

# RISHI PRASAD

**An incredible  
Miracle!**



Pujya Sant  
Sri Asharamji Bapu



**Watch the miraculous happening video in this month's 'Rishi Darshan'**

True saints possess tremendous Divine Powers! What cannot be accomplished by the power of their will! We find innumerable instances supporting this fact in Vedas and Scriptures. On 29<sup>th</sup> August 2012, Pujya Bapuji's helicopter crash landed and broke into three pieces and their fragments flung far off; yet Bapuji, the pilot and co-passengers came out unscathed.

**If this isn't a miracle, what else can it be called?**



**"Asharamji Bapu is the luckiest man of the century."**

- News Channel 'TV 9'

**"Now what other miracle do you want?"**

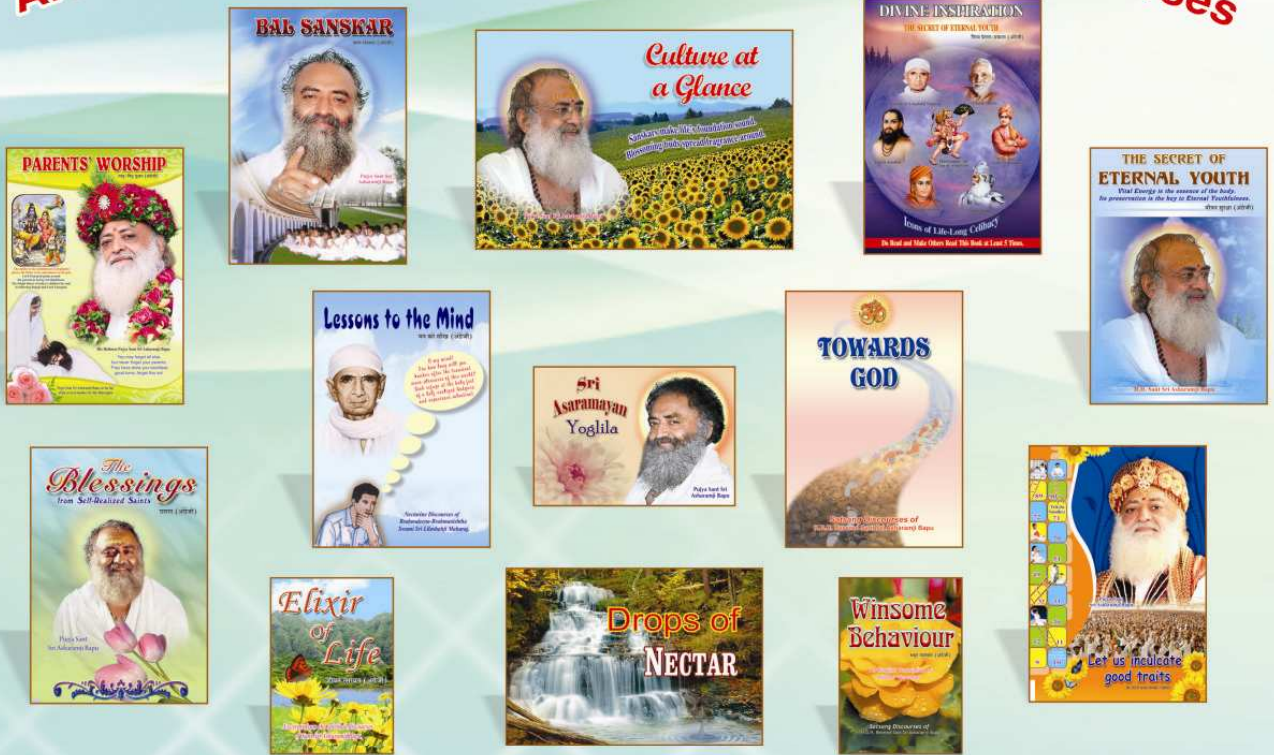
- Shri Ashok Singhal, Patron and Former International President of VHP



**"Pujya Bapuji is endowed with Divine Power"**

- Shri Rajnath Singh, Senior BJP MP, Top BJP Leader and Former BJP President

# Articles based on Pujya Bapuji's nectarean discourses



\* Address for sending D.D. or Money order \*

Mahila Utthan Trust, Satsahitya Vibhag, Sant Shri Asharamji Ashram, Sant Shri Asharamji Bapu Ashram Marg, Ahmedabad-380005. Contact: (079) 39877730/88.

Note: \*You can save postal charges by getting these books from the nearby ashram or seva kendras run by local samiti. \* Write your order, name, address, phone number, etc. clearly along with the D.D./M.O. \* V. P. P. Service is not available.

Now available

## Rishi Darshan

A monthly spiritual video magazine

Based on Pujya Bapuji's life, precepts and divine lila

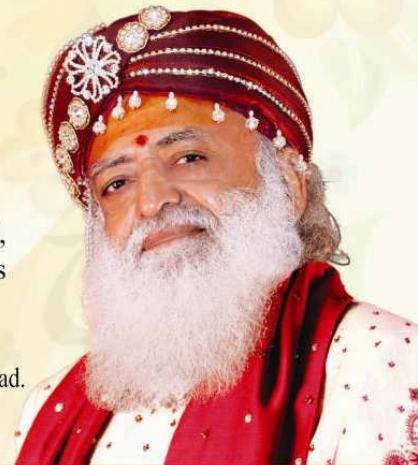
In it you will find selected video satsang discourses delivered by Pujya Bapuji, glory of festivals, most auspicious days, health-tips, accounts of Pujya Bapuji's divine lila and much more...

Membership Fee: Annual – ₹ 450 Five-years – ₹ 1900

D.D., Money Order or cheque should be in favour of 'Mahila Utthan Trust' and payable at Ahmedabad.

Address: Sant Shri Asharamji Ashram, Sabarmati, Ahmedabad-05

Phone: (079) 27505010-11 E-mail: contact@rishidarshan.org



With invaluable health-tips from Pujya Bapuji...



Hindi and English versions in a single DVD

If you want to keep good health, if you want to get health-tips, take the benefit of Asanas and Pranayama with the help of Yogasana DVD and enjoy sound health.

Available at Sant Shri Asharamji Ashrams at a special discount.

Year : 12 Issue : 9  
Continuing Issue : 237  
Language : English  
1st September 2012  
Price : Rs. 7-00

Owner : Sant Shri Asharamji Ashram  
Publisher & Printer : Shri Kaushikbhai P. Wani  
Place of Publication : Sant Shri Asharamji Ashram, Motera Sant Shri Asharamji Babu Ashram Marg, Sabarmati, Ahmedabad-380005 (Gujarat).  
Editor : Shri Kaushikbhai P. Wani  
Co-Editors : Dr. P.K. Makwana, Shrinivas

### Subscription Fees (incl. postage)

#### English Edition In India

1 Year	Rs.70
2 Years	Rs.135
5 Years	Rs.325

#### Abroad

1 Year	US\$20
2 Years	US\$40
5 Years	US\$80

(For Hindi, Gujarati, Marathi, Telugu, Oriya, Kannada & Sindhi editions (In India)

1 Year :	Rs. 60/-
2 Years :	Rs. 100/-
5 Years :	Rs. 225/-
Life :	Rs. 500/-

In Nepal, Bhutan & Pakistan (All Languages)

1 Year :	Rs. 300
2 Years :	Rs. 600
5 Years :	Rs. 1500

#### Abroad

1 Year :	US \$ 20
2 Years :	US \$ 40
5 Years :	US \$ 80

#### 'RISHI PRASAD'

Sant Sri Asharamji Ashram, Sant Sri Asharamji Babu Ashram Marg, Sabarmati, Ahmedabad -380005 (Gujarat).  
Ph. : (079) 27505010, 27505011, 39877788.

e-mail: ashramindia@ashram.org

website: [www.rishiprasad.org](http://www.rishiprasad.org)  
[www.ashram.org](http://www.ashram.org)

(1) Was it a Helicopter crash or a miracle!	4
(2) So They Say...	7
* Now what other miracle do you want?	
* This is not less than a miracle	
* Pujya Babuji is endowed with Divine Power	
* This is the first miracle of this kind in the world	
(3) Sadguru, my Krishna, My lover! (Poem)	9
(4) Sadhana Focus	10
* The sadhana that grants all success	
(5) Enriching Rituals	12
* Shraaddha: A Ceremony of Sanatana Dharma	
(6) Guru's Message	14
* Be magnanimous, not miserly	
(7) The Insight	16
* Even if Lord Brahma is one's Guru...	
(8) Curious Context	17
* The Lord does mischievous acts at times!	
* God is not a matter of reasoning	
(9) Significance of Ekadashi	23
* Turns famine into plenty	
(10) Auspicious Days	24
* Save yourself from Censure	
(11) Power of Self-restraint	25
* Why Brahmacharya?	
(13) From the Bhagwata	27
* King Prithu – a devotee of the Lord	
(14) If not in human birth, when?	28
(15) * The Saints Say... * Quiz Time	29
(16) Health & Nature	30
* Do's and don'ts for Autumn	
* A bath to destroy sins and enhance...	
* Nourishing water chestnut	
(17) Satsang News	32
(18) The wonder plant Tulsi	35

### ◆ Pujya Babuji's Satsang on Various TV Channels ◆

**A2Z NEWS**

Daily 5.30 am,  
7.30 am &  
10.00 pm

**CARE WORLD**

Daily 7.00 am,

**vardaan**



**Sanskar**

Daily  
2.10 pm

**satsang TV**

Daily  
10 pm

**सिद्ध**

Daily  
9.40 am

**आस्था**

Daily  
9.40 am

AASHTA  
THE FAITH CHANNEL  
Ashram Internet TV  
24 Hrs. Telecast

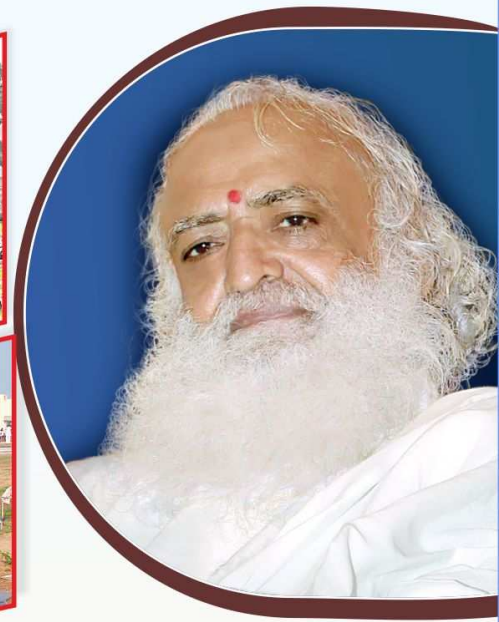
**YUPPTV**

Internet TV  
24 Hrs. Telecast

**Adhyatma tv**

Daily  
9 am

**ZENGA TV**



## Was it a Helicopter crash or a miracle!

- The crash produced such a bang that people from surrounding areas came running to the spot. But everybody saw Bapuji come out safe and sound.
- Pujya Bapuji says this is the miraculous power of the science of mantras, “So powerful are the Vedic mantras that one doing japa of them can ward off not only his own untimely death but also that of others with him.
- Today, people not only in India but all over the world are wonderstruck watching the images and video clips of this accident on Internet and TV Channels.

Helicopter crashes do take place and a number of such accidents took place in the past. But never before has it happened that the pilot loses control at a considerable height and the helicopter’s nose hit the ground after the crash landing; yet nobody gets injured. But this was what happened at Godhra (Gujarat) on 29<sup>th</sup> August and thousands witnessed the scene.

Pujya Bapuji was coming to Godhra for Purnima darshan and satsang programme from Morbi by a helicopter. Before landing, the helicopter lost balance, landed with a bang on its nose and crashed. It was broken into pieces but Bapuji who was sitting on the front seat, the pilot and other passengers remained unscathed. The people who witnessed the scene were surprised. The helicopter had been badly damaged; its strong iron body had been broken into pieces but all organs of Bapuji’s soft body were intact! If this isn’t a miracle of God what else can it be called?

Scientists know that white petrol that fuels copters is highly inflammable. A little spark touching it is sufficient to produce a devastating fire. Even the trees and plants are burnt down. After the accident, the white petrol flowed like water

flows from a tap but no blast took place. The hind part of the helicopter had even caught fire but the fire was extinguished miraculously.

The crash produced such a bang that people from surrounding areas came running to the spot. But everybody saw Bapuji come out safe and sound. There was no need to measure his pulse or blood pressure. Soon Bapuji arrived at the satsang site and he was his usual blissful Self. Such a big thing had happened; yet Bapuji was dispensing joy in his natural style – the same humour, the same joyful dancing, and the same blissfulness. What else can this event be called if not a miracle? It is a tangible proof of the greatness of Self-Realized and Self-Reposed Brahmajnani saint.

Somebody says it is a miracle performed by a Brahmanishtha saint equal to an avatar; another says it is God's divine lila. Some attribute it to yogic powers or greatness of Indian culture. All these different views point towards but one fact. The God-realized saint Bapuji has proved true his quote, "As China is known for the great wall; Kuwait for petroleum; America for dollar; India is known for saints of the Vedic culture having great divine powers."

Today, people not only in India but all over the world are wonderstruck watching the images and video clips of this accident on Internet and TV Channels.

Former President of India Shrimati Pratibha Patil while enquiring about Bapuji's wellbeing on phone said that a number of high ranking Air Force Officers on being asked as to what could have been the reason of Bapuji coming safe and sound out of this terrible accident had replied unanimously that it must have been a miracle performed by Bapuji otherwise there was no question of people coming unscathed from such a horrible accident.

