



ishq sMBfl dy
pysLvr duBfsLley
kOx hn?

ishq sMBfl dy pysLvr duBfsLlaF nUM BfsLf aqy anuvfd dy hunrF ivc isKlfel imlI huMdl hY. Auh BfsLf
bolx ivc srl huMdy hn aqy hyT ilKy asUIF dl pflxf kr dy hn:

- Byqdfri
- drusqi
- inrpwKqf

ies qoN ielfvf ishQ sMBfl dy pysLvr duBfsLlaF nUM ishQ sMBfl pRxfll smJx lel iswiKaf idwql
gel huMdl hY. ishQ sMBfl dy duBfsLley kfAuNslr jF slfhkfr nhIN huMdy, pr Auh klfieMts nUM aqy
ishQ sMBfl pRdfn krn vfilaf nUM pRBfvsLflI, inpuMn, aqy shI gwlbfg krn ivc shfieqf kr
skdy hn.

ishq sMBfl lel
duBfsLley mhwqv pUrn
ikAuN hn?

bhuq lok jo aMgryjLI srlqf nfl nhIN bol skdy zfktr dy jfx lwigaF, hspqfl jfx lwigaF, jF
afpxy bwicaf diaF ishQ sMBfl diaF loVF smJx smyN afpxy dosqF jF pivrfr dy mYNbrF qy inrBr
kr dy hn. ieh coxjLrUrI nhIN hr smyN sB qoN vDIaf hl hovy. iksy smyN dosq aqy pivrfr dy mYNbr
kMm 'c rwuly huMdy hn qy shfieqf nhIN kr skdy, iksy smyN AuhnF dl aMgryjLI aYnl vDIaf nhIN huMdl qy
jF sLfied AuhnF nUM ishQ sMBfl pRxfll dl smJ nf hovy. pivrfr dy mYNbrF aqy dosqF qoN shfieqf
lYx smyN mrljL dl inwjaf aqy Byqdfri nhIN rihMdl, aqy hor lokF lel mrljL dy msilaf ivc sLfml
hox df rfh KulHdf hY.

prFqk BfsLfel syvf kl
hY?

prFqk BfsLfel syvf, jo ik prFqk ishQ syvfF dl sMsQf df iek Bfg hY, sfry ibRitsL kolMblaf diaF
kimAUintlaF ivc 150 qoN vWD BfsLfvF ivc isKlfel-prfpq duBfsLley pRdfn kr dl hY; ieh duBfsLley
vwKrl vwKrl iksm diaF ishQ sMBfl mulfkqF lel iml skdy hn.

kl ishQ sMBfl lel
duBfsLley lfjLml hn?

bl[slI ivc zfktrF aqy hor ishQ sMBfl pysLvrF lel duBfsLley vrqxy lfjLml nhIN. kel vfr ho
skdf hY AuhnF nUM pqf nf hovy ik aijhlaF syvfF mOjUd hn. qusIN afpxy zfktr jF ishQ sMBfl
pRdfn krn vfly nUM, jy qusIN dwsx ivc sOK mihsUs kr dy ho, qF dws skdy ho ik pysLvr duBfsLley
mOjUd hn. afm krky ishQ sMBfl pysLvrF ny iek vfr duBfsLley nfl kMm krn ipCoN AuhnF vwloN
shfieqf dl kdr hl klqi hY.

hor jfxkfrI lel

quhZf ishQ sMBfl pRdfn krn vflf/vfll hor jfxkfrI lel prFqk BfsLfel syvf nUM 604-297-8400
jF 1-877-228-2557 qy PoLn kr skdf/skdl hY. jy qusIN vl duBfsLl syvfF bfry hor jfxnf cfhuMdy ho
qF PLon kr skdy ho.

sMprk lel jfxkfrI:
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