

Pradhaan
Thomas S. Monson
Dwara



Swatantra Zindagi Jeena

Ek naye saal ke shuruwaat mein, main sabhi jagah ke Antim-dinon ke Santon ko vyaktigat rup se bira ko uthaane ke liye chunaoti deta hoon, parishrami, mahatav talaash jisse main swatranta ki zindagi kahata hoon—ek zindagi jo bahutaayat ke safalta, achchaai, aur ashirvaadon se bhari ho. Usi tarah se jaise humne mul gyaan ko paathshaala mein sikhe the, main apne banaaye huwe mul siddhaant ko pesh karta hoon taaki hum sab ko madad mile swatantra ki zindagi ko paane ke liye.

Sidha Vichaar Bhaao ko Rakhe

Pehla mul hai vichaar bhaao. William James, jo American psychologist aur philosopher ke aguwa the, ne likha, “Hamare peedi ka sabse badha kraanti ka khoj hai ki maanav, apne man ke andar ke vichaar bhaao ko badalne se, apne zindagiyan ke baahar ke swarup ko bhi badal sakte hai.”¹

Bahut kuch hamare zindagi mein vichaar bhaao par nirbhar hai. Hum kis tarah se chunte hai cheezon ko dekhne aur dusron ko jawaab dene mein yahi sabhi cheezon par prabhaao daalta hai. Agar hum puri koshish karein aur phir hum apne paristhiti par khush hone ka chunao karte hain, chaahe koi bhi parasthiti ho, hamein shaanti aur prasanta mil sakti hai.

Charles Swindoll—lekhak, pracharak, aur Isai paadri—ne kaha: “Mere liye, vichaar bhaao, ... beete hue dinon, ... paese, paristhiti, asafalta, safaltaon, aur manushye kya sochte aur kehte karne ko se bhi zyaada zaroori hai. Woh hamare dikhaawe, gun, ya nipunta se zyaada zaroori hai. Yeh ek kaarobaar, ek girjaghar, ek ghar ko banaega ya barbaad karega. Asadhaaran baat yeh hai ki hamare paas har din ek chunao hoga ki hum kaun se vichaar bhaao ko rakhenge us din ke daaraan.”²

Alankaarikh, hum apne ird-gird ke duniya ka shaasan nahin kar sakte magar hum duniya se kaise pesh aate hai ka shaashan kar sakte hai. Sab se zyaada khushi, shaanti, aur prasanta ke liye, hum sidhe vichaar bhaao ko *chunn* sakte hein.

Apne Aap Par Vishwaas Karein

Dusra mul hai ki hum apne aap mein, jo hamare ird-gird hai unmein, aur jo anant siddhaanton mein hai par vishwaas karein.

Apne aap se, dusron se, aur apne Swarg ke Pita se imaandaari rakkhe. Ek jo Ishwar ke saath imaandaar nahin tha jabki bahut der ho chuki thi tha Cardinal Wolsey jo, Shakespeare ke anusaar, bahut samay bitaya teen shasak ki sewa mein aur paese aur shakti se anand

prapt kiya. Ant mein, ek ashaant raja ne uski shakti aur adhikaar ko cheen liya. Cardinal Wolsey rone laga:

*Agar mainne sirf apne Parmeshwar ki sewa kiya hota
aadhe josh ke saath*

*Mainne apne raaja ki sewa kiya, Woh mujhe is umra
mein*

*Apne dushmanon ke saamne nihatta chod gaya.*³

Thomas Fuller, ek Angrezi girjaghar ka aadmi aur itihaasi jo 17th sadi mein tha, ne is sachchaai ko batlaya: “Jo apne vishwaas ke saath nahin jeeta woh vaastav mein vishwaas nahin karta.”⁴

Apne aap ko sima se math bandho aur dusron se apne aap ko yah na raazi karne do ki tum sima ke baahar kuch nahin kar sakte. Apne aap par vishwaas rakkho aur phir jio apne sambhaota ko haasil karne ke liye.

Tum woh haasil kar sakte ho jo tum karne ko vishwaas karo. Bharosa karo aur maano aur vishwaas rakkho.

