

# Be Ye Peaceful

Vol. - XX



## What does Satsang want

Satsang wants man  
in the name of the One Supreme Creator  
of all beings,  
God, Khooda or Existence,  
Whatever you call Him.  
Satsang does not think in terms of  
Hindu, Christian, Muslim, Buddhist;  
regarding each and everyone  
as a child of Him alone,  
Satsang wants to make all  
submissive to that One.

Satsang does not think in terms of  
Pakistan, Hindustan, Russia, China,  
Europe or America either-  
Satsang wants man, every individual of  
mankind  
whether Hindu, Muslim, Christian or  
Buddhist or whatever—  
to be gathered in His Name  
at the clarion call of Panchabarhi\*  
in pursuit, nurture and fulfilment,  
in elevating offering,  
in mutual compassionate co-operation  
and in an uplifting, efficient and  
industrious go of life  
so that everybody by proper work  
earning their food and clothing can  
survive,  
maintaining distinctiveness of being  
and moving in the way of becoming,

so that everyone can understand  
that everyone belongs to him,  
so that no one can think  
that he is helpless, penniless, shelter less,  
so that every single person can say  
courageously  
with active co-operative zeal of love  
“I am everyone's  
and everyone is mine”.

Satsang wants the greatest co-operation  
between states  
so that there is not the least flaw  
in anyone's existential becoming  
and so that each and everyone  
can move on freely  
in this world  
in one accord  
with self-elevating, efficient and active,  
progressive go of service,  
growing in integration  
that is mutually fulfilling—  
being illuminated with the inspiration  
that cultivates the good,  
with an eye to fulfilling that Ideal man  
being meaningful in that unparalleled One.

**-Sree Sree Thakur**  
(Dhriti Bidhayana, Vol-I, 394)

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\*Panchabarhi - Five fires symbolizing the five disciplines for becoming: service to Almighty one, the seers, the grouping of the varieties of similar instincts, devoutness to the forefathers that followed the existential path, and self-dedication to the present Fulfiller the Best.



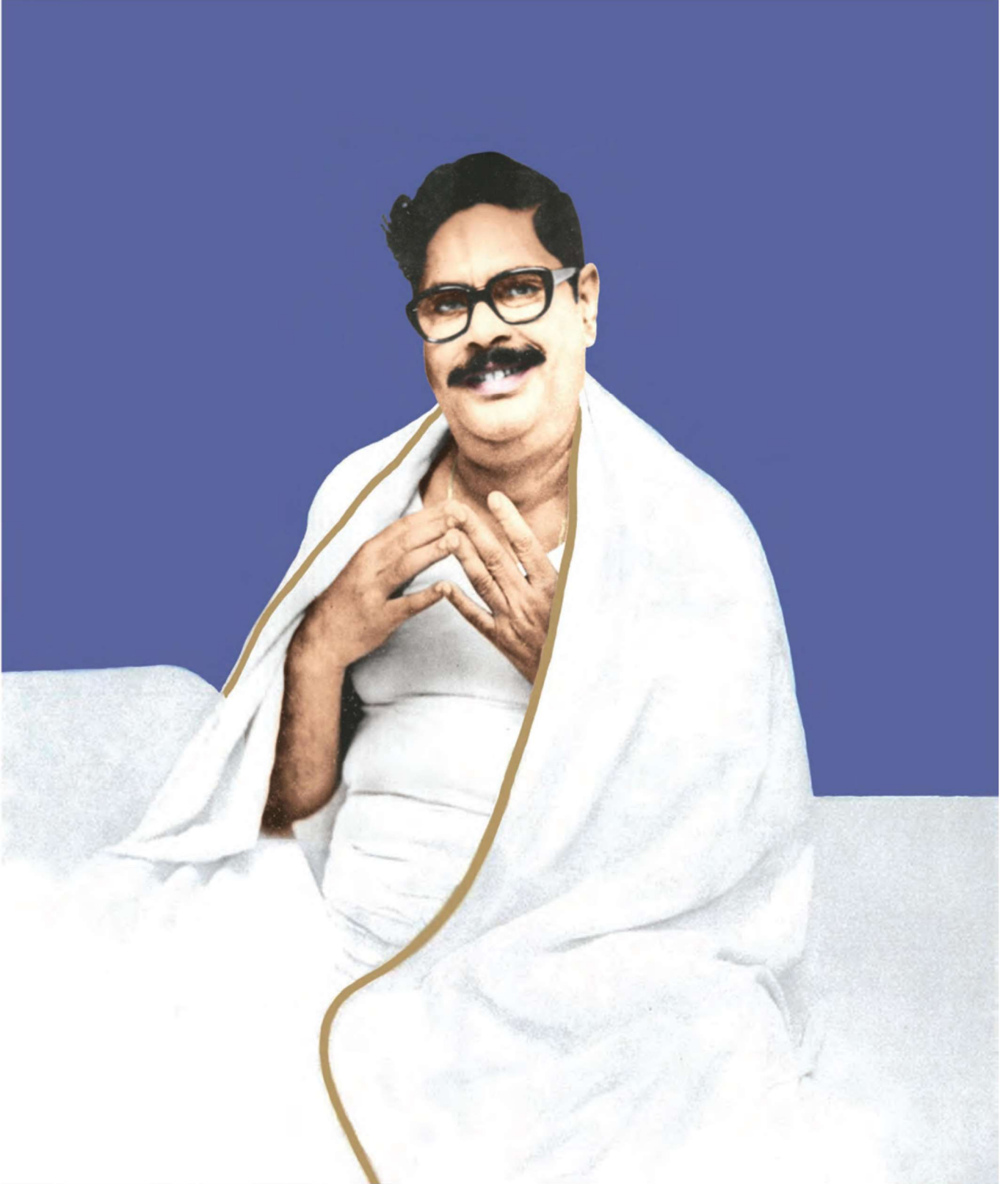
Sree Sree Thakur Anukulchandra





Sree Sree Baroma





**Parampujyapada Sree Sree Borda**





**Parampujyapada Sree Sree Acharyadev**





**Parampujyapada Sree Sree Dada**

Sree Sree Thakur is our Ideal, the very center of existence of all of us. Only by remaining totally adhered to Him with every mighty urge and worshipful-endeavor. Serving him piously with unquestioning allegiance and doing everything for his sake with whole-hearted sincerity and vigor, we become true to ourselves and come to true piety for others. He is fulfiller the best. Only by serving and loving Him, we may attain perfection in all our actions, words and behavior. By remaining in tune with his existential ordinance, we join true happiness and may make others happy too.

May your resolve to be His and His only, resonate your own heart and also that of everyone else with ever undiminishing peace and happiness.

Love and R.S.  
Dada  
26.08.2010  
Satsang, Deoghar



# AN EXHORTATION

## SUPREME VENERABLE ACHARYADEV'S MESSAGE

What is life? Life is impartial dynamism. It is akin to water which is also impartial: whatever colour, fragrance or taste it is given, it takes on that colour, fragrance or taste. Our life, which we nurture, is shaped by us according to our desires; therefore, what we give out in the environment, life also follows that form accordingly.

The intensity of ego is the constant cause of sorrow. It is the Guru who sublimates the ego. The ego needs to remain but should not bind one, because the complete elimination of the ego leads to the obliteration of existence. It is only the conscientious one whose ego is diluted—it is only He who is self-authorised to have glory.

So, what does a human do? The only avowed activity in life is to love the Lord. The action through which that love is expressed is worship. The essence of the word 'worship' means 'to practice', the manifestation of which also takes place accordingly. Love is not composed of just thoughts and nothing is also achieved out of it. Thakur is the embodiment of love. We hold on to Him with our minds and we become enthralled by Him. So, one needs to be engaged in the practice of being immersed in the thoughts of Thakur. Unless one firmly resolves that the most cherished possession in life is the Lord, blaming external factors will result in nothing. Life will continue to remain sorrowful. If liberation from such a state is desired, one must keep meditating upon the Lord silently in the mind and chanting His name, with the proclamation to one's self: Lord, I love you and you only.

One's personality is modelled on the object of one's engrossment. When it is manifoldly divided, it leads to the human personality being fragmented. Oscillating belief between Thakur and one's passion leads to the go of life being fragmented. If one has deep faith in Thakur, one's go would continue in an uninterrupted concentric motion.

Then, one will experience a transformation within and find what one is capable of and what needs to be done in life. You will then understand and feel how beautiful life is.

So, how does one unswervingly become Thakur's? Continuity alone can propel one forward in the pursuit of the avowed activity. Our inner state is the greatest help in this pursuit. Hence, from this moment on, one needs to think that if Thakur is manifested in our conduct, even to the minutest, one should vow not to break the bond of faith anywhere in one's conduct.

Even amidst the severest of adversities, one's behaviour should not falter from the path that reflects Thakur's prescribed norms of conduct. The essence of conduct is embedded in the word 'behaviour'. This is how, through our conduct, we can strengthen the ground of faith.

This is what we shall ask of ourselves daily: Have I been of any use to you today, O Lord? Have I exalted myself and others too, with pious worship? Have I been able to savour your presence with everything that I have? In being able to do so, with one fell swoop, one can get rid of all unwanted issues and complexes.

Jaiguru.





## “BE YE PEACEFUL”

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## EDITORIAL



We gather annually for the National Satsang Utsav in our Center to celebrate our faith in Sree Sree Thakur and strengthen the bonds of our Satsang community. This year, we propose to take a moment to reflect on a challenge that transcends individual congregations and unites humanity – the well-being of our environment.

Sree Sree Thakur Anukulchandra spoke of a tripolar existence: the Individual, the Ideal, and the Environment. Each element is essential; a disharmony among them creates an imbalance. We strive for personal growth, aspire to the Ideal, yet often neglect the very foundation upon which these aspirations stand – our environment encompasses our neighborhood, just not humans but all living beings that dwell in it - that is all the elements of nature.

The world groans under the weight of our negligence. Erratic weather patterns, rising sea levels, and ecological devastation are stark reminders of our environmental imbalance. From the scorching heatwaves in Europe to the devastating floods in Asia, the consequences are undeniable.

As followers of Sree Sree Thakur, we have a higher responsibility. We must be the change we wish to see. Following the inspiring initiatives of our present Acharyadev, we can incorporate environmental consciousness into every aspect of our lives:

**Reduce, Reuse, Recycle:** Inspired by Sree Sree Acharyadev's vision, we can establish a composting program within our congregation, turning food scraps into valuable fertilizer. This echoes the Anand Bazar example, where He arranged for free compost derived from food waste and plates from the common kitchen, benefiting thousands of farmers in Deoghar. Use biodegradable plates and cutlery at gatherings, and implement a compost system from food waste.

**Plant for the Future:** His commitment to afforestation is a beacon. We can organize tree-planting drives during important occasions, leaving a

lasting testament to our faith and environmental responsibility. Imagine the impact if each of us planted just a few trees, mirroring His remarkable initiative of planting ten thousand trees.

**Compassion for All Beings:** His act of distributing food for monkeys and other animals during the pandemic lockdown exemplifies true compassion. We can explore ways to extend kindness to creatures who share our environment, perhaps by planting gardens that attract pollinators or creating designated feeding areas for wildlife.

**Reduce our carbon footprint:** Encourage carpooling or using public transportation whenever possible. Utilize energy-efficient lighting within our congregation buildings.

Simple actions, when multiplied, create a ripple effect. Each step towards a greener future is a step towards a more harmonious existence. As Sree Sree Thakur said, "*To ignore the source is to be deprived of the resources.*" Let us truly realize the interconnectedness of all beings and the importance of remaining strongly adhered to the Ideal as center.

By integrating environmental awareness into our daily lives and our congregations, we can create a sonorous harmony between the individual, the Ideal, and the environment. Future generations will inherit the consequences of our choices. Let us choose wisely and leave them a legacy of faith, compassion, and a healthy planet, inspired by the visionary leadership of Sree Sree Acharyadev. His commitment to rainwater harvesting, a project that demonstrably raised the water table index by more than a foot, serves as a powerful testament to the impact achievable when we prioritize environmental well-being. Let us all become stewards of our planet, living in accordance with the path shown by Sree Sree Thakur.

*JoyGuru.*

*Bande Purushottamam!!*

# New Jersey Vanmahostav



# Minneapolis Annual Satsang



# North Carolina Annual Satsang



## UNIVERSAL BROTHERHOOD

*Subrat Mohanty  
President, Satsang America*

In today's world, civilization is in chaos. Mere anarchy is across countries and continents. All elegant, rational, systematized, and analytical approaches to living a better life have failed. There is a huge variation between culture and civilization. Attempts for cultural and civilization congruence have failed miserably. Because of all these, brotherhood has been doomed into the darkness. Why are all these happening? All because of our individualistic and solitary approaches and behavior. Novel science and technology have changed the materialistic world but cannot transform the mindset of human beings. We have reached the darkest part of the moon; however, we cannot remove the darkness from our minds. This narrowness, this is mine ... that is his / her, making us so greedy and selfish that we are not in a position to think about others. Great, Saint Manu told this more than a thousand years ago.

अयं निजः परो वेति गणना लघुचेतसाम्।

उदारचरितानां तु वसुधैव कुटुम्बकम्॥

(This is mine, that is his, says the small-minded,  
The wise believe that the entire world is a family.)

