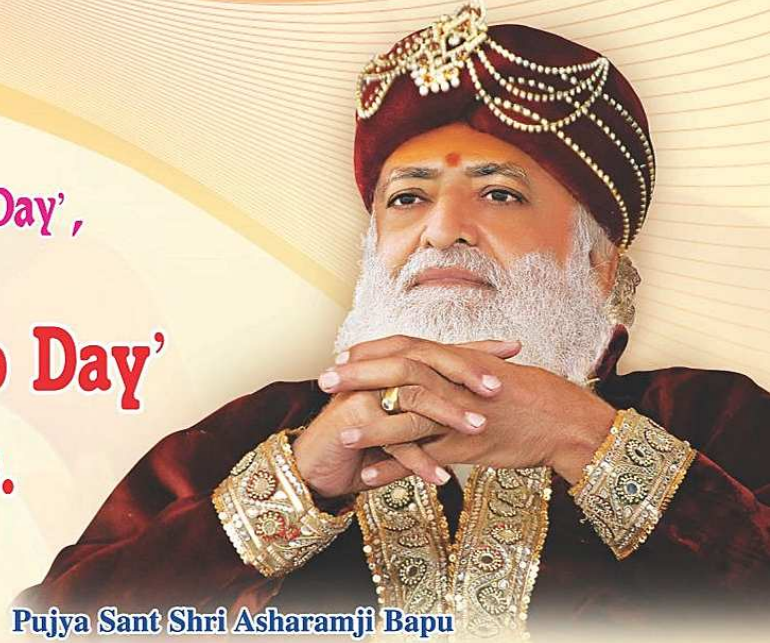


Boycott 'Valentine's Day',
celebrate
'Parents' Worship Day'
on **14th Feb.**



Pujya Sant Shri Asharamji Bapu

Why this celebration?

- * 'Parents' Worship Day' = 'Dawn of Divine Life'
- * We will take a pledge to salute parents and Sadguru every day.
- * We will learn something from experiences of parents and Sadguru.
- * We will materialize Pujya Babuji's resolve of making 'India World-Guru'



'Regard your mother as a god.'
'Regard your father as a god.'

Pujya Sant Shri Asharamji Bapu bows to His mother revered Ma Mehengiba

"How can we forget our parents; who taught us to walk; who taught us to speak; who showered parental love on us; who made us obtain the wisdom from Sadgurdev. **O my parents!** You are living **gods** on the earth. Why should not I get blessed by worshipping you on the **Parents' Worship Day?**"

O young boys & girls!

You shall celebrate 'Parents' Worship Day' on 14th Feb.



Maha Shivaratri:

(Mahashivaratri: 10th March)

Even the lost virtue is revived

- Pujya Bapuji

Keeping vigil all night on the Maha Shivaratri festival holds a great importance. As it is sinful not to observe fast on Ekadashi; it is sinful not to observe fast on Maha Shivaratri also. And observing a fast on the day of Maha Shivaratri affords great religious merit. Fast should positively be observed on the anniversaries of Lord Rama, Lord Krishna, Lord Vamana and Lord Narasingh and on Ekadashi and Mahashivaratri. Observing fast on these days one advances on the path to perfection and one neglecting them gets neglected himself; being subjected to the cycle of birth and death.

Take full advantage of this meritorious day. **One incurs sin by not observing fast on Maha Shivaratri day. And by observing fast on this day; one is endowed with the same wisdom and earns the same religious merit as was possessed and earned by people in the ages of Sat-Yuga, Treta Yuga and Dwapara Yuga. The virtue that had waned with the lapse of time is revived on Mahashivaratri day.** Lord Brahma and Rishi Vasishthaji have showered praises on the Maha Shivaratri fast. Worshipping Lord Shiva's idol with the five-lettered mantra gives more religious merit than the merits obtained by performing a hundred fire sacrifices. Still more religious merit is attained by worshipping the Shiva-Lingam while chanting (ॐ) Aum mantra. Still greater merit is attained by contemplating and meditating upon Lord Shiva abiding within as inner Self. By doing this, one is established in the Timeless, Immortal Self.

Continued on page: 07...



All the religions exhort Respect your parents!

- Pujya Bapuji

‘Parents’ Worship Day’: 14th February



No parent wants their son to become a loafer or get involved in love affair with any unmarried girl. No parent wants their daughter to get involved in premarital relationship with any boy and lose her strength and vigour. No Christian, Muslim, Zoroastrian or Jew wants it; and there is no question of a Hindu consenting to such things. All parents want their children to be brilliant, strong and intelligent, to be self-reliant and to support them in their old age. Teenage boys and girls should not make girl-friends and boy-friends

and thereby ruin their lives. All people following different religions don't want God or Allah but all do want their children to pay respect to them. I am doing the same. I have started the campaign of celebrating ‘Parents’ Worship Day’ so that mankind should be benefited by it.

Call to celebrate ‘Parents’ Worship Day’

Boys and girls give flowers and say ‘I love you’ to each other and behave like love birds on 14th February. Thus a bunch of ‘Do-Nothings’ is coming up. Giving flowers with such passionate feelings is a shameless act. This dirty practice has come to India from abroad. We have to save our children from such corrupt traditions and nurture them with cultural values of India.

Surpanakha, Ravana's sister said to Lakshmanaji, “I love you.” Lakshmanaji cut her nose and ears which conveyed the message to her, “You are shameless in saying ‘I love you’ to a man other than your husband. This cut-nose of yours will convey the message to your brothers that you are shameless.”