Immediately after the accident, different TV Channels described all passengers coming unscathed out of the accident as a miracle of Bapuji. Different newspapers

described the accident as providential, unprecedented and miraculous.

**"In this accident, the helicopter was broken into three pieces but Asharamji is completely safe and sound. This is no less than a miracle."**

**- TV Channel 'Zee News'**

**"Asharamji Bapu is the luckiest man of the century."**

**- News Channel 'TV 9'**

**"Through this helicopter accident, God has displayed His miraculous power."**

**- Newspaper 'Hindustan'**

**"Everybody coming safe and sound from such an accident is no less than a miracle."**

**- News Channel 'ABP'**

**"Bapu Asharamji has a miraculous escape from a copter crash."**

**- Newspaper 'The Pioneer'**

**"It was Bapuji's miracle only, which was seen by the whole world."**

**- News Channel 'A2Z'**

**"The god of death (Kaal) went back after saluting a Brahmajnani (Mahaakaal)."**

**- Newspaper 'Acharan'**

This accident has made all celebrities, intellectuals, religious leaders of other faiths and sects and even atheists acknowledge the calibre of Pujya Bapuji. This accident is powerful enough to open the eyes of Bapuji's detractors also.

Pujya Bapuji says this is the miraculous power of the science of mantras, "So powerful are the Vedic mantras that one doing japa of them can ward off not only his own untimely death but also that of others with him. A regular reciting of the Guru-Gita saves one from untimely death and other dangers. Describing the glory of Guru-Gita, Lord Shiva says:

अकालमृत्युहंत्री च सर्वसंकटनाशिनी ।

'It wards off untimely death and all calamities.'

Many a time in the course of his satsang discourses, Bapuji has told that with japa of mantra so many times so and so house of one's horoscope gets purified. With 80 million japa of the mantra, the house of death is purified. Such a person will not meet an untimely death.

Today this accident is being discussed not only in India but all over the world and whoever comes to know of it becomes wonder-struck to see Sant Sri Asharamji Bapu's yogic powers and greatness.

**It is only due to Asharamji Bapu's miraculous powers that we are safe and sound.**

**- The pilot of the crashed helicopter**

“What was the reason behind the crash landing of the helicopter will be known after the probe is completed. It is only because of Asharamji Bapu's miraculous powers that we are safe and sound even after meeting such a terrible accident. With Bapuji's blessings, nobody received even a bruise.”

**We came out of the jaws of death hale and hearty due to the protective divine aura of Bapuji**

**- Ashwin Yadav, a passenger of the helicopter, Rajkot**

“In the past I met with motor-bike accidents two-three times. But at that time I was not as fearless as I was with Bapuji at this time meeting with a copter crash. It was such a terrible accident yet thanks to Bapuji's divine aura, we came out of the jaws of death hale and hearty. I was not the least afraid.

Earlier, I worshipped Bapuji's physical form as my Guru but now I know that he is the Protector, and Preserver. He is the omnipresent Lord about whom Lord Krishna says in the Gita:

वासुदेवः सर्वमिति स महात्मा सुदुर्लभः ।

‘Realizing that all this is Vasudeva (the innermost Self); such a great soul (Mahatma) is very hard to find.’

**For me, it was coming face to face with God.**

**- Naresh Manganaani, an eye witness**

“For me, everybody coming out unscathed from such a terrible accident is not less than seeing God in person.”



**The record of fatality in past copter crashes:**

Date	Place	Consequences
9 <sup>th</sup> May 2001	Bomdila (A. P.)	4 persons including Education Minister Dera Naitung died
2 <sup>nd</sup> September 2009	Rudrakodu Hill (Andhra Pradesh)	Chief Minister Y S R Reddy and 4 others died
19 <sup>th</sup> November 2010	Bumdirla (A. P.)	12 people died
2 <sup>nd</sup> February 2011	Jachak Nagar, Nasik (Mah.)	2 people died
19 <sup>th</sup> April 2011	Tawang (A. P.)	17 people died
30 <sup>th</sup> April 2011	Kayala Hills (A. P.)	Chief Minister Dorji Khando and 4 others died
13 <sup>th</sup> May 2011	Sirohi (Rajasthan)	The pilot and 3 others died
30 <sup>th</sup> August 2012	Jamnagar (Gujarat)	9 people died
29 <sup>th</sup> August 2012	Godhra (Gujarat)	Sant Sri Asharamji Bapu and co-passengers absolutely safe

So They Say...

## Now what other miracle do you want?

- Shri Ashok Singhal Patron and  
Former International President of VHP

“Param Pujya Bapuji! Nonbelievers are carrying out a huge conspiracy against our saints. I can see that the allegations that are being levelled against saints are part of a conspiracy. The conspiracy has worked successfully in Gujarat and Tamilnadu, and other states are also meeting the same fate. Even otherwise, we easily fall prey to the conspiracy of foreign powers. Our people don't see through their devious designs. Lack of firm belief in our religion makes them an easy prey.

The kind of influence Pujya Bapuji has on the people is clearly visible here. Millions are imbibing the nectar of your satsang and thereby attaining peace and happiness. But the tragic irony is that by declaring our country a secular state, we are labelled and recognized as atheists; that we have no religion. What a heinous effort to destroy our culture!”

Condemning the miscreants; who created obstacles in the planning of satsang programme and those who instead of curbing such miscreants harassed the organisers of the satsang programmes, Shri Ashok Singhal, the Patron and Former International President of VHP, the biggest and the most powerful Hindu organisation said,

“I am distressed mentally, extremely distressed! I want to ask if certain anti-social elements started creating disturbance in satsang, is it a problem in maintaining law and order? Is it appropriate to cancel permission given for Bapuji's satsang at that place for that reason? Your Holiness! I am sad to see how much pain these people cause to you and to other saints misguided by the foreign conspirators!

Nowhere, the life of our saints is safe. Hindus are not safe. There is nobody to protect them at present. In such circumstances, our hopes are centred on you

**Bapuji! Our saints alone have saved the country and the society. We have faith only in you. You alone will bring the change in the country.”**

**Pujya Bapuji said,** “Considering what you have said and the oppression perpetrated against the society, we will have to chalk out a strategy with a spiritual orientation so that the might of our culture strengthens the ardent supporters of the cultural cause; and it makes the opponents of our culture aware of our saint-power. There are many great powers in our culture – yogic powers. We only need to get united, understand one another, and work unitedly in this direction. They want to destroy us. We should become equally stronger.

The concern you have expressed today will perhaps make this day one of inspiration to work with the help of Divine Power to save the Hindu society from tyranny and from the conspiracy going on against it. No conspiracy can work against the Divine Power. Therefore, we should work in consonance with the Divine Power.”

Inviting Bapuji to the Kumbha Festival to be held at Prayag (Allahabad) in January 2013 for playing a pivotal role in Hindu empowerment, Shri Ashok Singhal said:

“Bapuji! The Maha Kumbha Mela is going to be held at Prayag. All spiritual and social organisations congregate on that occasion. We can make a plan of action with your grace. The miracle that took place in keeping you safe in that terrible helicopter crash has been witnessed by the whole world.”

Warning the atheists, slanderers and anti-social elements, Shri Ashok Singhal asked, “What other miracle do you want to see? Now refrain from your dirty tricks.”

**Pujya Bapuji said,** “Your intent is selfless; you want the good of people at large. Now it is not only your resolve; my resolve is



joined to it and the resolve of millions of my devotees too is joined with your resolve today. Therefore, those auspicious days will come and most certainly come.

## **This is not less than a miracle**

**- Shri Sushil Kumar Shinde  
Union Home Minister and  
Leader of the house in Lok Sabha**

The helicopter; in which Asharam Bapu and his followers were travelling; fell on the ground with a powerful impact after losing balance and crashed. It was broken into several pieces. Bapuji was sitting on the front seat. Yet Bapuji, pilot and all other co-passengers came out unscathed. I think it is not less than a miracle.



Bapuji's dedication to the welfare of the masses is well known. I pray to God for Bapuji's good health.

## **Pujya Bapuji is endowed with Divine Power**

**- Senior BJP MP, Top BJP Leader and Former BJP President, Shri Rajnath Singh**

"I bow my head and offer millions of salutations at the lotus feet of Param Pujya Sant Shri Asharamji Bapu. I know this truth that no party with all the resources at its command can organise even for a Chief Minister or a Prime Minister a gathering of the size I find here eager to get a glimpse of Pujya Bapuji. A gathering of this size can -not be made to wait from 7 a.m. to 12.30 p.m. for any Chief Minister or Prime Minister.



India is a Dharma oriented, spirituality oriented country. The all round development of man's personality cannot be brought about by material progress alone; spiritual development too is a must. The satsang discourses Pujya Bapuji is delivering

throughout the country and abroad (through electronic means) usher man to that spiritual development. I bow my head at his feet once again and salute him from the core of my heart.

Pujya Bapuji met such a terrible accident yet He, His co-passengers and the pilot were not hurt at all. It clearly indicates that the Supreme Lord is extremely kind to the believers of Indian culture. Our Pujya Bapuji has attained Divine Powers. It was the miraculous feat of the same power that God has endowed him with. It was by virtue of that power that Bapuji and those accompanying him remained unscathed. I have never seen such an accident in my life. Whoever watched the news of this accident on TV was convinced that none of the passengers would have survived. But in a few moments everybody saw Param Pujya Sant Shri Asharamji Bapu, the centre of the faith of all of us, coming out with his co-passengers safe and sound. And today we see him before our eyes."

## **This is the first miracle of this kind in the world**

**- Shri Maninderjeet Singh Bitta,  
President, All-India Anti-Terrorist Front**

"Crores of people in this world have placed their faith in Asharamji Bapu. Ministers, Chief Ministers could not survive copter crashes. But Bapuji met such a terrible accident yet none sustained any injury. This is the first miracle of this kind in the world.

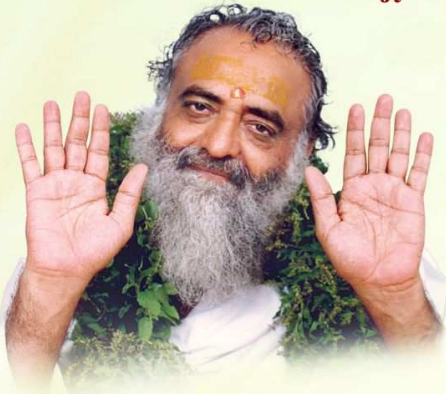


Those who created obstacles in Bapuji's satsang and pained the heart of Bapuji and his devotees should now learn a lesson from this miracle of Bapuji. This is a Divine miracle, Bapuji's miracle. My brothers, now refrain from hurting the feelings of a saint and his devotees. Now look to Bapuji who gives a new teaching, a new thought to the people, and you too march ahead in that direction."



# The Mahatmas' blessing

- Pujya Bapuji



There are some Mahatmas who give a hint. There are others who give a command. Imagine you go to a Mahatma. He asks, "Are you doing sadhana and devotional practices well?"

Now this is a hint. If you are not doing sadhana, start it, and if you are doing it, increase it. And if the Mahatma says, "Intensify your sadhana." This is his command.

You say, "I have done intense sadhana but I am not able to concentrate my mind. But I have done it sincerely."

"It does not matter if you cannot concentrate your mind, you continue it."  
- This is his command.

But then you come again, "My mind doesn't get fixed in sadhana."

"Don't worry! It will."

This is his blessing. If one follows it heartily, the success is sure. But you should not bother him every now and then, "I am not able to concentrate my mind... I am frustrated..." He knows everything. A prayer from heart is sufficient. You will be delivered. You will go on getting hints, orders, commands, blessings, boons. This way *Samskaras* (impressions) formed in thousands of past lives are destroyed. If your aspiration is intense, you can accomplish the task in just one life.

## Sadguru, my Krishna, My lover!

Sadguru, my Krishna, My lover flirts with us. He steals our hearts.  
He saves us from the Kansas and Shishupals of vices.  
And from the clutches of the Putana of Maya.  
The serpent Kalia of Kaliyuga can do us no harm.  
Sadguru, my Krishna, My lover...  
He has broken the pitcher of ego;  
The buttermilk of sense enjoyments has been spilt.  
He stole the butter of our minds and satiated us with the nectar of Knowledge.  
The beguiler plays new games with us everyday.  
Sadguru, my Krishna, My lover...  
When the Kauravas of passions dominate, Attachment and aversion bring Mahabharata of conflicts.  
He teaches the Gita of satsang.  
Sadguru, my Krishna, My lover...  
When the Dushashan of evil tendencies, Is out to remove my garment of character.  
He lengthens the garment by adding the cloth of self-restraint.  
Sadguru, my Krishna, My lover...  
You secure what is not already possessed and preserve what I already possess,  
You are the Goverdhan mount of the Samsara and the lifter of the mount.  
You save us from the rain of troubles,  
Sadguru, my Krishna, My lover...  
In this sweet forest of Prana, my volition has become Radha,  
By playing on the flute of the WORD, you enamoured us gopis.  
O slayer of demon Madhu! You alone play with the gopis in the Vrindavan of the mind.  
Sadguru, my Krishna, My lover...  
- 'Chand' Lakhanavi, Lucknow

## Sadhana Focus

### The sadhana that grants all success

(From Pujya Bapuji's Nectarean Discourses)

This time I have come with such a sadhana for the Chaturmasa that if you do it for five minutes while going to sleep and for five minutes immediately on getting up, the effect of whatever sadhana you are doing will become a hundred fold, and within six months you can attain the state of Samadhi. You may get the power that is obtained by surrender to God in your life. You can taste the joy of Self-realization.

