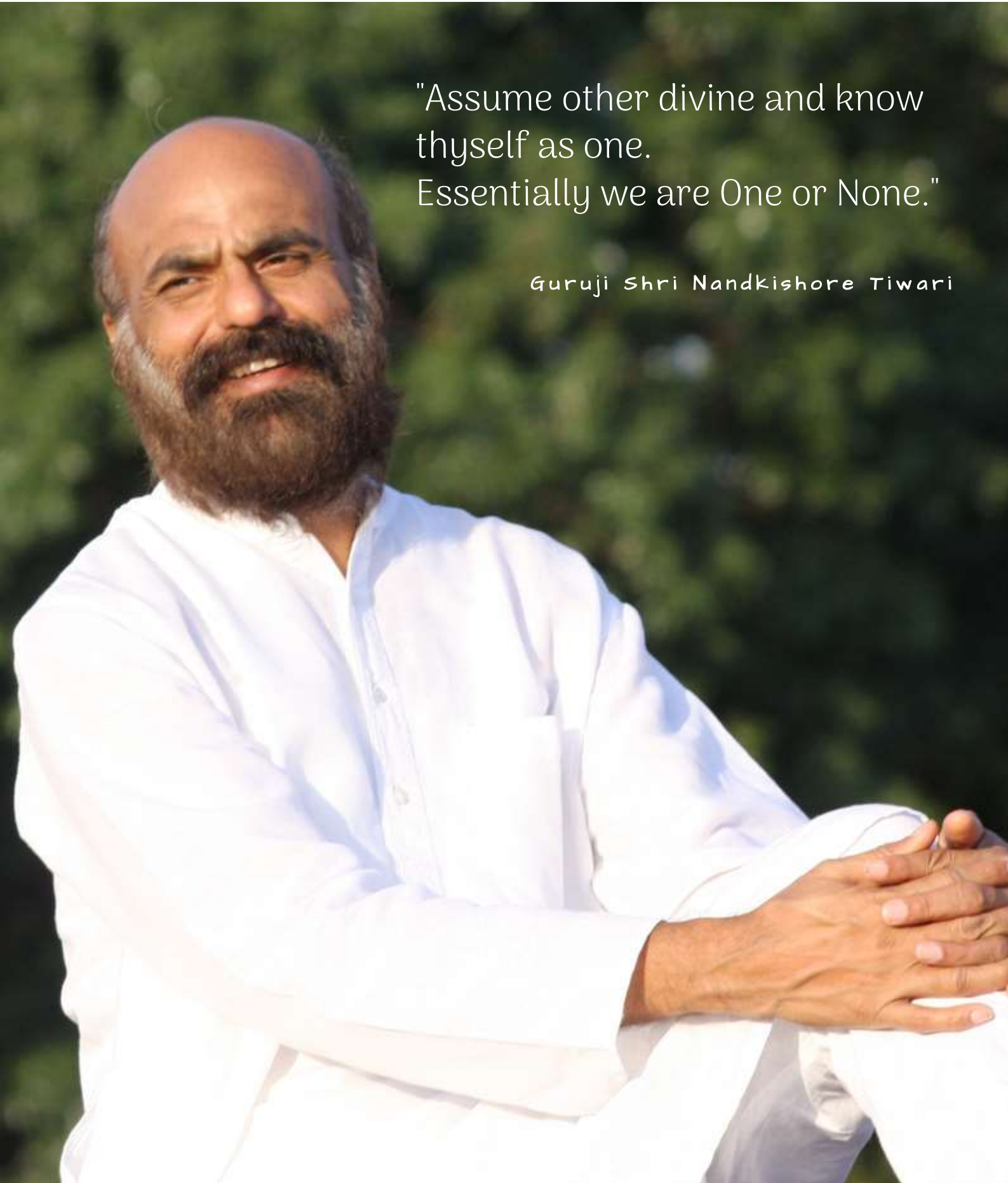


Darpan Vaani

A quarterly newsletter from Darpan Foundation

"Assume other divine and know
thyself as one.
Essentially we are One or None."

