



Be Ye Peaceful – Volume IV

Parama Premamoy Sree Sree Thakur
Anukulchandra's

121st Birth Anniversary Utsav

Griffin, Georgia
USA
September 5-6, 2009

Ashirwani (Letter of Blessings) for this Utsav from Parama
PujyaPada Sree Sree Dada to Bapi (Asis Basu)

R.S.

Dear Bapi,

I am extremely happy to learn that the 5th National Annual Satsang celebration of the U.S.A. is being held at your place this year.

No amount of intelligence can make a man successful in life if there remains no emotional involvement in his activities. There are many positive emotions that set man in the path of right action. Love, sympathy, fellow-feeling, courage and perseverance are some such emotions.

Such positive emotions may turn foul if they are not properly adjusted. Love turns into infatuation, passion and lust, sympathy becomes apathy, anger and hatred, courage evolves as vanity and arrogance. From these come envy, malice and malevolence.

Man is a social animal. For meaningful healthy existence we must co-exist with other men on the basis of love, admiration and fellow-feeling. Perverted emotions isolate us from other men.

But knowing this and being guided by this knowledge is not the same thing. The human emotions and actions must be fine-tuned so that we men can all live happily, prosperously and meaningfully.

To attain this emotional perfection and balance, we need some all-knowing guide by loving and following whom we easily can attain this perfection. Unquestioning acceptance of the Ideal and carrying out His commands bring adjustment of every habit and behavior— and thereby normally self-correcting all human emotions and actions bring perfection in life. He is man's Guru—the living guide. If he is not so, then there is no need of him.

The aim of our life is the realization of God. You may call Him God, nature or by any other name. But the fact remains that, all the attributes that every created being possess, today, have been bestowed to us by that omnipresent something, whose nature and attributes we may never know.

Even if you argue that all our attributes come from mere chemical process within the brain, you will never be able to deny that the chance of occurrence of this in us remained from the very beginning.

The realization of God's true nature brings upholding and nurturing personality in man. When we achieve this, our world becomes perfect. This becomes possible only when we accept one all-knowing, all-fulfilling living person as our guide. There is no other way.

Thakur is our inspiration. He is our master, our Lord— by following whose commands we may easily attain perfection in life.

The celebrations that you are holding are just one way of remembering Him and being inspired to be guided by Him in actual life. This can be the only purpose of such celebrations.

Praying to Thakur that you all love Him, following, obey Him unquestioningly and totally, and thus be blessed in life.

Remember Thakur's own words—

*“Be ye whatever—
regret not what has happened
by the impulse of your blind misfortune,
let not be afeared by the
taunting insult of your actions
that have occurred by the enticement
of the ignorant, dull,
depressing environment;
shout, cheer up—
be unquivered and attached
by your tendrils of passion
to the Ideal, the Beloved—
whose love enters unquestionably
top to bottom
whatever ye may be—
saint, rogue, sufferer, criminal or
sinner— pervading all !
Instal Him with all your purpose,
with all your service
with all your love and emotion,
with all the resources;
neglect to fulfill the narrow
sordid interests
from the universe in which you dwell;
only think of Him,
think how to fulfill His interests,—
move on doing and dealing
accordingly—
elating everyone with the message
of love, hope, charity and service*

*that exalts !
put thine ear to the throbbing
impulse of
environment and hear attentively the
lingering music
of the inner microcosm
with a rolling peaceful concert,
a singing thrill—
Peace, Peace, Peace— be ye Peaceful !”*

Love to you all!—

Dada

(ParamaPujyaPada Sree Sree Dada)

July 30, 2009



Love Him Sincerely, Love will jump upon you. – Sree Sree Thakur



Here is **Be Ye Peaceful - Volume IV** published for the occasion of commemorating Parama Premamaya Sree Sree Thakur AnukulChandra's Holy 121st Birth Anniversary as well as Fifth US National Satsang Utsav, to be celebrated in Griffin, GA on September 5-6, 2009.

We sincerely acknowledge the painstaking and worthy work of GiselaMa and Gabriel (Lichtgarn) toward collection of articles and primary edition thereof.

We are delighted to have the enthusiasm that we are going in with. It is remarkable that although we have been faced with so many challenges, Sree Sree Thakur's mission of universal love, mutual respect and inter-interestedness is growing exponentially among and around us.

It is not hard to comprehend that Prophan AcharyaDeva Sree Sree Dada is enabling and fulfilling

each of us according to our characteristics and needs reflecting as Parama Purush Parama Dayal used to by becoming **VaisishtyaPalee** and **Apuryamaan** (The nurturer of the inner characteristics and Fulfiller the Best).

The chariot of Satsang USA and Sree Sree Thakur's mission remains extremely motile and momentous. Should we maintain the basic tenets of Sree Sree Thakur's **Panchaniti** (Five Principles), we will continue to be blessed by **ParamPita** (Supreme Father).

Vande Purushottamam!

On behalf of devotees of USA and Canada,

Very Humbly,

Asis Basu, SPR
Griffin, GA, USA
September 5, 2009



Flowers are blooming

Unmukt Gupta Age 11
Lafayette, NJ, USA

Flowers are blooming
I smell the breezy wind
The birds look beautiful
Makes my Heart dancing.

In the Sun Green Lawns Velvety
When I look outside in Night
Sky is so clear and Starry.

Why it takes so-- long for you
after cold & snow, to swing
You are the best season
and my Favorite – SPRING.

Ganeshji

Pakhi Gupta
Lafayette, NJ, USA



A Just Man

Dr. Kerry Brace
Pittsburgh, PA, USA

Shortly after taking initiation at the Satsang Ashram in Deoghar I met Sree Nani Gopal Chakravorty. Nani-da had been a personal attendant to Sree Sree Thakur and had been a member of Joti Ashram. At the time I knew him he was Secretary of Satsang. Standing on an ashram path near the main gate, he said to me something like this:
"Among mountains there is one that is the highest—that is Everest. Likewise among men there is one who is the greatest. In coming to Sree Sree Thakur, you have come to that man."

In the years to follow I was lucky enough to have some opportunities to hear from Nani-da* about some of his personal experiences with Sree Sree Thakur. Here is one of them that I recorded at the time:

There was a man who considered himself very just and righteous. He would not sacrifice his principles for anyone, not even his father. Because of a point of principle, he had fallen out with his father completely, and had left his home. He told this to Nani-da, and asked him to tell Sree Sree Thakur about his situation.

When Nani-da entered his room, Sree Sree Thakur asked him immediately, "What is the meaning of uchit?" This is the Bengali word for "just", and the word the man had been using to describe himself. It is a common word, known even to children; so Nani-da wondered when Sree Sree Thakur asked this, and did not answer. Sree Sree Thakur told him to find the meaning. So he went to Boral Bungalow and looked it up. He was astounded.

Its root meaning was found to be "union". So the man calling himself uchit was actually just the opposite in creating disunion and disharmony. Truly just action would promote unity. The man was told that he had best go and bow down to his father and ask forgiveness.

"Among mountains there is one that is the highest—that is Everest. Likewise among men there is one who is the greatest. In coming to Sree Sree Thakur, you have come to that man."



*“Do Not Die, Do Not Cause Death, Cause Death To Death.”
- Sree Sree Thakur AnukulChandra*

Unconditional Faith Towards The Almighty

Gopali Bardhan
Cuttack, Orissa, India

Hope and faith in our life utterly depends upon our definite believe in the presence of some supreme and immortal authority above and beyond normal human beings, who are mortal, often ill mannered, mean etc. We must be positively convinced that there is actually an ultimate power, who has formulated all the good features of life such as: honesty, integrity, beauty, peace, harmony, kindness, etc.

These virtues cannot be completed by some ordinary soul. Normal human beings are often not trustworthy. One often can really feels dissatisfied with them, as their character can be very unsatisfactory and disappointing. For that reason, I personally had been searching to discover faith, hope, love and happiness throughout my life.

My experience towards life was full of obstacles. However, I have derived a solution from this risky journey of mine for everybody who needs it. Spirituality demands perfection in all its aspects. Spiritual values like gratitude, humanity, truthfulness, aspiration, self-giving, and surrender all need to be total in order to be fully effective.

Faith is no exception to this. Once a devotee takes a stand that he/she is relying on Sree Sree Thakur's grace to get his problem solved or prayer fulfilled, he must then not allow any doubt to weaken that faith. I managed to do so, as I have won my battle against dissatisfaction, depression, sorrow and pain. Consequently, I realized a degree of stability, peace and wisdom.

I want to share my finding and knowledge with you, so that you can also acquire the guidance, directions and wisdom from your own dreams. When I started my study, I never had an idea that I would be able to comprehend my dreams.

My path was very long. I started this journey with pain, hopelessness and fear while being oblivious to everything around me. I was very upset with my life and with the circumstances prevailing around me. I had no courage to face all those obstacles. Everything was meaningless and nor did I believe in any exception for me.