When you sleep, your head should be towards east or south. If you sleep with your head towards west or north you cannot get rid of worries, diseases and depression. Lie down in supine position. Mentally chant Aum (ॐ) with inhalation and count the breath with exhalation. Next, do as follows. There is predominance of the earth element in the part of your body from the tip of the great toes to the anus. The water element is predominant in the area of the body from the anus to the pelvic region surrounding the external urinary organ. From there to the navel, fire element is dominant. The fire element represents digestive fire and is different from the fire of the external world. From navel to the heart is the area dominated by the air element. That is

why our mind moves so swiftly as the wind. From the heart to the throat, ether (Aakash) element is dominant.

While sleeping, dissolve the earth element into the water, the water into the fire, the fire into the air and the air into the ether element. Then dissolve the ether into the mind, which is the originating source of all elements. Now what remains is the mind. Dissolve the mind into its source, your 'I', from where it rises. Peace... Peace... When the waves subside



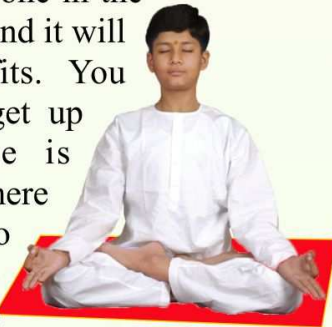
into the ocean there remains tranquil ocean. Similarly when all elements are dissolved into their source, there remains divine peace. Thus you pass into sleep. Contemplate; "Now all is dissolved into the Supreme Self. For the next six hours, I don't have to do anything. I have dissolved the great five elements, of which my body is composed, and myself into the Supreme Self. Now there is nothing to worry, nothing to do, nothing to gain. At present, I am in God; and God is in me. I have surrendered

myself to God.” Such thoughts will get you accomplished in self-surrender to God.

Alternatively, you can contemplate: ‘My mind is becoming calm. I am getting peace in Self. Having dissolved the five elements into their originating source I am reposing in the Existence Absolute that lends reality to them.’ You will attain the state of Samadhi. You can also contemplate: ‘After dissolving all five elements into their source, I am reposing in their witness Consciousness. You will wake up in the witness Consciousness. You may contemplate: ‘Having dissolved the five elements, I exist independent of and distinct from them. *Soham* सोऽहम्... “I am That”. I am more pervasive than the ether (Aakash). I am Brahman.’

If you pass into sleep with these thoughts, this sadhana will take you to the Highest State, the supreme attainment. And it is very simple. But you have to practise it for full six months, without missing even a day. You can achieve anything – Self-surrender to God, divine Love, *sakshi bhava* witness attitude (to be a dispassionate witness to all that is seen, or perceived through the senses, mind, intellect, etc.) or Self-realization.

Practice this while going to sleep. And when you get up in the morning, ask yourself as to who got up. As you had dissolved all things at night, now you awaken them in the morning. Mind wakes up; it projects ether; the ether evolves into air; the air evolves into the fire element; fire into water and the water into earth. Thus begins the transactions of the waking state. Dissolve everything in the night and evolve them one by one in the morning. It is very easy and it will give miraculous benefits. You sleep every night and get up every morning. There is nothing laborious in it. There is no special injunction to be followed. Only thing is that the practice should be carried for full 180 days and



should not be missed even for a day. Be determined and it can be easily done.

Your navel chakra is the region of the digestive fire. The fire is broad at the bottom and narrow at the top of the flame. Visualize a triangular fire in the navel chakra and contemplate, ‘I offer as an oblation to this burning fire my ignorance that veils me from the God or makes me wander in the cycle of birth and death (metempsychosis) taking as real the things and circumstances that are non-existent as they were not existent in the past and will not exist forever.’

What is the result or effect of ignorance? It is egoism; body-consciousness; taking the body as ‘I’. What is the effect of egoism? It is attachment to the persons and things I consider mine and exploiting those I consider as not mine. Attachment makes one fall from one’s real Self, and aversion or antipathy makes one fall from his innate greatness. “I offer my egoism as an oblation to the fire. I offer my attachment as an oblation to the fire. I offer antipathy to the fire.” Then there is the fifth and the last hurdle, dread of death. I haven’t seen anybody escape death by having fear of death. Rather one who is fearful of death dies earlier. So, one should offer fear of death too as an oblation to the digestive fire.

Ignorance, egoism, attachment, antipathy and dread of death – these are the five things that keep one away from God. Offer them as oblation to the digestive fire. In the beginning, it may take seven minutes. But later, it will take five minutes or even less. It is not at all difficult.

If you want to have darshan of any God with a form and attributes you will get it within six months. If you want to attain the state of Samadhi, you will attain it within six months. If you want to attain realization of formless and attributeless God, that too you will attain within six months. You don’t have to grasp anything or to renounce anything or to observe any fast or vows. It is entirely logical and highly beneficent sadhana.

## Shraaddha: A Ceremony of Sanatana Dharma

(Shraaddha Fortnight: 29<sup>th</sup> September to 15<sup>th</sup> October)



The 'Shraaddha' ceremony is performed with *shraddha* (faith). The one performing it develops faith in the existence of soul after death. The Almighty Lord (Ishwara) is the giver of the fruit of karma. Hence offerings made out of faith go to the Lord and then to the departed soul and give him satisfaction. If the soul has attained Moksha, the merit of the gift will come back to the one performing 'Shraaddha'. It comes not in the form of the things offered but in the form of happiness and good fortune. Offering of foods etc. is a process of sending the faith. Faith is a deity and it requires a vehicle in the form of a gift or an action. Even by simply folding one's hands in veneration or offering a couple of flowers, the god of faith certainly reaches the departed soul to whom it has been sent. The ceremony of 'Shraaddha' ordained by scriptures is not unscientific. It is based on a great scientific proposition.

The jiva casts off his physical body in the process called death. This physical mortal sheath is made up of 27 elements. Even after departing this life, when the jiva leaves five gross elements (earth, fire, water, air and ether) and five organs of action (hands, feet,

larynx, organs of reproduction and the anus), a subtle body composed of 17 elements still exists. The jiva hovers round the dead body on account of attachment to the relations. There is a ceremony performed so that the jiva gets rid of this attachment and goes away to the celestial region. On that day his relatives say things like, 'Mr. so and so is not with us. May God grant peace to his departed soul! The physical body is insentient whereas the soul is immortal and eternal. It is free from bondage and is bliss personified.'

The jiva having a subtle body longs for sense pleasures enjoyed in this world. But he cannot enjoy the same in the other world because of the absence of gross body. Consequently he remains distressed and discontented. The performance of 'Shraaddha' is meant to bring satisfaction and comfort to the jiva.

### The Scientific basis of 'Shraaddha'

As compared to other months, the Moon comes nearer to the earth during 'Shraaddha' days. Accordingly, there is more gravitational pull of the Moon on the earth and the animals. At this time the jivas with subtle bodies eagerly waiting for going to



the abode of the Pitris (manes) are satiated with the offerings given by their relatives and are sent to the abode of the Pitris.

At the time of 'Shraaddha,' Kusha (a kind of grass) is placed on the earth and upon them barley, sesame seeds, milk, honey and Tulsi leaves are placed on 'Pinda' (balls made of flour or rice). Rice and Barley possess electric energy cold in effect, Sesame and milk possess electric energy hot in effect and Tulsi leaves possess both kinds of electric energy. The electric energy present in the honey unifies all energies with the power of Vedic Mantras. The dry blades of Kusha grass, a non-conductor of electricity, check the conduction of this electric energy to the earth. The special electric energy produced by honey reaches the Supreme Lord and Pitris by the power of will of the one performing 'Shraaddha'. Thus the performance of Shraaddha relieves the hunger of the Pitris.

'Shraaddha' is a sweet remembrance of the deceased person and this is a unique feature of Sanatana Dharma. The Pitra-Paksha (the dark fortnight of the month of Ashwin is specially sanctified for offering oblations to the departed souls) like other social festivals is a collective festival of our Pitris. During this period all the Pitris reach their kith and kin's place without any invocation. They feel satiated through the oblation offered to them. They in turn nurture them through their blessings.



## Pearls of wisdom



- ❖ **Actually very few diseases are caused by the force of destiny. Most of the diseases are acquired (apathyaja) due to an unhealthy lifestyle or due to habitual intake of unwholesome and unhygienic foods, and incontinence. Abstinence from harmful foods can reduce the incidence of many diseases. Similarly a small number of miseries are caused by Prarabdha Karma (the portion of Karma allotted to be worked out in the present life). Majority of miseries are caused by foolishness, attachment and aversion, and evil nature.**
- ❖ **Anxiety causes and aggravates many diseases. Not worrying promotes speedy recovery. Habitual cheerfulness prevents most of diseases. Even if one gets any disease cheerfulness reduces its effect.**

## Meritorious Days

- \* **Fourth Lunar Day Falling on Tuesday:** 18<sup>th</sup> September (Auspicious period: From 11.59 p.m. to 19<sup>th</sup> September till sunrise)
- \* **Ganesha Chaturthi-Fourth Lunar day of Censure:** 19<sup>th</sup> September (The Moon will set at 9.10 p.m., it is prohibited to looking at the Moon)
- \* **Seventh Lunar Day Falling on Sunday:** 7<sup>th</sup> October (Auspicious period: From Sunrise to 12.06 a.m.)

## Guru's Message



(From Pujya Bapuji's enlightening discourses)

### Who is miserly in the world?

One who works to attain transient things; one who doesn't abandon desires and self-conceived notions is a miser. One who is desirous of attaining the fruit of his actions and expects something from even small works is a miser. Take recourse to the Yoga of Wisdom, (*Buddhi Yoga*). Even if you happen to attain what you desire, it will be destroyed sooner or later. Therefore abandon desires and do your duty.

### Who is magnanimous?

One who abandons his desires and dogmas; says yes to the saint to fill his heart with Divine Knowledge, Divine Bliss, Divine equanimity and repose in the Divine, and who works '*for the good of many and for the happiness of many*' and for Self-Bliss is magnanimous.

He is happy with whatever he gets; he is happy with whatever he has, he is happy with anything he lost and strives for the eternal which is never lost. Such a one is magnanimous. The Lord has highly praised such magnanimous people. Tulsidas says:

राम भगत जग चारि प्रकारा । सुकृती चारिउ अनघ उदारा ॥

'In this world, there are four kinds of devotees of Lord Rama. All the four of them

## Be magnanimous, not miserly



are virtuous, sinless and magnanimous.'  
(**Shri Rama Charit Manas Bala Kanda: 21.3**)

The Lord says in the Gita too that His devotees are of four kinds:

आर्तो जिज्ञासुरथार्थी ज्ञानी च भरतर्षभ ।

'Four kinds of virtuous men worship Me, O Arjuna, the distressed, the seeker of knowledge, the seeker of wealth, and the wise, O best among the Bharatas!'

(**The Gita: 7.16**)

Noble indeed are all these but of them, the wise is exceedingly dear to the Lord.

The distressed fervently prays to the Lord seeking to be delivered from misery; he thinks of the Lord. He is magnanimous because he relies on the Lord not on the doctors, medicines, deceit and impure foods (like eggs and meat) to cure his disease. He relies on Sattwic means, on the Lord and tries to get cured. Whether the distress is caused by any disease, poverty or any other worldly problem, one who seeks refuge in God is called magnanimous by the Lord.

One who takes refuge in the Lord to obtain wealth from the Lord too is called noble by the Lord. There is nothing wrong if he wants wealth but by divine grace. Divine grace will gradually make him meet God. He begs for worldly objectives; 'May I get wealth', 'May I get cured of illness', 'May my son pass the examination', but he is not called miser. Why? Because his gaze is fixed on the supremely magnanimous Lord.

A seeker of Knowledge who goes to satsang or God, to realize God too is called magnanimous. But for the man of Wisdom, the Lord says, 'He is my own Self. He is not magnanimous but the most magnanimous person.'

The wife who says, 'My husband does not love me', is miserly. Why do you expect your husband to love you? Why don't you yourself please him with your love and diligent service? The husband too thinks, 'My wife doesn't love me.' Even the husband and wife, who love each other, are misers, not magnanimous. They love for sexual gratification. If they love the spouse's nose, rosy cheeks, body or sex appeal they are misers. If they wish mutual good beholding the divine in their spouse, they are magnanimous.

If the innocent co-disciples (*gurubhais*) feel overjoyed on seeing one another on the strength of divine worship, they are magnanimous. But if they treat one another selfishly, they are miserly. The more miserly one is the more is he pounded by the material world. And one feels blissful and blessed to the extent one is magnanimous. He makes spontaneous progress in the celestial realm and makes good advancement in the spiritual sphere as well.

## What makes one magnanimous?

When the intellect is impartial to all, one becomes magnanimous. There is miserliness in attachment and aversion. They also give rise to bondage, sense of being a doer and an experiencer, deceit, duplicity, dishonesty, etc. in them. Freed from attachment and aversion,

one becomes magnanimous.

One taking refuge with the Lord too becomes magnanimous. The teaching on seeking refuge in the Divine occurs at four places in the Gita:

गतिर्भर्ता प्रभुः साक्षी निवासः शरणं सुहृत् ।

'I am the goal, the supporter, the Lord, the witness, the abode, the shelter, the friend.' (**The Gita: 9.18**)

The Gita wants us to take refuge in the One Who is the goal behind actions of all beings, and is the supporter of all, the experiencer of all. You see all and believe all as your own in the name of That and you will become magnanimous.