‘I love you’ words got Surpanakha's nose cut. But our children are ignorant and people of western culture misguide them. Things like ‘Valentine’s Day’ have ruined children in western countries. In those countries, According to the *Innocenti* Report Card issue No.3 at least 1.25 million teenagers become pregnant each year in 28



Lord Rama had taken out insurance

- Pujya Babuji

(Special on 14th February, 'Parents' Worship Day')



Lord Rama was shooting arrows at Ravana. Ravana's head was cut off but replaced by another head because of a boon secured by him. But Ravana was aghast that the arrows he shot at Rama never hit his head. Ravana was perplexed. Lord Shiva indicated to him that Lord Rama had taken out insurance for his head (life). Lord Rama's head was insured; but Ravana's head was not insured.

What was that insurance? The Knowledge and true happiness one attains from satsang cannot be attained even by obtaining a cartful of certificates and degrees from all the schools, colleges and universities of the world. Do you know what kind of insurance Lord Rama had taken out? Shivaji, Rami Ramdas and **my Gurudev, Swami Lilashahji Maharaj too had taken out that insurance. I too have done that.** Do you want to know; where that kind of insurance is done?

प्रातःकाल उठि कै रघुनाथा ।

मातु पिता गुरु नावहिं माथा ॥

'Rising at break of the day the Lord of Raghus (Rama) would bow His head to his parents and the preceptor.'

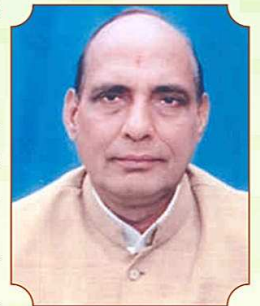
(Shri Rama Charita Manasa)

Lord Rama would pay obeisance to his parents and his Guru early in the morning; and naturally they would bless him with a long life and fame. Is there any insurance more powerful than the blessings of parents and the Guru? You too should take out that insurance and tell your children to do the same.

Celebration of 'Parents' Worship Day' on 14th February has given joy to many a desolate and despondent person. Despair has given way to optimism; unfavourable to favourable; enmity to friendliness; failure to success. What more to say, blessings and company of parents and the Guru turns death to Moksha.

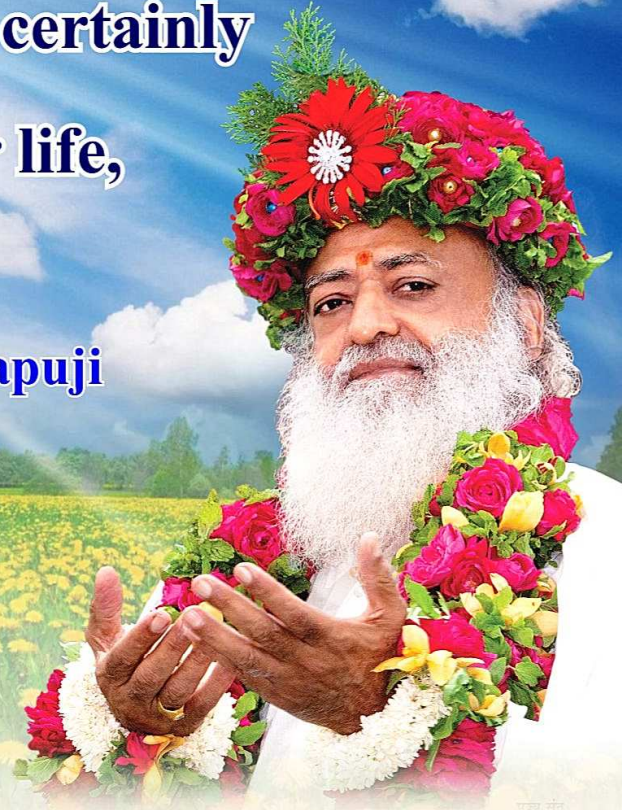
'Parents' Worship Day' will certainly ennoble the children. - Shri Rajnath Singh, National President B.J.P.

I'm glad to know that 14th February is being celebrated throughout the country as 'Parents' Worship Day' with the inspiration of Pujya Sant Shri Asharamji Bapu. It will certainly inculcate good traits in the children. Parents are feeling neglected today due to the increasing allurements for materialism and western values of life. Parents' blessings are necessary. The 'Parents' Worship Day' campaign will give a good message. It's a good samskara and a good custom for the children.



This technique will most certainly
add **lustre** to your life,
I Promise you.

- Pujya Bapuji



Take a deep breath with a feeling that you are inhaling (ॐ) Aum. Fill your mind with thoughts like, 'I am God's; and God is mine. I will get rid of attachment and aversion. I shall not wish ill of anybody. I shall not harm anybody.' I make this resolve today that I belong to God. With this in mind, I wish everybody well. Aum Peace...' Close your lips holding the breath in, and chant Aum while moving your head backwards and downwards. Do this exercise twice daily. This will not only make your throat clean, voice clear and pure; it will also purify your heart. The japa, meditation and other sadhana you do will become ten times more effective. Teach it to your children and encourage them to practice this.

Before doing japa of Aum mantra, one should make a resolve: You must take the following solemn pledge before you start your Mantra-Japa: '**Omkar-Mantrah, Gaayatri-Chhandah; Bhagawan-Narayan-Rishih; Antrayami Parmatma-Devata; Antrayami-Prityarthe; Parmatma-Prapti Arthe Jape-Viniyogah**' (Omkar is the mantra. Its meter is Gayatri. It was originally revealed to a Rishi (Lord Narayana), its presiding deity is *Antaryamin*, the Supreme Self. I am chanting

this Mantra for attainment of Supreme Self.