Vasudeva kutumbakam (वसुधैव कुटुम्बकम्) is just in words.... not in practice. "The whole world is one family" is just a mere thinking for all of us. We, as individuals, cannot grow unless there is harmonious total growth in the world. Vivekananda said beautifully, "Not a single atom can be moved without dragging the whole world along with it." This is so true. So, without harmonious total growth, our personal growth is impossible. Because if there is no harmonious total growth in the world, countries can not progress. If countries cannot progress, societies cannot progress. When societies cannot progress, families cannot progress; thus, our personal lives cannot

progress. The human being is a gregarious animal.... Live in society, and we have strata in life. The Pivot of all these states is the Individual. The extension of the individual is family, the extension of the family is society, the extension of society is country, and the extension of the country is the world. As Sri Sri Thakur says – "know for certain- you are responsible for yourself, your family, your society and your country as a whole."

So, for our personal growth, we, every individual, have to grow our environment and things associated with us, and that is Dharma.

অন্যে বাঁচায় নিজে থাকে, ধর্ম বলে  
জানিস তাকে

Anye bachain nije thake, Dharma bole janish take  
(Let Live Others and Be Lived)

In other words, the definition of Dharma is – "laws that sustain life and growth with every effulgence of personality both individually and collectively." So, if there is no libido glow in our life, our personality won't develop, and if our personality does not, we cannot develop our environment. Personal development is impossible without having a center in life, and that center is adhering to the living ideal or the Master with untottering adherence. Because our Being is instinct with existence, consciousness, and blissful becoming, Dharma is what nurtures this existence, consciousness, and blissful becoming. Embodiment of Dharma is the Living Ideal. He is the only one who knows every individual's instinct; accordingly, He nourishes and nurtures our very existence, consciousness, and blissful becoming. So, it is inevitable that we need to get attached to the Supreme Love, which is what Religion is. We always get confused between Dharma and Religion. Dharma is to – "let live others and be

lived.” In contrast, Religion is to Re-ligard or re-bind with the supreme beloved. Sri Sri Thakur says, "religion is not witchcraft, quackery, or superstition. Religion means to re-ligard the libido with the supreme beloved.” In our evening prayer, we sing daily –

Surata chadhe Aakash mein kare shabda bilasha ,  
Dham dham nirakhata chale pawe nija ghara  
basha

So, when our surata or Being gets attached to the Supreme Beloved, our complexes adjust, and our personality grows. “Adjustment of complexes invites upholding of existence. Upholding of existence brings compassionate sympathy; Compassionate sympathy gives birth to integration. Integration welcomes power. Power invokes Harmonious Total Growth.” So, in summary, to have harmonious total growth, we, every individual, need to be attached to the Supreme Beloved. When we get attached to the

Supreme Father, there is unity in purpose, i.e., harmonious total growth and unison in principle (jajan, jaajan, ishtabhriti, swastayani, sadachar). Sree Sree Thakur says – “Unity of purpose invites amity, and unison of principle creates friendship and brotherhood.” So, when we get attached to the Supreme Father, brotherhood is spontaneous. This is the final and ultimate solution to realize brotherhood.

“He within whom all the resources of the world – knowledge, love, and activity- are spontaneous and by inclination towards whom the scattered lives of men and all the diversities of the world find a final solution is the God of men.”

So, Sree Sree Thakur is the God of men ... the Supreme Being.

*Bande Purushottamam!!*



### MAKE THY PRESENT SUCCESSFUL

Be thou always prepared for the welfare-activity of the present, reckoning the affect of the past with meaningful conscientious consideration to have every efficient effect in every affair, and thus make thy present successful and existentially propitious.

Sree Sree Thakur, *The Message, Vol - 3*

## IN PURSUIT OF IDEAL CENTRIC LIFE

*Sanjib Das, SPR  
Massachusetts*

### What constitutes an Ideal?

In simple terms, an Ideal embodies someone who can harmonize our inner complexities and motivate us consistently to stay on the right track and achieve our goals. An ideal provides us guidance and inspiration to navigate life's challenges and steadily help towards achieving our goals, ensuring we remain focused and true to our purpose.

### Why do we require an Ideal in our lives?

The concise response lies in the necessity for continual alignment. Alignment is not a one-time occurrence but a perpetual process. It is not essential to maintain this alignment consistently due to the myriad distractions that pervade both our individual lives and society as a whole. In the intricate tapestry of existence, we encounter numerous distractions that pull us away from our intended path. These distractions can manifest in various forms, whether they be personal desires, societal pressures, or external influences. Without a guiding Ideal, it becomes challenging to navigate through these distractions and remain steadfast in our pursuits. Moreover, alignment with an Ideal serves as a compass, providing direction and purpose in our daily endeavors. It ensures that our actions, thoughts, and intentions are in harmony with our core values and aspirations. This alignment isn't static but dynamic, requiring continuous adjustment and reaffirmation to counteract the ever-present forces of distraction and deviation.

Ultimately, the presence of an Ideal in our lives offers a guiding light amidst the darkness of uncertainty and distraction. It serves as a constant reminder of our true north, helping us stay on course and fulfill our highest potential.

### Why is an Ideal-centric life necessary?

Now that we recognize the importance of having an Ideal and acknowledge its presence, do we truly live according to its principles? What makes this essential for everyone? Let's take a step back to unravel these questions. Just as a river needs boundaries to flow towards its destination, life requires a framework to attain its goals. Without these boundaries, we may struggle to reach our objectives effectively. An Ideal-centric life serves as such a framework, guiding us towards success. It's vital to be cautious about the term Success, which often varies greatly among individuals due to their unique characteristics and capabilities. Sree Sree Thakur Anukulchandra emphasizes holistic growth and success, akin to balanced growth, without neglecting any aspect of life. While one may excel in their career or social status, true success encompasses every stage of life. Without the boundaries provided by an Ideal-centric life, our success may be superficial, lacking in moral and spiritual values. Even if we inherit success from our parent's adherence to ideals, maintaining these boundaries is crucial for ensuring sustainable success for future generations.

### How does adherence to an Ideal makes our journey easy?

Life's journey is full of challenges and complexities, but adherence to an Ideal can greatly simplify and enrich this path. An Ideal, such as Sree Sree Thakur Anukulchandra, serves as a guiding light, offering wisdom, direction, and support at every stage of life. By aligning ourselves with an Ideal, we gain clarity and purpose, making it easier to navigate through life's various phases.

**Infancy:** In the early stage of life, adherence to an Ideal helps parents instill

foundational values and principles in their children. As infants, we rely entirely on our caregivers for our physical and emotional needs. When parents are guided by an Ideal, they are more likely to provide a nurturing environment filled with love, care, and spiritual grounding. This early influence sets a solid foundation for the child's future growth and development, making the initial stages of life harmonious and secure. **Student Life:** As we transition into student life, adherence to an Ideal provides a moral and ethical framework that shapes our character. This stage is crucial for developing discipline, focus, and a sense of responsibility. The teachings and example of an Ideal help students prioritize their studies, respect their teachers, and build strong, positive relationships with peers. This spiritual guidance ensures that academic pursuits are balanced with moral and ethical development, fostering well-rounded individuals.

**Adulthood:** In adulthood, the complexities of life increase as we take on more responsibilities, both personally and professionally. Adherence to an Ideal helps us stay grounded and focused on what truly matters. The principles imparted by an Ideal guide our decisions and actions, ensuring that we seek not only material success but also inner peace and fulfillment. By viewing our work as a service to a higher purpose, we find deeper meaning in our daily tasks, which enhances job satisfaction and overall well-being.

**Family Life:** For those in the family stage, adherence to an Ideal is crucial in creating a loving and supportive home environment. An Ideal provides a model for nurturing relationships, raising children with strong values, and caring for elderly parents. This spiritual foundation helps maintain harmony within the family, ensuring that every member feels valued and respected. The Ideal's teachings on love, compassion, and selflessness guide family members to support each other through life's challenges, making the journey smoother and more fulfilling. Throughout all these stages, adherence to an Ideal keeps us aligned with

our higher purpose. It acts as a constant source of motivation and inspiration, helping us overcome distractions and remain focused on our spiritual goals. The Ideal's wisdom helps us navigate life's uncertainties with confidence and grace, providing a sense of stability and direction. This alignment with a higher purpose makes our journey through life not only easier but also more meaningful and rewarding.

### **How does living an Ideal-centric life benefit us?**

Our minds, intricate and susceptible to distractions, are continually influenced by our actions and surroundings. By cultivating a strong attachment to the Ideal through our daily activities, we imprint its values and principles onto our subconscious. Over time, this subconscious conditioning gradually shapes our conscious thoughts and behaviors, aligning them with our ultimate objectives. To illustrate, consider the analogy of water: in its different states—solid, liquid, or gas—water adapts to its environment, reflecting changes in temperature and pressure. Similarly, our minds are malleable, responsive to the stimuli and circumstances we encounter. Just as the environment can transform water into different states, our adherence to an Ideal molds our mindset, guiding it towards alignment with our spiritual goals.

Another analogy is the transformation of coal into a diamond: under the right conditions, the molecular structure of carbon undergoes a profound change, resulting in the creation of something precious and enduring. Likewise, by consistently living an Ideal-centric life, our mindset undergoes a transformative process, evolving into a state characterized by spiritual awareness and alignment. Once this transformation occurs, it becomes ingrained as a habitual way of living—a natural and spontaneous expression of our values and beliefs. In essence, the Ideal-centric life serves as a catalyst for profound internal change, reshaping our mindset and behavior in accordance with our spiritual aspirations. Just as water

maintains its state in a consistent environment and coal transforms into a diamond under specific conditions, our unwavering commitment to living in alignment with the Ideal fosters a profound and lasting transformation within us.

### **How can we cultivate an Ideal-centric lifestyle?**

The key lies in integrating daily activities that connect us with the Ideal. Beyond mere rituals like Jajan, Jaajan, and Istavrity, it's essential to infuse our thoughts and actions with reflections on the Ideal and His teachings. Consider the Ideal as a beloved family member, incorporating His principles into our daily interactions and decisions. Sree Sree Thakur Anukulchandra provided comprehensive guidance on life and growth, emphasizing the importance of continual personal

development. Growth isn't a one-time achievement but a daily endeavor, requiring us to identify areas for improvement and take proactive steps to address them. By aligning our habits and mindset with the Ideal's teachings, we unlock the transformative power within ourselves, ushering in a profound sense of fulfillment and purpose.

### **Conclusion:**

In essence, our societal roles as parents, children, siblings, neighbors, and citizens necessitate a focused and motivated approach to life. Embracing an Ideal-centric lifestyle enables us to navigate these roles with clarity and purpose, staying steadfast in our pursuit of personal and spiritual growth. By remaining aligned with the Ideal's principles, we unlock the magic of a life imbued with meaning and fulfillment, realizing our true potential and attaining our ultimate goals.

*Bande Purushottamam!!*



## ON MOTHERS DAY, 2024

Manoj Patra, SPR  
California

Most Sundays, we visit the vibrant Farmer's Market in our neighborhood in Milpitas, California. Among the colorful stalls, Antonio, the friendly flower vendor, always has a smile and a story. Over time, our conversations have blossomed beyond just bouquets. We delve into the world of flowers, their delicate needs, the fleeting beauty they bring, his daily routine, his family, children liking this work or not etc. Recently, with Mother's Day approaching, Antonio mentioned the frenzy of sales he anticipated. "A month's worth of business in a single day!". He observed that Mother's Day in Mexico is on a different date and enthusiastically asked me, "When do you celebrate Mother's Day in India?".

I responded with a sense of pride about the Indian heritage of celebrating mothers and fathers. We don't dedicate a specific day to Mom or Dad. Every day is theirs. Our traditions, steeped in respect, encourage us to bow down to our parents, not just once, but throughout the day, a constant reminder of their love and sacrifice. Distance doesn't diminish this connection. Antonio chuckled, "That's how it should be everywhere! Every day should be Mother's Day." His simple remark resonated deeply.

I used the opportunity to share a few stories about Sree Sree Thakur with him. **Thakur's unwavering devotion to his mother's words extended beyond mere sentiment, manifesting in actions.** Once, during an important mathematics exam, young Thakur knew all the answers. However, his mother had remarked earlier that he had not prepared so would not be able to answer even a single question. Not wanting to prove his mother wrong, Thakur remained silent throughout the exam, a testament to his respect and devotion for her every word.

**Another instance demonstrated his unwavering obedience.** One morning, Thakur injured his foot. Since the wound appeared minor, his mother dismissed it as inconsequential upon cursory inspection. Determined to uphold his mother's words, Thakur limped the two miles to school that day despite his pain. These anecdotes illustrate the depth of Thakur's respect for his mother— respect that transcended logic; respect that defied personal comfort.

The Supreme Father in His human form, felt a profound sense of loss upon his mother's passing. These anecdotes highlight the universal power of a mother's love.

Sadly, news stories of children mistreating their mothers, or abandoning them after marriage, leave me heartbroken.

Regarding the duty of mothers, Sree Sree Thakur said:

মায়ের উচিত পিতার প্রতি  
ছেলে পিলের শ্রদ্ধানতি,  
বাড়ে যাতে তেমনি করা  
উছল এতেই সন্ততি।

*A mother should instill for the father  
Love and Respect in children with care,  
And grow that continuously for only then  
Will the children follow suit with their share*

The above verse emphasizes the importance of a mother's role in shaping her children's character and values. By teaching the children to respect their father, she lays the foundation for a harmonious and respectful family dynamic. This respect will then be passed down to

the next generation, creating a ripple effect of love and understanding.