गतिर्भर्ता प्रभुः साक्षी निवासः शरणं सुहृत् ।

'I am the goal, the support, the Lord, the witness, the abode, the shelter, the friend.'

At another place, the Lord says, 'take refuge with Him'. If you take refuge in God, you will become magnanimous. The Lord also says, 'Take refuge with Me.' Come and take refuge with Me, the Indweller Lord, otherwise the intellect cannot get freedom from pains and pleasures because it is associated with sins and virtues.

You are seeing a dream. It is foolish to lament over the past. Fear of the future too is a sign of miserliness. Taking the present, the ever changing world and its circumstances for real and coming under their sway too is a sign of miserliness. Take to the Yoga of Wisdom and become magnanimous.

Taking the fleeting illusion as reality and clinging to its memories is miserliness. Be happy in all conditions. 'Even this will pass away.' Satsang will wake you up in your real nature of Existence-Consciousness-Bliss Absolute.

Only he who can proclaim, "The entire universe is my body," is free from the bondage of transmigration. For he is infinite. Then where shall he go and wherefrom shall he come? The entire universe is situated in him.

Do not allow any incidence to affect the mind so that you are carried away by its consequent joy or sorrow. Always contemplate, I am immortal... I am eternal... I am not born nor am I subject to death... I am the untouched Self...' Live your life with this firm resolve. Constantly contemplate upon these thoughts and be engrossed therein at all times.

(From Pujya Bapuji's enlightening discourses)

Ravana was a devotee of Lord Shiva but his outlook was not sublime and therefore attained only transient nothings. Angada, when he was sent by Lord Rama as a messenger, enters Ravana's court and stares at Ravana. The disdain in his looking astonished Ravana. He said, "Angada! What makes you look at me like this? What analysis are you making?"

Angada said, "I think I will have to make some corrections in what Hanumanji said about you."

Ravana became curious as to what Hanumanji had said.

Angada said, "Hanumanji had said that there lived in Lanka a blind man with twenty eyes."

Ravana asked, "What correction do you want to make in this?"

Angada said, "You have Lord Shiva as your God of worship. But I think Hanumanji appraised you impulsively."

Ravana felt jubilant. He thought, 'Hanuman told me a blind man with twenty eyes. What will he say about me?'

He was satisfied to some extent. He said, "Hanuman's appraisal of me was wrong. What do you say about me?"

Angada said,  
अंधउ बधिर न अस कहहिं नयन कान तव बीस ।

"...Even the blind and the deaf would not say so, whereas you possess a score of eyes and an equal number of ears.

**(Shri Rama Charita Manasa: Lanka Kanda: 21)**

You did not hear what you should have heard from Lord Shiva. You did not behold the world as Brahman that you should have seen. Almighty Lord Shiva is your Deity but you had no inquisitiveness to listen to the Guru, no eyes to behold the *Guru-Tattva*. So, your ears and eyes were of no avail to you. If you had the ears of inquisitiveness and eyes of discriminative insight, you would not have fallen into error. You would not have been so stubborn.

अंधउ बधिर न अस कहहिं नयन कान तव बीस ।

"...Even the blind and the deaf would not say so, whereas you possess a score of eyes and

an equal number of ears."

Saying you merely blind is not right. You are deaf as well because you heard nothing worth hearing, in spite of having 20 ears, even from a Guru like Lord Shiva. You did not have the right outlook. Howsoever mighty the Guru or chosen Deity may be, yet -

मूरुख हृदयँ न चेत जौं गुर मिलहिं बिरंचि सम ॥

'The light of wisdom would never dawn on a fool even though he may have a preceptor like Lord Brahma.' **(Shri Rama Charita Manasa: Lanka Kanda: 16B)**

A fool will not benefit even if he comes by Lord Brahma or Lord Shiva as the Guru, for his heart is blind and deaf. A blind and deaf person may come on the right path after getting bitter experiences. But those who think of themselves as intelligent, and remain engaged in following the dictates of their mind even by resorting to deceitful means, stealing and fraud to achieve their cherished goals are worse than blind and deaf. I find these very characteristics in you. You have Lord Shiva as your Chosen Deity, yet you have no inclination to turn away from allurements of external pleasures! And your impious feelings for Sitaji! Hanumanji's observation that you are blind was made impulsively. Now when I analyse your personality, I find you are deaf too. One physically blind and deaf may get reformed by learning from experience but Lord Rama's messenger set the city of Lanka ablaze, and wrought great havoc, yet your eyes are not opened; your ears are deaf to the truth."

Lord Rama's messenger admonishes Ravana right in his court! How bold and strong he was!

Ravana was incensed. He stamped his foot on the ground and threw a challenge, "Lift my foot from the ground, if you can. If you are able to do that, I relinquish our claim to get Sitaji back."

Ravana tried but was unsuccessful. Angada said to Ravana, "Sitaji was with you. There was no meaning in relinquishing or not relinquishing the claim. Still you failed to lift my foot. This is typical of one given to desire and lust. Even now, you will do well to take refuge with Lord Rama. But you are too dumb to do that. Victory be to Lord Rama!"



## The Lord does mischievous acts at times!

(From Pujya Bapuji's nectarean discourses)

(Continued from the last issue)

The world is in a state of flux. Everything comes and goes away as water in the holy river Ganga. Someone may say, 'I have been insulted... He hurled abuse at me...' He was a different (bad tempered) person at that time.

Now he is not the same. 'Mr. so and so did such a wicked thing...' Now he is not as wicked as he was when he did it. He is changed now. His nature changed with the change of time.

It is foolish to lament over the past or to fear what may happen in future. If you insist on any circumstances continuing without change, the Lord will create some problem and make you go to satsang or He will create a hurdle in your attaining or retaining something you hold dear and pave the way to your understanding the truth. This mischievous nature of the Lord is for our good.

Kubja (a hunchbacked perfume-seller woman) was going to anoint King Kamsa, with sandalwood paste and fragrant ointments in her hand. Krishna had been invited by King Kamsa to a *Dhanuryajna* (sacrifice) performed by him. He too was going to the king's court with his friends. Kubja was going ahead followed by Krishna and his friends. Krishna said, "O beautiful one!"

Kubja thought, 'There are all boys around and I am ugly. Whom is he calling a beauty? But why should I bother?' She continued to walk swiftly raising the dust from the way which made Krishna's curly hair dusted. Krishna again said, "O beautiful one!"



Kubja ignored the call this time also, sure as she was not being a beauty. Krishna again said, "O Beauty! What are you doing? You turn deaf ear to my words. You turn blind eye to me."

Now Kubja was sure that it was she who was being addressed as 'beauty'. She was overjoyed. She said, "O handsome one!"

For all of her life so far, she had been told that she was ugly. How charming is Lord Krishna who calls such woman a beauty.

"Will you give me a little of the sandalwood paste you have? I want to apply *tilak* on my forehead," said Krishna.

"O why not?"

Krishna applied *tilak* on His forehead and also on those of the cowherd boys accompanying Him. Then he pressed down on her toes with both His feet, placed one upward-pointing finger of each hand under her chin and straightened up her body. A hunch backed woman was transformed into a beautiful woman. These are Lord's pranks. In none of the shastras like Puranas, Upanishads, or Mahabharata does one find a mention that Kubja had practiced austerities or any type of sadhana or even loved God. But it is Lord's nature to do good to all beings even by doing mischievous acts. He does so because He is the friend of all beings.

If you play pranks with the Lord, He will

like it. Tell God, “Lord! That You are omnipotent, I accept. That You permeate every particle of the universe, I accept. Not only You incarnate as Lord Krishna and Lord Rama, You are immanent in all forms. I accept this too. But You are incapable of doing two things. One is You cannot do harm to anybody. Can You?” Ask Him.

Jest with Him when going to bed at night. The Lord has a playful nature; so He likes people with similar nature. Tell the Lord, “Lord! I offer You whatever good I did today. If I have committed any mistake, give me wise sense such that I should not repeat it. **You have all other powers but you are weak in two things. One is that You can not harm anybody.** Even if you consign somebody to hell, it is to purify him. If you bring sorrow to somebody, it is for his good, to make him strong. You cannot do harm to anybody. **Secondly, You cannot turn anybody out of your kingdom.** We can turn somebody out of our house, shop, office, village, town or state. But being omnipresent you are reigning everywhere. So you cannot turn anybody out of your jurisdiction.”

Sant Tukaramji used to jest with the Lord, “O Lord! Now you cannot escape. Where will You go now? My Guru has given me the mantra which is like the lock of hair on your head. You may or may not appear in any form, your lock of hair in the form of mantra is in my hand. How can you escape me when I have your hair in my hand? And You ought to worry about Your reputation. You are called Vasudeva for You reside in every heart. People call me a saint, a devotee of Yours. But there is desire in me and there also are greed and anger. If I do something undesirable, You will lose Your reputation. People will say, ‘God’s devotee did such and such thing.’ Better You take care of Your reputation.”

So take advantage of Lord’s mischievous nature and get engrossed in Divine joy.

My Gurudev took advantage of Lord’s essential nature, and became one with His divine Being. Even after that, he used to jest with Him. He would jest at times and

commune with Him with devotional love at times as per the philosophy of Vishishtadwaita, (the doctrine of conditioned non-dualism).

One should think of the Lord with whatever mental attitude. Kamsa, Ravana, Shishupala, Dantavakra, etc. used to think of the Lord with hostile attitude; the Gopis were engrossed in thoughts of the Lord with the attitude of a lover; Arjuna always loved Lord Krishna with the attitude of a friend; Hanumanji was always thinking of Lord Rama with the attitude of a servant of the Lord. All of them attained the Supreme State. Queen Mira was always engrossed in thoughts of the Lord. She thought herself as the maid-servant or beloved of the Lord. With those feelings, she would sing and dance; she would laugh; she would feel the Lord close by; she would purify her heart suffering pangs of separation; she would feel the happiness of reunion.

You too should tell the Lord, “O Lord! Our intellect is a puppet in Your hands. I want ruination of my desire, and I wish You come victorious. I will dance to Your tune. If desire makes me dance to its tune, it will take me from womb to womb (of different species). So make me dance to Your tune.” If things go as per your wish, don’t be glad. If things go against your wish, say, “O Lord! Well done! This is your wonderful way of destroying my attachment.’ This will turn your unhappiness into happiness. We commit a grave mistake. If things go our mind’s way, we feel very happy. If things go against our wishes, we say, ‘God is displeased with me’ or ‘it is my ill luck’. Or we say, ‘God is giving us a test.’ One who is ignorant, gives test. The Lord is *antaryamin* (omniscient). He knows each and every thing. Why should He give test? It is only to console weak minds that they are told: ‘God is giving you a test. Endure patiently. Even this will pass away.’ You don’t know what you are going to think after 10 minutes or 2 minutes. But God knows it. I had relinquished all my belongings. I sat absorbed in deep meditation on the uninhabited bank of River Narmada. I

took bath. I felt hungry.

सोचा मैं न कहीं जाऊँगा,  
यहीं बैठकर अब खाऊँगा।  
जिसको गरज होगी आयेगा,  
सृष्टिकर्ता खुद लायेगा ॥

‘I will not go anywhere; I will have my meal sitting here itself.

If the Creator is in need of feeding me, He should bring food.’

With advanced practice of japa and meditation, love for God is increased and one becomes audacious. I sat down doing nothing. After some time, two farmers came there with fruit and milk and offered them to me. I said, “We don’t know each other. You must have come for some other saint.”

They said, “No, we saw this place and the approach way to it, and your image in the dream.”

I thought of insisting on my meal being brought there in the morning but the Lord inspired the farmer to take food in a dream at night and also showed the approach way. How playful the Lord is! He replied to my game before I played it. So it is His habit to do good and thereby give good message even by mischievous ways. He is the friend of all beings.

## God is not a matter of reasoning

### (Lord’s nectarean play)

(From Pujya Bapuji’s Nectarean Discourses)  
The Indweller Lord is omnipresent. He is without form and attributes. He lends reality and vitality to all. But you need a God who awakens you even though you don’t want to by teasing you, who goads you by thumbing His nose at you, and who awakens you in your inherent bliss by hook or by crook.

You will burst out in laughter on hearing this divine lila. You will be compelled to love the beloved Lord wholeheartedly, “My Giver! O Krishna! O My Love!”

Udiya Baba was having a satsang programme

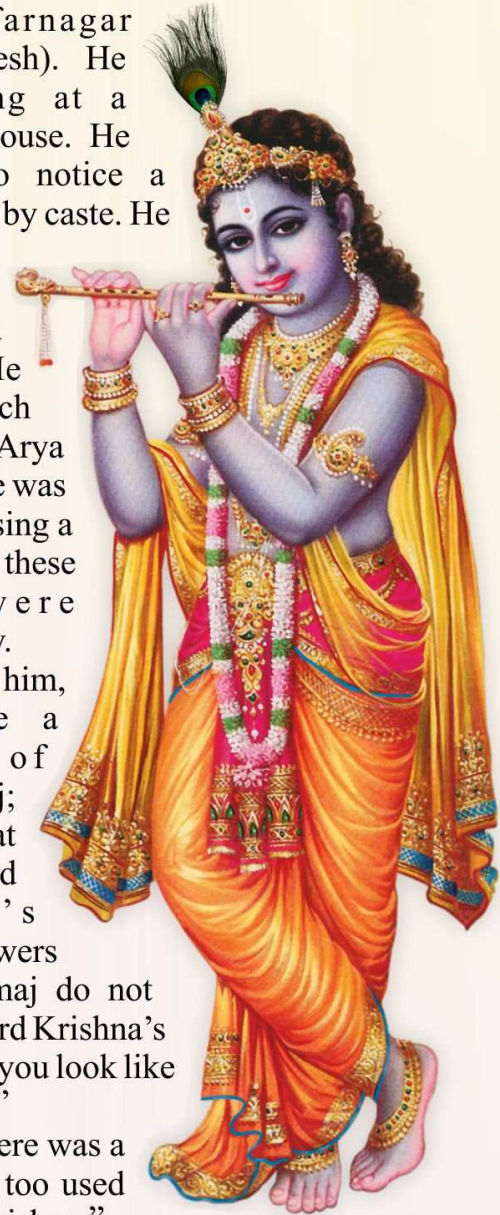
at Muzaffarnagar (Uttar Pradesh). He was staying at a Brahmin’s house. He happened to notice a man, Thakur by caste. He came to Baba and both had a dialogue. He was a staunch follower of Arya Samaj; yet he was doing japa using a rosary. Both these things were contradictory.

