

Man is a Guest of Nature.
મનુષ્ય કુદરતની મહેમાન છે.
मनुष्य कुदरत का मेहमान है ।



365 Aphorisms
of
'Dada Bhagwan'
on
Holistic Living



T.D.M
Gnft



PUSTAKA PERDANA



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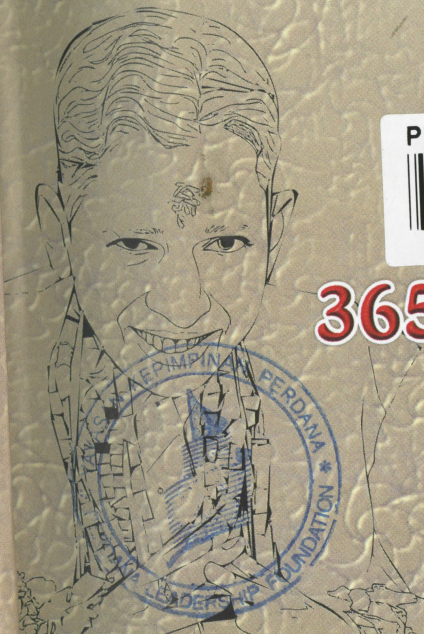
365 Aphorisms

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Holistic Living



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Utmost humbleness & realisation of ignorance

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Foreword

I am honored to sit as one of the honorary academic advisors for the Holistic Science Research Centre, which upholds Sanatana Dharma by merging ancient wisdom with contemporary insights. Although I didn't have the privilege of meeting Dadaji, engaging with his work, "Dialogues with Dadaji," completely transformed my thinking and opened entirely new perspectives on life's deeper questions. Dadaji's rigorous scientific approach to exploring consciousness and human potential is truly remarkable. By masterfully combining empirical research with contemplative practices, he produces insights that appeal to both analytical minds and those seeking practical wisdom.

Dadaji's works revealed to me how to align my corporate and spiritual goals with a central focus on self-discovery and professional excellence. I realized that these two aspects of life can complement each other rather than compete. This understanding will resonate especially with high achievers seeking meaning beyond career success.

In my corporate journey, Dadaji's teachings were an invaluable compass for navigating business challenges while maintaining ethical standards. His emphasis on inner stability and self-understanding kept me grounded and helped me build authentic relationships with clients and colleagues. Most importantly, his insights taught me to view corporate success as a means to serve a greater purpose, rather than an end in itself.

In today's world, where conflict and turmoil are increasingly prevalent, Dadaji's thoughtful roadmap towards authentic living is essential. His work offers genuine tools for self-understanding, which are crucial in our age of information overload and spiritual confusion.

I also had the privilege of knowing Late Dr. L.M. Singhvi for almost three decades, from his days as India's High Commissioner to the UK and later as a nominee for President of India. Late Dr. Singhvi shared with me his wisdom on Sanatan Dharma and universal values, emphasizing for assigning a broader

meaning of the term 'secular' to encompass common universal human values, moral and ethical together, advocated by the spiritual visionaries of the land rather than to construe secularism as that which must remain as if irreligious and oblivious to the established moral and ethical norms which have stood test of the times in millennia bygone, as those advocated by Sanatan Dharma in India.

This distinction resonated deeply with Dadaji's teachings, which also emphasize the importance of transcending narrow sectarian perspectives and embracing a broader, more inclusive understanding of spirituality.

Additionally, my friend Late Shri V.H. Dalmia, whom I knew for 25 years' often spoke about Sanatana Dharma where everyone and every natural resources are to be treated with full concern. His emphasis on value-based learning and ethics has had a lasting impact on me, and I continue to share these insights with young entrepreneurs, highlighting the importance of integrating ethics in business from our rich cultural heritage.

When ethics are not compromised, inner peace follows naturally. By adhering to a moral compass that guides our actions and decisions, we can cultivate a sense of integrity and purpose that brings lasting fulfillment. This is the essence of true leadership and success.

Late Dr. Singhvi's insights, Dadaji's works, and Late Shri V.H. Dalmia's vision collectively reinforce the idea that true peace and fulfillment can only be achieved by cultivating inner stability, wisdom, and a deep understanding of the human condition. As I reflect on their teachings, I'm reminded that only peace can bring peace to the world – a message that is more relevant today than ever.

I am confident that readers of this book will greatly benefit from Dadaji's profound wisdom and insights. As someone who has personally experienced the transformative power of Sanatana Dharma, I'm living proof of its impact. I hope that readers will similarly find inspiration and guidance in Dadaji's words, and strive to integrate these timeless principles into their own lives.

