



**DHYAN-KAKSH**  
SCHOOL OF EQUANIMITY & EVEN-SIGHTEDNESS



# Benevolence



**'Sada Hai Sajan Ram, Ram Hai Kul Jahan'**

**'Shabd Hai Guru; Sharir Nahi Hai'**

**SATYUG DARSHAN TRUST (REGD.)**

## GUIDING FORCE

### “Satvastu Ka Kudarti Granth”



**“Read, comprehend, and exercise the same  
to become a exemplary human being”**

**Scan this QR Code to read it.**



Published by:

**Satyug Darshan Trust (Regd.)**

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First Edition: | April, 2025



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**“Sada hai Sajjan Ram, Ram hai Kul Jahan”**

God is Our Beloved Friend  
and He is Omnipresent.

SO

Acknowledge and embrace Him and  
accordingly adopt His virtuous qualities.

**“Shabd hai Guru, Sharir Nahi hai”**

The word of God (Shabd) is the Master  
not some physical body or idol/image.

SO

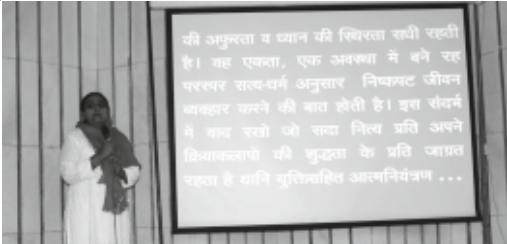
Embrace knowledge, not knowledgeable,  
Anchor your faith in eternal, not the messenger

**Stand firmly on this,  
remain steadfast on this eternal truth**

**“OM Amar Hai Atma, Atma Mei Hai Parmatma”**

“OM”, the soul is immortal  
within the soul resides the Supreme.







# Benevolence

## **Benevolence - Literal Meaning and Significance**

Benevolence is the name of doing good or providing assistance or working for the welfare or wellbeing of others. It is also referred to as public welfare or altruism, representing the intent to benefit others-not for the sake of earning wealth or personal gain, but out of a spirit of selfless service. In this sense, benevolence involves empathy, assisting the needy, and serving the destitute without any selfish motives. It is the practical manifestation of a pure, compassionate, and self-sacrificing nature of the heart, aimed at uplifting all beings, from animals to the suffering human race. When such actions are performed without a sense of non-doership, the notions of "self" or "ego" disappears or





eradicates, and in its place, the universal sovereignty of "oneness" is established. Consequently, the feeling of "may everyone be happy" arises. Only then can a benevolent individual reflect their auspicious or good wishes for the upliftment of all i.e. from the molecule/ smallest particle to the atom, from the inanimate to the conscious, from the smallest insect to the largest elephant, and from the creator Brahma to the smallest blade of grass and engage themselves both physically and mentally, in the public welfare. In this way, for such an equanimous and even-sighted individual nothing remains to be done.

### **Who is truly benevolent?**

One who considers the suffering of others as their own suffering, meaning they think that someone else's pain is their own pain and it is





their duty to alleviate it. Such a selfless, egoless, duty-bound, selfless person who renounces the thought of personal gain or loss and prioritizes the well-being of others, is truly benevolent. While describing the characteristics of such a benevolent person, it is said:

पर उपकारी नाम नहीं चाहता,  
पर उपकारी मान नहीं चाहता  
वह तो अकर्ता भाव में रहकर,  
बनता है सबका सुख दाता।

(Aatma-Anubhuti)

To become such a benevolent person, as per the words of Divine Scripture of Truth do altruistic deeds to others, set household affairs in order, wake up the sleepy, make the weeping ones laugh. rehabilitate those who are ruined and bring back those who have strayed from the right path. This is your service. Spread spiritual splendor and glory worldwide. In this context remember.