Baba asked him, “You are a follower of Arya Samaj; yet you repeat Lord Krishna’s name! Followers of Arya Samaj do not believe in Lord Krishna’s divinity, and you look like His devotee!”

He said, “There was a time when I too used to criticize Krishna.”

“Why do you chant His name now?”

The man narrated his tale to Udiya Baba: “Baba! If I tell you what happened with me, you will laugh at me. At the age of 8-10 years, I met Rishi Dayananda Saraswati, the founder of Arya Samaj. Impressed by his dedication to truth and life of strict Brahmacharya, I became a follower of Arya Samaj. I was fed on criticism of Lord Krishna. For the man of Brahmacharya, the lilas of Lord Krishna are not tolerable. I too was critical of Lord Krishna and used to carp at Him and at His devotees. I am still a follower of Arya Samaj but something happened with me that changed my life. I wish such a thing should



happen with everybody.

When I was 23 years old, I went to Kashi. I met a big landlord. He was in need of a muscleman. He employed me. I was happy to get a job. He had a temple of Lord Krishna in his house. A priest had been employed, who worshipped the Lord with devotional love. I used to work at the landlord's place. I was happy doing *sandhya* (dawn, dusk and mid-day prayers), fire sacrifice, etc., and whatever spare time I had, was used cursing Lord Krishna and His devotees. At night, I would go to Arya Samaj conference and lecture to people over there on Lord Krishna's faults.

Thakur Sahib (the landlord) and the temple priest were devotees of Lord Krishna. I used to scorn the priest, 'You are an idolater. You worship stones! It is superstitious. God is without form and attributes...' I would speak ill about Lord Krishna and the priest; yet Thakur Sahib and the temple priest were very kind and affectionate towards me. Even then I was incited by the hateful tendencies against Lord Krishna and Krishna-Bhaktas inculcated by the Arya Samaj to curse them. One day in the evening I cursed the priest in abusive language. And I spoke such vulgar and offensive words against the Lord that tears flowed in streams from the priest's eyes. He left the place in deep anguish.

I was sleeping on the floor and the priest was sleeping on the wooden cot as usual. Suddenly, I woke up from sleep and saw a blazing light on the other side of the wooden cot. It looked as if it was daybreak. And I saw a lad standing there. The divine radiance was emitted from his body. I spoke to him, "Hey! Where have you come from? Where is my jug? Where is my small towel? Bring them quickly to me."

The boy was 10-12 years old. He was laughing and mocking at me. He thumbed his nose at me and not only that, he protruded his tongue at me scornfully.

I said, "How can you mock at me, a wrestler and a Thakur by caste? What do you think of yourself? I shall crush your thumb with my strong hands. I shall beat you severely."

But he thumbed his nose at me again.

I was short-tempered by nature and a wrestler by profession. And there was nobody to calm me down at that moment. I said, "I shall kill you or die. Early in the morning, I have not had anything and you are thumbing your nose at me? Even after being warned by me, you are thumbing your nose at me!"

He thumbed his nose at me again. When I went to catch him, he ran. Both of us were running around the wooden cot. I was not able to catch him and went on shouting at him and cursing him. The priest and other people woke up. They asked, "O wrestler! O Thakur! What has happened to you?"

"What has happened to me? What a naughty boy is this! A small boy challenging a wrestler!"

"Which boy?"

"Don't you see the boy over there? When I try to catch him, he runs away. Catch him, catch him."

"O Thakur! What has happened to you?"

"What has happened to me? Ask him why he is thumbing his nose at me. Once I catch him, I will crush his thumb and fling him."

I was running after him and shouting, 'See, he is running.' I was running around the wooden cot. He was thumbing his nose at me but nobody else could see him. Sometimes, he was thumbing his nose at me, and sometimes protruding his tongue. When I stopped, he would stop and when I ran, he would run. I was tired. Finally, the boy seated himself in the priest's lap and then disappeared. It was one A.M. As soon as the boy disappeared, the day light turned into night.

People said, "You criticise Lord Krishna! He has mercifully shown His lila to you."

"I don't believe in your cowherd boy. Don't tell me these things – his lila, divine play and all... I am not impressed by what you simple God-fearing people say. Such things cannot make me believe in Krishna. But yes. Now I will not curse Krishna or the priest."

After a few days, I saw the landlord's son, who had gone to her maternal grandfather's place 3-4 months back, standing in the temple. He

too was 12-13 years old.

I asked him, "Hey! You had gone to your maternal grandfather's place; when did you come back? Why are you standing here?"

"I came yesterday."

"Don't tell a lie. I live in your house all day long. I would have seen you, had you come yesterday. My eyes were not banded. Today only, I see you in the temple. Whom are you trying to fool, my son?"

"Son? I am the father of the fathers of all."

"You are the son of Thakur Sahib. He and I are of the same age. So you are like my son."

"Nonsense! How can you be my father? I am the father of all fathers."

"What! I will complain to Thakur Sahib, and he will punish you for this insolence."

"What? Neither you nor your Thakur Sahib can punish me." And he thumbed his nose at me.

I tried to catch him; he ran and rushed into the house.

I went behind him and spoke to Thakur Sahib, "Thakur Sahib! Your son has come back from his maternal grandfather's place. He made fun of me. Where did he go?"

People living in the house said, "What has happened to you? The boy has gone to his maternal grandfather's place and is there for the past 3-4 months. How can he be here?"

"He entered the house, just now."

"Find him out yourself."

I searched every nook and corner of the house but the boy was nowhere to be found. People in the house said, "Lord Krishna is showing His Maya, His divine play to you. You cursed Him. But He wishes good even of the one who hurls abuse at Him. Shishupala hurled a hundred abuses at Him; yet He gave salvation to him. He gave salvation to Kamsa who spoke so ill about Him, to Putana, who poisoned Him, and to the demons Dhenukasur, Bakasur, Shakatasur, Aghasur and others who came to kill Him. How could He not be kind to you? If you think of Him, with feelings of love or hatred, He responds with love because He is Love Absolute. He is playing affectionately with you to reform

you."

"Oh stop it! Don't tell me all these things. I don't believe in this emotionalism of devotees."

"Even now, you have not understood the secret behind His lila?"

Babaji! I was such a bigot that even after witnessing these miracles, I censured them, "These talks of Krishna-the God are foolish. A cowherd boy who dances before cowherd girls is worshipped as God! Nonsense! If I see Him third time, I may think of accepting Krishna as God."

21 days passed after this incident. On the 22<sup>nd</sup> day, the boy was seen in the temple again. I said, "Hey you went into the house that day; but when I went inside, I did not find you. Where had you gone? You said that you had come the previous day, but I came to know that you had never come; and you were at your maternal grandfather's house only."

The boy said, "You don't know. I play such pranks."

"So you had come on both the occasions?"

"Yes, I do such things in jest."

"So you are playing pranks and making fun of me?"

"Of course! So long as you don't believe in Me, I shall play pranks with you. What do you think of yourself? So what if you are a Thakur, a wrestler? I make thousands of people like you dance to my tune."

"You are such a small boy and speak so arrogantly! Is there nobody to check you?"

"I give the power of speech to all. Who can scold me? I am the substratum of all intellects."

"What? The substratum of all intellects! You were just a cowherd boy. People may speak, *"Victory be to Krishna, Kanhaiyalal."* But I am not going to accept you as such. Why do you tease me?"

"I tease the one, who teases me. You are harassing me out of hatred; some tease me out of love. To the one who think of me with love, I give joy. And to the one like you, I harass by giving some bitter experiences."

"What do you mean?"

“Nothing here has an absolute meaning; all meanings are relative.”

“What do you want me to accept?”

“I want you to accept nothing but the truth. Do you know the one whom you cuss? You don’t even know yourself. You believe you are a Thakur because you have been told by others that you are Thakur. You have developed some muscles and believe, ‘I am a wrestler’. You have frittered away your life in imaginary things, ‘I am a child, I am a youth, I am happy, I am unhappy...’ Who are you in reality? You don’t know yourself; how can you know Me?”

I looked at him bewildered and then, he looked into my eyes. Since the day the boy met me the third time and looked into my eyes, he is always before my eyes. The boy disappeared but I prostrated at the priest’s feet. The priest gave me a mantra, ‘ॐ namo bhagawate vaasudevaay’. Since then, I have become a devotee of Lord Krishna though being a follower of Arya Samaj. Lord Krishna came thrice and instead of punishing, blessed a bigoted detractor like me.

God looks at the feelings. God is not a matter of logic and reasoning. He is the Indweller Lord, the Illuminator of all reasoning. God is joy. Life without joy is gloomy. Lord Krishna incarnates on the earth to distribute joy. God’s incarnation as Lord Krishna is an incarnation of joy, of love. He inundates your heart with love even if you don’t want.

## A Painful End

History stands testimony to the fact that the carnages caused by man against man for wealth and power would go to make an ocean of blood. The tales of various kings who destroyed and plundered the world for wealth, territory and power are blood curdling, but the end of all these invaders and conquerors was full of pain, sorrow and regret.

The ambitious Alexander, after conquering many nations, was consigned to his death bed even when he was in his early youth. He told his friends on his death bed, “After my death, keep both my hands out of the coffin so that people may know that even Alexander, who possessed unlimited treasures, is going empty handed today.”

*‘Remember that Alexander’s courageous attempts were of the highest order.*

*When he left the world, both his hands were empty.’*

Mohammad of Gaznavi plundered the temples of Somnath and Nagarkot in the eleventh century. He acquired immense wealth in this loot. It is said that when he was on his deathbed, he told his soldiers, “Place my bed amidst the treasure chests, which contain rubies, diamonds, emeralds, gems and jewels.”

When he was taken to the treasure chests, he stood up restlessly and cried bitterly holding the treasure-chests tightly to his chest and groaned, “Alas! I have squandered away my life in hoarding these red, brown, blue, yellow, white coloured precious stones. I have wasted my whole life plundering, causing bloodshed and hankering after wealth.”

He died a miserable death, wailing and repenting on his deathbed.

In the year 1398, Timur the Lame plundered his way to Delhi with 92,000 horsemen. In Delhi, he beheaded one lakh Hindus before reading Namaz on the festival of Id. He was moving about on the streets of Delhi with his soldiers when he came across a blind old woman. Timur asked the woman her name. Realizing that it was none other than the tyrannical and heartless Timur who was asking her name, the woman replied harshly that her name was wealth. On hearing that, Timur laughed and said, “Is even wealth blind?” The woman replied, “Yes! Wealth too is blind. That is how she reaches a handicapped fellow via plundering and blood-shed.”

Timur was ashamed as he heard the heart-rending words of the old woman. His face bore an expression of sadness. He moved ahead. He felt that he was not only lame but also blind after wealth which itself is blind.

Be it Alexander or Gaznavi, Aurangzeb or Tughlaq, Sikander Lodi, Chengiz, Mussolini, Napoleon, Hitler or the American rulers who killed innocent people and destroyed wealth by dropping atom bombs on the Japanese cities of Hiroshima and Nagasaki; be it Saddam Hussein or any person of authority, who has violated human rights and deprived mankind of happiness and comfort, history is replete with the gory deeds of numerous such tyrants, who tried to satisfy their lust for power and pelf through blood-shed. However, the end of all these wars and battles has proved to be immensely sorrowful. Finally, the ones who are avaricious for wealth and power fall into the hell of destruction leaving all their wealth behind. Even then man doesn’t become alert!

## Significance of Ekadashi

# Turns famine into plenty

(Padma/Parivartini Ekadashi:  
26<sup>th</sup> September)



Yudhishtira asked, “O Keshava! Kindly tell me what is the name of the Ekadashi that falls in the bright fortnight of the month of Bhadrapad; who is its presiding deity and what is the method of observing it?”

Lord Krishna said, “O King! In this context, I will tell you a marvellous anecdote which Lord Brahma had related to Sage Narada.”

Naradaji asked, “O Four-mouthed one (Lord Brahma)! My salutations to you! In order to worship Lord Vishnu, I want to hear from you as to which is the Ekadashi that falls in the bright fortnight of Bhadrapad?”