Guruji Shri Nandkishore Tiwari



Who are we or you or I?

Heart to heart from Guruji

If we or you or I or anyone is spiritually attained then, such a one's identity evidently would be divine/real/eternal. And such a one's commitment would also be for the same. It is simplest way to understand human life and its goal. If one is 'on the way' i.e. disciple, then such a one would keep one's priority (instead of priorities!) clear and at right place, then only "following" becomes possible. If one is seeker then one's identity keeps undergoing change. First kind is at soul, second is at self and third kinds are at mind level. But all would use everything they are (or have) for the sake of first priority. It is reality! Whether we/you/I know it or not. That is why maximum care must be /should be /needs to be taken while we/you/I assume an identity.

One example may be given from current under currents that are flowing like current in Indian intelligentsia. Namely conflict between national and religious identities of individuals living in this country. That is why one raised this issue that why should we not abrogate constitutional provisions that give authenticity to religious identities to its constituents! Only national identity should suffice till nation states stay on the world map or do not attain minimum threshold of awakening at the heart of maximum number of earth's inhabitants. Once people are awake enough that even nation states are no more needed then constitutions may also go. Only one constitution only divine identity, that is what would be left for human beings to carry on their eternal journey into enlightenment into reality into eternity.

दक्षिण भारत राष्ट्रमत

सहज स्मृति योग



व्यक्ति के मन में जो आध्यात्मिक प्रश्न उठते हैं उनका इस स्तंभ में समाधान प्रस्तुत करने का काम करेंगे गुरुजी श्री नंदकिशोर तिवारी। व्यक्ति की पृष्ठभूमि चाहे किसी भी मत, सम्प्रदाय, मजहब से हो, सहज स्मृति योग का सरोकार मनुष्य के मात्र आत्मवान होने से है। इसलिए सहज स्मृति योग का ध्यान केवल जिज्ञासु के समाधान पर रहता

है। आप भी अपनी जिज्ञासाएं

guruji@darpanfoundation.com पर ईमेल या व्हाट्स अप (9902912396) द्वारा भेज सकते हैं।

प्रश्न : गुरुजी, कोई जिज्ञासु यह कैसे पहचाने कि कौन व्यक्ति जागृत है? अनेकानेक चैतन्य व्यक्तियों के मध्य उनको कैसे जानें?

उत्तर : यह सही है कि जिज्ञासु अपने संवाद में जो उपकरण चैतन्य व्यक्तियों के साथ काम में लाते हैं, प्रारम्भ में तो वही उपकरण जागृत व्यक्तियों के साथ संवाद में भी काम आते हैं। इसलिए पहचानना साधक के लिए वास्तव में विकट प्रश्न है। पर इसका समाधान सरल है। उसे अपने हृदय को मिल रही ठंडक पर भरोसा करना चाहिए। यदि जिज्ञासु अपना हृदय निर्मल रखकर किसी के भी जागृत या चैतन्य व्यक्ति के समीप सत्संग में उपस्थित हो तो उसका हृदय स्वयं ही पहचान लेता है क्योंकि मन केवल हृदय देश में रहने के दौरान ही सत्य की अनुभूति कर पाता है, अन्यत्र रहने पर वैसी नहीं। जब किसी के सत्संग में ऐसी अनुभूति अनवरत हो तो जिज्ञासु के साथ ऐसा होना उस व्यक्ति के जागृत होने की पहचान होती है। हमारे इतिहास रामायण और महाभारत में ऐसे मिलनों के दृष्टांत पर्याप्त दिशा संकेत प्रदान करते हैं। जो मन को भाता है वह कदाचित ही सही होता है पर जो हृदय को भाता है वह तो साक्षात् सत्य ही है। इसलिए मन को हृदयस्थ कर सत्संग करें तो पहचान सहज हो जाएगी।

दक्षिण भारत राष्ट्रमत

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प्रश्न : गुरुजी, सहज स्मृति योग क्या है, और मुझे इससे क्या लाभ हो सकता है ?

