**uf]/IfuLtf pklgifb\\ j]bfGt dfu{bz{g**

**pkb]z**

a+b] t+ gagfyl;4 dlxt+ d]3flxdfnf˜˜;g+

dfnfk':ts z"n+ l80fL8dw/+ uf]/vd[To'**~**hod\

**j]bdf s] n]lvPsf] 5 t <**

a ± O ± b ldn]/ a]b zAb ag]sf] 5 h;sf] cy{ x'G5– 1fgsf] Hof]tL cyjf 1fgsf] e08f/ . cfh eGbf sl/a &,))) jif{ cuf8L g]kfnsf] bdf}nL lhNnfdf hGdg' ePsf dxifL{ a]b Jof;n] $ a]b / !\* k'/f0f n]Vg' eof] . oL lbJo 1fgsf k':tsx? g} ;Dk"0f{ wd{zf:q, ;flxTo / ;Dk"0f{ a}1flgs cflaisf/sf] >f]t xf] . j]bdf s] 5 < eGbf klg j]bdf s] 5}g eGg' pko'Qm x'G5 xf]nf . ;Dk"0f{ hut, k|s[lt / dfga hflts} ;+lawfg xf] a]b . o;n] c;n hLjg k4tL, lbJo 1fg, ;lxi0f'tf / zflGtsf kf7x? l;sfPsf] 5 . oL $ j]bx? x'g\ M–

!= **CUj**]b M …CUÚ sf] cy{ x'G5 z'Gotf . To;}n] of]] g} ;Dk"0f{ a|Xf08Lo 1fgsf]] d"Vo k':ts xf] . oxfF O{Zj/, a|Xf08 / k|s[ltsf] ;[li6sf] af/]df j0f{g ul/Psf] 5 . pmF WjgL, ;"o{ / gfu k"hfsf] ckl/xfo{tf, tGq phf{, k||s[ltsf kfFr tTjx?sf] pk;fgf cflb OTofbLsf]] 1fg lbOPsf] 5 .

@= **oh'a]{b** M o; k':tsdf wfld{s sd{sf08, Gjf/fg, a|taGw, lajfx, cGToli6 ;+:sf/, xjg / k"hf lawL wfld{s lrGx?sf] cy{, a}lbs dGqf]r/0f, Jofs/0f, j}lbs ;gftg wd{sf] JofVof, wd{sd{ / hLjgsf] p2]Zosf]] af/]df la:t[t JofVof ul/Psf] 5 . oxfF zl//, dg / cfTdf z'l4s/0fnfO{ k|fyldstf lbPsf] kfOG5 .

#= **;fda]b**M ;fdsf] cy{ x'G5 ;+uLt . ctM oxfF no, w'g ;+uLtsf ;ft ;'/sf] 1fg lbOPsf] 5 . ;f, /,] u, d, k, w, lg, g} ljZje/sf] ;+uLtx?sf] >f]t xf] . olt xf] sL pgLx?n] o;nfO{ 8f] /] dL kmf ;f] nf ;L eg]/ a'em] . ;fdj]bdf snf ;flxTo, dfgjtf, hLjg / hutsf] bz{g af/] plAhg] k|Zgf]Q/x? / ;Dk"0f{ a}1flgs cflaisf/x?nfO{ ;+:s[t Znf]sdf JofVof ul/Psf] 5 . p; hdfgfdfg}} ladfg, kmf]g, l6=eL=, uf8L, sDKo"6/x? lyP . xhf/f}F aif{ cl3 g]kfndf ag]sf To:tf a}1flgs cflaisf/x? k''/ftflTjs vf]hn] kQf nufP kl5 ljZj j}1flgsx? cfZro{ rlst ePsf 5g\\ .

$= **cyj{{j]b M–** of] j]b ;aeGbf sfG5f] j]]b xf] . oxfF, Hof]ltif, cfo"j]{b, Wofg, jf:t'zff:q (Fengsui), :kz{ lrlsT;f (Reiki), cy{zf:q, wd{zff:q, tGqzf:q, /fhgLlt, s[lif, Jofkf/, vuf]nzf:q cflbsf] j0f{g ul/Psf]] 5 .

To;}n], j]bdf s] 5}g < of] t lbJo 1fgsf] e08f/ xf] . ;Dk"0f{ dfgax?sf] ;+lawfg xf] . hLjgsf x/]s k|Zgsf pQ/x? oxfF kfO{G5 . x/]s ;d:ofsf ;dfwfg ug]{ pkfox? j]bdf l;sfOPsf] 5 . c;n hLjg k4lt l;sfpg] zf:q g} j]b xf] . la8Djgf, xfd|f kl08tx?n] o;nfO{ k"Hg l;sfP–klZrd]nLx?n] vf]h cg';gwfg u/]/ laz]if 1fg cyjf la1fg agfP . jf:tjdf j]b eg]sf]] a|Xdf08sf] la1fg xf] . cfO{G;6fOgsf] Theory of relativity, E = mc2 klg oxL 5 . Go"6gsf] (Law of Gravity) klg oxLF 5, Computer sf] Algorithm, Pythagoras Theorem klg oxLF 5 . !@ cf}+ ztfJbLsf ljZjljVoft O6fnLsf ul0ft1 Fibonacci n] a0f{g u/]sf] Mathematical Sequence of Nature cyjf k|s[ltdf b]lvg] k|fs[[lts ul0ft h:tf] ls– km"n km'Nbf !, @, #, %, \*, !#, @! sf] qmddf kms{g] ub{5 . To:t} eF'Os6x/sf] af]qmfdf ag]sf] 5fk h:t} x/]s k|f0fL / jg:kltdf ag]sf] k|s[ltsf] lrGx -e"O{s6x/sf] af]qmf÷;k{sf] 5fnf, ;"o{d'vL km'n\_ cb\e"t x'G5 . o;nfO{ Fibonacci n] /fd|/L JofVof u/]sf 5g\ h'g s'/f j]bs} 1fg xf] . lsgls pgL g]kfn cfP/ gfnGb laZalaBfnodf k9]sf lyP . !( cf}+ ztfJbLsf ljZj k|l;4 a}1flgs Nicole Testa h;n] Jet engine, T.V, Wi-Fi, Motors, Electricity, Telephone h:tf ;of}+ a}1flgs pks/0fx? kQf nufPsf 5g\, pgn] klg j]bleq elgPsf] …cfsfz tTjÚ infinite energy sf] cWoog u/]sf lyP . pQm s'/f g]kffnsf j]bfrfo{ laj]sfgGbaf6 yfxf kfPsf lyP . ctM j]bdf dfgj hfltnfO{ cTofjZos ;Dk"0f{{ lbJo 1fg 5 eg]/ a'‰bf /fd|f] x'G5 . lgDg lnlvt ;+:s[tsf Znf]sx?n] j]bleq s] s] n]lvPsf] 5 t eg]/ k|i6 kf/]sf] 5 .

* æ/fqf] r **k'?if Pj]b+ ;j{ob e"t+oRr eAod** -CUj]b !)–()\_ of] z'Qmdf k'?if -k/dfTdf\_ sf] la/f6 ?k / jxfFaf6} ePsf] ljZjsf] ;[li6 ePsf] j0f{g 5 . r/fr/ hut / j]bsf] ;[li6 ;j{>]i7 k/dfTdfsf] O{R5faf6 ePsf]] / lqu'0f, lqnf]s, lqsfn -e"t, jt{dfg / eljio\_ klg jxfFF g} x'g'x'G5 .
* **cfgLbjft+ :jWof tb]sd t:dfb xfGoGg k/ M lsrgf; .** -CUj]b !)–!@(\_ tL k|hfktL ;[li6sf]] k|f/Dedf lx/0o ue{, -;'j0f{sf] lk08 a|Xff08 -a|Xd±c08\_ sf] ?kdf dfq k|s6 lyof] . of] gf;bLo z'Qmdf j}lbs Clifd'lgx?sf] 1fg, cnf}}lss bfz{gLs lrGtgsf] kl/rfos 5 . ;[li6 k'j{sf] l:ylt eg] /ft–lbg, ;To–c;To eGg] g} lyPg . dfq cfgGb ?kL k|sfz lyof] .
* **co+ o1f] e'jg:o gfleM** -CUj]b !–!^$, #%\_

**O{Gb|+ ldq+ j?0f dflUg dfx'' /yf] lbJoM ;'k0ff]{ u?Tdfg** -CUj]b !–!^$,$^\_

jt{dfg g]kfnsf]] td3f; eGg] 7fpFdf hGdg' ePsf bL3{td; -pxfFs} gfdaf6 td3f; eGg] 7fpFF /xof]**\_** Clifåf/f b[li6kft of] z'Qmdf bz{g, cWofTd, dgf]lj1fg, efiff lj1fg, Hof]ltif la1fg, vuf]n la1fg, Pjd\ ef}]lts la1fgdf d"ne"t tYox? ;dflai6 5g\ . dfly elgPsf] Znf]sdf æcfuf]] / kfgLaf6 rNg] ljdfg / u'?Tjfsif{0fÆ eGg] k|i6 5 . ;fy} j]bdGqx?df cGt/ lglxt b}ljs zlQm of] afdLo z''Qmg} ef/tLo laåfg / klZrdL laåfgx?n] w'Okftfn vf]h]/ e]6]sf]] / ulx/f] cg';Gwfg kZrft lxhf] cfhsf]] a}1flgs cflaisf/ ;+ea ePsf] xf] .

* **;+uR5Wj+, ;+ jbWj++, ;+ jf] dgfl; hfgtfd** -CUj]b !)–!(!–@

**;dfgf] dGqM ;ldlt ;dfgL ;dfg+ dg M ;xlrQe]**iffd -CUj]b !)–!(–!–#\_

o; jfSox?n] ;fdflhs ;f}xfb{tf / ;xcl:tTjsf] pkb]z lbOPsf] 5 . xfdL ;a} ldn]/ af]nf}, ldn]/ cufl8 a9f} . xfd|f] dg–lrQ ;dfg xf];\, xfdLdf Pstf xf];\ / ;x–cl:tTjsf] af]w xf];\ .

* **g ef]hf dd'|g+ Goo{dLo'M CUj]b !)=!)&=@**

o; z'Qmdf bfgL JolQm cd/ x'g], slxNo} ;+s6 gkg]{, ;dfh–/fi6«df k'Ho x'g] s'/f pNn]v 5 . lt JolQmx?nfO{ ;"o{nf]s / :ju{df klg pRr :yfg k|fKt x'G5 . ;Gt, dxfTdf, Clif, ldq, leIf'nfO{ ;xof]u gug]{ JolQm dxfkfkL x'G5 . æg ; ;vf g bbflt ;Vo] -CUj]b !)–!!&=$\_

* **;d|f1L Zjz'/] ej, ;d|f1L Zj>jf+ ejM gfgfGbl/ ;d|f1Lej, ;d|f1L cl3 b]j[if' -CUj]b !)=\*%=$^\_** lajflxt dlxnf ;w} gd| aGg' / ;f;'–;;'/f, gGb b]j/nfO{ cfb/ ug'{, kltnfO{ eg] b]jtf ;Demg' elgPsf] 5 . aw' -klTg\_ :jo+ ;d|f1L ;Dem]/ Joaxf/ ug'{ -;defan]\_ To;}u/L, kltn] klg pxL efjn] wd{klTgnfO{ ;f]Rg' kg]{ s'/f pNn]v 5 .
* **hu|fx kf7od[Uj]bft ;fdEof] uLt d]j r, oh'j]{bfblegofg /;gfyj{0ff blk ..Æ -gf6ozf:q !=!&\_**

dxfd"'lg e/tn] cfkm\gf] gf6o zf:qdf ;+uLt, clego, rl/qsf] j0f{g u/]sf 5g\ . :d/0f /xf];\ d'gL ef/tsf] gfFpaf6 g} clxn]sf] e/tk'/ ePsf] xf] . Muller, Sylvan Levi, Von Schroeder, Dr. Hertel, Oldenberg, Windisch, Pischel h:tf klZrdL laåfgx?n] g]kfnaaf6 z'? ePsf] j}lbs ;EotfnfO{ d'Qms07n] k|;+;f u/]sf 5g\ .

* **æa|Xfro]{0f sGof laGbt] kltdÆ** cyf{t u'?s'ndf :qLx? a;]/ klg 1fgfh{g ub{y], dlxnfx?nfO{ slQ klg e]befj lyPg . ldlynflw; -/fhf\_ hgssf] ;efdf ufuL{ -lab'ifLÖlaåfg dlxnf\_ n] o1jNSonfO{ zf:qfy{ u/]sf] s'/faf6 g} k'li6 x'G5 sL j}lbssfndf k'?if dlxnf lar ;dfg Joaxf/ ul/GYof] eg]/ .
* **lq/fq+ /h:jnf˜ z'l4e{j]t OTo]jdflbgf k|kl~rtjfg ..##..** dxifL{ jl/i7

dlxnfx?df x'g] dfl;s wd{–/h:jnfsf] af/]df o; Znf]sn] gf/L % lbg ;Dd cklaq /xg] s'/f pNn]v 5 . /Qm>fj e}/fv]sf] a]nf ls6f0f' ;+qmd0f x'g] s'/f afx]s /hZjnf ePsf] % lbg;Dd gf/L gau|x / rGb|dfsf] zlQm ;+ro ug{ g;Sg] ca:yfn] ubf{ b'j{n x'G5 . zfl//Ls / dfgl;s cj:yfdf g} of] a]nf gf/L sdhf]/ cj:yfdf x'g] ePsf]n] /h:jnf ePsf] & lbg ;Dd o1 xjg, k"hfkf7 / >Ldfg ;+usf] ;+ef]u klg alh{t ul/Psf] 5 . o; calwdf ;+ef]u u/]df clgi6 ckf+u aRrf hGdg] x'G5 . ctM a}lbs sfnb]lv g} Ct' dlt x'Fbf dlxnfn] cf/fd ug'{kg]{ elgPsf] 5 . cd/sf]if cg';f/ Ct'dtLnfO{ /h:jnf, :qLwd{, clj, cfq]oL dlngL, k'ikjtL, pb\Sof cfbL gfd lbOPsf] 5 . o; calwdf e"t–k|t, af]S;Lx?n] l5§} cfqmd0f ug{ ;Sg] s'/f klg pNn]v5 . :d/0f /xf];\, e8lsPsf cfTdfx?nfO{ e"tk|]t / s'efjgf /fVg] k'?if eP af]S;f / s'b[li6 /fVg] c?sf] enfO{ grfxg] dlxnfnfO{ af]S;L eGg] ;Demg' kb{5 .

* **h;fleKn'tf+ gf/L g/:o xo"kuR5t M k|1f t]hf] an+ rIf'/fo"Zr}j k|xLot] .** -dg':d[lt $=$!!\_

cyf{t, /h:jnf ePsL :qL;+u ;+ef]u ug]{ k'?ifsf k|1f, t]h, an, cfFvf, cfo' ;a} gi6 x'G5g\ .

:d/0f /xf];\ k'?ifx? klg # lbg /h:jnf x'G5g\ . of] a]nf cfnZotf 5fp5 / zlQmlxg ag]/ a;]sf x'G5g\ .

* **Cifof] dGq b|i6f/ M** cyf{t, 1fg / dGqåf/f ;+;f/sf] r/d ;Ldf;Dd b]Vg ;Sg] JolQm Clif xf] . Clif s'g} klg hft, wd{, j0f{sf] JolQm x'g;Sb5 . h:t}M j]bJof; Clif -s[i0f åfjfog\_ dfemLsf 5f]]/f lyP, pgsf lktf dxifL{ k/f;/ klg rf08fnsf 5f]/f lyP . To:t} dxfd'gL alzi7 a]Zof k'q lyP . j}lbs dGqsf /rlotf sltko gf/Lx? g} lyP . h:t}M /f]dfzf, /f]kfd'b|f, ckfnf, sfb|', ljZjfaf/f, 3f]zf, h'x', kfgnf]eL, hl/tf, pj{zL, ;fljqL, b]jofgL, gf]wf, cflb .
* **s/fu|] a;t] nIdL s/dWo] ;/:jtL s/d"n] t' uf]ljGbM k|eft] s/ bz{gdf ..** dflg;n] dflg; eO{ afFgsf] nflu oL ltg s'/fx? cfjZos kb{5 . nIdL -wg\_, ;/:jtL -laBf\_ / uf]ljGb -s'6gLlt\_ .
* **of]ulZrQj[lQ lg/f]wM** -kft~hn of]u z'q\_ r+rn dgnfO{ zfGt kfg'{ g} of]u xf] . l;4L x'gnfO{ Sn]zx?af6 d'Qm x'g ckl/xfo{ 5 . h;sf] nflu /fu -df]x\_, å]if, cledfg, cl:dtf -df]x\_ af6 6f9f /xg ;Sg'kb{5 . -/fuÖnf]e\_ o;sf] nflu k+rlznsf] kfngf / ;flTjs ef]hg klxnf] v'8\sLnf xf] . cGoyf cfTdf :j?ksf] bz{g x'b}g .
* **æuoGt+ qfot] OltÆ** xfdL ;"o{ b]jsf j/l0fo k|sfznfO{ wf/0ff ub{5f}+ . o;af6 hLjghn / 1fg k|fKt xf];\ eGg] ufoqL dGqsf] cy{ x'G5 . g]kfnaf6 k|fb'ef{j ePsf] a}lbs ;EotfnfO{ g} cfTdf;fy u/]/ l;Gw'3f6L, ld>, o"gfgL, a]lanf]g h:tf k|flrg ;Eotfx?n] klg ;"o{sf] k"hf cf/fwfgf u/]sf] k|z:t k|df0fx? 5g . ;"o{df g} gau|x tyf k[YjLsf ;Dk"0f{ r/fr/ k|f0fLx?sf] cl:tTj cGt/ lglxt x'g] x'Fbf ;+;f/sf ;a} wd{df ;"o{ k"hf x'g] ub{5 . g]kfnsf] g]jf/L ;Eoftfdf t emg\ k/fk"j{ sfnb]lv clxn];Dd 3/sf] cufl8 ;"o{ k"hf ug]{ / OxL -s'df/L sGofnfO{ !@ lbg ;Dd u'kmf /fVg]\_ k|rng 5 .
* **obf ;"o{dd'+ lbjL z'qm+ Hof]tL / wf/o cflbt] jM ..** CUj]b \*–!@–#) sf] of] dGqn] ;j{zlQmdfg O{Zj/sf] k|z+;f u/]sf] 5 . ;"o{nfO{ ;[li6 u/L u'?Tjfsif{0fsf] sf/0fn] ;a} u|xx?nfO{ ;"o{ jl/kl/ 3'dfO{ /fVg'ePsf] 5 .
* **;latf oGq} kly{jLd/D0ffb;sDeg] ;atf bofdb+ xt** -CUj]b !)–!$(–!!\_;"o{n] k[YjL nufot ;a} u|xx?nfO{ cfkm\gf] ck/Dkf/ zlQmn] afFw]sf] 5 / oxL u'?Tjfsif{0fsf sf/0fn] cfkm\g} jl/kl/ 3'dfO /fv]sf] 5 .
* **b]jfgf+ dfg] k/ydf clti7fg sGt{qb]if'd'k / pbfot .**

**t/o:tfklGt kly{ ladg' k bj a's+ axtM k/Lod ..** CUj]b !)–@&–@# sf] of] Znf]sn] kfgLdf xfO{8«f]hg b'O{ efu / clS;hg Ps efu (H2O) x'G5 . oxfF kfgL aGg] k|lqmof klg atfOPsf] 5 .

* **obqmGbM k/yd hfodfg pbot ;d'bfb't jf k/Lkft** -CUj]b !–!^#–!)\_

of] wtL{df klxnf] hLj kfgLdf pTklQ ePsf] xf] .

* **k~rf/] rqm] kl/at{dfg] t:dLGgtf t:o"e"j{gfgL ljZjf .**

**t:o gfI:tkot] e"l/ef/M zgfb]j g lzo{t] ;gfeLM**

CUj]b -!–!^#–!#\_ of] Znf]sdf ;"o{ cfkm\g} rqmkydf kmGsf] df/L /fv]sf] 5 . ;"o{ lazfn cUgL lk08 ePsf] sf/0fn] ;"o{sf] zlQmn] g} k[YjL nufot c? u|xx?nfO{ cfkm";Fu} 3'dfO /fv]sf] 5 .

* **Ox j/jLt' o Odªd a]bf:o, afd:y lglxt+ kb j]M**

CUj]b !–!^$–& df æ3fdsf] k|sfzåf/f ag:ktLx?n] vfgf agfpFb5g\ cyjf xl/t k|sfz Photosynthesis x'G5Æ eg]/ elgPsf] 5 . ætj:tf laj:oÆ DNA sf] JofVof u/]sf] 5 .

* **;x;|v/ ;+o'Qmf] /yf] d]3;d :jgM**

r6\ofª em} uh{g] w]/} kv]6f ePsf] ladfg -jfo'k'/f0f\_

* **æhLjf] hLj:o hLjgdfÆ** zAbn] k[YjLdf x'g] hLjgrqm Ecosystem sf] s'/f u/]sf] 5 .

cyf{t, k|f0fL / ag:ktL ;a} Ps csf{df lge{/ x'G5g\ .

* **æWofg+ 3l6sf ifli6d]j rÆ** eGg] jfSof+zn] Ce' Clifn] agfpg'ePsf] cfjfh /lxt 38Lsf] s'/f u/]sf]] 5 .

**æJof]dofg+ ladfg++ jf k"j[df;LTd xL e"hf+Æ** æCe' Clifn] agfpg'ePsf] cfjfh /lxt ladfgÆ elgPsf] 5 .

* **hn;"o{ dl/Rol:t oT;"Id+ b[Zot] /hM**

**t:o] kfli7tdf] efu k/df0f'M; pRrt] ..** ;"o{sf] Gofgf] ls/0fn] g} ;f/f k|f0fL ag:ktLx?nfO{ hLjg lbPsf] 5 . ;"o{sf] ls/0fn] g} c0f'–k/df0f'x?nfO{ hfu[t u/]sf] 5 .

* **æk/fsfok|j]zÆ** Pp6f zl//sf] cfTdf csf]{ zl//df k|a]z ug]{ tl/sfsf] s'/f u/]sf]] 5 . cyf{t e/v/} d[To" ePsf] Ps o'jtL jf o''jfsf] zl//df s;/L Ps j[4 dflg; k|a]z ug{ ;S5g elgPsf] 5 .
* **O{S5GggZj:o olR5/M CUj]]b !–\*$–!!$** df cf}ifwL la1fg / zNolrlsT;f (Operation) sf] s'/f u/]sf] kfOG5 .
* **æu|x=;""o{ td;fR5Ggd Æ** n] ;"o{ u|x0fsf] k|s[of / o;af6 x'g] c;/sf] s'/f u/]sf] 5 .
* **æck|a|t]g t'/Lo]gÆ** a|Xf08nfO{ glhs} x]g{ ;lsg] s:tf] cb\e"t b/aLg (Telescope) elgPsf] 5 .
* **s}nfz kj{{tt+ uTjf lalhTo g/safxgd\**

**ladfg++ k'ikss+ t;o sfdu+ j}} hxf/ oM -clUg k'/f0f\_**

cyf{t, ælaho pT;j dgfpFb} dflg;x? k'ik ladfg r9]/ klaq s}nfz kj{t tkm{ p8]Æ elgPsf] 5 .

* **:jf:Yo wg+ ;j{ wg+ k|wfgd\\ .** ;a}eGbf 7"nf] wg cfkm\gf] :jf:Yo xf] .
* **æa|Xf]] d'x"t]{ of lgGb|f ;f k"GoIfosf/L0fLÆ** a|Xfd"t{ -;"of]{bo eGbf () ldg]6 klxn]\_ df p7\bf afna'l4 lstL{, ;f}Gbo{, oz, P]Zjo{, ;sf/fTds ;f]r / O{Zj/sf] bz{g x'G5 .
* **j0f{ lslt{ dlt+ nIdL :jf:Yodf o">r lablGt, a|Xf] d'x"t]{ ;+hfu|lR5 jfk+sh oyf ..**

a|Xf d'x't{df -cd[t a]nf\_ p7\bf zl// / dg r+uf x'G5 . oz, lslt,{ :jf:yo nfe, wg nfe / O{Zj/sf] bz{g x'G5 .

* **;To bfg+ IffdfzLnddf gg[z+:o+ tkf]bof**

**b[ZoGt] oqq gfu]Gb| ; a|fXf0f Olt :d[tM uLtf !\*)÷@!**

x] gfu /fh – h;df ;To bfg Ifdf z'zLntf, bof, tkf:jL efj ;b\u'0fx? b]lvG5, To;}nfO{ a|fXff0f eGb5g\ .

* **hGdgf hfot] z'b|M ;+:sf/ft låh pRrot]**

**j]bfwofoL ej]b lak| a|Xf hfgflt a|fXd0f ..**

hGdbf g t rGbg x'G5 g t hgfO{ . To;}n] hGdbf xfdL ;a} z'b| x'G5f} – ;+:sf/n] dflg; pRr x'G5 . j]b zf:qx? cWoog u/]sf] a|Xf1fg hfGg]nfO{ …a|fXd0f… elgG5 .

* **clx+;f k/df] wd{ wd{lx+;f ty}j r** – efujt\ uLtf

lx+;f gug'{ dg'iosf] d'Vo wd{ xf] t/ wd{ /Iffsf] nflu lx+;f ug'{ klg p;sf] st{Jo xf] .

* **nfno]t\ k~r jiff{l0f bz jiff{l0f tK8r]t\**

**k|fKt] t' iff]8z] jif]{ k'q ldq abfr/]t\**

cyf{t, cfkm\gf 5f]/f5f]/LnfO{ kfFr aif{;Dd dfFof, bz aif{;Dd xKsLbKsL / ;f]x| aif{ kl5 ;fyLsf] Joaxf/ ug'{kb{5 .

**j]bsf] d"ne"t lzIff**

* a|df08, k|s[lt / k|f0fLx?sf ;[li6stf{ O{Zj/ k|lt ;w} s[t1 x'g'xf];\ lsgsL ;dk{0faf6 g} k|]d pTkGg x'G5 .
* k~rzLnsf] k"0f{ kfngf ug'{xf];\ -grf]g'{, g9f6\g, sf6df/ gug'{, h'jftf; gv]Ng', hfF8 /S;L gug'{, / Joflerf/ gug'{\_
* k|s[tL / ;do;+u} aUg'; / hLjgsf] x/]s If0fnfO{ dgf]/~hg ug'{;\ .
* cfkm";Fu h]–htL 5, To;df g} ;Gt'i6 x'gxf]';\ .
* xfdL wd{sd{ ug{ / hLjgnfO{ cg'ea ug{ o; wtL{df cfPsf] xf} .
* :jf:Yo g} 7"nf] wg xf] . zl//, dl:tis / dg ;w} :j:y x'g' g} cfgGbLt hLjg xf] .
* O{Zj/ Pp6} x'g'x'G5 / ;To Pp6} 5 .
* sd{sf] lgodn] h:tf] /f]K5f} To:t} g} kmn kfpF5f}+ .
* k|s[lt k+rtTj -clUg, k[YjL, hn, jfo', cfsfz\_ n] ag]sf] 5 / dfFofdf c8]sf] 5 .
* ef}lts hLjg / cfWoflTds hLjgnfO{ ;Gt'lnt agfpm .
* cfkm"nfO{ ;+rfng ug]{, hLljt /fVg] -k|f0f / cfTdf\_ lzjtTjsf] dx'z; ug'{ g} cWofTd xf] .
* noa4 k|s[lt / jftfj/0f laufg'{ eg]sf] clgi6 lgDTofpg' xf] .
* ;dk{0fn] k|]d z'4 x'G5, elQmn] efjgf z'4, zfxfsf/L ef]hgn] zl// / ;+j]bgfx? z'4 x'G5g\ . cfly{s ;xof]u -bfg\_ n] wg z'4, Wofgn] dg z'4, xjgn] kjg z'4 xG5 eg] ;t;+un] 1fg z'4 x'G5 .
* Hof]ltif, cfo"j]{b, jf:t'zf:q / of]u, Wofg ;'Gb/hLjg hLpg] rfaL xf] .
* jt{dfgdf afrF / ;'v b'MvnfO{ Pp6} ?kn] dgf]/~hg u/ .
* /fu, å]if, qmf]w, cx+sf/, nf]e, sfd"stf, df]xx?af6 6f9f a:g g;s] hLjg g/s t'No x'G5 .
* c?sf] dg slxNo} gb'vfpg';\ / ;b}j ;a}sf] enfO{ ;Demg';\ .
* ;dosf] kfngf, k|lt1fsf] kfngf / st{Jolgi7 eP ;w} ;kmn eOG5 . cfkm"nfO{ dgkg]{ sfd u/ / bQlrQ eP/ u/ ;kmntf ToxL 5 .
* ;fbf hLjg pRr larf/ lng';\ .
* zflGt ltdL / ltd|f] kl/jf/af6 z'? x'G5 .
* d'v{sf] cf}ifwL x'Fb}g, To;}n] d'v{ ldq eGbf 1fgL zq' pQd x'G5 .
* hLjgsf] lgod 5 – efUon] Psflt/sf] 9f]sf aGb u/] tfklg csf]{ lt/ vf]NbL /fv]sf] x'G5 .
* ltvf{Psf] dflg;nfO{ kfgL b]p, 1fgsf] vf]hLdf ef}tf/L /fv]sf]nfO{ 1fg b]p .
* ltdL xfF; – ;+;f/ xfF:b5 t/ ha ltdL ?G5f}, ltdL PSn} ?g'kb{5 .
* olb s;}n] ltd|f v'§f tfG5 eg] ;Demg' ltdL pm eGbf cufl8 5f}+ .
* c?sf] s'/f g;'Gg' – ltdLn] h] u/] klg s'/f sfl6 g} /xG5g\ .
* l/; p7\g' eGbf cuf8L l/; kl5 x'g] kl/0ffd ;f]Rg';\ .
* /S;L, df;', ;'tL{x? /fIf;L ef]hg x'g . o;sf] ;]jgn] gsf/fTds ;f]r – z}tfgL zlQm hufpFb5 .
* ltd|f ;a} b'Mvsf] sf/0f c1fgtf xf] .
* of]u Wofg v'zLdo hLjg hLpg] z'q xf] .
* vfPsf] k|To]s vfgf cf}ifwL agf];\ . afFRgsf] nflu vfgf vfpm g sL vfgsf] nflu afFr]sf] h:tf] gxf];\ .
* k};f sdfpg' eg]sf] g'lgnf] kfgL lkpg' h:t} xf] hlQ lkof] plQg} ltvf{ nfUb5 . k};f ;fwg xf] ;fWo gagfpm .
* of] ;+;f/df sf] b'MvL 5}g / < sf]xL geP/ b'MvL 5g\ t sf]xL eP/ b'MvL 5g\ .
* xfdL vfnL xft cfPsf xf} / vfnL xft g} hfG5f} .
* sd{ u/ t/ kmnsf] cfz gu/ lsgsL kmn lbg] sf]xL 5 <
* cfkm"nfO{ k|]d u/ . ;'Gb/ hLjg eg]sf] nfdf] cfo";Dd afFRg' eGg] xf]Og sL slt d':s'/fpFb} hLjg latfpF5f} eGg] xf] .

**s] O{Zj/ x'g'x'G5 <**

;Eotfsf] z'?jftb]lvg} dflg;x? cfsfzlt/ x]/]/ tL tf/f, 3fd, h'g, afbn, s;n] agfof] xf]nf < eg]/ sf}t'xntfsf ;fy 3f]l/P/ x]b{y] . ljZjsf j}1flgsx? klg of] k|s[lt / a|Xff08sf] /rgf s;/L eof] eg]/ e]p kfpg ;s]sf 5}g . kSs} t agfpg]÷/rgfsf/÷;[li6stf{ sf]xL xf]nf . h:tf] sL of] 38L, snd, k+vf, df]afOn kmf]g, xjfOhxfh uf8L OTofbLsf] lgdf{0fstf{ sf]xL g sf]xL 5 . x}g t < p;f] eg] xfd|f] of] /x:odoL zl// s;n] agfof] xf]nf < %&^ d]uf lkS;]nsf] of] cfFvf, #) ld= dfly /ut km\ofSg] d'6', kmf]S;f], kfrg k|s[of oL ;a} hLjg k|0ffnL s;n] agfof] xf]nf < o;f] ;f]Rg'; t, of] d'6'sf] w8\sg s;n] ;+rfng u5{ xf]nf < kSs} klg tkfO{n] of] d'6' rnfpg' ePsf] t 5}g . ls s;f] < To;}n], oL ;f/f k|f0fL hLj, k|s[lt / a|Xff08nfO{ rnfpg] Pp6f a|Xff08Lo phf{ -k/d Hof]tL 5\_ To;nfO{ xfdL O{Zj/ eGb5f} . ToxL k/d Hof]tLaf6 ;"o{ ;+rflnt 5 / ToxL ;f}o{ phf{åf/f g} xfd|f] zl// leq /x]sf] k|sfz?kL cfTdftTjn] xfd|f] hLjg ;+rfng ul//x]sf] x'G5 . o;}nfO{ xfdL a|Xff08Lo phf{, k/dHof]tL, a|Xfr]tg jf O{Zj/Lo tTj eGb5f}+ . o;sf] cg'kl:yltdf hLjg / hLjsf] cfl:tTj g} x'Fb}g . la1fgn] klg Universal Consciousness, Cosmic Energy eg]/ JofVof u/]sf] 5 . Neutron, Proton, Electron nfO{ klg ;+rfng ug]{ k/dtTj, a|Xff08Lo phf{nfO{ xfdL …O{Zj/… eGb5f}+ .

jf:tjdf ;a} dflg;x?n] cb[Zo–ck/Dkf/ a|Xff08Lo phf{nfO{ dfGb5g\ g} t/ y/Ly/Lsf wfld{s ;Dk|bfox?n] u/]sf] …O{Zj/Ú sf] JofVofn] ubf{ dflg;x? /0fe"Nndf k/]sf x'g . emg\ ef/tLo e}ofx?n] laleGg b]j b]jLx?sf] t:jL/ agfO{ lb+bf klg dflg;x?nfO{ O{Zj/sf] vf]hLdf sl7g e}/fv]sf] 5 . xftv'§f 6fpsf] ePsf] laleGg lrqx?nfO{ cfw'lgs dflg;x?n] laZjf; gu/]sf x'g\ . O{Zj/, cNnfx, vfdL;fdf, God, h] hlt gfdn] k'sf/] tfklg Pp6} lrhnfO{ ;Daf]wg u/]sf x'g\ . dfq zAb leqsf] emu8f xf] of] . vfg' t k/} hfcf];\, cfFk gb]v]sfx?n] cfFksf] aofg u/] h:t} n§] huN6] bfx|Lafn hf]uLx?n] O{Zj/sf] JofVof ul/lbFbf ;j{;fwf/0f dflg;x? ?dlnPsf x'g\ . /fhg}lts kf6L{x?sf] 3f]if0ffkq hf/L u/]em} o:tf cx+sf/L wfld{s, g]tfx?n] wd{nfO{ k|b'lift kf/]sf x'g\ . dgu9Gt] afbsf] JofVofdf d:t eP . a}lbs ;gftg wd{ / a]bsf] dd{nfO{ a'emfpg ;s]gg\ . b'Mv nfU5 . cl:t ev{/ !,$)) jif{ cl3 hGd]sf] O:nfd ;Dk|bfo / @,))) aif{ cl3 hGd]sf] lqmlZrog ;Dk|bfo larsf] h'xf/Ln] ubf{ wfld{s o'4 eO/x]sf] 5 . ;fRr}sf] wd{u'? xf] eg] t æ;To Pp6} 5Æ eGbYof] xf]nf gL . eft[Tj, dfgatf, ;lxi0f'tf / zflGtsf] s'/f ub{Yof] . t/ pgLx?n] cfkm\g} wd{sf] kvf{n agfP / aflx/ x]g{ lbPgg\ . cfkm\g} s'/fl7s– c?sf] ;a} em'7sf] ;f]r g} v/fa eof] .

Pslbg ;t;+u eO/fv]sf] a]nfdf eujfg\ a'4;Fu Ps eQmn] olx k|Zg u/]5g\ æs] O{Zj/ x'g'x'G5 <Æ eujfg\ a'4n] æx'g'x'GgÆ eg]/ hjfkm lbg'eP5 . ;a}hgf rlst k/]5g\, d'vfd'v u/]5g\, O{Zj/k|ltsf] xfd|f] elQmefj v]/ uP5 eGb} wd{ ;efaf6 p7]/ 3/ uP5g\ . ef]nLkN6, Pp6L leIf'0fLn] km]l/ olx k|Zg ;f]lwl5g\ æs] O{Zj/ x'g'x'G5 <Æ eujfg\ a'4n] æx'g'x'G5Æ eGg] hjfkm lbg'eP5 . dflg;x? emg\ cfZro{ rlst eP5g\ , s] xf] of] < slxn] x'g'x'G5 – slxn] x'g'x'Gg . s'/f] a'em\g g;sL To; lbg klg ;t;+uaf6 p7]/ ;a} eQmx? 3/ uP5g\ . t];|f] lbg, xf]Og cfh t h;/L klg vf6L hjfkm dfU5' eg]/ csf]{ leIf'n] eujfg\ a'4;Fu ;f]w]5 æs[kof, xfdLnfO{ a'em\g] u/L elglbg';\ g Æs] O{Zj/ x'g'x'G5 < xfdLn] /0fe"Nndf k¥of} tÆ. o;kN6 eujfg\ a'4 s]xL klg gaf]nL 306f} Wofgdf al;lbg'eof] . k|Zgsf] hjfkm gkfP kl5 ;a} eQmx? 3/tkm{ nfu] .

csf]{ lbg, laxfgsf] ;"of]{bo;Fu ;t';+u z'? x'G5 / eujfg' a'4 cfkm"n] eGg'x'G5 ls – d}n] O{Zj/ x'g'x'Gg eg], csf]{ lbg x'g'x'G5 eg] / Pslbg hjfkmg} glbO{ r'krfk a;] . of] ;a} dnfO{ yfxf 5 . t/ O{Zj/ eGg] s'/f zAbaf6 yfxf kfO{b}g, of] t lans'n} cg'ej ug]{ s'/f xf] . d}n] x'g'x'G5 eg] klg / x'g'x'Gg eg] klg s]xL km/s kb}{g, ha;Dd tkfO{x?n] :jo+ o;nfO{ cg'e"lt ug'{x'Gg . xfd|f] ts{ ug]{ lbdfun] ;f]Rg] / ;f]Wg] s'/f xf] of] . t/ ha tkfO{x?nfO{ k|s[ltsf] k|s[of / :jo+sf] cfTdfaf]w x'g yfNb5 . To;kl5 O{Zj/sf] cl:tTjsf] s'/f g} cfpFb}g . olx O{Zj/sf] ;DalGw ulx/f] s'/f a'emfpg sl7g ePsf]n] eujfg a'4n] æwDdkbÆ eg]/ AofVof ug{'ePsf] xf] .

eujfg\ a'4nfO{ ;f]w] h;/Lg} dnfO{ klg w]/}h;f]n] æs] O{Zj/df ljZjf; ug'{x'G5<Æ eg]/ ;f]W5g\ / d pQ/df eGb5' æs] cfuf]n] kf]N5 – laZjf; ug'{x'G5 <Æ laZjf;n] s]xL km/s kfb}{g dxfzo– 5f]P/ t x]g';{ . cfuf]n] kf]Nb5 rfx] ljZjf; ug'{; of gug'{; . To:t}, O{Zj/sf] cl:tTj eGg] s'/f laZjf; u/]klg gu/] klg olx 5 . xfd|f] kZrfTo lzIffsf] sf/0fn] x/]s lrhdf k|df0f, sf/0f, d't{ ?kdfdfq vf]Hb5g dflg;x? . v}, xfFjf b]lvGg t, WiFi uPsf] klg b]lvb}g t/ klg xfdL ljZjf; ub{5f} eg] O{Zj/Lo phf{, cl:tTjnfO{ klg :jLsf/ ug'{kb{5 . æs] O{Zj/ 5Æ eg]/ k|Zg leq g} 5n{Ë pQ/ 5 . d]/f] zl//nfO{ s;n] rnfPsf] 5 < d hGdg' eGbf cufl8 sxfF lyP / k|f0f uPkl5 sxfF hfG5' / of] k|s[ltsf] cb'e"t ;[li6 s;n] u¥of] xf]nf < lao{ s;/L aGof] / ToxL ;]tf] nKsf] lao{af6 s;/L hLjg aGof] xf]nf < cflb O{TofbL k|Zgx?sf] pQ/ vf]Hg yfn] kl5 :jtM xfdL lgisif{df k'Ub5f}+ ls – of] r/fr/ hut, hLj, k|f0fL / phf{ jf r]tgfnfO{ O{Zj/sf] c+z ;Demg afWo x'G5f} . geP t ts{ g} ug]{ d'v{x?sf] nflu hjfkm lbg ufx|f] x'G5 . dflg;x? uf]hLdf k};f 6Gg x'Fbf, O{Zj/ ;Demb}gg\, ufnf /ftf] x'Fbf kfv'/f b/f] x'Fbf klg dflg;x? O{Zj/ vf]Hb}gg\ t/ ha kfv'/L uN5, 5fnf rfp/L k5{, Jofkf/df 6f6 klN6G5g\ . k|]dLx?af6 wf]sf kfpF5g\ . s'g} si6 lk8f kb{5 – Tolt a]nf x] O{Zj/ eg]s} x'G5g\ . O{Zj/ gePb]lv lsg dflg;x? olteflt O{Zj/ k'sf/]/ a:b5g\ t < s]xL 7"nf] pkxf/ wg k|flKt ePklg O{Zj/sf] s[kfn], v]ndf laho x'Fbf klg O{Zj/sf] s[kfn] eGb5g\ . 8fS6/n] klg æx'g]hlt k|of; ul/of] ca O{Zj/ xftdfÆ eg]/ la/fdLsf] cfkmGtx?nfO{ eg]sf] ;'lgG5 . cf}ifwLsf] vf]ndf n]lvPsf] Rx sf] cy{ klg æO{Zj/sf] z/0fdfÆ eGg] x'G5 . cd]/Lsg 8n/df klg æGod We TrustÆ eg]/ n]lvPsf] x'G5 . xjfO{hxfh rfns / cGtl/IfofqLx?n] klg æO{Zj/sf] z/0fdfÆ eGb} cfsfzdf p8]sf x'G5g\ . ca ;+ef]usf] r/d pTsif{df O{Zj/ O' God eGb5g\ eg] s'g} cfZro{ rlst s'/f eof] eg] O' God eGb5g\ . emg\ lk8f b'Mvdf t O' God eg]/ w'?w'? ?G5g\ . olx COVID-19 sf]/f]gf efO/;sf] dxfdf/Lsf a]nf ;f/f laZjsf dflg;x? O{Zj/nfO{ k'sfb}{ 5g\ . st} d?e"lddf 56k6fPsf] dfG5]nfO{ cyjf lxdfnsf] prfO{df cS;Lhgsf] sdL ePsf] a]nf 56kl6Psf] dfG5]nfO{ ;f]Wg';\\ ls O{Zj/ sxfF 5 eg]/ . o;f] la1fg k9L 6f]kn]sf 7"6]a'4Lx'g]n] dfq O{Zj/sf] af/]df ts{lats{ ub{5g\ . t/ ljZj k|Voft a}1flgs / la4fgx?n] t xfd|f] j}lbs zgftg wd{ / O{Zj/ cl:tTjsf] ;b}a d'Sts07n] k|;+;f u/]s} x'G5g\ . ct\M xh'/x?n] of] a'em\g'; sL– a|Xffdf08Lo phf{, jf xfd|f] hLjg cl:tTj g} O{Zj/ x'g'x'G5 . dxsf] ld7f;, km"nsf] ;'uGw, b'wleqsf] 5fnL b]Vg g;s] h:t} O{Zj/Lo tTj lans'n} cg'ej ug]{ s'/f xf] . cfTdfaf]w eO;s]kl5 ;x– cl:tTj / a|Xfdf08Lo r]tgfsf] cg'ej x'g yfNb5 . O{Zj/n] x]g]{ cfFvf / tkfO{n] O{Zj/nfO{ x]g]{ cfFvf Pp6} kfpg yfNg' x'g]5 . O{Zj/ vf]Hb} hfFbf tkfO{ dfq kfpg'x'g]5 / tkfO{ leqsf] …dÚ lzjtTj ;+u ;fIffTsf/ eO;s]kl5 htftfg} O{Zj/ b]Vg yfNg'x'g]5 . o;sf] nflu ;t\sd{, ;t\dfu{ / ;flTjs ef]hg ckl/xfo{ s'/fx? x'g\ . /fIf;L ef]hg -df;', /S;L, r'/f]6\_ sf] sf/0fn] cfTdf bz{gdf t'jfFnf] nfUb5 . h8ofxf dft]sf] dfG5]n] æof] 3/ d]/f] xf] / <Æ eg]/ 3/ cufl8 cfP/ kmt\kmtfP h:tf] x'G5 . zfsfxf/L ef]hg, O{Zj/ elQmefj / of]uWofg kZrft O{Zj/Lo bz{g x'g yfNb5 / tkfO{ cfkm}n] eGg yfNg'x'g] 5 sL æ O{Zj/ x'g'x'G5 / t d oxfF hLjLt 5' ================= .. Æ ॥ ॐ नमः शिवशिवाऽय ॥

**O{Zj/ – b]jtf / eujfg\df s] km/s 5 <**

em§ x]bf{ p:t} b]lvPtfklg logLx? lar cfsfz hldgsf] km/s 5 . h;/L Pp6L ufpsL caf]w dlxnfn] sfFwsf] k'mnL glrg]/ – xjNbf/, l8=P;=lk, cfO{=hL=lk 5'6\ofpg ;lSbgg\ / ;a}nfO{ k'ln; eg]/ ;lDemlG5g\ . l7s To;}u/L xfdLx?df o;sf] c1fgtf x'g' :jefljs xf] . O{Zj/ :jrflnt phf{, b]jtf ;+rflnt phf{ / eujfg\ kl/rflnt phf{ xf] . a|Xdf08Lo k|sfz k/d Hof]tL -gLnf], /ftf] / £o" /+u ePsf]\_ r]tgfsf] >f]tnfO{ …O{Zj/… elgG5 . hf] :jrflnt, ;a{JofkL, ;a{zlQmdfg, cgGt a|Xdf08df AofKt k|sfz xf] . olx a|Xdf08Lo phf{sf] sf/0fn] ;f/f ;[li6, hut, k|f0fL, hLj ag:ktLsf] cl:tTj ;+ej 5 . olx k|sfzn] gau|x / k|s[lt -xfjf, kfgL cfsfz, wtL{, cfuf]\_ ;+rflnt 5g\ . O{Zj/Lo k|sfzaf6 ;+rflnt tTjx?– gau|x, cfuf], kfgL, cfsfz, xfjf, gfu zlQm, wtL{nfO{ b]atf elgG5 . ;"o{b]j, a?0fb]j, cUgLb]j, zlgb]j, O{Gb|b]j, gfub]a cflb gfdn] k'\sf/]sf] t xh'/x?nfO{ yfxfg} 5 . oL b]jtfx?n] km]l/ xfdL dfgj k|f0fLx?nfO{ kl/rflnt u/]sf 5g\ . xfjf, kfgL, clUg, ;"o{ / gju|xsf] rfn lagf xfd|f] hLjgsf] cl:tTj ;+ej 5}g / eujfg\ eg]sf] oL b]jtfx? -b]j phf{\_ af6 kl/rflnt 5g\ . xfdL …eu \jfgÚ of]gLaf6 pTklQ ePsf xf}, To;}n] xfdL ;Dk"0f{ dfgahfltnfO{ eujfg elgG5 . t/ xfdL eujfg\ :j?k ePtf klg jf:tadf– :jefj, ?k, /+u, u'0fn] eujfg\sf] :t/ lgwf{l/t x'G5 . olb xfdLdf qmf]w, nf]e, 3d08, sfd"stf, lx+;fTds k|a[lQ -/fIf;L :jefj\_ ePdf xfdL eujfg\ x'g ;Sb}gf}+ . xfdL g/kz'df ulgG5f}+ . t/ olx ef}lts zl// leq ;flTjs ;f]r 5, ;j{u'0f ;DkGg b]jTj 5 -;f/f k|f0fL / hutsf] nflu afFr]sf] dfga\_ eg] aNn eujfg\ eGg ldNb5 . eujfg\ x'gnfO{ oz, an, lslt{, k|]d, s?0ff, Ifdflzn h:tf ;b\u'0f x'g cTofjZos 5 . o:t} ;b\u'0f ePsf sf/0f xfdL /fd, s[i0f, a'4nfO{ eujfg dfGb5f}+ . /fd k|]dsf] k|lts x'g'x'G5 eg] s[i0f lgd{n :jefjsf] k|lts x'g'x'G5 . cfTdf1fg eO{;s]kl5 k|folZrt ug]{ k|s[ofnfO{ a'4 elgG5 . oL ;a} u'0fx? xfdL leq cGt/ lglxt 5 . s'g :jefj xfdL agffpF5f} xfdL ToxL aGb5f}+ . k|]d af8\g ;s] xfdL g} /fd xf}+ . lgd{n lgbf]{if :jefj eP xfdL g} s[i0f xf}+ / hLjgdf u/]sf e"nx?sf] k|folZrt u/]/ cfTdfaf]w u/] xfdL g} a'4 xf}+ .

clxn]sf] of] snLo'udf xfdLx? ;a}df /fIf;L :jefj hsl8Psf] eP/ xfdLg} /fIf; xf}+ . df+; eIf0f, dlb/f ;]jg, xTof lx+;f, anfTsf/ s;n] u5{ < /fIf;n] . /fIf;n] slxNo} klg csf{sf] enfO{ ;Demb}g / b'i6 rl/q ePsf ;a} /fIf;x? x'g\ . b'O{ v'§fn] pleP/ dfq dfga eOb}g . dfga x'gnfO{ k|]d, s?0ff, IfdfzLn h:tf ;b\u'0f x'g h?/L x'G5 . clxn] To:tf :jefjsf dflg;x? sxfF kfpg' / < :j?k dflg; ePtf klg :jefj /fIf;L ePsf] x'Fbf clxn]sf dflg; egfpFbfx? g/kz' cyjf /fIf;g} x'g\ . geP :ju{sf /fhf O{Gb| klg 8'Ng cfpg] cnsfk'/L sflGtk'/L gu/L lsg To;/L b'u{lGwt x'GYof] < dfG5] h:t} ;+u'/x?sf] af; eP/} t xf] gL, xf]Og / <

ca, cfkm} a'em\g' xf];\ sL – O{Zj/sf] s[kfn] k|fKt of] ;'Gb/ g/gf/Lsf] hLjgnfO{ g/kz' -/fIf;\_ agfpg] xf] sL ;b'u'0fn] e/Lk'0f{ g/gf/fo0f agfpg] xf] . 5gf}6 tkfO{x?s} xftdf 5 . olb g/gf/fo0f aGg] xf] eg] ;flTjs ef]hg ug'{;, ;Tsd{ ug'{;\ / O{Zj/ k|ltsf] elQmefj Wofg ug'{xf]nf . xfdL af]lnrflns} efiffdf klg /fd|f] u'0f ePsf] -bfgL, ;xof]uL\_ dfG5]nfO{ eujfg\ eG5f} gL xf]Og t < / s'sd{ ug]{ b'i6 rl/qsf] dfG5]nfO{ …/fIf;Ú eg]/ eGb5f}+ . ctM /fIf;, eujfg\, b]jTj xfd|} zl// leq 5 . dfq xfdLdf lge{/ 5 sL s'g rfFlx :jefj x'sf{pg] . xfdL of]gLaf6 hlGdPsf ;b\\u'0fL JolQmx? ;a} eujfg\ xf} . xfdLnfO{ gau|x k~rtTjn] ;+rflnt u/]sf] 5 h;nfO{ b]jtf eGb5f} / oL b]jtfx? klg k/d Hof]tL O{Zj/af6 ;+rflnt 5g\ . of] k/dHof]tL eg]s} lzjtTj cyjf afaf uf]/Ifgfy eGg] a'em\g\kb{5 . …uf]Ú eg]sf] a|Xdf08 / r/fr/ hut, k|s[lt, hLj k|f0fLx?sf ;[li6stf{ afaf uf]/Ifgfy x'g'x'G5 . oxfF a|Xdf08Lo phf{ k'?if ePsf] x'Fbf …afafÚ zAb k|of]u ePsf] xf] . k|s[lt …gf/LÚ phf{ ePsf]n] cfdf k|s[tL elgG5 . :d/0f /xf];\, lzj uf]/If Pp6} a|Xdf08Lo k/d Hof]tL k|sfz x'g'x'G5 . ;r]t cj:yfdf kl/jt{g ug]{ phf{nfO{ uf]/If elgG5 . olx lzjtTjn] g} xfdL hLljt 5f}+ . uf]/IftTjn] ;"o{nfO{ / ;"o{n] xfdLnfO{ hLjg lbO/fv]sf] 5 . olxaf6 :jrflnt ;+rflnt / kl/rflntsf] s'/f k|i6 x'G5 . ॥ ॐ नमः शिवशिवाऽय ॥

**s] la1fg / cWofTd km/s s'/fx? x'g\ <**

df5fn] ækfgL rfFlxb}gÆ / dfG5]n] æcWofTd lrlGbgÆ eGg' Pp6} s'/f xf] . dflg;x?n] s'/f ga'em]/, kfZrfTo lzIffsf] k|efjsf] sf/0fn] la1fg k9]sfx?n] cWofTdfnfO{ km/s km/s b]v]sf x'g\ . jf:tjdf oL b'j} Pp6f l;Ssfsf b'O{j6f kf6f x'g\ . cWofTd leq ulx/f] la1fg 5 / cWofTd lagfsf] la1fg lagfzsf/L x'G5, n+u8f] x'G5 cyjf egf} KjfFv pv]lnlbPsf] r/f h:t} x'G5 . lar/f Û kfZrfTo ;Eotfsf] tyf slyt lzIffn] cWofTdnfO{ 8]/f] gh/n] x]bf{v]/L cfh ;+;f/e/sf dlg;x? zflGtsf] vf]hLdf ef}tf/L /fv]sf 5g\ . cfw'lgs la1fgn] k|lawLsf] lasf; u/L s]xL xb;Dd dflg;sf] hLjgnfO{ ;'lawf lbPtf klg b'Mvsf] s'/f la1fgn] dfgatf / lbJo 1fgsf] af/]df af]Ng ;s]g . la1fgn] ef}lts ;+/rgf -h;nfO{ 5'g, x]g{, uGw lng, gfKg ;lsG5\_ nfO{ dfq k|fyldstf lbof] . xfdL cb[Zo zlQm, a|Xdf08Lo phf{af6 kl/rflnt 5f} eGg] s'/fsf] x]Ssf /fv]g . kmn:j?k at{dfg la1fg /0fe"Nndf k¥of] .

cWofTdsf] unt cjwf/0ffn] ubf{ klg dflg;x?sf] r]t gv'n]sf] xf] . cfd dflg;n] cWofTd eg]sf] u]?a:q wf/0fug]{, 306L xNnfpg], v/fgL lgwf/df 3:g], dlGb/ wfpg] eGg] ;DemG5g\ . t/ s'/f] To;f] xf]Og . cfkm"leq cb[Zo zlQmn] d]/f] hLjg rnfO{ /fv]sf] 5 . d'6' d}n] rnfPsf] xf]Og, cfFvfsf gfgL d]/f] cfdfn] agfPsf] klg xf]Og . of] ;'Gb/ hLjg aGg] k|s[ofnfO{ yfxf kfpg' / ;x–cl:tTjsf] af]w x'g' g} cWofTd xf] . Tof] ?vn] clS;hg lbPsf] sf/0fn] d hLljt 5' . ?v sf6\g\ x'Gg, s;}sf] dg b'vfpg' x'Gg, k|f0fL xTof sbfkL ug'{ x'Fb}g eGg] h:tf lbJo 1fgsf] af]w x'g' g} -;x–cl:tTj\_ cWofTd xf] / of] cWofTd leq uhasf] la1fg n's]sf] 5 . Pp6f ;fgf] lapaf6 ;'Gb/ km"n aGg' of eGg';\ ;]tf] nKsf] lao{af6 xfd|f] cfZro{rlst zl// aGg' g} cfkm}df la1fg xf] . d'6'sf] 9's9'sL, k|s[tLsf] kl/at{g, gau|xsf] rfn oL ;a} lrhleq la1fg n's]sf] 5 . la1fgn] lao{af6 xfdL aGb5f} eGg] s'/f rflx yfxf kfof] t/ s;/L < eGg] a|Xdf08Lo phf{sf] 1fg eg] ePg . p;n] e]p kfpg g;s]kl5 To:tf cb[Zo zlQmnfO{ cWofTd elGbof] . p; eg] t xfjf klg b]lvGg, WiFi sf] lals/0f klg t b]lvGg s] To;nfO{ cWofTd elglbg] . la1fgn] xfd|f] lbdfu leq sf]lifsfx? Neurons x'G5g\ eGg] s'/f kQf nufof] t/ tL sf]lifsfx? s'g phf{af6 ;+rflnt 5g\ eGg] s'/f rflx yfxf kfPg . xf} olx xf] cfw'lgs la1fgsf] sdhf]/L of d'v{tf . xfdL g} ;a{1fgL eG7fG5g\ t/ of] hLjg s] n] rn]sf]5 eGg] s'/fsf] cQf]kQf] 5}g .

h] xf];\ olt s'/f a'em\g'; sL, hLjgdf …d+un… vf]Hg]nfO wd{ elgG5 eg] d+undf hLjg vf]Hg]nfO la1fg elgG5 .

**cl:tTjsf $ ca:yfx?M :y'n–;'Id–z'Go / lzj -Hof]tLdo\_**

j}lbs la1fgn] xfd|f] cl:tTjnfO{ $ efudf laefhg u/]sf] 5 – :y'n (Physicality), ;'Id (Invisible atoms), z'Go (Space) / Hof]tL (Light) cfw'lgs la1fgn] :y"n÷ef}lts zl//nfO{ ;xif{ :jLsf/ ub{5 lsgeg] o;nfO{ k~r O{lGb|osf] dfWodn] cg'ea ug{ ;lsG5 . t/ of] afx]s c? s'/f cg'ea ug{ ;lsGg . xfdL cfdfsf] ue{df a:bfsf] ;'Id hLjgnfO{, Tof] eGbf cufl8 cfsfzdf ef}tf/L /fv]sf] hLjgnfO{ / xfd|f] zl// leq af; ug]{ k/d Hof]tL lzj tTjnfO{ eg] s;/L gfKg]÷a'em\g] t < olx s'/f] ga'em]/ cfw'lgs la1fgn] ef}lts zl// afx]ssf] cb[Zo s'/fx?nfO{ …cWofTd… gfd lbof] . af3sf] kfOnf rflx b]Vof] t/ af3 b]v]g eg] h:t} s'/f xf] . kft xlnPsf] b]Vof] t/ kft xNnfpg] xfjf b]v]g . bxL b]Vof] t/ bxL agfpg] ls6f0f'x? gb]v] h:t} xf] . xf} oxL s'/f a'emf} sL – cb[Zo phf{ -cWofTd\_ af6 ef}lts zl// kbfy{ ag]sf] 5 / of] ef}lts zl//, kbfy{, k|s[lt leq a|Xdf08Lo phf{ -cWofTd\_ cGt/lglxt 5 . To;}n] la1fg / cWofTd km/s s'/fx? eg] sbfkL xf]Ogg\ . a? a'emfO{df dfq km/s 5 . Pp6f a}1flgsn] ;'Gtnf e]6\of] eg] To;nfO{ 6'qmfpFb5 / k|dfl0ft ug{ vf]Hb5 sL Tof] ;'Gtnf xf] sL xf]Og eg]/ t/ Ps cWoflTds of]uL/fhn] Tof] ;'GtnfnfO{ v'zL dfg]/ vfOlbG5g\ . k|s[ltnfO{ ;xif{ :jLsf{b5 . t/ a}1flgsn] eg] k|s[ltnfO{ klg r'gf}tL lbg Vff]Hb5, a'l4sf] cx+sf/ a9\5 . ToxL eP/ t sf]eL8 !( h:tf dxfdf/Lx? a]nfa]nfdf cfpg] ub{5\g\ – cfw'lgs la1fgsf] 3d08 tf]8\g, k|s[ltnfO{ ;'Gtlnt /fVg / dflg;x?nfO{ cWofTd k|lt hfu[t u/fpg ls s;f] <

la1fgn] c0f' / k/df0f' kQf nufpgnfO{ c/af} 8n/ vr{ ul/;Sof] . To;df t Ps k};f klg vr{ gx'g' kg]{ xf] . xfd|f] af}l4s la1fgn] xhf/f} aif{ cl3g} c0f' k/df0f' æcx+ a|Xdf:dLÆ eg]/ lbJo 1fg lbO;s]sf] 5 . v} s'/f a'em]sf] < ctM kfZrfTo la1fgsf] gh/n] km/s b]v]tfklg jf:tjdf la1fg / cWofTd km/s s'/f xf]Ogg\ . xfdL leqsf] hLjg la1fg / k|s[tLsf] noa4 la1fg a'em\g yfn]kl5 la1fg / cWofTd Pp6} b]lvg yfNb5 .

**dGq s] xf] < / dGqf]r/0ff lsg cfjZos 5 <**

;+:s[t efiffsf] 3gLe"t -vflbPsf]\_ zAbx?nfO{ dGq elgG5 . oL zAbx? leq t/+u x'G5g\ / Wofgsf] ulx/f] cj:yfdf k'¥ofpgsf] nflu dGqf]r/0ff ug'{ cTofjZos x'G5 . ædGqflwg b]jtf tMÆ cyf{t b]jtfx? klg dGqsf] clwgdf x'G5g . To;}n] o:tf ;+:s[t dGqf]r/0f ugf{n] b}ljs phf{;+u ;Dks{ eO{ hLjgdf oz, lslt{, zflGt / cfgGb k|fKt x'G5 . cfw'lgs la1fgn] klg t j}lbs dGqf]r/0fn] dfgl;s tgfj x6\g], :d/0f zlQm a9\g] / hLjgdf :km"tL{ NofpFg] s'/f k|dfl0ft ul/;s]sf] 5 .

zAbx? zlQmsf] >f]t x'g\ . o;sf] t/+un] xfd|f] zl//leqsf] cGt/lglxt hLjg Hof]tLnfO{ k|efj kfb{5 . h:tf]sL 6f9}af6 7§f ubf{ dfG5] xf:g yfNb5 . x;fpgnfO{ s'tLs'tL nufO{/fVg' kb}{g / ?jfpgnfO{ n¶Ln] xfgL/fVg' klg kb}{g . lsgsL zAb leq t/+u x'G5 / Tof] t/+un] xfdL leqsf] rqmx? t/+uLt eO{ ;+j]bgfx? k|s6 x'g yfNb5g\ . o;}u/L ;+:s[t zAbx?n] O{Zj/;+u t'?Gt ;Dks{ ug{ ;Sg] x'Fbf cWoflTds hfu/0fsf] nfuL ;+:s[t dGqx? cTofjZs x'G5g\ . ;+:s[tnfO{ b]jefiff elgG5 / o;sf] t/+un] a|Xdf08Lo phf{nfO{ l5§} c;/ kfg]{ x'Fbf dGqx? ;+:s[t efiffdf g} x'g' cfjZos 5 .

dflg;x? k"hf kf7 ubf{, o1 xf]d ubf{ / cfkt si6 kbf{ ;+:s[t dGqf]rf/0fg} ub{5g\ . sf]/f]gfsf] dxfdf/Ldf kbf{ ;+;f/e/sf dflg;x? …dxfd[To"~ho dGqÚ, …ufoqL dGqÚ, …lzj cf/tLÚ ufpg yfn]sf 5g\ . lqmlZrog / d';ndfgx? j}lbs ;gftg wd{nfO{ c+ufNb} 5g\ . clxn] t ;a}n] dgb]lv dGqf]r/0f ub}{5g . ca l5§} g} of] uf]/If /fi6«df zflGtsf] vf]hL ub}{, pFm gdM lzj–lzjfo eGb} ;+;f/e/sf dflg;x? g]kfn cfpg]5g\ . lsgsL of] xfd|f] g]kfn lzjhLsf] af;:yfg xf] . gfu/fhf a:g' ePsf] klaq e"ld xf] . eujfg\ /fdsf u'? laZjfldq Clifn] s'z]Zj/ wfddf a;]/ klaq ufoqLdGqsf] /rgf ug'{eof] . oL ltg} dGqx? b'Mv, si6 kbf{ cfWoflTds lrGtg ubf{ ljZje/sf dflg;x?n] k|of]u ub{5g .

**j}lbs u|Gyx?df lsg ;+:s[t efiff dfq k|of]u x'G5 <**

klxnf] s'/f] t, ;+:s[t efiff b]j jf0fL xf] . ;+:s[tsf zAbx?n] a|Xdf08Lo phf{nfO{ l5§} g} t/+lut kfg]{ zlQm x'G5 . bf];|f] s'\/f, ;+:s[t efiffg} dfgj ;Eoftfsf] k|yd efiff xf] . olx ;+:s[t efiffaf6 g} ;+;f/sf afFsL efiffx? pTklQ ePsf xg\ . h:tf] sL dfQ/af6 Mother, lkQ/af6 Father / efQ/af6 Brother ag]sf x'\g\ . To:t} x:t Hand, xf]/f Hour, åf/ Door, ky Path, bGt Dentist, gfd Name, cgf/; Annanas, z}tfg Saitan, ;Gt Saint (St). b]ptL Deuti, ;k{ Serpent, afl6sf Vetican h:tf zAbx? s]xL pbfx/0f x'g\ . csf]{ s'/f, of] kfZrfTo ;Eotf t c:tL ev{/sf] t xf]gL . cd]l/sf %)) aif{ cuf8L, b'aO{ %) aif{, hd{gL !%)) aif{, la|6]g !@)) aif{, ci6]«lnof #)) aif{ cufl8 hGd]sf b]zx? t x'g gL . o"/f]ksf] ;aeGbf k'/fgf] b]z dflgg] O{6fnLsf] Oltxf; klg #))) aif{ eGbf k'/fgf] 5}g . eg] Tof] eGbf cufl8sf dflg;x?n] ;+:s[t efiffsf] k|of]u ub{y] lsgsL c? efiffsf] hGdg} ePsf] lyPg . / a}lbs u|Gyx? eg] &÷\* xhf/ jif{ cuf8L n]lvPsf] x'gfn] :ki6 ?kn] ;+:s[t efiffsf] k|of]u ul/of] .

;+:s[tsf] cy{ x'G5 …;EoÚ . ;a} a}lbs dGqx? ;+:s[t efiffdf ePsf]n] klg ;+:s[tnfO{ klaq efiff elgG5 . rLg, hfkfg / sf]l/ofdf ;+:s[t zAbx?nfO{ O{Zj/sf] cIf/ eg]/ k'Hb5g\ . xfdLn] n]vk9 ug]{ cIf/nfO{ b]jgfu/L cyjf b]jtfsf] gu/df n]lvg] efiff eg]/ elgG5 . ;+;f/e/sf dflg;x? clxn] ;+:s[t k9\g yfn]sf 5g\ . o"/f]k cd]l/sfsf w]/} ljBfnox?df ;+:s[t efiffnfO kf7\oqmdg} agfO;s] . ;+:s[tdf cyfx zAbsf]if ePsf]n] ljZjsf j}1flgsx? eg] ;+:s[t efiffdf cfw'lgs sDKo"6/ agfpg vf]hL/fv]sf 5g\ . cGtl/Ifdf ;dfrf/ k7fpg klg ;+:s[t efiffdf ;lhnf] 5 lsgsL yf]/} zAbn] w]/} s'/f JoQm ug{ ;Sg' / pN6f] jf ;'N6f]af6 eg]tf klg Pp6} cy{ lbg' ;+:s[t efiffdfsf] d'Vo laz]iftf xf] . of]u Wofg / cWofTddf nfUg]x?sf] nflu t ;+:s[t efiff emg\ cd[tt'No 5 . ;+:s[t efiffs} sf/0fn] Computer sf] Aligorithm ;+ej ePsf] s'/f rfFxL la/n}nfO{ yfxf 5 . ;+:s[t zAbf]rf/0fn] :d/0f zlQm a9fpg] / tgfj x6fpg] x'Fbf kfZrfTo d'n'sx?df o;sf] dfu a9]sf] xf] . xfd|f] zl//sf] ( rqmx? / a|Xdf08Lo phf{nfO{ l56f] t/+uLt kfg]{ x'Fbf j}lbs o1–xf]d k"hfdf olx efiff dfq k|of]u x'G5 . t/ xfdL d'v{x? eg] b]jgu/L lnkLsf kfgfx?nfO{ r6k6] kf]sf] kfg{ e}ofnfO{ lbG5f} / Buffalo English km//df 9f]+uL ag]sf 5f}+ . of] s'/f]n] lrQ b'V5 .

**dlGb/sf] kl/qmdf 38Lsf] ljkl/t lbzf af6 ug'{ kb{5**

a|Xdf08Lo zlQmnfO{ Pslqt ug{sf] nflu dlGb/x? agfOG5 / o:tf dlGb/x? b}ljs phf{n] el/k"0f{ x'G5g . dlGb/ jl/kl/ kl/qmdf ubf{ xfd|f] zl//df klg ;sf/fTds ;f]r j[l4 x'G5 . cfh eGbf %)÷^) jif{ cl3 eg] dlGb/nfO{ 39Lsf] lakl/t lbzf -b]j|] xftnfO{ leq kf/]/\_ Anticlockwise af6 3'ldGYof] . xfd|f] zl//n] klg o;/Lg} 3'Dg vf]Hb5 . t/ 6k/] kl08tx?n] Ol08og e}ofsf] l;sf] ub}{ ts{–lats{ cl3;f/]/ dflg;x?nfO{ /0fe'Nndf kfl/lbP . s] l7s / a]l7s eg]/ 5'6\ofpg dflg;x?nfO{ ufx|f] k¥of] .

;a{k|yd t, of] ;+;f/ s;/L ;+rflnt 5 eGg] s'/f hfGg' cfjZos x'G5 . of] ;+;f/ oGq–dGq / tGqn] rn]sf] 5 . hLjgofkgsf] nflu k||of]u x'g] ;a} s'/fx?M s'6f] sf]bfnf], 38L, uf8L, kmf]g, xjfO{hxfh, l6=eL, 8fS6/sf] :6]ly;sf]k, xhfdsf] 5'/fs}+rL h:tf pks/0fx? oGq x'g . / oGq JolQm÷k]zf cg';f/ km/s km/s x'G5 . k'?ifsf] ln+u klg oGq xf] lsgsL oxL oGqsf] k|of]un] aRrfaRrLsf] ;[li6 x'G5 . kSs} klg a'afn] lao{ /fVbf rDrf k|of]u ePsf] 5}g xf]nf, ls s;f] < To:t} dGq eg]sf] d'vaf6 cfpg] zAbx? x'g . xfdLn] af]Ng] efiff, s'/fsfgL, cvaf/, ;flxTo, efif0f ;a} dGq cGt/ut kb{5g . csf]{ xf], tGq–a|Xdf08Lo pmhf{ . dlGb/n] a|Xdf08Lo phf{nfO{ Pslqt u/]/ dfga r]tgfnfO{ z'l4s/0f u/]sf] x'G5 . xfd|f] zl//n] klg olx a|Xdf08Lo phf{nfO{ lvr]/g} hLjg ;+ej ePsf] xf] . WiFi Device n] klg olx a|Xdf08Lo phf{nfO{ lvr]/ xfdLnfO{ s'/fsfgL ug{ d4t u/]sf] xf] . of] a|Xdf08Lo phf{ cb[Zo x'G5, xfdLn] cg'ea ug{ dfq ;S5f} .

ca oxFfx?n] a'em\g'eof] sL of] ;+;f/ dfq # lrhM oGq dGq / tGqn] rn]sf] /x]5 . a]nfa]nfdf oGq agfpg'÷dd{t ug'{kg]{ x'G5 . af]Nbf af]nL zAb r}g ug'{ of ;Dkfbsn] n]vnfO{ 5f6sf6 u/]/ -zAb zlQm\_ dGqnfO{ tGb'?it kfb{5g\ . To;/L g} 7fpF7fpFdf zlQm lk7x?df lzv/ z}nLsf] dlGb/ agfP/ a|Xdf08Lo phf{nfO{ ;+rfng ul/Psf] x'G5 . ca, yfxf kfpg';\ sL a|Xdfl08Lo phf{ ;w}+ 38Lsf] lakl/t (Anticlockwise) 3'd]sf] x'G5 . pbfx/0fsf] nflu æHof]ltlifn] lrgfsf] s'08nL ebf{ klg bflxg] tkm{ af6g} uGb5 . xfd|f] u|xxn] ;"o{nfO{ kl/qmdf ubf{ 38Lsf] ljkl/t lbzf af6 g} 3'd]sf x'G5g\ . k[YjLsf] kl/e|d0f klg o;/L g} x'G5 . xfd|f] zl// leqsf] s'08nL zlQm hfu/0f x'Fbf klg bflxg] lt/af6g} x'G5 . :jfl:ts lrGx, cf}7f 5fk rqm, kfgL / xfjfdf kg]{ e"d/L, r/fx?sf] klxnf] p8fg klg bflxg] lt/ af6 (Anticlockwise) g} x'g] ub{5 . dfs'/fn] hfnf] a'Gbf jf km;L{ sfqmf h:tf nx/fx? dfly r9\bf klg bflxg] tkm{g} 3'd]sf x'G5g\ . bf}/f km]/f, ;f8L unaGbL, asf]{ klg bflxg] tkm{ g} 3'Db5 . bflxg] z+v / bflxg] zflnu|fd rqm ax'd'No x'g] s'/f t oxfFx?nfO{ yfxfg} 5 . k/fnsf] bfFOdf uf]? bflxg] 3'dfOG5, b]a|]tkm{af6 uf]? 3'dfpg vf]Hof] eg] Tof] uf]? dl/sf§} 3'Db}g . kfgL3§f, hfFtf], kfgL bflxg]lt/af6 3'dfO{G5 . 8fS6/ / bhL{n] l;nfpg] l;nfO{ xf];\ of xjfO{hxfhsf] k+vf klg bflxg]tkm{ 3'Db5 . k|s[ltdf km'Ng] km"n / cfdfsf] ue{df a;]sf] aRrfsf] klxnf] a;fO{ klg bflxg] tkm{ g} x'G5 . k]rs; vf]]Nbf of wf/f vf]Nbf klg bflxg]lt/ (Anticlockwise) g} 3'dfOG5 . xfd|f] zl// leqsf] DNA -j+zf0f'\_ / kbfy{ leqsf Electron Proton x? klg bflxg] tkm{ (Anticlockwise) g} 3'd]sf x'G5g\ . olt w]/} pbfx/0fx?n] s] eGb5 eg] a|Xdf08Lo phf{ ;w}+bflxg] tkm{af6 b]a|] 3'Db5 . / olx phf{sf] ;fydf aUbf÷3'Dbf xfdLnfO{ ;lhnf] x'g hfG5 . h:tf]sL vf]nfs]f 5fn;+u} kf}8g' of xfjfsf] a]utkm{ hfg' ;lhnf] x'G5 eg] To;sf] lakl/t tkm{ hfg' sl7g x'g]5 . ca a'em\g';\ sL, dlGb/df /flvPsf] uh'/n] a|Xdf08Lo phf{nfO{ lvr]/ ;w}+ bflxg] tkm{af6 b]a|] 3'dfO{ /fv]sf] x'G5 / olb xfdL olx phf{ ;+u;+u} bflxg]af6 b]a|] 3'Dof} eg] xfdLnfO{ ;lhnf] x'G5, ;sf/fTds phf{ cfpFb5 .

lj8Dagf Û s]xL ef/tLo / ltAatL tflGqsx?sf] nx}nx}df nfu]/ g]kfndf klg olx l;sf] u/] . pgLx?n] xfd|f] b}ljs phf{ nfO{ lauf/]/ zl// / /fi6«g}} vnaNofpg] if8oGq s;}nfO{ x]Ssf ePg . sDKo"6/ rnfpg hfGg]n] csf{sf] sDKo"6/sf] kmfOnx? p8fO lbg ;S5 eg] em} tGqsf] 1fg x'g]n]g} tGqnfO{ laufg{ ;S5 . olx s'–;+:sf/n] klg dflg;x?sf] dlt e|i6 aGb} uPsf] xf] . s'/} ga'emL xfd|f 6k/] kl08tx?n] ef/tLo e}ofsf] l;sf] u/] . kmn:j?k htftt} gsf/fTds phf{ km}nb} uof] . dfG5]x?sf] dlte|i6 eof], /fIf;L k|a[lt a9\of] / :ju{e"ld g]kfndf z}tfgx?n] /fh u/] . ;a}nfO r]tgf eof .

**?b|fIfsf] dfnf !)\* k6sg} lsg hKg' kb{5 <**

lzjhLsf] ?b| cjtf/ x'Fbf cfFvfaf6 cfF;' v;]/ e'O{df embf{ pQm cfF;'af6 pd|]sf] j[If g} ?b|fIf xf] . ?b|±cIf -cfF;'\_ eP/ ?b|fIf ePsf] xf] . k/fk"j{sfn b]lvg} of]uL / ;fwsx?n] ?b|fIfsf] !)\* dfnf hKb} cfPsf 5g\ . ?b|fIf gePsf] ca:yfdf af]lwlrQ cyjf :kml6ssf] dfnfn] dGq hKb5g\ . ;a}n] !)\* c+snfO{ klaq dfGb5g\ lsgeg] –s\_ j}lbs ;Eotfdf ! nfO{ r]tgf O{Zj/Lo k|sfz, ;Totf dflgG5 . ) nfO{ z'Gotf, cfsfz tTj / \* nfO{ cgGt a|Xfdf08sf] ?kdf lnPsf] 5 .

v\_ ;"o{sf] Jof; xfd|f] k[YjLsf] Jof; eGbf !)\* u'0ff 7"nf] 5 .

u\_ k[YjL / rGb|df larsf] b'/L rGb|dfsf] Jof;sf] !)\* u'0ff 5 .

3\_ Hof]ltlifo lx;fan] !@ /fzLnfO{ ( j6f u|xx?n] u'0fg ubf{ !)\* g} x'g cfpF5 . xfd|f] hLjgsf] cl:tTj g} /fzL / u|x leq 5 .

ª\_ !@ /fzL, !@ dlxgf, & lbg, @$ 306f, @^ ltly / @& gIf]sf] eg]sf] k"0f{ Hof]ltlifo u0fgf xf] / oL k'/} hf]8\bf !)\* c+s lg:sG5 .

r\_ xfd|f] a|Xfdf08 k~rtTjn] ag]sf] 5 h;nfO{ k~re"hfsf/ Pentagon elgG5 . / of] k~re"hfsf/sf] k|To]s sf]0fsf] dfg !)\* x'G5 .

5\_ klaq u+uf gbL !@) b]zfGt/ / () cIff+; x'Fb} g]kfnsf] dxfef/t ka{t l5rf]n]/ au]sL l5g\ . !@)×() sf] dfg klg !)\* g} x'G5 . -gf]6M @)) aif{ cufl8 ;Dd ;dosf] u0fgf uf}/Lz+s/ lxdfn af6 z? x'GYof]\_

h\_ xfd|f] x[bo rqmdf !)\* j6f zlQmsf /]vfx? Ps cfk;df sfl6Psf x'G5g\ .

em\_ z'?sf] j]bdf !))\* j6f dfq d'Vo Znf]sx? lyP .

`\_ ;+:s[t efiffdf hDdf %$ j6f cIf/ x'G5g\ . :qL, gf/L zlQmsf %$ j6f :j/ ldl;Pkl5 dfq k"0f{ cIf/ dflgG5 . To;}n] %$±%$Ö!)\* x'G5 .

6\_ clxn];Dd of] wtL{df !))\* a'4x?n] hGd lnO;Sg' ePsf] 5 .

7\_ cfo"j]{b cg';f/ xfd|f] zl//df !)\* j6f phf{ s]Gb|x? x'G5g\ .

8\_ Hof]ltlif la1fgdf l;nj/ Silver n] rGb|dfsf] k|ltlglwTj ub{5 . l;Ne/sf] Atomic Weight Ag !)\* g} x'G5 . rGb|df xfd|f] dgsf] sf/s tTj xf] .

9\_ j]b cg';f/ xfdLdf !)\* c;To 5g\ . !)\* O{R5fx? 5g\ / !)\* c1fgtf x'G5g\ .

0f\_ tGq zf:q cg';f/ dlg;n] Pslbgdf @!,^)) k6s :jf; lnG5 . !),\*)) ;"o{ zlQm / !),\*)) rGb| zlQm x'G5 . !),\*)) k6ssf] :jf;nfO{ dfG5]sf] cf};t !)) jif{sf] cfo'n] efu ubf{ !)\* c+s cfpFb5 .

t\_ >L oGqdf %$ j6f tnlt/ kms]{sf lqsf]0f / %$ j6f dflylt/ kms]{sf lqsf]0f x'G5 . %$±%$Ö!)\*

y\_ dflg;df hDdf !)\* j6f sNkgfx? x'G5g\ . #^ j6f lautsf, #^ j6f at{dfgsf / #^ j6f elaio;+u ;DalGwt sNkgfx? -#^±#^±#^\_ hf]8\bf !)\* x'G5 .

w\_ g]kfnaf6 rf]/]/ nluPsf] sf]lxg'/ Kohinoor lx/fsf] tf}n !)\* Sof/]6 5 . la|6]gsL dxf/fgLsf] ;fydf 5 .

g\_ ul0ftdf k"0f{ c+s !,@,#,$,%,^,&,\*,( dfq x'g\ / !)\* sf] hf]8 -!)±)±\*\_ ubf{ ( g} x'G5 . To;}n] tGqdf c+s ( nfO{ k"0f{ zlQmdfg c+s dflGG5 .

k\_ eujfg\ >Ls[i0fsf !)\* j6f uf]kLgLx? lyP . eujfg' >Ls[i0f !)\* j6f} uf]lkgL;+u Ps}k6s k|]dlnnf ug'{x'GYof] .

km\_ F.M. /]l8of]sf] dflyNnf] t/+u !)\* x'G5 . ToxfF eGbf dfly WjgL t/+ug} cfpFb}g .

a\_ elgG5– hGdbfg} eujfg\ a'4sf] k}tfnf d'lg !)\* n]lvPsf] lyof] .

e\_ >L :j:yfgLsf] syf cg';f/ o; k[YjLdf !)\* j6f ;tLb]jLsf zlQm lk7x? 5g\ .

d\_ xfd|f] k[YjL !)\* j6f tTjx?af6 lgld{t 5 .

o\_ !@ dlxgf, xfd|f] # lk8fx? -zfl//Ls, dfgl;s / cWoflTds\_, # sfn -e"t, jt{dfg, eljio\_ g} x'G5g\ . oL ;a} u'0fg ubf{ !@×#×#Ö!)\* x'G5 .

/\_ a]bn] eG5 – ! 1fg, ) k"0f{ 1fg / \* cgGt 1fg xf] .

n\_ ;+;f/sf] cUnf] r'r'/f] ;"d]? -;du/dfyf\_ !)\*) df km}lnPsf] 5 . ?b|fIfsf] dfnfdf x'g] Pp6f 5'§} bfgfnfO{ klaq ;"d]? dflgG5 .

j\_ g]kfnsf] lxdfnodf !)\* j6f tfn s'08x? 5g\ .;a} s'08x?df uP/ g'xfpg ;s] df]If k|flKt x'G5, /] .

z\_ lzj z+s/ ef]n]sf !)\* j6f ?kx? ePsf]n] !)\* k6s ?b|fIfsf] dfnf hKbf a|Xfdf08Lo phf{ k|fKt x'G5 .

**cfWoflTds hfu/0f eg]sf] s] xf]<**

w]/} dflg;x?n] ;f]Rg] ub{5g\ sL – æd Jo"lemPs} t 5' gLÆ lsg hfUg' . t/ s'/f] To;f] xf]O{g . rd{rIf' -aflx/L cfFvf\_ vf]n] tfklg dg leqsf] cfFvf gv'n'~h]n;Dd hLjg / hut a'eg ;lsGg . oL b'O{ cfFvfx? aflx/L ;+;f/ x]g{ / k|s[ltsf] pTs[i6 ;[hgfnfO{ k|z+;f ug{sf] nflu xf] eg] xfd|f] lgwf/sf] l6sf nufpg] 7fpFsf] leqkl§ x'g] t];|f] cfFvf a|Xfdf08Lo jf cfWoflTds ;+;f/ x]g{sf] nflu xf] . ;flTjs ef]hg, ;tsd{ / of]uWofg ;fwgfåf/f t];|f] cfFvf v'N5 . To;kl5 dfq jf:tljs hLjg / hut a'eg yflnG5 . æd a|Xff08sf] Hof]tLdo Ps c+z x' . Tof] k|sfz ?kL cfTdf of] zl//leq af; u/]/ hLjg÷k|f0f rnfO{ /fv]sf] 5 . of] zl// t s]jn 8]/f 3/ xf] . hLjgnfO{ cg'ej u/]/ wd{–sd{ z'l4s/0f ug{sf] nflu d o; k[YjLdf cfPsf] xF' eGg] h:tf s'/fsf] af]w x'g yfNb5 . ;x–cl:tTjsf] 1fg x'g' klg cfWoflTds hfu/0f xf] . h:tf] sL d klg ?v x'F . 9sdSs km"n]sf] km"n x'F . ToxL ?vn] lbPsf] k|0fjfo' Oxygen n] d hLljt 5' / d}n] lbPsf] sfj{g8fO–cS;fO8n] Tof] ?v hLljt 5 . geP km"n÷la?jf x'b}gYof] / Tof] la?jf ?v geO{lbPsf] eP d x'Gg lyP . xfdL Pscsf{sf] kl/k"/s xfF} eGg] s'/fsf] af]w x'G5 . To;kl5 t pm k|s[ltsf x/]s hLjnfO{ k|]d ug{ yfNb5 . a|Xfdsf] Pp6} c+z b]Vg yfNb5 . O{Zj/sf] eAo ;[li6nfO{ k|z+;f ub{5 . sf6df/, lx+;f, qmf]w, nf]e, df]x af6 6f9f x'g yfNb5 .

To:t}, a|Xdf08sf] c+z ;"o{ eP em}, ;'o{sf] c+z d xF' eGg] 1fg x'g yfNb5 . rGb|dfsf] phf{n] dg rnfpFb5 . k|s[ltnfO{ gi6 ug'{ eg]sf] dfga / ;Dk'0f{ hLjx?sf] cl:tTj d]6fpg' xf] eGg] s'/fsf] af]w x'g yfNb5 . hLjg leq d[To' n's]sf] x'G5 -3fd 5fFof h:t}\_ / d[To' eg]s} csf]{ hLjgsf] z'?jft xf] eGg] 1fg x'G5 . cfFvf lagfsf] ;+;f/ / ;+;f/ lagfsf] cfFvf s] sfd / < afbn leq kfgL / kfgL leq cfuf] x'G5 eGg] cb\e"t lbJo 1fg x'g yfNb5 . cfWoflTds hfu/0f eO;s]sf] dflg; eft[Tjsf] efjgfn] cf]tk|f]t x'G5 . pm ;d:t k|f0fL / hut sNof0fsf] nflu afFRg rfxG5 . d / d]/f] kl/jf/ dfq eGg] ;f]r cfpFb}g . pm ;/n hLjg hLpg rfxG5 / ePsf] s'/fdf g} ;Gt'li6 lnG5, cfglGbt x'G5 . zflGt / ;lxi0f'tfsf] lbJo 1fg ;'gfpFb} lx8\5 . ;du|df p;n] b]jTj k|fKt u/]sf] x'G5 -a'4Tj\_ k|fKt u/]sf] x'G5 .

**lsg of]u Wofgdf df;'–/S;L lgif]w ul/Psf] xf] <**

of]u Wofgdf dfq} geP/ ;Dk"0f{ dfgax?nfO{ df;' / /S;L lgif]w ul/Psf] 5 . h'g} klg wfld{s ;Dk|bfon] k~rlznsf] s'/f t kSs} u5{g\ . emg\ xfd|f] af}l4s ;gftg wd{df t df;', /S;L, r'/f]6nfO{ /fIf;L ef]hgg} elgPsf] 5 . cyf{t, o:tf a:t'x?sf] pkef]un] dflg;x?df t'?Gt /fIf;L :jefj k}bf x'G5 . xh'/x?nfO{ yfxfg} 5 sL – xfdLn] h] vfof] ToxL aG5f}Æ To;}n] o:tf -tfd;L\_ ef]hg sbfkL lng' x'b}g . qmf]w, df]x, sfd'stf, cx+sf/, h:tf gs/fTds k|a[ltx? hGdfpg] ef]hgnfO{ tfd;L ef]hg elgG5 . o:tf] ef]hg vfP kl5 ;sf/fTds ;f]r sbfkL cfpb}g / O{Zj/k|ltsf] elQmefj Joy{ x'G5 . df]6/;fOsnsf] x]nd]6 nufP/ aflx/af6 kmf]gdf s'/fsfgL ug{ vf]h] h:tf] x'g hfG5 . o:tf] tfd;L ef]hg lnP/ of]u Wofg ug]{ / u/fpg] ;a} kfv08Ldf ulgG5g\ .

kmf]g, uf8L, l6=eL= xjfOhxfh rnfpg l;sfpg] Manual Book eP h:t} xfd|f] of] /x:odoL zl// ;+rfng ug{ l;sfpg] zf:q Manual Book eg]sf] of]u Wofg xf] . h;/L xfdL Petrol Car df Diseal sbflk xfNb}gf} / e"na; xflnof] eg] uf8L lau|G5 . To;}u/L xfd|f] z/L/df df;' /S;L xfNg' x'Fb}g . klxnf] s'/f t df;' vfg' eg]sf] csf]{ k|f0fLsf] xTof ug'{ xf] . df;' ;+u;+u} Tof] hgfj/sf] cfF;' klg vfg' xf] . ToxLg} dxfkfk eO;Sof] . bf];|f] s'/f, df;' vfFbf xfd|f] /ut cldnf] x'g hfG5 / laleGg y/Lsf SofG;/ /f]u nfUb5 . of] t cfw'lgs la1fgn] klg k|dfl0ft u/]s} s'/f xf] . cgL /S;Ln] t emg\ /fIf;L :jefj k}bf ub{5 . hlt klg b'3{6gf, emu8f, anfTsf/x? x'G5g\ lt ;a} /S;Ls} sf/0fn] x'G5 . v}gL ;'tL{sf] t s'/f] k|i6 g} 5 ls :jf:yosf] nfuL slt xfgLsf/s 5 eg]/ .

xfd|f] j}lbs ;+:sf/df zfsfxf/L ef]hg dfq lyof] . w]/} kl5 of] kfZrfTo ;+:s[ltsf] ;fydf df;', /S;L, r'/f]6 lelqof] . o:tf tfd;L -/fIf;L\_ ef]hgn] zl// klg lauf5{ / ;dfh klg e|i6 kfb{5 . olx s'/fnfO{ cfTdf;fy u/]/ clxn] ;+;f/e/sf dflg;x? zfsfxf/L (Vegetarian Life) hLjgsf] cleofgg} rnfO{ /fv]sf 5g\ . ofb /fVg';, olb sf]xL JolQm hLjgdf v';L / cfgGb rfxG5 eg], klxnf] v'8\lsnf] xf] zfsfxf/L hLjg . ;sf/fTds ;f]r, O{Zj/ k|ltsf] elQmefj hfu[t u/fpg / jf:tljs hLjg hut a'em\gsf] nflu cyjf r]tgfsf] z'l4s/0f u/L cfTdfaf]w x'gsf] nflu zfsfxf/L hLjg c+ufNg} k5{ . dfG5]n] df;' / /S;L vfg] xf]Og . of] t /fIf;sf] vfgf xf] .

