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❖ Annual 24-hour Akhanda "BáBá Nám Kevalam" Nám Sańkiirtana

Between 4th-5th November, 2023, the Kurmidih unit of Ananda Marga Pracārika Saṃgha organized their annual 24-hour Akhanda "BáBá Nám Kevalam" Nám Sańkiirtana. The kiirtan was followed by Iishvar Pranidhan, Svádhyāya, and finally Nárāyaṇa sevá to conclude the event.



❖ One Day Football Tournament

On 5th November, 2023, Dr. Amarnath Chakraborty Memorial Shield Football Tournament was organized at Ananda Nagar. The one-day tournament consisted of 8 teams.

After the final whistle, Pundagh Football Club became the champions, with "Sange Boaha", Tatuara as runners-up. The champions were awarded ₹8,000 and a trophy for their exploits, while the runners-up ended up with ₹6,000 and the runners-up trophy.



❖ *Tour Organized By Ananda Nagar Boys Home*

On the 4th of November, 2023, boys from the Ananda Nagar Boys Home embarked on an educational and recreational tour to Digha. The much-awaited tour saw the boys go from Pundag to Purulia, and then onwards to Digha. The itinerary for the two-day tour combined both recreational and educational activities so that they could learn new things while out having fun.



❖ *Surprise Visit to Ananda Nagar Boys Home*

On 6th November, 2023, the boys at the Ananda Nagar Boys Home received some surprise guests who came to visit them. The guests came bearing gifts and among them were the Principal Officer Electricity Division of Purulia Zilla Parishad, Mrs. Nilanjana Pattanayak Chatterjee, along with Mr. Arjun Mahato and several others. They graciously gifted snacks and other food items to the boys in residence.



❖ *Astro-tourism in Ananda Nagar*

Due to lack of light and air pollution in Ananda Nagar, it makes for a great place to indulge in amateur astronomy. The fact that our Ananda Nagar can be an astro-tourism hotspot was further highlighted during a visit from 5th to 9th November, 2023, by Professor Shantanu Roy from Acarya Prafulla Chandra College, and Professor Rini Roy from Bidhannagar College along with their students and wards, some of whom are pursuing Astrobiology as an area of study for their M.Sc. in Microbiology.



Their expedition was not only about celestial wonders but also about reveling in the beauty of the pristine environment and discovering the historical treasures of the region. They explored a myriad of fascinating locations, including Asthi Hills, Navachakra Cave, the Dimdiha extinct volcano, Bansgarh Farm, Malta Mosambi Garden, Central Ráfh Point, Tantra Piitha, Baba Memorial, the Water Dam Project, the Children's Home, and the Rotunda Auditorium to name a few.

❖ *Blood Donation Camp in Ananda Nagar*

We all know blood is a crucial component of our body and that it serves various functions within the body like distribution of oxygen and nutrients, disposal of waste product like carbon dioxide, etc. It is responsible for sustaining our well-being and supporting various bodily functions. And since blood cannot be artificially produced, donating blood becomes even more paramount and is truly a noble deed.





However, among the masses, there exists a misconception that blood donation weakens the body. Contrary to those beliefs, those who are 18-60 years of age and weigh 45 kilograms or more can donate blood without any issues. Women can donate blood every four months, and men can donate every three months without any harm to their bodies.

