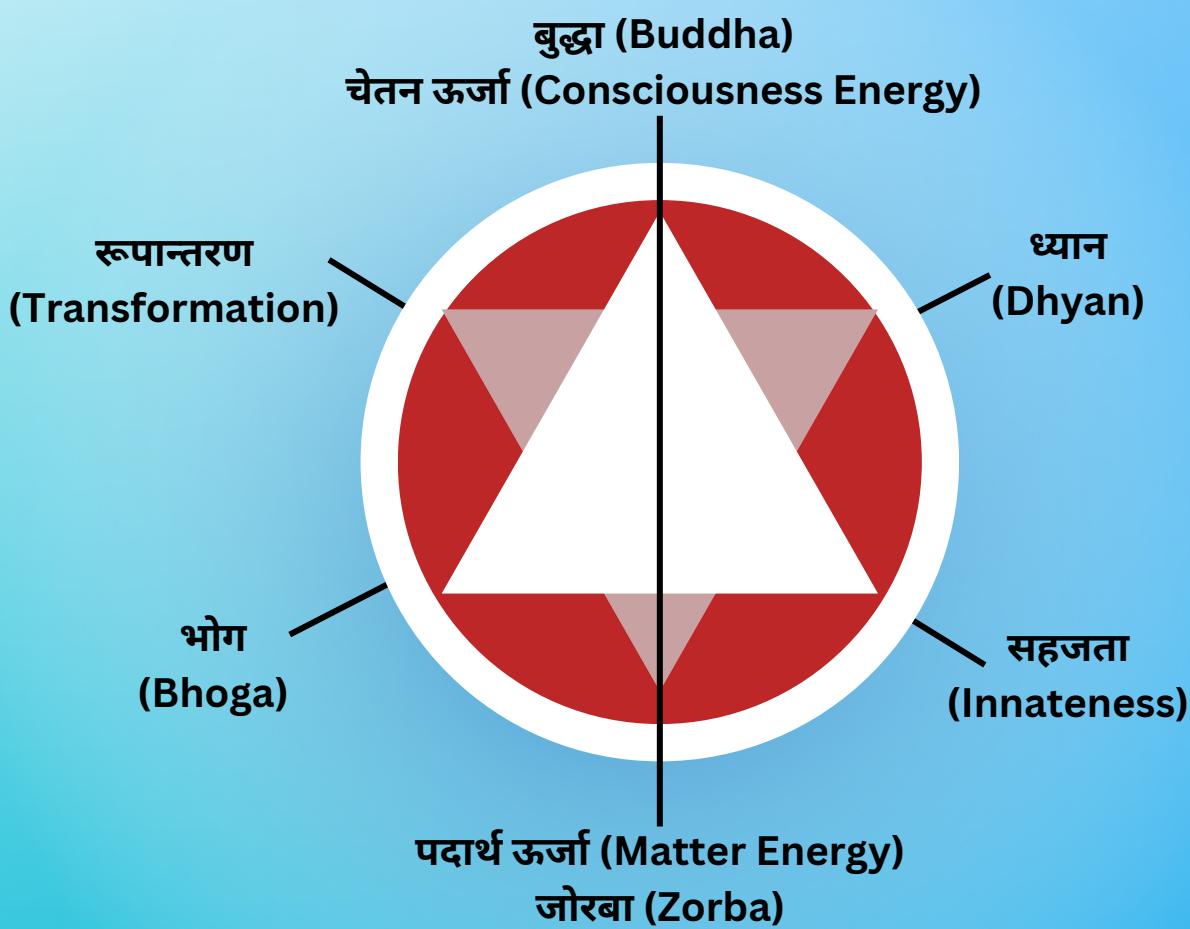




ओशो दर्शन पर तीन आलेख

डॉ. हरनाम सिंह अलरेजा



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First Impression: January 2024

ओशो दर्शन पर तीन आलेख

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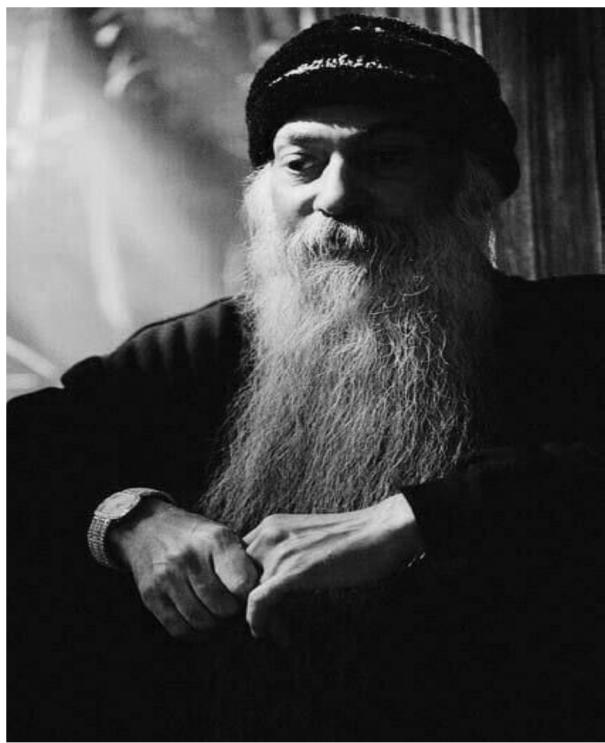
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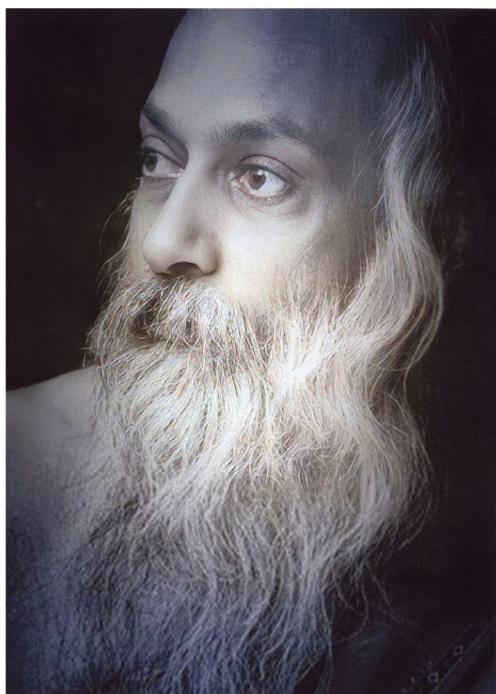
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- 3- vks'ks ds nk"klud i) fr dk uke ^tkjck n c) k** gA
- 4- vks'ks n"ku dk y{; uo I U; kI /kfkjr ^U; eSj** gA

tc vks'ks ds 0; k[; ku] fopkj vkJ /; ku i) fr; k dk vkJ tkuus dk i; k fd; k tkrk gS rks Kkr gkrk gS og uohu ugla gS og r= n"ku dh , d "k[kk I gt; ku] ot; ku dh opkfjd vkJ nk"klud uho ij voyffcr gS rFkk muds }jk djkbz tkuusokyh /; ku dh vusd fof/k; k foKku Hkjgo r= ls yh xbz gA r= dh fopkj l j.kh ea os vkJtud eukosKlfud vo/kkj .kkv] foKku dh uohure [kkst k i[; kr nk"klud k l ekt l [kjdl fo"o ds i e[k Kkr vkJ vKkr jgL; nf"k k Hkhjr h; n"ku ds i e[k xks'ks xhrk] ; kx HkfDr n"ku dk vkJ; ydj] vi us nk"klud feDI pj dks r\$ kj dj ml s rkfdz : lk inku djrs gA vi us n"ku dks i LrT djrs gq os dgrs gS Hkhfrdokn vkJ Hkhx] xfgz ; k vLohdj.kh; ugla gS oju~ vkJ; kfed y{; dks i klr djus dh i Eke

I h^k g^A muds vu^k kj ^es , d , s l ello; dh ckr dj jgk g^{wftl} dh
dYi uk Hkh mUgkus ugha dhA e^s Hkksfrdrk v^k /kez ds chp l ello; dk
I r^q cuk jgk g^A e^s pkgrk g^{wnsk} /kuh Hkh gks /; kuh HkhA e^s pkgrk g^w
n^{sk} l e) Hkh gks "kkar HkhA**18% muds nk" kud fopkj Hkks I s i k^j Ehk gks
g^s v^k l ekf/k ij mudh ifj l ekflr g^A muds l k/kd dks Hkksfrd i nkFk
I s pyrs g^q v^k/; kfRed vu^k rd igpuk g^{sk} g^A bl fy, os bl s
vyx&vyx u ekudj] budk Lrjh^k dj l ello; dh ckr djrs g^A

Hkkrh; I kldfrd v^k nk" kud ijEijk l k/; dh i fo=rk ds
l kfk l k/ku ds "HkRo dks Hkh vfuo^k; l Lohdkj djrh g^srFk bI ekU; rk
ea "Hk l k/; grq thou dk l a e bfnz &fuxg] ri] fu; a.k usfd
elV; ka dk voyEcu vfuo^k; l Ekurh g^A l k/ku l cdkh ek= bl vo/kkj .k
I s vksks dh opkfd fHkksurk g^A os rk=d l k/kukvks ds l eku bPNkvks
v^k bflnz ka ij dBkjrkim^od fd, x;s fu; a.k dks neu dgtrs g^A
^neu dk vFk tks gekjs vrl ea l gt mBrk g^sml s mBus u ns v^k
tks ugha mBrk g^sml s cyim^od mBkos v^k idV djA**19% vksks ds
vu^k kj tks dN t^ood v^k us fx^od g^s ml s d^o s jkdk tk l drk g^A
0; fDr ds fo'k; l qk Hkks l cdkh bPNkvks dks u rks l ekt ds Hkh; l s u
f"kk u l kldfr l s u c^o)] food] eu l s fu; f=r fd; k tk l drk
g^A os dgtrs g^s & ^og l c rfigkjh [kks M^h l s fcYdy i kN fn; k tk,]
tks rfigkjhs l ekt l s ek^ockj l s f"kk v^k l kldfr l s feyk g^s rks Hkh
dkeokl uk i bkh gks D; ksd ; g okl uk rfigj l ekt l s ughafeyrh g^s ;
okl uk t^ood : lk l s nea fcYVbu g^A**20%; g Åtkzg^s v^k tc bl dk
neu g^{sk} g^s rks bl dk nqifj .k l eLr thou pØ dks [kf.Mr dj
nsk g^s rFk ; g vu^k udkjkRed : i k a e QW i M^h g^A bl fy, vksks
dh d^onk; ekU; rk g^s fd Hkks: ih bu bPNkvks ,fUnz l qk dk neu u
gksdj : i kUrj.k gksk pkfg,A ^t: jr g^s l exrk l s l e>us dIA vxj

r̄pus I exrk I s I e> fy; k rks : i k̄urj.k bl dk ifj.kke ḡ^{*11} ; gh : i k̄urj.k vkl̄sgr ḡkdj I k/; i k̄r djrk ḡ