And to the father He said,

পিতার উচিত মাতৃভক্তি  
অটুট থাকে সন্তানের,  
ব্যবহার আচার কথায় তেমনি  
পুষ্ট করাই মঙ্গলের।

*A child's unwavering devotion to its mother,  
Should be nurtured by its father,  
Through his words, actions, and demeanor,  
For this lights the path to child's well-being.*

This underscores the crucial role a father plays in fostering his children's respect and love for their mother. By embodying his own devotion to his mother, the father sets an example that his

children will emulate. This act of modeling positive behavior ensures that the values of filial piety are passed down through generations.

Fathers often shower their children with toys, classes, and fun outings. While these gifts and experiences are valuable, a father's greatest investment lies in instilling a deep respect for their mother. This single act holds the potential for the greatest benefit to their loved ones.

This Mother's Day, let's go beyond the flowers and cards. Let's commit to showing our mothers—all the mothers in our lives—the appreciation they deserve, every single day. By following Thakur's example of unwavering respect, we can create a world where every day feels like Mother's Day.

*Bande Purushottamam!!*



## THE DIVINE ENFOLD

*Riya Paul  
Arkansas*

Without detailing specific incidents, I want to highlight some significant moments in my life where I experienced extreme mental, emotional, and physical fortitude.

After countless nightmares over the years, chanting the holy 'name' has always helped. It feels like someone is continuously watching over, protecting, and directing.

Starting right after my 10<sup>th</sup> standard exams in 2010, I had to decide whether to pursue medicine or engineering. The decision-making process led me back to Deoghar (India) every year. A brief five-minute discussion with Acharyadev (then Babai Dada) at the beginning of each academic year filled me with confidence. I am certain it helped me get to where I am today.

There was a time in 2019 when I almost wanted to give up on my PhD. After consulting with my father, the only thing that stopped me from not returning to the States to continue my studies was a visit to Deoghar and seeking Acharyadev's blessings on this decision. He said, and I quote, "You have started it; there is no stepping down now. Yes, when you feel tired, rest for a while, but do not take a step back". Almost unthinkingly, I set sail again to continue my journey here, and everything fell right into place. I remembered each word of Acharyadev every time I felt demotivated, and I earned my PhD four years later with flying colors.

Each time I start driving the car, I feel I am safely escorted to my destination under the divine lord's supervision. I had a scary encounter in 2020 when my car was hit by another vehicle while I was still learning how to drive. At that moment, I mustered the courage to maneuver in a way that potentially saved my life and my friends. I remember chanting the holy 'name' during that 30-second event, and it came automatically. This is another beautiful point I would like to share: once you have accepted Thakur as your father and trusted him with your whole heart, I believe you will always remain enveloped in his caring realm.

Ever since childhood, even wandering alone inside the temple borders in Deoghar has brought me peace and joy. Why did a shy and introverted person like me find a sense of family for the first time in five years after moving to the United States from India at the annual Satsang gathering in North Carolina in 2023? The people I met for the first time felt like I had known them for years, as if we were related through some lifelong connection, a divine link, all being the children of Thakur. This feeling remains the same every time I visit a temple worldwide. Feeling secure in the knowledge that I will always have a place to call home if there is a Thakur's temple is genuinely comforting. I long for more individuals to experience the love and warmth that surrounds our extensive family!

*Bande Purusbottamam!!*

## REFLECTION OF SCATTERED CLOUD OF CONTEMPLATIONS

*Suranjan Pradhan  
Connecticut*

### What would be like a smartphone?

a) Different telecom companies across countries/borders, provide network bandwidth to make connections; though diverse entities, technologies, infrastructures, but the communication signal intrinsically transfers from one end to the other end of the globe immaculately. To draw an equivalent, in the present scenario around the globe, the populace mostly preaches about ‘-isms’, e.g. Hinduism, Buddhism, Christianity, Islamism etc. being vehemently designated as religion, trying to sketch which is superior, frame contentious rules and form barriers against humanity. Sree Sree Thakur says, Dharma never becomes many. Views may be many. All the faiths culminate to the realization of the One.

b) In the era of mobile evolution, ‘G’ (Generation) is at front end. From the 90s, when sending/receiving text messages was the craze, now crafting of governing all our day-to-day activities from a device, in our palm. All the way from sending a digital text message in 2G network to faster data speed, lower latency and connected devices in 5G network, the communication services have exponentially revolutionized over the decades. 5G offers reliable connection, high-rate data exchange, real-time services which can be useful and productive in many ways.

Drawing in parallel, Sree Sree Thakur selects five principles; 1. Jajan, 2. Jaajan, 3. Ishtavrity, 4. Swastyani, and 5. Sadachar to pursue the way of Being and Becoming. The more of the aforesaid aspects one able to accomplish persistently, the mastery within will sparkle and illuminate others. We should make every effort to remain attached and connected to ‘Sat’ (the source of Existence) through enlivening thoughts,

behavior, habits and expand our mind with devotion. The closer the connection with less disruption, the stronger the conviction.

c) Initiation may be thought about as a SIM card; for a phone to connect to a network, one needs to have put a sim card in a device and then only will be able to connect to compatible network and in turn pursue that connection with someone. Initiation is the commencement of the thought process of surrendering to Him. With the initiation process, simply try to configure oneself to be worthy for Him and take up the path of upliftment. If you wish to get something, then first you have to learn how to get it and do that accordingly. Even if you fail, no worry, through Meditation and chanting of Holy Name, try to perfectly execute, success shall be yours. Without doing, getting sad/impatient/angry, missing the traits, would be deemed foolishness.

### Highway of Wellbeing

Man and states constructed roads, highways to travel from one place to other. Thus created a path, where several people can transit, individually or in mass. Narrow lanes connect every corner of streets, then converge to wider roads, highways. Freeways offer high speed travel with controlled access, but do not connect to all places. Gravel/trail roads are tough on travel, but they often lead to the most beautiful, charming, serene places on earth.

Likewise God has crafted several paths for the Humans to reach one’s ultimate destination. One can choose and adopt which path to follow. Most of the time, one typically follows the path laid out by others (family, elders, friends, society...). Only a ‘Sadguru - True Master’ can be the best

guide or north star, paves the way how to lead the life at a given point in time. With persistent affiliation to the Living Ideal, His paramount guidance showers over active and passive expressions to the mass. There is no quicker or short cut in the way of life, only the untottering Love and Adherence towards the Master would bring in the fulfillment and inspire purpose in life. Avowed activity with love in heart, will bring

expansion and growth. Sree Sree Thakur says in 'Satyanusaran – The Pursuit of Truth';

*Give your heart. You need never retreat.  
Rely, and you shall never be frightened.  
Believe. You shall master the world within.*

*Bande Purushottamam!!*



### **PURUSHOTTAM**

He is the existence of all  
that exists---thereby He the Sat;  
He is the responsiveness  
of all that responds,  
So Chit---that He is;  
He is the becoming of each that comes  
thus He the Anand as known.”

Sree Sree Thakur

## LIFE TRANSFORMING EXPERIENCE AT DEOGHAR

*Nilratan Das  
North Carolina*

Before relocating to NC, USA, my pilgrimage to Pabitra Dhaam Thakur Bari in Deoghar was a profoundly transformative experience. It eternally feels like "thakur bari, mane aamar bari."

Arriving at Thakur Bari on a super chilly and foggy morning, I was eager to take the darshan of Sree Sree Acharyadev near Natmandap. Following his pathway to the Prayer Hall for morning prayers and Naam Path, I was tapped on the shoulder by a guru bhai (Anitya Dada) who greeted me with "Jay Guru " and offered a tour of the Memorial Hall. The visit was profoundly touching and intriguing, especially when we observed Thakur ji's footprint, which has 12 toes, unlike the usual 10. Our deep conversation about the miracles reinforced why we revere him as our Beloved Living God, the Ideal, and the Supreme Father.

Every visit to Thakur Bari provides fresh memories and deepens my connection with Sree Sree Thakur and his family. In the evening, during Nivedan at Natmandap, Sree Sree Acharyadev blessed me as I prepared for my new journey to NC, USA, graciously connecting me with Bapi Dada (Asis Basu). Without delay, Bapi Dada warmly

introduced me to Biswajit Dada and Tusar Dada, whose kindness and generosity immediately made me feel at home upon my arrival. I extend my heartfelt gratitude to the NC Satsangee family for welcoming me into this divine-centric environment.

The next morning was miraculous. As I sat a few feet away from Sree Sree Acharyadev during Naam Path, we exchanged a silent, ten-second gaze. I prayed silently, dedicating my life to his service. This moment, permanently etched in my memory, felt as fresh as ever. On my way home, I noticed a significant shift within myself: a sudden disinterest in astik ahar. This transformation, I realized, was a divine gift from my recent visit to Thakur Bari, where I was charged with divine energy. A week passed, and this change remained unwavering. How could a devout astik ahar follower transform to satvik ahar in just two days? This miracle is only possible through Sree Sree Acharyadev's grace and blessing. Reflecting on this, I soon traveled back to Thakur Bari with my elder sister for Sastayini initiation. "*Ekbano somay ache, chute ay tabar kache, Naile saby dubte hobe gabhir dariya.*"

*Bande Purushottamam!!*

## NAVIGATING THE OCEAN OF FAMILY LIFE

*Papia Das  
Massachusetts*

In our lives, we face many challenges every day, and these challenges can be especially tough when it comes to family life. Family life isn't easy; it's filled with many obstacles that test our patience and strength. But if we learn how to handle these obstacles with the right techniques, we can make our family life beautiful and harmonious. Think of family life as an ocean; if we know how to swim, we can move through it smoothly. If not, it can be overwhelming and difficult. Without the guidance of Sree Sree Thakur Anukulchandra, our family life could easily become chaotic and stressful, like a fierce hailstorm. His teachings and guidance help us find the right path through life's complexities. Millions of people navigate life's ups and downs by holding His hands and following His teachings.

In our daily lives, we deal with so many things, and sometimes we lose our way. We often don't understand what is right or wrong for us. We have our spouse, children, parents, siblings, friends, neighbors - each with specific needs and expectations. It can be very challenging to make everyone delighted. However, Sree Sree Thakur has given us a very simple solution for this. If we try to fulfill the Supreme Beloved, our character will be transformed, and everyone we deal with will also feel fulfilled. This is a unique and wonderful solution. If we try this, our life will be simpler and less challenging because we are always trying to fulfill one person, the Supreme Father. This works like magic for family life.

As human beings, we experience a wide range of emotions and challenges everyday — sadness, illness, stress, suffering, and insecurity. We also struggle with negative feelings like greed, anger, and lust. Sree Sree Thakur teaches us how to control these feelings by staying connected to Him. Living an ideal-centric life means having the Supreme Father always by our side to help us. This

means aligning our lives with the teachings and guidance of a perfect ideal, which, in this case, is Sree Sree Thakur. Only the Supreme Father can transform our negative emotions into positive qualities that benefit our lives. This transformation requires a complete surrender and commitment to living an ideal-centric life. By dedicating ourselves to this path, we can convert our weaknesses into strengths and our struggles into opportunities for growth.

All the saviors throughout history focused on rescuing human beings from their sufferings. They provided wisdom and support to help people overcome their difficulties and lead more fulfilling lives. Sree Sree Thakur has given us special wisdom and support that are particularly suited to the current time and situation. He offers practical guidance that helps us deal with the unique challenges we face today. As devotees, we feel that He is always with us, offering support, guidance, and protection, especially in difficult times. This divine help manifests itself in many ways. One powerful method is chanting His Holy Name continuously and surrendering to Him completely. When we engage in this form of devotion, we feel fearless and secure, knowing that His presence is a great blessing. In these moments of devotion, we experience a tremendous strength that helps us in our everyday life. This inner strength allows us to face our challenges with confidence and grace. By holding on to Sree Sree Thakur's teachings and immersing ourselves in His divine presence, we find the courage to overcome obstacles and the wisdom to make the right choices.

By following the path shown by Sree Sree Thakur and participating in Satsang, we learn how to overcome a life focused on our negative feelings and lead a prosperous and fulfilling family life. In simple terms, holding Sree Sree Thakur's hand in

every moment helps us navigate the ocean of family life. It ensures that we can overcome any obstacle and live a life filled with peace and harmony. Through His teachings and blessings, we can turn our family life into a journey of joy and spiritual fulfillment.

Even though Sree Sree Thakur is no longer physically present with us, His teachings and legacy continue to guide us through Sree Sree Acharyadev. Our Acharyadev, being a devout follower and interpreter of Sree Sree Thakur's principles, serves as a beacon of light in our spiritual journey. In the company of our Acharyadev, we experience a profound sense of positivity and assurance that gives us a deeper understanding of Sree Sree Thakur's teachings, enabling us to incorporate those principles more effectively into our lives. This connection with our Acharyadev not only strengthens our spiritual practice but also accelerates our progress on the path of 'Sadhana,' or spiritual development. By

immersing ourselves in Sree Sree Thakur's teachings through His interpretation and guidance, we move closer towards spiritual enlightenment and fulfillment.

In conclusion, the world is like a huge family, and we're all part of it. Our main goal is to build a stress-free family life and to share good vibes with others who really need them. We are very fortunate to be associated with Satsang, which helps us to easily follow the path of peace, prosperity, and happiness through our love and surrender to Sree Sree Thakur Anukulchandra. The teachings of Sree Sree Thakur provide timeless guidance that adapts to the needs of each generation. By living an ideal-centric life and staying connected to the Supreme Father, we can transform our lives and navigate the complexities of our family life with peace and harmony.

