

RISHI PRASAD

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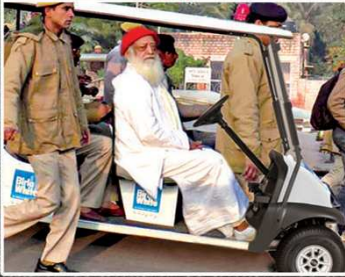
(Continuing Issue: 266)

A massive crowd turned up for a glimpse of Pujya Bapuji

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Pujya Sant Shri Asharamji Bapu



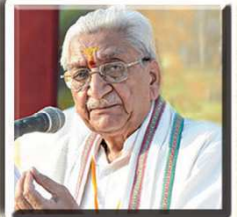
“All allegations levelled against Me have been proven false, this too is a false case, and will be proved to be false. I have faith in God as also in the judiciary.”

– Pujya Sant Shri Asharamji Bapu

“Pujya Bapuji has been fraudulently framed and oppressed at this ripe age of 76 years. However, there is no decline in the faith and reverence of people towards the saints despite the conspiracies. Bapuji has been terribly oppressed in the jail. He should be granted bail.”

– Shri Ashok Singhal

The Chief Patron and former International President, VHP (Page: 15)

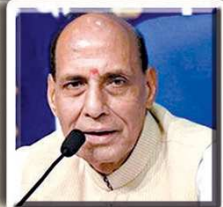


Media trials put tremendous pressure on courts

– Karmayogi Shri Arun Jaitley Page: 10

We have to inculcate traditional values in students

– Karmayogi Shri Rajnath Singh Page: 10



'Yuva Seva Sangh' run by the youths of the Ashram celebrated the **Youth's Day** by disseminating the message of continence and rectitude in society, and by serving the poor.



Chandur bazar, dist. Amravati (Mah.)



Nandininagar (C.G.)



Prayagraj (U.P.)



Raipur (C.G.)



Agra



Iglas (U.P.)



Indore



Rajokari-Delhi



Sion-Mumbai



Tikamgarh (M.P.)



Mainpuri (U.P.)



Panipat (Haryana)

Prabhatferis and Kirtan Yatras spreading spiritual vibes and awareness in society



Ludhiana (Punjab)



Vrindaban (U.P.)



Indore



Kolkata



Gwalior (M.P.)



Pipraud-Raipur (C.G.)



Ghaziabad



Barmer (Raj.)



Vadodara



Rudrapur (Uttarakhand)



Rewari (Haryana)



Sagar (M.P.)



Bhubaneshwar



Dewas (M.P.)

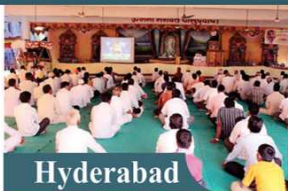


Bhilai, dist. Durg (C.G.)



Jodhpur

'Jyot se jyot jagao' conference for self-development through selfless service



Hyderabad



Yamunanagar (Haryana)



Bengaluru



Nadaun (H.P.)



Muzaffarpur (Bihar)

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My Sadhakas can't be Misguided

– Pujya Bapuji

(Compiled from *satsangs* of 2004 and 2008)



One should effortfully and respectfully seek the association of great saints and assimilate their instructions. In this alone lies our real good. Otherwise, whenever some Self-realized person descends on this earth, there come also the people who defame them by distorting their discourses, conduct and facts. Vasishthaji Maharaj was so much vilified that he had to say, “Hey Ramaji! I request you with folded hands to have an attitude of a believer in the fact that whatever I am going to preach you will surely bring your ultimate good.”

How great a saint He was! Lord Ramachandraji along with Sitaji used to wash the holy feet of Vasishthaji in a large plate and take that water as Charanamrit. Though Vasishthaji knew that Ramaji was a man of unshakeable faith; yet that great saint is folding His hands only to save the common men elevated spiritually with the help of saints and scriptures from a possible downfall caused by slanderers of saints.

The proselytizers saw Bapuji alerting people against them, so they launched a smear campaign. This has happened not just once or twice, but many times so far. A handful of persons join hands with some media persons and start the negative propaganda. I used to say, “Okay, let them do that. Let things take their natural course.” I do tolerate all this; however, my *sadhakas* have their experiential realization, “Our Bapuji is not like that. Your negative propaganda cannot outweigh our invaluable experiences that we have attained by His grace. Our life is more precious than your newspapers. We know only too well how His *darshan* and *satsang* have brought about a radical transformation in our lives.” So, if somebody tries to run a malicious propaganda through the ‘paid media’ against Me (Bapuji), my *sadhakas* are not going to be misled.

Kudos to those Channels that...

No matter what good and great works you do, there are such spiteful fellows that if you do not keep them in good humour, they would show concocted stories in the electronic media and publish the same in the newspapers. My opinion about such things is very clear:

“May God bless them who distressed my heart...”

Japa Yajnas are being conducted at hundreds of places, but those gentlemen don't find time to show such things to the public. Under this Japa Yajna programme the helpless, poor, and unemployed people gather around 9.00 to 10.00 am in different ashrams or samitis centers to take part in collective chanting and devotional singing till 12 pm. Thereafter, they are served meals; and after taking a little rest they again participate in pious chanting and devotional singing. While

departing in the evening, they are offered 50 rupees each. Such Japa Yajnas have been running in different areas of Odisha, Maharashtra, Rajasthan, Gujarat, Madhya Pradesh and other states; with the entire cost of such projects being borne by the Ahmedabad ashram. We have a proper record of all this.

It is a moral duty of the media to show this to society. For example, there are some channels that deserve our congratulations for having the good fortune of showing all such philanthropic activities along with satsang. This automatically enhances their honour and prestige in the eyes of the people.

Almost all saints and great men of India are currently facing a veritable barrage of vicious propaganda; however, a true saint is always prepared to protect the honour and respect of the nation. Nowadays, it has become a fashion to level baseless allegations against some saint. There are some such foreign forces as have been lavishly expending their money also to defame the Indian saints. If you destroy the Hindu culture, humaneness itself would be destroyed!