mi; D̄r nk̄uk̄ fo"kskrk, vksks n"kū dk eMy r̄s kj dj nrh ḡftl̄s os ^tk̄ck n c̄l̄k* dgrs ḡ ; ḡ tk̄ck I sc̄p rd I k/kd dh vkl/; kfRed ; k=k ḡ ftl̄dk i k̄EHk tk̄ck I sḡrk ḡ tk̄ck , d , k 0; fDr ḡs tks fdI h H̄k̄ vijkl̄c k̄s ea ; k }Un ea u i M̄dj thou ea døy I qHkkx dk etk̄ ysk̄ pkgrk ḡ vksks us bl s , d xhd ȳkd dtku tk̄fdI dh i l̄rd ^tk̄ck n xhd* I s fy; k ḡ tk̄ck dk ije I k/; Hkkx ḡs og vlfne] ik̄frd] ū fxhd vko"; drkvla dks gh thou I e>krk ḡ vksks ds vuñkj bl h pjell̄k̄ I s tc og x̄t̄jrk ḡs rks vrr% ml s Hkkx dh fuñ k̄rk dk cksk ḡrk ḡs rc og /; ku dh vlij vkl̄fkr̄ ḡrk ḡs rFkk ml ds c̄p Ro dh ; k=k i k̄EHk ḡrk ḡ n̄s "k̄nka ea Hkkx dh ifjI ekfl̄r /; ku ḡs vls /; ku c̄p Ro ds ik̄dV; dh ifØ; k ḡ ^c̄p fdI h ifjdYiuk ea vorfjr̄ ugh̄gks jḡs og ck̄bz fo"ksk ugh̄ ḡs og H̄k̄ I eklu; ekuo ḡs ejh vls r̄fgkjh rjg] ȳdu mues I EHkkouk m/okeu djus yxh ḡ^{*12} vksks ekurs ḡs fd Lo; a c̄p H̄k̄ c̄p Ro dks bl fy, mi yC/k ḡ D; k̄d m̄ugks Hkkx : i h tk̄ck dk ijk thou th; k FkkA tk̄ck I s pydj c̄p Ro rd i gpuk vksks ds n"kū ea I k/kd dh I a k̄z vfk̄k; fDr ḡ vksks dgrs ḡs fd uo I U; k̄l̄ ds ekxZ ij I k/kuk djrk ḡyk ejk I U; k̄l̄ h ftl̄s os U; ēs dgrs ḡs bl txr ea jgrs ḡ vkl̄ni wkl̄ thou thrk̄ ḡs og u rks fdI h H̄k̄ Hkkx vkl̄n dk fu'kk djrk ḡs u I k̄j k̄fn dk dN R; k̄x djrk ḡs os dgrs ḡs ^es I U; k̄l̄ h dks I k̄j I s tk̄Muk pkgrk ḡs es , I s I U; k̄l̄ h n̄kuk pkgrk ḡs tks npku ij c̄s ḡs n̄l̄rj ea dke H̄k̄ dj jgs ḡs [ks ij egur H̄k̄ dj jgs ḡs tks ftñxh dh i jh I ?kurk ea [kMs ḡs gkj ugh̄x, ḡs HkkM̄s u ḡs , k̄dfi LV u ḡs i yk; u u fd; k ḡ^{*13} tks gj I e; vkl̄n rjgrs

gA v^ukun mudk L^okk^o gA v^uks^uks dgrs gS ^e⁸ r¹g⁸ v[.M n^fV n^uuk
pkgrk gWft l e⁸dN H^h fu'k^h ugh^g e⁸r¹g⁸ fo/kk; d /keZ n^uuk pkgrk
gW**14½ v^ug bl voLFkk dks mi yC/k gksus e⁸/; ku v^ug ; lk^g l g^g; d g^g
v^uks^uks us vu^uka /; ku i) fr; lk^g dks vi us v^uJe ea i k^jEhk fd; k os vi us
l k/kdka l s dgrs gS fd vi us L^okk^o dks l e>dj viuh l k/kuk i) fr
dk p; u dj y^ulk pkfg, A ^viuh fu; fr vi us 0; fDrRo vi us
l k; dks y^ulk pkfg, A**15½ os vi us n"lu e⁸ftruk egRo H^h dks n^us g^g
mruk egRo /; ku dks H^h n^us g^g /; ku dks os ekuo dh vnt^ukk [k^ust
dgrs g^g ^y; ku ml M^h; e⁸ku ml v^uk; ke dh [k^ust gS t^gka ge fcuk
i z kstu ds fl QZ gksus ek= e⁸t LV fcbx ea v^ukuinr gks g^g**16½ ; gh
v^uks^uks ds n"lu dk l k^j g^g; g rks Li V gS fd mudh nk"lu d^uek^u; rk, a
l jy v^ug l j l gS fd Urqmlg^g e⁸kyd ugh^gekuk tk l drk gS D; k^uid ge⁸
, s gh fopkj r⁸] l gt; ku] otz ku] l k^g; n"lu] xhrk v^ufn ea
fn[kykbz i M^hs g^g i j mudh i L^ufr fof"k'V v^ug cgn gh vkd'k^h g^g
bl ds vykok budh fopkj/kkj^h e⁸ l cl s cM^h deh l k^ueftd ifrc) rk
v^ug usrd m^ulkjnkf; Ro dk v^ukk^o g^g mudk vuq k; h fl QZ vi us v^uun
ds fy, thrk gS ml dk l k^ueftd ; lk^gnu ux.; g^g v^uks^uks t: j vi us
n"lu e⁸ 0; fDrxr v^ug v^uh; k^uRed ftKkI kv^ug i j /; ku d^unr djrs g^g
ij og bl l s v^uks^uks ugh^g c<+ i krs g^g bl fy, mudh LFkiuk vkd'k^h
gks g^g H^h, d^ukh v^ug 0; fDrokn^h dgh tk l drh g^g

I aHZ , oafViif.k; Hk&

*nk"lud =ekfl d & 1975 i'B & 140

YksBh & Ledkyhu Hkjrh; nk"lud ifjflFkfr & MNW jktBnz i k kn i k. Ms ½

1- tñ] dkflUrdekj "kl fi ; j ok; k i ks LokehukFku jtuh"k Hxoku cuus l sigys i'B 242 vuKk cpl fnYyh 2017

*ftl fnu eis fo"ofo | ky; dh ukljh NkMh ml h fnu eis l cl s igyk dke eis ; g fd; k fd l gstdj vls l atkdj vius l kjs l fVQdVka vls fMIykelvks dks vlx yxk nhA

vksks & Lof. k cpiu i'B 323 fgln i kdV cpl 2017

2- ekWvkun"kykj ml s er ekjks Hxoku jtuh"k ds l kfk ejis ftUhxh dh dgkuh i'B 101 fQxjfiW }kjk izdkf"kr izdk"k cpl bM; k itboV fyfeVM dh Nki ubZfnYyh 2015

3- tñ dkflUrdekj jtuh"k dk n"ku & vks; kfRed nkn [k]kus dk etk i'B 91] fo"ofo | ky; izdk"ku okjk.kl h 2017