*Bande Purushottamam!!*

## THE SCIENCE OF BEING AND BECOMING

*Ashok Chakraborty  
Florida*

Existence and advancement are the fundamental desires of every human being. Everyone wants to live and thrive within their environment, but we often lose our way when we are driven by our own passions and complexes. In today's world, we are experiencing unprecedented advancements in science and information technology. However, simultaneously, we are gradually losing our moral values and inner peace. This is why we need unwavering guidance from the supreme master of the age. SREE SREE THAKUR ANUKULCHANDRA defines religion as the science of being and becoming. SREE SREE THAKUR says "When science embraces Religion with meaning and means keenly, and fulfills each other with kisses and riches, -heavens comes down through the royal road of knowledge to flourish all-with elixir and bliss!" - The Message, Vol.1.

Unfortunately, many of us become unaware of the significance of living with an ideal or Guru. From my own experience, I have found the right direction when I followed HIS messages and guidelines. Conversely, I have suffered during those times when I knowingly or unknowingly strayed from the ideal. In the holy book Satyanusaran, SREE SREE THAKUR says, "Take to the feet of a true Master, go on taking the Holy Name, and remain in the company of the devout. Truly I say, you have no more to worry for your elevation".

In order to adhere to the Master consistently, we must first be initiated, and then we

need to continue practicing Jajan, Jaajan, Ishtavrity, Swastayani, and Sadachar with utmost sincerity. I have been trying to incorporate these five principles into my daily life, and I must say there has been a tremendous improvement in my physical and psychological well-being. I have faced extreme difficulties and miseries in my life, but I overcame them with the blessings of SREE SREE THAKUR. I never surrender to difficulties. SREE SREE THAKUR says that, "Failure need not be weakness; to fail to try is weakness. If, despite your all-out effort in anything, you fail to succeed, no harm; carry on; don't stop! That unblemished effort must carry you toward the goal"- Satyanusaran. SREE SREE THAKUR equally emphasizes individuals to family, society to nations. HE stressed on the cultivation of human being and made SATSANG, the man making factory. The Message, Vol. IV, SREE SREE THAKUR says "The main thing for every individual is to maintain his life and growth with apt nourishment and this nourishment requires education, agriculture, industry and proper marriage for good progeny; therefore these four pillars are the sovereign towers of existence.....". Finally, I pray to the lotus feet of SREE SREE THAKUR that we may follow him with utmost love and sincerity in our lives. This is the only way to make our lives meaningful and enjoyable.

*Bande Purushottamam!!*

# Satsang America Philanthropic Services Connecticut



# New York



## NOTHING TO LOSE BUT GOD

*Priyam Baidya, SPR  
Connecticut*

Nothing to Lose but God... Sounds strange, does it not? Let me take You through my journey in the last one year and hopefully by the end it would make sense perfectly as it did to me.

In April 2023, I was fortunate to meet with Reverend Acharyadev at Bhubaneshwar Mandir. He gave me a direction on how we should proceed on the path of service in the United States of America. He said we should be of service to the Have Nots and then asked me if I knew what "Have Nots" meant. In my mind I had a definition which was nothing to lose but chains and I was thinking on this when He said Have Nots mean Nothing to lose but God. It felt like the chains that was in my mind broke down on getting this enlivening definition of the word "Have Nots". He mentioned in the beginning Christianity was religion of the Have Nots for about 400 Years. After Roman Emperor Constantine's mother accepted Lord Jesus as her Lord, Christianity spread across the world. With Love and Service our path would be to reach out to all who have nothing to lose but God.

When I met with Reverend Abin Dada in Deoghar, He lovingly told me to organize Soup Kitchens in New York and feed the homeless. Later, He explained that we should cook Khichudi and Papad and serve to the homeless. On special days, we can also cook Chutney. He specifically mentioned we should follow all rules while doing the Soup Kitchen. After a few instances we should try to move to Satsang Center in New York so that people can be invited to the temple to have food.

On returning to the United States, I discussed the blessing with everyone. In Connecticut all guru brothers and mothers were very excited on getting the blessing for Soup Kitchen and we immediately started getting

prepared collecting information on required certifications, insurance etc. I started talking to many homeless shelters and ghost kitchens but for few weeks I did not get a positive response from these places. On discussing with respected Jeffrey Renert Da he advised me to check with a homeless shelter in Hartford. I called the homeless shelter and expressed our intent of organizing Soup Kitchen and it would help if we can use their kitchen facility to cook the food. I was told they needed to obtain permission from the CEO for this purpose. After two days at around 12:30 PM I received a call from the CEO. She heard about our proposal to organize a Soup Kitchen and also use their kitchen. She called to tell me that she could not give us the permission to organize. Soup Kitchen at the homeless shelter. I thanked her for calling me instead of just sending an email or a text and then asked her permission to explain why we are doing the Soup Kitchen. Over the next ten minutes, I spoke to her about Sree Sree Thakur and the philosophy of Being and Becoming. I tried to explain, How when anyone came to Sree Sree Thakur He would first enquire if they were hungry or if they had eaten something and how everyday The Holy Anandabazar serves food to so many people and does not differentiate in any way. Being thousands of miles away from United States how Reverend Acharyadev and Reverend Abin Dada thought about how we can serve food to the homeless in United States. I mentioned that I will arrange for the kitchen in a separate place but still wanted to organize the Soup Kitchen at the homeless shelter. When I finished talking the CEO told me that in her culture, family comes together only at the dinner table to have food. She was so happy to hear about Sree Sree Thakur and reciprocated with the concept of Being and Becoming. She told me Priyam I want to meet with You and make this work. On November 21<sup>st</sup> we met with the Board of Directors and from

December 9<sup>th</sup> we started the Soup Kitchen Initiative. Let us take a step back and look at what happened in the conversation with the CEO. She initially had decided about not giving us permission but as she heard about Sree Sree Thakur, she changed her decision and gave us permission to organize Soup Kitchen and cook at their Kitchen as well. It is only and only by His Grace that impossible tasks become possible.

The remaining journey to the first soup kitchen event was also memorable where everyone got certified as Food Handlers, unlearning and learning how to make khichudi for 150 homeless residents. I had multiple discussions with beloved Gourishankar Dev Da and I asked him how he felt after being able to successfully conduct the Soup Kitchen at Arizona. All that he told me is that we will talk again after I completed the Day 1 of Soup Kitchen service. Honestly, I felt in my heart I would feel so happy after being able to do the Soup Kitchen. We went there cooked the food, served it in trays and slowly 150 residents came for lunch. Many appreciated the food and some did not try it

as they were not familiar and then one elderly resident walked to me and thanked us for serving hot food to them. At that point I felt a void in my heart that was heavy as a mountain. I was supposed to be happy and here I walked out of the venue thinking I was here in Connecticut last ten years it never ever appeared to me that I could be of service in this way. I bowed down to the lotus feet of Sree Sree Thakur, Reverend Acharyadev and Reverend Abin Dada for enabling me and making this day possible in my life.

With His holy grace everything is possible. We have witnessed the Soup Kitchen initiative spreading successfully to so many cities in the United States where brothers and mothers have come forward to provide food service to the needy. But this is just the beginning and there are many more people across the world who will be blessed by His divine wish. Through the Path of Being and Becoming and under the guidance of The Supreme Fulfiller the homeless brothers and mothers would get direction in life to overcome their miseries and rediscover their true potential.

*Bande Purushottamam!!*



### BEVERAGE OF SUCCESS

Time wedded to  
skilled intelligence  
is the beverage  
that makes success bloomy.

Sree Sree Thakur, *The Message*

## MY REALIZATION

*Siddesh Chaudhuri*  
Texas

I am fortunate to share my realization of Sree Sree Thakur Anukul Chandra's blessings. While words may not fully capture my feelings, I have tried my best to express them.

I came to the United States in 2022 to pursue a Master's degree in Information Technology and Management at the University of Texas at Dallas. Although my journey began in 2022, the preparation started in 2021. During this time, I realized the importance of Thakur in my life. I had to make many important career decisions, and the only thing that helped me stay calm was doing Namdhyan (chanting the holy name). When things didn't go as planned, I often questioned why these challenges happened to me. Looking back now, I can see that Thakur had the best plan for me, and I truly feel it today.

*As is the Ideal in whom you place faith,  
so will your nature be formed and your vision too will be  
like that.*

*Follow the faithful.*

*Love him.*

*Faith will embrace you too.*

*-- Sree Sree Thakur Anukulchandra*

I did my Bachelor's degree in India and then worked for three years at an MNC. During the pandemic, I was working from home, which felt monotonous, and I wanted to explore new areas of Information Technology. I decided that pursuing a Master's degree was the best way to do this. Unlike many people who dream of studying in the USA from a young age, I never considered it. It wasn't in my plans or dreams. After my Bachelor's degree, I got a job and received blessings from Rev. Pujaniya Shipai Dada during his visit to Mumbai. Dada advised me to never give up the spirit of learning and to consider a Master's degree. His words stayed with me. Initially, I started preparing

for the GATE entrance exam to pursue a Master's degree in India. I was torn between studying in India, the USA, or the UK. My family was very supportive and advised me to seek blessings from the Supreme Father before making any decision. I tried to prepare for the GATE exam, but due to my job, I couldn't give it my full effort. My mock exam scores were not satisfactory, adding to my confusion. I spoke with many experts, each offering different suggestions, which only increased my uncertainty. My father advised me to tell Thakurji during my morning Ishtavriti that I was ready to accept whatever was best for me and to ask for guidance. One morning, after my Namdhyan and prayer, I felt prompted to explore options in the USA and the UK. Upon exploring, the USA seemed more promising, so I decided to try the entrance exams. Even then, I wasn't entirely sure in my mind and heart about going to the USA.

I started my preparations for the exam, which was a take-home proctored exam due to the pandemic. The day before the exam, I was revising and felt somewhat confident because I had some experience with online proctoring from previous certifications. The test instructions required a system check before the exam. I performed the system test, and although my internet speed met the requirements, the system checks failed. I contacted my internet provider, and everything seemed fine on their end, but the system checks still didn't pass. At that time, I didn't have my own laptop, so I borrowed one from a friend. I also borrowed a dongle and added a new internet pack, but the system check continued to fail. I was panicking, but my parents remained calm and reassured me that Thakurji is with us, and everything would be fine. Their belief boosted my confidence. At midnight, I decided to try the system check again the very next morning before

the exam. If it still didn't work, I planned to drop this option. I woke up early at 4 AM, did Namdhyan, and prayed to Thakur, accepting whatever the outcome of the exam would be. After that, I performed the system check again while chanting the holy name, and to my surprise, it worked. The system check passed, and my exam was scheduled for 9 AM, which was a huge relief. I thanked Thakur and resolved to give my best effort for the exam. I did another system check at 8:45 AM, which also passed, boosting my morale. Then came an unexpected twist. The proctor logged in, scanned my room, and found everything fine except for a small scratch on the camera of my friend's laptop. This scratch obscured my left shoulder, and the proctor said I couldn't start the exam because of it. I was devastated. The proctor told me I would need to pay the fee again and reschedule the exam. The fee was high, and I didn't want to pay it again. I pleaded with the proctor, asking if I could get a different laptop and retry. Generously, he agreed to keep the window open for three hours for me to resolve the issue. I called several friends for a laptop, but everyone was busy. It was the rainy season, and it was pouring heavily. Because it was a proctored exam, I couldn't use an internet café. I kept chanting the holy name throughout. Suddenly, I remembered my uncle had a webcam. I called him, and he said I could use it. He lived half an hour away, so I took an auto-rickshaw to get the webcam. After returning home, I tested it, and it worked fine. I thanked Thakur for making everything fall into place. On the way back from my uncle's place, I felt incredibly happy and grateful to Thakur, confident that my exam would proceed smoothly this time. By Thakurji's grace, I was able to take the exam, and everything worked perfectly. I scored good marks, making me eligible to apply to universities in the USA.

*Do meditate Mantra on thy Lord dawn and night,  
Do repeat the holy Name mentally and meaningfully  
in all the movements of daily life,  
Do materialize the directions of the Guru in due time –  
That is Tapas –  
the way to heaven.*

*-- Sree Sree Thakur Anukulchandra*

After seeing my score, I was very happy and confident that I could apply to universities in the USA. However, I still had doubts about whether I was on the right track. The next step involved taking another exam, and the application deadlines were fast approaching. I was extremely confused about which domain to choose for my Master's, which university to apply to, whether my family could afford the expenses, and, most importantly, if my decision to go to the USA was correct. I had thousands of unanswered questions. Because of the pandemic, I couldn't seek guidance directly through nivedan.

One day, my mother mentioned that Rev. Pujaniya Abin Dada had created a toll-free number for satsang. She suggested I try calling them. I decided to give it a try and shared my questions with them. Within 3-4 days, I received a call back. They informed me that they had communicated my questions to Rev. Pujaniya Abin Dada. His blessings clarified my decision to pursue a Master's degree in the USA. He also provided contacts of guru brothers, and after speaking with them, I became clear about which universities and courses to consider. There were still many challenges ahead, such as financing my education, quitting my current job, and managing everything. However, I found that when you have blessings, everything falls into place. Everything is planned by the Supreme Father, and His plan is the best for us. We just need to believe in Him. With Rev. Pujaniya Abin Dada's blessing, I was certain that despite any challenges I might face, this path was meant to happen, and it would happen.