However, I believe that irrespective of how worse an age comes, may it be even the worst phase of Kaliyuga; yet, there still exists a portion of Satyuga always, the Sattva (purity) of the virtuous does exist. The society can be protected from the violent smear campaigns of Kaliyuga by the collective efforts of such virtuous persons alone. It is not difficult at all to do misleading propaganda through publication of distorted facts; but it is definitely a hero's job to bring about peace, happiness and equanimity in society. It is indeed a big deal to give the joy of affection to the society torn by disputes and clashes.

I had said in the 'World Religious Parliament'...

In the 'Parliament of Religions' held at Chicago (as the Indian representative of Hinduism) I had repeatedly reminded the audience that 'To disparage one another and to cause clashes among humans on grounds of racial, ethnic, class based differences and other isms does not help in service to humanity, rather it is a treachery against humanity. The true service of mankind lies in promoting mutual understanding and sympathy among people so that they naturally work for the good of one another. It is my earnest appeal to all that irrespective of one being a believer of a particular religion or follower of some Guru, one is first a human being living on our planet. Man should work for the good of man.'

You be prepared!

I do not believe in criticizing any religion, sect or the followers of any particular Guru. My satsang is not attended by only my disciples. Followers of many religions and sects attend my satsang. Many of my devotees are Muslims and Christians. I have never considered anybody to be a stranger.

"All are yours and you belong to all; just remove the differences from your hearts."

Rumour mongers and revilers were there even in the times of Vasishthaji and Ramaji, so I don't have any expectation that they would become silent and stop slandering just upon my appealing for the same. Still, those who are good people may accept good advice if they so wish. If they don't wish they may not accept it.

Sadhakas should not get intimidated by this misleading propaganda. When it is misleading in the first place, why should one get frightened or alarmed by it?

The war between gods and demons has been going on since time immemorial. There is always a conflict between the divine thoughts and the demoniacal thoughts. This is but natural to happen in the world. When the dark clouds of defamation engulfed even the likes of Mahatma Buddha, Mahavira Swami, Sant Kabirji, Guru Nanakji, Lord Rama and His Gurudeva Vasishthaji; then no wonder if they engulf you too. Be prepared for it.

"Standing, sitting or lying flat, I am always thinking of Him."

It is nothing but delusion and ignorance to think – 'I am the body; fame and infamy are mine.' The true Vedantic knowledge is – 'I am Brahman, the Truth absolute, Consciousness absolute and Bliss absolute That existed before the Creation and would continue to exist even after the dissolution.'



Amazing scenes of Bapuji's Delhi Tour

– Neelam Dubey, Ashram Spokesperson



“My resolve has been fulfilled”
– Pujya Bapuji

“I started in 2014 and reached in 2015.”- These were the words of Bapuji, which he said to Jodhpur police in the Tihar jail, Delhi on 1st January 2015. Bapuji further said: “You people have fulfilled my resolve of coming to the Tihar jail.”

(Once, Bapuji had said from Ahmedabad ashram *Vyasapeetha*: “God fulfils my resolves sooner or later. Presently, I am feeling desirous of going to the Tihar jail. Who knows for what reason I shall go there! May be I go just like that or the government plans something.”

1st January 2015...

This time it was a totally different scene in Delhi on 1st of January. When Bapuji arrived in Delhi, it seemed as though the whole city had come to a standstill! On everyone's mouth, irrespective of his being a media person, a policeman, a government officer or a commoner, only one name was there – “Sant Asharamji Bapu.” The whole media showed news of Bapuji from the night of 31st December to the night of 1st January.

When Bapuji arrived at the Jodhpur railway station on the night of 31st December to board the Mandor Express for Delhi, the devotees thronged the entire station. Not only this, at every following stoppage of the train, huge crowds of people were anxiously waiting for a single glimpse of Bapuji. Police had earlier reported of their plan to disembark Bapuji at the Delhi Cantonment Station; but in view of the teeming masses waiting there for Bapuji's darshan, they changed their plan.

Even in that biting cold of January in Delhi, Sadhakas had arrived there along with their respective families at 5 o'clock in the morning. As soon as the train entered the platform the entire railway station resounded with the shouts of “Om Om Om Bapuji, please come out soon!” and thundering slogans of “Bapuji is



innocent”. Pujya Bapuji was signalling the people to keep quiet. Amazing is our Bapuji! Though being innocent, He has been in jail for around one and a half years now, yet He is exemplifying ‘Avikampa Yoga’ (Unshakable Yoga) through His equanimity, patience and peace; and also giving the message to the masses to assimilate the same great virtues. Bapuji’s discipline and respect for court are exemplary.

Bapuji was taken to the Tihar jail from the railway station. A large number of people were present outside the jail as well. Here too Bapuji remained intoxicated in Self-bliss. One of the policemen said, “How come Maharaj ji is so happy even in such a troublesome state!” It is simply beyond the intellect of general people to understand the Lila of Brahmajnani saint Pujya Bapuji.

Have we hired them?

With numerous people thronging the precincts of the AIIMS Hospital, Bapuji was taken to the ‘AIIMS TRAUMA CENTRE’. There too thousands of people were present from beforehand. There, all the people were sharing with one another their divine experiences caused by the grace of Pujya Bapuji. I (Neelam Dubey) too was listening to the sadhakas’ experiences; and at the same time was continuously talking with the media persons as well. While I was talking to a media man, a girl suddenly dropped in and said, “Didi! Ask them now. They used to claim that the number of Bapuji’s sadhakas had come down considerably. Here such a huge crowd of sadhakas is present; so, do they think we have been hired for this purpose?”

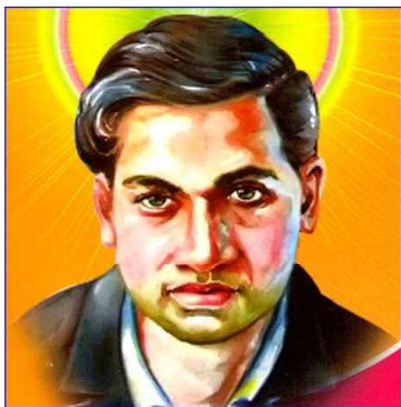
As I turned backwards to face the media man, he was nowhere to be found. However, he telephoned me after 15-20 minutes only to tell me, “Madam! I know the media has been unjust in the case of your Bapuji, but I promise you that I will show just what I have seen.”

