ivaSaaLta. tmaarl baiwvnao k[rIto pgaT krval ko balj a A anal pSaMaa kyaa- ivanaa na rhl Sako

SaM krSaaO tmaE

A a bahmaadnal saj na krvaanal psatIgal k wal rhGao - **AaTlaM salIr, AaTlaM AdBalt, AaTlaM ivaSaaL** A nao Bavya A nao A oTlal baiwma<aaqal rcaayad al ko qaaDI pNa baiw A nao saMcaanaanaa A Ba Qaravanaar A anal rcanaanal pSaMaa kyaa- ivanaa nahll rhl Sako

SaM tmao kaq[A vanao j aNaao Co j Nao kdl kudrtal pSaMaa na krl hayaE

tmao pNa j aNata j hSaaO ko pSaMaa Ao pinanall pqama Dgalall Co tmao kaq[naa pinal banata phlaal A naa pSaMak banaao Cao barabarnaE tmao kaq[naa pSaMak banyaa ivanaa A naa pinal banal SakaE

A aqal mahana caotnaa Ao A a ivaSaaL Bavya Baa tk j gat A nao Yvananal rcanaa krl j qal vyaiktgat caotnaa ko[k idvasa tao AaTlal salIr A nao j iTla rcanaaqal maahnt qa[A naa rcaiyatanaa pinamaal pDI Sako - ha pNa j ao Ao svacCaAo paditanaao A oTlaao **ivakasa** saaQao A nao Aavaao **diYTKaNa** kDlvao tao j .

balj a Sabdamaall khIAo tao **A a dBalt** salYT A nao Yvananal **A ist%wa**
A k saaQana Co j naa vaDo mahana caotnaa Anal ivaSaaLta A nao
baiwma-aa ka[pNa baiwSaaLI Yva samaxa pgaT krl Sako Co - A o
pNa Anal vyaiktgat **sabNa**-svatM-tanal AaDo Aavyaa ivanaa.

A ama bahmaad A nao Yvananal rcanaa krl mahana caotnaaA o vyaiktgat
caotnaa samaxa paotanaa A ist%vanal jaNa krl, paotanaa ivaYanal kutMlata
vaQaarl, paotanal ivaSaaLtnao inahaLta Amanal svacCaA o pSallaa A nao
pina maLvavaanal sabavanaanao Ana k gaNal vaQaarl dIQal.

A kvaar mahana caotnaaA o salYTnal ptpitI klpnaa krl J INaamaalJ INal
ivagatao ivacaarl lalQaa baad Aa ivaSaaL j iTIa bahmaadnal rcanaanal
Sa\$Aat krl ko j o Aaj o AapNal samaxa Co **A a AaKI piEyaanal**
Sa\$Aat **SahyaavakaSamaal** krayadaa ivasfaot \$po qa[j nao AapNao 'balga
banga' triko jaNalAo CIAo

A a pcaD ivasfaotnao lalQao ANaAa **AakaSagalljaa**, tara, gaha^o vaikaao
A nao Yvananal inamaaNa A ivart \$po caalam Co ha Aa piEyaa hj u
pNa caalam Co . . bahmaad hj u ivastri rhyam Co A nao va&ainakao pasao
A naa GaNaalpiravaa Co

A hM A k vaatnal naama laj ao ko va&ainakao pasao A naa GaNaa piravaa Co
ko bahmaadnal saj na **A k kndmaallal** qayal Co - A k pcaD ivasfaotqal.
A %yaaro AapNaa K gaalSaas~IA ao j o kall[SaaQal rhyam Co A o baQal K lba
J Dpqal bahmaadnaa A a kndqal dMnal idSaa trf j [rhyam Co

phval prnaa va&ainakao j ma j ma salYTnaa dM dMnaa K INaamaal qatl
piEyaaA ao SaaQal rhyaa Co tma vaQau nao vaQau Anal j iTIata A nao salMrtaqal
ivasmaya pamal rhyaa Co vaQau nao vaQau va&ainakao hvao maanao Co ko j ma j ma
tA ao A M irxanaa] DaNamaalMj [rhyaa Co tma savaalaanaalMj vaaba maLvaanal
j gyaaA o vaQau nao vaQau savaalao pda qa[rhyaa Co

kmaE

karNako tA ao A o naqal j aNata ko mahana caotnaa hj u pNa A ivartpNao
 klpnaa krlnao Aa bahmaadnaao ivakasa krl rhl Co Anao Ama krva
 paCL Ak Kasa]_6a rhdaao Co

kuDrtnal baQalj rcanaanal j ma Aa AaK mbahmaad saMr Anao Bavva hawaa
] pralt K amalyakt Anao]_6apNa- Co

saMrta. . A wal ko Anaa pinamaal pDI j vaaya.

SaM ApNaa vaBainakao kuDrtnal saMrta maapl Sako C#

] _6a

tmanao naqal laagati ko A apNao A k A %yalt mah<vanaao mau_ao calki gayaa CIAÆ

kaNa Co A a 'sahNa- svatM- ta' A nao 'ivakasanal A salma xamata' Qaravanaarl 'vyaiktgat caotnaaÆ kaNa Co A o mahana caotnaanaa saBaivat 'bairwSaaLi saaqaldarao j nao svacCaA o saj naharnaao pima krva a maaTo 'pirNaa'nal j \$r CÆ

SaMtoA ao maaToj mahana caotnaaA o A aTlaa ivaSaaL bahmaaD A nao Yvananal rcanaa kriÆ kaNa Co A o BaagyaSaaLiÆ

A o maanaval Co

laakao

A apNao

tmao A nao hM

A apNal vyaiktgat sahNa- svatM- caotnaa koj nal pasai ivakasanal A salma xamata Co . . (A qavaa A qal] ITu A apNal psaltgal maj ba xalNa qa[naaSa pamavaanal xamata)

A apNaa maaTo qa[Co A a A k a bahmaadnal rcanaa.

A apNao j A k maa~ maa#ya karNa CIA o A aTlaa ivaSaaL Bavya Baatk j gatnal rcanaa maaTo - A Naa aÆ taraf A akaSagalyaaf gahaÆ Yvana A nao balj M GaNaM baQaM j o hj M A apNao SaaQavaanaM baaki Co

A o mahana caotnaa ko j o Sa\$A atmaam AKlal htl tnaa saaqal bananaar
baiivSaaLI Ÿva A apNao j CIA o

j yaaro A nao **j ao** A apNao K rK r kaNa CIA o A o SaaQal kaZIA o

j yaaro A nao **j ao** A apNao A oTaa ivakasa pamalA o ko A apNao mahana
caotnaanal rcanaanao samaŸ A nnao pSaMak banal SakIA o

j yaaro A nao **j ao** A apNao kudrtal saaqo krata caDa baMa krl kudrtao
mahana caotnaanao A apNal samaxanao Avatar triko svakarl SakIA o

j yaaro A apNao] pr j Naavad am baQam svanaao A Byaasa krl paotanao samaj aval
SakISam

*"j o svanao naqal j aNatao A o kSall naqal j aNatao pNa j o svanao j aNao Co -
A Nao bahmaadnao A gaaQa rhsyao ivaYao baQam j j aNal lalQam Co "*

tao Aa saBYTnaa saj nanaao ma#ya]_Ga SaMhtaE yaad Co naE

paatanaa ivakasanal piEyaamaMmahana caotnaanao pina j wal] cca laagaNalA anal
AnaBalltnal j \$r j Naa[E j o tmanao Akaltmaalm maLval A Saky htl.

A aqal maanavalnaa A ist%vanaaM bao ma#ya karNaao Co

1. **AapNal vyaiktgat caotnaanao banao A oTlaao ivakasa krvaao**
2. **] cca laagaNalA anal AnaBallt qa[Sako A val xamatanao ivakasa krvaao**

**Aa balhao karNaao A o j karNaao Co j nao maaTo mahana caotnaa
SahyaavakaSamaaljal A ist%vanaaM Aaval. . AapNaa ivakasanal ka[salmaa
naqal. . ha[j na Sako . AapNal caotnaanao ivakasa A oTlaao j
salimat Co j oTlaao mahana caotnaanao . .**

tmao samaY rhyaaM CaE j ao tmao A a Sabdao vaaktata A oTlaaM j caikt qa[
rhyaaM Cao j oTlaao hM A a laK ta qa[rhyaaM C- tao tmao Yvananaa]_Ganao
samaj vaanal Sa\$Aat krl diQal Co

j ao tmanao Aa samaj maalm na A avyaM haya tao A gaL vaQata phdaalm qaaDao
samaya kaZl Aa pistk navasarqal vaaktavaanaM Sa\$ krao A nao Aa Sabdanao
samaj vaanal kaSaSa krao

SaM A a Sakya Cŕ

A a bahmaad A nao Ÿvananao]_Œa K rŕK r A apNao AgaL pŕrvaar kyaa-
maj ba j Co ko nahIM A o maanavaamaaM kdaca tmanao saŒaya qatao haya. . . .

*A apNao kvaal rŕto maanal Ia[A o ko A apNal **salimat** baiivqal A apNao
A aTlal mahana caotnaana]_Œa A nao samaga bahmaadnaa saj nanaa karNanao
samaŸ SakIA ŕ*

hM tmaarl saaqao saM at C M ko A apNao A apNal salimat baiivqal kdaca baQal
j A a xaNao na samaŸ SakIA o pŕŕtu A apNao j ŕTlal samaŸ A o CIA o A o
A aK ro pŕpŕI samaj Na ivaksaavavaa pyaapT qa[rhŒao

A apNanao ivakasa pamavaa maaTo kaq[j atnaM dbaaNa naqal. A apNal pasao
SaM psalM krvaM A anal svatM ta Co

pŕŕtu A k vaar A apNao] cca ivakasa naM Qyaya nakki kŕIA o ko trt j
A apNao vaQau samaj Nanao **saM Baavanaanao** j nma d[A o CIA o . . . karNako
A apNao baiivmaana CIA o A nao Qyaya trf AgaL vaQavaanal A apNal pasao
A narl A avaDt Co balj a SabdamaaM vaQau samaj Na Saiktnaao j nma A nao
ivakasa A apNaa j haqamaaM Co

A ŕTlao j ao tmao kaŒSaSa nahIM kraŒ tao tmao koTlal samaŸ Sakao Cao A o kdl
SaaQal nahIM Sakao maarao tk- Co vaQamaaM vaQau samaj Na maL_vavaanao Qyaya
raK vaanao A nao A naa maaTo kaŒSaSa krvaanaao **maarl** samaj Nanao inaYkYa-
A a pŕstkmaam Co **tmaarl** samaj Nanao ivakasa maaTo tmaaro kaŒSaSa krval
rhl.

“karNako A vaM kSaM j naqal j o pgaT nahIM qaaya. . .
j o SaaQao Cŕ A o maL_vao j Co ”

“SaM A apNaM A a Sarlr A k gaBlar baMna naqalÆ SaM A a SarlrnaM A ist%va j A apNaa GaNaM Kra inaYkYaamal iva\$w naqalÆ”

saa0 pqama, A apNao A o inaYkYa- kaZyaa0 ko A apNao svatM- vyaiktgat caotnaa CIA o nahM ko A a Sarlr. A a Sarlr A k xaiNak saaQana Co j o A apNao paotanao samaj vaa A nao ivakasa pamavaa maaTo] pyaagjamaM laavaLA o CIA o

A apNal vyaiktgat caotnaanaa ivakasanal ka[j salmaa naqal, prltu A apNao j qaa0ak samaya maaTo salimat qa[j vaanaM psatM krl SakIA o j ao A naa Wara A apNao A kMlr ivakasa j ldl qa[Saktao haya.

] dahrNa trikM A apNao saa0 qaa0a samaya maaTo A a SarlrmaM rhinao Yvana ivatavavaanaM psatM krl SakIA o CIA o j ao A o A apNal caotnaanaa ivakasa maaTo] pyaagal haya.

A a SarlrmaM rhinao A apNaM j wal j , balj a SarlrmaM rhdal vyaiktgat caotnaanao pma krtam SalK valM A o saarl Sa\$Aat gaNaaya, barabarnaÆ

SarlrmaM rhinao A apNao paotanal ksaa0Tl krl SakIA o CIA o A o K atrl krva0 ko A apNao A a caotnaa A nao bahmaMnaa A ist%vana] _Ganao barabar samaYA o CIA o A apNaM Yvana A o qaa0M GaNaM A apNaa Wara j inamaaNa krayad al ksaa0Tl C M j naa Wara A apNao K rK r k0TlM samaYA o CIA o A o j aNal Sakaya Co A a] pralt balY vyaiktgat caotnaa saaqao Sarlrnaa \$pmaM A a Baa0tk j gatmaM rhinao A apNao QaNaM baQaM SalK l SakIA o CIA o

A apNao A a pstknaL Sa\$AatmaM j pvrvaar krl cakya0 CIA o ko A a Sarlrnaa A ist%va phdaa caotnaanaM A ist%va hawaM A inavaaya- Co A 0Tlao tmaara j nma phdaaM caotnaa sva\$po tmana0 A a Yvana kvaL rlt0 YvavaM A naM &ana tao htMj .

A oTlao j tao tmao A a p o s t k m a a l l p C a y a d a a l l d r k o d r k s a v a a l a n a o j v a a b a
A a p l S a k y a a . t m a o A a b a Q a a l l s a v a a l a a o A n a o A n a a j v a a b a a n a o p h d a a l l k y a a l l k
s a a l B a L y a a l l C o

A oTlao h m t m a n a o A v a l l k S a l l j n a k h l S a k l l j o t m a o j a N a t a j n a q a l . h m
f k t A n a o t m a a r l s a a m a o f r l p g a T k r a v a l S a k l l k o j o k d a c a i v a s a r a [g a y a l l
h a y a A q a v a a Q y a a n a b a h a r r h l g a y a l l h a y a .

A a S a r l m a a l r h l n a o t m a a r l p a s a o t k C o A o **s a a i b a t** k r v a a n a l k o t m a o j o
j a N a a o C a o A o t m a o **s a m a j a o** p N a C a o

A oTlao j a o t m a o s a m a j t a h a o t a o t m a o g a m a o t w a l i s q a i t m a a l p N a A a Y v a n a n a o
m a u # y a] _ G a S a a o C o A o y a a d k r l j S a k a o C a o B a l a n a o p C l j n m a s a m a y a o
t m a a r l p h d a a l l b a Q a l y a a d ' B a l l a a [' g a [h a y a .

K r k r t a o A a S a r l m a a l r h l n a o m a u # y a] _ G a Y v a n a n a o m a u # y a Q y a y a n a o f r l
f r l K a d l i k a Z v a a n a o C o B a l a o p C l i s q a i t g a m a o t o l l a l k i z n a k o A n a Q a a r l
h a y a . A a A k r l t C o A o s a a i b a t k r v a a n a l k o **t m a o j a N a a o C a o A o k o t m a o**
j a N a a o C a o k o t m a o K r k r k a N a C a o A n a o A a s a l Y T m a a l l t m a a r a o] _ G a S a l l
C o

A a] p r a l l A a B a a l t k S a r l m a a l r h l n a o t m a n a o b a l Y p N a A k A n a r l t k
m a L o C o - k u r t n a o A n a B a v a a n a l A n a o A n a a o A B y a a s a k r v a a n a l . A a m a
k u r t n a o A B y a a s a k r t a k r t a t m a n a o A n a a r c a i y a t a i v a Y a o p N a j a N a v a a n a l
A n a o s a m a j v a a n a l t k m a L o C o

h a p N a s a v a a k a m a S a \$ A a t t a o t m a a r a A a j i T l a S a r l r n a a o A B y a a s a j h a d
S a k o

j a o t m a o k u r t n a l] p x a a k r a o A n a o A n a a o s a l l h a r k r a o A n a o A n a o r c a n a a r l
m a h a n a c a l t i s a k S a i k t n a o A a d K l i p N a n a S a k a o - t a o t m a o A n a l] c c a
l a a g a N a l A a o k w a l r i t o m a d l v a l S a k a a e

Qaarako tmao Ak salitr Garnal Klipnaa kri Anao banaavaao Cao Anao Anao
tmaara baaLknao Baot Apao Cao

jao Aotmaa\$MGar varivaK r kri naaKi Anao taDi naaKo tao tmanao kvaM
laagaSaE Salitmao fri Anao Aavallsalitr Gar banaaval ApSaE kdaca Akad
vaar fri banaaval ApaE pritu jao AavallvaarMaar qaaya taE

Avaa vyaiktal ko j o tmaarl baiiw Anao] dartanal saditr] pkaa kri
Anaa saaqanal K wanaa tmao raK SaE

**Aa Yvana Ak prixaa Co tmao samaj ao ko pCl samaj vaanao fkt Zalya
krao**

Aa Baotk Yvananaa Aist%vanaa balja karNaao (Anao Anaj \$iryatao)
ivaYao hvao pCl cacaa- krvaamaM AavaSao

plj a A nao Dr

tmaara baaLkao tmaarl A artl] tarl tmaarl plj a kro tao tmanao gamaSaE

j ao tmaara baaLkao tmanao AadLK vaanal kaSaSa kyaa- vagar tmaarl maIt-
banaaval, tmaara ica~ao idvaala pr Tllyaval, tmaara naamanal maaLa j pta
tmanao plj vaa laagao tao tmanao kvaM laagaSaE

SaM A aval plj aqal tmanao saltaYa qaSaE kma nahIM

j ra SaalItqal ivacaaraE Saa maaTo A aval iEYaa tmanao bawakIfI j wal laagal
rhl CIE bawakIfI j wal laagavaanaMtkSalgat karNa SaaQavaanal kaSaSa krao
tmaarl laagaNaIAnaanao A Byaasa krao

SaM A o ivacaarl tmanao BayaMkr inaraSaa nahIM Gaarl vaLo ko Saa maaTo tmaara
baaLkao Anaanaqal kaL[K saarao baiwSaaLI maaga- nahIM SaaQal SakyaaE

kaC[pNa baiwSaaLI vyaikt maaTo kSaM j aNyaa ivanaa kratl plj a, K rK r
inaraSaaj nak A nao QaNaaspd Co A nao AmaaM [Svar pNa A pvaad naqal.

A aqal A apNao A o inaYkYa- pr phalA o CIA o ko

kaC[pNa vyaikt ko vastnal plj aqal kaC[A qa- naqal sartao kaC[nal pNa
plj a Anaanao K ra sva\$pnao na AadLK vaanaM bahanaM Co

tao pCI Saa maaTo pllyal pr kraDao laaLkao [Svarnao plj o CIE

plj a krval %yaaro j Sakya Co j yaaro A apNao j aNaI j ad[nao A apNaI baiwnao
dbaaval d[A o ko salKicacat banaaval d[A o Anaanao baiwnao dbaavavaa ko
sakKicacat banaavanaar saaqal saFL saaQana Ci 'Dr'. j o kaC[pNa vyaikt
K rK r Drl j aya tao A o barabar ivacaarl naqal SaktiE saacaM naE

SaM A a j aagaanaaji aaga naqal ko j o vyaikt pji apaz krtao haya A naa mananaa kaq k K NaopNa Ak j atnaao Dr pzoao haya C#E

SaM tmanao naqal laagati ko kraDao laakamaam Dr fidaaval GaNal Aasaanalqal tmanaa samahnao maa~ qaaDa laakao mana favao Ama nacaaval Sako C#E tmao samaj ao Ca#E

pritu Qyaanamaal rak j ao ko Dr Ak vyaikt gat laagaNal Co j o drk vyaikt pato j AnaBaval Sako Co AapNao %yaaro j Dri SakIA o j yaaro AapNao patanao 'Drvaa' d[A o

j ao tmanao kaq Dravao ko 'j ao tM Ama ko tma nahIM kro tao [Svar tara pr Kapayamaana qaSad - tao tmao DrSaa#E yaad raK ao tmao %yaaro j Dri Sakao Cao j yaaro tmao tmaarl j atnao 'Drvaa' dao Cao A nao fkt %yaaro j j yaaro tmaarl baiw balj ao kaq tk- ko Anaao balj ao kaq j vaaba SaaQal naqal Sakti.

j ao tmao A o j aNatali hadt ko Aa khnaarao K rK r j naa ivaYao khi rhyao Co Ana o j aNatao j naqal tao SaM tmao Drt#E

Tikmaal Dr A o vyaikt A o patanal baiwnao saklilcat krtaj nmadal laagaNal Co

SaM A a bahmaadmaam A wal kaq pNa vastu Co j naaqal tmaaro DrvaM j ad A #E

tmanao Yvananao] _Sa yaad C#E tmanao yaad Co tmao K rK r kaNa Cao A nao tmaa\$ll saamaqya- SaM C#E SaM laagao Co tmana#E tmaaro DrvaM j ad A #E

“A a bahmaadmaam A apNanao j ao kaq salmaa AnaBavaaya tao A o A j hSao j o A apNao A apNaa pr laadi hSao ”

tao SaMÆ

tao A apNao SaM krvaM j aq[AÆ A apNao k wal rito ÝvavaM j aq[AÆ

A o hM tmanaohahIMkhi SakM

saacaM khM tao Aa AaKa bahmaadmaamkaq[j nahIMkhi Sako Aro K d
[Svar pNa tmaara maaTo kaq[psalMgal nahIMkri Sako . .

balj a maaTo psalMgal krvaanao kaq[A qa- naqalÆ kaq[j nahIM

drk drk vyaiktgat caotnaa, tmaara saiht, K asa salbNa- svatM- ta A nao
A mayaaidt xamata Qaravanaarl caotnaa triko j inamaNa pamal Co

Aaqal tmaara Ývananal baagadar kaq[naa haqamaM na dita. . .

tmanaohahIMNa- svatM- ta A nao A mayaaidt xamata kaq[k karNasar dwaamaam
A aval Co yaad Co nao Samaa maaTÆ

A apNao AagaL j j aq[gayaa kô

**salbNa- svatM- ta A nao A mayaaidt xamata isavaaya - pimanaM A ist%va j
Sakya naqal.**

Aaqal vyaiktgat caotnaanal salbNa- svatM- tamaam kaq[baaMaCaD na qaval
j aq[A o kaq[pNa pirisqaitmaam tmaaro j tmaarl psalMgalAao krval
j aq[A o tmaaro j inaNayaa laavaa j aq[A o A ama j tmaarl caotnaanao
ivakasa qaSao Aaqal Ývana k wal rito ÝvavaM A anal psalMgal tmaarl Co