पर उपकार जेहड़ा कमावेगा  
पर उपकारी नाम कहावेगा।  
जेहड़े सोये पड़े ओ सोये पड़े,  
जेहड़े सोये पड़े ओ सोये पड़े।

सोयां होयां नूं जागृति में लियावेगा,  
पर उपकारी ओ नाम कहावेगा।

(सतवस्तु का कुदरती ग्रन्थ, सोपान सप्तम  
(चतुर्थ भाग), कीर्तन न० 20)

## **The Way to Cultivate a Benevolent Nature**



To develop a benevolent nature, dear friends,  
Satvastu Ka Kudarti Granth advises:

सजन शब्द चलाओ ते चलदे जाओ,  
सजनों ऐसा पराक्रम दिखाओ  
पर उपकारी नाम कहाओ, जित्तो मृतलोक नूं

(सतवस्तु का कुदरती ग्रन्थ, सोपान सप्तम  
(द्वितीय भाग), बुधवार का पहला बोर्ड, कीर्तन न० 30)









This means cultivating Sajjan bhav/ nobleness/gentlemanliness which is a symbol of oneness, affinity and friendship, into your actions and thoughts and become proficient in behaving in a manner that promotes feeling of oneness and friendship with others. Alongside, show the courage to mould others in accordance with this feeling. In this way, come together in unity and attain a state of oneness and be known as a benefactor of others.

The implication is that to cultivate a benevolent nature, one should feel, 'I am the entire universe,' 'I am the embodiment of everything.' Here, there is no one else, I am everywhere. With this realization, eradicate the feeling of duality and, through the highest pursuit of life, selflessly engage in doing good





for others. Know that one who, without ego, sees themselves as the universe, performs the welfare of all with an unwavering and unbiased mind, and becomes one with the universe. In this way, they achieve victory over the mortal world and attain liberation from the cycle of birth and death.

Understanding this, you too should show the highest aspiration to recognize the entire world as a manifestation of the self and, with a feeling of non-doership, tirelessly serve all living beings. In this way recognize your true nature as sat-chit-anand (existence-consciousness-bliss), and be known as the Supreme Self.

In this context, Satavastu Ka Kudarti Granth also says:





पुरषार्थ सजनों यत्न करो,  
ओन्हां इक सवाल समझाया है  
अनेक स्वाल छुड़ाए के ओ नगर निवासियों,  
महाबीर जी पर उपकार दिखाया है ॥

(सतवस्तु का कुदरती ग्रन्थ, सोपान पंचम  
कीर्तन न० 62)

### **Requirements to become a benevolent person**

To become benevolent, consider it essential to renounce mental weaknesses such as selfishness, lust/desires, greed, attachment, envy, hatred, yours and mine i.e. possessiveness, concern for public opinion, pride, humiliation, and expectation of reciprocation. Simultaneously, to uphold this principle, through contemplation and reflection of the sacred scriptures, cultivate values such as contentment, patience, truthfulness, purity, selflessness, service,





compassion, forgiveness, character, and renunciation.



In other words, without desiring anything for yourself, or a feeling of non-doership serve all with body, mind, and wealth, considering it your foremost duty. In this way, do good to all, be known as a giver of happiness, and become a truly benevolent person, or in other words, the king of compassion.

As it has been said:

**Do good to others with your heart, and complete dedication.**

**Do good to others with your body, demonstrating tireless effort.**

Always remember that God has given us the human body so that it can be of use to others.



Therefore, for the sake of this noble deed, if





you have to stake your life, be ever ready to do so. Know that, this is true benevolence. Know that, filled with this spirit of selflessness, nature -or sun, moon, clouds, trees, rivers, and others- are performing their respective duties diligently and contributing to maintaining balance and harmony. So, you too learn from them, imbue yourself with the spirit of renunciation, and become a benevolent person. Never forget that a life devoid of the spirit of benevolence is inferior. As it has been said:



‘जीवन प्रेम है और जब मनुष्य दूसरों के प्रति भलाई करना बंद कर देता है तो उसकी आध्यात्मिक मृत्यु हो जाती है।’