At the time of difficulties, while knowing that my dreams were not to be fulfilled at that time I kept dreaming them just the same. I also began to analyze myself alone in a long pathway of life. It was very difficult to understand what are the strengths and weaknesses within me. To start all this was very complicated for me.

Since I was determined to find a solution, the inspiration which I got from Sree Sree Thakur really worked for me. Thakur has said in Satyanusaran;

*“Give your heart. You need never retreat.
Rely, and you shall never be frightened.
Believe, you shall master the world within.
Encourage, and try not to arouse fear.
Have patience, danger will be crossed over.
Be not vain. You shall not have to remain humiliated in the world.
Confess your fault in anguish before you are accused. You shall
remain untarnished, an object of affection to the world.
Be restrained but fearless.
Be simple but not foolish.
Be obedient, but for that don't be weak-hearted.”*

It taught me to “Keep your dreams alive. Understand, to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe.”

As soon as I realized the presence of the supreme power, I started to fully believe in hope and faith with repeating the “Holy Name”. The inspiration of the supreme power always helps human beings and develops their individual sense of doing right and wrong.

So it means that Sree Sree Thakur helps all to become courageous, wise and strong enough to fight against negativity and to get happiness forever. Sree Sree Thakur wants to help all of the distressed people by solving their problems and also wants to teach them to regain hope and faith and lead their lives with courage. They would have also ascertained harmony, intelligence and ever-lasting happiness after all the stressful moments they have gone through. Sree Sree Thakur has said about it in ‘Satyanusaran’ which inspired me a lot...

*“Contraction is dejection. Expansion is delight.
There is a lack of happiness in that which brings weakness
and fear in the heart and that is grief.”*

*“Desire unfulfilled is misery. Don’t expect anything.
Be prepared for every situation. What can grief do to you?
Nobody is miserable by nature. If one wishes, he can drive it out.”
“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.’
And be ready to accept that. Joy will remain and sorrow will not touch you.”*

“Be not the cause of another’s grief; none will be the cause of your grief.”

*Misery and happiness are both modes of mind. To lack the thoughts and
deeds befitting the desire is misery. You may serve the world in a thousand
ways, but you cannot destroy its misery until the sense of inadequacy be
removed from the heart. Dharma alone can do that.”*

I was so sad in my life before my initiation. But after my initiation, my life completely changed when I learned to interpret my dreams according to Sree Sree Thakur. Undoubtedly, this knowledge of the supreme power can help all, because the absolute wisdom is definitely based on purity and perfection. You must believe that your life not only revolves around this material and tangible world, but there is a supreme power, which also helps you to grow in your life. So have faith in Him (Sree Sree Thakur) and follow him unconditionally.

For giving me His blessings to have my will power and spiritual practices, I wish to say a few words from the bottom of my heart,

I am thankful to Him, for those difficult times.
During those times I grow.
I am thankful for His blessings,
because He gave me opportunities for improvement.
I am thankful to Him, for each new challenge,
because it will build my strength and character.



*“Prophet of the time
Is the enlivening emblem
Of the past and fulfilling thereof” – Sree Sree Thakur*

The Present Economic Crisis:
An Analysis from the Standpoint of Sree Sree Thakur's
Philosophy

Ambupad Thakur
Sydney, Australia

The current economic crisis is unique in many ways. Economists are calling it one of the worst the world has ever seen and the biggest since the great depression in the early 20th century. Barring a few countries like India and China, the entire world has slipped into a severe downturn. Leading economic powers like the USA, Japan, UK and Germany are suffering a sharp decline in their economies. As a consequence, wealth has greatly diminished, people have lost faith, hunger and poverty are on the rise and there is great concern that this situation may lead to global chaos and anarchy. It is noteworthy that when the condition of the environment degenerated to such an extent during the great depression in the 1930's, it was followed by a catastrophic world war.

When an event of this magnitude occurs, it indicates that some essential principles of life and growth have been grossly neglected on a global scale. Let us examine some of the principles of being and becoming laid down by Sree Sree Thakur and understand how their violations have resulted in this predicament.

Loan Lunacy

*Loan leans
the labour-loving traits
and turns one into a pauper.” - Sree Sree Thakur AnukulChandra*

The immediate trigger for the current economic crisis was the trillions of dollars of bad loans taken out by people in the USA to purchase property. Known in business parlance as the sub-prime mortgage crisis, people borrowed more than they could afford with the encouragement of unscrupulous lenders. When property prices started falling and borrowers could not pay their money back to the lenders, large financial institutions such as the Lehman Brothers started

collapsing thereby triggering a crisis of confidence which virally spread throughout the world.

Sree Sree Thakur never liked the idea of taking loans. He said that loans should be avoided to the extent possible and should be taken only when absolutely necessary. When one does take a loan, he said, it should be returned at the earliest opportunity and well within the time promised for its return.

While giving loans, the lender should give only that much that one is not shattered if the loan is not returned. He always stressed the importance of having simple tastes and living within one's means. According to him, the tendency of taking loans distorts the hard working traits of a person by inclining him towards easy money and hence makes one into a pauper. This principle was violated by the borrowers and lenders and that made the present crisis inevitable.

*Inconsiderate investment,
inconsiderate, greedy withdrawal of money
and uncompassionate behaviour
are the inimical friends of business. - Sree Sree Thakur AnukulChandra*

In the Hollywood movie, 'Wall Street', the famous American actor, Michael Douglas, says, "Greed is – good". Most investors in the stock market seem to be motivated by greed in their investment decisions. Warren Buffet is the wealthiest man in the world and he understands the functioning of the stock markets better than anyone else. Alice Schroder has written a book on Warren Buffet, and talking about him in an interview with CNN, she said about him, 'He would say that human nature doesn't change, and that fear and greed are always the two drivers of the market ... the market will always be ruled by cycles driven by fear and greed.'

Warren Buffets wrote an article in the New York Times citing his money making rule, 'Be greedy when others are fearful.' Excessive greed feeds on itself leading to an unrealistic and unsustainable rise in the value of stocks creating what is known as a stock market bubble. When the unsustainable nature of the bubble starts manifesting itself, there is extreme panic which leads people to withdraw their money in fear, causing a sudden crash in the stock values.

Economists worldwide are arguing endlessly about the reasons behind the current crisis. However, what most of them fail to understand is that the underlying causes of the current crisis lie not just in economics but rather in the passionate play of our complexes like fear and greed. Making superficial changes in the economic structure would not be effective, unless people's characters can be moulded in a way that enables them to keep greed and fear under control. Greed or 'lobha' has always been regarded as one of the main vices in Hinduism. Sree Sree Thakur said:

*“Where
passionate greed or intent
is the moral goad
there demon dominates.”*

He further added:

*“A servant for money
is often disqualified
to master the same, _
hence wealth mourns away
with insignificant glow!”*

He never believed in hoarding wealth beyond one's needs and was strongly against excessive attachment to money. He said:

*“Hoax of money
makes one
a man of heartless intelligence.”*

Also,

*“Where capitalists are not laborious
to serve the labourers—to make them efficient,
Mammon with a sighful glimpse converts money into mud;
and where labourers
deceive the capitalists without being profitable to them
and negligently usurp the maintenance
which makes them*

*fit in life,
Satan with embezzling laughter presents them
a black necklace
with a steel rope
that pulls them towards vanity!"*

One of the fundamental questions that this economic crisis has thrown up is the very validity of the capitalist model. When the communist system was undermined after the break up of the Soviet Union, there was great jubilation in the camps of the capitalists as it was apparently a confirmation that the capitalist system was the best.

However, the current crisis is seen in many ways as a failure of unbridled capitalism. This rampant form of capitalism has placed monetary profits above every other consideration. As a result, moral values have degenerated and people have become heartless, self-centred, and corrupt.

Capitalism, which is built on the premise of free markets, is now discovering that true freedom can only be based on disciplined, ethical behaviour. If people are allowed a free reign to do anything that they want for profit, without any regard to long-term community welfare, it will ultimately lead to 'market failures' undermining the capitalist philosophy.

Due to the faults being exposed in capitalism, other models are being studied to overcome its inherent problems. Among the economic models being studied are that of India and Australia, which have a more socialistic inclination and provide greater support to their citizens.

Long before the fall of communism and the recent doubts about capitalism, Sree Sree Thakur proposed a system which was neither capitalist nor communist in the extreme but had the good elements of both. He was against the exploitation of workers by capitalists but at the same time did not want workers to exploit their owners through non-cooperation, deception, strikes and other means.

He supported the spirit of individual enterprise and ownership found in capitalism while at the same time emphasised the importance of man over money. His was an 'ism' of togetherness, harmony and love,

which would enable everyone to live and grow equitably and he called his 'ism' existentialism.

Dharma Upholds.

The reason why many of the large companies failed and exacerbated the crisis was the fact that their accounts were falsified by people in senior management positions which was only exposed when it became too late, thereby dragging the companies to ruin.