4- vksks VkbEI uoEcj 1995 i'B & 55dkjxk i kdZ iqks l si zdkf"kr

5- vksks VkbEI tuojh 2007 i'B & 55dkjxk i kdZ iqks l si zdkf"kr

6- ekWvkun"kykj ml s er ekjks i'B & 12

7- ogh i'B & 101

8- vksks VkbEI Qojh 1997 i'B & 7

9- vksks l k/kuk i Fk i'B 32 n fjc y i fcydšku gkm l iqks 1996

10- vksks r= l # Hkx 2 i'B 16 n fjc y i fcydšku gkm l iqks

11- ogħi i'B 35

12- vksks VkbEl viġy 2006 i'B 44

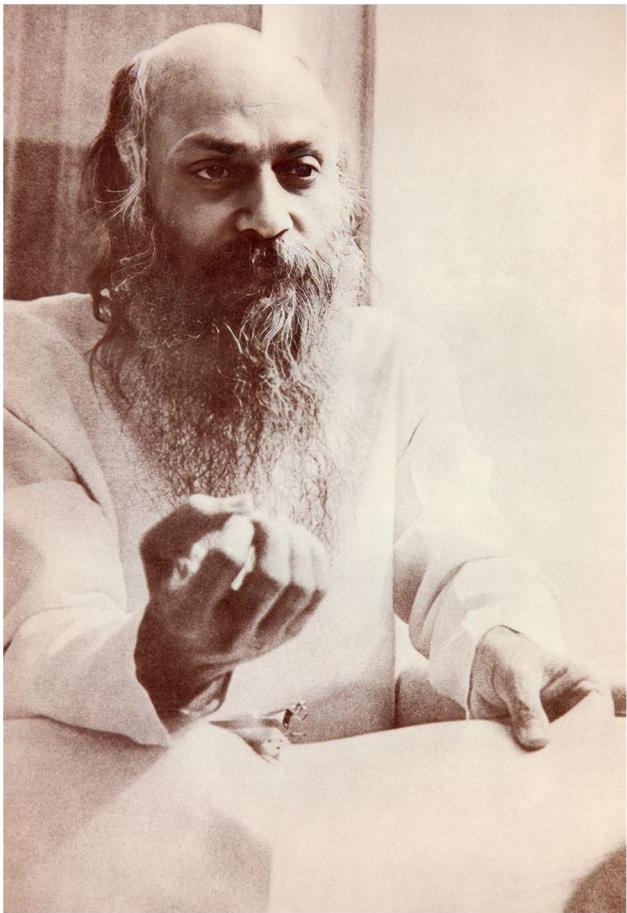
13- vksks VkbEl tuojh 1997 i'B 18

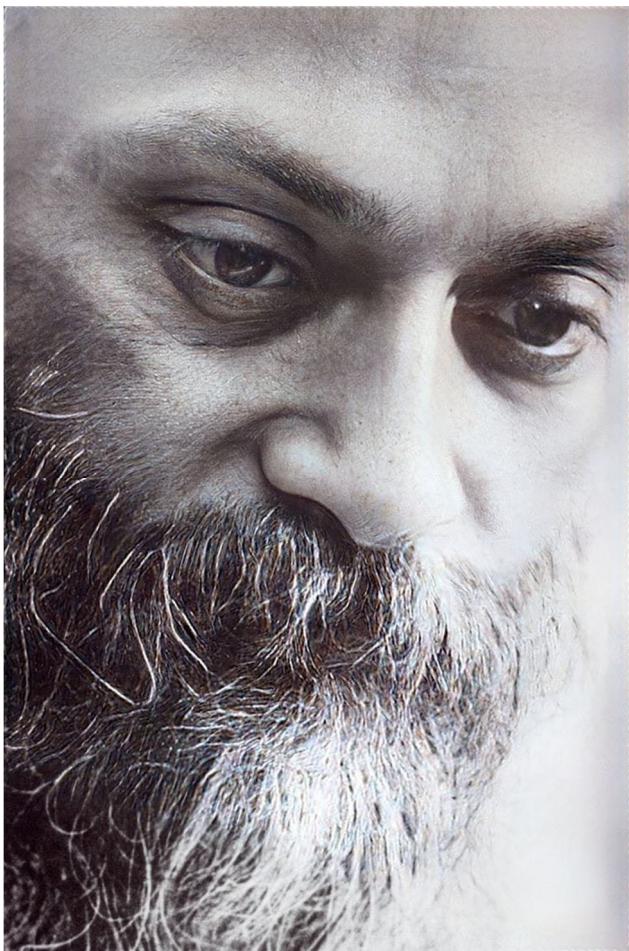
14- vksks VkbEl vxLr 1997 i'B 22

15- vksks VkbEl fl rEej 1999 i'B 33

16- vksks /; ku ; kx i'B & 176

Mk; eM ikdV cD il-fyfe- ubżfnYyh 2008





**vk&nk'kud i)fr&ræ dk vk'kud
l adj.k**

Hkkj rh; nk"ljud fpru/kjk eä ges Hkkxeyd R; kxeyd rFkk
e/; eekxh; rhuk i dkkj dh thounf'V; k dk iR; {k gk gA Hkkx ds
ifr ekuo dk vkd'lk lgt g§ yfdu Hkkj rh; vk/; kfRed thou"lyh
ds I nHkz e; g fuf"pr : lk I s dgk tk I drk g§ fd bl eä R; kx dks
gh efgek ikr gA pkokd n"ku dks NkMaj I Hkh vklrd vlg ukfLrd
nk"ljud "kk[dkvka eä R; kx dks izkcurk nh xbz gA Hkkx R; kx I cdkh
nf'Vdksk ds I nHkz e; oržku l e; e; I kekftd mikns rk dk
ryukfed v/; u djrs gq dgk tk I drk g§ fd ikphu Hkkjr eä
ekuo ds ^thou dk Hkkfrd ifk tc rd I jy I rNv Fkk rFkk
vk/; kfRed nfk icy Fkk rc rd fpru dk dnz vk/; kfRed I eL; k Fkk
fdlurq vkt geljs I ekt eä thou dk Hkkfrd ifk u rks I jy I rNv g§
u gh bl s vunfkk fd; k tk I drk gA**1/ ; gh dkj.k g§ fd vkt
Hkkjrh; I kekftd thou "lyh eä R; kx ds ifr I Eekuu; Hkkx rks
fn[kyk; h i Mfk g§ fdlurq Hkkx vlg Hkkfrd fpru vfkisjr rhoz vlxg
Hkh elstn gA bl fy, vkt I kekftd n"ku] jktufrd n"ku] bl Hkw
txr vlg Hkkx thou I s mRiuu I eL; kvk ij dñhr nk"ljud fpru
dh vko"; drk gA

ikphu dky I s pyh vk jgh Hkkjrh; nk"ljud fpru/kjk eä
vkxe rld n"ku dk Hkkx ijd I kku I cdkh nf'Vdksk LFkkfir gA
ræ us I k; ikfir grqvius I kku voyEcu e; I k kfjd Hkkx i nkFkk
ipedkj vkn dks vkkj cuk; k gA bl h rælj.kh dh eij i)fr dh
uho ij ch oh "krkCnh ds mRRkjlk eä 70&80 ds n"kdka eä vksks us
viuh nk"ljud i)fr dks i Lr fd; kA vksks us bl nk"ljud i)fr dks
^tkjck n c)k* uke fn; kA tkjck vlg c)k nksa vyx&vyx ik= gA
tkjck Hkkx dk irhd g§ vlg c)k /; ku vlg R; kx dk ifrfuf/kRo djrk
gA tkjck ik= dks vksks us jf"k; u yk dtkutkfdl ds miu; kI

^t^lj^ck n x^hd* l s fy; k v^lg t^lfgj g^Sc^o H^{kk}j r^h; nk"t^lud i jEijk l s
g^A v^ls^lks us bu nk^uka f^lkuu f^lkuu i k=k^l d^ls , d dj fn; kA muds
nk"t^lud i)fr e^l l k/kd d^l ; s nks voLFkk, g^A os crykrs g^Sfd i t^lj^{lk}
e^gj I k/kd t^lj^ck v^lkl^l-H^{kk}x dk m^lk d g^lrk g^Sv^lg I gh l k/kuk l s
; gh H^{kk}x Åt^lk : i k^lrfjr g^lkdj c^o cuus d^lh v^lj vx^l j g^lus yxrh
g^A n^ll js "k^lnl^l ea ^t^lj^ck n c^o k* i)fr , d l k/kd }kj^l H^{kk}x 0; oLFkk
dk vfrØe.k dj c^o cuus d^lh v^l/; kfRed ; k=k g^S v^ls^lks dgrs H^{kk} g^S
fd & ^ejh l kjh f"k(kk i R; sl 0; fDr ds H^{kk}hrj t^lj^ck v^lg c^o k d^ls clp
rkyey fcBkus d^ls fy, g^A*¹²

v^ls^lks vi uh bl i)fr d^ls Li 'V dj rs g^S crykrs g^Sfd H^{kk}x
m^lk d t^lj^ck : i h l keku; l k/kd vius thou e^l fcuk fd l h vij k/k
ck^lk u^lrdrk v^lg }U} l s jfgr g^lkdj] u^ls fx^l v^lg i kdfrd l q^lka dk
vkun mBkrk g^A

v^ls^lks i)fr e^lH^{kk}x v^lg l Dl d^lh i t^lj^{lk} fd Lohak; Zk g^lus d^ls
dkj .k v^ls^lks d^ls "l Dl xq ** t^lg h m^lk/f/k; k^lWndj] v^lky^lpuk d^lh t^lkrh
g^A fd U^lrq v^ls^lks us Lo; a d^lkh bu v^lkj^lka dk [k^lMu ughaf^ld; k g^S i j , d
LFkk u i j os dgrs g^Sfd & ^ej^l uke l s de l s de pkj l k^li^lrd^lg^S
v^lg l Dl d^ls ckj s e^ldy , d i^lrd g^S ppk^l dy ml h i^lrd d^lh
g^lrk g^S n^ljh rhu l k^lfull; kuos d^lh d^lkbZ f^lpink ugha djrk v^lg os JSB
g^A*¹³ **viuh foonkLIn i^lrd Y H^{kk}x l s l ekf/k d^lh v^lg] ea mlgkus
, d LFkk u i j ; g H^{kk} dgk g^Sfd & ^bl l e; i Foh i j e^l l s T; knk
l Dl dk n^leu v^lnehi [k^lstuk e^ldy g^A*¹⁴ njv^l y ; g fopkj
mlgkus r= ea fy; k g^S v^ls^lks us r= vo/kj.kk d^ls l eku gh H^{kk}x v^lg
l Dl d^lh viuh l)fr e^l i e^lk l k^lku d^ls : l k e^l 0; k[; kf; r fd; k g^A
os dgrs H^{kk} g^Sfd & ^tc e^lus dgk l H^{kk}x v^lg l ekf/k nk^uka tM^lg^Srk^l
og r= d^lh /kj.kk d^ls gh i^lrkouk n^luh F^lhA*¹⁵ bl s fl) H^{kk} fd; k tk

I drk gS fd vksks dh nk"lud i)fr tkjck n c)k] rk=d l kku
ijEijk dk vklfud l daj.k gh dgh tk l drh gA

tkjck fnutkj egur djrk gS rRi "pkr~vkuñ Hksx gh ml dk
y{: gA Hksx ds vykok u rks og dkbl/lkfezd fu; ek dks ekurk gS u
gh ml s usrd eV; ka dh dkbl ck/; rk Lohdkj gS og fcYdy Li 'V gS
vkJ dgrk gS & ^es fd h es fo"okl ugha j [krk] vxj es euq; es
fo"okl j [krk rks fQj efs bzoj eaHkh fo"okl j [kuk i Mfk vkJ "ksku
eaHkh fo"okl j [kuk i Mfk A; g I c vius vki es ijk xkj [k/kdkk gA
fQj I c xMMeMM+gks tkrk gS vkJ ejsmay>ko c<+tks gA**6½ bl fy,
og fl QZ bflhz tU; I f[k] Hksx es gh fo"okl j [krk gS vkJ T; knk
I kprk ugha gA og tkuojka dh rjg vlfne gA og Hksx ds ifr bruk
vkl Dr gS fd vksks ml ds I nkz es dgrs gS fd & ^og I kHksx
gSft l dk ijk "kjhj /kjrh l spidk gksk gA**7½ ml dk thou Hksx dks
I efiZ gA ge dg I drs gA tkjck Hkjrh; n"lu ds pkokd ds gh
I eku gS tks fl QZ vFk vkJ dke dks gh i #kkfklz ekurs FkA vksks Hkh
tkjck ds bl pkokdh; Lohkko dk I eflu djrs gA vkJ crykrs gS fd
& es pkokd ds i{k es gWD; k d tks pkokd ds foifjr gS os ik[k.M ds
I eflid cu tks gA yfdu es pkokd ij I eklr ugha gksk fl QZ
pkokd ij "kj gksk gA**8½

vksks vi uh i)fr dks I e>ks gq dgrs gS fd Hksx vkJ I DI
0; fDr dh Lohkko fod iofuk; k gA ;fn blgs rlr u fd; k tk, vkJ
vkl; kfRed l k/kuk ds uke ij dBkj l a e }kj budk fu; a.k djus dk
iz kl fd; k tk, rks ;g neu gA "neu dk eryc gS Aij dk }kj
ugha [kjg gS vkJ uhs ds }kj ij jkds tk jgs gA rc mino gksk] rc
fof{krrk gksk] i kxyiu gkskA**9½ bl fy, neu i wkl% vikdfrd gA
dBkj l a e dk tcjnLrh ikyu] l k/kd es vusd ekufl d fodfr; k