**lsg g]kfn ul/a b]z eof]÷czflGt eof] <**

cGtl/Ifaf6 x]bf{ v]l/ g]kfn rfFbLsf] xf/ h:t} b]lvG5 /] . b]z lab]zsf ko{6sx?n] g]kfnnfO{ …:ju{sf] 6'qmfÚ jf wtL{sf] :ju{ eg]/ d'Qms07n] k|z+;f ub{5g\ / g]kfn cfpg gkfPsf nfvf}+ dflg;x?n] ædg'{ cl3 g]kfn x]5'{Æ eg]/ ;+sNk klg ub{5g\ . g]kfnsf] ;'Gb/tf / a}ejtfnfO{ zAbx?n] JofVof ug{ ;lsGb}g . k|s[lts >f]t ;fwgn] el/k"0f{ /fi6« cfh s'j]/n] wgsf] kf]sf] dfly a;]/ lev dfu] h:t} l:ylt ePsf] 5 .

a}lbs 1fgsf] d'xfgdf c1fgtf 5 / a'4e"ld zflGtsf] d'xfgdf g} czflGt 5 . hg–hgsf] k|Zg olx 5 sL lsg g]kfn ul/a < lsg ;w}+ czflGt < d eG5', g]kfnnfO{ ul/a agfOof], czfGt agfOof] . dflysf] k|ZgnfO{ k|i6 kfg{ d}n] oL s'/fx? eGg} k5{ .

**s\_ g]kfnLn] g]kfn lrg]gg\M**

g]kfn ;'Gb/ 5, zfGt 5 / ljzfn 5 . afaf uf]/Ifgfyaf6 cflzjf{b k|fKt of] uf]/If /fi6« b]je"ld–:ju{e"ld / tkf]e"ld xf] . a}lbs ;gftg wd{ / dfga ;Eoftfsf] pb\ud:yn xf] . 1fg / zflGtsf] d'xfg, eujfg /fd–s[i0f / a'4sf] hGd:yn xf] . lzjz+s/ ef]n]sf] af;:yfg klaq s}nfz, lai0f'sf] j}s'07wfd olx 5 eg] lxdfno ka{taf6 klaq u+uf au]sL l5g\ . s'z]]Zj/ wfddf a;L ljZjldq Clifn] ufoqLdGq /rgf ug'{eof] eg] b]j3f6df a;]/ alzi7 Clifn] dxfd[To"~ho dGq /rgf ug'{eof] . b]j wGjGt/Ln] cd[t dGyg u/]sf] lIf/;fu/ -b'wsf]zL\_ olx 5 eg] of]u Wofgsf lktf of]uL kft~hnL k|s6x'g' ePsf] lxdjtv08 -?b|fIfe"ld ef]hk'/\_ oxL 5 . klaq zflnu|fd oxL aU5, klaq ?b|fIf oxL kmN5 . rf/wfdM kz'kltgfy, d'lQmgfy, a}h'gfy s]bf/gfy -8f]n]Zj/\_ oxL 5 . lzjhLsf] ;fsf/ ?k ^$ j6} Hof]ltln+u oxL g]kfn e"lddf 5 . g]kfnyf]sdf cal:yt s'z]]Zj/ k|yd Hof]ltln+u xf] eg] kz'kltgfydf /x]sf] ?b|uf/]Zj/ ^$ cf} Hof]ltln+u xf] . To;}n] g]kfn CifLd'gLx?sf] tkf]e"dL xf] . g]kfnnfO{ ;To o'udf ;ToatL, q]tfo'udf tkf]jtL, 4fk/o'udf d'lQmbflogL / snLo'udf g]kfn d08n eg]/ elgGYof] .

ælxdfno ;df/Eo+ ofjt OGb' ;/f]jÆ

t+b]j lgld{t bz+lxGb' :yfg k|R5ot]Æ

cyf{t lxdfnb]lv OGb' ;/f]j/ tfn;Ddsf] b]jtfx?n] agfPsf] e"efu hxfF ;';+:s[t dflg; a;]sf 5g\ To;nfO{ lxGb':yfg elgG5 . ct**M**;SsnL lxGb':yfg g]kfng} xf] . lxGb'sf] zflAbs cy{ x'G5– ;';+:s[t, kl/:s[t, ;Eo dflg; . t/ clxn]sf] hdfgfdf c;n dfG5] e]6\g g} ufx|f] 5 . dfgjsf] vf]nleq bfgjx? 5g\ . dlte|i6, c?sf] enfO{ grfxg] To:tf z}tfgx?n] t g]kfn lrGg] s'/} ePg . afFsL ePsf yf]/} /fi6«eQm ;Hhg g]kfnLx?n] klg g]kfn lrg]gg\ . dnfO{ lrQ b'V5 .

**v\_ j}lbs 1fgsf] cefj eof]]M**

Clifd'lgx?sf] tkf]e"ld of] g]kfn /fHo j}lbs 1fgsf] e08f/ xf] . bdf}nLdf hGd'ePsf s[i0f åfkfog – …a]b Jof;Ú n] $ j]b !\* k'/f0fsf] /rgf ug'{eof] . :d/0f /xf];\, j]b eg]sf] dfga nufot ;sn k|f0fL, hLj / hutsf] ;+lawfg xf] . ;Dk"0f{ efiff, ;flxTo, wd{, ;Dk|bfo / a}1flgs cflaisf/sf] ;|f]tg} j]b xf] . j]bn] hLag / hutsf] af/]df l;sfO{ lbJo 1fgs]f cfFvf v'nfpFb5 . To;}n] t clxn] ;f/f ;+;f/sf dflg;x? zflGtsf] vf]hLdf, lbJo 1fgsf] vf]hLdf ef}tfl/Fb} g]kfn cfpg yfn]sf 5g\ . ckm;f]r, xfdL k6d'v{ g]kfnLx? eg] ;"6–6fO{ bfDnf] em'08fP/ e}+;L O{Ëln; km//df d:t 5f}+ . k|f]l6gsf nfuL df;' g} vfg' k5{ eGg] lzIff l;sfOof] . s] k|f]l6gsf >f]tx? c? 5}gg\ / < klZrdL d'n'slt/ kf] bfn u]8fu'8L cGg kfOGgYof], afFRgnfO{ df;'g} vfGy] . o'/f]ksf dfG5]x? $÷% ;o aif{ cufl8 t h+undfg} lyP . ev{/ t xf] lg ;kmf;'U3/ ePsf, cf}iflwd"nf] hfg]sf / cGg vfg yfn]sf . ToxL pgLx?sf] l;sf] u/]/ df;' /S;Lg} lkpg' kg]{ lzIff g} unt 5 . lsgsL o:tf /fIf;L ef]hgn] xfdLdf /fIf;L k|a[lt k}bf ub{5 . xfdL h] vfof] ToxL aG5f} xf]Og / < csf]{ s'/f, s] Go"6gsf] kfngfb]lv g} :ofFp e"O{df v:g yfn]sf] xf] / < u'?Tjfsif{0fsf] l;4fGt t xhf/fF} jif{ klxn] s0ff{b, e[u' , k/f;/, cfo{e§ h:tf Clifd'gLx?n] kQf nufO{ ;s]sf lyP t . klZrdL d'n'ssf dfG5]x? 9'+ufsf] e/df lzsf/ ub{}ubf{, eF'Odf u'Rrf v]Nb} ubf{ xfd|f Clifd'lgx?n] eg] j]bsf Crfx? n]lv;s]sf lyP . clg klZrd]nLx?n] xfd|f] j}lbs 1fgnfO{ rf]//, vf]h cg'ifGwfg u/]/ w]/} kl5 dfq laz]if 1fg cyjf la1fg agfP . otf xfd|f ;'Fu'/–:jfF7 kl08tx?n] eg] j]bnfO{ k"Hg dfq nufP . pgLx?n] eg] vf]h cg'ifGwfg u/]/ a}1flgs cflaisf/ u/] . x'g t To:tf a}1flgs cflaisf/x? -uf8L, kmf]g, l6=eL= xjfO{hxfh, lah'nL\_ g]kfndf plxn]g} e};s]sf] lyof] . o;}nfO{ j}lbs Crfsf] ;xof]un] klZrd]nLx?n] k'gM cflaisf/ u/]sf dfq x'g\ . s'/f] s] xf] eg], xfdL pgLx?sf] tyfslyt lzIffdf dVv k¥of} / aQL d'lgsf] cWof/f] eof} .

clxn]sf] lzIffn] af7f] agfpFb5, sdfpg, 7Ug, k|lt:kwf{ u/fpg -k5fg{\_ dfq l;sfpF5 t/ hLjg / hut a'em\g] lbJo 1fg sbfkL lbg ;Sb}g . a}lbs lzIffn] h:tf] eft[Tj, dfgjtf / ;x–cl:tTjsf] kf7 l;sfpFb}g eg] ;lxi0f'tf / zflGtsf] efjgf t hufpg} ;Sb}g . To;}n] ;'–;+:s[t ;Eo dfgj agfpg j}lbs 1fg vfFrf] 5 .

**u\_ wd{sf] kfngf ePgM**

wd{ eg]sf] s'g} wfld{s ;Dk|bfo geO{ JolQm jf j:t'sf] k|fs[lts :jefj xf] . h:tf] ls g"gsf] u'0f g"lgnf] x'g' xf] eg] vf];f{gLsf] u'0f -wd{\_ lk/f] x'g' xf] . æwd{ wf/otL Olt wd{MÆ cyf{t p;df cGt/lglxt u'0f / ToxL cg'?ksf] st{Jog} wd{ eGg] a'emg'kb{5 . pbfx/0fsf] nflu, cfuf]sf] wd{ pHofnf] lbg' / kf]Ng' xf] eg] kfgLsf] wd{ lztnf lbg', Kof; d]6fpg' xf] . To:t} Gofoflw;sf] wd{ eg]sf] lgikIf Gofo lbg' xf] . k|x/Lsf] wd{ zflGt–;'/Iff sfod /fVg' xf] . gful/s / /fi6« k|lt ;dlk{t eO{ ;]jf ug'{ g]tfsf] wd{ xf] eg] lglZrt d"gfkmf lnO{ pkef]Uo ;fdfg a]rlavg ug'{ Ps O{dfGbf/ Jofk/Lsf] wd{ xf] . t/ clxn] t /ftf/ft wgL x'g] Jofkf/L 5g\ . wd{ ;Dk|bfox? klg 3f]if0ff kq af]s]sf] kf6L{{x? h:tf 5g\ . c;f/df af9L cfpF5 eGg] Hof]ltifLx? / 8]8Kn]6 n't] e}+;Lsf] dMdM df laSg] n'Abf kqsf/x? 5g\ . kf6L{x? ;a} lbNnLsf HjfO{;fax? ePkl5 clg ;+3;+:yfx? ;a} European Union sf] xnL ag]kl5 s;/L x'G5 g]kfndf ;d[l4 / zflGt <

oxfF t ;Rrf g]kfnL e]6\gg} ufx|f] 5 . d dfcf]jfbL, d Pdfn], d sfFu|]; eg]sf] dfq ;'lgG5 . æd g]kfnLÆ eg]sf] slxNo} ;'lgGg . s] g]kfn agfpgsf] nfuL g]kfnjfb 5}g / < aflx/af6 cfPsf] dfcf]jfbL / uflGwafbn] s;/L g]kfn aG5 < of] t 5f]/f5f]/L hGdfpg g;s]/ csf]{ k/k'?ifnfO{ af]nfPsf] h:tf] ePg / < To;}u/L, wd{, ;Dk|bfosf] gfFpdf klg k|b'if0f km}lnPsf] 5 . lqmlZrog, d';ndfg, tyfslyt lxGb', af}4dfuL{x?n] t emg\ ;dfhdf snxsf] lap /f]k]sf 5g\ . s;}n] Holy Wine eg]/ klaq d"q lknfpF5g . o:t} d'q lkP/ xf]nf lbdfu klg kz'sf] h:tf] efsf] / sf]/f]gfnfO{ ufnL u/]/ lqmlZrog kfZ6/x?n] sf]/f]gf eufPsf] . xf;]/} dl/G5 ls Sof xf} ufF7] .

oL wfld{s ;Dk|bfox?sf] wd{ eg]sf] t a]bdf ePsf 1fgsf s'/fx? af8\g] xf] . :d/0f /xf];\, a]b eg]sf] afx'gsf] k':ts xf]Og . of] t ;a} wfld{s ;Dk|bfo, ;+:s[lt, efiff, ;flxTosf] d"n >f]t xf] . o;/L larf/ ubf{, xfdL ;a} cf]dmsf/ kl/jf/sf ;b:o xf}+ . k~rlznsf] knfgf ug'{kb{5, ;tsd{ ug'{kb{5 eg]/ eft[Tj / dfgjtfsf] kf7 l;sfpg' kg]{df pgLx? cfkm\g} cx+sf/n] czflGt km}nfO/fv]sf 5g\ . d]/f] wd{ /fd|f] – ltd|f] rfxL rfd|f] eg]/ ufnLunf}h u/]sf] dfq kfOG5 . s] O{Zj/ klg y/Ly/Lsf x'G5g / < pxL OlG8og n] ælzj Oh Pg OlG8og u8Æ eg]sf] h:tf] xf:of:kb x'b}g / < p;eg] hfkflgn] hfkflgh u8, O6flnPgn] O6fnLPg u8 vf]Hg'kg]{ eof, ] ls s;f] < P xh'/, O{Zj/ Ps 5g\ – w]/} nflN6g ePtfklg Hof]lt Ps} lsl;dsf] x'G5 . v}t s'/f] a'em]sf] <

**3\_ ;+:sf/ / ;+:s[ltdf las[ltM**

zf:q x/fP ;+:s[lt x/fp5, ;+:s[lt x/fP ;+:sf/

;+:sf/ x/fP klxrfg x/fp5 klxrfg x/fP /fi6«

xf]– s'g} klg/fi6«sf] e]if–e'iff, efiff / ;+:s[lt p;sf] df}lns klxrfg x'G5 . emg\ xfd|f] j}lbs ;+:s[lt t dfga ;Eotfs} k'/fgf] ;Eotf–;+:s[lt xf] . klZrdL d'n'ssf dflg;x? gfË} x'Fbf / Pp6f Ol08og e}ofn] wf]tL dfq a]g{ hfGbfv]/L xfd|f] k'vf{x? 6f]kL–bf}/f ;'?jfn / rf}aGbL ;f8L rf]nf]df lrl6Ss k/]/ ;lhPsf lyP . o:t} efj af]s]sf] Pp6f gd"gf lrq ;fO{k|; b]zsf] /fli6«o ;+u|fxnodf em'08fOPsf] 5 . To;}n] xfd|f] ;+:s[t efiff / j}lbs ;Eotf cToGt} ;';+:s[t kl/l:s[t lyof] t/ clxn]sf] las[lt x]bf{ nfh nfU5 .

* b'w a]r]/ /S;L wf]Sg] ;+:sf/
* wd{sf] gfpdf lgbf]{if hgfj/x? sfl6g] ;+:sf/
* O{Zj/ k|lt s[t1 gx'g], cfsfzaf6 km\oftt g} v;] egL ;Demg] ;f]r
* a'afcfdfnfO{ j[4f>ddf k7fP/ 3/df s's'/ kfNg] ;+:sf/
* !)) % k|f0fjfo' lbg] t'n;Lsf] df]7df lbof] gafn]/ Knfli6ssf] w'kL ;hfpg] ;+:sf/
* gofF sk8f lsg]/, Kjfn kf/]/ nufpg] ;+:sf/
* ;+hLjgL ;/xsf] df]xL km\ofs]/ laiffn' sf]s lkpg] ;+:sf/
* h8La'6L vfbf kfv] eOG5 eg]/ klZrdL ;Eotfsf] dGb laifsf 6\ofAn]6x? (Slow poison pills) vfg] ;+:sf/
* bfx|Ljfn n§] hf]uLnfO{ …u'?Ú eGb} nDk;f/ kg]{ ;+:sf/
* 5f]/f5f]/L lab]zdf 5g\ (America, Australia, Japan, Canada) df 5g\ egL cfdfafpn] oqf] gfs 3f]qmfpg] ;+:sf/
* Buffalo English 7;7; sgLsgL kmtkmtfPkl5 laBfyL{x? lzlIft ePsf] 7flgg] ;+:sf/
* u+ufhn / k~rfd[t la;]{/ Holy wine 3'6'3'6' kfg]{ ;+:sf/ .
* ho zDe' / gd:sf/ eGg 5f]8L Hi / Hello, Good Morning eGg] ;+:sf/
* 6f]kL bf}/f–;'?jfn, rf}aGbL rf]nf] / ;f8L -dfgj ;Eoftfs} klxnf] kf]iffs nufpg 5f8]/ afv|f afFWg] bfDnf] h:tf] Tie afWg] ;+:sf/
* ;'g, hUuf, 3/, uf8Lsf] dfq ;kgf b]vfpg] – b]Vg] ;+:sf/
* dft[e"ldnfO{ la;]{/ UN / RAW sf] xnL aGg cft'/ x'g] ;+:sf/
* b]jjf0fL ;+:s[t efiff af]Ng 5f8]/ ufO{ vfg] efiff af]Ng] ;+:sf/ .
* duGt] ;f]r, cf;] k|a[lQ / l;Q}df kfpFbf /dfpg] ;+:sf/ .

xf} o:t} o:t} s';+:sf/ / las[lt eP/ klg g]kfn ;d[4 / zflGtk"0f{ /fi6« aGg g;s]sf] xf] . ;flTjs ef]hg, ;tsd{ / r]tgfdf z'l4s/0f geP;Dd ;d[4 g]kfnsf] gf/f 5]kf/f]sf] syf dfq x'G5 .

ª**\_ tGqdf k|b'if0f – cfWoflTds phf{df v/faL**

of] ;+:sf/ # lrhn] rn]sf] 5 . oGq,dGq / tGq . xfd|f] b}lgs hLjgofkg ;lhnf] kfg]{ pks/0fx? h:t} uf8L, kmf]g, sDKo'6/, 8fS6/sf] :6]ly;sf]k, ls;fgsf] sf]bfnf], xhfdsf] s}+rL, snfsf/sf] s'rL{, O{TofbL oGqdf kb{5g\ . cf–cfkm\gf] k]zdf k||of]u x'g] oGq pks/0fn] hLjg ;+:sf/ rn]sf] 5 . csf]{ xf] dGq . oxfF ;+:s[t efiffsf] zAb dfq g;Dem]/ b}lgs jf]lnrfnLsf efiff, ;flxTo, ;dfrf/, cvaf/x? ;a} dGqdf kb{5g\ . / csf]{ xf] cb[Zo tGq zlQm hf] xfd|f] zl// leq cGt/ lglxt a|Xdf08Lo phf{ g} xf] . ca clxn], hfF8, /S;L, df;', r'/f]6 h:tf /fIf;L ef]hgn] ubf{ zl// leqsf] b]jTj gfl;P/ qmf]w, nf]e, sfd'stf, cx+sf/ h:tf /fIf;L k|j[lt dfq b]vf k/]sf] 5 . lsgsL xfdLn] h] vfG5f} ToxL g} aG5f} . To;t}, /fIf;n] vfg] vfgf vfPkl5 cjZog} /fIf;L k|a[lQ a9\5 g}, xf]Og / <

To;}u/L 6k/] afx'gx?sf] c1fgtfn] o1–xf]d ubf{ …:jfxfFÚ eg]/ klg b}ljs phf{ tGq lau|]sf] 5 . h;/L k"hfcfhfdf lbOg] k};fnfO …blIf0ffÚ / dnfdL hFfbf 5l/g] k};fnfO …l6nfÚ elgG5, To;}u/L cfuf]sf] klg b'O{j6f ?k x'G5 . klaq o1–xf]ddf aflng] cfuf]nfO{ …:jwfÚ / lrtfdf aflng] cfuf]nfO{ …:jfxfFÚ elgG5 . af]lnrfnLdf klg ……kmnfgf]n] t h'jfdf ;a} ;DktL :jfxfF agfof] " eG5f} lg, xf]Og / < ca nfz kf]Nbf aflng]] …:jfxfFÚ -eid v/fgL\_ eGg] cfuf]n] s;/L ;sf/fTds b}ljs phf{ cfpF5 t < eujfg >Ls[i0fn] uLtfsf] ( cWofosf] !^ Znf]sdf eGg'ePsf] 5 ls – ……cx+ s|t'/x+ o1 M :jwfxd xdf}ifwd……………" . cyf{t x] ch{'g, o1 u/fpg] klg d} x'F / xjgs'08df …:jwfÚ eGb} cfuf]df hl8a'6L cf}ifwL xfNg nufpg] klg d g} x'F . olx af6 klg k'li6 x'G5 ls o1–xf]d xf]dfbLdf …:jwfÚ eGg'kb{5 eg]/ . km]/L csf]{ s'rng, o1–k"hfdf t]n / £o"sf] ldl>t lbof] aflng' klg xf] . :d/0f /xf];, t]n / £o"sf] ldl>t lbofn] e"t hfUb5 . t]n dfq lbof] afNg' kg]{ xf] . ulNt eof], e"t hufpgnfO{ k|of]u x'g] £o"–t]n ldl>t lbof]n] 3/ ;dfhdf gsf/fTds phf{ dfq k}bful/lbof] .

a|Xdf08Lo phf{x? ;a} bflxg] tkm{af6 (Anticlockwise) 3'Db5g\ . h:t} gau|x of k[YjLsf] 3'dfO{, zl//sf] s'08nLgL rqm, km;L{–sfqmf h:tf nx/fsf] 3'dfO{, xfjf jf kfgLsf] e"d/L, r/fsf] klxnf] p8fg jf hgfj/x?sf] klxnf] a;fO{, bfFO ubf{ 3'dfOg] uf]? of hftf] OTofbL . oL ;a} bflxg] lt/af6 b]a|]tkm{ g} 3'Db5g\ / k|s[ltsf] lgodn] klg htf phf{ aU5 Tot}lt/ 3'Dbf xfdLnfO{ ;lhnf] x'G5 . ca eGg';, dlGb/ eg]sf] a|Xdf08Lo phf{ Pslqt x'g] 7fFp xf] / xfdL klg ToxL phf{;+u} 3'd]sf] eP ;sf/fTds phf{ k|fKt x'GYof] t/ xfd|} 6k/] afx'gx?n] ef/lto e}ofsf] nx}nx}df nfu]/ %)÷^) jif{ cl3 b]lv of] s';+:sf/ leqfO{ lbof] . kmn:j?k, xfdLn] zl//leq / aflx/ aUg] t/+ux? k|b'lift kf¥of} .

xfd|f] /fli6«o em08f g} pN6f] 5 . l6=eL of Wi-Fi device pN6f] ubf{ of kmf]g pN6f] ubf{ s'/fsfgL x'g g;s] em}, xfd|f] tflGqs lalwaf6 agfOPsf] lqsf]0f em08fg} pN6f] ePkl5 s;/L a|Xdf08Lo phf{ ;sf/fTds x'G5 t < afaf uf]/Ifgfysf] cflzjf{baf6 agfOPsf] Tof] tflGqs em08f ;+;f/s} k'/fgf] /fli6«o em08f xf] . oxL cl4tLo em08fsf] cb[Zo tGq zlQmn] xfdL ;w}+ :jfledfgL ePsf 5f}} . k|s[ltdf klg ;"o{ dfly g} 5 / xfd|f] ;SsnL em08fdf klg ;"o{ dfly g} 5 . xfd|f k'/fgf] dlGb/x? h:t} s'/]Zj/, kflyef/f, tn]h'df clxn] klg ;"o{ dfly ePsf] em08f 5 . ckm;f]r, ef/lto e}ofsf] bafadf of] em08f pN6fO lbOof] . kmn:j?k, g]kfndf ;w}+ g} emu8f czflGt dfq eO/fVof] . tGq eg]sf] cd"t{ cb[Zo zlQm ePsf]n] ;fwf/0f dflg;nfO{ a'em\g ufx|f] klg 5 . t/ dfGg'; sL tkfO{sf] 3/sf] Wi Fi pks/0f pN6f] kfl/lb+bf s;/L kmf]g O{G6/g]6 rnfpg ;Sg'x'G5 < xf} of] klg To:t} s'/f xf] . Xofs/n] a}+ssf] k};f Xofs u/]/ n'6] h:t} xf] . sDKo'6/sf] kmfOnx? sDKo"6/s} 1fg x'g]n] dfq n'sfpg ;S5 . Pp6f ;fwf/0f ls;fgn] t ;Sb}g . To;}u/L tGqsf] 1fg x'g] ef/tLox?n] g} g]kfnsf] enf] b]Vg g;Sg] x'Fbf ;"o{dfly ePsf] em08f pN6fOlbg] jf dlGb/ pN6f] 3'Dg] rng rnfOlbP . kmn:j?k, :ju{t'No g]kfne"ld g/s aGof] . b]jtf h:tf dfG5]x? g/k'z, /fIf; aGg k'u] . of] ;a} tGq lalu|bfsf] b'ikl/0ffd xf] . zfx sfneGbf cufl8 eg] g]kfndf ;"o{ dfly ePsf] em08fg} lyof] . clxn] klg /fhf 1fg]Gb|n] sf]hfu|t k"l0f{dfsf] lbg %$ tf]nfs]f rfFbLsf] em08f tn]h' ejfgLnfO{ r9fpFb5g\ . o;sf] klg t s]xL sf/0f x]fnf lg, ls s;f] t < lsg xfd|} g]kfnsf] em08f rflx cl4lto 5 t < lsg lx6n/n] xfd|f] em08f rf]g{ vf]Hof] . ghfg]/ lrGx pN6f] (Clockwise) 3'dfpFbf lsg bf];|f] o'4;Dd ef]Ug' k¥of] . s] zlQm lyof] xfd|f] Tof] em08f / :jl:ts lrGxdf < o:tf] cb[Zo zlQmsf] af/]df klg xfdLn] a'em\g' h?/L 5 .

o;} k|;+udf elg xfnf} . xfd|f] zl//leq # j6f /+ux? x'G5g\ . £o" /+u, /ftf] / lgnf] k|sfz . £o" /+un] r+rntf NofpF5 eg] /ftf] k|sfzn] sfd'tf qmf]w / lgnf] k|sfzn] ;To, c;To 5'6\ofpg sfd ub{5 . t/ cfhef]ln xfdLdf lgnf] k|sfzsf] sdLn] ubf{ ;To c;To 5'6\ofpg / tGqsf] s'/f a'em\g c;dy{ eof} . gfu/fhfsf] k"hfnfO{ a]jf:tf u¥of} . gfu zlQmn] g} of] ljZj wflgPsf] 5 , gfu zlQmn] g} xfd|f] hLjg cfl:tTj ;+ej 5 eGg] s'/f e"Nof} . zl// leqsf] s'08nLgL zlQm s]Gb|df lsg gfu cfs[lt x'G5 < clg WHO / c:ktfnsf 5fkx?df lsg gfusf] lrGx x'G5 eGg] s'/fsf] r]t cfPg kmn?j?k b'Mv ef]uL /fv]sf 5f} .

tGqsf] s'/f a'em\g / a'emfpg sl7g g} x'G5 . of] t s]an cg'ej ug{ ;lsg] cb[Zo zlQm xf] . xh'/n] olt dfq a'lemlbg'; sL zlQm b'O{j6f 5g\ M b[Zo / cb[Zo . pbfx/0fsf] nflu lah'nLsf] tf/ b[Zo xf] / Tof] tf/ leqsf] dfG5] dfg]{ s/]06 cb[Zo zlQm . adsf] 8Nnf] b[Zo zlQm xf] eg] Tof] 8Nnfleq lx/f]l;df / gfuf;fsLnfO{ v/fgL agfpg] ;Sg] zlQm cb[Zo xf] . ;"o{ b]lvG5 t/ ;"o{sf] tfk b]lvGg . kft xlNnPsf] b]lvG5 t/ xfjf b]lvGg . oxL cb[Zo phf{ zlQmg} tGq xf] . xfd|f] lao{ b[Zo 5 eg] lao{af6 oqf] zl// aGg] k|s[of cb[Zo zlQm xf] . emg\ Corona t dxfcb[Zo zlQmg} eof], ;+;f/nfO{ 6Ss c8sfO lbof] . Jo:t ;8s PsfPs vfnL ul/lbof] / cx+sf/n] el/Psf] dfG5] egfpFbf /fIf;x?nfO{ h]nleq sf]lrlbof] . ca eGg';\ t, cb[Zo zlQm slt eofgs x'G5 . o:t} tl/sfn] Tof] dlGb/ 3'Dg] k|s[of / ;"o{ dfly x'g'kg]{ ;SsnL em08fnfO{ tGq1fgsf] ;f]rn] a'lemlbg' xf]nf .

**r\_ slnsf] b'ik|efj**

Pp6L !^ jif]{ o"jtL hjfg s]6Ln] cfkm\gf] r+rfntf b]vfpFb} æd]/f] s] bf]if< of] t hjfgLsf] bf]if xf]Æ eg] em} oL ;a} las[tL–la;+ultx? snLo"u ;dosf] bf]if xf] . of] ;dosf] sfnrqm ;+u} o:tf] x'g}kg]{ lyof] . dfG5]x?nfO{ x/]s s'/fsf] cg'ej u/fpg klg o:tf 36gf kl/36gfx? cfjZos lyof] . lsgsL o:tf] geOsn /fd /fHosf] cg'e"lt s;/L ug]{ t < ltt]s/]nf vfPkl5 kf] lttf]sf] cg'ej x'G5 t, gvfO{sg s;/L lttf] yfxf kfpg] eg] h:t} slno'u s] xf] / s;/L dfgax? bfgla :jefjsf x'G5g\ eg]/ a'emfpgnfO{ klg slno'u cfpg' cfjZos lyof] . To;}n] w]/} g]tfx?sf] cfnf]rgf gu/f}+ . pgLx?nfO{ ufnL ug'{ eg]sf] ;'Fu'/x?nfO{ lsg g'xfOg;\ eg]/ l/;fpg' h:t} xf] . 7Ug', rf]g'{, n'6\g', wf]sflbg', ukm xfSg' t clxn]sf g]tfx?sf] hGdhft :jefj g} xf] . /fi6« / hgtfsf] nflu logLx? hlGdPsf g} xf]Ogg\ . xfF8L3f]K6]x? cfkm\g} e"8L eg{, d:t Jofkf/ ug{ cfPsf x'g\ . To;}n] t hgtfx?sf] jf:tf 5}g . a? ltg} hgtfx?sf] /ut, cfF;', / lao{ vfP/ df]6fPsf 5g\ du/ bfO{sf] ;'Fu'/ h:t} . kfgL 6ofª\sLdf k};fsf] la6f] n'sfOG5 / hLag hn cf}ifwLdf klg e|i6rf/ x'G5 oxfF . o;nfO{ slnsf] k|efa geP/ s] eGg] t < / elaio k'/0fdf k|i6 elgPs} 5 gL æsnf} a|Xdf0f /fIf;Æ cyf{t, slno"usf a|Xd0fx? /fIf;L :jefjsf x'G5g\ eg]/ . oxfF a|Xd 1fg l;sfpg]nfO{ a|fXd0f elgPsf] xf], s'g} hflt laz]ifnfO{ xf]Og . To:tf a|Xd 1fg l;sfpg], a|Xd0fx?g} dlt e|i6 eP/ hfF8 /S;Ldf r'n'{Dd 8'A5g\ . l;gf] h:t} df;' rkfpF5g\ . clg ;f]r / ;+:sf/ e|i6 x'g]g} eof] lg . x'Fbfx'Fbf dlb/f ;+3sf] cWoIf klg afx'g . h'g} kf6L{sf 6fps] g]tf klg afx'g . dfly elgPsf] Znf]s h:t} logLx? ;a}df /fIf;L :jefa 5 . c?sf] cfF;' b]Vbf logLx? /dfpFb5g\ . pgLx?df of] wtL{, k|s[lt, /fi6«k|]d slQ klg 5}g . eft[Tj, dfgjtf, O{dfGbfl/tf eGg] slQ klg5}g . k"0f{ /fIf;L :jefj eg]kl5 s'/f] a'em\g'';\ g .

To;}u/L, elaio k'/f0fdf elgPs} 5 sL slnsf dflg;x?df O{Zj/ k|lt slQ klg elQmefj x'Fb}g . Facebook df em'08Lg kfFr 306f ;do x'G5 t/ cfkm"nfO{ ;'Gb/ hLjg lbg] O{Zj/ k|lt s[t1 eP/ kfFr ldg]6 k"hfug]{ ;do klg x'Fb}g . cfkm' cfsfzaf6 km'Q v;] h:t} ;f]Rb5g\ . slnsf dlg;x? vfnL k};f, kb, k|lti7f, ;'g, 3/, hUuf, uf8L, hfF8, /S;L, df;' / /08LafhLdf lnKt x'G5g\ elgPsf] 5 . x'g klg 7\ofSs} To:t} 5 of] ;dfh . hnjfo' kl/at{g, e'O{rfnf], ;'gfdL, dxfdf/L, /f]un] cft+lst x'g] / wd{ ;Dk|bfo lar 7"nf] åGå x'g] s'/f klg pNn]v 5 . oL ;a} 36gf kl/36gfx? t xfdLn] b]v]s} 5f} xf]Og / < To;}n] ;f]Rg';\ of] ;a} las[lt la;+utLx? slno'u …;doÚ sf] bf]if xf] . t/ ca xfdL lalwjt ?kdf q]tfo'udf k|j]z u/L ;Sof} . æobf obf xL wd{:o Unflg{ejtL ef/tÆ cyf{t haha of] ef/t v08df -xfd|f] e/tk'/df /fhwfgL agfP/ /fHo ug]{ /fhf e/t\_ cGofo cTofrf/ a9\5, d]/f] eQmx? cGofodf kb{5g\, Tolta]nf km]l/ d z}tfgx?nfO{ gi6 u/L k'gM ;gftg wd{sf] /Iff, zflGt / ;lxi0f'tf sfodug{ km]l/ o; wtL{df cfpg] 5' eGg] >Ls[i0f eujfg\sf] cd[t af0fL cg'?kg} afaf ;b\u'? uf]/vfgfy cfkm\gf] sNsL cjtf/ wf/0f u/]/ o; wtL{df k|s6 eO;Sg'eof] . To;} x'gfn] t pxfFsf] cfudgsf] nflu uf]/vgfy sNof0f s]Gb| gkfnn] bfdg, wfs]{ / s'z]Zj/df uf]/Ifwfd agfO;s]sf] 5 . ca r]tgfdf z'l4s/0f x'Fb} hfG5 / ;a}df ;b\a'l4 knfpb} hfG5 . dflg;x?df ;sf/fTds ;f]r b]jTj a9\b} hfG5 . ;a}n] of]u Wofg / j}lbs lzIffsf] ckl/xfo{tf dx;'; ug]{ 5g\ . g]kfn rfxL k'gM :ju{e"ld aGg] 5 . ljZjsf] >Lk]r g]kfnsf] bz{g ug{ ;+;f/e/sf dflg;x? cf]O/f] nfUg] 5g\ . ;a}nfO{ r]tgf eof .

**ljZjdf lsg zflGt 5}g <**

zflGt eGg] s'/f o"å/lxt cj:yf eGbf klg xfd|f] zfGt dfgl;s / cWoflTds ca:yf cyjf d[b'd':sfg r]x/ff;Fu hf]l8Psf] 5 . cfw'lgs ;+;f/n] ef}lts lasf;nfO{ dfq k|fyldstf lbof] . t/ xfd|f] hLjgsf] cfWoflTds kIfnfO{ eg] e';'Ss;} lal;{of] . To;}n] t cd]l/sfsf] Go"of]s{df a:g] dflg;x? rflx ;+;f/sf] ;aeGbf b'MvL dflg;x? x'g\ eg]/ cg'ifGwfgstf{x? atfpFb5g\ . ef}lts ;'lawf ;DkGg P]z cf/f;, uugr'DaL dxnx?, k};fsf] vft}vft x'Fbf klg lsg pgLx? ;+;f/sf ;a}eGbf b'MvL dflg;x? ePsf xf]nfg\ t < of] larf/0fLo s'/f xf] . o;sf] Pp6} ;/n hjfkm xf] zflGt eGg] s'/f cg'xf/sf] d[b' d':sfgdf x'G5 gsL a}+ssf] vftfdf 6Gg k};f ePkl5 . pgLx?n] ef}lts hLjg / cWoflTds hLjgnfO{ ;'Gt'ng sfod ug{ ;s]gg\ . a? xfdL g]kfnLx? ds}sf] lk7f] g} vfP/ klg O{Zj/ k|lt elQmefj /fVb5f}, s[t1 x'G5f}+ . xfd|f] xfF;f] dg leq}af6 cfpFb5 . ;w}+ r]x/f xl;nf] x'G5 t/ klZrd]nLd'n'ssf dlg;x? /fd|/L xf:g klg ;Sb}gg\ . xfF:gnfO{ klg axfgf rflxG5 . clg s;/L x'G5 t dgdf zflGt <

xfd|f] zl//n] cf/fd vf]Hg' , lbdfu / dgn] zfGt x'g vf]Hg' o;sf :jefj x'g\ eg] xfd|f] zl// leqsf] k|sfz?kL cfTdftTj / o;};Fu} t/+lut x'g] phf{x? zfGt x'g vf]Hb5g . oxL t/+ux?nfO{ noa4 ug'{nfO{ g} zflGt elgG5 . h;/L l;tf/sf] tf/ gldnfOsg l;tf/afbsn] w'g ahfpg ;Sb}g . To;}u/L xfd|f] zl//leq /x]sf oL k|sfz?kL t/+ux?nfO{ noa4 u/fpg g;Sbf dg r+~rn x'G5, dg czfGt x'G5 . dg zflGtsf] nflu ;flTjs ef]hg, ;t\sd{, of]uWofg, O{Zj/ k|ltsf] elQmefj x'g'k{b5 . ;fy} b]jC0f, lkt[C0f, CifLC0f, a'afcfdfsf] C0f, lzIfsx?sf] C0f / /fi6«sf] C0f h:tf lalaw C0fx?af6 xfdL d'Qm x'g cfjZos 5 . oL sfo{x? gu/] dg ;w}+ larlnt eO{ g} /fv]sf] x'G5 .

xfdLn] ;'Gb/ zl// t kfof} t/ of] /x:odoL d]lzgnfO{ rnfpg eg] hfg]gf}+ . clxn]sf] cfw'lgs dflg;x?sf] ;aeGbf 7"nf] ;d:of eg]sf] g} oxL xf] . vfg lkpg ghfGbf zl// lauf/]sf 5g\ . hfF8, /S;L, r'/f]6 df;' h:tf /fIf;L ef]hgn] ubf{ dflg;x?df /fIf;L :jefj hfu[t ePsf] 5 . lsg sL xfdL h] vfG5f} ToxLg} aG5f} . ;flTjs vfgf vfP kf] ;sf/fTds ;f]r cfpFb5, r]tgfdf z'l4s/0f x'G5 t . /fIf;L ef]hgn] /fIf;g} agfpFb5 . To:t} c:tJo:t hLjg k4lt / O{Zj/k|lt s[t1 elQmefj g'xg' czflGtsf] sf/0f xf] . tkfO{sf] dg zfGt eP kf] 3/kl/jf/df zflGt x'G5 . 3/ kl/jf/ zfGt eP kf] ;dfh / /fi6«df zflGt 5fp5 t, xf]Og / < ctM ljZj zflGtsf] rfxgf ug'{x'G5 eg] ;'?jft cfkm}af6 ug'{kb{5 . cfkm"n] cfkm}nfO{ ;tsd{df nUg ;Sg'kb{5 . o;sf] nflu ;flTjs ef]hgf, of]uWofg, ;xcl:tTj / cfTdfaf]w x'g h?/L 5 .

…ljZj zflGtÚ gfd u/]sf nfvf}+ ;+3–;+:yfx? 5g\ t/ pgLx?nfO{ g} yfxf 5}g ls jf:tljs zflGt eg]sf] s] xf] eg]/ . pgLx?n] t zflGtsf] gfFpdf 7"nf] Jofkf/ ul//x]sf 5g\ . emg\ d]/f] wd{ /fd|f] t]/f] wd{ rfd|f] eGg] ts{lats{n] ;dfhdf czflGt km}nfO /fv]sf] 5 . cfw'lgs dflg;x? ;a} s'ntdf kml;/fv]sf 5g\ . laZjsf] $% % dflg;x? xftxltof/ / aGb'\s Jofkf/df ;+nUg 5g\, ^)% dflg;x? h'jftf; / /08LafhLdf lnKt 5g\, (%% dflg;x? lx+;fTds / clZnn rnlrqx? x]g{df d:t 5g\ / \*)% dflg;x? hfF8, /S;L, df;', r'/f]6 / b'{Jo;gLdf km;]sf 5g\ . clg s;/L x'G5 t laZjdf zflGt < xfdLn] vfg] tfd;L ef]hg, -/fIf;L vfgf\_ n] g} /fIf;L :jefj a9fpF5 / xfdLdf ;sf/fTds ;f]r cfpFb} cfpFb}g . ;sf/fTds ;f]r gcfOsg laZj zflGt ;Dea 5}g .

To;}n] dfga r]tgfdf z'l4s/0f Nofpgsf] nflu uf]/vgfy sNof0f s]Gb| g]kfnn] bfdg, wfs]{ / s'z]Zj/wfddf ;b\u'? uf]/vgfy lzj afjfsf] laZjzflGt dlGb/ agfPsf] 5 . h;/L kfgLsf] d"n ;kmf geO{sg wf/fsf] 6'6Laf6 ;kmf kfgL emb}{g . To;}u/L dfga ;Eotfsf] pb\ud:yn g]kfndfg} zflGt g5fOsg laZjzflGt ;+Dea 5}g . oxL s'/fnfO{ Wofgdf /fvL j}lbs 1fgnfO{ k|rf/k|;f/ ug{ u'?s'n kf7zfnfx? vf]n]sf 5f}+ . c;n hLjg k4lt l;sfpgnfO{ of]u Wofg, cfo'j]{b / Hof]ltifLo 1fg l;sfpFb} 5f} . tGqsf] k|efasf/Ltf a9fpg ;b\u'? uf]/vgfy afaf af6 lglb{i6 ;"o{dfly ePsf] em08f km/km/fPsf 5f}+ . ;a} wd{–;Dk|bfo hfltnfO{ gfuk"hfsf] ckl/xfo{tfsf] 1fg lb+b]5f}+ . laZjsf ;a}n] gfuk"hf ub{y] . clxn] dfq cx++sf/n] ubf{ dfG5]x?n] cfkm\gf] wd{ ;+sf/ la;]{ . laZj :jf:Yo ;+u7g / ;a} c:ktfnsf] 5fkx?df lsg gfusf] 5fk /flvPsf] 5 t < s'/f] ;f]rlgo 5 .

clxn] afaf uf]/vgfysf] sNsL cjtf/ eO;Sof] . ca ljZjdf zflGt km}lnG5 . cflv/, laZjsf ;w} wd{x?n] ca x'g] sNsL cjtf/sf] JofVof u/]sf 5g\ . d'l:ndx?n] …d]xbLÚ eG5g\, ls|lZrogx?n] …oz'sf lktfÚ eGb5g, ef/tLo lxGb'x?n] …lzj afafÚ eGb5g\, af}4dfuL[x?n] …d}q]o a'4Ú eGb5g\ . h'g gfdn] k'sf/] tfklg afaf uf]/Ifgfysf] sNsL cjtf/sf] s'/f ul/Psf] xf] . eujfg\ >Ls[i0fn] æhaha o; wtL{df cGofo, cTofrf/, lx+;f a9\5g\, z}tfgL zlQmx?nfO{ gi6 ug{, d]/f] eQmx?sf] påf/ ug{, j]bsf] /Iff u/L ljZjdf zflGt k'g{:yfgf ug{ d k'gM o; wtL{df cfpF5'Æ eg]/ ch{'gfnfO{ eg]sf] cd[t jf0fL cg'?k clxn] k'0o g]kfne"lddf afaf uf]/Ifgfysf] cfudg eO;Sof] . ca, dflg;x?df r]tgfsf] z'l4s/0f x'Fb} hfG5 / ;tsd{ ug{ clek|]l/t x'g] 5g\ . dflg;x?df j}lbs 1fgsf] vf]hL x'Fb} hfg]5 eg] 1fg / zflGtsf] d'xfg g]kfndf cfpg laZje/sf dflg;x? cft'/ x'g]5g\ . ;a}df ;'–;+:sf/ a9\b} hfg] 5 . dflg;x?df of]u Wofg / cWofTdsf] rfx a9\b} hfg]5 / laZjsf] >Lk]r g]kfn, o; uf]/If /fi6«, b]je"ld, tkf]e"ld, :ju{e"ld xfd|f] g]kfnnfO{ lrlg;s] kl5 dfq ljZjdf zflGt 5fpg] 5 .

clxn]sf] lzIff k4lt g} v/fa 5 . clxn]sf] lzIffn] af7f] aGg, sdfpg, k|lt:kbf{ u/fpg, k5fg{ / 9f6\g dfq l;sfpFb5 . dfga hLjgnfO{ ;';+:s[t / ;Eo agfpg, hLjg / hutsf] lbJo 1fg l;sfpg] j}lbs 1fgnfO{ ckx]ngf ul/Psf] 5 . clg s;/L x'G5 ljZjdf zflGt < zflGtsf] lapg} g/f]kL zflGtsf] kf7g} gk9fO{ zflGtsf] cfz ug'{ d'v{tf x'G5 . lzi6tf, OdfGbfl/tf, eft[Tj / dfgatfsf] kf7 j}lbs lzIffn] dfq lbg ;Sb5 . oxL s'/fsf] cefa v8\sLPsf] dxz'; u/]/ lxhf]cfh klZrd]nLx? g]kfn lt/ nDsb}5g\ . x'g klg ;a} dflg; / wfld{s ;Dk|bfodf cx+sf/ 5 . d';ndfgn] d'l:nd ag eG5, lqmlZrogn] lqmlZrog ag eG5 t/ xfd|f] j}lbs ;gftg wd{n] æc;n dflg; ag, ;a} k|f0fL / ag:ktLnfO{ dfFof u/ . k|s[tLnfO{ gi6 ug'{ eg]sf] cfkm\g} hLjg ;+s6 kfg'[ xf] . O{Zj/ k|lt s[t1 xf]p, ;a}nfO{ k|]d u/ Æ eGg] h:tf cfbz{sf lzIffx? lbG5 . v} t s'/f] a'em]sf] < To;}n] ljZjzflGt rfxg] xf] eg] j}lbs lzIff ckl/xfo{ x'G5 .

**lsg g]kfn zfGt / ;d[4 aGg ;s]g <**

* g]kfnLx?n] g]kfnnfO{ lrGg ;s]gg\ . b]je"ld, tkf]e"ld, :ju{e"ld of] uf]/If/fi6« g]kfnnfO{ a'em\g] sf]dn dg / k|s[ltsf] pTs[i6 ;'Gb/tfnfO{ b]Vg] cfFvfx? g} ePgg\ .
* j]b / j}lbs ;gftg wd{sf] pb\udg:yn, zflGt / 1fgsf] e08f/ cf]em]ndf k¥of] – æaQL d'gLsf] cWof/f]Æ eof] .
* a|Xd1fg af8\b} lx8\g'kg]{ a|fXd0fx? 6k/] afx'g ag] . du/ ;+3sf] cWoIf klg afx'g, hfF8–/S;L dlb/f ;+3sf] cWoIf klg afx'gg} ag] .
* wd{–;Dk|bfox? Jofkfl/s ;+:yf / /fhlgtLs kf6L{x? el§vfgf h:t} eP .
* g]kfnLx? sfFu|];, sdfplg:6, dfcf]afbL, dfn]–emfn] ag] t/ g]kfnL aGg ;s]gg\ .
* klZrdL ;Eotf / lzIffsf] cGwfw'Gbf cg'z/0f u/Lof] .
* UN / RAW sf] dfs'/fsf] hfnf] tf]8\g ;s]gg\ eg] (%,))) eGbf a9L g]kfnLx? log} bnfnx?sf] xnL ag] . xfd|f] j}lbs ;gftg wd{ ;+:s[tL nfO{ n+u8f] agfpg], /fh;+:yf / g]kfnL ;]gf nfO{ klg x6fpg] s'r]i6f u/] .
* d'Gb|], 8g / bnfnx?n] ;Qf xTofokl5, u'n]nL xfGg]x?n] b]z rnfPkl5 n'6df g} 5'6 t x'g] g} eof] . Gofolw; / k|x/Lx?g} s'tcs't sdfpg] æ/Ifs g} eIfs ePkl5Æ ;sL uf]gL .
* k'n agfpg s;}n] hfg]gg\ . Gate agfP/ c/af}+ :jfxfF kf/] . r'r'/f]sf] wgL b]zdf htftt} View Tower agfpg] a'l4 / s[lif dGqLn] $ j6f n't] s'v'/f kfNg] of]hgfdf d:t eP .
* $!,))) uf=lj=;= ePsf] d'n'sdf %^,))) NGO / INGO eP .
* vf]nf / vfgL t s] b]zg} a]Rg] g]tfx? ePkl5, ;'kf8Ldf laSg] k|x/L / 8]9 Kn]6 n't] e};Lsf] dMdM df laSg] kqsf/x? ePkl5, kml;{sf] emf]nnfO{ Mango Juice eg]/ a]Rg] Jofkf/Lx? ePkl5 eb|uf]n x'Fb}g t <
* nfdf] bfx|L kfn]sf n6\6] hf]uLx?nfO{ u'? eg]/ nDk;f/ kg]{ ;+:sf/, Kjfnk/]sf gofF sk8f nufpg] ;+:sf/, …d]/f] 5f]/f5f]/L lab]zdf 5g\Ú egL gfs km'nfpg] ;+:sf/, Buffalo English kmtkmtfP kl5 lzlIft dflgg] ;+:sf/ . / ;a}sf] WofpGgg} 3/ hUuf, uf8L, ;'gdf dfq ePkl5, o:tf] sGtlahf]u ePsf] xf] .
* lalwsf] zf;g / sfg"gL /fHo ePg . ;a}n] wd{ 5f]8], k|fs[lts >f]t ;fwgn] el/k"0f{ /fi6« …s'j]/n] wgsf] kf]sf] dfly a;]/ lev dfu]Ú h:t} l:ytL eof] . ;'Gb/ g]kfnsf] kl/sNkgf ug]{ b]jTjx?sf] clgsfn eof] .

**/fhgLlt eGg] s'/f g} v/fa xf] t <**

/fi6« / hgtfsf] lxtdf agfPsf] pTs[i6 lgod, sfg"g, gLltnfO{ /fhgLlt elgG5 . j}lbs zf:qx?sf] pkb]z kfngf ul/Psf] /fhgLlt ;w}+ pTs[i6 / nf]slk|o x'G5 lsgsL To:tf /fhgLlt1x?df wd{, b]jTj / /fi6« k|]d x'G5 . pgLx?sf] ;f]rdfg} …;a]{ ejGt' ;'lvg… sf] dGq u'l~h/fv]sf] x'G5 . ctM /fhgLlt cfkm}df g/fd|f] eGg] x'Fb}g . t/ /fhgLlt ug]{ kfqx? v/fa ePdf /fhgLlt b]lv cfd hgtfx? ?i6 x'G5g\ . clxn] t /fhgLlt eg]s} n'6\g], 9f6\g], sf6\g], 9+'Ëf d'9f ug'{, h]n a:g' h:tf] ePsf] 5 . s;}n] s;}nfO{ ljZjf; ug]{ jftfj/0f 5}g .

o;} k|;+udf Pp6f /fhgLlt1sf] aRrfn] eljiodf a'af h:t} /fhgLlt ug]{ O{R5f /fv]5 / a'af ;+u æ/fhgLlt ug{ l;sfpg';\Æ t egL l9kL u/]5 . a'afn] klg x'G5 lg eg]/ 5f]/fnfO{ æltdL dfly sfGnfaf6 xfd kmfn, d tn RofKk ;dfpF5'Æ eg]5 . a'afn] eg]em} dfly sfGnfaf6 xfd kmfn]5 t/ a'afn] g;dfpFbf p;sf] xftv'§f efFlrP5 . cgL 5f]/f ?b} ætkfO{n] RofFKk ;dfpF5' eGg'ePsf] xf]Og <Æ eg]/ l/;fP5 . To;kl5 a'afn] ;Demfpb}– æafa', /fhgLltdf cfkm\g} afpsf] klg laZjf; ug'{ x'Gb}g . of] ltdLn] l;Sg'kg]{ klxnf] kf7 xf]Æ egL hjfkm lbP 5 . xf}, clxn] o:t} ljZjf;3ftLx?n] /fhgLlt ul//fv]sf 5g\ . pgLx?df /fi6«k|]d slQ klg 5}g . d} vfFpm, d} nfFp, d} /dfFpmdf d:t 5g\ . x'g klg lsg gxf];\ t, /fIf;L ef]hgn] /fIf;L :jefj hufO{lbPsf] 5 . k};fdf las]/ /fi6«3ftL ;Demf}tfx? (MCC, wd{lg/k]If tyf 7"nf] hnlaB't kl/of]hgfx?\_ u/]sf 5g\ . :d/0f /xf];\, MCC eg]sf] ;'gsf] lk+h8f xf] . wd{ lg/k]If eg]sf] æd wd{ dflGbg, kfk ug{ dgk/fpF5'Æ eg]sf] xf] . g]kfnsf] vfgL / hn>f]t a]Rg' eg]sf] cfFvf a]r]/ cGwf] aGg' ;/x xf] . t/ klg xfd|f g]tfx? slQ klg Vofn /fVb}g lsgsL pgLx?sf] lzIff gLltg} bnfn / e|i6 5 . h]n ga:g], 9f6\g / dfG5] s'6\g g;Sg] sf]xL klg g]kfnL /fhgLltdf 7fpF kfpFb}gg\ . /fi6«sf] elaio sf]g]{ /fhgLltdf o:tf /fIf;x?n] /fh u/]sf] x'Fbf /fhgLlt zAb k|b'lift ePsf] xf] . g]kfndf ;"o{j+zL /fhfsf] pbo eP/ uf]/v sfg"gnfu' rfn' ePkl5 dfq g]kfnsf] /fhgLlt hgtfx?sf] dgdgdf /dfpFb5 .

**s] xfdL :jtGq 5f}, :j]R5f (Freewill) x'G5 <**

clxn]sf cfw'lgs dflg;x? xfdL :jtGq 5f}+, xfdL :j]R5fn] rN5f} . h] dg nfU5 ToxL ug{ ;lsG5 eGg] h:tf cx+sf/L :jefjn] ubf{ klg dflg;x? o;/L t8lkg' k/]sf] xf] . jf:tjdf xfdL :jtGq 5}gf}, xfd|f] :j]R5f rNb}g eg]/ ;Demg' kb{5 . k/dlktf k/d]Zj/sf] OR5flagf ?vsf kftx? klg xlNng ;Sb}gg\ . xfd|f] hGd, hLjg / d/0fg} xfd|f] xftdf x'b}g . h:tf]sL d lsg @)#@ ;fndf g} hGd] / s]6feP/ g} hGd] < ca rfx]/ klg g t s]6L aGg ;S5' g t cfpg] 36gfqmdx?nfO{ g} 6fg{ ;S5' . d]/f] O{R5fn] æo:t} 5f]/f5f]/L hGdfp5'Æ eg]/ aRrf hGdfPsf] klg xf]Og . slt dflg;x? 5f]/f5f]/L kfpg rfx u5{g\ t/ ue{ a:b}g . % jif{ ;Dd nf]Ug] :jf:gLx? x/avt ;+ef]u u/L 5f]/f5f]/L hGdfpg k|of; u/]sf bDktLx? xfdL dfem w]/} 5g\, t/ ue{ a:b}g . To;}n] xfd|f] :j]R5f rNb}g xh'/ . ;"o{ pbfP kl5 p7\g'k5{ / ;"of{:t eP kl5 ;Tg'kb{5 . æd vflbgÆ eGg kfOGg . hLjg wfGgnfO{ vfg} k5{ . :ofp vfg] sL Rofp vfg] eGg] 5gf}6 rflx xf]nf t/ vfg} k5{ . afFRgsf] nflu :jf; lng} k5{ . Tof] klg af]6la?jfx?sf] cl;d s[kfn] . xfdL a'9f] x'Fb} hfG5f}, vf]O{ t OR5fn] /f]Sg ;s]sf] < o;sf] t s'/} 5f]8f}, æbfx|L nfdf] eof] em\ofp nfUof]Æ eg]/ bfx|L cfpg g} glbg ;lsGb}g . To;}u/L] grfx]/ klg dlxnfx?n] dfl;s wd{ :jLsfg} k5{ ls s;f] <

To;}n] xfdL :jtGq 5}gf}+, h] dg nfUof] ToxL ug{ kfpb}gf}+ . b]zsf] sfg"g 5, sDkgLsf] gLlt lgod 5 . lalwsf] lawfg / k|s[ltsf] lgod 5 . c;f/df ;'Gtnf vf]h]/ kfO{b}g, k'if df3df wfg /f]Kg vf]h]/ x'Fb}g . olt;Dd sL xfdLn] nufpg] kf]iffsdf klg :j]R5f x'Fb}g . em§ x]bf{ æsfnf] sk8f nufpg dg nfUof]Æ clg nfP eg] tfklg ls t pm ds/÷s'Ed /fzLsf] x'g'kb{5 lsgsL ds/ / s'De /fzLsf] dfG5]sf] dg kg]{ /+u sfnf]±lgnf] x'G5 . lsg t p;nfO{ zlg u|x jf /fx'sf] bzf rln/x]sf] xg'kb{5 . To;}u/L, cfkm\gf] OR5fn] hfg dg nfUg] 7fpF, dgkg]{ dfG5], cfkm"df cfpg] :jefjx? klg Hof]ltlifo u|x rqm cg';f/ x'g] ub{5 . slxn] lajfxdf x'G5, slt hgf 5f]/f5f]/L hGdfpFb5 < slt wg cfh{g u5{ < 3/ hUuf x'G5 ls x'Fb}g < h:tf s'/f x? klg cfkm\gf] k"j{hGdsf] ;+lrt sd{ cg';f/g} kmn kfOG5 . To;}n] xfdL em§ x]bf{ :jtGq b]lvPtfklg jf:tjdf 8f]/Ln] afFw]/ k;ndf em'08fOPsf] s7k'tnL dfq xf} . s';'n] n] grfpg] k'tnL h:tf] dfq xf} .

xfdLn] ;f]Rg] ;f]r klg xfd|f] x'Fb}g . ToxL gau|x / gIfqsf] k|efan] xfd|f] zl//sf] phf{ s]Gb|x? -rqm\_ df k|efa kb{5 . / xfdL ToxL cg'?k Jojxf/ ug{ vf]Hb5f}+ . pbfx/0fsf] nflu s;}sf] z/L/df z'qm u|xsf] k|efa k/]sf] ;fn p;nfO{ gfrufg ug{, ;[hglzn sfd ug{ cyjf lajfx ug{ dg nfUb5 eg] /fx' of zlgsf] cGt/bzfdf -k|lts'n ePdf\_ lajfx ug'{ t k/} hfcf];\ eO/fv]sf] s]6L ;fyL;Fusf] ;DaGw klg g/fd|f] x'g] ub{5 .

clxn] xfdLn] ef]lu/fv]sf] of] sf]/f]gf dxfdf/Ldf klg v} t xfd|f] OR5f cg';f/ sfdug{ kfPsf] < ls s;f] < ctM xfd|f] O{R5f cg';f/ s]xL klg rNb}g . cfn' g} /f]Kof] eg] klg cfkm"n] rfx]/ æ!) lbgsf] lbg kmn nfu, !) lsnf] lgS;LÆ eg]/ x'b}g . oL ;a} k|s[ltsf] lgod leq kb{5g\ / xfdL dflg;x? klg ToxL k|s[ltsf lgodn] afFlwPsf x'G5f}+ . lbzf lk;fa nfUbf bf}8g} k5{ . ltvf{ nfUbfkfgL lkpg} k5{ . x}g t < olb lgod lakl/t hfg vf]h] g/fd|f] kmnsf] eflubf/ aGg} k5{ .

ctM xfdL :jtGq 5}gf}+ . a? hlt ;Sbf] l/;, å]if, sfd'stf, nf]e, df]x, cx+sf/af6 d'Qm x'g ;Sof], plt g} xfdL yf]/} eP klg :jtGq ePsf] cg'e"lt ug{ eg] ;S5f}+ . ha tkfO{df æd ;Fu ;a} yf]s 5, d ;Gt'i6 5' / s;}nfO{ k|efa kfg'{ 5}gÆ eg]/ ;f]r cfpb5, a? To;k5L eg] yf]/} :jtGq ePsf] dx;'; ug{ ;Sg'x'g]5 . t/ klg of] k"0f{ :jtGqtf eg] xf]Og . dfq cfkm\gf] ka[lQaf6 x'g] :jtGqtf x'G5 . lalwsf] lawfg / k|s[ltsf] lgod;Fu rflx rNg' g} kb{5 . aflx/L ;+;f/ / leq ;+;f/sf] tfnd]ndf aUg' g} kb{5 . geP ;+uLt lagfsf] gfr h:tf] x'g hfG5 .

æd's+ s/f]tL afrfn+ kª\3' nª\3ot] lu/Ld\

ot s[kf tdxd aGb] k/dfgGb dfwjd\Æ

cyf{t, k/dfgGb dfwasf] s[kf k¥of] eg] nf6f]n] af]Ng ;Sb5, nª\u8f]n] klg kxf8 r9\g ;Sb5 . t/ k/d]Zj/sf] s[kf lagf ?vsf kftx? klg xlNnb}gg\ . r/fr/ hutg} pxfFsf] clwgdf rNb5, xfdL t gf6s leqsf kfq dfq xf} . lgb]{zssf] lgb]{zg c'g;f/g} xfpefu ug'{kb{5 . xfd|f] cfTdf r]tgfsf] :j]R5f x'G5 t/ xfdL ef}lts z/L/leq afFlw;s]kl5 xfd|f] rfxgf :j]R5f rNb}g . r]tgf tTjn] ;w}+ lgolGqt u/]sf] x'G5 .

**lsg xfdLn] a'af cfdfnfO{ 9f]Ug'kb{5 <**

a'afcfdfx? xfdLnfO{ o; wtL{df Nofpg] dxfk'?ifx? x'g\ , ;fIfft O{Zj/ x'g\ . ;'Gb/ hLjg lbg] hLjgbftf x'g\ . ctM pxfFx?nfO{ v'§fdf 9f]Ug' dfq xf]Og ls k"hfg} ug'{kb{5 . pxfFx?sf] cflz{jfb h:tf] 7"nf] c? s]xL x'Fb}g / h;sf a'afcfdf Ho"bf 5g\, pm a8f] efUodfgL JolQm xf] . t/ la8Dagf Û lhpbf] x'bf;Dd a'afcfdfnfO{ e"Odf ;'tfpg], d/]kl5 afx'gnfO vf6 bfg lbg] 5f]/f5f]/L b]v]/ g/dfOnf] nfU5 . cfkm"nfO{ hGdlbg] a'afcfdfnfO{ a[4fcf>ddf k7fP/ 3/df s's'/ kfNg] s'k'qx? b]v]/ 3[0ff nfU5 . s'/}s'/f]df Pp6f 5f]6f] syf eG5' . Pslbg af/Lsf] l8ndf a;]/ Po6L a'9Lcfdf, 5f]/fn] uf]? hf]Tb} u/]sf] x]b}{ u/]sL x'lG5g\ . k/ ?vsf] 5]pdf sfnf] sfnf] xlNnP h:tf] b]lV5g\ / 5f]/fnfO ;f]lW5g\ –

cfdf – P afa', pm Tof] k/ sfnf] sfnf] b]V5' t s] xf] <

5f]/f – afv|f xf] Sof 3fF; vfFb}5 .

cfdf – s] elg;\ /] <

5f]/f – afv|f xf] Sof afv|f .

cfdf – s] eG5 < s] xf] /] afa' Tof] <

5f]/f – -emf]lSsb}\_ s:tL /}l5g\, cfFbf b]Vg klg 5f]l8l5g\, sfg ;'Gg kl5 5f]l8l5g\, slt k6s eGg'\ æafv|fÆ eg]/ .

cfdf – æP afa', t To;/L emf]lSsg' k5{ t, l/;fpg' k5{ t, @ k6s ;f]Wbfv]l/ g} . tF ;fgf] 5Fbf d]/f] sfve/L cfrL uly{;, d xf;]/} cfrL kvfNy] . o;}u/L k/ afv|f b]Vbf æcfdf Tof] s] xf]Æ elGy; . d æafv|fÆ eGy] . tF km]l/ klg ;f]lw/flVy;\ s] xf] eg]/ . d hjfkm lbO/fVy] æafv|fÆ eg]/ . t]/f] Tof] tf]t]af]nL ld7f] nfUYof], ;of} k6s ;Dd klg d pQ/ lbO/fVy] . clxn] hfaf] @ k6s d}n] ;f]Wb}df t}n] of] yf]tLa'9L a}/L a'9L eg]/ dnfO{ xsfg'{ k5{ t <

5f]/f – cfdfsf] olt s'/f ;'g]/ 5f]/f efa's aG5 / k|]dk"j{s æcfdfÆ eGb} cFufnf] xfNb5 .

cfkm" ef]s}a;]/ klg 5f]/f5f]/nfO{ k]6e/L vfgf v'jfpg] cfdf x'g\ . lr;f] nfU5 eg]/ cfkm" eF'Odf ;'t]/ ePklg 5f]/f5f]/LnfO{ vf6df ;'tfpg] cfdf x'g\ . cf}nfdf ;dfP/ tft] tft] eg]/ lx8\g l;sfpg] a'af x'g\, s=v=u w'nf] e'O{df sf]/]/} ePklg k9\g l;sfpg] a'af x'g\ . cfkm" leh]/} ePklg– cfkm" lk8fn'sf] kft cf]9]/} eP klg 5f]/f5f]/LnfO{ 5ftf lbg] tL a'af x'g\ . ca, o:tf a'afcfdfnfO{ g9f]u]/ s;nfO{ 9f]U5f} t < pxfFx?sf] dg b'vfpFbf s:tf] x'G5 xf]nf pxfFx?nfO{ ;Demg';\ t .

**of] sf]/f]gf COVID-19 h:tf dxfdf/L lsg cfpF5 <**

of] lalwsf] lawfg / k|s[ltsf] lgodg} xf] ls a]nfa]nfdf o:tf ;+s6x? cfOkl//fV5g\ . o;nfO{ ;xif{ :jLsf/g'{ kb{5 / o;af6 7"nf] kf7 l;Sg'kb{5 . jf:tadf, h] x'G5, /fd|}sf] nflu x'G5 .

dflg;x? crfSnLg} cx+sf/L ag]sf lyP . æk|s[lt klg xfd|f] a;df 5, xfdL h:tf] hfGg] 7"nf] sf]xL 5}gÆ eGg] 7"nf] cx+sf/ lyof] clxn]sf dflg;x?df . laz]ifu/L klZrdLd'n'ssf dfG5]x?df . cGofo cTofrf/ / lx+;fn] k/fsfi6 gfl3;s]sf] lyof] . k|s[tLnfO{ Wj:t kfg]{ u/L lasf;sf] gfFpdf lagfz eO/fv]sf] lyof] . To;}n] lalwsf] lawfg cg'?k gfu/fhfn] sf]/f]gfsf] gfd lnP/ dfG5]x?nfO{ hufpg'eof] . eft[Tjsf] efj, dfgjtf hufpg' lyof] . O{Zj/ k|ltsf] elQmefj cWofTdlt/ klg nufpg' lyof] . ;flTjs ef]hg l;sfpg' lyof] . k|s[ltsf] ;Gt'ng sfod ug'{ lyof] . wd{ / /fhgLltsf] Jofkf/ ug]{, g]tfx? / gfl:tsx?nfO{ emfk8 xfGg' lyof] . j}lbs ;gftg wd{ / j]bsf] 1fg l;sfpg' lyof] . ToxL eP/ t clxn] Hello, Hi 5f]8]/ xfd|f] klaq clejfbg ægd:sf/ ÛÆ ug{ yfn] . a];f/, Hjfgf], d]yL vfbf xfdLnfO{ ækfv]æ eGg]x? cfhef]nL xfd|} cfo"j]{bnfO{ gdf]gdM eGb}5g\ . gfl:ts 8fS6/, kfv08L d';ndfg / lqmlZrogx? klg lzj uf]/IfdGq æpFm gdM lzj lzjfoMÆ hKb}5g\ . g]kfnsf] b]j3f6 a;]/ jlzi7 Clifn] /rgf ug'{ePsf] dxfd[To"~ho dGq hKb}{5g\ . Hofgsf] afhL nufP/ wg ;DklQ hf]ufpg]x?, clxn] ;DklQ dfFof df/]/ Hofg hf]ufpFb} 5g\ . æv} Û O{Zj/ sxfF 5 æ eGg] ;'Fu'/ :jfF7x? æx] O{Zj/ ltdL sxfF 5f}Æ eGb} k'sfb}{5g\ . of] eGbf7"nf] kf7 c? s] x'g ;S5 / < clxn] cx+sf/L dfG5]x? sf]7/Ldf sf]lrPsf 5g\ . aflx/L k|s[lt, hgfj/, / r/fr'?ËLx? eg] /dfPsf 5g\ . ;a}nfO{ ;x–cl:tTjsf] kf7 oxL sf]/f]gfn] l;sfPsf] 5, x}g t < klZrd]nLx?sf] cfw'lgs lzIff sfd nfu]g / xfd|f} j}lbs 1fgsf] vf]hL ug{ afWo ePsf 5g\ .

csf]{ s'/f, gfuzlQm (Serpent Energy) g} xfd|f] hLjgsf] cl:tTj xf] . ;a} b]zsf wd{– ;Dk|bfox?n] s'g} g s'g} ?kdf gfuzlQmsf] k"hf u5{g\ g} . clxn] la;{b} cfPsf dfq x'g\ . xfdLn] gfuk~rdL dgfP h:t} lu|sdf ænfnLdfÆ OlhK6df æjf8h]6Æ OG8f]g]lzofdf æz]iff sNr/Æ rfOgfdf æ8«fugÆ eg]/ gfuk"hf ul/GYof] . d'l:nd, af}4 / lqmlZrog ;Dk|bfox?n] klg klxn] gfunfO{ k"hf ub{y] / clxn] klg k"hf ub{5g\ . jf:tjdf, cGt/lglxt gfusf] s'08nL zlQm xfd|f] zl//df eP/g} xfdL hLljt 5f}F .

;"o{af6 cfpg] xflgsf/s lals/0fnfO{ k[YjLeGbf (^ ls=dL= dfly a;L xfdLnfO{ z'4 lals/0f k7fpg] zlQm klg gfuzlQm xf] eg] xfd|f] k[YjLnfO{ a|Xdf08df c8\ofpg] klg gfu zlQmg} xf] . gfu/fhfsf] o:tf] ck/Dkf/ zlQm lagf xfd|f] cl:tTjg} /xGg . oxL ;TotfnfO{ gdg ub}{ laZjsf ;a} b]z, wfld{s ;Dk|bfox?n] cf–cfkm\g} 9+un] gfu k"hf ub}{ cfPsf 5g\ . la1fgn] klg gfunfO{ ∞ (Infinite) cgGt zlQm eGb5 . klZrdL d"n'sx?df t gfunfO{ hLjg / d[To'sf] n¶L (Rod of the life and death) g} dfGb5g\ . ToxL eP/ t ;a} c:ktfnx?sf] 5fk jf WHO ljZj :jf:Yo ;+u7gsf] 5fkdf klg gfusf] lrq c+lst 5 . v} t s'/f] a'em]s]f < clxn] dfq xf] of] klZrd]nL tyfslyt lzIff / cf8Da/n] xfd|f] j}lbs ;+:s[tLnfO{ cf]em]n kf/]sf] . ToxL eP/ cb[Zo gfu/fhfsf] zlQmsf] af/]df 1fg lbg'sf] nflu klg of] sf]/f]gf efO/; km}lnPsf] x'g'kb{5 . aNn dflg;x? cb[Zo zlQmnfO{ klg cfTdf;fy ug{ yfn]sf 5g\ . oxL g} clxn]sf] 7"nf] pknlAw xf] . ca, l5§} g} ;f/f ;+;f/sf dflg;x? gfu/fhfsf] cf;g of] b]je"ld g]kfn /fi6« /x]5 eg]/ yfxf kfpg] 5g\ / cgGt gfu /fhfsf] bz{g ug{ 3''Orf] nfUg] 5 .

**hLjgdf w]/} tgfa eof] s;/L kf/ nufpg] xf]nf <**

xfdL leq ePsf] lalIfKt ;+j]bgfx?n] dfgl;s / zfl//Ls a]r}gL NofpFb5 h;nfO{ tgfa elgG5 . tgfas} sf/0fn] l/;, 8/, 3[0ff, /f]u, cx+sf/ / lg/fzf pTkGg u/fpFb5 / dflg;sf] hLjg lk8fo'Qm aGb5 . oxL tgfa Joj:yfkg (Stress Management) g} clxn] ljZje/sf dflg;x?sf] nflu r'gf}lt ag]sf] 5 . ;Eo dflg;x? a;]sf] Pp6f ;kmf ;'Gb/ 7fpFdf kmf]xf]/ Joj:yfkgsf] h?/L kb}{g . To;}u/L xfdLn] hLjgdf tgfa ;[hgf u/]gf} eg] tgfa Joj:yfkg eGg] s'/fg} cfpFb}g xf]Og / <

hGdhft g} dflg; :j:y / lgbf]{if x'G5, ;'Gb/ / ;sf/fTds ;f]rn] cf]tk|f]t x'G5 . t/ pd]/ a9\b} hfFbf lgbf]{ifkg sfod/fVg g;sL w'TofO{x? a9\b} hfG5 . ct[Kt rfxgf, c:j:y hLjgz}nL / dfglao d"Nox? gsfbf{ qmdzM hLjg tgfado aGb} hfG5 . oL ;a} tgfax? c1fgtfs} sf/0faf6 hGdG5g\ . j}lbs lzIffn] l;sfPsf] cfo"j]{b, Hof]ltifzf:q, jf:t'zf:q, of]uWofg h:tf cTofjZos 1fgx? xfd|f] hLjgdf nfu' ug{ g;Sg'g} tgfasf] d'Vo sf/0f xf] . h:tf] sL, 3/ agfpFbf v]/L jf:t'zf:qsf] Vofn ul/Pg eg] hlt;'s} wg;DklQ sdfP klg 3/kl/jf/df em}emu8f x'G5 . Hof]ltlifo k/fdz{ lagfg} Jofkf/sf] yfngL cyjf lajfx ul/of] eg] Pscfk;df u|xbzf h'WguO{ hLjgdf tgfa pTkGg x'G5 . :jf:Yog} 7"nf] ;DklQ / v'zLdo hLjgsf] s8L xf] t/ cfo"j]{lbs hLjg k4ltsf ;fy} of]u WofgnfO{ hLjgz}nL agfpg g;Sbf hLjg g/st'No aGb5 . oxL s'/fnfO{ cfTdf;fy ub}{ clxn] ljZje/sf dflg;x? of]uWofg / cfo'j]{b eg]/ g]kfndf cf]Ol//fv]sf 5g\ .

;a{k|yd t, cfw'lgs dflg;x?n] vfg] v/fa vfgfsf] sf/0fn] g} tgfa ;[hgfx'G5 . ;a}nfO{ yfxf 5 sL æxfdL h] vfof] ToxL aGb5f} . p;eg] hfF8, /S;L, df5f, df;', v}gL, r'/f]6 h:tf /fIf;L ef]hgn] cjZo g} /fIf;L k|a[lQ NofpFb5 . laiffbLo'Qm ;fu;AhL, kmnkm"n, Kofs]6sf vfg]s'/f / cf}ifwLsf] gfddf 8fS6/x?n] lbg] dGblaif lkN;n] xfd|f] zl// k'/} /f]uL agfPsf] x'G5 . ctM b}lgs of]uEof;, k|0ffofd / rqm z'l4s/0f -gf8L;f]wg\_ gu/] xfd|f] z/L/sf] c+uk|To+ux?n] /fd|/L sfd ug{ ;Sb}g . kmn:j?k lr8lr8fkg, l/;, cx+sf/, 3[0ff, zfl//Ls / dfgl;s c:j:ytf k}bf x'G5 / hLjg tgfado x'G5 .

jf:tjdf, O{Zj/sf] s[kfåf/f k|fKt of] ;'Gb/ hLjgnfO{ xfdLx?n] a'em\g g;Sbf / of] /x:odoL d]lzg -z/L/ ;+rfng k|s[of\_ rnfpg ghfGbf hLjgdf ;d:ofx? cfOk/]sf x'g\ . s] tkfO{ s's'/nfO{ dw'd]x nfu]sf] / d[unfO{ SofG;/ nfu]sf] b]Vg'ePsf] 5 < kSs} klg 5}g . t/ ;j{>]i7 k|f0fL dflgPsf] dfG5]x? eg] !))\* /f]un] u|l;t 5g\ . lxhf]cfh t zxl/of egfpbfx?sf] cf]5\ofg e/L cf}ifwLsf kf]sfx? dfq e]l6G5g\ . s7}a/fsf] l:ytL 5 ;a}sf] . ctM tgfa Joj:yfkg ug{ tnsf oL a'Fbfx? Vofn /fVg';\ .

* a|Xdd"t{df p7\g] afgL ug'{;\ / lqkmnf r'0f{nfO{ tftf]kfgL ;Fu lkpg'';\ .
* :gfgkZrft k"hf kf7, k|0ffofd / of]uWofg ug]{ug{'';\ .
* xTof lx+;faf6 6f9f a:g], k+rzLnsf] kfngf ug{], zfsfxf/L hLjg hLpg], kmnkm"n, xl/of] ;fu;AhL / z'4 kfgL k|;:t lkpg] ug{'';\ .
* vfgf;Fu of vfgf vfP nuQ} kfgL sbfkL klg glkg'';\ . vfgf vfPsf] sDtLdf ! 306f kl5 dfq kfgL lkpg] / Tof] klg lrof h;/L ;'?k ;'?k lkpg] ug{'';\ .
* cfkm";Fu h] 5 To;}df ;Gt'li6 lng'';\ , sNkgfsf] dxn gagfpg'';\ .
* O{Zj/ k|lt elQmefj /fVg'';\ / j}lbs 1fgnfO{ cg'z/0f ug{'';\ .
* lajfx ubf{ Hof]ltifLo k/fdz{ / 3/ agfpFbf klg jf:t'zf:qsf] k/fdz{ lng'';\ .
* a]nfa]nfdf cfo'j]{lbs cf}ifwL lng'';\ t/ cfw'lgs 8fS6/sf] dGb laifn] el/Psf] Pills 6\ofan]6 sbfkL gvfg'';\ . o;n] t hLjge/ /f]uL agfO/fV5 gL .
* jg:ktL £o", k|zf]lwt t]n, ;]tf] lrgL, ;]tf] g'g, MSG cflhgf]df]6f], d}bfsf kl/sf/, sf]sfsf]nf h:tf j:t' laifsf kf]sfx? x'g\ .
* lttf], 6/f]{, cldn], lk/f], lrNnf], d;nf, u'lnof] . oL ;a} ^ k|sf/sf :jfbx? a/fa/L ?kdf vfg] ug{'';\ .
* k};f ;fwg xf], c;n gf]s/ xf] eg]/ ;Demg'';\ t/ k};fsf] nflu e't'Ss gx'g'';\ .
* ;dosf] kfngf, k|lt1fsf] kfngf / pQ/bfloTj axg ug{'';\ ..
* eujfg a'4n] eGg'eP h:t} cfjZostf eGbf a9L ;/;fdfg hf]8\g' klg tgfa leqfpg' xf] .
* cfkm"nfO{ dg k/]sf] sfd /f]Hg'';\ / sfdnfO{ sd{of]u agfpg'';\ .
* yf]/} vfg';\ , bf]Aa/ lx8\g'';\ / t]Aa/ xfF:g'';\ .
* b]jC0f, lkt[C0f, CifLC0f, a'afcfdfsf] C0f / /fi6«C0f ltg'{;\ .
* lao{ hLjgsf] cl:tTj xf], To;}n] hf]ufpg';\ . dlxgfdf ! jf @ k6s dfq ;+ef]u ug'{;' .
* ;Demg';\ sL æcfh d]/f] hLjgsf] clGtd lbg xf]Æ / x/t/xn] /dfpg';\ .
* lx;fa, lk;fa / lg;fkm r':t geP hLjg tgfadf g} laTb5 .
* ;w} ;f]Rg';' ls æcfh d}n] ;dfh / /fi6«nfO{ s] lbP tÆ Û

**dfofF – hLjg / d[To'** hLjg k|Zg} k|Zgn] el/Psf] 5, s;}nfO{ o;sf] pQ/ yfxf 5}g / d[To' lglZrt 5, s;}n] k|Zg} ug{ kfpFb}g . t/ of] cd"No hLjg kfP/ klg cfkm\g} hLjgsf] af/]df vf]h gug'{ – a]xf];\df hlGdP/ a]xf];L d} dg'{ rflx lwSsf/sf] h'gL x'g]5 . jf:tjdf, hLjg / d[To' Pp6} l;Ssfsf b'O{ kf6fx? x'g\ . logLx? ;+u;+u} aUb5g\ . xfdL hGdbf g} d[To' -sfn\_ a9\b} hfG5 . d[To' hLjg;+u} cGt/lglxt 5 . h:tf] sL b'w leq t/\ / km"nleq af;gf . d[To' 5 / t hLjg klg 5 geP hLjgsf] cy{ g} x'g] lyPg . clg d[To' eg]sf] k"0f{ d/0f geO{ xfd|f] cfTdfn] of] z/L/ 5f]8]/ csf]{ z/L/df k|a]z u/]sf] 7fGg' kb{5 . h:tf]sL, xfdL elTsg nfu]sf] k'/fgf] 3/ 5f]8]/ gofF 3/df ;/] h:tf] . ha xfd|f]] z/L/ a'9f] / hL0f{ x'Fb} hfG5, lglZrt?kdf k|sfz?kL cfTdf tTjn] csf]{ 7fpF vf]lh/x]sf] x'G5 / ;do cfPkl5 z/L/nfO{ 5f8]/ cfTdf aflxl/G5 .

k|fou/L dflg;x? d[To' b]lv 8/fpg] ub{5g\ t/ d[To'df b'vfO{ eg] slQklg x'Fb}g . h:tf] sL xfdLcfdfsf] ue{af6 aflx/ lgl:sPsf] xfdLnfO{ slQ klg cg'ej xF'b}g, ToxL ?kn] xfd|f] cfTdfn] z/L/ 5f8]sf] cg'ea klg ug{ ;lsb}g . ;'Io cg'ea ubf{ a? cfgGbsf] cg'e"lt x'G5 . h;/L xfd|f] ln+u?kL z/L/af6 k|sfz?kL lao{ aflxl/Fbf k/dcfgGb k|flKt x'G5 . ulx/f] Wofgdf hfg ;Sg] of]uLx?n] eg] of] If0fsf] cg'e"lt u/]sf x'G5g\ .

sf]qmf] b]lv lrtf;Ddsf] ofqf hLjg xf] . h;n] hxfF h;/L hLpFb5 Tof] g} hLjg xf] . Pp6f ls;fgn] hLpg] / 8fS6/n] hLpg] tl/sf dfq km/s xf] t/ jf:tljstf eg] Pp6} x'G5 . xfd|f] k|f0f 5p~h]n …hLjgÚ eGb5f} / k|f0f uO;s]kl5 ef}lts z/L/sf] d[To' eGb5f}+ . k|f0f 5p~h]n dfofF ddtf x'G5 eg] k|f0f uO;s]kl5 gfd klg x/fpFb5 . æTof] nfznfO{ aflx/ nuÆ eg]/ eGg yfNb5g\ . t/ xfd|f] k|sfz?kL cfTdfsf] eg] cgGt hLjg x'G5 . g t o;sf] cflb g t cGt x'G5, g t hGdG5 g t d5{ g} . of] t a|Xdf08Lo r]tgf xf], k|sfzk'~h xf] . olx g} ;fZjt ;To xf] . lbof] afNg] t]n eP h:t} hLjgsf] nflu dfofF ckl/xfo{ x'G5 . oxL dfofF ddtfn] g} ;+;f/ cl8Psf] 5 . dfofF geP hLjg ultlzn aGg ;Sb}g, hLjg km"Ng–kmqmg / d':s'/fpg ;Sb}g .

dfofF lagfsf] ;+;f/df, km"naf6 cfF;' v:5 /]

;+uLt lagfsf] ;+;f/df sf]OnL klg lrxfgdfly a:5 /] .

cfF;' xf]Og xf;f] vf]h–d[To' xf]Og hLjg /f]h,

?g' x'Gg of] If0f h:tf];'s} kL/ k/]tf klg,

xfF:g';\– xfF:g';\– xfF:g';\, xf:g} g;s]tf klg ..

To;}n] dfofF / ;+uLt hLjgsf] ckl/xfo{ tTjx? x'g\ . 3/kl/jf/, ;fyLefO{, k|]dL–k|]ldsf / ;dfh–/fi6«–k|s[lt;+u ul/g] dfFof lar Ps cfk;df ulx/f] ;DaGw x'G5 . olt xf] sL xfdLn] ul/g] dfofF lgd{n / lg:jfy{ x'g'kb{5 . geP of] dfofF t'?Gt 3[i0ffdf kl/0ft x'G5 / hLjgg} k|b'lift x'g hfG5 . To:t} ;+uLt s;nfO{ dg kb}{g / < v';L x'Fbf klg ;+uLt rflxG5 eg] b'MvL x'Fbf klg ToxL ;+uLtg} rflxG5 . lajfx, a|taGw, agef]h, ehgd08nL htftt} ;+uLt u'l~hG5 . olt ;Dd sL d[To'sf] clGtd ;+:sf/df klg cfkm\g} tl/sfsf] ;+uLt alh/x]s} x'G5 . k|s[ltsf x/]s knx? ;+uLtdo x'G5g\ . xfjfsf] ;':s]/f, vf]nfsf] snsn, r/fsf] lr/la{/ h:tf k|fs[lts 36gfn] hLjgnfO{ hLjGttf lbPsf] x'G5 . dfofF / ;+uLt gePsf] eP of] ;+:ff/ lrxfgsf] y'k|f] ePsf] efg x'GYof] xf]nf lg== .

km]l/, dfofF o:tf] efiff xf] h'g nf6f]n] klg af]Ng ;S5 / cGwf]n] klg b]Vg ;S5 . dfofFn] g} t xf] agsf / dgsf km"nx? km'Ng], geP ;a} ktem8 aGb5 . 3/ kl/jf/df dfofF af8\g g;Sbf g} hLjg g/st'No aG5 . >LdtL, 5f]/f5f]/Ldf dfofF af8\g';\ t, Tof] 3/g} :ju{;/L aGb5 . leqL dg b]lv dflg;x? xfF:g g;Sg'g} hLjgsf] 7"nf] Iflt xf] . h:tf];'s} kl/l:ylt ePklg lttfld7f If0fx?nfO{ cg'ea ub}{ hLpg'df g} hLjgsf] cy{ x'G5 . x/]s 36gfn] s]xL g s]xL kf7 l;sfO /fv]sf] x'G5 . t/ o:t} ;fZjt ;TonfO{ a'em\g g;Sg', cfTdfaf]w ug{ g;Sg' eg]sf] d[To'nfO{ kv]{/ afFr]sf] dfG5] eGbf s]xL km/s kb}{g xf]nf .

**s] of]uEof; ubf{v]/L cf;g / k|0ffofd ug}{k5{ <**

of]u ;fwgfdf nflu;s]kl5 ;j{k|yd k+rlznsf] kfngf / zfsfxf/L ef]hgsf] hLjgz}nL x'g} kb{5 . geP t 9'+uf dfly /f]lkPsf] kml;{sf] lap h:t} s]xL cy{ x'Fb}g . of]uEof;df cf;g / k|0ffofd dfq xf]OgsL k'/} ci6fËLs lgodsf] kfngf ug{'kb{5 . lt x'g\ M od -k+rlznsf] kfngf\_, lgod -k"hfkf7 / zf:q cWog\_, cf;g -zfl//Ls Jofod\_ k|0ffofd -:jf; k|Zjf; Jofod\_ k|Tofxf/ -rfxgf / OR5fx? 36fpg'\_, wgf{ -cfGfGb k|flKtsf] nflu bTtlrTt x'g''\_, Wofg -;f]r 36fpgnfO cfkm\g} k|f0ftTj / dgsf] cj:yfnfO{ k/af6 lgofNg'\_ / ;dfwL -cfkm"leqsf] k|sfz :j?k cfTdf tTj;+u ;dflxt x'g'\_ / oL ;a} s'/fx? qmdzM cEof; ug]{ kb{5 . h:tf]sL uf8L rfnsn] OlGhgsf] 8Aaf, 6fo/, a;sf] :6]l/Ë ;+u;+u} ;+rfng u/]/ lx8]sf] cj:yf . uf8Lsf] :6]l/Ë dfq} 3'dfP/ af6fdf t 8«fOe/ kSs} lx8\b}g . ctM kft~hnL of]u z'q k'/} kfngf ug'{kb{5 .

zfl//Ls Jofod rfFlx xfd|f] zl//nfO{ :km"lt{ / :jf:y /fVgsf] nflu xf] . lsgeg], z/L/ / dgsf] ulx/f] ;DaGw x'G5 . :j:y z/L/ ePg eg] dg klg :j:y x'g ;Sb}g . z/L/ eg]s} cfTdf a:g] 3/ xf] . To};}n] lgoldt :gfg / Jofod t x'g} kb{5 . h:tf]sL uf8Lsf] OlGhgsf] klg a]nf a]nfdf dd{t ul/G5 . geP t uGtJodf k'Ug} ;lsGg, xf]Og / < km]l/ P]of, P]of eGb} afFr]sf] hLjgnfO{ t s] hLjg eGg' / ls s;f] <

To:t} k|0ffofd csf]{ ax't dxTjk"0f{ kf6f] xf] . æof]uM lrQ j[lQ lg/f]wM -cyf{t dgsf] k"0f{ zfGt cj:yf g} of]u xf] . k|f0f / dgsf] 3lgi7 ;DaGw 5 . r+rn dg eP :jf;k|:jf; klg l56f] l56f] x'G5 . k|f0fn] g} of] zl//sf] ;Dk"0f{ c+u k|TofË, rnfPdfg agfPsf] x'G5 . To;}n] lgoldt k|0ffofd ckl/xfo{ x'G5, olb :j:y hLjg ;'vL hLjg rfxg' x'G5 eg] . ls t clxn] k|0ffofd ug'{; ls t c:ktfnsf] z}ofdf k|f0fjfo' (Oxygen) sf] kf]sf] h8fg u/L ICU df a:g';, Tof] klg 7"nf] wg /fzL vr{ u/]/ . O{R5f rflx tkfO{sf] . t/ lgoldt k|0ffofd uof]{ eg] s'g} klg /f]un] 5''Fb}g lsgeg] /ut ;w}+ ;kmf x'G5, kmf]S;f] ;w} k|km'lNnt x'G5 . /ut / kmf]S;f]n] g} t xf] lg xfd|f] dg–dl:tis / z/L/ ;w}+ :j:y /fVg] eg]sf] . elgG5– ædg, lrQ z'4 eP ;ayf]s z'4Æ . ;w} ;sf/fTds ;f]r / ;t\sd{df k|]/0ff hfUb5 . To;l5 u/]sf x/]s sfdx?df cfTd;Gt'li6 x'G5 / hLjg cfgGbLt aGb5 . To;}n] t of]u WofgnfO{ c;n hLjg hLpg] k4lt eg]/ Clifd'lgx?n] k9fPsf x'g\ .