उत्तर : साधन-सम्पन्न होने के वावजूद आज धरती पर अधिकांश लोगों के जीवन में दुःख, चिंता, भ्रम और निरर्थकता या व्यर्थता बोध ही छाया हुआ है। अंदर का खालीपन उन्हें खा रहा है वे उत्साह, सुख और प्रसन्नता से भरे नहीं दिखते। मानसिक व भावनात्मक तनाव व अवसाद के कारण वे स्वयं व उनकी अगली पीढ़ी नशीली दवाओं के कुचक्र में फँस रही है। जबकि वास्तव में तो मानव सुख स्वरूप, उत्साह सम्पन्न प्रसन्नात्मा ही है। फिर उसका ऐसा उलटा हाल क्यों है ? ऐसा इसलिए है क्योंकि सहज यथार्थ दृष्टि से देखने पर ही यह दर्शन होता है कि हम सब स्वयं सुख स्वरूप हैं। पर, न तो सब को यह दृष्टि ही प्राप्त है और ना ही इसे धारण करने की क्षमता। सब के इस स्वयं-भू सहज यथार्थ दृष्टि सामर्थ्य अर्जित कर लेने तक, सबको सबकी इस वास्तविकता का स्मरण कराना और, सनातन गुरु शिष्य परम्परा के माध्यम से सब को सहज यथार्थ दृष्टि से सतत संयुक्त बने रहने का उपाय बताना ही सहज स्मृति योग है। ताकि, सब सहज सुख स्वरूप में प्रतिष्ठित रह कर आत्म विस्तार कर सकें आत्म विस्तार से अनंत लाभ स्पष्ट होते जाते हैं।





What does God do!

A unique Upanishad

28 Sep 2019, Bangalore

Darpan Foundation's Upanishad series is designed to create **"Maximum Seekers, Maximum Seeking"**. Yet another dimension was added to it when propounder of Sahaj Smriti Yog **Guruji Shri Nandkishore Tiwari** and the Religious head of Svetambar Jain Terapanth **Acharya Shri Mahashramanji** sat in upanishad on 28th September 2019. Upanishad is symbol of spiritual dialogue between Guru and shishya or Guru and seeker. But this was a unique Upanishad where two Gurus along with followers of their respective paths sat together.

Acharya Shri spoke about the importance of **distinguishing between real and the superfluous** and the necessity of spirituality for self-realization. While Guruji, described **Upanishad as the best mirror through which the world humanity can glimpse the beauty of living rightly**. When the question round commenced, Acharya Shri surprised everyone by asking questions to Guruji himself and thus raised the event to even greater heights.

Being in their presence and listening to the spontaneous dialogue between them was an extraordinary experience for all. The disciples of both Gurus were enthralled by the strong bond of love and respect between Guruji and Acharya Shri.

Watch the full Upanishad :
<https://tinyurl.com/yxjg9dft>



MORE INSIDE:

- GURU PURNIMA CELEBRATIONS
- TREE PLANTATION DRIVE
- SUSTAINABILITY WORKSHOPS
- YOGA SESSION FOR GOVT PRIMARY SCHOOL

Sarv Dharm Sambhaav

All streams lead to One

26 Sep 2019, Bangalore

ध्यानमूलं गुरुमूर्तिः पूजामूलं गुरुरपदम् ।
मन्त्रमूलं गुरुविक्रियं मोक्षमूलं गुरुकृपा ॥

As one of the keynote speakers at the Sarv Dharm Sammelan organized by Svetambar Terapanth Jains, the propounder of "Sahaj Smriti Yog", Guruji Shri Nandkishore Tiwari commenced his speech with the above Guru stothram. Amidst the representatives from various religions, Guruji represented "Sanatan Guru Parampara" and emphasized the need to restore the **purity and sanctity of Guru Shishya relationship**.