First of all plug your ears by your fingers, and then take a long and deep breath in. The deeper and longer you inhale; more the air sacs in your lungs, more the lungs will open; and your immunity will increase. Hold the breath in, and chant the auspicious sacred Name of God, Omkar through your throat. Say in your mind, 'I am God's; God is mine. Aum... Aum... Aum...' Then keeping your mouth closed, chant OM, OM, OM, O.....M and breath out. Japa is highly beneficial. And Aum is the name of God. The Indweller Lord will be pleased. Do it ten times. Then take your fingers out of the ears. After doing this much; sit quietly. Then repeat Omkar in a whispering tone with movement of lips – 'Om-Om my Lord Om; blissful Lord Om, Indweller Lord Om... You are not away; You are not far; You are not difficult to attain; You are not distant.' Do it for two minutes. Then repeat Omkar from the heart – 'Om-Shanti... Om-Ananda... Om-Om-Om...'

"O man, remember God and repeat His name in such a way that the word goes straight to your heart. Your mind should be engrossed in God. You should not move either your tongue or lips."

Prevention of sexual assault through moral teachings

Pay true homage to Damini by celebrating 'Parents' Worship Day' on
14th February

- Tripta Sharma, Convenor of the NGO "Nai Disha"

Sant Shri Asharamji Bapu made his devotees pray for afterlife happy state of Damini, the victim of Delhi gang-rape case on 16th December 2012, to rest in peace. Announcing all help for her bereaved family, Bapuji said, "The incident of gang-rape that happened in Delhi was unfortunate. May God grant peace to the departed soul, and wisdom and courage to her family members to bear the shock of the tragedy. The doors of the Ashram are always open for all help to the bereaved family in the matter of food, education, etc."

Such announcements were made by Pujya Bapuji in many satsang programmes. It is unfortunate that it was not published by the media. But a tampered coverage was flashed by the media on the optional measure suggested by Pujya Bapuji to the women listeners that one may resort to divine Name and power of pure emotions when other measures fail to defend her honour and life.

The media reported that Bapuji blamed Damini with the words, 'It takes two to make a quarrel.'

The truth – Bapuji had not made this remark with reference to the gang-rape victim at all. This was said by Bapuji to a couple who was present in satsang pandal with reference to their strife. It was cut

from that place and pasted with the Damini case.

It was commented by the media: 'The suggestion of addressing the oppressors as brothers was impractical'.

The truth – There are many examples in history of women saving their lives by using the optional measure Pujya Bapuji had suggested of invoking divine help and fraternal feelings as a last measure to save one's life. Queen Karmavati sent a Rakhi to the Mughal king Humayun and made him her brother. She thereby saved her chastity and saved the kingdom with the help of Humayun. Sharada Devi, the wife of Shri Ramakrishna Paramahansa addressed the leader of bandits as father in the Telo-Bhelo forest and saved herself. (See complete story at page 29). Similarly, queen Draupadi saved her honour by saying prayer to Lord Krishna and emotional strength. Ahmedabad damsel, Suyasha too saved herself from a ferocious killer Kalu in the same way. Taruna Bahen Maurya, a female disciple of Pujya Bapuji, too saved her chastity from drunken ruffians by these measures. Mahatma Gandhiji was saved from corruption on the strength of emotions and prayer; when he was taken to a brothel by his friend in England. One can read this in his autobiography- 'The story of My

Allegations of land grabbing against Asharam Bapu and his son Shri Narayana Sai are false and baseless.

Recently media has flashed certain allegations against Bapuji and his son Shri Narayana Sai on the basis of alleged investigation report of SFIO (Serious Fraud Investigation Office) of the Government of India regarding some land grabbing by Bapuji and his son of worth Rs. 700 crores. The above allegations are completely false and fabricated. It has also come in news that sanction for prosecuting Shri Bapuji and his son has also been sought from the Government of India by the concerned; Investigating Officer. It is absolutely false because it has been clarified that the names of Pujya Bapuji, his son and the name of the trust do not find mention in the list of accused in the charge-sheet submitted by the SFIO after prolonged investigation. Moreover any investigating agency in the above matter including agency named SFIO has never ever questioned Pujya Bapuji or his son in this regard. So it can be very easily deduced that the above rumours are nothing but a planned criminal conspiracy being hatched by anti social elements; who are continuously working against the different centres of faith of the Hindus across the country. The allegations of land-grabbing of 700 crores are far away from truth and reality.

The truth of the above story is that years before a company named “Jayant Vitamins Limited”, Ratlam had constructed grand temples on its own land at Ratlam and the said temple was leased out to a trust named “Mangalya Mandir Dham” in the year 1992 for a period of 51 years for its maintenance and proper care. In return the “Mangalya Mandir Dham” trust had deposited a security amount of Rs. 40 lakhs with Jayant Vitamins Ltd., and has been also regularly depositing the stipulated annual rent with the above company. In the year 2002, Shri Narayana Sai was also made as one of the member trustees in the Board of Trustees of the above Trust. Under the supervision of Narayana Sai the members of the organization were taking care of decoration and maintenance work of the temple and was also looking after Pujya Bapuji’s philanthropic activities like “Bhajan Karo, Bhojan karo, Dakshina pao”, for the welfare of poor and unemployed people of the country, charitable Ayurvedic Hospital being run on no profit and no loss basis, *gaushala* and other similar philanthropic activities.