**g]kfnaf6 ef/tn] s] nfU5 < / xfdLnfO{ s] lbG5 <**

wtL{sf] :ju{ dflgPsf] o; b]je"ld uf]/If /fi6« g]kfnaf6 ef/tn] ?b|fIf, ;flnu|fd, rGbg, hl8a'6L, u+ufhn / ax'd'No /Tg kTy/x? nfG5 . df]bLs} efiffdf eGbf !!,))) gbLgfnfsf] kfgL / hNbfaNbf hjfg hjfgLx? ;a} nfG5 . To;sf] abnfdf s'x]sf] rfdn, kmdf{lng xfn]sf] df5f k7fpFb5 . $ ?k}+of cfn';Fu} #) ?k}+ofsf] xfjf e/]/ lrK;sf] kf]sf] k7fpFb5 . n§] hf]uLx?, 8asf af]s]/ lx8\g] levf/Lx?, x'6L6\ofFp h:tf e§ kl08t k7fpFb5 . tf]/Lnfp/] g]tfx?nfO{ grfpg RAW (Research and Analysis Wings) eGg] ef/tsf] hf;';L ;+:yf sf] xftdf dfbn k7fpF5 . ;nfdL / u'nfdL ug]{ g]tfx?nfO{ vfddf s/f]8f}+sf] blIf0ff klg k7fpFb5 . lazfn g]]kfnsf] gS;f, ;lGw ;Demf}tf n'sfpF5 / gfnfkfgLdf xfd|} uf]vf{nL ;]gf pEofpF5 . /ftf/ft h+u] lkn/ ;f5{, To;}n] t lgbf]]{if g]kfnLx? ;'Tbf g]kfndf g} x'G5g\ t/ ef]lnkN6 Jo'lembf ef/tLo aGg k'Ub5g\ .

j]b / k'/f0f xfd|} t/ ædfdfsf] 3f]8f d]/f] lx+xLÆ eg]h:t} 6k/6'Oof n'§] bfx|Ljfnx? klZrdL /fi6«df uP/ of]uWofg / cfo'j]{bsf] la1fkg ub{5g\ . otfaf6 6gsf 6g hl8a'6L nU5 / ax'd'No cf}ifwLsf 6\ofAn]6 agfP/ o"/f]df o"/f]kdf a]R5 . ldtL gf3]sf, u'0f:t/lxg cf}ifwLx? eg] (Only for Nepal) eGb} km]l/ xfdLnfO{ g} a]R5 . ;a} gbLgfnfsf lsg]/ lah'nL a]R5 . tfhf cuf{lgs pTs[i6 vfB kbfy{ / lgdf{0f ;fdfu|Lx? oxfFaf6 nfG5 / ;8]un]sf kmnkm"n, laiffbLo'Qm cGg ot} a]Rg NofpF5 . xfdLnfO{ df]6/ ;fOsn / sf/;Fu} nfO;]G; klg pQ}af6 k7fOlbG5 kfFr bf]Aa/ efpdf . dfofF u/]/ ef/tn] /fi6« rnfpgnfO{ !@ a'Fb] p;}n] agfOlbG5 . ;'g nfG5, g'g k7fOlbG5 . O{dfGbf/ /fi6« ;]js hjfg nfG5 / afs;df nfz k7fOlbG5 . tfn'v'On]nfO{ sfFOof] a]Rg] e}ofn] xfd|f] v's'/L;Fu n't] s'v'/L ;f6\5 . s}nfzklt lzjhLnfO{ k'sf5 , cflz{jfb lnG5 / Shiva is an Indian God eg]/ lzjhLnfO{ klg Passport lbG5 . ca, lzjhLnfO{ w/L t Passport af8\g] e}ofn] xfd|f levf/L g]tfx?nfO{ lsGg' 7"nf] s'/f ePg . clg, g]kfnsf] rf/wfd / rf/ j]b klg ef/ts} xf] eg]/ ;f/f ;+;f/nfO{ em'Sofpg g;Sg] t s'/} ePg, ls s;f] < ;a}nfO{ rt]gf eof ===========.

**afaf uf]/vfgfy;Fu s;/L ;fIffTsf/ eof] <**

dnfO{ d]/f] dft[e"ld g]kfn c;fWo} dfofF nfUbYof] . k|fs[lts >f]t / ;fwgn] el/k"0f{ /fi6« g]kfn lsg o;/L u/La eof] eg]/ lrGtf nfUbYof] . a}lbs ;gftg wd{sf] pb\udg:yn, 1fg / zflGtsf] d'xfgdf g} lsg olt w]/} czflGt x'G5 t eg]/ g/dfOnf] nfUbYof] . hLjg / hutsf] /x:odoL kf6f]x? a'em\g]qmddf pmF zflGt, s[i0fk|0ffdL, rr{, dl:hb, cf]zf]sDo"g h:tf wfld{s ;+3;+:yfx? rfxfg{ yfn] t/ ToxfF 9f]FuLx? dfq km]nf kf/] . bfx|Ljfn, ns]6 / a:qwf/L tL u'? egfpFbfx? g} /0fe'Nndf k/]sf] yfxf eof] . ca, af6f] e'n]sf] ofqLn] s;/L c?nfO{ af6f] b]vfpg ;S5 / < eg] h:tf] cfefif eof] . cfFk gb]v]sf / grfv]sfx?n] cfFksf] JofVof u/] h:t} oL :jfF7x?n] ;Tosf] cg'eag} gu/L ;lrtfgGbsf] aofg u/]sf] b]v]/ xfF; klg p7\of] . /fd|f];Fu wd{sf] Jofkf/ u/]sf /x]5f} eG7fg] / cfkm" PSn} g} Wofgdf dUg x'gyfn] . /x:ox?nfO{ sf]6\ofpg yfn], dg leqsf] …xl/Ú ;+u s'/f ub}{ a;] .

Pslbg k|fylds lzIffsf] k|rf/ k|;f/sf] nflu sf7df08f}af6 x]n]gf / ;+lhj eGg] ;fyLx? d]/f] k]G;g t'zLtfdf cfpg'ePsf] lyof] . a;LlaofFnf]sf] qmddf o:t} cWoflTds s'/f eof] / x]n]gfhLn] hoafu]Zj/Ldf a:g] u'?fsf]df nfU5' eGg] s'/f ug'{eof] . w]/} afaf, dftf / u'?x?sf]df wfpFbf wfpFbf d jfSs eO;s]sf] x'Fbf z'?df t OGsf/ u/] t/ x]n]gfhLn] æpxfF t ;fwf/0f x'g'x'G5 , 6ofDkf] r9]/ lx8\g'x'G5 , bfx|L;f/L s]xL 5}g, ;w} 6f]kL nufP/ a:g'x'G5Æ eg]kl5 dnfO{ klg e]6\g] OR5f hfUof] . nuQ} sf7df08f} uof} / ho afu]Zj/Ldf cgGt k|;fb vgfn;+u bz{g e]6 eof] . pxfFn] d]/f] leqLs'/fx? a'em]/ xf]nf, klxnf] e]6dfg} dnfO{ cnf}lss a:t'x?sf] bz{g u/fpg' eof] . d t 6\jfNn k/L/fv] . leq efG5fsf]7fsf] Ps s'gfdf /flvPsf] afaf uf]/Ifgfysf] k|ltdfdf bz{g ubf{ z/L/df 7"nf] sDkg cfof] . cfkm"n] cfkm}}nfO{ cxf] efUodfgL ;Dem] / pmFsf/ cgGt k|;fbvgfn a'afnfO{ l56}g} kf]v/f cfpg lgDtf] lbP/ d kms]{ . -d+l;/ !%, @)^#\_

;+hf]ua; km]l/ sf7df08f}af6 pxfFnfO{ lnP/ cfpg] df}sf kfP . d]/f] sf/df d / pxfF dfq lyof}, enfs';f/L ub}{ cfof} . pxfFn] d'lUng glhssf] hnljB't u[xsf] lgdf{0fdf 7"nf] of]ubfg k'¥ofpg' ePsf] /x]5 / @)%& ;fn >fj0f b]lv cgGt k|;fb vgfn a'afsf] z/L/df afaf uf]/Ifgfy k|a]z ug'{ePsf] s'/f klg eGg'eof] . lar af6fdf cfpFb} ubf{ e08f/9Lsdf uf]dflbbLnfO{ klg e]6\of} lsgsL z'?b]lvg} cgGt a'afnfO{ oL dugL{ lbbLn] cWoflTds dfu{df ;xof]u ub}{ cfpg'ePsf] /x]5 . To;kl5 km]l/ xfdL n]s;fO8 kf]v/flt/ hfg egL lx8\of} . lahok'/ 5]p k'u]kl5 cgGt a'afn] ;f]Wg' eof]–

æefO, ca xfdL a;]sf] 7fpF;Dd k'Ug slt 5 < k'Ug] lalQs} k"hf ug'{k5{ x} . rf]vf] kfgL rflxG5 gLÆ eGg'eof] .

d}n] eg] M !)÷!@ ls=dL hlt 5 . rf]vf] kfgL rflxg] eP d ldlg/n jf6/ lsG5' gLÆ

a'af M xf]Og, cfsfzsf] kfgL rflxG5 Sof, aiff{ kfgL Û

d}n] ;f]w] M t/ s;/L < cfsfz t ;kmf lgnf] 5 . kfgL kg]{ t 5f6sf6} 5}g t <

a'af M ……d k'sf5'{ gL uf]/Ifgfy afaf;Fu . tkfO{ uf8L rnfpFb} hfg';\ gÆ eGg'eof] . jxfFn] cf}nf 3'dfpb} hfg'eof], k~rf;]sf] 8fF8faf6 afbn d8f/Lb} cfof] . xfd|f] xf]6nsf] u]6 g]/ k'u]kl5 kfgLsf] l56f kg{ yfNof] . Æ 1fg' alxgLn] lbPsf] k|;fb leh]/ g} u|x0f ug'{kg]{ x'G5 . km]l/ 5ftf lng gbf}l8g';\ gLÆ eg]/ cl3 g} ;Demfpg' ePsf] lyof], d}n] To;} u/] .

d eg] ltg 5Ss k/], cfZr{orsLt eP . la1fgn] eGb5 sL– kfgL kg{nfO{ afbn rflxG5 t/ cfsfzdf st} afbnsf] gfd lgzfgf klg lyPg . s;/L kfgL k¥of] t < d 3f]lTnP/ dfq a;] . s;/L jxfFn] bflxg] xftsf] cf}nf 3'dfpbf k~rf;]sf] r'r'/f]df yf]/} af]bnsf] 3]/f b]lvof] < s;/L To;kl5 Tof] sfnf] afbn d8f/Lb} d8fl/b} n]s;fO8 dfly b]vf k¥of] / 7"nf] xfjf x'/L rNg yfNof] t < dgleq k|Zg} k|Zg 3'Dg yfn] . jxfFn] eg]h:t} g} k]G;g t'zLtfsf] u]6df k'Ubf kfgL bs{g yfNof] / jxfFn] leh]/} 1fg'n] lbPsf] gl/an k|;fbx? u|x0f ug'{eof] .

o:tf] cnf}lss 36gfn] d ltg 5Ss kl/;s]sf] lyP . a]n'sfsf] vfgf kZrft enfs';f/L x'b} lyof] . crfgs jxfFsf] cg'xf/ d';ndfgsf] ?kdf kl/jt{g ePsf] b]v]/ >LdtL 1fg'n] ;f]Wof] –

……a'af, xh'/nfO{ Pp6f s'/f egf} ls gegf} < clxn] ev{/} xh'/sf] cg'xf/ t d';ndfgsf] h:tf] kf] eof] t <Æ

a'afn] klg d';'d';' xfF:b} eGg'eof]–Æ xf] 5f]/L, lxhf]cfh d]/f] z/L/df cNnfx zlSt k|a]z u/]sf] 5 Sof, To;}n] . Æ

o:t} cfWoflTds s'/fx? ul/;s]kl5 xfdL cf–cfkm\gf] sf]7fdf ;'Tg uof} . /ftL !!M!! ldg]6df km]l/ @)! sf]7f g+= af6 ;]tf] s'yf{–;'?jfn nufPsf] dfG5] cuf8L lbof] afn]/ lgl:sof] . u]6sf] tfnfx? h:tfsf] t:t} 5 t/ d'nu]6sf] Kjfnx?af6 klg l5/]/ tfna/fxL dlGb/ lt/ nfUof] . km]l/ ! ah]lt/ pxL dfG5] pxL :j?kdf kmls{of] . oL ;a} b[Zox?nfO{ xfd|f] em\ofnaf6 lrofP/ >LdtL 1fg'n] x]l//fv]sL lyOg\ . of] cb\e"t b[Zo b]v]/ lgGb|f klg nfu]g .

ef]lnkN6 laxfg, lrof vfhf vfFb} 1fg'n] lxhf] /flt ePsf] s'/f ;'gfOg\ æa'jf, cfh/ftL ;]tf] n'uf nufPsf] dfG5] tkfO{ ;'t]sf] 9f]sfaf6 lgl:sof] / au}+rfaf6 hfFbf eg] Hof]lt dfq aGof] . Tof] s] xf] lg <Æ

jxfFn] eGg' eof] – æxf] gfgL, Tof] d g} x'F, cfh;Dd s;}n] gb]v]s]f s'/f ltdLn] b]Vof}+, ;do klg ofb ul//fv]sL /lx5f} . d oxfF kf]v/fsf] tfn a/fxL / u'Kt]Zj/sf] zlQm hufpg cfPsf] x'F . ca, xfdL sxfF sxfFaf6 efUon] e]6 eo+f+} . of] xfd|f] k"j{hGdsf] g} gftf xf] . ca tkfO{x?n] of] k]zf 5f]8]/ cs}{ hLjg z}nL c+ufNg' kb{5 . of] /fi6«nfO{ ;d[l4 / zflGtsf] nflu sfd ug'{kb{5Æ kf] eGg'eof] .

xfdLn] ;f]r]sf]] kl08tafh] jf u'? egfFpbfx? eGbf cs}{ vfnsf] a'af e]6\bf clt g} crlDet eof} / kl5 dgdg} v';L eof} . To;kl5 d}n] æxh'/nfO{ Kn]gsf] l6s6 sfl6lbG5' sf7df08f} kms{gnfO{Æ eg] . cgGt a'afn] eGg'eof]– æxf]Og efO{, dnfO{ t a;sf] l6s eP x'G5 . /fi6«sf] nflu slt 7"nf 7"nf sfd ug'{5 . k};f To;/L hyfefjL vr{ gu/f}+ . ;do cfPkl5 r9f}nf lg xjfO{hxfh nÆ .

cb\e"t cfWoflTds zlQm eP/ klg s]xL klg gefsf] h:tf] ?k b]v]/, jxfFsf] ;fwf hLjg z}nL / zflngtf b]v]/ xfdL cfZro{ rlst eof} . jxfFn] eg] h:t} 6'l/i6 a;sf] l6s sf6]/ sf7df08f} hfg'eof] / ToxL lbg b]lv xfdLn] 3/df cv08 lbof] afNg yfNof} .

d]/f] Jofkf/ Joj;fox? Psbd} /fd|f] rln/fv]sf] lyof] . c? dflg;x?n] kf]v/fdf dnfO{ ;dfh;]jL / wgLdWos} Psdf uGbf /x]5g\ . la8Dagf, jxfF hfg'ePsf] ! dlxgf kl5 t PSsf;L 3/a]6L;Fu egfeg x'g yfNof] . d]/f] Jofkf/ km:6fPsf] b]v]/ xfl83f]K6] 3/a]6Ln] s/f/ calw cuf8Lg} dnfO{ Tof] 7fpFaf6 lgsfNg] 7"nf] if8oGq u¥of] . 7"nf] ;+3if{ u/]/ Gofonfox? wfP t/ of] b]zdf /fdzfx dl/;s]sf /x]5g\ . hful/nf xftx? 8'8fF kfl/g] of] b]zdf, ;fw'nfO{ ;'nL r9fpg] of] b]zdf Gofo kfOPg . cgGt a'afnfO{ e]6]sf] s]xL dlxgf kl5 eb|uf]n ;'? ePsf]n] / emg\emg\ l:ylt lau|]sf] b]v]/ uf]/vgfy k|lt l/; klg p7\of] . t/ s]xL lbg;Dd emf]qmfP/ a;]kl5 leqLdgn] eGof] æaf6f] csf]{ lng'k5{ . hLjgsf] Pp6f lgod x'G5 ls Psflt/sf] 9f]sf aGb eP kl5 csf]{ 9f]sf v'nf ul/Psf] x'G5 .Æ oxL s'/f ;Dem]– sd{, wd{sf] s'/f ;Dem]/ ca csf]{ cWofo z'? ug'{kb{5 eg]/ -uLt–;+uLt k':ts n]vg\_ ;flxTo ;+uLt ;[hgf u/]/ ! aif{ latfP . To;kl5 km]/L ((( lbgsf] nfdf] Wofgdf a;L cWofTdsf] ulx/f] vf]hdf nfu] . To;kZrft, cnf}lss lbAo 1fg k|flKt eof] . af6f] e"n]sfx?nfO{ dfu{bz{g ug{, hLjg / hut a'em\g vf]Hg]x?sf] nflu eg]/ k'DbLe"DbLsf] 8fF8fdf t'zLtfg]kfn -hLjgsf] kf7zfnf\_ eg]/ of]uWofg s]Gb| vf]n] . zflGtsf] vf]hLdf ef}tfl/Psf b]z–lab]zsf dflg;x? t'zLtfg]kfndf cfpg yfn] . ptf uf]/vgfy sNof0f s]Gb|sf c? ;b:o ldqx?;+u klg 3lgi6tf a9\b} uof] . g]kfn /fi6«sf] ;d[l4 / zflGtsf] nflu c7f]6 u/]/ a;]sf o'jfx? ufFl;b} cfP . o; qmddf w]/} hgf 5flgP . cgGt a'afnfO{ klg Ho"bf] Eofu'tf hf]v] h:t} ufx|f] eof] . JolQmut :jfy{n] cfpg]x? w]/} eP . kmfObf vfg gkfPkl5 ;a} km'Q efUby] . clxn] ar]sfx? rflx ;Rrf uf]/v eQmx? eP .

aNn dnfO{ yfxf eof] ls, lsg afaf uf]/Ifgfyn] tn n]s;fO8sf] Jofkf/ etfe'Ë kf/]/ oxfF Nofpg' ePsf] /x]5 eGg] s'/f . /ftL :ffIfft afaf cfP/ cWofTdsf] s'/fx? w]/} k9fpg' x'GYof] . o; uf]/If /fi6«, tkf]e"ld, b]je"ld, :ju{e"ldnfO{ ljZj ;fd' lrgfpgsf] vflt/ nflu k/]sf 5f}+ . clxn] cgGt a'afnfO{ 7"nf] ;fy lbg]x?df wfs]{sf efO{x?sf] ;d"x, ch'{g /]UdL, an/fd /]UdL, cldt rf}w/L, r]tg g]kfn, 7fs'/ kxf8L, ;'j0f{ x'dfufO{, lbg]z l3ld/], ;'lgn kf}8\ofn, sfd]Zj/ bfO{, lglvn pk|]lt cflb x'g'x'G5 . ;sn k|f0fL / dfgj r]tgfsf] ;'b[l9s/0f u/L ljZjdf zflGt sfod ug]{ p2]Zon] afaf uf]/Ifgfysf] cfb]z cg'?kg} bfdg wfs]{ / s'z]Zj/df uf]/If wfd æljZj zflGt dlGb/Æ :yfkgf u/\of} . zlSt ;~ro ug{sf] nflu ?b|fIfe"dL ef]hk'/df / ;'b[9 /fHo Aoa:yfsf] ;+sNk :j?k uf]/Ife"dL uf]/vfdf lzv/ z}nLsf] lzj–uf]/If dlGb/ lgdf{0f x'b}5 . xfdL ;a}n] lbPsf] lhDd]jf/L lgefof}+ . ca xfdL uf]/v/fHo pbosf] – ;'o{j+zL /fhfsf] k|ltIffdf 5f}+ .

**sd{ / efUo s] xf] < s] xfd|f] e]6 klg efUo s} v]n xf] / <**

x/]s lqmofsf] k|ltlqmof t cjZo x'G5 . xfdLn] u/]sf sd{x?sf] n]vfhf]vf klg cb[Zo?kn] eO/fv]sf] x'G5 . ToxL ;+lrt sd{sf] kmn -kl/0ffd\_ nfO{ efUo elgG5 . h:t}, ;'Gtnf /f]Kg' sd{ xf] eg] kmn]sf] ;'Gtnf vfg' efUo xf] . d]xgt ug'{ sd{ xf] eg] kfl/>lds tna efUo xf] . h:tf] sd{ u¥of] kmn klg To:t} g} kfOG5 . Rofp /f]k]/ :ofp sxfF kfOG5 / < h] /f]Kof] ToxL kmN5 / hlt d]xgt u¥of] ptL g} kmn kfO{G5 . o;}nfO{ sd{sf] lgod The Law of Karma elgG5 / xfdLn] clxn] k"a{ hGdsf] ;+lrt sd{ ef]lu/fv]sf 5f}+ . d]xgtsf] k};f a}+sdf hDdf u/]/ csf]{ 7fpFdf ATM d]lzgaf6 k};f lgsfn] h:t} xf] . hlt k};f hDdf u/]sf] xf,] Tolt dfq k};f lg:sG5 . k|To]s JolQmn] cfkm"n] u/]sf] sd{sf] kmn cjZo k|fKt ub{5 . s]xL of] hLjgdf s]xL csf]{ h'gLdf . ;'Gtnf /f]k]/ kmn vfg] s'/f rflx oxL h'gLdf x'G5 eg] dfgjtf / ;+j]bgfx?sf] kmn eg] of] h'gL tyf csf]{ h'gLdf klg /xg] ub{5 . ofb /fVg';\ , xfd|f] d[To' kl5 cfkm";Fu hfg] eg]s} sd{ / we{ xf] .

;+:ff/sf ;f/f s'/fx? cf–cfkm\g} tl/sfn] t/ k|s[ltsf] lgoddf alu/fv]sf] x'G5 . xfdLdf st} g st} ;fOgf] ufFl;Psf] 5 . ckm;f]r, xfd|f] r]tgfsf] z'l4s/0f gePsf] sf/0fn] To;nfO{ 7Dofpg cK7\of/f] kb{5 / xfd|f] e]6 cs:dft h:tf] nfUb5 t/ xfd|f] e]6 g} Ps k|sf/sf] noa4 lgoldt ?kn] eO/fv]sf] x'G5 . pbfx/0fsf] nflu, Pp6L dlxnfn] cs:dft aRrf hGdfPsL x'lbgg\ . aRrf hGdg] k|s[of ( dlxgf cuf8L b]lv g} z'? eO;s]sf] x'G5 . To:t} >Ldfg\ / >LdtLsf] e]6 crfgs h:tf] nfu]tfklg cb[Zo ?kdf ;fOgf] ufFl;;s]sf] x'G5 / ;don] plrt tl/sfn] e]6 u/fO{lbG5 . o;nfO{ lgoldt cfsl:dstf eg]/ a'em\g ;lsG5 . cyjf crfgs e]6 ePsf] h:tf] b]lvPtf klg e]6 x'g] cg's"n ;do, u|x bzfsf] rqm eg] klxn] b]lvg} rNb} cfPsf] x'G5 . To;}n] xfd|f] e]6 klg efUos} v]n xf] . k'vf{x?sf] egfO{ g} 5 gL, æ n]v]sf] eP kl/kl/ cfpFb5 geP s;}u/L klg ldNb}g Æ . ;+;f/sf x/]s s'/f / hLjgsf x/]s rs|x? hlGdg], dg]{, e]l6g], 5'l6g], x'g]–gx'g] s'/f lalwsf] lawfgn] to u/]sf] x'G5 . xfdL t ToxL ;+lrt sd{sf] kmn ef]u ug{ dfq cfPsf xf} .

**;kgfdf, cfkm\g} bfFt km'Sn]sf] b]v] ca s] x'G5 <**

j}lbs la1fgn] dfgj r]tgfnfO{ !# :t/;Dd auL{s/0f u/]sf] 5 . cfw'lgs la1fgn] klg r]tgfsf $ :t/ x'G5g\ eg]/ k|dfl0ft ul/;s]sf] 5 . tL x'g\ hfu[t, z'if'KtL, t'/Lo / cw{r]tg ca:yf . jf:tjdf logLx? lgGb|fsf] ca:yfx? dfq x'g\ . oL rf/} cj:yfaf6 kf/ ePkl5 xfd|f] dfga dl:tisn] lgnf] k|sfz k|afx ub{5 . h;nfO{ a|Xdr]tg elgG5 . o;nfO{ xfdL cg'ea ug{ ;Sb5f}+ t/ lgoGq0f ug{ sbfkL ;Sb}gf} . oxL ca:yfdf g} xfdL laleGg k|sf/sf ;kgf b]Vg] ub{5f}+ . lautsf] cg'eax?, at{dfgsf sNkgfx? / elaiodf 36\g ;Sg] 36gfx?klg ;kgfdf lrqk6 ag]/ b]lvG5 . lautdf ul/Psf] cg'ea jf s'07Lt dgf]efjx? dl:tisdf al;/x]sf] t/+ux? g} ;kgfdf a9L b]lvG5 eg] sNkgf / eljiodf x'g] 36gfx? klg k|ltlalDat x'g] ub{5 .

xfdLn] b]Vg] k|To]s ;kgfx?sf] s]xL g s]xL cy{ kSs} x'G5 . laz]if u/L, a|Xdd"t{df -laxfgsf] # b]lv % ah];Dd\_ b]lvPsf] ;kgfn] dfu{lgb]{z ul//fv]sf] x'G5 . ;kgfdf bxL vfg', em/gfdf g'xfpg', vf]nf tg'{, df5f ;dfpg', dlGb/df hfg', dx vfPsf] b]Vg', kmnkm"n vfPsf], l6sf nufPsf], z+v ahfPsf], nfz b]v]sf], lbzf lk;fa b]v]sf] ;kgfx? cToGt} /fd|f] ;kgf dflgG5g\ . gfusf] bz{g x'g', u?9;Fu p8\g', ;]tf] 3f]8f–xflQ b]Vg' klg pQd ;kgf xf] . clgi6 ;kgfx?df sfnf] ;k{, la/fnf], dfs'/f, afv|f, aRrf hlGdPsf], 3/ eTs]sf], af9L klx/f uPsf], df;'eft vfPsf], hGtL–dnfdL uPsf] h:tf ;kgfx? kb{5g\ . oxfFn] eg] h:t} bfFt km'Sn]sf] of ;k{n] sfFh'nL km]/]sf] h:tf ;kgfx?n] hLjgsf] g/fd|f] 38L ;lsP/ ;kmNtf pGd'vsf] ;+s]t lbPsf] x'G5 . ;kgfdf af3, l;+x b]v]df ;fIft dxfeujtLsf] bz{g ePsf] 7fGg' kb{5 . ;"o{ bz{g, ;]tf gfux?sf] bz{g, vf]nf tg'{, cfsfzdf p8\g', ;]tf] sdnsf km"nx? l6Kg' h:tf ;kgfx? rflx cToGt} z'e dflgG5g\ . xfd|f] ;kgf a|Xd r]tg;Fu ;DalGwt x'g] x'Fbf cflaisf/ / ;[hgfsf] phf{ klg ;kgfdf g} k|fKt x'G5 . sf]xL dfG5]nfO{ ;kgfdf b]ve]6 u/]sf] eP p;n] klg pxL ;kgf b]v]sf] x'G5 . zfsfxf/L ef]hg ug]{x?n] ;kgf k|i6 ;DemG5 / ;sf/fTds ;kgf b]Vb5 .

**cfo"{j]b / 8fS6/L cf}ifwLdf s] km/s 5 <**

cflbdsfnb]lv xfd|f Clifd'gLx?n] l;sfpg'ePsf] :j:y hLjgk4lt / hl8a'6L cf]vtL g} cfo"j]{b xf] . o:tf hl8a'6Lsf] k|of]un] z/L/sf] k|lt/f]wfTds Ifdtf a9\b5 . z/L/df /Qm sf]lifsfx? gofF hlGdG5g\ / z/L/df /f]u nfUb}g . nfluxfn] tfklg pQm /f]unfO{ hl8a'6Ln] h/}af6 lgsf] kfb{5 . h+unsf] emf/kft, af]qmf, kmnkm"n cflb af6 agfOPsf] cfo"j]{lbs a}Bsf] cf]vtLsf] g/fsfTds c;/ (Side Effect) slQ klg x'Fb}g . sy+sbflrt, em'SsLP/ s;}n] d'6'/f]uLsf] cf}ifwL of ue{jtL dlxnfs} cf}ifwL vfP tfklg z/L/df xfgL x'Fb}g . a? k|lt/f]wfTds zlQm k|fKt x'G5 . o:tf hl8a'6Lx? t xfd|f] 3/ cfFug, af/Lsf sfGnf / vf]N;fx?df klg kfOG5 . lrGg ;lsof] eg] k};fg} kb}{g . xfd|f] lxdfnL agh+un k|fs[lts ;+u|fxno xf] . h8La'6L k|s[ltsf] pkxf/ xf] / xfd|f] efG5f3/ :jo+df c:ktfn g} xf] .

cfo"j]{b / kfZrfTo 8fS6/L cf}ifwLdf cfsfz hldgsf] km/s 5 . cfo"j]{b cf}ifwL ;+hLjgL xf] eg] 8fS6/L cf}ifwL -klZrdL b'lgofFn] agfPsf]\_ /;folgs laifsf kf]sfx? x'g\ . cf}ifwLsf] vf]ndf laifsf a§fx? g} x'g\ . :jo+ klZrdsf 8fS6/x?n] of] s'/f :jLsf/]/ eGg yfn]sf 5g\ æ/;folgs cf}ifwLx? dGb laif x'g\, o;sf k|;:t gsf/fTds c;/x? x'G5g\Æ. cf}ifwLsf] vf]n aflx/ æo;af6 x'g] gsf/fTds c;/x?Æ eg]/ gfgfy/L n]lvPsf] g} x'G5 . To;}n] t d'6'/f]uLn] vfg] cf}ifwLaf6 kl5 p;}nfO{ d[uf}nf tyf SofG;/ x'g yfNb5 . /;folgs cf}ifwL ePsf] sf/0fn] o;n] /f]u lgsf] kfg'{sf] ;§f emg\ aNemfOlbG5 . s]xL;dosf] nflu /f]u l7s eP h:tf] nfu]tfklg o;n] /f]unfO{ 9fs5f]k dfq u/]sf] xf] . /f;folgs cf}ifwL ePsf] sf/0fn] xfd|f] /Qm sf]lifsfx? dfb{5 / z/L/sf] k|lt/f]wfTds Ifdtf 36fpFb5 . kmn:j?k, b'a{ntf, dfgl;s /f]u, ;Gtfg ckfË hlGdg] tyf z}tfgL :jefjsf] aRrf hlGdg] x'G5 . ctM o:tf 8fS6/L cf}ifwL ;]jg ug'{ eg]sf] 3f6df hfg] lbg klg yKb} hfg' xf] . ckm;f]r kfZrfTo ;Eotf, ;+:s[lt / lzIffsf] cGwfw'Gbf gSsn ugf{n] xfdL g]kfnLx? lg/f]uL hLjg hLpg' af6 al~rt ePsf 5f}+ . af/Lsf] s'l/nf] 5f]8]/ laiffn' sf]s ;dfpF5f} . clg kl5 k5'tfpF5f}+ .

**rLg;Fu xfd|f] efiff / ;+:s[lt lsg km/s ePsf] xf]nf <**

ef/t;Fu xfdL g]kfnLx?sf] efiff ;+:s[tL, /xg;xgdf kSs} klg 3lgi6 ;DaGw 5 g} . v'Nnf l;dfgf, Pp6} lnkLsf] k|of]u, p:t} rf8kj{, wd{–;+:s[tL eP/ klg g]kfn / ef/tsf] ;fdflhs / wfld{s kIfx?df ;dfgtf kfOG5 . t/ aGb l;dfgf / sl7g efiff lnkL x'Fbfx'Fb} klg rLg;Fu klg xfd|f] wd{–;+:s[tL x'ax' ldNb5 . jf:tjdf, …rfOgfÚ eGg] zAb g} ;+:s[t efiffsf] …rLgÚ zAbaf6 pTklQ ePsf] xf], h;sf] cy{ æk"j{sf dflg;x?Æ eGg] x'G5 . rfOgfsf] Oltxf;n] ærLgLx?sf k"vf{ sl/a %,))) jif{ cl3 blIf0f tkm{sf] lxdfn kf/Laf6 cfPsf x'g\Æ eg]/ AofVof u/]sf] 5 . To;}n] kSss} klg dxfef/tsf] o'4kZrft k"jL{ g]kfnsf ls/fFtx? g} lxdfn l5rf]n]/ pQ/tkm{ nfu]sf] x'g'kb{5 . ToxL eP/ t rLgLx?sf] ?k/+u, zfl//Ls agf]6 / cf+lzs ?kdf efiff, ;+:s[lt klg ls/fFtx?;+u ldNb5 . ls/fFtx?n] dxfb]jnfO{ -kf?xfË\_ Oi6b]j dfGb5g\ eg] rLgLx?n] klg pxL dxfb]jnfO{ -lkglog\_ eg]/ k"Hb5g\ . k'sfg]{ zAb dfq km/s 5 t/ k"hflawL p:t}p:t} g} 5 .

w]/} nfdf] ;do ;Dd g]kfn / rLgsf] 3lgi6tf gb]lvP tfklg, O{=k"= &)) jif{ b]lv g]kfnsf] gfnfGb ljZjljBfnodf rLgLx? k9g cfPb]lv / af}4 wd{ k|rf/ k|;f/ eP b]lv, b'O{ b]zsf] lar ;DaGw uf9f aGb}uof] . sf7df08f}af6 uP/ kb\d;+ejn] -u? uf]/vgfysf] catf/\_ ltAatdf j]b k9fPkl5 / g]kfnsf /fhf c+z'adf{n] 5f]/L e[s'6LnfO{ lrlgofF ;d|f6 ;|ËrË uDkf];Fu lajfx ul/lbPkl5 g]kfn / lrgsf] ;DaGw 3lgi6 aGb} uof] . cem g]kfnL r]nL e[s'6Ln] rLgdf of]u Wofg, cfo"j]{b l;sfPkl5 / dxfg\ snfsf/ c/lgsf]n] u|]6jfn / Kofuf]8f z}nLsf -jf:t'snf\_ dlGb/ tyf w/f]x/x? agfPkl5 eg] g]kfn / lrgsf] ;DaGw cem 3lgi6 aGb} uof] . /~hgf lnkLdf sF'lbPsf] clen]vx? cem} klg rfOgfsf] u|]6jfndf b]Vg ;lsG5 eg] g]kfnsf] lzNksf/ c/lgsf]n] l;sfPsf] Kofuf]8f z}nL -5fgf dfly 5fgf xfNg] jf:t'snf\_ t rfOgfaf6 sf]l/of, yfOof08, tfOjfg x'Fb} hfkfg;Dd k|l;4 5 .

O{=k"= &)) b]lvg} rLgL gful/sx? ljZjsf] Ps dfq laZjlaBfno æg]kfn gfnfGb laZjlaBfnoÆ df cWoog ug{ cfpby] . oxL a]nf plgx?n] cfo"j]{b, Hof]ltif / jf:t'zf:q klg cWoog u/]/ uPsf lyP . af:t'zf:qnfO{ pgLx?n] cfkm\g} efiffdf ækm';'O{Æ cyjf k|s[lt;Fusf] -3fd, xfjf, kfgL\_ tfnd]n eg]/ a'em] . rfOlgh lnkL vflGhdf …km'Ú eg]sf] xfjf / …;'O{Ú eg]sf] kfgL eGg] x'G5 . oxL ækm';'O{Æ zAbg} clxn]sf] laZj ahf/df k|rlnt ækm]Ë;'O{Æ zAb aGg k'Uof] . lab]zLx?nfO{ Tof] …km';'O{… rfxL af:t'zf:q xf] eGg] s'/fsf] kQ} ePg . To;}u/L, xfdLn] of]uEof;df k|of]u ug]{ …WofgÚ zAb g} cke|+z x'Fb} emofg\ / kl5 hfkfg ;Dd k'Ubf …h]gÚ Zen eof] . eflifs zAb prfx/0fdf km/s kg'{ :jeflas klg xf] . t/ oL zAbx?n] g]kfn / rLgsf] ;fF:s[lts 3lgi6tf cem} klg k|uf9 ePsf] tYo a'em\g ;lsG5 . pbfx/0fs]f nflu xfdLn] …lzjÚ egL k"hf ub{5f}+ eg] lrgLx?n] …lkglogÚ egL k"hf ub{5g\ . gfunfO{ …8«fugÚ, xg'dfgnfO{ …;'gpsf]ËÚ, s}nfznfO{ …ufª l/Gkf]r]Ú s'j]/nfO{ …rfO;]g cyjf hDenfÚ a|XdnfO{ …d~h'>LÚ e[s'6LnfO{ …lu|g tf/fÚ eg]/ cem} klg k"hf ub{5g\ . ;u/dfyfnfO{ …em'df]nf]ËdfÚ c/lgsf]nfO{ …clgsf]Ú ;/:jtLnfO{ …a]GhfOt]gÚ / ClifnfO{ …;]Ë lx;]gÚ eGb5g\ . eujfg\ a'4nfO{ …km"lhcfof]Ú eg]/ b}lgs k"hfkf7 ub{5g\ . ToxLeP/ clxn] klg lrgdf lzj u0f]zsf dlGb/x? / af}4 u'Dafx? k|;:t kfO{G5g\ . ;+:s[t efiffdf n]lvPsf lnkLx?nfO{ lrgLofx?n] …O{Zj/sf] efiffÚ / dGqnfO{ -dfgtf/f\_ eg]/ k"hf ub{5g\ . g]kfnsf] lxdfn e]udf kfOg] kf08f t lrgsf] /fli6«o hgfj/ g} xf] . rfOgfsf] nf]suLt klg g]kfnsf] lxdfnL e]udf a:g] z]kf{, /fO{, lnDa'x?sf] nf]s w'g;Fu 7ofSs} d]n vfG5 .

jf:tjdf, rLgdf sDo'lgi6 zf;g cfPb]lv ToxfFsf] ;/sf/n] wd{df k|ltaGw nufO{lbof] . efiffs} sf/0fn] / sl7g af6f]3f6f]s} sf/0fn] ubf{ xfd|f] cfjthfjt sd eof] / xfdLaf6 lrgLof ;+:s[lt k[ys b]lvg yfNof] . t/ ulx/LP/ a'em\b}uof} eg] pgLx?n] klg cfkm\g} 9+udf xfd|f] j}lbs ;+:s[lt dflg/fv]sf 5g\ . emg\ ca, lrgsf /fi6«klt l;lhË lkËn] g]kfn e|d0f ug]{ qmddf eujfg a'4sf] d'Qms08n] k|;+zf u/]kl5 lrlgofF gful/s?df g]kfn bz{g ug{ cfpg] af6f] v'n]sf] 5 . :d/0f /xf];, klxnf b]lvg} g]kfnaf6 lrgLofFx?n] ?b|fIf, af]lwlrQsf dfnf, a'4sf d'lt{, Wofg ubf{ ahfOg] a6'sf] (Healing/Singing Bowl), kf}ef yfªu|fsf (Thanka Paintings) lrqx?, n'lDagLsf] df6f] / lkknsf] kft cToflws rfOgf nUby] . emg, clxn] t b'O{ b]z lar Aofkfl/s / ;f+:s[tLs ;DaGw uf9f aGb} uPsf] 5 .

**a|fxd0fx?n] wd{ 5f8]s} x'g\ t <**

eujfg\ >Ls[i0f eGg' x'G5, æs?0ff, IfdfzLn, ;To arg, lx+;f gug]{, lao{ ;+roug]{, ;flTjs ef]hg ug]{, af8]/ vfg], O{Zj/ elQmefj ug]{, tk:of/t / a|Xd 1fg l;sfpg] u'0fePsf dflg;x? a|fxd0f x'g\ .

æhGdgf hfot] z'b| M ;+:sf/ft låh pRrot]

a]bfWofoL ej]b lak| a|Xdf hfglt a|fXd0fÆ

;fRr}g} dfG5] hlGdb}b]lv hgfO{ nufP/ hGd]sf] x'Fb}g, ;'sd{ ug]{ a|fXd0f xf] / s'sd{ ug]{ lgr . a|fXd0f eg]sf] s'g} hflt laz]if ;Demg' x'Fb}g . dfG5]sf hft t dfq rf/ j6f 5g\ M k'?if, :qL, 5Ssf, lxr8f . of] klg cf–cfkm\gf] sd{sf] ef]ug} xf] . a|fXd0f aGg' rfgr'g] s'/f] xf]Og / hgfO{ rGbg / wf]tL a]b}{df a|fXd0f eOb}g . æotfsf] rfdn 6k/Ldf xfn, kfgL ptf kmfn, k};f rflx d]/f] uf]hLdf xfnÆ eGg] 6k/] afx'gx?n] ubf{ g} ;Totfdf a;]sf yf]/} a|fXd0fx? klg k|b'lift ag]sf 5g\ . ;Totfdf a;]sf a|fXd0fx? e]6fpg' rflx wf}wf} g} k5{ x} .

æsnf} a|fXd0f /fIf;Æ cyf{t snLdf a|fXd0fx? /fIf; ;/xsf x'g]5g\ / wd{ gi6 x'Fb} hfg]5 . ;fRr}g} of] snLdf a|fXd0fx? /fIf;g} ag]sf 5g\ . s?0ff, Ifdf, ;Totf s]xL 5}g . hfF8 /S;L, efË, wt'/f], df5fdf;' vfgdf g} Ao:t 5g\ . :ofnn] l;gf] 5f]8\5 t/ afx'gn] l;gf] 5f]8\b}g . b'w a]r]/ ePklg /S;L lkpF5 . du/ ;+3 / hfF8 /S;L dlb/f ;+3sf] cWoIf klg afx'g g} ePsf] 5 . ;'g, k};f / hUuf eg]kl5 x'?Ss} x'G5 . nf]e klg slt nfU5 eg] d'vleqsf] v}gL klg ef]lnnfO{ eg]/ uf]hLdf /fV5g\ . /fhgLlt ug{, efif0f ug{, c?nfO{ k5fg{ t emg\ vKkL; . cfkm\g} s'/f dfly, cfkm" dfq rf]vf] b]V5 afx'g, g]kfnsf] /fhgLltdf ;a} af'xg . c? t s] s'/f u/f}, du/ ;+3 / dlb/f ;+3sf] cWoIf klg afx'g . hg} nufpg] afx'g t e]6g} ufx|f] 5 t/klg ev{/ lau|]sf] afx'gx? hg} n'sfP/ /S;Lsf] tfndf lx8]sf 5g\ . ;a} afx'gx? a]xf]zdf 5g\ . k};fsf] d'7f] kfP kl5 g]kfn cfdfnfO{ a]Rg kl5 k/]sf 5}gg\ . of] eGbf e|i6 z}tfgL rl/q s] xf]nf < s] ltgLx?sf] afh]sf] latf{ xf] / < afaf uf]/Ifgfysf] cflz{jfbn] xfd|f] k'vf{x?sf] cfF;' kl;gf / /utn] cfh]{sf] b]zxf] of] . la|l6;x?;Fu o'4 ug{ hfFbf sfvsf] aRrf Rofk]/ cfO{dfO{x?klg n8g uPsf lyP . cfdfnfO{ uf]nL nfu]/ dbf{, Tof] b'w] afns 9n]sf] nfzdfly klg cfdfsf] b'w r'l;/fv]sf] Oltxf; 5 . o;/L Hofgsf] afhL nufP/ xfd|f] k"vf{n] cfh]{sf] xf] ;'Gb/ b]z . t/ z}tfgL afx'g g} ;Qfdf k'u] kl5 of] eb|uf]n eof] . P xh'/ ÛÆ xfdL ;a} a|fXd0f agf} g æeujfg\ >Ls[i0fn] eGg' eP h:t} . xfd|f] ;gftg wd{ ;+:s[tL gi6 x'g nfUof] ;a} ldn]/ hf]ufcf}+ . ;a}df ;fb/ clkn 5 .

**c+u|]hLnfO{ lsg d"v{ efiff elgG5 <**

w't{ c+u|]hx?nfO{ xfd|f] j}lbs wd{ / ;+:s[ltnfO{ nË8f] agfpg' lyof] . ToxL eP/ pgLx?n] c+u|]hL efiffnfO{ xfd|f] kf7\ok':tsdf nflblbP, af]lnrfnLdf klg 3';fOlbP / g]kfnL efiffnfO{ lvr8L agfOlbP . kmn:j?k cflbdsfnb]lv af]lng] ;+:s[t, b]jgfu/L -b]jtfx?sf] gu/df af]lng]\_ xfd|f] g]kfnL efiffnfO{ klg d'v{ c+u|]hL efiffn] 5]plsgf/ nufO{ lbof] . slyt ;Eotfsf] gfFpdf slgslg c+u|]hL af]Ng vf]Hg' xfd|} d'v{tf xf] .

c+u|]hL efiffsf] k|rng Cantenbury tales syf afrgaf6 sl/a $)) aif{ cl3b]lv dfq z'? ePsf] dflgG5 . o; efiffsf] zAbfy{, lxHh], Jofs/0fx? xf:of:fkb 5g\ . h:tf] sL Put sf] pRrfx/0f …k'6Ú ePkl5 but sf] rflx lsg …a6Ú eof] < a'6 x'g'kg]{ xf]Og / < o:tf] lsgeof] eGbf lu|s, Nofl6g, /f]dg, k|m]Gr efiffx?sf] ld>0faf6 dfq c+u|]hL efiff aGof] . of] cfkm}df ck'/f] lyof] / hf]8hfd u/]/ af]Ng yflnof] . c+u|]hLdf … I Ú sf] pRrfx/0f klg …cfO{Ú / Eye sf] …cfO{Ú /0fe'Nndf kf5{ xfdLnfO{ . k"/fgf] Cambridge Dictionary cg';f/ a]Zofnodf a]Zofx?sf] dflnSgLnfO{ 'Madam' elgG5 . t/ xfdL eg] cy{ a'em\b} ga'lem dlxnfx?nfO{ Madam eg]/ nfhsf] k;f/f] x'g] sfd ub{5f}+ . xfd|f] cfkm\g} ;Eo efiffdf cfdf, lbbL, alxgL, efph' eg]/ ;fOgf] cg';f/g} af]nfP eOxfN5 lg xf]Og / < To:t} csf]{ zAb Miss sf] k|of]u klg xfF; p7\bf] 5 . klZrdL d''sx?df 3/sf] >LdtL afx]s klg w]/} >LdtL agfpg] /fVg] k|rng ;fdfGo xf] . / 3/sL >LdtLnfO{ Wife elgG5 eg] 3/ aflx/ /flvPsL /vf}6L >LdtLnfO{ Miss elgG5 . t/ xfdL of] s'/f klg ga'em]/ ;a} dlxnfx?nfO{ Miss/Mrs. eGg yfNof} . nfhd{b} eof] . 5f]/f5f]/Lsf] gfpklg Tinku, Pinku /fVg yfNof} . hasL Tinku sf] cy{ x'G5 cfa/f s]6f cfkm\gf] Kof/f] h]xGbf/ 5f]/fnfO{ klg Tinku eGg yfNof} s'/} ga'emL . s's/sf] gfFp klg Nancy / dfG5]sf] gfp klg Nancy s;/L x'G5 < ls klZrdL d'n'sdf eg]sf] s's'/ / dfG5]df s]xL klg leGgtf 5}g eGg vf]h]sf] xf] / <

x]g'{;, xfd|f] g]kfnL efiff clt lzi6, ;'Gb/ / wgL 5 . c+u|]hL d'v{x?sf] efiff k9L /fVg' h?/L 5}g . xfd|f] efiffsf] zAbsf]if klg wgL 5 . h:tf]sL ;"o{nfO{ 3fd, cflbTo, efg', ;latf h:tf w]/} kof{oafrL zAbx? k|of]u ub{5f} . rGb|dfnfO{ h'g, zzL, eGb5f} t/ c+u|]hL efiffdf Pp6f dfq zAb 5 . 3fdnfO{ Sun, h'gnfO{ Moon lar/f slt ul/a efiff xf]Og t <

xfd|f] j}lbs lzIffsf] uf}/a ufyf a'em\g ;s]gf} . klZrd]nLx?n] eGbf xhf/f} aif{ cl3b]lv g} g]kfndf wd{zf:q, ul0ft, vuf]nzf:qx? ljZjlaBfnodf k9fO{GYof] . p;a]nf klg cfsfzsf] tf/fd08nx?sf] rfnnfO{ yfxf kfP/ xfd|f CifLd'gLx?n] Hof]ltif la1fg yfngL u/] . @& gIf]q, ( u|x, & af/, @$ 306fnfO{ cfwf/ dfg]/ kfqf] agfP . o:tf dxfg\ laåfg Clifd'lgx?nfO{ lrGb} glrgL klZrdL n]vsx?sf] gfd s07 kfg{ lt/ nfUof} . xfd|} & af/nfO{ c+u|]hLdf Sunday, Monday eg]/ gSsn ug]{x?sf] rflx k|z+;f ug{ yfNof} . a}lbs ul0ft r6Ss e'n]/ (a+b) 2 w]/} jif{ 3f]s]/ a:of} . ca, kfOn6 / OlGhlgo/ aGg] xf] eg] t n l7s} xf] t/ jlsn, Jofkf/L, s[ifs aGg] dg ePsf laBfyL{x?nfO{ klg ha/h:tL (a+b)2 eg]/ ^÷& jif{ k9fOG5 . To:tf] u/L 3f]s]/ k9]sf] s'/f ;'Gtnf v]tL ug]{nfO{ sxfF sfd nfUof] / < laBfyL{sf] rfxgf cg'?k / b}lgs hLjg ofkgdf sfd nfUg] lzIff x'g'kg]{ xf]Og / < xfdL eg] ToxL d'v{ efiffnfO{ sfvL RofkL/fv]sf 5f} . ;fgf] aRrfnfO{ klg cfwf c+u|]hL 3';fP/ g]kfªu|]hL agfO{lbof} h:tf] ls 'Hi baby !' Uncle nfO{ Puppy u/ t, Aunty n] Gift NofO{lbg' eP5 . Thank You eg t ===Æ cflb OTofbL . vf]O{ t g]kfnL k"0f{ afSof+; < rfdndf laofF h:tf] stfstf dfq g]kfnL efiff k|of]u u/]/ xfdLx? cfkm}n] v'§fdf aGr/f] xfGb}5f} .

jf:tjdf laBfyL{x? c;kmn (fail) ePsf xf]Og sL xfd|f] lzIff k4tL g} c;kmn (fail) 5 . ;'6 6fO{ (Suit-tie) le/fP/ 3d08L agfOlbof}+ . c?nfO{ 7Ug' kb{5 / k|lt:kwf{ ug'{kb{5 / sdfpg' kb{5 eg]/ l;sfpg] lzIff gLlt NofO{lbof} . d'v{ efiffnfO{ k|fyldstf lbP/ emg\ d'v{ aGof} . k};f t h;f]t;f] sdfof} t/ hLjg hLpg hfg]gf} . efiff / ;+:s[tLg} nf]k ePkl5 g]kfnL ePsf] s;/L ;fy{stf emNsG5 < xf]Og / <

xfd|f] j}lbs lzIffn] dflg;nfO{ cfWoflTds, lzi6, ;Eo, ;+odL, OdfGbf/L / Jojxfl/s agfpFb5 . afrf} / arfcf}+sf] efjgf hufpg] x'G5 . hLjg / hut ;DalGw ;Dk"0f{ 1fg lbP/ Ps 1fgL dflg; agfpFb5 . j}lbs lzIffn] xfd|f] ;+:s[t efiffsf] lalzi6 dxTj a'em]/ klZrd]nL a}1flgsx?n] laBfno / laZjlabfnosf] kf7\oqmddf /fVg yfln;s] . xfdL eg] ToxL d"v{ efiff af]ln/fv]sf 5f}+ . c+u|]hL af]Nb}df s] s] g hfGg] egL 6f]kN5f} . oxL g} xfd|f] d'v{tf xf] .

uf]/f hfltsf sd{rf/L÷sfl/GbfnfO{ Sahib elgG5 t/ cfhsn xfdL 8fS6/ ;fx]a, OG;k]S6/ ;fx]s, jlns ;fx]s eg]/ r6k6] efiff agfO{lbof} . jlsn ;fx]s eGbf jlsn rflx uf]/f] hfltsf] sd{rf/L÷sfl/Gbf eof], xf]Og t < jlsn Ho", k|x/L lg/LIfs Ho", C.D.O ;fx]a gegL k|=lh=c= Ho" eg] x'Fb]g / < dxfzo cyjf Ho" zAb cfkm}df cfb/fyL{ zAbx? x'g\ . d'v{ c+u|]hL efiff ld;fpg] ;+:sf/n] xfd|f] ;Eo efiff g]kfnL klg n+u8f] eof] . dft[ efiffnfO{ k|]d u/]gg\ , g]kfnL efiffsf] uf}/anfO{ a'em]gg\ . ;fx|} lrQ b'V5 .

**bf]nvf led;]gnfO{ kl;gf cfP s] x'G5 <**

g]kfn /fi6«nfO{ ;+s6 k/]sf] avt cfWoflTds phf{n] ;ts{ u/fpFbf s'g} dlGb/sf] 306L 8d?x? cfkm} aHg], s'g} dlGb/sf] k|ltdfdf kl;gf cfpg] tyf st}st} 7"nf] cfFlwa]x/L cfpg] x'G5 . To:t} bf]nvf led;]gnfO{ kl;gf cfpFbf @))&, @)!&, @)#&, @)$& ;fndf /fhg}lts kl/jt{g eof] eg] @)%& ;fn h]i7 !( ut] /fhf la/]Gb|sf] a+zgf; klg eof] . clxn] @)&\* ;fndf klg kSs} 7"nf] /fhg}lts kl/jt{g x'Fb}5 . ToxL eP/ bf]nvf led;]gnfO{ kl;gf cfPsf] va/n] gful/sx? ;r]t 5g\ . em'6 / n'6sf] /fhgLlt b]v]/ g]kfnL hgtfx? jfSs lbSs ePsf 5g\ / k'g /fh;+:yfsf] rfxgf /fv]sf 5g\ .

jf:tjdf, /fhf /fgL x'Fbf /fi6«n] cleefjs kfPsf] x'G5 / /fli6«o Pstf sfod x'G5 . /fhf la/]Gb| h:tf] zflng JolQmTj ePsf] /fhf u'dfpg' kbf{ g]kfnL hgtfx? w]/}g} b'MvL 5g\ . d'lt{ Jofkf/L, ;'tL{ Jofkf/L, xfl83f]K6], s7k'tnL /fhf xf]OgsL dx]Gb| /fhf h:tf] b'/bzL{ / /fi6«k|]dL /fhf clxn]sf] cfjZostf xf] . cfd g]kfnL gful/sx?n] /fhf xl/ZrGb| h:tf] bfgL / /fhf hgs h:tf] 1fgL /fhf vf]lh/fv]sf 5g\ . /fd zfx h:tf] Gofo lbg] / hol:ylt dNn h:tf] nf]slk|o /fhf vf]lh/fv]sf 5g\ . dNnsfndf k|tfk dNn / hol:ylt dNnn] hgtfsf] dg lht]sf lyP . hgtfx?sf] efG5fdf cfuf] an]/ w'/Laf6 w'Fjf gcfP t'?Gt cfkm\gf ef/bf/x?nfO{ a'em\g k7fpFby] . k|tfk dNnsf] kfnfdf t xfd|f] k};f ;+;f/sf] ;aeGbf dxËf] k};f lyof] . sf]l/of, hfkfg, o'/f]ksf b]zx?df ef]sd/L nfUbf g]kfnn] vfBfGg k7fFpbYof] . la8Dagf, clxn] s[lifk|wfg b]zdf aif]{gL \*% ca{ eGbf a9Lsf] bfn rfdn cfot x'G5 , eGg klg nfhdbf]{ . ef/tLo bnfnLx?sf] sf/0fn] /fi6«sf] 9's'6L l/lQ;Sof] . hgtfx? C0fn] r'n'{Dd 8'a]sf 5g\ . e|i6rf/, a]/f]huf/, lx+;f–cft+s, dx+uLn] hgtfx? cfqmfGt ePsf 5g\ . b08lxgtf df}nfPsf] sf/0fn] anfTsf/ / ckx/0f h:tf 36gfx? 5\ofk5\ofKtL ;'lgG5 . g]kfnLx? z}tfgL zf;gsf] cGTo xf];\ egL k'sf{b}5g\ . ct M ;'–zf;g, ;d[l4 / zflGtsf] nflu /fh;+:yf ckl/xfo{ 5 . cfd'n kl/jt{gsf] ;+s]t :j?k, ;"o{j+zL /fhfsf] pbo x'g] ;+s]t / uf]/v sfg"g nfu' x'g] ;+s]t :j?k bf]nvf led;]gnfO{ kl;gf cfPsf] xf] .

**lxhf] 8fS6/sf] ;'O{ xfg]kl5 z/L/el/ kmf]s}kmfsf cfof], lsg xf]nf <**

s'/f k|i6 5 . Tof] s]ldsnnfO{ xfd|f] z/L/ leqsf sf]lzsfx?n] cl:jsf/ u¥of] . xfd|f] k'vf{x?n] t ?vsf af]qmf s'6]/, emf/kft lk;]/ cf]vtL vfGy] / ;w}+ tGb'?:t /xGy] . d]/f] xh'/a'jfn] c:ktfnsf] cf+ug klg g6]ls !)$ aif{df laTg'eof] . t/ clxn]sf dflg;x?nfO{ eg] 6fpsf] b'v]klg ;'O{, lunf] uF' cfPklg ;'O{ xfGg tlD;G5g\ . of] kfZrfTo ;Eotfn] klg e';'Ss} afgL lauf¥of] . kfZrfTo 8fS6/L cf}ifwLx? eg]sf] dGb laifsf kf]sfx? g} x'g\ . pgLx?sf] cf}ifwLsf] vf]n aflx/ k9\g';\ g Side effect gs/fTds c;/sf] olt w]/} a'Fbfx? x'G5g\ ls eg]/ ;fWog} x'Gg . /f]u lgsf] ug'{sf] ;f6f] emg\ gsf/fTds c;/ ub{5 , c? /f]u hGdfpFb5 . tkfO{n] nufPsf] ;'O{df s] x'G5, yfxf 5 < n ;'Gg';\ –

tkfO{x?n] nufpg] Vaccine ;'O{leq Aluminum x'G5 h;n] dfl:tis laufb{5 . Beta Propiolactone x'G5 h;n] SofG;/ hGdfpFb5 . Gentamicin Sulphate x'G5 h;n] ubf{ 5fnf lrnfpFb5 . Genetically Modified Yeast x'G5 h;n] hGdg] aRrf ckfËtf agfpg ;S5 . Glutaraldehyde n] k|hgg k|lqmofdf ca/f]w NofpFb5 . Formalin n] lkQy}nL laufb{5 / SofG;/ /f]u NofpFb5 . Latex Rubber n] z/L/df kmf]sf p7fpFb5 . Animal Cells df a+u'/ s's'/sf] /ut ld;fO{Psf] x'G5 . h;n] ubf{ x8\8L n'nf] x'g], dw'd]x /f]u nfUg] x'G5 . Mercury eGg] tTjn] gzf v'DRofpFb5 / sF'hf] agfpFb5 . Monosodium Glutamate (Msg) n] /Qmsf]lifsfx? df5{ / z/L/sf] k|lt/f]wfTds Ifdtf gi6 ub{5 . Neomycin Sulphate n] 5f/]/f]u / dl:tis3ft u/fpFb5 . Phenol n] df+;k]zLx? laiffQm agfpFb5 . Polysorbate sf] k|of]u g} y/Ly/Lsf SofG;/sf] sf/s tTj xf] . Tri (n) Butyphosphate eGg] /;fogn] d[uf}nfnfO{ laufb{5 . ToxL eP/ t lxhf]cfhsf dflg;x? /f]u} /f]un] lkl8t 5g\ t . !))\* /f]un] u|l;t 5g\, xf]Og / < s] kfZrfTo 8fS6/L cf}ifwLn] /f]u lgsf]ePsf] b]Vg'ePsf] 5 < a? gd?GHofn ;Dd 8fS6/L cf}ifwL l;/fgLe/L /fv]sf] rflx kSs} b]Vg'ePsf] 5,, ls s;f] <

ca, tkfO{ cfkm} eGg';\ ls o:tf] laiffQm /;fog ldl>t ;'O{n] z/L/ glauf/]/ s] lauf5{ t < uf]/f] 5fnf ePsfx?n], km/// c+u|]hL af]Ng]x?n] agfPsf ;a} s'/f /fd|f x'G5g\ eGg] xfd|f] ;f]r g} unt 5 Sof . lar/f o"/f]ksf dflg;x?nfO{ cfo'j]{bsf] 1fg g} lyPg, s] ug'{ t < xfn;fn} t xf] lg pgLx?n] a];f/, d]yL, t'n;Lsf] af/]df yfxf kfPsf . t/ tkfO{xfdLnfO{{ t yfxf 5 lg ltt]kftL, lgd, u+Gw]emf/, c+Dassf] af]qmf, kt]gf, uf]/vd'08L, cb'jf, a];f/, d]yL, u'hf]{, t'n;L, a]n, lqkmnf, s'/Lnf], lznflht cflb OTofbL . o;}sf] k|of]u ug'{; / ;w} :j:y /xg';\ g .

**c;n kf}li6s cfxf/ s] s] xf]nf xh'/ <**

g xfjf, z'4, g kfgL z'4, sf]nfxn leq ?b}+5g\, a'4 eg] em} xfdLn] vfg] k|To]s cGg laif ag]sf] 5, xfdLn] lng] k|To]s :jf;df klg laif ldl;Psf] 5 . To;}n] ;+;f/ g} /f]un] cfqmfGt ag]sf] 5 . xfdLn] h] vfG5f}, ToxL aG5f}, of] w'|j ;To s'/f xf] . b'ef{Uoa;, cfw'lgs s[lifsf] if8oGqdf k/L xfdLn] vfg] cGg / kmkm"nx? lAfifsf kf]sf ag]sf 5g\ . UREA, DAP, Sulpher, Phosphate, Metatonin, Benjinexa Chloride h:tf laiffn' /;folgs dnsf] k|of]un] ubf{ wtL{df klg laif / k|s[ltdf klg laif ePsf]n] cGg vfFbf xfdLx? cfkm}n] cfkm}nfO{ la:tf/} dfl//fv]sf 5f} . kf}li6s cfxf/sf] s'/f t cfsfzsf] tf/f eO;s]sf] 5, ls s;f] <

xfd|f k'vf{x?n] u/]sf] h}las s[lif k|0ffnL cltg} a}1flgs lyof] . ufO{ a:t'sf] uf]a/ / kts/ ld;fP/ agfOPsf] h}ljs dnn] wtL{nfO{ emg\ dlnnf] agfpg] ;'Io hLjx? pTkfbg ub{Yof] . h;n] ubf{ hldgdf g} Nitrogen, Oxygen, Iron, Vitamin, Calcium, Sulpher, Phosphrous h:tf h}ljs /;fogx? tof/ x'Gy] . To:tf] wtL{af6 kmn]sf] kmnkm"n / cGg, ;fukft kf] clt :j:ys/ x'GYof] / pQm vfg]s'/fx? ;a} kf}li6s tTjx?n] el/k"0f{ x'GYof] . clxn] t vfg]s'/fsf] vf]n Kofs]6df rfFlx cfxf x'G5, dHhfsf] s'/f n]lvPsf] x'G5 . vfg]s'/f rfFlx laif ;/x x'G5 . clg lsg dfG5]x? /f]uL gx'g t <

xfd|f ls;fgx? klg ;r]t eP/ 3/dfg} h}ljs dn agfpg' kg]{ xf] . / kf] wtL{ lhljt x'GYof], c;n cGg kmNbYof] / c/af} ?k}+of lab]lzg'af6 hf]luGYof] . /;folgs dnn] t wtL{nfO{ afemf] agfpb5, df6f] ;fx|f] kfb{5 / u8\of}nf h:tf hLjx? dfb{5 . u8\of}nfx? d/] eg] wtL{df l5b| Kjfnx? aGb}gg\ , v]taf/L dlnnf] x'Fb}g . To;}n] ;a} s[ifs bfh'efO{x?n] o:tfs'/f a'em]/ h}ljs v]tL k|0ffnL canDag u/] cGgsf bfgfbfgf /l;nf] x'GYof] . kf}li6s tTjn] e/k'/ cGg vfg kfOGYof] / z/L/ :j:y /xGYof] .

**h}ljs dn agfpg] tl/sf M** !) s]=hL= ufO{sf] uf]a/, ! s]=hL= ;Vv/, ! s]=hL= bfnsf] e';, !) ln6/ ufO{sf] lk;fa / @ s]=hL= sF'x]sf] kTs/ ld;fP/ -cf]em]ndf vfN8f] vgL\_ !% lbg htL s'Fxfo/ /fVg] . ! dlxgfdfg} pQd h}ljsdn tof/ x'G5 . a? o:tf] 1fgsf] s'/f rfFlx ;a} ls;fgx?nfO{ egL lbg';\ g n .

**sf]/f]gf dxfdf/L slxn] ;lsG5 t <**

dfga ;Eotfsf] O{ltxf;df x/]s !)) aif{sf] cGt/fndf /f]uAofwL dxfdf/Lx? cfOg} /fVb5g\ . Oaf]nf, :jfOgkm'n', P8\;, h:tf dxfdf/Lx? of] eGbf cufl8 klg cfPs} x'g\ . k|s[lt;Fu l;uf}/L v]Nbf / cfo'j]{bnfO{ a]jf:tf ubf{ k6s k6s ;+;f/sf dflg;x?n] 7'nf] wghgsf] Iflt Aoxf]g{ k/]sf] xf] . emg, klZrd]nL cf}ifwL dflkmofx?n] ;[hgf u/]sf] s[ltd cft+sn] ubf{ ;+;f/e/sf dflg;x? cft+lst ePsf x'g\ . GAVI / WHO h:tf :jf:Yo ;+u7gx? klg cd]l/sfsf] wgf8o au{x?af6 kl/rflnt 5g\ . pgLx?s} x}sd rNb5 / ljZj ahf/g} cfkm\gf] d'¶Ldf /fv]sf 5g\ . :jf:yo ;fdfu|L / cf}ifwLsf] gfddf s/f]8f} dflg;x?sf] Hofg lnPsf 5g\ . pbfx/0fsf] nflu, lan u]6\; kmfp08]zgn] hg;+Vof lgoGq0fsf] nflu eGb} clk|msL afnaRrfdf nufOPsf] vf]kn] # s/f]8 eGbf a9L afnaflnsfx? d/] . h'g laifon] lan u]6\;nfO{ Hofgdf/f d'b|f klg nfu]sf] 5 . To;} u/L, AIDS eGg] s[ltd /f]u ;[hgf u/L AIDS sf] vf]k a]r]/ tL cf}ifwL dflkmofx?n] c/af} 8n/ sdfPsf lyP . t/ 8f= ljZj?k /fo rf}w/Ln] AIDS - the greatest lie of 21st century" gfds k':ts lgsfn]/ tL dflkmofx?sf] sfnf] s't{tsf] kbf{kmf; u/]sf 5g\ . PSsfO;f}+ ztfAbLsf] 7"nf] em'6 g} AIDS sf] cf}ifwL eg]/ dfga hutnfO{ ;r]t u/fPsf 5g\ . aNn dflg;x?n] of] AIDS s'g} /f]u geO{ s[ltd /f]u v8fu/L ul/Psf] Jofkf/ eGg] s'/f a'em\g yfn]sf 5g\ . jf:tjdf, cd]l/sL ;+:yf (National Health and Research Institute) n] Dr. Robert Gellow nfO{ k|nf]egdf kf/L AIDS Virus sf] ;[hgf u/]sf] lyof] . To;sf] nuQ}, Dr. Lock Montecnor n]] 'NO HIV AIDS' eGg] k':ts n]v] . h'g k':tsn] gf]a]n k'/:sf/ klg k|fKt u¥of] .

ctM klZrd]nL cf}ifwL laqm]tf dflkmofx?n] km}nfPsf] cft+ssf] ?kdf of] Covid-19 klg k/]sf] 5 . lsgsL @)!^ df g} Covid eGg] dxfdf/Lsf] af/]df rnlrq klg alg;s]sf] lyof] . klZrd]nL cf}ifwL eg]sf] dGb laif xf] eg]/ pgLx?sf] if8oGq a'em\g ;s] ;fy} cfo'j]{b cf}ifwL ;]jg u/]/ k|fs[lts hLjg z}nL ckgfP of] Covid-19 b]lv 8/fpg' eg] kb}{g . t/ x/]s s'/fsf] kmfObf / a]kmfObf eP h:t} sf]/f]gfsf] dxfdf/Ln] dflg;x?nfO{ cfl:ts agfPsf] 5 . k|fs[lts ;Gt'ng sfod ug'{ lyof], dfgatfsf] kf7 k9fpg' lyof] / xfd|f] j}lbs lzIff -cfo'j]{b\_ laZjdf lrgfpg' lyof]– of] dxfdf/Ln] dflg;x?nfO{ sfg lgdf]7L lgdf]7L ;Tosf] af6f]df lx8g clek|]l/t u/\of] .

**aRrf ue{df s;/L x's{G5 <**

gau|xx? af6 cfpg] k|sfz / k~rtTjsf] :k;{af6 dfq cfdfsf] k]6df uef{wf/0f x'G5 . k'?ifsf] lao{df lgnf] k|sfz -lxlnod cUgL tTj\_ x'G5 eg] dlxnfsf] z'qmls6df £o" k|sfz -hn tTj\_ x'G5 . olx b'O{j6f k|sfz rfFxL k|s[ltdf ePsf] /ftf] /+u;+u 3if{0fx'Fbf uef{wf/0f x'G5 . ue{ a;]sf] klxnf] dlxgf z'qm u|xsf] k|efan] snsn UofF; aGg] k|s[of z'? x'G5 . bf];|f] dlxgf d+un u|xsf] k|efan] lk08 z/L/ Zygote aGb5 . t];|f] dlxgf a[x:ktL u|xsf] k|efan] aRrfsf] cfs[lt aGb5 . rf}yf] dlxgf ;"o{sf] k|efan] x8\8L aGg yfNb5 eg] kfFrf} dlxgf rGb|dfsf] k|efan] 5fnf / dl:tis aGg] k|s[of x'G5 . To;}u/L 5}6f}+ dlxgf rfFlx zlg u|xsf] k|efjn] /f}+ skfn aGb5 . ;ftf}+ dlxgf a'w u|xsf] k|efjn] r]tgf -t/+u ;lxtsf] k|sfz\_ k|a]z ub{5 . cf7f}+ dlxgfdf nUgsf] sf/0fn] cfdf dfkm{t k]6 leqsf] aRRffn] cfxf/ lng yfNb5 . o;a]nf w]/} lk/f] of cldnf] vfPdf k]6 leqsf] aRrfn] klg cg'xf/ v'DRofpg] u5{ . gaf} dlxgfdf k'g M rGb|dfsf] sf/0fn] aRrf lg:sg] k|s[of / ;"o{sf] sf/0fn] k|za lk8f pTkGg u/fpFb5 .

ue{ a;]sf] klxnf] dlxgf z'qmsf] k|efan] snsn -UofF;\_ xfjf v]Ng] x'Fbf ue{jtL dlxnfnfO{ jfsjfs nfUg] x'G5 . ue{jtL dlxnfn] u/]sf] x/]s lqmofsnfk / vfglkgn] k]6 leqsf] aRrfnfO{ c;/ ul//fv]sf] x'G5 . ue{jtL cfdfn] ;'dw/ ;+uLt ;'Gg], k"hfkf7 ug]{, ;flTjs ef]hg ug]{, ;w} xl;nf] d'xf/df a:g] u'g{kb{5 . cfkm"n] /f]h] h:tf], vf]h] h:tf] geO{ k]6df ePsf] aRrfnfO{ O{Zj/sf] pkxf/ 7fGg' kb{5 . a'afcfdfsf] sd{sf] kmng} aRrfdf ;g]{ x'Fbf a'afcfdfn] ;flTjs ef]hg / j}lbs ;+:sf/sf] hLjg hLpg' ckl/xfo{ x'G5 . /fIf;L :jefjsf] afp cfdf eP 5f]/f5f]/L klg /fIf;L :jefjsf] x'G5 . of] t xfd|f] ufpF3/sf afnaflnsfx? x]/]kl5 k|i6g} x'G5 .

ue{leqsf] aRrfn] a|Xdf08Lo WjgL pmF dfq ;'g]sf] x'G5 . To;}n] aRrf af]Ng' cl3 cd, x'd, pd h:tf WjgLx? lgsfNg] ub{5 . pm k]6 leq ( dlxgf ( lbg Wofg tk:of u/]/g} of] wtL{df sd{sf] kmn ef]Ug hGd lnPsf] x'G5 . cfdfsf] ue{ h:t} wtL{ -k[YjL\_ cfdfsf] ue{ rfFlx (( ls=dL= xfjf b'/Ldf km}lnPsf] 5 .

**z/L/ leq gju|xsf] phf{ s;/L ;Gt'ngdf /fVg] t <**

aRrf ua{wf/0f k|s[ofaf6 s] :ki6 x'G5 eg] xdL jf:tjdf k|sflzo lk08 xf} / ltg} gau|x tyf gIf]qx?sf] k|efan] xfdL ;+rflnt 5f}+ . To;}n] gau|xsf] phf{ ;Gt'ngdf /fVg a|Xfd't{df p7]/ k|0ffofd ug'{kb{5 . ;"of]{bosf] ls/0f / k"l0f{dfsf] h'gnfO{ …qf6sÚ Ps 6sn] x]l//fVg' kb{5 . j}lbs k"hf dfkm{t gau|xzflGt u/]/, cg'ejL Hof]ltlifsf] k/fdz{ lnO{ -lglZrt u|xnfO{ phf{ yKg' k/]df\_ /Tg kTy/ wf/0f ug{ ;lsG5 . t/ u|xsf] l:ylt gx]/L /Tg kTy/ nufpg' eg]sf] rfFlx emf8fkvfnf nfu]sf] la/fdLnfO{ afUdtLsf] b'u{lGwt kfgL lknfpg' h:t} x'G5 . /fzLsf] cfwf/df dfq} /Tg kTy/ nufpgfn] gsf/fTds c;/ k}bf ub{5 . cfkm\gf] z/L/ leq dxfbzfsf] ;dodf h'g u|xsf] phf{ sd 5 To;}nfO{ dfq phf{ yKbf a'l4dfgL x'G5 .

b]jgfu/L lnkLsf] :j/j0f{n] ;f}o{ d08ndf t/Ë pTkGg ub{5 . h;/L s;}sf] 3/df uP/ dfG5] af]nfpg' k¥of] eg] 9f]sfsf] 306L lyRb5f} . ;k{x? af]nfpgnfO{ ;k]/fn] lag afhf ahfpFb5 jf dlGb/df cf/fwgf ubf{ z+v, 306f, 8d? ahfOG5 . To;}u/L ;f}o{ pmhf{ ;lqmo ug{ oL lgDg lnlvt dGq !)\* k6s hk ug{ ;lsG5 . pbfx/0fsf] nflu, hGds'08nLdf rGb|dfsf] dxfbzfdf l8u|L sd ePsf] rGb|dfn] xfdLnfO{ phf{ lbg ;Sb}g / dflg; lrlGtt x'g] x'G5 . o:tf a]nf c±O{±c+ -;"o{ dGq\_ ^ k6s / C±cf}±P -k[YjL dGq\_ # k6s eGg'kb{5 . o:tf dGqx? x/]s ;fFem laxfg Ps dlxgf;Dd eGg' kb{5 . ;"o{sf] l8u|L sd ePdf c±O{±c+, a'wsf] l8u|L sd ePdf O±cf±cf], z'qm u|xsf] nflu p±C±P, k[YjL tTj sd ePdf C±cf}±P, d+unsf] phf{ yKg'k/]df n[±P] ±C, a[x:ktLsf] k|sfz sdhf]/ ePdf P±pm ±n[ eGg'kb{5 . zlg u|xsf] l8u|L sd ePdf cf]±cf±pm eg]/ zlg u|xsf] phf{ z/L/df t/+lut u/fpg'kb{5 . o;sf] ;fy} laxfg a]n'sf ?b|fIfdfnfdf Ps dfnf -!)\* k6s\_ pmF gdM lzj–lzjfo eGg rfFxL ge'Ng' xf]nf . pmF WjgLsf] pRrfx/0fn] zl// leqsf] ;Dk'0f{ sf]ifLsf;Dd t/+u pTkGg u/fpb5 . To;}n] laxfg a]n'sf !% ldg]6 hlt pmF WjgLsf] pRrfx/0f ug'{ zfl//Ls Pa+ dfgl;s :j:yosf] b[li6sf]0n] pQd x'G5 .

**lao{ s;/L aG5 xf]nf <**

lao{ g} hLjgsf] >f]t xf] eGg] s'/f t ;a}nfO{ yfxf 5 t/ lao{ aGg] k|s[of / lao{sf] >f]t eg] yfxf gx'g ;S5 . xfdLn] vfPsf] vfgfaf6 /; aG5 . /;af6, /ut, df;', dHhf x'Fb} clGtddf lao{ aGb5 . lao{sf] # /+u x'G5 . ;"o{af6 cfPsf] lgnf] k|sfzn] dfq lao{df k"0f{ hLjgtf lbG5 . jfo'af6 /ftf] /+u, k[YjLaf6 £o" /+u / ;"o{af6 cfPsf] lgnf] /+uaf6 lao{ aGb5 . ;"o{af6 cfPsf] (÷( j6f -lzjzlQm\_ ls/0f, jfo'af6 cfpg] (÷( j6f ls/0f / k[YjL tTjaf6 cfpg] (÷( j6f ls/0faf6 Pp6f k"0f{ DNA aGb5 . olx DNA g} lao{sf] >f]t xf] .

!) ldlnu|fd lao{ aGgnfO{ #)–#@ s]=hL= vfgfsf] h?/t kb{5 . lao{g} xfd|f] zlQmsf] >f]t ePsf]n] lao{ ;+ro ug'{ ckl/xfo{ x'G5 . To;}sf/0fn] j}lbs ;+:sf/df a|Xdrf/L kfngf u/L @% aif{ kl5 dfq lajfx ug]{ ul/G5 . k'?if jf dlxnfn] x:td}y'g sbflk ug'{x'b}g . lajflxt bDkltx?n] klg dlxgfsf] !÷@ k6s eGbf a9L ;+ef]u ug'{ x'b}g . lao{ ;+ro ubf{ anjfg eOG5, lg/f]uL eO{G5 / cfo' nfdf] x'G5 . lao{ 5 t hLjg 5, geP d[To' t'No .

**r]tgf z'l4s/0f s;/L x'G5 <**

cfTdf :j?k a|Xdf08Lo k|sfzsf] phf{n] xfd|f] k|f0fzlQm ;+rflnt 5 / dfq xfdL hLljt 5f}+ . :j:y hLjg eg]sf] :j:y z/L/, :j:y dl:tis / :j:y dg xf] . ToxL cfTdf:j?k k|sfz k'~hn] xfd|f] k|f0fzlQm ;+rflnt 5 . k|f0fzlQmn] dg, dl:tis / z/L/sf ;a} c+ux? ;+rflnt 5g\ . ctM z'l4s/0f eGg] lalQs} k|sfz, k|f0f, dg, dl:tis / z/L/ ;a}sf] z'l4s/0f eGg] ;Demg'kb{5 . clg dfq :j:y, v'zLdo / cfglGbt hLjg hLpg ;lsG5 .

xfd|f] z/L/nfO{ cf/fd rflxG5, dl:tisn] zfGt x'g vf]Hb5 / dgn] zflGt vf]Hb5 . of]u / Aofodn] dfq dgdf zflGt x'Fb}g . xfd|f] % j6f C0fx? x'G5g\ M b]jC0f, lkt[C0f, CifLC0f, a'af cfdfsf] C0f / shf{ lnPsf] a}+ssf] C0f . oL ;a} C0fx?af6 d'Qm ePkl5 dfq dg zflGt x'G5 . a}+ssf] C0f lt/]/ dgdf cfgGb eP h:t} gju|x zflGt, lkt[ tk{0f, O{Zj/ elQmefj / cfdfa'afsf] ;]jf ugf{n] dgdf k/dzflGt 5fpFb5 . dg eg]sf] xfd|f] d]?b08 leq ePsf] rqmx? dfkm{t dl:tisdf t/+lut x'g] t/+ux? eGg] ;Demg' kb{5 . oxL t/+ux? czfGt eP dgdf w]/} s'/fv]Ng], tgfa x'g] x'G5 . j}lbs k"hf ubf{v]/L gfuk"hf ug{ sbfkL e"Ng' x'b}g lsgsL gfusf] ckf/ zlQmn] g} of] ;f/f a|Xdf08, k|s[lt, gau|x, ;sn k|f0fL nufot xfdL ;+rflnt 5f}+ . gfuzlQm g} xfd|f] hLjgsf] cl:tTj xf] .

æh:tf] cfxf/ p:t} larf/Æ eg]em} ;flTjs ef]hgn] ;sf/fTds ;f]r NofpFb5 . /S;L, df;', ;'tL{ ;]jgn] z}tfgL :jefj hGdfpFb5 . To;}n] zfsfxf/L ef]hgaf6 z'l4s/0fsf] k|s[of z'? x'G5 . zfsfxf/L ef]hgn] zl// z'4, Wofgn] ;f]r–dg z'4, bfgn] wg z'4, j}lbs k"hfkf7–xjgn] kjg z'4 x'G5 / ;t;+un] 1fg z'4 x'G5 eGg] s'/f ;Fw} Vofn /fVg'kb{5 . o;}sf] nflu t lgoldt of]uEof; / k|0ffofd cTofjZos 5 gL . /fIf;L ef]hgn] z/L/ t lauf5{–lauf5{, ;f]r klg gsf/fTds x'g] x'Fbf hLjg g} aaf{b agfpFb5 . d, dnfO{, d]/f] 5f]/f5f]/LnfO{ dfq eg]/ kf]sf] kf/]sf] wgn] c;fWo} lk5{ . :jf;–k|:jf; k|f0fn] g} z/L/, dl:tis / dg rNg] x'Fbf lgoldt k|f0ffofd ug'{ cTofjZos x'G5 . a? vfg la;{g';\ t/ k|0ffofd ug{ ge'Ng';\ . oL ;a}s'/fx? ub}{hfFbf, r]tgfdf z'l4s/0f x'G5 / dfgatf–eft[Tj efjgf hfUb} hfG5 . ;'Gb/ ;f]r / ;'Gb/ dg ePkl5 t hLjg hut g} ;'Gb/ x'G5 lg, xf]Og / <

**jf:t'zf:q xfd|f] hLjgdf slQsf] dxTjk"0f{ x'G5 <**

j]b eg]sf] c;n hLjg k4lt l;sfpg] zf:q xf] / jf:t'zf:q cyj{j]bsf] Ps cWofo xf] . jf:t'zf:qn] 3/ dlGb/ tyf :df/sx?nfO{ k|s[lt;Fu noa4 x'g]u/L lgdf{0f ug{ l;sfpb5 . k|s[lt;Fu noa4 x'g g;s]/ g} cfhsnsf dflg;x?n] b'Mv ef]lu/fv]sf 5g\ . cfkm\gf] af;:yfgdf gsf/fTds phf{nfO{ 36fP/ ;sf/fTds phf{ a9fpg l;sfpg] zf:qnfO{ g} jf:t'zf:q elgG5 . k|s[ltsf ;a} phf{ zlQmx?sf] axfjnfO{ a'em]/ 3/ dlGb/ agfpFbf ;a}df v'zL / ;d[l4 5fpFb5 . pbfx/0fsf] nflu, pHofnf] / xfjfsf] nflu 7"nf] em\ofn s;nfO{ dg kb}{g / < ToxL em\ofn ;fgf] x'Fbf ;sf/fTds phf{ 3/leq k:g kfpFb}g eg] ;w} u'Dd lg;fl;bf] cWof/f] sf]7fdf a:bf tgfa pTkGg x'G5 . æ3dfOnf] 7fpF g} /dfOnf]Æ eGg] t pvfg g} 5 lg .

sl/a @%)) jif{ cl3b]lv g} rLgsf laBfyL{x? lazfn g]kfnleq /x]sf] ljZjsf] Psdfq ljZjlaBfno ægfnfGb ljZjlaBfnodf cfP/ jf:t'zf:q cWoog ub{y] . pgLx?n] jf:t'zf:qnfO{ cfkm\g} efiffdf km'p–;'O{ eGg yfn] h;sf] cy{ x'G5, xfjf / kfgLsf] phf{ . clxn] ;+;f/e/ Fengsui eg]/ k|Voft 5 t/ la8Dagf, Fengsui eg]sf] g]kfnL e"ldsf] cb\e"t 1fg jf:t'zf:q xf] . /fd|f] efUo / sd{ x'Fb}df hLjg ;'vL x'Fb}g . sl7g kl/>d / dgUo wg ;DklQ eP/ klg jf:t'zf:q gldn]sf] 3/df ;w} emu8f / czflGt dfq lgDTofpFb5 . oxL s'/fnfO{ dWogh/ /fv]/ ef/t, cd]l/sf, rfOgf, hfkfg / klZrdL d'n'sx?df lxhf]cfh jf:t'zf:qsf] 7"nf] dxTjsf ;fy 3/ ejgx? lgdf{0f ug{ yfn]sf 5g\ . 5f]6s/Ldf, lgDg a'Fbfx?nfO{ Wofg lbPdf 3/sf] jf:t' ;lk|G5 .

!\_ k"j{ lbzf kmls{Psf] 3/ pQd dflgG5 .

@\_ efG5fsf]7f -cfuf]\_ ;w}+ cfgUo -k"j{–blIf0f\_ sf]0fdf x'g' kb{5 .

#\_ k"hfsf]7f, WofgsIf O{zfg -k"j{–pQ/\_ sf]0fdf ePsf] pQd x'G5 .

$\_ gfuyfg, k};f /fVg] b/fh, pQ/ tkm{ x'g'kb{5 lsgsL of] lbzf gfu/fhf / wgsf dflns s'a]/sf] lbzf xf] .

%\_ a/f08f, kfgL 6\ofª\sL, kfgL kf]v/L jfoJo -pQ/–klZrd\_ sf]0fdf x'g' kb{5 .

^\_ ;og sIf, cWoog 6]an, klZrd lbzfdf x'g'kb{5 .

&\_ g}C[To -klZrd–blIf0f\_ sf]0fdf lkt[sf] jf; x'g] x'Fbf o; lbzfdf lkt[ k"hf, hn /fVg'kb{5 . uf]bfd sf]7f klg olx ePsf] /fd|f] dflgG5 .

\*\_ 3/ 8]/f ;bf{ z'e ;fOt x]/fP/ ;g]{ ug'{;\ . æa;a; df}/L a'waf/ hfpnLÆ eg]sf] t xfdLn] ;'g]s} 5f} . df}/Ln] t jf:t'nfO{ dfg]/ a'waf/ dfq 3f/ 5f]8\5 eg] xfdLn] ;fO{t x]g} k5{ , ;fO{tdf k"hf ug}{ k5{ .

(\_ blIf0f lbzfdf e¥ofª, e08f/ sf]7f, rkL{, kmf]xf]/ / kfgL /fVg] vf8n ePsf] /fd|f] x'G5 .

!)\_ sfof{nosf] xsdf M ;efsIf klZrddf, n]vf zfvf pQ/df, sfof{no k|d'v cfUgo -k"j{–blIf0f\_ df a:g' kb{5 .

!!\_ 3/sf] larefuaf6 cfsfz b]lvPsf] clt pQd . o:tf] a|Xd:yfg /fVg ;s] a|Xdf08Lo phf{ klg 3/ leq k:b5 . klxnf klxnf ag]sf b/af/, ejgx?df eg] clgjfo{ ?kdf a|Xd:yfg jf leqL rf]s cfFug /flvPsf] x'GYof] . sf7df08f}sf k"/fgf b/af/x?s} l;sf] u/]/ la|6]gsL dxf/fgLn] klg g]kfnaf6 sflnu9x? lemsfP/ Buckingham Palace agfpg nufPsL lyOg\ . of] b/af/ laZjdf g} af:t'zf:q Fengsui sf] pTs[i6 gd"gf dflgG5 t/ lj8Dagf Tof] b/af/ agfpg] g]kfnL l;k / k|ltef eg] cf]em]n k/]sf] 5 .

!@\_ 3/ ;w}+ ;kmf ;'U3/ /fVg'kb{5 . 3/leq hfF8 /S;L, df5fdf;', v}gL, ;'lt{ h'jftf; / /08LafhL ug'{ x'Fb}g . /S;L / df;'df z}tfgL zlQm x'G5 . To;}n] /S;L / df;' vfg] 3/df slxNo} zflGt x'Fb}g . klxn]sf a'9fkfsfx?n] h+undf d[u 3f]/n df/]sf] …lzsf/Ú klg a]n'sf 3/df Nofpg dfGb}g lyP . Nofpg' k/]df klg /fFsf] afn]/ dfq Nofpby] . df;'df lem+ufx?n] k5\ofP h:t} e"t / af]S;Lx?n] l56f] k5\ofpFb5g\ . To;}n] cfkm\gf] 3/ dlGb/ g} xf], 3/leq l;gf] gk;fNg';\ .

!#\_ 3/leq dudu jf;gf cfpg] k|s[lts af;gf jf cQ/ 5g'{;\ / a]nfa]nfdf ;fgf] cfjfhdf ;+uLtsf] w'g u'~hfpg';\ .