Governments are talking about introducing more legislation to create checks and balances in the system. But, whatever complex system of checks and balances the government may create, it will ultimately have to be implemented by people, and hence will be only as effective as the integrity and efficiency of the people involved.

Dharma, according to Sree Sree Thakur, comes from the root 'dhri' which means that which upholds our being and becoming. Hence, real sustained growth in any field of human endeavour can only come about when the principles of Dharma are aptly followed.

When individuals and communities are goaded on by their whims and complexes neglecting the Dharmic principles of life and growth, downfall and destruction inevitably await around the corner. This downfall can manifest itself in many ways and in many forms including an economic downfall. When adherence to the doctrines of life and growth recede, recession cannot but raise its ugly head.

Sree Sree Thakur pointed out that the economic capital can only be built on the back of human capital which can be developed by creating people of outstanding calibre through proper marriage, education and upbringing. He said:

*“To combat poverty
good breeding is essential
and then education
with every active thoroughness
in a meaningful consistency
that nurtures being and becoming.”*

He reiterated this in another utterance:

*“It is not a fact
that material economy
is the stay of life,
but it is true
and an eternal fact
that chaste and compatible
economy of genetics
is the wealth of the world,
though foolish conception
foregoes it;
origin of economic adjustment
in family and country
crops up from
chaste, healthy
and compatible eugenic relation
within similar clans.”*

If we want to enjoy unhindered economic prosperity, we have no choice, therefore, but to build our human capital through a man-making movement based on Dharma. Unless we invest extensively in developing this human capital, unless we learn to discipline our passions, unless we vigorously follow the path of life and growth, we will be constantly plagued by crises one after the other.

In my considered opinion, the best, if not the only sound method, to understand and practise Dharma is to be attached to an Ideal who is the living embodiment of Dharma, a Jesus, a Krishna, a Sree Sree Thakur Anukulchandra. When there is such an attachment to the Ideal, Sree Sree Thakur says, economic prosperity becomes inevitable and automatic.

*“Where sufferance for the Love (Ideal)
is a blessing,
where hearth and home are satisfied,
blended with sweet relation,
economic wealth of the country
normally flows
in a puffing flow.”*



Where there is constancy in adherence, active allegiance is automatic. - Sree Sree Thakur AnukulChandra

Lighted Candle on a Candle Holder

Plukshi Bhatt
Unionville, CT, USA



“Resist, No Evil” – Sree Sree Thakur

Woman: According to the Vision of Sree Sree Thakur AnukulChandra

Madhusmita Swain
 Mooresville, North Carolina, USA

Human beings are the greatest creation of the Creator, God. There are two images. One is man and the other is woman. God has given the opportunity to woman to give birth to a child, a new life. It depends on the woman what kind of a child she wants to give birth to i.e. a good child or a bad one. If she follows the Ideal (The Supreme Father) and is consistent in her basic characteristics, she can surely give birth to a good and ideal child.

Sree Sree Thakur said "Woman gives birth and takes care of us from childhood until we become self-sufficient. That's why a woman is called MOTHER. The purity of society depends on her purity.

A woman has to perform different roles in her whole life – daughter, sister, wife and mother. She is lovable as a daughter, adorable as a sister, affectionate as a wife and gives life as a mother. So her thoughts, words, behavior, education, dress and fashion etc. are so important for the society as well as for the nation from her childhood to motherhood. I am narrating the characteristics of an ideal woman according to Sree Sree Thakur.

Attachment with Father: Generally daughters are more attached to their father. This internal love towards father slowly grows and in the future it helps her to be more attached to her husband and to remain centered on the Ideal, bringing about growth of concentration and personality. Due to the attachment and respect for father, she can understand the usefulness and problems of family life. It helps her what to do and how to do things in married life. She will not face more difficulties in her married life. Sree Sree Thakur has said in Women's Code,

“For unmarried girls it is very good to be attached to their fathers, to serve him, to be in his company and to talk things over with him. This is the staircase of elevation first and firm.”

Dress, Fashion and Behavior: When the female claims the qualities of a male, she neglects her own nature and imitates a man's gestures and postures and then claims them as her own. Gradually she loses affection, love and humbleness from her character. Her service, thoughts, style, dress, and accoutrements will not create nobility, sanctity and respect in the mind of the man.

The method of education should be such that women become grown-up in their instincts, eager for improvement and uninhibited. Then only that education can make life and society successful in self-preservation, self-protection, and progress.

It is better for the woman not to go to see any festival, party and function alone. In this context Sree Sree Thakur said, "In playing a game, taking part in a musical performance, or attending any function, it is best to be accompanied by your father, or a superior male of his status, or a fit brother-- either older or younger than you. By this there is less possibility of a maiden's falling into danger. If possible, move in this way until you feel yourself equipped in such a way that every man will lower his head in awe at you.

If anyone other than your mother, father, husband, mother-in-law, father-in-law, Ideal, superiors or your own brothers and sisters, wants to give you any kind of gift or reward out of love, never accept it, even on extreme request. If it must be accepted, take the requester's presentation through the hands of your father, husband, or father-in-law; because through this present many evil thoughts may touch you; as a result, what you never thought of may come to pass, perhaps without even a little delay,--be careful.

As a Wife: Marriage fulfills two main desires: 1) Evolution 2) Good progeny. A wrong marriage puts a blight on both. So don't take marriage as a game. Be the wife of that man who is superior to you in all respects (lineage, varna, family, education and culture), in such a way that he will not fall at all from being, becoming and glory. After marriage the daughter or sister becomes a wife. This is just like a new birth for her. Sree Sree Thakur said that the in-laws' house is just like a university for her. What she learns she has to perform there as a wife / daughter-in-law etc.

Sree Sree Thakur has said,

“The wife, who is easily pleased and contented with her husband in every way and at the same time keeps him happy too with her service, care and love, being thus enlivened, is blessed with health and happiness and is the real or ideal wife.”

Stand behind your husband with unrepelling adherence to Ideal, inspiration, active urge, and exalting word. Then depression will not threaten either one of you. Be attentive towards your husband so that he can remain healthy, satisfied and nourished with inspiration through you, but not stupefied by you or absorbed in you. Let not your pleasure and nourishment become his aim. Rather, by your inspiration let him become tremendous for the Ideal and able to stay well engaged in service to the world and install this in your heart as your satisfaction.

There is no doubt that by pleasing, gladdening and glorious worship to Ideal both will be majestic and happy. According to Sree Sree Thakur the woman who is inspired with the Ideal, talented in service, tactful in action, sweetness and sympathy in speech, possesses exalting behavior and is considered as Lakshmi Bohu.

When you serve your husband, in-laws, your family and neighbors with your words, behavior and sympathy and help as much as practicable in an uncontentious way, then only your reputation as a “Lakshmi” will be adorned with renown. At that time only the woman can possess her eight basic characteristics consisting of: Adherence, Dharma (Religious), Service, Nurture, Help, Preservation, Inspiration and Reproduction. Then only is she worthy to be called a woman.

Woman carries the offspring of the family and gives birth to a child. So her love, respect for her husband and in-laws reflects in the character of the child. So the members of the in-laws’ family, mostly mother-in-law, love her and correct her mistakes and inspire her as a daughter and make her happy. Then she becomes more and more attached to her in-laws’ family. In this way she treats them as her own family members and the in-laws’ house becomes the temple and the members of the family become like gods and goddesses.

Mother: A woman gives birth and helps the growth of the child; so she is mother. The nation's purity depends on a mother's purity. From fallen woman a baffled child takes birth. To become a good mother

you have to follow all the basic eight characteristics until they are part of your character. When your adherence, love, feeling and devotion, being delighted, make your husband aglow with existence-exalting nature and health and make him inclined to you, that is the real sign that you will become the mother of an honest, healthy, bright child. There is no doubt that this is the best gift to the family and also to the nation.

If you want to make your child a good person adjust his or her defects to a useful form. The education of the child depends on mother's understanding, words, movement, character and skill. To the extent that these are developed in the mother they are effective in the child.

“Try to have the child's perceptions at your fingertips. Don't chastise for nothing; rather try to awaken his perceptions. Then the child will find the way to extend his or her knowledge and be free to grow. If there is no way other than to chastise, do it at such a time when that is the only way to bring adjustment.”

Foundation of Education: According to Sree Sree Thakur, the actual university of a woman is her in-laws' house. The real education is to keep your individual distinctiveness intact, and have knowledge about Dharma, Ideal, superior marriage, chastity, duty towards your husband and in-laws, service, needs of good progeny, how to keep the family at peace, recognize worthiness to be a husband, bring up children, in what manner children should be educated so that their future lives be of shining glory, what the rules of saving are and how to increase them without causing troubles to others.

Give particular profound attention to implanting these in your character if you want to keep prosperity and well-being as your maidservants.