In the year 2003, some dispute arose due to which a case was filed in the Bombay High Court bearing case no 468/1999 in which the Court was pleased to appoint a Court Receiver for receiving the annual lease rent from the Trust instead of the same being paid to Jayant Vitamins Ltd. Since then till date the stipulated annual rent in the lease deed is being deposited with the above appointed Court Receiver and advance lease rent of the year 2014 has also been deposited. How ridiculous the allegations of land grabbing levelled against Pujya Bapuji and Shri Narayana Sai are in the circumstances!

You can yourself decide how much credence should be given to the malicious and fabricated news flashed by the media every other day.

We appeal to the Hindus of this country to be alert, cautious and get united. Public officials should vigilantly guard the country and her culture. We also urge to the government officers of this country not to come under the influence of such rumours. Lovers of Divine, patriots, lovers of humanity and the supporters of truth should come forward and support their country and the truth.



The talks of **our saints** are **distorted by the media**

- Shri Ashok Singhal,

Chief Patron and Former International President, V. H. P.

A well-planned conspiracy is being run to destroy the Indian culture. N.G.Os (Non-Governmental Organisations) controlled by US are working throughout India. Many efforts are being made to impose American culture on India and the talks of our great saints and heads of major organisations are distorted and presented wrongly by the media to malign them.

The greatest saint of India at present is Shri Asharamji Bapu; who is the most eminent saint of India. I am aggrieved for the fact that a defamation campaign has been launched against him to destroy the people's faith in Him. Can they destroy our faith in Him? No, never. On the contrary our faith in Him is rather increasing; who can stop it? A large sum of money is spent by American and European multinational companies to run NGOs in India. They are bent upon defaming our saints. The western culture holds such a powerful grip on our nation that neither we are allowed to build a Temple on Rama's birth-place; nor are we able to stop the slaughter of ten million cows every year. Great efforts are being made to destroy the holy Ganges also.

Bapuji! You are a great power; divine power is in your support. Therefore, I request at your holy Feet to kindly see that somehow our Indian culture develops. May our nation develop on cultural basis; while protecting Dharma.



I'm delighted to know that Pujya Sant Shri Asharamji Bapu has launched 'Parents' Worship Day' (Matri-Pitri Pujan Divas) campaign globally; and for this a commemorative booklet is also being published. Such programmes will certainly be inspirational for character-building of the youth and the spread of values in the society. – **Mr. Vijay Bahuguna,**



Chief-Minister, Uttarakhand



I send my good wishes for the success of 'Parents' Worship Day' campaign and for the successful publication of its booklet. – **Shri Mantri Prasad Naithani, Education Minister & Drinking Water Minister, Uttarakhand**

A unique initiative to protect and promote our culture



The Vedic culture protected and promoted as it is by saints and great men of India; has been the greatest of all because of its spiritual philosophy, noble living, universal love, amity, compassion and universal brotherhood. But in the present day; evil customs of western culture like 'Valentine's Day' are out to eat into the vitals of Indian culture.

If we observe the effects of 'Valentine's Day'; there are more criminal cases of suicides, rapes, eloping of lovers, etc. on this day and there are multimillion dollar sales of condoms, liquor and narcotic drugs.

Looking at this degeneration of Indian society caused by blindly aping western culture; the heart of Sant Shri Asharamji Bapu; the father of spiritual revolution and the protector of Indian culture; was overwhelmed with pity. He gave a clarion call to turn away from this evil to a celebration that infuses new life into the morbid society, 'Don't protest; don't oppose. Celebrate 'Parents' Worship Day' in place of 'Valentine's Day' on 14th February.'

Under the auspices of Pujya Bapuji; a herculean task is being carried out for the last seven years of celebrating 'Parents' Worship Day' on 14th February in India and abroad. This year,

Bapuji has made a divine resolve to celebrate it on a wider scale at international level. To fulfil this resolve of universal good, 'Prerana Sabhas' were organised in Delhi in February 2012 and at Baroda and Delhi in November 2012. Carrying this initiative further, Prerana Sabhas were organised under Pujya Bapuji's chairmanship at Delhi and Mumbai on 28th and 30th December 2012 respectively, and at Kumbha Mela Festival at Prayagraj on 17th January 2013.

Religious leaders, heads and chairmen of various organisations like Vishwa Hindu Parishad, Akhil Bhartiya Sant Samiti, Niranjani Akhada, Juna Akhada, Udasin Akhada, Mahanirwani Akhada, Atal Akhada, Sanatana Sanstha, Varkari Sampradaya, Kalika Peetha, Shri Swami Samartha Sampradaya, Hindu Samiti, Akhil Bharatiya Dharma Rakshak Samiti, Akhil Maharashtra Sant Samiti, Rashtravadi Shivasena, Divine Vedic Association, Jain Community and Muslim Community as also a number of political leaders, social activists and celebrities were blessed with an opportunity to give assistance to the divine works of Pujya Bapuji through attending these 'Prerana Sabhas'. They heartily praised this divine work. Following are their inspiring messages:

Brahmarshi Kumar Swamiji Maharaj of Niranjani Akhada, said, "Thousands of salutations to supreme Sadguru Sant Shri Asharamji Bapu, well-versed in scriptures, established in Supreme Brahman, God Himself in human form, the Supreme Controller of the Universe, the greatest of Rishis, the greatest of seers, the Knower of Ultimate Truth, the Knower of the mysteries of the universe, the giver of wisdom! He is the Supreme Father, the Supreme Self, he is not merely a saint.