Addressing several thousands of devotees, Guruji reiterated that divine qualities like love, truth, compassion, non-violence etc are present in all religions. There is only One whom different religions, paths, communities know by different names. Guruji also stressed that oneness can be attained only by knowing the One.

Youtube link: <https://tinyurl.com/y5n6825k>



Guru Purnima celebrations

Celebrating the ultimate

16 Jul 2019, Bangalore

गुरु ब्रह्मा गुरुर विष्णु गुरु देवो महेश्वरः । गुरु साक्षात् परब्रह्म तस्मै श्री गुरवे नमः ॥

On the auspicious occasion of Guru Purnima 2019, Darpan Foundation held a special Satsang at Meenakshi Residency. The session commenced with meditation, followed by Guruji Shri Nand Kishore Tiwari addressing the gathering of earnest seekers. The seekers had several inquiring questions on meditation, on Guru Parampara, on the practical aspects of spirituality and Guruji gave illuminative answers to each of them. The lively interaction between Guruji and the seekers made the evening an elevating experience.

You can watch the full satsang at <https://tinyurl.com/y6f7ayp5>



Kshetra Darpan - Tree Plantation Drive - 1

Mirroring a greener life

21 Jul 2019, Darpan Ashram, Urigam

“The best time to PLANT A TREE was 20 years ago and the second best time is NOW”

Kshetra Darpan is Darpan Foundation's Centre for Natural Farming, Environment Conservation and Rejuvenation. As part of this, the next phase of the Tree Planting initiative was flagged off on Sunday, 21 July 2019. After planting close to 2000 trees across 55 native varieties at Darpan Ashram over the last 2.5 years, it was now time to plant trees alongside village roads, government schools and clinics.

650 native trees of flower, fruit, shade and medicine were carefully selected and procured by Darpan Foundation. It was a day where children, village youth, women and MNREGA workers gathered, determined to make a difference to life on Earth.

Guruji Shri Nand Kishore Tiwari addressed the vibrant gathering wherein he emphasized the importance of happiness and cleanliness in each one's lives. Guruji said that only when we are happy can we be of service to others. It was a perfect day, filled with happiness and laughter, filled with toil and soil, filled with a feeling of “oneness” where people from different age groups and backgrounds connected for a common cause, that of restoring greenery.



Kshetra Darpan - Tree Plantation Drive - 2

Mirroring a greener life

Jun 2019, Darpan Ashram, Urigam

Darpan Foundation celebrated the whole of June as Environment Conservation month as part of its Kshetra Darpan initiative. Responding to the tree-planting initiative, many well meaning, aware and responsible citizens arrived at Darpan Ashram at Urigam (TN) every weekend in June. Driving to the Ashram and admiring the pristine countryside is always an exhilarating experience.



The Ashram atmosphere brimmed with the chirpy presence of volunteers. Many came with their family members and others with friends. As soon as volunteers assembled around the platform created around the Ashram Neem tree, they were briefed about Darpan Ashram's four-fold integrated approach to life that has the potential to solve man-made problems.

Volunteers were brimming with enthusiasm and were ready to do any activity - be it fetching water from afar to water saplings that were being planted, to digging pits with the help of farm tools, to removing soil with bare hands or to assisting fellow volunteers with their requirements, all were open to do anything and everything needed in this drive.

A short video on all the activities we have carried out over the last 2 years to revive the environment can be found at <https://tinyurl.com/y4gt6vsj>



After planting hundreds of saplings by noon time, volunteers were served sumptuous lunch prepared in the village. The volunteers headed for home after lunch, thinking of repeating the experience again as and when they can take time out from routine life back in the city.

As Darpan Foundation has been show-casing through its year-round activities, nurturing our environment is a continuous process that can be further enhanced with the support and active participation of donors and volunteers.