The crowd of sadhakas was swelling every minute. At times, they engaged themselves in collective prayers and at others they shouted “Victory to Bapuji!”

The sun was about to set, when the vehicle ‘Vajra’ carrying Bapuji arrived. People shouted, “Victory to Bapuji!” Due to enormous crowd some persons could see only the red cap of Bapuji and some others caught sight of His white clothes. Some of them were embracing one another in the joy of having a good sight of Bapuji. Some others did aarati of the AIIMS TRAUMA CENTRE itself. Others were seen collecting soil from the place over which Bapuji’s vehicle had passed. A number of them even bowed their heads down on that road.

It was night. I returned home. I watched that news channel whose reporter had promised not to indulge in false reporting. The coverage was more or less balanced. Just then a voice sprang from my mind:

“The sky looks clear enough,
It seems now the time is going to change!”



The secret behind the genius of Ramanujan

While teaching mathematics in a class the teacher drew three bananas on the blackboard and asked the students, “If we have three bananas and three students only, then how many bananas will each student get?”

Pat came the reply from one student, “One banana each.”

“Absolutely right.”

The teacher was about to explain it further when a student asked, “Guruji! **If zero bananas are distributed to zero students, will even then every student get one banana each?**”

Listening to this all the students started laughing, “What a stupid question!”

The teacher said: “There is nothing to laugh at. Do you know what this student actually wants to ask? He wants to know that if zero is divided by zero will the result still be one?”

This was a very important question of mathematics. Some mathematicians believed that if zero is divided by zero, the answer will be zero only; whereas others believed that the answer will be one. Finally, this problem was solved by the Indian scientist Bhaskar. He proved that dividing zero by zero will result in zero only. This student wants to lead us to this very fact.

The child who asked such a subtle question at such young age was Srinivas Ramanujan who later became a world renowned mathematician of India. Born in a very poor family Ramanujan did extraordinary work in mathematics in a small lifespan of just 32 years. It took many years for the great mathematicians of the world to solve his theorems. How he became so great?

Since his childhood Ramanujan practised to sit quietly in solitude. Knowingly or unknowingly, his mind would become concentrated on the Ajna Chakra. With the resolves and counter resolves thus pacified one’s intelligence gets stimulated. He was reflective and taciturn by nature. Ramanujan used to start his day by touching the feet of his *satsang* oriented mother and getting her blessings. His mother did not watch dirty films and dramas. She was advanced in *satsang*, *japa* of Guru Mantra and meditation on the centre between the eyebrows. She had enriched her discretion in the pious company of her Guru. Blessed indeed are the children of such *satsang* oriented mothers. This article should be read by or read out to women and their young boys and girls.

Jagdish Chandra Bose, who later became a great biologist and physicist, was once told by his mother when he was a child, “Sonny, it is already evening. Don’t disturb the sleep of the trees and plants.” His mother told him the facts heard in *satsang*.

The child grew up and proved through scientific investigations that the vegetables also pass into sleep, they feel sleepy, and even feel pain and pleasure. The plants become happy when the gardener thinks of watering them, and they tremble with fear when someone approaches them with an intention to cut them. The credit for the great discoveries made by Jagdish Chandra Bose goes to his *satsang* lover mother. Blessed are those born in the Indian culture and more blessed are they who listen to the secrets of *Vedanta* philosophy from the accomplished saints about the *Purusha* (consciousness) and the *Prakriti* (Nature) and come to

the conclusion that what undergoes a change belongs to *Prakriti*. The body, the world, mind, intellect and ego are changing. I, the knower of them all, am the eternal Self witnessing them. Conditions subject to change are impermanent. It is foolish to become unhappy in adverse conditions, and feel happy in pleasant conditions. Om Bliss, Om Witness... Om, I am Consciousness.

Wonderful words of grace are instructed in Gita by Lord Krishna:

सुखं वा यदि वा दुःखं स योगी परमो मतः ।

“He who, through the likeness of the Self, O Arjuna, sees equality everywhere, be it pleasure or pain, he is regarded as the highest Yogi.”

He, who remains uninfluenced by pleasure and pain being their witness, is the highest Yogi. He remains equally intoxicated in divine Bliss both when his eyes are closed in deep meditation and Samadhi, as well as when his eyes are open.

“They alone are the perfect men, who are happy in all circumstances.”

स्नातं तेन सर्वं तीर्थं दातं तेन सर्वं दानम् ।

कृतं तेन सर्वं यज्ञं येन क्षणं मनः ब्रह्मविचारे स्थिरं कृतम् ॥

He, who has even momentarily settled his mind in the experience of Self-realized masters through inquiry into the Brahman, has in effect taken bath in all places of pilgrimage, done all charities, performed all sacrifices and satiated all his manes through libation.

Ramanujan had learnt spirituality, righteous conduct and devotion to God from his mother. He never wasted his time in futile gossips. At home, he would listen to the stories of Ramayana and Mahabharata with full concentration. He had deeply assimilated the profound questions raised in the Upanishads along with their solutions. That is why he would ask such deep questions in childhood as: “Who was the first man in the world? What is the distance between the earth and the sky?” In his childhood itself his intellect indicated the unique importance of zero. Once, Ramanujan had told his friend, **“A mathematical equation or formula means nothing to me unless it incites a thought of God.”**

The world famous mathematician Professor Godfrey Hardy has written in his memoirs: “Ramanujan remained pure vegetarian even during his stay in England and always cooked his food himself.” There too he liked to stay in solitude or on the bank of a river. He always applied a *Tilak* on his forehead after taking a bath in the morning; whereupon he did Puja (worship) and practised meditation regularly. Spirituality was the cornerstone of Ramanujan’s life, that is why he scaled such great heights even in the worldly sphere.

Pujya Bapuji says, “Material progress without spiritual elevation is like the tree produced by fireworks. It looks attractive and beautiful from a distance, but it burns when you go near it. Similarly, much dependence on material comforts and facilities causes unrest and agitation. If you advance in the spiritual knowledge, the physical things will dog you.”