Development of Woman: We generally understand the progress of a woman consists of higher qualifications, her personal and social reputation. So if she becomes a doctor or engineer or scientist etc, then all think that she is actually developed.

According to Sree Sree Thakur the actual development of women is only worthy when she respects her husband, in-laws, serves and nurtures them at the time of need, becomes the mother of an ideal child, changes her drunk and ill-behaving husband to a good and well-

mannered one, and makes her family happy and healthy. Then every family member prays on his/her death bed, "Lord, please let me stay in this heaven-like home". Only then the woman's development and progress become truly successful and meaningful.

As Sree Sree Thakur is the Living Ideal and we are his followers, He gave us very good principles for our life and growth. As a woman, we must try to follow them and uphold at least the basic characteristics of a woman as much as we can in our day-to-day life.

"Woman gives birth and takes care of us from childhood until we become self-sufficient. That's why a woman is called MOTHER. The purity of society depends on her purity".



"I am the Companion of Life and Growth" – Sree Sree Thakur AnukulChandra

Meditation

Jeffrey Renert
Farmington, CT, USA

My spiritual quest began in 1971. The allure of having a Guru was very significant to me. The concept of a spiritual teacher or Guru was limited to what I read in books about Eastern spirituality, imagined or learned with my own experimentation. My spiritual mind evolved. I immersed myself into the pursuit of meditation as the way of satisfying my quest for the spiritual meaning of life. Daily I sat cross-legged in the morning, closed my eyes and tried to manage thoughts from my over-active brain.

The best news I can tell you was that my experimentation and yearning lead me to the positive life-altering discovery of Sree Sree Thakur Anakulchandra. I must relate that the best things in life do not necessarily come easily.

My journey to find the right spiritual teacher to instruct me in the practice of meditation was filled with adventure, excitement and eventually a total feeling of peacefulness at the feet of Sree Sree Borda in Satsang, Deoghar. This journey brought me to the process of initiation of Sree Sree Thakur as my Guru. The process contained the gift of the Holy Name along with the teaching of meditation. Now I was on my way.

Life for me while experiencing Ashram living was blissful. Being in the company of Sree Sree Borda, his family and all guru bhais enabled me to build a strong foundation of daily spiritual practices, positive spiritual discourses and lifelong friendships.

In the spring of 1972 I returned to America. My daily practices of jajan, jaajan and istabritty continued uninterrupted. In addition to my devotion to Thakur, I realized it was important to increase my devotion to my parents. My devotion did increase as I immersed myself into our family business.

Subsequently I made additional trips to visit Sree Sree Borda and Satsang. During my third trip in 1983 I requested a private discussion with Sree Sree Borda. I inquired about the idea of marriage. He stared at me, smiled and uttered "khub bhalo" in Bengali, which meant

“very good”. It was simple but powerful to me. I was exhilarated.

Ultimately I met my wife on a trip to Israel and we were married in 1985. I am relating this part of my life because it was again a life altering experience. The obvious part of learning to adjust to the challenges in sharing your existence with a new life partner had the normal peaks and valleys. However, in my case my daily devotional practices unfortunately slid away. The challenges of marriage and a year later the birth of our first child took over my life.

I was fortunate to have been initiated with Sree Sree Thakur at a very young age before I took on the responsibilities of work, wife and family. Therefore my life’s foundation was built on proper values, spiritual motivation and energized meditation. What was most important was my faith and devotion to Thakur never wavered. I was at peace with the realization that Thakur knew my heart and mind.

As adults we have realized life is not simple. Life is about challenges, understanding how to respond to challenges and ultimately growing as an individual. There are two ways to deal with personal growth. To put it simply, your choices are to deal with life’s challenges with or without a spiritual teacher.

Our late Guru Bhai David Lichtgarn would often utter with a twinkle in his eyes and love in his heart “Who ever said life is easy?” I concur with David and would add that his statement is the basis for “the meaning of life.”

First, to become aware of individual challenges in life, then understand the process by which one can adjust to or resolve the challenges. It is my firm belief we must have the proper spiritual teacher who can transmit His Love through meditation resulting in resolving life’s challenges with Love.

Last year my life took on a new direction. I decided to retire from my working career. This presented new challenges. I had no specific schedule and lots of time at home. This also meant significantly more time interacting with my wife and family. These new challenges did not seem that difficult. However, reality was different.

The best I can say was, my daily path had a few bumps and small potholes from time to time but no major craters. It definitely weighed on my mind that mental disturbances were occurring. I contemplated

this new reality. One day I was talking with a friend. I related how I should be really happy in my newly found role, but it was not always the case. The friend said something very simple to me. "What about your Guru and your meditation?" The light bulb went off immediately! It was as if Sree Sree Thakur himself was talking to me. Yes, what I needed to do is activate my daily devotional practices including meditation.

As with all good resolves, I put this one into action without the least delay. My office has always been graced with photos of Sree Sree Thakur, Borda and Dada. I had my environment. I gathered my prayer shawl and started my meditation. My internal self became awakened again. This clearly meant meditation and devotion was evolving into the energy of Love.

Then there comes the vision of the true self (Atma) and we can understand ourselves. This making Name is our sadhana. If making Name becomes habitual, no sorrows or difficulties can oppress one. Even if there is nothing left to eat in the house, there is no sense of want. Then there is realization of every creature's suffering. The Ideal is seen in everything.

This is the way it is. Then we can feel the presence of the Ideal in everything. If one is perfected in the Name, than he has mastered infallible speech. There is no difference between the Name and the Nami (the human embodiment of the Name).

Through the Name, love for the Nami grows. He is realized within the heart. Then he is united with everything within me. Then it can all be understood what kind of person anyone is, who establishes the Ideal's interest and who does not. The mind is directed within, directed to the Cause.

By going on making the Name with every breath, the Name becomes firmly set. Then the world is filled with the perception of the Ideal. Understand it logically. The Name and Nami are not different. So if the Ideal pervades my heart, where else need I seek happiness and what could make me unhappy! Everything is my Ideal; establishing His interest is my aim.



“Allurement Devours Enthusiasm and Ability” – Sree Sree Thakur

Sree Sree Thakur

Debartasharan Dey
Dallas, Texas, USA

I was born and brought up in Baroda, Gujarat. My father got initiated to Sree Sree Thakur at a very early age, and my mother got initiated to Sree Sree Thakur too after her marriage. My mother got attached to Thakur due to my grandfather. He used to tell a lot of stories about Thakur's leela in Pabna and then later on in Deoghar. I don't remember my grandfather as he expired when I was very young, but my mother filled those gaps.

My home used to be surrounded by a lot of Gujarati families. The concept of GuruKaran (Initiation or Diksha) is a very new concept even now in Gujarat. I used to listen a lot to my mother's discussion with her neighbors and the way my mother used to make them understand why we need to have a Spiritual master in our life. It is through her jaajan work that I started to understand the deep and subtle philosophy of Thakur. Many of my neighboring families knew about Thakur.

I just want to narrate one of the incidents which happened nearly 15 years ago. Beside my house, a Gujarati vaishnav family still resides. My parents used to work. So that vaishnav family took care of me and my brother whenever my parents had to go leave for office work.

My mother regularly spoke to them about Thakur and the importance of having a Guru in one's life. They regularly came to our home and listened to our morning and evening prayers. One day, Shah Uncle, (my neighbor) was reading his usual vernacular newspaper called Sandesh. It's a famous Gujarati newspaper. Suddenly Shah Uncle saw the picture of Sree Sree Thakur with a big story. He read it and then he called my mother. My mother could not believe that such a big story was published on Thakur in a Gujarati newspaper.

I guess this was way back in 1995. My mother asked Shah Uncle to tell what the story was all about. In the process a few other families assembled to listen to the article that appeared in the Sandesh newspaper. The story was as follows:

Actually there was a Bengali army officer who was captured by the Pakistani army during 1971 Indo-Pak war. He was taken as a POW (Prisoner of War). Then all POWs were subjected to very harsh torture. He was badly beaten up, day in and day out. Days together, he was given two morsels of food. He finally broken down and got totally frustrated. He just could not take it anymore.

Back in India, his family was informed that either he is dead or must be taken as POW by the Pakistani troops. His father was a great devotee of Thakur (His son did not take Thakur's initiation). His father could not digest this news.

Back in Pakistan, this Bengali Officer gave up and was on the verge of mental depression. He was about to lose his sanity. Then, one night after weeping he went to sleep. Then he saw Thakur in his dream. Thakur told him to get up and run from the prison. He did not take the dream seriously and slept again.

Again Thakur appeared in his dream and told him to run from the prison. Now he felt he should obey Thakur's order. The moment he got up from his sleep and moved towards his cell he saw the jailor looking to him.