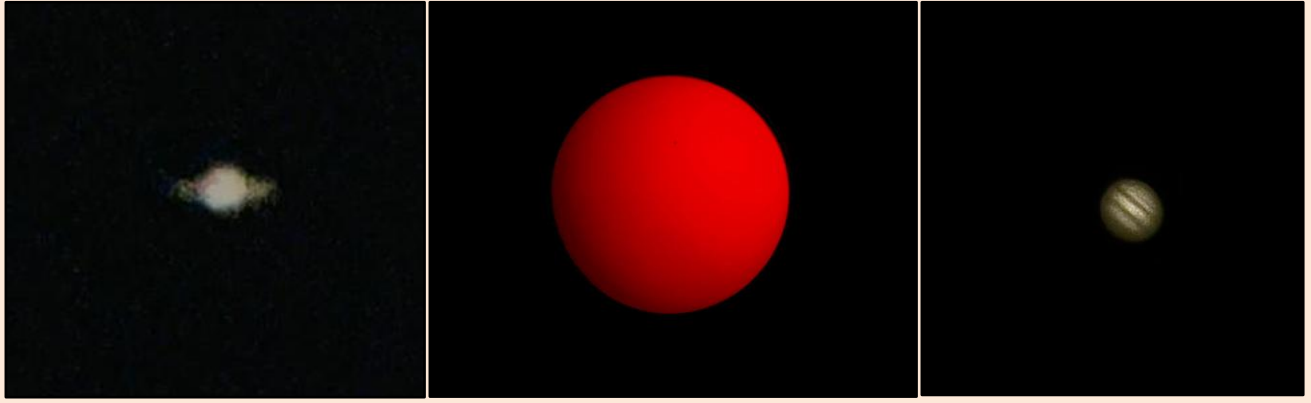
With the intention bringing about well-being for all, to free people from unfounded fears, and to establish the fact that blood donation is indeed a gift of life, Abha Seva Sadan Charitable Hospital organized a voluntary blood donation camp on 6th November, 2023, in Ananda Nagar. A total of 45 people donated blood, making it a successful event.



❖ *Observing the Sun and the Night Sky in Ananda Nagar*

On 8th November, 2023, Professor Shantanu Roy from Acharya Prafulla Chandra College organized an astronomical extracurricular activity for the students of Ananda Marga Boys High School. He was assisted by five M.Sc. Microbiology students (Susmita Chatterjee, Ankit Kumar Ghosh, Divyendu Kundu, Srikanta Mondal, Angshuman Ghosh), and together they provided guidance and supervision for the students from 6th to 10th grade.





Using scientific instruments they showcased how the Sun can be observed during daylight hours and showed images to demonstrate how various stars and planets from our solar system look in the Ananda Nagar sky when viewed through a telescope.

❖ *International Intensive Spiritual Sádhaná Camp at Ananda Nagar*

Starting from 1st November, 2023, Ananda Marga Pracārika Saṃgha hosted a month-long International Intensive Spiritual Sádhaná Camp at the sacred sanctuary that is Ananda Nagar, for spiritual seekers from across the globe. The aim of the sádhaná camp was to guide the spiritual aspirants through the profound path of bliss to self-discovery and enlightenment amidst the serene ambiance of Ananda Nagar.

With that goal in mind, individuals immersed themselves in the tranquility of Ananda Nagar as they followed the daily regimen of a sádhaka which included sattvik (sentient) food and various spiritual activities throughout the day. Their days would begin with Gurusákasaha and Páñcajanya with the rest of the day devoted to yoga-asanas, tantra piitha sádhaná, harmonized Prabhat Samgiita, kiirtan, Iishvar Pranidhan, Svádhyáya, and enlightening discussions on sádhaná.



❖ *Distribution of Team-kit to SSAC Players*

On 10th November, 2023, SSAC players were given team-kit for the 2023-24 season. The kit included tracksuit embossed with SSAC logo. These players have been involved with SSAC since its inception and through their hard work and dedication recently got promoted to District Sports Association's 'A' Division Football League after becoming the champions of the 'B' Division.



❖ *Significance of Diipávalii, Kalii Puja-Shyama Puja, Mahalaksmii Puja*

Sanskrit 'Ka', 'Ta', 'Pa', 'Da' becomes 'ya' in Prakrit. So the Diip becomes 'Diya'. Diip means a flame or a small vessel burning fire. A 'Pradiip' means a flame burning in a large container. Diipak means small or big is not clear from a distance but it feels hot. Like the Diipak rága in classical music of India which warms the body. Diwali was started at the end of the rainy season to protect from insect infestation. At the beginning of autumn, many insects grow which harm the crops. To prevent all these insects from destroying the crops, many lamps were lit simultaneously in the month of Kártika, especially on the fourth night of Kártika Amávásyá (new moon). Insects would run in the direction of light and die from the heat, thus saving the crops from insects.