Aa diYTKaNaqal j aq[A o tao kaq[nao pNa Ývana k wal rito ÝvavaM A o
samaj avavaM A Sakya Co pritu qaaDa saamaanya maagadSana Aapta isavaltao
bataval Sakaya. A nao A anaqaal pNa saarao maaga- Co A apNao j A wal rito
ÝvalA o ko balj a baQaa maaTo ÝvatM j agatM] dahrNa banal SakIA o

caalao tao pqama A apNao A wal iEyyaaA ao SaaQalA o j o kurdtnaa inayamaanal
iva\$w Co

] dahrNa trikê j ao tmao kurdtnaa sapNa- svatM-tanaa inayama maj ba
Yvavaa maalyata hao tao tmaaro kaq[nal pNa svatM-ta CInaval na j aq[A o
A a "iSaK amana"nao A apNao nalcao maj ba vaNaval SakIA o

"tmaarl svatM-tanao A wal rito] pyaaga krvaao ko j o kaq[pNa rito
balj anal svatM-tanao salimat krl dq A o A a bahmaadnaa] _Sa iva\$wnaao
Bayalkr ganaao Co "

knaE karNako kaq[nal pNa svatM-tanao salimat krataE A o Anal] cca
laagaNalA ao \$Mal naaK o Co

A a] pralt j ao A apNao bahmaadnaa] _Sanal iva\$w na j vaa maalyata haya
tao A apNao kaq[pNa vyaiktgat catnaanaa ivakasanal A aDo na A avavalt
j aq[A o

"kaq[pNa rito vyaiktgat catnaanaa ivakasanao \$Mavaao A o bahmaadnaa
] _Sa iva\$wnaao Bayalkr ganaao Co "

A a Bayalkr ganaao Cê karNako A o salQao salQaao bahmaadnaa] _Sanal iva\$w
Co . . .

vaastivakta

AapNaohmaNaalmj Aovaatpr sammat qayaa ko Aval kaq[pNa iEyya ko jo vyaiktgat caotnaanao ivakasanal ko svatmt-tanal AadO Avao Aobahmaadnaa ma#ya] _Sanal iva\$wmaamCo caalao Anaam] dahrNaaj aq[A o

- kaq[pNa jatnal 'maanyataAanaad pcaar krvaao pCI Balao A o kaq[pNa pkarnal haya.
- kaq[pNa jatnal maanyataAanaam rapNa krvaa vaSalkrNanao vyaikt ko samath pr] pyaaga.
- kaq[pNa jatnaa 'Dr'nao pcaar ko Anaao pa#sahna Aapvam Anaam] dahrNaao C#i '[Svarnao Dr', 'maotnao Dr', 'ibamaarInao Dr', 'nark nao Dr' ko balja kaq[pNa jatnao 'Dr'.
- kaq[pNa jatnal ivacaarEaNaal ko sa#anao j bardstl qaapl dval.
- balj anaam diYTKaNanao dbaavavao ko Anaal halal] Davaval.
- balj anal vyaiktgat svatmt-tamaamkaq[pNa ihsaabao dK la dval. j ma k#i balj anaam Amaik rito j vatNaalk krvaa frj paDval, ko baQaathao samaana banaavavao kaiSaSa krval.
- dr#knaa Alaga vyaikt%vanaa Aist%vanao A svalkar krvaao baQaanao samaana gaNavaa ko gaNaavavao.
- kaq[nal va#caairk svaatmt-tanao salimat krval.
- caotnaanao maadk dvyao j vaa ko Dgsa, da\$ vagaro Wara Zalkl d[K aotl AnaBaitnaamp%yaapNa krval
- maanavalnal Aidvail#aanao pavaval, pa#saiht krval ko Anaao maihmaa gaavao
- ih#anao pa#sahna Aapvam ko Anaam gaNagaana gaavao.

Aa baQaamaathal k[iEyyaAao tmanao sahmal vaQau natkSaanakark laagao C#i

K asa krInao magaj maam K aotI maaihtInaM A k vaar rapNa qa[j aya pCI
A nao bahar kaZval maSkda Co] dahrNa trikI tmao j aNao Cao ko A k
j thal A adtqal CItKarao maLlavaa koTlal mahnat A nao koTlal iSastnal
j \$r pDo C#

tmao samaj ao Cao ko kaL k navaM'SalK vaa' krta 'SalK d aM BaLl avaM vaQau A Qa\$M
C#

"GaNaam laakao A manal 'maanyataA amaam A oTlal hdo fsaayadaam haya Co ko
A manao badlavaa lagaBaga A saLBava haya Co A nao A manao badlavaanaao
A kmaa~ rstao Ci tmanaonavaaoj nma. . ." bahmaadnaa] _Sanao d\$pyaaganaam
pirNaamaao samaj vaa A k] dahrNa la[A o Qaarao ko A k idvasa K aotI
maanyataA ao A nao j lzaNaamaam fsaayadao maanaval saYTnaa saacaa] _Sanao
SaaQal kaZo Co A nao samaY j aya Co ko laalBaa samayaqal balj a A nao Cotrl
rhyaa htal %yaaro SaM qaSa#

j yaaro tmao j aNal j aA ao ko balj a tmanaon GaNaam samayaqal Cotrl rhyaa htal
A nao tmaarl pasao A naa puvavaa haya - %yaaro SaM tmao frl A o QautaraA anaao
ivaSvaasa krSaa ko pCI A manal khid al vaatanao maanaSa#

A k vyaiktgat caotnaa j agarit qatalj A nal baQal maanyataA aq BamaNaaA ao
J Dpqal tTI pDo Co navaM & ana pNa A o GaNaM J Dpqal maLval lao Co

pritu Amaam A k A pvaad Co - Dgsa j vaam maadk dvyao

maara A k ima~o manao A k saacaa banaava khyao htao A naa qaaDa
ima~oA o bao maihnaa (fkt bao maihnaa) maaTo A k maadk maSa\$manal sawana
kyam htM A naa sawananaa GaNaam samaya baad pNa hj M A manaa manamaam
A k maanyata rhl ga[Co ko A o 'Dad fIna' maaClal Co A manal saaqao kaq
j atnal baiwSaaLi vaatcalt krval saLBava naqalE karNako A o tao 'Dad fIna'
C#

Amanaa SarirmaaM ka[frk naqal pDyaafi pNa Amanal baiwnaao naaSa
IagaBaga kayamal laagaoCo tmaNao paotanal rito Yvana Yvavaanal psalMgalnaao
BayalKr d[pyaaga kyaa- paotanaa j savanaaSa maaTo- fkt qaaDI 'A analldayak'
xaNaa maaNavaa maaT

fkt Dg {naa } pyaaga isavaaya balY ka[pNa A wal iEya ko j o kdrtnaa
inayamaanal iva\$wmaam haya, tao BaivaYamaam ko Aa j Yvanamaam A naa
pirNaamaa j a[E ka[k SalKI svanaao ivakasa qa[Sako Co pritu
Dgsa j waa maadk dvyaanam savana baiwnao paljaLI banaaval maa~ A naao
ivakasa j naqal \$Ma ta pNa A anal saaj a qavaanal xamatanao pNa maarl naaK o
Co

tmao 'kayart' j na haya A wal caotnaanao 'j gaaDSaao Sal ritE

A aval paljaLI caotnaa Qaravanaanao saaj a qavaa koTlaa Yvana j a[SaE
Aa SaaQavaanal [cCa Co tmanaE

bahmaad

Aa vaat K r k r ivasmayakark Co ko bahmaadnaa inamaaNanaa]_GamaalM
kaq Baa0tk]_Ga naqal.

Sa\$Aatqal j mahana ca0tisak Saikt Anao Amanal baiw bahao Baa0tk
naqal. 'Baa0tk naqal' Wara hM Ama khvaa maatjau CM ko Ao 'ANauA aqal'
naqal banyaalM A aqal mahana caotnaanao kaq pNa Baa0tk [cCa hawal
saBava j naqal.

Aa bahmaadnaao Ak j]_Ga Co - caotnaanao ivakasa. mahana caotnaa
Anao **AapNal**.

Aa 100% maanaisak j gat Co

A aqal tmaara AaKa YvananalQyaana 'Baa0tk A ist%va' pr vaDfInao- j ma
ko tmaara SarInnaa diKava pr Qyaana dvaMAnao maanaisak ivakasa pr Qyaana
na dvaM- tmao tmaara Yvananal saaQal maatI Balla kri rhyaa Cao

Aa Baa0tk j gat SaMCAE tmanao yaad Co Ao Saa maato A ist%vamaalM A avyaM

AnaM inamaaNa A0Tlaa maato qayalM ko j qal Ao AapNaa **QyaanamaalM** Aavao
AapNao Anal ivaSaaLta Anao saMlrta **KaLI** Anal **pSaMaa** kri SakIAo

AnaM inamaaNa AapNal **ka0hlata** Anao **baiwnaa ivakasa** maato krayalM

AnaM inamaaNa AapNao **Anal** rcanaanaa inayamaao SaaQal **Anao samaY**
SakIAo Ana maato krayalM

AnaM inamaaNa AapNal vyaiktgat caotnaanaa ivakasa maato Anao]cca
laagaNalA anal AnaBallt maato krayalM j qal krInao AapNao pma krta
SaK I SakIAo

A ama Aa AaK M Baa0tk j gat Ak xaiNak 'bagalcaao Co j nao Ak idvasa, A Maj o 500 laak vaYao baad, AapNao maa0ta qa[Ca0I d[SaM . ha, pNa tmao caahao tao tmao kdl maa0ta na qavaanaMpsakM krl Sakao Cao . .

maara mat maj ba tao ivakasa trf gait krvaM vaQau tksakjgat Co tmanao tmaarao mat j Naavavaanal CUF Co

j yaaro AapNao mahana caotnaanao]_6a samaY SakISaM %yaaro Ao vaat ibalkla sahj hSao ko pgaitnaao saaqal J Dpl maaga- Co bahmaa0naa inamaaNanaa inayamaanao A Byaasa krl A nao samaj vaanao pya%na krvaao AhIM Ao vaat j aNal laval j \$rl Co ko j ma Baa0tk j gat maaTo kudrtnaa A mak 'A fr' inayamao Co tma 'A aQyaaI%mak j gat' maaTo pNa kudrtnaa 'A fr' inayamao Co

Baa0tk vastuAanao AkzI krvaaqal kaq[ivakasa nahIM qaaya. Ao tao A aQyaaI%mak ivakasa maaTo j \$rl 'saaQanaao Co A naM mah<va %yaaro j Ci j yaaro A naao] pyaaga A aQyaaI%mak A nao maanaIsak ivakasa maaTo qaaya. pntM maa0ta Baaganaa laakao (maara saiht) %yaaro j SaLK o Co j yaaro tAao A naM pirNaama Baagavao

Aa Baa0tk j gatnaa inayamao ivaYanal A apNal samaj Na vaQaarvaanal kaiSaSa krtA krtA, Ballao krlnao A maaljal SaLK tall A apNao A apNaam A aQyaaI%mak ivakasa A nao baiwnaa ivakasa maaTo banao t0tal kaiSaSa krval j aq[A o

A nao saaqal mah<vanal vaat A o Co ko Ballao krl SaLK tall A apNao] cca laagaNalA anaam ivakasa A nao AnaBallt maaTo pya%na krvaao j aq[A o

Qalro Qalro A apNao a0tal samaj Na ivaksaavaval j aq[A o ko A apNao drknao samaY SakIA i A manao A adr A apl SakIA o A nao drk vyaik tmaamA salimat ivakasanal saBaavanaa Qaravanaar [SvarIya caotnaanao dSana krl SakIA o j aqaaanajj aqaa A apNao A apNaam baaLkanao 'dvaanaa dIQad'a' j khIA o CIA o SaM Aa K r0K r j aqaaanajj aqaa CUF

svayall saaraao pamati rcanaa

fkt ivacaarvaa krta kSalk iEya krvaanaa pirNaamaao SallhaC SakE

j yaaro AapNao kSalk "ivacaarIa o" %yaaro A o ivacaaranaaM pirNaamaao AapNao fkt klpl SakIA o CIA o ivacaarvaa maaTo balY kaC caotnaanaa saaqanal j \$r naqal haatl.

pritu j yaaro AapNao kaC iEya (kma) 'kriA o' %yaaro AapNanao AanaalM pirNaamaao "AnaBavavaa"nal tk maLo Co Aa]praltE Aa drmyaana AapNal Anao balY caotnaanal vaccao maaihtInal AapLao pNa qaaya Co

Aaqal kSalk 'krvaaqal' AapNanao AapNaalM kmaamaalal 'SalK vaanal' tk saalDo Co

AapNaa kmaanaalM pirNaamaanaalM ivaSlavaNa kri AapNao AapNaa kmaao Anaotnao lalQao j nmaadaa pirNaamaao vaccao salbaalM psqaaipt kri SakIA o CIA o Anao Aa AapNao fkt AapNaalM maaTo j nahllM pNa balja maaTo pNa kri SakIA o CIA o

bahmaadnaa]_6a iva\$w kma- krvaanaa pirNaamaao SallhaC SakE

AaScaya- Co ko kaC pNa kaya- j o bahmaadnaa]_6anal iva\$wmaalM haya A o duK Anao pIDamaalM j pirNamao Co A o AapNal pIDa haC Sako ko baljanao qatl pIDa.]_6anal j oTlal Bayalkr]pxaa kriSallM A oTlaM j Bayalkr AnaalM pirNaamao AvaSao

AapNao 'baiwSaaLI' hawaqaal Anao kmaako 'pIDa Anao duK' AapNanao gamatalM naqal A oTlao AapNal pasao Anaqaal bacavaanaa]paya SalK vaanal tk Co tao saaqal ma#ya paz kyao CE

bahmaadnaa]_6a Anasaar Yvata Anao kma- krta SalK vaalM

pNa j ao A apNao A a SaIK vaa na maalgata haya taE tao A apNao %yaamsaQal pIDa-yaatnaa BaagavalA i j yaamsaQal A naalKarNa na samaY la[A o A apNao %yaamsaQal pIDa BaagavalA o j yaamsaQal A naaqal bacavaanaa] paya ivaYao na j aNal la[A o A apNao j yaamsaQal bahmaadnaa] _Ganao saarl rito samaY na la[A o %yaamsaQal pIDa sahna krval pDo

A a bahmaadnal svayal j saQaraa kri lawaanal mahana j iTIa ranaa Co kaQ pNa vyaiktgat caotnaanao paotanal psalgalqal kri aa baQaa j kmaanaal pirNaamaa Baagavavaa j pDo Ci j qal kri nao A o A maalal SaIK I Sako

A a pirNaamaanao Baagavavaamaalal kaQ CUFkaraa naqal. haQ j na Sako karNako A apNao A mar CIA o A nao A amaya A apNao A apNaalal j Baagal na j SaKIA o naE

A ama A apNal saQNa- svatM-tamaal kaQ j atnal baalCaD naqal kraNalE pNa A apNal Baalanaal pirNaamaanaal A apNanao j aNa krvaamaal A avao Co TUKmaal A apNao A o j aNaval A nao samaj val j \$ri Co ko

1. duK , pIDa A nao KYTnaM A ist%va Co
2. A nao A manaa A ist%va paCL karNa Co - bahmaadnaa] _Sanal A vahanaa.
3. duK , pIDa A nao KYTqal CUFkaraa maLI Sako Co
4. A a duK , pIDa A nao KYTqal CUFkaraa pamavaanaa maaga- Co - A apNaal baQaal kmaaa bahmaadnaa] _Ganao A naarl nao kriA o

j agaanal agaa A a 'caar' inaYKYaa A o j maaga- daK val rhyaalCo j o pival pr BalikaLmaal qa[gayadal mahana vyaiktAao dSaaval ga[Co duK , pIDa A nao KYT inavaarNanaal maaga- SaaQatA A apNao Qalmaa Qalmaa A a bahmaadnaa inamaaNanaa inayamaa A nao] _Ga ivaYao j aNal nao A manaa samaY SaKIA o CIA o

] pr j Naavadaall'caar sa%ya' Aa pñivalnaa kaq[pNa Qama-ko 'maanyata' saaqao
kaq[pNa jatnaao salballa naqal Qaravataall kaq[pNa baiwSaaLI vyaikt
paotanaa Ývananaao] DaNaqal A Byaasa krl A naao 'SaaQal' Sako Co

Ballaao krvaaqal bacaa

SaallA apNao Ballaao krvaaqal bacal SakIAo CIA Æ A anaao j vaaba A Æ savaala
Co

"SaallA Æ baaLk kdl pDyaa vagar caalavaanaall SaLK I Sako CÆ" Balla krval
A o SaLK vaanal piËyaanaall A iBanna A tja Co A apNao A Æ pNa Balla na
krvaaqal bacal na SakIAo karNako Ama krvaaqal A apNao J Dpqaal
SaLK vaanaa saaQananao j hTaval d[Saall

prittu A Æ vaar krlal Balla 'vaarNaar' krvaamaalljal A apNao bacal SakIAo
CIAo A naao A naaqal Cll'karao pamavaao j j ad[A o A a] praitt A apNao
balj aAao Wara qatl Ballaao 'samaÝ' Amaalljal 'SaLK I' SakIAo CIAo

A apNao A o kral rito j aNalA o ko kaq[kma- A Æ 'Ball'a' CÆ mallBalt rito
kaq[pNa A waall kma- ko j o bahmaadnaa] _Sanal iva\$w Co A o A Æ 'Ball'a'
j Co

A naao A apNanao ko balj anaao qata duK A naao pIDanal AnaBalltqal trt
A apNao saavacaot qa[A o SaaQavaanal kaiSaSa krval j ad[A o ko K rK r
A apNal 'Ball'a' SaallCÆ

] dahrNa triKí A aj kala GaNaall'aaKao paotanaall'ad'anaao Taplaao balj a pr
Zad'vaanaa A adl haya Co- tuA ao paotanalj laagaNalA ao A naao kSaalk na krl
Sakvaanaa saamaqya- maaTo balj anaao daVa dota haya Co

Qaarako tmao kaq[vyaiktnao 'j agakt' krao ko baQaa j maanavalA ao pasao ivakasanal A salma xamata Co banavaa j agga Co ko A a j aNatallkdaca A o vaQau duK A nao inaraSaa A naBavao A nao A anaao daVa tmanao dvaamaalA avaf[tao Balla kamalÆ

A a tmaarl Balla htl ko tmao balj anao 'GaNaMbaQaM GaNaalMqaaDa samayamaalM<hl dIQaM tmao kaq[baaLK pasao caalata Sal#yaa phdaalMdaDvaanal A aSaa kvaal rito raKI SakalÆ tmao balY vyaiktnal samaj vaanal xamatanal mayaada A adLK vaamaalMinaYFL gayaalM A ana pirNaama \$po tmaarl pasao A o vyaiktnao tmaarl vaat kvaal rito khvaal A nal kaq[nakkr 'yaaj naa' nahaatl. A analM pirNaama A o A avyaalM ko saamao vaaLI vyaikt tmanao samaY na Sakl.

balj anao kaq[pNa vaat safLtaqal 'samaj avavaa' maaTo tmaarl pasao A k nakkr 'yaaj naa' ko 'rit' hawal j \$ri Co j qal saamao vaaLI vyaikt tmaarl vaat 'samaY' Sako tmao balj anao maagadSana A apvaa maaTinal vyavaha\$Æ vyaapk A nao K ba j safL rltao maaTo 'kadalna Tlpllga'naa p[stknaao saharao la[Sakao Cao [6]

A a] pralt tmao A a p[stkmaalMvaapr[al 'rit'naao pNa] pyaaga kri Sakao Cad A o pNa naval naqal. kaq[pNa kaya- maaTo A k baiwSaaLI 'yaaj naa' ko 'rit'naalM hawalM A avasYak Co

tmao mahana caotnaanaalMj] dahrNa la[Sakao Cao tmaara kayanal yaaj naa krao tmaarl pasao baiw Co psalMgalnal svatM-ta Co A naao] pyaaga krao

vaarljaar pIcatali savaalao

*j ao kaq̄ kSaMsamaj o j nahIMAna o kSaMsamaj vaanal j \$rt j na samaj o tao
SaM krvaE*

**SaM tmao A k baaLk ko j o hj M caalatali Sal#yall naqal Ana o daVal gaNal
Sakao CaE**

Yvanamaal saaqal Aga%yanaao inayama Ci balj anal psalIgalnal svatM-tanao
maana A apvali A manao kalI k SaK vaa dIvaa maaTo A manal paatanal psalIgalnal
BaLlao krvaa dval A o j A kmaa~ maaga- Co A aqalE A manao A manal rito
Yvavaa dao j qal tAao paatanaa j kmaa Ana o diYTKaNanaa pirNaamaao
AnaBaval Sako

*prItuj ao laakao tmaarl vaat saaBaLI tmaarl haBal] Davag tmaara diYTKaNanaao
] phasa kro ko tmanao gaaLao Apo tao SaM krvaE*

j ao A k kltrao tmaarl saamao Basao tao SaM tmao pNa Anal saamao BasaaE

tmanao yaad Co tmao kaNa CaE tmao Asalma xamata Qaravanaarl svatM-
vyaiktgat caotnaa Cao tmaarl caotnaanao tmaara isavaaya balj Mkaq̄ hanal
nahIM phalcaadi Sako tmaarl laagaNalA anal j vaabadarl tmaarl j Co
tmaarl laagaNalA ao maaTo balj ana o daVa dIvaao maK amal Co