*Arguments and reason can never bring faith.  
The lighter the feeling, the shallower the faith, the  
less the constancy.  
Faith is beyond the range of intellect. Intellect is according  
to faith.  
There is 'yes' or 'no' in intellect – there is doubt.*

*In faith, there is no 'yes' or 'no' – there is no doubt.  
-- Sree Sree Thakur Anukulchandra*

Later, I received an admission offer from the University of Texas at Dallas and decided to accept it. As months passed, I scheduled visa appointments and completed all the necessary paperwork. The process was long, and there were times when I felt impatient or lost my temper, but Namdhyan helped me stay *calm* and composed. I quit my job and made all the preparations, with the final step being the visa process. I also planned to visit Deoghar Ashram and seek blessings from Pujyapada Acharaydeva after obtaining my visa. Visa appointments are in two parts: the biometrics and the interview. My father accompanied me for the biometrics appointment. It was the rainy season, and it was raining heavily on that day. Since we lived far from the consulate, we decided to leave early. In Mumbai, we usually travel by local train and then take an Uber or auto rickshaw to reach our destination. We were ahead of schedule and reached Kurla Station at 10:45 AM. It was raining so heavily that I suggested we wait for 5-10 minutes for the rain to subside to avoid getting wet and dirtying our clothes. However, at 11:00 AM, the rain had not let up. The consulate was just 15 minutes away, so we decided to look for an auto rickshaw. Despite running after several rickshaws, none were willing to take us to the consulate. My father, at the age of 58, was running around asking for a ride. As Satsangees, it's natural for us to start chanting the holy name when we feel uncomfortable. At 11:25 AM, we finally managed to get an auto rickshaw and arrived on time. By Thakurji's blessing, everything went smoothly.

After that incident, I decided not to ask my father to go with me for my visa interview. I also chose to avoid taking the train and instead booked an Uber directly to the consulate. My visa interview was scheduled for two days after my biometrics appointment. I checked multiple times how long it would take to travel from my house to the visa office, and it was roughly one and a half hours. My interview was scheduled for 10:30 AM, so I

decided to leave at 7 AM. On the day of the interview, I offered pranami and pranam to Thakur and thanked Him for this opportunity. I booked a cab, and we started our journey. The estimated travel time was 1 hour and 45 minutes, which was a bit of a relief since it meant I would arrive on time. One of my closest friends went with me. After 10-15 minutes of travel, it started raining heavily. With every passing 5-10 minutes, the estimated arrival time kept increasing by 5 more minutes. Eventually, the estimated time shifted to 10 AM due to the rain and heavy traffic. I explained to the driver that I had an interview, and he tried his best, using service roads and other routes, but the situation remained bad. By 9:45 AM, we were 30 minutes away from the consulate, but the estimated arrival time was 10:45 AM. My friend started to panic, and even I thought it might be difficult to reach on time. At 10 AM, my friend suggested we look for other options since the car wasn't moving. I said to myself that if Thakur wanted this interview to happen, it would happen, and if not, I would still be happy. I told my friend that I couldn't catch an auto rickshaw and that running might be our only option since the consulate was 20 minutes away. It was 10:10 AM, and my friend encouraged me to go for it. We left the cab and started running in the rain. After running for 15 minutes, we found a motorcyclist and requested him to drop me at the consulate. He kindly agreed. I reached the entrance at 10:35 AM, my heart pounding. The lady at the entrance, who checked my documents, told me to relax and calm down, assuring me that everything would be fine. I thanked Thakur, saying, "I can't believe I reached on time. Regardless of the interview outcome, I am very happy because this became a reality only because of You. Thank you so much." I had a great interview, and my visa was approved.

*Pray to the Supreme Father: "Thy will is good.  
I don't know what will make me good.  
Let Thy will be fulfilled in me."  
-- Sree Sree Thakur Anukulchandra*

Then I went to Deoghar and received blessings from Pujyapada Acharyadev. He asked Spr. Asis Basu Dada, who was at Nathmandap, to guide me and share the contact information of the guru brothers in Dallas. I met everyone from the Thakur family to seek blessings, and everyone asked if I had received the guru brothers' contact information from Dallas. Before coming to the USA, my father was keen on whether I had contacted the guru brothers in Dallas. I told him that I wasn't sure how far I would be from them in Dallas and that I would contact them once I arrived. After arriving in the USA, I contacted the guru brothers in Dallas. Believe it or not, I felt a connection with them that was stronger than blood relations. This experience made me realize the profound impact of Satsang. After meeting everyone, I had the opportunity to visit various states for Utsav. Every guru brother and mother were so kind and generous, reminding me why Thakur emphasized this mission of building better individuals.



*Surrender to your Ideal,  
continue to move on,  
smashing and managing the  
sufferings that come forth as obstacle,  
and be crowned with success.*  
-- Sree Sree Thakur Anukulchandra

I graduated in May 2024, and looking back, I can definitely say that Thakur planned everything for me—the course, the university, the job, and more. There were many more experiences and challenges along the way, but each step reaffirmed my faith and the guidance I received from Thakur. When we realize we feel blessed, and this helps to increase our attachment and faith towards Sree Sree Thakur.

*Bande Purushottamam!!*

When Ideal Is awake in man  
he is active, agile,  
inquisitive, responsible,  
alert and tactful;  
in a word, all faculties bloom and glow.

Sree Sree Thakur, 33-Magna Dicta, P. 21

## STUDENT'S DHARMA IN THAKUR'S EYE

*Manisha Mohanty  
Grade 5, Indiana*

The word Dharma is derived from the Sanskrit root “dhr-” which means to hold. Dharma is also related to the Latin word “firmus” which means firm. The word Dharma has no direct translation to English. The closest direct translation is “to support, uphold, or bear.” But there is always an air of misconception surrounding the religious definition of Dharma. It is believed by some that by just going to the temple, doing the Aarti, singing bhajans, praying at the mosque, attending Sunday service at church, they are fulfilling their Dharma. In my understanding, that is not true. In fact, according to Sree Sree Thakur, Dharma transcends a very simple definition. In The Message Volume II, it is written as follows, “What makes anything stand on with life and growth - is Dharma.” Based on this excerpt from The Message above, Dharma is the path that is going to enhance our existence and expand our growth. Though going to the temple and singing bhajans is part of Dharma, we must not forget about strengthening our life and growth. It is also a vital part of fulfilling our Dharma.

This is the reason why being and becoming is the cornerstone of Thakur's philosophies. Being is our existence. It includes all the things that need to be done by a student for us to live a happy and healthy life. The first part of Being is health and hygiene. This includes having a good diet and exercising to keep our body fit. We need to take care of our body. We must eat healthy foods and avoid eating unhealthy foods that contain an excess amount of salt and sugar. Students tend to eat a lot of sugary treats such as ice cream, chocolate, cake, etc. Though these edibles sound appetizing, they are harmful to our body. We must focus on eating healthy foods such as green vegetables and fruits. They can help boost our immune system and our IQ. The second part of our being includes how

students carry out the different roles given to us in society. For example, I play the role of a daughter, sister, friend, and many more. Part of my being entails that I must play each of these roles to perfection. I must be a good daughter, a good sister, a good friend, etc. To be a good daughter, I must respect and love my parents. Our parents are the ones who gave us life, they deserve all of our affection. Even Sree Sree Thakur has stressed the importance of a student's devotion towards their parents in the following vani: “Pita e shradha maa e taan shae chele hue samya pran.” This translates to, when one has love and respect for their father and mother then they are the ones who are successful in life. Similarly, we must respect all of our elders. They are older than us and have acquired more knowledge than us. All of our elders are our teachers. This means that every single person who is older than us teaches us something new. Unfortunately, nowadays disrespect towards elders, especially teachers is a very common thing, which violates our Dharma. Many students also disapprove of their peers. This is not good behavior at all! It is detrimental behavior toward the growth of the student. Every teacher in this world holds immense knowledge. We go to schools, colleges, and universities to gain knowledge from them. We must respect our teachers because they develop the skills that are essential for us to succeed in life. Lastly, we need to take care of our environment. We are facing a big challenge ahead of us, which is global warming. As summer approaches, the temperatures keep rising and show no signs of falling. As students, we should try to contribute our part in reducing the impact of global warming. There are many ways in which we can do this. We should try to plant at least two trees every year. There are approximately

eight billion people on Earth. Imagine if every single person planted two trees annually! That's sixteen billion trees planted every year! When these trees grow, they will be able to reduce the carbon dioxide present in our atmosphere. This will lead to cleaner air quality in all parts of the world because the plants will release more oxygen into the air. Therefore, we should keep our environment clean to nourish our existence. This is because without a clean environment our health would severely deteriorate. Consequently, our being would be negatively impacted. Therefore, living a healthy life, perfecting our roles in society, and nourishing our environment are all essential parts of being in a student's life. They are vitally important in our lives because they define our existence.

Along with perfecting our existence, we need to show growth to achieve our dreams. Everybody grows differently based on their profession. In my case, I'm a student. What does growth look like for a student? Students live in a growth paradise. This period is the best time to show growth. It's like ice cream served on a gold platter! We all take the dreaded assessments in school. But assessments aren't completely horrible. They are there to measure our growth. If there were no assessments, then our teachers wouldn't be able to measure our growth. The most common misconception among students is that if we don't get at least a 97% then it's the end of the world. But that cannot be farther from the truth. In my understanding, we just have to show growth in every test. For example, let's say that I scored 85% on a test. It's not the end of the world. What I need to do now is to look at the questions I missed. I should take another attempt at solving the questions and reflect on the work I did on the test. I should ask myself questions like is this my best, and can I do better than this? In most cases, we can always do better. Now that I realize that there is room for improvement, I need to start working on finding out my problem. I should be able to answer the following question, how do I fix

this? Once I've figured out my problem, I should start working on fixing it for next time. For the next test, I should get a better score than 85% because I've fixed the problem I had earlier. When we work on our **weak points**, then we can prepare for tests in a smarter way. Consequently, we are also able to improve our performance. Infact, Sree Sree Thakur has talked about this in the first page of the Satyanusaran. He wrote the following message, "First of all, we must wage war on weakness. We must be bold and brave; for weakness is sin incarnate." This clearly proves how deleterious weakness is towards a student's growth. This is why Sree Sree Thakur goes on to write, "Drive it away at once-this depressing, blood-sucking vampire!" We should continuously work on our weaknesses to improve ourselves and grow every day. This is also an essential part of a student's Dharma.

But there remains a very big question. How can we work towards improving our Dharma as students? In my understanding, there is only one way. We have to maintain an ideal-centric life and love our Ideal. We all love our parents. This means that we are emotionally connected with them. This is why we do everything they ask us to. So we need to create this bond between ourselves and our love lord, because our love lord, Sree Sree Thakur, has given us all the advice we need to improve our being and becoming. When we truly love Him then we will be able to carry out all His messages in our lives, I believe that to create this bond with our Ideal, we need to do meditation and Istabrithy. Meditation and Istabrithy are two of the most powerful tools that we can use to grow our devotion towards Sree Sree Thakur. Along with this, we should also try to implement all the advice given to us by Him, because they are going to help us in achieving our Dharma. When we follow all of His advice then we will be able to walk in the righteous path of Dharma.

*Bande Purushottamam!!*

## BENEFITS OF SADHGURU'S INITIATION

*Sonjanya Chintala  
North Carolina*

Time is the most precious thing in anyone's life. Everyone has a choice of spending their time. But any time that is spent on pleasure will soon be rotten because as the body deteriorates with time, so is pleasure. Mind is higher than the body and the mind needs peace. So how to move from pleasure to peace? We are all bounded by complexities. To drive away the complexities and to divert these complexities from the negative to positive energy, we need Guru in life. But is it easy to get Guru initiation? Our minds need to be open to inquisitiveness on what is the purpose of life? Why are we born in the world as a human being with spine erect whereas rest all species have a horizontal spine? These questions within myself

and to divert my complexities, I found my Guru "Sri Sri Thakur Anukulchandra" initiation. Just like an obese body when go to regular gym gets into a proper shape, by doing Istabrity before sunrise, meditation, prayer in the morning and evening, attending regular satsangs, the dirt in my mind got cleared and started enjoying the bliss of Guru charan. So, dear mothers and brothers, life is so short. We all have limited time. Please use your time wisely as the body passes away but the soul continues and only a pure soul can reach God's kingdom which is totally blissful.

*Bande Purushottamam!!*



### SINCERE ADHERENCE

Sincere adherence  
with enthusiastic  
active service and success  
makes one meaningful.

Sree Sree Thakur, *The Message, Vol - 3*

# California Annual Satsang



# Texas Annual Satsang



# Michigan Annual Satsang



## SATYANUSARAN AS I UNDERSTAND

*Ishika Banerjee  
Grade 5, North Carolina*

“After a little progress you make, you’ll find some have come to find a Master in you; some are calling you a great Man; some, ‘prophet’ etc.; on the other hand, some are calling you “Satan” or “Scoundrel”; some ‘a professional etc. Beware! Pay no heed to any of them, They are all ghosts to you. If they are headed, they will sit tight on your shoulders, and it will be very difficult to get them off. Work on in your own way come what may” stated Sree Sree Thakur in Satyanusaran (The Pursuit of Truth).

This verse means that people may call you various names, based on their opinions of you, such as ‘prophet’ or ‘Scoundrel’, and they can bother you and stop you from continuing your purpose here. If you give them your attention, they will distract you and make you arrogant or disheartened, and you will struggle in life; but pay them no heed, and everything will be fine.

How is it related to my life; some people called me a crybaby as a joke, since I cry a lot when people are rude, so I tried not to let it bother me.

*Bande Purushottamam!!*



### EDUCATION

- I. Education is not merely some insensate learning – rather, it is vivacious experience that has significance – otherwise, what is the value of education, and where is its life force?
- II. If your learning is merely stored in your brain, and you do not know how to apply it – your learning is meaningless.