All these saints rushed to this place in response to a single call given by revered Sant Shri Asharamji Bapu! It is certainly Pujya Bapuji's great Shakti, and reverential feelings in their hearts that has pulled them to this place. Many years ago, at the Red Fort, in Delhi, I was blessed with the great gift of Mantra-Diksha from him, the power of which has delivered countless men and women from sorrows. Bapuji is Knower of all the mysteries.



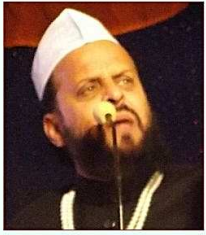
Fanatics, atheists and the people of demoniacal traits treated God-incarnate saint Shri Asharamji Bapu so guilefully that even Ravana could not have done. Ravana fought Lord Rama openly. But Bapuji's detractors ran their defamation campaign stealthily.

If Bapuji puts a curse on those detractors, even if He thinks, it would instantly happen; but the compassion-incarnate saint is too kind to do that.

Young men and women! You will be surprised to know that crores of people around the world are suffering from HIV (AIDS). By celebrating 'Valentine's Day', people are contacting sexually transmitted diseases like genital herpes, gonorrhoea, syphilis and many others. Young people are ruining their lives.

All saints have decided to support Sant Shri Asharamji Bapu and to follow his advice. Today, western culture is destroying the path of Dharma. This bodes ill for all – Hindus, Muslims and Sikhs. The atheists have only one goal – how to ruin the youth of India.

Right now we are requesting the government to ban celebration of 'Valentine's Day'. All these saints and religious organisations are with revered Sant Shri Asharamji Bapu. When he will give a command, we will change the country.



Hazrat Maulana Asgar Ali Sahab, Shahi Imam of Ajmer Sharif said, “I would like to recite a couplet in the honour of Bapuji, who is the architect of this convention; who gives the message of peace to 167 countries of the world:

*‘May you live for a thousand years!
And every year be of fifty thousand days!’*

This ‘Valentine’s Day’ is a burning problem not only for Hindus but also for Muslims and all the people of the world. Pray for Bapuji’s long life. He has made a very good beginning. Bapuji has given a call. I salute the greatest uncrowned emperor of this country.”

The saints who participated in the ‘Prerana Sabha’ organised at **Prayag Kumbha Mela** on 17th January are the Mahamandaleshwar of Juna Akhada, Swami Arjun Puriji Maharaj; Shri Anandagiriji Maharaj, the spiritual head of Vaghambari Peetha; Vishwa Guru Mahamandaleshwar Paramhansa Swami Maheshwarananda Puriji Maharaj, Omkaranandji Maharaj the head of Veni Madhava Mandir, Prayag; Sant Shri Balak Yogeshwardasji Maharaj, Balyogeshwar Shri Rambalakdasji, and Shri Mahant Mahamandaleshwar Shri Phooldol Biharidasji Maharaj.

(contd. from page-11 "Preventio of...") When news was received of sexual harassment of women working in call centres in Delhi, Bapuji raised his voice in protest against it.

The lives of many women like industrialist Ms. Atmasudha (her experience was published in January 2013 issue of ‘Rishi Prasad’ at page 32), gynaecologist Dr. Asha, IAS Officer Preeti and Dy. S.P Sunita Salunke have become great with Bapuji’s satsang and guidance. Women form a sizeable segment of Bapuji’s followers. Therefore the above-mentioned allegation is absolutely baseless.

Sant Shri Asharamji Bapu has devoted the whole of his life to building the character and developing willpower of youth by relating the life stories of great women like Queen Lakshmbai, Jijabai, Mirabai, Ma Anandmayi and Ma Sharda, and of men by relating the life-stories of men of character like Swami Vivekananda, Chhatrapati Shivaji, Swami Rama Tirtha, Rishi Dayananda, Shri Ramakrishna Paramahansa, Chandrashekhar Azad, and others. ‘Yuvadhan Suraksha Abhiyan’ is the most important of campaigns run by the Ashram. This campaign has transformed the lives of crores of youths and brought many of them on the path of spirituality from the path of depravity. One can find their experiences in the booklet, ‘Divya Prerna Prakash’ and magazines published by the Ashram.

The organisations and media that are engaged in the task of woman protection and woman empowerment in the aforesaid way alone are the true supporters of woman protection. Great saints alone can give proper guidance and that alone is good for the country because the great men are impartial. Levelling false allegations against such great saints or publishing their doctored discourses is a crime against humanity.

(naidisha.ngo1@gmail.com)

(For rallies, demonstrations and dharana by various women organisations – see reports at page 3)

The architect of 'Prerana-Sabha'

Pujya Sant

Shri Asharamji Bapu



Thousands and thousands of young boys and girls are following the path of ruination. If boys and girls touch each other in the broad day light; under the name of 'Valentine's Day' saying 'I love you... I love you'; it will ruin their vital-fluid (ovum and semen). It will not only ruin the coming generations; even the present youth are being ruined as well. My heart was deeply anguished on seeing the agony of millions of parents and the future of millions of boys and girls being ruined. While searching for its solution; my heart went to the source of the solution to all problems; and I said: 'No opposition; and no rebellion.'

The whole world knows that Lord Ganesha thought; '*Mother is the embodiment of all pilgrimages,*

father is the embodiment of all deities.' He made seven circumambulations of his parents and then prostrated before them. They blessed him; and he became the foremost god to be worshipped. Therefore I asked not to oppose 'Valentine's Day' but to protect yourself from its evil effects; and respect your parents.