!$\_ sf]7fleq :kml6s (Crystal) cyjf g}CTo sf]0fdf la/]g'gsf] 8Nnf] /fVbf klg gsf/fTds phf{ 36\b5 .

!%\_ tfdfsf] ef8fdf kfgL, ;]tf] km"n / yf]/} dx /fVgfn] rGb|df / z'qm u|xsf] phf{ 3/ leq k|a]z u/L dfofF ddtf a9b\5 .

!^\_ sfnf] sk8fdf a];f/ kf]sf] kf/L vf6d'gL em'08ofpgfn] / kmnfdsf] efF8fdf kfgL xfn]/ vf6d'gL /fVgfn] klg zlgu|x zfGt x'G5 .

!&\_ ;'Tbfv]/L l;/fgL k"j{ lbzf tkm{ x'g'kb{5 -pQ/ r'DasLo w|'a xf]\_

!\*\_ uf]hLdf hgfO{, ltg'{kg]{ /l;b, d[t dfG5]sf kmf]6f] g/fVg';\ .

!(\_ 3/ jl/k/L gLd, cdnf, ?b|fIf, t'n;L, a]n, a}+z, lkkn, cfFk, s]/fsf af]6x? /f]Kg'xf];\ .

@)\_ ;flTjs ef]hg lng';\, k|s[lt;Fu s[t1 x'g';\ / vfnL v'§f lx8\g';\ .

@!\_ sf]7fdf doF"/sf] KjfFv / ?b|fIf dfnf /fVg';\ . To;}u/L d'n9f]sfdf gfua]nL, pFm jf :jfl:ts lrGx /fVg';\ . o;f] ubf{ ;b}j ;sf/fTds phf{ k|fKt x'G5 .

**cfo"j]{b / d'xf/df d':sfg**

cfo' / j]b ldn]/ cfo"j]{b zAb ag]sf] xf] h;sf] cy{ x'G5, cf/f]Uo hLjg k4lt l;sfpg] zf:q . of] klg cy{j]bsf] Ps cWofo xf] . o;n] :j:y vfgkfg / hl8a'6Lsf] af/]df l;sfPsf] x'Fbf cf/f]Uo bL3f{o" hLjgsf] d'n dGqg} cfo'j]{b xf] . ljZje/sf dflg;x? lazfn g]kfndf cjl:yt ljZjsf] Psdfq / k|yd ljZjljBfno ægfnfGb ljZj laBfnodfÆ cfo"j]{b l;Sg cfpFby] . ToxL a]nfb]lv xfd|f] hl8a'6Lsf] 1fg rfOgf, ef/t, kl;{of x'Fb} o"/f]kdf ;Dd km}lnof] . kfZrfTo ;Eotfn] cfljisf/ u/]sf] /;folgs cf}ifwLsf] sf/0fn] cfo"j]{b s]xL ;do cf]em]ndf k/]sf] lyof] t/ clxn] cfo"{j]bsf] dxTjnfO{ a'em]/ ;+;f/e/sf dflg;x? hl8a'6LnfO{ g} c+ufNg yfn]sf 5g\ .

b]jtf wGjGt/Ln] lIf/;fu/df -xfnsf] b'wsf]zL\_ cd[t dGyg u/]kl5 cfo'j]{bsf] hGdeof] . To;}n] b]jtf wGjGt/LnfO{ cfo'j]{bsf] lktf elgG5 . To; kZrft, laleGg sfnv08df Clif dxifL{x?n] lxdfnosf] hl8a'6LnfO{ cg';Gwfg u/]/ cf}ifwL agfP . tL dxifL{x?df clZjgL s'df/, r/s, Rojg, k}n, efis/, ef/åfhx?sf] gfp cu|–k+lQmdf cfpFb5 . kl5 lxdjtv08 -?b|fIfe"dL ef]hk'/sf] ;]/f]km]/f]\_ df k|s6 x'g'ePsf of]uL kft~hnLn] of]uWofg / hl8a'6LnfO{ Pp6} z'qdf afFw]/ cfo'j]{bnfO{ lalzi6 klxrfg lbg'eof] . pxfFs} gfpFaf6 clxn] ef/tn] v/af}sf] Jofkf/ ul//fv]sf] 5 . la8Dagf, xfdL sf}8Lsf] efpdf 6gsf 6g hl8a'6L Ol08ofnfO{ a]R5f} / pt}af6 km]/L dxËf] efpdf ;fgf] 6ofan]6 cf}ifwL lsG5f}, b'Mv nfU5 .

xfd|f] lxdfnosf] sfvdf x's]{sf agh+unx? hl8a'6Lsf vfgL x'g\ . oxLaf6 g]kfnsf] hl8a'6L nu]/ ef/tn] v/af} ?k}+of sdfpFb5 . h'g b]zdf lxdfn g} 5}g ToxfF Himalaya a|f08af6 cf}ifwL a]Rb5 . r/s / Rojg Clifn] s;/L] k+~rf;]df a;]/ hl8a'6Lsf] cd[tkfg æRojgk|f;Æ agfP . ToxLg} gSsn u/]/ Ol08ofn] Rojgk|f;sf] a§f ahf/e/L a]Rb5 . xfd|f] g]kfndf hGd]sf] Clifd'lgx?sf] gfp a]r]/ dVv 5 Ol08of . emg\ hd{gL ;/sf/n] t r/s Clifsf] gfpdf 'Charkology' eGg] 5'§} cf}ifwL laefu g} agfPsf] 5 . xfd|f] g]kfn ;/sf/n] rflx s'/f] a'emL a'emL a'hkrfPsf] b]Vbf lrQ b'V5 . t/ xfd|f Clifd'lgx?sf] cl;d 1fgnfO{ ;+;f/e/sf dflg;x?n] d'Qms07n] k|z+;f u/]sf] ;'Gbf cToGt} v'zL nfU5 . l5§} g}, ca cfo'j]{b l;Sg g]kfndf lab]zLx?sf] w'O/f] g} nfUg]5 .

:jf:yo g} wg xf] / v'zLsf] d'xfg klg . t/ lxhf]cfh, laiffbLo'Qm vfglkg / k|s[lt la?4sf] hLjgz}nLn] dflg;x?sf] hLjg c:tJo:t ag]sf] 5 . o:tf] ;'Gb/ hLjg etfe'Ë ag]sf] 5, tgfadf afFlr/fv]sf 5g\ . o;sf] d'Vo sf/0f rflx vfg / lkpg ghfGbf g} xf] . s] vfg], s;/L vfg], slt v]/ vfg] / s:tf] s'/f vfg] eGg] s'/fsf] 1fg gx'Fbf dflg;x?n] laleGg :jf:Yo ;d:of ef]lu/fv]sf 5g\ . x/]s d]l;g cf}hf/x?sf] k'l:tsf -ufO8 a's\_ x'G5 . ToxL cg'?k d]l;n uf8L grnfpFbf uf8L lau|G5 . k]6«f]nn] rNg] uf8Ldf l8h]n xfNbf kSs} uf8L lau|G5 . p; eg] xfd|f] of] /x:odoL z/L/df klg s] xfNg] / s] gxfNg] eGg] s'/f st} t n]lvPsf] xf]nf lg, xf]Og t < zfsfxf/L ef]hg ug'{kg]{df hfF8 /S;L, efË, wt'/f], l;gf] ;/xsf] df;' vfPkl5 cjZog} z/L/ lau|G5, xf]Og / < ofb /fVg';\ , xfd|f] ;f]r xfdLn] vfg] k|To]s cGg;Fu ufFl;Psf] x'G5 . æxfdL h] vfG5f} ToxL g} aGb5f} cyf{t h:tf] cfxf/ p:t} larf/ x'G5 . kmnkm"n, ;fu;AhL, u]8fu'8L, cGg, b'wbxL, dx, £o" h:tf ;flTjs cfxf/n] ;sf/fTds ;f]r NofpFb5 eg] /S;L, df;', v}gLr'/f]6n] z}tfgL :jefj hGdfpFb5 . To;}n] t /S;L df;' r'/f]6nfO{ /fIf;L ef]hg elgPsf] xf] . ca /fIf;L ef]hg u/]kl5 s] algG5 t < tkfO{x? cfkm} ;f]Rg';' . b'3{6gf, anTsf/ / em}emu8fx? /S;L s} sf/0fn] x'G5 . SofG;/sf] sf/0f v}gL r'/f]6 xf] . df;' vfFbf xfd|f] /Qm sf]lifsfx? cldnf] eO{ /utdf clDnokg cfpFb5 . h;sf] sf/0fn] SofG;/ /f]u nfUb5 . c:ktfndf egf{ ePsf (%% dflg;x? /S;L, ;'tL{ , df;'vfPs} sf/0fn] la/fdL x'G5g\ / df+zfxf/L dflg;x? e4f, /f]uL, l/;fxf x'G5g\ eg]/ cg'ifGwfgn] atfPsf] 5 . To;}n] t clxn] aNn a'l4 knfP/ xf]nf klZrd b]zsf dflg;x? klg zfsfxf/L ef]hg tkm{ cfslif{t ePsf 5g\ . emg\ lxhf]cfhsf] sf]/f]gf efO/; dxfdf/Ldf df+zfxf/L dflg;x? a9L ;+qmldt ePkl5 laZj :jf:Yo ;+u7g WHO n] g} zfsfxf/L aGg ;a}nfO{ clkn u/]sf] 5 . df;' vfg 5f]8]kl5 dflg;x? :jf:y aGb} cfPsf 5g\ . dg–dlGb/ leq l;gf] /fVg gx'g], Tof] s'v'/fsf] df;' g} lk8fo'Qm cfF;' aGg] s'/fsf] r]t v'n]sf] 5 . afFRgsf] nflu vfg'kg]{ xf] t/ dflg;x? olt lalw v~r'jf 5g\ sL dfgf} pgLx? vfgsf] nflu hGd]sf x'g\ . s7}a/f lar/f egf} .

;+;f/sf s/f]8f}+ dflg;x? ef]sd/Ln] xf]Og ls s] vfg], / s;/L vfg] eGg] s'/f ghfGbf la/fdL k/]sf x'g\ . pbf/0fsf] nflu a]n'sLkv ;'Tg] a]nfdf b'w lkpFbf cd[t aGb5 eg] laxfgLkv lkPsf] ToxL b'w xflgsf/s x'G5 . lxhf]cfh ev{/} klZrdL a1flgsx?n] laxfg rfxL b'w gkRg] /} 5 eg]/ kQf nufP . hasL xfd|f k'vf{x?nfO{ z/L/ la1fgsf] af/]df xhf/f}+ aif{ cl3g} yfxf lyof] . /S;L, df;', r'/f]6 t laif xf] eg]/ yfxf eof] xf]nf t/ cd[t t'No kfgL klg lkpg ghfGbf laif g} aGb5 . h:tf] sL, ef]hg;Fu} lkPsf] kfgLn] h7/cUgLsf] cfuf] lgefpFb5 / vfPsf] vfgf ckr eO em08} \*) eGbf a9L /f]u lgDTofpFb5 . vfgf vfPsf] sd;]sd ! 306f kl5 dfq kfgL lkpg' kb{5, Tof] klg lrofsf] r':sL h;/L / laxfg p7\g] lalQs} lkPsf] tftf]kfgL rflx cd[t ;dfg dflgG5 . s'g vfgf;Fu s] s] ld;fpg' x'Fb}g eGg] s'/f klg Vofn /fVg' kb{5 . pbfx/0fsf] nfuL b'w;Fu Eof06f, Kofh vfbfF 5fnfsf] /f]u cfp5 . b'w ;Fu c08f cfPdf :d/0f zlQmdf x|f; cfpb5 OTofbL .

o;/L vfglkgsf] tl/sf / hl8a'6Lsf] 1fg /fVg] xfd|f k'vf{x? cToGt} laåfg x'g\ . o:tf] vfglkg / cf}ifwLsf] lalzi6 1fg lbg] cfo'j]{bnfO{ rflx klZrd]nLx?n] Alternative Medicine eGbf lrQ b'V5 . cl:t ev{/ \*)–() jif{cl3 hGd]sf] klZrdL d'n'ssf] cf}ifwLn] xhf/f}+ aif{ cl3b]lv k|rlnt cfo'j]{bnfO{ s;/L a}slNks cf}ifwL eGg ;s]sf] xf]nf . of] t, pxL æcfdfnfO{ d}n] hGdfPÆ eg] h:t} ePg / < cem klZrdL cf}ifwL eg]sf] t dGb laifg} xf] . o;n] /f]u lgsf] kfg]{ xf]Og sL emg\ c? /f]ux? hGdfpFb5 . tL cf}ifwLsf vf]ndf n]lvPsf] Side Effects gsf/fTds c;/x?sf] a'Fbfx? k9\g';\ g . ToxL eP/ t clxn] klZrdL d'n'ssf dflg;x? SofG;/, d'6', d[uf}nf /f]u, dl:tis3ft, a]r}gL h:tf xhf/f} /f]un] u|l;t ePsf 5g\ . otf xfd|f] hl8a'6Laf6 ag]sf] cf}ifwLn] eg] slQ klg xflg ub}{g . e'mlSsP/ ;'Ts]/Lsf] cf}ifwL aRrfn] vfP klg x'G5 . hltv]/ h;n] vfPklg x'G5 . /f]u eP Tof] /f]unfO{ h/faf6 g} lgsf] kfb{5 . /f]u gePdf ToxL cf}ifwL zlQmaw{s aGb5 . lxdfnL h+unaf6 NofP/ tof/ kfl/Psf] To:tf cf}ifwLx? jf:tjdf cd[tt'No k]o – ;+lhjgL g} x'g\ .

cfo'j]{b d'Vo t lqbf]ifsf] l;4fGtdf cfwfl/t 5 . xfd|f] z/L/sf] df+;k]zL -wft'\_, vfBa:t' -dn\_ / To;af6 pTkGg x'g] h}ljs phf{ -bf]if\_ af6 ag]sf] 5 . oxL lqbf]ifx? -afy–lkQ–skm\_ sf] sf/0fn] g} xfd|f] z/L/ ;+rfng / ;f]rdf k|efa kf/]sf] x'G5 . To;}n] lqbf]ifnfO{ ;Gt'ngdf /fVg' g} cfo'j]{bsf] d'Vo nIo xf] .

**s\_ afy M** afy/f]u xfjf / :jf;–k|:jf;;Fu ;DalGwt 5 . z/L/ leq zlQm ;+rfng ug]{ k|d'v jfo"tTj ePsf]n] afysf] ;d:of x'Fbf /ut, lao{, lk;fa, kl;gf, :jf;k|:jf;, x[boult, df+;k]zL / gzfx?df ;d:of b]lvG5 . o;sf] ;fy} afysf] ;d:ofn] :d/0fzlQmdf x|f; cfpg] / dl:tis ;DalGw /f]u lgDTofpFg] x'G5 . laz]ifu/L pd]/sf] krf; aif{ s6]k5L afy /f]un] RofKg yfNb5 .

**v\_ lkQ M** of] xfd|f] z/L/sf] -cfuf]\_ h7/fUgL / lkQ;Fu ;DalGwt 5 . lkQsf] u8a9Ln] ubf{ kfrg k|lqmofdf ;d:of NofpFb5 . kmn:j?k \*) eGbf a9L /f]ux? lgDTofpFb5 . z/L/sf] tfkqmd ;Gt'ng Nofpg], ef]s hufpg], cfFvfsf] b[li6 lbg] / ts{ lats{ ug]{ Ifdtf a9fpg] sfd lkQsf] x'G5 . o;n]g} z/L/df k|lt/f]wfTds Ifdtfsf] a[l4 u/fpFb5 .

**u\_ skmM** of] kfgL;Fu ;DalGwt tTj ePsf]n] skm eg]sf] …¥ofnÚ, l;Fufg, vsf/ eGg] a'em\g'kb{5 . uf8Lsf kf6k'hf{x?df lrNnf] kbf{y -lu|h\_ sf] cfjZostf eP h:t} zl//nfO{ ¥ofn rflxG5 . afy / lkQnfO{ ;Gt'lnt /fVg] sfd skmn] ub{5 . olb skmdf v/faL cfof] eg] z/L/ b'a{n x'Fb} hfG5 / gk'+zs agfO{lbG5, kmn:j?k Tof] dfG5]n] ;Gtfg hGdfpFg ;Sb}g . laz]ifu/L afnaRrfx?nfO{ skmsf] ;d:of x'G5 .

o;/L skm–lkQ–afys} sf/0fn] laleGg /f]ux? plAhG5g\ . ao:s x'Fbf lkQ k|an x'G5 eg] a'9];sfn nfUb}hfFbf afy/f]un] ;dfpFb5 . oxL lqbf]ifsf] sf/0fn] g} zfl//Ls tyf dfgl;s ;d:of cfpg] x'Fbf cfo'j]{lbs lrlsT;sx?n] lqbf]ifnfO{ ;Gt'ng /fVg] k|of; ub{5g\ .

**cfo'j]{bdf Wofg lbg'kg]{ s'/fx?M**

!\_ zfsfxf/L ef]hg dfq ug]{, /S;L / gzfn' kbfy{ alh{t ug]{ .

@\_ cGgdf O{Zj/sf] af; x'G5 egL ;Demg] / sbfkL klg vfgf v]/ gkm\ofSg] .

#\_ Ps k6sdf Ps} k|sf/sf vfg]s'/f vfg], y/Ly/Lsf vfg]s'/f gld;fpg] . h:tf] sL ;'Gtnf, b'w, /f]6L, ld;fpg' x'b}}g .

$\_ k|To]s lbg vfg]s'/fx? km]/abn ug]{ . ;s];Dd !^ ufF; eGbf a9L gvfg] .

%\_ xKtfsf] Ps lbg ;f]daf/ jf Oi6b]j cg';f/sf] lbg kf/]/ a|t lng'kb{5 . cyjf !^ 306f vfgf gvfg] u/] klg x'G5 . h:tf] ls, a]n'sf % ah] kl5 vfgf gvfg] / Ps}rf]6L laxfg ( ah] dfq vfgf vfg] . o;f] ubf{ zl//df emg phf{ k}bf x'G5 , k|lt/f]wfTds Ifdtf a95 .

^\_ xl/of] ;fu;AhL, kmnkm"n, u]8fu'8L, emf]n kbfy{ k|;:t vfg] .

&\_ lbgsf] s/La # ln6/ kfgL lkpg] . cgL dx, £o" rflx lbg}lkR5] vfg] .

\*\_ ;]tf] lrgL, ;]tf] g'g, (Msg) clhgf]df]tf], d}bf, k|zf]lwt t]n, sf]s, cfO;lqmd, rfprfp, Kofs]6 vfg]s'/f sbfkL gvfg] .

(\_ ;a}y/Lsf :jfbx? lng] M lttf], 6/f]{, g'lgnf], lk/f], u'lnof], cldnf] .

!)\_ xl/of], tfhf, sfFrf], / h}ljs vfg]s'/f dfq vfg';\ .

!!\_ cfn' / d'nf ;+u} vfPdf xftv'66f emdemdfpb5 . nf}sf / tfdf ;+u} vfPdf d[uf}nfnfO{ xfgL ub{5 . /fFof]sf] ;fu / ltt] s/]nf ;+u} ksfP/ vfPdf t'?Gt} /QmrfFk a95 . $% aif{ kl5 lgoldt e'O{s6x/ vfPdf bdsf] /f]uL eOG5 . l;na/sf] efF8fdf vfgf vfP d'6' /f]u nfUb5 .

!@\_ b'w ;+u oL s'/fx? -n;'g, Kofh, c08f, dx, Eof06f, le08L, sfutL, ?v s6x/, bxL\_ slxNo} klg gvfg' . lsgeg], b'w / Kofh vfPdf b'aL h:tf] 5fnfsf] /f]u cfpb5 . b'w / c08f ;+u} vfPdf :d/0f zlQm 365 .

**s;/L lqbf]ifnfO{ ;Gt'lnt /fVg] t <**

!\_ laxfgLkvsf] y'sdf (Alkaline) Iff/ clws (\*.$) x'g] x'Fbf laxfgsf] y's gkm\ofSg] . a? dgtftf] kfgL;Fu lqkmnf r'0f{ lkpg] lsgsL , Iff/n] Uofli6«s x'g lb+b}g .

@\_ vfgf;Fu kfgL sbfkL glkpg], sd;]sd ! 306f kl5 dfq lkpg] .

#\_ a|Xd't{df p7\g] / k|ft :gfg, k"hfkf7 ;lsPk5L ;"of]{bo x]b}{ k|0ffofd ug]{ .

$\_ zfsfxf/L ef]hg ug]{ / /S;L, r'/f]6 df;' lgif]w ug]{ .

%\_ laxfg kmnkm"nsf] /;, lbpF;f] bxL df]xL / a]n'sL b'w lkpg] .

^\_ ;]tf] lrgL, ;]tf] g'g / k|zf]lwt t]n rfFlx laif g} xf] 3/dfg} gleqfpg] .

&\_ d]ly a]n'sf lehfpg] / laxfg kfgL;Fu rkfP/ vfg] .

\*\_ tf]/Lsf] t]nn] a]nfa]nfdf z/L/ dfln; ug]{ .

(\_ tftf] kfgLdf dx / bfnlrgL ld;fP/ lgoldt vfg] .

!)\_ laxfgsf] vfgf w]/} vfPtfklg a]n'sfsf] vfgf eg] cToGt} sd vfg] .

!!\_ lgoldt Jofodug]{ M kf}8L v]Ng], bf}8g], v]n v]Ng] .

!@\_ a];f/, cb'jf, n;'g, Hjfgf], d]ly, t'n;L, bfnlrgL] h:tf cf}ifwLx? efG5fdf k|of]u ug]{ .

!#\_ c:juGwf, cd[tf, s'l/nf], £o"s'df/L, lznflht, kfl/hft, s]z/, r'gf h:tf hl8a'6Ln] /f]u k|lt/f]wfTds zlQm a9fpF5 .

!$\_ l/; p7\g] lalQs} ax'nf h;/L xfF:g] M -w]/} xfF:g], gfO6f] r'l8g] u/L xfF:g]\_

!%\_ ;dodf ;'Tg], ;dodf ;a]/} p7\g], df]afOn sd rnfpg] .

!^\_ dx±£o", b'w±g'g, bxL±g'g, b'w±Kofh, b'w±;'Gtnf, b'w±s6x/ ;+u} vfg' x'b}g .

!&\_ lx;fa, lk;fa / lg;fkm ;w} ;kmf /fVg';\ tfsL hLjgdf tgfa gxf];\ .

!\*\_ lao{ ;+ro ug]{{ / cfh d]/f] clGtd lbg xf] eg]h;/L /dfpg] .

**d[uf}nf–kTy/Lsf la/fdLx?n] s:tf vfg]s'/fx? vfg] <**

* sfutLsf] /;, k|;:t kfgL, e'OFs6x/sf] /;, v/a'hf, gl/an kfgL, d]yL kfgL, s]/f, ufFh/, hf}, ds} ;ft', uxtsf] emf]n, cd[tf / k0f{lah eGg] hl8a'6L .
* lgoldt k|0ffofd / k'tnL cf;g ug]{ .
* hfF8/S;L, df;', r'/f]6, v}gL sbfkL klg gvfg]
* ;fukft, 6df6/, abfd, ;nud, km"nsf]kL, sfnf] c+u'/, klg/, l;dL, c08fsf] /fgL vfg' k5{ .

**6fpsf] b'Vg]** Migraine **x'g'sf sf/0fx?M**

k|b'if0f, clgGb|f, tgfa, /S;L, df;', r'/f]6, v}gL, 8fS6/sf] cf}ifwL, /;fogo'Qm vfg]s'/f, Perfume sf] k|of]u, 3fdsf] ls/f0x? z/L/df kaj]z gug'{ cflb sf sf/0fn] xfdLnfO 6fpsf] b'V5 . kmn:j?k xfdLnfO{ lr8lr8fkg, cN5L nfUg], jfGtf x'g], cfFvf sdhf]/ x'g] / 6fpsf] b'Vg] x'G5 .

**p; eg]s] ug]{ t <**

zfsfxf/L ef]hg ug]{, zfGt jftfj/0fdf /xg], lgoldt k|0ffofd, of]uWofg ug]{, 8fS6/sf] cf}ifwL / /;fogo'Qm vfg]s'/fx? sbfkL gvfg] . Perfume slxn]klg gnufpg] .

**x[bo3ft** (Heart attack) **ePdf s] ug]{ <**

* t'?Gt e'OFdf ;'tfpg] / v'§fnfO{ Ps Ps u/]/ dfly prfnL lbg] tfsL /utsf] axfj d'6'lt/ cfcf];\ .
* Aconite 200 (Homeopathy store) NofP/ @÷# yf]kf lha|f]df nufO{ lbg] / cf/fd ug{ lbg] .

To;kl5 eg] ;flTjs ef]hg / j}lbs lbgrof{df Wofg lbg'kb{5 .

* lgoldt k|0ffofd / Jofod ug{'k5{ . /S;L, r'/f]6, df;' slxNo} gvfg] . Refined oil k|zf]lwt t]n, ;]tf] g'g, ;]tf] lrgL 3/df gleqfpg] . oL t laifsf kf]sfx? x'g\ .

**9f8, sDd/, 3'F8f b'v]df s] ug]{ <**

* laxfg vfnL k]6df dgtftf] kfgL ;Fu lqkmnf, a];f/, wlgofF, d]yL, lkpg] .
* kfl/hftsf] km"nsf] lrof agfP/ lkpg] .
* lgoldt Hjfgf] tf]/Lsf] t]nn] zl// dfln; ug]{ .
* k|zf]lwt t]ndf sltklg lrNnf]kg x'Fb}g To;}n] z/L/df lrNnf] gk'u]kl5 klg 9f8 sDd/ 3'8f b'Vb5 . To;}n] z'4 t]n, ufO{sf] £o" vfg] .
* k|0ffofd of]uf;g ub}{ laxfgsf] 3fd tfKg] lsgsL 3fdsf] sdLn] klg sf7 dSsLP h:t} xfd|f] x8\8Ldf c;/ kb{5 . ds{6f;g / u'?k|0ffd pQd x'G5 .
* b'w lkpg], pv'/; lkpg], ds}sf] bfgf hlt r'gf bxL;Fu 3fn]]]/ lkpg] . o:tf vfg]s'/fx?af6 k|z:t dfqfdf SoflN;od k|fKt x'G5 / x8\8L alnof] aG5 .
* lznfhLt, c:juGwf, s'l/nf] -£o"–dx\_ h:tf zlQmaw{s hl8a'6L ;]jg ug]{ .
* /S;L, r'/f]6, df;' lgif]w ug]{ / lao{ art ug]{ .

**/Qmrfk ;Gt'ng s;/L ug]{ <**

uf8L rnfpg] k]6«f]n eg] h:t} z/L/ ;+rfng ug]{ /ut xf], To;}n] /utnfO{ k|b'lift gagfpg';\ . /S;L r'/f]6 df;' vfPsf] sf/0fn] /Qm sf]lifsfx? db{5g\, /ut cldnf] aGb5 / SofG;/ /f]u lgDTofpFb5 . /Qmrfk pRr klg /fd|f] xf]O{g / Go"g /Qmrfk klg hf]lvdk"0f{ x'G5 . ctM oL lgDg s'/fx? Vofn u/]/ /Qmrfksf] ;Gt'ng sfod ug'{xf];\ .

* lgoldt k|0ffofd / Jofofdn] /Qmsf]lifsfx? a9\b5g\
* /S;L, r'/f]6, df;' -/fIf;L, ef]hg\_ nfO{ lgif]w ug'{;\
* cgf/, v/a'hf, bfnlrgL, /ftf] ufG6]d'nf, c+u'/sf] ;]jgn] /ut a9\b5
* vfnL v'§f lx8\g';\, 8fS6/sf] cf}ifwL aGb ug'{;\
* /Qmrfk Go"g eP g'g vfg';\ . pRr eP g'g gvfg';\ t/ a]nfa]nfdf g'gkfgLn] g'xfpg'xf];\ .
* ;w} zfGt jftfj/0fdf /xg';\ . zfGt dgn] /ut ;+rfngdf ;xhtf lbnfpb5 .
* /Qmrfk ;Gt'ngsf] nflu a]nsf] /;, bfnlrgL jf d]yL kfgL, nf}sf/;, t'n;L lrof pQd cf}ifwL x'g\ .

**cfFvfsf] b[li6 s;/L a9fpg] <**

cfFvf ;+;f/ lrofpg] ;'Gb/ em\ofn xf] . cfFvf 5}g t ;+;f/ cGwsf/ x'G5 . ctM cfFvfsf] b[li6 a9fpg o:tf pkfox? yfxf kfpg';\ .

* laxfg a]n'sf !%÷!% ldg]6 lgoldt k|0ffofd ug'{;\ tf sL k|f0fjfo' cfFvfleqsf] gzf gzfdf k'Ub5 / cfFvfsf] b[li6 t]lhnf] agfpFb5 .
* laxfg Ao'lemg] lalQs} cfkm\gf] y's cfFvfsf] jl/kl/ nufpg'; lsgsL laxfgL kvsf] y'sdf \*=$ Iff/ tTj ePsf]n] cfFvf jl/kl/ cfpg] sfnf] bfu d]6fpFb5 .
* a]nfa]nfdf ! rlDr s'l/nf] tftf] b'w;Fu 3f]n]/ lkpg'xf];\ .
* b}lgs Ps rDrf ufO{sf] £oF" vfg';\ / £o"n] cfFvf jl/kl/ / k}tfnfdf dfln; ug'{;\ .
* a]nfa]nfdf ;f]+km, abfd, a];f/ tftf]kfgL ;Fu of b'w;Fu lkpg] ug'{xf];\ .

**kfgL s;/L lkpg] <**

;"o{sf] ls/0f, k|f0f jfo' / hnn] g} xfd|f] hLjg ;Dej ePsf] 5 . lkpg hfg] kfgL cd[t x'G5 , lkpg ghfg] ToxL kfgL laif aGb5 . ctM kfgL o;/L lkpFbf cd[tt'No aGb5 .

* laxfg p7\g] lalQs} ! lunf; dgtftf] kfgL lkpg] . bfnlrgL jf d]yLkfgL jf cb'jfkfgL ,cyjf lqkmnf r'0f{ lkpg' emg\ /fd|f] .
* kfgL lkpFbf ;w} lrof lkP h;/L] r':sL lnP/ lkpg';\ . 3636 k'/} kfgL lkpFbf d[uf}nfnfO{ ef/ kb{5 .
* vfgf vfFbf sbfkL kfgL glkpg';\, lsgsL vfgf krfpgnfO{ k]6df æcfuf]Æ aln/fv]sf] a]nf lr;f] kfgL lkpFbf h7/ cUgL Epicgastrium sf] cfuf] lgEg uO{ vfPsf] vfgf kRg kfpFb}g . kmn:j?k %^ yl/sf /f]u lgDTofpFb5 .
* vfgf vfPsf] sd;]sd ! 306f kl5 dfq kfgL lkpg';\ .
* tfdfsf] ef8fdf /flvPsf] kfgL lkpg';\ lsgsL tfdfn] ls6f0f' gi6 ub{5 eg] z/L/ leq tfdfsf] s0fx? hfg] df}sf kfpFb5 . xfd|f] zl//nfO{ tfdf klg rflxG5 .
* lk|mhdf /flvPsf] kfgL cyjf Mineral Water rfFlx z/L/sf] nflu laif g} xf] lsgsL kfgLnfO{ dfl/Psf] x'G5 . kfgLsf] c;nL h}las tTjg} d/]kl5 t Tof] kfgLdf zlStg} x'b}g .

**/f]u k|lt/f]wfTds Ifdtf (Immunity) a9fpg s] ug]{ <**

* z/L/ sdhf]/ ePdf /f]u;Fu n8\g ;lsb}g . To;}n] oL lgDg lnlvt s'/fx?df Wofg lbP/ z/L/sf] k|lt/f]wfTds **Ifdtf** a9fpg'xf];\ .
* /S;L, r'/f]6, df;' -/fIf;L ef]hg\_ slxNo} gvfpg';\ lsgsL o;n] xfd|f] z/L/sf] /Qmsf]lifsfx?nfO{ dfb{5 / xfdL sdhf]/ aGb5f}+ .
* lgoldt k|0ffofd, of]uWofg / zfl//Ls Jofofd ug'{xf];\ .
* laxfg tftf]kfgL;Fu ld>L, Hjfgf], £oF" vfg'xf];\ .
* a]nfa]nfdf ds}sf] bfgf hlt lznflht tftf] b'w;Fu lkpg'xf];\ . s'l/nf] jf s]z/ jf a];f/ jf u'hf]{sf] w'nf] klg b'wdf ld;fpg ;Sg'x'G5 t/ b'wdf dx eg] ld;fpg' x'Fb}g .
* dgtftf] kfgLdf dx;F+u x/f]{–a/f]{–cdnf -lqkmnf r'0f{\_ lkPdf z/L/ dha't aGb5 .
* k|fou/L kmnkm"n, ;fukft, u]8fu'8L, sf]bf], ds}, kmfk/ vfg'xf];\ .
* ;]tf] g'g, ;]tf] lrgL, k|zf]lwt t]n, rfprfp, Msg cflhgf]df]tf], Kofs]6sf vfg]s'/f, sf]sfsf]nf rfFlx dGbflaif g} x'g\ . lao{ arfpg';\ – x:td}y'g sbfkL gug'{;\ . lajfx kZrft klg dlxgfsf] Ps jf b'O{ k6s dfq ul/Psf] ;+ef]u :j:ys/ x'G5 . lao{ g} xfd|f] zlQmsf] >f]t ePsf]n] hlt lao{ hf]ufpg ;Sof] plQ g} z/L/ :j:y x'G5 .

**cGo /f]ux?sf] 3/fo;L ;/n pkrf/ lawL**

* **bfFt b'v]df M** lkm6ls/L jf uf]/vd'08L jf a];f/ RofKg';\ .
* **lhp sqmSs ePdf M** d]yL Hjfgf] kfgL, £o"s'df/Lsf] /;, Kofhsf] emf]n, kfl/hftsf] km"nsf] lrof lkpg' kb{5 . tftf] kfgLn] g'xfpg] / tf]/Lsf] t]ndf d]yL Hjfgf] km'/fP/ dHhfn] z/L/nfO{ dfln; ug'{;\ .
* **?3f jf vf]sL nfu]df M** a];f/, cb'jf pdfn]/ lkpg], af]hf] rkfpg], t'n;L lrof lkpg] / leS;sf] afkm lng] .
* **d'6' /f]uLx?sf] nflu M** cdnf /;, hfd"gsf] /; nf}sfsf] /; / cgf/bfgf cd[tt'No x'G5 eg] /S;L, r'/f]6, df;', k|zf]lwt t]n, rfFlx laif ;dfg x'G5 .
* Migraine **sf] nflu M** l6d'/ / lrlDkmË -ef]6] hL/f\_ e'6]/ dgtftf] kfgL ;Fu lkpg] .
* **3fpdf lvn kbf{ M** b'w] emf/sf] rf]k cr's cf}ifwL xf] .

**xfd|f] z/L/ la/fdLx'g' klxn]sf nIf0fx?**

xfd|f] z/L/ cbe"t d]lzg g} xf] / z/L/df v/faL cfpg' cl3 s]xL g s]xL nIf0f÷;+s]tx? lbO/fv]sf] x'G5 . z/L/sf] efiff a'em\g\ ;lsof] eg] klg /f]uaf6 5'6sf/f kfOG5 . pbfx/0fsf] nflu M

* olb 3'8f / cf}nfsf hf]gL{x? k8lsG5 eg] z/L/df SoflN;odsf] sdL eof] eg]/ a'em\g'k5{ . xf8hf]gL{sf] b'vfO{sf] nflu SoflN;god o'Qm lrhx? – b'w, bxL, r'gf, 5'kL{, pv'/;, abfd, £o" vfg'kb5{ . ds}sf] bfgf hqf] r'gfnfO{ Ps srf}/f bxLdf b}lgs Psdlxgf ;Dd vfP z/L/df k'g SoflN;od el/G5 / xf8hf]gL{ k8\sg 5f]8\b5 .
* bfFtsf luhfFx?af6 /ut cfpFb5 eg] xfd|f] z/L/df Vitamin C sf] sdL ePsf] ;+s]t 7fGg'kb{5 . Vitamin C sf] sdL ePsf] sf/0fn] 9f8 gzfdf ;d:of NofpFb5 . o;sf] 3/fo;L pkrf/sf] nflu cdnf, ;'Gtnf, lga'jf, e]8] v';f{gL (Capcium), cDas, kt]gfsf] /; pko'Qm x'G5 .
* gËx? sdhf]/ of v}/f] /+u ePdf lkQ jf d[uf}nfdf v/faL cfpFb}5 eGg] a'emg\kb{5 . gªdf ;]tf] bfu b]lvPdf Zinc sf] sdL eof] eg] a'em\g\kb{5 . o;sf] sf/0fn] lao{ p\Tkfbgdf sdL x'G5, z/L/df cfn:otfcfpFb5 . To;}n] of] ;d:ofaf6 5'6sf/f kfpg Coke, Pastry, Sweets, Burger, Kurkure h:tf /;fog o'Qm laiffn' vfglkg af6 6f9f /xg'k{5 . o;sf] ;f6f], df]xL, kmnkm"n, /;, s]/fp, rgf, abfd, dx, d]yLkfgL h:tf :j:yaw{s vfg]s'/f vfg'kb{5 .
* s's'{Rrf jf cf]7 km'6\of] eg] Vitamin B2 sf] sdL ePsf] x'G5 . h;sf] sf/0fn] z/L/ b'V5 / dfgl;s tgfa pTkGg ub{5 . o;sf] nflu cTofw'lgs vfglkg, /;folgs k]o lkpg5f]8L k|s[lts / h}ljs Organic vfg]s'/fx? dfq vfg';\ . 3/df cfdfn] ksfPsf] kl/sf/ pQd x'G5 . Hjfgf], d]yL, wlgofFsf] kl/sfsf] :jfb g} cb\e't x'G5 lg .
* z/L/df kmnfd tTj sldePsf /Qmsf]lifsf (Hemoglobin) aGg ;Sb}g . kmn:j?k gª / cf]7df v}/f] /ª b]vfkb{5 . o;sf] nflu sf]bf], ds}, ufFh/, cgf/, :ofpm, r'sGbf/ (Beetroot) h:tf vfg]s'/fx? vfg'kb{5 .
* gËdf nfdf] wsf{ b]vfk/]df cyjf cfFvfd'lgsf] efu ;'lgPdf Thyroid sf] ;+s]t x'FG5 . o;sf] nflu lgoldt Jofod / k|0ffofdsf] h?/t kb{5 . lr;f], lk|mhdf /fv]sf] vfg]s'/f, Pressure Cooker df ksfPsf] vfg]s'/fx? sbfkL vfg'x'Fb}g .
* le6fldg …PÚ sf] sdLn] cfFvfsf] b[li6 sdhf]/ x'Fb} hfG5 . le6fldg …PÚ kl/k"lt{sf] nflu xl/of] ;fu;AhL, u]8fu'8L ufFh/, d'nf, a|f]sfpnL, b'w, bxL, d]jf, ;'Gtnf, abfdsf] t]n, £o" h:tf vfg]s'/fx? vfg'kb{5 .
* z/L/ sqmSs ePdf Vitamin E sdL eof] egL hfGg' . o;sf] nflu abfd, tftf] b'w a];f/ lkpg] / tf]/Lsf] t]ndf Hjfgf] emfg]/ dfln; ug'{ pQd x'G5 .
* slAhot ePdf cfGb|fdf 3fp (Colon Cancer) x'g] 8/ x'G5 . vfPsf] vfgf /fd|/L gkr]/ slAhot x'g' eg]sf] z/L/sf] ;Dk"0f{ kf6k'hf{x? lvof kg'{ xf] . o;sf] cr's pkfP eg]sf] hfF8, /S;L, df;', r'/f]6 aGb u/L ;fu;AhL / kmnkm"n dfq vfg'kb{5 / laxfg, a]n'sf dgtftf] kfgL;Fu lqkmnf r'0f{ -x/f]{, a/f]{, cdnf\_ lkpg'kb{5 .
* ysfg, lgGb|f / ef]s a9L ePdf dw'd]x /f]u (Diabetic) n] 5f]of] egL ;lDemg' . dw'd]xsf] d'Vo sf/0f clN5kg / unt vfglkg xf] . o;sf] pkrf/sf] nflu d]yLkfgL, nf}sf /;, bfnlrgL, £o"s'df/L, cd[tf -u'hf]{\_ sf] lrof pQd x'G5 . pRr /Qmrfk ePsf] JolQmx?n] eg] u'hf]{ cToflws ;]jg xflgsf/sf x'G5 .
* d'6'sf] rfndf ;d:of ePdf lha|fsf] 6'Kkf] /ftf] eP/ cfpFb5 . o;sf] nflu lztnL lng], k|0ffofd ug]{, dgtftf] kfgLdf cb'jf sfutLsf] /; lkpg'kb{5 . lha|f] lr/f k/]df gzfdf ;d:of ePsf] x'G5 . k|;:t dfqfdf £o"vfg] / tf]/Lsf] t]ndf Hjfgf] k8\sfP/ zl/df dfln; ug]{ .
* s'/fx? e'Ng] ePdf afy /f]un] Rofk]sf] ;+s]t xf] . o;sf] nflu abfd, cf]v/, r'sGb/, kt]gf, a|f]sfpnL, lsg'jf (Quinoa) gl/jnsf] t]n, Avocado, kfns, Kjfh, cb'jf, n;'g, c08f, uf]ne]8f h:tf vfg]s'/fx? vfg'kb{5 . tftf] kfgLdf g'xfpFbf / zl//df tf]/Lsf] t]nn] dfln; ubf{ klg afy /f]u lgsf]x'G5 . oL dfly pNn]lvt s'/fx? vfPdf, u'? k|0ffd / lgoldt k|0ffofd u/]df :d/0f zlQm a9\b} hfG5 .
* le6fdLgx?sf] sdL ePdf xTs]nf / k}tfnfsf 5fnfx? plSsG5 . ;fy} lazfQm lhjf0f' ;+qmd0fsf] sf/0fn] klg 5fnf plk|mg] ub{5 . o;sf] pkrf/ u?~Hofn, c08f, Rofp, Eof06f, sfnf] bfn vfg' x'Fb}g . lsgsL oL vfg]s'/fsf] sf/0fn] emg\ 5fnf lrnfpFb5 , kmf]sf p7\b5 . o:tf] a]nf n;'g lk;]/ sbfkL nufpg' x'b}g . a? a];f/sf] n]k, af]emf]sf] /;, O{nfd] emf/sf] /;n] t'?Gt ;Grf] ub{5 . olb lr;f]sf] sf/0fn] 5fnf plSsPsf] /x]5 eg] gl/jnsf] t]n jf Glycerine bNg' kb{5 . To;}u/L lrp/Lsf] £o" / dx klg xftv'§f km'6]sf] 7fpFdf nufpg] pQd cf}ifwL dflgG5 .
* skfn emg'{ eg]sf] cToflws tgfa, le6fldgx/sf] sdL, /ftf] /utsf] sdL x'g' xf] . Chemical Shampoo, /;folgs ;fagsf] k|of]un] ubf{ klg skfn emg]{ ;d:of pTkGg x'G5 . o;sf] nflu d'v{ h:t} xfF:g], z/L/sf] af];f] 36fpg], Zinc kl/k'lt{ ug{nfO u]8fu'8L vfg], ;{:of}+sf] t]n k|of]u ug'{kb{5 . k|;:t z'4 kfgL lkpgfn], ;Gt'lnt ef]hg ugf{n] / Chemical Shampoo nufpg 5f]8\gfn] t'?Gt} skfn emg{ 5f]8\b5 .
* Zinc, Biotin, Vitamin B12, Iron, Thyroid sf] sf/0fn] tyf ue{ktg of ue{jtL ePsf] sf/0fn] klg skfn emg]{ ub{5 . Anti-cancer sf cf}ifwL / Chemical Perfumes sbfkL k|of]u gug'{;\ . ;w}+ lr;f]kfgLn] g'xfpg;\, lgoldt Jofod / k|0ffofd ug'{;\ / gl/jnsf] t]nn] skfnleq dfln; ug'{xf];\ . cem /fd|f] t 306]km'n (Hibiscus), s8LkQf / kfgsf] kftnfO{ ;–;fgf] 6'qmfu/L gl/ansf] t]ndf ksfpg'xf];\ . To;kl5 laxfg a]n'sf pQm ldl>t gl/jnsf] t]nn] skfnnfO{ dfln; ug'{xf];\ . # xKtf hlt afv|fsf] b'w nufP klg skfn emg]{ ;d:of ;dfwfg x'G5 .

**:j:y /xg] c? yk hfgsf/Lx?**

s\_ **xfd|f z/L/leq &@,))) gf8L** -zlQm axg] af6f]\_ x? x'G5g\ / tL ;a} gf8Lx?sf] zlQm s]Gb| gfO6f] xf] . hGdg'eGbf cuf8L aRrfn] gfO6f]af6 g} ef]hg /; k|fKt u/]sf] x'G5 . To;}n] ;'Tg] a]nfdf gfO6f]df z'4 tf]/Lsf] t]n /fvL xNsf dfln; u/]/ ;'Tbfv]/L gfO6f]sf] dfWoddaf6 z/L/sf] laleGg c+udf t]n hfG5 . kmn:j?k z/L/ dha't x'G5 . laz]if u/L /Qmsf]lifsfx? a9\5g\ . 5fnf g/d x'G5, cfFvf t]lhnf] x'G5 / lao{ a9\b5 .

v\_ **Sofln:od** (Calcium) **sf] cg'kl:yltdf** cGo kf}li6s tTjx?n] klg xfd|f] z/L/df sfd ug{ ;Sb}g . SoflN;od d'Vo >f]t eg]sf] 3fdsf] ls/0f, cdnf, r'gf, b'w, pv'sf] /;, ;'Gtnf–c+u'/, cldnf / pv'sf] /; xf] . To;}n] a]nfa]nfdf oL s'/fx? lkpg] vfg] ug{' xf]nf .

u\_ **Uof;li6«s x6fpg] ;lhnf] pkfo** M laxfg p7\g] lalQs}sf] ¥ofnnfO{ dgtftf] kfgL;Fu lgNg'xf];\ lsgsL laxfgsf] ¥ofndf \*=$ dfqfsf] Iff/ tTj x'G5 . of] Iff/n] k]6df pTkGg x'g] (Acid) clDno tTjnfO{ gi6 ub{5 . vfgfkl5 yf]/} ;Vv/ vfg' clt pQd x'G5 lsgsL ;Vv/n] klg Iff/ tTj pTkfbg ub{5 . To;}u/L Uofli6«S6 36fpgnfO{ a]nfa]nfdf kt]gfsf] lrof, vfgfkl5 ;f]+km vfg'xf];\ . la/]g'g, wlgofF, Hjfgf], cb'jf, a];f/sf] tftf] kfgL lkpg'xf];\ . vfgf;Fu lr;f] kfgL eg] sbfkL glkpg';\ . vfgf vfPsf] 8]9 306fkl5 dfq lkpg';\ .

3\_ **lkQ bf]ifn] z/L/df cfuf**] nufpg] sfd ub{5 / xfdLn] vfPsf] vfgf krfpg] sfd ub{5 . vfgf;Fu lkPsf] kfgLn] lkQbf]if (/f]u) hGdG5 . £o", Hjfgf], bxLsf] ;]jgn] lkQbf]if ;Gt'lnt /xG5 . bxL / s]/f;Fu} gvfg'xf]nf . e6df;sf] 5f]qmf (Soyabean) klg /fd|f] xf]Og / dxTjk"0f{ s'/f rfFlx vfgf vfPsf] 8]8 306f kl5 dfq kfgL lkpg'xf];\ .

**xfdL lar Pp6f 7"nf] e|d**

æuf]/f] 5fnf ePsf klZrd]nL dflg;x? rfFlx w]/} laåfg, hfGg], pgLx?n] eg]sf] ;a} l7sÆ eGg] 3l6of ;f]r xfdLx?df 5 . jf:tjdf tL klZrd]nLx?n] klg xfd|f] cfo'j]{bdf 7"nf] cg';Gwfg u/]/ æcf/f]Uo hLjgsf] dxfg\ /x:o cfo'j]{bÆ eg]/ d'Qms07] k|z+;f u/]sf 5g\ . clxn] ^,%)) eGbf a9L h8La'6Lx?sf] klxrfg e};s]sf] 5 / cTolws dfqfdf hl8a'6Lx? lab]z lgof{t eO/x]sf] 5 . lsgeg] kfZrfTox?nfO{ klg clxn] yfxf eof] sL (Allopathy) 8fS6/sf] bafO{ eg]sf] dGb laif /x]5 eg]/ . o;n] /f]]u lgsf] kfg'{ t stf xf] stf gs/fTds c;/ Side effect w]/} u/fP/ la:tf/} df5{ , k};f / hLjg b'j} :jfxf kf5{ eg]/ . t/ xfd|f] Clifd'lgx?sf] ulx/f] vf]h cg';Gwfg u/]/ agfOPsf] k|fs[lts h8La'6Ldf cbe'tsf] zlSt x'G5 h;n] /f]unfO{ h/faf6} lgsf] kf5{ / side effects gs/fTds c;/x? slQ klg x'Fb}g . cd[tt'No cfo"j]{bdf laZjf; gug'{ xfd|f] sdhf]/L xf] . cfsif{s la1fkg x]b}{ lab]zL 6\ofan]6df xfdL dVv eof}+ . To:tf] /;folgs tTjn] ag]sf tL 6\ofan]6x? slt laiffn' 5g\ eGg] s'/fsf] x]Ssf eg] /fVf]gf} +. olx g} xf] h}las sf]/f]gf–!( dxfdf/Lsf] Pp6f k|d'v sf/0f .

jf:tjdf, sf]/f]gf dxfdf/L Pp6f ;fwf/0f ?3fvf]sL Hj/f] g} xf] . t/ lab]zLx?n] o;sf] l7s cf}ifwL yfxf gkfpFbf / xfd|f] cfo'j]{bnfO{ x]nf ubf{ of] dxfdf/Ln] 7"nf] ?k lnPsf] xf] . km]l/ csf]{ s'/f, oxfFleq 7"nf] /fhgLlt klg 5 . ljZj :jf:Yo ;+u7g WHO cd]l/sfsf] O;f/fdf rNg] / cd]l/sfnfO{ Corona dxfdf/L b]vfP/ k};f sdfpg] 7"nf] bfp lyof] . bzf} aif{ c3Lb]lv g} /;folgs cf}ifwL pBf]usf dflkmofx?n]] if8oGq /lr/fv]sf lyP . zflGtsf] gfFpdf aGb's / ad a]Rb} cfPsf] cd]l/sfn] km]l/ :jf:Yosf] gfpdf ljif a]Rb}5 / lgbf]{if gful/sx?sf] xTof ub}{5 . dfly g} elg;lsof] ls klZrdL cf}ifwLn] of] dxfdf/L lgsf] x'g'sf] ;f6f] emg\ km}nb}5 . Chemical Reaction /;folgs cf}ifwLsf] k|of]un] eofax l:ylt lgDTofpFb}5 . Mask d'v'08f] d'vdf em'08\ofpg' eg]sf] s§' em'08\ofpg' ;/x xf] . lsgeg] !) dfOqmf]u|fd ePsf] Mask sf] Kjfnaf6 TotL ;fgf] lhjf0f' gl5g]{ t s'/} ePg . lab]zL sDkgLx?sf] cf}ifwL a]r]/ c/af} k};f s'DNofpg] 7"nf] /0fgLlt xf] of]] . Ayurved / Allopathy larsf] 7"nf] n8fO{ xf] . O{Zj/sf] a/bfg :j?k kfPsf] hl8a'6L vfP/ k|fs[lts lrlsT;f k4ltaf6 pkrf/ u/] xfdL ;w}+ ;'/lIft / :j:y x'G5f}+ . o;tf cf}ifwLx? xfd|} 3/ cfFugdf 5 xh'/, dfq lrGg ;Sg' kb{5 .

a? df:ssf] gfFpdf d'vdf nufPsf] Tof] s§' km'sfNg';\ . To;n] t emg\ z'4 xfjf -k|f0fjfo' Oxygen) /f]S5 / nuftf/ ckfgjfo' Carbondioxide dfq lnO/fVbf l5§} g} bd (Asthma cfHdf) sf] /f]uL agfpFb5 . :jf;k|:jf;df ;d:of cfPkl5 t c? :jf:Yo ;d:of slt slt . cem 8/, qf;sf] dgf]la1fgn] hLjg aaf{b agfO/fv]sf] 5 . dflg;x? cGof]ndf 5g\ . To;}n] cfh}b]lv ;r]t /xg'xf];\ . zfsfxf/L ef]hg ug'{x]f;\ / h8La'6Lsf] k|of]u u/L sf]/f]gf h:tf] dxfdf/Laf6 5'6sf/f kfpg'xf];\ . h] pknAw 5 Tof] vfg'xf];\ .

* t/fO{df a:g]x?n] cfFksf] kft, c+assf] kft, d]jfsf] kft pdfn]/ lbgsf] # k6s Ps xKtf;Dd lkpg'xf];\ .
* kxf8df a:g]n] n;'gsf] $÷% j6f s];|f lk;]/ ! rDrfz'4 dxdf ld;fP/ lbgsf] # k6s, % lbg;Dd ;]jf ug'{xf];\ .
* lxdfnL If]qdf a:g]x?n] l6d'/, cb'jf, / lrlDkmË -ef]6]lh/f\_ kfgLdf pdfn]/ lbgsf] # k6s % lbg;Dd vfg'xf];\ .

**gf]6M** dxËf] k5{ t/ u'R5L Rofp / ;+hLjgL -/ftf] Rofp\_ klg sf]/f]gf h:tf dxfdf/Lsf] cr's cf}ifwL xf] . ;xh} kfOg] c? cf}ifwLx? eg]sf] lqkmnf r'0f{ -x/f]{, a/f]{, cdnf\_ / cd[tf÷u'hf]{sf] nx/f xf] . Hjfgf], d]yLkfgL, s'/Lnf], ltt]kftL, bfnlrgL, gLd, c:juGwf, lznfhLt, £o"s'df/L, gL/d;L h:tf hl8a'6Lx? cr's cf}ifwL x'g\ . ;fwf/0ftof, dl/r / af6'n kft]nfO{ pdfn]/ vfP klg sf]/f]gf vQd x'G5 . lznflht cyjf cd[tf / a];f/ eg] #÷$ lbg eGbf a9L vfg' x'Fb}g . x'g t æw]/} vfof]eg] ;Vv/ klg lttf] x'G5Æ eg] em} x/]s s'/fsf] dfqf, ;do / tl/sf x'G5 . h:tf]sL, t'n;L rkfP/ vfP bfFtsf] cfo' 36\5 eg] pdfn]/ vfP ToxL t'n;L cd[t x'G5 .

dfly pNn]lvt cf}ifwLx? pdfn]/ vfbf tfdfsf] ef8f] k|of]u ug{'; . lgoldt k|0ffofd / zfsfxf/L ef]hg eg] clgjfo{ x'G5 . x]g';{ t, ;+;f/sf] kQf nufpg g;s]sf] cr's cf}ifwL xfd|} efG5fsf]7f / af/Lsf] sfGnfdf /x]5 ls s;f] < ;fb/ k|0ffd tL xfd|f Clifd'lgx?nfO{ Û

**lr;f] sf]sfsf]nf lkP s] xf]nf <**

lxhf]cfhsf tyfslyt cfw'lgs dflg;x? cfsif{s la1fkg b]v]/ lr;f] sf]s eg] kl5 x'?Ss x'G5g\ . t/ ToxfFleq s] x'G5 < s] lkpFb} 5f} < eg]/ yf]/}klg x]Ssf /fVb}gg\ . sf]ssf] af]tn aflx/g} "It contains no fruit juice" n]lvPsf] x'G5 . h;sf] cy{ "oxfF kmnkm'nsf] /; x'Fb}g" eGg] x'G5 . p;eg] Tof] af]tnleq kmf]:kmf]l/s Pl;8, ;f]l8od Un'6fd]6, kf]6fl;od ;Nkm]6 h:tf xflgsf/s /;fogx? x'G5g\ eg]/ a'em\g'k¥of] ls s;f] < o:tf laiffQm /;fogsf] ;]jgn] /Qmsf]lifsfx? dfb{5, d[uf}nf laufb{5 . g]kfn nufot ljZjdfg} d[uf}nf /f]uLx? cToflws ?kdf a[l4 x'g'sf] k|d'v sf/0f dWo /;fogo'Qm k]o kbfy{ ;]jg klg Ps xf] .

P xh'/ , O{Zj/n] lbg'ePsf] d[uf}nfnfO{ laufg{ xfdL k};f lt/Llt/L laif lkO/fv]sf 5f} . s:tf] crDd Û ofb /fVg;\, Pepsi / Cocacola h:tf k]o kbfy{df Toilet ;kmf ug]{ Harpic sf] Acid ld;fOPsf] x'G5 . ;'6 / 6fO{ nufPsf lzlIft dfG5]x?n] xlk{s lkPsf] b]v]/ ltg 5Ss k5{' d t . Sodium Glutamate (Msg) n] xfd|f] x8\8L sdhf]/ agfpFb5 . xfd|f] z/L/nfO{ /Iff ug]{ hLjf0f'x? dfl/lbG5 / xfdL /f]uL aGb5f} . To:t}, Coke df Carbondioxide ld;fOPsf] x'G5 . xh'/x?nfO{ yfxf g} 5 sL xfd|f] z/L/n] k|f0fjfo' (oxygen) lnG5 / ckfgjfo' (Carbondioxide) km\ofSb5 . ca tkfO{x? cfkm} eGg';\ sL z/L/n] xflgsf/s dfg]/ km\ofs]sf] Carbondioxide nfO{ k};f lt/Llt/L km]l/ z/L/leq xfNb}5f} . of] eGbf 7"nf] d'v{tf c? s] x'G5 / < ?= \*) sf] sf]s lsGbf v]/L ?= $ sf] kfgL, ?= @) sf] xflgsf/s s]ldsno'Qm laif clg ?= @) sf] jftfj/0f k|b'if0f ug]{ Knfli6s / c? ?= #^ rfFlx ljb]zL sDkgLnfO{ gfkmf a'emfO/fv]sf x'G5f} . cd[t t'No df]xLnfO{ e'n]/ c/af}sf] laiffn' k]o kbfy{ lkP/ lab]zL sDkgLnfO{ wgL agfpg]x? klg Pslx;fan] /fi6«3ftL x'g\ , ls s;f] <

o:tf laiffQm k]o a]r]/ lab]zLx?n] aif]{gL sl/a ?= ^# ca{ xfdLaf6 nUbf]/x]5 . ca, tkfO{x? cfkm} ;f]Rg';\ ls hLp wgsf] gfz ug]{ Pepsi - Coke h:tf laiffQm k]o lkpg' slt l7s slt a]l7s < o:tf] laiffQm k]o z/L/leq xfn]kl5 d[uf}nf glalu|P/ s] lalu|G5 t < clg, d[uf}nf lalu|Pkl5 c:ktfnsf] z}Øfdf ;'t]/ æx] O{Zj/ dnfO{ arfpg';\Æ eGb5g\ . lkpg] a]nfdf h] kfof] ToxL lkp5g\ clg Hofg vt/fdf ePkl5 eg] O{Zj/nfO{ k'sfb{5g\ . uha 5 af . a? df]xLdf cyjf pv'sf] /;df r'gf ld;fP/ -e6df;sf] bfgf hqf]\_ lkof] eg] Tof] hlQsf] tfut lbg] / :d/0f zlQm a9fpg] s'/f c? s]xL klg 5}g . cem egf}, kt]gfsf] /;, bfnlrgLsf] /;, a]nsf] /; lkpg' eg]sf] xfd|f] z/L/sf] nflu cd[t ;dfg x'G5 . xh'/x?n] cfh} b]lv (Coke Culture) unt ;+:sf/ TofUg' eof] eg] dfq ;frf] cy{df :jfledfg / /fi6«k|]d emNsG5 n Û

**cfw'lgs Perfume s] n] aG5 <**

clxn]sf dflg;x?n] z/L/df laif bn]/ lx8]sf] b]Vbf crDd nfU5 . Ethyl Alochol gfdsf] Ps k|rf/sf] /S;L, Propylene Glycol k|HjngzLn /;fog, Triclosan ls6gfzs lkmg]n, df5fsf] l;gf], Diethyl Phthalate Knfli6s hnfpFbf lg:sg] laiffn' UofF; h:tf cToGt} xflgsf/s tTjx?sf] ;ld>0faf6 Perfume aGb5 / oxL b'u{lGwt a:t' bn]/ cfw'gls dflg;x? lx8\b5g\ . uha 5 af Û

o:t} Perfume sf] k|of]u x'Fbf w]/}nfO{ uf8Ldf r9\bf jfGtf cfpg] ub{5 eg] 5fnf lrnfpg] Skin Allergy / Depression sf] sf/0f klg Modern Perfume g} xf] . cfw'lgs aGg] xf]8afhLdf kfZrfTo ;Eotfsf] l;sf] ubf{ aif]{gL c/af} ?k}+of labz]df a'emfPsf 5f} eg] z/L/df dGb laif bn]/ lbglbg} /f]uL alg/fv]sf 5f}+ . ca eGg';\, ;Eo egfpFbf dflg;x?n] /S;L, lemFuf wkfpg] lkmg]n, Knfli6s afNbf cfpg] laiffn' UofF:f bn]/ cfkm" / jftfj/0f b'u{lGwt kfg'{ s:tf] vfnsf] ;Eotf xf] of] < x}g xf} ufF7] lxhf]cfhsf dflg;x? hLpFbf nf; g} x'g lsg Sof xf] < lemFuf wkfpg] lkmg]n / df;' lau|g glbgnfO{ xflng] kmdf{lng kf] bn]/ lx8\5g\ t af Û o;f] lx;fa ug'{;\ t, em08} bz !) ca{ \*) s/f]8 ?k}+of hltsf] g]kfnL 9's'6L lab]zLbf] /x]5 ;'uGw Perfume sf] gfddf laifflbo'Qm /;fog vl/bubf{ . ;'uGwsf]lsnf, ;'gkftL, rd]nL, s';'d, gf/]Zj/, /ftsL /fgL h:tf ;'jf; 5g]{ lxdfnL hl8a'6Lx?sf] ;'uGw agfP x'Gg / < ;a}nfO{ r]tgf eof .

* **dnfO{ lrQ b'V5 M** ;+:s[t efiffnfO{ O{Zj/sf] efiff eGb} klZrd]nLx?n] laBfnodf k7fkf7g ug{ yfbn]sf 5g\ . rfOgf, hfkfg, sf]/Lofdf klaq dGq eg]/ xfd|f] cIf/x?nfO{ lbof] afn]/ k'hf ub{5g\ . ckm;f]r, b]agfu/L lnlkdf n]lvPsf] lstfasf kfgfx?df e}ofn] r6k6] kf]sf]] kf/]sf] b]Vbf dnfO{ lrQ b'V5 .

**lrGtf M** g]kfnLdf egfO{ g} 5 gL ælrtfn] nfz hnfpFb5 / lrGtfn] hLjgÆ ;fFRr} g} lrGtf lng] dfG5] jf:tjdf lbgflbg} d/]sf] x'G5 . g t p;n] xfF:g hfg]sf] x'G5 g t afFRg g} . x/]s b'Mvn] xfdLnfO{ kf7 l;sfO /fv]sf] x'G5, gn8Lsg rf]6 yfxf x'Fb}g . k|]dL;Fusf] la5f]8 geP;Dd k|]d yfxf x'Fb}g / 3f6f geP;Dd Tof] Jofkf/LnfO{ gfkmf eGg] yfxf x'Fb}g . x/]s ;d:ofsf] ;dfwfg klg x'G5 . c1fgtf g} xfd|f] b'Mvsf] d'n sf/0f xf] . sdfpg' / u'dfpg', ldng–la5f]8, cfF;'–xfF;f], hLt–xf/ hLjgsf cleGg c+u x'g\ . ;fFrf] cy{df oL geP hLjg /dfOnf] klg x'b}g . laRrdf s] sf] lrGtf ug'{ ævfnLxft cfPsf xf}, vfnL xft g} hfg] xf] . ;fydf hfg] eg]sf] dfq cfkm"n] sdfPsf] wd{ / ;+lrt sd{Æ, xf]Og / < hLjg eg]s} b'Mv–;'v / ;a} k|fs[lts 36gfx?nfO{ cg'ej ug'{ xf] . laut lalt;Sof], eljio cfPs} 5}g, lsg e"t / eljiodf cNem]/ lrGtf ug'{ . at{dfgdf hLpg ;Sg' kb{5 lsgsL at{dfgg} hLjg xf] . o;/L lhpg';\ tf sL cfh hLjgsf] clGtd lbg xf] eg]/ ;DemL lhpg';\ .

s] tkfO{ dfq xf] of] ;+;f/df b'MvL xf] / < sf]xL æPp6f 5f]/f] ePgÆ eg]/ ?G5g\ t sf]xL ePsf] Pp6f 5f]/f klg uh8Lof eof]Æ eg]/ ?G5g\ . jf:tjdf sf]xL klg r}gsf ;fy afFr]sf eg] x'b}gg\ . of] lrGtf eGg] s'/f lrtfdfly g;'t'GHofn 5f]8\b}g . k9\b} uof] k/LIffsf] lrGtf, cWoog k"/f eof] sL km]l/ hflu/sf] lrGtf, aNn tNn hflu/ ldN5 tna yf]/} x'g] / xflsdsf] lrGtf . o;} lar em\ofp/L s]6L;Fu dfFofhfndf km;]/ c? lrGtf ylkb} hfG5 . lrgf h'/fP/ lajfx u¥of]– 5f]/f5f]/L xf]nf sL gxf]nf, ;4] hGd]nf sL ckfË hGd]nf eGg] lrGtf x'G5 . 5f]/f t hlGdof] ca of] n8\5 sL egL hf]ufpg's} x}/fg . k9\5 sL k9\b}g, eljiodf u/L vfG5 sL vfFb}g < a'9];sfndf kfN5 sL kfNb}gÆ eGg] lrGtf x'G5 . ctM lrGtfsf] Hjf/ef6fx? cfOg} /xG5 . tkfO{ æh:tf] cfO{k5{ To:t} 65{Æ egL ;Demg';\ . lrGtf lnP/ s]xL klg x'Fb}g a? cfkm\g} cfo' 36\5 . cgfjZos lrGtfn] hLjg hLpg lb+b}g, knkn dfl//fv]sf] x'G5 .

**cfgGb M** ;a} dflg;x? bf}8w'k u/]sf5g\ l;km{ Ps knsf] cfgGbsf] nflu . ;a}sf] vf]hL cfgGbs} nflu xf] . k};f sdfP/ 3/ uf8Lhf]8\g], a}jflxs hLjgdf ufFl;g] s'/f xf];\ of /S;L el§, Disco Bar, /f]lw3/ lt/ e]nf x'g] s'/f xf];\ . cfgGbs} vf]hLdf ;f/f ;+;f/sf dflg;x? 3'ld/fv]sf x'G5g\ . cfgGbs} vf]hLdf o'jfo'jtLx? wg;DklQ / d"Nojfg hjfgL gi6 ul//fv]sf x'G5g\ . tg a'9f] ePklg dg a'9f] efsf] 5}g eGb} &) jif]{ xh'/afx? klg r'd'sr'd's rlDsG5g\ .

jf:tjdf, cfgGb xfd|} zl//leq cGt/lglxt 5 . æ;Gtf]if k/d\ ;'vd\Æ eg] em}+ cfkm";Fu h] 5 To;df ;Gtf]if lng ;Sg'g} cfglGbt hLjg xf] . zfl//Ls / dfgl;s :j:ytfg} cfglGbt hLjgsf] uf]Ko z'q xf] . csf]{ d'Vo s'/f, cfgGbsf] >f]tg} xfd|f] lao{ ePsf]n] xfd|f] wd{zf:qn] lao{ ;+rosf] 7"nf] dxTj lbPsf] 5 . lao{ g} hLjgsf] cl:tTj, a|Xd1fg / :j:y hLjgsf] >f]t xf] . cToflws ;+ef]u / x:td}y'g h:tf g/fd|f afgLn] Ifl0fs cfgGb kfPtfklg dflg;x?n] k/d cfgGbsf] cg'e"lt eg] ug{ kfPsf x'Fb}gg\ . d'nfwf/ rqmdf cjl:yt s'08nLgL phf{nfO{ ;'if'Dg gf8Laf6 dflylt/ -gfO6f] eGbf dfly\_ lvr]/ phf{ rnfPdfg /fVg'dfg} jf:tljs cfgGb x'G5 / of] of]u ;fwgfaf6 dfq ;+ej 5 .

**hfGg}kg]{ s'/fx?**

**cf]dsf/ laGb' ;+o"Qmd\ lgTod\ WofjlGt of]lug M**

**sfdfb+ df]Ifb+ r}j cf]dsf/fo gdf] gdM**

**pFm M c±p±d** af6 ag]sf] cf]pd\ a|Xdgfb cyjf a|Xdf08Lo WjgL xf] . ;[li6sf] klxnf] cfjfh pFm WjgL] ;"o{af6 cfPsf] xf] . pFm sf] dflysf] yf]Knf]n] k'?if tTj -lgnf] k|sfz\_ hgfFpb5 eg] yf]Knf] d'gLsf] /]vf rflx k|s[tL tTj -/ftf] / £o" k|sfz ld>Lt uf}/L / ;tLsf] :j?k\_ xf] . To;}u/L, # cfsf/n] tLg nf]s, lqu'0f, lqz'n zlQm hgfFpb5 eg] k5fl8sf] k'R5/ yf]Knf] lrGxn] s[i0fa|Xdf08 Blackhole hgfpFb5 . ;[li6sf] z'?jftdf, pFm WjgL lxdfnodf 7f]lSsPkl5 dfq ljZjsf] c? 7fpFdf t/+lut eof] . cfdfsf] k]6 leq x'bf xfdLn] ;'g]sf] WjgL g} pFm xf] . pFm pRrfx/0f gu/L dGqsf] z'?jftg} x'b}g . ljZjsf] ;a} wd{ ;Dk|bfox?n] pFm nfO{ k"Hb5g\ .

**lzj M** a|Xdf08Lo k|sfz, r]tgfsf] >f]t g} lzj tTj xf] . h;n] xfd|f] k|f0f -:jf;k|Zjf;\_ / cfTdf -z/L/ leqsf] ;'Id k|sfz\_ nfO{ ;+rfng u/]sf] 5 . k|f0f 5p~h]n …lzjÚ geP xfdL …zjÚ x'G5f} . k|sfz / tfk -k|s[lt\_ sf] ;ld>0f rflx O{Zj/ tTj x'G5 . ctM ;[li6 x'gnfO{ k|sfz / tfk ;ld>0f x'g' ckl/xfo{ x'G5 . To;}n] a|Xdf08 / k|s[ltsf x/]s c+zx? O{Zj/sf] ;[li6 x'g\ . ॥ ॐ नमः शिवशिवाऽय ॥

**lzjlnË M**…lzÚ eg]sf] k|sfz / …jÚ eg]sf] k|s[lt xf] . cb[Zo zlQm rfFxL b[Zo -d"t{:j?k\_ x'gnfO{ k|sfz / k|s[ltsf] of]u x'g' cfjZos 5 . k|sfznfO{ lnË -cfuf]sf] Hjfnf\_ / k|s[ltnfO{ of]gL lrGxn] bzf{OG5 . oL b'O{nfO{ hf]8\bf lzjlnË lrGx aGb5 h;nfO{ lzjsf] lrGx lzjlnË elgG5 . ofb /fVg;\, cfuf] Hjfnf k'?ifsf] lnË h:tf] x'G5 eg] k|s[ltsf x/]s lrh -lap–laofF, cfFvf, e'|0f, k[YjL cflb\_ c08fsf/ :j?k :qLsf] of]gLsf] cfsf/ h:tf] x'G5 .

t;y{, lnËsf]] zflGbs cy{ x'G5 …lrGxÚ h:t} :qLlnË, k'lnË eGg]sf] :qL hgfpg] jf k'?if hgfpg] lrGx elgPsf] xf] . dlxnfsf] of]gLnfO{ dlxnf eg]/ lrlgt] x'Fbf :qLlnË elgG5 . o;} k|;+udf lzjsf] lrGxnfO{ lzjlnË elgPsf] xf] . …lzÚ eg]sf] k'?if -r]tgf÷k|sfz\_ / …jÚ eg]sf] k|s[lt eGg] a'em\g'kb{5 . k|sfz -cfuf]sf] Hjfnf h:tf]\_ / k|s[lt -cw{ uf]nfsf/\_ sf] of]unfO{ lzjlnË eGg] lrGx agfOPsf] xf] . lzjhLsf] ln+u eg]/ ul/Psf] clZnn AofVof t 56\6' ls|lZrogx?n] km}nfPsf] b'ik|rf/ dfq xf] .

cfjZos sfnv08df, lzjhLn] ;fsf/ :j?k b]vfpbf ToxfF lzjlnË k|s6 x'g hfG5 . clxn] ;Dd o; wtL{df ^$ j6f lzjlnË pTktL eP / tL ;a} b]je"dL g]kfndf g} pTktL ePsf 5g\ . l;Gw'nLsf] s'z]Zj/ wfd k|yd Hof]ltln{Ë xf] eg] ^$ cf} lzjlnË rfFlx kz'klt glhssf] ?b|uf/]Zj/ xf] . t/ b''ef{Uoa;, Ol08ofsf] rt\ofO{sf] sf/0fn] ubf{ xfd|f] g]kfnsf lzjlnËx? cf]em]ndf k/] . pbfx/0fsf] nflu s]bf/gfy 8f]n]Za/ xf] t/ Ol08ofn] lbNnL dfly s]bf/gfy agfOlbof] . klxnf] s'/f t, lxdjtv08 Zff:q cg';f/ lqa]0fLwfd–b]j3f6 b]lv pQ/ tkm{sf] n'lDagL, u08sL, wf}nflu/L If]qnfO{ pQ/fv08 elgG5 . t/ e}ofn]] dgu9Gt] pQ/fv08 agfOlbof], 7'nf] k|rf/k|;f/df xfdL klg s'/} ga'emL pgLx?sf] kl5kl5 lx8of} . vf; s'/f] s] xf] eg], g]kfnsf] t/fOsf] 3gf hËn l5rf]n]/ cfpgnfO{ cf}nf]–dn]/Lof /f]usf 8/ eof] / oftfoftsf] ;'lawf gePsf] sf/0fn] klg Ol08ogx? ;lhn} lty{ofqf ug{ cfpg ;s]gg\ . t/ cl;d >4f elQmefj ePsf]n] Ol08oflt/} -k|lt?k\_ 5fFof zjlnË agfP/ k'"hf cf/fwgf ug{ yfn] . Ol08ofsf] la1fkgsf] sf/0fn] sfnfGt/df ltg} dlGb/x?df 3'Orf] nfUg yfNof] . xfd|f] g]kfnsf ;SsnL lzjlnËx? eg] cf]em]ndf k/] . To;}n] ;SsnL lzjlnËx? sxfF sxfF 5g t yfxf kfO/fVg';\ . a}Bgfy ;fkm]au/ cf5fddf k5{, cf]dsf/]Zj/–/]jf glb vf]6fËdf, ;f]dgfy–d':tfËdf, led]Zj/ -ledfz+s/\_ sf}lzsL glb bf]nvfdf, dxfsfn]Zj/ – sfa]nL kfFry/df, qodas]Zj/– uf}tdLglb l;Gw'nLdf, /fd]Zj/d / laZjgfy– dxfsfnL glbt6df, gfu]Zj/– bfr{'nfsf] gf3'df, dlNnsfch{'g– bfr'{nfdf, %! cf} lzjlnË cfb]Zj/– sf7df08f} Or+v'gf/fo0fsf] 5]pdf kb{5 . o;/L g]kfndg} k|s6 ePsf lzjlnËx? -cfWoflTds phf{s]Gb|x?\_ g]kfnLx?n] yfxf gkfPsf] b]Vbf lrQ b'MV5 .

**uf]/Ifgfy M** Wofg d'b|fsf] cj:yf lzj :j?k xf] eg] ;r]t -hfu[t\_ cj:yf uf]/Ifgfy xf] . lzjhLsf] cjtf/ g} uf]/Ifgfy x'g'ePsf]n] zf:qx?df lzj–uf]/If elgPsf] xf] . xfdL k"0f{ ;r]t cj:yfdf /xg' eg]s} z/L/ leqsf] uf]/IfzlQm hfu[t x'g' xf] . t/ zflAbs cy{ eg] …uf]Ú eg]sf] a|Xdf08 / …/IfÚ /Iff ug]{÷kfNg] / …gfyÚ eg]sf] zlQmk'~h eGg] x'G5 . :jo+ lzjhLsf] cjtf/L ?knfO{ uf]/Ifgfy elgG5 . lzjhLsf] cjtf/ g} uf]/Ifgfy x'g'ePsf]n] zf:qx?df lzj–uf]/If elgPsf] xf] . af}4 ;Dk|bfosf dflg;x?n] uf]/IfgfynfO{ …kb\d;+ejÚ eg]/ k'sfb{5g\ eg] d';ndfgx?n] jxfFnfO{ …xfhL /tggfyÚ eg]/ k'sf{b5g\ . sdnsf] k'ik kqbndf k|s6 x'g'ePsf]n] jxfFnfO{ kb\d;+ej elgPsf] xf] . ;+:s[tdf kb\d eg]sf] sdnsf] km'n / ;+ej eg]sf] k|s6 x'g' eGg] cy{ x'G5 . kb\d;+ej sf7df08f}sf] kmlk{Ëdf k|s6 x'g'ePsf] lyof] / c1fgL ltAatLx?nfO{ lbAo 1fg lbg ltAat hfg' ePsf] lyof] . To;}u/L bfË lhNnfsf] rf}3]/fdf /tggfy k|s6 e} u'h/ft x'b} dSsf ;Dd uP/ d'v{ d';ndfgc?nfO{ 1fg lbg' ePsf] lyof] . To;}n] jxfFnfO{ xfhL /tg eg]/ d';ndfgx?n] cf/fwfgf u5{g\ . xfhL /tgsf] bz{g ug{ hfg] rngnfO{ d';ndfgx?n] …xfhL cyjf xh{Ú eGb5g\ . ;'GgL d';ndfgx?n] rflx clxn] ;Dd klg xfhL /tggfyn] lbg'ePsf] 1fgnfO{ cg'z/0f u5{g\ . g]kfn rflx ;Dk'0f{ dfga, j]b / j}lbs ;gftg wd{sf] pbud:yn ePsf]n] lzj–uf]/If cjtf/ ;b}a b]je"dL g]kfndf dfq x'G5 .

**r]tgf M** ;f/f k|f0fL, ag:ktL / k|s[lt ;+rfng ug]{ lgnf], /ftf] / £o" /Ësf]] k|sfz?kL phf{nfO{ r]tgf elgG5 . r]tgf o:tf] k|sfz ;lxtsf] a|Xdf08Lo t/+u -zlSt\_ xf], h;af6 ;f/f ;[li6 ;+ej x'G5 / k|f0fL ag:ktLsf] cl:tTj cl8Psf] x'G5 . dflg;sf] r]tgfdf 1fg x'G5 eg] kz'k+IfLx?sf] r]tgfdf 1fg x'Fb]g . ag:klto r]tgfdf cg'ea tyf 1fg b'j} x'Fb}g . o:tf] k/flaBfsf] af/]df xfd|f CifLd'gLx?nfO{ plxn]g} 1fg lyof] t/ klZrdL a}1flgsx?n] eg] clxn] klg e]p kfpg ;s]sf 5}gg\ . cfOG;6fO{g / :6]lkmg xlsG; h:tf xhf/f} a}1flgsx?n] o;}sf] vf]hLdf hLjg latfP t/ c;kmn eP . a?, cfud cg'ifGwfg s]Gb|sf b'O{ a}1flgs efO{x? r]tg g]kfn / ;'a0f{ x'dfufO{n] r]tgfsf] ;kmn cg'ifGwfg ul/;Sg' ePsf] 5 .

**;t\lrtfgGb M** ;t\ -;To\_ lrQ -r]tgf\_ / cfgGb -d'lQm\_ ldn]/ ;lrtfgGb zAb ag]sf] 5 . ;To Pp6} 5 Tof] xf] k|sfz, o;}af6 a|Xdf08Lo phf{ t/+u / WjgL pTkGg x'G5 h;nfO{ r]tgf elgG5 / /fu, å]if, df]x, af;gfaf6 d'Qm ePkl5 dfq cfgGb k|flKt x'G5 . h'g cj:yf eg]sf] xfd|f] hLjgsf] z'?jftLsf] lgbf]{if cl:tTjsf] cg'ej ug'{ xf] . ;lrtfgGb ;To g} k|sfz ?kL r]tgf xf] . of]u Wofg, cfWoflTds hLjgsf] clGtd nIf eg]s} ;lrtfgGbsf] cg'e"tL ug'{ xf] . o;}sf] k|flKtsf] nflu ;+;f/e/sf dflg;x? ;ayf]s 5f]8]/ tkf]e"dL g]kfn cfO/fv]sf 5g\ .

**O{Zj/ M** ;[li6 x'gnfO{ k|sfz / tfksf] ;ld>0f ckl/xfo{ x'G5 .a|Xdr]tgaf6 k|s6 x'g] k|sfz / tfksf] ;ld>0f af6 dfq hLj, ag:ktL, k|f0fL / k|s[tLsf] ;[li6 ;+ej ePsf] 5 . olx k|sfz / tfk ;lxtsf] a|Xdr]tg tTjnfO{ …O{Zj/Ú elgG5 . To;}n] k|Tos hLj hLjfTdf, k|f0fL, ag:ktL / ;f/f k|s[tLsf] s0fs0fdf O{Zj/Lo tTj cGt/lglxt 5 . b'wleqsf] t/\ / dxleqsf] dw' g} O{Zj/ x'g'x'G5 . km"nleqsf] ;'jf; / Hof]tL leqsf] k|sfz g} O{Zj/ x'g'x'G5 . xfdLn] km]g]{ k|Tos :jf; / d'6'sf] 9's9'sL g} O{Zj/ x'g'x'G5 .

**Clif M** 1fgåf/f dGqf]r/0f u/L ;+;f/sf] r/d ;LdfnfO{ b]Vg ;Sg] dxfk'?ifnfO{ Clif elGfG5 . c+u|]hL efiffsf] See zAb klg oxL Clif zAbaf6 pTktL ePsf] xf] . j}lbs ;gft wd{ ;+:s[tL ;Fu hf]l8Psf ;a} Clif–dxlif{x? olx b]je"dL g]kfnsf] lxdjtv08df / pQ/fv08df hlGdPsf lyP . dl/rL, ljZjfdLq, alzi6, ef/4fh, e[u', k/f;/, j]b Aof;, Rofjg, r/s, ;';|'t, s0ff{b, kfl0fgL, rf0fSo, o1jNSo, kftGhnL, uf}tdL, sf}lzs, slkn h:tf xhf/f} of]uL Clif–dxlif{x? olx b]je"dLdf hlGdPsf lyP / olx tkf]e"dLdf ;t\sd{ u/L l;4L k|fKt u/]sf lyP .

**;KtClif M** cfsfzd08ndf k|Zgafrs lrGx ag]/ rlDsPsf & j6f tf/fk'~hnfO{ ;KtClif (Pleiadians) elgG5 . lt k|sfzk'~h ;KtClifx?sf] hGd olx klaqe"ld g]kfndf ePsf] lyof] . laleGg o'usf (! hgf dxfClifx?sf] k|sfz pHofnf]n]g} ;KtClif tf/fk'~h ag]sf] xf] . o'u lkR5] g}] ;KtClifx? km/s km/s x'G5g\ . of]uL dxfTdf Clifx? cf–cfkm\gf] :jefj cg';f/ ;dflw -dxfkl/lgdf{0f\_ kZrft oLg} ;KtClif tf/fk'~hdf lano x'g hfG5g\ . o:tf] k/dwfddf k'Ug] dxfk'?if, dxfof]uL / Clifd'lgx? dfq x'G5g\ . of] o'usf] ;KtClifsf] gfd lng'kbf{ qmdzM e[u' (Alkaid), alzi7 (Mizar), c+uL/; (Alioth), cfqL (Megrez), k'n:o (Phecda), k'nx (Merak) / qmft' (Dhube) x'g\ . CUj]b n]Vg] log} ;KtClifx? x'g'x'G5 . gf/fo0fu9sf] b]a3f6df hGdg'ePsf alzi7 Clifn] rfFlx dxfd[To'~ho dGqsf] /rgf ug'{ePsf] lyof] .

**ci6lr/l~hhL M** slxNo} gdg]{ jf cd/ JolQmnfO{ lr/Ll~hjL elgG5 . cd/ x'g] a/bfg kfpg' ePsfcZj;yfdf, aln, Aof;, xg'dfg, laleif0f, s[kfrfo{, k/z'/fd, dfs{08o CifLnfO{ ci6lr/l~hhL The Eight Immortals eg]/ k"lhG5 . clxn] klg jxfFx? g]kfnsf] lxdfnosf] sfvdf 3'dL/fVg'ePsf] laZjf; ul/G5 . laz]ifu/L dxfWofgL / tflGqsx?n] jxfFx?sf] bz{g kfPsf] lsDabGtL ;'lgG5 . olx cbe't s'/fx? ;'g]/ klZrdL a}1flgsx?n] w]/} ulx/f] cg'ifGwfg u/]/ Immortals Dwelling in the Himalayas of Nepal eg]/ k':ts tof/ kf/]sf 5g\ . o;nfO{ clxn]sf] ;af{lws laqmL ePsf] k':ts dflgG5 . olx k':ts k9]/ cgluGtL dflg;x? g]kfnsf] lxdfnL e]udf Wofg ug{ cfO/x]sf 5g\ .

**d'lQm M** of] d[To'kZrftsf] cj:yf geO{ hLjg 5Fbf g} cg'ej ul/g] k/d\ zflGt …cfgGbÚ sf] gfp xf] d'lQm . d/]kl5 s;n] b]v]sf] 5 / < oxL hLjgdf / ;tsd{ åf/f kfOg] cfGbsf] gfpg} …d'lQmÚ xf] . jf:tadf– l/;, /fu, C0f, cx+, nf]e, 8/, 3[0ff, 3d08, sfd"stf, dfFof, df]x af6 d'Qm x'g'g} d'lQm xf] . Free from all the sufferings' wd{–cy{–sfd / df]If -cfgGb\_ sf] ;d'lrt kl/kfng g} ;kmn hLjgsf] Bf]ts xf] .

**:jwf**–**:jfxfF M** o1, xjg, k"hfx?df -;ldwfdf\_ aflng] cfuf]nfO{ …:jwfÚ elgG5 . klaq sfo{sf] cUgL ;Nsfpbf pRrfx/0f ul/g] dGq …:jwfÚ xf] eg] lrtfdf aflng] cfuf]nfO{ …:jfxfFÚ elgG5 . h;sf] cy{ x'G5 æeid v/fgLæ . b}lgs af]nLrfnLs} efiffdf klg kmnfgf]n] t h'jfdf ;a} ;DklQ xf¥of], 3/hUuf :jfxf agfof]Æ eG5f} lg . ctM 6k/] afx'gx?n] 7]6 s'/f] ga'emL o1 k"hfx?df …:jfxfÚ eGbf o1 k"hf xjgdf dGqf]r/0fsf] s'g} kmn ldNb}g a? pN6f] gsf/fTds c;/ kb{5 . of] s'/f t, eujfg >Ls[i0fn]– æcx+ qmt'/x+ o1M :jwfxd\ . xdf}ifwd dGqf]xd\ . xd]jfHod xdu|L/x+ x'td\ . Æ eg]/ wg'wf{/L ch'{gnfO{ eGg' ePsf] d[tjf0fL af6 klg k|i6 x'G5 . xf]Og / <

k};fsf] b'O{j6f ?k …blIf0ff / l6nfÚ eP h:t} cfuf]sf] klg b'O{j6f ?k …:jwf / :jfxfFÚ ePsf x'g\ .tbg'?k,o1 – xjgdf aflng] cfuf]nfO{ …:jwfÚ elgG5 eg] lrtfdf aflng] cfuf]nfO{ …:jfxfFÚ elgG5 . o1df xjg ubf{ cfsfz dfly p8]sf] v/fgLnfO{ …lae"tÚ elgG5 eg] gsf/fTds tTjx?nfO{ gi6 ub}{ …:jfxfFÚ ul/Psf] v/fgLnfO{ …eidÚ elgG5 . To;}n], eidsf] 6Lsf sbfkL nufpg' x'b}g . lae"taf6 ag]sf] …ltnsÚ l6sf rfFlx nufpg' pQd x'G5 .

**;u/dfyf M** ljZjsf] ;aeGbf cUnf] r'r'/f]sf] gfd æ;u/dfyfÆ egL lj=;+= !((% df O{ltxf; lz/f]dl0f afa'/fd cfrfo{n] lbPsf x'g\ . ;+:s[ltsdf ;/u±dfy cyjf æ;[li6sf] af6f]Æ eGg] x'G5 . k|To]s lbg ;'of]{bosf] klxnf] em'Nsf / ;'of{:tsf] clGtd uf]wF'nL oxL r'r'/f]df nfUg] ePsf]n] ;[li6 / lagfzsf] cfn+sf/L cy{n] ubf{ -;/u±dfy\_ ;u/dfyf ePsf] xf] . ltAatL efiffdf ærf]df]nf]ªdfÆ elgG5 h;sf] cy{ rf]df]Ötkl:jgL / n'ªdfÖlznf eGg] x'G5 . cyf{t dxfb]j / kfj{tL a;]/ tk:of u/]sf] :yfg eg]/ a'em\g'kb{5 . ltAatL k'/f0fx?df eg] 8]d5f]u cyjf sfª\u|L sR5s{ eg]/ pNn]v u/]sf] kfOG5 . zf:qx?df ;u/dfyfnfO{ ;'d]? kj{t eg]/ pNn]v ul/Psf] 5 . hh{ Pe]/]i6n] eGbf klxn]g} g]kfnL e"uj{zf:qLn] ;u/dfyfnfO r'nL kGw|f} eg]/ gfdfs/0f ul/;s]sf lyP . h] ePklg, ;u/dfyf ljZjsf] lz/ xf] **–** xfdL g]kfnLx?sf] zfg xf] .

**s'df/ sflt{s]o M** b]jfbLb]j lzjsf] :sflGbt -:vlnt\_ jLo{af6 pTkGg ePsf] x'Fbf :sGb gfdn] k'sfl/Psf :sGbnfO{ s'df/ sflt{s]o cyjf k|yd u0f]z elgG5 . g]jf/L ;+:s[ltdf ;'kf8L / hg}nfO{ k|yd u0f]zsf] ?kdf k'lhG5 . af}4 / :nfd wd{df klg k|yd u0f]zsf] k"hf z'?d} ub{5g\ . xfQLsf] ;'8 ePsf] u0f]z rflx snLo"udf kfj{tLsf] dofnaf6 dfofhfnn] /lrt u0f]z x'g\ . lktf lzjhLnfO{ ca1f ubf{ tL dofnaf6 lgld{t u0f]zsf] 3f6L l5gflnPsf] / kfjtL{sf] xf/u'xf/ kl5 xflQs} ePklg ;'F8 hf]l8lbPsf] syf k|;+u t zf:qx?df pNn]v ul/Psf] 5 . To;}n] oL nDaf]b/ -;F'8 ePsf]\_ u0f]z rflx slnsf u0f]z x'g\ . clxn] xfdL q]tfo'udf k|a]z ul/;s]sf] x'Fbf s'df/ sflt{s]o -k|yd u0f]z\_ nfO{ g} k'Hg' kb{5 . nDaf]b/ u0f]zsf] k'hf u/]/ kmn k|fKt x'Fb]g . h:tf] ls, casfz lnO ;s]kl5 Gofolw;nfO{ k'gM cbfntdf Gofo lg;fkm lbg clwsf/ geP h:t} xf] .