After the prehistoric era, when the current of Tantra began to flow in East India, especially in Bengal, they chose this Kártiki Amávásyá as the best night for Tantra Sádhaná. This Kártiki Amávásyá is the darkest night of the whole year.

Another aspect was that the practice of Tantra was a call to light in the darkness – ‘I will look for light in the dark’. It is also symbolic of Diipágyán (ray of knowledge) inside which brings enlightenment to the outside. Therefore, on this day, ancient Buddha Tantra worshiped the "Tara" Shakti. This constellation came to India from China, brought by Maharishi Vaishishta.

Shyama is the form of this Tara goddess in Bengali. When Kalika Shakti and Tara Shakti left Buddhatantra and adopted Purantantra, they started calling both Tara and Shyama, Kali. In the Panji (bengali Almanac) the day of puja is written as Shyama Puja but it is called Kali Puja, which shows how these two have been mixed together.

Tantriks started worshiping the Buddhist goddess Kalika in the darkest night in Buddhist period, between twelve and three in the night. The people of Bengal have left Buddhism for a long time. The Buddhist Tantric Goddess Kalika has today transformed into the Pauranic Tantric Goddess Kali. However, the practice of worshiping in between twelve and three in that night is still around.

By changing the Buddhist system, the people of Bengal introduced a new sanatani system. Kali Puja was introduced in Bengal by Krishnananda Agambagiiish. Before that, there were old social rules of Bengal and he borrowed the time-date from them and introduced Kali Puja in a new way, and renamed ‘Kalika’ to Shyama. Even though the Panji says Shyama Puja, common people continued to call it Kali Puja because their ancestors used to say Kali Puja in Buddhist era. However, Krishnananda Agambagiiish did not name the day before Kali Puja as Náraka Cáturdasii. It is a Vaishnava word. Its name in Bengali is Bhútácáturdasii.

Once upon a time, Shrii Krishna was outside Dwarka. At that time a non-aryan sardar named Narakasur attacked Dwarka. At that time Krishna's first queen Satyabhama confronted him with the force of a full army contingent. Narakasur died in the battle. That day was Cáturdasii Tithi. Since then, that day became Náraka Cáturdasii which was celebrated by lightning fourteen lamps. Satyabhama was worshiped on the next day on Amávásyá (new moon). Satyabhama herself is worshiped as Goddess Mahalakshmi. That is why people of West India call the day Náraka Cáturdasii, whereas in Bengal it's called Bhútácáturdasii.

Fourteen lamps are lit on this day, which signifies that next day ‘I will light well; I will provide light in the darkness’. The outer darkness has to be solved with the light of the inner-sight, by lighting the lamp of the mind. The underlying motive of the practice of lighting fourteen lamps is to remove the Six Ripu and eight Pásha (bondage), and to shine light on one's inner mind. The ancient people, especially the people of Bengal, made light decorations to fight against this darkness. This Diipávalii is to fight against Támasa. This fight is still going on today. Therefore, at the heart of Diipávalii lies the quest for ‘Tamaso Mā Jyotir-Gamaya’; the journey from darkness to light.

We recognize this Diipávalii as a festival on Ananda Marga. The reason is that it is the darkest night. And it looks good if something is really illuminated in darkest night. Darkness can only be removed by light. Besides, this is also true that at this time there is an infestation of insects; they destroy the crops. So some amounts of insects are destroyed by Diwali which also has merit.

So, you can celebrate the festival of Diipávalii, that's what I have conveyed to you in Caryácarya.

I wish, may joy illuminate your faces during this Diipávalii celebration. Stay happy, peaceful, and celebrate Diipávalii with joy every year. "Khushi Diwali mananii hai". You know that in our Prabhat Samgiita, a song "Diipávalii sájáyechi prabhu, Tomáre karite varań" is there to celebrate Diipávalii.

Sky lamps are lit to protect crops. It is the outside light. And the tantrics say, you have to fight against the darkness outside with the light of the inner mind, by lighting the lamp inner mind, and the outer light will compete against the outer Támasa. So I am telling you, light the lamp of your mind. The outer darkness will disappear. Victory will be yours.