If you want to make the students brilliant, bright, intelligent and great they should be given the benefits of the spiritual books CDs and DVDs based on the *satsang* delivered by Self-realized great men like Pujya Bapuji, so that they can assimilate those teachings into their lives and become great. They should be sent to the Gurukuls, Bal Sanskar Kendras and special edification camps (shivirs) being efficiently run under the pious inspiration and guidance of Pujya Bapuji for brightening their future. They should read and make others read the magazine Rishi Prasad which builds character, strengthens morality and enhances spirituality.

We have to inculcate traditional values in students



While addressing the convocation of Lucknow University the **Union Home Minister Rajnath Singh** said, “Cultural values based education is good for society. When knowledge is cut-off from traditional values, it becomes disastrous for society. Those civilizations which got cut-off from their traditions and values could not survive for long.” The minister further said, “We have to teach the students not to indulge in the “hi and bye culture”, but instead follow the Indian cultural traditions and touch feet of their parents and elders.”

Shri Rajnath Singh had said in his message on Parents’ Worship Day, “I am very glad to know that inspired by Pujya Sant Shri Asharamji Bapu the Parents’ Worship Day programmes are being organized throughout the nation on 14th February. It will certainly inculcate good cultural values among the children. In present days, people are increasingly getting attracted to the materialist and western values. Thus, parents and guardians are being neglected. Blessings of parents are necessary. The Parents’ Worship campaign will send a very good message to society. It is a good tradition for inculcation of cultural values in children.”

Media trials put tremendous pressure on courts: Shri Arun Jaitley



Coming out against media trials, the central Information and Broadcasting minister Shri Arun Jaitley said, “Courts come under “tremendous pressure” in high profile cases wherein the media has already declared somebody guilty or innocent. He asked the media to exercise introspection, as parallel trials prejudice the environment.

Media should be circumspect regarding television debates that discuss cases under investigation, terror related operations, and areas where the privacy of individuals is involved. Digital media should be even more careful and in times of social tension, media must be more cautious.

Significant contribution of the book – “Parents’ Worship Day”

Indian culture is very ancient and it is well known the world over for its rich array of traditions. Parents and teachers are highly respected in our culture. The book “Parents’ Worship Day” will play a pivotal role in the revival of this tradition.

– Mrs. Urmila Singh, Governor, Himachal Pradesh



‘Parents’ Worship Day’ for total development of crores of students

The unprecedented programmes of ‘Parents’ Worship Day’ will play an important role in the overall development of crores of students of the nation by increasing their vigour, brilliance and self-force. I appreciate this outstanding initiative and wish all success to this campaign.

– Shri Kaptan Singh Solanki, Governor of Haryana





Holi: The festival of arousing the knowledge and joy of the bliss personified Self

The festival of Holi is the time to do away with the differences between the great and the small and to arouse the ecstasy, knowledge and joy of the Truth absolute-Knowledge absolute and Bliss absolute abiding in their depth. This festival offers a nice opportunity to get rid of the human narrowness and egotism.

Full moon of the month Phalgun is the victory day of Prahlada who had attained self-bliss. Hiranyakashipu stands for the one who does not see the truth or worth in anything other than wealth and sense enjoyments and sees truth only in the body and pleasures. Prahlada stands for the one who considers the body and pleasures unreal and their 'Seer' Supreme Self to be the Truth. Enmity developed between Hiranyakashipu the father and Prahlada the son, but Prahlada did not let his mind get distressed or agitated. Hiranyakashipu wanted to impose his ideas on Prahlada, but a devotional song defines such a person like this, "A mountain can possibly move from its place, but not the mind of a true devotee." When Hiranyakashipu could not change Prahlada's devoted mind through various efforts, he ordered his sister Holika, who had a boon to remain unburnt even in fire, to kill Prahlada. She sat on a heap of wood and Prahlada was made to sit on her lap; then the heap of wood was set on fire. However, surprisingly enough Holika was burnt and Prahlada remained alive. What happened was just opposite of what was expected, because Prahlada had taken shelter in God, the Truth.

Most meritorious great night of Holi

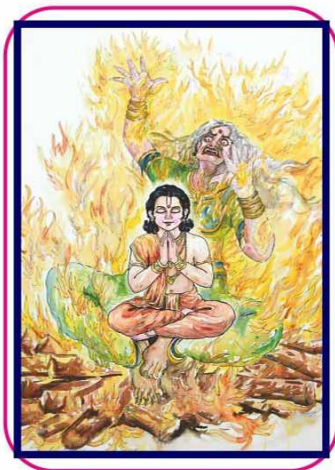
Night of Holi is one of the four most meritorious great nights. Keeping night vigil, doing japa and meditation, and living in the company of great saints gives great merits. On this night, if there is indulgence in sex, utter ruin would follow.

How to get health benefits?

* In the night of Holi, one should take food prepared without oil or Ghee. The secret behind this is that consumption of spicy and oily food increases kapha. Therefore, if the supper is fat-free the accumulated kapha will be absorbed by the dry food; and digestive system will not get impaired. * It is beneficial to take out Kirtan Yatras (chanting procession)

these days.

* One should chew washed 10-15 tender leaves of Neem tree (margosa tree) with two black





peppers for 15-20 days in this season which would ensure immunity for the complete year.

* One should take salt free diet for 10-15 days so as to balance kapha. You will not become weak, but remain healthy.

* Sucking sugar cane and eating bitter gourd in this season is beneficial.

* One should do Pranayama and Yoga Asanas in this season. It will develop your Life-force. * In this season, you

should become more active and perform some vigorous exercises. Also offer the freshly harvested and roasted grains to God; then eat and share it with others.

* One should take Panchagavya (made of five cow-products) on the full moon day. It cures even the bone deep diseases.

The Aim of Dhulendi

The festival of Dhulendi is celebrated on the next day of Holikotsava. The objective of this festival is multifaceted. It encourages the jiva to attain spiritual truth, good health and social unity and co-operation in so many ways. It gives the message: “let the past bury its dead”. Forget the outgoing year’s ill-feelings. It is Holi today. Now, while playing Holi with colours, say you meet 7 persons and your opponent is one of them. Would you like to separate the six persons to sprinkle colour on them? And when you will sprinkle colour on your opponent also, do you think that he will keep silent? He will also laugh. In all possibilities, his balloon of ego will also burst forth.