**s}nfz** M æs] hn] nf;f] n;g+ bLlKt/:ofÆ cyf{t hndfly la/fhdfg k|lbKt k'?if lzj eGg] a'lemG5 . ctM lzjhLsf] af;:yfg of] klaq s}nfz -^&!$\_ ld6/ xfd|} lazfn g]kfn leq kb{5 . s}nfz kj{t of] wtL{sf] ;fIfft lzjlnË xf] . klZrdL a}1flgsx?n] s}nfz ka{tnfO{ cnf}lss dfgax? 4f/f lgld{t lxdfn eg]/ lgisif{ lgsfn]sf 5g\ . s0ff{nL glbsf] d'xfg g} klaq s}nfz xf] . d'lQm kfpg] laZjf;n] ;a} wd{ ;Dk|bfosf dflg;x? Ps k6s s}nfz dfg;/f]j/sf] bz{g ug{ hfg] OR5f /fv]sf x'G5g\ . uf}/Ls'08 :gfg u/L s}nfz kj{tnfO{ Ps rSs/ -sf]/f ug]{\_ nufpg] ;f]rn] nfvf} eQmhgx? s}nfz lty{ofqfdf lgl:sG5g\ . q]tfo'usf] klaq s}nfz eg] kz'kltgfy dlGb/ eGbf pQ/ tkm{ cal:yt l9:sf] xf] . hxfF clxn]klg ;'N6f] lzjln+usf] bz{g ug{ ;lsG5 .

**O{Zj/ M** :jrflnt, ;a{JofkL, cgGt / clagfzL k|lbKt a|Xdf08Lo k|sfz a|Xdr]tgnfO{ O{Zj/ elgG5 . lgnf], /ftf] / £o" /+u ldl>t k|sfzaf6 ag]sf] phf{ -lzj zlSt) g} a|Xdr]tgf xf] / olx a|Xdr]tg -tfk ;lxtsf] k|sfz) g} O{Zj/Lo ?k xf] . O{Zj/ elggnfO{ ;[li6 u'0f x'g'kb{5 / ;[li6 x'gnfO{ tfk ;lxtsf] k|sfz -k'?if / k|s[ltsf] ;ld>0f, lzj zlSt) ckl/xfo{ x'G5 . of] x]g]{ / 5'g] eGbf klg cg'ea ug]{ s'/f xf] .

**b]jtf M** a|Xdf08Lo zlQmaf6 ;+rflnt tTj h;df k|f0fbfoL / s?0ff efj k|v/ x'G5 To;nfO{ b]jtf elgG5 . cflbTo -;"o{) , cUgL, ;f]d -rGb|df), O{zfg, a|Xdf–lji0f'–dx]Zj/, clZjgL, s'df/, afdg, afdb]j, afo'–hn–t]h–k[YjL–cfsfznfO{ gju|x cflbnfO{ b]jtf elgG5 lsgsL logLx?n] g} xfd|f] k|f0f wflglbPsf 5g\ . / pgLx? klg dxfk'?if s[i0fu+uf Blackhole af6 ;+rflnt 5g\ . s7f]klgifb -cWofo @\_ cg';f/ – æeofb:oflUg:tklt eoft\ tklt ;"o{ M eoflbGb|Zr jfo"Zr d[To'wf{jlt k~rd\ MÆ cyf{t clUg, ;"o{, OGb| -hn\_, jfo" / od -d[To'\_ rfFlx dflg;x?n] k|ToIf ef]Ug b]Vg ;lsg] b]jtf x'g\ .

**eujfg\ M** eu -of]gL\_ / jfg -ePsf\_ cyf{t dfgj of]uLaf6 hGdlnPsf ;a} dfgahfltx? eujfg\ x'g\ . /fd, s[i0f / a'4 klg cfdfsf] ue{af6 hGd lnPsf x'g\ . pgLx? klg xfdL h:t} O{Zj/ / b]jtfaf6 ;+rflnt 5g\ . olt xf] sL pxfFx?df g/ gf/fo0f tTj 5 eg] xfdLdf g/kz'sf] :jefj a9L 5 . xfdLx? rfFlx dfG5] h:t} b]lvPsf kz'x? xf} . /fu, C0f, 3[0ff, 8/, sfd'stf, 3d08, qmf]w / z}tfgL zlQmn] u|l;t 5f}+ . xfdLnfO{ dfG5] af6 dfga aGg t w]/} tk:of ug'{ kb{5 eGg] eujfg\ aGg t emg\ w]/} ;do nfU5 . wd{zf:qdf pNn]lvt dxfk'?if /fd, s[i0f, a'4 t lyPg} t/ eujfg\ eg]sf] k|folZrtsf] csf]{ gfFp klg xf] . /fd k|]defj xf] eg] s[i0f eg]sf] lgd{n s~rg efjsf] gfFp xf] . / k|folZrt ul/g] ca:yfsf] gfFp xf] a'4 . xfdL hLjgsfndf a'4, s[i0f / /fd aG5f} g} . dfq cg'e"ltsf] vfFrf] x'G5 . c;n sfd u/] eujfg\df ulgG5f} eg] cwdL{ sfd u/] /fIf;df ulgGG5f} .

**s[i0f M** AolSt jf kfqtfsf lx;fan] xf] eg], jxfF 4fk/ o'udf lai0f'sf] gjf} cjtf/sf] ?kdf g]kfn e"dLdf hGdlng' ePsf dxfl;4k'?if eujfg >Ls[i0f x'g'x'G5 . t/ dfga u'0fsf] s'/f ug]{ xf] eg**],** lgd{n efjsf] gfp xf] s[i0f . xfdL afF;'/L ahfPsf] dfG5] s[i0f e]6\g bf}l8/fV5f} / dg leqsf] s[i0fsf] bz{gg} x'g ;s]g . olb s;}n] klaq dgn] ;'dw'/ afF;'/Lsf] w'g agfpFb5 eg] Tof] s[i0f x'G5 . ;kmfdg ePsf], ss{nf]sf] kftdf u'8]sf] kfgLsf] yf]kf h:t} s~rg :jefjsf] gfp xf] s[i0f . kmf]xf]/ kfgLg} ePklg ss{nfsf] kftdf 6fl;Gg, Tof] u'8\5 / rds lbG5 . To:t} xfdL klg /fu, å]if, 3d08, cx+sf/, l/;, 8/, dfFof, df]xdf g6fl;sg z'4 eof} eg] xfdLg} xf] s[i0f . klaq :jefjsf] gfp xf] s[i0f .

**cfsfz tTj M** xfdLn] b]lvg] cfsfz vfnL 5}g, c/af} v/af} lrhx? ToxfF leq 5g\ . lt ;a} t/+u / phf{zlQm x'g\ . a]bdf Crf/x?n] cfsfz tTj -a|Xdf08Lo phf{sf]\_ JofVof u/]sf] 5 . lazfn g]kfnsf j}lbs bfz{lgs laj]sgfGb o"/f]k e|d0f uPsf] a]nfdf Nicole Tesla n] laj]sfgGbaf6 …cfsfz tTjsf] a|Xdf08Lo ck/Dkf/ phf{Ú af/] 1fg lnP . kmn:j?k WiFi, Phone, Jet Engine, Electricity, T.V., Radio, h:tf &%) j6f a}1flgs cfljisf/ u/] . pxL Nicole Tesla n] eg]sf 5g\ – If you want to find the secrets of universe; think in terms of energy - frequency and vibration. cyf{t, lazfn a|Xdf08 a'em\g'5 eg] klxnf cfsfz tTasf] t/ËLt zlQmnfO{ a'em\g'kb{5 .

**lqb]j M** a|Xd -;[li6stf{\_, lji0f' -kfngstf{\_ / dx]Zj/ -k'gM ;[li6sf] nflu ;+xf/stf{\_ nfO{ lqb]j elgG5 . ;[li6 ;+rfng ug{sf] nflu :jo+ lzjhLn] pTkGg ug'{ ePsf] ltg zlQmx? x'g\ . a|Xddf ;tu'0f -£o" k|sfz\_, lai0f'df -/ftf] k|sfz\_ /hu'0f / dx]Zj/df -lgnf] k|sfz\_ td\u'0f x'G5 . oL ltgj6} k|sfzLo phf{af6 xfd|f] cfTdf aGb5 / hLjg ;+rfng x'G5 .

**a'4 M** k|folZrt u/]sf] JolQm h;n] s?0ff, k|]d / lbJo 1fg k|fKt u/]sf] 5 cyjf cfWoflTds hfu/0f eO{ hLjg / hut a'em]sf] 5, xf} To:tf] JolQmg} a'4 xf] . cfkm"n] cfTdfaf]w ul/;s]kl5 c?nfO{ klg d'lQm -cfgGb\_ sf] af6f] tkm{ 8f]¥ofpg ;Sg] JolQm g} a'4 xf] . a'4Tj k|fKt u/]sf] dxfk'?ifdf k|]d, s?0ff / Ifdf h:tf dfglao :jefa ;b}a x'G5 . pm lk8f / v'zL b'j} ca:yfdf /dfpg ;Sb5 / p;sf] cg'xf/df la56} rds Pj+ cfefd08n lgd{n x'G5 .

**lgjf{0f / t'zLtf M** of] a'4 ;Dk|bfon] k|of]u ug]{ zAb xf] . lgjf{0f cy{ k/dzflGt, d'lQm, cfgGb jf ;lrtfgGb eGg] x'G5 . To;t} lxhf]cfh …t'zLtfÚ zAb klg of]uWofgsf] If]qdf cTolws k|of]u x'G5 . af}4wd{ cg';f/ t'zLtfsf] cy{- ca cfpg'x'g] d}q]o a'4 -sNsL cjtf/\_ sf] af;:yfg eGg] x'G5 . hxfF lgzfGt cfgGb dfq /xG5 .

**cfo{ ;Tox? M** g]kfnsf] n'lDagLdf hGdg'ePsfl;4fy{ uf}tdn] a'4Tj k|fKt u/]kl5 lbJo 1fg -rf/ cfo{ ;Tox?\_ af8\b} lx8\g' eof] . tL rf/ cfo{ ;Tox? x'g\ M -!\_ ;+;f/ b'Mv} b'vn] el/Psf] 5 . -@\_ b'Mvsf] sf/0f 5 . -#\_ o;af6 d'lQm kfpg] pkfo klg 5 . -$\_ To;sf] nflu k+rzLnsf] kfngf / cfi6fËLs dfu{ kfngf ug'{kb{5 . k~rlzn eg]sf] grf]g'{, g9f6g', k|f0fL XTof gug'{, Aolerf/ gug'{, h'jftf; gv]Ng' / hfF8/S;L df;' gvfg' xf] . eg] cfi6fËLs dfu{ eg]sf] ;t\sd{, ;t\k|of;, ;t\arg ;Dos (;t\\_ b[li6, ;Dos ;+sNk, ;Dos :d[tL, ;Dos hLlasf / ;Dos ;dfwL xf] . olx ;t\dfu{sf ;/n pkb]z tyf k|]d, Ifdf, s?0ffsf] ;Gb]zsf] sf/0fn] ubf{ af}4 ;Dk|bfo ljZjdf nf]slk|o ePsf] xf] .

**k"Go cfTdf M** xfd|f] z/L/ dl:tis ;+rfng ug]{ cfTdf -cgfxt rqmdf cal:yt\_ Ps k|sfzLo k'~h xf] . of] lgnf], /ftf] / ;]tf] /+un] ag]sf] l;of]sf] 6'Kkf] eGbfklg w]/} ;fgf] ;'Id Hof]lt k'~h xf] . h;n] k|ToIf ;"o{af6 phf{ k|fKt u/L xfd|f] hLjg ;+rfng ub{5 . ;'Id z/L/ b]lv ;"o{ ;Ddsf] k|sflzo k'~hnfO{ …cfTdfÚ elgG5 eg] ;"o{ b]lv s[i0fu+uf (Blackhole) ;Ddsf] k|sflzo k'~hnfO{ …k/dfTdfÚ elgG5 .

k+~rtTjn] ag]sf] xfd|f] hLjgleq k|f0f, z/L/, dl:tis, dg / cx+sf/ h:tf c? tTjx? klg 5g\ . ;flTjs ef]hg / k+~rlznsf] kfngfn] dfq cfTdfphf{ k|lbKt x'Fb} hfG5 . eg] /fIf;L ef]hg, e|i6cfrf/ -s'sd{\_ n] cfTdfsf] Hof]tLdf t'jfFnf] nfUb} hfG5 . kmn:j?k, ;sf/fTds ;f]r efjgf k}bf x'b}g . To;}n] cfWoflTds hfu/0fsf] nfuL zfsfxf/L ef]hg / ;tsd{ ckl/xfo{ x'G5 . k|sfz :j?k cfTdfsf] jl/kl/ -kq}kqdf a;]sf\_ t/+uLt gsf/fTds t/+ux? ;kmf u/]/ cfTdfsf] bz{g ug'{ g} cfTdf ;fIffTsf/ xf] . of] Wofgsf] ulx/f] cj:yfdf dfq ;+ej 5 . aRrf hGd]sf] cj:yfdf …RofFÚ ubf{ z/L/leq cfTdfsf] k|a]z x'G5 . k|f0f Tofu ubf{ ToxL k|sfz?kL cfTdf, cfkm" hGd]sf] 7fpFdf uO{ k|sfz 7f]lsP/ dfq a|Xdf08df lng x'G5 .

**dMd M** o1 k"hf xjgx?df kl08tx?n] eGg] / eGg nufOg] …dMdMÚ sf] cy{ x'G5– d}n] b]Vg] Pp6f …dÚ, c?x?n] b]Vg] …dÚ . / -M\_ leq ePsf] …dÚ rflx d]/f] k|f0f ;~rfng ug]{ lzj tTj …dÚ elgPsf] xf] . ;f}o{, jfo" / wtL{ phf{sf] nfuL k|fou/L of] klg #÷# k6s elgG5 . k"0f{ ;dlk{t eP/ elgPsf] dMdM zAbn] t'?Gt} zl//df phf{ k}bf ub{5 . xjg k"hfx?df xNsf lgnf] /+usf] j:q nufP/ a:g' clt pQd x'G5 lsgsL lgnf] /+un] cf1f rqm t/+uLt ub{5 .

**k|efd08n M** a'4Tj k|fKt u/]sf] dflg;x?sf] 6fpsf] k5fl9 b]lvg] k|sfzLo k'~h (Aura) nfO{ k|efjd08n Nimbus Hallow elgG5 . x'g t xfdL hf] sf]xLsf] klg cfefd08n (Aura) x'G5 . Aoltsf] z'4tf / sd{sf] cfwf/df cfefd08nsf] :ki6tf e/kb{5 . ;flTjs ef]hg, ;flTjs ;f]r / ;tsd{ u/]sf] dflg;sf] cfefd08n k|lbKt x'G5 eg] /fIf;L ef]hg / s'sd{ ug]{sf] cfefd08ng} sfnf] x'G5 . l;4 of]uL, Clif dxlif{x?sf] cfefd08ns} la:tf/Lt :j?k xf] k|efd08n hxfF a|Xdf08Lo phf{ ;b}a t/+uLt x'G5 .

**rf/ j]b M** a±O{±b ldn]/ ag]sf] …a]bÚ zAbnfO{ cy{ x'G5 – 1fgsf] Hof]tL cyjf 1fgsf] e08f/ . g]kfnsf] bdf}nLdf hGdg' ePsf dxifL{ j]bJof;n] $ j]b / !\* k'/f0f n]Vg'eof] . of] g} ;Dk"0f{ efiff, ;flxTo, wd{u|Gy / a}1flgs cfljisf/x?sf] >f]t xf] . ;du|df eGg'kbf{ ;f/f k|f0fL, hut / dfgjx?sf] ;+lawfg xf] j]b . xfd|f x/]s k|Zgx?sf] pQ/, ;d:ofx?sf] ;dfwfg oxfF kfOG5 . lsgsL o; lbJo 1fgsf] e08f/ j]b leq Hof]ltif, vuf]nzf:q, wd{zf:q, cy{zf:q, jf:t'zf:q, cfo'j]{b, of]u–Wofg, efiff, ;flxTo, ;+lut, snf, /fhgLlt zf:q, sfg"g / lrlsT;f zf:q, hLjg bz{g / la1fg h:tf hLjgf]kof]uL ;a} s'/fx? ePsf] x'Fbf j]bnfO{ c;n hLjg k4lt l;sfpg] zf:q eGg] a'em\g' kb{5 .

**j}lbs ;gftg wd{ M** j]bsf] lzIffnfO{ cg'z/0f ug]{x?nfO{ jf k/Dk/fnfO{ j}lbs elgG5 . ;gftgsf] cy{, k/fk"j{sfnb]lv cyjf dfga ;Eotfsf] z'?jft b]lvg} rlncfPsf] eGg] x'G5 . / wd{ eg]sf] cfkm\gf] cGt/lglxt u'0f of st{Jo eGg] a'em\g' kb{5 . h:tf] sL cfuf]sf] wd{ Hof]tL lbg' / hnfpg' xf] . kfgLsf] wd{ lztnf lbg'÷hLjg lbg' xf] . To:t} Gofolw;sf] wd{ lgikIf Gofo lbg' / /fhfsf] wd{ eg]sf] ;a} gful/sx?nfO{ cfkm\g} 5f]/f5f]/L ;DemL :g]xL lktf aGg' xf] . To;}n] cfd dflg;x?n] a'emb}cfPsf] wd{sf] cy{ lans'n} km/s 5 . :ffd"lxs wfld{s cf:yf af]s]sf lglZrt dflg;x?sf] hdftnfO{ ;Dk|bfo elgG5 . h:tf] ls– lxGb', af}4, :nfd, ls|lZrog, h}g, lzv cflb . jf:tadf, oLgLx? wfld{s ;Dk|bfo x'g\– wd{ xf]Ogg\ . dfly elgP h:tf] j:t' of AolStsf] cGt/lglxt k|fs[lts u'0f / j}lbs ;gftg k4tLsf] cg'z/0f ug]{ s'/frfFFlx wd{ xf] .

**ho zDe' M** …hoÚ eg]sf] dxfg\ jf laho k|fKt, ;dÖa/f/ / …e"Ú eg]sf] Hof]tL eGg] x'G5 . cfdfsf] ue{df af; lngnfO{ @) nfv z'qmls6x? ;Fu o'4 n8L laho k|fKt u/]/ cfPsf xfdL Hof]tL k'~hx? xf} . tkfO{ leqsf] Hof]tL lzj tTj, / d leqsf] Hof]tL …lzjtTjÚ Pp6} xf] . xfdL leq /x]sf] cfTdf :j?k Hof]tLsf] >f]t Pp6} xf] x} elgPsf] xf] . h;/L Pp6} kfgLsf >f]taf6 xhf/f} kfgLsf wf/f ag] h:t}dfq xf] eGg] ;Demg'kb{5 . lzjhLsf] !! j6f ?b| cjtf/ dWo Pssf] gfp xf] …zDe'Ú . ctM ?b| cjtf/df x'g''ePsf lzjhLnfO{ :d/0f ub}{ elgg] / j}lbs sfnb]lv rlncfPsf] klaq clejfbgsf] ?k xf] …ho zDe'Ú .

**kb\d;+ej** **M** sf7df08f}sf] dT:o ufFpdf kf]v/Lsf] lar km'n]sf] sdnsf] km"ndf k|s6 x'g'ePsf cflbgfy nfO{ …kb\d;+ejÚ gfpn] klg k'sfl/G5 .…kb\dÚ eg]sf] sdnsf] km"n / …;+ejÚ eg]sf] k|s6 x'g' ePsf] eGg] cy{ x'G5 . …kb\d;+ejÚ klg afjf uf]/Ifgfys} cjtf/ x'g'x'G5 . Tolta]nf t lt ltAatLx? olt lx+;|s sL dfG5]sf] df;' klg vfGy] /] . ltg} c1fgL ltAatLx?nfO{ s?0ff, k|]d / 1fg af8\gsf] nflu …kb\d;+ejÚ lrgsf] ltAatdf k'Ug'eof] . ltAatLx?n] pxfFnfO{ æpu]{gÆ l/gkf]5]{ cyjf u'? l/Gkf]5] eGg yfn] .

**l/Gkf]5] M** l/Gkf]5] eg]sf] ltAatL efiffdf æax'd'No lx/fÆ eGg] x'G5 . kb\d;+ejn] ltAatLx?nfO{ lbJo 1fg lbg'ePsf]n] jxfFnfO{ l/Gkf]5] eGgyflnof] . clxn] cfP/ ;a} af}4dfuL{x?n] wfld{s k|arg ;'gfpg] dflyNnf] :t/sf] leIf'nfO{ klg l/Gkf]5] eGg yfn] . g]kfns} kl/a]zdf n§] hf]uL / 6k/] kl08tx?nfO{ …u'?Ú eg]/ klaq …u'? Ú zAbsf] cgy{ eP h:t} a+u'/sf] df;', XjL:sL / uf]hLdf s08d af]sL lx8\g] u]? a:q wf/L ltAatLd'nsf leIf'x?n]ubf{ af}4 wd{ k|b'lift ag]sf] 5 . b'Mv nfU5 .

**d~h'>L M** dxfk'?ifd~h'>LnfO{ af}4 wdf{jnDaLx?n] o; o'us}] ;aeGbf k'/fgf] a'4 eg]/ dfGb5g\ h;n] sf7df08f} pkTosfnfO{ -sf7df08f} lazfn tfn ePsf] a]nf\_ cfkm\gf] v8un] rf]ef/sf] ulN5 sf6]/ tfnsf] kfgL aflx/ km\ofsL ToxfF dflg;x? a:g of]Uo 7fFp agfP . otf j}lbs ;gft wdf{jnDaL -lxGb'\_ x?n] eg] l;Gw'nL lhNnfsf] s'z]Zj/ wfd -ljZjsf] k|yd Hfo]lt{ln+u pTklQ ePsf] klaq :yn\_ af6 tk:of ;s]/ cfPsf …g]d'gLÚ n] sf7df08f} pkTosfsf] lazfn tfnsf] kfgL ;'sfP/ ToxfF dflg;x?sf] a:tL a;fn]sf] s'/f a0f{g ub{5g . pxL …g]Ú d'gLn] kfngf kf]if0f u/]sf] b]z ePsf]n] …g]kfnÚ /fi6« gfd /xg uPsf xf] . d~h'>L eg]tf klg …g]Ú d'gL eg]tf klg jxfFx? :jo+ a|XdfhLsf] c+z eg]/ xfdLn] a'em\g' kb{5 .

**lakZofgf M** eujfg\ a'4n] l;sfpg'ePsf] Ps k|sf/sf] Wofg lalw xf] lakZofgfhxfF cfkm" leqg} k;]/ cfkm"nfO{ ;+rfng ug]{ k|sfz?kL cfTdf / k|f0ftTj -lzjtTj\_ sf] ;fIffTsf/ ug]{ k|of; ul/G5 . o; lawLdf cg';f/, kxf8sf] 6'Kkf]df a;]/ tnsf em/gf tfn, h+un, r/fx? a:tL / kmfF6x? lgofn]h:t} cfkm\g} z/L/leqsf] /x:odoL oGqsf kf7k"hf{x?nfO{ lgoflnG5 / hLjg k|s[of a'em\g] sf]lz; ul/G5 . hLjgsf] bf}8w'kaf6 cf/fd lnP/ cfkm"leq g} k;]/ cfTdf af]w u/fpg] Wofg lalwnfO{ …lakZogfÚ elgG5 . clxn] ;+;f/e/ nf]slk|o Wofg lalw dWo Ps dflgG5 lakZofgf Wofg . o; lalwdf !) lbg df}g a;]/ hLjg / hutsf x/ k|Zgx?nfO{ s]nfpg] k|of; ul/G5 .

**d08nf M** d08nf o:tf] uf]nfsf/ klaq 7fpF hxfF wfld{s cf:yfsf ;fy k"hf ul/G5 . d08nf cfsf/g} jf:tljs k|s[ltsf] cfsf/ xf] . ;a} kmnkm"n of jg:kltx?sf] laofFsf] cfsf/, xfd|f] e'|0fsf] cj:yf, cfFvf, k[YjL, u|x ;a} cw{–uf]nfsf/ x'G5g\ . a|Xdf08Lo r]tgfdf k|a]z ug{nfO{ klg o1 xjgx?df d08nfsf/ k"hf :yn agfO5 . of]uWofgdf klg d08nfnfO{ a|Xdf08Lo Hofldlt dfg]/ Wofg ug]{ pkof]uL pks/0fsf] ?kdf lnOG5 . jf:tjdf, d08nf of ;Denf eg] klg oxL sf7df08f} pkTosf xf] . olb xfdL km"nrf}sLsf] 8fF8faf6 sf7df08f}sf klaq zlQmzfln dlGb/x?nfO{ -gf/fo0f, u0f]z, e}/a, eujtLx?sf] dlGb/\_ lgofNg] xf] eg] af}4dfuL{x?n] agfpg] d08nfsf] cy{;+u x'–ax' ldNb5 .

**d'lQm M** /fu, å]if, qmf]w, sf'dstf, cx+sf/, 8/, dfFof, df]xaf6 5'6sf/f kfpg'g} jf:tljs d'lQm xf] . hLjgnfO{ k"0f{?kn] cg'ej u/]/ ;+;fl/s aGwgaf6 6f9f /xg ;s]kl5 dfq k/dzflGt of cfgGb k|fKt x'G5 . oxL cfgGbnfO{ d'lQm elgG5 / of] cfgGb of d'lQm olx hLjgdf Tof] klg a}aflxs hLjgsf] cg'ejaf6 dfq ;+ej 5 . d[To' kl5sf] d'lQmsf] s'/f rfFlx cd"t{ d'QmL xf] . hLjgsf] x/]s kf6f] af6 xfdLn] s'g} g s'g} lzIff l;ls/fv]sf x'G5f} . hLjg / hutnfO{ glhsaf6 cg'ej gu/L jf:tljs d'QmL ldNb}g .

**c3f]/L ;fw' M** sfnf] a:qwf/L l3gnfUbf], v/fgL 3:g], :dzfg3f6df j:g], d'bf{ vfg] n6\6] hf]uLnfO{ c3f]/L eGg] ;Demg' dxfe"n xf] . of] t Ol08of af6 lelqPsf] unt ;+:sf/ xf] . jf:tadf– ;'Gb/, 1fgL, tkZoflnKt, d[b'r]x/f ePsf] :j?knfO{ c3f]/ elgG5 . ;f+;fl/s dfFof df]xaf6 d'Qm, tGq laBfdf kf]Vt, hut sNof0fdf lnKt ;fw'x? dfq c3f]/L ;fw' x'g\ . kz'kltgfy lzjlnËsf] blIf0fd'vnfO{ c3f]/ elgG5 hxfFaf6 e}/asf] pTklt eof] . logLx? sfne}/adf ;fwsx? x'g\ . c3f]/L x'g] lalQs} df;'g} vfg' k5{, v/fgLg} w:g' k5{, l3gnfUbf] eP/} a:g' k5{ eGg] s'/f rfFlx ;/f;/ unt xf] .

**rf/ cf>d M** j}lbs zf:q cg';f/ -!)) jif{sf]\_ hLjgnfO{ rf/ efudf laefhg ul/Psf] 5 .

-s\_ a|Xdrfo{ cf>d, @% jif{;Dd -aLo{ ;+ro u/]/\_ s'df/g} a;]/ u'?s'ndf -kf7zfnf\_ laBfyL{ hLjg latfpg'nfO{ a|Xdrfo{df elgG5 .

-v\_ a}aflxs aGwgdf afFlwP/ ho hGd ug],{ 3/u[x:tL hLjg latfpg] / a'afcfdfsf] ;]jf ug]{ of] @% jif{sf] calw -@%–%) jif{\_ nfO{ u[x:tL cf>d elgG5 .

-u\_ afg/k|:y cf>d– hLjg / hutsf] af/]df a'em\gnfO{ 3/af/ TofuL of]uLsf] e]ifdf h+un dlGb/ cf>dsf] af; x'g] @% jif{sf calwnfO{ afg/k|:y cf>d elgG5 . oxL a]nfg} k"0f{ ?kn] ;dfh / /fi6«sf] ;]jfdf klg nfluG5 .

-3\_ ;Gof; cf>d– afFsL &%–!)) jif{;Ddsf] k"0f{ ?kn] aGwgd'Qm hLjgnfO{ ;Gof; cf>d elgG5 . o; a]nf, kl/jf/, wg;DklQ, ;+;fl/s dfFof df]xaf6 k"0f{;Gof; lnP/ O{Zj/sf] elQmefjdf dfq nluG5 .

**hLjgsf] p2]Zo M** æwdf{y{ sfd df]Ifgfd z/L/+ ;fwg+ otÆ eg] em} b]jC0f, lkt[ C0f, lktfdftf C0f, /fi6« C0f h:tf C0f ltg{' xfd|f] hLjgsf] k/d st{Ao xf] . hLjg hLpg'sf] nflu k};f -cy{\_ cTofjZos 5 To;}n] wgfh{g u/L lhljsf]kfh{g ug'{k5{ . t/ sfdubf{ eg] kmnsf] cf; gu/L O{dfGbf/Lsf ;fy st{Aolgi7 eP/ sfd ug'{kb{5, clg dfq cfgGb ldNb5 . /fu, å]if, cx+sf/, nf]e, 3d08 af6 5'6sf/f kfpg'g} jf:tfljs df]If xf] . / wd{–cy{–sfd– df]If k|flKt g} hLjgsf] p2]Zo xf] .

**oGq M** sfdsfh l56f] 5l/tf] kfg{, hLjgofkg cf/fdbfoL agfpg k|of]u x'g] cf}hf/ pks/0fx?nfO{ oGq elgG5 . h:t} kmf]g, l6=eL= uf8L, xjfO{hxfh, snsf/vfgfsf pks/0fx?n] xfd|f hLjg k4ltdf l56f] / cf/fdbfos t'NofPsf] 5 . 8fS6/n] :6]ly;sf]k, ls;fgn] sf]bfnf], xhfdn] s}rL / snfsf/n] s'rL rnfP/} hLjgofkg u/]sf x'G5g\ . pgLx?n] rnfPsf ;a} cf}hf/x? oGq x'g . k|Tossf] oGq Aoa;fo lkR5]g} km/skm/s x'G5 . n'uf l;nfpg] l;of] / 9'Ëf km'6fpg] l5gf], sfg]u'hL lgsfNg] sgsgf]{ g} klg Ps lsl;dsf] oGq xf] .

**dGq M** Wofgsf] ulx/f] cj:yfdf hfgsf] nflu cyjf b}ljs zlQm;Fu ;Dks{ ug{sf] nflu pRrfx/0f ul/g] ;+:s[t efiffsf] 3gLe"t zAbx?nfO{ …dGqÚ elg5 . ædGqflwg b]jtf rÆ cyf{t b]jtfx? klg dGqsf] clwgdf /xG5g\ eg]/ elgPsf] 5 . ;+:s[tsf zAbx?n] a|Xdf08Lo phf{nfO{ xnrn ug{ ;Sg] x'Fbf dGq eg]sf] ;+:s[t dGqdfq 7fGg'kb{5 . To;}n] t j}lbs k"hf kf7, xjg, of]uWofg / tGq ;fwgfdf dGqf]rf/0f ul/G5 . b]jtf cfJxfg ubf{ kl08tx?n] ;+:s[t efiffsf Znf]s dGqx? k9b5g\ . dGqaf6 cb\e't t/+u lg:sG5 . To;}n], cb[Zo tyf a|Xdf08Lo zlQm;Fu l56f] ;Dks{ ug{ ;lsg] x'Fbf b]jjf0fL ;+:s[t efiffdfsf] lalzi6 dxTj /x]sf] 5 .

t/ ;fwf/0f cy{df, xfd|f] af]nLrflnsf] efiffx? klg dGq x'g\ . zAbn]] t/+u k}bf ub{5 / csf]{ dfG5]nfO{ c;/ kfb{5 . zAbn] g} t xf] dfG5]nfO{ x;fpg], ?jfpg], l/; p7fpg] . zAbdf ckf/ zlQm x'G5 . rf]6 k/]sf] dfG5]nfO{ kmsfpg] ;Demfpg] klg t zAbs} zlQm t xf], ls s;f] < Pp6f ;fgf], syf, slatf jf uLtn] cfd"n kl/at{g Nofpg ;S5 . of] klg zAbsf] ;fdYo{ g} xf] . h] xf];\, d'vaf6 zAb:j?k lg:sg] phf{ g} dGq xf] .

**tGq M** o;sf] zflAbs cy{ …tgÚ–z/L/ / …qÚ–a|Xdf08Lo phf{ eGg] x'G5 . ætGot] la:tfo{t] 1fgdg]g, Olt tGqdÆcyf{t a|Xdf08Lo phf{sf] k|zf/0f / j}lbs 1fgsf] la:tf/g} tGq xf] . ctM cb[Zo b}las zlQm cyjf a|Xdf08Lo phf{nfO{ cfkm\gf] z/L/df Pst[t ug'{nfO{ tGq elgG5 . xfd|f] z/L/sf] d]?b08 klg a|Xdf08Lo phf{sf] zlQm s]Gb| xf] . d]?– a|Xdf08Lo phf{ / b08–n¶L cyjf n¶L h:tf] l/8sf] x8\8L leq /xg] a|Xdf08Lo phf{sf] km}nfj6nfO{ klg tGq xf] . oxL cb[Zo zlQm k|of]u u/]/ e'O{ km'6\6f wfdLx?n] cfuf]dfly lx85g\ – g5'Osg s'v'/f dfb{5g\ . gau|x zflGt ubf{ klg tGqs} k|of]u ul/G5 . cb[Zo zlQm h:t} e"t k|]t af]S;Lx?sf] cfqmd0f x6fpg tGq zf:qsf] k|of]u x'G5 .

h] xf];,cb[Zo a|Xdf08Lo phf{nfO{ z/L/sf] dfWodaf6 Pslqt ug]{ s'/fnfO{ tGq elgG5 . wfdLemfFqmLx?n] olx cb[Zo b}las zlQmnfO{ k|of]u u/]/ la/fdLx? lgsf] kf/]sf x'G5g\ . tGq ;a} /fd|f x'G5g\ eGg] rflx xf]Og . unt dg;fon] s'g} hf]uLx?n] k|of]u ug]{ tGq laBf rfFlx xflgsf/s x'G5 . tGq cfkm}df g/fd|f] eg] xf]Og, of] k|of]ustf{sf] dg;fodf e/ kb{5 . ;fdfGo efiffdf eGbf, a|Xdf08Lo phf{ km}lng' g} tGq xf] . ul0ftdf h:tf] !±!Ö@ geP/ tGqdf eg] #,$,% hlt klg x'g ;S5 lsgeg] a|Xdf08Lo phf{ cgGt 5 . pbfx/0f sf] nfuL, cfdf / a'afsf] of]uaf6 xfdL t];|f] zlQm afnsx? hlGdof}+ . of] g} Ps lalzi6 tGq xf] . ;Gtfg hGdfpg pks/0fsf] ?kdf k|of]u x'g] k'?if lnË …oGqÚ eg] lao{ leqsf] ckf/ cb[Zo zlQm …tGqÚ xf] . tGq eg]sf] hfb'6'gf / d'gf dfq 7fGg' e'n x'G5 .

**efUo M** s'g} klg sd{sf] kmn k|flKtnfO{ efUo elgG5 . rfx] Tof] k"j{ hGdsf] cyjf clxn]sf] hGdsf] . h:t}, ;'Gtnf /fKg' sd{ xf] eg] ;'Gtnf /f]k]/ #÷$ jif{ kl5 ;'Gtnf vfg'x'G5 eg] Tof] tkfO{sf] sd{sf] ld7f] kmn cyjf efUo xf] . sf]xLsf]xL dflg;x? sfd} gu/L klg P]; cf/fdsf] hLjgofkg u/]sf] b]Vg'x'G5 . Tof] pgLx?sf] k"j{hGdsf] ;+lrt sd{sf] kmn xf] . t/, efUodf 5 eGb}df 8f]sf]df b'w cl8b}g . efUo / sd{ -kl/>d\_ Pscsf{sf kl/k'/s x'g\ . l9nf]rf8f]sf] s'/f xf] t/ sd{ cg';f/sf] kmn cj:o kfOG5 . / k"j{hGdsf] ;+lrt efUo geP clxn] h] hlt d]x]gt u/]tfklg ;Gtf]ifhgs kmn kfOb}g .

**of]u–Wofg M** ;j{k|yd t …of]ufÚ Yoga xf]Og, …of]uÚ Yog eGg'kb{5 . of]usf] zflAbs cy{ x'G5–. …hf]8\g'Ú cyjf …Psx'g'Ú . xfd|f] z/L/leq /x]sf] k|sfz?kL cfTdfnfO{ a|Xdf08Lo k|sfz -;"o{ b]lv s[i0fu+uf ;Dd km}lnPsf]\_ k/dfTdf;Fu hf]8\g' g} of]u xf] . /fhof]u, 1fgof]u, Wofgof]u, sd{of]u, tGqof]u, x7of]u åf/f g} k/dfTdfsf] ;fIfftsf/ -bz{g\_ x'G5 .

Wofg eg]sf] Psfu|tf xf] . s'g} klg sfd bQlrQ eP/ ug'{ g} Wofg xf] . rfx] km"naf/L uf]8\g''';\ of bQlrQ eP/ ;+uLt ahfpg';\ . t/ oxfF elgPsf] …WofgÚ eg] k/dfTdf;Fu ;fIffTsf/ x'gnfO{ ul/g] Psfu|tf eGg] a'em\g'kb{5 . dfly elgPsf] of]usf k|sf/n] l56f] / ulx/f] Wofg nfUb5 eg] Wofgsf] d'Vo nIf eg]sf] k/d Hof]tL;Fu ;dflxt …of]uÚ x'g' xf] . t;y{ of]u / Wofg Pscsf{sf kl/k"/s x'g\ . a'af–cfdf, l;Ssfsf] b'O{j6f kf6f, s}rLsf b'O{ wf/ h:t} ePsf] x'Fbf of]u / WofgnfO{ sbfkL 5'6\ofpg' ldNb}g . Ps};fy …of]u–WofgÚ eGg'kb{5 . cfd dflg;x?n] of]u eg]sf] xftv'§f tGsfpg' / Wofg eg]sf] cfFvf lrlDng' eg]/ a'em]sf 5g\ t/ s'/f] To;f] xf]Og .

**rqm M** xfd|f] cf}+7f 5fkdf ePsf cw{–uf]nfsf/ /]vfx?nfO{ rqm elgG5 . xfd|f] z/L/sf] d]?b08 leqklg To:t} cw{–uf]nfsf/ phf{ zlQms]Gb|x? x'G5g\ h;nfO{ xfdL rqm eGb5f}F . xfd|f] z/L/leq hDdf !!$ j6f rqmx? x'G5g\ . o;dWo] d]?b08sf] k'R5f/ b]lv 6'KkL ;Dddf ( j6f rqmx? x'G5g\ . d]?08sf] km]bdf -u'åf/ 5]p\_ d'nfwf/ rqm x'G5 . o;sf] /ftf] /+u x'G5 / /fu, å]if, cx+sf/, sfd'stf, qmf]w, df]x h:tf ;+j]bgfx? o; rqmaf6 cfpFFb5 . o;sf] l7s # OGr dfly :jlw:yfg -;'Gtnf /+usf]\_ rqm x'G5 hxfFaf6 ;[hgf, lta| rfxgf / /f]df~r h:tf ;+j]bgfx? cfpFb5g\ . & xhf/jif{ cl3 oxL g} cfwf/ rqm lyof] . …:jÚ -cfkm\gf], d"n\_ / …:yfgÚ 7fpF cke+|; eP/ -:j:yfg :j:yfg\_ x'b} :jlw:yfg rqm eof] . olx :yfg zAbaf6 kfls:yfg, pha]sL:yfg, t'ls{:yfg, gfu:yfg OToflb zAbx? ag]sf x'g\ . & xhf/ aif{ otfsf dflg;x?df qmf]w, sfdaf;gf, df]x, cx+sf/, a9]sf] eP/ pQm rqm tntn emg{ uO{ d'nfwf/ rqm aGg k'u]sf] xf]. .

gfO6f]sf] 5]pdf dl0fk'/ rqm x'G5 . o;sf] /+u kx]+nf] / cfTdfljZjf;, ;xf; h:tf ;+j]bgfx? of] t];|f] rqmaf6 cfpFb5 . 5ftLdf -b'O{ :tgsf] lardf\_ cgfxt rqm x'G5 h;sf] /+u xl/of] x'G5 / dfofF, ddtf h:tf] ;+a]bgf oxfFaf6 t/+lut x'G5 . 3fF6Lsf] ?b|306Lsf] l7s k5fl8 -xNsf lgnf] /+usf]\_ laz'l4 rqm x'G5 hxfFaf6 cleJolQm, ;f]r, s'/fsfgLx? lg:sG5 . gfssf] leqL Kjfn Medulla df Pp6f bf]af6f] x'G5 hxfFaf6 zl//sf] tNnf] efuaf6 cfPsf] rqmphf{ b'O{efudf afFl8P/ -lk+unf / O8f\_ Pp6f bflxg] cfFvflt/ hfG5 / csf]{ phf{ b]a|] cfFvf lt/ hfG5 . xf} olx phf{n] g} cfFvfsf] b[li6, :d/0f zlQm a9fp5 / t];|f] cfFvfnfO{ hfu[t u/fpb5 . To;sf/0fn] klg cg'nf]d lanf]d k|0ffofd ug'{ cTofjZos x'G5 . lgwf/sf] l6sf nufpg] 7fpFsf] l7s k5f8L ulx/f] lgnf] /+usf] cf1f rqm x'G5 hxfFaf6 k|]d, s?0ff, Ifdf h:tf dfglao ;+j]bgfx? cfpFb5g\ . cf1f rqm / ;x;| rqmsf] lardf ;f]d rqm / u'? rqm x'G5g\ . ;f]d -k|f0f cfFvf\_ / u'? -a'4L cFfvf\_ rqm eg] gfua]nL k/]/ x]/fx]/ u/]sf x'G5g\ . d'nfwf/ b]lv u'? rqm ;Dd zlQmsf] lg/Gt/ axfa x'G5 . u'? eGbf dfly eg] cfsfz tTj -vfnL efu\_ x'G5 clg dfq ;x;| rqm cfpb5 . 6'KkLsf] :yfgdf ;x;| rqm x'G5 . of] rqm KofhL /+usf] x'G5 . / of] rqm hfu[t x'Fbf xhf/f}+ kq ePsf] sdnsf] km"n h:tf] b]lvg] x'Fbf ;x;| rqm elgPsf] . oxfF af6 laz'4 r]tgfdfq k|afx x'G5 . oxL ;x;|rqm ;lxtsf] gf} j6f rqmdf x'g] dfglao ;+j]bgfx?n] xfdL ;+rflnt 5f}+ . pbfx/0fsf] nflu dl0fk'/ rqm aGb ePsf] ca:yfdf xfdLdf æd ug{ ;S5'Æ eGg] cfTdflaZjf; g} cfpFb}g . lgwf/sf] cf1frqm aGb ePsf] cj:yfdf k|]d, Ifdf, s?0ff efjg} hfUb}g . ;f]d rqm / u'? rqm hfu[t geO{sg cfTdf ;fIfTsf/ ;+ea x'Gb}g . oL ;Dk"0f{ rqmx? hfu[t u/fpgsf] nflu k+rlznsf] kfngf, ;flTjs ef]hg / lgoldt k|0ffofd -x7–of]u\_ cTofjZos x'G5 .

**dflg;sf zq' M** clN5kg, 3[0ff, 8/, cx+sf/, nf]e, 3d08, cToflws sfd'stf, sf|]w– oL ;ft lrh dflg;sf zq' x'g\ . logLx?nfO{ lgoGq0f lng;s] dfq dflg;sf] enfO{ / pGgtL x'G5 . oL ;ft lrhnfO{ laho ug]{ dflg; g} ;kmn / ;'vL dflg; aGb5 . oxLaf6 df]If -cfgGb\_ k|flKt x'G5 .

**dxTjsf+Iff M** dxTjsf+Iff af]s]sf dflg;x? at{dfgdf afFr]sf x'b}gg\ . pgLx? t ef]ln, csf]{, dlxgf / csf]{ aif{sf] sNkgfdf d:t x'G5g\ h;sf] sf/0f at{dfgsf] cg'ea ug{g} kfPsf x'Fb}gg\ . pgLx? t d[ut[i0ffdf bf}l8Psf] d[u h:t} x'G5g\ . ;fwf/0f of]hgf t agfpg' kb{5 t/ lxhf] cfhsf dflg;x? o;/L la:t[t of]hgf agfpFb5g\ – dfgf} ls of] ;do / k|s[ltg} cfkm\g} a;df 5 . s] tkfO{nfO{ yfxf 5 < nfvf} dflg;x? ;'T5g\ / ef]ln laxfg gb]lv g} ;+;f/af6 labf x'G5g\ . ca ltgLx?sf] of]hgf s] sfd < To;}n] clws dxTjsf+Iffn] dflg;nfO{ hLjg hLpg lb+b}g . 3fF6L x]/L sd]h l;nfpg', kl/l:ylt a'em]/ cl3 a9\g' kb{5 .

**a}/fUo M** a}/fUosf] cy{ u]? a:q wf/0f u/]/, bfx|L kfn]/ hf]uLsf] e]ifdf 3/kl/jf/af6 6f9f a:g' eg]sf] xf]Og . a}/fUo eg]sf] t å]if, sf|]w, /fu, df]x, cx+sf/, 3[0ff, 3d08, 8/ af6 6f9f /xg' cyf{t oL dfglao ;+j]bgfx?nfO{ cfkm\gf] ax;df kfg{ ;Sg' eGg] a'emg'kb{5 . a}/fUosf] hfu[tL geO{sg jf:tljs O{Zj/ elQmefjdf nfUg ;lsb}g . hLjg / hut a'em\b} uPkl5 dfFof, df]x, 3[0ff, cx+sf/ ;a Joy{ /x]5 eGg] efj cfkm} hfUg yfNb5 / dfG5] k'g lgbf]{if / zflng aGb} hfG5 . 3/ kl/jf/ / /fi6«sf] lhDd]jf/Laf6 efUg] eg]sf] xf]Og sL emg\ ulDe/ eP/ st{Jo k'/f ug]{ tkm{ pGd'v x'G5 . jf:tljs hLjg hLpgnfO{ a}/fUo efj hfUg cTofjZos x'G5 . ;x–cl:Tjsf] af]w x'Fb} uPkl5 dfq a}/fUo efj hfu[t x'G5 .

**pQ/fv08 M** kf}/fl0fs sfnb]lv g} xfd|f] g]kfnnfO{ cfWoflTds dxTjsf] lx;fan] lxdjtfv08 / pQ/fv08 eg]/ 5'6\ofOPsf] 5 . ;u/dfyfsf] ;]/f]km]/f] k'jL{ g]kfn, sf7df08f} pkTosf nufot lqz'nL;Ddsf] e"efunfO{ lxdjt v08 / lqj]0fL wfd eGbf dfly kg]{ b]j3f6, bdf}nL, n'lDagL, ?? Clifs]z -kfNkf\_, kf]v/f sf:sL, sfnLu08L x'Fb} d'lQmgfy;Ddsf] e'efunfO{ pQ/fv08 eg]/ gfdfs/0f ul/Psf] 5 . la8Dagf, Ol08ofsf] w'Tof{On] lbNnL eGbf dflylt/sf] efunfO{ pQ/fv08 gfdfs/0f u/L æj]b Jof; u'kmf / Clifs]z Ol08ofdf kb{5Æ egL em'6f] k|rf/ ul/Psf] 5 . $ j]b !\* k'/f0f n]Vg] j]b Jof;Clifsf] hGd bdf}nLdf ePsf] :ki6 k|df0fx? x'Fbfx'b} klg ef/tn] sNkLdf j]bJof; dlGb/u'kmf agfpg] b'ik|of; ul//fv]sf] 5 . To;}u/L eujfg\ >Ls[i0fsf] hGd ?? Clifs]z -/L8L\_ df ePsf] lyof] . oxL af6g} afns >Ls[i0fnfO{ s+z dfdfaf6 hf]ufpg sf]qmf]df aRrf /flv glbdf aufOPsf] lyof] . olx hgsk'/sf] cf;kf;df /x]sf] a[G4fagdf eujfg >Ls[i0f x'ls{g'ePsf] lyof] . oxL klaq :ynaf6 ldlynf /fHo / ldlynf ;+:s[lt x'ls{of] . t/ o;nfO{ klg cke+|; u/L ef/tn] 5§}' dy'/f–gSsnL a[Gbfag agfP/ em'6f] k|rf/ ul/lbof] . b'i6 s+zaf6 arfpg cfdf b]asLn] afns >Ls[i0fnfO d':tfË lhNnfdf cal:yt bfdf]b/ s'08df nu]/ n'sfPsL lyOg\ . xfdLx? s'/} ga'emL Ol08ogs} s'/fdf dVv eof} . To:t}, ;SsnL s'z]Zj/wfd l;Gw'nL lhNnfsf] g]kfnyf]sdf x'Fbfx'Fb} klg Ol08ofn] laxf/df gSsnL s'z]Zj/ agfPsf] 5 . lbNnL 5]p gSSnL n'lDagL agfPsf] 5 . ;f/f ;+;f/nfO{ yfxf ePsf] eujfg\ a'4sf] hGd:yn n'lDagLnfO{ lbNnL glhs ;f/]/ lbpF;} /ft kfg{ vf]H5 eg] clns k'/fgf] Oltxf;nfO{ n'sfpg vf]Hg' gf}nf s'/f xf]Og . wfld{s cf:yfsf] lx;fan] s'z]Zj/, Jof; u'kmf, n'lDagL, dy'/fsf] gSsn ug{ kfOG5 t/ g]kfndf cal:yt ;SsnL zlQmlk7x?nfO{ cf]em]ndf kf/]/ Ol08ofn] Pstkm{ dlGb/nfO{ la1fg ug'{ b[i6rl/q xf] . ca, cfpg] efjL ;GttLx?n] eg] cjZog} Ol08ofsf] w'Tof{O yfxf kfpg] 5g . :d/0f /xf];\, dfga zf:qLx?n] kQf nufPsf dflg;sf k'vf{x? M g]u|fO6; Negroites, ci6«f]NjfO{8;\ (Austroloides) d+uf]nfO8; (Mongoloides) x?sf] pb\ud:yng} s'z]Zj/ wfd xf] .

**;kmntf M** tkfO{x?n] @,)),))) (b'O{ nfv) eGbf a9L z'qmls6x?;Fu o'4 n8]/ cfdfsf] ue{df a:g'ePsf]5 . eg] dxfo'4 t lhlt;Sg' eof] t, of] eGbf 7"nf] ;kmntf c? s] x'g ;S5 < xfdL o; wtL{df dfga wd{ / ;+lrt sd{ ef]u ug{cfPsf xf} . cfkm\gf] k"j{ hGdsf] ;+lrt sd{sf] kmn / o; hGdsf] cys kl/>d b'j}nfO{ hf]8]/ xfdLn] ;kmntf kfpb5f}+ . ;kmntfsf] cy{ 3/, hUuf, ;'g, ;f8L / uf8L hf]8\g' dfq xf]Og ls tkfO{sf] hLjgdf cfTdf ;Gt'i6L / xl;nf] r]x/f s 5L 5}g eGg] s'/f k|d'v /xG5 . ha dflg; j}lbs 1fgnfO{ cg'z/0f u/]/ 3/–;dfh, /fi6«df ;xli0f'tf / zflGt sfod /fVb5 eg] Tof] g} ;kmNtf xf] . jf:tadf, c;kmntf g} ;kmntfsf] Bf]ts xf] lsgeg] xfdL gnl8sg p7\g hfGb}gf}+ . n8\g' / xfg'{sf] klg ulx/f] sf/0f x'G5 . hLjgsf k|Tos ptf/r9fanfO{ ;+od eP/ hLpg] dfG5]g} ;kmn x'G5 . x'Fbf dflQg] / gx'Fbf cflQg] ug'{xF'b}g . dfG5]x?nfO{ k|lt:kwf{df lhGt] / n8fpg] eGbf klg nf]e, qmf]w, df]x, cx+sf/nfO{ k5fg{ ;Sg] dflg;g} jf:tjdf ;kmn dflg; 7x5{ . lsgeg] oL k/dzq'x?nfO{ k/f:t u/]kl5 dfq cfgGb k|fKtL x'G5 . cflGbt hLjgg} ;kmn hLjg xf] .

**zflGt M** zflGt eGg] lrh 6kSs l6k]/ yfndf ykSs /fVg] eGg] h:tf] s'/f xf]Og . of] t xfdLn] cg'e"lt ug]{ s'/f xf] . ha dflg;x? tgfa d'Qm hLjg hLpFb5g\ / cg'xf/df d':sfg 5fpFb5, ToxfF zflGt 5 eGg] s'/f a'em\g' kb{5 . d'Vo s'/f, xfdL h] vfof] ToxL g} aGb5f} . /S;L, r'/f]6, df;', h:tf /fIf;L ef]hg vfPkl5 kSs} g/fsfTds sfo{ ul/G5 / ToxL cg'?ksf] g/fd|f] kl/0ffd ef]Ug' kb{5 . t/ ha xfdL zfsfxf/L ef]hg ug{ yfNb5f}, ;sf/fTds ;f]rsf] a[l4 x'G5 . ;sf/fTds ;f]r ePkl5 cjZo g} ;tsd{ ub{5f}+ / ;tsd{sf] kmnn] cfTdf ;Gt'li6 ldNb5 . cfkm"df cfTdf ;Gt'li6 ldNg'g} k/d\ zflGt xf] . To;}n], zflGtsf] nflu klxnf] z'q eg]sf] zfsfxf/L hLjgz}nL g} xf] zflGtsf] cg'e'lt ug{sf] nflu :j:y z/L/, :j:y dl:tis / :j:y dg x'g cTofjZos 5 . ef}lts hLjg / cWoflTds hLjgnfO{ ;Gt'ng /fVg ;s]dfq zflGtsf] cg'e'lt x'G5 .

**cx+sf/ M** 3d08 clg cx+sf/g} ;'vL hLjgsf] afws xf] . wgsf], ansf] / 1fgsf] cx+sf/n] dfG5] ktg x'G5 . Ifl0fs df]hd:tL t u5{ t/ clGtddf ToxLg} lk8fbflos aGb5 . xfdL vfnL xft cfPsf xf} / hfg]klg vfnL xft g} xf] . lsg wg;DklQsf] wfs nufpg' / < hjfgLdf kfv'/fdf agfPsf] ;k{sf] 6f6' klg a'9];sfn nfUb} hfFbf rfpl/P/ h'sf hqf] aGb5 . lsg ansf] t'h's b]vfpg' / < cfkm"n] cfkm}nfO{ g} glrg]/ tyfslyt n§] hf]uLnfO{ u'? eg]/ nDk;f/ k5f}{ eg] ltdL s;/L 1fgL x'g ;S5f} / < To;}n] oL ;a} lrhsf] cx+sf/ lng' Joy{ 5 . d} /fd|L, d} wgL, d} a'l4jfg eGg] h:tf cx+sf/ :jefjn] cGtTjuTj hLjgdf 7"nf] d"No r'sfpg' kb5{ . cx+sf/sf] klg l;df x'G5 . olb ;s}n] d]/f] wg, an, 1fg rflx ;dfh /fi6« ax'hg lxtsf] nflu k|of]u xf];\ eGg] z'e ;f]r lng' rflx ul/df s} laifo xf] t/ ;a{:j d g} xF' egL v;|] Eofu'tf km'n] h;/L eg]sf] rflx cx+sf/ xf] . hlt wgL / hlt g} /fd|L wP klg cflv/ b'O{ef/L bfp/fn] :jfFxf agfOlbG5, s] ug'{ / <

**nf]e nfnr M** d]/f] a'afn] lsg kmf6]sf] h'Qf l;nfP/ nufpg' x'G5 eg]/ ;f]Rby], aNn yfxf kfP ls O{dfGbfl/sf ;fy k};f sdfpg ufx|f] /x]5 . jxfFn] t æ;do cg's"n h'Qf sd]h l;nfP/} sfd rN5 eg] lsg kmh'n vr{ ug'{ Æ eg]/ ;f]Rg' ePsf] /x]5 . cgfjZos vr{ gug'{ g} k};f sdfpg' /x]5 eGg] klg yfxf kfP . t/ dflg;x? slt nf]e nfnr u/]sf xf]nfg\ < d/]/ s] g} kf] nfg' 5 / < cflv/ vfnL xft cfPsf xf}, vfnLg} hfg'k5{ . hfFbf vf]/L nufPsf] s§' w/L km'sfn]/ lrtfdf hnfO{lbG5g\ eGg] yfxf x'Fbfx'b} klg slt nf]e nfnr u/]sf xf]nfg\ . ;a}hgf ;w} sdfpgdf / y'kfg{df g} Jo:t x'G5g\ . xjfO{hxfh h:tf] k|ltJolQm olt lsnf] cfkm";Fu nUg kfOG5 eg] h:t} dbf{ v]l/ of] of] lrh nUg kfOg] eP dfG5]x? slt y'kfbf{ x'g\ . lem+ufsf] klg af];f] lgsfNg vf]Hg] dflg;x? b]v]/ klg jfSs lbSs nfU5 . olx cToflws nf]e nfnrn] vfg dg nfu]sf s'/f vfg g;Sbf, nufpg dg nfu]sf s'/f nufpg g;Sbf, hLjg s] /dfOnf] x'G5 / <

dnfO{ æk};fn] k'Uof]Æ eg]/ 8sf/]sf sf]xL 5}gg\ . ;k{sf] d'vdf k/]sf] Eofu'tfn] klg cufl8 b]v]sf] lemFufnfO{ nfdf] lha|f]n] tfGg vf]h]:t}, a'9L afx'gL ah}n] dg]{ a]nfdf klg y}nL 5fd] h:t} Jojxf/ ug'{ rflx lwSsf/sf] h'gL x'G5 . /dfP/ sdfpg' kb{5 / /dfP/} vr{ ug'{kb{5 . d]/f] 5f]/f gfltsf] nflu rflxG5 eg]/ s'tcs't ;DklQ hf]l8lbg' rfFlx d'v{tf xf] . lsgeg] ;a}n] cf–cfkm\gf] ;+lrt sd{ lnP/ cfPsf x'G5g\ . afnaRrfx?sf] lzIff lbIff lbg', yf]/} ePklg …gf;f]Ú :j?k ;DklQ hf]ufOlbg' t l7s} xf] t/ dflg;x? ;ft k':tf;Dd sdfpg Jo:t x'G5g . To:tf] xfl83f]K6] rl/q b]v]/ eg] pb]s nfU5 . Tof] nf]esf] efF8f] slxn] el/g' / <

**anjfg ;do M** æau]sf] v]nf / ;do kms{b}gÆ eGg] egfO{ Psbd ;To xf] . ;do k|an 5 / ;do;Fu aUg ;Sg] dflg; dfq a'l4dfgL dflg; 7x5{ . at{dfg ;don] dfq ;frf] cy{ /fVb5 . laut …e"tÚ eO;Sof] / elaio sNkgf dfq aGb5, h] 5 oxL at{dfgdf dfq 5 . ;don]g} xf] dflg;nfO{ ;fw'af6 /fhf agfpg], C0fdf 8'afpg], x;fpg–?jfpg], kxnjfgnfO{ d';f] agfpg], wgf9onfO{ srf}/f yfKg nufpg] / lrQf;Dd ;'tfpg] klg ;dog} xf] . s'g} Ps ;dodf r/fn] sldnfnfO{ vfO/fv]sf] x'G5 eg] kl5 sldnfx?n] ToxL r/fnfO{ vfO/fv]sf] x'G5 . ;dorqm dxfg\ 5 . olx ;don]g} t dflga hLjg /dfOnf] agfO/fv]sf] 5 . bfFt x'Fbf ds}vfg' kb{5 eg]em} x/]s sfd ;dodf g} ug'{kb{5 . c;f/df /f]Kg' kg]{ v]t df3df lxnf]cfnL u/]/ s] cy{ x'G5 / < ;do g} ax'd'No wg xf] .

;do;Fu noa4 x'g g;Sg' eg]sf] hLjg Ift–laIft agfpg' xf] . pbfx/0fsf] nflu, k|s[lt hfUg] a]nfsf] a|Xdd"t{df p7\g' kb{5 . t/ cfw'lgs hLjg z}nL l7s pN6f] 5 . at{dfgdf afFr]/ of] z/L/df k|f0f phf{ eg'{sf] ;f6f], xfd|f] of] z/L/ leqsf] hLjg–la1fg a'em\g'sf] ;f6f] hflu/, lajfx, wg ;DklQdf dfq dg nufpg' eg]sf] cfkm\gf] lrxfg glhs} af]nfpg' xf] . oL ;a}yf]s vf]h]sf] kfPkl5 klg clGtddf afFsL /xg] eg]sf] t ToxL lrxfg t xf] lg < xf]Og / <

**a|Xdd'x{t M** ;"o{ pbfpg' eGbf () ldg]6 cl3sf] ;donfO{ aXdd'x{t elgG5 . o; wtL{sf] k|s[lt klg hfUg] / a|Xdf08df ;sf/fTds phf{ k|afx x'g]x'Fbf of] ;dodf p7\g' cToGt} nfebfos 5 . :jR5 xfjf, k|b'if0f/lxt a|Xdf08Lo phf{sf] t/+un] xfd|f] dg dl:tis tfhf agfpF5 / cfWoflTds hfu/0f u/fpFb5 . To;}n] t ;"of]{bo eGbf ! 306f cl3sf] ;donfO{ …cd[t a]nfÚ elgG5 . ;"o{sf] k|yd ls/0fx?n] t emg\ xfd|f] dl:tissf] sf]lifsfx? / z/L/sf rqmx?nfO{ lhljt t'NofpFb5 . o:tf] ;dodf k"hfkf7 / k|0ffofd ugf{n] cToflws nfe ldNb5 . oz, ls{tL, ;f}Gbo, an a'l4, lg/f]uL hLjg rfxg]x?n] a|Xdd't{df p7\g'kb{5 . r/fr'?ËLx? hfuL ;s]sf x'G5g\ . xfdL cfw'lgs dflg;x? eg] facebook df /flt ;Dd e"Ng] / laxfg ( ah] xfO{ ub}{ p7\g] afgLn] hLjg aaf{b agfO/fv]sf 5f} . a|Xdf08Lo phf{ / k|s[lt;+u noa4 x'g g;Sbf ;d:ofg} ;d:ofdf cNem]sf 5f}+ . k|s[lt hfUbf xfdL ;'t]sf x'G5f} / k|s[lt ;'t]sf] a]nf xfdL hfu]sf] x'G5f} . clg s;/L eof] t tfnd]n < of] t pxL em\ofp/] tfndf l8:sf]] sDd/ xNnfP h:tf] ePg / <

**lzjhLsf cGo gfd / u0fx?M**

z+s/, dx]z, lqg]q, q}nf]So, lgns07, kz'kltgfy, g6/fh, u+ufw/, cflbb]j, huGgfy, bQfq]o, ef]n]gfy, cfif'tf]if, ?b|, s]bf/, ab|L, laZjgfy, zDe', e"tgfy, hubLz, laZj]Zj/, cd/gfy, ;f]dgfy cflb OTofbL gfdn] lzjhLnfO{ k'sfl/G5 . rfOgfdf …lkgoLgÚ, hfkfgdf …bfOsf]s't]gÚ / d';ndfgx?n] …dSs]Zj/Ú (cNnfx) eg]/ plx lzjhLnfO{ k'Hb5g . q]tfo"udf lzjhL, 4fk/o"udf z+s/ / snLo"udf dxfb]a ag]/ ;[li6 ;+rfng ug'{x'G5 . ctM b]z, sfn / kl/l:ytL (sd{) cg';f/ jxfFnfO{ yl/y/Lsf gfdn] k'sfl/G5 . h:tf] ls, gf6o:j?k x'bfF …g6/fhÚ elgof] eg] xnfxn laif lkP/ ;f/f k|f0fLsf] /Iff ubf{ jxfFnfO{ …lgns07Ú eg]/ k'sf/Lof] . lzjhLsf] x/]s sfo{df ;fy lbg] ;}GoannfO{ …u0fÚ elgG5 .e}/a, aneb|, rGb|]z, gGbL–e[ª\uL, uf]s0f{, z}No, ho–laho, 306fs0f{, lkzfr, b}To, gflugL cflb OTofbL zlStx? u0f x'g\ . eg] ;KtClif, a[x:ktL, z'qmfrfo{, lazfnfIf, dx]Gb|, ef/åfh, ;x;|fIf, dg' rfFlx lzjhLsf lziox? x'g\ .

**lzjf]xd\ dGq M**

lzjf]xd\ lzjf]xd\ lzj–:j?kf]x+d\

lgTof]x+d\ z'4f]x+d\ a'4f]x+d\ d'Stf]x+d\

c4]tgGb ?kd\–c?kd\, a+|Xdf]x+d\ a+|Xd:j?kd\

lrbf]x+d\ lrbf]x+d\ ;lrtfgGbx+d\

lzjf]xd\ lzjf]xd\ lzj–:j?kf]x+d\

cyf{t, d– dg, a'l4, lrQ, cx+sf/n] ag]sf] z/L/ dfq xf]O{g . d– k'?if / k|s[ltaf6 lgld{t ;bf–lzj g} x'F . d– a|Xd±c08 Ö a|Xdf08sf] Ps c+z x'F . d– hGd / d[To' eGbf k/sf] cd/ tTj x'F . lg/fsf/, a+|Xd:a?k, cfgGbsf] :j?k ;lrtfgGb x'F eg]/ of] dGqn] eg]sf] 5 . g]kfnsf Clif–dxifL{x?n] CUj]bdf lnkLa4 ug'{ePsf] lgjf{0fifi6sd\dGqx? cWog u/]/ cflbz+s/frfo{n] tkf]e"dL g]kfnsf] lxdjtv08df l;4L k|fKt u/]kl5 of] lzjf]xd\dGq /rgf ug'{ ePsf] lyof] .

**dx]Zj/ z'q M** c3f{vfFrLdf hGdg' ePsf dxlif{ kfl0fgLn], lzjhLn] ahfpg' ePsf] 8d?sf] cfjfhnfO{ lnkLa4 u/]/ ;+:s[t Jofs/0f tof/ kfg'{eof] h;nfO{ dx]Zj/ z'q cyjf kfl0fgLsf] !$ z'q klg elgG5 . of] g} ;+:s[t Jofs/0fsf] d]?b08 xf] .

cOp0f\ Cn[s\ Pcf]ª\ P]cf}r\ – xoj/6\ n0f\ `dª0fgd\ eme`\

39wif\ hau8bz\ vkm57y – r6tj\ sko\ zif;/\ xn\

**dxfd[To'Gho dGqsf] cy{**

eujfg /fdsf u'? alzi7 Clifn] b]a3f6df a;]/ -CUj]b & d08n %(\_ dxfd[To'~ho dGqsf] /rgf ug'{eof] . dxfd[To'~ho dGqsf] cy{ x'G5 M

æx] lqg]qwf/L hulbZj/ Û h;n] xfdLnfO{ k|f0f–kf]if0f ul/lbg'x'G5 , kfs]sf] sfqmfem+} d[To' aGwgaf6 d'Qm u/fO{lbg'x'G5, o:tf k/d]Zj/nfO{ k'ika[li6 / ;'ulGwt rGbgn] k"hf ub{5f}F . sf]6Lsf]6L k|0ffd ub{5f}+ . Æ

qoDasd – lqg]q ePsf

ohfdx] – h;nfO{ xfdL Xbob]lv k'Ub5f}

;'u+lwt – xh'/g} dw'/ ;'uGw 5g'{x'G5

k'li6 – kmNg] km'Ng] kmqmg] k|lqmofdf

aw{gd\ – hLjgdf k|f0f kf]if0f ul/lbg'x'G5

pjf{?sd\ – kfs]sf] sfqmf

Oj – h;/L

a+wgft\ – aGwgaf6 d'Qm ug'{x'g]

d[Tof] – d[To'af6 arfpg' x'g]

d'IfLo – d'lQm k|bfg ug'{x'g]

df – /

cd[tft – cd/ s[t1 agfpg'x'g]

**ufoqL dGq M** **pFm e"e'{jM :jM tT;ljt'j{/]0o+ euf]{ b]jZo wLdlx lwof] of] gM k|rf]boft\ ..**

eujfg\ /fdsf u'? laZjfldq CifLn] g]kfnyf]s b'Dhfdf cal:yt s'z]Zj/wfddf tkZof/t x'bf ufoqL dGqsf] /rgf ug'{ ePsf] lyof] . laZjsf] k|yd Hofltln+Ë k|s6 ePsf] pQm s'z]Zj/wfd af6g} a|XdfhL / lai0f'hLn] n] st{Aoaf]w ug{'ePsf] lyof] . olx klaq:yndf CUj]b d08nf #÷^@÷!) sf] n]vgsfo{ x'bfF ufoqL dGqsf] hGd ePsf] xf] . ufoqL dGqnfO{ o; wtL{s} klxnf] / zlQmzfnL dGq dflgG5 . sf]/f]gf dxfdf/L ePkl5 t ;+;f/sf dflg;x?n] ufoqL dGqhk ug{ yfn]sf 5g\ . of] dGqf]rf/0f ubf{ !!),))) d]ufxh{sf] t/+u k}bf ug]{ s'/f gfzfsf a}1flgsx?sf] ulx/f] cg'ifGwfg af6 kQfnfu]sf] 5 . lasf/x? x6fpg], :d/0f zlQm a9fpg], dg cfglGbt agfpg] / ;t\dfu{df clek]|l/t ug]{ x'bf ufoqL dGqhk ;b}a nf]slk|o 5 . ufoqL dGqsf] cy{ rflx–

æx] gfy Û x] ;[l6stf{ k|f0fbftf – xfdLnfO{ ;t\1fg / ;t\dfu{ k|bfg u/L hLjg cfgGbdoL agfOlbg';\Æ eGg] x'G5 .

pFm – -k|0fa\_, cfgGbdoL a|Xdfl8o t/+u

e"/ – dflg; nufPt ;sn k|f0fLnfO{ k|f0f lbg] jfnf

e'jM**:**jM – b'Mvsf] gfz ug]{ jfnf -lqsfn AofKt\_

tT – Tof]

;ljt'/ – ;"o{ h:tf] k|lbKt

j/]0o+ – ;a{q k|;+zf ul/Psf]

euf]{– wd{sd{4f/f p2f/ ug]{ jfnf

b]jZo– k|e";+u

wLdlx – cfTdf lrGtg of]Uo

lwof] – 1fg, laa]s

of] – hf] -lbAo Hof]tL\_

gM – xfdL ;a} eQmx?sf]

k|rf]boft\– xfdLnfO{ zlQm k|bfg ug'{xf];\ -k|fy{gf ub{5f}\_

**a|Xdgfb M** xfd|f]of] cgGt a|Xdf08df htftt} k|sfzk'~hx? dfq 5g\ . k|sfzleq t/+Ë x'G5 h;nfO{ a|Xdgfb elgG5 . clt ;'Io t/+u ePsf]n] a|XdfgfbnfO{ xfd|f] z/L/sf] rqm phf{x?af6 dfq cg'ea ug{ ;lsG5 . xfd|f] z/L/leq ePsf] d]?b08df cal:yt lk+unf–O{8f / ;'if'Dg gf8Laf6 k|f0f ;+u;+u} t/Ëx? klg aUb5g\ h;nfO{ …a|Xdfgfb… elgG5 . olx a|Xdfgfb geOsg O{Zj/ ;fIfftsf/ ;+ej x'Fb]g . ;flTjs ef]hg, O{Zj/ elQmefj, of]uEof;, k|0ffofdåf/f dfq a|Xdfgfb vf]Ng ;lsG5 . of]u–Wofgsf] d'Vo pw]Zo eg]s} r]tgfsf] z'l4s/0f u/]/ a|Xdfgfbåf/f k/dfTdfsf] bz{g ug' xf] .

**cIfo t[tLo M -slxNo} Ifo gx'g]–;a{zlQmdfg\_**

cfWoflTds b[li6sf]0fn] jif{el/s} tt[Lofx? dWo a}zfv dlxgfsf] t[tLof cToGt} k'Go ltly xf] . o; lbg u/]sf x/]s sfdx? ;kmn x'G5g\ . z'e;fOt x]/fO{/fVg' g} kb}{g . k'/fk"j{sfndf lzjhL / ;tL b]jLsf] lajfx ePsf] of] k"0o ltly xf] . oxL lbgg} eujfg\ lai0f'n] DofUbL lhNnfsf] un]Za/df k/z'/fd cjtf/ lng' ePsf] lyof] . eujfg\ /fd / ;Ltfsf] lajfx ePsf] / aflNdsLCifLn] /fdfo0f n]Vg' ePsf] lbg klg oxL g} xf] . dxifL{ eflu/ysf] cg'/f]wdf k[YjLdf u+uf dftf aUg'ePsf], / rfd'08fn] dlxiff;'/ /fIf;nfO{ aw ug'{ePsf] lbg klg cIfo t[tLof g} lyof] . kfFr kf08jx?sf] !# jif{sf] agaf; cGTo ePsf] lbg / eujfg\ >Ls[i0fn] ;'bfdf;Fu ;fyL ag]sf] lbg klg olx cIfo t[tLof k/]sf] lyof] . ;+ejt, afjf uf]/Ifgfysf] k"0f{ sNsL cjtf/ t/+uLt x'g] lbg klg olx a}zfv cIfo t[tLof x'g] laZjf; ub{5f}+ .

**uf]/Ifgfy M** …uf]Ú eg]sf] k[YjL, ufO{, OlGb|o, k|s[lt, ;sn k|f0fL, j]b, wd{ / …/IfÚ eg]sf] /Iff ug]{ eGg] cy{ x'G5 . cyf{t ;d:t k|f0fL, k|s[lt, j]b / j}lbs ;gftg wd{sf] /Iff ug]{ …k/d Hof]tL :j?kÚ nfO{ uf]/Ifgfy elgG5 . o; wtL{df afaf uf]/Ifgfy ;do;dodf k|s6 eO{/xg' x'G5 . h:tf] sL a|Xdf / lji0f'nfO{ sfo{ef/ lbgsf] nfuL cflbgfysf] :j?kdf k|s6 x'g'eof] . k"0f{1fg kfO{;s]kl5 lai0f'b]j …;Gtf]ifgfyÚ sf] :j?kdf / a|Xdfb]j rflx …;TogfyÚ sf] :j?k /xg' eof] . To;}u/L OGb|nfO{ aXdxTof u/]sf] ;+s6sf] 38Ldf afaf uf]/Ifgfyg} cfP/ kfkd'Qm ul/lbg'eof] . eujfg\ /fdn] afaf uf]/Ifgfyaf6 1fg kfO;s]kl5 eujfg /fdg} gfysf] :j?kdf …/3'gfyÚ / s[i0f eujfgg} gfysf] :j?kdf …ob'gfyÚ x'g'eof] . a|Xd1fg k|fKt kZrft eujfg >Ls[i0fn] afaf uf]/vgfysf] o;/L d'Sts07n] k|fy{gf ug'{eof] .

lg/~hgf] lg/fsf/f] lgla{sNkf] lg/fdo M

cuDof]˜ uf]r/f]˜ nIof] uf]/If l;4alGbt .

ljZjt]hf] ljZj?kf] ljZjaw{M ;bf lzjM

ljZjgfdf ljZjgfy pmF uf]/If gdf]:t't] ..

kz'kltgfy, d'lQmgfy, a}h'gfy, :jo+e"gfy, af}4gfy, s]bf/gfy, alb|gfy, laZjgfy, ;f]dgfy, huGgfy, cd/gfy cflb OToflb h] h] gfdn] k'sf/] tfklg cGtTjuTj afaf uf]/Ifgfysf] k|fy{gf u/]sf x'g\ . slno'u k|f/De eO{;s]kl5 klg g/]Gb|b]jsf] kfnfdf !@ jif{ sf7df08f}sf] d[u:ynLdf afaf uf]/Ifgfy tk:of/t x'g'eof] . k[YjL gf/fo0f zfxnfO{ k'DbLe'DbLsf] 8fF8fdf afaf uf]/Ifgfy ;fIft k|s6 eO{ cflzjf{b lbg'ePsf] lyof] . To; kZrft, lazfn g]kfn Plss/0f u/L !! k':tf zfx a+zn] g]kfndf zfif0f u/] . clxn] klg afaf uf]/Ifgfy, dfgj ?kdfg} lxl8/fVg' ePsf]5 . laleGg wd{ ;Dk|bfox?n] afaf uf]/IfgfynfO{ cf–cfkm\gf] efiffdf k'sfb{5g\ / k"hf ub{5g\ . h:tf] sL af}4dfuL{x?n] uf]/IfgfynfO{ …/d0f ah|Ú cyjf …cg+u ah|Ú eg]/ k'sfb{5g\ . d';ndfgx?n] …l/g xfhLÚ eg]/ /tggfy nfO{ k'sfb{5g\ . d';ndfgx?sf] lty{ofqf xh{klg olx xfhL zAbaf6 cfPsf] xf] . l;Gwk|b]zdf afaf uf]/IfgfynfO{ …hlnt zfxÚ eGb5g\ . lqmlZrog wd{sf k|at{s oz' lqmi6 g]kfn cfP/ tk:of ubf{ :jo+ afaf uf]/Ifgfyn] …O{zfgfyÚ sf] :j?kdf bz{g lbO{ cflz{jfb lbg'eof] . To;}n] oz' lqmi6n] …d Ozfsf] k'q x'FÚ eg]/ eGg'ePsf] 5 . y/Ly/Lsf gfdn] k'sf/] tfklg jxfF hulbZj/ ;fIft lzj:j?k x'g'x'G5 . xfd|f] k|To]s :jf; / 9's9'sLg} -a|Xdk'?if\_ afaf uf]/Ifgfy x'g'x'G5 .

**;t\ u'?uf]/v M** …;t\Ú eg]sf] ;To xf] / k|sfz dfq ;To 5 c? ;a}lrh hLjg / k|s[lt klg e|d xf] . ;+;f/g} dfofFhfndf h]lnPsf] 5 . ;+:s[tdf …u'Ú eg]sf] …Hof]tLÚ / …?Ú eg]sf] cGwsf/ eGg] x'G5 . cyf{t c1fgtf / cGwsf/ x6fpg] k|sfznfO{ …u'?Ú elgG5 . jf:tadf, ;"o{af6 cfpg] k|sfznfO{ …u'Ú / rGb|dfaf6 cfpg] k|sfznfO{ …?Ú elgG5 . …u'Ú k|sfzn] xfd|f] cfTdf tTj ;+rfng ub{5 eg] …?Ú k|sfzn] xfd|f] dg tTjnfO{ ;+rfng ub{5 . To;}u/L, uf]/If eg]sf] …a|Xdf08, k|s[lt / ;sn k|f0ffLsf] /Iff ug]{Ú eGg] a'em\g'kb{5 . h] xf];\, ;t\u'? uf]/v eg]sf] xfdLnfO{ hLjg lbg], cGwsf/ / c1fgtf x6fpg], k/d Hof]tL :j?k …O{Zj/Lo tTjÚ eGg] a'em\g'kb{5 .

**pmF gdM lzj lzjfoM**

pmF eg]sf] …a|Xdf8Lo WjgLÚ, gdsf] cy{ …gdg ub{5''Ú / lzjfosf] cy{ …d leqsf] Hof]tL :j?knfO{Ú eGg] xf] . cyf{t, d leq /x]sf] cfTdf :j?k k|sfz h;n] k|f0f ;+rfng u/L dnfO{ hLljt t'NofPsf] 5, To;nfO{ gdg ub{5' eg]/ elgPsf] xf] . jf:tadf, xfdLn] æpmF gdM lzjfoMÆ k+rfIf/L dGq eGbf klg æ**pmF gdM lzj lzjfoM**Æ ci6fIf/L dGq hKg' cToGt} k|efasf/L x'G5 lsgeg] …lzjÚ eg]sf] k'?if tTj / …lzjfoÚ eg]sf] k|s[lt gf/LtTj eGg] x'G5 . k'?if / k|s[ltsf] ;dfof]hg af6 dfq ;[li6sf] k'0f{tf x'g] ePsf]n] æ**pmF gdM lzj lzjfoM**Æ eg]/ dGq hKg' kb{5 .

**gd:sf/ M** æd]/f] k|sfz :j?k cfTdfn] tkfO{sf] cfTdfnfO{ bz{g ub{5 . xfdL lar k|]d, ;Totf, ;'Gb/tf / zflGt ;w}+ g} sfod /xf];\Æ eGg] cy{ x'G5 gd:sf/ zAbsf] . …gd:sf/Ú pRrfx/0f ubf{ xfd|f] z/L/ leq cal:yt dflyNnf ltg rqmx? t/+lute} k|]d, s?0ff / ;Totf hfu[t x'G5 . ;w}+ ;sf/fTds ;f]r k}bf ub{5 . of] xfd|f] j}lbs ;Eotfb]lv rlncfPsf] pTs[i6 cleafbg z}nL xf] . h'g s'/fnfO{ dx;'; u/]/ ;f/f ljZjsf dflg;x?n] b'a} c~hnL hf]8]/ ægd:sf/Æ ug{ yfn] . uj{ 5 xfd|f] g]kfnL ;+:sf/df .

t/ ægd:t]Æ eGg] rng rflx Ol08ofaf6 $)÷$% aif{ cl3dfq lab]zLx? dfkm{t lelqPsf] xf] . k"hfkf7df k|of]u x'g] …gd:t't]Ú zAbnfO{ 5f]6\ofpFbf gd:t] eof] . gd:t] eGbf gfeLd'lgsf # rqmx? t/+lut eO{ /fu, 3d08, lr6lr8fkg cfpg] x'Fbf gd:t]sf] k|of]u ug'{ plrt x'b}g . xfd|f k'vf{x?n] o;nfO{ …Dn]K5]Ú jf gLr ;+:sf/ dfGby] . b'ef{Uoa;, lab]zL dfu{lgb]{zg k'l:tsf Guide Book n]Vg]x?n] Ol08ofsf] s'–;+:sf/ gSsnu/L g]kfndf leqfO{ lbP . pgLx?sf] ;f]rdf g]kfn / Ol08of p:t} p:t} 7fg]sf xf]nfg\ t/ oyft{df cfsfz–hldgsf] km/s 5 . Ol08of eGg] b]z t ;g\ !&(@ kl5 dfq hlGdPsf] xf] . cS;km]8{ zAbsf]if (b];|f] ;+:s/0f) cg';f/, la|l6;x?n] lbPsf] Ol08og zAbsf] zflAbs cy{ x'G5– …rf]/, km6fxf, w't{x?sf] ;d"xÚ . Ol08ogx?sf] w'Tof{O t crDdsf] 5 g} . h] xf];, g]kfnaf6 z'?jft ePsf] a}lbs ;+:sf/nfO{ Ol08ogx?n] hflg g hflg gSsn ubf{ w]/} sdLsDhf]/L ePsf] kfOG5 .

**;"o{ M** of] ;+;f/sf] cfTdf xf] ;"o{, hLjgsf] cl:tTj xf] ;"o{ . olx ;"o{sf] ls/0fn] ubf{g} xfd|f] z/L/sf] cfTdf / k|f0f tTjnfO{ ;+rfng ul//x]sf] 5 eg] xfd|f] lao{sf] sf/s tTjklg ;"o{ g} xf] . ;"o{df lxlnod tTj kfOG5 / xfd|f k'?ifx?sf] lao{df klg lxlnod tTjg} kfOG5 . ;"of]{bo / ;"of{:tsf] ls/0fx?nfO{ bz{g ug'{ eg]sf] cd[tkfg ug'{ ;/x xf] . ;"o{sf] ls/0faf6 le6fldg …l8Ú tTj dfq ge} ;Dk"0f{ hLjg zlQmg} ldNb5 – /ut, sf]lifsf, x8\8L / dl:tis dha't /xG5 . ;"o{sf] ls/0f gk/]sf] sf]7f cf]; nfu] h:t}, 3fdsf] d'v x]g{ gkfpFbf gj]{ :jL8]g h:tf b]zsf dflg;x?df dfgl;s tgfj a9L x'G5 . hLjgg} 9';L knfPsf] ;/x x'G5 . To;}n] t pgLx? 5'§L dgfpg 3dfOnf] b]zx?df bu'5{g . xfd|f] j}lbs ;Eotfn] ;'o{sf] ckl/xfo{tfnfO{ dx;'; u/]/ z'e laxfgLdf ;"o{nfO{ hn r9fP/ æpmF cflbTofo ljb\dx] lbjfs/fo, wLdlx tGgf] ;"o{M k|rf]boft\Æ eg]/

;"o{ gd:sf/ ug{ l;sfOof] . la8Dagf, clxn]sf cfw'lgs dflg;x? xfO{ ub}{ (÷!) ah] p75g\ , piffsf ls/0fx? lng kfpFb}gg\ . kmn:j?k, z/L/df k|lt/f]wfTds Ifdtf x'Fb}g / ;w} dfgl;s tgfa lnP/ afFR5g\ .

**rGb|df M** k|s[ltsf] ;+/rgf cb\e"t 5 . xfdLn] cfsfzdf b]lvg] rGb|df ;]tf] 8Nnf] dfq geP/ hLjgsf] cl:tTjg} xf] . rGb|dfsf] zlQmn]g} xfd|f] k[YjL @#) 9lNsPsf] 5, Ct' / k|s[ltnfO{ ;+rfng u/]sf] 5 . rGb|df xfd|f] dgsf] sf/s tTj ePsf]n] laleGg efjgf ;f]rx? rGb|dfs} ckf/ zlQmaf6 k|fKt x'G5 . rGb|dfsf] phf{ glng] AolQm jf hGds'08nLdf rGb|df gLr efjdf ePdf pQm dfG5] a9L s'/f v]nfpg] x'G5 . c+u|]hL efiffsf] Lunatics zAb klg olx Latin efiffsf] Luna af6 cfPsf] xf] . Latin efiffdf rGb|dfnfO{ Luna elgG5 . o;/L rGb|dfsf] phf{ ;Gt'ng ePg eg] xfdL kfun x'G5f}+, dlxnfx?sf] dfl;s wd{df u8a9L x'G5 kmn:j?k hLjg tgfado aGb5 . nfvf}+ sf]if 6f9f ePsf] rGb|dfsf] u'?Tjfsif0f{ zlQmn] ;d'Gb|df Hjf/ef6f Tide cfpF5 eg] &)% kfgL /x]sf] xfd|f] z/L/df rGb|dfsf] c;/ gkg]{ t s'/} x'Fb}g . ctM j}lbs ;+:sf/df rGb|dfsf] k"hf ug'{, k"l0f{dfsf] lbg j|t a:g', ;"o{ gf8L / rGb|gf8L -lk+ufn–O{8f\_ nfO{ k|0ffofdsf] dfWodåf/f ;Gt'lnt /fVg' xfd|f] ;'Gb/ hLjg k4lt xf] . crDdsf] s'/f t, k[YjL b]lv ;"o{;Ddsf] b"/L ;"o{sf] Jof;sf] !)\* u'0f 5 eg] k[YjLb]lv rGb|df;Ddsf] b'/L rGb|dfsf] Jof;sf] !)\* u'0ff 5 . s:tf] crDd .

**efiff M** of] dgsf] s'/f Tof] dg;Dd k'¥ofpg] ;fwg xf] efiff . cfkm\gf] ;f]r, larf/ / efjgfx? ;lhn} efiffsf] dfWodaf6 cleJoQm ug]{ x'Fbf klg dflg; ;j{>]i7 k|f0fL ePsf] xf] . efiffn] g} ;dfh / /fi6«nfO{ Psz'qdf afW5 eg] dfgatf / eft[Tjsf] efj klg efiffn] g} lbG5 . xfd|f] h:t} hgfj/ / k|s[ltx?sf] klg efiff x'G5 . dfq pgLx?sf] efiffdf zAbx? x'Ggg\ t/ cfjfhn] s'/fsfgL ub{5g\ . hgfj/, k+IfL / k|s[ltsf] efiff a'em\g ;Sg] dflg; rfFlx 1fgL k'?ifdf ulgG5 . h:t} s's/n] k'R5/ n'sfpg' eg]sf] Tof] s's'/ 8/fO/fv]sf]5 eGg] a'em\g\kb{5 . s'v'/fx? s/fpFb} dfG5] glhs cfP vfg]s'/f dfUb}5 eGg] a'em\g'kb{5 . sfnf] afbn d8fl/Pdf kfgL kb}{5 eGg] ;+s]t xf] . af]6la?jf ;'Sb} uPsf] b]lvPdf kfgL gk'u]sf] xf] eGg] yfxf x'G5 . ;"of]{bon] ;a}nfO{ hfUg / cf–cfkm\gf] sd{ ug{ lglb{i6 u/]sf] x'G5 . lxFp kg{ yfNof] eg] hf8f] df};d nfUof] eGg] ;+s]t x'G5 . k|To]s hgfj/, kz'k+IfLsf] cf–cfkm\gf] efiff x'G5 . o:tf efiffx? a'em\g'df 5'§} cfgGb x'G5 . elGg5– kfNkfsf /fhf d's'Gb ;]g eg] hgfj/, kz'k+IfL;Fu s'/fsfgL ub{y] .

**a'4Tj M** a4Tj k|flKt kl5 Tof] dfG5]sf] jl/kl/ lah'nLsf aNax? em'08ofOP h:tf] x'G5 eGg] xf]Og . of] t dflg; leq cGt/lglxt pTs[i6 :jefj xf] . a'4Tj k|fKt ePsf] JolQm cToGt zflng x'G5, v';L / lk8f b'j}df /dfpFb5, jt{dfgdf dfq afFr]sf] x'G5 . pm ax'hg lxtsf] nflu afFr]sf] x'G5 / O{Zj/;Fu ;fIffTsf/ u/]sf] x'G5 . lsgsL bQlrQ eP/ Wofg ul/;s]kl5 p;nfO{ ;x–cfl:tTj / cfTdfaf]w ePsf] x'G5 . hLjg / hut /fd|/L lrg]sf] x'G5 . cfkm\gf wd{, sd{ af/] /fd|f] 1fg eO;s]sf] x'G5 . a'4Tj k|fKt eGg' g} 3d08, l/;, /fu, å]if, sfdaf;gf, nf]eaf6 d'Qm x'g' xf] . p;n] k|s[ltsf x/]s s'/fx?nfO{ ;'Id cg'ea u/]sf] x'G5 . xfdL ;a} dflg;x?df a'4Tj x'g] u'0f / lap 5, cfkm"leq g} . dfq To;nfO{ x'sf{pg ;Sg' kb{5, hufpg' kb{5 . ;flTjs ef]hg, ;tsd{, of]u Wofg, k~rzLnsf] kfngf dfkm{t g} a'4Tj k|flKt x'G5 . clxn];Dd of] wtL{df !))\* a'4x? cjt/0f eO;Sg' ePsf] 5 . h] xf];, k|]d / 1fgsf] Hof]tL af8\g] dxfk'?ifx?nfO{ a'4 elgG5 . Pp6f ;fwsn] bfg, Ifdf, zLn, jLo{, an, pkfo, Wofg, 1fg xfl;n u/]kl5sf] ca:yfnfO{ …kf/ldtfÚ cyjf …a'4TjÚ elgG5 .