Chunaotiyon ka Himmat se Saamna Karo

Himmat laabhkaar aur arthpurn sadgun banta hai jab usse shurveer ki tarah marne ki ichcha nahin par sahi dhang se jeene ki ichcha samjha jaata hai.

American kahanikarak aur shaayar Ralph Waldo Emerson ne kaha: “Chahe tum kuch bhi karo, tumhe himmat ki zaroorat hai. Chahe tum kuch bhi karne ki socho, wahan par har samay koi hai jo tumhe batlata hai ki tum galat ho. Wahan par har samay musibatein aati hai jo tumhe behkaati hai ki tum vishwaas karo ki tumhare alochak sahi hai. Ek stithi ko dekhne ke liye aur use anth tak khatam karne ke liye wahi himmat chahiye jo ek sainik chahata hai. Shanti mein vijay hai, magar usse shaktishaali aadmiyon aur auraton ki madad chahiye vijay paane ke liye.”⁵

Kuch aesa samay bhi honge jab tum ghabraaoge aur himmat chod doge. Tum aesa mehsoos karoge ki tum haar gaye ho. Vijay haasil karna mushkil lagega. Kabhi kabhi tum aesa bhi mehsoos karoge jaisa David ne Goliath ko ladte samay kiya tha. Magar yaad karo—David *ne hi* vijay prapt kiya tha!

Himmat ki zaroorat hai safalta ko haasil karne ke liye, magar aur zyaada himmat chahiye jab ek gir jaata

hai aur dusri koshish karni padti hai usse haasil karne ke liye.

Age badhne ka irada karein, ek yogye lakshye ke liye kaam karne mein ek soch rakhe, aur himmat karein us chunaotiyon ka saamna karne ke liye jo bin batlaaye aati hai magar dusri baar koshish karne mein bhi, agar is ki zaroorat ho. “Kabhi kabhi himmat woh choti si awaaz hoti hai din ke anth mein jo kehti hai, ‘Main kal phir koshish karunga.’”⁶

Hamein in mul siddhaant ko yaad karna chaahiye jab hum apna safar shuru karein naye saal mein, sidha vichaar bhaao ko karte rahein, ek vishwaas jisse hum apne laksh aur jawaabon ko prapt kar sake, aur himmat mile un chunaotiyon ka saamna karne ke liye jo hamare raste mein aati hai. Phir swatantrata ki zindagi hamari hogi.

VIVARAN

1. William James, Lloyd Albert Johnson, comp. mein, *A Toolbox for Humanity: More Than 9000 Years of Thought* (2003), 127.
2. Charles Swindoll, Daniel H. Johnston mein, *Lessons for Living* (2001), 29.
3. William Shakespeare, *King Henry the Eighth*, act 3, scene 2, lines 456–58.
4. Thomas Fuller, H. L. Mencken, ed. mein, *A New Dictionary of Quotations* (1942), 96.
5. Ralph Waldo Emerson, Roy B. Zuck mein, *The Speaker's Quote Book* (2009), 113.
6. Mary Anne Radmacher, *Courage Doesn't Always Roar* (2009).

IS SANDESH MEIN SE SHIKSHAN

Parivaar sadasyon ko amantrit karein kuch vyaktigat anubhavon ko baantne ke liye jab ek sidha vichaar bhaao, apne aap mein vishwaas, ya himmat ne unhein sahayta di thi. Ya unhein amantrit karein dharamshastra mein se in siddhaanton ke uddhaaran nikaale. Tum shaayad sikh dene ki tayyaari karoge prarthnapurn tarike se apne dharamshastra ke paath ya anubhavon ko yaad karke.

YUVA

Himmat Toofaan ke Mausam ke liye Maddison Morley dwara

Mere stake ke Jawaan Mahilaaon ke camp ke dusre raat ko, ek bahut bada baarish ka toofaan aur bawandar aaya. Mere ward ke lagbhag 24 jawaan mahilaaen camp mein thi do netaaon ke saath, aur hum sab ko ek chote se kamre mein ghusna pada suraksha

ke liya. Ghambheer baarish ho rahi thi, aur hawa ki raftaar bhi tez ho rahi thi. Mujhe apne aap ko lagataar apne stake pradhaan ke us raat ke suraksha ke prarthna ke baare mein yaad dilaana pada. Hamara ward ne bhi ek saath apne kamre mein prarthna kiya, aur mainne apna vyaktigat prarthna kiya.