Even otherwise parents are always kind to the children; but when the child says to his mother; 'Mother, you're mine; aren't you?' Then the mother's happiness knows no bounds. When the child says to the father, 'Father; you're mine; aren't you?' Then the father's happiness also knows no bounds. So, when the children will worship their parents; then the parents' 'Indwelling-Self' will bless the children; and thus the children of India, and that of the whole world will flourish and prosper. This will make the parents enjoy their future life with the service of their virtuous children; and also attain God.

I want all the children to progress; whether they belong to India or any other corner of the world. I want the parents of all to be happy; and not to go to 'Old-Age Homes' to spend a dependent life. This great task has been taken into hands so that parents get respected by their children; and the children become excellent by parents' blessings. All these saints (present on the dais) are with me. King Bhagirath; who brought the holy Ganges on earth; was alone; but I'm not alone. The entire saint-community, people of the society, people belonging to all castes, people following all religions, and the people of the world are with me. The saints are very kind; they all come rushing thinking it to be their own work. He who inspired me for 'Parents' Worship Day'; He Himself is getting everything done.

Chhattisgarh Government listened to me; and declared 14th February to be celebrated every year as 'Parents' Worship Day' in the entire state. Whatever **(contd. on page 32)**

Innocent people being harassed –
Indiscriminate misuse of IPC section 498A

- Anil Pandey, Vikas Kumar and R. P. Arora

The police can arrest anybody without investigation and evidence under the anti-dowry law codified in section 498 A of the Indian Penal Code. The offence under section 498A is 'cognisable' and 'non-bailable'. It means that the police can arrest the husband and his relatives even on the false complaint of the wife. Sandeep Bhartiya of the 'Gender Human Rights Society' says, "The Supreme Court has given directions to arrest only after proper investigation. We have sent copies of the judgement to Police Heads of all the states but the police are not following these directions in most of the states."

Official figures (National Crime Records Bureau Report -2011) say that 79.8 % cases of accused arrested under IPC section 498A are acquitted by courts. 7.6 % cases are found to be false or incorrect by the police itself. In another 5.6 % of the cases investigated by the police; no charge-sheet is submitted by the police. In the cases where charge-sheet is submitted to the courts; the cases linger on for a number of years. Thus the percentage of innocent people harassed is much higher. **In the year 2011, of the 846230 persons facing judicial trial under section 498A; only 21662 were found guilty; which is merely 2.5 %.**

Every 8.5 minutes; a married person commits suicide in the country. In the year 2010; 61453 married men committed suicide. This figure is almost double the number (31754) of married women who committed suicide that year.

The then President of India, Mrs. Pratibha Patil expressed concern on the misuse of Section 498A and termed it as unfortunate for the country, "Instances exist whereby protective legal provisions for the benefit of women have been subjected to distortion and misuse to wreak petty vengeance and to settle scores. It is unfortunate; if laws meant to protect women get abused as instruments of oppression."

The Supreme Court went to the extent of terming the provision as 'Legal Terrorism' and said, "It is to be noted that the role of the investigating agencies and the courts is that of watchdog and not of a bloodhound. It should be their effort to see that an innocent person is not made to suffer on account of unfounded, baseless and malicious allegations."

Every year, of the cases filed against women, more than 40% are under IPC section 498A. Not only men, a large number of women (mother-in-law, sister-in-law) too are lodged in jail under section 498A. According to National Crime Records Bureau Report - 2011, 139403 men and 41298 women were lodged in jail on the basis of complaints under section 498A. Neena Dhulia, Chairperson of All India Mother-In-Law Protection Forum



says, “Due to loss of social reputation; the entire family suffers. It becomes difficult for them to get their son or daughter married off. If the trend persists, it will immensely damage the social fabric of the country.”

Founder member of Save India Family Foundation, Gurudarshan Singh says, “Only one provision should be added to 498A that if a girl is found guilty of lodging a false case; she will be punished. This will act as a deterrent against misuse.”

Children too are suffering the ill effects of this law. A US study on children has made startling revelations. Children who come from broken homes have a 32 times more chance of leaving home, 20 times more tendency of going to jail, 20 times more chance of behavioural disorder. They are 14 times more likely to commit rape, 9 times more likely to drop out of school and 5 times more likely to end their lives. The number of such children in the country could be in millions.

Recently Amit Buddhiraja, a software engineer from Bangalore; killed his wife and then hanged himself. Many heart-rending and fatal incidents are happening every other day because of the misuse of this unfortunate law. We are not mentioning all of them for want of space. How long will this atrocity continue to be inflicted on innocent people? Why can't the informed sections of the society and the media raise voice in protest for the innocent people? It is time for them to raise voice in protest and save many families from nightmares and depression.

The celebration of 'Parents' Worship Day' is very good.

- Govinda, a famous film star and former M.P.



It's really good to celebrate 'Parents' Worship Day'. One gets fulfillment of life with the blessings of parents and Gurus. Whatever I could achieve in my life; it's all due to grace of parents and Guru. I bow to Pujya Bapuji; who is in front of me; and pray Him to bless me with the everlasting grace of Gurus.

Shri Jaibhagawan Goyalji, National President Rashtravadi Shivsena said, “Where has this ‘Valentine’s Day’ come

from? People from the west came here as traders to sell their goods. And today they are trying to buy India’s self-esteem.

India is the land of Gurus, saints and Rishis. It is the land of Yoga; where saints like Sant Shri Asharamji Bapu have descended. Bapuji is giving pure samskaras to the whole world and paving the way to the union of the jiva (individual soul) with Shiva (Supreme Consciousness). It is said,

‘The world usually moulds the individual;

Asaint is one who moulds the world.’

