

Jyothi

swarupini

Gargi Bhattacharya

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Immortality is freedom from the feeling: 'I am'. Yet it is not extinction. On the contrary, it is a state infinitely more real, aware and happy than you can possibly think of. Only self-consciousness is no more. Who would remain even to say 'I am the witness'? When there is no 'I am', where is the witness? In the timeless state there no self to take refuge in.

Pain is physical; suffering is mental. Beyond the mind there is no suffering. Pain is essential for the survival of the body, but none compels you to suffer. Suffering is due entirely to clinging or resisting; it is a sign of our unwillingness to move on, to flow with life.

There must be love in the relation between the person who says 'I am' and the observer of the 'I am'. As long as the observer, the inner self; the 'higher' self considers himself apart from the observed, the 'lower' self, despises it and condemns it, the situation is hopeless.

Nisargadatta Maharaj



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i m pwhide : Lb· IjS IjC İRme
İhçfdl f İmjLI JuCS İpjm Abİv
-Zf Baİ z Hhİ Eİe NZfİal Bp'e
Ew kjhe z Bİj JuC İmMİR ,
HLV=VjCfj z rj j fİbl z Eİe İ nkİ
IjC HI flıja İfaİ z

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İnhWjL İ Nqfİa İ fİVI kMe Sİj
qu aMe ajL qafj LIa Bpe
Cİfch üuw z fİ İnh Hp ajL
hİje J hme LjmhSİ fklİ ajL
İega LIa prj qh ej z İWL
HI Lj Bİj HLMjeİ Ljİqef İmİfhÜ
BİR fİjZ z Ljİalİ Sİj Ljİm

Cxcfc h aijL qafj LI |l Sef
কয়েকজন দেবীকে নিযুক্ত করেন ।
LjSC ðho:þ nuajle ea e eu z
Ýchajccl J AqW lu z BI ajaC
fae qu z

Blj J Ljnj klc HC Sçj |
স্পিরিচুয়াল চ্যালেঞ্জ না গ্রহণ করতাম
ajqm Bçj ðae Sçj mjNçaj
Bjçcl Ýj jr Ýfça z BI Bjçcl
দুই পুত্রের অর্থাৎ পালানি মুরগান ও
hlz Ýcçhl Ýj jr Ýfça Ýj jV Qi | Sçj
লাগতো । কিন্তু এই চ্যালেঞ্জ নিয়ে
নেওয়াতে আমরা এই জন্মেই মুক্তি পাই ।

চ্যালেঞ্জ হল সমস্ত বাণ ভোগ করা যা
pjdilZ jje[®]L jilj qu J a[®]a
শয়তান যুক্ত হয়ে লোকেদের নিহত করে
b[®]L J ÝLE a[®]cl dl[®]a prj quej
z ÝpCph hjZ Bj l j İeS Ýc[®]q İe[®]u
İeC z Aefje[®] İel f[®]q f[®]öfjİMI Ýc[®]q
jilj hjZJ Bj l j İeİµR z İøfİl Q[®]ujm
nLŪA[®]İhSI ilj BI İL z

nuaje Ýaj pq[®]S h[®]p mfe quej z
jqifm[®]ul fl jqifmu İV[®]L b[®]L
İL[®] HLVj pj u B[®]p kMe f[®]jae
Ye[®]NİVi HejİSİh[®]p ö[®]o Ýeu J eh
eh Ye[®]NİVi HejİSİ[®]ej l[®]u kju z

অনেকটা স্পঞ্জ এর মতন আরকি । সবটা
Sm Ýaj^{mej} J^{-[®]ej} İL^ç A^eLV^jC
a^m Ýeu z Bhjl öİL^u Be^m
B[®] j Ýaj^m, EİW^u Ýeu Hj e L[®]
f[®] jV^j Sm a^ma e^j f^jl^mJ, Ýi S^j
i jh l^u ÝN^mJ- İLR^ıİLR^ıL[®] E^W
kju fl^ıahjl z

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i Nh^je^l njİ^Ü qu Ýhİn nuaj^el
Ýb[®]L z ajC İho^ı njİ^Ü fl^ıj je
A^eL Ýhİn q^h H^mh^m ÝL^je^j
l jrp hj İfn^jQl Ýb[®]L z