Sree Sree Thakur, *Saswati*

## A BRIEF MEMOIR

*Bismajit Gonda, SPR  
Minneapolis*

It has been nearly a decade since I travelled to Minneapolis for work-related commitments in January 2015, a few days after the inauguration of Satsang Vihar in Bangalore by Reverend Acharyadev. Each year, we eagerly await the Satsang America National congregation to connect with our dear brothers and mothers in faith across the Americas. Each year's Utsav holds fond memories to cherish. By the blessings of Param Pujyapada Sree Sree Dada (former Acharyadev of Satsang), we have been celebrating the Utsav in New York every year. In September 2015, I had the fortune to attend the congregation for the first time. We didn't have our current Satsang America center then, and the congregations were held in external venues. The brothers and mothers in New York took care of all the attendees as their family members, from picking us up at the airport to providing food, accommodation, commuting to the Utsav venue, and dropping us off at the airport. I had the gratifying experience of staying at Ramkrishna Da's house. It was a charged environment filled with love and service.

The following year, due to a job opportunity, I moved to the East Coast. By the blessings of Param Pujyapada Sree Sree Dada, our New York Satsang America Center was soon purchased. Now, we have our own place to celebrate our Love Lord Sree Sree Thakur in the Americas, the first-ever Satsang Center in the western hemisphere. With the efforts of all the Gurubhais across the US, we completed our financial obligations for the center within five years. By the holy blessings of Param Pujyapada Acharyadev, the Satsang America Philanthropy was soon established to facilitate the remitting of oblations for our Love Lord and to save the hassles of international transfers for numerous Satsangees (community of lovers of existence) across the Americas.

A couple of years later, I had a work-related transfer back to Minneapolis. The drive back from the East Coast to Minneapolis was filled with mixed feelings. The memories of the East Coast, especially the people and our participation in the Lord's work, remain fresh even after all these years. Soon after reaching Minneapolis, we celebrated Sree Sree Acharyadev's 51st birthday. Although we were still waiting for our luggage to arrive, we celebrated His holy birth anniversary with the new friends in Minneapolis, with everyone's help. A few months later, several families gathered to celebrate Sree Sree Thakur's birth anniversary in Minneapolis by the blessings of Reverend Acharyadev on August 10, 2018, and we were fortunate to have many SPRs visit Minneapolis, resulting in six new people accepting Thakur as their ideal at the Annual Satsang event. As we wrapped up the celebrations, our National Utsav was around the corner in September, and we were excited to travel to New York. We went to the airport, and after several delays, our flight was eventually cancelled. It was a huge shocker for us, just thinking we might not be able to attend. However, after speaking to the airline representative for more than an hour in the middle of the night at the airport, they managed to connect us to New York with a 12-hour layover in Dallas. We took it since we had a couple of days before the Utsav. In that process, I got to meet one of my school friends who lives in Dallas. The mutual feeling for both travellers from that trip was that if Thakur wishes, anything is possible. So, surrender at thy feet!

During the Covid times in 2021, we held the congregation virtually. We put forth a nibedan for blessings for the Utsav to Param Pujyapada Sree Sree Abindada. Thus, the famous song 'Be ye peaceful' came to light in a musical form. A little context here: a few decades ago, when the

Gurubhais went for blessings of the National congregation, Sree Sree Dada (former Reverend Acharyadev) blessed this holy verse of Sree Sree Thakur as the blessings for this part of the world (The Message, vol-1, last verse). This verse was musically composed by Pujyapada Abindada to our pleasant surprise. Sree Sree Thakur gave the holy verse, Pujyapada Sree Sree Dada blessed us with it and also named this souvenir with the title of the verse. Pujyapada Sree Sree Abindada's beautiful musical composition ensured that all the young and adults remember Sree Sree Thakur's verse by heart. To His credit, my three-year-old can recite the entire verse due to the song, even though he doesn't understand all the words yet. The USA national Satsang congregation 2021 (virtual) experience was instrumental when we had a memorable international virtual Utsav that year with all the brothers and mothers across the globe, covering all time zones and celebrating over two days.

By the divine wish of Pujyapada Abindada, the 2023 national Satsang congregation was held at our New York center premises for the first time. It was one of the best times we have enjoyed in the past decade. Though we had some minor hiccups due to space constraints, it was blissful and, more importantly, Sree Sree Acharyadev and Pujyapada Abindada were happy. Having a program in your own backyard with family is always enjoyable. Every corner and space around the New York center were utilized.

In 2015, when a group of brothers from the United States visited the Satsang Ashram, Sree Sree Dada (then the Reverend Acharyadev of Satsang) instructed everyone in the group to take guidance from Pujyapada Abindada. While addressing their concerns during a conversation, Pujyapada Abindada said not to worry about the social scenarios and upbringing of future generations, advising to bring them to Deoghar and introduce them to Him, and He would take care of the rest. He reminded us that the lotus flower blooms in mud. Reverend Acharyadev expressed His wish for us to serve the needy and homeless. Under the holy guidance of Pujyapada Abindada, soup kitchens started to take place from the east to the west coast, and from north to south. Within a year, almost 10 states had started regular service at various places, with many other states on the verge of starting the same. Under Pujyapada Abinadada's holy blessings, families across the USA are traveling to our New York center to stay for a weekend around the year.

We eagerly await His arrival in this corner of the world, hearts brimming with hope for a swifter embrace of His presence, bestowed by His grace. Certainly, there is much work ahead to bring about this long-awaited moment.

*Bande Purushottamam!!*

## SATYSANUSARAN IN MY LIFE

*Arnab Mohanty  
9<sup>th</sup> Grade, North Carolina*

The Satyanusaran is a book written by Sree Sree Thakur in just one night, not even a full day. It was for his friend who was leaving to move somewhere else, so it was a farewell gift. There are a bunch of lessons and verses written in this book, teaching the principles of life and growth.

I try to read these verses and try to follow in my daily life. These teaches me to be a better person and earn the respect and trust of everyone and do good things in this world. It also highlights the flaws of a character and how it affects one's life and those of others around them. It helps nurture a healthy lifestyle, habits and good traits to help improve my personal lifespace. I strongly believe it helps me become the best version of myself with a positive attitude.



This generation influences the next generation and we determine how big the impact is depending on whether it is negative or positive. The holy book guides us to be great devotees of Sree Sree Thakur and to be a great person to those around us.

Reading the Satyanusaran has helped me to become a better person and to be successful in multiple fronts, be it sports or academics. I am a much better person to those around me and have more confidence in myself for the upcoming challenges that come ahead as I go to high school.

*Bande Purushottamam!!*

### THE WAY TO SUCCESS

Surrender to thy Ideal,  
continue to move on -  
smashing and managing  
the sufferings that come forth as obstacles, -  
and be crowned with success !

Sree Sree Thakur, *The Message*, Vol - I

## IMPACT OF SATSANG IN MY LIFE

*Ciyana Satapathy  
5<sup>th</sup> Grade, North Carolina*

Joyguru all, I will share the impact Sree Sree Thakur has made in my life. First, I will tell you some facts about Sree Sree Thakur, He was the founder of Satsang. He was born on September 14th, 1888 in Himaitpur, Bangladesh. Now, the Satsang Ashrama is in Deoghar, Jharkhand, India. Thakur wrote a Book called “Satyanusaran” which we read every morning and evening after our Prayer. This book has every solution of our life. Any problem, any confusion comes to our mind, we can find the solution from that book. Thakur always teaches us how to be a good daughter, how to respect your parents and be a good human being in your life. Thakur always says to love everyone, care for others and always look at the good things within others. Thakur also told us to do meditation every day to keep our mind stable and eat vegetarian food without onion and garlic to make our body healthy. If we follow Thakur’s principle well then, no need to worry about our life.

Now I will tell you the benefit of having Thakur in my life. Whenever I take any test or quiz, I will always begin by saying his name, then I will feel confident in myself to get a good grade. Another impact made in my life is when I am home alone I don’t feel scared because I know Thakur is always by me. Because of having him in my life, we

have good friends and beautiful Satsangi family around us.

Now I will tell you my personal experience and what I learned from Thakur’s teaching. One day I was in taekwondo, and me and my friend got our stripes. I was so happy I wanted to do something for them. So surprisingly, I had a quarter in my bag so there they sell popsicles for 10 cents so I wanted to get a popsicle for me and her, but her sister also got her stripe so I got two popsicles for both and that was ok for me to not have for myself. The front desk lady thought it was for me and my brother, but I said no I was getting it for my friend because she got her stripe. The lady was so proud of me she gave me a free popsicle. After my friend left, her dad came and gave me a quarter to give my friend and her sister a popsicle. This is what happens when we spread love and kindness into the world it will come back to us. This is the learning I got from Sree Sree Thakur and from Satsang.

Requesting all to follow Thakur’s path and be a good human being.

*Bande Purushottamam!!*

## WHY THAKUR? WHAT DOES HE DO FOR US?

*Udayan Satapathy  
10<sup>th</sup> Grade, North Carolina*

When we are born we look up to our parents to teach us how to walk, and talk, etc. When we go to school, we look up to our teachers to teach us how to read, write, and solve quadratic equations. Through all of that life process, who teaches us how to be a good person, with a good character, a healthy physical and spiritual life. These days, a large number of people experience anxiety or depression; in the US alone, approximately 40% of people have these conditions. While there is currently no solution for many of these mental health conditions, doctors are advising to do meditation and be more spiritually active. Additionally, meditation is incredibly important since it has been demonstrated to have a substantial positive impact on mental health concerns and helps the practitioner achieve a sense of serenity or zen. Having a guru can also be very beneficial to us. We look to Sree Sree Thakur and his writings as a guru leading the way. Satyanusaran, which he completed writing in one evening for a devotee, has all the lessons to assist us in becoming better versions of ourselves as people. Early spiritual engagement has numerous advantages for mental health and overall well-being. "Association with the good," is what the definition of satsang is and it could not be more true. Attending various satsangs across the US, including in New York, Texas, and California, and living in a community like satsang where we are surrounded by wonderful families all the time. Participating in all these programs—children's satsang, general satsang, matrisamileeni—and being in a setting where you can see all these incredible kirtans, bhajans, jajans, and more—brings us all closer to becoming better people. I myself have grown as a person following my initiation in Deoghar, 2019. After my initiation, as I have found myself to be more calm in situations

and arguments, started listening to my parents more and helping them, and also doing much better in school. My concentration and drive to succeed has significantly improved. Mainly, my spirituality has grown, I was never so spiritually attached prior to my initiation doing prayer felt more of a chore, and I know many people feel this way, but after coming to Thakur and surrendering to his lotus feet I enjoy prayer, satsang doing it together as a family makes it so much better. Doing meditation has increased my focus and concentration, and reading Satyanusaran makes me a better person morally. This year NC Satsang participated in serving food as a local homeless shelter. We saw other satsang communities do the same, Texas, Arizona, California, and we knew we had to do the same. The first day we went, being able to serve the food to these people lightened up my day seeing the joy on their faces as we fed them, and helped them. One fond memory I have is one person who couldn't talk came and got food and he started crying, and he proceeded to give us a hug in joy. Remembering this moment brings so much joy to my heart. Being able to help someone who may be going through some of the toughest moments of their lives, shows how Thakur has truly made us better human beings. The satsang community is so strong, it may be one of the best groups of people I have ever surrounded myself with. I have found myself to be a better human being than I was 5 years ago. In that short time I have learned, grown, made an impact in my community by surrendering to the lotus feet of Sree Sree Thakur. He is my guru, and it may be one of the best decisions of my life. If you take him as your lord, and savior, then it may be yours too.

*Bande Purusbottamam!!*

## MEDITATION

*Debojyoti Bhanja*  
11<sup>th</sup> Grade, North Carolina

What is meditation? Why is meditation crucial for a balanced life? Meditation is a practice that allows a person to focus, and clear their minds through physical or mental techniques. There are different types of mediation and I like to categorize them into three main types. First, it includes physical techniques like breathing practices. Second, it makes an individual focus on a mental image of something. Third, that makes a person do parts of both mental and physical techniques. Each has its benefits and drawbacks, but why do we need to meditate for a balanced life? Well, we know that Sree Sree Thakur Anukulchandra suggests that we should have a disciplined lifestyle and follow a living ideal. The reason is that when we have doubts or issues in mind we can have someone to reach out to that will help us continue to follow the path of being and becoming a better person. A disciplined lifestyle helps with learning to have control over themselves and their environment because without control it is hard to achieve a balanced life. A disciplined lifestyle then helps make the life balance because it makes the person live by certain rules and principles. As a result, this raises the question of why specifically meditation? As previously spoken meditation is a tool that allows a person to focus and clear their mind;

having a clear mind means having the power to filter the negativity of the environment and having a focused mind allows a person to have control over their emotions and situations. Additionally, Sree Sree Thakur Anukulchandra has given a specific type of meditation that is meant to gain control. In this type of mediation, the person has to imagine the picture of Sree Sree Thakur at the place of their third eye, which is between the two eyes, and chant the name as fast as possible while maintaining a steady breathing rhythm. The imagination and chanting force the individual to focus on those things to get their minds off of their surroundings and thoughts which helps them relax and clear their mind; as a person gets better it becomes a relaxing and mindful method of gaining control over their surroundings and themselves. In summary, meditation is one of the most crucial things in a person's life because it helps them gain control over themselves and their surroundings making them ready for any scenario, a person who has control over themselves and their surroundings creates a disciplined lifestyle with set rules and principals to follow that eventually helps build a balanced life to gain the ability be and become their most successful self.