*j o laakao balj anal zIKDI] Davag Co tmaNao hj M GaNaM SaK vaanaM baakI Co
tmaaro Aa SaK vaanal j \$r Co A k baaLk j o caalata Sal#yall na haya
Ana o tmao kvaI rito daVa dI Sakae*

maM maara AnaBavaao prqal SaaQyall Co ko Aavaa laakanaao saamanaao krvaa
baiwSaaLI 'rit' vaaprta SaK vaM j aq̄ A o Aavaa laakanaao hsatali maaZo
saamanaao krvaanaao pDKar JIlaao SaM Aaval 'ritnal' qaaDI kDIA ao Aa
pstkmaal tmanao naqal j DtIÆ

j ao kač A apNaampr Saarlik hmalao kro tao Samkrva

A ama j ač A o tao tmaa\$M A a Sarir xaiNak j Co A o 'SalK vaa' maaTnaM
saaQana maa- Co j yaaro tmaara pr hmalao qaaya %yaaro tmaaro A o yaad raK vaM
j ač A o ko tmao kaNa Cao Anao tmaara A ist%vanaao]_6a SamCo

tmaari pasao tmaaro SamkrvaM A nal psatlgalnal svatM-ta Co saamao laDvaM ko
nahIM tmaari psatlgal tmaari 'kma'naa pirNaamaanal tmaari 'samaj Na' pr
inaBar kro Co tmao Tika gaaLanaa BaivaYanaao ivacaar krl Sarirnaalrxana
maaTo vaLtao hmalao krl Sakao Cao A qavaa laalBaa gaaLanaao ivacaar krl
tmaari caotnaana ivakasa Anao pima j wal]cca laagaNaLAnaao gamao to
isqaitmaam A nalBavavaanal kačSaSa krl Sakao Cao GaNal vaar tmao A a
bahmaal vaccaanao samaaQananaao maaga- A pnaavaSaa tmaari psatlgal tmaari
paotanal 'samaj Na'qal j salimat Co

A a]pralt AhIM A o vaatnal naaMa laval j \$rl Co ko tmaari caotnaa ko
baiivnaao naaSa kač nahIM krl Sako - kač j nahIM A Nau ivasfaot pNa
nahIM fkt tmao j svayaMAnaao naaSa krl Sakao Cao- K aotI maanyaataAao
Anaoo nakamaa ivacaarao Wara. tmanao ivacaar A avyaa hSao ko hM K atri
pvaK k[rito khI SakM ko Bayalkr A Nau ivasfaot maal pNa tmaari caotnaa
ko baiivnao kSamnahIMqaayaE maari pasao Anaao piravaao Co mahana caotnaaA o
A a bahmaalDnal rcanaa krva maaTo krlaa Bayalkr 'balga banga'maal pNa
tmanao kSamnahatM qayaM A apNaoo pNa A j caotnaanaa A Sa CIA o- A o j
saamaaj yanaa vatnal j o A Naqal banadaa A a bahmaalDqal A laga Co

A k idvasa tmao A k j thal iSaK amaNanaao A qa- kdaca samaY SakSaa -
"bara[naoo saamaanao na krao' [5] [7] [8]. A a %yaaro j Sakya Co j yaaro tmao
bahmaalDnaa]_6anao Anaoo Amaal tmaaro Baj vavaanao Baaganao samaY Sakao

A a%mah%yaa ivaYao tmaa\$M Sall maanavall CÆ

A a%mah%yaa krlnao laakao A o saibat krl do Co ko A manao A a bahmaad ko A manaa Yvananaa]_Ga ivaYao ibalkila &ana naqal. tA ao A a SarIrmaam rhlnao Yvanamaaljal SaIK vaanal j \$rt ko tk ibalkila samaY naqal Saktam tmanao **kma** krvaa A nao fkt **klpnaa** krvaa vaccanaao tfavat yaad Co naÆ

tA ao A a 'Yvananal' ksaatIImaam 'naapasa' qayaam tA ao 'kma' krvaanal ksaatIImaam'naapasa' qayaam A analpirNaama A o A avasao ko tA anao 'A aval j ' GaNal baQal 'ksaatI'A amaaljal psaar qavaa GaNaalj nmaao lavaa pDSaõ j yaallsaQal tA ao K rK r 'samaj õ nahlll

Yvana A k 'ksaatI' Co - pCl Balao AapNao K rK r 'samaYA õ ko samaj vaanao fkt 'Zalja' krlA o

malLBallt] pkrNaoo

AnaBallt

AapNao k[rito kudrtnal sallrta inahaLta, KaLta Ana pSallak
banal SakIAe

AapNal caotnaanaal malLBallt] pkrNa AnaBallt Co AnaBallt qavaa maatinal
yall-Naa ivanaa caotnaa maato ka[pNa maaihti malLval maSkda Co

Aaqal AapNal AnaBalltnaa malLBallt inayamao Ana salmaaAnaoo samaj val
Klba j j \$ri Co

AnaBalltnaa Ak Afr inayama Co j nao vaSvak inayama khl Sakaya Co -
iBannatanaoo inayama.

AnaBallt iBannatanao inayamao lalQao Sakya Co tmao Aa pstk vaalkal
Sakao Cao karNako Cpayad aal Axarao Ana panaanaa rija vaccao Kassal
iBannata Co

AapNao ka[pNa vastinal %yaaroj AnaBallt kri SakIAo CIAo j yaaroAo
kSaakqal iBanna haya.] dahrNa triko tlrstinal kdr %yaaroj qaaya Co
j yaaro balmaar pDIAo duK Anaoo pIDA AnaBavalAo %yaaroj sak nal
vyaa#yaa qa[Sako laakao hrlfa[Anaoo ihMaanaa pirNaamaoo Baagavyaa baad
j sahyaaga Anaoo pmanal mah<va samaY Sako Co

kudrtmaal iBannatanaoo inayama baQao j dtk a[Aavao Co Aa Baaotk
j gatnal AnaBallt kravati AapNal baQal [indyao pNa iBannatanao
inayama pmaaNaoo j kama kro Co iBannatanaoo inayama vaSvak inayamaaMaahaoo
Ak Co j o pta bahmaalDnao laagau pDo Co [1]

A ama AnaBaltinaalmaalBalt inayama ivaYao j aNyaa baad - A apNao A apNal
psaligalA ao ivaYao ivacaarNaa kri A apNal kabaliayatnao Sakya A oIaao vaQau
fayadao lawaanal kaiSaSa kri SakIA o CIA o

] dahrNa triko - j ao A apNao K rik r pmanaa mahvanao samaj valM haya tao
A apNao pmanal] **Napnal** klpnaa krval pDq A naao A Byaasa krvaao pDo
A nao kdaca A nao AnaBavaval pNa pDo vastiA anaobannataqal nalrK ta
A naa ivaYanal A apNal samaj Na j ldl ivaksao Co j yaaro tmao A a postk
fri vaakt:ao %yaaro A o SaaQavaanal kaiSaSa krj ao ko j aNal j ad[nao laK ayad aa
iBannatanaal] dahrNao tmanao kвал rito A akYao Co j qal krInao tmao vaatnao
vaQau saarl A nao sarL rito samaY Sakao

iBannatanal GaNal rcanaa A apNanao] Skro Co j yaaro GaNal A apNanao
satavao Co iBannatanal A val GaNal rcanaa Co j o A apNanao K lba A anal
dayak laagao Co

] dahrNa triko saljalt. saljaltmaal salt A kbalj aqal inaQaairt pmaanao
iBanna haya Co j yaaro A a 'iBanna' saltao sark a gaazvavaamaalA avaa %yaaro
kNaipyaa saljalt rcaaya Co A avaa talabaQaa vaagata saljaltnaa hadmaal
Aj iBannatanao inayama Cpayadao Co

A avaa 'talabaQaa' saljaltnal rcanaa maaTo kaq[pNa iBanna saljaltanal A aDQaD
rcanaa kamamaal naqal Avatl. **talabaQaa saljalt banaavaval A nao A nao**
AnaBavaval A a balhao catnaanaa kaya- Co

tmanao yaad Co tmaara gamatalMgaltao ko saljalt saaBaLtalMtmao kvaao A narao
A anal AnaBavaao Cao - kaq[K asa 'Qatha' j o A apNao psalM krta haq[A o
A o A apNaa tna-manamaal QarK ma pirvatna laaval Sako Co

IayabaQaa rcanaa kвал rito krval A o SalK vaa maaTq kdrt paoto j Ak
saaqal maadM A nao mahana] dahrNa Co kdrtmaalMkyaa pNa naj r firvata,
saaBaLtalM saljaltalMtmao mahana catIsak Saikt Wara rcaayadal IayabaQaa
rcanaaA ao AnaBaval Sakao Cao

Aa mahana rcanaanao tmao j ma j ma K ad_Saao tma tma tmao vaQanao vaQau
A naa rcaiyatana! mahanataf baiw A nao Saikt ivaYao j aNal SakSaao

Kidrtmaallvaprada! **rihana!** iBannata Ak balj m] dahrNa Co A o Saik vaa
maaTo ko iBannatanaa inayamanao vaapri A apNal AnaBaitnao kwa! rito
] Skri! Sakaya Co

sahaltнал j ma rihana! j aDi pNa j ao A maik rito gaazvavaama! A avao tao
A apNal A allK ana vaQau A akYal- Sako Co GaNal rihana! j aDi '] <ama' Co j o
kaC nao pNa saaQal vaQau A akYao Co karNako A apNal [indyanao A manal
vaccao saaQal vaQau tfavat laagao Co

A nao tmana j aNalnao navaa [laagaSao ko A aj rihana!] <ama j aDiA ao
kidrtнал salirta vaQarvaa saaQal vaQau] pyaangaama! laava [Co

] dahrNa triko galaabal - j albaDi rihana! p'pao p'val pr saaQal vaQau maLi
A avao Co tmao j aNao Cao Saa maaTÆ karNako 'galaabal-j albaDi' rihana! 'lailaa
rihana!' saaQao saaQal vaQau tfavat j maaval A allK ana A akYao Co A avaa j
balj a bao rihana! j o 'lailaa' saaQao saarao tfavat j maaval Sako Co A o Co 'laala'
A nao 'j albalal'.

p'pao j o 'laala', 'j albaDi', 'galaabal' ko 'j albalal' rihana! haya tmanal pmaana
p'val prnaa baQaall p'panaall pmaanaama! 90% Co Salitmana! laagao Co ko A a
j ayaana! aya CÆ

Aa] prait A o pNa hki!t Co ko j o p'pao A a rihana! naqal ha!ta A o
balj a Yvanao A akYavaa rihana!] prait balY iBannatanao] pyaanga krta haya
Co - j ma ko saga!la!

sahaltнал j ma j A apNao rihana! pNa layabaQa rito gaazval A apNanao
'ipya' A vaa rihana! j aDiA ao banaaval SakIAo CIAo A avaa layabaQa
rihana! j aDiA ana! 'baayaao ru! ananT p'nsa:[14] khwaaya Co karNako A o

maanavalnaa svaasqya A nao caotnaanaa ivakasa maaTo] pyaagal saibat qa[
Co

A ama 'layabaQa iBannatanaa] pyaaga kri A apNao A apNal saMaanaanao
] Skri SakIA o CIA o A ama qatalla apNao vaQau saMaanaSalla banal A apNal
[indyaanao vaQau ivakasa kri SakIA o CIA o A anaolalQao A apNao Saarlik,
maanaisak A nao caotisak A ma savaaljal ivakasa qa[Sak o Co vaQau maaihtl
maaTo salilBa- galja [14] j vaao

j yaaro A apNao saatal vaQau iBannatanal A naBalt krva pyaana kriA o CIA o
%yaaro Salilqaaya Co A o j aNao CaE

A apNal caotnaanal **driko drik** [indyao vaQau saj aga qa[j aya Co

tao Saa maaTo tmao j o kal ['A naBavaa A naa p%yao vaQau Qyaana naqal A aptaE

tmao j otalil vaQau Qyaana A apSaa A otalil vaQau tmao 'A naBavaSaa A nao A otalil
vaQau 'samaj Saab.

maaihtinao QaaQa

AapNal caotnaa inaritr maaihtinao QaaQa mad_vao Co drko drk vyaikt
 AapNal Qyaana A manal trf K tavaa pya%na kro Co A nao A o baQaahtaa j
 [rada saara naqal haotall

maat'a Baaganaa laakao maato AaTlal baQal maaihtl Asahya haya Co laakao
 maat'a Baaganal 'maaihtinal'] pkaa kro Co A qavaa tao kaq[nal pasao AaKl
 vaatnaao 'inaYkYa' saaBaLi A nao 'maanal' lao Co

pritu A anaqal kaq[vaQau saarao] paya CIE SaM A apNao j ato j A wal kaq[
 'gaaLNal' banaaval SakIA o ko j qal AapNao laakamaaM Tal_amaahtal pNa
 hMaSaa 'hira'nao SaaQal SakIA IE A o Kwal rito SaaQavall ko SaM sa%ya Co A nao
 SaM A ga<yanal CIE

bahmaadnaa inamaaNanaa hutnao j aNal A nao A nao qaaQao GaNao pNa samaY
 laavaqal AapNao Ak 'gaaLNal' banaaval SakIA o CIA o j naa Wara 'Aavanaarl'
 maaihtinao gaaLi Sakaya. A ana maato tmaaro paotnao maa~ Ak j savaala
 pCvaao pDSao

"SaM A o bahmaadnaa]_Ganao saasaljat CIE"

fkt Aa savaala Wara tmao balj aA ao Wara fid aavavaamaaM A avatl maanyataA ab
 K aot'ao pcaar, A MaEaQQaa vagarqal bacal Sakao Cao j ao tmanao Ak savaalaqal
 favatMna haya tao nalcao laK daa bao savaalaanal madd la[Sakao Cao

"SaM A o vyaiktgat caotnaanao ivakasa no A varaQao CIE"**"SaM A o vyaiktgat caotnaanal svatM_tanall] IlaMna kro CIE"**

Aa savaalao Wara tmao hMaSaal caaksaa[pVak Bayallkr K aotl maanyataA aq
 K aot'ao pcaar krta Qamaapdsakao tmaj A MaEaQQaa vagarqal A aScayaj nak
 rito bacal j Saao A nao tmao AaTlal 'sarL' pNa hMaSaa 'pirNaamakarl' A wal
 Aa 'gaaLNal'qal caikt qa[j Saao **A anaao] pyaaga kri j A ao**

Oyaana A nao A kaga'ta

Oyaana Ak manaaya%na Cfi j naao ma#ya hotu mana A oTlall 'Saalt' krvaanaao Co ko AmaalAk pNa ivacaar na] dBavao balj a SabdamaalOyaanamaalA apNao mananao 'kaSM raK vaa pya%na kria o CIA o A nao A apNaalOyaana 'na ivacaarvaa' pr kindt kria o CIA o

A aval ivacaarriht maanaisak isqait tmao qaaDI xaNaqaal la[nao klaakao saQal j aLval Sakao Cao A o tmaarl kRt inaScayata A nao tmaarl A avaDt pr inaBar kro Co

A kaga'ta A anaqaal t_na ivaprit Co A kaga'tamaal A apNao A apNaal Oyaana A apNaal kaq [indyanaa] pyaaga pr kindt kria o CIA fi j mak o Klpnaa krval, saj naa%mak Saikt, tk- Saikt, j iTla kayaDanaao] paya SaaQavaao ko saMadrnaa A nao laagaNaalA anaao A naBava krvaao

A amaalpNa tmaarl kRt inaScayata A nao A avaDt maj ba tmao qaaDI xaNaao ko GaNaalM klaakao saQal A kaga' rhi Sakao Cao

A hImOyaana A nao A kaga'ta vaccanaa tfavatnao barabar samaY IavaMk Iba Aga-yanaM Co karNako balhamaa] pyaaga iBanna Co Oyaana ko A kaga'ta balhamaalAal A kya pNa inarht r na krl Sakaya.

tmao kdl ivacaayalM Co ko Saa maato tmao A kQaara laalBaa samaya saQal kama naqaal krl SaktaE Saa maato tmao laalBaa samaya saQal A kaga'ta naqaal Tkaval SaktaE Saa maato tmao laalBaa samaya saQal } Naal naqaal SaktaE

tmanao iBannatanaao inayama yaad Cfi kaq pNa AnaBalt maato A apNao vastnal iBannatanaao saamanaao krvaao j \$rl Co %yaarbaad A apNao A a iBannatanao A wal rito gaaZvaval pDo Co ko j qal A o samataa A nao layabaQa banal rho

j ma ko AapNao kama krvaanal maj a %yaaro j Aavao Co j yaaro AapNao Aramanao Aanal maaNal lalQao haya. AapNao Aramanal Krl maj a %yaaro j maaNal SakIAo j yaaro AapNao Kba kama krlInao qaaki gayaa ha[Ao Aaval iBannataqal samatada 'caE' Yvanamaal tmanao baQao j j awaa maLSao Aavaal j iBannatanal caE samast ivaSvamaal vyaapal Co - Ak ANaqal la[nao ivaSaaL AakaSagalaa saQal.

pritu iBannatanaa Aa inayamanao Oyaana A nao Akagata saaqao Samlawaa dvaAE Oyaana A nao Akagata AapNal caotnaanao kayaxao-naa bao CDa Co Akagatanal iEya caotnaanal baQal saivaQaaAanao kamao lagaaDo Co j yaaro Oyaana caotnaanal baQal iEyaAao balla krl nalrva Saalt baxao Co

Aaqal Akagata A nao Oyaana vaaraftrl krvaaqal 'iBannatanal caE pNa-qaaya Co barabar Ama j j ma AapNao Saarlik Eama baad Arama krlAo CIAo

Aanao Aqa- Ao qayao ko AapNao fkt 'Oyaana' j krt rhIAo ko fkt 'Akagata' j kyaa- krlAo tao]_Ga nahilmsaro AapNal caotnaa maTnaao] <ama vyaayama Co - 'Akagata' A nao 'Oyaana' Ak pCI Ak EmabaQaa rito krl A nao iBannatanaa ballao CDanal AnaBallt kravaval.

pritu Saa maaTo AapNao "Oyaana" Qarval j a[Ao SamAo j kaya- } Na ko Aramaqal na qa[SakE

j yaaro tmao Arama krao Cao %yaaro Krl r tmao \$lmana Arama naqal krtM tmaara manamaal inarltr ivacaaraq laagaNalAao tao caalal j rho Co barabar Ama j } Na drmyana pNa qaaya Co } Mamaal pNa tmao svaPnao j uAao Cao laagaNalAao A nao salmaCnaa AnaBavao Cao - pCI Balao tmanao "yaad" na haya.

Oyaana Wara tmao tmaara mananao saBaana rhInao salpNa- Saalt raK vaanM

SaIK val Sakao Cao j yaaro caotnaa A aval gaaZ SaalItnaao AnaBava kro Co
%yaaro A o vaQau saarl rItto] cca kxaanaa kayaaO krvaa maaTo saxama banao Co

j yaaro A apNaM mana phI aqal j hj arao ivacaaraO A nao yaadaqal K lcaadK lca
Barayad aM haya - %yaaro kaq[mahana ivacaar] dBavavaao lagaBaga A Sakya
Co

j yaaro A apNao A ma ivacaarI A o ko A apNao baQaM j 'j aNaI A o CIA o %yaaro
A apNao kaq[pNa navatI SaIK vaaqal vaMcaat rhl j [A o CIA o A apNao
A apNal A j j thal maanyata A ao A nao yaadamaalMrcyaa pcyaa rhI A o CIA o
prItu j yaaro A apNao raj **ivacaaranao fIKI d[** mananao Kalal krl d[A o
CIA o %yaaro A apNao navaa] cca ivacaarao maaTo j gyaa krl A o CIA o

TIkmaal Qyaana tmaarl caotnaa maaTo A oTl aM j j \$rl Co j oTlal } Na tmaara
Sarlr maaTo

QyaananaL sarL rItao

Qyaana krvaa maaTo GaNaI rItao Co A amaalhal maaToBaaganal rItamaal qaaDa
Sabdao ko A vaaj aqal banad aao A k 'maM-' vaaprvaamaal A avao Co A a maM-naM
manamaalMj vaarMaar rTNa krvaqaal mana SaalIt qaaya Co

tmao j ao A ma maanata hao ko A a 'maM-aonaao kaq[A qa- haya Co ko A a
maM-amaalMj adu haya Co tao A o tmaarl K aotI maanyata Co maM-naao kaq[A qa-
haotao naqal pNa A naaqaal ma#ya<vao bao kaya- par pDo C o j o mananao 'nalrva
SaalIt' madLvavaamaalM madd\$ p qaaya Co

1. maM- A k K lba j saadao ivacaar Co qaaDao samaya rTNa krta j
A apNanao A o yaad rhl j aya Co %yaarbaad manamaalM dBavata kaq[pNa
ivacaarnaO A a maM- basaaDI d[paoto Cvaa[j aya Co A ama qataM Qalro
Qalro mana GaNaalM baQaam ivacaaraqal Qarayad aM rhwaanaal j gyaa A o A a maM-naa
A k j saada ivacaarqal SaalIt qa[j aya Co

2. Aa] pratit A apNao Aa malm- naa saharo Qyaana Qarvaanal raj kaiSaSa
 kriA o CIA o A oTlao mana Qyaana A nao A o malm- vaccao salbaNa baaDal lao
 Co Aavaa salbaNanao 'nyal'ao ilallgvaisTk pagaaimalja' (NLP) khwaaya
 Co [18] A aqal Qairo Qairo A waao samaya A avao Co ko A o malm- nam rTNa
 krta j sahj Qyaana laagal j aya Co A anaao GaNaao samaya A Byaasa
 kyaa- baad gamao to pirisqaitmaalm gamao to samayao fkt A o malm- nam rTNa
 krtal j A apNao mananao Saalt kri SakIA o CIA o

j ao tmao] pr j Naavad aa malm- naa balhao] pyaagao samaY gayaa hSaa tao tmao
 pNa A o vaat saaqao salmat qaSaa ko malm- nao badlavaa yaagya naqal. malm-
 badlavaa %yaaro j yaagya gaNaaya j yaaro A apNao j thaa malm- saaqao j nmaavad al
 ka[Aadt badlavaa maalgata haya ko j o A apNanao Qyaananao } Da str pr
] trta ATKavati haya.