(Collected from Shrii Shrii Anandamurtiji's *Ánanda Vacanámrta* and Shrii Prabhat Ranjan Sarkar's *Bengal and Bengalees*.)

Edited by: Ácáryá Narayanananda Avadhuta

❖ *Distribution of Winter Clothes*

Winters can get quite cold in Ananda Nagar. To help make these cold months warmer, on 12th November, 2023, Girls Volunteers distributed winter clothes and blankets to 55 children and disadvantaged people in the villages of Amara, Damra, and Baglata villages.



❖ **Football Selection Trial Match for Spiritualists Sports and Adventures Club (SSAC), Ananda Nagar**

Namaskar,

Through the hard work of the players, and with your good wishes, love and infinite grace of Parama Puruśa, SSAC-Ananda Nagar, were crowned the champions of Purulia District 'B' Division Football League and got promoted to 'A' Division in just two years. Only SSAC-Ananda Nagar in Jhalda sub-division of Purulia district has qualified to represent 'A' Division in the District Football League.

Naturally, our responsibilities and duties have increased a lot. For the purpose of selecting eligible players from all the blocks under Jhalda sub-division to play in the Purulia District Football 'A' Division League, 2024-25 1st December'23 selection trial match will be held at Central Ananda Nagar Ananda Marga Primary School ground at 8 am on 1st December, 2023. Those eligible and interested in participating in the trial match are requested to be present at the venue by 7 am.

Thank you,

Ácáryá Narayanananda Avadhuta,
President,
Spiritualists Sports and Adventures Club (SSAC),
Ananda Nagar

Shrii Shrii Anandamurtiji teaches us that Spiritual Sádhaná (meditation), or the journey towards spiritual growth, helps elevate us from animal-like behavior to humanity and further, to a divine state. In our society, problems often arise from individuals in human form displaying animalistic tendencies. While living in human bodies, people endure significant suffering. The solution to these problems comes from divine entities taking human form.

Therefore, a spiritual practitioner focuses on solving existing issues rather than creating new ones.

He emphasizes the importance of setting goals for success. By doing so, one can find peace and fulfillment. Attaining peace requires engaging in activities that promote mental equanimity, or achieving a balanced state of mind. This can be accomplished through the practice of meditation whenever time allows.

❖ 6-hour Akhanda "BáBá Nám Kevalam" Nám Sańkiirtana in Celebration of Diipávalii

On the morning of 13th November, 2023, in celebration of Diipávalii, the boys from the children's home organized a Nagar Kiirtan and took part in Páñcajanya at Ananda Rekha Bhavan.



Following the Páñcajanya, six hours Akhanda "BáBá Nám Kevalam" Nám Sańkiirtana commenced at 6 am. The kiirtan concluded at 12 noon with a collective Iishvar Pranidhan, Guru Puja, Svádhyáya, and a discussion on the significance of Diipávalii. The joyous event concluded with a collective feast.



❖ *Bhrátrdviīyá* Ceremony at Ananda Nagar

Within the Ananda Marga Mission, there is a whole spectrum of celebrations, which open-up avenues for holistic growth – physically, mentally, and spiritually. Noteworthy among these social festivals is the "Bhrátrdviīyá Utsav," a commemoration observed on the second day of the Shukla Paksha (bright fortnight) in the month of Kártika.



The rituals of this festival dictate that brother will receive the blessings and auspicious tilaka from his elder sisters, and salutations, garlands and sandal-paste tilaka from the younger sisters, and then accept food offered by them.

During the blessings and ceremonial tilak application by elder sisters, and the expressions of salutation, presentation of garlands, and the application of sandalwood tilak by younger sisters, the traditional utterance is: Bhrátá mē ciráyubhavatu "May my brother live long." (Repeat the mantra three times.)



Each year in Ananda Nagar this sacred ceremony takes place at the Gas Godown under the supervision of Shri Mantu Garain, a resident of Chitmu. This auspicious occasion was on November 15th this year and it was celebrated in front of the Gas Godown on the land donated by Shri Garain for Jagrti. Under his direct management the Akhanda "BÁBÁ Nám Kevalam" Nám Samíkiirtana took place from 6 am to 12 noon followed by collective Iishvar Pranidhan, Svádhyáya, and a discourse on the importance and essential nature of the Fraternity Festival. The Bhrátr̥dvit̥yá ceremony was observed following the guidelines outlined in the Ananda Marga Caryácarya.