*Bande Purushottamam!!*

# Satsang America Philanthropic Services

## Texas



## SATSANG TO ME

*Chinmayi Zambare,  
6<sup>th</sup> Grade, North Carolina*

What is truly the definition of a Satsang? If you search the definition online, you will find out that it is a spiritual discourse and a sacred gathering. But Satsang is so much more than just this. It is a place where we pay respect to our elders, focus our spiritual energy, and pray to our supreme beloved Sree Sree Thakur Anukulchandra. Sree Sree Thakur has changed our demeanor and character. HE has helped us to better ourselves, and let us endeavor to find out more about this life-changing experience.

It is important to feel at peace with oneself when engaging in a spiritual discourse. A sacred gathering is where a large group of people are greatly devoted to a deity and regard that deity with high reverence. But in a Satsang, not only do we pay respects to our Guru, but we also pay our respects to our elders. To have a spiritual discourse, you must first be at peace with yourself. In order to make peace with ourselves, we meditate. The process of meditating involves clearing out minds of everything and completely indulge ourselves in thought and action as commanded by our spiritual Master.

Sree Sree Thakur is a highly revered man because of what he has done in his life and his wisdom. He guides us and empowers us still today. In the holy Satyanusaran HE wrote, “First of all, we must wage war on weakness. We must be bold and brave; for weakness is sin incarnate! Drive it away at once—this depressing, blood-sucking vampire! Say you are bold, the offspring of Might; believe—you are a son of Father the Supreme! Before all else, be daring, be sincere. Then it is clear you have the right to enter the kingdom of heaven.” From this, he empowers us to be brave, strong, and powerful. He also wrote, “Doubt is the messenger of disbelief, and disbelief is the shelter of ignorance.” From this, he teaches us if we doubt anything, then we lose faith in ourselves, causing us to ignore more. Sree Sree Thakur has principally empowered us and will empower many more future generations.

*Bande Purushottamam!!*

## MY EXPERIENCE WITH THAKUR

*Amrita Choudhury  
5<sup>th</sup> Grade, North Carolina*

My experience with Thakur has been so ameliorative and rewarding. It has helped me so much, and I would always keep HIM at the helm of everything I do.

Meditation has been a salient part of Satsang, and it has been extremely beneficial every time. But how? Meditation helps me concentrate better than before. It also helps enhance my focus. In addition, it helps improve my aspects of memory. Doing meditation and praying to Thakur for only five minutes every day has made such a huge difference in my life. Another major part of Satsang that has helped me is the bhajan and jaajan. The songs that everybody sings are so ecstatic and rapturous. They bring up the spirits of every single person in the room. The jajans are also very predominant. They teach us life lessons that remain with us for the rest of our lives. This helped me tremendously, and it changed a lot of things about me. For example, my attitude changed in a positive way. I was more mindful about things. As a result, I made better choices. Getting my work done was a priority, and that eventually got faster because I was more concentrated and assiduous.

One thing I am very proud of is that we got to volunteer at the homeless shelter! Our Satsang group is always aiming to do the right thing, no matter what. The jajans have amazing morals that help us live the best possible life there is to live, and helping at the homeless shelter was such a good

idea! The people there loved our food, and they were so grateful. It makes me really happy to know that we are doing a good deed by helping the poor. Now, I am doing anything to help the people who need it.

A lot of things have changed about me in an efficient and advantageous way. As I mentioned earlier, my attitude has improved. But that isn't the only thing! My focus and concentration increased. So did my attention span. Before I started meditating and engaging in Satsang, I was inattentive, distracted and more forgetful. Eventually, after I started meditating, I became more mindful and focused. I also became more calm. I was able to control my emotions better. Whenever I get angry or upset, I am able to calm myself down. This really helps in certain situations. And also, I was able to remember things better! All of the songs, stories, and chanting has given me exactly what I need to live the best life possible.

*Bande Purushottamam!!*

## MERCY UNSUNG

*Sukrutee Pradhan  
Michigan*

Let my heart be brightened by your grace  
In your lotus-feet let me find my place. [1]

I wonder the way you hold me oh beloved  
Gaining equanimity let my mind be purified. [2]

The solar and stellar system  
And the floating universe,  
Are the manifestations of your mercy  
and the whole cosmos!! [3]

The birds those flutter and wind that blows  
In every living being your mercy flows. [4]

Under the shade of your mercy  
I live and flourish for ever and ever  
Yet, to be yours is my only endeavor. [5]

My potentiality and ability flourish  
All the illusions and complexes perish  
Oh Merciful, it's only your mercy,  
By which I sustain and cherish. [6]

Your mercy is the path I go through  
Deep in my heart I believe so  
What else I crave for after getting you  
Nothing gonna change my love for you. [7]

How can I describe you, oh giver of mercy  
Without your love and without your mercy? [8]

My lips never stop singing glory of your mercy  
As my life is a gift of your never ending mercy. [9]

*Bande Purushottamam!!*

## GOLDBLOCK ZONE

*Brijesh Jena  
7<sup>th</sup> Grade, North Carolina*

I am practicing one of the Holy messages of my beloved Thakur and applying it in my daily life. There are times when this technique works magically for me.

Here is the sacred message from 1st paragraph of page 75, Satyanusaran.

“Take to the feet of a true Master, go on taking the Holy Name, and remain in the company of the devout. Truly I say, you have no more to worry for your elevation.”

Thakur in our life is important, like the sun keeping planets in orbit but there are also millions

of objects in the solar system like asteroids or dwarf planets.

We simply do not focus on them because they don't do much in the solar system. Likewise, Thakur has millions of devotees around the world but only a few realize HIS blessing. HE can grant things that are said to be impossible, provided we listen to Him and practice HIS teachings and messages as much as possible.

You can achieve Sree Sree Thakur's Goldilocks zone like Earth is in a Goldilocks zone where it is not too hot or cold. Just go into the Goldilocks zone, then Thakur will make the impossible possible.

*Bande Purushottamam!!*



### DO FOR HIM

Before you do something for yourself,  
do something for Him and then do  
what you have to do;  
then others will do for you.

SREE SREE THAKUR, *The Message, Vol - 3*

## MY EXPERIENCE ABOUT DEOGHAR

*Bideesh Paul*

*1<sup>st</sup> Grade, North Carolina*

I know only lucky ones get to see Deoghar. Today, I will share my experience about Deoghar. We all went to Deoghar together last year with Dadu Thammi, Kaku, Choto ma, Dheeman, Didun, and Mama. First, we went on a train and got down at Jasidih Station. Then we went to Ashram Guest House in a SUV. We stayed there for about 3 days. We went to Thakur Bari to seek Acharyadev's blessings. Then we went on a Horse Ride (tanga). The Horse name was Basanti. Then we went to Anandabazaar. Food was very yummy.

I ate a lot. We had lots of fun. Then, after some days, we attended Panihati Utsav. Abinda also came. There, we saw Manoj Jha and White Band performing all the songs we sing here. He sang my fav song, ". Manwa Rahe Behaal Ho".

I wish again this year I go to Deoghar.

*Bande Purushottamam!*



## MY LITTLE BUMBLEBEE

*Monlika Biswas*

*1<sup>st</sup> Grade, North Carolina*

# Satsang America Philanthropic Services Georgia



## North Carolina



## Arizona



## DIVINE INTERVENTION

*Biswajit Paul  
North Carolina*

Sree Sree Thakur in the holy Upsana have said said “ Jajan, Jaajan Istabhirti korle kaante Mohabhiti”. Practicing these principles with love and sincerity leads to all-round elevation and negates all the ill effects of karmic action. I will try to articulate in brief my personal realization about a recent life-transforming incident that happened few months back and how *His Divine Intervention* pulled us out from the jaws of grief.

We were planning to trade off one of our old car in lieu of a seven-seater SUV to accommodate more family members(especially parents) and our gurubhais when driving long distances. We visited multiple dealerships and got quotes for the SUV we liked, but the minimum wait time was 8- 10 months everywhere. We were not in a hurry, so we decided to wait, and paid token money to few dealers so that we were placed on the waitlist. Every other week, we would enquire about the inventory status with them, but there was no progress in wait time.

As fate (due to past karmic action) would have it, on 4<sup>th</sup> October 2023, Wednesday evening around 6:00 pm after returning from work, I left home with both the kids for their swimming classes. After about 5 minutes of driving, we met with a near-fatal accident. We were headed straight, and suddenly, a heavy-duty Jeep, instead of stopping and yielding, took a left turn and came in front of my car. It was almost a head-on collision, and our car took a 180-degree turn and went to the other lane. I was in a state of complete loss with airbags deployed. Kids were crying in the backseat. I could smell and see smoke coming out of the bonnet. I was chanting the holy name continuously, and after some desperation and struggle, I could get out of the car and pulled out the kids. The impact was so severe that the front part of the car collapsed, and both the vehicles had

to be totaled. I was in a state of shock and was trying to ensure the kids were ok. Cops completed the formalities and held the other driver guilty as it was her stop sign. Considering the severity of the impact, it would have been impossible to come out almost unscathed (few minor bruises) without HIS divine intervention. A fraction of a seconds here and there could have been fatal for the kids as they were in rear side window seats.

### Reflection: Divine Arrangements

I would reflect upon the verse from the Holy Satyanusaran,

*“Thy will is good.  
I don't know what will make me good.  
Let Thy will be fulfilled in me.”  
-- Sree Sree Thakur Anukulchandra*

I pray no one is ever involved in a car wreck its awful. We had to face these consequences because of our karma. But gradually, as things unfolded, we realized how HE gracefully turned an adversarial circumstance into a state of Utopia. After the car wreck, we desperately needed another car. We again inquired about the SUV we booked with the dealers. No Progress in the status quo for our dream car. Meanwhile, the car insurance provider gave us three weeks of free rental till we got another car. The timing of the wreck was so bad that it almost jeopardized our travel plans for a prebooked and non-refundable Great Smokey mountain train ride at Bryson City. However, none of us were seriously injured, so our trip plan was still in effect. Before the car wreck, we were contemplating renting out a SUV to enjoy the mountain trip and fulfill the kids' wish of traveling in a SUV with a moon roof, but the expense exceeded the budget. Hence, we dropped the idea

of renting and decided to go in our sedan. But HIS grace, after the crash, we got an upgrade to an AWD SUV (instead of an equivalent sedan) with a moon roof, which kids wanted earlier. All of us enjoyed that trip.

Now that we need our dream SUV much before than expected, we had to increase our search horizon. Finally we did some survey and found a lead in Virginia (two and half Hrs drive) where inventory was enroute and would arrive in two weeks. However, the catch was it is a first-come, first-serve, and they don't accept any advance token for booking. We had no hope, but they still told us they would give us a call when inventory arrive's. After about two weeks, we suddenly received a call around 9 am from that dealer, stating the car had arrived and it would be sold on a first-come, first-serve basis. We were unprepared as I was in the office, and kids were at school. We offered a booking amount, but they won't accept it, as it is first cum, first serve. One of the principles of Swastayani is that if any good thought comes to our minds, we should execute it immediately. We immediately started for the dealership and called them en route to let them know. We requested they lock the car, but they wouldn't deviate from the policy. Finally, we reached there at 1:30 pm and completed the formalities and key handover. While completing the formalities, we saw another customer arrive for the 2:00 pm appointment for the same car. Further icing on the cake was that the asking price was substantially lower than other dealers for the features we had selected earlier. I don't have any

words to express how HE has materialized our dream of getting this SUV just in time and before our parents came to US.

One more thing worth mentioning. As immigrants, we are not familiar with the best way to settle the score with an insurance provider after such a wreck. We informed our insurance provider, ensured our medical expenses were covered, and that no points were added to our car insurance because the other driver was at fault. However, one of our distant friend somehow learned about this incident and gave us a courtesy call to inquire about our well-being and later suggested exploring the option of having an attorney represent our case for fair compensation. Though we were initially reluctant, thinking about the complications, evidence, and amount of paperwork required, we decided to try and hire an attorney. It may be a coincidence, but I still wonder how a recently known common friend called us and asked to explore the attorney option, which was never on the table. In fact, that person also never went this route but thought to suggest me just in time. I strongly feel there was Divine Intervention. HIS grace, the compensation we finally got is way more than we could imagine.

HIS love and mercy are limitless. HE has turned a completely Pratikul (Adverse) situation into an Anukul (conductive) circumstance for all of us. So fortunate we are to have got HIS shelter and the Holy Satnaam.