nqj fj .kkel dks mRi lu dj nsrk gA ; g vrkfdB Hkh gSD; kld & ^dlnz
dk ey dks cnys fcuk i fjf/k dks cnyus dk i z kl døy , d fujfkl
Lolu gA ; g i z kl ek= 0; Fkz gh ugh? krd Hkh gA ; g vkrE fgk gA
, h psBk vi us Åij tcjnLrh vkjks.k dks vfrfjDr vkj dN Hkh ugha
gA bl neu ea l ekt dh mi ; kkrk rks l /k tkrh g§ ij 0; fDr VV
tkrk g§ vkj [kf.Mr gks tkrk gA ml dks Hkhj }s i hik gks tkrk gA
ml dk 0; fDrRo I gtrk l jyrk [kldj , d vri}D] dkuP YDV cu
tkrk gA**10% bl fy, neu vLokHkhfod l ekt/kku g§ tks 0; fDr dks
cukoVh vkj nkgs pfj= okyk cuk nsrk gA og ckgj l s l a e dk
in"lu djrk g§ fdUrq ml dks Hkhj ikdfrd dkeuk, ml s popfyr
djrh jgrh gA , l s 0; fDr dks l ekt ea vks'ks dgrs g§ & ^rø tks Hkh
dgrs gks vkj tks Hkh djrs gk ml eankgjki u gk rk gA , d vkj l ekt
l s tks pgjk feyk g§ ml s ckgj dk; e j [kuk i Mfk g§ vkj nlijh vkj
I rr~ Hkhj dks tkuoj dks I rrV j [kuk i Mfk g§ bl l s l eL; k, Wi hik
gk rh gA**11% vks'ks dk Li 'V ekuuk g§ fd Hkh: ih dkeokl uk l s uk rks
yMk tk l drk g§ u gh bl s l eklr fd; k tk l drk gA ; g Åtkz
tfod : lk l s 0; fDr dks vni fcVV bu g§ døy I gtrk vkj
LokHkhfod fof/k }jk bl Åtkz dk : ik Urj.k fd; k tk l drk g§ vkj
/; ku bl ea l gk; d g§ ; lk i fr; kwi Hkh gA /; ku o ; lk gh og
l k/ku g§ tks tkjck dks c) Ro dh vkj ys tkrh gA ; g c) Ro dks
ikdV; dh ifØ; k gA vks'ks dgrs g§ & ^ftruk vf/kd rø dkeokl uk
ds ek/; e l s /; ku ea tkvks dkeokl uk dk i Hko mruk gh de gk rk
vkj fodfl r gk rs gq bl /; ku l s , d u; k }jk [kj tk, xk vkj
dkeokl uk fonk gks tk, xhA Bhd bl h i dklj ftruk vf/kd rø /; ku ea
mrjks rfgkjs fy, dke dk vkd'k mruk gh de gk rs yxsk vkj
/kj & /kj s l gt LQirz : lk l } fcuk dke dks m/o keu dk l psu i z kl
fd,] Åtkz i okfgr gk rs dsfy, , d u; k L=ks i k yxhA og h Åtkz tks

dkeokl uk ds ek/; e I s i okfgr gþz Fkh] vc /; ku ds ek/; e I s i okfgr
glaus yxsthA^{**1/2}

bl i dkj vksks dh i)fr es /; ku gh og fof/k gþ ft l dh
mi yfc/k l ekf/k gþ vkj cþ Ro ml dk ifj.lke gA /; ku vkj l gtrk l s
tþjck dh Hkk Åtkz vkj; kfRed Åtkz ea : ikrfjr gkrh gþ vkj l keku;
l k/kd tþjck cþ Ro i Fk dh vkj vxz j gskr gA ^cþ fd l h ifjdYi uk
eavorfjr ughagksjgs gþ og fo"ksk ughagþ og Hkh l keku; ekuo gsejs
vkj rfgkjh rjg] yfdu mueal Hkkouk m/oceu djus yxh gA^{**1/3}

; gh vksks dh tþjck l s cþ ds vkj; kfRed : ikrj.k dh
nk"kkud i)fr gA ræ n"ku es bl s okl uk ds mnkukhdj.k ds : lk es
iLrT fd; k x; k gA vksks dh bl i)fr ds L=kr dh ryk"k dh tk,
rks ; g ijh i)fr ot; ku ck] ræ n"ku es fn[kykbz i Mfh gA otz; ku
l k/kuk i)fr ds vfrfjDr vksks us viuh /; ku i)fr; lks foKku
Hkjø ræ* l s fy; k gþ rFkk mluglaus vi us vkJe es pyk, tkus okyh
l kefigd /; ku i)fr; l vkj i z kska es vkl/fud eukfoKku dk Hkh feJ.k
fd; k gA

vksks nk"kkud i)fr ds vklkj ds l nHkk ea dgk tk l drk gþ
fd ; g ekuk tkrk gþ fd ck] /kez es rhu /kez pØ idrlu gþ A ft l es
ckf/k ikflr lk"pkr~ xkjfe cþ us n"ku ds vyx vyx fl)krka dks
iLrT fd; k FkkA igys /kez pØ idrlu es LFkkfjokn rFkk nli js /kez pØ
idrlu es egk; kuh fl)kr rFkk rhl js /kez pØ idrlu es mluglaus ræ
l ckjh minsk fn; A bl rhl js minsk us ck] n"ku es ræ fopkj/kkj dks
ekxz dks i'kkLr dj fn; k ; k fQj dg l drs gþ fd tc ck] ekxz vkj
ræ ekxz dk ijLij vllrI Eðk gyk rks ck] ræ l j.kh ds iæ[k l nHkk
xdk "Jh xg; l ekt ræ* alypØ ræ rFkk gðtræ- t] s vuð
ck] ræ xdk i dkk"k es vkJA bu xtFkkA es rFkkxr cþ ds e[k l }

L=h'kfDr lkuk i pedkj vuſn ds iz kx }jk fl f); k dh i kflr vlg
fuokz k yk dk dh vuſfir; lk dk o.ku fd; k x; k FkkA blgha xFkk e
otz kuh c) dk tks: lk ; k fp= i Lr fd; k x; k og ; qku) egkl qk
I ejl FkkA ftl ea noh "lk; rk vlg c) d: .kk ds irhd gA ^r=
lkuk i k[k.M l U; kl ea fo"okl ugha djrhA dfBu vlg; kfRed
vuſklu u ea i Ruh l s eſkup fO; k r=d lkuk dk fgL l k gA L=h dks
Hkjo vlg lk/kd dks Hkjo dgk x; k gA dN xki uh; vuſklu uks dks
vllrxz e| vlg eſkup dk mi; kx ekuo l gt i dflk; k dk "kku djrk
gA r= euq; ea fNih Hkqk vlg dke dks i gpkurk gA i pedkj dh
lkuk r=k ds minsk vlg lkuk dk , d : lk gA**4/4 bl i dkj Hkx
dh lkuk dks i dlf"kr djrk ck n"ku dk r=d : i] otz ku dk
i knHkib gvkA jke/kjh fl g fnudj us vi uh ifl) fdrkc ^l dfr dks
plj v/; k; ** ea fy [kk gS & ^r=kpkj] otz ku vlg l gt; ku] lkuk dks
ml Lo: lk dh [kst djrs jgs ftl ea dke vlg vlg; kRe]; kx vlg
uj&ukjh l ekxe dscph dkbz l ekutme ik; h tk l dA**5/5 otz ku er
; g ekurk gSfd i dfr us bfluz ka dks vkuu nsus okys vusd i nkFkZ cuk,
gA vuſklu u iob bl Lohn ea jedj vi usfpr dks otkoLFk rd ys
tk; k tk l drk gA Hkx i nkFkZ gh ugha dke] L=h "kfDr dks fcuk Hk ; g
r= lkuk v/kjh gA r= ea R; kT; dN Hk ugha gA vkskks dgrs gSfd
& ^i lk gtlj o'kk l s r= gh vdyh ijEijk jgh gS ftl us dke dks
lexrk l s Lohdkj fd; k gA bl vFkZ ea ijs fo"o ea r= , h vdyh
ijEijk jgh gA**6/6 vkskks dh nk"kud i) fr ^t k jck n c) k* vlg
otz ku dh nk"kud vo/kkj.kkv dk v/; u djarks; g fuf"pr gks
tkrk gS fd vkskks dh LFkkiuk otz kuh r=d lkuk dk l jyhd
vk/kud l d. k gh gA ftl ea mlglks ik"pkR; ykskks dks vkskks
djus ds fy, "kk; n Hkx lk/kd dks ^t k jck* uke fn; k vlg vlg; kfRed
lk; dks ^c) k* dgkA

iē[k ck] ræ x̄k ḡotræ e, d "yksd eacryk; k ḡfd & ^l Ro
e vuſfn̄ky l s gh c) cht ḡ yſdu vlx̄lnd vkoj. kka l s <dk
ḡ*17% vFkk~iR; d 0; fDr eac) cuus dh l Hkkouk fo | eku jgrh ḡ
bl h ræ foplj l s vksks us viuh i)fr dh uho r̄s kj dh ḡos Hkh
dgrs ḡfd & ^t̄ck r̄gkjh v̄k; kfRed funk dk uke ḡ tc rd
t̄ck ḡrks c) k l t̄rkolFkk eajgrk ḡ tgkard t̄ck dk fo'k; ḡ
c) k , d cht ek= ḡ*18% otz ku er dk mYȳk dj̄s rks ^mudk
fo"okl Fkk fd iofuk; k dh LoLFk r̄flr egh thou dk iwkz fodkl
fufgr ḡ otz kuh fl)ka us jkx dk "keu jkx l s gh djus dk minsk
fd; k FkkA*19%, s svud rF; v̄k iek.k n'V0; ḡft l l s ; g iekf.kr
fd; k tk l drk ḡfd vksks ds nk"lud i)fr dk L=ks] ck) otz ku
ræ dh l k/kukRed i)fr gh ḡ ḡotræ} xḡ; l ekt ræ~ e a Hkh
okl uk ds mnkukhdj.k v̄k t̄ck n c) k ea l Hkkx ; k l Dl Hkkx }jk
l ekt/k dh ckr dgh x; h ḡ nkuka dqMyhuh t̄kxj.k ; k pØka ds Hkn
ij v̄k/lkj Jr ḡ

vksks dh nk"lud i)fr v̄k v̄k; kReoknh Hkkjrh; n"lkuk dh
l k/kuk i)fr dh ryuk dh tk, rks ; g , d vr̄j Li'V fn[ky; h
i Mfk ḡfd vksks Hkkxka ds tcjnLrh fu; a.k dk fojkk djrs ḡ v̄k
ml s neu v̄k vLoHkkfod ekurs ḡ tcfld bl ds foifjr v̄k; kReoknh
Hkkjrh; n"lk dh ekU; rk ḡfd v̄k; kfRed fl f) ; k ; k "kk l k; dks
dBkj bfUz fuxg] ; e] rikfn] cgkp; l usrd eW; k ds ikyu l s gh
ildr fd; k tk l drk ḡ "ke] ne] frfr{kk} oskk; gh l k/kd ds iek
vkhk.k ḡrFkk l oLo R; kx gh l k/kd dks ep̄k vFkk~ekk ildr djus
dk vf/kdkjh cukrk ḡ xhrk ds n̄ js v̄; k; ds vUbkus "yksd e
cryk; k x; k ḡfd & ^ftl idkj dNyk vius v̄kak dk l c v̄k l s
l eVdj v̄n̄ ys ysk ḡ ml h idkj og i#k tks viuh bfUz k dk

ml dls fo'k; kā l s gVk yrk gA ml h dh cf) fLFkj gkrh gA**120½ xhrk ea
vksks dh bl ekU; rk fd neukfn l sekul d nqjkkko mRi lu gks gS ds
foifjr ; g eukoKfud foopuk iklr gkrh gS fd ^tks i#k bflhz
fo'k; kdkl fpru djrk gS ml dh bu fo'k; kā l svkl fDr gks tkrh gS vkg
bl vkl fDr l s dkeuk mRi lu gkrh gS rFkk ; g dkeuk iwkz uk gks l s
Økkj Økkj l sekrfk vkg erkrk l s Lefr Hke gkdj cf) dk uk"k gks l s
i#k vud l eL; kvk l s xLr gks tkrk gA**121½