❖ *Ananda Marga High School Students Selected to Represent District*

Sameeran Mahato (class VII) and Surjit Hembram (class IX), both students of Ananda Marga High School in Ananda Nagar, have been selected to represent Purulia district in the state-level athletics meet organized by District Council for School Games and Sports. Sameeran Mahato will compete in the Under-14 category, while Surjit Hembram will participate in the Under-17 division.



❖ *Being a Guru is a Profound Responsibility*

Those whom the Guru guides are human beings made of flesh and blood; individuals intricately woven into the fabric of the Páñcabhautika existence. Their journey encompasses a blend of sorrow and pain, laughter and tears. They grapple with fundamental concerns about sustenance and attire, experiencing the ebb and flow of happiness and sorrow. From tears of grief to tears of joy, from moments of sadness to elation, it is the Guru's task to comprehend the entirety of their experience and chart a course to enlightenment. This is the ideal role of a Guru in the material realm. The Guru of the worldly domain must impart teachings that effectively address the everyday concerns of individuals. It is the Guru's duty to ensure the proper resolution of worldly problems, including the fulfillment of basic needs such as food, clothing, education, and medical care. The Guru takes on the responsibility of organizing and overseeing these aspects. In essence, to assume the role of a Guru, one must descend into the material world equipped with profound spiritual qualifications, exceptional mental acumen, and an undeniable demonstration of responsibility in worldly affairs, akin to the monumental stature of the Himalayas. Therefore, becoming a Guru is a matter of great significance.

- Excerpt from *Who is the Real Guru?* by Shrii Shrii Anandamurtiji

❖ *3-hour Akhanda "BáBá Nám Kevalam" Nám Sañkiirtana*

On 19th November, 2023, the monthly three hours Akhanda "BáBá Nám Kevalam" Nám Sañkiirtana was organized at the Baba Memorial. The kiirtan was followed by collective Iishvar Pranidhan, Guru Puja, Svádhyáya, and Náráyaòa sevá. A collective meal was served at the conclusion of the event.



❖ ***Excerpt from Shrii Shrii Anandamurtiji's book, 'Tantra Is Sádhaná, Sádhaná Is Tantra'***

Liberation from the shackles of the physical realm is indeed the path to true progress. Through the practice of Tantra, liberation or salvation from this materiality and inertia becomes possible. Therefore, Tantra practice is considered the highest form of spiritual discipline. Sadásiva was the pioneer of Tantra, incorporating both external practices and internal practices, blending these essential aspects to elevate Tantra practice to its zenith.

For instance, practices like kápál sádhaná or crematory meditation are termed as external practices, while Yoga sádhaná is referred to as the subtler, internal practices within Tantra. By harmonizing these two, Tantra practice unfolds a path where individuals can reach the pinnacle of spiritual fulfillment. By Avidyá Tantra sádhaná such as Máran, Ucátan, hypnosis etc. results is degradation, and these are considered lower-level practices, resulting in a downward spiritual trajectory.

Engaging in such practices leads to the acquisition of supernatural powers, but it tends to make the mind more static. Those who pursue such practices after death are destined to be reborn as detestable creatures.”

- Excerpt from *Tantra Is Sádhaná, Sádhaná Is Tantra* by Shrii Shrii Anandamurtiji

❖ ***Shrii Shrii Anandamurtiji's Thoughts Regarding Personal Hygiene***

Joint hair grows near the lymphatic glands in the armpits and leg joints. If this hair is removed, then the lymphatic glands tend to overheat, causing over-secretion and this in turn decreases the function of the thyroid and parathyroid glands. There is an inverse relation between the lymphatic glands and the thyroid and parathyroid glands; if one is more active than the other is less developed and it becomes weak. For this reason, the joint hair should not be removed.