Replying to Naradaji’s query, Lord Brahma said, “O Noble Sage! The Ekadashi falling in the bright fortnight of Bhadrapad is known as Padma Ekadashi. This excellent vow must be observed by one and all. In the Suryavansha, there was a royal sage by the name Mandhata. He was a truthful and mighty emperor. He took good care of his subjects in a righteous manner, just as he would care for his own sons. His kingdom was free from famines, mental worries and the scourge of diseases. His subjects lived a fearless and prosperous life. The wealth in the King’s treasury was earned through righteous means alone. In his kingdom, people of all castes and ages, were duly engaged in their respective duties. In Mandhata’s kingdom, the earth fulfilled the people’s desires like the celestial cow, Kamadhenu. During his reign, people were very happy.

Once it so happened that there was no rain in his kingdom for three consecutive years. His subjects were badly affected and there was widespread starvation and death. The entire populace then came to appeal to the King. The people said, “O excellent among kings! At present people are dying due to a shortage of grains. Therefore, kindly do something for our sustenance.”

The King said, “What you say is correct. Food has been equated to the Creator. Life comes

from and is sustained with food. I will try my best to ensure the wellbeing of my subjects.”

King Mandhata left for a dense forest taking a few select people with him. He went to the Ashrams of the great sages and ascetics. One day, he happened to meet Angiras Rishi, a son of Lord Brahma. As he saw the Rishi, the King was filled with joy. He dismounted from his chariot and with folded hands, bowed at the Rishi’s feet. The Rishi then welcomed the King saying ‘swasti’ (may it be well with you) and enquired about the state of affairs of his kingdom in all the seven departments of statecraft. The King informed the Rishi of his well being and enquired about the Rishi’s health. Then Angiras Rishi asked the King the reason for his visit.

The King said, “Your Holiness! I have been looking after my subjects in the most righteous manner; yet on account of some past evil deed of mine, a vicious drought has gripped my kingdom. Tell me some remedy so that it may rain again in my kingdom.”

The Sage said, “O King! Observe the vow of Padma Ekadashi that falls in the bright fortnight of the month of Bhadrapad. A meticulous observance of this vow will definitely cause a good rainfall. O King! Observe this vow along with your family and subjects.”

The King returned to his kingdom and observed the vow of Padma Ekadashi along with all his subjects. The observance of this vow brought rains. Soon the earth was bathed with water and became adorned with lush green crops. Thus this vow brought happiness back to the people.

Lord Krishna said, “O King! Therefore, one should most definitely observe this excellent vow. By reading and listening to this anecdote, one is delivered from all sins.

(From ‘Padma Purana’)

## Auspicious Days

# Save yourself from Censure

**(Ganesha Chaturthi: 19<sup>th</sup> September)**

Looking at the Moon in the night of the fourth lunar day of the bright fortnight of the month of Bhadrapada is prohibited by the scriptures. This was the day when Lord Krishna was accused of stealing Syamantaka jewel.

According to a puranic story once the Moon became proud of his beauty and he jeered at Lord Ganapati. Lord Ganapati sensed his scornful behaviour, and cursed him, 'You will henceforth become dark-complexioned and whoever will look at you on the Ganesh Chaturthi day will surely earn a bad name, censure, or ill-repute.' That day was the fourth lunar day of the bright fortnight of Bhadrapada.

The Moon prostrated at Lord Ganapati's feet and supplicated to be forgiven. Lord Ganapati was pleased, and said, "On one day each month, you will shine in full brightness with the Sun's light. My curse will have effect on the fourth lunar day of the bright fortnight of the month Bhadrapada and on fourth lunar days of other months, it will not have much effect. By worshipping me on this day, one can get freed from the curse."

The fourth lunar day is assigned to Lord Ganesh. The effect of the curse has always been observed. The people are prohibited to look at the moon on this day on the ground of substantial evidences.

The scientific ground of the prohibition is that planetary combination on that particular day negatively influences the life force exhaling from the Moon. It is a scientific fact that the Moon reflects the light received from the Sun. On the fourth lunar day particularly in the month of Bhadrapada, the rays received by the Moon come from the deadly region of the Sun. That makes the rays of the Moon vitiated, and they have a diminishing effect on the mental faculties which may give rise to poor decisions which can invite censure. Therefore, it is inauspicious to look at the Moon on this day.

**This year Ganesh Chaturthi falls on 19<sup>th</sup>**



**September. That day the moon will set at 9-10 PM. Up to this time, looking at the moon is prohibited.**

**If one happens to chance upon the moon by mistake...**

If one happens to chance upon the moon on this fourth lunar day, he should listen to the story of how Lord Krishna cleared his character regarding the Syamantaka jewel described in the fifty sixth and fifty seventh chapters of the 10<sup>th</sup> canto of the Srimad Bhagwat to get freed from the curse. One should have *darshan* of the moon on the third or fifth lunar day of the bright fortnight of the month of Bhadrapada, which will minimize the ill-effects of looking at the moon on the fourth lunar day.

One should drink water consecrated by the following mantra. Do *japa* of this mantra for 21, 54 or 108 times. The mantra is:

सिंहः प्रसेनमवधीत् सिंहो जाम्बवता हतः ।

सुकुमारक मा रोदीस्तव ह्येष स्यमन्तकः ॥

'O charming prince! For this gem the lion has killed Prasena, and Jambavana has killed that lion; hence do not cry. Now this Syamantaka gem belongs rightfully to you alone.'

**(The Brahmavaivarta Purana,**

**Chapter: 78)**

If one happens to see the moon on this day, one definitely gets a censure in some way or the other. Application of this mantra, or reading or hearing of the above mentioned story minimizes its adverse effect.





**Power of  
Self-restraint**



## Why Brahmacharya?

### An Experiment Done in the USA

This experiment was conducted at an American school of science. 30 students were given no food for a period of time, during which their libido remained subdued. But when they were given food their libido increased again. Some others even amputated their organ of reproduction, only to repent afterwards. They must first understand that lust exists in the mind. The organ of reproduction is only a medium of its expression. A tree cannot be destroyed by merely plucking its flowers and leaves. This is only an example of the foolish methods adopted by ignorant people in the absence of proper guidance.

### Suppression or Sublimation?

Suppression of the sexual power is not the right way to control sexual desire. The solution lies in sublimating this sexual energy in the body itself and to attain the Supreme Bliss. One who has mastered this art becomes the master of all trades, while one unaware of this art, be he a multi-millionaire, scholar, powerful leader or world renowned person, is only doomed to die in the end without realizing his Real Self.

A master of this art, Buddha, used it to transform a ruthless murderer called

Angulimal into a monk of the Buddhist order. Such great sages possess that yogic power of transforming even a lustful person into a self-restrained *sadhaka*. Then one does not have to fight lust, *brahmacharya* becomes a natural way of life for him.

I know people who do only little austerities or *japa* and yet they are highly revered. Then there are also people who perform a lot of austerities and *japa* for years together, yet do not possess a charismatic personality. In all

likelihood, knowingly or unknowingly, their sexual energy has been wasted.

### A Sadhaka's Experience

A *sadhaka*, whom I shall not name, confided to me, "Swamiji, earlier I was unable to stay away from my wife even for a single day, as I was extremely obsessed with sex. But now, by virtue of Your grace, I do not indulge in sex for months together as lust does not overcome me any longer."

### Experience of Another Sadhaka

Another gentleman visits the ashram regularly. I came to hear of his wife's complaint. She does not only avoid coming here herself, but also keeps requesting others, "Please stop my husband from visiting the ashram."

But why would one stop anybody from visiting an ashram? The reason she gave was, "Swamiji has cast a magic spell on my husband. Previously we used to sleep together on the same bed. Now he sleeps on a separate bed. It was far better when he used to go to the movies, spend time with his former loafer friends and behave normally! Then at least he used to follow my dictates, but now..."

How unfortunate it is for mankind! She seemed to imply, 'It does not matter if my husband becomes wretched and his life is ruined. All that matters is that he should be under my control.' This is the actuality of worldly love. It hardly contains 1% of real love; the remaining 99% is lust and

attachment. Thus attachment, in the guise of love, continues to lead us towards downfall and degradation without even our knowing it.

### Is It a Miracle?

*Brahmacharya* is the path of elevation. In the above case, Swamiji did not cast any magic spell on the man. That man received the grace of yogic power from Swamiji, which sublimated his sexual desire through the experience of the inner joy of meditation. After tasting the real nectar, who would like to taste the filthy drain water which deprives one of his lustre? How can one be ever so foolish as to hanker after the disgusting and degrading sexual pleasures after experiencing the pure and sublime bliss of *brahmacharya*?

This might appear to be a great miracle to ordinary people, but it is nothing of the sort. It is merely child's play for those saints who are well-versed in the science of Yoga and remain ever intoxicated with the ecstasy of Self Bliss.

The science of Yoga is subtler and more powerful than physical science. The observance of *brahmacharya* becomes an easy task for one who avails himself of the holy company of such an accomplished Saint, whereby he does not need to exert any extra effort for attaining it.

### How to Avoid Masturbation and Wet Dreams?

If one has the bad habit of masturbating or suffers from wet dreams, and is indeed serious about getting rid of the problem, he must first get rid of the very idea that he has this evil habit or problem at all. One should not be unduly worried about whether or not he will be able to regain his health. It is better for him to think positively and be confident of his ability to overcome such evils.

### Always Remain Cheerful

**Let bygones be bygones.** You only aggravate a disease by brooding over it. Let no weak thoughts enter your mind. Be always of good cheer. Do not be worried about the sexual energy wasted in the past. Rather, gird up your loins to make sincere efforts towards preserving your seminal energy from now onwards. **Remember:** the seminal energy is not to be suppressed, but to be sublimated.

## Nectar Drops

- The eternal God exists even at present. The omnipresent God is present even in this place. The God abiding in all abides even in you. And the Infinite God is present within you with the same fullness. He who attained 'That One' has attained all. He who accumulated all things except 'That One' could not possess them forever.
- Man's relationship to God is not that of a beggar to a rich man. Some religions teach: "Ask, and it will be given to you; knock, and it will be opened to you." Then there is no difference between you and a beggar. Man is born to love God. Love is so powerful that God himself can dance for a little buttermilk; then why do you become a beggar, you are born to love God.
- Bondage is a bondage, whether of sorrow or of pleasure. If you have formed a habit of some comforts & facilities, when you will be deprived of them; you will become miserable. This is called bondage. I cannot live without this thing/person. This is the noose of belief. You can live without all. But all become worthless without you. Your hands are important if you are there. Your mind is important if you are there. Similarly all things are important because you are there. If you are not there; all these things are useless (all these things are worthless without you). Your body is important only because you lend reality to it; you give life to it otherwise people would take it to a crematorium. You are important. Know your greatness.

- Pujya Bapuji

## King Prithu - a devotee of the Lord

(Continued from the previous issue)

King Prithu spoke respectfully and with affection to Sanaka and his brother sages, “My dear great sages, it is very difficult for even the Yogis to see you. Indeed, you are very rarely seen. I do not know what kind of pious activity I performed for you to grace me by appearing before me by your own volition. Although you are travelling to all worlds, people cannot see you, just as they cannot see the All-knowing witness residing within every one. Trees with venomous serpents are no doubt those houses full of all opulence and material prosperity though they may be that are without the water that washed the feet of great saints.

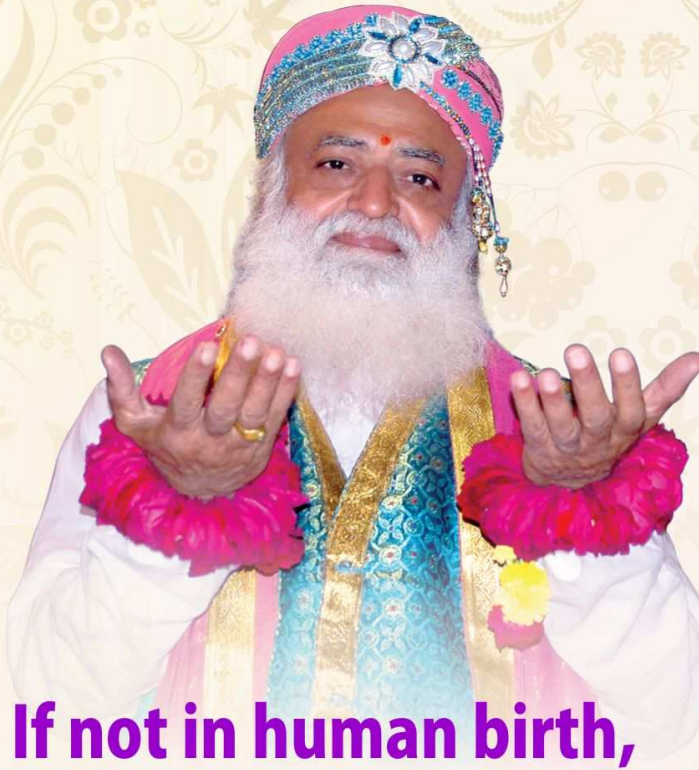
O Masters, bound by our karma, we are doomed to live in this wretched world. Could we, whose only aim is sense gratification, be blessed with any good fortune? It is inappropriate to ask you how you are because you are always reposed in the True Self. You are beyond the notions of being well or unwell. I am completely assured that personalities like you are the only friends for men blazing in the fire of material existence. I therefore ask you how in this material world we can very soon achieve the ultimate goal of life. It is certain that the Lord Himself, who abides as Knowledge in the enlightened and as worshipped in worshippers, travels all over the world in the form of Self-realized persons like you.

At this, Sanat-kumara said, “O king! You already have an inclination to glorify the lotus feet of the Supreme Lord. Such attachment is very difficult to achieve, but when one has attained such unflinching faith in the Lord, it washes off the dirt of lusty passion from the core of the heart. It has been conclusively decided in the scriptures, after due consideration, that the ultimate goal for the

welfare of human society is detachment from the bodily concept of life, and a strong attachment to one’s own Self, Supreme Brahman that is beyond the modes of material nature.