Aa] pratit A o vaat pNa tmanao samaj a[ga[hSaa ko Saa maaTo A apNao
 malm- ka[nao na j Naavata maa~ A apNal pasao j raK vaao j ad[A o j ao
 A apNao malm- A apNao balj anaao khl d[A o tao balj a tmanal 'maanaisak
 Saikt' Wara A o malm- vaDo A apNaa maanasa pr A sar kri Sako Co

malm- ao ma#%ya%vao svar A nao naak Wara qata A vaaj aqal banadaa haya Co
 saaQal vaQaupcailat malm- amaalm' A ao . hl . ma' ko' A ao . . ma . . ' naao] ccaar
 Co A anaao isaavaaya ka[pNa Sabdnaao SvaasaacCvaasanao laya saaqao qayad aao
 laalbaao] ccaar pNa Ak saara malm- nal garj saaro Co malm- maaTo vaaprd aam
 Sabdanaao j ao ka[pNa BaaYaamaalm ka[A qa- na qatao haya tao A o malm- saaQal
] <ama.

Qyaana krti vaK to SarlInal isqait pNa Aga%yanal Co SarlInal saaQal saarl
 isqait Co - kraDrj j u A nao Dak salQaa raK I, tmanao A aramadayaK laagao
 A wal rito basavaal A aDa pDInao Qyaana krvaaqal } Da A avavaanal Sakyata
 vaQau Co A oTlao hMaSaa basalnao j Qyaana krvaal

Qyaana krti vaK to phd al A aljaLI A nao A ljalzao j aDayad aa haya A nao pga
 pr pga caZavadaa haya tao vaQau saa\$M karNako A anaqaal SarlInal A asapasa
 rhd al j Ovak ivaVut calbaKliya xao- [19] vaQau saklcat A nao pbaL banao Co

A aqal j yaagaasanaamaal vaNavadal ka[pNa Aasana j val ko 'pdmaasana', 'isaQaasana' Qyaana krva maato] ama Co

j ao tmao Qyaana krvaanal kdl kaiSaSa pNa na krl haya tao Ak Saalt j gyaa SaaQal nalcao j Naavadal rit maj ba pyaaga krao

1.] pr j Naavyaa maj banaa ka[pNa Aasanamaal T+ar baasao
2. Aalk ao balla krl, Sarlrnaa baQaal A haa ZIIaa CaDI dao tmaara cahraanaa snaayauA ao pNa ZIIaa CaDI dao hvao Ak A aljaLiqaal j maNal baaj maal naak balla krl, Dabaa naako Svaasa la[pCl j maNaa naako CaDao %yaarbaad Dabaa naak balla raki j maNaa naako Svaasa laao Anaao pCl Dabaa naako CaDao Ama Avaava paltaC Svaasa] cCvaasa Qyaananal Sa\$Aatmaal krvaqaal Qyaana krvaamaal sarLta pDSao
3. %yaarbaad kSall j na krta fkt Svaasa pr Qyaana Apao Svaasa Alir Avaao Cfi GaDI bao GaDI rakal fri bahar nalKLI j aya Co Aa drmyaana manamaal Avatall ivacaarao pr Qyaana na Apao ivacaar AvaSaa Anaao j Sao Anall pttakrNa na krtall Anaao ka[mahava na Aaptall Ao Apao Ap baal j Sao j ao Ama na favao tao tmao manamaal 'Aao . . ma' j vaa ka[pNa mall-nal rTNa krl Saka Cao j qal ka[manamaal ka[ivacaar na Avaao Ama krta j yaaro palta imainaTmaal tmanao maa~ bao~ ~Na ivacaarao Avaao %yaaro Qyaana saFL qayall khwaaya.

Qyaana Sa\$ krta **phiall** tmaaro Sall SaIK val Co ko Sanaao j vaaba j a[Ao Co Ao spYTpNaonakki krl laao pritu Qyaana drmyaana ka[j vaabanal AaSaa na rak tall- karNako Aa pNa Ak ivacaar Co

qaaDa mahavara baad tmao ka[pNa sqalo ka[pNa samayao mananao Saalt krvaanal kLa paPt krl laSaa tmaara mall-naa] pyaagaqaal tmao Bayalkr BalDmaal ko tnaavaBari isqaitmaal pNa mananao Saalt krl SakSaa ha, pritu tnaavaBari isqaitmaal mall-nao] pyaaga maa~ laalbaa samayanao Qyaananao AByaasa baad j krj ao bao-caar idvasanao Qyaananao mahavaraqaal tnaavaBari isqaitmaal mananao Saalt krvaanal kLa paPt na qa[Sako

Akagatanal ksartnaa] dahrNaao

A ama tao Akagata maaTinal ksartnaa] dahrNaao laK vaa maaTo AaK M
 pwtK laKI Sakaya. Ahim fkt qaaDI maanaisak ksartao ddk aDvaamaalM
 Aaval Coj naaqal Akagatanal isqait jaLvavaanaao AByaasa qa[Sako Co
 vaQau maaihti maaTo tmao saMba: [3] naao AByaasa kri Sakao Cao

pina pr Akagata

(Aa maa-pwiti triko pNa AaLK aya Co [3]) QyaanamaalM Saait mananal
 isqait maLvya baad, tmao klipnaa krao ko tmao 'pina'qal 'Garayadaa' Cao
 vaasanaa nahim pina. pina jo Ak maatanao Ana baalk maaTo haya, jo
 tmanao kirt maaTo haya. ka[pNa 'Sart' ivanaanao pina.

Ak pCI Ak drko drk vyaikt Anao vastu ivaYao ivacaarao ko jo tmanao
 inaraSa kro Co Anao pCI tmaara)dyanaa KNa Ana p%yanal pmanal
 laagaNal SaaQaa **Aval isqaitnal klipnaa kri jaLvavaanal kaSaSa krao**
ko j maal tmanao tmaari Aasapasanal Aval ka[pNa vyaikt ko vastu na
maLo j naa maaTo tmanao pmanal laagaNal na haya, Ana Aa isqait
jaLval raK ao

AaTiao phacyaalmbaad Aval klipnaa krao ko 'pmanalMa vaadL' ivastri r(M
 Co Ana Aaj baaj u ivastriMj uAao klipnaa krao ko Ao tmaara AaKa
 AarDanao Barl do Co %yaarbaad AaKa Garnal drk vyaikt nao samaaval do Co
 %yaarbaad Aaj baaj naa maaTa ivastarna Barl do Co AapNaao]_Sa Co ko
 Qairo Qairo ivastriM pmanalMa vaadL pta bahmaalDnao pmaqal Barl do Ana
 maaTo tmanao kdaca GaNaalM maihnaa, GaNaalM vaYao laagal j aya. kdaca GaNaalM
 Yvana lawaa pDi j yaaro AaK ro tmaaramaM pti saTYT maaTo fkt pina j pina
 haya.

dSyaa pr Akagata

GaNaa samaya Qyaananaa A Byaasa kyaa baad j yaaro 'Saalt mana'nal isqait GaNaa laalbaa samaya TKI rhq %yaaro GaNal vaK t tmanao manamaal 'dSyaa ko 'J allK l' dK aSao A oTlaa Yvatt dSyaa ko tmao ivacaarvaa laagaSaa ko A allK baal Co ko K ilal.

A a dSyaa A ama tao svaPnaa j waa j haya Co pNa frk A o Co ko A a dSyaa tmanao salpNa- saBaana Avasqaamaal dK aSao tmao A a 'dSyaa pr Qyaana kindt kri A o j aNavaanal kaSaSa kri Sakao Cao ko tmaara manamaal A a dSyaa Saa maaTo] dBavyaa A naa **A maalal tmao Saal Sak I Sakao CaE**

A avaa dSyaa dK avanaaM GaNaal karNaao Ci j ma ko

1. A a dSyaa tmaari j thal yaadamaalal] dBavyaa haya. A o A waa dSyaa haq[Sako j o ko tmao phidaa j ad[calkyaa Cao
2. A o kdaca tmaari samasyanaa] kda haya A qavaa tao samasyanaa] kda maaTo tmaaro Sanaa pr Qyaana kindt krvaanal j \$r Co A o dSaavata haya.
3. A o 'dSy' kdaca kaq[balj a Wara maaklaavadaa salSaao haq[Sako Saalt mana:isqaitmaal j ao kaq[balY vyaikt tmanao salSaao maaklaavati haya tao tmao j \$r A o maLval Sakao Cao A a salBaavanaa pr pNa Qyaana A apj ao j ao A o kaq[balj anaao salSaao hSaa tao A o kanaao haq[Sako A o ivacaar maa-qal tmao j aNal j Saa ko A o kaNao maakIlyaa Co
4. A o 'dSyaa tmao kdaca 'A akaiSak naaMaNaalmaalal' [1] maLvyaa haya.
5. A a 'dSyaa kdaca kaq[balj a sqaloGatTi GaTnaanaal Yvatt psaarNa haya. j ao tmao A o sqal A adK I Sakao tao paCLqal A o Gatnaa ivaYao pKCa kri Sakao Cao

6. Aa dSyao kdaca tmaarl caotnaanao salidSaa had[Sako j o tmanao
Yvanamaal 'SalK vaa' maaTo pirNaa baxao
7. svaPnaanal j ma A o kdaca tmaarl AaQyaaik mak pirpkvata cakasavaa
maaTinal 'ksaaotl' had[Sako ko j o tmaarl j caotnaa Wara lawamaalA aval
haya. Aaval ksaaotl Wara kaq[pNa GaTnaa ko isqait ivaYanaal tmaa\$M
'maltvya' A nao 'psalidgalA aó vaastvamaalGaiTt qayaa ivanaa cakasal Sakaya
Cq j qal krlnao j yaaro K r k r A o GaTnaaA ao banao %yaaro tmao tQaar
rhao

dSyao pr A kagata kiLvavaanal Sa\$Aat tmao tmaara svaPnao pr kabau
maLvalnao pNa kri Sakao Cao kaSaSa kri j va ao tmaarl baiwnao] pyaaga
kri svaPnao pr saBaanapNao kabau maLlavaanal kaSaSa krao

saaqal vaQau pgaitkark pgalalA o khwaaya j yaaro tmao svayalldSyao banaaval
A manaa pr inayalNa raKl j dl j dl j iTla pirisqait] %pnna kri A o
pirisqaitmaal tmaarl psalidgal A nao tmaarl laagaNalA anaao A Byaasa kri
Sakao

Aitrnaa Avaaj pr Akagata

Bait kaLmaam GaNaam mahana yaagalAaA o vaapridal Aa Ak galZ ivaVa Co
Aa sarL prituAsarkark ritnaao] pyaaga kri toAao Sarirnal bahar j [
'balY' diinayaa ivaYaq caotnaa ivaYao saSaaQana kri Sakyya.

A anal Sa\$A at Akdma Saait AarDamaam krao qaaDao samaya Qyaanamaam Saait
mana:isqait paPt kyaamBaadE tmaara magaj maaital Aavata Avaaj naosaaBaLvaanal
kaiSaSa krao AhimAo vaatnal naaIla lawal j \$ri Co ko AapNao tmaara
fvaasaocvvaasa ko)dyanaa Qabakaranaa Avaaj nal vaat naqal krta - Ao
Avaaj j o tmaara magaj maamj] %onna qaaya Co

Aa Avaaj pr Qyaana Apao]_Sa Co Anam] dBavasqaana SaaQavaanaao
Avaaj pr Qyaana Akaiगत kri Anam] dBavasqaana SaaQavaanal kaiSaSa
krao tmaara Sarirnaa A hjo A hjanao ZIlaM CaDI d[E mananao Saait raKI Aa
'Aitrnaao Avaaj ' saaqal vaQau tiva' kyaamAgaL Co Ao SaaQanao

Qairo Qairo (qaaDI saikD, klaakaq maihnaa ko vaYaamaam) tmao Ao sqLo phaital
j Saa j yaam Aa Avaaj AotIaao baital hSao ko tmanao qaSao ko tmao Anao
saaBaLI nahim Sakao Anaaqal Dri na j taE Aavam fkt Akvaar j qaSai
Aa saamaanya Co j naao AnaBava sahinao qaaya Co

j yaaro tmao Aa Aitrnaa Avaaj naa s-otnal Akdma naYk hSaa %yaaro
tmanao Ak baagadanaao AarBa dik aSao Aa Ao j baagadM Co j o GaNaam
maIyanaa maik qal paCa frnaara j vaCo Ana AnaBavao Co Aa baagadamaam
pvaSavaa, balY trf rhidaa pkaSa pr Qyaana kindt krao Sa\$AatmaamAa
pkaSa dtr pkaiSat tara j otIaao maM Ana naanaao hSao pritu Ana pr
Qyaana kindt kri Ao diYT bahar na qa[j aya Ao maaTo kaSalSa krao

Qairo Qairo pkaSa pr Qyaana kindt kri %yaam saQal phaitavaanal kaiSaSa
krao Amaamj ao tmao safl qaSaa tao tmanao AitSaya J Dpqal pkaSanaa
s-ot trf gaitmaana hawaanaao AaBaasa qaSao

A a pkaSanal A aj tbaaj u rhd aM baQaM A k baagadanaao A aBaasa pda krSao
 A a 'A aBaasa' Co karNako tmao caahao tao tmao tmaarl psalM galnal svatM tanaao
] pyaaga krl A Qavacca qaaBal Sakao Cao tmao paotanao taraA anal vaccao
 pamaSaa A nao 'sqal'naM Baana K awaa[j Sao

j yaaro tmao pkaSanaa s~ot saQal phacavaamaM safL qaSaa %yaaro pkaSa
 K tbaaj tj amaya banal j Sao - saYanaa tj krtalM pNa vaQau A a pkaSa
 hkiktmaM tao tmaarl '] cca caotnaa' [1] Co - [Svar A nao tmanao j aDtl
 kDI. ³

A a baagadamaM tmao koTlaa dH j [Sakao Cao A o tmao A a pvaasa 'Saa maaTo
 Sa\$ kyaa A naa pr inaBar Co A M tma pirNaama fkt tmaara pr j nahM
 pNa tmaarl] cca caotnaa pr pNa inaBar kro Co

j yaaro tmanao tmaarl] cca caotnaa saaqao j aQavaa maLSao - tao %yaaro maLnaar
 'prmaanaM' A vaNanalya hSao

hM fkt A oTlaM j Naaval SakM C M ko A o A anaM A oTlaao baQaa hSao ko tmao
 A aTlaao pma pamavaaqal malCt qa[j Saa j yaaro tmanao Baana A vaSaa %yaaro
 tmanao laagaSao ko A maik xaNaao valtI ga[pNa j yaaro GaiDyaaL j aSaa %yaaro
 caikt qa[j Saa - GaNaao samaya valtI gayaa hSaa kdaca klaakao

tmaara A a%maa saaqanaa imalananaa A naBavamaM mau#ya%vao bao baaba tao **saamaanya**
 Co phidM A o ko pkaSa pasao phatata j tmanao A o baabat barabar yaad
 rhl j Sao ko A o samaya drmyaana tmao A o baQaM samaY gayaa htalM j o tmanao
 samaj valM htM

³ caotnaanaa saamaaj yanal vyavasqaa ivaYanal cacaa- A a pstkmaM krval saBava
 naqal. A o vyavasqaanaao mau#ya hotu nakamal maaihtInao Alaga tarvavaanaao Co j o
 mahana caotnaanaa ivakasanao baaQa \$p qa[SaKo Co A a samaj vaa maaTo saaqal
 saarao s~ot Co - salM Ba- galM [1]. maara A aEcaya- vaccao A a vyavasqaanaa GaNaM
 pasaanao hM svanaao A Byaasa krl cakasal Sakyaao

balj M A o ko j yaaro tmao paCa frSaaoyaaaro tmanao kaC ivagat yaad nahIM rho A a%maanaao A par pma maLvyaa baad, A o xaNa ivaYanal ivagatao yaad krta idvasaaB maihnaa ko kdaca A aK M Yvana valtI j Sao

A wamIaagao Co ko baQal ivagatao j aNal j aC nao 'BaBaal' naaK vaamaaM A avao Co tmanao 'J cca caotnaa' saaqanaa imalananao maa~ 'saaraBa' yaad rho Co] dahrNa trIkB tmanao A o yaad rho Co ko A o imalananaa samayao tmaara manamaaM kaC 'savaalaa na htalM- karNako baQalM j tmaarl samaxa A kdma saaf htM tmao 'j aNavaa j wamI baQalM j j aNal lalQalM htM prItu tmanao kaC 'ivagatao yaad naqal rhoI.

A a j aNal j aC nao BaSaalC gayadal ivagatanaM karNa SaaQavaamaaM manao vaYaa valtI gayaa. A o A naBava qayaa baad GaNaalM vaYaa GaNaalM & analA anaao pKCa krl pNa kSaqaal salt aBakark j vaaba na maLYaa A aK ro A o savaalanaao j vaaba manao A k A nara pStkmaalMaLI gayaa [1]

A apNao AgaL j saibat kyam ko A a 'Yvana' A k 'prlxaa' Co A nao 'prlxaa'maalMj vaabao phd aqal naqal A apl dwaamaaM Avata. A apNao 'prlxaa' A apl pIrvaar krvaM pDo Co ko A apNao j ato j A o savaalaanaa j vaabao SaaQal SakIA o CIA o

A apNao 'saibat' krvaM pDo Co ko A apNao 'samaY A o CIA B fkt gaadK d aM & ana naqal. j ao tmao fkt 'gaa#yaM haya tao A o ivasarI j vaanal GaNal saBaaavanaa C B pNa j ao tmao 'samaY' gayaa haya tao tmao samaj d aM ivasarInao na samaj d aM krl Sakta naqal. krl Sakao CaE

samaj NamaalM tmao maaihtI frIqaal Baqal krl Sakao CaB gamao to sqalQ gamao to pirisqaItmaalM tmanao frk samaj aya CaE

j aqaanaM aya dinayaaBarna] <ama iSaxaKao tmanaa ivaVaqaalA anaM & ana cakasavaa A a j rit A pnaavao Co toA o 'samaj Na'nal prlxaa lao Co

tA ao ivaVaqaLA ao na Qaardaa j iTIa KayaDaA ao pCI Amanal 'samaj Na' cakasa Co] <ama iSaxak A naoj khwaaya ko j o ivaVaqaLA ana 'gaatK d aa' &ana krtā 'samaj Na'nao mah<va A apo

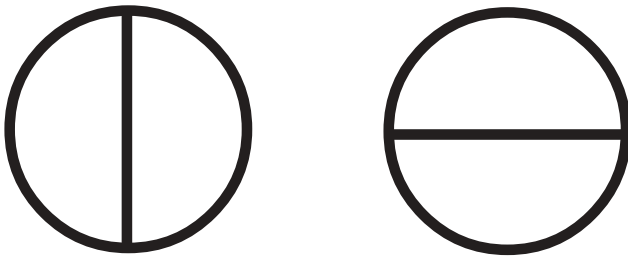
A a SarIrmaalrhinao 'kma' krvaanal xamatanao lalQao A apNanao A apNall'&ana' 'cakasavaanao A naao Avasar maLo Co

smallt xaiNak Co samaj Na A ivanaaSal Co **caotnaanao ivakasa %yaaro j Sakya Co j yaaro tmao samaj Nanaa] cca str pāPt krao**

j agaanaj agā, drknaa Yvananal Sa\$A atmaall 'yaaddast Baal' naalk vaanaall A a j karNa Co [1]

A kaga'ta maaTnal sarL ksart - Easa

A gaL j Naavadal bathao ksartao K lba A Garl Co j nao maaTo phdaqal j A kaga' mananam haval j \$rl Co j yaaro tmao 'dSyaanal' J allKl krSaa ko 'mahana j yaai t'naa dSana krSaa %yaaro A kaga'ta kLlvavaanam SalK vaa maaTo GaNall maaDm qa[gayam hSao A aqal A o samayanal phdaam j j ao tmao raj maanaisak ksart Wara A kaga'ta kLlval Sakao tao j <ama.