Lets go Nuts !

Peanut harvesting

7 Sep 2019, Darpan Ashram, Urigam

The Peanut Harvesting Field Day was held on Saturday, 7th September 2019 at Darpan Ashram. This was an initiative by Kshetra Darpan - Darpan Foundation's Centre for Natural Farming, Environment Conservation & Rejuvenation. The enthusiastic volunteers experienced the sheer joy of harvesting peanuts, getting their hands in the soil, gently pulling out the peanut plants, enjoying the fragrance of the fertile soil and the fresh peanuts.

One of the volunteers remarked wittily "a family that harvests together stays together"! It was a day well spent, with nature, understanding what pure food means and how much effort is involved in producing a crop.



Mentor a Million

Darpan Ashram visit

11 Jul 2019, Darpan Ashram, Urigam

As part of our Vidya Darpan" initiative, Darpan Foundation has been involved with the Govt Primary School at Urigam village in numerous ways like paying salaries for the volunteer teachers, sponsoring prizes for Annual day events, providing sports uniform and educational material, having corporates engage with the students etc.

Vidya Darpan encourages all-round development of the students which includes academic excellence, active participation in sports and art and also environmental awareness.

In Dec 2017, the students had visited Darpan Ashram and planted close to hundred trees along with the CSR volunteers of NTTData. On July 9, the students visited Darpan Ashram to see how the trees have thrived with the Ashram staff's tender love and care.



Sponsoring teachers

Investing in creators of future

21 Sep 2019, Govt Primary School, Biranapalli, TN

Darpan Foundation's sponsoring of 3 volunteer teachers in the severely under-staffed Government Primary school at Urigam village served as the perfect model to be scaled up to other schools in nearby villages that too faced the same problem of teacher shortage.

One such primary school was at Biranapalli village with 80 children studying in classes 1 to 5 with just one Government-appointed Head Master. Because of the paucity of teachers, 2 class rooms remain locked and students from multiple grades were forced to share the same classroom.

Realising the desperate need for teachers, Darpan promptly appointed a deserving teacher from the same village. Handing over the first cheque to the new teacher, Guruji emphasised the importance of happiness and enthusiasm of the teachers that will go a long way in creating the right learning atmosphere for students. The young kids were very excited to interact with Guruji and were all smiles in His presence.



Teacher for Yoga

A small step towards the ultimate

21 Sep 2019, Govt Primary School, Urigam

As part of Vidya Darpan initiative to take holistic education to maximum children, Darpan Foundation has been a strong pillar of support for the Government primary school at Urigam village since 2017. The severely under-staffed school has only one Head Master appointed by the Government for teaching 72 children across classes 1 to 5.

Considering the paucity of teachers, Darpan had started paying the monthly salaries of 2 volunteer lady teachers from 2018. We extended this financial assistance to the current academic year too.

In order to emphasise the importance of physical and mental health and to inculcate healthy habits at a young age, we have taken our support to the next level by appointing a Yoga teacher from this academic year.

Yoga at an early age encourages self-esteem, relaxation, and inner fulfillment, thereby helping the children to navigate life's challenges with a little more ease. Fostering co-operation and compassion through the practice of Yoga is a great gift to give our children.



Clay Seed Ganesha

Connecting to the roots

16 Jul 2019, Bangalore

Darpan Foundation held the Clay Seed Ganesha workshop for children of Meenakshi Residency and Century Infiniti apartment complexes on the occasion of Ganesh Chaturthi.

At the workshop, children were introduced to the delightful and highly beneficial art of working with Clay even as they learnt the importance of eco-friendly practices. The workshop commenced with the narration of the story of Ganesha. Soon after the children were given their individual clay and they were guided by the volunteers, through demonstration, on how to mould the clay. The children were adept and inventive and created their own unique idols with immense fervour.