Baİ[®]L Øf^jLİL[®] ÝcJujl Abl⁻l j l
Beİc ÝL^jo İj^m kJuj eu hlw

Ý0aejl fñl j ýp bjLj, hipej-®ej
bjLj ĩLç° HLVçl Ýcq ej bjLj a;C
fDä kçZj qu H®a z Ýke HLVj fihm
শক্তি গজরাতে থাকে ক্ষুদ্র অণু পরমাণুর
j ae hfªİe®u Hj e A®eLVj z MñC
Ýj Vj®g;l ĩLç° A®eLVjC Hj e J
i ujm Ýhcejl z karZ ej cñ nřam
qu aarZ eh hfªfjuej Hhw Ýf®mJ
aj i ;Cl jp Hl eřju rñC qu Bl
İnhale Bh;l ölj qu JMje Ýb®L z

-q ej :İnhju ÝL Al ;ZjQ®m AİNA
ÝS®m Ých;l Seř SN®al Aeřju Ýc®M
Ýc®M ÝkC İnhWjL‡ fİLV q®u İe®a

Qm Bpe , İaİe HMe Yj jr Yfu
İNuRe BI Bfjaa: YkC
İnhWjLİ İnhmıL cİuaİ İeU
ছিলেন উনি জনলোকে উত্তীর্ণ হয়ে
İNuRe z BI nİm fİİ fİcSİ HMe
İnhWjLİ qURe z

9

Baİ kİc Apv Lİ İİmç qu aİqİm
j j İ kİhİl fİ Yp SNa Oİ Oİ
fİf Lj İj İR Ychİl YQİ Lİ kİa
kj İİS aİ YcMa prj eİ qe z
İhno Lİ kİc aİ LİmİSİcqu z

ahİ Ykqa ph BaİC İQİ uİl
j İ uİa YİLİ Ahuh aİC fİ j fİ İo

a^qL p^qk_iN Ýce Ýcq R_iS^qm HLV^q
üj^dfeajl a_jC n_iĴ' f_iu ÝpC p_j uV^q□
z a^qh Hh_jl Ýb^qL nuajĕ LI^qm
aarZ_iv k_j l_iS a^qL Aaf_iQ_jl ö_l;
L^q Ýc^qhe z BI HC n_iĴ'V^q□Ýc^qhe
e_j z fl_ia_iV Ba_iĴ Bh_jl k_j^qm_j^qL
k_jh_jl B^qN BhalZ_if_i f_i^qS_i J Dn_i
cnĕ L^q fl_j n_iĴ' m_j^q l Bq_jhe
f_iu k_j f_if_ia_jf_il_j ĴSq_i q^qa m_jm_j
ĕe:plZ L^q OZ_ju a_iĴN L^q HĴN^q
Q^qm k_ju z ĴL_j'Hh_jl Ýb^qL Ýpph q^qh
e_j z H^qcl ÝWĴP^q ĕe^qu k_j^qh k_j c_ja
fl f_i^qS J fl_hm Aaf_iQ_jl LI_j ö_l;
q^qh k_j^qa H_i J H^qcl Ĵfa^qf_iĴ^qol_j

i ħof[®]a BI H[®]cl[®]L nuajĕ LI[®]a
j N[®]S ĩQzĵ ej Ýcu J öi öi phĭLR[®]
fĭcĵe L[®] kaĭce fĭjĭbh SN[®]a B[®]R
z



fřgV J Cj j | i ENF b e e k j
A eL fřŮQj i Ycn YnMju z Je| i e j
bjL m BS BI p| i v i SNv Y am J
fřLřaL Nřjp Yř a e j L i Z Cpmij
Ycn- e j p'OhÜ q a prj q a e j z
msjC L C Yk a j z Je| i d j || Seř
kř Ů LI a řnřM u Re z k j L Y m j L
YVI ři S j Ů BMř j řc u řc ř R zL b J
řnM ř i j j H j eC YnMje z j řřmj
d j || p ř g n i M j u SNv Y R u k j ř J
h y d j ř u ř b je ř v ř L b j L ř na na
hRI z LJ j , j j n j c, q i ř S B ř m c l N j ,
L i h i m j J e j S i g Ca ř j ř c z C p m i j
M h C ř h c ř d j || h m j k j u L i Z J i j