The jailor actually was a Bengali Muslim from East Pakistan which is now Bangladesh. This jailor used to regularly watch him getting tortured by Punjabi Pakistanis. He got sympathetic towards him. He just could not see the inhuman treatment meted out to a Bengali Officer. The Bengali officer was surprised that at dead of the night the jailor was near his cell. He just could not fathom anything. Before he thought how to react, the jailor told him he would help him to run from the prison.

Finally the jailor managed to sneak out the Bengali officer and told him to run as fast as possible before sunrise. Days of torture had left him totally frail. He tried to run hard, and barely 2 kms later had he seen a river. He got so tired he could not swim and lost consciousness. When he got up he found himself in a fisherman's house. He then realized that he was in Indian territory and got rescued by the Indian fishermen. This article later appeared in the Times of India. I will try to get the original article.

After this my mother got so thrilled and even my neighbors were totally in awe of Thakur's grace! The story tells us if you surrender

truly to your Spiritual master he will definitely come to rescue you. The Bengali Officer was not initiated to Thakur but his father could not believe that his son could meet such a brutal end. Belief and faith is beyond reasoning. Faith is never blind.

When my mother used to do her jajaan work I used to tell her that it is very difficult to convince people here. Today, there are so many Gujarati families who come to my home during Satsangs and a few of them have even gotten initiated.



“To bear a child means to bear a husband” – Sree Sree Thakur

Go-Between (Dwandee Brittee)

Tusar and Madhusmita Swain
 Mooresville, NC, USA

According to Shree Shree Thakur, 'Go-Between' is serving 'evil'. It means, if we said or promised someone to do something and we then did not do it, it is called Go-between.*

Shree Shree Thakur has given a very beautiful example of our day-to-day life incidents and how to stop Go-Between.

If you have to give your word to complete a task and you are in doubt regarding completion of it then it is better to say that you will try. If someone wants to keep some money with you, then you may tell him it may be spend or may not be returned to him at the time of need. And if after knowing all this he still wants to keep it with you, then it is ok.

You have to carefully avoid Go-between both in words and actions. Thakur has said that if you are doing a good job by following Go-between then also it is a sin. Go-between is the friend of evil (bad) and it destroys existence (Sattwa).

Go-between does not exist in the kingdom of Dharma. The person doing go-between may be personally benefited from his doing so, but time will catch up with him along with big trouble. Many people came to Thakur and said, "Thakur, earlier I was doing so well but now I am in trouble and please help me to come out of it". Thakur used to find Go-Between was the reason for most of their troubles and then advised them accordingly how to come out of committing it.

Sraddheo Kesto Da (Krishna Prasanna Bhattacharyya: Scientist & disciple of Shree Shree Thakur) asked Sree Sree Thakur regarding the remedy for Go-between and Thakur replied,

"As soon as you are aware about committing Go-between, then and there stop doing it, and this is the only remedy for correcting it. There is no shortcut for it. Doing Go-between is so serious that it destroys not only our present and future but no energy is left in the body!"

Sree Sree Thakur further said,

“One can leave habits like theft and robbery more easily than habits like Go-between”.

But if we have strong determination then it is not difficult to stop. Whatever may happen, we have to be strong and never lose confidence in ourselves.

We want to narrate a small story about ‘Strong Determination’ concerning a 12 years old boy, who later became a famous scientist.

In the early part of the 19th century this boy was working in a book binding shop in London and during his leisure time he was very strongly determined to read the science books, which were there to be bound.

At that time the director of the Royal Institute of London was Sir Humphrey Davy. He had brought to that shop for binding a book about electricity. When he went to pick up the book, he was very surprised to see the boy reading it very attentively. Out of his interest and to test the boy he asked him a few questions and he answered them all correctly.

Sir Humphrey Davy became pleased and invited the boy to listen to a lecture of his new inventions at the Royal Institute of London. From Davy’s speech the boy took notes of everything and started drawing the way Sir Humphrey had described in his speech. Then he sent all the notes to Sir Humphrey. After some time the boy started working in Sir Humphrey’s lab at the Royal Institute of London as a helper to clean the bottles. Later on with his strong determination he became assistant to Sir Humphrey and later Director to him. He eventually invented the transformer and dynamo and is known by the name of Michael Faraday!

With strong determination anything can be done! Go-between also can be cured with it!

“Doing Go-between is so serious that it destroys not only our present and future but no energy is left in the body!”

"Love imparts will, will imparts activity, that makes environment enchanted." - Sree Sree Thakur

"Whenever the urge to do something good comes into your heart, without obstructing it, do at once start to materialize it through activity; you will find that by this practice your will power will become lively within a short time." - Sree Sree Thakur



"When love condenses, energy expands" – Sree Sree Thakur

Roller coaster ride or Spiritual stable ride: Choice is yours'

Debol Gupta
Lafayette, NJ, USA

In summer vacation, recently we all went to Dorney park and took different rides. While riding I thought, we experience similar feeling while practicing meditation, daily work and in various aspect of life. You must be thinking, what are the relations between absolute rides with abstract rides. Believe me there is direct connection; you can experience the similar feeling after reading this content.

Let us suppose, you all are joining with us for fun ride and share our experiences.

Roller coaster ride (Hydra): As you know, we all have gone through



roller coaster ride either in good time or in bad time. In any roller coaster ride, first we verify the ride, believe on the machine is working properly and then we site on it and buckle up correctly. Then we are sure will be come back to the base in single piece, else we will fly off and/or met an accident.

Similarly, if we have verified your guru, believe on thy and buckle up with Sri Sri Thakur and perform regularly activities. We will come back to base in single piece; it is 100% guarantee from the lotus feet. Based on our KARMA we will have good or bad time, however our ride will be less bumpy and enjoyable even in bad time too.

Dominator ride: This ride takes you 200 feet up in 4 second falls back to earth, but holds you at 50 feet. It will keep you oscillating couple of time, until it safely puts you down to the ground.



Similarly, when get little success our EGO shoots up high and forgot ourselves and Sri Sri thakur's philosophy. Then we fall down, and then Sri Sri Thkaur extends thy hand to pull us up. Spiritual father

wants you to be always successful, however because we don't trust him, we again go down. Some time we come in contact with evil qualities for quicker success and we again go down.

As Sri Sri Thakur said "**We must wage war on weakness. We must be bold and brave; for weakness in sin incarnate! Drive it away at once- this depressing, blood-sucking vampire**". Since fear leads to anger, anger leads to hate, hate lead to aggression and aggression leads to **destruction**.

Our heavenly father Sri Sri Thakur AnukulChandra said "**Contraction is dejection. Expansion is delight. There is a lack of happiness in that which brings weakness and fear in the heart and is grief**". Since expansion leads to trust, trust leads to love, love lead to peace, peace leads to compassion, compassion leads to patience, patience leads to commitment and commitment leads to **serious achievements in any field of life**.

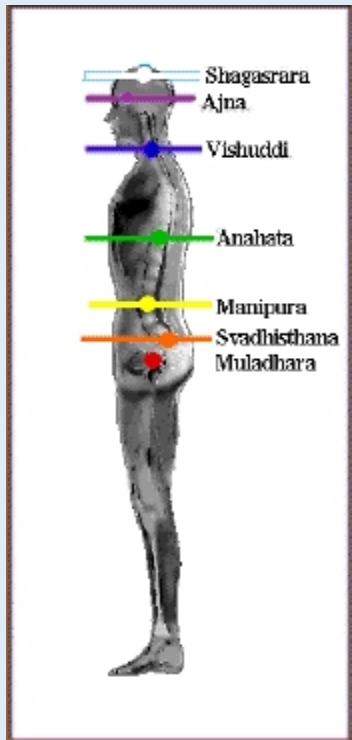
Now you must be thinking, only air rides has link to the profession/spiritual world. What about the water rides or train ride? Please be patience, we will explore others rides too...



Patriots plunge (closed water tube): In this ride person will fall from 52-foot-tall close tube water slides with serpentine courses that end in a splash pool.

One has to take steers to reach 52 feet top to enjoy the water tube experience. Likewise, when we mediate, mind goes through the tunnel(similar as close tube water) of thoughts.

First it takes time to concentrate and focus. Sri Sri Thakur has given us the beeja mantra(naam), which is a power and act as a carrier and password to open different Chakras. In the ancient world it is known as Kundalini Jagaran or in western world it is known as activation of microcosmic orbit of our body. As per Sri Sri Thakur the mantra(naam), he has given us is top most(i.e. 17th mantra) among other mantra like ENG, EM, ENGA, EMA, AENG, AEM, AENGA, AEMA, SHIRING, SHIRIM, HIRING, HIRIM, KIRING, KIRIM, SHIAM, SHIAMA. Using our Beeja mantra we can open the door of various your chakra and medically you will be healthy too. Beej a Mantra can be use as cleaning agent; to open and clean the different chakras are as follows:



- 1) **Muladhara** (the base Chakra): This chakra is location in the region between the genitals and the anus. When you find any person with stable mind, secure and satisfy. His Muladhara chakra is active and he/she will NOT have **any anus related problems**. If any person has piles or other anus related issue they should perform Vajrasana and meditate using **Vayu Mudra**
- 2) **Svadisthana**: (The Sacral Chakra): This chakra is located in the sacrum. When you find any person who can maintain are creative, enjoy the relationship, enthusiastic and peaceful. Those people, whose sacral chakra is open,

will not have any issue for **reproductive problems**.