Aa maanaisak ksartnam laxya Ci bathao A allK naao 'Alagaqal] pyaaga' krl manamaam bathao A allK Wara dK ata dSyanao j adl 'A k dSya'] Bam krvaM GaNaam laakao maaTo Aa ksart A Garl Co pNa hm maanam Co ko Aa ksart GaNal Asarkark Co Aj ksart qaaDa badlaayadaa \$pmaam sadlaaqal drk Qamanaa laakao Wara vapratl A aval Co

ksart Sa\$ krta phdaam Aa ica~nao tmaarl saamao A m j o 1. 5 malTrnaa A ltr pr maikao hvao tmaara A k haqanao A gaL krl phdal A algaLlnao A val rltoraK ao ko A o tmaarl A allK A nao ica~nal lagaBaga maQyamaalr rho hvao A algaLlnaa Trvaa pr Qyaana A apl ica~naa kDaLanao] prClilal j iAao tmanao caar kDaLa dK aSao hvao A kaga'taqal vaccaanao bao kDaLanao Bagaa krl vaccao A k j kDaLu '+' nal inaSaanal saaqao j awaa pya%na krao Aa ksartnaao hutu '+' nal inaSaanalnao j oTlao vaQau samaya banal Sako A oTlao vaQau samaya 'raK vaanaad Co

Aa ksart K ba j Asarkark Co fkt palta imainaT saQal '+' inaSaanal banaaval raK ta SarlInal iEYaaAao layabaQOa qa [j Sao [13]E A nao mana pNa vaQau cakar qa [j Sao hM A waa GaNaam 'kmPyaUr pargaamaraOno A adLKM CM j Aao Aa ksartnaao] pyaaga krl tmanal kavaDa] kdavaanal xamatamaal K assaao vaQaarao laavao Co

EasanaM³⁺' icahha Sa\$A atmaal tmanao hlatM ko trtM laagaSao tmaarl A aljaLInaM A ltr AaCM acau krl barabar '+' naM icahha laavavaanal kaiSaSa krao maa~ 3-5 imainaT saQal A kagata jaLvavaaqal j tmanao A naao fayadao j NaaSao saaqal vaQau fayadao A M aj o 45 imainaT saQal A alK frkavyaa ivanaa A kagataqal '+' naM icahha jaLval raK vaqal qaaya Co [1]. AaTlaa vaQau samaya saQal A kagata jaLvavaanaM saamaqya- raji M a vapraSa A nao samapNaqal j maLo Co prltu A ana pirNaamao tmaarl maanaik, Saarlirk A nao A aQyaa i%mak xamatamaal Ana k gaNaao vaQaarao qaaya Co

maara mato Sa\$A atmaal A k ko bao imainaT A kagata raK vaanal kaiSaSa kral A nao %yaarbaad Qalro Qalro samayagaaLao vaQaarvaao AaCa samayamaal saarl rito kral A kagata laalbaao samaya j ma tma kral A kagata krt saarl j Co Qalmaa Qalmaa tmao '+' icahha jaLvavaanal kaiSaSa krt hao %yaaro balj a bao kDaLa A nao tmaarl A aj baaj naM balj u baQaM pNa diYTnaa pirGamaal laaval Sakao Cao

Aa ksart ivaYao vaQau ivagat A nao madd [nTrnaoT pr] plabQa Co
<http://www.thiaouba.com/seeau.htm>

A kagātanaa] cca strao

tmao naaMhSa ko '+' icahnamaaM kaq[pNa A k inaSaanaL '-' ko ']' balj anal A agaL dK aSao A anaao A qa- A o qayaao ko icahnanaao A k haqa balj a haqa pr haval qavaanaL kaiSaSa kro Co

A avaMqaaya %yaaro A kagataqal paCLnaa icahnanao A agaL laavavaa kaiSaSa krao %yaarbaad tmaara inaQaarqal A k pCI A k baMhao icahnanao A agaL laavavaa kaiSaSa krao j yaaro tmao A a krvaasamaqa- banaao %yaaro pNa- '+' naM icahha j aLvavaa kaiSaSa krao j maam kaq[icahha balj a pr haval qatMna haya. Anaao vaQau samaya j aLvavaanaL kaiSaSa krao

j ao tmaari A k A aMk balY A aMk krtalMnabaLI haya tao kdaca tmaaro kaq[A k kDaLanaa kd, rija ko j aDa[maam vaQaarao GaTaDao krvaao pDSao j qal krInao tmao xaitriht '+' naM icahha j aq[Sakao

j ao tmanao 'Qyaana' SaLK vaamaM tkIaIf pDti haya tao pqama A a ksart SaLK ao A a ksart A oIal gahna Co ko qaaDI imainaT A o kyaa- baad A apaA ap 'mana' Saalit isqait paPt kri lao Ci j qal 'Qyaana' krvaM sarL qa[pDSao A a] pralit j yaaro tmao inaraSa haq EaiQat hao ko kMaLI gayaa haq %yaaro A a Easa pr A kagata j aLvataf tirit] Da QyaanamaM sarki SaKSaao

maanaisak humalaanao saamanao

phval prnal lagaBaga drk salikilitAaA o vahdalm maaDM SaaQal laIQal ko balj a laakanaa maanasanao Dr A nao K aotI maanyataAa o Wara kabathaalraK I Sakaya Co A nao A manao j ma j ad[A o A ma nacaaval Sakaya Co

Aa] pralt tAaA o A o pNa SaaQal kaZyalm ko laakanao iSaxaNa A apvaa, saacal&ana A apvaa ko pirNaa A apvaa krta tmanao Dravavaaf maW avavaa ko icaltamaalm naaK vaa vaQau sarL Co paNalnal j ma - j nao DhadLM krvaM GaNaM sarL Cf j yaaro A nao fri paCm svacC krvaM K lba j maSkda.

qaaDa samayamaal A o pNa SaaQaayalm ko kaq[vyaiktnao maanaisak salisaa maalkal Anaamaal Saarlirk firfar laaval balmaar pNa paDI Sakaya Co A oTlaj nahIM AnaM maKyaU pNa laaval Sakaya Co

Aavaa kaLa j adqal tmao AjaNa tao naqal j . maa~ kaq[vyaiktnaa ica~ pr 'A kagata'qal j ad[ivacaar maa~qal tnao naiksaana kri Sakaya Co Aavaa kaLa j adwaaLa 'ivacaarBaavasalEmaNa' j wal maanaisak Saiktnaao d\$pyaaga kro Co

malm maara ivacaarao p\$tk \$po A nao [nTrnaoT pr pkaiSat kyaa baad, Aa phval prnaa A vaa laakao ko j o balj aA anaao paotanaa inayalM Namaal raK vaa maalkao Co A o baQaa Wara maarl GaNal Tika qa[Co

Ak samayao tao Aavaa 70,000 laakao Amairkanaa 'DitAd[T' Sahinna padri hzL Bagaa qayaa A nao maarl iva\$w Ak saaqao maanaisak humalao krvaanM nakki kyalm (2 ma, o 1997 'paimesa ikpsa- kaifrnasaf DitAd[T - Amairka).

Aavaa maanaisak humalaanao saamanao Sal rito krvaalE tmanao yaad hSao ko A apNao Asalma xamata Qaravanaarl vyaiktgat caotnaa CIAo A oTlao A apNal pasao A apNal svatM- ta A nao maanaisak ivakasanao bacaavavaanal rita phlaqal j Co

saaqal Aga%yanal vastu A o Co ko ko kaq[A apNaa maanasanaMinayalM- Na %yaaro
j krl Sako j yaaro A apNao saBaanapNao A naa maaTo sahat qa[A o

samaga bahmaaldmaall Aval kaq[Saikt naqal ko j o tmaarl pasaqal tmaarl
ivacaarvaanal svatM-ta Clnaval laq [Svar pNa nahill tmao j A nao
tmaarl j ato saahbi Sakao

A avaa maanaisak hmalaamaallma#ya%vao Ak vyaikt Wara inaQaairt vyaikt
trf Ak ivanallit ko AadSa ivacaar maarft maaklavaamaallA avao Co j yaaro
A o saFL qaaya (A oTlao ko A o ivanallit ko AadSa maaTo inaQaairt vyaikt
sahat qa[j ya) %yaaro A o vyaikt naa svasqya A nao maanaisak isqaitmaall
K lad a phaltaaDI A nao K arval naallK vaamaallA avao Co

j ao ko maaota Baagao baQaall j ivakasaSalla laakao bahmaaldnaa]_Sa ivaYao
j aNata haya Cq A oTlao A avao hmalaao 'pCat' laakao j krl Sako Co A aj
karNa Co ko 70,000 laakao Wara krvaamaallA avadao maanaisak hmalaao maa-
Ak vyaikt na catnaanao pNa K asa kaq[[j a phaltaaDI Saktao naqal.

A ana pitkar maaTnaao EalZ maaga- Cq tmaarl catnaanal xamatanaao yaagya
] pyaaga krvaao A nao A o yaad raK vall ko catnaanal xamata Asalma Co
saarao pitkar krvaa maaTo tmaaro j oTlao j ldi banal Sako A oTlao j ldi Saait
mana:isqait paPt krval j \$rl Co

A nao maaTo tmao krdal 'Qyaana' A nao 'Akagata'nal maanaisak kvaayat
kamamaallA avasao A o j aNavall Aga%yanall Co ko A avaa maanaisak hmalaao
vaK to tmao A o baQaall 'laakao saaqao salQao salQao maanaisak sahkmaallA avao
Cao

A a sapiknaao tmao tmaarao sahhSaa A manao sahal phaltaaDvaa] pyaaga krl
Sakao Cao j ao tmao A a samayao 'Dr'naao sahhSaa maaklaSaa tao saamao CDo rhid al
vyaikt tmaara pr 'AiQakar' j maavaSaa A nao kdaca vaQau] SkraSaa j ao tmao
kaq[j j atnaao sahhSaa na maaklaavata mana saaf A nao Saait raK Saa tao A o
laakao Saikthlna qa[j Sao

kaŋ pNa saŋSaa maaklata phdaam tmaaro 'Saait' mana:isqait pàPt kri lawal
j \$ri Co

tmao SaŋsaŋSaa maaklaSaaE fri A hllpNa tmaari pasao psatŋgalnal svatll-ta
Co ko j vaabamaam SaŋsaŋSaa maaklavaa tmaara pr kwal jatnao maanaisak
hmalao qayaa Co tmaa\$Mvyikt%va kwatCo Ana j vaaba dvaanao tmaarao hotu
SaŋCo Ana pr Aa inaBar kro Co Ama psatŋgal tao GaNal Co prltu
hMaSaŋhal j ma bahmaadnaa]_Sanao saasatŋat psatŋgal krval]<ama Co
bahmaadnao]_Sa yaad Co tmanaE tmaari caotnaanao ivakasa ko j qal tmao
]cca laagaNalA ao AnaBaval Sakao

A aqal 'pina'nao saŋSaa maaklavaa]<ama rhSaa caalao hll saibat kri
batavall

maanaisak hmalao krnaaram mau#ya%vao inamna strnaa laakao haya Co j maNao
kdi Kra Aqamaam 'pina'nao AnaBava naqal kyaa haotao prltu bahmaadmaam
balj a Yvaanal j ma tA amaam maanaisak Saikt Wara laagaNalnal Aap lao
krvaanal xamata tao Co j . j yaaro tmana hmalanaa j vaabamaam tA ana
A caanak 'pina' maLSao %yaaro tA ana GaNalSaa\$M laagaSaa A aqal j yaaro pNa
tA ao tmaara ivayao ivacaarSaa %yaaro tA ana tmao 'gamaSaa. A ōlao ko tmaara
pinaa saŋSanao laIQao tmaara dSmana tmana 'caahvaa' laagaSad

A aqal balj a kaŋ pNa saŋSaa krta pinanao saŋSaa saaqal vaQau SaiktSaaLLI
Cŋ karNako Ao 'laakanao badlal Sako Co

Aa Aoj rit Co j naa Wara BaŋkaLmaam 'mahana' maanavalA aoAo tmana
'dSmanaanaam]dya Yti laIQaam htaM Aa vaat AxarSa: Aj kho Co j o
tA ao khvaa maakŋata htaM 'tmaara dSmanaanao pma krao [1] [3] [5]

A avaa maanaisak hmalaa maTo pinanao saŋSaa Ama tao saaqal vaQau SaiktSaaLLI
Ana j <ama j vaaba Co prltu Ao A ōlao j maSkda pNa Co tmaara
dSmananao 'pina' Aapvaa maTo tmaari maanaisak Ana A aQyaa%mak pirpkvata
A inavaaya- Co

pinanao salMsaao maaklawaanao EaVz maaga- Cq tmaarl] cca catnaanal madd
 lawaanao Saa maatE karNako tmaarl '] cca catnaa' hmalao krnaar
 vyaikTaanal '] cca catnaa' saaqao salQao salQal salpkmaam haya Co ma#ya
 vaat Ci tmaarl '] cca catnaanal' madd maatjati ivanaltI krvaanal Anao
 madd maLi gayaa baad 'AaBaar' maanavaanal.

fkt 'Sabdaqal kama nahIMcaalao tmaara manamaamAo 'Baava' hawaa j \$ri
 Co

maara AnaBavanal vaat khMtao manao tao phdaqal j jaNa htl ko Aa
 samayao maara pr maanaisak hmalao qaSao AotIao hMAanal rah j aotao 'Qyaana'
 Anao 'Easa pr Akagata' krtao basal rhyao j yaaro hmalao qayao %yaaro
 manao CatImaambacanal j valj Naayam %yaarbaad maMsaaramaamSaarl laagaNalAao
 pr Qyaana kindt kri maarl '] cca catnaanal madd maatjal ko j qal hM
 hmalao krnaar vyaikTaanal pinanao salMsaao maaklal SakM

qaaDI j xaNaamaam maarao AaK ao AarDaq j o ma#ya%vao safed rlyaqal rlyayadao
 htao galtaabal rlyanaa vaadLqal Cvaa[gayao Aa] pralt manao kraDrj j maam
 Saiktnao] prnal trf vahwaanao AnaBava qayao j o manao GaNal vaar '] cca
 catnaa'naa kayart qavaa pr qaaya Co

%yaarbaad palbak imainaT baad friqal maara pr maanaisak hmalao qayaa pritu
 manao Aa vaK to kaq[Kraba Asar na vataNal. %yaarbaad maMmaarl ipya
 igaTar vagaaDI maarl] cca catnaanao ivanaltI kri ko Ao maasM saljalt
 hmalao krnaarl vyaikTaanal saQal phataaDo kaq[pNa xaNaao manao 'Baya'
 nahautao vataNaao] ITMAa GaTnaa baad manao maaramaam vaQau Saiktnao
 salkaar qayao haya twal laagyal manao SaIK vaa maTo Aa K rK r Ak
 mahana paz htao

ivakasanao maapd

A apNao pival pr A apNaam 'ivakasanao kwal rito maapiao CIA
A apNao 'safLta'nao kwal rito maapiao CIA

Saam A apNao maa- 'pšanao j pgait tmaj safLtanao maapvaanao maapd
naqal banaaval diQaa

tmao A vaa kōTlaa laakanao j aNaao Cao j A ana Yvananam mau#ya Oyaya 'pšaa'
kmaavavaanam j haya C Saa maaTo A apNao baQaam pšaaqal A aTlaam baQaam
'maaiht' qa[gayaa CIA

A wal 'maanyata' Co ko vaQau pšaa kmaavavaaqal A apNaam BaivaYya vaQau sarixat
banao Co kanal sarixattaE kamaam BaivaYyaE

ivaSva ivaj ota A dalkJ andr pasao diinayaanal baQal j ahaj halal htl. j yaaro
A o marNapqaariao htiao %yaaro A Naoo A asapasa] Baiaa saathao naYk baad aaval
khyam "hm j yaam j [rhyao Cm %yaam maarl pasao pDdal vastuA amaajal A kya
nahim la[j [Sakm . ." Aa Ana C d laam Sabdao htal j yaaro maKyau
naYk A avyam %yaaro j Anaoo paoto Baaotk vastuA ao paCL vaDfl naaK dal
Ydgal badla pstavaao qayao

A apNao A gaL j j ad[gayaa ko A apNal caotnaanao ivakasanao ka[
salmaa naqal. A apNaoo j nma phdaam pNa caotnaanao A ist%va htm j Anaoo
A apNaam maKyau baad pNa A o rhcao j . Ama A apNal caotnao A mar
havaaqal A apNao hj arao laaK ao vaYao saQal 'Sarlrmaam j nmaoo la[SakIAo
CIAo A apNanao psatgalnal svatM-ta Co

Baaotk vastuA anaoo maahnnao laQao A apNao j aNal j ad[naoo A apNal psatgal
salimat raKIAo CIAo A apNao j A apNal caotnao Anaoo baiwnaa ivakasanao
salimat krl d[A o CIAo

A a samaga kudrt A nao Baa⁰tk A ist%vanaao] %pi<anaa samayaqal A k j
] _6a Cq A apNanao A apNaa **A aQyaa⁰mak ivakasama⁰madd\$⁰p qavanaao**
 A apNao 'prmaan⁰l' j val laagaNal %yaaroj A naBaval SakIA o j yaaro A apNao
 A aQyaa⁰mak ivakasa qayaa haya.

Sa⁰l tmaao laagao Co ko p⁰aa vaDo tmao tmaarl catnaanao ivakasa maapl Sakao
 Ca⁰E Sa⁰l pma K rldl Sakaya Ca⁰E (GaNaam A a pSnanaa j vaabamaam ha paDSao
 pNa Sa⁰l tA ao 'saacaa pma' K rldl SakSa⁰E Sa⁰l tA ao j aNao Co 'saacaa pma'
 kanao khwaaya⁰E)

Sa⁰l p⁰aa vaDo kudrt A nao bahmaad⁰nal samaj Na maapl Sakaya⁰E Sa⁰l catnaa ko
 baiw p⁰aaqal K rldl Sakaya⁰E

GaNaam kudrt nao qayad al hainanao pNa p⁰aaqal maapvaanal kaiSaSa kro Co A o
 gaNao Co ko hvao baQa⁰l 'zik' krva⁰l haya tao koT⁰l aa 'p⁰aa' j a⁰l Sao pNa Sa⁰l
 A a yaagya maap khwaaya⁰E Sa⁰l A apNao K r⁰k r j aNaIA o CIA o kudrt Saa
 maato A aval rito rcaaNal Ca⁰E

A o tao saaf Co ko baiw vaDo A apNao A o j Sa⁰l K I SakIA o j o Sa⁰l K vaana⁰
 Qyaya raK IA o 'BaaYaa' ivaYao Sa⁰l K ta Sa⁰l K ta ka⁰l 'va⁰rainak' na j banal
 Sako

A ama j 'safLta' maapvaanaa j ida j ida pirmaana vaDo A apNanao t_{na} j ida
 j pirNaamaao maLl Sako Co

K asa krInao 'saaqal vaQau p⁰aa kmaavavaanaao [radao A nao 'catnaanaao saaqal
 vaQau ivakasa' Aa bao Qyaya t_{na} ivaprlt pirNaamaao laavaSao Aa ba⁰l hao
 manaawalka vaccanaao tfavat tmao sama⁰Y rhyaa Ca⁰E

A apNaa ivakasanaa ka⁰l pNa tba⁰kkamaam catnaanaa ivakasanaao [radao
 naval xalitj ao K ad ao Co A apNao j oT⁰l a⁰l vaQau sama⁰Y a o a oT⁰l a⁰l vaQau A apNal
 'samaj vaanal' xamata vaQao Cq vaQau samaj vaa maato

A apNao SaM A nao kōtIam SaK I bahmaaDmaam SaM banal SakIA o A nal kaḥ salmaa naqal. A hIM A o naaDvavaj \$rI Co ko A apNal psamgalA aq A apNao Samal klpnaa krl SakIA o CIA o A nao kōtIam gahNa krl SakIA o CIA o A naa pr inaBar kro Co A nao A apNaa ivakasanaa drk tbakkamaam A apNal klpnaaSallata A nao gahNaSallata ivastrtl j j aya Co A apNao j oTlao vaQau ivakasa pamalA o A oTlal vaQau] cca laagaNalA ao A nao saltaAa A apNanao maLo Co [1]

caalao hvao A apNao 'pšaa'nao 'safLta' A nao 'ivakasa'naa pirmaana triko vaaprvaanaa pirNaamao cakasalA o- K asa krlnao 'saaqal vaQau pšaa kmaavavaanaa AiBagamanaa pirNaamao

j yaaro pNa tmao kaḥ vyaikt Wara 'ivaSaaL salpi-ka' (pšaa ko A naa balj a \$p) maL_vavaanal piĒyaa cakasaSaa %yaaro tmao samaĀ SakSaa ko A o %yaaro j Sakya Co j yaaro A k vyaikt GaNal baQal vyaiktA ao pasaqal 'fayadao maL_vao

dikanadar maala 'sastamaam la ['] ktaa' Baavao valtal nafao rLo Co nafaqal pira [nao dikanadar maala A apnaarna ikmalt A aCl krva dbaavao Co A nao Garakanao vaQau] ktaa Baavao vastu K rldvaa 'pīro Co pCl Balao gamao to rito

paotanal K rld ikmat, K caa- vagaro ivaYao K aotI maahtl A apl, maaotI dikana krl A khqqam [j araSaahl maL_val dikanadar Garakao A nao maala A apnaar baMnaao fayadao lao Co

A a j piĒyaa pšaa kmaavavaanaa kaḥ pNa QaMaamaam vapraya Co laakanaao fayadao] zavavaamaam A avao Co

A a] pralt pšaa kmaavavaanaa GaNaam klimayaa maa~ CotriPNDI A nao zgaa [pr inaBairt haya Co] dahrNa triki diinayaanaa maaotA Baaganaa vaBavaSaaLI Qaaimak saMqaanao laakanao pīro Co paotanam savasva 'Amanad A apl d [svagamaam sqaana maL_vavaa.

A o khvaanal j \$r naqal ko A a laakao salkaA aqal K aŋI maahInaa pcaar
kri laakanao malK - banaaval rhyaa Co tmao j aNaao Cao vaQau 'nafad rLvaa
maaTo tA aŋA o laakanaa manamaal [Svar j vaa pmanaa mahasaagar p%yao pNa
'Dr' pda kri ra#yao Co

A j o (sana 2002 maam) A apNaao j aŋ SakIA o CIA o ko vaQau p\$aa kmaavavaanal
vailkanaa 'pirNaamao SamA avyaaMCŋE laakao p\$aa kmaavavaanal vailkanaaMA ŋIaa
K awaa[gayaa Co ko A manao p\$aa isavaaya kall[saW tu j naqal. A naao
lalQao tvaljar vaQau tvaljar banata j aya Co A naao garlba vaQau garlba.

A a p\$aanal gaaŋI daŋmaam j o qaaŋa GaNaam 'Y%yaa' Cq tA ao saaqal vaQau
p\$aadar banyaa Co A a 5% j ŋIaa qaaŋa laakao balk A naao kŋbnalA manaa
naamanaa mahara phri pŋval prnaa baakInaa 95% laakanao nacaaval rhyaa
Co tmanaa p\$aa A naao A naao j arnao lalQao tmaNaao pŋval prnaa baQaaM j
kayaa pr kabau maLval lalQaa Co karNako laakao p\$aa paCL naacavaa
Tvaa[gayaa Co A naao p\$aa maaTo kall[pNa krvaatyaar Co

maoŋa Baaganaa laakao va&ainakaqal la[naao raj karNalA ao saŋal, tmanaa
haqanal kzpttLI Co A a Co 'p\$anao safLta A naao ivakasanao maapcdŋ
banaavavaanaal pirNaama.