Attachment for the Supreme Lord can be increased by having implicit faith in the words of the Shastras and of the Guru, practicing devotional services, enquiring about the Truth, firm conviction in Knowledge, worshipping Lord Shri Hari, hearing about the glories of the Supreme Lord, by not associating with the persons who are simply interested in sense gratification and making money, not accumulating desired objects, imbibing the joy of singing and listening to Lord’s praises and spending rest of time being satisfied in the Self by the Self, living in solitude, being non-violent, having no attachment to work or indulgence, remaining ever engaged in Self-good, following the regulative principles without material desire without slandering others, leading a very simple life, not being disturbed by pairs of opposites (heat and cold, pain and pleasure). The devotee should increase the culture of devotional service by constant hearing of the transcendental qualities of the Supreme Lord. These pastimes are like the ornamental decorations on the ears of devotees. By increasing the spirit of devotion the man becomes dispassionate to all material phenomenal existence and develops attachment to the attribute-less Supreme Brahman.” **(To be continued)**

**Who on earth has the power to obstruct a person who is driven by a penchant for an overall prosperity and is armed with the virtues of piety, truthfulness, confidence and benevolence? If there is honesty, piety and confidence in your heart, your sight will have the power to penetrate even the iron sheet. Your ideas will crush big mountains. O kings of the world! Stand aside! Here comes the emperor of the heart!**



## If not in human birth, when? - Pujya Bapuji

As long as you sit quiet, free from resolves, your Self-force, spiritual aura, and Divine Energy gets accumulated and consequently your ability is increased.

Someone told a saint, 'We are householders and worldly beings. We can't live in solitude. So we're unable to gain the inner force.' To this the saint replied, 'If you pour a jug of milk in a pond or in a large vessel filled with water, the milk will be of no use.

But mix some curd with the milk and curdle it, leaving it undisturbed for some time and thereafter churn it. Now put the butter thus obtained in a pond or a pitcher filled with water, the same will definitely float on the surface. Similarly you too, after doing some worship and prayer of the Lord, rejoice in the supreme inner bliss. Thereafter enter the mundane world, you'll succeed in performing your routine tasks happily and joyfully; otherwise you will get drowned in the samsara. You will get overwhelmed with worries, passions, attachment, aversion, fears, ailments, and in the end it will engulf you in the vicious cycle of birth and death.'

Do not fritter away your precious life thinking 'What can I do, I am a worldly being.' You truly toil hard to earn and live frugally. Therefore it is your right to get Supreme Bliss. There is nothing superior to the human life. After attaining such a human life, if you do not scale spiritual heights, then when will you accomplish that?

**'If you lose it now, when will you get it again? It would have gone too far away.'**

All that happened in the past is gone. Now you set yourself to conserve your spiritual energy. Enhance your innate Self Bliss.

**"You can reform your life spoiled in many past lives now and today. Tulsidas says, surrender yourself to Rama, worship Him, giving up evil company."**

### Forthcoming satsang-programmes of Pujya Bapuji Poonam Darshan

**Date:** 28th and 29th September ( morning ) - **Ahmedabad Ashram**

**Contact** -079-27505010-11, 39877788

**Date:** 29<sup>th</sup> (afternoon) and 30<sup>th</sup> September - Sector-12, Court, Near Town Park, Faridabad (Haryana), **Contact-** 9818865556, 9810399043

**Date:** 24<sup>th</sup> to 28<sup>th</sup> November (morning)- Navlakhi Maidan, Rajmahal Road, Vadodara (Gujarat), **Contact-** 9428761199, 9825879330

**Do not despair, O accused! Do not be worried about the impending punishment. When the judge is about to hand down your sentence, just immerse yourself, even if for a single moment, in the Supreme Bliss, and the judge can't but forget the verdict. Then he will give a judgement that is appropriate to your present state with the Almighty Lord.**

## The Saints say...

Who can describe the glory of the Guru?  
Lord Shiva and Lord Brahma know it not.  
One who recognises the Sadguru,  
attains the State of Moksha.  
He alone crosses the ocean of samsara,  
who assimilates Guru's  
Knowledge.

Never can creatures attain  
the joy of  
liberation without the Guru's  
grace.

By whatever means, one  
should develop  
love and affection to the  
Guru's feet.

Far he may be or may be  
near; he attains the bliss of  
devotional love.

**- Kabirji**

Sundar says Sadguru himself took me  
out of the well of samsara.

He made me free from the blemish of karma, and  
established me in my essential nature.

He instructed me in the Divine Word;  
initiated me into Self-Enquiry.

The effulgent Sun of knowledge  
dispelled the darkness of ignorance.

His esoteric message is ensconced in my heart.

That rendered Sundar free from the ways of  
samsara. **- Sant Sundardasji**

Having darshan of Guru Dadu, the *jiva* is  
released from millions of fetters.

Having found a perfected saint, Rajjab is liberated.

Listening to Guru Dadu, one becomes  
free from all passions.

Rajjab crosses the ocean of samsara, and attains  
God-realization. **- Sant Rajjabji**

Without the Guru, one doesn't get inclined towards  
spirituality, nor does one attain Knowledge.

Teun says without Sadguru, nobody attains  
Moksha.

Love is not kindled in the heart without  
the Guru, fortune doesn't smile.

Therefore, says Teun, one should always  
serve the Sadguru's feet.

Those who sleep in the  
morning,  
become impure in the mind.

They fall prey to diseases,  
have a shorter lifespan and ill  
luck. **- Sant Teunramji**



## Quiz Time

1. Decision making power is enhanced;  
Ajna Chakra is developed.

The third eye is in contact with the  
ground.

This posture does away with anger.

2. He always bears the second lunar  
day Moon shining on his head; the  
holy Ganga flows from his locks  
incessantly.

Always engrossed in meditation,  
he is beloved of snakes.

3. His father declared himself to be  
God;

made Indra and Varuna toys.

He was the epitome of justice;  
even gods showered praises on him.

4. To whom was said a beautiful verse  
of Shri Rama Charita Manasa  
meaning,

*'No one is a source of delight or pain to  
another; every one reaps the fruit of  
one's own actions, brother.'*

- It is the principle of Vedanta that we are never bound and ever liberated. Even thinking oneself to be bound, is an illusion and detrimental to one's progress. To think that, 'I am bound ... I am weak ... I am helpless...' is to set out on the path of misfortune. Therefore always think that you are liberated and experience the same.
- Even if you come across some highly influential person, say the Monarch of England, the President of the U.S.A., all in all of Russia or even the Ruler of China, do not be overcome with jealousy or fear. Visualize and enjoy their power and glory as your own, with the feeling in your mind that you and they are but one and the same. As you do so, your own experience will make you realize that all are ultimately one.

## Do's and don'ts for Autumn

(Autumn season: 22<sup>nd</sup> August to 21<sup>st</sup> October)

In Autumn, Pitta is aggravated and the appetite is dull. Therefore, in this season, there is a chance of developing diseases caused by aggravated Pitta. So, one should take foods that pacify Pitta.

**Beneficial foods:** In this season, one should take sweet, bitter, astringent foods and Pitta pacifying foods in small quantities. Barley and *moong* (green grams) among cereals; ripe white pumpkin, parwal (pointed gourd, *Trichosanthes dioica*), *torai* (Ridged Gourd *Luffa acutangula*), *gilki* (sponge gourd *Luffa pentadra*), spinach, cucumbers, carrot, turnips, lemons among vegetables; cumin seeds, coriander leaves, aniseeds, turmeric among spices; pomegranates, Amla (Indian gooseberry), guava, *sitaaphala* (custard apple *Annona squamosa*), oranges, ripe papaya, sugar cane among fruits; and figs, raisins, currants, and coconut among dry fruits are beneficial. Clarified butter and milk are excellent Pitta pacifiers.

Khair (sweetmeat prepared with milk and rice) kept overnight exposed to moonlight in the night of Sharad Purnima (full moon night) is cooling and Pitta pacifying Sattwic dish.

**Beneficial activities:** Keeping vigil and strolling in the night is beneficial. Keeping awake in the night is advisable only up to midnight. Keeping vigil for longer hours and sleeping in the day aggravates the three *doshas*.

**Harmful foods and activities:** Avoid Pitta aggravating foods like sour, salty, spicy, fried foods and foods heavy to digest. Also avoid millets, black grams, brinjal, tomatoes, peanuts, mustard, sesame seeds, curds, sour buttermilk, etc. Overeating, excessive fasting, excessive exertion, sleeping in the day and exposure to sun should be avoided.

### A few recommended measures:

\* For the prevention of Pitta disorders, take *harad* (*chebulic myrobalan*) powder mixed with sugar candy once or twice a day. It promotes longevity as well.

\* Take coriander seeds, aniseeds, Amla and sugar candy in equal quantities and powder the mixture. Soak one teaspoonful of the mixture in water for two hours then crush it with hands and drink. It cures Pitta disorders like hyperacidity, vomiting, piles, burning micturition and burning sensation in eyes.

\* Cut a big lemon and keep it in the dew overnight. Make a sherbet of it in the morning and take mixed with rock salt. It cures constipation.

\* In case of diarrhoea, roast aniseeds and cumin seeds in equal quantities on the griddle. Take three grams powder with water thrice a day. Khichadi (rice and dhal cooked together) with clarified butter made from cow's milk gives relief in diarrhoea.



## A bath to destroy sins and enhance intelligence

(From Pujya Bapuji's nectarean discourses)

Those who take bath with shampoo and soap do injustice to their brains. It may remove the dirt but their chemical ingredients weaken neurons. Then what should we take bath with?

Bath soap costs about Rs. 125 to 200 per kg. I tell you the method of preparing home made unguent. Taking a bath with this unguent will give you a hundred times more benefit than the soap bath. It will be cheaper than soap. I tell you only that what benefits you, and you can do.

Take wheat, rice, barley, sesame, grams, green-grams (moong) and black-grams (urad) in equal qualities and grind them. Mix a little of it in a bowl with water into a liquid paste. Apply it first on the head, forehead, arms, and navel and then on the entire body. Wait for 4-5 minutes and allow it to dry and then take a bath. It destroys sins and enhances intelligence. You will start getting the benefit from the first day itself. You will get amazed at the cheerfulness and joy it gives.

On pious days like Holi, Shivaratri, Ekadashi, Amavasya or your birthday taking bath after rubbing cow-dung and cow-urine or only urine of *desi* cow promotes health and destroys sins. Keeping the hair soaked in cow's urine for some time before washing the head makes hair soft and silky.

Taking bath after rubbing curd made from cow's milk improves economic condition and opens new job opportunities.

## Nourishing water chestnut

Water chestnut is a popular fruit that grows in the month of Aswin-Kartika (October-November). The fruit form of water chestnut is called *dudhia* (milky). It is normally eaten boiled. Dried kernel of water chestnut is considered as fruit diet. Flour of dry kernels is used in preparations for fasts.

Dishes or rotis prepared from the flour are considered as fruit diet in Ekadashi and other



fasts.

### Nutrition facts of the water chestnut per 100 grams flour:

	Fresh fruit	dry fruit
Protein (grams)	4.7	13.4
Carbohydrates (grams)	23.3	69.8
Calcium (mg)	20	70
Phosphorus (mg)	150	440
Iron (mg)	1.35	2.4

It contains 22% more minerals and salts than those found in buffalo's milk.

It is beneficial in burning, bleeding disorders, *Prameha* (a disease in which sperm and other vital humours of the body emanate through urine), wet dreams, emaciation of the body, debility, and to pacify Pitta for those with Pitta body type.

### Medicinal uses:

**Pregnancy:** Water chestnut is highly beneficial in pregnancy. It promotes conception and stabilizes foetus. Its regular use in appropriate quantities saves the foetus from malnutrition and makes it healthy and good looking. *Halua* (a sweetmeat) prepared from the flour of dried water chestnut is beneficial in case of threatened abortion caused by weakness of uterus or excessive pitta. (contd. on page-35)

# Satsang News



## (‘Rishi Prasad’ Correspondent)

Students were given tips to attain all round development and sadhakas got clues to make their lives completely rid of troubles and misery in the satsang held on **28<sup>th</sup> July** at the spiritually charged **Agra Ashram** situated on the bank of the holy Yamuna. Describing a simple and easy remedy to get rid of all sorrows, Pujya Bapuji said, “The Gita brings purity of knowledge, action and emotions in your life. The purity of knowledge, action and emotions in turn makes you one with God. Then you will become free from sorrows forever.”

In the four-day Dhyana Yoga Sadhana Shivir (meditation and sadhana camp) and Purnima Darshan programme organised from **29<sup>th</sup> July** through **1<sup>st</sup> August (morning)** at the holiest pilgrim place, **Pushkar**, the first two days were reserved for students. Students coming from all parts of the country to attend the *Vidyarthi tejaswi taalim shivir* were practically taught techniques to develop retentive memory and sharpen intelligence. They were taught how to elevate their life to make it divine.

Describing the glory of Pushkar, Pujya Bapuji said, “Lord Brahma performed yajna here; Lord Shiva came here; so did Lord Rama and Asharam Bapu has been coming here for a good many years.”

For the sake of convenience of his devotees, Pujya Bapuji suffered inconvenience himself and delivered Purnima darshan and satsang programme at three places – Pushkar, Ahmedabad and Badarpur

(Delhi) on the Purnima of Shravan, the festival of Raksha-Bandhan. Devotees availed themselves of Pujya Bapuji’s blessings at Jaipur and Delhi airports as well.