Our heart becomes dirty when we give importance to attachment and aversion, and vanity of the world which give rise to feelings: “My shop...My house...My prestige”. Therefore, do not nurture attachment or aversion in your mind, which make it impure. Purify your mind, because it originates from the Atman that is identical with the Pure Supreme Self.

Play Holi with flowers of Palash

Now, after the Makar Sankranti, the Sun begins to move northwards. Hence sunrays will fall straighter on earth. So the seven dhatus and colours of the body will get disturbed a little. The tradition of playing Holi with the Palash flowers (Butea frondosa) was instituted with a view to keeping them balanced to ensure strong immunity in your body. Unfortunately, nowadays people play Holi with chemical colours. Scientists state that due to various toxic ingredients of the chemical colours which enter your body through pores the seven colours become aggravated; and it is possible that one may lose his eyesight due to the adverse effects thereof. Besides ensuring your own safety, you should spread this message amongst your neighbours also.

If you play Holi with Palash flowers, the virtues of forgiveness, solemnity and steadfastness will increase; and you will develop creativity, prosperity, strength and earnestness. It will protect you from weakness of heart and nervous debility. It will ward off sadness and delirium. If you play Holi with chemical colours, you remain deprived of all these advantages, and may even suffer possible harms. Such satsang discourses are not available in foreign countries and the people there wear red clothes, and see exciting scenes (movies) and thus suffer more from diseases, irritability and suicidal tendencies compared to the Indians. We want that they also enjoy happiness; and may you too remain uninfluenced by obstacles in your life, and shine with joy and bliss like Prahlada.

Pious Message of Holi

It is alright to celebrate physical Holi, but one should celebrate Manasik (subtle at mental level) Holi also. Imagine in your mind: 'I have reverentially sprinkled my colour on my Satgurudeva and He in turn sprinkled His colour on me.' One gives only what one has. On this pious day, let us offer numerous salutations at the holy feet of the great saints such as Kabirji, Nanakdevji, Sant Bholay Baba and my Gurudeva (His Holiness Sai Shri Leelashahji Maharaj) who gave us the message to celebrate this festival by colouring our hearts with the colours of spiritual wisdom, faith, devotional love, generosity and spiritual joy!

The message of Holi is that the sense of being great or small is not real. Your consciousness is real. Such thoughts as – "I am less educated, I am less rich, I do not have any supporter", are not good. The Supreme Self whose mere Thought is this whole world, is verily abiding in your heart as your True Self. Don't consider yourself to be poor and downtrodden. Give up petty narrow-mindedness. This is the rationale of Holi.

No Illegal Construction in Karolbagh Ashram (Delhi): Forest Department



The forest department of Delhi has dismissed all news items regarding some illegal construction in the Manokamana Siddha Hanuman Temple located in Karolbagh, Delhi; and stated that there is no illegitimate structure in that area.

According to an officer of the department, the officers of the forest department visited the ashram several times till the end of the last year, but found no illegal structure; no such activity or encroachment could be found as may be termed a violation of the laws concerned with the Reserved Forest Area. According to authorized sources the department in its report to the National Green Tribunal has stated that all constructions in the ashram have been done strictly in conformity with the site plan.

In this case, at first it was claimed that there had been a large scale illegal construction inside the ashram. However, after surveying the place, the authorities said that there was no illegal activity –permanent or temporary structure –found in the Karolbagh ashram which violates the order of the Supreme Court. (Reference: Websites of Dainik Bhaskar and Navbharat Times)

Some print and electronic media had misguided society through their false and baseless news items regarding illegal construction done by the ashram and they had even spread the rumour of a land encroachment. However, this report of the forest department makes it amply clear that the misleading news items as had been highlighted by the media had nothing to do with the truth. Ultimately, the sun of truth does invariably come out of the dark clouds of falsehood.

(Shri R.B. Thakur)

Unfathomable is the Glory of Self Realized Saints?

(Incarnation Day of Bhagavatpada Sai Shri Lilashahji Maharaj: 16th March)



All *lilas* of Self-realized saints are but spontaneous. Even the words emerging spontaneously from their auspicious mouth are divine. How countless people do attain true welfare therefrom is clear from the following anecdote:

Once, a conference of “All India Lower Sindh Panchayat” was held at Jetpur, Gujarat. Sai Shri Lilashahji also attended it. Under insistent requests by the devotees and the Sindhi Society, Swamiji used to attend each and every conference and also supervised its proceedings.

Someone presented a silver casket to the leader of the conference. Sai Lilashahji decided to auction off the casket with a view to making the right use of the earned money for social welfare. In order to see who evaluates the offering from a great man to what extent, and to get maximum contribution for service works, Saiji Himself took upon the responsibility of conducting the auction. He casually took the casket in His hands and said to the members of the conference, “You bid for this casket.” Occasionally He would ask a particular devotee, “How much will you bid, this much or that much?” Thus the fifty rupee worth casket was finally sold for 500 rupees to a cloth merchant from Ahmedabad.

Though such saints, established in Absolute Brahman as they are, consider the Universe as worthless as a blade of grass, and know well that the dream-like unreal world was never actually created in all three dimensions of time, take to their smallest assignments like an aristocrat prince. They play their role perfectly in the form of an actor. However, those who try to evaluate them through a worldly point of view, fail to fathom the mysticism behind their worldly acts.

When Swamiji returned to his residence in the evening, one of the servitors said, “Swamiji, You played the role of an “auctioneer” today!”

Saiji asked, “What is an auctioneer?”

“Swamiji, an auctioneer is the person who conducts an auction. They show their skill by praising their goods to get the highest price from bidders.”

“Well, did I really do anything like that?”

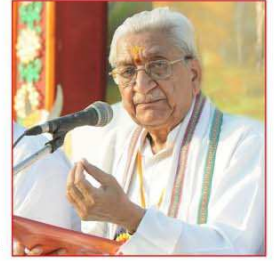
“Swamiji, you spoke of the casket as if it was the Goddess of wealth Lakshmi herself! ...”