A a isqaitmaam caotnaanaa ivakasanaal SamE Sam A naao tmao inarŋsaahl A naao
A pmaainat naqal kri rhyaaE **Sam A j o maanavalnaal mana A o K aŋI
maanyatamaal naqal fsaa[gayam ko ivakasa pamavaao A ŋIaa vaQau p\$aa
kmaavavaaE**

svatM-tanaal SamE Sam tmao p\$aa A naao Baaŋtk saaQanaao pr inaBar rhInao
vyaiktgat svatM-tanao salimat naqal kri rhyaaE A aval isqaitmaam maanavalnaal
laagaNalA anaal Sam qaSaŋE tmao kdl tmaari laagaNalA ao cakasal CŋE Sam A a
p\$aa paCLnal GaŋaCa tmaaraqal vaQau p\$aadar maaTo j lana A naao garlba maaTo
GaNaanal laagaNal pda naqal kri rhiE A aval laagaNalA ao Qairo Qairo caari,
J GaDa A naao maaramaari trf naqal la[j tiE tmao samaj ao CaŋE

baaLkanal iSaxaa

vyaiktgat caotnaanaa ivakasa maatoj \$ri isqaitnaMinamaaNa iSaxaNa vyavasqaa maato saaqal A ga%yanal hawaal j aq[A o tmao maanao Cao nao A a vaatÆ

badnasalbao A %yaarnal A apNal iSaxaNa vyavasqaa A anaqaal t_na ivaprit kaya- kro Co hkiktmaal baaLkao BaNañ rmañ kal[na kro ko gaPpa maarvaamaal samaya psaar kro pNa AaK ro baQaal j 'pasa' qaaya Co SaaLaA ana 'pasa' qanaaranal TkavaarImaal rsa Co karNako A anaao salQaao salbaNa tmanal 'naaNaaKliya isqait' pr pDo Co

A %yaarnal vyavasqaa maj ba baaLkaA o A ByaasaEmamaal haya A o j , A maal pNa priXaamaal vaQau maak- A avao A o laxal, A t[al j BaNavaanaal A anaqaal A aGaa paCa 'nakamaa savaalaad p[naar iSaxak ko ivaVaqaInao laakao malK - gaNao Co

baQaal baaLkanao BaNavaanaao k[raLao A avao C, o A maal navaa[CÆ

vaastivakta A ana maatoj k[raLaj nak Co jo vaastivakta ivayao kSaal j j aNatao naqaal [17]

Saal tmao kdl tmaara baaLknao bahmaadnal vaastivakta samaj aval CÆ kdl Sa\$Aat pNa kri CÆ

SaaLamaal baaLknao kal[pNa navaal krvaanal manaa[haya Co] dahrNa triki A k idvasa pqama vaganaa A k iSaxako baaLkanao '100 vaakyaad laK vaa kiQaal baQaa baaLknao maal pDyaa, pNa dsa j saalKdmaal A k baaLk kagaL pr '100 vaakyaad A ma laK i baad yaa "maal laK i laIQaal. Saal' [naama' maLyaal hSao A o baaLknaoÆ'

A asTilayaaal iSaxaNa saalqaanaa A k iSaxak triko manao 'pqama saimasTr'naa ivaVaqaL ana 'laJ r mau rmanT' ivayaya Saik vavaanao maakao maLyaao

j yaaro maM A a ivaYaya 'p̄qama saimasTr'maam lalQaao %yaaro ivaVaqaalA anao ivaYayamaam GaNaao rsa pDyaaq A nao hM ivaVaqaalA anao GaNaM navam navam SaIK val SaKyaaoo pritu j yaaro 'bal'Y saimasTr'maam maM A a j ivaYaya lalQaao %yaaro ka[nao A o ivaYayamaam rsa nahat'ao hM maW a[gayaaoo karNaako varsa pCI varsa A ama j banaatM phid al saimasTr'maam baQaa QagaSaqaal SaIK i bal'Y saimasTr'maam libal kida \$cal na haya. Ak idvasa maara Ak saara ivaVaqaalA o manao samaj avyall

"j yaaro tmao SaaLa CaDI ka[aj maampvaSaag %yaaro tmanao navam navam SaIK vaanal A nao j aNavaanal GaNaI AakaKaaA ao haya GaNaam ivaYayaaoo tmanao gamao A nao tmaa\$M Qyaana AakYao pritu j yaaro saimasTr'naa pirNaama p~k pr tmao naj r daDavaao %yaaro samaj aya ko vaQau BaNaao ko A aCMBaNaag QagaSaqaal BaNaao ko 'Ta[mapasa' kraq ka[A qa- naqal. baQaanaa 'maaksa'maam qaaDaa GaNaao fir hawaanaao 'ana'nal kanao pDI CÆ A oTlao pCI bal'Y saimasTr'qaal tmao BaNavaamaam vaQau rsa na daK vaab karNaako tmaaro balj anaa haM al pa- naqal banavam "

tmao j a[Sakao Cao A aj nal iSaxaNapqaa k'wal rito ivaVaqaalA anal navam navam SaIK vaanal, BaNavaanal pirNaanao nastnaaball kri do Co A nao tA anao 'TaLa'maam j taM 'Gaot'am j waa banaaval do Co tmao samaY rhyaa Cao A a vyavasqaaÆ

iva&ana A nao yall-Saas~

A j o p[ival pr iva&ana A nao yall-Saas~ bathao p[aa A nao naaNaalkIya vyavasqaanaa galaama Co p[aa nahll- tao saBaaQana balla. 'a&ana' A ik vacal Sakaya A val 'vastu Co va&ainakao pNa p[aaanal paCL Baa0tk j gat A nao A nao lagatl SaaQa-saBaaQana paCL j pDyaa Cq karNako A o j tmanal safLta A nao ivakasanao maapd0 Co

va&ainakao A nao [j naranaa Qyaanamaal naqal A avatl ko A ik naanaa A maqaa A Namaa A Byaasa maato k0tlal baiwma-aanal j \$r pDo Co tA ao vaYaagal A NauAanao taDI rhyaa Co pritu hj u saDal Anal A mlr Kr rK r Sam Co A o j aNal Sakyaa naqal. va0Svak caotnaa tmanal naj r samaxa Co A nao tA ao 'j aq[' naqal Saktal

A ama vyavasqaa j Baa0tk j gatnal p[ao par j vaanal iva\$wmaal hawaagal, iva&ana A nao yall-Saas~nao] pyaaga caotnaanaa ivakasanao \$0avaa A nao kdrtnaa salhar trf j qayao Co

drko drk pgaitkark SaaQanaao maanavao salhark Sas~ ko K a0tl maaihtInaa p[caar krvaanaa saaQanaao banaavavaamaal] pyaaga kyaa Co yall-Saas~nao] pyaaga laakanao Draval, K a0tl maaihtl A apl tmanaa pr kabal pamavaamaal qayao Co

A amaya kaq[j atnaa A aQyaa%mak ivakasa A nao j \$rl baiw ivanaanaa 'baaLknaa' haqamaal 'yall-ivaVa' A avao tao A o Sam krvaanaa. Sam qaaya j ao A ik palta vaYanaa baaLknaa haqamaal AraPlana calaavavaa A apl d[A .E Sam 'Bayaanak A ksmaat' j saaqal vaQau saBaivat pirNaama na haq[Sak.

A aqal j "Baa0tk iva&ana A nao tll-Saas~ kaq[j atnaa A aQyaa%mak &anana] Napnao lalQao p[ival A nao maanavalnao ivanaaSak A aft trf darl rhyaal Co " [1]

Aaftqal bacavaa ApNao Samkri rhyaa CIAo A nao Saa maato Ao samaj valm j aq[Ao Samtmao A waa naftqal daravavaa maatja Saao j nao paotanao Kbar naqal ko kyaalmj vaana[Co A nao Saanaa maatje Samtmanao ivaSvaasa Co ko j o tmanao 'salaah' Aapl rhyaa Co Ao baQaam K r k r 'sa%ya' ivaYao j aNao C#E

Aa Aak m ivaSva Sathyaavaka Samaam pDial Klada isavaaya kSam naqal. Ak Klada ko j o phd aqal inaQaairt A nao Aotlal mahana htl ko A naa splinaao Aj o pNa Aotlaj J Dpl A nao gahna Co

A maathaa GaNaam 'isqar' splinaanao ApNao 'ANao khIAo CIAo Aa ANao Aotlal kbal taqal banaavavaamaa A avyaa Co ko A naa Wara 'Yva'naam pNa inamaana qa[Sako

Baattk j gatmaalmj o kal[Co Ao Ak splina maa~ Co balj m kal[nahlm Ak idvasa, dlnaa BaivaYamaam kdaca Aa splinaao ATkl j Sao

Baattk Aist%vanao Akmaa~ hotu Ci vyaktgat caotnaanao ivakasa.
caotnaa Ak maa~ sanaatna Co baaki baQalm hjaamal.

ApNao Baattk yalm-Saas~ A nao iva&ananao] pyaaga A aQyaa i%mak ivakasa maato krvaao j aq[A o nahlm "maana valna m Aist%va A aQyaa i%mak ivakasa pamavaa maato j Co . . ." [1] ApNaa badnasalbao "iva&ana A nao yalm-Saas~" AaTlaa baQaa vaYaanao ivakasa baad pNa Ak 'gava' A nao 'AiQakar'nal laagaNal qal ivaSava ivaksyaa naqal.

pival pr 'yalm-Saas~'nao ivakasanaao ma#ya hotu Sam C#E samayanao bacaava#E laakanao yalm-ao pr inaBar krl dvaae laakao pr AiQakar j maavavaaq tmanao] pyaaga krvaae

tmanao naqal laagatm ko bahmaadnaa inamaanao hotu saamao Aa hotu koTlaa vaahyaat C#E tmao samaj ao Cao ko Aa hotu sar krdal baQal SaaQaa bahmaadnaa ma#ya hotunal iva\$w C#E tmao manao khil SakSaadi Aj o yalm-Saas~nao pival pr ma#ya pirNaamao kyaa C#E

SaM A o kdrtnao A itJ Dpo qa [rhdaao salhar naqal/E SaM pihvalnaM pyaavarNa
A nao A maam vasanaaram Yvaanal halat idvasao idvasao bagaDI naqal rhI/E SaM
A a vaakya maK amalBayau naqalE 'A mao pSaa A aplnao ka [pNa kri SakIA o
CIA o '

SaM A a pirNaamaao A apNaam bahmaadnaa mau#ya] _Ganao Gaar] IlaMananao
lalQao naqal/E tmao j aNao Cao Bayaanak kdrtl hanaartao j wal ko QartIKp,
pH, valTadL, Bayalkr AitvalYT, diKkaL vagaroj o phdaamGaNaamVayao qatallhtalM
A o hvao pihval pr lagaBaga dr AzvaaiDyao qaaya C/E SaM tmao j aNao Cao A a
pyaavarNanao pdWaNanaM salQau pirNaama C/E

pihval j waa vasavaa laayak saara gahao maLvaa maSkda Cq nahIME

tmao kdaca iva&ana A nao yaM-Saas-nal A maK isaiQoaA aqal caikt qatalM
hSaaq j wal ko kmPyaTsa- A nao yaM-maanava³rabbaat'.

pritu SaM tmao j aNao Cao baTna dbaavata kama qa [j vaanal Aadtnao lalQao
Qalro Qalro tmao ivacaarvaanal xamata Kaq [rhyaa CaE tmao samaj ao Cao
] pkrNaao calaavavaanaa pstkanaa saharo baTna dbaaval kama krta krta
tmao pNa 'yaM-maanava' j waa banal j SaadE

maadta Baaganaa va&ainakanaM mau#ya Oyaya tmanal baiwnaao ivakasa j haya Co
CtallpNa toA ao salYTnaa mau#ya] _Ganao samaY Saktallnaqal. toA ao fkt
kaq ['K asa' xao-maam inapNata haMala kro Co pritu kdl paotanaa kayanao
bahmaadnaa] _Ganao saaslyat kwal rito banaavavaM A o ivacaarta naqal.

GaNaam A aCa laakao bahmaadnaao kaq [] _Ga Co A o vaat maanavaa tyaar
qaSao tmao j aNata j hSaaq '[Svar pasaa fIKI kama naqal krtao A wam
khwaavaaLa Aa [nsaTa [na j waa mahana va&ainakao K ba j j] Co

A ama paotanal salKicat diYTnao lalQao va&ainakao A ma samaj o Co ko toA ao
baQaM j j aNao Co A ana lalQao toA ao paotanal maanyata maj ba 'isaQqaalita

banaaval 'sa%ya' qal dt j rho Co baj vaabadar p~karao Aavaa isa00aalt anao pãk%saahna Aapl va0au maj baitt banaavao Co tA ao samaj o Co ko 'drík kaya-maaTo A naa ivaSaYa&ao haj r Cq j o A manaa xao-naa kayaDanao] Kd al SakSao . . .'

A maalmnavaa[naqal ko A anao laIQao pyaavarNa A nao kudrt p%yao kaq[nao \$ica naqalE bal ko A nam A pmaana qaaya Co

j ao tmao Ama samaj ta hao ko p%val prnal AapNal sa%kilt 'pgaitkark' Co tao friqal ivacaarj ao p%val prnaa va&ainakanao hj u tao malL Baitt Baat%tkSaas~naa inayamao ivaYao saacal &ana naqal. caalao hm tmanao saibat krl batavall

ga\$%vaakYaNanall] dahrNa la[A o ga\$%vaakYaNaqal balj ao kaq[malL Baitt inayama haq[SakE tmao j aNaao Cao p%val prnal A %yaarnal baQal &ana malInao pNa 'ga\$%vaakYaNa' Sam Co A o samaj aval nahim SakE

tmao j aNaao Cao Aaj o p%val pr qanaara baQaa p'dVaNanal j D 'ga\$%vaakYaNa' saamanal 'laDt' Cã vastuAanao] Itakvaa ko Ahilal %yaal la[j vaaE

tmao j aNaao Cao hj u saQal (sana 2002) A vaao kaq[va&ainak naqal j o AapNanao A o samaj aval Sako ko AapNao Saa maaTo A akaSamaal 'pDI' naqal j taE tA ao hj u 'dvyanaa parBa'nao SaaQal rhyaa Co . .

"j o dtK aya Co A o j tmanao AspYT j Naaya Cq tao j o dtK atM naqal A o samaj vaanal tmao kwal rito AaSa raKI Sakae" [2]

j ao caEnal SaaQa Ak mahana SaaQa haya tao kudrt Saa maaTo gahanao salJanal Aasapasa caE pr gabaDavatl naqalE gahao bahu Baarl haya Co naE

Salltmaarl baiw A tIal baQal sa%kicat Co ko tmanao balj a saara] payanal saBavanaa pNa j Naatl naqalE

Aa bahmaadnal mahana rcanaa tmaarl Aalk saamao Co Anao Ao Aotlal
 baiwSaaLi ha[nao K r k r A kdma sarL Co SaM sarL] payaao j vaQaa
 saM r naqal haataE

j agaanam j aga, tmanao yaad Co saM rta pNa bahmaadnaa inamaaNa maatnaa
 maLL karNaamaa[al Ak Cae

hvao tmao manao kdaca pCta maalgata hSaaq "A vail kal[Co j maalm AapNa
 kal[k kri SakIAae" hm j aNaM CM balj anao badlavaa lagaBaga ASakya Co
 Aotlao j hm phdaa maarl jatnao j badlavaa kaiSaSa kRiSa.

Asalma saamaqya-Qaravanaar vyaiktgat caotnaa \$po hMAa p[ival prnaa baQaa
 va&ainakao samaxa K iliao pDKar maM CM "tmaara mahana kmPyat[saE
 pyaagaSaaLaAao Anao iva&ananao] pyaaga kri 'ga\$%vaakYaNa' SaM Co Ao
 samaj avaa Anao] %onna krao Anao maat krao Anao samaj ao "

kuRtnal rcanaamaalvapradaa Aa sarL inayamanao AByasa krao Amaalal
 SaKlI Ao &ananao] pyaaga krao pyaavarNanao pd[lyat kri Aa p[ivalnaao
 savanaaSa krvaanaM baDa krao

SaM tmanao laagao Co maanaval drk naval SaaQanaao 'saM hark' Sas~ banaavavaanaao
] pyaaga krvaanaM baDa krSaE j ao toA ao t[yaar haya tao hm pNa ga\$%vaakYaNanao
 maat krvaat[yaar CM maM j ahmaam [nTrnaoT pr Aa pDKar svalkayaa C[
 j qal hm diinayaanao bataval SakM ko j ao maa~ Ak vyaiktgat caotnaa pNa
 caaho tao SaM kri Sako Co

SaM tmao maarl saaqao j adavaa maalgao Cae

jao tmao Ama j maanata hao ko j malna pr caalavaa isavaaya balY ka[
 saM Baavanaa naqal - tao tmao kdl] Dta nahM SaKlI Sakao .

] %kañt

] %kañt naa isaQqañt ivaYao tmaa\$M Sañ maanavañ Cñ

riSayaanal Ak pitiYzt iva&ana sañqaamañ] zavavaamañA avad aao Ak A nañao
savaala A ana pr pkaSa paDSao

*j ao] %kañtvaadnao isaQqañt saacaa haya - tao Saa maaTo hj u pNa drk s~l
kñairka triko j j nmao Cñ tmaara isaQqañt mañ kañ k K amal laagao
Co . . .*

tao Saa maaTo A apNao pñval prnaa saYvaamañ] %Éañt qatI j añ A o CIA ñ
karNako] %Éañt tñanal caotnaamañ qaaya Co

Saarlirk badlaava %yaaro j Sakya Co j yaaro kañ saBaana pNao kañ k
SalKo tmaaro maanavañ pDSao ko **SalK vañ A o baiwnal iÉyaa Co** Sarlñnal
nahim

] dahrNa trikiñ bañTiryaa tñanaa iva\$Qqa vapratI dvaanao saamañao krta
SalKI j aya Co tA ao balY kañ xamata naqal ivaksaavata ko bañTiryaa
mañI kañ balj a Yva triko] %Éañt naqal pamata. tA ao paotanaa A ist%vnao
Tkavavaa j \$ri dva iva\$wnal laDvaanal xamata ivaksaavao Co tA ao A naa
maaTo [**raçao** sawao Co A a j añaanañ] aña naqal qatñ

A a] prañt AhimA o j aNañao pNa A a fçaya- qaSao ko A a SalK vañnañ Gañal
pZIA ao sañal cañao Co bañTiryaañal A gaiNat pZIA ao mañyau pamyaa baad
j A o dva saamañ laDvaanal rit tA ao Saañal kaZo Co GañañdayakaA ao sañal
A apNao A ma mañata rhyaa ko A apNao bañTiryaañao A asaanañqal K a%mao
baadavañ SakISañ prñtu A aj naa bañTiryaa sadIA ao phñ aa **mañyau** pamad aañ
bañTiryaa pasañal kvañ rito SalKI Sakñ

A hll Aa pstkmaal A agaL vaNavaayad al "caotnaanaM A ist%va mall%yau baad pNa TKl rho C%o A o vaat saibat qaaya Co [1]

A a] dahrNa prqal A o vaat saaf Co ko bakTüryaa j tIaa sakma Ývanal ihl%aa pNa ihtavah naqal. karNako baQaa j Ývaamaal baiw hawaqaal qaaDa j samayamaal A o A pNaao saamanaao krvaat t%aar qa[j Sao A nao A apNal saaqao Saalltqal rhvaanal j gyaaA o A apNaao naaSa krvaat maqaSao

A ama laal%baa gaaLq ka[pNa Ýva pr ihl%aa AacarI, A apNao A apNanao j naikSaana phall%aaDI rhyaa CIA o

A apNal A aj l%baaj u kdrtnal kramat j aot%al A o vaat samaj aya Co ko baQao samad%Bayal Ývana psqaapt krvaat maaTo A k j saaqao GaNaal j idl j idl j atnaa ÝvaanaM A ist%va hawaM j \$rI Co

] dahrNa trik%í ÝvaaNavA anaao paotan%al A ist%va Tkaval raK vaat balj a Ývaao Wara %yaagad%aa j %vak kcaranal j \$r Cq j yaaro balj a baQaal Ývaanao maanava saiht, paotan%al A ist%va Tkaval raK vaat ÝvaaNavA anal j \$r Co

A ama Sa\$Aatqal j A k balj a pr naBata ÝvaanaM A ist%va sallYTnal rcanaanaao payaanaao isavall%t rhyaa Co

Sall%A o j agaan%al ag%aa naqal ko A vaao j ida j ida Ývaanaao 'sahvaasa' caotnaanaa ivakasa A nao iSaxana maaTo K l%ba j \$rI C%E

psallginal svatM-ta

"tmao kaNa CaE"

tmao kval rito Yvao CaE

tmaaramaMjal SaM banaSaE" [2]

SaM tmao Asalma xamata Qaravanaarl vyaiktgat caotnaa naqalE SaM tmanao
A salma svaayat<aa Anao psallginal A salma svatM-ta naqal maLIE

tmaarl caotnaanao ivakasa balj M kaE nahIM krl Sako fkt tmao j krl
SakSaa - j at mahinato

balj M kaE tmaara vatI pma ko prmaanMlnal AnaBalt krvaanMnahIM krl
Sako - tmao svayalMj Ao AnaBalt krl Sakao Cao

tmao Ak svatM- vyaikt Cao Ana maaTo Ak karNa Cq samaj aya CE

**"AapNao saa0 samaana Cj j val ivacaarQaara bahmaMlnal vaastivakta
ivaYao kSaM naqal samaj aval SaktI.** A manal AnaasarNa A apNal caotnaa,
svatM-ta Anao svaECanao paljaLI krl do Co

A laga vyaikt%va Ana A salma svatM-ta ivanaa 'pina' j val] cca laagaNalA anal
AnaBalt krva maaTo tmaarl TKI rhvaanal kaE saBaavanaa naqal.

A anal j gyaaAo tmao Ama khi Sakao Cao ko "A apNaal saathalM] dBavasqaana
Ak j Cj ko "A apNaa saathaa Yvananaao hotu Ak j Cj tmanao frk
samaj aya CE

"baQaanao pina krao" Ao Yvana kval rito YvavalAna maaTinal] <ama salaah
Co] pratI A apNal] cca laagaNalA ana ivakasa maaTo pNa Ao saaqal
saarao maaga- Co

tmao kōlīaa dī j [Sakao Cae tmao kōlīal] cca laagaNalA ao AnaBaval
Sakao Cae

A a ivaSvamaaMj ao tmanao kaq[salmaa j Do tao A o A o j hSao j o tmao tmaara
pr laadi hSao

] dahrNa triki j ao tmao [cCao ko tmaaro fkt Ak j j nma lawaao Co
A nao pCl sada maaTo malbyau pamavaM Co tao A o pNa Sakya Co balj M kaq[
naqal krvaanaM fkt ivacaarvaanaM tdha baMa kri daī baiw vaaprvaanaM tdha
baMa kri dao

tao AapNal 'malīU la' k[Cae SaM A val kaq['malīU la' hyaat Cae AhIMtao
kaq[salmaa j naqal. . A nao j ao kaq[salmaa Co tao A o j j nal tmao
klpnaa krao . .

j oīlīaa vaQau tmao pāriBa A nao bahmaadnaa] _Sanao samaj Saag A oīlīaa vaQau
tmao kūrtnao ([Svānal Baaōtk maayaa) samaj Saao A nao A oīlīaa vaQau tmao
saxama banaSaaō tmaari malīU lanal klpnaa krvaamaaM ha, A nao klpnaa
Sanaal kri Sakaya A nal kaq[salmaa naqal.