- Excerpt from *Yoga Psychology* by Shrii Shrii Anandamurtiji's

❖ ***Whom You Will Bless?***

You can only bless those you like. If you accept salutations from those you dislike, negative sentiments may arise in your mind, increasing the lower propensities and decreasing the higher propensities in those seeking your blessing. So you don't have the right to accept salutations from all people, and you should not automatically bless everyone.

- Excerpt from *Yoga Psychology* by Shrii Shrii Anandamurtiji's

❖ *Lessons in Ananda Marga Yogsáadhaná (Spiritual Practices)*

The human body is a biological machine. Nobody deviates from this rule—all physical bodies are biological machines. The different types of lessons in Ananda Marga sáadhaná (spiritual practices) are designed to strengthen the different cakras and control the propensities. Guru Dhyána (meditation on the guru) strengthens the sahasrára cakra. If there is control over the sahasrára cakra, then the body and mind can be controlled completely.

- Excerpt from Shrii Shrii Anandamurtiji's book, *Yoga Psychology*

❖ *Distribution of Clothes to Boys of Children's Home*

On 25th November, 2023, at the end of the weekly Dharma Chakra, shirts were distributed to the boys of Anand Marga Children's Home by Rector Master of Ananda Nagar. The Dharma Chakra included collectively singing Prabhat Samgiita, followed by "BÁBÁ Nám Kevalam" Nám Samákiirtana, Iishvar Pranidhan, Varnárghyadán, and finally Svádhyáya.



❖ *Ananda Nagar as an Up-&-Coming Vacation Destination*

Ananda Nagar has for long been a place of pilgrimage for Margiis. But slowly and surely, Ananda Nagar is becoming popular as a vacation destination for Margiis. On 25th-26th November, 2023, Margiis from Bangaon and Barasat of North 24 Parganas visited Ananda Nagar. They visited popular spots like Asthi Pahar, Malta Mosambi Bagan, Belamu hill, Navachakra Cave, Dimdiha Dead Volcano, etc.



❖ *Essential Task for All Human Beings*

In all situations, there is one essential task for all human beings, and that is to practice Dharma. Dharma for humans is Bhágavata Dharma, and it is divided into four levels - expansion, rasa (experiencing the joy existence), service, and ultimate surrender to the Supreme Being.

The householder will follow the Bhágavata Dharma from within the household dharma and continue to alleviate the suffering of living beings. And the sannyásii will follow the Bhágavata Dharma from outside the household dharma and apply the overlay of peace, or prosperity, to all kinds of sufferings. This is the path of Dharma. This is the desire of the Supreme Being.

Therefore, Shiva has said - man shall practice religion as "Átma mokśártham jagat hitáya ca"

- Excerpt from *Namah Shiváya Shántáya* by Shrii Shrii Anandamurtiji

❖ *Child's Naming and Annaprásaana (First Rice) Ceremony*

On 27th November, 2023, the naming ceremony and Annaprásaana (first rice) of the first daughter of Bikash Mahato and Shipra Devi was held at the premises of the Ananda Nagar Pagro Girls Proutist in accordance with the Ananda Marga Caryácarya.

On the occasion of this auspicious day, there was a three-hour Akhanda "BáBá Nám Kevalam" Nám Samkiirtana, followed by collective Iishvar Pranidhan, Varńárghyadán, and Svádhyáya. After explaining the significance of naming, the central secretary of the Girls Proutist, Avadhuthika Anandavratisha Ácárya led the recitation of mantras and vows. The new child was named "Devanishtha" by all those present.



❖ *Infant's Játakarma*

Játakarma is the naming ceremony and feeding of solid food for the first time to an infant as per the Ananda Marga Caryácarya rules.