On hearing this, Swamiji smiled for a while and then became calm. Even if saints choose not to answer such questions, nature invariably answers for them. No one realized the reason for Swamiji’s mysterious smile then, but in a few days, the merchant who had bought the casket, became very rich. Then that servitor realized that it is impossible to evaluate the *lilas* of Self-realized great men with human intelligence. Therefore it has been said in The Gurubani:

“Who can ever describe the limits of the Self-realized (Brahmajnani)?”

Brahmajnani great saints don’t have a sense of doer-ship. Such *lilas* of selfless and pious Self-realized saints not only bring about good of the people but also bring exultation and euphoria to the devotees and pave way for their spiritual progress.

“Bapuji Should be Granted Bail” – Shri Singhalji



The chief patron and former international President of ‘Vishva Hindu Parishad’ Shri Ashok Singhalji has claimed, “Sant Asharamji Bapu has been framed. A massive conspiracy is on in this country to malign our saints. In order to destroy the Hindu religion and culture they have not only been lodging cases against us but also levelling dirty allegations for many months. They think, such levelling of dirty allegations would destroy the faith of people in the saints. I suppose, the foreigners don’t know how deep rooted our faith is.”

Anybody can be framed by
misuse of the law

Shri Ashok Singhalji met with Sant Asharamji Bapu in Jodhpur jail. While talking to journalists he said, “He (Pujya Bapuji) has been fraudulently framed and being oppressed at this ripe age of 76 years. Even the Shankaracharya of Kanchi was persecuted. Likewise, Swami Asimanandaji too is being tortured. However, there is no decline in the faith and reverence of people towards the saints despite the conspiracies. Anybody can be framed by the misuse of the law. Allegations can be levelled against just any one, but finally the truth triumphs.”

Who are behind Media Trials and Belligerent NGOs?

Exposing the perpetrators maligning the saints and the Hindu culture Singhalji said, “Who after all is behind the media trials and the belligerent NGOs? Media trial is a massive conspiracy launched by the West in our country to destroy the Hindu Dharma and culture! Lakhs of people come to our great saints, so these miscreant NGOs drop in there to create trouble. Lakhs of foreign funded NGOs are being run in the country and they have kept entire politics of this country virtually under their control.

The Conspiracy must be thoroughly investigated

A considerably large number of people follow Bapuji. I suppose, even a small programme attracts not less than 50 to 60 thousand people. I believe that one without a good deal of sadhana and truthfulness cannot draw such a large number of people.

To me, all these affairs (allegation, case etc.) are basically fabricated. Well, the case is on its due course, but so much trouble has been inflicted on Bapuji at this old age of 76; and then in this manner they have used Him and His name to cause a big blow to both Hindu saints and Hindu society as a whole. I happened to see how the media people used to talk about Him. My blood would start boiling with rage as I found how maliciously the foreigners were using the media. They send a huge fund to India for creating an anti-Hindu atmosphere in the country. They don’t at all know how deep our roots are. They will themselves get destroyed, but won’t be able to destroy us.

All this is but a massive foreign based conspiracy. I, therefore, believe that in times to come the conspiracy should be thoroughly investigated to find out the actual perpetrators behind it.

Bapuji has been terribly oppressed physically and mentally in the jail. He says, “It is a sheer wonder as to how I am still alive!” I believe, Bapuji should be granted bail.”

(Reference: Dainik Bhaskar, Rajasthan Patrika, Sudarshan News, Tez News, News 24)

Ashram not connected with the Akhil Gupta Murder Case

Recently, in Muzaffarnagar (U.P.), the murder case of Akhil Gupta –who was involved in the Ahmedabad case as a witness –has come to the fore. A part of the media ran a negative propaganda against the ashram and Pujya Bapuji connecting them to this case; whereas they have absolutely nothing to do with this murder case.

It is fit to be considered that the accuser woman in the Ahmedabad case has herself submitted an application in the Gandhinagar session's court proclaiming that she was coerced into giving the former statement; and that she now wants to bring the actual truth to light through a fresh statement. In this situation, witness Akhil was very much important for the ashram; for it is only through questioning Akhil in the court that the truth about who coerced him into becoming a partisan witness could be revealed.

Why should anyone act against one's own interests by killing the witness of a case which is simply based on completely baseless and concocted stories in the first place, and hence can hardly stand through the legal proceedings? At a time, when hearing on the bail application is going on in the Supreme Court, why should even a person of mediocre intellect take such a foolish step?

Pujya Bapuji is deeply pained at Akhil's demise

Expressing His condolence on the death of Akhil Gupta, Pujya Bapuji said to the journalists, "The unfortunate man (Akhil), My former cook, has passed away; I am deeply pained. How deeply I feel grieved! He was actually my jewel. It was for the first time in my life that I had got such a cook who served with planning. I have eaten chapattis made by him, so why should I ever get him killed? Is that possible? Even his parents deny any involvement of the ashram in this case. Should I be blamed for crimes committed by any person in the world?"

Upon being asked by the reporters as to who the conspirators are, Bapuji said: "Everyone knows the conspirators well enough. I don't like to clash against anyone, I have time for God but not for fighting. I know the greatness of the Hindu Dharma. God be my witness, I don't want to oppose any religion. But just because I have been distributing the great treasure of the Hindu Dharma, I am being throttled. **All the allegations levelled against me till this day –such as killing of kids, etc. –were proved false; and this too is a false case. It will be proved false.**"

Why such news appear right before the hearing on the bail?

Why do such news items as attack on the witnesses, threats to them and all types of concocted stories sprout forth right around the dates scheduled for granting bail to Pujya Bapuji? It is but obvious that some gang has been working behind all this in a very well planned manner in order to influence the judicial proceedings by creating a negative atmosphere against Bapuji's being granted the bail. There should be an investigation to expose such a gang. From time to time, they come out with fabricated news items of threats –to the Jodhpur, DCP, Ajaypal Lamba, to the investigating officer, to the parents of the accuser girl respectively. Not a single allegation of threat has proved true. Even in the past, the

ashram was blamed for threatening the Surat DCP Shobha Bhutada. However, on investigation it was found that the person who had threatened her had nothing to do with the ashram. Just recently, the ashram's name was purportedly connected with the sudden disappearance of the accuser woman from Surat involved in the Ahmedabad case. Whereas, later on that woman herself came before the media and declared that she had neither gone missing ever, nor was there any coercion being exercised on her by the ashram.