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About 'Dada Bhagwan'

The Soul Incarnate **Shri Ambalal Muljibhai Patel** (1908-1988), popularly known as 'Dada Bhagwan', was born in the state of Gujarat (India) and lived the life of a civil contractor in Gujarat and Maharashtra States. He, although a construction contractor, lived a simple life as a householder in a rented house all his life in Baroda (Gujarat -India).

Since childhood, he had a natural quest for scientific explorations and explanations of the human inner life science in a holistic manner encompassing social, religious and spiritual life in day-to-day living, and strived for religious harmony amidst the plethora of heterogeneous belief systems prevailing in the world. He was enlightened in 1958 on Platform No. 3 at Railway Station, Surat; which occurred 'But Natural' and thereafter he became gradually known amongst the people having a desire to understand the real scientific understanding of human life. Rather than giving lectures or discourses, he encouraged more and more questions from the seekers of Truth and responded thereto.

Dada Bhagwan was a highly evolved person with whom various thinkers, philosophers, scientists and people from all walks of life and religions had dialogues and obtained consistent logical scientific explanations to their queries while respecting varied belief systems.

Dadaji always answered the seekers by explaining the concepts clearly in a consistent way with simple illustrations and similes. He encouraged them to ask more and more questions, and they wondered how He was able to relate myriad things that are going on in Nature in such short, precise answers for which scholars and scientists may take years to research and find out. He gave the perspective that we should not interfere in the scheme of 'Mother Nature' and said that if you do that, you have consequences and disturbances in Nature. He said that India has to explain Humane Values (Manav Dharma) to the entire world in the years to come.

In this age of stress, struggle and strain, where the requisite harmony of mind, speech and action for inner progress is disrupted and drained, the knowledge which he revealed comes to the common man as a saviour to attain the goal of happy, holistic living with right understanding of principles and application of Holistic Science revealed by Dadaji. It keeps us equipoise in all circumstances, making life smooth sailing.

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Kamrej, Surat

4th November, 2025 (118th Birthday of Dada Bhagwan)



Publisher's Note

Shri A.M. Patel popularly known as Dada Bhagwan (Dadaji) never wrote any book. He just preferred to have dialogues with seekers rather than giving a talk or a lecture. He never encouraged any canvassing about his Enlightenment which happened in a 'but-natural way' in 1958. However, many seekers came to know about him through a word of mouth. In the initial years, Shri Natubhai used to note down gist of Dadaji's dialogues with seekers and in later years these were also tape recorded by Dadaji's close Associates often. This material is helpful as an authentic source for publications relating Dadaji.

The compilation of Self-Enlightening Aphorisms of Dada Bhagwan was published (during Dadaji's presence) with the title 'Aptasutras' which contained Aphorisms elicited from such transcriptions in Gujarati language. This publication of 'Aptasutras' was also viewed by him and approved. The English translation was first published by HSRC in 2021 the manuscript of which was reviewed by Shri Kanudadaji (Sept.1930 - June.2020), the protege of Dadaji and his spiritual successor.

As one of Dadaji's close associate since 1974, I was fortunate to invite him to U.S.A. on five trips during 1982 to 1987, where number of seekers of Indian origin and few others had spiritual dialogues with Dadaji. It gives me immense pleasure to publish this small compilation of 365 Aphorisms shortlisted by HSRC Academic Advisor Mr. A. Selvadurai, Singapore and edited by his friend Mr. Lalabhai D. Patel, Vice President (Academic & Research), HSRC, Surat with a great zeal to see that the wisdom revealed by Dadaji reaches to various Thought Leaders, Mentors and Corporate Leaders around the Globe in the period of turmoil which has begun since 2020.

Vasantbhai U. Patel,
President,

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Kamrej, Surat(Gujarat-India)



The world is like a museum;
only see and know, relish
and enjoy. Never be
attached with anything
therein, else the museum
would never leave you.

(12)

वर्तमान जगत्परी की वैश्विक सनातन संस्कृति परंपरा
(भावान् ऋषभदेव से दादा भावान तक)



ESTD:2009

HOLISTIC SCIENCE
RESEARCH CENTER

KAMREJ, SURAT (BHARAT)



एगो मे सासओ अप्पा, नाणदंसणसंजुओ ।
सेसा मे बाहिरा भावा, सव्वे संजोगलक्खणा ॥

संजोगमूला जीवेणं, पत्ता दुक्खपरंपरा ।
तम्हा संजोगसंबंधं, सव्वभावेण वोसिरे ॥



On one side is my real self, pure and blissful,
eternal and aware.
On the other side is everything else, circumstantial,
conditional and time bound.

All the series of miseries suffered
by the Self are born of these alien associations;
therefore, I wholeheartedly
surrender those to Thee, O' Divine!



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