From this perspective, benevolence is synonymous with life and is the ultimate form of worship of the all-pervading God. This is the





hallmark of humanity, as it enables humans to transcend from selfishness to the ultimate goal of life, i.e. eliminate vices like lust, anger, greed, yours and mine, jealousy-hatred, animosity- -antagonism, illusion, attachment, pride and ego, superiority-inferiority, wealth-poverty and attains true contentment. Not only this benevolence fosters values like resilience, service, forgiveness, renunciation, and detachment, leading to the expansion of one's personality. Moreover, it promotes equality and nobility, enabling individuals to realize their true, knowledgeable, virtuous, and powerful nature. Through this one develops an equal vision towards the entire world and establishes an exemplary service record in this life and beyond. Ultimately, one attains a state of supreme peace and bliss in

this context, it is said:





परउपकार है उत्तम भक्ति,  
परउपकार ही आत्मिक शक्ति  
परउपकार से समझ सकोगे,  
अपना बल और अपनी हस्ती।

(Aatma-Anubhuti)

You too can attain this supreme state by renouncing the desire for personal gain and, with a wise and discerning intellect, always thinking of and doing good for others. As it has been said:

अपनी अक्ल दे नाल कुल दुनियां नूं जगाओ,  
कुल दुनियां नूं जगाओ  
अपनी अक्ल दे नाल, दुनियां ते बुझिया दीपक  
जगाओ, दुनियां ते बुझिया दीपक जगाओ

(सतवस्तु का कुदरती ग्रन्थ, सोपान सप्तम (द्वितीय)  
कीर्तन न० 17)

i.e. while intellectually utilizing spiritual knowledge, dispel the darkness of ignorance





from your mind and the world. In this way bring yourself and the entire world to a state of self-awareness and attain a state of consciousness. Thus, living a life free from vices, be known as the Supreme Self. Remember, it is only in the light of moral and discerning intellect that you can acquire definitive knowledge of truth and falsehood, good and bad, and understand the reality of everything. That is, you can experience your true self or the all-pervading nature of God in everything, attain self-realization, and earn the noble rewards of benevolent actions. As it has been said:

अपनी अक्ल दा है प्रकाश,  
पर उपकार कुल दुनियां ते दिखायो,  
पर उपकार कुल दुनियां ते दिखायो ।

(सतवस्तु का कुदरती ग्रन्थ, सोपान सप्तम (द्वितीय)  
कीर्तन न० 17)







## **Conclusion**



From the above discussion, it becomes clear that benevolence encompasses- kindness, service, charity, compassion, sympathy, and empathy. In essence, benevolence is the foundation of righteousness and the ultimate means of earning (punya) good karma i.e. good deeds. Therefore, stand firm on this fundamental principle of righteousness and earn the noble rewards of benevolent actions. Remember, this is only possible when we renounce our ego. Until we develop the spirit of self-sacrifice, true benevolence cannot be truly practiced/ achieved. Thus, besides yourself, learn to see others happy and consider their happiness as your own. Furthermore, to make everyone happy if you need to sacrifice a part of your abundant happiness, do not hesitate to give according to your means, instead renounce your ego or willingly relinquish your possessions.





In other words, if by sacrificing your personal ego, you make others happy, then understand that this is an expansion of your own happiness. This implies that benevolence is even more blissful. If you acknowledge this bliss you will undoubtedly attain the state of Sat-Chit-Ananda (existence-consciousness-bliss) without any devotional practices and become a revered and exemplary individual.



# Learn the science of inner dimensions

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## SUBJECT

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### Human Values

- Contentment-Definition
- Means to develop Contentment
- Endurance-Definition
- The Practical form of Endurance
- The identity of an Enduring person and the benefits of adopting Endurance
- Truth/Truthfulness –Definition
- Means of developing Truth
- The Importance of Satsang/Association with Truth
- Importance of being a Truthful Speaker (Satyavadi)
- Dharma (Righteousness) –Definition
- Subject and Main Objective/Purpose of Dharma/Righteousness
- Surrender for the pursuit of Dharma i.e. Righteousness
- Selflessness – Definition
- Obstacles on the Path of Selflessness and Ways to Overcome Them
- Benevolence

### The means of restraining the mental tendencies

- Practice
- Practice-The key to success
- Detachment
- The True Criteria of Detachment
- The Significance of Silence
- Silence and Speech
- The importance of silence in life

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