The news of Amrit Prajapati murder appeared a few months ago. Amrit Prajapati was himself a gunman and he had two gunmen as his body guards. He sneaked with a false identity into an event hosted by Narendra Modi. He was arrested there by the police for carrying a gun. The conspirators had devised a plot to use Amrit Prajapati in order to implicate residents of the Ashram. So he was shot on face and shown on the media. But their plan failed. He died due to some wrong medical treatment or so. One of the former stooges of the conspirators, Brajbihari Gupta alias Bholanand had already disclosed the strategy of the conspirators. He had given a statement: "Conspirators have planned that they would shoot or stab each other to prepare a strong case putting the blame on Bapuji and his ashram."

The chairman and chief editor of 'Adarsh Panchayati Raj Patrika Group' Shri Ashok Pundit has this to say about the witness Akhil: "When the woman from Surat, who had levelled false charges against Sant Asharamji Bapu, revealed the fact that she had been coerced into levelling false charges –the partisan witness Akhil Gupta too could have revealed the truth. It seems that the conspirators have now done away with him so that at least his voice can be silenced forever." **(Shri R. A. Shehrawat)**

Remember To Take Benefit of These Meritorious Days

25th February: Eighth lunar day falling on a Wednesday. (From 10.55 am to Sunrise 26th February.)

1st March: Ravi Pushyamrita Yoga. (From 11.54 pm to Sunrise 2nd March.)
Amalaki Ekadashi. One who observes this Ekadashi Vrata, keeps a night vigil near an Amla tree, and circumambulates it 108 or 28 times is freed from all sins and earns the merit of donating 1000 cows.

5th March: Holika Dahana. It is one of the most meritorious four great nights. Night vigil and japa done on this night is supremely fruitful and helps accomplish perfection of the Mantra.

10th March: Fourth lunar day falling on a Tuesday. (From Sunrise to 8.58 am)

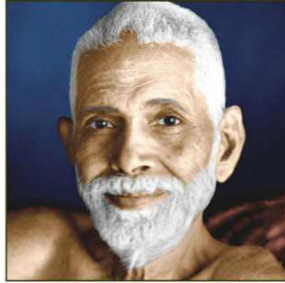
15th March: Shadshiti Sankranti (Meritorious period: From Sunrise to 12.48 pm)
Japa, meditation and other meritorious acts carried out on this day become 86000 times more fruitful than in general.

(The Padma Purana)

17th March: Papamochani Ekadashi. (Observance of this Ekadashi Vrata destroys all sins. One who reads or listens to the glory of its observance earns merit of donating 1000 cows.)

Firmness in observance of vows brightens our life

If you look into the lives of great men, you will find therein the salubrious influence of observing some pious vow or the other. Ramana Maharshi used to observe the vow of silence; grandsire Bhishma, Adi Shankaracharya etc. observed the vow of *Brahmacharya*; and dietary austerities observed by Maharshi Kanada, Pippalada and some other Rishis is well known through history. Self-realized saint Puja Bapuji's strict observance of vows is a guiding light for all.



Observance of vows brings firmness in life.

व्रतेन दीक्षामाप्नोति...

“Man can become intelligent only by accomplishing vows...”

One who doesn't observe vows will get bored while doing his work; he will resort to escapism and blame others. But one having a vow in life does not blame others. Observance of a vow or *Vrata* surely brings success, if not today then tomorrow, if not tomorrow then definitely on the day after.

It was a rule in Gandhiji's Ashram that at the beginning of every round of meal the bell rang twice, before which the interested persons had to take their seats in the kitchen. Then the kitchen door was closed. The persons reaching late would have to wait till the beginning of the next round.

Gandhiji used to reach the kitchen at the right time; but on one occasion he reached after the door was closed. Gandhiji believed in the principle that rules are uniform for everyone. Therefore, he patiently waited outside for the next round. Nobody would have prevented him if he wanted to enter. But Gandhiji followed even the smallest rule strictly. Thus, by observing vows he developed self-force and virtues like forbearance, which enabled him to

play the pivotal role in the freedom struggle.

Strict observance of even a small vow increases the will power, self confidence, control over mind and strength to eradicate vices and negative tendencies. There occurs a verse in the Rig-Veda ब्रतेषु जागृहि । meaning 'Be always observant of your *Vratas* and *Niyamas* (personal discipline).' (9.61.24)

Even in Ashrams, the rules laid down by Pujya Bapuji based on the guidelines of the concerned scriptures regarding food, living, *sadhana*, *sewa*, etc. are followed by the resident *sadhakas*, which enable them to attain lofty spiritual progress and gain divine experiences quite easily and fast enough.

Pujya Bapuji says, "Adopt some such divine and pious rules and vows as may be directly helpful in attaining Self-Realization. You fail due to trivial issues like greed of pleasure and fear of sorrow. No, you should adopt some vows in your life like Gandhiji took the vow of observing a day's silence every week, the vow of Brahmacharya, the vow of truthfulness, the vow of prayer, etc. so that you can firmly march ahead towards your goal and develop your inherent divinity."

If you look into the lives of great men, you will find therein the salubrious

influence of observing some pious vow or the other. Ramana Maharshi used to observe the vow of silence; grandsire Bhishma, Adi Shankaracharya etc. observed the vow of *Brahmacharya*; and dietary austerities observed by Maharshi Kanada, Pippalada and some other Rishis is well known through history. Self-realized saint Pujya Bapuji's strict observance of vows is a guiding light for all. Although He has already attained the highest spiritual state of Self-realization; yet even today, He doesn't take any food without completing His spiritual routine first. Daily *satsang* too is an integral part of Pujya Bapuji's life. Bapuji does not skip *satsang* even for a single day in a year and he continues to do so even in the prison where he has been ennobling the lives of prisoners and jail workers through *satsang*. Soaked in the spirit of good for all, how strict indeed the adherence to vows in His life is! In fact, observance of spiritual rules is an important means to attain Knowledge of *Brahman*. The great men having attained *Jivanmukti* (liberation while living) are not bound to follow any *Niyama* (spiritual discipline) at all, but while basking in the glory of their own True Self they follow them only to guide the society. How gracious and compassionate they are!