Bahut saari ladkiyaan ghabra gayi thi, aur vajah jaanna aasaan tha. Hamara kamra hil raha tha, aur hum ek nadi ke paas hi the. 20 hi minatton mein toofaan itna kharaab ho gaya ki saare stake ko apne kamron mein se bhaag kar salhakaaron ke kamron mein jana pada, jo uchaai par tha. Mere stake pradhaan ne dusra prarthna kiya, aur humne gaane gaye, Praathmik geet, aur camp ke gaane apne aap ko shaant karne ke liye. Haan, hum dar gaye the, magar humne yeh mehsoos kiya ki sab theek ho jaaega. Aadhe ghante baad sab theek ho gaya apne kamron mein jaane ke liye.

Hum ne baad mein jana ki us bawandar ka kiya hua tha us raat mein. Woh do toofaanon mein bat gai thi. Us mein se ek hamare daai or aur ek hamare baai or chale gaye the. Jo humne mehsoos kiya tha woh kuch bhi nahin tha us toofaan ke milaan mein!

Main jaanta hoon ki us raat Parmeshwar ne hamare parthnaaon ko suna tha aur Unhonne hamein is

vinaashkaari toofaan se surakshit rakha tha. Kyun ek bawandar disha balta agar woh Parmeshwar ki ichcha nahin hoti? Main jaanta hoon ki jivan ke toofaanon mein, hum hamesha Swarg ke Pita se prarthna kar sakte hai aur Woh hamari sunega aur jawaab dega, hamein woh himmat aur suraksha pradaan karega jiski hamein zaroorat hai surakshit rehne ke liye.

BACHCHEIN

Captain Moroni

Captain Moroni ke paas himmat tha aaye hua chunaotiyon ka saamna karne ke liye. Woh sachchaai, swatantrata, aur vishwaas se prem karta tha. Usne apna jivan Nephitiyon ko apne swatantrata ke liye ladne mein bita diya. Tum bhi Captain Moroni ki tarah ban sakte ho chunaotiyon ka saamna himmat se karke. Tum apne khud ka swatantrata ka padwi bana sakte ho woh sab likh kar jo tumhare aur tumhare parivaar ke liye mahatvapurn hai.

Kahan se Aur Zyaada Jaankaari Haasil Karein

Alma 46:11-27: Swatantrata ki padwi

Alma 48:11-13, 16-17: Moroni ke gunn



Shikshan Sandesh Bhent dwara Saodhaan Dekhbhaal karna aur Sewa karna

Is utpaadan ka adhyan karein, aur jaise upyukt ho, jin bahanon se aap bhent karti hai unse vichaar-vimarsh karein. In sawaalon ka istemaal karein apne bahanon ko mazboot karne mein madad karne ke liye aur Sahayak Sanstha ko apne jivan ka chust bhaag banane ke liye.

Vishwaas, Parivaar, Sahayak

“**D**ayaluta [ka arth] paropkaar mehsoos karne se kahi zyaada hai,” sikhlaaya Pradhaan Henry B. Eyring ne, jo Pratham Adhyakshata mein Pratham Salahkaar hai. “Dayaluta Prabhu Ishu Masih mein vishwaas aazmaane se utpann hota hai aur woh Unke Praeshchit ka asar hai.”¹ Sahayak Sanstha bahanon ke liye, shikshan bhent dayaluta ka kriya ho sakta hai, Uddhaarkarta mein vishwaas aazmaane ka mahatvapurn tarika.