**t];|f] cfFvf M** oL xfd|f b'O{j6f cfFvfx? aflx/L ;+;f/ x]g]{ cfFvfx? x'g\ . l7s o;/Lg} leqL jf cfWoflTds hut x]g{nfO{ t];|f] cfFvf v'Ng' h?/L x'G5 . b'O{ cfFvL ef}+sf] lardf l6sf nufO{g] :yfg leq /x]sf] s]/fpsf] bfgf hqf] :gfo" (Pineal Gland) nfO{ t];|f] cfFvf elgG5 . xjfO{hxfh leq ePsf k|To]s ultlalwx? Black box df (Record) e08f/0f eP h:t} xfd|f] hLjgsf k|To]s 36gfx? olx :gfo"sf] 8Nnf]df e08f/0f eO/fv]sf] x'G5 . o;}nfO{ hfu[t ug{ ;Sof] eg] e"t–at{dfg–elaio ;fy} cgGt a|Xdf08sf] af/]df yfxf kfpg ;lsG5 . ToxL eP/ k"0f{ a|Xd1fg kfpg t];|f] cfFvf v'Ng} kb{5 . of]u Wofg, elQmefj x/]s dflg;sf] clGtd nIo x'G5 . ;flTjs ef]hg, k~rlznsf] kfngf, ;t\sd{, of]u Wofg / O{Zj/ elQmefjsf] dfWodaf6 dfq t];|f] cfFvf v'Nb5 . t];|f] cfFvf v'n]kl5 dfq 1fg, k|]d / s?0ff efj k|ikm'6g x'G5 . t];|f] cfFvf v'n]kl5 dflg;df e|d eGg] s'/fg} x'Fb}g . p;n] hLjg / hutnfO{ a'em]sf] x'G5 . a|Xd1fgL eO;s]kl5 ;TonfO{ a'em]sf] x'G5 .

oxL t];|f] cfFvfsf] ;+s]t :j?k xfdLx?n] l6sf nufPsf xf} . ;]tf] rGbgsf] l6sf nufpg' pQd x'G5 . xfd|f] j}lbs ;+:sf/nfO{ gSsn ub}{ klZrdL d'n'sx?df klg dlGb/, lk/fld8x?df t];|f] cfFvfsf] lrq /fv]sf 5g\, . k|flrg lu|s ;Eotfdf t k/Lx?sf] lgwf/df t];|f] cfFvfsf] lrq g} x'GYof] . ;fy} cd]l/sL 8n/df klg t t];|f] cfFvfsf] lrq c+lst 5 . olx t xf] lzjhLsf] t];|f] g]q eg]sf] . h] xf];\, t];|f] cfFvf eg]sf] cb[Zo cfWoflTds ;+;f/ b]Vg ;lsg] cfFvL em\ofn xf] . O{Zj/n] xfdLnfO{ x]g]{ cfFvf / xfdLx?n] O{Zj/nfO{ b]Vg] cfFvf Pp6} x'G5 . Tof] >]i7 cfFvf g} t];|f] cfFvf (Third Eye) xf] . ;"tL{, ufFhf, /S;L, df;', bfFt d~hg leq k|of]u ePsf] Floride h:tf /;fogx?sf] sf/0fn] t];|f] cfFvfdf kbf{ nfu]sf] x'G5 . dfly eg]em} ;flTjs ef]hg, k+rzLnsf kfngf, ;t\sd{, of]u–Wofg / O{Zj/ elQmefj dfkm{t dfq xfd|f] t];|f] cfFvf v'Nb5 .

**lk/fld8sf] jf:tljstf**

lu|s efiffdf Pyra (Fire), Mid (Middle) = Pyramid cyf{t …larsf] cfuf]Ú eGg] cy{ x'G5 . o; lx;fan] lk/fld8sfnfO{ Pp6f cf0flas e6\6L eg]/ ;lhn} cg'dfg nufpg ;lsG5 . h] xf];, lk/fld8sf] agf]6 / sflnu9Ln] ;f/f ljZjg} cfZro{rlst ePsf] 5 . lxhf]cfhsf] cTofw'lgs cf}hf/ k|of]u ubf{ klg agfpg g;lsg] lazfn lk/fld8 rfFlx Tof] hdfgfdf s;/L dfG5]sf k'vf{x?n] agfP xf]nfg\ t < a}1flgsx? lha|f] sf9\5g\ , pT;'stfsf ;fy sf]6\ofpFb5g\ t/ oyfy{ yfxf gkfP/ /0fe'Nndf k/]sf 5g\ . cfWoflTds ;+;f/;Fu hf]l8gsf nflu o; k|sf/sf] lk/fld8 ag]sf xf]nfg\ eg]/ l;km{ c8\sn dfq nufpFb5g\ . lk/fld8sf] cy{, dxTj / af:t' a}ejtf af/] s]xL klg yfxf kfpg ;s]sf 5}gg\ .

k|flrgsfndf dxlif{ o1SNSofn] g]kfnsf] hgsk'/ wfd glhs} lazfn lk/fld8 agfPsf lyP . h;sf] sfd a|Xdf08Lo phf{nfO{ Pslqt u/]/ lah'nL lgsfNg' lyof] . To;kl5 bf];|f]df ltAatdf / t];|f]df Oh/fondf agfPsf lyP . Tolta]nf oL k'/} e'efu -cfwfljZj\_ g} ef/taif{ -g]kfnsf /fhf e/tsf] zf;g) cGtu{t kb{Yof] . olx s'/fsf] gSsn u/]/ OlhK6af;Lx?n] klg g]kfnsf] h:t} phf{ s]Gb| (Thermal Plant) agfPsf lyP . t/ kl5, o;nfO{ cfWoflTds vf]hsf] nflu agfOPsf] eg]/ JofVof ul/b} uOof] . jf:tjdf oL lk/fld8x? p; a]nfsf phf{ s]Gb|x?g} x'g\ . klZrd]nL a}1flgsx?n] j}lbs 1fgsf] e]p kfpg g;s]/ dfq lk/fld8 Ps /x:odo :df/s ag]sf] xf] . :d/0f /xf];\, sZok Clifn] ltAatsf] ltDNofË eGg] 7fpFdf / a?0fb]jn] clxn]sf] h]?;]nddf cf0fljs e6\6L agfPsf lyP . e/tk'/ lrtjgnfO{ /fhwfgL agfPsf tTsflng g]kfnsf /fhf e/tsf] /fHo ef/t aif{ olt lazfn sL k'j{df leotgfd / klZrddf Red Sea ;Dd km}lnPsf] lyof] .

**/]sL M** cfkm"leq cGt/lglxt ck/Dkf/ a|Xdf08Lo phf{sf] 1fg gx'g' cfh ef]lnsf tyfslyt ;Eo dflg;x?sf] nflu nfhdbf]{ s'/f] xf] . t/ xfd|f Clifd'lgx?nfO{ rfFxL æcx+ a|Xdf:dLÆ cyf{t a|Xdf08sf] phf{ xfdL leq g} 5 eGg] s'/fsf] /fd|/L 1fg lyof] . laZjsf] klxnf] laZjlaBfno æg]kfn gfnfGb laZjlaBfnodfÆ a|Xdf08Lo phf{sf] af/]df k9fOGYof] . o;}qmddf oz'lqmi6n] klg /]sL laBf g]kfndf cfP/ l;s]sf lyP . To;}n] t la/fdLx?nfO{ g5'Osg lgsf] kfb}{ lx8\by] elgG5 . olx s'/f eujfg\ a'4n] klg l;sfpg' ePsf] lyof] . k/sfok|j]z eg]/ d[t z/L/nfO{ k'gM hLjLt kfl/GYof] . w]/} kl5 pGgfO;cf}+ ztfAbLlt/ n'lDagLsf] lty{ofqf cfPsf hfkfgsf gful/s ldsfcf] p;'On] a|Xdf08Lo phf{sf] 1fg l;s] / /]sL Reiki eg]/ gfd lbP . h;sf] cy{ klg a|Xdf08Lo phf{ g} x'G5 . la8Dagf, ;+:ff/e/sf dflg;x?nfO{ Reiki yfxf ePtfklg o;sf] pTklQ g]kfnaf6 ePsf] s'/f rfFlx yfxf 5}g . a|Xdf08Lo phf{nfO{ xftsf] dfWodaf6 Pslqt u/]/ csf]{ sf]xL la/fdL lgsf] kfg]{ of] laBf clxn] ;+;f/e/g} nf]slk|o aGb} cfPsf] 5 .

**k~rsd{ M** xfd|f] zfl//Ls / dfgl;s /f]unfO{ kfFr tl/sfn] pkrf/ ul/g] cfo'j]{lbs k4ltnfO{ k~rsd{ elgG5 . lxhf]cfhsf] laiffbLo'Qm vfglkg / c:tJo:t lhjgz}nLn] ubf{ dflg;x? /f]usf] y}nf af]s]/ afFlr/fv]sf 5g\ . xfd|f] /Qmsf]lifsfx?df hDdf ePsf] olx laifx?nfO{{ km\ofs]/ la/fdLnfO{ k'gM z/L/sf] k|fs[lts ca:yfdf Nofpgdf k~rsd{ Hofb} pkof]uL 5 . oL x'g\ M jdg -afGtf ug]{\_, la/]rg -£o" kfgL lkP/ u'4f/af6 laiffbL kfgL km\ofSg]\_, j:tL -u'4f/ cyjf of]gL dfkm{t cfo'j]{lbs t]n xfNg]\_, g:o -gfsaf6 dgtftf] £o"sf] yf]kf /fVg]]\_ lalw / /Qmdf]If0f -h'sfnfO{ 6f]sfP/ v/fa /ut lgsfng] k|lqmof\_ .

P xh'/, s's/ / la/fnf]n] klg a]nfa]nfdf emf/ lgn]/ km]l/ cf]sn]/ jfGtf u5{ / lg/f]uL aGb5 . olx s'/fg} xfdLn] klg l;Sg'kb{5 . k~rsd{sf Side Effects gsf/fTds c;/x? s]xL klg 5}gg\ . lz/f]wf/f -lz/df dgtftf] tf]/Lsf] t]n r'xfpg] lalw\_ lxhf]cfh htftt} nf]slk|o ePsf] 5 . ;fpgf eg]/ Sauna tftf]kfgLdf 8'a'NsL lng], Sauna afkmn] g'xfpg] / z/L/df dfln; ug]{ rng t ljZje/g} nf]slk|o 5 .

**3/k}+rf] M** cfkm" a:g] 3/nfO{ dlGb/g} ;lDemP/ lbg} lkR5] w'k aQL ug'{kb{5 / of] dlGb/leq /S;L, df;' -l;gf]\_ efË wt'/f] sbflk klg k;fpg' x'Fb}g . gofF 3/ jf 8]/fdf ;bf{ ;fO{t x]/fP/ lbof] afn]/ 3/ ;g'{ eg]sf] ;f}efUo lgDTofpg' xf] . gfd g} 3/k}+rf] ePsf] x'Fbf, oL al;/fv]sf 3/x?df dflns k/dk/d]Zj/ x'g'x'G5 / xfdLx?n] s]xL aif{sf nflu hUuf / 3/ ef8fdf lnP/ a;]sf] ;Demg'xf];\ . olx eP/ t ;gftg ;+:s[ltdf cfkm"n] agfPs} ePtfklg gofF3/df ;bf{ ul/g] k"hfnfO{ …3/ k}+rf]]Ú elgPsf] xf] .

**sd{sf] kmn M** a|Xdf08df / k|s[ltdf 36\g] x/]s 36gfx?sf] sf/0f x'G5 . k|To]s lqmofsf] k|ltlqmof klg ToxL cg'?k x'G5 . lagf sf/0f / crfgs s'g} klg s'/f 36\b}g . xfdL h:tf] /f]K5f}+ To:t} g} kmn kfpFb5f}+ . l;p8L /f]k/ ;"o{d'vL km"nsf] cf; ug'{ d'v{tf x'G5 . :ofp /f]k]/ Rofp sbfkL klg kmNb}g . To:t} 3[0ffn] 3[0ff hGdfpFb5 eg] k|]dn] c? w]/} k|]d hGdfpFb5 . d[b' d':sfgsf ;fy af]Ng'eof] eg] ca:o g} dfFof kfpg'x'G5 .

xfdLn] ug]{ sd{ / ;f]rdf klg sd{sf] kmnsf] lgod nfu'x'G5 . k"j{hGdsf] ;+lrt sd{sf] kmn g} clxn]sf] h'gLdf ef]lu/fv]sf 5f}+ . kl/>d u/]/ sdfPsf] k};f a}+sdf hDdf u/]sf] eP dfq ATM d]l;gaf6 k};f lgl:sG5, geP sxfFaf6 lgl:sg' gL . xf} To;/Lg} k"j{hGdsf] sdfO{g} clxn] xfdL vfO/fv]sf 5f}+ . sd{ eg]sf] sfd xf] / To;af6 cfpg] kmng} efUo xf] . h:tf] sL, af/L vghf]t u/]/ tf]/L 5g'{ sd{ xf] eg] @ dlxgf kl5 tf]/L leqfpg' rfFxL efUo xf] . tf]/LnfO{ /fd|/L dnhn u/]df n6/Dd kmN5 t/ :ofFxf/;';f/ gu/] sxfFsf] tf]/L kmNg' gL < h:tf] sd{ u¥of] kmn klg To:t}g} ldN5, oxL g} sd{sf] kmn xf] .

**wfdLemfFqmL M** k/fk"j{sfn b]lvg} la/fdLx?sf] pkrf/sf] vflt/ wfdLemfFqmL ;+:sf/ rNb} cfPsf] 5 . ef}lts ;+;f/ / cb[Zo cWoflTds ;+;f/nfO{ hf]8\g ;Sg] x'gfn] xfd|f] ;dfhdf wfdLemfFqmLsf] 7"nf] dxTj 5 . cb[Zo ;+;f/df /x]sf b]jLb]jtf, xfd|f lkt[ s"nx?;Fu ;Dks{ ug{ tflGqs / e'Okm'§f wfdLx?n] dfq ;Sb5g\ . dfgj sNof0fs} vflt/ lzjz+s/ ef]n]af6 of] laBf xfd|f] ;dfhdf cfPsf] xf] . olx g]kfnsf] lxdfnL sfvaf6 pTkQL ePsf] wfdLemfFqmL laBf Shamanism rLg, ?;, d+uf]n x'Fb} o"/f]k cd]l/sf / k'/} ;+;f/ el/g} km}lnPsf] xf] .

z/L/, dg / cfWoflTds tTjn] xfd|f] hLjg ;+rflnt 5 . To;}n] cf}ifwL pkrf/sf] ;fydf wfdLemfFqmLx?sf] klg laZjf; lng'kb{5 . sfnf] af]sf] / /S;Lsf] 7]sL vf]Hg] gSsnL wfdL klg k|;:t} 5g\ oxfF . t/ s]xL e'Okm'§f wfdLx? eg] ;t\df a;]sf 5g\ . u|x zflGt, lkt[ bf]if, e"tk|]t, af]S;Lx?sf] cfqmd0f h:tf cb[Zo zlQm ;DalGWftsf] cf}ifwL pkrf/ eg] wfdLemfFqmLx?n] dfq ub{5g\ . z}tfgL zlQmx?af6 xfd|f] ;dfhnfO{ arfpg' logLx?sf] st{Ao xf] . cfw'lgs 8fS6/x?n] rfFlx z/L/sf] b[Zo /f]u, ls6f0f'x?n] u/]sf] cfqmd0f / lr/kmf/ ub{5g\ . cb[Zo cfWoflTds pkrf/ eg] wfdLemfFqmLsf] ;xof]u lng} kg]{ x'G5 . cfw'lgs 8fS6/L cf}ifwL cfPsf] t ()÷!)) aif{ hlt dfq t eof] lg . of] eGbf klxn] hl8a'6L, emf/km"saf6g} la/fdLx? lgsf] kfl/GYof] . ctM xfd|f k'vf{x? b]lvg} k|rlnt wfdLemfFqmL laBfsf] klg laZjf; ug'{kb{5 t/ la/fdLsf] cj:yf / k|s[lt x]/]/ .

**e"t, k|]t, af]S;L nfu]df cfkm"n] 3/df ug]{ s'/fx?**

!\_ ;fnw'k, uf]s'n w'k, w'kL, sk'/, e"ts]znfO{ wkf}/f]df /fvL afNg] .

@\_ af6]sf] w'k ;Nsfpg] / Pp6f b'gfdf a];f/, rfdn, df; ld;fP/ /fVg] -sfnf] sk8f, km"n, kmn klg\_+

#\_ ?b|fIfsf] dfnf leg]{ / of] dGq #@ k6s eGg] æpFm P]+ x|L+ >L+ lSn+ xf+ x'F x] xf} xf dxfanfo k/fqmdfo, e"t–k|]t lkzfr 8flsgL ;flsgL oIf0fL k'tgf df/L, dxfdf/L oIf /fIf; a]tfn u|x eIf0fL /fIf;flbsd, xg e}ho e}ho df/o df/o lzIfo lzIfo dxfdf/]Zj/ uf]/vgfy x'F km6\ e"t–k|]t af]S;L :jfxfF . zAb ;fFrf lk08 sfFrf km"/f] dGq O{Zj/f] afrfÆ ..

$\_ b'gfdf ePsf] a];f/, df;, rfdn, sfnf] sk8fnfO{ -Pp6f km"n / kmnkm"n /fvL 3/ aflx/ bf]af6f]df dG;fpg]\_ ufO{sf] £o"df lbof] afn]df pQd x'G5 .

**gf]6M** o1 k"hf–cfhfdf eg] ufO{sf] £o" rNb}g . z'4 tf]/L ;:of]{sf] t]ndf dfq lbof] afNg' kb{5 . cNk1fgL kl08tx?n] k"0o sfo{ k"hfcfhfdf klg £o" aQL aflnlb+bf Tof] 3/df emg\ czflGt km}lnPsf] xf] . £o"sf] afQL rfFlx gs/fTds phf{ e"t, k|]t, af]S;Lx? dg;fpbf dfq k|of]u x'G5 .

**## sf]6L b]jtfM** tyfslyt 7'6] afx'gx?sf] ckAofVofn] ubf{ ## s/f]8 b]jL b]jtf eg]/ e|d km}nfOof] . jf:tjdf ## sf]6L eg]sf] ## k|sf/sf b]jtf eGg] cy{ x'G5 . lt x'g\ M a;' \* -k[YjL, clUg, hn, jfo', cGtl/If, rGb|df, gIfq, ;"o{\_, ?b| !! -zDe', x/, ax'?k, qo+as, ckf/lhtf, a[iffsfkL, skfbL{, /]jft, d[uAofw, zjf{ / skfnL\_, ;"o{ !@ -wftf, ldq, cfo{df, z'qm, a?0f, c+z, eu, k"if, lajf:jfg, ;latf, tjf:yf / lai0f'\_, / k|hfklt @ -s'df/ / cZjLgL\_ u/L hDdf ## k|sf/ eGg] a'em\g'kb{5 . oL b]jtfx? klg ;b\u'? uf]/vfgfy af6 ;+rflnt 5g\ .

**dSsf M** O:nfd wdf{nDaLx?sf] klaq lty{:ynnfO{ …dSsfÚ elgG5 t/ k|flrg …dSsfÚ eg] sf7df08f}sf] /fgLkf]v/L b]lv k"j{k§L kb{5 . cem} klg d'l:nd ;d'bfosf dflg;x? r'/fkf]t] a]r]/ dSs]Zj/ dxfb]jsf] dlGb/nfO{ ;+/If0f u/]/ a;]sf 5g\ . aif{el/ u'Dah lr;f] x'g] / v8]/Ls} df};ddf klg tKktKk kfgL v:g] klg ub{5 . dSs]Zj/ dxfb]j rfFlx afaf uf]/Ifgfysf] /fqL zlQm xf] . dSs]Zj/af6g} dSsf zAb pTklQ eof] . k'/f0f zAb cke|+z x'Fb} s'/fg eof] . d';ndfgx?n] klg g]kfnL 6f]kL g} nufpFb5g\ t/ clns lauf/]/ nufpFb5g\ . df}nfgn] nufPsf] 6f]kL eg] x'ax' g]kfnL 6f]kL g} x'G5 .

**laåfg M** j]bx?sf] 1fg ePsf], cfkm"n] cfkm}nfO{ /fd|/L lrg]sf] / c?nfO{ klg af6f] b]vfpg ;Sg] 1fgL dflg;nfO{ laåfg elgG5 . 1fg eg]sf] hLjg Hof]tL ePsf]n] ;+;f/df ;aeGbf dxTjk"0f{ s'/f 1fg xf] . /fhf b]zdf dfq k'lhG5 . t/ laåfg ;+;f/e/ k'lhG5 .

lab\jTj+ r g[kTj+ r g}j t'No+ sbfrg

:jb]z k"Hot] /fhf, laåfg ;a{q k"Hot] .

**rf/ o'u M** xfd|f] ;+;fl/s cl:tTjsf] ;dorqmnfO{ o'u elgG5 . h;/L xfd|f] k[YjL ;"o{nfO{ kl/e|d0f ug]{ qmddf ^ j6f Ct' aGb5g\, l7s To;}u/L gau|x ;lxt ;"o{n] klg cs}{ tf/fk'~hdf kl/e|d0f ug{nfO{ @%,))) aif{ nfUb5 . oxL @%,))) aif{sf] sfn u0fgfnfO{ rf/ efu nufpFbf ^@%) jif{sf] k|To]s o'unfO{ ;To, q]tf, åfk/ / slno'u elgG5 . ;Too'udf x/]s s'/f k"0osf] sfd x'G5 . pgLx?df ;sf/fTds ;f]r x'G5 / dflg;x? s]jn k|f0fjfo"n] dfq hLljt x'G5g\ . q]tf o'udf s]xL km6fxf k|a[lQsf dflg;x? hGdG5g\ / o; o'usf dflg;x? kmnkm"n dfq vfP/ afFRb5g\ . åfk/ o'usf dflg;x?df kfk ug]{sf] dfqf a9L;s]sf] x'G5 tyflk pgLx? cem} df+;fxf/ / dlb/f ;]jg eg] ub}{gg . t/ slno'usf dflg;? eg] e|i6 g} x'G5g\ . ;a}df gsf/fTds z}tfgL ;f]r x'G5 . pgLx?df O{Zj/ k|lt eQmLefj eg] k6Ss} x'Fb}g . wg–;DklQ / ef]slanf;df lnKt x'G5g\ . ;+ef]u, /S;L, df;' eg] kl5 x'?Ss} x'g] ub{5g lsgsL dflg;x? :jefj}n] /fIf; ePsf x'G5g\ . Ct' kl/at{g x'Fbf k[YjLdf / xfdLdf kg]{ c;/ h:t} ;"o{n] gau|xsnfO{ ;fydf lnP/ cs}{ tf/fk'~hnfO{ kl/e|d0f ubf{ aGg] c;/rfFlx o'u kl/at{gsf] c;/x? x'g\ . clxn] xfdL slno'usf] cGTolt/ 5f} . To;}n] t ljZj k'/} eb|uf]n ePsf] 5 . dflg;x? z}tfgL ag]sf 5g\ . dfgjtf / O{Zj/ elQmefj slQ klg 5}g . /fIf;L ef]hg / z}tfgL ;f]rn] cfqmfGt 5, ;f/f b'lgofF . dxfdf/L / k|fs[lts k|nox? o;sf HjnGt pbfx/0fx? x'g\ . o:tf ;a} kl/36gfx? o'u kl/at{gsf] ;"rs x'g\ . ca l5§} g} xfdL q]tf o'u jf /fd/fHodf k|a]z ub}{5f} hxfF ;'v–zflGt, Gofo / cfgGbsf] cg'e"lt x'G5 .

Ol08og lxGb' wd{zf:qn] t snLo"ug} $ nfv #@ xhf/sf] dfGb5 . t/ of] u0fgf dfga hutsf] nflu eg] kSs} nfu' gxf]nf / cfd dflg;x?n] e]p kfpg klg ;Sb}gg\ . af:tadf, ;dors| klg b[Zo / cb[Zo ?kn] rn]sf] x'G5 h:tf] ls– nf]sn] b]Vg]u/L gagfyx?n] /fd, s[i0f, a'4 h;/L cjtf/ wf/0f ug'{x'G5 eg] cb[Zo?kdf klg hutsNof0fsf] vflt/ gagfyx?n] wd{sfo{x? ul/g}/fVg' x'G5 . oBlk gagfyx?n] cb[Zo?kdf kl/lytL cg';f/ ;dog} km]/abn ug{ ;Sg' x'G5 . eujfg uf}td a'4 / lzj–uf]/v bz{g kfpg'x'g] lzjk'/L afafsf] egfO{ cg';f/ @,#)) aif{sf] Ps o'u x'G5 . eujfg uf}td a'4sf] ;donfO{g} cfwf/ dfg]/ x]bf{, uf}td a'4 dxfkl/lgdf{0f x'g'ePsf] @,^)) aif{ eof] . @,^)) df Ps o'u @,#)) aif{ hf]8bf $,()) aif{ eujfg >Ls[i0fsf] 4fk/ o'u / km]/L csf]{ @,#)) aif{ hf]8bf &,@)) eujfg /fdsf] q]tf o'u x'g cfpb5 . o;/L x]bf{ xfd|f] uf]/v ;+Dat u0fgf / k'/ftflTjs k|df0fx?n] b]vfpg] eujfg /fd, s[i0f, a'4sf] ;do sfn u0fgf Pp6} x'g cfpb5 . ;Too'u rfFlx o'u geP/ a|Xdr]tg af6 cfpg] ;f]r xf] .

olx @)&& d+lz/ @^ ut] pTktLsf PsfbzLsf lbgb]lv lalwjt?kdf snLo'u ;dfKte} xfdL q]tfo'udf k|a]z ul/;s]sf 5f} . olx z'elbgdf, uf]/v;+Dat gofFaif{sf] pknIfdf uf]/vgfy sNof0f s]Gb| g]kfnn] s'z]Zj/wfd l;Gw'nLdf lzjuf]/If dlGb/sf] lznGof; u/]sf] 5 . tTkZrft, ;"o{ / rGb|dfsf ls/0fx?df klg kl/at{g x'b} cfPsf] 5 . snLo'udf rGb|dfsf] \* ls/0f / ;"o{sf] !@ ls/0f lyof] eg] clxn] q]tfo'udf rGb|dfsf] #^ ls/0f / ;"o{sf] &@ ls/0f ePsf] 5 . ;"o{df cbe't -xhf/f+} sf]if cUnf\_ lazfn Hjf/ef6f cfO/fv]sf] s'/f t af/Daf/ vuf]nzf:qLx?n] elg/fv]sfg} 5g . of] a}1flgs cfwf/n] / ;+;f/nfO{ cfs|fGt kf/]sf] sf]/f]gf lk8fn] klg k'li6 ub{5 ls xfdL o'u kl/at{gsf] ;+3f/df 5f} .

**wgcfh{g M** hLjg hLpgsf] nflu wg cjZo rflxG5 t/ dflg;x? wg sdfpgsf] nflu afFr]sf] b]v]/ eg] dnfO{ pb]s nfU5 . ef]6f] / sfqf]df uf]hL x'Fb]g eGg] s'/f yfxf x'Fbfx'Fb} klg lsg k};f k};f eg]/ 56k6fO /fv]sf] xf]nfg\ . hLjgsf] cfwfpwL ;do k};f sdfpFb}df laT5, k};f sdfpgs} nflu z/L/ lau|G5 . ar]sf] cfwf hLjg, /f]uL zl// l7s kfb}{df hfG5 . clGtddf g t z/L/ /xG5 g t k};f y'OSs k6d'v{x? xf] .

**3d08 M /f**gLnfO{ klg v/fgL kfg]{ cfuf] xf] afa', of] 3d08 eGg] s'/f . ?k, an, ;DklQsf] 3d08 ug'{ Joy{ 5 . oL ;a} Ifl0fs x'g\ . cfh ltdL;Fu 5 ef]ln csf]{;Fu x'G5 . afr'~hn t]/f] d]/f] cfkmGt leq g} snx cgL d/]kl5 km"nkftL lbPsf] s] sfd < clGtddf rflxg] ToxL @ ef/L bfp/f t xf] gL .

wg dfq eP/ of] dgdf, cfgGb ldNb}g gL

afr'~h]n ug'{ t]/f] d]/f], lhGbuL Aoy{ 5 gL …………. -zfb{"n laqmL8Lt 5Gbdf\_

;fRr}sf] of]4f Tof] JolQm xf] h;n] ;/;xof]u ub{5 ;w}+ c?nfO{ x/fpg] s'/f dfq ;f]Rg] JolQm sft/ x?jf xf] . clg l/;, 3d08, nf]e, sfd"stfnfO{ cfkm\gf] a;df /fVg ;Sg] JolQmg} af:tljs of]4f sxlnG5 .

**;"o{u|x0f M** uf]/v ;+at @\*!# cui6df; % ut] -lj=;+=@)&& c;f/ &\_ tbg';f/ @! h'nfO{ @)@) cfOtaf/sf] lbg ztflAbs} nfdf] ;"o{ u|x0f nfUof] . l7s o:t} ;"o{ u|x0f nfu]kl5 dxfef/t o'4 ePsf] lyof] . o;/L x]bf{v]/L cfhsf] ;"o{ u|x0fn] g]kfn ef/t lar k'gM dxfef/t z'? x'g]5 / g]kfnnfO{ rfOgf tyf ?;n] ;xfotf ug]{ s'/f lglZrt 5 . t/ of] t];|f] o'4 rflx cb[Zo hLj, /;folgs la:kmf]6af6 x'g] 5f6sf6 5 . Hof]tlifo b[li6sf]0faf6 x]bf{v]l/ klg cfhsf] cb\e"t sfn;k{of]u -;"o{ u|x0fn] ;+;f/e/ qfxLqfxLsf] l:ylt Nofpg] ;+s]t u/]sf]5 . ;"o{u|x0fsf] sf/0fn] eF'Orfnf] hfg], dxfdf/L km}ng], ad k8sfpg], o'4 rs{g], /fhg}lts cl:y/tf lgDTofpg] tyf k|fs[lts k|sf]kx?n] hghLjg c:tJo:t aGg] x'G5 . h]xf];\, q]tfo'u -/fd/fHo\_ sf] cfudg :j?k o:tf] vuf]lno 36gf ePsf] a'em\g' kb{5 .

**!^ >f4 M** lbj+ut cfkmGthgx?sf] d'lQmsf] sfdgf ug]{ p2]Zon] k|To]s dlxgfsf] Psk6s -d[To' ePsf] ltlydf\_ ul/g] lkt[ tk{0fnfO{ >f4 elg5 . >4fefjaf6 ul/g] k"hfnfO{ æ>f4Æ elgPsf] xf] . xfd|f lkt[x?sf] af; rGb|dfdf x'G5 eg]/ wd{zf:qx?df pNn]v ul/Psf] 5 . !% lbgsf] z'SnkIfdf lkt[x?n] d'lQmsf] cf; u/]sf lbg x'G5g\ . To;f] t xfd|f] ! aif{sf] ;do lkt[x?sf] lbg / /ft x'G5 . ;"o{ pQ/fo0f ePsf] a]nf lbg dflgG5 eg] ;"o{ blIf0ffo0f ePsf a]nf lkt[x?sf] /ft x'g5 . csf]{ s'/f, rGb|dfn] k[YjLnfO{ kl/qmdf ug]{ rfnnfO{ u0fgf ubf{ ! jif{df !# dlxgf x'G5 . k|To]s dlxgfdf Ps k6s -cfkmGtsf] d[To'ePsf] ltlydf\_ >f4 ug]{ xf] eg] Ps jif{df !# >f4 kb{5g\ . ;"o{ pQ/fo0f x'Fbf Pp6f >f4 / ;"o{ blIf0fo0f x'Fbf ul/g] csf]{ >f4 u/L hDdf !% j6f >f4 x'G5g\ / o;df klg Psd'i7 aif{sf] Psk6s >fj0f dlxgfdf ul/g] >f4 hf]8\bf hDdf !^ >f4 ul/G5 . Hof]tLlifo u0fgf cg';f/ >fj0f dlxgfdf rGb|df k[YjLsf] w]/} glhs x'g] / xfdLn] ck{0f u/]sf lkt[tk{0fx? lbj+ut lkt[x?n] ;lhn} k|fKt ug]{ ljZjf;sf ;fy >fj0f dlxgfdf !^ >f4 ul/G5 .

lkt[ tk{0f ->f4\_ lbgnfO{ a/fxIf]q -k|flrg xl/4f/\_ sf] sf]sfglb, gf/fo0f3f6sf] b]j3f6, / d'lStgfysf] sfua]gL ;+;f/s} pTs[i6 :yn dflgG5 . o:tf] klaq :yndf ul/Psf] lkt[tk{0fn] l;w} s'nlkt[n] k|fKt ub{5g\ . lqz'nLsf] a]qfjtL b]jL3f6df -pTt/uof h'g 7fFpaf6 zAb;[li6 eof]\_ ul/Psf] >f4 lkt[tk{0fn] s'nlkt[x?n] t'?Gt} d'lSt kfFpb5g\ . ;f}o{, jfo" / wtL{ phf{sf] nflu # k6s of] lkt[s'n tk{0f dGq eGg] M

lkt[ b]jf] ejM dft[ b]jf] ejM

s'n b]jf] ejM cfrfo{ b]jf] ejM

pFm gfu s"d{s/Ls/, b]abQ+ wgGhoM

**;+3if{ M** hLjgsf] csf]{ gfd xf] ;+3if{ . ;+3if{n] dflg;nfO{ k"0f{ hLjg lbG5 . h:tf] ls k'tnL aGgsf] nflu e'mFl;nls/fn] 7"nf] ;+3if{ u/]sf] x'G5 . xfdLn] To;nfO{ lg:sgdf ;xof]u u¥of} eg] Tof] p8\g ;Sb}g . p;nfO{ cfkm}n] kl/kSs aGg lbg'kb{5 . s'v'/fsf] c08f klg t aflx/af6 km'6]sf] c08fn] hLag aaf{b ub{5 t/ leqL zlQmn] cfkm}n] c08f km'6fP/ lgl:sPsf] rNnfn] dfq k"0f{ hLjg kfpFb5 . xfdLn] klg cfkm\gf afnaRrfx?nfO{ To;}u/L ;+3if{ ug{ lbg'kb{5 . aRrf n8]kl5 p;nfO{ cfkm}n] p7\g lbg' kb{5 tfsL p;n] rf]6 / sl7gtfsf] cg'ea ug{ ;sf];\ .

**hLjg phf{ M** xfd|f] z/L/ d'Vo t ;f}o{ phf{, jfo' phf{ / 3tL{sf] phf{n] ;+rflnt 5 . cGg vfg]s'/f t xfdL leqsf] kfrg k|0ffnL ;lqmo kfg{sf] nflu dfq xf] . a? vfg]s'/f geP x'G5 t/ 3fdsf ls/0f, xfjf / kfgL lagf hLjg ;+ej 5}g . 3fd gnfUg] sf]7fdf 9';L k/]sf] / sf7sf] vf6 dlSsPsf] t xfdLn] b]v]s} 5f} . To:t} u/L, 3fdsf] ls/0f kof{Kt dfqfdf u|x0f gu/] hLjg klg dlSsG5 . olx sf/0fn] 3fd gnfUg] klZrdL d'n'ssf b]z h:tM} gj]{, :jL8]g, 8]gdfs{, a]lNhod h:tf d'n'ssf dflg;x? a9L lg/fz clg tgfadf Depression x'G5g\ .

jfo' phf{ geP t hLjg emg\ ;+ej 5}g . jfo' lagf # ldg]6 klg afFRg ;lsb}g, ls s;f] < z/L/sf] ;Dk"0f{ c+uk|TofËdf k|f0fjfo' Oxygen k7fpg] Pp6} dfq dfWod xf] k|0ffofd . lgoldt k|0ffofdn] e/k'/ jfo' phf{ lbG5 / xfdL :j:y /xG5f} . a}jflxs hLjg kZrftsf] dlxgfjf/L / ;+ef]un] klg jfo' phf{ kl/k"lt{ u/]sf] x'G5 . ca, csf]{ tTj hLjg hn xf] . kfgL geP t af]6la?jf, kmnkm"n, hgfj/, dflg; nufot ;f/f k|f0fLx?sf] cl:tTjg} ;+ej 5}g . hLjge/ kfgL gvfg] p8';n] klg kfgLsf s0fx? lnO/fv]sf] x'G5 . ctM :j:y hLjgsf] nflu 3fd tfk]/ ;f}o{ pmhf{, k|0ffofd u/]/ jfo' phf{ / d"nsf] kfgL lkP/ hn phf{ k|fKt ug'{xf];\ . ;"of]{bo -piffkfg\_ df a:bf / zfsfxf/L ef]hgaf6 ;f}o{ phf{ k|flKt x'G5 . k|0ffofd jf ;+ef]uaf6 jfo"sf] phf{ k|flKt x'G5 eg] wtL{ jf :qL;+usf] :k;{af6 wtL{sf] phf{ pTkGg x'G5 . :j:y hLjgsf] nflu oL ltgj6} phf{ cTofjZos x'G5 .

**:jfl:ts lrGx M** ;[li6sf] lrGx ePsf]n] :jl:ts lrGxnfO{ h'g} klg z'e sfo{df k|of]u ul/G5 . xfdL clxn] z/L/df ePtfklg xfd|f] cfTdf rflx ;'Id k|sfz k'~hg} xf] / xfd|f] cfTdf?kL k|sfzsf] >f]t ;KtClif tf/fd08n ePsf]n] ;Dk"0f{ dfgax?sf] l;wf ;Dks{ ;KtClif tf/fd08n ;Dd x'G5 . dfgax?sf] k"vf{ dflgPsf dl/rL, dg', alzi7, c+lu/;f, k'nx, k'nT:o, qmt' h:tf dxifL{x?sf] lazfn lbAo k|sfzn] ;KtClif tf/fd08n ag]sf] 5 . h'g xfdL cfsfzdf k|Zgjfrs lrGx h:tf] b]Vb5f}+ . k|Zgafrs lrGx h:tf] tf/fk'~hsf] k'5f/sf] tf/f d/LrL To;kl5 qmdzM alzi7, c+uL/;f, cqL, k'nT:o, k'nx, qmt' h:tf dxifL{x?sf] lazfn k|sfz xf] . qmt' dxifL{sf] l7s tn w'|j tf/f (Polaris) x'G5 . ;do rqm cg';f/ ;KtClif tf/fd08nsf] cal:ytL klg km/skm/s x'G5 . lxpFbdf, a;Gt Ct[df, jiff{ Ct['df / z/b Ct'df b]lvg] lt ;KtClif tf/fx?sf] cal:ytLnfO{ Ps} 7fpFdf /fVbf :jl:ts lrGx aGb5 . larsf] 7'nf] tf/f rflx ;w}+ l:y/ /xg] w|'j tf/f xf] . o;/L ;KtClif tf/fk'~hsf] rqmaf6 :jfl:ts lrGx ag]sf] xf] . j}lbs ;gftg wd{b]lv rlncfPsf] of] :jl:ts lrGx ;+;f/sf ;a} wd{ ;Dk|bfox?n] >4felQm efjn] k|of]u ub{5g\ . rfOgfdf 'Wan Zi', hfkfgdf 'Manji' la|6]gdf 'Fylfot, hd{gLdf 'Hakenkreuz', lu|;df 'Tentraskelion', eg]/ :jl:ts lrGxnfO{ k'lhG5 . hd{gLdf eg] tfgfzfx lx6n/sf] pN6f] :jl:ts (Nazi's Symbol) sf] k|of]u sf/0fn] clxn] klg o; lrGxnfO{ k|ltaGw ul/Psf] 5 . jf:tjdf 38L h;/L 3'Dg] (Clockwise) :jl:ts lrGx eujtL sfnLsf] qmf]lwt ?kdf / hfb'df k|of]u x'G5 . kl/0ffd:j?k 38L h;/L 3'Dg] :jl:ts lrGx n] laWj+z lgDTofpFb5 , gs/fTds phf{ k}bf ub{5 / Adolf Hitler h:t} kfun÷;Gsfxf agfpFb5 eg] 38Lsf] lakl/t 3'Dg] (Anti clockwise) :jl:ts lrGxn] ;sf/fTds ;f]r, phf{ k}bf ub{5 . To;}n] k|To]s o1, xjg, z'e sfo{df 38Lsf] lakl/t (Anti clockwise) :jl:ts lrGx k|of]u x'G5 . of] g} lzj z+s/ ef]n] afafsf] ;[li6 rqm xf] .

**kfj{tL M** lxdfnosL k'qL kfj{tLsf] hGd s'Zdfsf] kftLrf}/df ePsf] lyof] . kfj{tLrf}/af6 cke|+z eP/ kftLrf}/ ePsf] xf] . snLo'usL dftf kfj{tLn] ef]n] lzjhL;Fu df5fk'R5]« d08kdf lajfx ug'{ePsf] lyof] . ToxL eP/ df5fk'R5]« lxdfn df5fsf] k'R5/ cfsf/sf b'O{j6f y'Dsfx? 5g\ eg] ToxL klaq y'Dsfsf] km]bdf u+uf]qL -u+uf, ;/:jtL, od'gf\_ pTklQ x'g' ePsf] 5 . olx cfWoflTds sf/0fn] ubf{ cem;Dd klg df5fk'R5]« lxdfndf sf]xL klg r9\g ;s]sf 5}gg\ / …s'df/L lxdfnÚ sf] gfdn] k|l;l4 kfPsf] 5 .

**o1–xjg k"hf lalw**

q]tf o'usf] cfudg eO;s]sf]n] ca kl08t, k"hf/L Ho"x?n] klg lgDg lnlvt k"hf lalwsf s]xL kl/dflh{t a'Fbfx? canDag ul/lbg'x'g cg'/f]w ul/G5 .

* kl08tHo" / o1 nufpg] stf{n] j}lbs kf]iffs nufpg] .
* law'/ kl08t, df+;fxf/L kl08taf6 ul/Psf] o1 kmn ldNb}g . kl08t klg a|fxd0f cfr/0f ePsf] / stf{ klg j}lbs ;+:sf/sf] kfngf ug]{ -/S;L–df;',–r'/f] gvfg]\_ ePsf] pQd x'|G5 .
* ========= slno'u] eGg] 7fpFdf kf7 ubf{ ca a|fxd0fx?n] æq]tf o'u] ef/tjif]{ g]kfn v08]Æ eg]/ eGg'kb{5 .
* k~rfd[tsf] ;f6f] dx dfq r9fpg'xf];\ .
* lzjhLsf] k"hfdf sfnf] sk8f, /ftf] cIftf, hf}, £o", b'w, cla/ s]z/, uf]a/, ux't, efË, wt'/f], v/fgL, anL r9fpg' x'Fb}g .
* lzj uf]/If -?b|L\_ nufpFbf u+ufhn, a]nkq, s'z, ltnkfgL rGbg, ;]tf] rfdn, t]n aQL, ?b|fIf, gfua]nL, r'jfsf] km"n, cgf/kmn, z+v WjgL pQd dflgG5 .
* £o"sf] afQLn] e"t k|]t hfUg] x'Fbf, o1 xjgdf sbfkL klg £o"sf] aQL afNg' x'Fb}g .
* d;fg3f6 of lrtfdf aflng] cfuf]nfO{ æ:jfxfÆ elgG5 eg] o1 xjgdf aflng] cfuf]nfO{ æ:jwfÆ elgG5 . To;}n] dGqf]r/0f kl5 æ:jwfÆ eGg'kb{5 . :jfxfsf] k|of]u t s'g} lrh gi6 xf];\ eidxf];\ eGbf dfq dGqf]r/0fsf] clGtddf æ:jfxfÆ elgG5 . af]lnrfnLdf klg, ækmnfgf]n] t h'jfdf ;a} ;DklQ :jfxf kfof]{Æ eG5f} . ctM :jfxfsf] cy{ eid v/fgL eGg] x'G5 .
* a/lkknnfO{] sbflk klg wfFuf]n afWg' x'Fb}g .
* z'?d} hg};'kf8L /fv]/ s'df/ sflt{Sosf] k"hf ug'{kb{5, 3fF6L sfl6Psf] nDAff]b/ u0f]zsf] xf]Og . nDaf]b/ u0f]z t snLo'udf dfq k'lhGYof] . ca t, @)&& d+lz/ @^ ut] pTktLsf PsfbzLsf lbg (uf]/v ;+Datsf] gofFaif{) b]lv lalwjt?kdf snLo'u ;lsP/ q]tfo'usf] cfudg e};Sof] . To;}n] t} htftt} gf/fo0f :j?k eujfg\ /fdsf] vf]hL x'Fb}5 .
* snLo'usf] nIdLnfO{ ;'g, ux'Ft, uf]a/, £o", hf} n] k'lhGYof] . ca t nIdL klg q]tf o'udf cfP/ dxfnIdL eO;Sg'eof] . To;}n] ;'g, uf]a/, £o", b'w, ux'Ft, hf} sf] k|of]u k"hfdf ug'{x'Fb]g . pbfx/0fsf] nflu u0ftGq cfPkl5 >L % sf] ;/sf/ n]Vg plrt geP h:t} xf] .
* b]jLx?sf] k"hfdf r'/f kf]t], /ftf] l6sf, cla/, s]z/ hf}, 306L, clgjfo{ 5 t/ kz' anL sbflk rNb}g . kz' anL t e'tk|]t /fIf;u0fx?nfO{ dfq r9fpg] ul/G5 .
* o1s'08 of dlGb/ kl/qmddf ubf{ 38Lsf] lakl/t 3'Dg' kb{5 lsgsL ;f}o{ phf{ of k|s[ltsf ;a} phf{x? 38Lsf] lakl/t (Anticlockwise) 3'Db5g\ . h:tf] sL gIfqsf] rfn, gau|xn] ;'o{nfO{ ug]{ kl/qddf, k[YjLsf] kl/e|d0f, kfgLsf] e"d/L, cfFwLsf] e"d/L oL ;a} g} Anticlock wise 3'D5g . klaq :jl:ts lrGx, z/L/ leqsf] s'08nL hfu/0f, Hof]ltifLn] u|x:yfg -lrgf\_ /fVg] tl/sf, nx/fx?sf] 3'dfO{, asf]{ cf]9\bf of bf}/f ;'?jfn ;f8L rf]nf] nufpFbf klg t bflxg]lt/af6 b]j]{ tkm{ 3'Db5 . hfFtf] lk:bf xf]; of uf]?sf] bfFxL klg Anticlock wise 3'Db5 . cfdfsf] k]6leq aRrfsf] klxnf] a;fO{ klg Anticlock wise x'G5 . r/fx?sf] klxnf] p8fg, kz'x?sf] klxnf] a;fO{, n'uf l;nfO{, 3f]8f bf}8, v]ns'b bf}8 -3'dfp/f]\_ cflb OToflb ;f/fs'/fx? bflxg]af6 b]j|]lt/ Anticlockwise df]l8G5g\ .

o;sf] k|d'v zf:jt l;4fGt eg]sf] ;f}o{ phf{ tyf k|s[ltsf zlQmx? bflxg]af6 b]j]|lt/ Anticlockwise 3'Db5g\ / xfdL ToxL zlQm;Fu aUgnfO{ ;lhfn] x'G5 . vf]nf lakl/t lx8\g t ufx|f] x'G5 sL s;f] < ctM a|Dxf08Lo phf{ -b}ljs zlQm\_ x?sf] rfn;Fu} bflxg]af6 b]j|]lt/ (Anti clockwise) 3'Dg'kb{5 . j}lbs k/Dk/fdf olx g} rng lyof] . t/ xfd|f wfld{s k';tsx? klg Ol08ofdfg} 5flkg] / tyfslyt kl08t u'?x?sf] dgu8Gt] JofVofn] xfd|f] wd{ ;+:s[tLnfO{ klg k|b'lift kf/]sf] 5 . …… ;a}nfO{ r]tgf eof ……

**kz'anL k|yf M** cltl/Qm zlQm, an k|flKtsf] sfdgf ub}{ r9fOg] k|;fbnfO{ anL elgG5 rfx] Tof] kmnkm"n of gl/an g} lsg gxf];\ . t/ ef/lto ;+:s[ltaf6 km}lnPsf] kz'anL k|yfn] g]kfndf klg ulx/f] h/f] uf8]sf] 5 . laz]if u/L u9LdfO{ nufotsf sfnL÷eujtLsf] dlGb/x?df / e}/asf] dlGb/x?df kz'anL r9fOG5 . jf:tjdf pQm kz'jnL eujtLnfO{ ck{0f u/]sf] ge} eujtLsf zfg–dfg, e"t–k|]t lkzfr u0fx?sf] ef]s t[Ktsf] nflu ul/Psf] xf] . lsgeg] j]bzf:qx?df pNn]v eP cg';f/ kz'anL sd{af6 e"tsf] k"hf x'G5 . kmnkm"n cGgn] dfG5]÷k|f0fLx?sf] anL k"hf x'G5 . lalwk"j{s ul/Psf] xjgaf6 b]jtfx/sf], >f4af6 lkt[x?sf] / j]b kf7af6 Clifd'lgx?sf] anL lbOG5 . h;n] jxfFx?nfO{ c;fWo} an ldNb5 .

**xjgM** ltn, t]n, rfdn, uf]s'nwF'k, sk"/, wF'kL, h:tf h8La'6Lx?nfO{ Ps;fy df]n]/ lalwk"j{s xjgs'08sf] clUgdf ul/Psf] cfx'tLnfO{ …xjg… elgG5 . o;/L ul/Psf] xjgsf] kmn ;"o{n] k|fKt ub{5 / ;"o{af6 a[li6 x'G5 . kmn:j?k, jftfj/0f z'4 x'G5 . a[li6af6 k|s[ltdf cGg pAhG5 / ;f/f k|f0fLx? lhljt x'G5g\ .

s]xL klxnf ;Dd, xjgnfO{ cGwlaZjf; eGg] / ……rfdn 88fpg'sf] ;f6f] ef]sfx?nfO{ v'jfpg' gL …… eGg]x? xjgsf] a}1flgstf a'em]kl5 r'krfk 5g\ . xjg ubf{ 88fOPsf] rfdnn] t @)÷@% hgfsf] ef]s dfq 6b{Yof] t/ oxfF t s]xL dfG5x?sf] ef]s 6g]{ s'/f geO{ k|s[lt, jftfj/0f z'4 kfb{5 . olx s'/fnfO{ kfZrfTo a}1flgsx?n] Pp6f 7'nf] ;efsIfdf k|of]u cg'ifGwfg u/]/} x]/] . clg ToxfF xjg klxnfsf] jfo"sf] l:ytL / xjg kl5sf] jfo"sf] z'l4s/0f b]v]/ cfZro{rlst k/] . To;l5 eg] ;+;f/e/sf dflg;x?n] o1 xjgsf] dxTj a'emb}cfPsf 5g\ . ……xjgn] kjg z'4, ;t\;+un] 1fg z'4…… eGg] s'/f ;a}n] cfTdf;fy ug{ yfn]sf 5g\ .

**o1 M** kmnsf] OR5f g/fvL ul/g] klaq sfo{nfO{ o1 elgG5 . j]bsf] cWoog cWofkg ug'{ a|Xdo1 xf] . cfkm\gf] lkt[x?nfO{ ltn, hn, ;]tf] km"n, kmn w'Fkn] tk{0f lbg' lkt[o1 xf] . xjg ug'{ nfO{ b]jo1 elgG5 . kz'anL tyf sf6df/ u/]/ df;' vfg' eg]sf] e"to1 xf] . cltlyx?nfO{ ldi7fg ef]hgn] ;Tsf/ ug'{ klg Ps k|sf/sf] o1 xf] . oL kfFr k|sf/sf o1 ug]{ t/ -df+;eIf0f\_ eg] gug]{ dflg;sf] 3/df ;bf v'zL / zflGt 5fpFb5 . h] xf];\ xjg o1n] k|s[lt z'4 u/L ;sn k|f0fL, hLj / ag:ktLsf] k|f0f eg]{ sfd u5{ . ,

**lajfx M** ;[li6 ;+rfngsf] nflu k'?if / :qL lar k|]d aGwgdf afFlwg ul/g] ;+:sf/nfO{ lajfx elgG5 . sGof / k'?ifsf] kf/:kl/s OR5f :g]x cg';f/ ul/g] lajfx ufGwj{ lajfx (Love Marriage) xf] eg] sGofsf] OR5f lakl/t ckx/0f z}nLdf ul/Psf] lajfxnfO{ /fIf; lajfx elgG5 . hGds'08nL ldnfP/ sGof / k'?if lar k/:k/ :jLs[lt lnP/ sGofsf] lktfdftfaf6 sGofbfg u/L -hGtL, o1, ef]h\_ ul/Psf] lajfxnfO{ b}j lajfx elgG5 . of] g} pQd lajfx 7x5{ . lsgsL o;/L ul/Psf] lajfxaf6 hGd]sf] ;Gtfgx? ;'vL /xg] tyf ltg k':tfsf] lkt[s"nx?nfO{ kfkd'Qm u/fpg] x'G5 .

**;+ef]u M** ;d±ef]u cyjf k'?if :qL b'j}n] a/fa/ cfgGb ef]u ug'{nfO{ ;+ef]u elgG5 . ;+ef]usf] cy{ zfl//Ls ;DaGw dfq geO{ bfDkTo hLjgaf6 b'j}nfO{ k|fKt ;Gt'li6 eGg] a'em\g' kb{5 . tyfkL, cfd dflg;x?sf] a'emfO{df :qL / k'?if lar x'g] zfl//Ls ;DaGwnfO{ ;+ef]u 7fG5g\ . dlxnfsf] cyjf k'?ifsf] OR5f lakl/t ul/g] ;+ef]u clt 3[l0ft dflgG5 . cem, :qL dlxgfjf/L ePsf] ca:yfdf ue{a;]df hGdg] ;Gtfg ckfË jf t'R5 /fIf;L :jefjsf] hGdg] x'G5 . dlxgfjf/L ePsf] 5}6f}+, cf7f}+, bzf}+, afx|f}, rf}wf}+, ;f]x|f}+ /fqLdf ul/Psf] ;+ef]un] k'q k|flKt x'G5 eg] laifd /fqL &, (, !!, !#, !%, !& df ul/Psf] ;+ef]un] k'qL k|flKt x'G5 . dlxgfjf/L x'g' s]lx lbg cl3 ul/Psf] ;+ef]un] dlxnfx?nfO{ r/d\ cfgGb lbG5 . ;fy} of] a]nfdf ue{ g/xg] x'bfF olx ;dodf ;+ef]u ug'{ plrt x'G5 . lao{ ;+ro ug'{df g} cfglGbt hLjgsf] /x:o n's]sf] x'bfF lajflxt bDktLx?n] klg dlxgfsf] Ps k6s dfq ;+ef]u ug'{kg]{ s'/f zf:qdf pNn]v ul/Psf] 5 .

**;[li6 ;+rfng M** k/+a|Dxf k/dfTdfsf] O{R5f cg'?k :jo+e" ;bflzj k|s6 x'g'eof] . To;kl5 ;d:t u'0fn] o'Qm a|Xdf, lai0f', dx]Zj/ k|s6 eP / ltgsf zlQm :j?k lqu'0fflTdsf dfFof jf k|s[lt pTkGg eOg\ . a|Xddo c08, a|Xdf08 lg/fsf/ / cgGt 5 . olx a|Xdf08 leq tf/fk'~h, gIf]q, ;"o{ ;lxtsf] gau|x / k|s[lt 5g\ h;n] r/fr/ hutnfO{ ;+rfng ul//x]sf] 5 . xfd|f] k[YjL / k|s[lt k~rtTjaf6 lgld{t 5– jfo', hn, k[YjL, cfsfz / cUgL . olx k~rtTjaf6 afFsL ;f/f k|f0fL, af]6la?jf, kz'k+IfL / hLjsf] pTklQ x'G5 . a|Xdf, lai0f' dx]Zj/ -?b|\_ nfO{ lqb]j elgG5 . jxfFx? lar 7"nf] ;fgf] eGg] rfFlx x'Fb}g . a|XdfhLn] ;[li6 ug'{x'G5, lai0f'b]jn] kfngkf]if0f ug'{xG5 / dx]Zj/ -k'gM ;[li6sf] nflu ;+xf/|\_ n] ;+xf/ ug'{x'G5 . ;[li6sf] lgod, lalwsf] lawfg 5 . xfd|f] sd{ cg';f/g} kmn k|flKt x'G5 . olx ;[li6sf] lgod, dflg; nufot ;f/f k|f0fL k|s[lt ;+rfng ug]{ u/fpg] lawfgnfO{ …j]b… elgG5 . ;'Id k|sfz :j?k r]tgf h;nfO{ k'?if -lzj tTj\_ elgG5 / k~rtTjsf] k|s[lt -zlQm, dfFof tTj\_ sf] ;dfud af6 ;f/f ;[li6 ;+rflnt 5 . dg, a'l4, ;dorqm / sd{sf] kmnaf6 xfdL ;+rflnt 5f}+ . k|s[lt / k|f0fLx?sf] ;[li6 ug]{ qmddf lxdfnosf] sfvdf dflg;x?sf] klg ;[li6 ug'{ eof] . dfgjx?sf] k'vf{ eg]sf] ;KtClif / pgLx?sf] kTgL x'g'x'FG5 . sZok Clifsf] kTgL dg'sf] ue{af6 a|fXd0f, If]qL j}Zo, z'b| oL rf/ y/L dg'iox? hGd] . clbtLsf] ue{af6 ;"o{, rGb| ;fy} ## sf]6L -k|sf/\_ b]jtfx? sf] hGd eof] . sb|'sf] ue{af6 z+v, tIfs / dxfkßsf] hGd eof] . / jxfFx? qmdzM g]kfnsf] lxdfnoaf6 hDa'låk, KnIflåk, zfNdnLlåk, s'z+låk, qmf}rzfs låk k'is/låkdf km}nb} hfg'eof] . of] låkx? clxn]sf & dxfb]zx? x'g\ . hDa'låk eg]sf] clxn]sf] Indian Continent / KnIflåk eg]sf] American Continent xf] .

**hLj pTkQL M**  dg':d[lt cg';f/ hLjsf] pTklQ rf/ k|sf/n] x'G5 . z'qmls6af6 pTkGg x'g] dg'io / kz'x?nfO{ …lk08h… elgG5 . c08faf6 pTkQL x'g] ;k{, df5f, k+IfL h:tf hLjx?nfO{ …c08h… elgG5 . kmf]xf]/ d}nfaf6 pTkGg x'g] plkofF, h'd|f, p8'; lemFuf h:tf hLjnfO{ …:jb]h… elgG5 eg] aLp tyf xfFuf nfUg] vfns nx/f j[IfnfO{ …pbleh… elgG5 . oL hLjx? ;'Id k|sfz ?kL cfTdf jf r]tgfåf/f ;+rflnt x'G5g\ . dflg;x?sf] r]tgf rfFlx pRr >]0fLsf] r]tgf xf] lsgsL xfdLdf dg, ;f]r, a'l4 cx+sf/ / 1fg h:tf tTjx? x'G5g\ . kz' / ?v la?jfx?df 5'§f5'§}} r]tgf x'G5 . dflg;x?df h:tf] 1fg rfFlx s;}df klg xb}g .

**!\* k'/f0f M**  a|Xd, kß, lzj, lai0f', gf/b, efujt, clUg, eljio, dfs{08]o, a|Xdj}jt{, lnË, a/fx, :sfGb, afdg, dT:o, s'd{, a|Xdf08 / u?9 k'/f0f u/L hDdf !\* k'/f0fx? 5g\ . oL k'/f0fx?df a|Xd08Lo phf{, r/fr/ hutsf] ;[li6, k|s[ltsf] lgod, cfWoflTds phf{ s]Gb|x? lxdfnosf] dxTj, cfTdf1fg, hLjg–bz{g, of]u–Wofg, cfgGb / O{Zj/ k|flKtsf af/]df j0f{g ul/Psf] 5 . oL !\* k'/f0fsf /rlotf klg b]je"dL g]kfnsf] bdf}nLdf hGdg' ePsf dxifL{ j]bJof; g} x'g'x'G5 .

**dft[e"ld M** /fhf lalxg ePsf] nÍfdf /fhf eO{lbg laleif0f / nId0fn] dof{bfk'?iff]Qd eujfg /fdnfO{ cfu|x u/]kl5 eujfg\ /fdsf] d'vf/ laGbaf6 lg:s]sf] klaq arg xf] of]– æ++++clk :j0f{doL nÍf g d] nId0f /f]rt], hggL hGde"ldZo :juf{blk ul/o;LÆ . æ;'g};'gn] el/Psf] n+sf b]z eGbf d]/f] hGde"ld g]kfng} lk|o 5 . To;}n] efO{ nId0f, dnfO{ g]kfng} hfg b]pÆ eg]/ eujfg\ /fdn] ug'{ePsf] pb\3f]if ;a}sf nflu clxn]klg k|]/0ffbfos 5 . ;fRr}g} cfkm" hGd]sf] 7fpF :ju{em} Kof/f] nfU5, xf]Og / <

**efujt uLtfsf] ;f/**

cfheGbf sl/a %,))) aif{ cl3 g]kfnsf] bfdgdf hGdlnPsf kfFr kf08j -;Tosf kIfw/\_ / xl:tgfk'/ lgaf;L -clxn]sf] lbNnLdf a:g]\_ !)) efO{ b'i6 sf}/ax? lar dxfef/t o'4 ePsf] lyof] . s'?If]qsf] o'4d}bfgdf uP/ klg o'4 ug{ cfgfsfgL ug]{ wg'ifwf/L ch'{gnfO{ eujfg\ >Ls[i0fn] ;DemfO{ a'emfO{ ug]{ qmddf efujt\ uLtfsf] hGd ePsf] xf] . oxfF ch'{[g h:t} xfdL dflg;x? klg hLagsf] af6f] e'n]/ bf]wf/df k/]sf x'G5f}+ . sfd u/f}+ lsg gu/f}+n] cNemfO{ /fv]sf] x'G5 . cfkm\gf] sfd, st{Ao / hLjgsf] p2]Zo yfxf gkfP/ /0fe'Nndf k/]sf x'G5f}+ . hGd– d/0f, hLjg–d[To", b'Mv–;'v, k|]d–la5f]8, ;d:of / ;dfwfg, k|s[lt / O{Zj/;+u hf]l8Psf cWoflTds k|ZgfjnLx? dfg;k6n u'lGh/fv]sf] x'G5 . efujt\ uLtfdf hLjg / hut;Fu ;DalGwt k|Zgsf] hjfkm kfO{G5 . ;fu/ / efujt uLtf plQs} ulx/f] 5 . ;fu/df k;] 8'laG5 t/ uLtfdf k;] dflg; plqG5 lsgeg] oxfF hLjg / hutdf x/ k|Zgsf] pQ/ kfOG5 . eujfg >Ls[i0fn] ch'{gnfO{ kfq agfP/ xfdL ;a} dflg;x?nfO{ st{Ao, wd{ / ;Tosf] cfTdf1fg lbO/fVg' ePsf] 5 . To;}n] t efujt\ uLtfnfO{ klZrd]nL laåfgx?n] klg ;+:ff/s} pTs[i6 ;flxlTos s[lt dfg]/ w]/} h;f] laZjlaBfnox?df k7gkf7g u/fOb}5 .

efujt\ uLtfsf] ;f/ M

* of] gfzjfg z/L/ xfd|f] xf]Og, s]lx ;dosf] nflu xfd|f] cfTdf a:g] dlGb/ -3/\_ xf] . xfd|f] a;df s]xL klg 5}g . xfdL O{Zj/sf] ;'Gb/ ;[li6 xf} .
* xfdL vfnL xft cfPsf xf}, vfnLg} hfG5f}+ . wg, ;DklQ, cfkmGthg k|ltsf] dfofFdf]x Aoy{ 5 .
* h] x'G5, /fd|}sf] nflu x'G5 . xfdL lg:jfy{ efjn] sd{ ug{ / hLjgnfO{ cg'ea ug{ o; wtL{df hlGdPsf xf}+ .
* ;'v–b'Mv, hGd–d/0f, kfpg'–u'dfpg', k|]d–3[0ff, ldng–la5f]8 Psd'i7 cg'ej ub}{uOg] sf]qmf] b]lv lrtf ;Ddsf] ofqfg} ef}lts hLjg xf] eg] ;Tsd{ u/]/ d[To' kZrftsf] df]If k|flKt x'g] hLjgg} cWoflTds–;f:jt hLjg xf] .
* x/]s ;d:ofsf] ;dfwfg klg x'G5 . b'Mvn] 7"nf] kf7 l;sfO/fv]sf] x'G5 . 3f6f geO{ gfkmf yfxf gkfP em}, cldnf] lttf] grfvL, ld7f] yfxf x'b}g . cefj, b'Mv gkfO{sg ;'vsf] cg'e"lt x'Fb}g .
* z/L/ / cfTdf b'O{ km/s lrhx? x'g\ . z/L/ d5{ t/ cfTdf cd/ 5 .
* ;+3if{g} hLjg xf] . clx+;f k/dwd{ xf] t/ wd{ /Ifffsf] nflu o"4 ug'{ klg xfd|f] k/dst{Jo xf] .
* lg:jfy{ sd{ / O{Zj/ k|ltsf] elQmefjn] cfgGb ldNb5, cfTdf1fg hfUb5 .
* h:tf] /f]Kof] p:t} kmN5 of] k|s[ltsf] lgod xf] . sd{ ug'{ t/ kmnsf] cfz gug'{ lsgsL kmn– kl/0ffd xfd|f] xftdf x'b}g .
* ;Eo dfga eO{ cfkm\gf] wd{ -k|]d af8\g', k|f0fL / k|s[ltsf] /Iff ug'{\_ lgefpg', ;b}j ;tsd{ ug'{, hLjgnfO{ ;'Id cg'ea ug'{ / O{Zj/ elQmefjdf lng eO{ df]If k|flKtsf] nflu k|oTg/t x'g' g} hLjgsf] p2]Zo xf] .
* c1fgtf, nf]e, df]x, qmf]w, cx+sf/, 3d08 xfd|f] k/d zq' x'g\ / ;a} ;d:ofsf] h8 klg .
* ;Tsd{ / of]u–Wofg dfkm{t O{Zj/sf] ;fIffTsf/ x'G5 . To;sf] nflu zfsfxf/L ef]hg, k~rlznsf] kfngf -lgrf]g'{, g9f6\g', k|f0fL xTof gug'{, /S;L–df;' gvfg', h'jf–tf; gv]Ng', /08LafhL gug'{\_ ug'{kb{5 gqeg] z/L/ dl:tis / cfTdf z'l4s/0fsf] nflu oL unt sfo{x? g} afws x'G5g\ .
* xfdL h] vfG5f} ToxL aG5f} . ;flTjs ef]hgn] ;sf/fTds ;f]r NofpF5 . /fh;L ef]hgn] t[i0ff a9fpFb5 / tfd;L -/S;L, df;', ;'tL{\_ ef]hgn] /fIf;L k|a[lQ a9fpFb5 . ;flTjs ef]hgn] dfq c;n dflg; rl/qjfg agfpFb5 .
* ;tsd{ geO{ lrQ z'4 x'Fb]g, lrQ z'4 geO{ ;Gtf]if x'Fb}g, ;Gtf]if geO{ dg l:y/ x'Fb]g / dg l:y/ geO{sg zflGt x'Fb}g .
* ha ha e/t /fhfsf] /fHo -k'Go e"ld g]kfn\_ df cwdL{x? a9\5g\, z}tfgL zlQmx?n] /fh ug]{ s'rf]i6f ub{5g\ . tata wd{, j]b / cfkm\gf eQmx?sf] /Iffsf] nflu dfga ?kdf :jo+ k/d]Zj/ cjtf/ lng'x'G5 .
* 1fgg} hLjg Hof]tL xf] . O{Zj/ k|lt s[t1eO{ ul/Psf] elQmof]ug} df]If k|flKtsf] ;/n pkfP xf] . jf:tljs …dÚ / hLjgnfO{ a'em]kl5 dfq xfdLdf 3[0ff, 8/, qmf]w, cx+sf/, df]x, t[i0ff x6\b5 / cfTdf 1fg k|flKt x'G5 .

**lxdjtv08 M** – :jfdL d'xj{gL / dxifL{ cu:Tosf] ;+jfbaf6 z'? ePsf] :sGbk'/f0fsf] Ps c+z lxdjtv08 xf] . o; lxdjtv08df lxdfnosf] dxTj, cfWoflTds zlQmlk7x?, b]jtf / Clifd'lgx?sf] tkf]e"ld, dfgjx?sf] clGtd uGtAo:yn, laZjsf] >Lk]r g]kfnsf] af/]df la:t[t a0f{g ul/Psf] 5 . klaq e"ld g]kfnnfO{ ;Too'udf ;TojtL, q]tfo'udf tkf]jtL, åfk/o'udf d'lQm;f]kfg / slno'udf g]kfnLsf k'/L -g]kfn d08n\_ eg]/ lrlgGYof] . k'/f0fx?df g]kfnnfO{ kz'klt If]q, ldlynf b]z, ls/fFt b]z cflb gfdn] ;+jf]wg u/]sf] kfOG5 . slxNo} ;"of{:t gx'g] ;+;f/s} cUnf] 6fs'/f ;u/dfyf olx 5 . lzjz+s/ ef]n]sf] af;:yfg klaq s}nfz / jxfFsf] lqm8f:yn ag]sf] uf}/Lz+s/ lxdfn, df5fk'R5]«, wf}nflu/L lxdfn klg oxL g} 5 . klaq u+uf oxLaf6 au]sL l5g\ . lai0f':j?k zflnu|fd, ?b|sf] cIf -cfF;'\_af6 ?b|fIf k|s6 ePsf] e"ld klg oxL g]kfn xf] . ;Dk"0f{ dfgax?n] bz{g ug}{ kg]{ rf/wfd -kz'klt If]q, d'lQm If]q, ??If]q / a/fx If]q\_ klg oxL 5 . ufoqL dGq / ;+hLjgL dGqsf] /rgf g]kfndfg} eof] . eujfg\ /fd, s[i0f, a'4 oxL klaq e"dLdf hGdg'eof] . dxifL{ a]b Jof;n] $ j]b !\* k'/f0f bdf}nLdf a;]/ /rgf ug'{ eof] . o; wtL{sf] k|yd Hof]ltlnË pTklQ ePsf] klaq:yn / dfgj ;[li6 ul/Psf] s'z]Zj/ wfd klg oxL k"0oe"ld g]kfndf 5 . To;}n] ubf{ ljZjsf] >Lk]r g]kfn, zflGt / df]If rfxg] ;Dk"0f{ dflg;x?sf] clGtd uGtJo:yn xf] . lxdjtv08 k':tsn] g]kfnsf] ul/df / dlxdf d'Qms07n] a0f{g u/]sf] 5 .

**hft laefhg M** k"j{hGdsf] sd{ cg';f/ xfd|f] rf/j6f hft 5– k'?if, :qL, 5Ssf, lxr8f . xfd|f] :jOR5fn] :qL–k'?if cyjf 5Ssf–lxr8f ePsf] xf]Og . g]kfndf k|rlnt hfthfltx? rfFlx sd{sf] cfwf/df ag]sf] x'g\ . h:t}M /fhfsf] ;dfrf/ ;'gfpFb}g lx8\g] …s6'jfnÚ eP, vfgf ksfpg] / e08f/ x]g]{ …e08f/LÚ eP, j]bsf] 1fg ePsf …;'j]bLÚ eP, tfdfsf] sfd ug]{ …tfd|fsf/Ú eP, g]kfn6f/af6 cfPsf g]kfny/ eP, a/flnP/ lx8]sf afx'gx?nfO{ …a/fnÚ elgg yfNof] cflb OToflb .

;a}sf] /ut /ftf]g} x'G5, efjgf Pp6} x'G5 t/ ;+ls0f{ ;fdflhs lrGtgsf] sf/0fn] hfthfltdf lae]b ePsf] xf] . eujfg\ >Ls[i0fn] uLtf eGg' ePsf] 5 æhGdgf hfot] z'b| Msd{0ff låh pRot]Æ cyf{t hlGdbf ;a} z'b| -c1fgL\_ x'G5g\ sd{n] dfq dflg; a|fxd0f x'G5 . z'l4s/0f ug]{ k|lqmofdf cf–cfkm\gf] ;+:sf/ cg';f/ a|taGw ug]{ ul/G5 . j}lbs dGqf]r/0f u/]kl5 dfq dflg; z'4 x'G5 / p;n] clgafo{ ?kdf k~rflzn -grf]g'{, g9f6\g', /S;L–;'lt{–df;' gvfg', h'jf gv]Ng', k/:qL udg gug'{\_ sf] kfngf ug'{kb5{ . geP lt dflg;x? c5't jf Dn]R5] hfltdf ulgG5g\ . j]bsf] kf7 ug]{ k~rlznsf] kfngf ug]{, ;';+:s[t, dfga ;d'bfonfO{ cfo{ elgG5 . g]kfn cfof{jt e"dL xf] .

a|fxd0f, If]qL, j}Zo, z'b| rfFlx sd{sf] cfwf/df 5'6\ofOPsf] xf] . j]b kf7u/L a|Xd 1fg l;sfpg]nfO{ a|fxd0f elgof] eg] /fi6« /Iffsf] nflu vl6Psf] k|x/L, ;]gf -;}Go an\_ nfO{ If]qL elgof] . Aofkf/ Aoj;fo u/L /fi6«sf] cy{tGq alnof] agfpg] ;d"x a}Zo elgof] eg] oL ;a}sf] ;]jfdf ;dlk{t ;d"x -n'uf l;nfpg], xft xltof/ agfpg], ef8fs'F8f agfpg], vfBfGgx? h'6fOlbg]x?\_ rflx z'b|df ulgof] . dfq logLx? sd{sf] cfwf/df 5'6\ofO{Psf] lyof] . a|fxd0fx? d'vsf] sfd ug]{, If]qLx? kfv'/fsf] sfd ug]{, a}Zox? k]6sf] nflu sfd ug]{ / z'b|x? v'§f rnfP/ ;]jf ug]{ ->lds au{\_ eg]/ a'emg'kb{5 . OzfOs/0f ug]{ qmddf klZrd]nLx?n] a|fxd0fx? d'vaf6 hGd]sf / If]qLx? kfv'/faf6 eg]/ e|d lkmhfPsf] dfq xf] . jf:tjdf hGdbf g t lgwf/df rGbg x'G5, g t hg}x'G5 . ;'sd{ ug]{ a|fxd0f xf] / s'sd{ ug]{ gLr xf] .

æcd[t:o k'qfÆ CUj]b !)–!# df elgPem} xfdL ;a} k/dfTdfsf 5f]/f5f]/Lx? xf} . e]befj, 7"nf];fgf], 5't c5't t ;fdflhs s';+:sf/ xf] . zf:qn] sbfkL eg]sf] 5}g .

z'b| a|fxd0ftfd]tL a|fxd0fZr}lt z'b|tfd\

IflqofHhftd]j+ t' ljBfb}[ZofQ y} j r .. cyf{t, k~rlznsf] kfng u/]/ j]b kf7ug]{ / a|Xd1fg l;sfpg] hf] sf]xL klg …a|fxd0fÚ sxlnG5 . To:t} /fi6« /Iffsf] ;}Goandf vl6g] hf] sf]xL klg …If]qLÚ sxlnG5 . To:t} s[ifL Aofkf/ jfl0fHosf] sfd ug]{ …a}ZoÚ / >lds au{ …z'b||Ú df ulgG5g . c1fgL, tdf]u'0fL, ;+:sf/xLg dflg; hf] sf]lx ePklg æDn]R5]Æ df elgG5 eg], a|Xd1fgL, ;t'u'0fL, ;;+:s[t dflg;nfO{ cfo{ elgG5 .

**j}lbs ;Eotf M -ue{ 5 g]kfnL x'g'df\_**

b]je"ld, tkf]e"ldaf6 z'?ePsf] xfd|f] j}lbs ;Eotf slt;Dd, ;'Gb/ / ;';+:s[t lyof] eGg] s'/f tn pNn]lvt s]xL j}lbs Znf]sx?n] k|i6 kfb{5 . :d/0f /xf];\, klZrd]nL a}1flgs?n] g} k'/ftflTjs vf]h cg'ifGwfg u/]/ j}lbs dGqx? &÷\* xhf/ aif{ cl3sf] atfPsf 5g\ . xfd|} j]b / k'/f0fx? rf]/Lrf]/L k9]/ 1fg kfPsf Ol08og / klZrd]nLx?sf] vf]h cg';GwfgnfO{ 1fgsf] d'xfg dfGg' d'v{tf xf] . rf/ j]b / c7f/ k'/f0fsf /rlotf dxifL{ j]bJof;sf] hGde"ld g]kfnsf] bdf}nLdf ePsf] s'/f / lazfn g]kfndf O{=k"= &))df :yflkt laZjsf] klxnf] laZjlaBfno xfdLn] ;w} ;Demg' kb{5 . ;f/f laZjsf dflg;x? gfË} h+undf lzsf/ ub}{ubf{ xfd|f] k'vf{x? eg] bf}/f ;'?jfn 6f]kL, rf}aGbL rf]nf] nufP/ ;+:s[tsf Crfx? kf7 ub}{ u/]sf lyP . ca, eGg' xfd|f] j}lbs ;Eotf slt cl3 5 <

* æcfldgf]lglt eBt] . t:o cg' lge~hgd\ . j?0ff] oflt j:jleÆ – cya{j]b @)÷!#!

of] Znf]sn] dxflaikmf]6af6 xfd|f] a|Xdf08df ;[li6sf] ;'?jft ePsf] s'/f pNn]v u/]sf] 5 . h;nfO{ klZrdsf n7'jfx?n] Big Bang Theory kQf nufPsf] s'/f 3f]qmf] km'nfpFb} lx8]sf 5g\ . logLx?sf] a}1flgs cflaisf/ t !))–@)) aif{ sf] t xf] lg . xfd|f] &–\* xhf/ jif{ cl3sf] a}lbs ;Eotf ;+u bfHgg} ldNb}g .

* r]tgf / kbfy{ (Consciousness and matter) æoyf]0f{gfle M;[ht] u"xt] r oyf k[lyJofdf]ifwoM ;DejlGt oyf ;t\M k'?iffTs]Znf]dflg tyf If/fT;DejtLx ljZjdÆ – d'08sf]klgifb !÷!

cyf{t h;/L dfs'/f]n] hfnf]nfO{ agfpg] / lgNg] ub{5, h;/L k[YjLaf6 laleGg cf}ifwL ag:ktLx? pTkGg x'G5g\ / h;/L ;hLa k'?ifaf6 s]z pTkGg x'G5 l7s To;}u/L k/dk'?if k/dfTdfaf6 of] ;Dk"0f{ h8 hut pTkGg x'G5 . o; dGqn] s] l;4 ub{5 eg] r]tgf lagf kbfy{sf] pTklQ ;+ej 5}g . h'gs'/f lxhf]cfh klZrd]nLx?n] Consciousness and matter sf] l;4fGtdf JofVof ub}{5g\ .

* æ;'if'D0fM ;"o{/lZdZrGb|df uGwj{:t:o gIfqf0oK;/;f] e]s'/of] gfdM Æ –oh'j]{b !\*÷$)

cyf{t æ;"o{sf ls/0fx?af6 k|sfz k|fKt ug]{ rGb|df?kL uGwa{n] xfdLx?nfO{ a|Xdan k|bfg u?g\Æ o; Znf]saf6 k|i6 x'G5 sL rGb|df cfkm\g} k|sfz 5}g (Moon does not have her own light)

* æ5fboTos{ldGb'lj{w'+ e"ldefMÆ

;"o{ / k[YaLsf] lardf rGb|df cfpFbf ;"o{u|x0f tyf ;"o{ / rGb|dfsf] lardf k[YjLsf] 5fFofkbf{ rGb|u|x0f x'G5 . xfd|f k'vf{x?nfO{ xhf/f}F aif{ klxnf klg rGb|u|x0f / ;"o{u|x0fsf] ;do kfqf] x/]/ yfxf kfpFby] / Hof]tLlifo kfqf] agfpg] xfd|} Clifd'lgx? lyP .

* æjfo'/gLndd[tdy]b+ e:dfGt+ z/L/d\Æ – oh'j]{b $)÷!%

k[YjL, hn, cUgL, jfo' / cfsfz -k~rdxfe"t\_ sf] ;ld>0fn] xfd|f] z/L/ ag]sf] 5 .

k|ftf /Tg+ k|ftl/Tjf bwflt t+ lrlsTjfGk|lt u[Xd lgwQ]

t]g k|hf+ aw{odfg cfo" /fo:kf]if]0f ;r]t ;'aL/M – CUj]b !÷!@%

æk|eftsflng ;"o{b]jaf6 cfpg] kf]ifstTjn] dg'ionfO{ cf/f]Uo agfpFb5Æ eg]/ xfd|f k'vf{x? ;w} laxfgsf] ;"o{nfO{ gd:sf/ ub}{ 3fdaf6 k|f0ftTj lnGy] . klZrd]nLx?n] ev{/dfq yfxf kfpFb}5g\ ls ;'o{af6 Vitamin 'D' lng' kg]{/x]5, geP Depression n] hLjg gi6 x'g]/x]5 eg]/ .

* æue]{ dft'M lkt'M lktf ljlbw'tfgf] cIf/] . ;LbGg[t:o of]lgdf .Æ ;fdj]b !@÷#÷@ cyf{t, k[YjLsf] ue{df cUgLb]j x'g'x'G5 h;n] cGtl/Iffdf klg ;+/If0f ul//fVg' ePsf] 5 .
* æg k|nof]˜c0f';b\efjft\Æ – CUj]b $÷@÷!^ cyf{t, k/df0f'sf ?kdf lgTo laBdfg /xg] x'Fbf kbfy{ slxNo} klg gi6 x'Fb}g . olxaf6 k|i6 x'G5 sL xfd|f k'vf{x?nfO{ c0f'–k/df0f' (Atoms) sf] af/]df klg /fd|f] 1fg /x]5 eGg] s'/f .
* æJolt/]sfgjl:yt]Zr cgk]IfTjftÆ CUj]b @÷@÷$ cyf{t, ha ;Dd s'g} aflx/L ansf] k|of]u x'Fb}g, ta;Dd h8 kbfy{n] cfkm\gf] l:ylt abNg ;Sb}g . h'gs'/f Newton's 1st Law of Motion n] AofVof u/]sf] 5 . To;}u/L u'?Tjfsif{0f af/]df klg xfd|f k'vf{x?n] plxNo} g} a0f{g u/]sf 5g\ . ;ljtf oGq}M k[lyaLd/D0ffb:seg] ;latf Bfdb[+xt\Æ CUj]b !)÷!$(÷!
* æ/fqf] r j[Ifd"nflg b"/tM kl/jh{o]t\Æ – dg':d{tL $÷&# cyf{t, /ftdf ag:ktLx?af6 ckfgjfo' Carbondioxide lg:sg] x'Fbf slNo} klg /ftL h+undf ga:g' .
* ært'/lws+ ztdi6u'0f+ åfifli6:tyf ;x;|f0ffd\ co"tåo laisDe:o cf;Ggf] j[Qkl/0ff xM ..Æ

cyf{t, xjgs'08sf /ysf kfª\u|fx? uf]nf] lyP . o;/L, vuf]lno 1fg / ul0flto Znf]sx? j]bdf k|;:tg} kfO{G5 . tyfkL, lazfn g]kfn cGtu{t kg]{ k6gf zx/df ;g\ $&# df hGdg'ePsf dxfg\ ul0ft1 cfo{e§n] TC = @@÷& eg]/ klxn] g} JofVof ul/;s]sf lyP . klZrd]nL a}1flgsx? cfOG;6fO{g / :6]lkmg xlsG; h:tf laåfgx?n] klg kfO{sf] dfg kQf nufpgdf hLjg latfP . pgLx?sf] hLjg lgl:sof] t/ kfO{sf]dfg lgl:sPg . xf Û xf Û xf Û

To;}u/L, j}lbs ul0ftnfO{ ;/nLs[t ub}{ vuf]nzf:qL Pjd\ ul0ft1 cfo{e§n] E=mc2 / Pythagoras Theorem sf] klg plxn] g} JofVof ul/;s]sf lyP .

klZrdsf dxfg\ a}1flgs÷laåfgx? h:t} k|mfF:jf ef]N6]o/, cfOG;6fO{g, :6]km]g xlsG;, ljlnod /f]a6{;, cnfg jf6\;, ljlnod j6n/ lo6;\, l6=P;=Plnc6, hh{ agf{8 zf, ag{/ xfOh]Gju{ (Quantum Machanics) sf ;+:yfks\_ h:tf xhf/}+ laZjlaVoft laåfgx?n] xfd|f] j}lbs 1fgsf] d'Qms07n] k|z+;f u/]sf 5g\ . xfdL eg] klZrd]nL lzIff 3f]s]/ æGo"6gsf] kfnfb]lv :ofp e'O{df v:g yfNof]Æ eg]/ kTofP/ a;]sf 5f}F . la8Dagf, æaQL d'lgsf] cWof/f]Æ eg]sf] olx xf]nf, ls s;f] <

* æ; bwf/ k[YjL Bfd't]df+Æ – CUj]b !)÷!@! cyf{t To; k/dfTdfn] z]ifgfusf] ?k wf/0f u/]/ k[YjLnfO{ c8\ofpg'ePsf] 5 . cem egf}+, ;"o{n] cfkmgf] cfsif{0f zlQmåf/f k[YjLnfO{ 3'dfO{ /fVg'ePsf] 5 .
* a|fXd0ff]:o d'vdf;Lb\ afx" /fhGoM s[tM pm? tb:o oå}ZoM kbEof+ z"b|f]˜hfotM CUj]b !)÷()÷!@

cyf{t, xfdL ;a} O{Zj/sf ;'Gb/ ;[li6 xf} . xfd|f] sd{ cg';f/ dfq oL rf/ hft 5'6\ofOPsf] xf] . j]bkf7 ug]{ / a|Xd1fg l;sfpg] -hf] d'vsf] sfd u5{\_ nfO{ a|fxd0f elgof] . k/fqmdL afx'an kfv'/Lsf] sfd ug]{x? If]qL, Aofkf/ kfngkf]if0f ug]{x? -k]6sf] vflt/\_ j}Zo eP / >ldsau{x? -hf] v'§fsf] clws k|of]u u5{g\_ z'b| eP .

t/ klZrdfx?n] Ol08ofdf OzfO{ wd{ k|rf/ ug]{ qmddf xfd|f] j]bdf lnlvt dflysf] Znf]snfO{ unt cy{ nufP/ e|d lkmhfO{lbP . a|fxd0f d'vaf6 hGd]sf], If]qL, kfv'/faf6 j}Zo gfO6f]af6 / z'b| v'§faf6 eg]/ . :d/0f /xf];\, d';ndfgx?sf] cfqmd0faf6 xfd|f] gfnfGb laZjlaBfno hnfpFbf nfvf}+ j}lbs u|Gyx? hn]/ gi6 eP . afFsL k':tsx? la|l6;x?n] rf]/]/ nu] / Max muller h:tf km6fxf n]vsn] j]bsf] d"n dd{ / wd{ gi6 x'g] u/L c+u|]hL efiffdf pNyf u/]/ e|d lkmhfO{lbP . Ol08ofdf a;]/ of] sfd ubf{ Max muller n] la|6]gdf /x]sL cfkm\gL kTgLnfO{ n]v]sf] lr¶Ldf o:tf] n]v]sf 5g\ . æ======= j]bsf] pNyf ;s]/ dfq d kms{G5' lsgsL lxGb' wdf{nDaLx?sf] d"n ;Eotfsf] >f]t j]bnfO{ h/faf6 pv]n]/ km\ofSg' 5 / xfd|f] la|l6; ;Eotf :yflkt ug'{5 . cfzf 5 ltdLn] d]/f] efjgf a'em]sL 5f} .Æ of] lr¶Laf6g} k|i6 x'G5 ls la|l6;x?sf] w'Tof{O, xf]Og / <

* s}nfz kj{t+ uTjf ljlhTo g/afxg

ladfg+ k'iks+ t:o sfdu+ j} hxf/ oM – clUg k'/f0f

cyf{t, laho pT;j dgfpFb} dflg;x? k'ik ladfg r9]/ s}nfz kj{t tkm{ p8] eg]/ elgPsf] 5 . oxLaf6 k'i6L x'G5 sL clxn]sf] a}1flgs cfljisf/x? eGbf klg pTs[i6 xjfOhxfh, kmf]g, l6=eL= laB'lto uf8Lx? xfd|f] j}lbs ;Eotfdf lyof] eGg] s'/f . xfn;fn} NASA n] ckm\uflg:yfgsf] kxf8Le]udf %,))) aif{ cl3sf] /x:odoL ?Sdf ladfg km]nf kf¥of] . h'g 36gfn] ljZjsf a}1flgsx? ltg 5Ss k/]sf 5g\ .

* æ;KtTjf xl/tf] /y] jxlGtb]j ;"o{ . zf]lris]z+ larIf0f ..Æ – ;fdj]b ^÷%÷!$

o; dGqn] ;"o{sf] ;ft /+u x'G5 eGg] / k|i6 kf/]sf] 5 . To:t} xfd|f k'vf{x?nfO{ pmF WjgL ;"o{af6 cfpF5 eGg] klg 1fg lyof] . t/ klZrd]nL a}1flgsx?n] eg] pQm s'/f xfn;fn} dfq kQfnufP . d+un u|x /ftf] 5 eGg] s'/f t pgLx?n] ;g\ @))$ df dfq yfxfkfPsf x'g\ .

* g hfot] ld|ot] jf sbfrg, gfo+ e"Tjf eljtf jf g e"oM

chf] lgToMzf:jtf]˜o+ k'/f0ff], g xGot] xGodfg] z/L/] . – efujt uLtf @÷@) o;sf] cy{–xfd|f] cfTdf g slxNo} hGdG5 g slxNo} d5{ . of] t ch/ cd/ 5 . z/L/ d/] klg cfTdf db}{g .

o;/L plxNo}g}, xfd|f Clifd'lgx?nfO{ a|Xdf08Lo phf{ / z/L/ / la1fgsf] cb\e"t 1fg lyof] . z/L/, dl:tis, dg, cfTdfsf] ;+rfng s] s;/L x'G5 eGg] s'/fsf] 1fg lyof] . lar/f, klZrd]nLx? eg] clxn];Dd klg z/L/ ;+rfng k|s[of /fd|/L a'em\g ;s]sf 5}gg\ . aNn tNn, of]u–Wofg xfdLaf6 l;s]/ a|Xdf08Lo phf{, ;'IdtTj, tGq, k/dfTdf, hLjg / hutsf] af/]df yfxf kfpFb}5g\ / xfd|f] j}lbs ;+:sf/ cg'z/0f ub}{5g\ .