miž Ør nkuka ekxk ds l nthk ea ; g i'u mBrk gS fd buea l s
fdl ekxz dls mfpr ekuk tk,A Lokkkfod : ikrj.k }jk kkkks dk
vfrøe.k l R; gS \ vFkok eu] cf)] bflhz fu; a.k }jk k R; kx ekxz
JkB gS \

nkuka ekxk ea , d l eL; k gA vR; k/kfud ; k ea Hkkk mRi knka
dh ipjrk ds l e;] bPNkvk dk neu ekul d dk dks tle nskj bl h
idkj HkkkPNk dks cxyxke NkkM+fn; k tk, rks ; g fyII k Hkh "kkjhjd]
ekul d 0; kf/k; k dh dkjd cuxhA rc bl l eL; k dk l ek/kku D; k gA
bl l eL; k dk funku geara= fopkj/kjk ea iklr gkrk gA ræn"ku dh
Li 'V ekU; rk gS fd Hkkk dks ; fn l k/ku cuk; k tk, rks l oFke ; g
l k/ku, Wdjas ds iDz xq vf/kdkjh l k/kd dh tk djk gS fd D; k
og l k/kd bu xk+ l k/kuvka dks djus ds ; k; gS \ xq rk=d l k/ku
ipedkj viukus dh vufr døy ml l k/kd dks gh iku djrk gS
ft l sm l s /kj.k djus dh {kerk gSD; k dks Kkr gkrk gS fd bl
l k/ku ea iru dh l kkouk vf/kd jgrh gA ræ ea l k/kd dks ekul d
Lrjkuq lk gh l k/kuvka dks djus dh Loræk gA buea & ^ kx rFkk
vuñkj mPp Lrj dh l e l k/ku, W Fkj ftudk vf/kdkj døy , l s
l k/kd dks Fkk tks Lohkkor% fu%ohkkko gks x, gks ; k ftulgks l gt
Lohkkko ; k otkRed Lohkkko dks iwkz lk l s vkrEl kr dj fy; k gA , l s

; kſx; k a ds fy, fd l h Hkh vkpkj dk dkbz cſku ugha FkkA^{*122%} nli js "kcnka
ea & ^okeekxZ ea l k/kd ds Lrj ds v k/kj ij Hkh l cdkh l k/kuk, Wdjus
dk vf/kdkj xq nsrk FkkA tks i p rRok ds i R; {k xg.k dk fo/kku gs
og fo/kku f1 QZ ohj Hkkko ds l k/kd ds fy, gSD; kfd lk" Hkkko dk l k/kd
ml dk vf/kdkjh ugha gksk vlg fn0; Hkkko ea ml dh vi lk ugha jg
tkrhA^{*123%}

vkſkks nk"klud i) fr ea l eL; k Hkh ; gh gS fd tc vkſkks us
vi us vkJe ej Hkh vlg i Dl l cdkh l k/kuk v kks l o l k/kj .k ds fy,
ikjlk fd; k rks vud yks vkdfrg q yſdu muds bl l k/kuk dks
djus ds vf/kdkjh gksus dh {kerk ; k ; lk; rk dh dkbz tkp ugha dh xbz
QyLo: lk vkſkks vkJe vlg ; s i) fr; lk" Hkh foykl dk lk; lk cu xbz
vlg ; g Hkkjr ea vkſkks fopkj/kkj ds vLohdr gksus dk ; g , d cMk
dkj.k Fkk vlg mUga Hkkjr NkMdj vefjd dk tkuk i MIA

bl h i dkj nlk tk, rks Hkkjr ea r= vo/kkj .k ds ylr gksus
ds vud dkj.k jgs gks yſdu ck) n"ku ds vLohdr .k dk dkj.k
i e[kr% ml ds otz kuh rkf=d : lk ea ifjofr gks tkuk jgk gksckA
ifl) fopkj d l kxjey tlu us vi uh fdrkc & tlu /kez vlg rkf=d
l k/kuk ea fy[lk gS fd & ^ijorhdky ea fodfl r ck) ka dh ; g
Hkhelyd thou nf'V Hkkjr ea muds vFLRRo dks gh l ekir dj nus dk
dkj.k cuhA D; kfd Hkhelyd nf'V dks vi uk yus ij ck) vlg fgUnw
V= i jEjk dk vrj l ekir gks x; kA nli js bl ds ifj .k ke Lo: lk ck)
fHk{kyka ea Hkh , d pkjf=d iru vk; kA Qyr% buds i fr tul k/kj.k
dh v kLFkk l ekir gks xbz vlg ck) /kez dh vi uh tleHkkie l s gh l ekir
gks x; k A^{*124%} ; gh gJ vkſkks n'sukv k dk Hkh gyskA vkſkks us l k/kd ds
vf/kdkjh&vukf/kdkjh p; u dks egRo ugha fn; k vlg vi uh i) fr; ks
l k/kuk v kks dh dher yd j ml s l o ylk cuk fn; kA bl l s muds vkJe

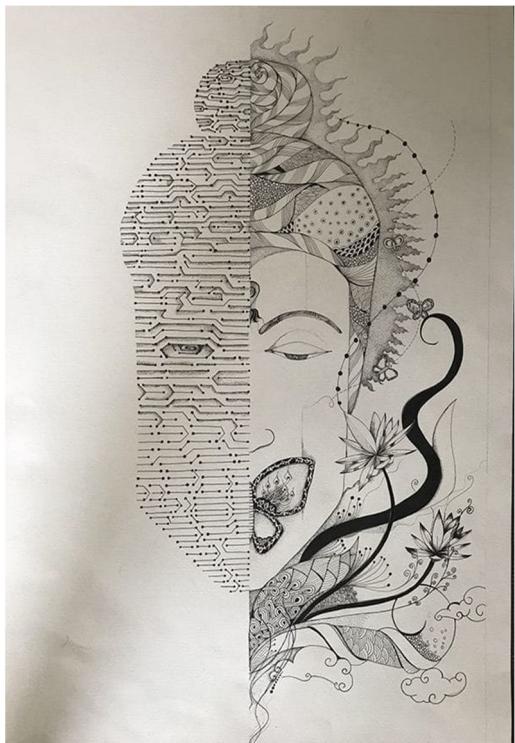
ea Hkkox foykl vlj I k/kdk ds pkfjf=d i ru I } mudh tks Nfo cuh
ml us Hkj r ea /kj&/kj s mudh fopkj/kkj dks vLohdr djuk i kj lk dj
fn; kA

vlkskks fopkj/kkj dhl nli jh I cI s cm deh ij fopkj fd; k
tk, rksgd gfd ftl ck) r= otzku I s fopkj ysdj mlgkus
vi us n"lu dks LFkkfir fd; k] ml h otzku dhl eW; rk gS fd rk=d
I k/kukvka dhl i wlk] rc rd ugh gkr gS tc rd fl f); ka dks i klr
djus ds mijkr I k/kd ea d: .kk vlj ykdfgr eW; ka dk mn; ugh
gkr gA ^I eLr I Roka dhl I iwl n[ka I s vkr; furd foefDr ds fy,
c) Ro i klr djuk gh r= fo|k dk pje mn'; gA bl r= ijEijk ea
, s ykska dk i dsk gh oftr gS tks ekqk vkdqk gA^{*125%} yfdu vlkskks
0; k[; kuka ea ; g c) Ro Hkkod: .kk vlj ykdfgr dgh fn[kyk; h ugh
i Mfk gA vlkskks I k/kd dby Lo;a ds 0; fDrxr vku ds fy, gh
I k/kukvka dks djrk fn[krk gA ; gh vlkskks fopkj/kkj dhl deh gA

I aH^z, oafViif.k; H^z

- 1- jko ch dkešoj & Hkkjr dh vfLerk & fgJnvwjk'V^a i'B &7
- 2- Lokeh vkuun oſkk; & f'k{kk vksks dh nf'V eſ i'B &168 & ¶; u cDl ubz fnYh 2008
- 3- vksks VkbEI ¼f=dk½ i'B &47] fnl ej 2000
- 4- vksks & I Hkkx Is I elkf/k dh vkj & thou Åtkl : iKurj.k dk foKku] i'B & 38 n fjcy iſcyf"kk gkÅl] iws
- 5- vksks VkbEI ¼f=dk½ & 10 uocj 1997
- 6- vksks VkbEI ¼f=dk½ i'B &32] vxLr 1997
- 7- ogh] i'B & 32
- 8- ogh] i'B & 22
- 9- vksks VkbEI ¼f=dk½ i'B & 27] uocj 1997
- 10- vksks & I k/kuki Fk] i'B & 31 n fjcy iſcyf"kk gkÅl] iqks 1996
- 11- vksks & "kjhj vkj r=] i'B & 28 fgn ikdV cDl xMxk^b gfj ; k.kk 1997
- 12- vksks & cDl Ro dk eukfoKku & i'B & 33 fn0; kk iſcydsku] ykuÅ & 2018
- 13- vksks VkbEI ¼f=dk½ & i'B 16] tW 2001
- 14- M^z : nukjk; .k fl g & ot;ku vkj v}ſ "k n"ku e;r= I k/kuk & i'B & 209 dyk idk"ku ch, p-; w ojk.kl h 2017
- 15- jke/kjh fl g fnudj & I Ldfr ds pkj v/; k; i'B & 197] ykd Hkkjr h idk"ku] bykgckn

-
- 16- vksks & "kjbjj vlg ræ & i'B 77 fgn ikdV cpl & 2019
- 17- f=i kBh] iks jek"kdj] ush iks BkdjI u egkif.Mrkpk; z jRukdj
"klir fojfpr & gøtræe i'B & 188] dñh; mPp frCcrh f"kfk
l Fkkue~l kjukFk] ojk.kl h & 2001
- 18- Lokeh vkuun ojk; & f"kfk vksks dh nf'V eø i'B & 168 & ¶; tu
cpl ubZfnYyh 2008
- 19- Mk- : nukjk.k fl g & otz ku vlg v}f "kb n"lu eøræ l k/kuk &
i'B & 199 dyk idk"ku ch, p.; w ojk.kl h 2017
- 20- xhrkj v/; k; & 2] "yld & 58
- 21- xhrkj v/; k; & 2] "yld & 62] 63
- 22- MKW : nukjk;.k fl g & otz ku vlg v}f "kb n"lu eøræ l k/kuk
& i'B & 41 dyk idk"ku ch, p.; w ojk.kl h 2017
- 23- [kMj "kL=h] MKW ekshyky & "kDr ræ l k/kuk i'B & 199 Jh
ihrkEcjk ihB nfr; k & 2000
- 24- tñ] MKW l kxjey & tñ /keZ vlg rk=d l k/kuk i'B & 3] Hkfedk
ik"oLkFk fo | ki hB] ojk.kl h & 1997
- 25- f=i kBh] iks jek"kdj] ush iks BkdjI u egkif.Mrkpk; z jRukdj
"klir fojfpr & gøtræe & i'B & 5 dñh; mPp frCcrh f"kfk
l Fkkue~l kjukFk] ojk.kl h & 2001





vksdh nkud i)fr

tljck n cdk & Åtkdk : ikrj.k



My whole effort is concentrated on one thing:
to create the new man as Zorba the Buddha.