Those all over the country or abroad; who have gone astray from the path of righteousness will get the right path with the blessings of the great saint, Shri Asharamji Bapu. The incidents like the gang-rape that are happening in the country owe themselves to the western culture and evils like ‘Valentine’s Day’. Therefore, we have to take a pledge to worship our parents and the Guru. If we do this, all the forces and influences that are coming to attack our culture will automatically retreat.”



* Enriching Rituals *



12 rules to be followed at pilgrim places

अश्वमेधसहस्राणि वाजपेयशतानि च ।

लक्षं प्रदक्षिणा भूमेः कुम्भस्नानेन तत्फलम् ॥

‘Taking a bath but once at a pilgrim place where Kumbha Mela is held affords religious merit equal to that attained by performing thousands of horse-sacrifices, hundreds of Vaajpeya sacrifices and circumambulating the earth a hundred thousand times.’

By observing these twelve rules; one can attain full benefit of taking bath and living at the pilgrim place.

(1) Control over hands: Taking a dip in the holy Ganges will not afford full religious merit if at the same time you steal somebody’s goods unrightfully or eat any prohibited food.

(2) Control over feet: One should not go to places for enjoyment of pleasures.

(3) One should entertain divine thoughts and save his mind from dirty or evil thoughts.

(4) Wisdom: Be wise. Don’t take a dip in the river; if you have caught fever. It is not good to take a bath for religious merits; if it causes fever or pneumonia; which

leads to death. Give due thought to time, place and state of the body.

(5) Austerity.

(6) One should sing praises of God and His glories at pilgrim places.

(7) Non-grasping of gifts: One should not accept gifts at a holy place. Don’t burden yourself by making use of facilities obtained from others. It is inadvisable to earn religious merit on one hand and become indebted to others on the other.

(8) One should remain undisturbed and contented in all circumstances. One should not complain about the lack of facilities or inconvenience. One should always be contented and say, ‘God! Thy 'WILL' will be done!’

(9) Beware of your ego: Don’t take pride in anything like, ‘I got up at 3:00 a.m.; I walked three miles; I went for ten dips in the Ganges...’ Such egoism destroys all religious merits. I could do this meritorious act by divine grace. Hide your meritorious deeds.

(contd. on page 32)

❁ Pujya Sant Shri Pathikji Maharaj



Pujya Sant Shri Ghatwalebaba ❁



❁ Pujya Sant Shri Lalji Maharaj



Pujya Sant Shri Narayan Bapu ❁

Pujya Bapuji and His friend saints

The Self-Realized Sant Shri Asharamji Bapu; the greatest saint of the present era, Sadguru of crores of disciples; has descended to the earth to arouse the hunger for God-Realization in people of all ages and from all strata of the society and thereby to help them attain real happiness, Supreme Bliss and Eternal Peace. That is why, in his days of sadhana, Pujya Bapuji threw an affectionate challenge to the Lord, “Never mind; I have to make strenuous efforts to attain you but once I find You; I will make you easily attainable for the people.” And he proved this challenge true.

It is but natural that people in general and Bapuji’s sadhakas in particular are curious to know about his wanderings in search of God, and what austerities and *sadhanas* he practised and how he attained Knowledge of Brahma. What difficulties Pujya Bapuji had to face in

his pursuit of Self-Knowledge? What Siddhis did he attain? What types of *sadhanas* and practices did he learn to scale the loftiest heights of spiritual realm? It will be very useful to read accounts of his meetings and conversations with his friend saints for this purpose.

Bapuji describes the time he spent with his friend saints like Ghatwale Baba, Narayana Bapu, Lalaji Maharaj, Pathikji Maharaj as the golden period of his life and he recalls those episodes time and again. We present here a few selected incidents that occurred in the course of Bapuji’s memorable spiritual journey before he started the active life of social upliftment on a wider scale. These incidents will make it clear how his interactions with his friend saints at worldly as well as spiritual levels lead Bapuji to the goal of God-Realization and how after attaining that goal; they have played a vital role in inundating his

The Power of Emotions

Pujya Bapuji

Sharada Devi, the daughter of Ramachandra Mukherjee was married in childhood. She was 5 years old and her 23 years old groom was Shri Ramakrishna Paramahansa. For some time, Sharada lived at her in-laws' and then for 17 years she lived with her parents. People said many things about her husband like, 'He is mad; he cries and laughs without reason!' They said so because they did not understand but Sharada knew that her husband was a saint of a very high order.

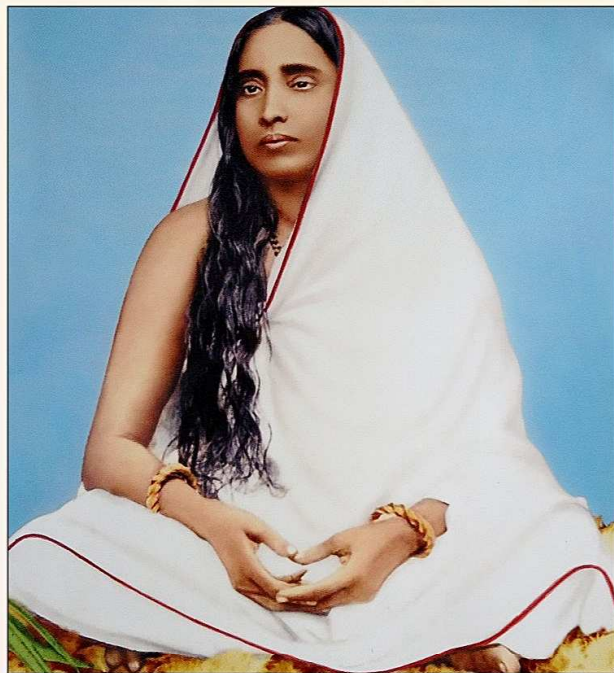
Sharada Devi was 22 years old. People were going to Kolkata for a dip in holy the Ganges. The pious lady said, "I too will go to Dakshineswar to have Darshan of Ma Kali and also of my lord and master."