**g]kfnsf Ps la4fg rf0fSosf ;b}a dgg of]Uo a'bfFx? M**

* l/;, 3d08 / clws nf]eg} ktgsf] sf/0f x'G5 .
* gf/Lsf] ;DklQ M hjfgL, ;'Gb/tf / dw'/tfdf n's]sf] x'G5 .
* hf] c?sf] sNof0fsf] nflu sd{ ub{5 pm ;Tk'?if xf] .
* …pksf/… ;a{ wd{ xf] eg] …a}/fUo… ;a}eGbf 7"nf] d'lQm .
* ;a}sf] cf}ifwL zf:qdf 5 t/ d'v{sf] cf}ifwL slx 5}g .
* ef]hg, wg / >LdtLdf ;Gtf]if dfGg' kb{5 .
* ef]sf] ePklg af3n] 3fF; vfFb}g .
* sfddf Jo:t JoQm;Fu cfF;' aufpg] ;do x'Fb}g .

**g]kfndf O{;fOs/0f**

j}lbs ;gftg ;Eotfdf afFr]sf xfdL g]kfnLx?sf] lalzi6 cl:tTj 5 . æsxfFsf] xl/åf/ -d'v\_ sxfFsf] dnåf/Æ eg]em} klZrd]nLx?n] xfdL;Fu t'nfgf ug}{ ldNb}g . :jo+ oz' lqmi6n] æDn]R5wd{:o jQmf/+ ;Toj|tk/fo0fd\Æ eg]/ sf7df08f}sf] s'df/L3/df cfpFbf cfkm\gf] kl/ro lbPsf lyP . pxfFn] g]kfnd} cfP/ ;+:s[t cWoog u/L of]u–Wofg, tGq ;fwgf ug'{ePsf] lyof] . dfly elgPsf] kl/ro jfSon] æpgL Dn]R5] wd{sf] k|aQmf ePtfklg ;Tosf] kfngf ug]{ atfPsf 5g\ . ofb /xf];\ Dn]R5]sf] cy{ c1fgL, gLr, c;Eo, h+unL, 3[l0ft eGg] cy{x'G5 . tyfkL pxfF j}lbs ;+:sf/ l;s]/ klZrdLx?nfO{ klg ;Eo agfpg] k|0f ug'{ePsf] lyof] .

b'ef{Uo, ;fd|fHojfbL la|l6;x?n] afOansf] cf8df e|d lkmhfpFb} cfP . efiff / ;fF:s[lts cltqmd0fåf/f xfd|f] j}lbs ;Eotf gi6 ug]{ s'r]i6f u/] . logLx?sf] rt'/¥ofO{ yfxf kfP/ a8f dxf/fhlw/fh k[YjLgf/fo0f zfxn] tL wd{ k|rf/s Dn]R5]x?nfO{ 6fpsf] d'08g u/L ;'+Fu'/ wkfP h;/L g]kfnaf6 nv]6\g' ePsf] lyof] . la8Dagf k'gM tL Dn]R5]x? UN (United Nation) / RAW (Research and Analysis Wings) sf] vf]n cf]9]/ g]kfn lelqP . lgbf]{if g]kfnLx?nfO{ k};f / kbsf] k|nf]eg b]vfP/ O;fO{ wd{ km}nfpg] b'ik|of; u/] . xfd|f] wd{–;+:s[lt n+u8f] kfg{ laleGg u'6, ;+u7g tof/ kf/L /fhg}lts kf6L{ sAhf ug]{ / kl08tx?nfO{ Holy Wine sf] gfpdf klaq lk;fa lknfpg] sfd klg u/] .

ca, xfdL g]kfnLx? ;r]t x'g'kb{5 . j}lbs ;+:sf/g} xfd|f] cl:tTj ePsf]n] j}lbs 1fgnfO{ /fd|/L a'em\g'kb{5 . tf]/Lnfp/] lqmlZrogx?sf] e|dsf] v]tLnfO{ lrg{ ;Sg'kb{5 . pbfx/0fsf] nflu,

**e|d g+ ! M** j]b / lxGb' wd{ afx'gx?sf] xf] eg]/ unt JofVof u/]sf 5g\ lqmlZrogx?n] . ;j{k|yd t, of] a'em\g' h?/L 5 sL j]b O{Zj/sf] jf0fL xf], 1fgsf] d'xfg xf] / ;Dk"0f{ dfgjx?sf] ;+lawfg xf] . olx j]bsf] jf0fL cg'z/0f ub}{ hLjgofkg ug]{ dflg;x?g} j}lbs ;gftgL x'g\ . / of] j}lbs ;gftg wd{ cflb cgfbL sfn b]lvg} rlncfPsf] 5 . o;n] dflg;nfO{ st{Joaf]w u/fO{ ;Eo aGg clek|]l/t ub{5 . JolQm of a:t'sf] k|fs[lts u'0fnfO{ wd{ elgG5 . h:tf] sL, ;"o{sf] wd{ k|sfz÷tfk lbg', kfgLsf] wd{ lztnftf lbg', cfuf]sf] wd{ hnfpg' eg]em} k|]d, s?0ff, IfdfzLn rfFlx dfG5]sf] wd{ xf] . csf]{ s'/f a|fxd0f eg]sf] sd{sf] cfwf/df 5'6\ofOPsf] hft xf] . j]bkf7 a|Xd1fg l;sfpg] a|fxd0f, kfv'/L rnfP/ /fi6« /Iffdf vl6g] If]qL, Jofkf/ u/L cy{tGq wfGg] / k]6 kflnlbg]x? j}Zo / >lds ju{x?nfO{ z'b| elgG5 . uLtfdf eujfg\ >Ls[i0fn] eGg'ePsf] 5 sL æhGdgf hfot] z'b|M sd{0ff låh pRot]Æ cyf{t, ;'sd{ ug]{ a|fxd0f xf], s'sd{ ug]{ lgr .

o;/L, j}lbs ;gftg wd{n] k|]d, s?0ff, Ifdf, eft[Tjefj l;sfpFb5 . c;n rl/qjfg dflg; aGg / zflGtsf] dfu{df lx8\g l;sfpFb5 . lqmlZrog ;Dk|bfo h:tf] s'g} Ps JolQm ljz]ifn] agfPsf] ;+u7g xfd|f] xf]Og . klZrdsf] Oltxf;g} :ffIfL 5 sL wd{ kl/jt{g u/fpFbf lqmlZrogx?n] sl/a \* s/f]8 dflg;x? df/]sf 5g\ . To;}n] k};fn] kmsfpg' / gdfGg]nfO{ xTof ug'{ logLx?sf] z}tfgL cfr/0fg} xf] . xfdL k|s[ltnfO{ c3ft k|]d u5f}{ eg] logLx? gi6 ug{ tDtof/ x'G5g\ .

**e|d g+ @ M** c+u|]hL km// af]n]/ dfq ;Eo eO{G5 / lqmlZrog aGof] eg] ;"6 6fO{ nufP/ cd]l/sf hfg kfOG5 eg]/ ;f]em;femf g]kfnLx?nfO{ kmsfpFb5g\ . efiff, lzIff, ;+:s[ltdf cltqmd0f ug]{ p2]Zon] European Union eGg] ;+:yf g]kfndf h/f] uf8]/ a;]sf] 5 . European Union sf] tna vfP/g} lqmlZrogx? afOan af8b} lx8]sf 5g\ . emg\ xfd|f] s7k'tnL ;/sf/n]g} Holy Wine -klaq lk;fa\_ lkOlbPkl5 t OzfO{ wd{ eg]/ k|rf/ ug{ ;lhnf] ePsf] 5 . ?dfn xNnfP/ d'6'/f]u lgsf] kfg]{ / tfnL 7f]s]sf] e/df sf]/f]gf /f]u eufpg] kf:6/x? ;dfhdf 5\ofk5\ofKtL ePsf tYox? t ;a}nfO{ yfxf ePs} s'/f xf] .

ctM k};fsf] nf]edf, lab]z nfg] k|nf]egdf, /f]u lgsf] kfg]{ cfZjf;g lbP/ w]/} lgbf]{if g]kfnLx?nfO{ km;fO{ /fv]sf 5g\ . laz]if u/L ul/a blnt ;d"xnfO{ nlIft u/]/ logLx?n] OzfO{ wd{sf] k|rf/k|;f/ ub}{5g\ . oL s'Ttjx? af6 ;r]t /xf} . æhggL hGd e"ldZo :juf{bkL ul/o;LÆ cyf{t cfkm" hGd]sf] 7fpF :ju{em} Kof/f] x'G5 eGg] s'/f ge'nf}+ . dfu]sf] wf]tLn] nfh 5f]lkb}g, xfdL lbg]sf ;Gtfgx? xf}, sbfkL srf}/f yfKb}gf} eg]/ tL bnfnx?nfO{ nv]6\g ;Sg'kb5{ .

**e|d g+ # M lzjlnËsf] unt AofVof**

ælzj lnË eg]sf] lzjhLsf] lnË (Penis) xf], lsg lnËnfO{ 9f]U5f} <Æ eg]/ tL bnfnx?n] b'ik|rf/ ul//fv]sf 5g\ . jf:tjdf, lzjlnË k'?if / k|s[ltsf] k|lts -lrGx\_ xf] . s'g} klg a:t' cb[Zoaf6 b[Zodf kl/0ft x'Fbf uf]nfsf/ ?k aGb5 . h:tf] sL kml:f{sf] lap, ue{df a;]sf] aRrf h;nfO{ xfdL k|s[lt eGb5f} / Hof]tL :j?k r]tg tTjnfO{ …k'?ifÚ eGb5f} . olx k'?iftTj / k|s[lt tTjsf] ;+of]uaf6 ;Dk"0f{ hLj–hLjfTdfsf] hGd ePsf] x'G5 . ;'Gb/ hLjg k|bfg ug]{ a|Xdf08Lo phf{nfO{ lzj / lnË eg]sf] lrGx eg]/ a'em\g'kb{5 . ;+:s[t efiffdf lnË eg]sf] lrGx xf], k'?if eg]/ lrlgg] ePsf]n] k'lnË -k'?ifsf] lrGx\_ ePsf] xf] . Penis nfO{ t ;+:s[tdf lzZg elgG5 . sxfF lnË xf] / < :qL hgfpg] -lnËÖlrGx\_ ePdf :qLlnË / k'?if hgfpg] -k'?if lrGx\_ ePdf k'lnË x'G5 . t;y{, a|Xdf08Lo r]tg phf{ …k'?ifÚ -cfuf]sf] Hjfnf h:tf]\_ / hLjg :j?k k|sl[tsf] lrGx -cw{ uf]nfsf/ of]gL cfsf/ h:tf]\_ nfO{ …lzj–lnËÚ elgG5 .

**e|d g+ $ M eujfg\ >Ls[i0fsf !^,))) uf]lkgL\**

æTotL w]/} :jf:gL /fVg] gsr/f]nfO{ klg ltdLx? k'h]/ a:5f}Æ ;f]x| xhf/ cfOdfO;Fu ;'t]/ a:g] klg sxL eujfg\ x'G5 <Æ OToflb eg]/ xfd|f ;f]emf g]kfnLx?nfO{ e|d lkmhfO/fv]sf 5g\ .

jf:tlastf cs} 5 . eujfg\ >Ls[i0fn] !^,))) sGofx?nfO{ aGws agfP/ /fVg] g/sf;'/ /fIf;sf] aw u/L tL ;a} sGofx?nfO{ d'Qm ul/lbg' ePsf] lyof] . tL sGofx? klg eujfg\ >Ls[i0f k|lt s[t1 eP – z/0ffut eP / lk|o :jfdL :j?kdf x]g{ yfn] . eujfg\ >Ls[i00fn] klg tL sGofx?sf] dgf]efj a'em]/ cfkm\gf] dxndf /fgL;/x ;Ddfg lbP/ /fVg' eof] . lajfx u/]/ ;Fu} ;'t]sf] eGg] xf]Og . lai0f'b]jsf] cjtf/ ePsf]n] eujfg\ >Ls[i0f ;Dk"0f{ hLj–lhjfTdf leq ;lhn} k|a]z ug'{x'G5, ;a}nfO{ k|]d ug'{x'G5 . oL bnfnx?n] >Ls[i0fnfO{ æAolerf/LÆ eg]/ e|d lkmhfPsf dfq x'g\ .

**e|d g+ % M** ælqmlZrog ag] kl5 :ju{ hfg kfOG5, ;Tosf] af6f] lqmlZrog dfq xf]Æ eg]/ oL km6fx?n] csf]{ 7"nf] e|d 5/]sf 5g\ . dfgf} sL, logLx?n] dfq k/d\ ;To b]v]sf 5g\ / :ju{ k'u]/ cfPsf 5g\ . pgLx?nfO{ g} k|ltk|Zg ug'{;\ sL – slt k6s ltdLx? d¥of} < :ju{ hfg t dg'{k5{, xf]Og / < s] p;eg] O;fO{ wd{ gdfGg]x? ;a} g/sdf hfG5g\ t < clg @,))) aif{ cl3 d/]sf ;a} dfG5]x? g/s uP t < lsgeg] O;fO{ ;Dk|bfo hGd]sf] t @,))) aif{ dfq eof], ls s;f] < o:tf jfOoft s'/fx? u/]/ ;dfhdf czflGt km}nfpg] ;F'Ë'/:jfF7x? x'g\ eg]/ a'em\g'xf];\ .

pgLx?sf] wd{u|Gy afOansf] kfgf–kfgfdf xTof, cft+s / h+unLkg e]l6G5 . h:t} æolb s'g} dflg;n] csf{sL kTgL;Fu ;xaf; u/]sf] km]nf k/]df lt b'j}nfO{ 9'Ëfn] xfg]/ dfg'{kb{5 .Æ -Aoj:yf @@÷@@ \_ æhf] emfqmL÷hfb'u/ 5 p;nfO{ 9'Ëfn] lxsf{P/ dfg'{kb{5Æ -n]jL @)÷@&\_ olb 5f]/fn] cfkm\gf] a'af cfdfsf] s'/f dfGb}g, afOansf] cf1f kfngf ub}{g eg] To;nfO{ zx/sf] lardf afFw]/ 9'Ëfn] xfgLxfgL dfg'{kb{5 . -Joj:yf @!–!\*\_ x]g'{;\ t logLx?sf] s:tf] dfgatf < qm'/tfsf] k/fsfi6 xf]Og / < s] O{Zj/sf] arg o:t} sf6\g], dfg]{ x'G5 < csf]{ pbfx/0f, k/d]Zj/n] eGg' eof], æd d]/f dflg;x?n] c?sf b]jtf k'h]sf] 3[0ff u5'{Æ x]g';{ t O{Zj/sf] arg klg o:tf] x'G5 / < pkGof; h:tf], afOan k6s k6s ;+:s/0f u/]/ ;RofO{G5 . AolQm lkR5]sf] efjgf klg /flvPsf] 5 . To;}n] k|To]s kfgfx?df lajfbf:kb egfO{x? e]l6G5g\ . kf7sx? bf]wf/df k5{g . s'g rfFxL l7s xf] t eg]/ em'lSsG5g\ . pbfx/0fsf] nflu,

* ox'Fbf d/]sf] s;/L xf] <

æox'bfn] Tof] k};f dlGb/df km\oflslbof], aflx/ lgl:sof] / uP/ cfkm}nfO{ em'08ofof]Æ-dQL @&÷%\_

æu/]sf] sfdaf6 Ogfd kfPsf] k};fn] ox'Fbfn] v]t vGof] . ToxfF Tof] pwf]d'06f] eP/ v:of] / To;sf] e"8Lkm'6]/ d¥of] . cfGb|feF'8Lx? 5/ki6 eP .Æ -k|]l/t !÷!\*\_ oxfF ox'Fbf s;/L d/]sf] xf] eGg] s'/f k|i6 5}g . dQLn] eg]sf] h;/L xf]sL k|l/tdf eg] h;/L xf] .

* slt hgf cGwfnfO{ l7s kf/]sf] xf] oz'n] < s'g rfFlx ;To xf] t < æoz'sf] s[kfaf6 @ hgf cGwfx?n] b[li6 kfPÆ – dQL @)÷@(=#$ æoz'n] Ps hgf cGwfnfO{ lgsf] kfl/lbg'eof]Æ n'sf !\*÷#%=$#
* efn] slxn] / slt k6s af;]sf] xf] <

oz'n] eGg'eof] – æd ltdLnfO{ ;fRr} eGb5', cfh} /flt b'O{kN6 efn] af:g' cl3 ltdLn] dnfO{ tLg k6s O{Gsf/ ug]{5f} Æ. -ds'{; -!$÷#\_

oz"n] eGg'eof] – æef]nL laxfg efn] af:g' cl3g} ltdLn] dnfO{ lrGb} lrlGbg egL tLg k6s c:jLsf/ ug]{ 5f} .Æ ox'Ggf !#÷#\*

* ?v slxn] ;'s]sf] xf] <

æca b]lv t}n] km]l/ kmn gkmnfpg' Æ, Tof] ?v t'?Gt} ;'Sof] dQL @!÷!(

laxfg pxfFx? ToxL af6f] hfFb} ubf{ g]ef/fsf] ?vnfO{ h/}b]lv ;'s]sf] b]v] .Æ ds'{; !!÷@)–@!

* s'g /+usf] sk8f nufPsf] xf] < a}hgL sL l;Gb'/] /+usf] a:q <

ltgLx?n] oz'sf] a:q km'sfn]/ l;Gb'/ /+usf] a:q nufO{lbP . dQL @&÷@\*

km]l/ csf]{ syg, ds'{; !%÷!& / ox'Ggf !(÷@ cg';f/ eg] æltgLx?n] oz'nfO{ Pp6f a}hgL /+usf] a:q nufO{lbPÆ eg]/ elgPsf] 5 . s'g rfFxL /+usf] a:q l7s <

o;/L afOandf kfOg] k/:k/ la/f]wL s'/fx? l6Kk0fL u/]/ ;fWog} 5}g . lsgsL of] z}tfgL zlQm dfGg]x?sf] skf]nsNkLt aofg ul/Psf] k':ts xf] . logLx?n] wd{ k|a]z Baptise u/fpFbfg} lae"lt eg]/ d;fg3f6af6 d/]sf] dfG5]sf] x8\8L NofP/ w'nf] lk7f] kfl/Psf] eid v/fgL k|of]u u/]sf] x'G5g\ . To;}n] t logLx?df z}tfgL k|a[lQ hfUb5 / sf6\g], dfg]{ 9'Ëfn] xfg]{, ;/fKg] s'/fx? dfq ub{5g\ . logLx?sf] O{;fO ;Dk|bfog} -wd{ xf]Og\_ z}tfgx?sf] k"hf ug]{ ePsf]n] /fIf;L :jefj b]vfpg' :jefljs klg xf] .

xfd|f] j}lbs ;gftg wd{n] t– æ;j]{ ejGt' ;'lvg – ;j]{ ;Gt' lg/fdo -;a} ;'vL x'g\, ;a} lg/f]uL x'g\\_ af;'b]j s'6'Dasd\ -xfdL dg'iox? bfh' efO{ xf}\_, ;a}nfO{ k|]d u/, uNtL ug]{nfO{ dfkmL b]p, k|s[lt nufPt ;a} k|f0fLsf] /Iff u/Æ eg]/ kf] l;sfpFb5 t . xf]Og / <

**e|d g+ ^ M** o'/f]lkog o'lgog ;xof]usf] nflu cfPsf] ;+:yf e'qf] klg xf]Og . ufO{sf] u'åf/ sGofP/ ToxL ufO{sf] cfGb|f eF"8L lgsfn]/ vfg] efn' h:t} x'g logLx? . xfd|f] g]kfnsf] k|fs[lts >f]t ;fwgx?sf] e08f/ rf]g{ cfPsf x'g\ . rLg / ef/tnfO{ /]vb]v ug{ pTs[i6 7fpF ePsf]n] oxfF cgluGtL INGO vf]n]/ uf]Ko ;"rgf ;+sng ub{5g\ . efiff / ;+:s[ltnfO{ k|xf/ ug{ ;s] /fli6«otf sdhf]/ x'G5 eg]/ hah{:tL c+u|]hL lzIff nfu' ul/lbP . xfd|f] Oltxf;dfg} sxL gefsf] d+uf]lnog zAbnfO{ k|of]u u/]/ oxfFs} cflbaf;L ls/fFtLx?nfO{ prflnlbP . hflto lx+;f e8\sfpFbf logLx?nfO{ rnv]n ug{ ;lhnf] kg]{ x'Fbf, d+uf]nog, yf?x6, tfD;flnË h:tf hflto ;+u7g klg logLx?n] g} agfO{lbPsf x'g\ . nf]eL xfF8L3f]K6] afx'gx?nfO{ k|of]u u/]/ g]kfnsf] /fhgLltdf ;w} eb|uf]n kfl//fVg' o"/f]lkog o'lgogsf] d'Vo p2]Zo xf] . To;}n] t pgLx?s} afb nfb]/ /ftf/ft aGbsf]7fdf g]kfnsf] ;+lawfg agfO{lbG5g\ . oL z}tfgx?n] o:tf] dfs'/Lhfn cf]5\ofPsf 5g\ sL xfdL Tof] e"d/L rqmAo"af6 lg:sg sl7g x'G5 . sfFu|];, dfn], /f=k|=kf= db]zbn, dfcf]jfbL, cflbaf;Lx?nfO{ dfbnsf] tfndf grfpFb5g\ / Pp6} j[Qdf 3'dfO/fv]sf x'G5g\ . ;a}sf] Ohf/ cfkm\gf] xftdf lnPsf 5g\ / d'vdf 8n/sf] la6f] /flvlbPsf 5g\ . Pp6f kf6L{ v':sfP/ csf]{ kf6L{nfO{ ;Qfdf k'¥ofO{lbg] v]nn] ætfjfsf] df5f e'ª\u|f]dfÆ eg] h;t} ePsf] 5 . of] pgLx?sf] 7"nf] rt'¥ofO{ xf] .

;]jf efjgfn] INGO :yfkgf u/]sf] e'qf] klg xf]Og . %%,))) INGO ePsf] /fi6«sf] xfnt oxL x'G5 t < $#,))) uf=la=;+= ePsf] /fi6«df k|To]s uf=la=;= df PsPs j6f Project n] sfd u/] t x'GYof] lg . t/ s'/f] cs}{ 5 . INGO sf] gfFpdf xfd|f] efiff ;+:s[lt gi6 kfg{' / k|fs[lts >f]t ;fwgx? n'6\g'g} o'/f]lkog o'lgogsf] d'Vo p2]Zo xf] . O;fO{x? l5/fP/ Holy Wine klaq lk;fa lknfP/ / ;gftgL cf/fWob]j kz'kltgfy dlGb/ kl/;/ leq lqmlZrogx?sf] lrxfg agfP/ xfd|f] ;gftgL ;Eotfdf aGr/f] k|xf/ ub}{5g\ . aGb's / ad agfpg]x?n] xfdLnfO{ zflGtsf] kf7 k9fpb}F5g\ . wd{ kl/jt{g u/fpgnfO{ k|To]s aif{ \* s/f]8 eGbf a9L dflg; dfg]{ klZrd]nLx?n] dfgatfsf] kf7 k9fpFbf xf;f] g} nfU5 .

logLx?sf] 5nsk6 a'em]/ k|ltsf/ ug'{ xfdL ;a} g]kfnLx?sf] st{Jo xf] . ca–;f]rdf qmflGt xf];\ j}lbs ;EotfnfO{ hu]0ff{ u/f}+ . g]kfn /x] dfq g]kfnL eOG5 . ;'uf}nL ;lGwn] agfPsf] bf;tfaf6 d'Qm x'g'5 . klZrd]nLx?n] nfb]sf] ef}ltsafbL lrGtgaf6 d'Qm x''g'5 . klZrd]nLx?n] yfk]sf] /fhg}lts rvf{af6 pGd'lQm kfpg' 5 . j}lbs wd{ / g]kfnL ;f]r cg';f/sf] zf]if0f k|0ffnL :yfkgf ug'{5 / b]je"ld, tkf]e"ld o; uf]/If /fi6«df k'gM zflGt / ;d[l4 leqfpg' 5 . ;a}nfO{ r]tgf eof ..

b'h{g+ ;Hhg+ st'{d'kfof] g lx e"tn]

ckfg+ ztwf wf}t+ g >]i7 ldlGb|o+ ej]t ..

cyf{t, b'h{gnfO{ ;Hhg agfpg ;lsGb}g . ;of} k6s wf]P klg u'åf/ slxNo} ;kmf x'Fb}g . To:t} oL z}tfgL :jefj af]s]sf] -Dn]R5]\_ gLr tyfslyt lqmlZrogx?nfO{ cfkm\gf] eg]/ dfFof ug'{ a]sf/ 5 . sfvdf /fv]/ sf]vdf 5'/L xfGg l;kfn' oL b[i6x?af6 6f9f a:g' a'l4dfgL x'G5 . gSsnL lqmlZrogx? b]lv ;fawfg x'g'k5{ .

;SsnL lqmlZrogx? t xfd|} j]b, k'/f0f / uLtf k95g\ . :jo+ oz'lqmi6 g]kfn cfP/ ;+:s[t k7gkf7g, of]u Wofg / tGq ;fwgf ug'{ ePsf] lyof] . la|6]gsf] Mac Millian Church df $ j]b af]s]sf], 6'KkL kfn]sf], hg} nufPsf] oz' lqmi6sf] d'lt{ b]Vg ;lsG5 . kfNkf lhNnfsf] ??If]qdf tk:of/t x'Fbf oz'lqmi6n] l;l4 k|fKt ug'{ ePsf] lyof] . afaf uf]/Ifgfyaf6 cflz{afb kfO;s]kl5 …O{zfgfy… -O{zsf] k'q\_ ag]/ jxfF d'lQmgfy hfg'ePsf] lyof] . To;kl5, klZrd]nLx? nfO{ a}lbs 1fg l;sfpg cfkmg} 7fFp hfg'eof] . jxfFnfO{ cf}wL dgk/]sf] eujfg >Ls[i0fsf] uLtf k|rf/ ub}{hfbf s[i0fsf] lgtL cke|+; eP/ Christianity aGg k'Uof] . xfdLn] eGg] ;fw' ;Gt zAbg} cke|+; eP/ Saint (St.) eof] . t/ ToxfFsf dflg;x?nfO{ jxfFn] lbg' ePsf] j}lbs 1fg kfRo ePg / jxfFnfO{ dfg]{ if8oGq /r] . of]u ;fwgfaf6 k|f0f l;l4 ug'{ePsf oz' lrxfgaf6 klg af}/]/, s]lx cg'ofoLx?sf] ;fy g]kfng} cfpg' eof] / afFsL hLjg tTsflng lazfn g]kfnsf] sfZdL/df latfpg' eof] . clxn] klg jxfFsf] lrxfg sfZdL/df ;'/lIft 5 .

o;/L, oz' lqmi6 / afOansf] jf:tljstf yfxf gkfPsf 7'6] lqmlZrogx?n] cfFvf vf]Ng' h?/L 5 . cem}klg lqmlZrogx?n] oz' lqmi6sf] !# b]lv #@ aif{sf] pd]/ calwnfO{ Mysterious Life of Jesus eg]/ eGb5g t/ oz' lqmi6n] pQm !\* aif{ b]je"dL g]kfndf cfWoflTds lrGtg u/]/ latfPsf] s'/f vf]h cg'ifGwfg ub}{ hfpg\ . k'/ftflTjs k|df0fx?n] xfd|f] j}lbs ;flxTog} slDtdf & ÷\* xhf/ aif{ k'/fgf] dfGb5 . x:tlnlvt clen]vx?sf] cfwf/df xfd|f] ls/fFtsflng ;Eotfb]lv clxn] ;Dd &,^)) aif{sf] Ho"bf] Oltxf; 5 . eg] 7'6] lqmlZrogx?n] af]s]sf] afOann] ædfG5]sf] ;[li6 ePsf] %,))) aif{ eof]Æ eg]/ kTofpg]x?g} k6d'v{ x'g\ . t;y{, oz' lqmi6n] n]Vg'ePsf] ;SsnL afOansf] vf]hL x'g' cTofjZos 5 . ;SsnL afOandf n]lvPsf] lzIff eg] dgg of]Uo 5 .

;a}nfO{ r]tgf eof ..

**lqmlZrogx?n] s:sf] k"hf ub{5g\ <**

;SsnL lqmlZrogx?n] t k/d]Zj/ s} k"hf u/]sf xf]nfg\ t/ tyfslyt lqmlZrogx?n] eg] z}tfgL zlQmsf] k"hf u/]/ laZje/ 8/, qf; / cft+s dRrfO /fv]sf 5g\ . lgbf]{if klZrd]nL gful/sx?nfO{ s6';To yfxf geP/} pgLx? lkl8t 5g\ .

lqmlZrogx?sf] klaq lty{:yn dflgg] Vatican Chruch df Lucifer sf] eJo k"hf x'G5 . afOans} syf cg';f/ klg Lucifer Ps zlQmzfnL /fIf; -z}tfg\_ x'g\ . Vatican Church sf] ;efejg leq /flvPsf] uf]Ko Sofd]/fsf] gfdg} Lucifer /flvPsf] 5 eg] pQm ;efsIfsf] snfsfl/tf klg sfnf] ;k{ cfs[ltdf agfOPsf] 5 . ;a}nfO{ yfxf 5 ls, lqmlZrogx?n] sfnf] ;k{nfO{ z}tfg eGb5g\ . :d/0f /xf];\, Vatican sf Pope sf] cfb]zdf !$ j6f uf]Ko cWofox? n'sfOPsf] 5 . pgLx?n] cfkm\gf] OR5f cg';f/ afOansf] syf x]/km]/ ub{5g\ . 9f6]sf] / kmf6]sf] n'sfpg ;lsGb}g eg] em}, ToxL eP/ xf]nf k|To]s ;+:s/0fdf afOan leqsf s'/fx? Pscfk;df aflhG5g\ . olb afOan ;To arg xf] eg] lsg k|To]s aif{ ;+:s/0f x'G5 t < z+sf ug'{kg]{ 7fpF k|;:t} 5 .

d'Vo s'/f, lqmlZrogx?sf] k"hf lalw cToGt} uf]Ko / eofax x'G5 . laz]if u/L afnaflnsf k|lt ul/g] 3[l0ft sfo{n] z}tfgL k|a[lQ 5n{ªu x'G5 . lqmlZrogx?sf] wfld{s cg'i7fgdf k~rfd[t eg]/ afnaflnsfx?sf] /ut, d'6', d[uf}nf, dfl:tis v'jfOG5 t/ s;}n] gyfxf kfpg] u/L c? s'/fdf ld;fP/ . afnaflnsfx?nfO{ clt ql;t kf/]/ dfl/G5 h'g a]nf pgLx?sf] d[uf}nfn] Erythropoietin eGg] /;fog pTkfbg ub{5 . ToxL Adrenochrome n] el/k"0f{ /ut lqmlZrogx?sf] k~rfd[tdf ld;fOG5 . Adrenochrome sf] ;]jgn] ;w}+ hjfg /fV5 eg]/ pgLx? lkpFb5g\ . w]/] dxËf] Cosmetic Cream x?df 5fnf rfp/L gk/f];\ eg7fgL tL dfl/Psf lgbf]{if afnaflnsfx?sf] of}gfËsf] sf]lifsfx? ld;fOPsf] x'G5 . ue{ktg u/fOPsf] /utsf] 8Nnf] klg o;} sf/0fn] 7"nf] d"Nodf laqmL lat/0f x'G5 . o:tf s'/fx? ;]jg ug]{df Elite group sf ;b:ox? / laZj rlr{t snfsf/x? kb{5g\ . pgLx?s} nflu eg]/ London, Los Angels h:tf 7fpFdf Cannibal Club vf]lnPsf] 5 . hxfF afnaflnsfsf] d'6' d[uf}nfnfO{ dxËf] vfgfsf] kl/sf/ agfP/ a]lrG5 . z}tfgsf k"hf/Lx?n] Cannibal Club vf]n]s} sf/0fn] nfvf}+ lgbf]{if afnaflnsfx?n] Hofg u'dfO/fv]sf 5g\ . cd]l/sfsf] rlr{t ;dfrf/ kq US Today sf cg';f/ cd]l/sfdf dfq k|To]s jif{ \* nfveGbf a9L afnaflnsfx? x/fO/fv]sf x'G5g\ . ul/a d'''n's clk|msfaf6 t emg\ nfvf}+sf] ;+Vofdf ckx/0f eO/fv]sf] tYo Huffington Post n] n]Vb} cfPsf] 5 . wd{ 5f]/f, wd{ 5f]/L agfpg] lgx'kf/]/ klZrdL d'n'ssf z}tfgx?n] g]kfnaf6 klg xhf/f}+ afnaflnsf nlu/fv]sf 5g\ . o:tf] sxfnL nfUbf] 36gf ;xg g;s]/ hfu?s dfG5]x?sf] ;d"xn] cd]l/sfsf] Department of Justice df ph'/ u/]tf klg tL ck/fwLx? klqmg ;lsPg lsgsL cd]l/sfg} To:tf Elite Group n] rnfO{/fv]sf] 5 . o;} k|s/0fdf if8oGq u/L laZj rlr{t g[Tosf/ Michael Jackson dfl/Psf lyP . pgLx?sf] af/]df vf]hL ug]{ cfF6 / ;fdYo{ s;}df 5}g . clxn]sf] ljZj dxfdf/L COVID-19 klg logLx?s} if8oGq xf] . laut ^ jif{ klxnf b]lvg} g/;+xf/ ug]{ vf]ksf] tof/L u/]sf lyP . COVID-19 sf] Vaccine sf] gfd klg pg} z}tfg Luciferous sf] gfp /flvPsf] 5 .

Vatican Church leq k"hf ubf{ Mask / ^ lkm6sf] b'/L clgafo{ 5 . olx s'/f clxn] ljZjdf nfu' ul//fv]sf] 5g\ . COVID-19 sf] Vaccine Certificate df ^^^ c+s /flvPsf] 5 . :d/0f /xf];\ lqmlZrogx?n] c+s ^^^ nfO{ z}tfgL zlQm dfGb5g . Pedofile b]vfP/ caf]w afnaflnsfx?nfO{ sAhf ug]{ s's[To xf];\ of US6506148 b2 af6 dflg;x?sf] Nevous System Manipulation u/]/ xf];\ of ul/aL d'n'sx?df k};fsf] k|nf]egdf kf/]/ logLx?n] z}tfgL zlQm ljZje/ km}nfO/fv]sf] 5g\ . Spirit Cooking hxfF dfG5]sf] df;'sf] kl/sf/ agfP/ v'jfp5g / cGo c;n dflg;x?nfO{ klg cfkm\gf] z}tfgL hfndf km;fpF5g\ . j}lbs ;gftg wd{nufot c? cGo ;Dk|bfox?nfO{ gi6 u/L tyfslyt lqmlZrog z}tfgL zlQmsf] ar{:j sfod ug]{ logLx?sf] 7"nf] if8oGq xf] . o;sf] HjnGt pbfx/0f Holy Wine -klaq lk;fa\_ sf08 / ufpFufpFdf rr{ lgdf{0f of]hgfx? x'g . To;}n], /S;L / df;' /fIf;L ef]hg xf] eGg] s'/f a'lemlbg' x'g ;a} zflGt lk|o dxfg'efjx?nfO{ clkn ub{5' .

**Zn]idfGts agM** Ps ;dodf lzj z+s/ ef]n]afaf s}nfz 5f8L Zn]idfGts agdf d[u?k wf/0f u/]/ k|s[lt;Fu /dfpFb} x'g'x'GYof] . b]jtfx? klg cfif'tf]; -l5§} v'zL x'g]\_ lzjhLnfO{ vf]Hb}vf]Hb} ToxfF k'u] . dftf kfj{tL klg cfkm\gf] klt vf]Hb} nK;Ln] el/Psf] 3gf h+undf cfpg' ePsf] lyof] . pQm h+un kz'kltgfy eGbf k"j{ k§Lsf] Zn]idfGts ag xf] . ;+:s[t efiffdf nK;LnfO{ …Zn]idfg… elgG5 .

**la8Dagf M**  d[To' ;To / lglZrt 5 t/ klg dflg;x? d[To'b]lv 8/fpFb5g\ . hGd ldlt x'G5 eg] d[To'sf] ldlt klg t x'G5 gL, xf]Og / < t/ cfd dflg;x? eg] d[To'sf] ldlt yfxf kfpg grfxg] x'G5g\ . ufO{sf] b'w lkpg rfxG5g\ t/ ufO{ kfNg rfxb}gg\ . nfdf] cfo' rfxG5g\ t/ r'/f]6, df;', /S;L, 5f]8\g ;Sb}gg\ . o;nfO{ la8Dagf eg]/ geg] s] eGg] t <

**lahofbzdL M** sflt{s z'Sn k|ltkbf b]lv bzdL;Dd gagfy / gab'uf{ ejfgLsf] k"hf cf/fwfgf u/L dgfOg] dxfg\ rf8{ xf] lahofbzdL . gjgfyx?n] o; wtL{df c1fgtf x6fP/ j}lbs 1fg lbPsf] / b'uf{ ejfgLn] /fIf; b}Tox?nfO{ aw u/]/ dfgax?sf] sNof0f ug'{ePsf] pknIodf lahofbzdL dgfOG5 . /fFuf, e}+;L, af]sf, e]8fx?nfO{ ltg} /fIf;x?sf] k|lts dfg]/ sf6\g] rng ePtf klg lha|f]sf] :jfbsf] nflu lgbf]{if hgfj/x? dfl/g' /fd|f] s'/f xf]Og . c1fgtf, c;Tosf] k|ltssf] ?kdf gl/an kmf]/]/ gl/ansf] kfgL r9fpg' a'l4dfgL x'G5 . hut sNof0fsf] vflt/ klg xfdLx?n] zfsfxf/L rf8kj{ dgfpg'kb{5 . kl/jf/, 5/l5d]s, ;fyLefO{ lar e]63f6, v'zL ;f6f;f6 ug'{ g} lahofbzdLsf] csf]{ /dfOnf] kIf xf] . of] k'lgt cj;/df ldi7fg ef]hg, gfrufg ug]{ s'/f t 5b} 5 – cem, xfdL o;/L z'esfdgf cfbfg k|bfg u/]/ cflTdotf k|uf9 agfpFb5f}+ .

-s\_ kf]N6fel/ pd++u af]s]/ cfcf]; bz}

b}nf] b}nf] e}nf] ag]/ 5fcf]; bz}+

lbof] anf];\ wkSs xh'/sf] dgdf

:ju{e"ld g]kfn–d08n hfuf];\ tgdf

-v\_ gjgfysf] s[kfn' xft zL/df ;w}+

gjb'uf{sf] dfFofaL ;fy kL/df ;w}+

ug{ ;Sg';\ ;an] ;+s6 ;fdgf

lahofbzdLsf] xflb{s z'esfdgf ..

To;kl5 bzdLsf] lbg z'e;fO{tdf dfGohgx?sf] xftaf6 cflz{jfb lnG5f}+ . k/fk'a{sfn b]lvg} rlncfPsf] of] dGq pRrfx/0f ub}{ a'af–cfdfn] blIf0ffsf] ;fydf l6sf hd/f nufO{lbg'x'G5 .

æcfo"b|f]0f ;'t] l>of]+r bz/y] zq'Ifo+ /f3j]

P]Zjo{ gx'if] ultIf kjg] dfgIf b'of]{wg]

;f}o{ zfGt ga] an+xnw/] ;To~r s'lGt;'t]

la1fg lab'/] ejtL ejtfd\ lslt{Zr gf/fo0f]

gjgfy+ hoGtL d+unfsfnL eb|sfnL

b'uf{ Ifdf lzjf wfqL :jfxfF–:jwfF gdf]:t't] .Æ

cyf{t, b|f]0frfo{sf] 5f]/f c:j:yfdfsf] h:tf] cfo' xf];\ . /fhf bz/ysf] h:tf] OHjt xf];\, eujfg /fdsf] h:tf] zq' k/f:t ug]{ Ifdtf xf];\ . gx'if /fhfsf] h:tf] ;d[l4, b'of]{wgsf] h:tf] dfg ;Ddfg xf];\, jfo'sf] h:tf] ult xf];\, lab'/sf] h:tf] 1fg, leidlktfdxsf] h:tf] zfx; xf];\ / gf/fo0fsf] h:tf] lslt{ km}lnof];\ .

zfsfxf/L rf8{kj dgfP dfq dflg;x? ;Eo 7x5{g . oL x/kmx? k9g'; / dfgatf b]vfpg'; .

dfG5] d/]kl5 uGxfpg] d'bf{ g} x'G5

s'v'/f d/]kl5 eGg'; s;/L x'G5 df;' <

csf{sf] Hofg dfg]{ kSs} g} /fIf; x'G5

;8]sf] l;gf] vfP/ d klg s;/L xfF;' <

a'l4 knfof], hLjg /}5 cd"No pkxf/

xfF;]/ dgfcf}+ zfsfxf/L bz} / ltxf/ ÛÛ

**ufO{ k"hg M** j}lbssfn b]lvg} rlncfPsf] ufO{ k"hfsf] ;+:s[lt clxn] klg oyfjt g} 5 . nIdL dftfsf] :j?kdf ufO{k"hf ug]{ k/Dk/fnfO{ kfZrfTox?n] lxhf]cfh eg] ;xif{ :jLsfb}{ cfPsf] 5g\ . pgLx?n]g} ulx/f] vf]h cg'ifGwfg u/]/ cfWoflTds Pjd\ cfo'j]{lbs b[li6sf]0fn] klg] ufO{ k"hgsf] pTs[i6tf l;4 u/]sf 5g\ .

* ufO{sf] b'wdf cToflws /f]u k|lt/f]wfTds Ifdtf x'G5 .
* lsgsL ufO{sf] b'w Pjd\ d'qdf :j0f{ ldl;Psf] x'G5 .
* xfd|f] :d/0f zlQm a9fpFb5 .
* /tGwf] of km"nf] k/]sf] h:tf cfFvf ;DalGw /f]unfO{ ufO{sf] lk;fan] lgsf] kfb{5 .
* ufO{sf] uf]a/af6 uf]a/–UofF; lgsfn]/ vfgf ksfpg] OGwg aGb5 eg] To;kl5sf] afFsL uf]a/af6 3/sf] 5fgf 5fpg] 6fON; agfpg ;lsG5 .
* ufO{sf] lk;fan] sfgsf] /f]u tyf 5fnf lrnfpg] /f]u lgsf] x'G5 .
* ufO{sf] £o"nfO{ gfssf] Kjfndf r'xfpFbf clgGb|f, 3'g]{afgL, skm h:tf /f]ux? lgsf] x'G5 .
* ufO{sf] d[To'kl5 5fnfaf6 pTs[i6 afhfx? aGb5g\ .
* ufO{sf] uf]a/af6 pTs[i6 h}las dn tof/ x'G5 .
* ufO{sf] cs{ agfPkl5 ar]sf] sr]/faf6 k|fs[lts lkmg]n / ;fa'g klg aGb5 .

ctM ufO{sf] b'w, bxL, £o" cd[t ;dfg t 5b}5 t/ d'q / uf]a/df klg cf}iflwo u'0f ePsf]n] clxn] cd]l/sfsf] bf]sfgx?df uf]d'q laqmL x'g yfn]sf] 5 . ufO{sf] x/]s lrh pkof]uL x'g] x'Fbf j}lbs k/Dk/f b]lvg} ufO{ k"hf ub}{ cfPsf xf} .

**lttf] ;To M**  h'g s'/f efUodf 5 Tof] 3'dL3'dL cfpF5 t/ olb efUodf 5}geg] cfPsf] klg kQ} gkfO{ x/fpFb5 . d[To' lglZrt 5 . sf]xL klg d[To'sf] k~hfaf6 plDsP/ hfg ;Sb}g . k~ref}lts tTjaf6 lgld{t of] z/L/ olx 5f]8]/ hfg'kb{5 . vfnL xft cfPsf xf} vfnL xft g} hfg'k5{ .

# P, 3d08Lx? xf] Û Ps k6s lrxfg jl/k/L 3'd]/ t x]/ – ltdL eGbf clt wgL, 1fgL, anjfg, ;'Gb/ dflg;x? lr/ lgGb|fdf ;'lt/fv]sf 5g\ . ;+;f/sf s'g} wd{u'? of kl08tx?n] efUo abNg ;Sb}gg\ . k"j{ hGdsf] sd{sf] kmnnfO{ efUo elgG5 . cfkm\g} sd{åf/f dfq efUo abNg ;lsG5 . tkfO{sf] lgot /fd|f] 5 eg] O{Zj/ ToxL jl/k/L d':s'/fpg' x'G5 .

# dflg;x? oxfF k};fk};fsf] lx;falstfa u/]/ a;]sf 5g\ t/ pgLx?nfO{ yfxf 5}g sL d[To' kZrft klg PsPsu/L lx;fa r'Qmf ug'{kb{5 eg]/ .

# hLjg PSn} hLpg'sf] klg Pp6f 5'§} dHhf x'G5 lsgsL p;nfO{ sf]xL cfpg] cyjf s;}n] 5f]8]/ hfG5 eGg] s'/fsf] lrGtf x'Fb}g . wtL{df hGdbf ?b} cfpF5f} / dbf{ ?jfpFb} hfG5f} . t/ oL x;fO{ / ?jfO{ klg Joy{ xG5 lsgsL xfdL oyft{df g t hGdG5f} g t db{5f}+ . a;\ xfd|f] hLjgsf] :j?k dfq kl/at{g ePsf] x'G5 .

# h;/L kfs]sf] kmn g/d / ld7f] x'G5 To;}u/L kl/kSs dflg;df gd|tf, O{dfGbfl/tf, af]nLdf dfw'o{tf / r]x/fdf d':sfg x'G5 . pm ;w}+ cfzfjfbL x'G5 . hLjg / hutnfO{ /fd|/L a'em]sf] x'G5 . p;nfO{ /fd|/L yfxf x'G5 sL ?= @)) sf] 38Lxf];\ of ?= b'O{ nfvsf] ;do Pp6} b]vfpFb5 eGg] s'/f . pm Ifl0fs / ef}lts ;'vdf cfs[i6 x'Fb}g . a? ;do 5b} k/d\ zflGtsf] vf]hLdf nfUb5 .

**k|s[ltsf] efiff M**

dfgjx?sf] efiff ePem} af]6la?jf, hgfj/ / k|s[ltsf] klg efiff x'G5 . a;\ xfdLn] To;nfO{ a'em\g ;Sg'kb{5 . h:tf] sL, la?jf cf]Onfof] eg] kfgL vf]h]sf] eGg] a'lemG5, s's'/n] k'R5/ 6fË d'lg n'sfPsf] eP Tof] s's'/ 8/fPsf] eGg] a'lemG5 . To:t} cfFvfdf sr]/f cfPsf] b]v] lr;f] nfu]5 eGg] a'lemG5 .

To;}u/L, k|s[ltn] klg a]nfa]nfdf ;+s]t lbO/fv]sf] x'G5 . la ;+ @)&& ;fn d+l;/ !! ut] rGb|dfsf] jl/kl/ 7"nf] 3]/f, nfu]sf] lyof] . kSs} klg g]kfndf /fhg}lts kl/at{g x'g] ;+s]t u/]sf] xf]nf . rGb|j+zLx?sf] cl:tTj x/fpg] ;+s]t klg u/]sf] h:tf] 5 . k|Tos zx/df rf]srf]sdf u'l~h/x]sf] æ/fhf cfpm b]z arfpÆ sf] gf/fn] / /fhg}lts kl/b[ion] klg g]kfndf /fh;+:yfsf] k'g{:yfkgf x'g] kSsf kSsL g} 5 . t/ hgtfx?sf] dgleq a:g] hol:ylt dNn h:tf /fhf, Gofo lbg] /fd zfx h:tf /fhf, xl/zrGb| h:tf bfgL / hgs h:tf 1fgL /fhf kf] rflxG5 t . lalwjt ?kdf q]tfo]u cfudg ePsf]n] eujfg\ /fd h:tf :g]xL /fhfsf] sfdgf u/f}+ . lsgsL Tof] rGb|dfsf] 3]/fsf] cy{ gau|xx? a;]sf] wd{;ef xf] / g]kfndf zflGt / ;d[l4sf] nflu 7f]z lg0f{o eof] eGg] klg ljZjf; 5 .

**/x:odoL c+s (**

klZrdL la1fgnfO{ dfq 1fg dfGg] rf6'sf/x?n], xhf/f} aif{ klxn] xfd|f CifLd"gLx?n] kQfnufPsf c+s u0fLt Ps k6s a'em'g . k"0f{ c+s ePsf]n] c+s ( n] j}lbs zf:qdf laif]z dxTj /fVb5 . h:tf] ls, gjgfy, gjb'uf{, gju|x, gars|, gj4f/, ga/fqL, gj;+[uf/, gj/Tg cflb . t/ oxfF ( c+ssf] j}lbs u'0fgsf] of]ukmnn] klg c+s ( sf] /x:odo tGq k|i6 kfb{5 .

= ९+९= १८: १८ को १+८ hf]8bf = ९

= ९×३= २७: २७ को २+७ hf]8bf = ९

= ९×४= ३६: ३६ को ३+६ hf]8bf = ९

= ९×५= ४५ : ४५ को ४+५ hf]8bf = ९

= ९×६= ५४ : ५४ को ५+४ hf]8bf = ९

= ९×७= ६३: ६३ को ६+३ hf]8bf = ९

= ९×८= ७२: ७२ को ७+२ hf]8bf = ९

= ९×९= ८१: ८१ को ८+१ hf]8bf = ९

= ९×१०=९०: ९० को ९+० hf]8bf = ९

h;f]u/] klg k'0f{ c+s cfpg] ePsf]n] tGq zf:qdf klg ( c+snfO{ cnf}lss zlQm dflgG5 . !)\* sf] of]ukmn klg ( g} cfp5 . cfdfsf] ue{df ( dlxgf ( lbg aRrf a:b5 . cfdfsf] ue{ h:t} wtL{ -k[YjL\_ cfdfsf] ue{ rfFlx (( ls=dL= xfjf b'/Ldf km}lnPsf] 5 . oxfF klg ९+९= १८: १८ को १+८ hf]8bf = ९ g} x'G5 . csf]{ s'/f, ;"o{af6 cfPsf] (÷( j6f -lzjzlQm\_ ls/0f, jfo'af6 cfpg] (÷( j6f ls/0f / k[YjL tTjaf6 cfpg] (÷( j6f ls/0faf6 Pp6f k"0f{ DNA aGb5 . olx DNA g} lao{sf] >f]t xf] .

**hLj pTklQsf] klxnf] e"ld, g]kfn M**

s[i0f;fu/ (Blackhole) b]lv xfd|f] k[YjLsf] s'z]Zj/ wfd;Dd cfPsf] lgnf] k|sfz k'?iff]Qd -g/\_ n] -o0f\_ n]]pnfO 5'Pkl5 gf/fo0f pTklQ x'g'eof] . hLj la1fgn] klg Ps sf]lifo n]p Alge nfO{ o; wtL{sf] k|yd hLj dfGb5 . pQm hLa afFRg ;Sg] jftfj/0f / u+ufdl0f g]kfnyf]s l:yt s'z]Zj/wfd jl/k/L kfOG5 . dsjfg'k'/sf] kfn'Ë / sf7df08f}sf] z+vd'ndf klg b'n{e u+ufdl0f kfO\G5 . h;nfO{ ;+:s[lt efiffdf cfk's/Ll;df6' cyjf jfld{sjfkf elgG5 . o;n] klg xfd|f] g]kfn rfFlx k|yd hLj tyf dfga pTklQ ePsf] :yfg k|dfl0ft x'G5 . To;f] t ;+;f/sf b]zx?sf] Oltxf; vf]tNg] xf] eg] klg clwsf+z b]zx?sf] Oltxf; !,))) aif{ eGbf k'/fgf] 5}g . O6fnL h:tf b]zx? eg] #,%)) aif{ k'/fgf] dflgG5 . cd]l/sf, ci6]«lnof h:tf b]zx? t %,)) aif{ hlt k'/fgf] x'g, c?sf] t emg s] s'/f ug'{ gL . t/ ls/fFtsflng ;Eotf b]lv dfq lx;fat ug]{ xf] eg] klg g]kfnsf] lnlvt Oltxf; &,^)) aif{ k'/fgf] 5 . Tof] eGbf k|flrg j}lbs sfnsf] t s] s'/f ug'{ / . j]b, zf:q, dGq, tGq hlt k'/fgf] xf], Toltg} k'/fgf] 5 g]kfnaf6 z'? ePsf] h}lbs wd{ ;+:s[lt klg .

lxdfnosf] sfvdf hGdlng' ePsf ;KtClifx?sf] lazfn lbAo k|sfzaf6 ;KtClif tf/fd08n aGg k'Uof] . zf:qx?df a0f{g ul/P cg';f/ k|yd ;KtClifx?df dl/rL, alzi7 c+uL/;, qmt', k'nx, k'n:To, cfqL kb{5g\ . klZrd]nLx?n] ;KtClifx?nfO{ Pleiadians eGb5g\ . ckm;f]r, klZrdL lzIffsf] k|efa k/]/ xfdL dfgax?sf] k'vf{, afFb/x? x'g\ eg]/ laZjf; ug]{ dflg;x? klg 5g\ . To;df laZjf; ug]{x?nfO{ afFb/ b]vfpFb} æpm ltd|f xh'/af xh'/cfdfÆ eGg' xf]nf . t/ jf:tjdf xfdL dflg;x?sf k'vf{ eg]sf] ;KtClifx?g} x'g\ . Bible leq j0f{g ul/Psf] Noha and the great flood df arfP/ /flvPsf & dflg;x?g} ;KtClifx? x'g'x'G5 . dg' Clifs} gfdaf6 Manu Manu x'Fb}hfbf c+u|]hL zAb Man ePsf] xf] . ∴ xfdL dfgjx?sf] k'vf{ ;KtClifx?sf] hGde"ld g]kfn xf] .

**/fIf;L kf/fsf] agef]h**

tfhsL, k'gM :km'lt{ / /dfOnf] e]63f6sf] nflu agdf vfOg] ef]hnfO{ agef]h elgG5 . t/ xfd|f] g]kfnL ;dfhdf x'g] u/]sf] h+unL kf/fsf] agef]h ;+:s[lt b]v]/ jfSs nfu]/ cfpFb5 . s'/f] xf], @)&& kf}if !( ut] :yfgLo ;/sf/sf ;efd'vtyf dGqLx?n] k'DbLe'DbLsf] 8fF8fdf vfg'ePsf] clzi6 agef]h ;Gbe{ . The Last Supper eg]em}+ u0ftflGqs g]kfnsf] clGtd agef]h vfP/ hfg'eof] t/ agef]h :yndf Knfli6sx?, kmf]xf]/sf 8ª\u'/, /S;Lsf af]ntx? / df;'sf x8\8Lx? au|ofNtL 5f]8]/ uPsf] x'bf ps';d's'; k/]sf dgefjx? kf]Vb} 5' .

d}n] ;efd'vnfO{ e]6]/g} df}lvs l;sfot u/] . xfdL s:tf] ;+:sf/ efjLlk8LnfO{ l;sfpFb} 5f} t < agef]hdf, 3}6f] km'6fpg] / s';L{ n8fpg] v]n v]lnof] . cflv/ of] t ;bg b]lv ;8s ;Dd eOg} /fv]sf] 5 t . ;efd'v / dGqLu0fx?n]g} tf; v]Ng], /S;L wf]Sg], Knfli6ssf kmf]xf]/ hftftt} km\ofSg] u/]kl5 afnaflnsfx?nfO{ s;/L ;';+:s[t agfpg] t < k|Zg / pQ/ b'j} hl6n 5 . Knfli6s !)) aif{ ;Dd s'lxGb}g eGg] s'/f yfxf gePsf / cfdf k|s[ltsf] sfvdf cfrL u/]/ lx8]sf oL ;efd'vx?sf] d'v Ps k6s ;a}n] x]g}{} k5{ ls s:tf h+unLx?n] g]kfndf zfifg ul//fv]sf 5g\ t eg]/ .

Wofg ubf{ a:g] ;kmf 7fpF Dumping Site agfP/ 5f]l8lbP . /S;Lsf x8\8Lx? 5/ki6 5g\ s;/L vfnL v'§f lx8\g' / < 5]pdfg} s'v'/fsf e'Tnfx? / df;'sf 6'qmf x8\8Lx? b]v]/ /fIf;L ef]hsf] ememNsf] cfb cfof] . a]n'sLkv sfusf ayfg cfP/ l;gf] vfP . d 5Ss k/]/ ;f]r]– b]z rnfpg] dGqLu0fx?sf] ef]h t o:tf] 5 eg] c? h8\ofxfx?sf] ef]h s:tf] xf]nf .

of] t Ps k|ltlgwLd'ns 36gf dfq xf] . ctM cfd g]kfnLx?nfO{ /rgfTds z}nLsf] zfsfxf/L ef]hg vfP/, cfdf k|s[ltnfO{ dfFof u/]/ agef]h dgfpgsf] nflu cg'/f]w ub{5' . hbf} .

**dnfO{ lrQ b'V5**

* c+u|]hL efiffdf n]lvPsf k':tsx? 1fgsf] pTs[i6 d'xfg / uf]/f] 5fnf ePsf klZrd]nLx?n] af]n]sf] s'/f csf6\o ;To egL 7fGg] k6d'v{ g]kfnLx?nfO{ b]v]/ dnfO{ pb]s nfU5 . xfd|f] j}lbs ;gftg wd{ / j]bsf jf0fLx? yfxf gkfpg] pNn' g]kfnLx? b]v]/ dnfO lrQ b'V5 .
* ( dlxgf ( lbg ue{df /fv]/ hLjg lbg] cfdf;Fu / 5f]/f5f]/Lsf] vflt/ kl;gf r'xfP/ x'sf{pg] a9fpg] a'af;Fu æd 5'l6G5' – c+z b]pÆ eGg] s'k't 5f]/f5f]/L b]v]/ dnfO{ lrQ b'V5 . 5'l6bfv]/L, efF8fs'8f ;DklQ t 5'l6G5 xf]nf t/ cfdfsf] k|;a lk8f 5'l6b}g . ToxL a'afs} lao{af6 hLjg kfPsf] Tof] 9's9'sL 5'l6b}g . ;fIfft O{Zj/sf :j?k tL a'afcfdfn] a'9];sfndf ;xf/f vf]hL u/]sf] a]nfdf c+z dfu]/ 5'l6g] 5f]/f5f]/L b]v]/ dnfO{ lrQ b'V5 . lhpbf] x'bfF, hGd lbg] a'af cfdfnfO{ e"O{df ;'tfpg] t/ jxfFx?sf] d[To' kZrft afx'g nfO{ vf6 bfg ug]{ 5f]/f5f]/Lx? b]v]/ lrQ b'V5 .
* !) xhf/sf] ;f8L / !) t]fnf ;'g em'08\ofP/ \*$ lsnf]sf] Hofg xNnfpFb} ædnfO{ dfOltn] x]nf u/]Æ eg]/ @@ k6s kmgkmgL 3'd]/ lth dfg]sf] ;+:sf/ b]v]/ pb]s nfU5 . l/ªu6f nfu]/ EjfSs 9N5g\ xf]nf gL, eGg] kL/ nfU5 .
* English km//sf] ;+:sf/n] xfd|f] g]kfnL efiffnfO{ o;/L n+u8f] agfOlbof] ls eGg klg nfh nfU5 . 6's'6's l8x\g] aRrf b]lvg} 3/df Uncle nfO{ Hi/Hello eGb]p t afa' , Aunty nfO{ ufnfdf Puppy b]p t, I am fine eg t, Cadbury Chocolate gift NofO{lbg' eP5 Uncle nfO{ Thank You eg t ===== oL o:t} o:t} . rfdnsf] laofF h:tf] stf stf g]kfnL zAb 5, clg Tof] aRrfn] s;/L cfkm\gf] g]kfnL efiff l;S5 t <
* lalwsf] zfifg / sfg"gL /fHo /x]g of] b]zdf . 8fsfx?n] b]znfO{ n'6\g;Dd n'6] . lab]zx?sf] 8Dkm'df gflr/fv]sf 5g\ . b]z vf]qmf] eof], g]kfn cfdf anfTs[t eOg\ . s;/L 6'n'6'n' x]g{ ;S5f}, P o'jf xf] < ca hfUg'k5{ ltdLx? . xfd|f] df6f] ;'xfpFbf] afb / ;"o{rGb| c+lst em08f d'lg Psa4 x'g'xf];\ . olx eb|uf]n /fi6« 5f]8]/ uP efjL ;GttLx?n] ;/fKg] 5g\ . ;'Gb/, zfGt / ;d[4 /fi6« gfzf] 5f]8g ;s] dfq xfd|f] hLjg ;fy{s aGg] 5, ls s;f] < g]kfnleqg} g]kfnL vf]Hg' kbf{ lrQ b'V5 .
* of] b]z lauf/]sf] a'l4hLjL egfpFbf 8fsfx?n] klg xf] . j}lbs zf:qn] dflg;nfO{ # efudf /fv]sf] 5 M d'v{, a'l4lxg / 1fgL . a'l4lxg t d'v{ eO xfNof] . ts{ lats{ ug]{, /fd|} s'/fnfO{ klg k|z+;f ug{ g;Sg], afb / gLltzf:qx?sf] 3f]sGt] kf7 ug]{nfO{ lxhf] cfh a'l4hLjL sxlnG5 . Pp6f laifo k9]sf] t/ csf]{ sfd ul//fv]sf] km6fxfx?nfO{ klg a'l4hLlj elgG5 . ca, a'l4hLjL xf]Og ls 1fgL dflg;sf] vfFrf] 5 oxfF . hf] ;To af]N5, c;n rl/qjfg 5, hf] ;/n :jefjsf] 5 / c?sf] nflu ;f]r /fVg] ub{5 . xf} To:tf] laj]sL, st{Jolgi7 / /fi6«k|]dn] cf]tk|f]t ePsf] 1fgL dflg; vf]hf}+ .
* **dnfO{ lrQ b'V5**

dlGb/} dlGb/sf] zx/ eGy], c:ktfn} c:ktfnsf] zx/ eof]

wGgGt/Lsf] cfo"j]{b lanfP/, k|To]s cGgkfgL hx/ eof]

Aofs'n 5f}+ sfsfs'n eof] hLGbuL, Ps d'¶L :jR5 xfjfg} /x/ eof] .

* **hfu g]kfnLx? xf] hfu**

g xfjf z'4 g kfgL z'4, sf]nfxn leq ?b}5g\ a'4

g agdf zflGt g dgdf zflGt, bgbgL ;Nsg vf]Hb}5 s|flGt

kf}/vL xft b]p ;fy dnfO{, clg dfq x'G5 hutsf] enfO{

**cGwlaZjfz xf]Og, a}1flgs sf/0fx? M**

j}lbs 1fg cfkm}df laz]if la1fg xf] t/ klZrdL lzIffsf] k|efan] xfd|f] j}lbs ;+:sf/nfO{ cGwlaZjfz elglbbfF stfstf g/dfO{nf] nfu]/ cfp5 . xfd|f] j}lbs ;+:sf/ slt a}1flgs 5 eGg] s'/f a'em\g] sf]lz; ug{xf];\ .

**-s\_ lkkn / t'nzLn]** !)) k|ltzt k|f0fjfo' (Oxygen) pT;{hg ug]{ ePsf]n] l;ls:t la/fdLnfO{ lkknsf] km]bdf cyjf t'nzLsf] df]7df nu]/ ;'tfOG5 . k|fs[lts elG6n]n/ lztn xfFjf ; / / / .

**-v\_ s'zdf** eathertTj x'g] ePsf]n] r6\ofËnfO{ klg lg:t]h kfg]{ Ifdtf x'G5 . 100 gm s'zdf 1.6 eather tTj x'G5 . ToxLeP/ plxn]sf dfG5]x?n] ;fgf] d'7f] ePklg d'n9f]sfdf s'z em'08\ofpg] ub{y] .

**-u\_ xjg ubf{** dGqf]rf/0fsf ;fy k|of]ux'g] hl8a'6L, t]n, sk"/, ltn, rfdn af6 lg:sg] klaq clUg / w'Fjfn] jftfj/0f ;kmf ub{5 . @ s] lh xag af6 @) 6g hlt k|f0fjfo' (Oxygen) pT;{hg x'g] s'/f klZrdL a}1flgsx?sf] cg'ifGwfgn] atfPsf] 5 .

-3\_ ?bfIfdf Electromagnetic currents x'g]ePsf]n] /QmrfFk nfO{ ;Gt'ng /fVb5 . ?b|fIfdfnf nufP/ a:bf dg zfGt x'G5 . To;}n] of]uWofg / k"hfkf7 ubf{ ?b|fIfsf] dfnf nufO{G5 .

-Ë\_ a|t a:bf/f]u k|lt/f]wfTsd Ifdtf a9g] ePsf]n] xKtfsf] Ps lbg cyjf !^ 306] a|t a:g' zfl//Ls / dfgl;s :jf:yosf] nflu pQd x'G5 eg]/ a}1flgs vf]hn] atfPsf] 5 . lxhf]cfh a|t a:g] xf]8afhLg} rn]sf] 5 .

-r\_ dlxgfa/L x'bf lg:sg] /utsf] sf/0fn] xflgsf/s hLjf0f'x? km}lng ;S5g\ To;}n] k|Tos lbg g'xfpg' k5{ . / o;a]nf zl// sDhf]/ x'g] ePsf]n] dlxnfx?n] cf/fd lng' kg]{ s'/f cfkm}df /fd|f] xf] . t/ Tof] eGbf klg d'Vo s'/f, a|Dxf08af6 cfpg] ;ftj6} u|xsf] phf{ -cfO{taf/ ;"o{sf], ;f]daf/ rGb|dfsf], d+unaf/ d+unu|xsf] OTofbL\_ dlxnfsf] zl//df k|a]z ePk5L dfq pQm dlxnf tGb'?Zt x'g] x'bf klg & lbg dlxgfjf/L afg'{ kg]{ rng rn]sf] xf] .

**æ;w}+ ofb /fVg';\Æ**

* hLjgdf ;aeGbf dxTjk"0f{ s'/f tkfO{n] slt k};f sdfpg' eof] eGg] s'/f xf]Og ls slt :j:y / slt v'zL x'g'x'G5 eGg] xf] .
* lhGbuLdf dfq b'O{j6f ;fyL x'G5g\ M 5fFof / P]gf . 5fFofn] hxfF uPklg 5f]8\b}g / P]gf /f]P /f]OlbG5, xfF;] xfl;lbG5 .
* lajfx u/]sf] Ps jif{;Dd >LdtL rGb|d'vL x'G5], aRrf hGdfO ;s]kl5 ;"o{d'vL x'G5] / kfFrjif{ kl5af6 ToxL >LdtL Hjfnfd'vL aG5] .
* t'R5 dflg;x?n] æd / d]/f]Æ dfq eGb5g\ eg] lazfn x[bo ePsfx?n] æ;a} xfd|f]Æ eGb5g\ .
* yf]/} Kof/ yf]/} bb{lbg] g} x'g k|]ldsfx? eg]sf] . k|fs[lts km"nklg t km"N5 clg cf]O{lnG5 lg . slxNo} gcf]Onfpg] km"n t Knfli6ssf] kf]sf] x'G5 . hLjg, sk8fn] agfOPsf] a'VofFrf xf]Og .
* ;kmntfsf] nflu jl/k/L zq'x? x'g} k5{ . e¥ofªdf r9\bf v'§ftfGg] dfG5] tn eP dfq tkfO{ dfly r9\b} hfg'x'G5 .
* æ;Gtf]if k/d ;'vd\Æ cfkm";Fu h] 5 To;}df g} /dfpg ;Sg] dfG5]n] dfq ;'vsf] cg'e"lt ub{5 .
* ufO{n] af5fnfO{ w]/} rf6\of] eg] af5f]sf] 5fnf Kjfnk5{ . To:t} 5f]/f5f]/LnfO{ rflxg] eGbf a9L dfFof u¥of] eg] cfkm\g} 6fpsf]df 6]S5g\ , 5f]/f5f]/Lx? lalu|G5g\ .
* cWofTdnfO{ k|b'lift kfg]{ eg]sf] gfl:tsaf6 xf]Og a? 9f]+uL cfl:tsx? af6 x'G5 .
* cWofTd -wd{\_ lagfsf] la1fg …n+u8f]… / j}lbs 1fg lagfsf] wd{ …cGwf]… x'G5 .
* c;n rl/q lagfsf] lzIff, /; lagfsf] kmnkm"n p:t} xf] .
* ;a}eGbf ax'd"No sdfO{ hLjgdf, cfTdf1fg xf] .
* O{Zj/ gb]v]klg dfG5]x?n] æx] O{Zj/Æ eg]s} x'G5g\ . x/]s lk8fdf, v'zLdf, ;kmntfdf c:ktfnsf] ;}ofdf, cfkt lakbdf, ;+ef]usf] pTsif{df O{Zj/ k'sf/]sf x'G5g . k'/} laZjf; gnfu] klg slx g slx O{Zj/ x'g'x'G5 eg]/ x]Ssf /fVg' .
* km"nnfO{ yfxf x'Fb}g sL ef]lnkN6 d dlGb/df hfG5' of t lrtfsf] k"hfdf . To;}u/L, Pp6f r/LnfO{ klg yfxf x'Fb}g sL a]n'sf u'F8df kmls{g] of af6}df AofFwLsf] u'n]nLn] dg]{ s'/f . a]n'sf ;'t]sf] dfG5] ef]ln p7\5 of p7\b}g, s]xL yfxf x'Fb}g . lalwsf] lawfg / ;do anjfg 5 . To;}n] cfh g} hLjgsf] cfgGb n]pm .
* of] ;+;f/df c;n dfG5] kfpg u|fxf] 5 To;}n] c;n dflg; vf]Hg gnfUg', a? cfkm"g} c;n rl/qjfg dflg; aGg' .
* cGgn] xfd|f] k|f0f wfg]sf] x'G5 . cGgkfgLdf O{Zj/sf] af; x'G5, To;}n] hLjgdf sbfkL vfg]s'/f v]/ gkm\ofSg' .
* kfgL eg]sf] hLjg hn xf] . xfd|f] xh'/af xh'/cfdfn] vf]nf / Ogf/df kfgL b]Vby], xfdLn] wf/fdf kfgL b]Vb}5f} . xfd|f 5f]/f5f]/Lx?n] af]tndf / gflt gfltx?n] SofK;'ndf kfgL b]Vg]5g\ . To;}] kfgLnfO{ arfcf}+ . geP efjL ;GttLn] kfgL eGg] s'/f cfF;'df dfq b]Vg]5g\ .
* Ps cfk;df ljZjf;, >4f / k|]d lagfsf] a}jflxs hLjg lk8fbfos x'G5 .
* dfgatf gePsf] dflg; a'VofrfF xf] , Ho"bf] nfz xf] .
* hLjgsf] lgod g} xf] sL Pp6f 9f]sfaGbf ePkl5 csf]{lt/ 9f]sf vf]lnPsf] x'G5 .
* hLjgdf lg;fkm, lk;fa / lx;fa ;kmf x'g'xkb{5 .
* O{Zj/ vf]Hb} lx8\of]eg]] slxklg O{Zj/ e]l6b}g . cfkm"leq k;]/ x]/ htftt} O{Zj/ b]Vg yfNb5f}+ .
* vfgf o;/L vfp sL k|Tos cGg cf}ifwL agf];\ .
* O{Zj/n] b'Mv lbg'kg]{ / ;+3if{ u/fpg' kg]{ sf/0f x'G5 . ;fy;fy} tkfO{sf] O{dfGbfl/tfsf] nflu pkxf/ klg tof/L g} x'G5 .
* c?sf] s'/f slxNo} g;'Gg' lsgsL pgLx?n] t tkfO{n] h] u/] klg s'/f sf6]s} x'G5g\ .
* of]u Wofg k|bz{gsf] nflu xf]Og, k|e'sf] bz{gsf] nflu ul/G5 .
* k'g{hGd / sd{sf] kmnsf] 1fg geP;Dd wd{, sd{ ug{nfO{ dflg;x?sf] >4f x'Fb}g .
* hLjg sf]qmf]b]lv lrtf;Ddsf] ofqf xf] .
* k"j{hGdsf] ;+lrtsd{sf] kmn clxn]sf] h'gLdf ef]U5f} xfdL .
* dflg; hlGdbfv]/L g t rGbg nufP/ cfpF5g, g t hg} . ;'sd{ ug]{ a|fxd0f xf], s'sd{ ug]{ lgr .
* ;To argx? ld7f x'Fb}gg\ / ld7f argx? ;To x'Fb}gg\ .
* ef]hg eGbf ef]s ld7f] x'G5 . lanf;L cf]5ofg eGbf lgGb|f ld7f] x'G5 .
* a'l4jfgn] dnfO{ ;a}s'/f yfxf 5 eG5 / 1fgLn] dnfO{ s]xL klg yfxf 5}g eG5 .
* hLpg hfg] hLjg v'zLsf] bx aG5, hLpg ghfg] hLjg cfF;'sf] ux aG5 .
* bfFt x'Fbf ds} vfg'k5{ eg] h:t} lajfx k"j{ g} /dfpg';\ / ;+;f/ 3'Dg';, lajfx kl5 t ;+:ff/ cfkm}df 3'Db5 .
* tkfO{sf] a'afn] h'Qf l;nfP/ nfPsf] nf]eL eP/ xf]Og . O{dfGbfl/tfsf ;fy k};f sdfpg ufx|f] eP/ xf] . gbLsf] axfa;Fu} aUg ;s] tl/G5, geP nl8G5 . To;}u/L ;do;Fu} aUg ghfg] Ho"Fb} dl/G5 .
* kfgLsf] d"No wf/f ;'s]kl5 yfxf x'G5 . cyf{t, d?e"dLdf kfgLsf] nfuL ef}tf/L/fv]sf]n] dfq kfgLsf] d"No yfxf kfp5 . k|f0fjfo" -xfjf\_ sf] d'No sf]/f]gfn] lg;fl;Psf] la/fdLnfO{ / lxdfndf n]s nfu]sf] AolQmnfO{ ;f]Wg';\ .
* ÆxT;' kLtf;f] o'4oGt] b'd{bf;f] g ;'/fofdÆ cyft, gzfn' kbfy{ ;]jgug]{n] emu8f, o'4 / pTkft drfpFb5g\ .

**ufO{sf] b'w cd[t M** ufO{sf] b'w cd[t ;dfg x'G5 lsgsL ufO{sf] b'wdf :j0f{s0fx? ldl;Psf] x'G5 . h'g xfd|f] z/L/nfO{ cTofjZos x'G5 . ufO{sf] s/Ësf] xf8df cjl:yt ;"o{s]t' :gfo"n] xflgsf/sf ls/0fx?nfO{ /f]s]/ jftfj/0f z'4 kfb{5 eg] olx ;"o{s]t' gf8Ln] ;"o{ ;Dks{ ePkl5 dfq :j0f{ pTkGg ub{5 . :d/0f zlQm a9fpgM ufO{sf] b'w, cf]v/, ltn, hf}, e6df;sf] ;ft' / lgoldt k|0ffofd x'g\ .

cfsfzt\ kltt tf]o+ oyf uR5lt ;fu/d\ .

;j{b]jM gd:sf/M s]zj+ k|ltuR5lt .. cyf{t, aiff{sf] kfgLsf] clGtd uGtJo gbL eP h:t} h'g;'s} k|sf/n] O{Zj/ elQmefj /fv]tf klg cGtTjuTj k/dfgGb dfwj æO{Zj/Æ n] g} kfpg'x'G5 <

**>bfn' eQmhgx? k'Ug} kg]{ s]lx klaq lty{:ynx?**

g]kfn b]z k'/}g} klaq lty{ xf] . lzj–;tLsf] af;:yfg, b]je"dL, tk]e"dL xfd|f] uf]/If/fi6«sf] k|Tos lxdfn–kxf8, vf]nf–gfnf / y'lDsx? klaq 5g\ . dR5LGb|gfysf] ;fIfft\ :j?k lxddfga 'Yeti' / e}/a u0fx?n] ;bf /Iff ul//fVg' ePsf] 5 . xfdL g]kfnLx? cxf] efUodfgL xf} . To;}n], hLjgdf b]j C0f ltg{sf] nflu oL d'Vo lty{:ynx?df uP/ k"hfcfhf u/L k'0o sdfpg';\ .

* s'z]Zj/ wfd – k|yd Hof]lt{lnË -lzjlnË\_ pTktL ePsf] of klaq:yn s'z]Zj/wfd l;Gw'nL lhNnf, g]kfnyf]s b'Dhf, sf7df08f}af6 \*! ls dL k"a{ /f]zL / sf]zLsf] bf]efgdf kb{5 . a|DxfhL / lai0f'hL n] toZof ubf{ lzjhL k|s6e} jxfFx?nfO{ st{Aoaf]w u/fpg'ePsf] 7fFp, …g]… d'gL CifL / laZjfldq CifL h:tf xhf/f} CifLd'gLxn] tkZof ug'{ ePsf] klaq :yn xf] of] s'z]Zjwfd . olx a;]/ laZjfldq CifLn] ufoqL dGq -wtL{s} klxnf] / zlQmzfnL dGq\_ sf] /rgf ug'{ ePsf] lyof] . :d/0f /xf];, of] k"Goe"dLg} dfgax?sf] pbud :yn xf] . To;}n] pTktLsf PsfbzLdf eg] caZo klg s'z]Zj/ wfd -lzj uf]/If\_ dlGb/sf] bz{g u/L k"Gonfe lng'xf]nf . of] laz]if wfdsf] bz{g kl5 ;do ldnfP/ 8f]n]Zj/ -s]bf/gfysf] lz/\_, bf]nvf led;]g, z}n'Ë 8fF8f, lqk'/f;'Gb/Lsf] caZo bz{g ug'{ xf]nf . l5Ggd:tfsf] lz/ p8]/ cfP/ lqk'/f;'Gb/Lsf] :j?k lng'ePsf] xf] . bf]nvf led;]g dlGb/df lzjhL, lai0f' / led;]gsf] k'hf x'g] ePsf]n] oxfF # k6s k"hf x'G5 . o; klaq :yndf sbfkL klg aln r9fpg] ;f]r gug'{ xf]nf .
* ?buf/]Zj/ – ^$ cf} Hof]lt{lnË -lzjlnË\_, kz'kltgfysf] klZrd 9f]sfaf6 %) ld6/ pTt/df sfa|fsf] ?vd'lg cal:yt 5 ?b|uf/]Zj/ lzjlnË . laz]ifu/L, o'u kl/at{g x'bf of] ?buf/]Zj/ lzjlnËsf] k"hf cf/fwfgf ul/G5 . glhs} ;tLb]jLn] xfdkmfn]sf] clUgs'08 / g]kfns} k'/fgf] /fhb/af/ -l;dl;d] /fhfn] agfpg' ePsf]\_ klg x]g{ ;lsG5 . k|fou/L laxfgsf] # ah]lt/ ;'gf}nf] /Ësf] gfun] of] lzjlnËnfO{ a]/]/ a;]sf] x'G5 . jf:tadf, dxflzj/fqL w'dwfdn] dgfpg'kg]{ 7fFp rfFlx of] k|fË0f xf] . zfsfxf/L ef]hg ug]{ / ;t\sd{df lx8g] ;+sNk lnP/ æcgGt sf]6L a|Xdf08d\ uf]/If r/fr/d\ bz{gd\ d'lQm nfeZr t:d} uf]/Iffo gdf] gd M Æ sf] !)\* dGq hk / bLk k|Hjng u/]df lzj uf]/Ifsf] bz{g ;+ej xf]nf .
* cfb]Zj/ – eujfg >Ls[i0fn] tkZofu/L lzjhLaf6 z'b{zg rs| k|fKt ug'{ ePsf] 7fFp xf] of] . :jo+e" eGbf @ ls dL pQ/ tkm{, Or+v'gf/fo0f dlGb/sf] glhsdf cal:yt 5 cfb]Zj/ . o'u kl/at{g x'bf, laz]if b}jLs 36gfx?df cfb]z lng] 7fFp ePsf]n] …cfb]Zj/… elgPsf] xf] . xfdLn] klg la ;+ @)&& c;f]h ! ut] sf lbg snLo'usf] cGTo / q]tfo'u -/fd/fHo\_ sf] cfudgsf] nfuL laz]if xf]d u/L lzjz+s/ ef]n] ;+u cfb]z lnPsf lyof} . wtL{sf ^$ j6f lzjlnËx? dWo of] %! cf}+ lzjlnËsf] xf] . olx a;]/ gfuf{h'gn] klg l;4L k|fKt ug'{ ePsf]n] af}w ;Dk|bfosf] nflu klg of] 7fFp klaq lty{:yn xf] . To;}n] :jo+e"gfy / af}4gfy bz{g ul/;s]kl5 of] cfb]Zj/ lzjlnËsf] k"hf cf/fwgf ub{5g\ .
* d'lQm If]q – d':tfË lhNnfdf cal:yt d'lQmgfy -a}s'07wfd\_ rf/wfd dWosf] Ps xf] . d'lQ lbg'x'g] d'lQmgfy gf/fo0fsf] la/f6 :j?k bz{g ug{ kfOG5 . !)\* wf/fdf :gfg u/L cv08 bLk -kfgLdf an]sf] cfuf]sf] Hjfnf\_ x]g{nfO{ ge'Ng' xf]nf . laZjsf ;a} wdf{nlDax? oxfF cfP/ >4f elQmefjn] gtd:ts x'G5g\ . lkt[ tk{0f lbgnfO{ ;af]{Ts[i6 7fFp sfua]gL olx kb{5 eg] dftf b]asLn] afns >Ls[i0fnfO{ n'sfP/ /fv]sf] bfdf]b/ s'08 klg olx kb{5 . laZjsf] ;aeGbf ulx/f] uN5L …sfnLu08sL vf]r… / klaq zflnu|fd kfO{g] laZjsf] Psdfq sfnLu08sL gbL olx af6 aUg z'? x'G5 . :d/0f /xf];\, d'lQmgfynfO{ …;f]dgfy… sf] gfdn] klg k'sf/LG5 . lxdfnosf] sfvdf d'lQmgfysf] cf/fwfgf ug{cfpg Hofb} sl7g ePsf]n] Ol08ogx?n] lt?klt afnfhL dlGb/ k|lt:yfkgf u/]/ pg} d'lQmgfy gf/fo0fsf] k"hf cf/fwfgf ub{5g\ .
* kfz'kft If]q M dfga nufot hlGdP/ dg]{ / c1fgL ;a} k|f0fLx?nfO{ …kz'sf]… ;+1f lbOPsf] 5 . / xfdL ;a} kz'x?sf klt …kfz'kltgfy… – b]aflbb]a dxfb]asf] ls|8f:yn ePsf]n] of] kfz'kft If]qsf] dlxdf n]v]/ ;fWog} 5}g . >L:j:yfgL a|tsyfdf a0f{g ul/Psf] dxfb]an] d[usf] ?k wf/0f ug'{ePsf] in]zdfGts ag olx 5 eg] afaf uf]/vgfyyn] !@ aif{ cf;g hdfP/ a:g' ePsf] 7fFp d[u:ynL klg olx 5 . kz'kltgfysf] bz{g ug{ hfFbfv]/L ;"o{s'08, af34f/, la?kfIf, cgGt–af;'sL gfu, s}nfzs'6 ka{t x]g{ ge'Ng' xf]nf . olb ;"of]{bo cuf8L kz'kltgfysf] uh'/sf] 6'Kkfdf Pp6f eFu]/f] b]Vg' eof] eg] ;Demg';\ ls ;fIfft lzjhLsf] bz{g eof] . d'Vo k'hfsf] ;dodf k'Ug'ePsf] 5 eg] k/}af6 ePklg kz'klt lzjlnËsf] rf/j6} r]x/f M tt\k'?if, afdb]j, ;b\of]hft / c3f]/sf] bz{g ug{ kfO{G5 . t/ cfsfztkm{ kmls{Osf] O{zfgsf] cg'xf/ eg] x]g{ kfOb}g . afnfrt'b{zL, xl/af]wgL PsfbzL -xl/nfO{ af]w ug]{\_, uf]/vk"l0f{df -a'4hoGtL\_, gfuk~rdL, dxflzj/fqL h:tf ka{x?df eg] caZog} kz'kltgfy -gf/fo0f\_ sf] bz{g ug'{ xf]nf . ;fFemsf] cf/tLsf] dbxf]; jftfj/0fn] hf] sf]lxnfO{ klg cfWoflTds efj hufOlbG5 .
* ?? If]q Mcflbdo'udf gf/fo0fsf] cjtf/ …CifLs]z… k|s6x'g' ePsf]n] ?? If]q klg rf/wfd dWo Ps xf] . b'ef{Uoa;\, rt'/ Ol08ofn] lbNnLdfly CifLs]z v8fu/L k|rf/k|;f/ u/LlbbfF xfd|f] ;SsnL ?? CifLs]z cf]em]ndf k/\of] . olx klaq e"dLdf euafg\ >Ls[i0fn] hGd lng' ePsf] lyof] eg] euafg\ >Ls[i0fsf cg'ofoL oz' s|fOi6n] olx cfP/ tkZof u/L l;4L k|fKt u/]kl5 un]Zj/ x'b} d'lQmgfy bz{gdf hfg'ePsf] lyof] . c+ufnf]e/L zflnu|fd af]s]/ olx ?? CifLs]zaf6 sflnu08sL aUb} aUb} b]a3f6df lqz'nL ;+u ldl;PsL l5g\ .

?? eg]sf] ;:s[tdf d[u eGg] cy{ x'G5 . d[usf] b'w lkP/ x'ls{Psf CifLs]z sf] syf la56\6} /dfOnf] 5 .

* a/fx If]q M cflbdsfndf of] k[YjL hndUg x'bfF gf/fo0f xl/ lai0f'n] a/fx catf/ lnP/ ;d:t dfga– k|f0fLx?sf] p4f/ ug'{ ePsf] lyof] . rf/wfd dWo Ps dflgg] a/fx If]qnfO{ k|flrg xl/4f/ klg elgG5 . lxGb' / d';ndfg b'j} ldn]/ k"hf cf/fwfgf ug]{ ljZjsf] Ps dfq dlGb/ olx xf] . lkt[ tk{0fsf] nflu a/fx If]qsf] sf]sf glb ;af]{Qd 7fFp xf] . olx dfly b'wsf]zLsf] lsgf/df wGjgt/L b]jn] cd[t38f dGyg ug'{ ePsf] lyof] . ToxL cd[tsf] Ps yf]kf v;]/ lzjlnË pTktL eof] h;nfO{ lk08]Zj/L eg]/ -w/fgdf cal:yt\_ k"hf ub{5f} . a/fxIf]qsf] lty{ tou/L;s] kl5 w/fgsf] bGtsfnL, a'9f;'Aaf, / lk08]Zj/Lsf] bz{g ug'{xf];\ . To;kl5, sf]zL6Kk' ;Dd uP/ eujfg\ /fdn] afNg'ePsf] clUgs'08 …/fdw'gL… sf] klg bz{g ug{ ge'Ng' xf]nf .
* O{gf/]Zj/ M dsjfgk'/ lhNnfsf] bfdg lzv/sf]6df cal:yt of] O{gf/]Zj/nfO{ …kf08's]Zj/… klg elgG5 . of] 7fFpg} ;[li6sf] z'?jftdf dlxnf ue{ af]s]sf] 7fFp xf] . dfly 8fF8fdf kflye/f dftfsf] kf}/f0fLs dlGb/ 5, glhs} ag–dfga …olt… a:g] u'kmf 5 . 3gf h+Ën lxdfnL hl8a'6Ln] 9fs]sf] 5 eg] cd[ts'08af6 cd/ cd[t alu/x]sf] 5 . t/ eL/sf] RofFkaf6 lg:s]sf]n] cd[t :yfg eg] s;}n] klg e]p kfpg ;s]sf 5}gg\ . olx cd[tsf] vf]hLdf bnfO{nfdf h:tf ltAatL nfdfx? dlxgf} Wofg u/]/ al;/xG5g\ . lzv/sf]6 ahf/ 5]pdf laZjsf] Ps dfq ;]tf] xfQLsf] kfO{nf -d's'Gb ;]g r9\g'ePsf] xfQL\_ b]Vg ;lsG5 eg] yf]/} dflylt/ snsn alu/x]sL s[i0fs'08 e]l6G5 h'g vf]nfsf] hnn] eujfg\ >Ls[i0fn] kfFrkf08ax?nfO{ hn cleif]s u/L dxfef/t o"4df k7fpg' ePsf] lyof] . kfFrkf08ax? cf/fdug{ a;]sf] 7'nf] 9'+Ëf] / kfFr kf08ax? g'xfPsf] s'08 ePsf]n] o; If]qnfO{ kf08's]Zj/ elgG5 . eujfg >Ls[i0fsf] ;GttL uf]kfna+zLsf uf]kfnLx? cem} klg a;f]af; ul//fv]sf 5g\ .

o:tf] klaqe"dLdf afaf uf]/vgfysf] cfb]zn] uf]/vgfy sNof0f s]Gb| g]kfnn] lzv/ z}nLsf] lzj–uf]/If dlGb/, Wofgs]Gb| / j}lbs kf7zfnf lgdf{0f u/]sf] 5 . o; dlGb/sf]n] phf{n] jfo'sf] z'l4s/0f u/L ;d:t k|f0fLx?nfO{ k|f0f lbO/fv]sf] 5 . :d/0f /xf];\, k|s[lt z'l4s/0fsf] nflu ;f}o{ phf{, jfo' phf{ / wtL{sf] phf{ z'l4s/0f x'g' ckl/xfo{ x'G5 . To;}n], ;f}o{ phf{ z'l4s/0fsf] nflu l;Gw'nLsf] s'z]Zj/df, wtL{sf] phf{ z'l4s/0fsf] nflu w'lga];L wfs]{df / jfo' phf{ z'l4s/0fsf] nflu l;v/sf]6 kfn'Ëdf uf]/Ifwfd agfOPsf] xf] . snLo'usf] cGToe} q]tfo'usf] cfudgsf] k|lts :j?k of] lzj–uf]/If dlGb/ lgdf{0f ePsf] xf] . ct M k|s[tL / r]tgfsf] z'l4s/0f ug]{ ePsf]n] of] lzj–uf]/If wfdsf] lalzi6} dxTj 5 .