*Bande Purushottamam!*

## স্মৃতির খোলা জানালা

জোশ্বিন সুলতানা, টেক্সাস

জয়গুরু সবাইকে। শ্রী শ্রী ঠাকুর বাড়ী মানে পরম পূজ্যপাদ বড়দা বাড়ী। আর আমি বলি, -আমার পরম পূজনীয় মামাদের বাড়ী। নিঃস্বার্থ এ ভালবাসায় আবিষ্ট থেকে যেতে চাই, অনন্তকাল। এই সে শিক্ষাই দিয়ে যেতে চাই সন্তানদের কে। ভালোবাসা কারে কয়? সম্মান কি করে দিতে হয় ছোট বড় সবাই কে। নিঃস্বার্থ ভালোবাসা, সম্মান আর সততা, নিষ্ঠা সব যেনো একতাবদ্ধ হয়ে একটা বিরাট শক্তি তৈরী হয়।

আমি খুব ছোট ছিলাম। আমার দাদু বাড়ীর বেশ কাছে ই শ্রী শ্রী ঠাকুরের বাড়ী ছিলো। আমার দাদুকে পরম পূজনীয় আচার্য্য দেব মামা (শ্রী শ্রী দাদা) আসহাব কাকু বলে সম্বোধন করতেন। শ্রদ্ধেয় দাদুর কাছে শ্রী শ্রী ঠাকুরের গল্প শুনেছি। আমি ভূতে খুব ভয় পাই। জোসনা রাত্রে আমার দাদু চেয়ার এ বসতেন। আর আমরা ছোটরা দাদুর সামনে মাটিতে মাদুর পেতে বসে ভূতের গল্প শুনতাম। আমার দাদু পরম পূজনীয় বড়দার কথা বলতেন। বলতেন আমার দাদু ও খুব ভূতে ভয় পেতেন। শ্রী শ্রী বড়দা উনাকে ঠাকুর বাড়ী থেকে সাতিয়ানী গভীর রাত্রে একা ছেড়ে দিতেন। আমার দাদু বলতেন, যখন খুব বেশি ভয় পেতাম তখন জোড়ে জোড়ে গান গাইতাম, আর সাইকেল টা আর একটু জোড়ে জোড়ে চালাতাম ভয় পেয়ে। পূজনীয় দাদু বলতেন ভয় পাবি না। আমার দাদু এ ভাবেই খুব সাহসী হয়ে উঠেছিলেন, একসময়। পরম পূজনীয় বড় মামা (শ্রী শ্রী দাদা) কে আমার ছোট ভাই (কিরণ দা) বললো দিদি রাত্রে খুব ভয় পায়। আমাকে বলে আগে আমি ঘুমাবো, তার পর তুই ঘুমাবি। নিজের খাট টা রাত্রে আমার বিছানার কাছে টেনে নিয়ে আসে। একটা হাত আমার বিছানায় রেখে ঘুমায়। পরম পূজনীয় আচার্য্য

দেব বড় মামা মাঝে মধ্যেই জিজ্ঞেস করতেন ভালো ঘুম হয়েছে তো? ঠিক মতন খাচ্ছিস তো? কোনও অসুবিধা হলে আমাকে বলবি। আমাকে না বললে তোর মামী কে বলবি। আচার্য্য দেব বড় মামা ভাই কিরণের কথা গুলো খুব মনোযোগ দিয়ে শুনলেন। আমি খুব ই লজ্জা পাচ্ছিলাম ও যখন নাট মণ্ডপে গুরু ভাইদের সামনে কথা গুলো আপন মনে বলে যাচ্ছিল।

পরম পূজনীয় বড় মামার মুখে কঠিন এক ভাবাবেগের প্রভাব দেখলাম। মনে হলো বড় মামা কিছু একটা বলবেন। প্রসারিত চোখে মুখে এক অমূল্য হাসি। আমরা সবাই বড় মামার মুখের দিকে তাকিয়ে আছি।

বড় মামা বললেন, আসহাব কাকু মানে ওর দাদু ও খুব ভীতু ছিলেন। বাবার কথা শুনে একসময় আসহাব কাকু খুব সাহসী হয়েছিলেন।

আমি নাট মণ্ডপে বড় মামার সাথে বসলেই বড় মামার মনটা পাবনার ঠাকুরবাড়িতে চলে যেতো। একদিন গল্প করলেন পরম পূজনীয় বড় মামার দিদিমা কি করে পায়ের রান্না করতেন। বলেছিলেন দিদিমার হাতের পায়ের মতন স্বাদ বড় মামা আর কখনও পান নাই। গল্প করতেন পাবনার ছোট ছোট পাপোর ভাজার গল্প। আমি যখন ঘি বানাই নিজের হাতে, নতুন ঘিয়ের গন্ধ, আমাকে নিমিষেই বড় মামার কথা মনে করিয়ে দেয়। বড় মামা বলতেন পাবনার ঘি দিয়ে মাখানো ভাত খেতে আর কিছু লাগে না। গুরু ভাইদের বলতেন, সাত দিন আপনার হাতে ঘি এর গন্ধ থেকে যাবে, যদি সাবান দিয়ে হাত না ধুয়ে ফেলেন। এখন আমি আমার মেয়েদের বাচ্চাদের

কে ভাতে ঘি খেতে দেই। শুনেছিলাম ঘি খেলে চোখ ভালো থাকে।

কভিড-১৯ এর ঠিক আগ মুহূর্তে আমার শেষ দেখা আমার আচার্য্য দেব বড় মামার সাথে। আর এই ছবিটাই শেষ ছবি। আমি চলে আসবো দেওঘর থেকে , বললেই বড় মামার ব্লাড প্রেসার বেড়ে যেতো। যেদিন অনুমতি দেন সেদিন থেকেই এমনটা ঘটতো। আমার মনের মাঝে ও খুব উত্থাল পাথাল হতো। মনে হতো আমার আচার্য্য দেবের আবার যেন শরীর খারাপ না হয়। সে ভয়ে ভীত হয়ে পড়তাম আমি নিজেও। কিন্তু আমরা দুজনে কেউ কাউকে বুঝতে দিতাম না। কত বার যে বড় মামী মা বলেছেন, তুমি যাবে শুনে তোমার মামার প্রেশার টা খুব বেড়ে গেছে। অসুবিধা না থাকলে আর কটা দিন থেকে যাও। তোমার মামার শরীর টা খুবই খারাপ। এমন নিঃস্বার্থ গভীর ভালবাসায় আমি যে তাঁকে আমার বাবা ই জানি। লিখতে বসলাম খুব আনন্দে , কি লিখবো? এ তো শেষ হবার নয়।

আমার হীরা (ডায়মন্ড ) বউমা কে, আমি আদর করে ডায়মন্ড বউমা বলি। আমি বৌমার ঘরে বসে ছিলাম। ভেবেছিলাম খুব তাড়াতাড়ি বৌমার সাথে দেখা করেই বড় মামার কাছে যেয়ে বসবো। গল্পে গল্পে আমাদের দেরি হয়ে গেলো। সেখানেও অনেক আবেগে আটকে ছিলাম। বেশ একটু দেরি হলো উঠতে। নীচ থেকে খবর আসলো কিরণ দা (আমার ভাই) আপনারা কোথায়? আচার্য্য দেব চারিদিকে তাকাচ্ছেন। আপনাদের খুজছেন।

খুব তাড়াতাড়ি হেঁটে নিচে আসি। বড় মামা নাট মগুপে নাই। ওনার ঘরে চলে গেছেন। আমার অন্তর কান্না শুরু হলো। বিদায় তো নেওয়া হয় নাই। প্রণাম তো করি নাই। সিঁড়িতেই আমার চোঁখে কান্নার জল। সোজা ঘুরে উপরে উঠতে থাকলাম। সোজা বড় মামী মার ঘরে। বললাম খুব বড় ভুল হয়ে গেলো। আমার তো বড় মামার সাথে দেখা হলো না। আমার কি হবে। বড় মামী মা

আমার চেহারা আর গরগর করে কথা বলায় একটুও বিচলিত না হয়ে বললেন। দেখা করতে চাও? তোমার বড় মামা উনার ঘরে ফিরেছেন। প্রেসার টা উঠেছে। শরীরটা খুব ভালো নাই।

মামী মা বললেন এই যে রান্না ঘরের মধ্যে দিয়ে পার হয়েই তো বড় মামার ঘর। চলে যাও মামার কাছে। বললেন আমি ও একটু পরে আসছি। আমি ইতস্তত করলাম। ভাবলাম রান্না ঘরে আমার ছায়া পড়লে উনাদের অমঙ্গল হবে না তো? একটা পরিবারের গল্প শুনেছিলাম ছোট বেলায় , শুনেছি আমাদের ছায়া রান্নার উপরে পড়লে রান্না করা ভাত ফেলে দেওয়া হয়। শোনা কথা নিজে চোখে দেখিনি কখনও। সে জন্যেই বলেছিলাম।

একটা সময় ছিল বড় মামা বলতেন উনি পাবনায় যাবেন। আমার দিকে তাকিয়ে বলতেন কোথায় থাকবো বল। আমি ছোট , সরল মনে বলতাম কেন আপনি আপনার ছোট বোনের বাড়িতে (আমার আশ্রয় ডলি দি ) থাকবেন। তিন তলা বাড়িটা আপনি একাই থাকবেন। আচার্য্য দেব মামা বলতেন, পাগলী তুই বুঝিস না, আমি গেলে সারা বাংলাদেশের মানুষ চলে আসবে। জায়গা হবে না। আশ্রয় বাড়ীর ছাদে সামিয়ানা টাঙ্গিয়ে দেওয়ার ব্যবস্থা করবো। আমিও আবেগে তাড়িত হয়ে বলতাম, ও সব ব্যবস্থা করা আমার দায়িত্ব। কিন্তু আমার চিন্তা অন্য খানে। আপনি যে সেখানে থাকবেন। আপনার রান্নার কি হবে , কে করবেন। একজন রান্নার মানুষ নিতে হবে বড় মামা।

চোঁখে আর মুখে এক স্বর্গীয় সুন্দর হাসি দিয়ে বললেন। রান্নার মানুষ লাগবে কেন? তুই রাধবি আর আমি খাবো। আমি বললাম , আমি জানি আপনি আমার হাতের রান্না মোটেও খাবেন না। বললেন, তোকে কে বলেছে? সত্যিই আমি তোর হাতের রান্না খাবো।

খুব জোড় দিয়ে বললাম, বড় মামা, চলেন না পাবনায়। আমি আছি, কিরন আছে। আমার মুখের দিকে তাকিয়ে বললেন, তোর নিজের বাড়ী আছে? বললাম না বড় মামা। অদ্ভুত এক শর্ত দিলেন। বললেন যেদিন তোর নিজের বাড়ী হবে, সেদিন আমি তোর বাড়ীতে যাবো, তোর বাড়ীতে থাকবো। সত্যিই আমি তোকে কথা দিলাম।

আচার্য্য দেব বড় মামা হয়তো জানতেন। আমার বাড়ী ও করা হয় নাই, আর বড় মামাকে ও যেতে হয় নাই পাবনায়। আমি অল্প দিনেই দেশ ছেড়ে বিদেশের মাটিতে পাড়ি জমালাম। কারণ বড় কন্যা ফারহানা সিনথিয়ার ইচ্ছা বিদেশে পড়তে যাবে। সে নাকি সে জন্যেই এত ভালো করে পড়াশুনা করেছে। খুব ভালো ভালো আমেরিকান ইউনিভার্সিটিতে চান্স পেলো। আমি ও বললাম তুমি তো ছোট মানুষ, অভিভাবক ছাড়া আমি তোমাকে কোথাও যেতে দেবো না। শেষে সে কানাডায় ভর্তি হলো। যেখানে তার মাতৃ সমতুল্য অভিভাবক ছিলো। আমি একটু নিশ্চিত ঘুমাতে পারবো বলে আমার সে কি আনন্দ হলো। আমি খুব বেশী লোভী মানুষ না। আমার ক্ষমতার বাইরে কখনও কিছু চাই নাই। শুরু হলো অন্য এক জীবন চলা।

যাহোক সে রাতে বড় মামী মা কে বললাম আমি রান্না ঘর দিয়ে না যেয়ে সামনের লোহার সিঁড়ি দিয়ে আসছি। যখন বড় মামী মা সব ব্যবস্থা করে দিলেন আমার সে সময়ের সব সেই অনুভূতির

কথা কাউকে বোঝাতে পারবো না। আমি আর কিরণ মামী মার কাছ থেকে বিদায় নিয়ে আচার্য্য দেব বড় মামার ঘরে প্রবেশ করলাম। বড় মামা বিছানায় বালিশের উপর মাথাটা ঝুঁকে বসেছিলেন। সবাই খুব ই নীরব। বড় মামী মাও চলে এসেছেন। আধো আলোতে সবাই খুব বেশী চুপ, নীরবতা। আমি সামনে আর আমার ভাই কিরণ দা আমার ঠিক পেছনে। আমাকে দেখেই মুখটা উচু করে আমাকে দেখলেন। বড় বড় পদ্ম ফুলের পাপড়ির মতন চোখ তুলে বললেন, কি সুন্দর লাগছে তোকে। একদম সম্রাজ্ঞীর মতন লাগছে। বললেন কোথায় পাইছিস শাড়ীটা? খুব মানিয়েছে। বোস এখানে। আমি বড় মামা কে প্রণাম করে বড় মামার খাটের মাঝামাঝি স্থানে ঘরের ফ্লোরে বসলাম। আমার হাঁটুতে ভোর দিয়ে আধা বসা অবস্থায় পূজনীয় বড় মামার হাতের আঙ্গুল গুলো একটু একটু ম্যাসাজ করে দিচ্ছিলাম। উনি আমাকে কিছুই বললেন না। শরীরটা কত যে খারাপ ছিল আমরা সবাই বুঝতে পারছিলাম। বড় মামার ডাক্তার বাবু, আমার আদরের ভাই বিষ্ণু দা, কিরণ দা, পূজনীয় বড় মামী মা সবাই আমরা বড় মামা কে ঘিরে বসে ছিলাম। যখন জিজ্ঞেস করলেন কোথায় থেকে পেলাম শাড়ীটা। বললাম ঠাকুর বাড়ীর বাইরে একজন গুরু ভাইয়ের কাপড়ের দোকানের সামনে দাঁড়িয়েছিলাম। ওখান থেকেই কিনেছি। এভাবেই স্মৃতি গুলো বারবারই নাড়া দিয়ে যায়।

# National Annual Utsav 2023