**j na laakao laadkao maanao Co Ana Sarīrnal malbyau Ao kaq[Aaft naqal
- Kri Aaft Co AapNal Yvana Yvavaanal pwit j nal psalīgalnal
svatī-ta AapNal pasao Co . .**

tmaari pasao psalīgalnal svatī-ta Co . .
tmao SaM psalī krSaadē

saaqal vaQau ma6Kda SaM CÆ

tmao j aNaao Cao A vaM SaM Co j o hMa6aa saaqal vaQau ma6Kda rhyam Cq A nao rh6aÆ

A o Co psallgalnal svatM-ta.

K asa krInao -

kall pNa na krvaanal psallgal krvaanal svatM-ta.

tmao A waa koTlaa laakanao j aNaao Cao j o A o hMa6aaM A a A k maa~ psallgal kro CÆ

maanaisak ivakasa saaQavaa maaTo 'kSaMna krvaanal' laalacaqal kvaal rito bacal Sakaya A o tmao j aNaao CaÆ

maM A o SaaQal kaZyam Co ko maara caTtisak ivakasamaaM saaqal vaQau ma6Kda kaya-iSastbaQa rito 'ivacaari' svayamaao A Byaasa kri, caotnaanal pgait maaTo 'pNaa' SaaQavaanaM Co

A a saLYTmaam tmaaro j o saaqal maanamaam maanI mayaadanaao saamanaao krvaao pDSao A o tmao svayam j Cao

tmao tmaari mayaada A adLKI Sakao CaÆ

tmao tmaari mayaadaqal bahar nalkLvaa **A aj o SaM kyam CÆ**

A hmal

tmao tmaara Ahmahao du nahim kri Sakao - mam GaNaam pya%na kri j ayaa Co
A nao drk vaK to hMinaYFL rhyaa CM

A a pstkmaalmamA anamkarNa samaj avyallCo A apNao saa0 A laga vyaikt%va
Qaravala o CIA o j nal paCL Ak karNa Co **A apNaam A laga vyaikt%va
ivanaa A a bahmaadnal] %pi-a ko Yvananaa saj nanaao kaq[A qa- j na
rhot.**

A apNaa vyaikt%vanao dbaavavaanaao pya%na K rK r tao kdrtnaa] _Sanal
t_na iva\$w Co A nao A naa pirNaamao A lito maanavalnao duK naao saamanaao
krvaao pDo Co

maaTo Ak j maaga- Ci Ahmahao iSaixat krvaanaao A nao SalK vaao A nao
] pr laavaao A nao samaj avaa A nao pina krtallSalK vaao **svayalmaa A Byaasa
krao** tmao j aSaao ko baQam %yaall j Co

vaasanaa A nao pina iQakkar A nao saihYNauta
ihMaa A nao dyaa GamaD A nao A adrBaava

paSaval valka A nao baiw

salK A nao duK [Yaa- A nao pSalmaa
&ana A nao A &ana CL A nao nakl
svaaqa- A nao] darta ASIallata A nao inadaYata
svamaana A nao ivanamaata paSavalYata A nao saMadnaSallata

A a baQam tmaarl A mlr j Co A nao balj m GaNaM . .

A a baQam hMaGaam tmaarl pasao j haavam j j ad[A o

nahim tao tmao psallgalnal svatM-ta kva rito vaapri Sakae

j ao tmanao iBannatanaao A naBava krvaanaao maakao na maLo tao tmanao vastnal
AnaBait k[rito qa[Sakœ

tmanao A a rcanaanal salirta A nao tk- samaj maam A avao Cœ

svayamaao A Byaasa krao

A hmahaao A Byaasa krao

A nao] pr laavaao

A nao tmaarl caotnaanal salirta dK aDao

A nao tmaarl A salma xamata dK aDao

A nao ivaksavaa maaTo manaavaao

A nao baQal psaligalqal vaakf krao

A nao saBaanapNao **psaligal krta SalK vaa**

A nao A o vaat samaj avaa ko tmaarl psaligal K ba Aga%yanal Co

%yaarbaad A nao 'pina'nal psaligal krta SalK vaa

A a valaNa A pnaavavaa maaTo tmanao K ba j **iSastbaQat**anal j \$r pDSao

A aK a ivaSvamaam tmaaro maaTo A o kaq[nahim kri Sako A a krvaa maaTo

tmaaro j tmaarl A nr prNaa SaaQaval rhl.

j ao tmanao A ma laagatm haya ko 'pirNaa' SaaQaval A asaana Co tao tmaaro
 frlqal ivacaarvalpDSao svayamaalj 'pirNaa' SaaQaval A %yalt 'kizna' kaya-Co
 A nao A nao raj 'Tkaval' raK val A naaqal pNa vaQau maSkda.

rstamaamtmanao GaNaalmbaQaalmivaGnaag bahanaa A nao iWQaamaalInaaK tli mall vaNaanaao
 saamanaao krvaao pDSao A him kotlal baQal psaligalA ao Co A nao **saaqal**
A asaana psaligal Co caotnaanao ivakasa maaTo kal[na krvaam

A aK ro psaligalnal svatm-ta Co . . .

tmao maanao CaE

tmaarl vyaiktgat caotnaa maaTo'pripbrlyat maanyataA adnao maanaval ko A nno
paksahna dvali nakSaanaakark Co ha, A nno A amaam kSalk A Sakya Co
A val maanyata pNa A aval j aya Co

caalao hM tmaano maanyatamaam Baya kyaam rhdaao Co A o samaj avall kaq[pNa
'maanyata'naa malLmaam Sam CE. Sam A maam A vaao tk- naqal rhdaao ko 'tmaaro A o
j aNavaanal j \$r naqal' A qavaa tao 'A o j aNanaar kaq[k kyaalk hSao. A nno
tmao A o maanyata ivaYamall sa%ya j aNavaa ko A o 'A namaana'naa pirNaama
samaj vaanal caV Ta pNa naqal krtalE

**maanyatanao svalkar krinao hkiktmaam tmao na ivacaarvaanall psall krao
Cao** A nno tmaarl baiivnao inaiYEya banaaval dao Cao

maanyataA anaao svalkar krvaao ko A nno paksahna dvali A NabaalBa faDvaa
krtavaQau Bayaanak Cb Saa maaTtE

KarNa ko tmaara Sarlnaa naaSaqaal tmaarl caotnaa naaSa naqal pamatl - j o
AaKa bahmaadmaam Ak maa~ 'tmaarl' khl Sakaya A val vastu Co j yaaro
maanyataA ao svalkarlnao tmao tmaarl j atoj tmaarl caotnaanao K aotl maahitlqal
Barmaaval A naao ivakasa ATkaval dao Cao

tmaaro kSall pNa 'maanavaa' krtava j aNavaa'nal j \$r Co **A nno & ana madVal
A nno cakasavaanao Akmaa~ maaga- Co tmaarl caotnaanao banao tOtIaao
vaQau] pyaaga krl A naao ivakasa saaQavaao**

tmao j o kall[saBaavanaa ivaYao ivacaarl Sakao A naao svalkar krao A a
saBaavanaaA anaao tmaarl baiiv vaDo A Byaasa krl A anaao samaj vaanaao pya%na
krao A naa ivanaa saBaana pNa tmao psallgal k[rito krl SakSaaE

j yaaro tmao vaQau samaj vaa maaTo p#t qa[j avaa - %yaaro kdaca naval
 saBaavanaaA ao j nma laSao A nao to samayao tmaaro A manal pNa naaNa laava
 tQaar rhwaM pDSao

ka[pNa j atnal 'maanyata'nao svalkar krtā philaallcaotj ao

'maanyataA aó maanavalnao yall- samaana banaaval do Cí j naamaaM ivacaarvaanal
 xamata ko [cCa naqal. 'maanyata'nao ivacaayaa- vagar maanal lanaara balj ana
 A iBapaya A nao cakadanao j A nasaro Co tmanao A a bahmaaDnaa A ist%va
 ko tnaa]_Ga ivaYao **pantanal** samaj ivaksaavavaanal j \$r naqal j Naatl.

tmaarl 'maanyataA aónao cakasaao tmao kdl **tmaarl** baiw vaDo A manao cakasal
 CÆ

samaj Na savasva Co

j ao A apNao Kra Aqamaal Sam caalal rhyam Co A o 'samaY' na SakIA o tao A apNao Yvanamaal j o kal ['A naBavalA o CIA o A naao kal [A qa- naqal. caotnaanao ivakasa %yaaro j salBava Co j yaaro A apNao vaastivakta ivaYanal A apNal samaj Na vaQaarIA o

kaq [iSaxak ko kaq [SaaLa A apNaam Aa 'Garkama'maam madd nahIM krl Sako balj a laakao samaj t l A apl Sako Co pNa AaK ro tao drko j ato j 'samaj Na' kL vaval pDSao

Aa vaatnao Ak] dahrNa \$po rj u krval] <ama rh&ao klpnaa krao ko Ak vaal ranao Ak] cca iSaxaa sal qaamaal la [j [E diinayanaa saaqal baaha&a iSaxak h&L tnao AvakaSa iva&ana ivaYao pvacana A apvaamaal A avao Co tmanao laagao Co ko A anaqal vaal ranaal samaj Namaal kal [vaQaarao qaSa&E

j ao tmanao vaal ranaal] dahrNa vaQau pD tM laagatM haya tao tmao Aa psal yanaao A val kaq [pNa vyaiKtnaa sal Bamaal Mivacaar krl Sakao Cao j Nao kdl kaq [pNa vastu samaj vaamaal rsa naqal laIQaao

tmao koTlal caapDIA ao vaal tal Co ko tmao koTlaa pvacanaao saal BaLyaa Co A nam kal [mah%va naqal. A o baQaamaal al 'Aaj o tmao bahmaal A nao tnaam tmaarl Baal maka ivaYao koTlal 'samaj ao Cao A o j mah%vanam Co

j ao laakao kal [samaj o nahIM ko samaj vaanal kaiSaSa pNa na kro tao A manam Sam qaaya&E vaQamaal vaQau - tA anam Yvana A lo j aya. p rltu A &ana j vyaiKtgat A nao sal bNa maanava j atnaa duK A nao piDa maaTnaal malL Co

&ananaal] Nap duK ko piDanao k [rltu j nma A apo Co A o lagaBaga baQaam j Qamagal qaamaal saarl rltu samaj avavaamaal A avyam Co [2] [3] [4] [5]. Aa Saas-anam hj arao vaYao saQal raj pzNa krlnao gaadK vaamaal A avao tao pNa

kaŋ fayadao naqal qavaanaao - j ao tmao A o na samaŋ Sakao ko A maam K rŋK r
k[maaihti rhdal Cq A o kaŋNao la#yaam kaŋNao badlyaa A nao Saa maatŋ

malBalt samaj Na kLvya ivanaa kaŋ pNa Qamagallanaao dŋpyaaga maanaval
ko kudrt saamao qa[Sako Co hj arao vaYaagal maanaval [Svarnaa naamao
balj anao iQakkartaq gaaL A aptao A nao ihŋaa A cartao rhyao Co A nao
A analKarNa A k j Co tA ao paotanal baiwnaao] pyaaga krvaanaa badlao
balj a Wara samaj avavaamaam A aval maanyaataA anal A alLu A nakrNa kro
Co

A mak laakao j A anal paotanal samaj Na A aCl Cq A o baQal j baabatnaao
'Dr' fdaavao Co pinanaa mahasaagar j waam [Svarnaao pNa tA ao Dr fdaavao Cŋ
j qal krInao laakanao K aŋ maaihti A apl banao tŋlaa vaQau maŋ val
Sakaya. j ao tmanao A ma laagatŋhaya ko A a vaat tao sadIA ao pranaL Co
tao A j o] <ar A aylamD ko dixana A aifkamaam Sam qaaya Co A o j A ao
A qavaa tao plj anaa kaŋ pNa sqalnal mailakat laao

j o laakao paot j kSam 'samaj ta' naqal A vaanaa malvya pr caalalno laakanaam
TadLo TadLal balj a laakanao mailtA anaq kpDalthao ko salharnaas Sas~anao pNa
plj vaa laagao Co

khwaanal j \$r naqal ko saacaa &ananaL] NapoBalt kaLmaalmahana vyaiKtA aA o
A apdaa salŋSaanao maarl macaDI naa#yaamCo laakanaam magaj maam A ma zsaaval
dvaamaam A avyaamCo ko ' [Svar'nao K ŋa krvaam tA ao kaŋ nao kaŋ pNa krl
Sako Co

saaqal K raba vaat tao A o Co ko plval prnaa maatA Baaganaam laakao A o
paŋaiNak galjaanao svayam A Byaasa naqal kyaae (A nawaad krayaa ivanaanaa).
tA ao A o j maNao A a galjaanaa A nawaad krl 'samaj avyaam Co A manal vaatnao
'maanal' laIQal Co tmanao frk samaj aya Cŋ

badnasalbao maaŋa Baaganaa laakao balja tmanao Cetro Co ko nahim A o
 cakasavaa naqal maahata. laakanaam TadLo TadLam paotanal svaC CaA o paotanao
 '[Svar naa dt' khwaDavanaar QaltaraA anal kzptLI banal j aya Co

SaM tmanao laagao Co ko A a ivaraT ivaSvanal klpnaa kri A anal rcanaa
 Krnaar, tmanao A salma xamata Qaravanaarl caotnaa A apnaar, tmanao A salma
 svatM ta baxanaar savaSaiktmaana [Svarnao ka['vacaiTyaa'nal j \$rt pD

SaM nahIM - Saa maaTŋ

A apNao SaM kriA o CIA o A o nahIM pritu Saa maaTo kriA o CIA o A o mah<vanaM Co

balj a Sabdamaal baahya dŋK ava mah<vanao naqal pritu Anal paCL SaM Cpayaal Co A naM mah<va Co [1]

caalao hM samaj avam

caot naanao ivakasa %yaaro j Sakya Co j yaaro A apNao A aPaNal vyaiktgat samaj Nanao ivastariA o saBaanapNao kma- krvaanao inaNya kri A apNao svayathao A o saibat krvaanao maakao A aplA o CIA o ko A apNao K rŋK r samaYA o CIA o - nahIM ko fkt samaj yaanao DaL kriA o CIA o

A ama kmao nahIM pritu kma- krva paCLnao A apNao] _Sa mah%vanao Co

] dahrNa triki balj anao madd krvaanaM 'kma' A ama j ad[A o tao 'saa\$M j khwaaya.

pritu j ao balj anao A &anal rhvaamaal 'madd' krvaamaal A avao taŋ balj a laakanao A kbalj a saaqao J GaDao kravavaamaal 'madd' krvaamaal A avao taŋ j ao balj anao madd krvaanao bahanao hŋL laakamaal Dr, K aŋI maanyaAa ao fŋaaval ko j \$rtmaal laakanao fayadao] zaval pŋaa kmaavavaamaal A avao taŋ A vaa kŋIaa DaŋTsa- Co ko j o tmao Amanal 'fisa' nahIM A apao tao pNa tmanao saaj a qavaamaal madd krSaŋ A maathaal kŋIaa DaŋTsa- 'tmanao Amanal madd' pr inaBar kri vaŋau pŋaa kmaaya Cŋ

tmanao samaj aya Co ko 'balj anao madd krvaavaaLa' A avaa laakanao Anal paCL A laga A laga '[rada' haya Sako Co [radao j ma#ya Co . . .

A aqal caot naanaa ivakasa maaTo baahya ddk ava nahll prltu A anal paCL SaM Cpaya dM Co to j A ga-yanalM Co

hvaqal tmaara kaya- paCL rhd aao **hotu** cakasaj ao tmaara kaya- maaTnaao]_Sa tmao svayalM saBaanapNao psalM krao A nao Qalmaa Qalmaa pgait saaQavaa tlyaar rhao **ka[pNa kma- krva paCL rhdal tmaarl 'Baavanaa' A nao 'hotunall tmaaro svayalM pamaaiNakpNao ivaYlaVaNa krvaM j ad[A o A a K rK r saaQal vaQau mah<vanalM Co**

A a] pralt balj anaal kmaao paCL rhd aa ']_Sa'nall ivaYlaVaNa krvaanal kaiSaSa krao]_Sa A adLK vaa K lba j j \$ri Co caalaa A k] dahrNa Wara tmanao A a samaj avall

Qaarao ko A k maaNasa tmanao J r A apo Ci pNa A o tmanao A a J r Co A na j Naavalnao A apo Co A nao balY A k vyaikt caamaaM J r BaLvalnao tmanao A apo Co A nao hkikt j Naavyaa ivanaa A o 'hM tmanao pma k\$M CM khInao caanaao Pyaalaa piva A apo Co A a bamaalM saaQal vaQau Bayaanak kaNa C# hvao tmanao samaj aya Co balj ana]_Sa na samaj vaanaa pirNaamaE

tmanao yaQoa, ihMaa ko K thaK rabaanao Saallt A nao nyaayanal sqaapnaa maaTo **j \$ri j** NaavanaaraA anal Bayaanakta samaj aya C# [7] [8] tmanao samaj aya Co ko ihMaaanao paksaahna Aapnaarl rmatao A nao rmatnaa saaQanaao koTlaa Bayaanak C#

pinanaa salM Gaanal paCL Cpaya dM j zaNaM A nao K aotI maaihtl tmao A adLK I Sakao C#

A na faQaa A nao A &ananao 'Qaaimakta' A nao 'Qama'naa naama pr paksaaiht krnaaranaa ']_Sa'nao tmao A adLK I Sakao C#

Balt kaL

tmanao yaad Co ko caalavaanaM SaLK ta phidaaM tmao kōTlal vaar pDI gayaa
htaE SaM K rK r tmanao A o j aNavam j \$ri laagao CÆ

tmanao yaad Co laK vaanaM SaLK ta phidaaM tmao kōTlal Ballaa kri htiE tmanao
A o baQal Ballaa yaad krvaanao SaadK CÆ

tmanao laagao Co A a baQal 'yaad'naao vatmaana saaqao ka[salbaQa CÆ

Balt kaLmaam qayad al Ballaamaatjal tmao SaM SaL#yaa A o j mah<vanaM Co balj a
Sabclamaam

tmao Aaj o SaM 'samaj ad Cao fkt AnaM j mah<va Co

tmaari Aaj nal 'samaj Na' j tmaari psallgal SaM hSao ko kōTlal mayaaidt hSao
A o nakki kro Cq barabar naE

baIY rito ja[A o tao tmaari Aaj nal psallgal tmaari pasao A avati kalao
k[k[saBaavanaaA ao hSao A o nakki kro Co A ama Qairo Qairo tmao svayam
tmaara BaivaYanao spYT A nao nakki krao Cao

A a j aNyaa baad tmanao laagao Co ko Balt kaLmaam Yvavam ko Balt kaLnao
tmaara vatmaana pr haval qavaa dvalmyaagya CÆ

maa~ tmaari Aaj nal samaj Na A nao psallgal pr Qyaana A apao

Aaj o j oTlal vaQau samaj vaanal kaSaSa krSaa A oTlal vaQau tmao A avati kalao
samaY SakSaa - samaj aya CÆ

BaivaYya

tmanao BaivaYya j aNavaanal [cCa C# Saa maat#

SaM BaivaYya j aNavaaqal tmaarl baiivmaam vaQaarao qaSa# SaM BaivaYyanaa &anaqal tmaarl caotnaa ivakasa pamaSa#

A anaqal t_na ivaprlt. j ao tmao BaivaYya j aNal laao tao A val saBavanaa vaQau Co ko tmao tmanao na gamatl baQal pirisqaitA aqal bacavaanal ka#SaSa krSaa j nao laIQao to pirisqaitmaam tmaarl pitiEyaamaa#al tmanao j o 'SalK vaa' maLvaanaMhtM A anaqal tmao vallcat rhl j Saa

j ao ivaVaqaLA anaao tmanao prixaamaa#pCanaara baQaaMsaavaal aao ivaYao phd aqal j j Naaval dvaamaa#Aavao tao tmanao prixaamaa#al kal# SalK vaa maLSao K r# SaM A apNao A anaao Cotrip#l naqal khuta#

] prnaa] dahrNa prqal A o spYT qaaya Co ko BaivaYya j aNavaanal valka bahmaa#naa inayamanal iva\$w Co A nao A o caotnaanaa ivakasanao naDtr \$p Co A aqal j o ka# BaivaYya BaaK o Cq A o dSaavao Co ko A anaao bahmaa#naa]_Sa A nao K asa krInao maanava Yvananaa]_Sa ivaYao kSaM &ana naqal. BaivaYyavaaNal krvaa paCLnaa tmanaa]_Sanao A adLK vaao tmaaro maato saarl maanaisak kvaayat qa [Sako Co

balj anal 'BaivaYyavaaNal'maam maanavaM A nao A anaao saacaa pDvaanal rah j awal A o kal# na kyaa vagar samaya barbaad krvaa krta pNa vaQau K raba Co tmaarl caotnaanao A aval K ad#l maanyataA aqal pdiYat krl ka# 'cama%kar', 'diinayanaa ivanaaSa', '[Svarnaa dit', 'A vatar' vagar#nal rah j aota rhl A o K r#K r A avaSao A val 'A aSaa' raK vaanaa pirNaamaao Baya#kr Co A anaao pirNaamao j nma laotl 'A sahayata' A nao 'inaraSaa'nal laagaNalA ao caotnaanaa ivakasanao \$#al naa#K o Co

maoŋa Baaganal BaivaYyavaaNaIA ao kma- A nao A naa pirNaamanaa salbaŋanal
iva\$wmaam Co karNako tmaam maananaara bahmaadŋal vaastivaktanaM & ana
maL_vavaaqal valŋcat rhl j aya Co

j ao A apNao paotanaa A nao balj a baQaamŋaa salŋakt kmaao ivaYao 'samaY'
SakIA o tao qaaŋM GaNaM BaivaYya kaŋ pNa BaaKI Sako Co pritu %yaaro j
j yaaro A apNao 'kma' A nao 'pirNaama'naa salbaŋanao samaYA o