- 3) **Manipura**: (The Solar Plexus Chakra): This chakra is location in outer adrenal glands and the adrenal cortex. This Chakra plays very important role on digestive system. People who are brave, they provide various alternative to any solutions, full control on emotion and mentally stable (not anxiety) . Those people will not have any **indigestion problems**. However, if anyone has digestion related issue, they should conduct agnisht yoga, meditate using in **Vayu Mudra** and be positive in every situation.
- 4) **Anahata**: (The Heart Chakra): This chakra is located in the chest. This chakra is very important for immune system. People who are very emotional, kind, soft, absolute love and help others. These people are very happy and will not have any **immune or heart related problems**. However, if these people got hurt or cheated, they get heart related issues. Person who has issue should perform **KapalBhai Pranayama** and later meditate using **Gyan Mudra**
- 5) **Vishuddha**: (The Throat Chakra): This chakra is located in the throat. People who are very self expressive, thoughts and communication goes hand to hand and very emotional. These

people will not get any **thyroid nor throat related issues**. Any person, has throat related issue they should perform **Matsyasana** and later meditate using **Apaan Mudra**


- 6) **Ajna:** (The Brow Chakra): This chakra is located at the [pineal gland](#) (or it is also known as third eye chakra). This chakra is use for foreseeing and deep thinking. People who's behavior are charismatic, mesmerizing and trust worthy, their Ajna chakra is open. These people are always energetic, empower and refresh. They will never have insomnia (sleep) issues. Any person, who has lack of sleep or do not feel fresh after waking up, should meditate in third eye using **Prithvi Mudra**.
- 7) **Sahasrara:** The Crown Chakra: This chakra is located near to [pituitary gland](#),(it is also known as taalu or base or central nervous system). People who's Sahasrars chakra is activated has inner knowledge, no attraction to materialistic world, want everyone to unite and leave with peace. Any person, who is restless, anxiety and worried should perform **KAPALBHATI PRANAYAM** and meditate using **Varun Mudra**.

I was in deep thinking in the water tube and suddenly, got flash of water. It was bit short ride of 52 feet height, however it was very pleasant and want to experience more, however due to long queue; I have to change my mind and went for a different ride.

Later, Unmukt asked me why you always told us to perform meditation using Gyan Mudra and focus on third eye? I told him, this will increase your wisdom and you will be always energetic and empowered.

Let me share the process of meditation:



- 1) You need to sit on sukasan  or possible padma aasan



, with your back straight



2) To switch on a light bulb , you need to activate via switch



. Mudra's are switch to perform specific **functions** and open the specific **light bulb** (Chakras)

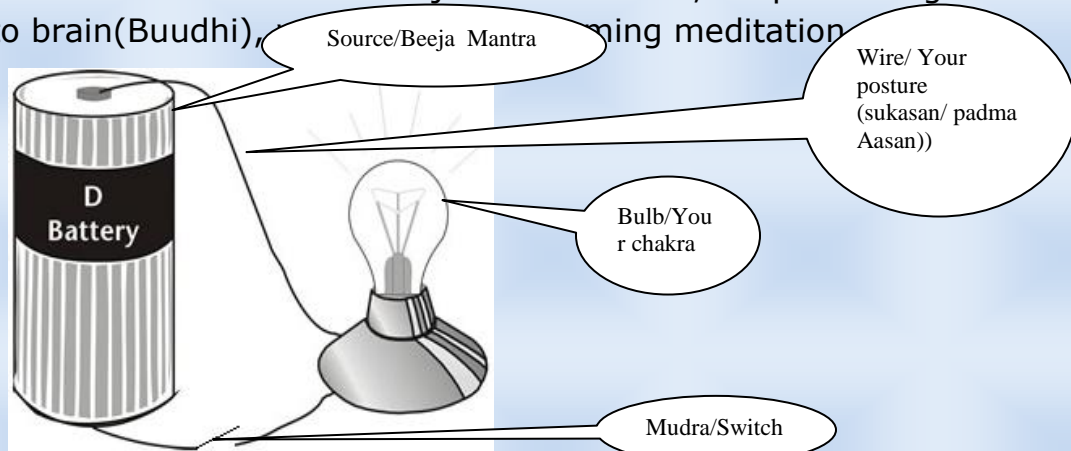
3) Start chanting Beeja Mantra, since this a power(like electricity)



, which will open your **chakra**(light bulb). The more you chant, the more you will generate power

4) Focus on the specific Chakra, which you want to activate for your needs. For example, if you have sleep problem, you need to focus on Ajna Chakra using Prithvi mudra.

5) Initially, mind will be disturbed and it will try to defocus you from the Chakra. Do not object it or force it, keep referring back to brain(Buudhi), **meditation**






6) Within couple of minute, you will try to focus on the specific chakra, however do not stop chanting the beeja mantra. Within couple of time, you will start experience the results




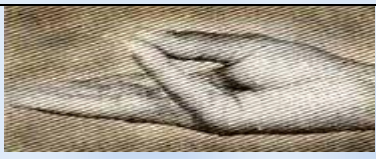
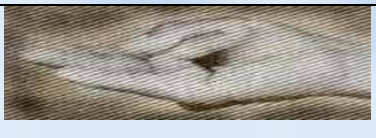
7) Try covering yourself completely, which will help you to void from different distraction and store your energy.


8) After completing 40-45 mins of meditation, you can slowly open your eye. Rub your palm couple of times and apply them to your eye.

Q) Nitant, my youngest kid asked me; what are the different Mudras? What are the important of each Mudras?

A) Though there are around 256 different Mudras, developed for different purpose. However, mudras depicted in the next page are most effective, efficient and multi-purpose:

Name of Mudra	Usage	Method	Visual demonstration
Gyan Mudra	Effective in cases of mental ailment, imparts happiness, the intellect develops, memory is sharpened.	Join the tips of the index finger and thumb and keep the other 3 fingers stretched and joined.	
Shoonya Mudra	Relief in diseases and pains relating to the ear.	Press the middle finger on the base of the thumb and keep the thumb on middle finger. Keep the other three fingers straight..	
Apaan Mudra	Helps in clearing the body by elimination of waste matter from the mouth, eyes, ears, nose etc. Helps when urine is obstructed, reduces constipation.	Join the tip of the thumb with the tip of middle and ring finger, keeping the other finger straight.	

Prana Mudra	Helps in pumping the life force into your body. Beneficial for all types of diseases. Imparts special power to the eyes.	Join the tip of the thumb with tip of little and ring finger. Keeping other two fingers straight.	
Vayu Mudra	Helps in diseases like arthritis, trembling in Parkinson's disease. Better results obtained if practices after Prana mudra.	Press the index finger on the base of thumb and keep the thumb on the index finger. Let the other fingers be straight.	
Prithvi Mudra	Makes body sturdy. One experiences happiness.	Join the tip of the thumb and ring finger	
Varun Mudra	Improves the deteriorated quality of blood due to shortage of water & gives freshness to the body.	Join the tip of the thumb and little finger.	
Surya Mudra	Reduces weight of your body.	Put the tip of ring finger at the base of thumb, with thumb gently pressing on it.	

Ling Mudra	Produces heat in the body and helps in curing cold and cough.	Interlock the fingers of both hands together. Keeping the left thumb up (encircled by right thumb and index finger) i.e. left thumb should be vertically straight and right thumb around it.	
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Later on we all enjoyed the rides and try to get different experience. Hope you should also take similar rides and experience it. All the best and God be with you always.



Love, admiration and service are the imbibing features of being—leading to achievements that tune the intellect, character and behavior. - Sree Sree Thakur

RS - Blog

Jaimini Bhatt

Unionville, Connecticut, USA

Here is an attempt to seek answers to my concerns straight from the source that explained them in their very essence. Below are some of my internal thoughts, conversations and guidance from my Thakur. Whereas I see an application of these in my personal life in a certain way, others may see the same being applicable from a different point of view. The substance is here and a different interpretation lies in the head of different individuals.

Here are some of my comments (interpretations) from a humanist point of view. I am amazed how everything Thakur said makes sense. All 12 pt fonts are my words and all larger fonts, quoted words are my Guru and internal guide Sree Sree Thakur's words. (The quotes are from The Message, Vol. 9. Ed.)

He is the existence

of all that exists—

thereby He—the Sat ; (Sat leads one to peace - your being)

He is the responsiveness,

of all that responds,

so Chit—that He is; (Chit - is the force - that overcomes inertia)

He is the becoming

of each that comes,

thus He—the Ananda (Ananda - the joy of becoming)

as known.

