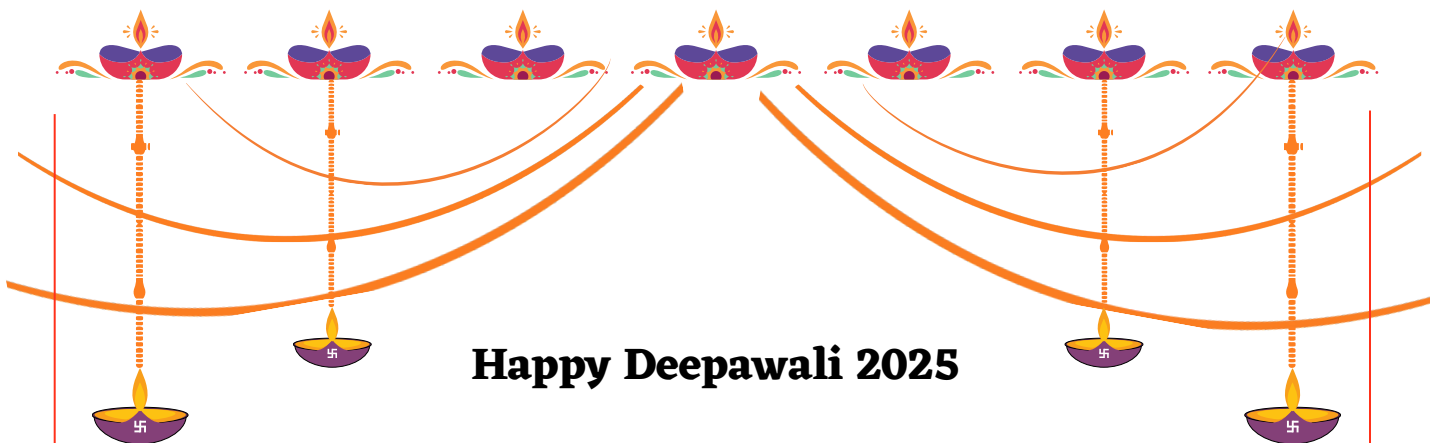




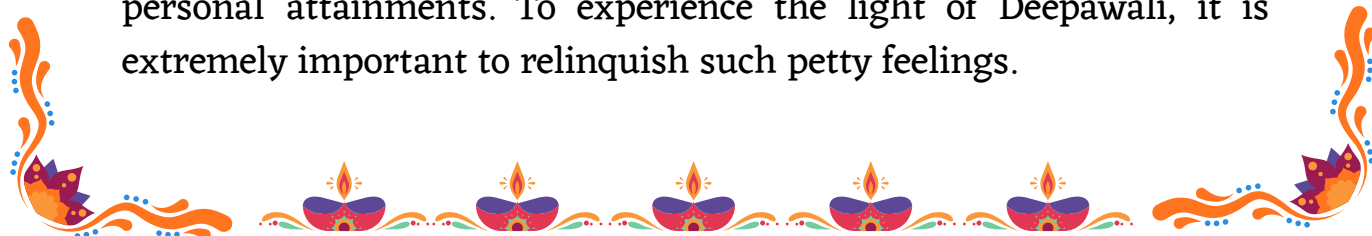
Happy Deepawali 2025

‘Continue to expand your ego’

1. During Deepawali, when houses are decorated with rows of glowing lamps, the entire atmosphere is filled with beauty and joy. But **if only one lamp is lit instead of the rows of lamps, then its light and beauty remain limited.** Come, let us ponder over this experience of ours and try to make this year’s Deepawali more meaningful for ourselves.

2. By the infinite grace of Shri Yugal Sarkar, we learnt from Param Pujya Babuji (Shri Hanumanprasad Poddar ‘Bhaiji’), Param Pujya Shri Radha Baba and Param Pujya Nanaji (Shri Dharmendra Mohan Sinha) that, on Deepawali, normally the house is adorned in order to welcome Shri Sita-Ram – however, through this adornment, **it is more important to adorn the heart with divine virtues, and this is possible only if the Ravana-like ego has been conquered beforehand during the festival of Dussehra.**

3. We are all a portion of God, who is the concentrated form of truth-bliss and consciousness (sat-chit-anand). However, the sense of ego binds us to the gross form of our body. This amplifies the importance of personal likes, comforts, conveniences, prestige and honour. This leads us to harbour feelings like hatred, anger, jealousy, superiority or inferiority towards any person who becomes an obstacle in these personal attainments. To experience the light of Deepawali, it is extremely important to relinquish such petty feelings.





4. Along with other members, we are all a part of some group or the other – be it the workplace, or house and family. If we keep holding on to the thoughts of narrow-mindedness and pettiness, then we would want that ‘everyone should act as per my liking, pay attention to me, praise me’. **This makes us like that lamp which wants to burn alone. Due to this narrow-mindedness, the light, beauty and joy of our lives become limited.**

5. But, if we keep our attention focused on God, we will constantly reflect on whether God is pleased with every effort of ours or not? If He is, then we will feel satisfied upon receiving His love, and our desire to receive praise or favourable behaviour from others will be quenched. In addition, **we will also gain the ability to share the satisfaction and joy of being connected to God with every member associated with us.** In this, we will give importance to others in mutual interactions, accord priority to their righteous choices and feel happy to hear their praise. In such a harmonious environment, we will definitely obtain comforts and conveniences, prestige and honour for ourselves too.

6. That is why Pujya Nanaji would remind us of Pujya Babuji’s injunction that we should not try to destroy our ego; we should simply expand it – that is, include everyone within it. We should maintain this feeling that it is my God who is getting happiness by way of every living being, and I am also happy with His happiness. In this way, **we should keep on including all living beings in our ego, till such time that our gradually expanding ego finally dissolves at the lotus-feet of God.** With such efforts, Shri Sita-Ram will definitely come into our lives, and the festival of Deepawali will become meaningful.