] dahrNa triko j ao tmao A aj o 'A a%mah%yaa' krl laao tao tmao A avatl kalao
ra~o Barpoŋ j mavaanal A aSaa na j raKI Sakao balj M A k mah<vanam
] dahrNa - **j ao A apNao raj kudrtnao pdŋYat krta rhIAo - tao**
BaivaYyamaam pdŋaNaano laIQao samaga pŋvalnaao naaSa inaiScat Co

j ao tmaano K rŋK r BaivaYya j aNavaanal [cCa haya tao tmaaro tmao 'A aj o
kaŋNa Cao A o samaj vaanal j \$r Co

tmao svayamŋao j oŋIaa vaQau A adLKI SakSaa A oŋIaa vaQau tmao tmaara BaivaYya
ivaYao j aNaI SakSaa

tmaarl caotnaanaM BaivaYya tmao A aj o krdal psamŋalnaa inaNaya pr inaBar
kroCo tmaaro maaTo tmaarl caotnaanao ivakasa kaŋ nahIMkrl Sako- tmaaro
svayamj pya%na krvaao pDSao

A a bahmaadmaam BaivaYyamaam tmao Sam banaSaa A o tmao svayam krdal
psamŋalA ao pr j inaBar kroCo

maarl psallgal

maarl Yvana p%yanal diYT Cd laaM 40 vaYaamaaM A k CDqal balj o CDo GaNal vaar badlaa[C0

maMpqama TadLanaa A a%masalt aVal saBya triko Baaga Baj vyaa - %yaarbaad hM baQaa maaTo maaqaanaao duK avaa banal gayaa ko j o drk xaNao drk AadSa saamao savaala] zavavaa laagyaao hM laakanao manaa rji na A aptao salgaltkar htao %yaarbaad A k j thavaaNal [j nar banal gayaa maM laSkri hikmatmaam Clnavaa [j tI svatM ta AnaomaLnaarl pIDanaao AnaBava kyaa Cq j maMjal manao svatM ta ivaYao &ana maLyaM hM Ana k Bayaanak ragaqaal pIDanaaroo ddi hta j maMjal manao Sarlnal A pmaLo saaj a qa [j vaanal SaiktnaM &ana maLyaM [12]. A k] <ama saakairk vyaiktmaMjal hM baQau CaDI gayaa saaQau banal gayaa j nao] Ba krta QyaanamaM vaQau AnaM A avatao htao maM Baal tkSaas~maam'pl. A ca. DI. ' kyau

dhnaiEyaagal caalata A inj nanaao savapqama 'hadagaama' laIQaa baad maM maanavalnaa Sarlnal A j baaj urhdaa 'baayaaPlaaJ maa'naao A Byaasa krvaanaM Sa\$ kyau [13]. maa\$M Qyaga hM narl A a k o maanavalnaa Sarlnal A asapasa rhdaa A aBaamaDLnaao A Byaasa. A k iSaxak triko maM A kdma navalna rito '&ana' A apvaanaM Sa\$ kyau maM maanavalnao ivakasamaM madd\$ p qaaya A waa kpDall banaavyaa [14]. A k kabada va&ainak havaanaa naato maM maarl caotnaanao Sarlraqal A laga kri bahmaadnaa parBa ivaYao sa%ya SaaQavaanaao inaQaar kyaa maaro vaQau laK Inao tmanao kM aLao naqal A apvaag pNa hM fkt dK adVaa maM jatao htao ko koTlal ivaivaQa iBannatanaao maM AnaBava kyaa C0

maM A a YvanamaM 'GaNal madLyaM C0 - fkt A o j aNavaa ko 'A a A o naqal'.

A ama YvanamaM baQaaM A litma CDa Anaam pirNaamaanaM AnaBavaao prqal maM Yvananao A litma inaYkYa- laK vaanao Sa\$ kyaa

tmao j aNao Cao A o kyaa C0

A a p̄st̄kmaalm̄hm̄A o j dSaavavaa maalyau CM

A o Co Ỳvananao 'saBaanapNaō A nao ']_ḡapWak' ỲvavaM]_ḡa ko j o
[Svarnaa]_ḡa saaqao sasalyat haya - samaga' salYTnaao]_ḡa.

tmaarao paotanaao]_ḡa ko j o [Svarnaa]_ḡa saaqao sasalyat haya A o
banaavavaao K lba j \$rI Co] pralt̄ A o]_ḡanao j ma tmaarl samaj Na vaQao
A ma vaQau ivastarvaa tyaar rhvaM pNa j \$rI Co

Salm̄madLvavam̄ Co A o j aNyaa ivanaa A o maLvaaanal salBaavanaa Co K rIÆ

A a Sarlrnal bahar rhvaanaa AnaBava pCI, 'balȲ dīnayaanaa' AnaBava
pCIÆ AapNal] cca caotnaanaa rhyyao j aNyaa baad A nao bahmaadnaa p̄arBa
A nao]_ḡa ivaYao j aNyaa baad maarl samaj maM A avyaM ko j ao maarl ka[
] <ama psakmgal haya tao to 'maanava Sarlrmaalm̄ rhvaanal Co

%yaarbaad j manao maarl mayaaidt samaj Na Qaravatl caotnaanao ivaksavaa
madd\$ p qanaara A a Sarlrnal mah%vata samaj aNal. %yaaro j manao A a
Sarlrnal [indyaaq tmanaa Wara maLta salḡaa A nao A nal mah%vata samaj aNal.

%yaaro j manao samaj ayam̄ ko fkt maarl [indyaaq Wara maLnaarl salmadnaaA ao
p%yao 'saBaana' banalnao hm̄kōt̄l̄am̄baQam̄Sal K I SakM̄CM̄ maara A aScaya- vaccao
manao j Naayam̄ko hm̄maara j Sarlr ivaYao kōt̄l̄am̄A aCM̄j aNam̄CM̄ mam̄A o naqal
banaavyam̄A o t̄l̄am̄j nahim̄ manao A o pNa nahatl K bar ko A o kwal rito A nao
Saa maaTo kaya- kro Co hm̄A naa GaNaam̄K ra maLlBalt̄ kayaa pNa saBaanapNaō
naqal krl Saktaq svayam̄saaj a qavaanal tao vaat j d̄ rhI.

caalaaohm̄samaj avam̄hm̄Salm̄khvaa maalyau CM Qaaraako tmaarao haqa kpa[gayaa
Co - tmao j aNao Cao A o paCao kwal rito '] gaaDI' SakayaÆ (Qalro Qalro tmao A o
Sal K I j Saa - AapNao saō Sarlrnaa dr̄ko dr̄k kaVanao navasaj :t krl
SakIA o CIA q fkt [cCa Wara).

manao samaj avaa laagyam ko **A apNal & ana kOTIal salimat Co** A nao A apNaa vaBainakao A o tao hj u Aa baabatmaam ivacaarvaanam pNa Sa\$ kyau naqal. (vyaiktgat caotnaanaa ivakasa A nao] cca saMadnaaA anal A naBalt)

A apNanao A ma laagao Co ko pival pr A apNao GaNaam 'ivakisat' Yva CIA o pNa sa%ya t_na ivaprit Co caotnaanaa ivakasamaam A apNao saaqal nalcalal EaNaIa o CIA o [1] - karNako hj u pNa A apNao saava 'paSaval' valkaA ao A nao maanyataA ao maj ba baiwnaao] pyaaga kyaa- ivanaa YvalA o CIA o badnasalbao maatoa Baaganaa pivalvaasalA ao A a svalkarvaa tjaar nahIMqaaya.

maara Yvanamaam saaqal vaQau badlaava %yaaro A avyaa j yaaro mam **maara SarIrnaa pSalkak banal A nao** [Svar Wara maara (maari vyaiktgat caotnaanaa) ivakasa maatoa Payadal AdBalt, j iTIa A nao salir **Baot** gaNal - j o manao 'Salk vaa' maato madd krl rhl Co

%yaarbaad j manao A o pNa j Naayam ko saaqal mahana 'gad\$' A apNaa saathal A mlr j Ci A nao rhao maaro hvao balY baQal 'maanyataA ao paCL Baagavaanal j \$r naqal. manao &ana maLI gayam Co mam SaaQyall A nao manao maLyam

mam maari caotnaanao iva/vaasa krl A naao] pyaaga krvaanam SalkI IalQam Co

A a tmao pNa krl SakaoCao kaq_ pNa qaaDI GaNal iSastta, A a%maiva /vaasa A nao [cCa Qaravanaari vyaikt krl Sako Co pNa A o A anal madLo nahIM qaaya. **A apNao caotnaanaa ivakasanaao Qyaga kLlvavaao j \$ri Co**

svayam ivaYao A a baQal SaaQa kyaa- baad hm hvao *balj a baQanao* pNa A salma xamata Qaravanaari vyaiktgat caotnaa triko j aQ MCM

A ama A a Sarlmaallrhinao tmaallal A nao A aj ubaaj urhdal kudrtmaallal banao
 tōtIallvaQau SaIK vaanal psallgal saaQal] <ama psallgal Co A ana isavaayanall
 kaQ[pNa kayaf pCI Balao A o gamao tōtIallgamatM haya, xadlak Co

A a Yvana, caotnaanao ivakasa maaTo maLdaao AdBalt maakao Cē j naa qakI
 Qalro Qalro A apNao ma#ya paz SaIK I SakISall- **kval rito saathao pina krvaao**
A nao pina maLvavaao

pQval prnaa drko drk vyaiktnao A a diYTKaNa Qaravatao tmao j ad[Sakao
 CaE

AaK ro fri paCa AapNao psallgalnal svatM-ta pr Aaval gayaa nahIE

balj anao madd krvat

j ao tmanao maarao tk- gamyaa hSao tao saBava Co ko tmao A naa ivaYao balj a saaqao cacaa-ivacaarNaa krSaaoo prttuj o tmaaro maaTo 'taikk' Co A o balj anao maaTo pNa hSao A wal A aSaa na raK ta. GaNaamIaakao tmanal baiwnaao vaQau samaj Nanal 'A aDo A avavaa j] pyaaga krta haya Co j oTlaa tmao A manao A manal 'A aramadayak isqait'qal dt' krvaa kaiSaSa krSaaq A oTlaa vaQau tA ao 'A Maaramaam QakdaaSao

A apNao tA anal psalMgalnal svatM-ta j nahI,M diYTkaNanal svatM-tanao pNa maana A apvatM j ad[A o Balao pCI A o A apNaa diYTkaNanaqal ibalkila ivaprit haya.

ga[kalao maara A k vyaa#yaanamaam maarao Baotao A k A wal s~I saaqao qayaa j o Sa\$A atnaa sarL savaalaanaao pNa j vaaba nahIM A apl SakI (SaM A k Gar svayalM paotanao banaaval SakI)

tmaNao A o 'maanavaanaM psalM kyau ko laalBaaoo samaya rah j awaamaam A avao tao kaq[nal pNa madd ivanaa 'Gar' svayalMao banaaval Sa ko Co malvaQau samaj avavaanal kaiSaSa kyaa- baad maarI samaj maal A avyalm ko maaro A naao 'rah j awaa' dval j ad[A o

A avao samayao A walm khwaM saarM qa[pDo ko 'zik Co . . tao A apNao rah j ad[A o . . A apNanao kyaalM] tavaL C#'

laakanao tmanao diYTkaNanao pirNaamaao Baagavavaa dvara j \$ri Co j qal tA ao Amaaljal SakI Sako

j A ao 'samaj ta' naqal tmanao samaj avavaanal kaiSaSa nahIM krInao tmao GaNal 'inaraSaa'maaljal bacal SakSaaoo

A ana krtā tmanao **savaala** pīCvaanal kaōSaSa krao ko j o tmanao tmanaa diYTkaNa ivaYao ivacaarvaa pīro Aa GaNaI safL rit Co j ao tmao savaalao barabar banaavyaa hSao tao tmaaro j vaaba maLvavaanal rah pNa nahIMj awal pDo barabar samayao balj a saamao maKīāao caaōdar savaala Ballavaao lagaBaga ASakya Co Ao hīāSaam tnao manamaam K Tkyaa krSao - vaYao saQal. j yaam saQal AnaI caotnaa Anaao j vaaba dīvaa ko samaj vaa j oTīal ivaiksat nahIM qa[j aya. ha, pīritu AaTīaa caaōdar savaalao banaavavaa K lba A Gara Co kdaca tmao Ao ivaYaya pr pīrao galā laK I Sakaq pNa A ivasmaNalya savaalao GaDvaa A Gara Co

saQal vaQau Aga%yanam Co ko tmao tyaar hāvaa ja[Ao **svayam ka[pNa baabat maaTo samaj Na kLvavaa krtam balj anao ivacaar krvaā pīrt krvaā K lba maKīā Co** tmaara 'savaalao banaaval Anaoo naaTya\$po 'Baj val' tyaarl krl laao tmao svayamhao j oTīaa vaQau samaj Saaq A oTīam j vaQau maKīā banaSao balj anao tmaarl vaat samaj avavaanam Aa saamaanya Co GaNaam laakao Ao Anaao phīāa pNa AnaBava kyaaō Co

Aa pīhval pr qa[gayalal lagaBaga drik mahana vyaiktAo ']' dahrNa' ko 'savaalao Wara tmanal vaat samaj avavaanal psalīgal krl Co karNako Anaoo ivanaa saava sarL vaat pNa samaj avaval lagaBaga ASakya Co

AgaL j ta kdaca tmanao inatīa ko pitkarnaao saamanaao krvaao pDo kdaca tmaara j kūtībalj naao trfqaI. . .

"mahā%maa Anaoo hīāSaa Aivakīsat laakao trfqaI pitkarnaao saamanaao krvaao pDyao Co " - Aalbat- Aa[nsTa[na

"Aa kvaaō ivaica~ samaya Co ko j yaam j waana Anaoo paQ saathao SaaLamaam K aōTī iSaxaa A apvaamaam A avao Co Anaoo j o sa%ya samaj avavaanal ihīat kro Co Anaoo laakao maK - Anaoo pagala gaNao Cr - Pīaūtāo

laakanao salYTnaa] _Ganal samaj Na ivaksaavavaanal j \$rt na j Naaya Amaam
 ApNao Amanao dafa na d[SakIA o Salitmao Ak baalKnao vaZSaa ko A o
 hju caalata kma Sal#yall naqal.

ha, pritu manao pNa kyaarik glaaina qaaya Co j yaaro laakao baiwmaana haq[nao
 baiwnaao] pyaaga na krvaanaM psall kro Co pritu Amaam hM ko tmao kaL[
 na kri SakIA o laakao svatM- Co A nao ApNao Amanal svatM- tanao maana
 ApvaM j aq[A o

**balj aA anao kSall pNa SalK vaa dvaas maaTo tmanao tmanaa diYTkaNanaa
 pirNaamaao Baagavavaa dvaas A %yall j \$ri Co**

Cilal salaah

"j ao tmaarao naata tmanao kho ko svaga- AakaSamaal Co tao tmaara krtal
 philaal pK IA ao %yaal phaical j Sao j ao tA ao Ama kho ko svaga- samaadmaal
 Co tao pqama maaClalA ao %yaal phaical j Sao
 svaga- tmaarl A Mr j Co . ." [2]

A aqal (A aj sal Bamaaljal)

"j o baQal j j aNao C
 pNa svanao naqal j aNatao
 A o kSal j naqal j aNatao"

Saa maaTo Cilal 2000 vaYaamaal kaq A o A a salaahnao saacaa A qa- naqal
 SaaQyaa A aK ro pival prnaa maanavalnao qayal Co Sal

Saa maaTo A salma xamata Qaravanaarl vyaiktgat caotnaa Ama baiw A nao
 klprnaa ivanaanal kzpt Linal j ma vatø C Co kaq j vaaba

ha, j vaaba Co . .

. . . A manao psalgalnal svatit ta Cq nahil

pravaao

tmao j aNaao Cao **2 + 2** koT laam qaayaE

4E

K rdK rE

SaM tmao saaiBAT kri SakSaamE

tmanao iva fvaasa Co ko tmao saaiBAT kri SakSaamE

2 + 2 = 4E

panam frvataM pho aam **Katri kri laao** ko tmanao K rdK r svayam pr iva fvaasa
Co ko tmao Aa saaiBAT kri SakSaao . .

SaM tmao A a vaat A k marGaa saamao saabat krl SakSaaE

j ao baiw kaq[]_6a ivaYao Klpnaa pNa na krl Sako tao **kSaM pNa** baad avam
Sakya j naqal - cacaanal Sa\$Aatnal pNa saBavanaa naqal.

**j ao baiw kaq[ivaYla'la'Na samaj vaa kabala na haya - tao kaq[j
saabatI Sakya naqal.**

saabatI maLvavaanaao A k maa~ maaga- Cq svayalhal caotnaanao ivakasa.

SaM A aK ro A o j bahmaaDnaao]_6a pNa naqalE

caotnaanao ivakasaqal ivaprlt psalMgal pNa Co - matK - banal rhvaM

tmao SaM psalM krSaaE

Dao Tama caakao
madabaanaE A asTiIayaa
10 iDsambar 1999

taj a klama

Aa pstk vaalkavaanaa pDkarnao A nao tmaalm rhidai] SKrNalnoo {llavaa badla tmaarao GaNaoo AaBaar.

Aama tao Aa pstk maM Apvaasanaa palctamaalm AzvaaiDyaa drmyaana 7 idvasamaalMj la#yaMCo pritu Anal AMr maara Cid laaM40 vaYanaa YvanakaL drmyaananaa ivacaaraq svaPnaaq Qyaana, saBaaQana, Ballaaq AMtma CDa SaaQata maLidaa AnaBavaao A nao diinayaanal baQal j maanyataAao ivarw pCayadaa savaalaamaao inaYkYa- rhidao Co

SaM Aa pstkqal tmaarl klipnaaSaiKtnao] <aj na maLyaM C#E SaM A naaqaal tmao ivacaar krvaa prayaa C#E tmaao pstk kvaM laagyaM SaM drk navaa vaalkana vaK to tmaao A o vaQau saarl rito samaj aya C#E tmaarl TIka iTppNal A avakaya- Co tmao [nTrnaoT pr inamnailaiK t saa[T Wara maarao saMk-saaQal Sakao Cao

<http://www.thiaoouba.com/>

<http://www.bioresonant.com/>

<http://www.thefreedomforum.com/>

] pralt Aa vaba saa[T pr tmao A o pNa j aNal Sakao Cao ko hM maarl psalMgalnal svatM-ta vaapri baj a kyaa kayaae kri rhyaa CM hM tmaara savaala vaalkal yaagya j vaaba Aapvaanal banati baQal kaB SaSa kriSa. tmaara savaala tmao] pr j Naavadi vaba saa[T Wara maadklal Sakao Cao

pma A nao pkaSa saaqaq

Tama caakao

maanaValnaa Baa0tk Sarlrnaao Ak ma~] _6a C#

AaQyaaI%mak ivakasa. . . [1]

saBa-

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A nawaadk Aimat priK ivaSao

Aimat priK ispircyalA la saayansa AND irsaca- fa] nD Sana naamanal sabiqaa hzL iva&ana A nao A aOyaa%manalA kIkrNa krvaa kaI SaSa krl rhyaa Co vaQau maaihtl maaTo [nTrnaoT pr <http://www.BeEnlightened.org> vabasaa [T j uA ao A a pōtk] pralt Aimat priK inamnailaiK t pōtknaa laK k Co

Understanding Money "Money... More precious than Life! More powerful than Love! More essential than Knowledge! More dangerous than Nuclear Bomb!! Few of us see money as means to acquire more knowledge, happiness, and love...."

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એતનાનો વિદાય

આ પુસ્તક સૌથી વધુ માહત્વના અને કદાચ કોપી પણ ન શકાય એવા મુખ્ય જટિલ વિષય વિશે છે - બુદ્ધિમત્ત વાચક સમય પ્રક્રિયાનું મૂલ્ય અને એની સ્થળાનો એવો ખોખવાનો અને સાબિત કરવાનો.

એતનાનો વિદાય મનોરંજક અને ઉત્તેજક છે, અને છતાં પણ, તેનો સ્પષ્ટ તર્ક અને તાર્કિક તારવણીઓ ઉચ્ચતમ વૈજ્ઞાનિક અને સામાજિક સામગ્રી કરી શકે છે.

તો તેષાર વર્ષ જાઓ કહી ન શકાય આશ્ચર્યજનક પ્રવાસ માટે જે તમને તમારી એતનાનોને એ છેડાનો સુધી વાર્ષિક જેની તમે કહી કહાવના પડા નહીં કરી શકો.

એ તમે આ પ્રકારને પહોંચી વળાઓ, ઘોડા પણ, તો જલ્દ તમને આ પ્રક્રિયામાં તમારું સ્થાન અને માહત્ત સમજાઈ જશે. તમારે હવે પાછી કોઈની પડા કોઈ પડા વાર "માની" એવાની જરૂર નહીં પો. કારણકે તમે સત્ય જાણી ગયા છાઓ.

શું તમને એ જાણવાની ઈચ્છા નથી કે આ પ્રક્રિયાનો જન્મ શા માટે થયો ? માનવીના જીવનનો ઉદ્દેશ શો છે? અન્યારે પ્રક્રિયામાં શું થઈ રહ્યું છે ? શા માટે ? એ શા માટે થયું ? એની જરૂર શું હતી ?

એમક વિશે

ડૉ. ટોમ ચાલોનો ઉચ્ચશાષિક શોખ એલર્ન અને વાઈરેશન એજિનિયરીંગથી માંડીને સંખ્યાનત્તનું ભૌતિકશાસ્ત્ર અને માનવીની સમજણના અભ્યાસ જેવા વિવિધ વિષયોમાં છે તેઓ ઓસ્ટ્રેલિયાની મેલબોર્ન યુનિવર્સિટીમાં ભૌતિકશાસ્ત્રના પ્રોફેસર છે.

ડૉ. ટોમ ચાલો એજિનિયરીંગમાં મસ્ટર્સ ડિગ્રી તેમજ ભૌતિકશાસ્ત્રમાં (એન્ડર ટોલોગ્રાફી) પી.એચ.ડી. પઠવે છે.

તેઓ વિદ્યાર્થકન, ક્ષણ, જાણ સંખ્યાનત્તની સીમા શોધવામાં અને સ્વ-વિકાસમાં સહ પઠવે છે.