In those days, people used to travel on foot. Sharada Devi was to walk 60 miles with those travellers on muddy and thorny paths. She was to cross Telo-Bhelo forest on the way. The forest was so dreadful and infested with robbers that nobody dared go there alone. People passed through that forest in groups; yet they were robbed. Women were molested and many such crimes occurred. The robbers were so cruel and ferocious that they would cut somebody's throat for a kg of food-grains or a piece of cloth. And if they found a woman attractive, they would rape her in broad daylight.

Being emotionally disturbed at people mocking at her and, having ankle sprain Sharada Devi was walking slowly. Her companions became restless. They said, "If you walk so slowly, we will lose our lives in this forest. Robbers drink and loot the people mercilessly."

The young lady said, "Don't risk your life and property for my sake. Please go fast."

They left Sharada and went ahead. Soon it was sunset. It was dark and she was tired. And it started raining heavily coupled with a storm. She sat leaning against a tree. Ferocious dacoits came there in search of a victim. They surrounded her. "Who are you? Where have you come from?" they asked.



माँ शारदा

She said, "My name is Sharada; I am the wife of the priest at Dakshineswar temple. I have these clothes and also some money. Take whatever you want."

They looked at her carefully. She was very beautiful. She had been celibate for the 22 years of her life. Nobody took tea or coffee, etc. in those days. She was a simple village belle. The leader of dacoits said, "What a beauty! You are alone here?"

She said, "Father! I am not alone. You are my father and your companions are my brothers."

"We are sinners. Yet you are calling us father and brothers?"

"No, you are not sinners. Sin may be in your mind; but you are the children of my divine mother, Kali. I am not alone, father. And your son-in-law is the priest at Dakshineswar temple, father."

The addressing of 'Father! Father!!' coming from the heart changed the heart of that lustful cruel dacoit. He said, "Dear daughter! It is not proper to go there now. Tonight please stay at my house and make it holy." The other dacoits too felt ashamed.

Sharada went with him. The leader of dacoits said to his wife, "Hey you had no daughter. God has sent such a beautiful and sweet daughter to you. Give her some clothes to change her wet clothes and serve her with hot

Dietary precautions during spring season.

(Spring season: 18th February to 18th April)

Spring, the best of all seasons, is the transition from winter to summer. In this season, the Kapha accumulated during the winter starts melting under the impact of hot sunrays. It makes the digestive fire mild that gives rise to diseases like colds, coughs, vomiting, diarrhoea, etc.. Therefore, one should take dietary precautions in this season.

Diet: In this season, don't take heavy foods (that are not easily digested), foods cold in effect, oily, sour and sweet foods; because they increase *Kapha*. Don't sleep in the day. (Ashtanga Hridaya: 3.26)

Sweet foods, dry fruits, sour and sweet fruits, curd, ice cream and heavy to digest foods are prohibited in this season. One should take easily digestible, low-fat, spicy, bitter, astringent and foods hot in effect like parched paddy, puffed rice, barley, roasted chick pea, old wheat, Bengal grams, green grams, ginger, dry ginger, Ajowan (*Trachyspermum ammi*), turmeric, pippa-mulli (*Solanum ferox*), black pepper, asafoetida, elephant-foot yam (*Amorphophallus campanulatus*), Horse-Radish, bitter gourd, fenugreek, fresh radish, sesame-seed oil, honey, cow's urine, etc.. They destroy Kapha. Don't eat to your fill.

Low salt diet and fasting once in every 15 days are good for health. It is unwise to fill one's stomach by non-grain, fruit-type diets.

Mode of living: Getting up before sunrise (to ward off heaviness and laziness caused by change of season), physical exercise, running, jogging, yogic postures, and Pranayama (particularly Surya Bhedi Pranayama) are beneficial in this season. Taking bath with Ubatan, (an unguent made of seven types of grains) after massage with sesame-seed oil is the key to health.

Special measures for spring season:

* Taking 2 to 3 grams *harad* (myrobalan) powder mixed with equal quantity of honey on an empty stomach early in the morning gives benefits of Rasayana (a substance that destroys disease and increases strength, intellect and stamina of the body).

* Take 15-20 Neem (*Margosa*) leaves and 2-3 black pepper seeds with good mastication. It protects against skin diseases, fever and blood disorders throughout the year.

* Take small pieces of ginger mixed with lime juice and salt to cure mildness of digestive fire.

A mammoth crowd thronged to relish the nectarean words of Pujya Bapuji!



Surat (Guj.)



Borivali, Mumbai



Pandharpur (Mah.)



Yamunapur, Delhi

Demonstration of a huge rally and dharna by 'Non-government Women Organisations' of various states, in opposition to showing the distorted satsang of Pujya Bapuji in connection with Damini Gang-rape case by the media to misinform the society. (see page-8)



Millions of devotees bathe in the Ganges of Pujya Bapuji's satsang.

**Makar-Sankranti Festival
Ahmedabad Ashram**

**Mahakumbha Festival
Prayagraj**

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