* l;WbLk'/ M k[YjLgf/fo0f zfxn] k'jL{ g]kfn Plss/0f ug'{ eGbf klxnf ef]hk'/nfO l;4Lk'/ eg]/ elgGYof] . lgZrog} sf}lzs, alzi7, laZjfldq h:tf xhf/f} CifLd'gLx?n] toZof u/L l;4L k|fKt u/]sf] x'gfn] of] 7fFpsf] gfFp l;4Lk'/ /xg uPsf] xf] . ?b|sf] cIf -cfF;'\_ eF'Odf v;]/ ?b|fIf k|s6 ePsf]n] ef]hk'/sf] cfWoflTds dxTj lalzi6 5 . l;?kft] v's'/L, s?jf, dfbnsf] nflu dfq ef]hk'/ k|Voft xf]Og ls b]j wgjGt/Ln] cd[t 38f dGyg ug'{ ePsf] / of]uL kft~hnL k|s6 x'g' ePsf] lxdjtv08 klg xf] . ef]hk'/ ls/fFtx?sf] pbud:yn / kf?xfË ;'lDgdfsf] klaqe"dL xf] . s'z]Zj/ wfddf b}aLs phf{ k|s6 x'bf bf]nvf led;]g, xn]zL x'b} ef]hk'/sf] l;4sfnL u'kmf ;Dd cfOk'U5 . To;}n] pQm b}jLs phf{nfO ;+ro ug{sf] nflu uf]/vgfy sNof0f s]Gb|sf] dfu{lgb]{zgdf lzj uf]/Ifwfd lgdf{0f ul/Psf] 5 .

oxfF cfO;s]kl5 6S;f/ ;Dd uP/ ljZas} klxnf] af}4 laxf/ x]g'{xf]nf . To;kl5 bfFjf, wd{zfnf x'b} do'Fsf] gfuL / nfnLu'F/f; hËnsf] cfgGb lng'xf];\ . 6\ofDs], doF' / ;'Gtn]af6 b]lvg] ;u/dfyf, dsfn', s~rgh+3f lxd>[vnfsf] dgf]/d b[Zosf] aofg zAbx?df ug{ ;lsGg . sf]z]nL :j?k v's'/L, s?jf, dfbn, ?b|fIf, ;'Gtnf, cn}rL cflb Nofpg ge'Ng' xf]nf . zflGte'dL / 1fge'dL ef]hk'/sf] ofqf cla:d/l0fo /xg] 5 .

* b]j3f6 M k|Tos wd{zf:qn] b]j3f6sf] d'Qms07n] k|;+zf u/]sf] 5 . ;fRr}g} b]j3f6df k'lu;s]kl5 ToxfFsf] cfWoflTds phf{n] hf]sf]lxsf] klg dg zfGt x'G5 . sfnLu08sL / lqz'nL glbsf] ;+uddf plebfF / dflg;x? 9'Ëf r9]/ lkt[ tk{0f lbb}u/]sf] b[Zon] t olx g} kf] a}s'07 xf] sL h:tf] efg x'G5 . laZjsf] Ps dfq ;]tf] xfQL r9g'x'g] / k|s[tL–hgfj/x? ;+u s'/f ug{ ;Sg] dxfk'?if d's'Gb ;]g cGt{Wofg x'g' ePsf] klaq :yn k'Ubf k/d\ zflGtsf] cg'e"tL x'G5 . glhs} ;Ltf dftf cGt{Wofg x'g' ePsf] u'kmf / alzi7 u'kmf 5 . olx a;]/ dxifL{ alzi7n] dxfd[To'~ho dGqsf] /rgf ug'{ ePsf] lyof] .

b]j3f6sf] lty{ kZrft ;do lgsfn]/ lqa]0fL wfd–afnldsL cf>d -/fdfo0f n]lvPsf] 7fFp\_ canf]sg ug'{ xf]nf . na–s'z Ogf/, ;Ltf kfOnf h:tf k'/ftflTjs k|df0fx? b]v]kl5 eujfg\ /fdsf] hGde"dL cof]Wof s]xL sf]z k/ ePsf] cg'dfg ug{ s7Lg kb}{g . /fj0fn] ;Ltf dftfnfO{ x/]/ nUbfv]/L klt /fdn] yfxf kfcf];\ eg]/ cfKfmgf] sfhn v;fPsf] :yfg sh/Lof vf]nf klg glhs} 5 . /fdfo0fdf a0f{g ul/Psf ;a} syf k|;Ëx? x'ax' ldNg] tYo k|df0fx? lqa]0Lfwfd al/k/L x'bfx'b} klg Ol08ofn] cs}{ cof]Wof b]vfFpbf pb]s nfU5 .

* bdf}nL M bdf}nLdf hGd'ePsf s[i0f åfkfog – …a]b Jof;Ú n] $ j]b !\* k'/f0fsf] /rgf ug'{eof] . :d/0f /xf];\, j]b eg]sf] dfgj nufot ;sn k|f0fL, hLj / hutsf] ;+ljwfg xf] . ;Dk"0f{ efiff, ;flxTo, wd{, ;Dk|bfo / j}1flgs cfljisf/sf] ;|f]t g} j]b xf] . j]bn] hLjg / hutsf] af/]df l;sfO{ lbJo 1fgs]f cfFvf v'nfpFb5 . To;}n] t clxn] ;f/f ;+;f/sf dflg;x? zflGtsf] vf]hLdf, lbJo 1fgsf] vf]hLdf ef}tfl/Fb} g]kfn cfpg yfn]sf 5g\ . o:tf] klaq e"dLsf] bz{g gu/] hLjg ;fy{s x'b}g . Ps /ft af; a;]/ ef]nLkN6 laxfg} ;/:jtL -;]tL\_ / od'gf -dfbL\_ glbsf] ;+uddf :gfg u/]/ cbe'tsf] phf{ k|fKt ug'{ xf]nf .
* uf]/vf M k/fk"j{sfn b]lvg} uf]/vf cfWoflTds uGtAo:ynsf] ?kdf ;'kl/lrt 5 . olx e"dLdf afaf uf]/Ifgfy k|s6 eP/ xhf/f} CifLd'gLx?nfO{ lbAo 1fg af8g' ePsf] lyof] . jxfFs} cflzaf{b kfP/ a8fdxf/fh k[YaL gf/fo0f zfxn] lazfn g]kfnsf] Plss/0f yfngL ug'{ ePsf] lyof] / zfx a+zn] !$ k':tf zfif0f u/]sf lyP . uf]/vf b/af/sf] k|fË0f leqg} uf]/If u'kmfsf] bz{g ug{ ;lsG5 . oxfFsf] lgTok"hf k|;fb hn k|fKt geP;Dd uf]/vk'/sf] dlGb/ v'Nb}g . olx s'/fn] klg l;4 ub{5 sL uf]/If u'kmf slt zlQmzfnL eGg] s'/f .

g]kfnsf] ;'b[9 /fHo Aoa:yfsf] ;+sNk :j?k uf]/vgfy sNof0f s]Gb| g]kfnsf] dfu{lgb]{zgdf nIdL gu/ uf]/vfdf lzj uf]/If wfd lgdf{0f x'b}5 . uf]/vtTj hflu;s]sf] x'gfn] :yfO{ zflGt / ;d[4Lsf] nflu g]kfndf k'gM ;"o{a+zL /fhfsf] pbo x'g] 5 . b]zeQm hf]sf]lxn] klg Psk6s uf]/Ifwfd uf]/vfsf] bz{g u/L cflzaf{b lng'xf]nf .

* :ju{4f/L M :ju{sf k/Lx? cfpbf hfFbf kf]zfs km]g]{ 7fFp ePsf]n] o; 7fFpsf] gfp …:ju{4f/L… /x]sf] lsDabGtL kfOG5 . Ko"7fg lhNnfdf kg]{ :ju{4f/L cToGt} /dl0fo lty{:yn xf] . ^(^) lkm6sf] prfO{sf] cUnf] kxf8sf] 6'Kkf]df cal:yt of] 7fFpdf l;4k'?if :ju{4f/L dxfk|e'n] tkZof ug'{ ePsf] lyof] . a}zfv z'Sn k"l0f{dfsf] lbg jxfFn] ;"o{sf] t]haf6 clUg pTkGg u/L xjg o1 ug'{ ePsf] lyof] . pQm clUgs'08 clxn] klg aln/fv]sf] 5 . oxfFsf] cf>d / u'?s'nsf] cjnf]sg kl5 hsf]lxnfO{ klg ;+:s[t l;Sg dg x'G5 .

:ju{4f/Lsf] lty{ofqf to ubf{ a'6jnsf] l;4afaf u'kmf / eujfg\ a'4sf] hGd:yn n'lDagLsf] bz{g ug]{ s'/f x]Ssf /fVg' xf]nf . ;fy} af6f]df kg]{ bfËsf] rf}3]/fdf cal:yt xfhL /tggfysf] dlGb/ k:g' xf]nf . afaf uf]/Ifgfyg} /tggfysf] ?kdf oxfF k|s6e} u'h/ft x'b} dSsf uP/ lbAo 1fg afF8g' ePsf] lyof] . jxfFnfO{ d';ndfgx?n] …xfhL /tg… cyjf …cNnfx… eg]/ k'sfb{5bg\ . /fhf / afbzfx 5'l6Psf] 7fFpg} olx xf] . To;}n] O:nfd ;Dk|bfo klg afaf uf]/vgfys} /fqL zlQm ePsf]n] hf]sf]lxn] klg o; dlGb/sf] bz{g ug{ ;S5g\ .

* a}h'gfy M d'lQmgfy, a}h'gfy, kz'kltgfy / s]bf/gfy -8f]n]Zj/\_ rf/ gf/fo0f x'g'x'G5 . / rf/ gf/fo0f dWo Ps x'g'x'G5 a}h'gfy . olx klaq :yndf ;fIfft lzjhL k|s6 eP/ cya{j]bsf] 1fg lbg' ePsf] lyof] . tGq / cfo'j]{bsf] z'?jft ePsf] x'gfn] hf]sf]lx tflGqs / a}Bx?sf] nflu a}h'gfy k/d\k"Ho 7fFp xf] . b'ef{Uoj;, c5fd lhNnfsf] ;fFkm]au/ 5]pdf cal:yt a}h'gfywfd k|rf/k|;f/sf] cefjn] cf]em]ndf k/]sf] 5 . oxfF cfO;sf]kl5 bfr{'nfdf kg]{ dlNnsfch'{g lzjlnËsf] bz{g u/L k"Go nfe ug'{ xf]nf . lxdfnL e]udf lx8g ;Sg] cfF6 eP ot}ot} af6 s}nfz dfg;/fj/ ofqfdf lg:sg ;lsG5 . t/ s}nfz ofqfsf] nflu eg] dHhfsf] k"j{tof/L cfaZos x'G5 .
* kf]v/f M ;g\ !\*(( df g]kfn e|d0f ug{ cfpg' ePsf klxnf lab]zL ko{6s tyf hfkfgL af}4 leIf' OsfO vfjfu'lrn] eGg'ePsf] lyof]– olb of] wtL{df :ju{ eGg] 7fFp 5 eg], Tof] kf]v/fsf] pQ/ lt/ kb{5 . ;fRr}g} kf]v/f pkTosfsf] ;]/f]km]/f]df tfn, em/gf, h+un, vf]nf, u'kmf, lxdfn ePsf]n] laZjs} cfsif{s ko{6lso :y nag]sf] 5 . k'DbLe'DbLdf cal:yt t'lZftfg]kfn -hLjgsf] kf7zfnf\_ / hfkflgh af}4 u'Daf af6 b]lvg] km]jf tfn, xl/of ag, kf]v/f zx/ / cGgk'0f{ lxd;[vnfsf] /dl0fo b[Zox?n] hf]sf]lxnfO{ klg dGqd'Uw kfb{5 . kf]v/f /xbf kftn] 5fFuf], u'Kt]Zj/ u'kmf, ;]tL gbL, laGbafl;gL dlGb/, tfn a/fxL dlGb/ hfg / km]jf tfndf 9+'uf ;o/ ug{ ge'Ng';\ . Ps lbg c? a;fO nDAofpbf ;/:jtL glbsf] d'xfg df5fk'R5]«sf] km]bL;Dd uP/ tftf]kfgLdf 8'a'NsL dfg{ ;lsG5 . ,

d'lQmgfy bz{gsf] OR5f ePdf laxfgsf] a;n] s'Zdf, afun'Ë, a]gL, un]Zj/ , tftf]kfgL, dfkmf{, hf]d;f]d ;Dd hfg';\ . To;kl5 % 306fsf] k}bn ofqf kZrft d'lQmgfy bz{g x'G5 . n]s nfUg] ;+efjgf x'g] ePsf]n] lx8]/ hfg ;Nnfx lbOG5 . kms{bf rflx a;, lhk jf xjfO{hxfhdf klg kms{g ;Sg'x'G5 .

ptf, !@ ah]sf] vf]nf x]g{ hfg] dg eP l;Sn]z x'b} nDh'Ë lxdfnsf] km]bLdf cal:yt b'ws'08 cyjf !@ ah]sf] vf]nf sf] lty{sf] nflu # lbg 5'6\ofpg';\ . l7s lbgsf] !@ ah] / /ftsf] !@ ah] dfq vf]nf aUg] ePsf]n] o; lty{sf] gfpg} !@ ah]sf] vf]nf elgPsf] xf] . lxdfnsf] km]bLdf b'w h:t} ;]tf] kf]v/L ePsf]n] o; :yfgnfO{ b'ws'08 elgPsf] xf] . laxfgsf] em'Ns] 3fddf oxL b'ws'08df lzjhL :gfg ug'x'g] s'/f tflGqs / wfdLx? atfpb5g\ . >fj0f k"l0f{dfsf] d]nfdf eg] oxfF cfpg] eQmhgx?sf] 3'Orf]g} nfU5 . bdf}nL ;Dd aUb} em/]sf] od"gf glb -dfbL\_ sf] lz/ -d'xfg\_ xf] of] !@ ah] vf]nf . :d/0f /xf];, olx !@ ah]sf] vf]nfsf] cfwf/df xfd|f j}lbs CifLd'gLx?n] ;do / kfqf] z'? ug'{ ePsf] dflgG5 .

**ॐ गोरक्षनाथ शिव बाबा**

'गा' रक्षति गोरक्ष अर्थार्त सम्पूर्ण चराचर जगतको सृष्ट्टिकर्ता र रखवाला भन्ने बुझिन्छ । बृहत अर्थमा गोरख शब्दले गाई, पृथ्वी, इन्द्रिय, प्राणी, सूर्य, वायु, जल, तेज, आकाश, दिशा आदि तत्वहरुको रक्षा गर्ने कुराको संकेत गर्दछ । तसर्थ यस गोरक्ष कार्यलाई अघि बढाउन साथै जगत कल्याणको खातिर कैलाश निबासी शिव-शंकर भोले बाबा रुद्र अवतार धारण गरेर सद्गुरु गोरक्षनाथ शिव-बाबा हुनुभयो । त्रियुगका प्रतिमूर्ति सद्गुरु गोरक्षनाथ शिव बाबा अजर- अमर- अनन्त -अविनाशी - सर्बब्यापी - आदी- अनादी -अपर्मित- तेजोर्मय - प्रनबमय - परम्ब्रह्मा - परम्पीता - परमात्मा - परमपूज्य हुनुहुन्छ। समस्त ब्रह्माण्डका सृष्ट्टिकर्ता सद्गुरु गोरक्षनाथ शिव-बाबाको चरण कमलमा सधै समर्पित छौ ।

गोरखनाथ कल्याण केन्द्र नेपाल नामक संस्था - गोरक्षनाथ बाबाको अनुकम्पा, कृपा र आशिर्बादले नेपालको प्रचलित कानून बमोजिम २०६५ सालमा दर्ता भएर संचालनमा ल्याइएको संस्था हो । बाबाकै मार्गनिर्देशनमा अध्यात्मिक युगको जागरण र बिशाल नेपाल अर्थात् गोरख-राज्य पुनर्निर्माणको लक्षमा गोरखनाथ कल्याण केन्द्र नेपाल मर्गशील छ । तथाकथित इन्डियन जोगीहरुको गलत ब्याख्याले गर्दा बाबा गोरक्षनाथलाई सामान्य योगीको रुपमा भ्रम फैल्याएका छन्। यस गोरक्ष राष्ट्र नेपाललाई विश्वको शिर सगरमाथा, कैलाश पर्बत, मानोसरोवर, मुक्तिनाथ, पाशुपत क्षेत्रको पबित्र भुमि भनेर शास्त्रहरुमा मुक्तकण्ठले बयान गरिएको छ नै तर अझ विश्वको श्रीपेच नेपाल, देवभूमि - स्वर्ग भुमि, ऋषिमुनिहरूको तपोभूमि भनेर छिट्टै नै संसार भरका मानिसहरुले चिन्नेछन ।

**"गोरक्षधम भोजपुर "**

### यदा यदा हि धर्मश्य ग्लनिर्भवति भारत

### अभ्युत्थानम अधर्मस्य तदात्मानम सृजाम्यहम - भागवत गीता ४ । ७

"जब जब भरत राजा को राज्य (भरतपुर को सेरोफेरो) मा अधर्मीहरु बढछन् वा पुण्य भुमि नेपालमा अशान्ति छाउदछ, म स्वयम् धर्म रक्षा र भक्तहरुको उद्दारको खातिर यस धर्तिमा पाइला टेक्दछु " भनेर भगवान श्री कृष्ण को दिब्य बाणीले भने झैँ शिवजी (स्वयम् नारायण) को अवतारी रुप बाबा गोरक्षनाथ छिटैनै यस पुण्य भूमिमा अवतरण गरेर राम राज्य स्थापित गरिदिनुहुने कुरा अवगत गराउन चाहन्छौ । यो हाम्रो अहो सौभाग्य पनि हो।

स्वर्ग भूमि, देव भूमि, तपोभूमिमा अशान्ति छाएको छ । 'बत्ति मुनि को अध्यारो ' भने झैँ बुद्धभूमिमा भुद्दुहरु भए, ज्ञान भुमिमा ज्ञानको अभाब भयो । शैतानी शक्तिहरुले राज गरे - निर्दोष मानिसहरु आक्रान्त छन् । प्राकृतिक श्रोत साधनले भरिपुर्ण राष्ट्र आज कुबेरले धनको पोकोमाथि बसेर भिख मागेजस्तै स्तिथिमा पुग्यो । जहाँ बिधि को शाशन छैन, जहाँ कानूनी राज्य छैन- त्यस ठाउँ को उथलपुथल को बेलिबिस्तार गरेर साध्यनै छैन । यस्तो बिकराल अवस्थामा परम शान्तिको लागी हामी ईश्वरको शरणमा गएर काम - कर्तब्य बोध र बैदिक ज्ञान लिनु अत्यावस्यक भएको छ।

ज्ञान र शान्ति को मुहान यस गोरक्ष राष्ट्रमानै अशान्ति भएपछी मानिसहरु अत्तालिएका छन् । जसरी पानीको मुहान सफा नगरीकन धारामा सफा पानी झर्दैन, त्यसैगरी मानब सभ्यताको उद्गमस्थल - बिश्वको श्रीपेच नेपाल राष्ट्मा शान्ति पूजा नगरे विश्वमा शान्ति कायम हुन सक्दैन। त्यसैले सर्ब प्रथम शान्तिको बिजारोपण गर्न तथा ईश्वरीय शक्ति आब्ह्वान् गर्न बैदिक मन्दिर स्थापना गर्ने पर्दछ। जसरी एउटा WIFI Device उपकरणले ध्वनी तरङ्गलाई एकत्रित गरि हाम्रो मोबाइलमा सूचना दिन्छ, ठिक त्यसैगरी बिशेष तान्त्रिक बिधिबाट बनाइएको शिखर शैलीको मन्दिरले सूर्य उर्जालाई एकत्रित गरि समाज र राष्ट्मा सकारात्मक सोच फैलाउदै जान्छ। साथै छरपसटिएर रहेका दैविक शक्तिहरुलाई एउटै छानामुनि राख्नु अत्यावस्यक छ। हामीहरु पनि परिवारका सदस्यहरु टाढा टाढा भएको मन पराउदैनौ त्येसैगरी शिव - सती, गणेश, बिष्णु, कृष्ण, राम, बुद्ध, भगवती, काली, दुर्गा, भैरब, नागराजा इत्यादी सम्पूर्ण दैविक शक्तिका परिवारहरुलाई पनि एकै ठाउमा राखीदिदा दैविक शक्तिमा भयङ्करको उर्जा प्राप्त हुन्छ। अत यस कुरालाई महशुसगरी पृथ्वीको पहिलो शिव लिङ्ग उत्पति भएको स्थान 'कुशेश्वर' (नेपालथोक सिन्धुली) मा शिखर शैलीको मन्दिर निर्माण गर्दैछौ जहाँ बाट सौर्य उर्जा संचालित हुन्छ । भने बायु उर्जा संचालन हुने स्थान दामनको शिखरकोटमा र धर्ति को उर्जा संचालन हुने स्थान धुनुबेसी धार्केमा शिखर शैलीको मन्दिर निर्माण सम्पन्न गर्यौ । अब, रुद्राक्षको भूमि 'भोजपुर' मा शिव गोरक्ष मन्दिर - गुरुकुल र ध्यान केन्द्र निर्माण गर्ने संकल्प गरेका छौ ।

स्मरण रहोस भोजपुरलाई सिरुपाते खुकुरी, मादल र करुवाले मात्र चिन्दथे । अब भने, रुद्रको अक्ष (रुद्रको आसु) भुइमा खसेर पृथ्वीको पहिलो रुख 'रुद्राक्ष' उम्रिएको पबित्र भूमि भनेर सारा संसारले चिन्नेछन । योगी पतंजली को जन्मभूमि, प्राचिन हरिद्वार र धन्वन्तरि देवताले अमृतघडा मन्थन गरेको दुधकोशी नदीको उद्गमस्थल भनेर पनि विश्वले चिन्ने छ । चाइनिज र जापानिजहरुको पुर्खा 'किरातहरुको भूमि' भनेर भोजपुर लाई चिन्नेछन । भोजपुर जिल्लाको सेरोफेरोबाट देखिने सगरमाथा, मकालु, कन्चंजंगा हिमसृन्खलाको मनोरम दृश्य र ट्याम्के-मयुको नागीमा फुल्ने गुरास जंगलले तस्बिरले 'धर्तिको स्वर्ग' झैँ आभास हुन्छ । यस्तो सुन्दर र पबित्र भूमिमा जन्म लिनु हाम्रो अहो भाग्य हो ! भोजपुरलाई रुद्राक्ष भूमि, ज्ञानभूमि, देवभूमि - अध्यात्मि गन्तब्यस्थलको रुपमा चिनारी गराउनु हाम्रो परम कर्तब्य हो ।

भनिन्छ "स्वर्गको निर्माण देवताहरुको हातबाट मात्र सम्भव हुन्छ" त्यसैले हामी देवत्वहरुको खोजिमा छौ । राष्ट्र संकटको घडीमा छ , हामी सपुतहरुको खोजीमा छौ । यसो गम्नुस त - हामीले नगरे कसले गर्ने, अहिले नगरे कहिले गर्ने ? हामी सबै संग हनुमान को शक्ति अन्तरनिहित नै छ - अहिले नदेखाए कहिले देखाउने? मरेपछि साथमा जाने मात्र दुई चिज - धर्म र कर्म हुन् । उसभने एकपटक आखा खोल्नुस, परिस्कृत भएर पबित्र मनले हातका मुट्ठीहरु फुकाइदिनुस त ! "जननी जन्म भुमिश्च स्वर्गदपी गरियसी" भनेर भगवान रामको अमृत बाणीलाई मनन गर्दै सम्पूर्ण शान्तिप्रेमी - राष्ट्र प्रेमीहरुलाई "गोरक्षधम भोजपुर " निर्माण गर्ने हाम्रो पबित्र कार्यमा सहभागिता जनाइँ दिनु हुन हार्दिक अनुरोध गर्दछौ । यसको लागि प्रकृतिको उत्कृष्ट सिर्जना बुझ्ने कोमल मन र नेपाल देख्ने सुन्दर आखा भए पुग्छ । ॐ तत्सत ! ॐ शान्ति ! ॐ आदेश !

**a}lbs ;gftg wd{ s] xf]  <**

wfld{s ;lxi0f'tf vNalng] / eft[Tj efFl8g] vt/f ePsf] kl/l:yltdf j}lbs ;gftg wd{sf] tYo / jf:tljstfx? n]Vg}kg]{ cfjZostf dx;'; u/] . r'/f] s'/f] yfxf gkfpFbf tyfslyt kl08tx?sf] cw{1fg, cx+ / kfv08L :jefjsf] sf/0fn] wd{nfO{ ckAofVof u/]sf] kfOG5 . klaq ufoqL dGqnfO{ kl08t egfpFbf 6k/] afx'gx?n] n'sfP/ /fv]sf] s'/f t ;j{laljb} 5 . cGwf] dflg;x?n] 5fd]/ xfQLsf] cfsf/ cg'dfg u/]h:t} wd{sf] dd{÷cy{ a'em\g ;s]sf] 5}gg\ g]kfnL hgtfx?n] . wd{sf] vf6L s'/f] a'emfpg g;s]sf kl08tx?df / wd{sf] e]p kfpg g;s]sf g]kfnLx?df 3}6f]df 3fd nfUnf ls eGg] clek|fon] of] n]v ;Dk|]if0f ub}{5' . a}lbs ;gftg wd{sf] oyfy{tfnfO{ cfTd;ft u/L ;f]xL cg'?ksf] Jojxfl/s hLjg ckgfpg' xfd|f] cx+ sQ{Jo xf] .

**j}lbs** M j]bdf lbPsf] lzIffcg'?k rn]sf] ;dfh / ;+:sf/x? .

**;gftg M** clt k|frLg, cflbdsfnb]lv, ;[li6sf] ;'?jft;Fu} .

**wd{ M** cGt/lgxLt u'[0fnfO{ wf/0ff ug'{ . pQ/bfloTj axg ug'{ . ;t\dfu{df lx8\g' k|s[ltsf] lgodsf] kfngf ug'{, sd{sf] kmn k|flKt .

oxfF elgPsf] zAbfy{cg'?k hfg] xf] eg] clt k|frLgsfnb]lv j}lbs ;+:sf/ cg';f/ rlncfPsf] wd{ g} a}lbs ;gftg wd{ eGg] a'lemG5 . j]b eg]sf] 1fgsf] e08f/ / O{Zj/ k|flKtsf] ;'dfu{ xf] . of] cufl8sf] sNk;Dd j]b xfjfdfg} WjgLsf] ?kdf t/ËLt x'GYof] / tGqsf 1ftfx?n] dfq j]b k9\g ;Sby] . oxL sNksf] t]qfo'udf g]kfnsf] bdf}nLdf hGdg'ePsf dxlif{ j]bJof;n] $ j]b !\* k'/f0fnfO{ ;+:s[t efiffdf lnlka4 ul/lbg'eof] . lxhf] cfh klZrd]nLx?n] xfd|f] efiffnfO{ O{Zj/sf] efiff The Language of God eg]/ a'em\g yfn]sf 5g\ . hut sNof0fsf] lglDt n]lvPsf] rf/ j]b leq O{Zj/, of]u–Wofg, c;n hLjg k2lt, Hof]ltifzf:q, af:t'zf:q, cy{zf:q, snf–;+UfLt ;flxTo, cfo'j]{b, a}1flgs cfljisf/x? cflb OTofbL s'/fx? pNn]v ul/Psf 5g\ . ;Dk"0f{ ;flxTo, a}1flgs cfljisf/ / wfld{s u|Gyx?sf] d"n>f]t eg]sf] j]b g} xf] . / k|ToIf ck|ToIf?kdf ;a} wfld{s ;Dk|bfox?n] a}lbs 1fg / ;+:sf/x?nfO{ cfTdf;fy ub}{ cfPsf 5g\ .

**wd{ s] xf] <** lgwf/df v/fgL 3:g', ?b|fIfsf] dfnf hKg', kx]+nf] klx/g nufpg', dlGb/df uP/ 306L xNnfpg] nfO{ wd{ eg]/ cfddflg;n] a'em\b} cfPsf 5g\ . t/ jf:tjdf o:tf sfo{x? cfTdf z'l4s/0fsf] nflu ul/Psf] wfld{s sfo{ eGg ldN5 t/ wd{ eg] xf]Og . …*wd{ wf/ot] Olt wd{Ú* eg]/ efujt uLtfdf eg]em}+ wd{ eg]sf] cfkm\gf] u'0f …wf/0ffÚ ug'{ xf]–pQ/bfloTj axg ug'{ xf] . pbfx/0fsf] nflu v';f{gLsf] u'0f lk/f] x'g', sfutLsf] u'0f cldnf] x'g' xf] . v';f{gL lk/f] / sfutLsf] cldnf] ePg eg] lo lrhx?sf] cy{ g} x'b}g . To:t}, kfgLsf] wd{ lztntf lbg'÷Kof; d]6fpg' xf] . cfuf]n] ;fgf] 7"nf], wgL ul/a of] of Tof] eGb}g, 89fpFb5 lsgls cfuf]sf] wd{ g} kf]Ng'÷89fpg' xf] . To;}u/L GofofwLzsf] wd{ kLl8tnfO{ Gofo lbg' xf] eg] k|x/Lsf] wd{ sfg'g kfngf u/fpg' xf] . /fhg]tfsf] wd{ eg]sf] /fi6« / hgtfnfO{ ;jf]{k/L 7fg]/ ;]jfdf ;dlk{t x'g' xf] . /fhfsf] wd{ eg]sf] :g]xL lktf ag]/ /fi6« rnfpg' xf] . wd{ 5f]8\of] eg] cfkm\g} cl:tTj lanfpFb} hfG5 . l;Fp8L /f]k/ ;"o{d'vL km"nsf] cfz ug{' d"v{tf x'G5 . la8Dagf Û wd{sf] dd{ s;}n] a'em]g\g / l3gnfUbf] s's[To ub}{ lx8]+ ;a}n] . kmn:j?k, lgbf]{if g]kfnL hgtfx?n] wd{sf] ;xL?k b]Vg kfPgg / ;a}df lat[i0ff hfUof] .

o;/L x]bf{ *j}lbs ;gftg wd{* O{Zj/ k|flKtsf] ;'dfu{ b]vfpg] / ;Eo ;';+:s[t ;dfhsf] lgdf{0f ug]{ 1fgsf] e08f/sf] ?kdf km}lnPsf] ;+hfn xf] . s'g} Pp6f hflt laz]if jf ;d'bfon] ckgfPsf] ;+:sf/ jf bz{g x'Fb} xf]Og . oxfF ;"o{ -cUgL\_, k~rtTj -k|s[lt\_ sf] k"hf÷pkf;gf u/]sf] kfOG5 . x'g klg ;"o{, rGb| / k|s[ltsf] cg'kl:yltdf s'g} klg hLj–hLjfTdf / ag:kltsf] cl:tTjsf] sNkgf klg ug{ ;lsb}g . a|Dxf08sf >[li6stf{ ;t\u'? uf]/vgfy lzj afaf k|s[ltsf dflns, gfu/fhf–k/d Hof]lt x'g'x'G5 . …lzjÚ eg]sf] k|f0f xf] . lzjsf] -l= O{Zj/ O{\_ O{ p8]/ uPkl5 xfdL zj -d'bf{\_ df kl/0ft x'G5f} . lai0f'nfO{ kfngstf{ / dx]Zj/nfO{ ;+xf/stf{ -k'gM >[li6sf] vflt/ eid ug]{\_ sf] ?kdf a}lbs ;gftg wd{n] eGb} cfPsf] 5 . sNk, o'u / b]zsfn kl/l:ylt cg'?k b]j–b]jtfx?, Clifd'lgx?, wd{k|at{s / zflGtsf b"tx? o; wtL{df cfpg] ub{5g\ . ;a}nfO{ ;t\u'? uf]/vgfy …lzjÚ afaf af6 v6fOPsf] x'G5 . ;a} wd{ ;d'bfosf] kat{sx?n] d O{Zj/sf] k'q x'F I am the son of God eg]sf g} 5g\ . ;t\u'? uf]/vgfy lzj afaf a|Dxf08sf] k/dHof]lt :j?k ePtfklg xfdL ;a} hLj hLjfTdfsf] s0f–s0fdf af; ug'{x'G5 . s'g} 3d08L ef}ltsjfbLn] clxn] cWofTdnfO{ v}/f] vg]tfklg kl5 p;n] a'em\b} hfG5 sL– æd cb[Zo zlQm4f/f ;+rflnt 5' , k|s[ltsf] lgoddf afFlwPsf] 5' , la1fgsf] cGTo ePk5L cWofTdsf] z'?jft x'g]/x]5Æ eg]/ cfTdf1fg hfUg yfNb5 . :d/0f /xf];\, cfkm\g} bz{g cg'?k ;+:sf/ dfGb} cfPsf] s'g} ;d'bfo jf hflt laz]if nfO{ ;Dk|bfo elgG5 . ;d:t k|s[ltk'hs, lxGb', af}4, :nfd, lzv, lqmlZrog, ox"bL, h}g OTofbL ;Dk|bfox? çsf/ kl/jf/leqs} ;b:ox? x'g\ . 7fFp / efiffsf] sf/0fn] pgLxsf] bz{g yf]/} km/s ePtfklg d'Vot a}lbs ;gftg wd{n] eg] h:t} c;n dflg; ag, sd{ z'l4s/0f u/, k|s[lt / ;sn k|f0fLnfO{ k|]d u/ eGg] s'/f g} ;a} ;Dk|bfox?sf] wd{ xf] h;nfO{ dfga wd{ elgG5 . af6f] / lalwdfq km/s 5, uGtJo Pp6} 5 . ;a} wd{x?df–k~rzLn, ;bfrf/, ;t\dfu{, dfgatf, sd{sf] kmn / O{Zj/ k|flKt h:tf d"nefj Pp6} x'G5 . pRrfx/0fdf yf]/} km/s ePtfklg ;a} wfld{s ;Dk|bfobfox?n] çsf] pRrf/0f u/]sf x'G5g\ . ;"o{ rGb| / k~rtTj -k|s[lt\_ nfO{ k"hf u/]s} x'G5g\ . gfu–lqz'n / lzjln+unfO{ ;a}n] cf/fwgf u/]s} x'G5g\ . To;}n] xfdL g]kfnLx? cNdlng'kg]{ 7fpF 5}g . k'/ftflTjs vf]h cg';f/g} klg a}lbs ;gfts wd{ sl/a # nfv aif{ cl3b]lv rlncfPsf] O{Zj/ k|flKt ;t\dfu{ / dfga wd{ xf] . laZjdf k|rlnt clxn] b]lvPsf k|s[ltk'hs, lxGb", af}4, d'l:nd, ox"bL, lqmlZrog, l;v, h}g, 6fcf], cflb OTofbL ;a} wfld{s ;d'bfox? xfd|f] a}lbs ;gftg wd{sf] xfFufx? x'g\ . dfGg] tl/sf / af6f] km/s ePtfklg ;a} wfld{s ;d'bfox?sf] efj, gLlt / uGtJo Pp6} 5– j}lbs ;gftg wd{n] l;sfPh:t} k~rzLnsf] kfngf, sd{ z'l4s/0f, ;t\dfu{, dfgatf, ;"o{rGb| / k~rtTj -k|s[lt\_ sf] k'hf, a|d\X1fg / O{Zj/ k|flKt . oL s'/fx? g} ;a} wfld{s ;d'bfox?sf] ;femf wd{ xf] .

a}b]ls ;gftg wd{sf] pb\ud:yn g]kfn g} xf] . g]kfnnfO{ cl3Nnf] o'ux?df ;TojtL, tkf]jtL, d'lQm bflogL / g]kfn d08n eg]/ elgGYof] . oxL k"0oe"ldaf6 laleGg wfld{s ;d'bfox?sf] k|fb"ef{j eof] . To;}n] g]kfndf wfld{s :jtGqtf lbg'df s]xL cfklQ 5}g t/ p;n] cfkm\gf] wd{sf] d"n dd{nfO{ cfTd;ft u/]sf] x'g'kb{5 . s'n lkt[ / gfunfO{ dfg]/ cfkm\gf] ;+:sf/x?nfO{ lg/Gt/tf lbg'kb{5 . g]jf/n] u'?ªsf] rng÷;F:s[lt ckgfPsf] k6Ss} ;'xfpFb}g eg] lqmlZrogx?n] klg af}4dfuL{x?sf] ;+:sf/ ckgfPsf] plrt x'Fb}g . hf] h] 5, ToxL l7s 5 . Pp6f wfld{s ;d'bfon] csf]{ wfld{s ;d'bfosf] lgGbf u/]sf] sbflk /fd|f] xf]Og . xfd|f] wd{ /fd|f] – ltd|f] rfFlx rfd|f] eGg] ts{lats{n] wfld{s ;lxi0f'tf sbflk Nofpg ;Sb}g . g]kfn /fi6« ;a} wfld{s ;d'bfosf] pb\ud:yn, km"naf/L / cf>o:yn ePsf] x'Fbf s'g} Ps laz]if wd{sf] gfpFdf /fhgLlts/0f ul/g' x'Fb}g . cglulGt ;ef / 5nkmn u/]tfklg …5nÚ hgtfnfO{ lbg] / …kmnÚ cfkm"n] vfg] ;'Fu/:jfF7 g]tfx?sf] lgot /fd|/L a'em\]sf 5g\ g]kfnL hgtfn] ca . lem+ufF / df}/L 5'6\ofpg, lxnf] / rGbg, sfF; / s'; /fd|/L 5'6\ofpg ;Sg] e};s] g]kfnLx? ca . lha|f] rkfP/ af]Ng] wfld{s cu'jfx?n] cl:t ev{/ hGd]sf wfld{s ;Dk|bfox?sf] a'O{ r9]/ cflbd o'ub]lv rlncfPsf] g]kfnsf] j}lbs ;gftg wd{df k|b'if0f km}nfpg] b'ik|of; dfq u/]sf x'g\ .

**lxGb" ;Dk|bfo M** ulx/f] vf]h cg';Gwfg cfo{x? dWo Plzofsf k|s[ltk"hs ;d'bfo ePsf] k'li6 u/]sf] 5 . pgLx?sf] af;:yfg tTsfnLg l;Gw'3fF6L -ef/t / kfls:tfgsf] aLr\_ ePsf] / log} l;Gw'af;Lx?nfO{ kl;{ogx?n] k|i6 pRrf/0f ug{ g;sL -eflifs cke|+; e}\_ l;Gw'nfO{ …lxGb"Ú eGg] ub{y] . l;Gw'3fF6Lsf] k'/ftflTjs pTvggdf ltgLx?n] g]kfnsf] …kz'kltÚ d'b|f k|of]u u/]sf] kfOof] . ltg} …lxGb"Ú elgg] l;Gw'af;Lx?sf] clUg, gfu / k|s[lt k"hf, of]u Wofg, a|d\X1fg h:tf j}lbs ;+:sf/x? ef/taf;Lx?n] ckgfpFb} cfP . k'/ftflTjs vf]hcg';f/ lxGb"x?n] Oltxf; #%)) b]lv $))) aif{;Ddsf] dfq 5 . ltg} lxGb"x?sf] …gf;f]Ú -tTsflng lazfn g]kfnsf t/ clxn] Ol08ofsf\_ laa]sfgGb, k/dx+z, z+s/frfo{ h:tf wfld{s g]tfx? cfTdf;fy u/L …lxGb"Ú gfd (Brand-name) df wd{sf] k|efa km}nfpFb} uP . *…lxdfno+ ;df/Eo+ ofjt OGb' ;/f]a/d\ td\ b]j lgld{t b]z+ lxGb':yfg k|R5ot]*Ú cyf{t, b]atfx?n] agfpg' ePsf] lxdfnb]lv dsjfgk'/sf] OGb| ;/f]a/ ;]/f]km]/f]sf] e'efu -b]z\_ df a:g] ;Eo / ;';+:s[t dflg;x? nfO{ lxGb' elgG5 eg]/ pgLx?n] g} AofVof ul/lbP . / log} ;';+:s[t cfo{x?sf] wd{ ;+:sf/ c+ufNb} uP . pgLx? klg lxgtfaf6 b"/ = lxGb", ;defjsf] b[li6 /fVg] wfld{s ;d"xsf] ?kdf cfkm"nfO{ :yflkt u/fpg vf]lhPsf] klg b]lvG5 . t/ tL lxGb"x?n] dfgLcfPsf]÷k"hL cfPsf] rf8kj{ wfld{s k|rngx? t g]kfndf j}lbssfnb]lv g} rn]sf] k|rngx? x'g\ . /fdfo0f t]qfo'usf] /fd/fHosf] 36gf jl0f{t dxfsfJo xf] eg] dxfef/t 4fk/ o'usf] s[i0fsf] kfnfdf ePsf] kfFr kf08j / sf}/jx?aLr ePsf] o'4 j0f{g ul/Psf] dxfsfJo xf] . h:tf] ls ltxf/df v]lng] b]p;L /]=====, anL /fhfn] k7fsf====, t]qfo'ub]lv rlncfPsf] k|rng xf] . $ xhf/ aif{cl3 hlGdPsf] lxGb"x?sf] rf8{ eg]/ s;/L kTofpg'x'G5 < kl08t z+s/frfo{sf] g]kfn ofqf kZrft dfq lxGb" wd{ eGg] zAb rrf{df cfof] . Tof] eGbf cufl8 g]kfnnfO{ *…j}lbs ;gftg wd{ g]kfn /fi6«Ú* eg]/ ;DAff]wg ul/GYof] . :d/0f/xf];\, lxGb" zAb g]kfn / ef/tsf] k'/fgf] zAbsf]if, zf:qx?df st} klg pNn]v ePsf] kfOFb}g . ctM lgotsf] Vofn /fVg] xf] eg] lqmlZrogx?n] afOan afF8]/ ;dy{sx? a6'Ng' / ef/tLo lxGb"x?n] xfd|} uLtf afF8]/ cg'ofoLx? a6'Ng' s'/f] Pp6} xf] . 6fF;]sf] h'F3f lrGg ;s]gg\ dflg;x?n] . g]kfnL hgtfx?nfO{ e|ddf kfl/lbP xfQLdfly /fv] klg xfQLn] rKkn 6]s] klg s]xL gx'g] eg]sf] h:t} s'/f] eof] . lajfx kZrft 5]f/L clGdP/ 3/ uPsf] s'/f xfdLn] la;L{P/ pgL dfOt cfPsf] dfq b]v]h:tf] s'/f x'g cfpF5 . xfd|f] j}lbs ;EotfnfO{ cfo{ -lxGb"\_ x?n] k}rf] lnP/ uPsf] s'/f xfdLx?n] lal;{of} / pxL ;Eotf ;+:sf/ 3'Db} lkmb}{ g]kfndf lxGb" gfdsf] wd{ lelqPsf] s'/fdfq b]Vof} / ToxL wfld{s ;d'bfosf] rsf]{ gf/f ;'g]/ dVv k¥of}+ . afp afh] / k"vf{x?n] c+ufn]sf] ;gftg wd{ e';'Ss lal;{of} . stfstf 3}6f]df 3fd nfu]/ xf]nf …j}lbs ;gftg wd{ lxGb" /fi6« eg]/ s'ln{g klg yflnPsf] 5 cfhsn . h'g zAbfjnL cToGt la/f]wfefifk"0f{ 5 . a"9f] afh]sf] New k]8f k;n eg]h:t} xf] . sxfFsf] j}lbs ;gftg wd{ sxfFsf] c:tL ev{/ hGd]sf] rNnf Ol08og lxGb" wd{ . t/ lt Ol08ogx?n] klg xfd|} a}lbs ;gftg wd{ dfg]sf] sf/0fn] xfdLn] vf;} km/s gb]v]sf xf} .

**af}4 ;Dk|bfo** M @%@^ aif{cl3 g]kfnsf] n'lDagL–slkna:t'df hlGdg'ePsf zfSos'nsf l;4fy{ uf}tdn] b/af/sf] ;'v;on kl/Tofu u/L ;Tosf] vf]hLdf nfUbf cgfrs af]wL1fg k|fKt eof] . pQm 1fg $ cfo{ ;Tox? / ci6fËLs dfu{ g} af}4 ;Dk|bfosf] d'n ;f/tTj xf] . af}4 wd{sf k|at{s÷zflGtsf b"t eg]/ ljZjn] eujfg a'4nfO{ k"Hb} cfPsf] 5 . eujfg a'4sf] hGd:yn n'lDagLdf /flvPsf] …czf]s :tDeÚ *b]jfg lkog lkobfl;g lj;ltj;f lel;t]g ] =====*=HjnGt k|df0f x'Fbfx'Fb} klg OlG8ofn] gSsnL n'lDagL agfP/ a'4 OlG8ofdf g} hlGdPsf] e|d lkmhfpg] b'ik|of; klg u/]sf] lyof] . *dT:o s'df] a/fxZr g/l;+x jfdg M /fdf] /fdZr /fdZr a'4 sNsL ty} j r* .. eg]/ a}lbs wd{zf:qn] a'4nfO{ lai0f'sf !) cf}+ cjtf/sf] ?kdf lrgfPsf] 5 . To;f] x'gfn] af}4 ;Dk|bfo klg j}lbs ;gftg wd{sf] xfFuf] xf] . n'lDagLdf k|fb"ef{j ePsf] af}4 ;Dk|bfo cfh rLg ltAat, yfONof08, sf]l/of, hfkfg, adf{, leotgfd, dn]l;of, >Ln+sf, ef/t, cd]/Lsf, o"/f]ksf w]/} /fi6«x?df :yflkt wd{sf] ?kdf lnOG5 . klZrd]nL d'n's t af}4 wd{k|lt cfs[i6 5g\ . cg'ofoL ag]sf 5g\ t/ klg af}4 wd{ j}lbs ;gftg wd{sf] c+z÷k'q eg]/ e]p kfpg ;s]sf 5}gg\ .

**:nfd -d'l:nd\_ ;Dk|bfo** M sl/j !$%) aif{cl3 :nfd÷d'l:nd ;Dk|bfo ;'?jft ePsf] xf] . d'l:nd ;Dk|bfo] dfGg] cNnfx, afaf uf]/vgfysf] /ftzlQm Night Energy sf] ?ksf] xf] . bfË lhNnfsf] rf}3]/fdf k|s6 x'g'ePsf /tggfy g} cNnfx x'g'x'G5 . jxfF k+hfa x'b} c/adf lbAo 1fg l;sfpg hfg'ePsf] lyof] . d';ndfgx? axfFnfO{ xfhL /tg eg]/ k"hf ug{ yfn] . olx xfhL af6 xh{ -d';ndfgx?sf] lty{\_ zAb pTklt ePsf] xf] . d';ndfgx?n] rGb|dfnfO{ k"hf cf/fwgf ub{5g\ . d';ndfgx?n] dfGg] rf8{ …ObÚ / g]kfnL gf/Lx?n] dfGg] …lthÚ kj{df tflTjs km/s s]xL klg 5}g . rGb|dfsf] pkf;gf, lzjln+u k"hg / pkjf; lalw, ç WjgLsf] pRrf/0f cflb x'ax' ldNb5g\ . cem $ jif{cl3 t …ObÚ / …lthÚ rf8 Ps} lbg kf] k/]sf] lyof] . pgLx?n] klg …v'bfsL aofgÚ eg]/ xfd|} efujt uLtf k95g\ . d';ndfgx?n] k9\g] s'/fg a}lbs k'/fg g} xf] . dfq 7fpF / eflifs pRrf/0fn] ubf{ k'/f0fnfO{ s'/fg elgPsf] xf] . z'GgL d';ndfgx?bn] emg\ /fd|/L a}lbs ;+:sf/ dfGby] . z'?sf d';ndfgx?sf] s'/f u/]sf] gL d}n] lxhf]cfhsf k|b'lift d';ndfgsf] s'/f xf]Og gL km]/L . h] xf];\ d'xDdbsf k"vf{ a|fXd0f s'nsf k'q ePsf] k'li6 e};s]sf] 5 . df}nfg dxdb /xLd / /;vfg h:tf d'l:nd ;Dk|bfo wd{u'?x? k/d s[i0feQm lyP . d'l:nd ;d'bfodf O{Zj/ ;Dd e]6 u/fOlbg] k'hf/Lx?nfO{ …df}nfÚ eGb5g\ . h'g s'/f xfd|f] g]kfnL ;dfhdf kf]v/L aLrdf /flvg] sf7sf] vDaf …df}nfÚ sf] cy{ klg pxL g} xf] . pgLx?n] eGg] /fdhfg kj{, /fdnfO{ lrg–/fdnfO{ hfg eGb} cfWoflTds hfu/0fsf] cleofgdfq xf] . dSs]Zj/ lzjln+unfO{ d'l:ndx?n] k'Hg] ePsf]n] Tof] 7fpFsf] gfpF g} dSsf ePsf] xf] . d'l:ndx?n] dSsfdf -dSs]Zj/ dxfb]j\_ lzjln+unfO{ g} k"hf ub{5g\ / dl:hbx?df clgjfo{?kdf lqz"n -tLgj6f z'n b'Mv gf;s\_ /flvPsf] g} x'G5 . laZjsf] & cf} cfZro{sf] ;"rLdf ;"rLs[t tfhdxn s'g} Ps} hdfgfsf] cnª\s]Zj/ lzj dlGb/ ePsf] s'/f k'li6 e};s]sf] 5 . ;+:s[tdf …t]hf] dxfzoÚ eg]/ lzjHof]ltsf] :yfg eg]/ elgG5 . oxL t]hf dxfno sfnfGt/df eflifs cke|+; e} t]hf] dxfno t]hf] dxfno x'b} = tfhdxn elgPsf] xf] . nfxf]/df sdfO{ u/L kmsL{ cfpg] o'jsnfO{ nfxf]/] nfxf]/] eGb} nfp/] zAb ag]sf] h:t} xf] . h]xf];\, cd]l/sfsf k'/ftTjljb\x?n] tfhdxnsf] 9f]sf lgdf{0fstf{ elgPsf zfxfhxfF eGbf #)) aif{ k'/fgf] eg]/ k|dfl0ft ul/lbPsf 5g\ . o;sf] uh'/df /flvPsf] lqz"n / a}lbs af:t'cg';f/ lgdf{0f x'g] uf]/vgfy …lzjÚ dlGb/;Fu 7\ofSs} ldNb5 . o;/L x]bf{ d'l:nd ;Dk|bfo klg j}lbs ;gftg wd{sf] cleGg c+usf] ?kdf km}lnPsf] b]lvG5 . ;'?jftsf df}nfgx?n] j}lbs ;gftg wd{nfO{ cfTd;fy u/L kbrfk k5\ofPtf klg w]/} kl5Nnf] ;dodf tyfslyt cw{1fgL kfv08L df}nfgx?n] rfFhf]kfFhf] ldnfpg] axfgfdf cfkm\gf] ;Dk|bfonfO{ k[ys agfpg] s'r]i6f u/]sfdfq x'g\ . k'/fgf d';ndfgx?n] nufpg] 6f]kL / g]kfnL 6f]kL x'ax' ldN5, o;f] ofb ug{';\ t < k|flrg xl/4f/ rt/fsf] a/fx If]qdf t emg lxGb' Pa+ d';ndfgx? Ps} 7fFpdf k"hf u5{g . d'l:ndx? klg xfd|} efO{x? x'g\, To;}n] t clxn];Dd klg g]kfn /fi6«sf] 9's'6Laf6 dSsfdf xh{ ug{ hfg] g]kfnL d';ndfgx?nfO{ k};f lbOG5, v} t s'/f] a'em]sf]  <

**lqmlZrog ;Dk|bfo** M sl/a, Ps ca{ lqmlZrog wdf{jnDaLx?sf] cf:yfsf w/f]x/ oz' lqmi6 klg g]kfndf cfP/ uf]/vgfy afafaf6 cfzLjf{b lng'ePsf] lyof] . …*Ozfk'q~rdf ljl4 s'df/L ue{ ;Dejd\Æ* egL ;+:s[tdf n]lvPsf] afSon] oz'lqmi6 s'df/L -b]jL\_ sf] hGd:yfg sf7df8f};Dd cfPsf] s'/f k|i6 x'G5 . kfNkf lhNnfsf] ?? l/8Ldf s8f tkZof kZrft oz' lqmi6n] l;4L k|fKt ug{' ePsf] lyof] . afaf uf]/vgfyaf6 cflzaf{b kfPkl5 jxfF O{zfgfy -O{Zj/sf] k'q\_ x'g' eof] . ToxL eP/ jxfFn] cfkm'nfO{ …O{Zj/sf] k'qÚ eGg' x'GYof] . To;kl5 lhh; qmfOi6 un]Zj/ x'b} d'lQmgfysf] bz{gdf lg:sg' ePsf] lyof] . o;/L lhh; qmfOi6sf] !\* aif{sf] /x:odoL hLjg xfd|f] g]kfnsf] lxdfno ka{tsf] aIf:yndf of]u Wofg / tk:ofdf lat]sf] s'/f k'li6 x'G5 . pQm ;dodf s[i0fsf] gLltsf] 7"nf] dlxdf lyof] . oz' lqmi6nfO{ klg eujfg s[i0fsf] gLlt lzIff v'a} dg k¥of] / ;To ;a}nfO{ afF8\g] p2]Zon] klZrddf s[i0fsf] gLlt l;sfpg yfNg'eof] t/ eflifs cke|+; e} s'l/;'gf gLl6 + s'/L;'gf gL6L eGg] qmddf lqmlZrofgL6L (Christianity) aGg k'Uof] . lqmlZrofgL6L wd{sf] d'n dd{÷efj xfd|f] j}lbs ;gftg wd{;Fu 7\ofSs} ldN5 . oz' lqmi6 klg cfo{k'q g} lyP . jxfFsL cfdf d]/Ln] ;f8L / rf}aGbL rf]nf] nufpg'ePsf] d'tL{ DofS;ldlnog uLhf{3/df /flvPsf] 5 . Do"lgs cf6{ Uofn/Ldf /flvPsf] oz'sf] d"lt{ klg ;Gof;L dxfTdfsf] h:tf] hg} / 6'KkL /fv]s]f ca:yfdf 5 . xfdLn] eGg] …;GtÚ zAb g} pgLx?n] eGb} hfFbf Saint St. ag]sf] xf] eg] xfd|f] k'hf/L zAb cke|+; e} kfb/L / kl5 kmfb/ ePsf] xf] . Pope a;]sf] Veticancity klg ;F:s[t zAb af6Lsf -au}Frf\_ s} laz]if0f hl8t cke|+; zAb xf] . olt ;DdsL oz'lqmi6n] z'nLdf r9\bf 6fpsf] jl/kl/ a]l/Psf] sfF8]nx/f s's'/ 8fogfsf] nx/f g]kfnaf6} nu]sf lyP . of] s's'/8fogf cfh klg g]kfndf e"t k|]t lkzfr z}tfgL zlQm eufpgsf] nflu cfh klg tGq lawfdf k|of]u x'G5 . jxfFsf] clGtd :jf; klg g]kfnsf] k'0oe"lddf kg]{ u/L of]uf;gdf &) jif{sf] pd]/df k|f0f Tofu ug'{ePsf] lyof] . :d/0f/xf];\, ljzfn g]kfnsf] gS;fcg';f/ oz' lqmi6sf] lrxfg /flvPsf] sflZd/L e"efu xfd|} g]kfnsf] e"ld xf] .

o;/L lqmlZrog ;Dk|bfo klg xfd|} a}lbs ;gftg wd{sf] kbrfkdf lx8]sf] b]lvG5 . cx+:jefjn] afOjn afFl8/xg' kb}{g, afOansf] u'? olx 5 . km/s olQ 5 ls afOan cFu|]hL efiffdf n]lvPsf] 5 t/ ;a} xfd|} j]bsf] s'/fx? . ckm;f]r, ;+:s[t Znf]sx? ;lxtsf] ;SsnL afOansf] w]/} cWofox? n'sfOPsf] 5, / cfkm\gf] rfxfgf cg';f/ kl/dfh{g ubf{ clxn]sf] afOan rflx xfF;p7g] bGTo syf ag]sf] 5 . oz' qmfOi6sf lktf elgPsf @@ alif{o ;]gfhjfg l6a]l/o; kfGy]/f;+usf] e]6sf]s'/f x6fP/ d]/LnfO{ s'df/L cfdf agfO{Psf] 5, h'g syf cfkm}df xfF;p7bf] 5 . emg\ , ;fsf/fvfgf8fnfaf eGb} kmf]xf]/L kfgLdf 8'afpb} afK6fOh u/]kl5 t c;n dflg; klg e]8f] aG5, af}nfpg yfN5 . km's]/ sf]/f]gf lgsf] kfg]{ emNn' kf:6/x? t b]Vg' ePs} 5 . o:tf, asdkm';] / la/f]wfefifk'0f{ s'/fx? t slt 5g\ slt . oxfF European Union sf] vf]n cf]8]/ 8n/sf] k|nf]eg b]vfP/ g]kfndf Dn]K5] wd{ k|rf/ u/]sf] s'/f rflx cToGt} lgGblgo 5 . kfv08L lqmlZrogx? af6 cTofrf/, 7uL, cdfglao Aoaxf/ rflx clt ePsf] 5 . pgLx?n] uNtL dx;'; u/]/ dfkm gdfg] ;hfPsf] efuLbf/ aGg} k5{ . ;du|df, a}lbs Znf]s ;lxtsf] ;SsnL afOan rfFlx n'sfOPsf] 5 . To;}n], g]kfnL bfh'efOx?nfO{ cg'/f]w ub{5' ls lqmlZrogx?nfO{ klg 8]/f] gh/n] sbflk klg gx]g'{xf];\ . jf:tadf, jxfFx?n] g]kfnnfO{ g} lk|o uGtJo agfpg'sf] ulx/f] /x:o eg]sf] afOandf j0f{g ul/Psf] Garden of Eden xfd|f] g]kfnsf] gjnk/f;Lsf] lqa]0fLwfd ePsf]n] g} xf] . Noha and the Great Flood ePsf] :yfgg} g'jfsf]6sf] ;]/f]km]/f] xf] . To; syfdf al0f{t kfq dg'sf] gfdaf6 dgf:n' ePsf] xf] . tGq lawfdf kf]Vt ;a} wfld{{s ;Dk|bfosf wd{u'?x?n] of] ;To tYonfO{ b]lv;s]sf 5g\ / k'/ftflTjs k|df0fn] klg sl/a sl/a pQm s'/fnfO{ k'li6 ul/;s]sf] 5 . d]/f] k':ts ;Tod\–lzjd\–;'Gb/d\df ;–la:tf/ pNn]v u/]sf] 5' .

h] xf];\, oz'n] a}lbs ;gftg wd{sf] bLIff lnP/ j]bzf:qx?sf] cWoog u/] . tTsfnLg g]kfnsf] /fhlu/, sfzL -k|flrg sfzL sf:sL\_, xl/4f/ -k|lrg xl/4f/ a/fxIf]q\_, af]wuof, Clifs]z, cd/gfy, huGgfysf] ofqf kZrft d'lQmgfy, kz'klt / O{gf/]Zj/ -bfdg\_ df klg oz' k'u]sf lyP . oxL e|d0fsf] qmddf pgL ltAat ;Dd k'u]sf] s'/f 8f= gf]6f]ljrn] $) jif{ cWoog cg';Gwfg u/L n]lvPsf] k':ts The unknown life of Jessus df klg ;la:tf/ v'nf;f ul/Psf] 5 . s[i0fsf] gLltaf6 k|efljt eP/ klZrddf oz'n] l;sfPsf] s'/f Old Taestament nfO{ ;af]{k/L dfGg] ox'bLx?sf] ;d"xnfO{ k6Ss} dg k/]g / jxfFnfO{ qmflGtsf/Lsf] nf~5gf nufP/ z'nLdf r9fPkl5 d¥of] eg]/ oz'nfO{ vfN8f]df uf8]sf lyP . t/ of]ulaBf xfl;n u/]sf oz'n] k|0ffofd4f/f cfkm"nfO{ $ lbg;Dd lhlat} /fVg ;kmn ePsf lyP . t'?Gt jxfFsf ;dy{sx?n] p2f/ u/L g]kfnlt/ eufP/ NofPsf lyP . ;g\ !(@( df k|sflzt Mysterious life of Jessus df 8f= :k]G;/n] 7f]s'jf u/]/ eg]sf 5g\ ls– ……oz'n] cfkm\gf] hLjgsf] !# b]lv #) aif{;Ddsf] hLjg a}lbs lzIff xfl;n ug{ ;Gof;L e} hDa'l4k g]kfn -cf+lzs ef/t\_ df cfPsf] / jxfFsf] d[To' z'nLdf ge} ^)–&) aif{sf] cfo' k"/f u/L of]u an4f/f b]xTofu u/]*Æ* . o;/L !\* jif{sf] oz'sf] hLjgL yfxf gkfP/ emf]qmfP/ nflN6g afn]/ a;]sf lqmlZrogx?nfO{ of] eGbf 7"nf] k|flKt s] x'g ;S5 / <

**h]g ;Dk|bfo** M a}lbssfnb]lv rlncfPsf] of]u / Wofgn] hLjg k2lt l;sfpF5 / O{Zj/ k|flKtsf] ;'dfu{ b]vfpFb5 . clxn] ;+;f/ e/sf dflg;x? of]u Wofgdf cfs[i6 5g\ . u'? uf]/vfgfyafafaf6 l;sfOPsf] x7 of]ug} clxn]sf] k|rlnt ;of} of]u z}nLx?sf] d'n>f]t xf] . af}4 ;Dk|bfon] klg of]u / WofgnfO{ k|d'v cfr/0fsf] ?kdf lnP/ lak:ofgf of]u l;sfpFb} cfPsf] 5 . g]kfnsL /fhs'df/L e[s'6L -xl/t tf/f\_ n] oxL WofglawL l;sfpbf rfOgLhx?n] klg k/d\ cfgGbsf] cg'e"lt u/] . t/ eflifs pRrf/0fsf] sf/0fn] WofgnfO{ rfOgLhx? em\ofª eg] . clxn] klg rfOgLhx?nfO{ …WofgÚ eGg nufpg'eof] eg] …em\ofªÚ eGb5 . To;}u/L hfkfgLhx?n] o'4sf] qmddf rfOgf cfpFbf em\ofªsf] cEof; u/], v';L eP t/ hfkfg k'Ubf em\ofª zAb …h]gÚ eof] lsgeg] hfkfgLx?n] klg em\ofªnfO{ /fd|/L pRrf/0f ug{ hfg]gg\ / …h]gÚ eGg yfn] . o;f] x'Fbf h]g s'g} wd{ ge} a}lbs ;+:sf/sf] Ps c+u of]u Wofgsf] k|d'v k|rng eGg] a'em\g'k5{ . h]g ;Dk|bfo k|d'v sfo{ eg]sf] g} z'l4s/0f / Wofg g} xf] .

o;/L ;+;f/e/sf k|rlnt ;a} wfld{s ;d'bfox? k|ToIf of ck|ToIf?kdf xfd|f] a}lbs ;gftg wd{;Fu lktfsf] ;fOgf] ufFl;Psf] 5 . hgfO{ nufpg] zfsfxf/L wfld{s ;d'bfonfO{ h}g wd{ elgPsf] xf] . ;a} wfld{s ;Dk|bfox? çsf/ kl/jf/ leqsf ;b:ox? x'g\ . ;a}n] xfd|f] g]kfnaf6 k|fb'ef{j ePsf] j}lbs ;gftg wd{sf lzjln+u, ;"o{ rGb|df, gfu, lqz"n, z+v, :jl:ts lrGx, ah|, rd/, rqm, k+vf, df5f cflb lrGxx? k|of]u ePsf 5g\ . cflbdsfn b]lvsf k|s[ltk'hs tL ls/fFt, u'?Ë, yf?, g]jf/, tfdfË, du/ h:tf cflbaf;Lx?n] ;gftgL ;EotfnfO{ hf]ufO /fv]sf 5g\ . t;y{, g]kfn ;a} wd{ / wfld{s ;d'bfox?sf] km"naf/L / cf>o:yn xf] . tt\ tt\ wd{sf] d"ngLltnfO{ cFufn]/ a;] eg] wfld{s ;lxi0f'tfdf cfFr cfpFb} cfpFb}g . ckm;f]r, O08Logx?n] tyfslyt lxGb'Tj nfbg] qmddf / o"/f]lkog o"lgogsf] vf]n cf]9]// klZrdfx?n] tyfslyt lqmlZrog Dn]K5] wd{ k|rf/ug{] qmddf g]kfn /0fe'dL aGb}5 . ptf ltAatLx? af}4leIf'sf] vf]n cf]9]/ sf7df08f} jl/k/Lsf u'Dafx?df cd]/LsL hf;'l; ;+:yfsf] d'Vofno ePsf] 5 eg] d';ndfgx? t emg /fgLkf]v/Ldf g} lsnf] uf8]/ a;]sf] 5g\ . wfld{s ;Dk|bfox? nfhlgtL kf6L{sf ;+u7g h:tf eP – rnv]n a9L eof] . xhf/f} aif{ cl3 pTktL ePsf] :jo+e"gfynfO{ af}4sf] dlGb/ / kz'ktLgfynfO{ lxGb'sf] dlGb/ eg]/ efua08f nufOlbP . emg\ lqmlZrox?n] t kz'kltgfy kl/;/df g} lrxfg3f/L agfpg] b'ik|of; u/] . oL o:tf AjfF;fx?sf] wfld{s ;Dk|bfon] g]kfne"dL k|b'lift ePsf] xf] . km;fPsf] yfxf gkfpg] e]8f g]kfnLx? b]v]/ / 8n/df laqmLx'g] rf]/ g]tfx? b]v]/ dnfO{ lrQ b'V5 . c;nL j]b / wd{zf:qx? n'sfOPsf] 5 . O08Log n6\6] gSsnL u'?sf] s'/f ;'Gg] / klZrdL ;]tf] 5fnf ePsf] uf]/fn] n]v]sf] s'/fg} l7s egL ;Demg] n7]a|f g]kfnLx? b]v]/ pb]s nfU5 . o"6'a / km];a's u'?x?n] ubf{ klg ;dfhdf czflGt 5fPsf] xf] . Ps ;Dk|bfon] csf]{ ;Dk|bfo lar kvf{n nufp5g\ . lxGb' ;+u :nfd emu8f u5{, af}4 ;+u lqmlZrog emu8f u5{ t/ xfd|f] a}lbs ;gftgL ;Eotfdf ;a} hftL, a0f{, wd{ ;Dk|bfo, ;sn k|f0fL c6b5 lsgsL a}lbs ;gftgL ;Eotf dxf;fu/ xf] . olb a}lbs ;+:sf/ cfTdf;fy ug]{, klaqtf / ;Totf af]s]sf] ;Dk|bfo 5 eg] xfdL g]kfnLx? lxGb', af}4, lzv, :nfd, OzfO{ ;a}nfO{ ;defan] cfb/ ub{5f} . t/ a}lbs 1fg / dfgaclwsf/ s'lNrg] e|i6x?nfO{ uf]/v] nf}/L nufpg} k5{ . g]kfn /fi6« s'g} Pp6f wfld{s ;Dk|bfosf] k]jf xf]Og . l;ldt :jfy{ kl/k"lt{sf vflt/ lgbf]{if g]kfnL hgtfx? anLsf af]sf gag"g\ , s;}sf] lu4] b[li6 gk/f];\ . tf08j g[Ton] cfkm}nfO{ eid v/fgL kf5{ eGg] s'/fsf] cSsn xf];\ *. ;e]{ ejGt' ;'vLg* egL ;a}sf] lxt rfxg] xfdL g]kfnLsf] d'n wd{ eg]sf] a}lbs ;gftg wd{ xf] . xhf/f} aif{ cl3 g]kfnsf CifLd'gLx?n] kQfnufpg' ePsf] j]b, zf:q, c+s, vuf]n la1fg b]lv ;a} dfgahftL wd{ ;Dk|bfo C0fL 5 . olx k'0o e'dLaf6 z'?ePsf] wd{zf:q, Hof]ltif zf:q, af:t'Zff:q, of]u Wofg, cfo'j]{b g} t ;a} wfld{s ;Dk|bfox?n] c+ufNb} cfPsf 5g\ . pgLx?sf] 5'6\6} l;h{gf t s]lxklg 5}g . To;}n] j}lbs 1fg / j}lbs ;gftg wd{sf] pb\ud:yn g]kfn b]je"ld, :ju{e"ld, Clifd'lgx?sf] tkf]e"ld uf]/If /fi6« xf] . k'gM t]qf o'usf] cfudg;Fu} ;t\u'? uf]/vgfy lzj afafn] j]b /Iffsf] nflu / dfgawd{ k'g:yf{kgsf] nflu g]kfndf kfOnf 6]ls;Sg'ePsf] s'/f ;xif{ caut u/fpg rfxfG5f} . h'g 7fpFaf6 afafn] j]bnfO{ xfjfdf km\ofFSg'ePsf] lyof], To;} :yfg O{gfg]Zj/ bfdgdf clxn] cfFvf vf]Ng'ePsf] ;b\u'? uf]/vgfy lzj afafsf] ljZjsf] klxnf] dlGb/ lgdf{0f eof] . pQm laZj zflGt dlGb/ uf]/vgfy sNof0f s]Gb| g]kfnsf] dfu{lgb]{zgdf ag]sf] xf] . ca of] 1fge'dL, zflGte'dL, laZjsf] >Lk]r g]kfn nfO{ l56\6} g} ;f/f ;+;f/n] lrGg] 5 / cWofTdsf] clGtd uGtAo:ynsf] ?kdf ;'kl/lrt x'g]5 . t;y{, ;'Gb/ g]kfnsf] kl/sNkgf ug'{ x'g] ;a} g]kfnLx?df k'h]/ xf]Og, a'em]/ 1fg k|flKt x'G5 eGg] s'/fsf] x]Ssf xf];\ . k/dHof]lt tkfO{x?s} dgdlGb/df aln/x]sf] 5, dfq hufpg'xf];\ . çcfb]z .

**बैदिक शिक्षाको अपरिहार्यता**

नेपाल सुन्दर छ - शान्त छ र बिशाल छ । यो गोरक्ष राष्ट्र, देवभूमि, स्वर्गभुमी, तपोभूमी, बैदिक ज्ञान र शान्तिको मुहान, विश्वको श्रीपेच नेपालको बर्णन गर्न शब्दहरु नै छैनन् । अन्तरिक्ष बाट हेर्दाखेरी नेपाल चादीको हार जस्तै देखिन्छ रे । प्राकृतिक श्रोत साधनले भरिपुर्ण राष्ट्र आज कुबेरले धनको पोको माथि बसेर भिख मागेजस्तो अवस्था भएको छ । दिब्य ज्ञान र शान्तिको मुहान मानिने नेपाल आज "बत्ति मुनिको अध्यारो" बनेको छ । बिदेशी प्रभुको भजन गाउने सुन्गुर स्वाठ नेताहरुले निर्दोष नेपालीहरुको आसु, रगत, विर्य पिए र नेपाललाई रोगी भोगी र जोगीको देश बनाए। हिमालमा रक्त श्रfब भैरकेको छ। नेपाल आमाको अस्मिता लुटिएको छ । कठैबरा, निर्दोष नेपालीहरु टुलुटुलु हेरेर बस्न बाध्य छन् । न बिधिको शासन छ - न कानूनी राज्य छ । जताततै शैतानहरुको बिगबिगी छ । त्येसैले त स्वर्ग का राजा इन्द्र पनि डुलन आउने अलकापुरी कान्तिपुरी नगरी आज नरक तुल्य भयो । २०/३० वटा बादर र सुँगुरहरु फुलबारी भित्र पसेर फूलबारीको सुन्दरता स्वाहा पारेझै नारायण (भगवान बिष्णु) को कानेगुजी बाट निस्किएका सुम्भ निसुम्भ राक्षसहरुले सुन्दर काठमाडौँ ध्वस्त पारेर छोडे । विधिको शासन र कानूनी राज्य नभएको मुलुकमा भद्रगोलको बेलिबिस्तार गरेर साध्यनै हुदैन । मन सार्है दुख्छ । सत्ययुगमा सत्यवती, त्रेतायुगमा मुक्तिदायनी, कलियुगमा नेपालमण्डल भनिने स्वर्ग भुमी नेपालको बेहाल देखेर रुन मन लाग्छ ।

अब नेपालको मुहार परिबर्तन हुन्छ भने त्यो शिक्षा बाट मात्र सम्भब छ । त्यो पनि बैदिक शिक्षा किनभने बैदिक शिक्षा ले अनुशासन र सस्कार सिकाऊदछ । बिद्यार्थीहरुमा राष्ट्रप्रेम जगाएर कर्मठ योद्धा बनाउदछ, भातृत्व - मानवताको पाठ सिकाउदछ । सह-अस्तित्व, सहिस्नुता र शान्तिको दिब्य ज्ञान सिकाउदछ । सारंशमा, आध्यात्मिक जागरण गराई असल जीवन पद्दतिको पाठ सिकाउदछ । नरनारी बाट देवत्व भएको महाज्ञानी नरनारायण बनाइँदिन्छ । तर अफसोच अहिले बाठो बन्ने, कुतअकुत कमाउने, प्रतिस्पर्धामा लडाउने र मानिसहरुलाई झुक्याउने अहंकारी शिक्षा मात्र दिइन्छ । शिक्षा चाही कमाई गरिखाने भाडो मात्र बनिदियो । कहिल्यैपनि बिद्यार्थीहरुलाई अनुशासित, असल र ज्ञानी मानिस बन्ने भन्ने कुरा नै सिकाइएन । अरुको अनुभब पढेर, घोकेर प्रमाणपत्र सजाउने शिक्षा मात्र दीईयो । प्यारा बिद्यार्थीहरुले आफ्नो अनुभब गर्ने मौका नै पाएनन् । जीवन र जगत बारे बुझ्ने मौका नै पाएनन् । त्येसैले त अहिलेका बिद्यार्थीहरु रनभुल्लमा परेका छन् - भौतारिरखेका छन् । जसरी अहिले पश्चिम मुलुकका मानिसहरु ज्ञानको खोजीमा काकाकुल बनेर नेपाल धाइरखेक छन् । त्वं शरणंम भन्दै गोरक्ष राष्ट्र नेपालमा आउदैछन किनकी सम्पूर्ण धर्मशास्त्र, साहित्य, बैज्ञानिक आबिस्कारको श्रोत मानिएको ४ बेद १८ पुरान यहि पबित्र भूमीमा को थियो । अब यो ऋषिमुनिहरुको तपोभूमी - बैदिक ज्ञानको मुहानमा नआएर कहाँ जाने त ?

पश्चिमी मुलुकहरुमा Knowledge 'बुद्धि' सिकाइयो तर Wisdom 'ज्ञान' सिकाइएन किनभने उनिहरुसंग ज्ञानको पाठ नै छैन । अहिले सम्म पनि उनीहरुलाई हाम्रो शरीर के ले चल्छ भन्ने कुराको अत्तो पत्तो छैन । स्मरण रहोस् - बुद्धि र ज्ञान फरक कुराहरु हुन्। बुद्दिले म जान्दछु भन्छ भने ज्ञानले 'मलाई थाहा छैन' भन्दछ । बुद्दिमा अहंकार हुन्छ भने ज्ञानमा विनम्रता, हार्दिकता, कृतज्ञता र प्रेम हुन्छ । जस्तै एक ज्ञानी मानिसले जति प्रेम उसको बुवा आमालाई गर्दछ उतिनै प्रेम वरिपरिका बोटबिरुवा, पुतली, फुल, बाख्रा परेवाहरुलाई पनि गर्दछ । किनभने उसले त्यहा सह-अस्तित्वको बोध भैराखेको हुन्छ । उसले आफ्नो आधा हिस्सा जीवन बोटबिरुवाहरुमा पनि देख्न थाल्दछ । रुख का पातहरुले प्राण वायु Oxygen नदिएको भए जीवनको अस्तित्व नरहने शास्वत सत्यको बोध भैसकेको हुन्छ । त्येसैले ऊ बोटबिरुवाहरुलाई आफ्नो शरीर जत्तिकै प्रेम गर्दछ । त्येसैगरी, कुनै अदृश्य परम 'शिव ' तत्व ले संचालन गरीराखेको छ र त्यो प्राण शक्ति ईश्वर ( इ ) उडेर गएपछि शिव बाट शब् बन्छु भन्ने कुराको आभास हुनुनै आध्यात्मिक जागरण को पहिलो खुड्किलो हो ।

त्यसैगरी, ईश्वरको कृपाले यस्तो सुन्दर जीवन त पायौ, तर रहस्यमयी शरीर र मस्तिस्क कसरी चल्दछ भन्ने कुराको ज्ञान मानिसहरुलाई पटक्कै भएन । बैदिक शिक्षामा पहिलो प्राथमिकता भनेकै हाम्रो जीवन संचालनको उत्तर-पुस्तिका Manual Guide Book प्राप्त गर्नु हो । जे समान किन्दा पनि Manual / Catalog हुन्छ तर हाम्रो शरीर - मन - मस्तिस्कको Catalog खोइ त ? यो रहस्यमयी शरीर - मस्तिस्क संचालन बिधि थाहा नपाएर जीवन मा कठिनाईको सामना गरिराख्नु पर्दछ। यहि ध्रुब सत्यलाई महशुस गरेर पश्चिम मुलुकका बैज्ञानिकहरु पनि Engineering Life भन्दै अनुसन्धानरत छन् । शान्ति र खुशिमयी जीवनको अचुक शुत्र भनेकै शाकाहारी जीवन शैली र योग -ध्यान रहेछ भनेर बुझ्न थालेका छन् । वास्तबमा हामी जे खान्छौ त्यहि नै बन्छौ, पहिलो मस्तिस्क भनेकै हाम्रो पेट हो । त्यसो हुदा सात्विक जीवनले जीवन सुखी बनाउदछ भने राक्षसी भोजन (जाड, रक्सि, चुरो, खैनी) ले राक्षसी स्वभाव जगाइदिन्छ भने शरीरको मेशिननै बिगारीदिन्छ । सात्विक भोजननै आध्यात्मिक जागरणको दोश्रो खुड्किलो रहेछ भनेर पश्चिमेलीहरुले महशुस गर्न थालेका छन् ।

पश्चिमी शिक्षाले "जीवन मरेपछि सिद्धिन्छ" भन्दछ भने हाम्रो बैदिक शिक्षाले "जीवन अनवरत रुपले चलिराख्ने अलौकिक प्रक्रिया" भन्दछ । वास्तबमा हामी न त जन्मन्छौ न त मर्दछौ । मात्र हामी यात्रामा हिदिरखेका छौ । कर्मको फल अनुसार हामी पुनरजन्म लिन्छौ। मानब धर्म पालना गर्न, जीवनलाई अनुभब गरी देव ऋण, पितृ ऋण, पितामाता ऋण, ऋषि ऋण तिर्नको लागि पनि हामी बारबार जन्म लिएका हुन्छौ । शरीर मर्छ तर हाम्रो आत्मा 'म' कहिल्यै मर्दैन। यस्तो किसिमको आत्मा ज्ञान तोरीलाउरे पश्चिमी शिक्षाले कदापी पनि दिन सक्दैन । बरु Phd. को नाउमा कालो टोपी लगाइदिन्छ - राहु झुन्ड्याई दिन्छ । थोरै र निश्चित कुरा भन्दा पर केहि कुरा थाहा हुन्दैन । Phd. चाही Permanent Head Damage बन्दछ । पढेका प्रमाणपत्रहरु भित्तामा सजाउदछन र अस्ट्रेलियामा ट्रेन सफा गर्न, साउदी मा भेडf चराउन जान्छन । यस्तो रेलको डब्बा पुछ्ने र खाडी मुलुकमा भेडा चराउन मात्र योग्य बनाउने शिक्षा के काम ?

संस्कार र संस्कृतिको बिकृति देखेर पनि वाक्क लाग्छ । दुध बेचेर रक्सि धोक्ने संस्कार छ यहाँ । बुवा आमालाई बृदाआश्रम पठाएर घरमा कुकुर पाल्ने संस्कार छ। दारीवाल लट्टे जोगीलाई गुरु भनेर लम्पसार पर्ने संस्कार छ । बफेलो इन्ग्लिश थसथसी कनेर फ़त्फ़ताएपछि बिध्यार्थीहरु शिक्षित भएको ठान्ने संस्कार छ। नया कपडा किनेर दस ठाउमा प्वाल पारेर लगाउने संस्कार छ यहाँ, खै के भन्नु र ? अमृततुल्य मोही पिउन छोडेर बिसालु कोकाकोला पिउने संस्कार छ। याद राख्नुस, कोक मा Hydrochloric Acid अथवा चर्पी सफा गर्ने हर्पिक Acid नै राखिएको हुन्छ। त्यही चर्पी सफा गर्ने हर्पिक पिउन सिकाउने शिक्षा कति सभ्य ? दौरा सुरुवाल लगाएर मोही पिउदा पाखे बनाए - सुट टाई लगाएर हर्पिक युक्त कोक पिउदा सभ्य भए, कस्तो खालको शिक्षा हो यो? अष्टसुगन्धको प्रयोग गर्न छोडायो र फिनेल , रक्सि, कुहेको माछा, बिसालु ग्यासले बनाएको Perfume दल्न सिकायो अहिलेको शिक्षाले । हिलो र चन्दन छुट्याउन नसक्ने - कास र कुश छुट्याउन नसक्ने कस्तो खालको शिक्षा हो यो ? धिक्कार छ यस्तो आडम्बरी शिक्षा लाई ।

हामी नेपालीहरुले नचाहदा नचाहदै पनि भाडाका टट्टु दलालहरुले पश्चिमेली शिक्षा नीति लादिदियो । हामी पनि फुइ लाउदै मुर्ख भाषा अंग्रेजी सिक्न थाल्यौ । अहो हाम्रो कस्तो स्नाही शब्द 'आमा' भन्न छोडेर Mummy भन्न सिक्यौ ! आत्मिय शब्द 'दिदी या बहिनी' भन्न छोडेर Madam भन्न सिक्यौ । तर अंग्रेजहरुले मरेको लाशलाई Mummy भन्दछन, बेस्याहरूको नाइके तथा घरबाहिर राखेको रखौटी श्रीमतीलाई उनीहरुले Madam भन्दछन भन्ने कुरा को चाही हेक्का भएन नि । त्यसैगरी प्रोटिनको लागि मासुनै खानुपर्छ भनेर पढाइयो । उनीहरुको देशमा त्यसबेला मासु बाहेक केही पाइदैन थियो । ठण्डी ठाउँ भएकोले फलफुल गेडागुडी सागपात दालचामल केहीपनि पाइदैन थियो र मासु खान्थे त । हामीलाई प्रकृतिले साथ् दिएको छ, प्रोटिनको लागी मासुनै खानु जरुरी पनि छैन। तर पनि मासु नै खनु पर्ने शिक्षा दिइयो । गुरुत्वाकर्सन पनि Newton ले पत्तालगाएका थिए भनेर पदन बाध्य परियो । के न्युटनको पाला देखि मात्र स्याउ भुइमा खस्न थालेको हो र ? पक्कै पनि होइन । यो गुरुत्वाकर्सनको कुरा त महर्सि परासर, भृगु, आर्यभट्ट जस्ता नेपालका ऋषिमुनिहरुले हजारौ वर्ष पहिलेनै बताइसकेका थिए। यस्तो अद्भुत बैदिक ज्ञानलाई चटक्कै भुलेर हामी पश्चिमी शिक्षा नीतिमा हाम फाल्यौ जहाँ Stress Management पढाइन्छ । हामीले राम्रोसंग गाडी चलाउन नजानेर गाडी बिग्रिए जस्तो हाम्रो रहस्यमयी शरीररुपी मेशिनलाई चलाउन नजान्दा उब्जिएको तनाब नै Stress हो। बिशेसगरी खान र पिउन नजान्दा जीवन शैली उल्टो पर्दा जीवन तनाबमा फस्छ । त्यही भएर हाम्रा ऋषिमुनिहरुले शरीर संचालन बिधि तथा खुशीमयी जीवन जिउनलाई योग-ध्यान, प्राणायाम र आयुर्बेदको ज्ञान दिएका थिए। तर हामीहरु आफै बाठो भई टोपलेर उनीहरुकै शिक्षा Stress Management मा भासियौ । ए हजुर, घरआँगन सफा राखे फोहोर ब्यबस्थापन Waste Management नै गर्नु पर्दैन कि कसो ? त्यस्तै सधै योग-ध्यान गरे, सात्विक जीवनयापन गरे पछि त तनाबनै आउदैन- Stress Management को आवस्यकता नै हुन्दैन, कि कसो ? ३० / ४० वर्ष अघि यहि हाम्रो योग-ध्यान आयुर्बेद पद्दतिलाई पश्चिमेलीहरुले पाखेको संज्ञा दिन्थे । तर अहिले सारा युरोप अमेरिकाका मानिसहरु योग ध्यान आयुर्वेद सिक्न भनेर हाम फालेर नेपाल आउदैछन। बल्ल उनीहरुको चेत खुल्यो र अरबौको व्यापार बनिराखेको छ। पहिले पनि हाम्रै बैदिक ज्ञान चोरेर लागेका थिए र अहिले पनि हरेक कुराहरुमा हाम्रै बैदिक ज्ञानलाई लागु गरिराखेका छन् । तर हाम्रो कठपुतली सरकारले भने तथाकथित अडम्बरी पश्चिमी शिक्षा लडिराखेको छ । कताकता नरमाइलो लागेर आउछ ।

अहिलेको शिक्षाले कमाइ गरि खानलाई डाकडर, इन्जिनियर, वकिल, पत्रकार, ब्यापारी त बनायो तर जीवन र जगत बुझ्ने शिक्षा कहिले पनि सिकाएन । त्यसैले त मानिसहरु जीवनको एक कालखण्डमा पुगेर पागल बन्दछन - बाटो भुलेको यात्री जस्तै भौतारिरखेका हुन्छन। हौ यो बेलाबल्ल "म को हु? मेरो कर्तब्य के हो ? मेरो शरीर र यो संसार कसरी चलेको छ त?" भन्ने यावत प्रश्नहरुमा घोरिन थाल्द छन् । धर्म- कर्म - संस्कृति र बैदिक ज्ञानको सुन्दर पक्षहरुको खोजि गर्न थाल्दछन् । शान्ति र आध्यात्मिक जागरणको चाहले तडपिन थाल्दछन् । बल्ल यसबेला उनीहरुलाई "आधुनिक शिक्षाले कमाउन त सिकाउदो रहेछ तर जीवन जिउन सिकाउदो रहेनछ" भन्ने कुराको चेत आउदछ । आधुनिक शिक्षाले मानिसहरुलाई बडो चतुर त बनायो तर ज्ञानी बनाएनछ । महत्वकांक्षी अहंकारी बनायो - तर असल चरित्रवान बनाउन नसक्दो रहेछ । यसरी चेत खुलेपछि परम शान्ति र दिब्य ज्ञानको खोजिमा मृगतृस्नामा दौडिएको मृग झैँ भौतारिदै नेपाल आउदछन् ।

हाम्रा पुर्खाहरुले सारा विश्वलाई ज्ञान र बिज्ञान दिए । अफसोच, हामी भने "बत्ति मुनिको अध्यारो" भने झैँ भयौ। स्मरण रहोस, बेद भनेकै बिशेस ज्ञान अर्थात बिज्ञान हो । हाम्रा पाखण्डी पण्डितहरुले बेद लाई पुजन मात्र सिकाए तर पश्चिमी बैज्ञानिकहरुले खोज अनुसन्धान गरेर बिज्ञान बनाए । त्यहि बैज्ञानिक आविस्कारले गर्दा पनि बिकास र प्रबिधिमा पश्चिमेलीहरु हामीभन्दा अगाडी छन् । सतही रुपमा उनीहरु खुशी जस्ता देखिएता पनि आध्यात्मिक पाटो भुलेको कारणले उनीहरु सधै निरास हतास छन् । जसका कारण उनीहरुको आधुनिक शिक्षा प्वाख निकालिएको चरा जस्तै 'बिचरा' भयो। त्यहि शिक्षाले गर्दा हामीलाई मगन्ते, आशे, र उद्देश्य बिहिन बनाईदियो । कुनै एक युबकलाई "बाबु तिमि भबिस्य मा के बन्ने? " भनेर सोध्यो भने - "खै थाहा छैन" भन्ने उत्तर दिन्छ। जुन बिद्यार्थीलाई आफ्नो लक्ष, नै थाहा छैन भने ऊ कसरी कर्मठ, इमान्दार र आदर्श नागरिक बन्न सक्छ त? विकृत शिक्षाको चुरो कुरो नै यहि हो । अर्को कुरा आधुनिक शिक्षा शुद्द व्यापार भैदियो। सरस्वतीको मन्दिरमा फोहोरी राजनीति घुसिदियो । शिक्षकहरु पार्टीका कार्यकर्ता भए, माओबाद र गान्धीबाद सिकाउन थाले । बिद्यार्थीहरु नैतिकहिन भ्रस्ट बन्दै गए किनभने स्कुलमा सिकेको नै त्यहि हो त । बिध्यलायामा हामी नेपाली हौ र नेपालका लागि काम गर्नु पर्छ भन्ने कुरा नै सिकाइएन। शुरुदेखि नै माओबाद, कमाउनिस्ट, कांग्रेस, मधेसी फोरम, मुन्द्रे, डन, बन्नु पर्छ भन्ने शिक्षा दीइयो, के गर्नु त ? बिडम्बना !

त्यसैले अब नेपालमा धर्म संस्कृतिको रक्षा गर्न, राष्ट्र भक्त र अनुशासित असल नागरिक तयार पार्न पनि बैदिक शिक्षा अत्यावस्यक छ । यहि तथ्यलाई आत्मसात गर्दै गोरखनाथ कल्याण केन्द्रको मार्गनिर्देशनमा युवाहरुमा सह-अस्तित्वको बोध गराउन 'समबोधि शिक्षा'' र स्वर्गभुमी नेपाल चिनाउन 'तुशितानेपाल' (जीवन को पाठशाला) खोलिएको छ । क्रमश: बिशाल नेपाल हुदाको बिश्वको पहिलो विश्वबिद्यालय 'नालन्दा बिश्वबिध्यालय' को पुनर्स्थापना गर्ने संकल्प पनि लिएका छौ जहाँ योग-ध्यान, आयुर्बेद, ज्योतिष, धर्मशास्त्र जस्ता जीवन पयोगी शिक्षा सिकाइयोस । त्यसपछि ७५ वटै जिल्लामा गुरुकुल बैदिक पाठशाला खोल्ने लक्ष छ । यस्तो पबित्र कार्यलाई सस्थागत गर्न गोरखनाथ कल्यांकेन्द्र नेपालले कुशेश्वोर धाममा विश्व शान्ति मन्दिर, गुरुकुल संस्कृत पाठशाला र योग - ध्यान केन्द्रको निर्माण हुदैछ । सुन्दर नेपालको परिकल्पना गर्नुहुने शान्ति प्रिय सज्जन नेपालीहरुलाई तन मनका साथ् सहयोग गरिदिनु हुन हार्दिक अनुरोध पनि गर्दछौ ।

हरेक मानिसहरुको सपना हुन्छ । सपना देख्नु पनि पर्दछ तर त्यस्तो सपना जसले सुत्न नदेओस । विश्वको श्रीपेच नेपाललाई बैदिक शिक्षा मार्फत विश्वमा चिनाउने हाम्रो साझा सपनालाई आकार दिऔ। यसको लागि प्रकृतिको उत्कृष्ट सृजनालाई बुझ्ने कोमल मन र नेपाल देख्ने सुन्दर आखा भए पुग्छ । सबैलाई चेतना भया - जय गोरख ।

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