Through this workshop, each child got to make their own Ganesha, carefully put in a precious seed in it and take home the treasure to be nurtured into a flowering plant, once the festivities are over.

It was overwhelming to see the enthusiastic children pouring in even after we were halfway into the workshop. The overjoyed children took home Ganeshas created wholeheartedly by their own little hands.



herbal Soap Making Workshop

Sustainable living

6 Sep 2019, Bangalore

In our continuing effort to promote sustainable living, Darpan Foundation conducted a workshop at Meenakshi Residency to make natural soap at the comfort of one's home.

Made from the leaves of 3 very potent herbs, namely, Aloe Vera, Neem and Ruppaimeni, the participants were amazed at how easy it is to make chemical-free natural soap in just about an hour.



Our Programs

Sunday Satsangs

Satsang means “Being in company of truth”.

Satsangs are conducted at Guruji's Bengaluru home every Sunday. Group meditation is followed by an hour of an interactive session with Guruji where seekers clarify their queries and deepen their experiences.

Door is open for all known and unknown seekers to sneak in the known Unknown Home.

Schedule: Every Sunday at 5:45 pm

Location: F2, Phase-2, Meenakshi Residency,
2nd Main Road, Arekere, Bengaluru



Ignite Self

A program designed to take you through an experiential journey of

- Understanding self.
- Helping your mind to encourage self-transformation.
- Understand meditation in its deeper sense.
- Helping you to create a positive shift in the quality of life.

As an individual, people have various identities in their different aspects of life. When people live their daily life, its quality is affected by their thoughts, words and actions. If they are not in unison experiencing peace will be difficult. Through this program, we help people understand what drives their thoughts, words and actions and help them to bring in evenness in them.

This program introduces people to the need of Saadhana (practice). It is popularly perceived that saadhnaa is an act of propitiating some higher entity to the exclusion of all other mundane affairs. Practically and basically, saadhana is a name given to heart-driven balanced efforts of any individual who is engaged in seeking meaning and trying to understand purpose of life.

We human beings have innate urge (original craving) to go beyond our social self. And, way to cross over beyond our social self (beyond doubt) goes through meditation that helps in self realization.



Call for Action

Scan the QR code to view Guruji's discourses on youtube and subscribe to Darpan channel to get regular updates.



HELP US REACH FIRST 10,000 SUBSCRIBERS.

Our Guruji

Guruji Nandkishore Tiwari is a humanitarian leader and a spiritual master. He has devised Sahaj Smriti Yog meditation, an absolutely effortless method to explore unexplored dimensions of one's existence.

Guruji founded all India NGO, Universal Forum for Human Dignity in Delhi in 2002. Sustainable Living with Spiritual awakening, Dignity of life and, rural urban continuum is at its core. In 2012, Guruji Founded Sahaj Smriti Yog system of spiritual realisation which householders from all across professions and nations find most suitable to follow.

In 2018 Guruji was honoured with Acharya Chanakya Samman for his Spiritual Contribution to the mankind. In 2018 Guruji established Darpan Ashram in the foothills of Noorundumalai, Krishnagiri Tamilnadu.

Guruji has delivered more than 300 weekly Discourses on various spiritual queries.



About Darpan Ashram

Conceived and designed by Guruji, Darpan Ashram is a place where reasoning is encouraged and blind belief is replaced by inclining seekers towards seeking their highest potential by looking within. It is based on universal principle of offering pure food for body, mind, self and soul. Through various life style activities devised at ashram, all may imbibe this principle in their lives. Conditioned identities of religions, genders, race, ethnicities etc are obviously left behind as soon as one realises one's true self. All identities are mind borne, not Self sustaining. Self sustains only real identity

Darpan is a place, prototype, model and module all rolled in one, that mirrors individual transformation from consumer being to divine being.



Volunteer with us

If you have a passion to contribute towards doing something for greater good, you can associate with us. Great changes are achieved by series of small sincere efforts brought together.

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