OSHO



Zorba is the arrow --
if you follow it rightly,
you will reach the Buddha.

OSHO

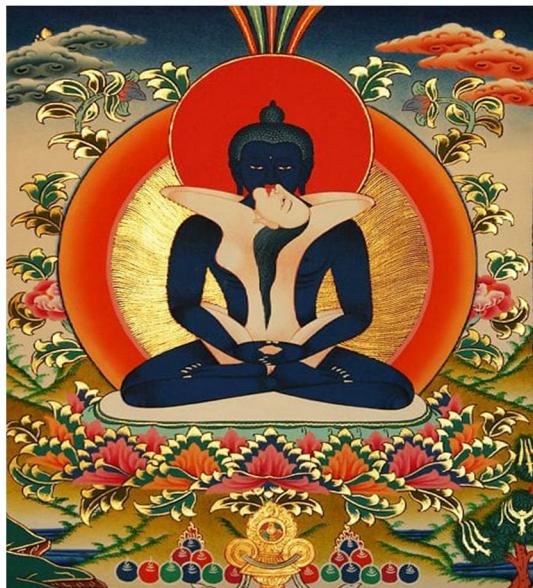
Diamonds from Osho

OSHO
DHAM

I exrk iDl Hx vUr%co k dsikdV; dh ifO;k cu tkrk gA

iR; d I kkd eacD cuusdh I Hwouk fo | eku gA

vksks i)fr rFk cØ ra otzku i)fr

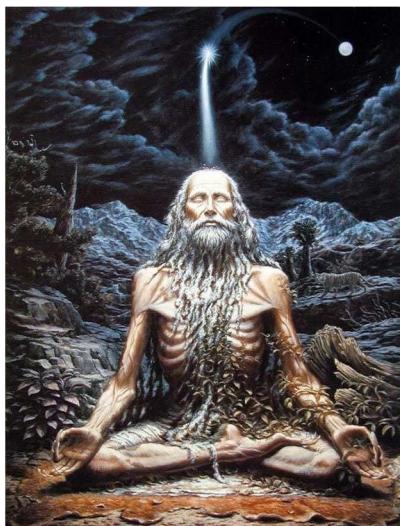


cØ dk ÅtkødsI kf otzkuh Lo: i



vksks i)fr eal kefigd iz kx }kjk Åtkødk : ikj.j.k

nk i jLij fojksh vo/kj .kj, W



ikjEifjd dBkj fu;az.k }jkj I W; iMr



Hkx dksI Wku cukdj I W; iMr

"vksksdk n"ku & v}f vir%vukrokn**

ejs fiz vklReu vlg vki l cds Hkhj cBs i jekRek dks iz kke
djrk gll bu "kchns l s vi uh Lihp dk i kbjk vlg fQj vr djus okys
fopkj d vksks dh [; kfr] ; fn l DI xq ds : lk ea gS rks mudh
foopukvka ej bl dk dkbz fo"ksk dkj.k n'V0; ugha gk rk gA , lk yxrk
gSfd vksks us Lo; abl vQokg dks i pkfjr gks fn; k gks D; kld ; g
milk/k muds foooknLlin Nfo dks LFkkfir djus ea l gk; d FkkA os "kk; n
, lk pkgrs gh Fk mlgks vi us vki dks , d jgL; cuk; kA mlgks vi us
0; fDrRo ds dN i fks dks vKkr jgus fn; k rks dN , s i fks ij cskdh
l scky ft l l s vkykpu vlg foookn mRiu gks l dA os vi us 0; k[; kuka
vlg vi us vkJe ea l pkfyr /; ku Fk jh ds dkj.k yks dks fy,
ft Kkl k dk fo'k; cu x, vlg fQj /khs /khs yksdiz gks pys x, A
vksks dks ekuo eu ds 0; ogkj dk i wkz Kku FkkA os i kjeifjd Hkkjrh;
_fk&efju; ka dh rjg ugha Fks u gh mlgks muds tS s vi us thou dh
fdrk dks i kjn"kk vlg l cds fy, [kjk j [kkA os rks , d jgL; n"kk xq
dh Hkiedk ea FkkA vi us l U; kfl ; ka dks vpdkr djus okys /; ku f0; kvka
ds lkz kx] fQj mu i z kksa dks rkdzdrk inku djus okys m) j.k] yhd
l sgVdj ipu] tks ijLij fojkkh Hkh gks Fks vlg mua vkykpu vlg
fonk Li 'V fn[krk FkkA ; g l c muds 0; fDrRo vlg muds i Hkko dks
, d vyx igpku nrk FkkA vi us vkJe ds l nk"kk ea mlgks , d LFku
ij dgk Hkh gS fd & ^; g dkbz fo"ofo | ky; ugha gS tgk tkudkjh nh
tkrh gS ; g , d jgL; nf"kk ka dk fo | ky; gS tgka vutko dks
gLRkrfjr fd; k tkrk gA**1/2 vksks ; fn r= n"kk ds l eku l DI vlg
Hkks dks vi us nk"kkud l k/; grq l kku dh rjg LFkkfir djrs gS rks
; g Hkkjrh; ijEijk ea dkbz uohu ; k vukkh fo"kskrk ugha gS D; kld
Hkkjrh; nk"kkud ijEijk,a doy fuofukekxz ; k R; kx; Dr thou dh
l eFk d ugha gA os rks i dfrekxz Hkh gS vlg R; kx; Dr Hkks dh rks buea
i kjeHkd Lohak; lk Hkh gA fQj r= n"kk ea rks Hkks vlg l DI dks dHkh

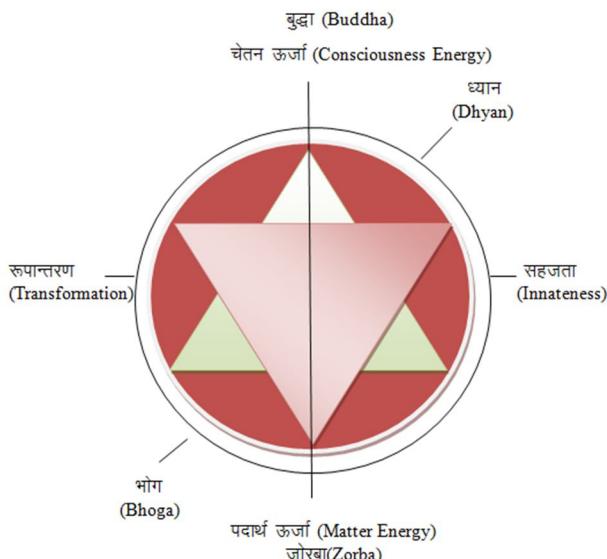
Hkh vxtkg; ugha ekuk x; k gA vkskls ; fn Hkksx vlg I DI dks vtre eku
yrs rks os I DI xq] I [[koknh] pkokdoknh tS s cu tkrs ysdv ; g
fcYdy Li 'V gS vlg mlgkns vud LFkkua ij dgk Hkh gSfd os Hkksx vlg
I DI dks I k/ku ekudj ijkHk dj jgs gA bl fy, mlgas I DI xq dh
mi kf/k nsuk fcYdy U; k; I xk ughagA

vkskls dh yxHkx 600 i trda gA mlgkns I Hkh i e[k Hkkj rh;
nk"klud xHkka ; Fkk xhrk] v'VkoØ xhrk] mifurk HkfDr I w] r= I w]
; kx I w vlfn ij Vhdk rks dh gS ij I kfk gh d'.k] c) egkolij]
"kdljkpk; } dchj] ukud] eljk] ykskR } PokxRl q vlfn egki#kka ij Hkh
ckyk gA ; gh ugha >u] fl)] I Dh ij Hkh muds 0; k[; ku mi yC/k gA
mlgkns vi us 0; k[; kuka es vklfud eukoKlfud fl)krk foKku dh
uoture [kstlk] I dkj ds ifl) jgL; nf"klk egku nk"kludk dh
vo/kkj .kkvka ij Hkh foopuk, Wdh gA bl ds vykok jk'Vh;] I kelftd , oa
0; fDrxr I el; kvka ij Hkh fuMjrk iDl vflk0; Dr fd, x, muds
Økfrdkjh fopkj iklr gks gA muds vuq kf; ; ka }jk iNs x, i'uklkjh
ij muds elsyd fopkjla ij vklkj Jr vud i trda Hkh gA dguas dk
rkRi ; Z gS fd vkskls ds fo"kky foopuh; I kfgR; dh mi yC/krk ds
ckotm ; fn ; g tkuus dk iZ kl fd; k tk, fd vkskls dk n"klu D; k
gS\ rks ; g vkl"p; ZU; gS fd vkskls n"klu ij 0; ofLFkr] Bl "kksdk; Z
iklr ugha gk gA u gh nk"klud f"k{kk ds {ks es mlgas dHkh xHkjhRk
iDl Lohdkj fd; k x; k gS\ bl ds dbldkj.k gks I drs gA tS smi dk
; g Lohdkj.k fd ~ejk dblz n"klu= ugha gS vlg , d gh "kke es vi us
fopkjla dk I ks ckj [kMu dj I drk gM bl ds vykok mudh Lo; a dh
Nfo vlg fQj muds 0; k[; ku : ih fo"kky I kfgR; es txg txg fc[kja
gq] ijLij fojkHkh nk"klud fopkj Hkh muds n"klu ij "kksk dk; Z djus
dh tfVyrk dh mRiuu djrs gA ijUrq D; k ; g I R; ugha gS fd , d