Shikshan bhent ke zariye, hum saodhaan dekhbhaal kar sakte hai har ek bahan se sampark karne se, ek susamachaar sandesh baantne se, aur uski aur uske parivaar ki zarooraton ke baare mein jaanne se. “Shikshan bhent Prabhu ka kaarye ban jaata hai jab hamara nazariya pratishat ke bajaare logon par rehta hai,” samjhaati hai Julie B. Beck, Sahayak Sanstha ki maha pradhaan. “Vaastav mein, shikshan bhent kabhi khatm nahin hota. Woh to jivan ka ek bhaag hai na ki ek kaarye. Vishwaas se ek bhent karne waali shikshak ki sewa dena hamare chela hone ka chinn hai.”²

Jab hum lagataar aur prarthna-purn saodhaan dekhbhaal pradaan karte hai, hum seekhte hai kaise har ek bahan aur uske parivaar ko paryapt rup se sewa karein. Sewa

ke kai rup ho sakte hai—kuch bade aur kuch utne bade nahin. “Aksar sewa ke chote karm ki hi zaroorat hoti hai kisi ko khush karne aur ashirvaad देने के लिये: kisi के परिवार के बारे में पचना, प्रोत्साहन के कुछ शब्द, एक सच्चा ताareef, धन्यवाद का एक छोटा लिखावत, कुछ दर का एक फोन कॉल,” सिकलया Pradhaan Thomas S. Monson ने. “Agar hum saodhaan aur chaokas rahenge, aur agar hum un fufusaahat के अनुसार काarye karenge जो हमें मिली है, हम बहुत कुछ अच्छे karenge. ... Sahayak Sanstha के bhent karne वाले शिकशक की सेना के सेवा प्रदान करने के काarye अंगित है.”³

Hamare Itihaas Se

1843 mein, Nauvoo, Illinois के Girjaghar sadasyon, को चार wards में बाता गया. Usi varsh के July mahine में, Sahayak Sanstha netaon ने एक bhent karne वाली समिति बनाई जिसमें हर ward की चार bahane थी. Bhentvaarta karne वाली समिति का zimmedaari था zaroorat का pata lagana aur daan ikattha karna. Sahayak Sanstha ने is daan से zarooratmandon की sahayta की.⁴ Jabki bhentvaarta karne वाले shikshak ab daan nahin lete, par

woh ab bhi zaroorat maaloom karne की zimmedaari rakhte hai—aatmik aur bhautik—aur un zaroorat को mitaane की koshish karna. Eliza R. Snow (1804–87), Sahayak Sanstha के दुसरे maha pradhaan, ने samjhaya: “Ek shikshak ... के पास Prabhu की utni Aatma honi chahiye, जिसे की जब woh ghar में prawesh karein woh wahan rehne वाले aatma को पहचान पाये. ... Parmeshwar aur Pavitra Aatma से niwedan karein [us Aatma] को haasil karne के लिये ताकि तुम उस aatma को मिल सको जो उस ghar में rehta hai ... aur tumhein shaanti aur sahanbhuti के shabdon को kehne की ichcha हो, aur agar tumhein koi bahan mile jise thand lag rahi हो, use apne gale से lagao जैसे कisi bachche को [use] garm karne के लिये.”⁵

VIVARAN

1. Henry B. Eyring, “The Enduring Legacy of Relief Society,” *Liahona*, Nov. 2009, 121.
2. Julie B. Beck, “Relief Society: A Sacred Work,” *Liahona*, Nov. 2009, 114.
3. Thomas S. Monson, “Three Goals to Guide You,” *Liahona*, Nov. 2007, 120–21.
4. Dekhiye *Daughters in My Kingdom: The History and Work of Relief Society* (2011), 105.
5. Eliza R. Snow, *Daughters in My Kingdom mein*, 108.

Dharamshastra mein se

John 13:15, 34–35; 21:15; Mosiah 2:17; Doctrine and Covenants 81:5; Moses 1:39

Main Kya Kar Sakti Hoon?

1. Main kya kar rahi hoon apne bahanon ki madad karne ke liye jisse woh mehsoos kar sake ki main prem aur sewa karne waali saheli hoon?

2. Main kaise aur behtar ho sakti hoon auron ki saodhaani se dekhbhaal aur sewa karne ke liye?

Aur zyaada jaankaari ke liye,
dekhiye www.reliefsociety.lds.org.