Thus, He is the one with Peace, force and joy - 'Sat-Chit-Anand' personified.

Before one begins anything, one must decide - what to do, how to do etc.

HOW TO DECIDE?

"To decide

is to observe affairs

in all portions thoroughly

with every observing interest;

consider comparatively,

select and adopt

which is suitable

to the existential

propitious go of your life

and utilize the best."

He sets us on a task here. In order to observe affairs (thing we want to decide about) in all portions thoroughly, one must identify all of them. This involves breaking down what one wants to decide into small portions. Then one must list - all observable points of view and then after selecting and adopting (complementing) it, select a point of view that is suitable and favorable to life and growth.

Try this out next time whenever you want to decide something in a best possible way. After practicing it several times, you will realize that your decisions are always coming out correct. Everything will lead

towards progress. I am convinced and hence before all else, I will practice this intensely.

Often I hear this from my children and often have I had a conversation with my wife (who keeps my ego in check:)), about what to do if someone doesn't have concentration in any activity. I see Jishnu, my son intensely concentrated whenever he is working on some technological gadget or a video game. My guidance comes from these words by Thakur:

INTEREST FOLLOWS CONCENTRATION

“Create interest; attention will follow along.

Concentration shall be automatic.”

On a different note - this is an answer to many a statement by my near and dear ones: (This is self-explanatory.)

AS ONE WANTS—SO HE BEARS

“As one wants, so he bears.

As one bears, so he fares.”

So, He tells me to

AVOID DELAY

“Do never delay to perform

any efficient activity

which makes people efficient

in active good performance;

be aware!

*this delay will make your
efficient urge dull
and deteriorating;
so,
try to build the habit
of prompt earnestness
and bestow the blessing
on people.”*

be careful of negligence,

**NEGLIGENCE AND
CARELESSNESS**

Negligence and sluggish carelessness

makes one ill-fated.

and (this is for me)

*“He who criticizes others
with a taunting, jocosse attitude*

expresses himself

to be criticized or taunted.”

He guides me to succeed through a very thorough, step by step process - involved in becoming successful at any activity.

Main Points of Success in Life

*“Valorous adherence
to the Master-Love
with admiration,
soothing behavior,
accurate discernment,
easy conception,
energetic activity
and beautified performance
with every nurturing
fellow-feeling—
all these come through
admiring energetic acquisition
as offering to the Love;
these are the main points
of success in life.”*

My translation: Stay courageously focused, attached to your Master (Ideal) - keep your attention on his qualities that you admire. Act with action that puts all at ease (relaxed), distinguish what is best to do (see above - how to decide), simplify the implementation (like Google?), act with force and put all your attention on how to improve your quality, effectiveness and efficiency.

While doing all this the nurturing fellow feeling should be increasing - and with every a small step of accumulated unified action - one

achieves success. (Thakur, I am not backing out - but this is easier said than done. I will keep these words as my guide every time I will think about succeeding.)

And by the way, I believe 100% in the validity of the above as a 'perfect way to be successful'. However, if we are not habituated to doing every element of the above - as a way of our being, we are likely to take this as a tall order and then frustrated, we will abandon any effort to 'succeed' - in this sure shot way. So, the idea is to make each element mentioned above into our habit. Excel at them individually, and soon things will start falling into place ["Hey, Jaimini! - are you listening to this?"]

And lastly this is a reminder to me and for someone very close to me:

CLEAN UTENSILS—DO NOT

RUB MUCH

Do not rub much

the clean utensils,

you will make them lose their weight.



*“To judge one is not to punish,
But to correct, console.” – Sree Sree Thakur*



Satsang Philanthropy, Deoghar Ashram (by Jeffrey Renert)

Lost Objects and Other Miscellaneous Observations About Sree Sree Thakur

Gisela Lichtgarn
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This morning I had put the phone handset, my son had given me as a gift, into the upper left pocket of my blouse. I loved that handset because it prevented me from getting a neck ache and enabled me to do the dishes and other things around the house effortlessly while talking on the phone! But when I started to remove it from the pocket I noticed that the ear set part was missing! "Oh, no", I thought. "Now I will have to go back to square one, bending my neck, getting a neck ache, unable to do anything besides holding the phone".

At once I got the impulse to look outside, where I had previously gone to remove some laundry from the line. I walked through the grass, carefully retracing my steps, so I wouldn't miss a tiny ear set that could easily be overlooked. By the laundry line I instantly saw it: my ear set, small and delicate and hard to find! But it was Sree Sree Thakur who had me look into just the right direction so I couldn't miss it!

Many of us have had similar "finding" experiences. Let me share another one from long ago. Having just moved from New York City, we were living in an apartment in Hartford at the time and my son was only a toddler. I was ready to take him out for a walk. But where were the keys? An inner voice immediately prompted me to look in the closet in the picnic basket. I simply ignored it and looked everywhere instead, turning the entire apartment upside down!

Finally exhausted, I thought, "Well, I have looked everywhere and found nothing. Why not look into the closet now that everywhere else was useless"! Opening the sliding closet door I found the picnic basket and in it were the much looked for keys!

But Sree Sree Thakur does not just help us find lost objects, though that certainly is a tremendous help for those of us who misplace things a lot! What I have noticed over the last 39 years is that Sree Sree Thakur will help us find WHATEVER it may be, that we are looking for! If we repeat the Holy Name, if we sit down to meditate morning and

night, do our Istabharity etc. then Sree Sree Thakur gets scope to fill whatever gap we may have! Sree Sree Thakur's universal teachings are so powerful because He himself embodied these teachings! Whatever He spoke, He was able to do and practice. In other words, He was able to walk the talk, as the saying goes.

No message or saying was ever spoken by Him in vain. He was the blazing example of that message, that living Inspiration that we got from being in His presence. Never having met Sree Sree Thakur but living in Sree Sree Borda's presence for 15 months we felt that living example of Truth and Dharma that Thakur had bestowed on his eldest son and Acharya! Thakur's presence was palpable in Borda: that unconditional love, that sweetness of smile, that firmness when necessary to adjust us, whatever was needed to bring a devotee around, Sree Sree Borda was able to do it.

After so many years we still feel his loving presence, his caring eyes, his majestic walk, his all-knowing heart and mind, that could look into our heart and mind and know what was there and what was needed to bring us closer to the loving Source of Existence, Sree Sree Thakur!

Staying in Borda's presence many lessons were learned. Once in 1976 my son had just turned two and I was sitting before Borda with a list of complaints that I needed solutions to. One was that each morning the milk that was delivered to us consisted of more water than milk! We were tired of drinking this water that contained a little milk! I had several other issues, like the woman who cleaned my son's diapers but refused to do them as she was in a huff about something. But I sat there repeating the Holy Name to the best of my ability with my concentration directed to Sree Sree Borda.

Suddenly I became aware of the fact that I had totally lost track of my list of complaints! Actually I had forgotten about them! When it was time to get up, solutions began to flood my mind! We ended up switching milkmen and started to get milk delivered from the beautiful black cows owned by Sree Sree Borda himself!

We visited the shed where the cows were kept. They were a wonderful sight of animals well taken care of, so shiny, so black, so clean that it was a pleasure to see them. The milk they gave was rich and creamy! As to the woman who in a bad mood had refused to do the diaper cleaning, we brought her some roshagollas, and that instantly changed her frame of mind and she immediately agreed to continue in her

service to us! This is a small example why holy company is so necessary.

In the morning and evening prayer we pray each day: "Again and again I fold my hands and humbly pray to you, Give me the association of holy men, oh my kindhearted Master." Sree Sree Borda was that holy man that Sree Sree Thakur in His infinite mercy left for us, to uplift us, to guide us, to show us by example what the divine nature of Sree Sree Thakur was all about.

Now Sree Sree Thakur has again left behind for all of us Sree Sree Dada, Borda's eldest son and successor to guide us from darkness to light, to show us with compassion what is the way to the Lord, to correct us when we need it, to boost us up when we feel we are failing and falling.

Each time Sree Sree Thakur has chosen his Acharyas because they are most qualified to show the way to that Truth and Dharma that He embodied! We are all most fortunate and the more time we spend with the Acharya the more fortunate we are! Reading so many scriptures for days on end will never make up for one day of sitting in the Holy Presence of Sree Sree Dada! May we all take the time to be in his loving presence, to discover his merciful nature, uncommon knowledge, wisdom and intelligence and through him know Who Sree Sree Thakur is!



*"Concentric love for Superior
Sublimates into divinity." – Sree Sree Thakur*

Being Guided and Other Remarkable Experiences Related to Sree Sree Thakur

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One day a few years ago I was mowing the lawn in our backyard near our clothesline, and all of a sudden I felt like I was being stopped from going any further! I couldn't understand while this was happening. So I paused for a few moments, but ultimately I decided to keep on mowing. A few seconds later there was this loud "kachung" sound and so I stopped the lawn mover to see what had happened. And then, to my great dismay, I realized I had just chopped up a metal coat hanger! Fortunately I was not injured at all.