, s k Hkkj rh; nk"lud] ftl l s nfu; k ds vuð nsk bl fy, Mjrs Eks fd og muds nsk ea vldj] vi us fopkjø vlg rdkl l s muds nsk dh l tldfr ; k /kez dks [kRe dj l drk gA ; k fQj , d , s k fopkj d tks vi us vuq kf; ka l s dgrk gs fd fd l h dk Hkh ejk Hkh vuð j.k er djka og mlga fd l h ijk ; k etgc fofgu l klkd cuus dks ifjr djrk gA rc rks ; g tkuuk vlg Hkh vfuok; Z gks tkrk gs fd vksks dk n"lu D; k gs \ vlg mudh nk"lud i)fr ij vk/lkfjr] muds n"lu dks D; k uke fn; k tk l drk gs \ vksks dso; k[; kuks e foospr nk"lud fopkjø l s muds n"lu dk iR; ; k ik: lk bl i dklj LFkkfir fd; k tk l drk gA

rRoeheld h; n"lu ea tMekn vlg vk; kReokn nks iejk nk"lud fl)kr gA tMekn inkfkl dks eyrRo Lohdkj djrk gs rFkk vk; kReokn eprsu rRo iEke dkj.k gA mijkDr nk"lud fl)krka dks l e{k j [krs gq vksks dso n"lu dh [kst dks ijkEHk fd; k tk, rks ftl i dklj iR; d n"lu ; k nk"lud vi usey er dks LFkkfir djus dsfy, l ofEke , d nk"lud i)fr dk l tu djrk gs vlg ml i)fr ds vkkj ij vi us n"lu dk fuelzk djrk gA vksks ua Hkh , d nk"lud i)fr dk iejk rk l s o.lu fd; k gs ft l s mlgkns ^tjkck n cjk l* uke fn; k gA ; g tjkck n cjk l i)fr , d l klkd ds i wkrk rd igpus dh vk; kfRed ; k=k gA ; g ; k=k Hkkx l s ijkEHk gkrh gs vlg fQj Hkkx l s l rV gksj] ml dk vfrOe.k djrs gq vk; kfRed l k; rd igprh gA bl eaHkkx dk irhd tjkck ik= gsvlg vk; kfRed i wkrk dk irhd cjk gA bl nk"lud i)fr dks nk"lud fl)kr dh rjg LFkkfir djrs gq dgk tk l drk gs fd ftl i dklj tjkck lgtrk i o d vlgfgr gks gq cjk rd igprh gs vlg tjkck vlg cjk vyx vyx u gksj , d l klkd dh fHkklu fHkklu volFkk, a gA ml h i dklj vksks dso n"lu ea

tM+ i nkFkz vlḡ prsu rRo nkuka vyx vyx ugha ḡ oju~, d gh rRo
dh nks voLFkk, lḡ vks kks bI sLi 'V djrs ḡ dgrs ḡ "ftl sge i nkFkz
dg jgs ḡ og txr dk vpsu fgLk ḡ ftl sge thou dg jgs ḡ
og txr dk psu fgLk ḡ ^{**12%} vks kks crykrs ḡ fd̄ prsu vlḡ vpsu
ea Hk̄ fd; k tkrk ḡ tcf fd̄ bu nkuka ea dkbz fojlk ugha ḡ ; s nkuka
ijLij I eikr ḡ vlḡ buds vki l h I eikr ea l ello; dk I sq Åtkz ḡ
bI sI e>krs ḡ vks kks dgrs ḡ fd̄ & "ijis vflrRo ea i nkFkz vlḡ pruk
nkuka , d I kfk ḡ vfkok , d Åtkz gh ḡ tks nks : ik ea vflk0; Dr gks
jgh ḡ tc mtkz "k̄ gkrh ḡ og vius vki dks pruk ds : lk ea vflk0; fDr djrh ḡ vlḡ tc og v"k̄ dPps : lk ea l ?ku gks tkrh ḡ
og i nkFkz ds : lk ea fn[dkbz nsli ḡ ysdū ijk vflrRo vlḡ dN Hk̄
ughi cl , d Åtkz {k̄ ḡ ^{**13%} ge dg I drs ḡ fd̄ i nkFkz vlḡ pruk gh
Åtkz ds nks ry ḡ tM+ l svkjfgr gkdj Åtkz prsu ea idfvR gkrh
ḡ bI sbl jdkfp= I sLi 'V fd; k tk I drk ḡ



vius bl nk"lkud LFkki uk dks vkskk viuh i)fr tkjck n cjk ea
I aktffkr djrs gq] vius l k/kdkl sdgrsgfd & ^tkjck cjk gkuk gh
, dek= mUkj gq og inkFlz vlg vREkk dk I ayk.k gq ; g bl ckr dh
?kksk.kk gS fd vc inkFlz vlg pruk ds chp dkbz I 8k'k gh ugha gS vlg
ge nkksk rjg I s le) cu I drs gq^{**14%} nqjs "kknka ea dkbz Hkh I kld
tc Åtkz ds tMRo : lk Hkkx I s xqj dj ml dh fuLkjrk dks tku
yrk gsrc ml ds Åtkz ds psu Lo: lk ea idsk gkss dh ifØ; k iijEHk
gks tkrh gS vlg bl ijh ; k=k ea l gtrk vlg /; ku ml ds l gk; d gkrs
gq

mijkDr foopuk I s vkskk n"ku ds nks e[; fclnqLi 'V gkrs gS &

- 1- inkFlz vlg pruk dk Hkn uk djrs gq vkskk vius n"ku ea day
, d rRo Åtkz dks Lohdkj djrs gq
- 2- vkskk vius n"ku ea I Hkh rRo dk I ek; kstu dj ,d I exz ; k
I exrk ir; ; dh LFkki uk djrs gq

bu nk̄uka fcUnyka dks 0; k[; kf; r dj rs gq vks'kls dgrs gS & ^es
i wkz I R; ds i{k e gWvkJ i wkz I R; l c fojk'kka dks vkrE l kr dj yrs
gA l c rjg ds dUVRfMD"l dks vi us Hkhrj ys yrs gA i wkz I R; ea
dN Hkh fu'ksh ugha gksr] dN fuxV ugha gksRKA i wkz I R; ea tks fcYdly
fojk'ksh ckra fn [kykbz i Mrh Fkh] /kez vkJ foKku] vkrE vkJ "kjbj] ckgj
vkJ Hkhrj] i nkFkz vkJ ijekRekj thou vkJ er; q l c l ekfgr gks tkrs
gA i wkz I R; ea l c fojk'ksh fey tkrs gA vI y ea i wkz I R; fojk'kks ds
chp i sk glbz gkezh dk gh vuHko gA**16½ viuh bl foopuk l s vks'kls us
i nkFkblfn; ka vkJ vkJ; kReokfn; ka dh l eL; k dk l ek/kku dj fn; k gA
; fn tM+; k i nkFkz dks vkrE dkj.k ds : lk ea Lohdkj fd; k tk, rk
fQj psu dh mRifuk fd l idkj gbj \ ml ds fy, i nkFkblfn; ka dks
Bld i ek.k i Lry djuk i Mrh gA bl h idkj ; fn psu gh eny dkj.k
gS rks fQj tM+ ds vflRrooku gksus dk dkj.k] vkJ; kReokfn; ka dks
l i ekf.kr djuk i Mrh gA vks'kls us bu nk̄uka vFkkr~ i nkFkz vkJ pruk
dks , d dj] ; g l e>k; k gS fd ; s nk̄uka , d n"js ds fojk'ksh ugha gS
oju- , d gh rRo] Åtkz dks nks : lk gA bl l s ; g l eL; k gh l eklr gks
tkrh gA os dgrs Hkh gS fd & ^vrhr ea , d , d Hkh nk"klud] _fk
vFkok fonkgh jgL; n"kh ugha gWkJ ft l us bl , drk dh ?kksk. kk dh gkJ
os l Hkh euq; dks foHkkftr djus dks i fk ea Fks tks , d Hkkx dks l Ppk
vkJ n"js Hkkx dks >Bk dgrs FkA bl us i jh i Foh ea , d , d k okrkoj.k
mRi lu dj fn; k tgk euq; dks fopkj k Hkkoka vkJ dk; k ea dkbZ rkj rE;
ugh a jg x; kA**16½ vkJ bl dk i fj.kke ; g gWkJ fd ekuo vkJ ml ds
thou dk l ryu [kRe gks x; kA vks'kls dk ekuuk gS fd tc rd l kjs
vflRrooku dks l exrk l s Lohdkj ugha fd; k tk, xk rc rd l eL; k, a
mRi lu gksr jgsxhA vks'kls dks n"kh dh ; gh dUnh; fo"kskrk gS fd muds
n"kh ea i nkFkz vkJ pruk dks vykok ijLij fojk'ksh fn [kus okys l Hkh

iR; ; k dks , d Åtkl } fijkfn; k x; k gA bl i dkj mlgus cækM ds
I Ewk } lexv} & Lo: lk dks vi usn"ku e Lfkfir fd; k gA

vlksks ds n"ku es I k/ku fcYdy li 'V gS muds I k/kd dk
I k; ; k y{; c)Ro dh ikflr gA c)Ro I k; dh ikflr grq I k/ku
/; ku gA /; ku vlg ; lkx dh nk fo"kskrk, agA i gyh fo"kskrk ; g gSfd
/; ku I k/kd dks I gt vlg ekf syd cukrk gA nli jh fo"kskrk ; gkagSfd
/; ku Åtkl ds m/o keu e l gk; d gA vlksks dgrs gS & "y; ku ekxz gS
I ekf/k vr gA /; ku tgka i gpk nrk gS og I ekf/k gS; k , k dgs fd
/; ku dh i wkrk I ekf/k gA ; k , k fd tgka /; ku dh dkbz t: jr u
jg tk,xh og I ekf/k gA**181/2 vlksks ds ijs n"ku dk ik; kfxd vlg
I k/kukRed i {k} /; ku vlg ; lkx gS vlg mlgus bl ds fy, i kP; /; ku
fof/k; lk vlg i k"pkR; eukoKlfud i z kska dks vklkj cukdj vu d i dkj
dh /; ku&; lk Fk fht dk vfo'dkj fd; k gA ft I es muds I k/kd grq
fd; k tkus mlgus ds }jkj I ft /; ku "Mk; usfd eMVsku** mYykuh;
gA muds vu kj /; ku gh , k egroiwk I k/ku gS ft I s I exrk dk
cikl I klo gA bl h /; ku }jkj Åtkl dk vlgkg.k gksrk gS vlg tkjck dh
; k=k c)Ro vu i j vkdj I ekir gksrk gA Åtkl dh ; k=k dks /; ku]
i wkrk rd igpkrk gS vlg I kjs Hk I ekir gks tks gA I exrk dk
v} & : lk i dV gks tkrk gA vlksks /; ku I s brus vflkkur Fls fd mlgus
, d /; ku efnj dh ifjdYiuk dj yh Fls ft I s os fo"o ds i efk Lfkuk
ij fufet djuk pkgrs Fls muds vu kj & "y; ku efnj es , h
oKlfud 0; oLfk gks ft I es iR; d 0; fDr vkt ds vklkjfd Hk'kk , oa
irhdka es /; ku dks I e> I d> u døy I e> I d> cfYd dj Hk I d>
/; ku I s ifjfpr Hk gks I da**181/2

; gh vlksks dk n"ku gS ; fn bl s , d uke fn; k tk, rk dg
I drs gS fd D; kfd vlksks us , d Åtkl dks Lohdkj fd; k gSvr% mudk

n"ku v}ſ n"ku gſ rFkk vksks ekurs gſ fd /; ku }jk ; gh Åtk
: i kUrfjr gkaj I k/kd dks I okPp I r~c) Ro rd igpkrh gA /; ku I s
gh c) Ro dh vutfir I kko gſ rFkk ; g vutfir vkrfjd gA bl fy,
budh i) fr dks /; kukutfirrokn ; k vUr% vutfirrokn dgk tk I drk gA
bl i dkj vksks ds nk"ku er dks v}ſ vUr% vutfirrokn (Non-
Dualism Intuitionism) ; k v}ſ /; kukutfirrokn dgk tk I drk gA