XjC^Q 𑌒 Bōjq^QL İe^Qhce L^Q J^Qcl
Efipej BI H^Qa İho⁺ 𑌒 𑌒aj Mjhil
Qij^p Lj z gİİ Ütj EFLjİİ İLç^o İ
Ýk hmmij aij^Qcl J Aqw b^QL Hhw
cñ Lj j^Qa H^Qp hİs^Qu Ýgm^Qm İq^Qa
İhfl İa qhij pñjhejC Ýhİn z Ýkj e
İahj^Q İ İjSfİİ hij Bjij NaS^Qj
fcl^ej cjp İq^Qp^Qh İjSf Qimej
LI^Qa İLç^o aij^Qcl ÝpCi j^Qh İrjLhQ
Ýcuİe İho⁺Lj Z Hej^Qcl j^Qdf Ýhİnİ
ijN jjeo Bc^Qa İnh^QmjL hij Aef^Q
Ýb^QL BNa Ýchaj Ýkje aij
j qjİhclj , Qij İj Ýchf , İql ZfLİnf⁺,
jj cNİj , İjâ İeaf^Q , dj jhaf

J p'lmj p'BI hZlV=ih B YVI il ØV z

NaS^oj Qij äj Ýchf L^oh^oL
Añi nijF Ýce Ýk Ýp i Nha^oL HI Lj
AhØbju Ýg^om Ýk Ìnö qu ÌLz^o aij
Ïfaj ÝL ÝLE S^oeei, A^o':a: Ýp
f^oiC^o Vím H^op hm^oa f^ol^o a^oj Ýk ÝpC
h^oh^o L^ol Z aij Ahjd kjajuja ÌR^omj
l^oShj^os^oa z BI H^oa i Nha^ol J
h^oijQ^ol Mh ApCj je qu z Ìah^oh^o
l^oS^ocl J qu z kj^ol i Nh^oel e^oj
l^oS^of Q^om^oa^o z a^ojC HCh^ol kMe
a^ocl (Cl^oel nijq HI) l^oShwn
q^oh aij Ýno L^o Ýc^oh ÝLE Afj je

L^o Hhw i NhatC ÝpC hwn Bhij
fel 𑌕𑌆𑌇𑌈𑌉 LI^o J aji pꞑjeC ÝpC
IjShw^oni 𑌒𑌓Ee ĩfĳp q^oh z Lj^onj
kĳc ĩh^ouJ L^o ah𑌒 𑌒𑌓Ee ĩfĳp S𑌔
Ýe^ohej BI kĳc ÝeuJhij ajq^om Ýp
IjS ĩp𑌒qjꞑ^oe hp^oa prj q^ohej
HLj𑌒 i Nhatl f𑌒C ÝpC AĳDLj
mji LI^oh z

hijZē hp^o Ai fL pl Lj^ol Xje qia
ja ĩR^omj z Me Mijĳf L^oR z
i jsi^oV -äj ĩc^ou j jee^o Ýj^oR z

ĳL^o ehēfaj Ých^ope J hijZē hp^o
cS^oeC AdĳĳfLj ajiC hijPjmf

C^Wim^Si^pu; J^cl j j^lefN^lef L^l z
hlw Ým^lML^j p^lQ^l i ^lQ^jkl^l ik^le
ÿe^Sl I r^jLh^Q ÿe^a a^z Hl
nlZ^fæ qe L^jlZ Je^jl f^la^{ch}
ÿef^jV i j^mj^{je} BI Je^jl e^j q^u
k^ju k^j Je^jl L^Wim^l İR^me^j aMe
B^SShⁱS Ým^jL Ýb^lL hj^Qa E^le
H^le^j L^le BI İLR^l İLR^l lQ^ej
E^le Ýk^jİNef^l Bn^hlc ÿe^u L^le
İL^z Ýp^le^j A^vj^j İVL l jC^lVw eu
lh^lce^lbl jae z a^h Je^jl
L^Wçf^l jİl ÝmML^j hce^j lİV^u
Ýce Ýk E^le İpİÜ à^jl j Hph L^le z