About a week later I was mowing the lawn again and I felt like I was being stopped again like I had experienced previously. This time I stopped the lawnmower to see what was going on. Then I looked to see where I was about to mow and sure enough, there was another metal coat hanger there. The funny thing is, the second time that I almost chopped up a coat hanger there was no clothesline nearby. I feel that this was a miraculous guidance on the part of Sree Sree Thakur.

I learned this valuable lesson that when I feel that the Lord is trying to guide me to not ignore it!

Another time when I was driving home from work in the evening, I saw a rabbit on the right side of the road before the sharp crest of a hill. I thought, "This is interesting; maybe the Lord is trying to guide me here to be alert." So I slowed down a lot. (I also was reminded that when I went to driving school they taught us to slow down just before you come to the sharp crest of a hill.) Sure enough right after the top of the hill I saw a deer right in my path! I was amazed how I was saved from hurting the deer and a severe accident.

Another story that I would like to relate here is this:
One time my mom and I were in the car and I was driving back from the beach. All of a sudden my mom noticed that a car on the left was starting to spin out of control on a three-lane highway. My mom was very alert and told me, "Watch out! Slow down!" All of a sudden this

car flew across the three lanes and hit the right metal railing. The amazing thing was that when this was happening there were no cars coming for at least 500 feet!! The driver of this out of control car hit the railing and drove off immediately with the back of the car flapping about! He didn't seem hurt physically at all!

I was so shocked by this incident that I stopped the car and reported the dented railing to the police. When some vehicles finally did come down this highway one man who had witnessed the accident from the distance said to me, "Where did that car go? Didn't he go down over the railing?" I said, "No. I just witnessed him driving off!" I am still amazed to this day that the driver didn't get hurt, and there was a gap of at least 500 feet behind us, so there was not a multiple car pile-up! I think this is all due to the Lord's grace!



PaharBari by Jeffrey Renert



ManikPur Mandir - The venue where Sree Sree Thakur Had His last picnic on January 9, 1969 (Courtesy:Jeffrey Renert)

Parama PujyaPada Sree Sree Dada: **An Iceberg**

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When a person like me tries to fathom the depth of a divine Iswar like ParamaPujyapada Sree Sree Dada, it turns out to be a never-accomplished, never-determinable goal.

What we see from the outside of His huge life is just the part we want to see. It is evident that He has facets that are ever unseen, optically invisible and audibly unperceivable ("Nijeke Lukate Tini Oti Jatno Koren"). Like a tip of an iceberg, only a little part of this magnanimous entity is perceivable. The unseen part is even sweeter, deeper and once accessible, He allows the divine soul to participate for interpersonal enriched experiences. Whosoever understands from the inside, only he understands (Bojhe Pran, Bojhe Jaar)!

Let me have a disclaimer here: I am only content and enjoy ParamaPujyapada from the part that is commonly seen (that is the visible part of the iceberg). And that too is so sweet, so deep and so expansive, I can only attest to the fact that what an experience it would be if I could ever enter into the deeper kingdom of realization.

It became particularly evident to me when we congregated near our Soumya (The Equilibrium), DivyaKanti (Divinely Characterized) AcharyaDeva in number of occasions. His life is only invested for Param Dayal Sree Sree Thakur's divine aspirations to transcend His creation into a place where all love all, all respect all and eventually make Jajan (Personal Practice), Jaajan (Service to the nearest and overall environment), Ishtavrity (Unconditional daily material offering to the Ishta embodied in SadGuru), Swastyani (Specific five principles of Sree Sree Thakur), Sadachar (Hygienic Principles) an un-detachable part of our lives. Making Naam, He suggested, should be as normal as we breathe. In every go in His life, Sree Sree Dada demonstrates this active love for every one disregarding His own comfort. It is this unending thirst of loving all has naturally made Him the Param Purush He is today. Loving others for Sree Sree Thakur is His only agenda.

The result of His tireless pursuit will someday bring in an even better SatyaYuga (Golden Age of Existence) where there will be no need for political, social, financial and security governance of any kind. When a massive Satsang (North of 3, 4 or 5 million people) is now celebrated anywhere in India, the police and other security personnel get frustrated that they have nothing to work on. Everyone in that human ocean is so divine, so disciplined that external disciplining loses its significance. ParamPita is already showing us the glimpses or the manifestations of what we can become when we tune ourselves to the call of our Lord.

This becomes only possible when each of us that share this world will actively engage in ParamPita's golden plan that, "Keep on initiating people, work with them to enhance their ability; Be king-makers; Don't try to be a king, make every one a king. Let not even one person be a dwarf in one's ability. Do not drop any one."

*"What is your own
is not money but man,
so make people yours
as much as you can."*

Unfortunately, many of us engage in the pursuit of achieving personal salvation. Chaitanya Charitamrita clearly identifies this as a problem and proclaims that God is not hesitant to award the salvation (Mukti) but He will award devotion (Bhakti) extremely selectively.

"Ami Mukti Dite Katar Noi,
Bhakti Dite Katar Hoi".

Sree Sree Thakur identified the Ritwiks (Connectors between IshtaDevata and the Jagmaan) as "Vanguard of Prosperity". And then He defines the above by saying, "as long as they are Ishtarthee (actively interested in Ishta {Superior Beloved})." He was clear by the following message, "Do Love and Do for Love". Love without active, inquisitive service is ever sterile.

The reason of love is so clear, "Love is Supreme Knowledge" (Pronoi Parama Veda). Sree Sree Thakur once desired that due to the fact that ParamPita made each one of us so unique, our curriculum in the university should be prepared for every student. This need-based

education will then unfold our innate tendencies that fulfill our becoming with a meaningful rational adjustment.

To rationally understand the person we are confronting is the key to my success. Sree Sree Thakur's father Pujoniyo Shiv Chandra Chakravarty often times would test a debtor by ordering the latter to prepare a "Tamak" for his smoke. Pujoniyo ShivChandra would give a little more tobacco to the debtor than he would actually need. And then when the tobacco got prepared, He would observe the debtor as to what he does with the excess Tobacco. The debtor would get money only if he successfully demonstrated this fundamental behavior of what to do with excess of life.

In the present world, our financial creditors do not have these finer tests. Had they have this innovative style of testing a debtor's credibility, we would not have to face this worst economic crisis since Great Depression. In this economic tribulation that we all are in, let us not forget Sree Sree Thakur's best economic formula,

*"To manage the go of life
With every progressive step
Is economy."*

Since we are prone to intellectualize the concept of Dharma, He clearly defined what Dharma is:

*"Dharma –
Means the laws that sustain life and growth
With every effulgence
Of personality
Both individually and collectively."*

The malaise of our society is that we maintain Hrishism without being actively engaged in a Hrish (Seer). This makes us followers of Dharma in a non-practicing level. It does not impact my life. The environment that I am in does not get any influential boost from me. My characters and behavioral attributes are not reconstructed due to the fact that I am not "disciplined" by being a "disciple" of a SadGuru (Master of Existence) or better, a Param Avatar (Absolute Descendant).

Once we were in the NatMandap in front of the Philanthropy building. Sraddheo Sanjib MondalDa described a story from Burdwan, West Bengal. A GuruBhai harvested a huge cabbage and when tried to cut the huge cabbage into pieces, he ended up seeing a lot of blood oozing out of the vegetable. It was later revealed that there was a snake that somehow got a residence in the cabbage. As soon as we heard the story, Sree Sree Dada immediately gave the solution for a "particular" disease prescribing the consumption after thoroughly washing and rinsing that cabbage. He always remains alert to provide solutions for the ones that are inflicted by complexes, death, disease, ignorance, poverty or pauperism. This tireless engagement in Sree Sree Thakur's cause makes Him so Infinite.

You see, if we go there with a heart-throbbing sincerity to love Thakur and are willing to shape our lives according to His scriptures, we must tirelessly run after our AcharyaDeva who has learnt by Acharan (Practice).

*"Jantei Jodi Chaas,
Alasya-Heen Anuraage
Gyanir Pane Dhaas."*

In SreeMad-Bhagavat Geeta, Lord Krishna prescribed Arjuna,

*"Kato Va Prapsyasi Svargam Jitva Va Vhoksyase Mahim
Tasmad Uttistha Kaunteya Yuddhaya Krita-Nischaya."*

("O son of Kunti, If killed in battle, you will attain heaven; if victorious, you will enjoy the kingdom. Therefore, arise; Resolve to fight").

Sree Sree Dada helps us resign all our actions to SadBrahma (Sree Sree Thakur) without any personal attachments. We are, therefore, not soiled by sin as a lotus leaf is not wetted by water as long as we adhere to our Loving, Living Ideal.



*“Religion installs life and becoming of existence”
- Sree Sree Thakur*