I aHZ ,oafVlif.k; k&

- 1- vkskls & , d ubz euq; rk dk tle] i'B & 248fn0; k"k ifcydskul y[kuÅ & 2022
- 2- vkskls & ; kx% u, vkskls & 21vkskls ehfM; k b/jusku QkmUMsku 17 dkjxkø ikdZ iqks & 2012
- 3- vkskls & , d u; h euq; rk dk tle i'B & 125fn0; k"k ifcydskul y[kuÅ & 2022
n'V0; & mtkz laDr g§ Åtkz ,d ifjokj g§ u prsu vprsu Is Vwk g§ u vfLrRo vukfLrRo Is Vwk g§ u inkfz eu Is Vwk g§ u "kjhj vkrEk Is Vwk g§ u ijekRek iFoh Is Vwk g§ izdr Is Vwk g§ ogh i'B 22-
- 4- vkskls & , d ubz euq; rk dk tle] i'B & 124fn0; k"k ifcydskul y[kuÅ & 2022
- 5- vkskls & f"kk ea Økfir] i'B & 487vkskls ehfM; k b/j usku QkmUMsku 17 dkjxkø ikdZ iqks & 2022
- 6- vkskls & , d ubz euq; rk dk tle i'B & 122fn0; k"k ifcydskul y[kuÅ & 2022
- 7- vkskls & /; ku n"ku i'B 7vkskls ehfM; k b/jusku 17 dkjxkø ikdZ iqks & 2019 n'V0; & ^ejis idpu dk ejf; iż kstu g§ ykska dks /; ku dk Løkn p[kokuk] bl fy, eS vuojr~ckyrk jg l drk g§** vkskls
- 8- vkskls & vkskls /; ku& kx] i'B & 176Mk; eM iñññ cDl ik fy-ubz fnYyh & 2008

I aHkk&k I ph

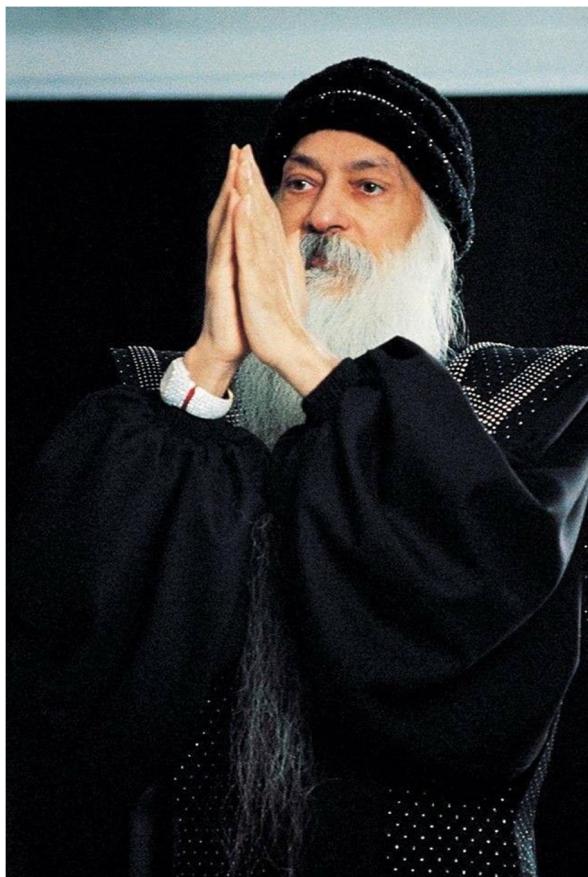
- 1- jko ch dkešoj & Hkkjr dh vfLerk & fgJnvwjk'V^a
 - 2- Lokeh vkn ojkk; & f"kk{kk vksks dh nf'V es & ¶; tu cpl ubz fnYyh 2008
 - 3- vksks VkbEI ¼ f=dk½ fnl ej 2000
 - 4- vksks & I Hkkx Is I ekf/k dh vkj& thou Åtk : ikrj.k dk foKku] n fjcys ifcyf"kk gkÅl] i wks
 - 5- vksks VkbEI ¼ f=dk½ & 10 uocj 1997
 - 6- vksks & I k/kuki Fkj n fjcys ifcyf"kk gkÅl] iqks 1996
 - 7- vksks & "kjhj vkj ræ] fgn ikdV cpl xMxkk gfj; k.kk 1997
 - 8- vksks & c) Ro dk eukfoKku & fn0; kkk ifcydsku] y[kuÅ & 2018
 - 9- vksks VkbEI ¼ f=dk½ & tñ 2001
 - 10- MKW : nukjk;.k fl g & otz ku vkj v}r "kk n"klu es ræ I k/kuk & dyk izdk"ku ch, p.; w ojk.kl h 2017
 - 11- jke/kjh fl g fnudj & I dfr ds pkj v;/k;] ykd Hkkjr h izdk"ku] bykgkckn
 - 12- vksks & "kjhj vkj ræ & fgn ikdV cpl & 2019
 - 13- f=ikBh] iks jek"kdjj ush iks Bkdjj s egki f.Mrkpk; z jRukdj "kkf fojfpr & gøtræe dñnb; mPp frCcrh f"kk I Lfkue- I kjukFkj ojk.kl h & 2001
 - 14- Lokeh vkn ojkk; & f"kk{kk vksks dh nf'V es & ¶; tu cpl ubz fnYyh 2008
-

-
- 15- M^k- : nukjk.k fl g & ot^zku v^lg v} "k^b n"l^u e^r= l k/kuk & dyk i^zlk"ku ch, p.; w ojk.kl h 2017
- 16- [kMj "kkL=h] M^kW ek^rhyky & "kkDr r= l k/kuk] Jh i^rrkEcjk i^hB nfr; k & 2000
- 17- t^l M^kW l kxjey & t^l /ke^z v^lg rk=d l k/kuk] H^kiedk i^k"o^zlkFk fo | ki hB] ojk.kl h & 1997
- 18- t^l] dkf^lrd^lekj] "k^bI fi ; j ok; k i ts LokehukFku j tuh"k H^kxoku cuus l s igys vu^l c^lI fnYyh 2017
- 19- e^lW v^lku"hyk] ml s er ekjk s H^kxoku j tuh"k ds l kFk ej^s ftUnxh dh dgkuhQ^zjfi W }jk i^zlkf"kr i^zlk"k c^lI b^lM; k i kbo^z fyfeVM dh Nki ubZfnYyh 2015
- 20- t^l dkf^lrd^lekj j tuh"k dk n"l^u & v^lk; kfRed nkn [k^ltkus dk etkfo"ofo | ky; i^zlk"ku okjk.kl h 2017
- 21- v^lks kls VkbEI uoEcj 1995dkj x^l i kdz iqks l s i^zlkf"kr
- 22- v^lks kls VkbEI tuojh 2007dkj x^l i kdz iqks l s i^zlkf"kr
- 23- v^lks kls VkbEI Ojojh 1997
- 24- v^lks kls l k/kuk i Fk n f^lcy i f^lcyd^lku gkmI i qks 1996
- 25- v^lks kls r= l = H^kx 2 n f^lcy i f^lcyd^lku gkmI i qks
- 26- v^lks kls VkbEI vi^ly 2006
- 27- v^lks kls VkbEI tuojh 1997
- 28- v^lks kls VkbEI fl rEcj 1999
- 29- v^lks kls /; ku ; k^lM; e^lM i kdz c^lI i k- fyfe- ubZfnYyh 2008

-
- 30- vks'kls VkbEI ¼ f=dklj fnl ej 2000
- 31- vks'kls VkbEI ¼ f=dklj & 10 uocj 1997
- 32- vks'kls VkbEI ¼ f=dklj vxLr 1997
- 33- vks'kls VkbEI ¼ f=dklj uocj 1997
- 34- vks'kls & "kj hj vlg ræ]fgin i kdlv cpl xMxkk gfj ; k. kk 1997
- 35- vks'kls & cpl Ro dk euksoKku &fn0; kark i fcysku] y[kuÅ & 2018
- 36- vks'kls VkbEI ¼ f=dklj tu 2001
- 37- jke/kjh fl ej fnudj & lldfr ds pkj v/; k; ykd kkjrh idk"ku bykgckn
- 38- Lokeh vkn ojkk; & f"kk vks'kls dh nf'V es & tu cpl ubz fnYyh 2008
- 39- unyky n"kkjk & xhrk
- 40- [kj "kkL=h] MKW ekshyky & "kkDr ræ l k/kukJh i hrkEcjk ihB nfr; k& 2000
- 41- tu] MKW l kxjey & tu /kez vlg rk=d l k/kukhiedk ik"oLkf fo | ki hB] ojk.kl h & 1997
- 42- vks'kls & , d ubz euq; rk dk tue]fn0; kark i fcysku] y[kuÅ & 2022
- 43- vks'kls & ; kx% u, vkl; ke vks'kls ehfM; k bjjusku y QkmUmsku 17 dkjxkø i kdlz iqks & 2012
- 44- vks'kls & f"kk es Økfir] vks'kls ehfM; k bjj usku y QkmUmsku 17 dkjxkø i kdlz iqks & 2022

45- vks'kls & /; ku n"kü vks'kls ehfM; k bʌ/jusku y 17 dkj skw i kdZ iqks
& 2019

46- vks'kls & vks'kls /; ku&; kx]Mk; eM i kññV cP I ik- fy- ubz fnYyh &
2008



ABOUT THE AUTHOR



MW gjule flg vyjst̥k lifr & foxr 30 o'kk̥l s ei} N.x ds foft̥kk̥lu egkfo|ky; ka ea n"kk̥l"kk̥L= fo'k; dk v/; ki u] oržku ea foft̥kk̥xk/; {k ½"kk̥l "kk̥L=½ in ij "kk̥l dh; fnfxot; egkfo|ky;] jktuknxkk̥l ½NÜkh! x<½ ea dk; JrA Hkk̥jrh; n"kk̥l es fo"ksk : fp budk ekuuk gS fd n"kk̥l v/; u gh vkuun dk ?kk̥rd gA foodkuun Lefr ryukRed /kez n"kk̥l rFkk ; ks v/; u"kk̥yk ia jfo"ksd "kk̥y fo"ofo|ky; jk; ij l sekuofu; fr rFkk Lokrll= ½ k[; ck) vks v}f n"kk̥l ds fo"ksk l UnHkZ e½ fo'k; ij ih ,p- Mh dh mikf/k ½1995½ ; wthl h nekjk inr] l KEinkf; d l UnHkZ rFkk /kk̥feld iþuþol'ysk.k fo'k; ij ekbuji fj l pzl ikstDV iwkz ½2010½ rFkk bl ij iþrd dk iþdk"ku foodkuun rFkk vklkjud Hkk̥j grqijd rRo ij ,d y?kq "kk̥k ifj; kstuk iwkz ½2022½A yxHkx 35 jk'Vh; vrjklVh; l aks'B; ka ea "kk̥k i= okpu rFkk l gHkk̥fxrk yxHkx 25 "kk̥k i=ka dk iþdk"ku



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