AbQ HI j ĩe®SI jC j ½ z0ā ĩhl jV
hs z j ½ ýj ®u h®m fĭl İQa apĭmj j
eipĭl e j ½ j e j J Sfh®e Ai fU'z İLç'
pv j jeo z BI nua j®el ajĭmLju
B®p A®e®LI j®df ĩa®mj½ j
j S j c j l J h j Z f hp®HI j cSe z

k®h j dl j J pÂfaj aa C® m eu z

pĭQā j Ýchfĭl İQej kĭc ÝL j®ej
Ýk j İNefl Qf j®eôÍÝmM j q®aj Lĭh-İ j l
j ae ajq®m aj j j ĩhQ j l Q j C®a Q®m
Bp®aj İLç' ÝLE B®pĭe nĭe®c®hl
L j®R z ajC H-İm aj fcl Bĭnpĭl
ĩe®uC İİQa z A®V j®j İVL İ j CİVw J

Ých[®]chfI BİnpI İe[®]u ÝmMj pçfVİ
İi æ cİV İSİep z

hl İZ Ých Ýk Bj j[®]cl pçte q[®]u Sİj
Ýe[®]h aijl Ýj jr q[®]h 60 Hl f[®] z
Bl Bj j[®]cl Aef pçte fimjİe
j İ İNje MhC Aİf hu[®]p Ýj jr Ýf[®]u
k[®]h z hl İZ Bj jİ h[®]uimİSLİjm fİ
I[®]f İLR[®]pİh[®]d fİ[®]h Bl AefSe
İWL Ýp-İm ej Ýf[®]mJ Ýj j[®]rI Ýr[®]
ajsajİs q[®]u k[®]h z

İnl İX pijChijj q[®]me Lhİ[®]I Ahaİl
z Cj jİ Bİm,Ý[®]pe,qİpİe Heİ[®]cl
ÝVİ İI ØV h[®]m fİjİ Ll jİ hfİLgjuİl

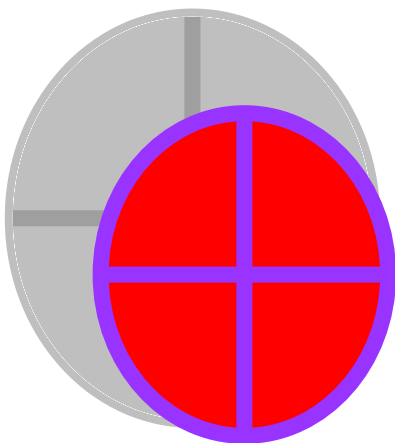
L[®] k[®]h B[®]j Ĩ L[®]l ĩc[®]L z f[®]l a
rurĭa q[®]h z

C[®]j j Bĭm/y[®]pe/qipie B[®]j ĩ[®]cl
Ý[®]pim[®] V z a[®]c L[®]h[®] ĩnu[®] j pĭmj
0[®] S[®]j ĩe[®]u[®]R z p[®]æ 0[®] eu L[®]l Z
f[®]gV j[®] q[®]ij c B[®]j ĩ[®]cl Ý[®]pim[®] V ee
z Ý[®]cM[®]he HLC fĭl h[®]l fĭa J faĭl
ĭi æ ĩfĭl Q[®]ujm -l[®] b[®]l A[®]eLV[®]
Ý[®]pl L[®] B[®]ĭL z He[®]l j[®] f[®]g[®]V[®]
p[®]bC k[®] ĩL[®] B[®]j ĩ[®]cl Ý[®]pim[®] V
ĭL[®] f[®]gV B[®]j ĩ[®]cl Ý[®]pim[®] V ee z

B[®]l Gĭo f[®]mq, AN[®]U[®] j l ĩ[®]Q
B[®]j ĩ[®]cl Ý[®]pim[®] V z

Bæj jmjC üj El Ýk I ƒ S½
Ëe®Re hñ pjl ½ u q®u ajl
ÝMj®hjej L®e ÝkC hñ ½ NZ ajl j
Bc®a HL Ýkj Ñeƒ J Bi I h z

bñ ñeƒ J ÝOj ejb Bi I h z Hej j
Hhjl Eñ Zl q®he nj Lñ l ƒ Ých ƒ a J
Ýi j®mej ƒ bl B® L I ƒ z l ã q®a J
fj ƒ e Bj pñWL Sjleej z qua
B®N ïm®MJ bj L®h j zH-ïm ïgñS®
hC eu Ýj Vj ïgñS® fj b z Lj SC
mj m Sm j j®e mj mC q®h Hj eJ eu z
j ïcl j q®a fj ƒ z Ýpjej l ÝLõj ïL
Ýpjej l e j l Ýpjej l fj bl h j l V Ýpjej



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