When a child is born, it brings the memory of its previous life. Before being familiar with this world, it sometimes laughs and sometimes cries at its own. Then gradually it identifies with this new world through its five sensory organs. The culture and experience of this birth begin to be associated with those of the previous birth. Its attitude started gradually becoming active. So it needs a name at this time to be associated with this world properly by forgetting the old life. This name needs to be associated with auspicious-meaning. Then the child will have a tendency to do well in this world. The following rules and procedures are to be followed:

- 1) The child should be of six months to one year old.
- 2) At least five members of Ananda Marga will gather together on a convenient day.
- 3) The child will be lying in front of them.
- 4) The Ácáryá, or an appropriate older person present if no Ácáryá is available, will be selected for the priesthood.
- 5) First, the selected Ácáryá or person will recite first the mantras. For the convenience of all, the mantra (verse) will only be read in sanskrit and everyone will follow.
- 6) After reading the mantra (verse), Ácáryá will recite the oath in the name of gracious Brahma in local understandable language or in their mother tongue and then all the others present there will follow. - "O gracious Brahma, may we unitedly be able to arrange for the upkeep, medical care and physical growth of this infant who has entered our society today."
- 7) After the oath, everyone present will take one container of water (cool or lukewarm, according to the season) and pour it into a big vessel.
- 8) After the water pouring, Ácáryá will read the mantra again and all others will follow.
- 9) After the reciting of the mantra, everybody will take oath in the same manner to improve mental development of the child as follows: "O gracious Brahma may we be able to provide adequate education for the mental development of the infant who has entered our society today".
- 10) After the oath, again all will pour one container of water each into the same vessel and recite the verse in the same manner.
- 11) After the reciting the mantra, everybody will take oath in the same manner to improve spritual development - "O gracious Brahma may we be able to provide adequate education for spritual elevation of this infant who has entered our society today".

12) After the oath, again all will pour one container of water each into the same vessel and recite the verse in the same manner.

13) Everyone will pray in the same manner to the lord,

“O gracious Brahma, may we be able to see Your pervasive manifestation in this infant, in the form of which You have appeared to us today.”

We collectively give this baby the name.....

14) Thereafter, the guardian of the infant will bathe the child with that sanctified water.

15) Then the child will be dressed with new clothes and seated.

16) Then the child will be fed solid food for the first time.

17) For the celebration of this ceremony, the arrangement of the social feast depends entirely on the desire and the financial position of the guardians concerned.

18) Taking a loan or incurring a debt for this purpose of celebration of this ceremony is strictly forbidden.

19) When possible, naming should be in Sanskrit language, and the name will be used for entire social and spiritual purpose. All the languages of the world are equal and honorable.

20) Twenty-one days after the birth of a child, both the child and its mother, after bathing, will be considered generally free from impurities.

The Sanskrit Mantras (verses) are as follows:

Om̐ madhu vātā rtáyate madhu ks'arantu sindhavah;

Mádhviirnah santvośadhih.

Madhu naktamutaśaso madhumat pārvthivam̐ rajah;

Madhu dyaorastu nah pitá.

Madhumánno banaspatir madhumāṅ astu sūryah;

Mádhviirgávo bhavantu nah.

Om̐ madhu om̐ madhu om̐ madhu.

Its meaning in English is as follows:

May the wind bring blessings with it! May the ocean yield felicity! May our herbs be blissful! May the day and night be sweet! May the dust particles be blissful! May the world's spiritual realm of the divinities and the venerable ancestors prove sweet! May our plants be charming! May the sun shower felicity! May our domestic cattle be blessed! Brahma madhu, Brahma madhu, Brahma madhu.

❖ *Anger and its Reaction*

If you hurt someone's inner feelings arising from his or her innate tendencies, that is, if you inflict a blow on a person, then the reaction that is emitted from those wounded feelings is known as anger.

When this anger creates its own vibrations in the mind, it exerts a tremendous influence on the nerve cells in a very short time, and causes disarray in the thinking processes. The restlessness of the nerve cells causes violent vibrational agitation in the nerve fibers, and as a result, the whole body starts trembling; the flow of blood to some parts of the body increases, and functioning of the heart is disturbed. There is a tremendous deterioration of health. Such a person is easily defeated in any fight. Anger leads to premature death.

That is not all. During an anger episode, the power of one's thinking is impaired. Even long after the anger subsides, this state continues, and the constant brooding of the mind disturbs one's spiritual sádhana.

So we see that the vritti (propensities) of anger harms the body and stunts the mind and creates obstacles for spiritual progress. Shiva, the great yogi, was well aware of this truth, and thus He clearly stated, "Krodha evah mahaan shatruh"(Anger is a great enemy).



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