Purnima darshan and satsang programme at **Ahmedabad Ashram** was held on **1<sup>st</sup> August** from **11.30 to 12.30 a.m.** In his esoteric message, Pujya Bapuji called upon the listeners to cast aside their poverty and look upon their greatness, oneness with the Supreme Self, Pujya Bapuji said, “Don’t be under the illusion that God is sitting somewhere in the high heaven and creating the worlds. We ourselves are God and we form blood from the food we eat. We create the mind and intellect from the blood. We build houses and buildings. We produce milk in the mother’s body. ‘We’ means ‘Pure Consciousness’.

The huge crowds of devotees surged at **Badarpur (Delhi)** in the Raksha-Bandhan satsang on **1<sup>st</sup> (afternoon) and 2<sup>nd</sup> August** reminded one of a river in spate. It was a spectacular sight. Expounding the glory of Shraavani Purnima that follows Guru-Purnima and supports the tradition of Guru-Shishya parampara fostered by the latter, Pujya Bapuji said, “It is the Shraavani Purnima that makes provision for the joy of equanimity, the light of Knowledge, will to self-development and the Self-force in your life and protection to the disciple against the obstacles in his life after having forged the relationship with the Guru.” After a six day period of seclusion at Rajokari Ashram, Bapuji arrived at Surat.



Lakhs of devotees availed themselves of the joy-incarnate Bapuji's divine satsang at **Surat** on **9<sup>th</sup> and 10<sup>th</sup> August** on the occasion of Janmashtami festival and scaled new heights in their sadhana. As usual on this festival, Pujya Bapuji broke the hanging pitchers and blessed the devotees with the Prasad of butter and sugar candy. Along with this Prasad, Pujya Bapuji gave them the great spiritual Prasad of describing 64 virtues of Lord Krishna, who steals butter and made them engrossed in Self-intoxication. Imparting keys to the spiritual knowledge to devotees from all over the country and also from America, Dubai, Hong Kong, Africa and other countries, Pujya Bapuji said, "Janmashtami, the birth day of Lord Krishna gives the message to illuminate the whole world with the torch of Knowledge. Lord Krishna has taught by example not to get distressed or disheartened by any tragic event in the life but trample sorrows and play the flute of joy."

Long standing prayers of devotees of **Moradabad (Uttar Pradesh)** were answered as Bapuji suddenly arrived there in the night of 11<sup>th</sup> August. Their joy knew no bounds. Relating the significance of human birth, Pujya Bapuji said in the course of satsang programme there held on **12<sup>th</sup> (afternoon) and 13<sup>th</sup> (evening)**, "A human birth is very rare, it is ephemeral. It is hard to meet a saint. If one meets a saint it is hard to have faith in Him and serve Him diligently. If one has faith in the saint and diligence, one will cross the ocean of transmigratory existence. Hanumanji had faith and diligence; Lakshamanaji too had faith and diligence; both were delivered."

The whole city was placed under the curfew, the situation was tense; roads wore a deserted look. It was eerily quiet; yet devotees were dancing with joy in Bareilly Ashram. This was the scene of satsang held at **Bareilly (Uttar Pradesh) on 15<sup>th</sup> August**. The situation improved substantially with a day of satsang. Expounding the stupendous glory of the friend of all, Supreme Lord, and

describing the benefits accruing from believing in God's Existence, Pujya Bapuji said, "Excellent virtues are developed by simply believing in God. Believers are not cowed down by worldly troubles and are not allured by worldly pleasures. They are saved from falling into carnal pleasures and even if they do fall, the Lord forgives and lifts them up."

On **16<sup>th</sup> August** in the satsang programme held at **Ujhani (Uttar Pradesh)** Pujya Bapuji explicated God's miraculous arrangement for ushering jiva (living beings) to saints, the only saviours of humanity. Pujya Bapuji said, "Evolution of living beings is the purpose of the Divine process. Bigger creatures devour smaller ones. But the smaller one is born to higher species and finally evolves to human birth. In human birth, the Lord encourages him by giving pleasures and moulds him by subjecting him to troubles or gives him wisdom and somehow or the other sends him to saints. Sooner or later, man attains God-realization by Guru's grace and becomes a great saint."

In the course of satsang programme held at **Budaun**, the city of fragrant flowers, medicinal scents and scented oils, on **17<sup>th</sup> August**, Pujya Bapuji explained real cleverness and said, "Cleverness does not mean fleecing people, building own house or attaining power and position by unfair means. Real cleverness lies in trampling miseries and being established in Supreme Bliss and helping others to do so."

In the course of satsang programme at **Roorkee**, the gate of Uttarakhand, the land of gods, famous for information technology, on **19<sup>th</sup> August**, Pujya Bapuji filled technical minds with Divine information, Divine Peace, Divine Bliss and Divine Knowledge. Drawing people's attention to the fact that worldly progress without spiritual progress is a burden, Pujya Bapuji said, "Howsoever big welfare plans for providing facilities to the people are made, the man will become drunkard, meat eater, gambler and immoral in behaviour if he lacks in devotion to God and spiritual wisdom."

After delivering satsang at **Saharanpur (Uttar Pradesh)** on **20<sup>th</sup> (evening)** and **21<sup>st</sup> August (morning)**, Pujya Bapuji arrived at the holy city built by Lord Krishna (Gujarat). The saints living at **Dwarka** extended a cordial welcome to Pujya Bapuji on his second visit here.

Boating was part of the satsang programme held here on **23<sup>rd</sup> (afternoon)** and **24<sup>th</sup> August (morning)**. Pujya Bapuji also gave Mantra-Diksha to the devotees. Describing the glory of Dwarka, one of the seven Moksha-giving cities, Pujya Bapuji said, “Those who take bath remembering Dwarka with folded hands, facing towards west attain tens of millions of times the fruit of bathing.”

Saints of Girnar heartily welcomed Pujya Bapuji when he arrived for giving satsang at **Junagarh (Gujarat)**, the holy land of Bhagawan Dattatreya. The scheduled two session satsang was extended to 6 sessions Dhyana Yoga Satsang Shivir from **25<sup>th</sup> (evening)** through **27<sup>th</sup> August (morning)**. The years-long prayers of inhabitants of Junagarh were rewarded in the form of the great gift of Knowledge and meditation intensive.

Elucidating the importance of *vratas* (religious observances) for eradicating desires, Pujya Bapuji said, “The desire and pettiness that have been strengthened over countless births cannot be removed without taking any *vrata*. It is dangerous to trust one who doesn't observe any *vrata* in life, because he cannot be a man of firm determination. If one wants to get elevated, one must observe some *vrata* in life.”

Out of motiveless grace, Pujya Bapuji blessed his devotees of Rajkot with an unscheduled satsang at **Rajkot (Gujarat) Ashram** on **27<sup>th</sup> August**.

The satsang was held on **28<sup>th</sup> August** and **29<sup>th</sup> August**. The virtuous souls of **Morbi**, having firm faith in Dharma are strong protectors of Indian culture, and true aspirants of Knowledge. They took benefits of satsang,

meditation and sankirtana with great perseverance and set an extraordinary example of devotion to satsang.

After finishing the satsang programme at Morbi, Pujya Bapuji left by helicopter for **Godhra (Gujarat)** on **29<sup>th</sup> August** afternoon. While preparing to land at Godhra, the pilot lost control over the helicopter when it was still at a height of 100 feet. The copter hit the ground and got broken into three parts and its pieces flung far off. Its hind part caught fire. Yet Bapuji, the devotees accompanying him and the pilot sustained no injury of any degree. This miraculous incident, the like of which had never been witnessed in living memory, made even atheists to believe in the divine power. (See full account of helicopter accident on page 4)

Minutes after the accident, Pujya Bapuji arrived at the satsang pandal. Bapuji said, “Had I not been born in Indian culture and had I not been a master of the science of mantra, millions in the country and abroad would have been crying today and many hearts would be in deep anguish. So serious the aftermaths of that accident could have been. I am absolutely fine and all the people accompanying me are fine. And I want that all of you may always remain fine.”

Seeing the Lord of their hearts Pujya Bapuji completely healthy, even minded, cheerful and intoxicated with Self-bliss as before even after meeting such a dreadful accident, the devotees' joy knew no bounds. The sky reverberated for quite some time with chants of ‘*Victory be to Sadguru Bhagawan*’.

Sadhus and saints of various sects, religious leaders, chief ministers of various states, former President of India and a number of other celebrities from India and abroad enquired about the incident over phone and felt relieved by the news of Pujya Bapuji being hale and hearty. Everybody thought it to be a miracle and wished Bapuji a long life. Shri Maninderjeet Singh Bitta, the chairman of All-India Anti-Terrorist Front arrived at the satsang site and availed himself of Pujya Bapuji's darshan and satsang and expressed his feelings. (Bitta's address on page 8)

On 31<sup>st</sup> August, after giving Purnima Darshan at Godhara at 8 a.m. Puja Bapuji arrived at **Ghaziabad (Uttar Pradesh)**. Lakhs of devotees were eagerly waiting there for Gurudev's darshan. Along with 'Punam Vrata Dharis', VHP Supremo and its former International President, Shri Ashok Singhal, who returned from America only two days ago too came rushing for Puja Bapuji's darshan. Shri Ashok Singhal revealed the international conspiracy against India's saints and warned the country's politicians against becoming pawns in their hands. (Address on page 6). Senior MP of BJP, top leader and its former president Shri Rajnath Singh came to satsang place on the third day to avail himself of Puja Bapuji's darshan and satsang. (Address on page 8).



(contd. from page-31 chestnut)

**Leucorrhoea and menorrhagia:** *Halua* made from 20-30 grams (according to the digestive power) of the flour of dried water chestnut is beneficial in leucorrhoea. Taking rotis made from the flour of dried water chestnut cures menorrhagia and makes the body strong and robust.

Water chestnut decoction is useful in dysuria, burning micturition, and other urinary disorders.

**Weakness of seminal fluid:** Taking 5 to 10 grams of the flour of dried water chestnut with lukewarm sweetened milk is highly beneficial.

Water chestnut nourishes neurones.

**Burning, fever, raktapitta (spontaneous hemorrhages from the mouth, nose, rectum, and cuticle, with fever and evacuations) and uneasiness:** Water chestnut juice made from 10 to 20 grams (according to digestive power) of fruit should be consumed everyday.

**Quantity:** 3-6 grams of water chestnut should be consumed.

**Caution:** (1) Water chestnut is heavy to digest. It should be consumed in moderation. Those having Vata or Kapha constitutions should use it in small quantities.

(2) Don't take unripe or half boiled water chestnut.

(3) Don't take water immediately after taking water chestnut.

(4) Don't take water chestnut if you have constipation.kk



## The wonder plant Tulsi

\* Wearing a mala of basil (Tulsi) beads around the neck increases life-force and cures many diseases. Japa of Lord's name with Tulsi beads is highly propitious.

\* If water sanctified with Tulsi leaves is dropped into one's mouth at the time of death, one is absolved of all sins and goes to the abode of Lord Vishnu. (**Brahma-Vaivarta Purana, Prakriti Khanda: 21.42**)

\* Using a little bit of Tulsi wood in cremation is failsafe protection against going to lower life forms.

\* Pluck Tulsi leaves only after sunrise. Tulsi leaves should not be put in the milk and should not be taken with milk.

\* One who plucks Tulsi leaves on Purnima (full Moon day), Amavasya (no-Moon day), twelfth lunar day, first day of the solstice, at noon, at night, at dawn or dusk, in times of impurities (on account of birth or death, etc.), after applying oil in the hair, without having taken a bath; cuts off the head of Lord Vishnu. (**Brahma-Vaivarta Purana, Prakriti Khanda: 21.50-51**)

\* Eat 5 to 7 Tulsi leaves everyday in the morning on an empty stomach, and drink a glass of water filled overnight in a copper utensil thereafter. This measure is highly beneficial. Be careful that no particles of Tulsi leaves should remain deposited in between the teeth.

\* The use of stale flowers and stale water is prohibited in a ceremonial offering (puja). But the use of stale water of river Ganga and stale leaves of Tulsi is not prohibited in puja. (**Skanda Purana, Vai. Khanda: 8.9**)

\* Tulsi helps miraculously in the preservation of sexual energy for strict observance of Brahmacharya. It enhances memory power.

\* One gram powder of Tulsi seeds should be soaked in water overnight, and taken on an empty stomach in the morning. It is greatly helpful in preservation of semen.



Etawah (U.P.)



When their heart is drenched in the ambrosial shower of sages, how can Indra's rain scare them away?

A surging sea of human beings hearing the satsang of Pujya Bapuji



Firozabad (U.P.)



Agra (U.P.)



Shivpuri (M.P.)



Sheopur (M.P.)

**A mammoth crowd of devotees thronged to celebrate Janmashtami in the holy company of Pujya Bapuji, who is established in Krishna-Consciousness.**



**Janmashtami festival, Surat**

**Purnima darshan-satsang, Pushkar (Raj.)**



**Purnima darshan-satsang, Badarpur (Delhi)**



## **RISHI PRASAD E-Magazine**

Just log in at [www.rishiprasad.org](http://www.rishiprasad.org)  
to get your magazine!



**Special features:** \* Prompt and easy availability  
\* Online registration and payment by Credit cards, Debit cards, ATM cards  
and Net Banking \* Attractive multi-colour design \* Appealing presentation.

Now you can subscribe online to Rishi Prasad E-magazine or order printed copy online at anytime, from anywhere.