(contd. from page 20) wealth one should be alert and careful enough.

(5) Give importance to god alone in your life. Everyone has some virtues and some vices. The more a *sadhaka* gives importance to the world, his vices go on increasing; likewise, the more he gives importance to God, his virtues keep developing.

(6) Conduct and heart of the *sadhaka* should be pure. His conduct should be as pious as to make his life itself an ideal for others to follow.

A *sadhaka* putting these six points into practice can attain his goal certainly. Therefore, set a lofty goal. Main work and other works should also be done in accordance with that goal in mind.





Six important points to remember for rapid progress in sadhana...

– Pujya Bapuji

Many people ask what they should do when they feel sleepy while doing *japa* with a rosary. If you cannot do *japa* with a rosary incessantly then do *sewa* (selfless service), read spiritual books. Since the mind is multidimensional, it should be harnessed carefully using various techniques. One should keep his mind engaged in different virtuous acts such as doing *japa*, meditation, devotional remembrance and selfless service at different times.

If a *sadhaka* follows the following six points, he can progress rapidly in *sadhana*:

(1) Do not waste time in idle gossiping. When you indulge in idle gossiping, your sense of reality in the world will become stronger which will increase attachment and aversion making your mind impure.

Do works of service but not provoked by attachment and aversion; rather give respect to others and take them into confidence while doing *sewa*. This will not only facilitate better service but also develop your potential. Lord Rama used to give respect to others, while himself remaining modest. He was careful not to waste energy in love and hatred.

(2) Set a lofty goal of your life. Daksha Prajapati, the father-in-law of Lord Shiva, was even respected by the gods. Even the sages praised him. He was the senior most of all *Lokapalas*. Once when he entered the assembly of gods, all the gods rose to salute him but Lord Shiva did not. He felt insulted. He thought, ‘Why didn’t Lord Shiva show respect to me despite being my son-in-law?’

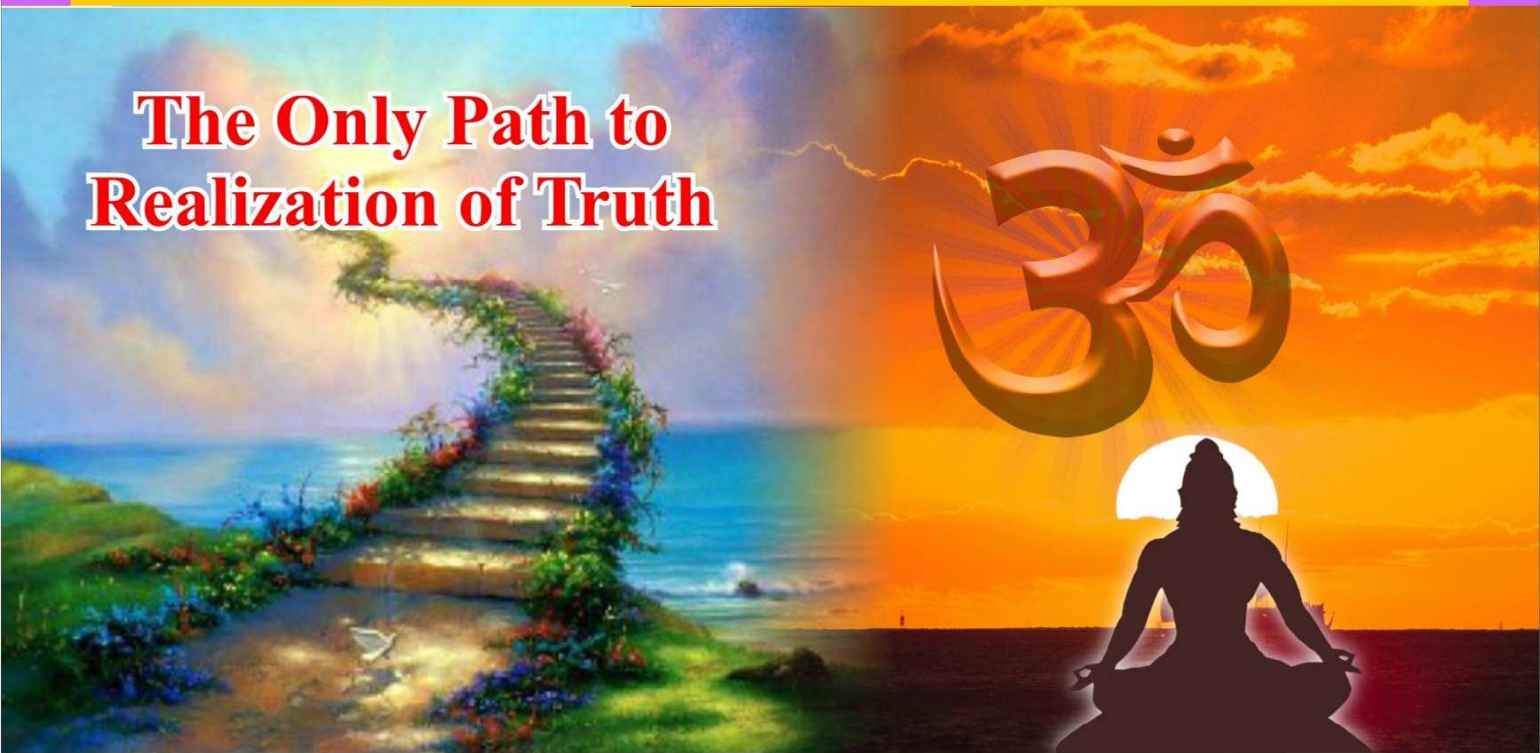
Being angry at the arrogance of Lord Shiva, he performed a sacrifice (*yajna*) to insult Shiva. In this *yajna* he so arranged that there was a seat for every invited god except Lord Shiva. Conducting a sacrifice was good, but the goal was to take revenge on Shiva by disparaging him. So the *yajna* was destroyed and Daksha Prajapati’s head was cut off. Later on by the grace of Shivaji, the head of a goat was put in the place of the lost head. Therefore always keep your goal high.

(3) Accomplish your work skilfully. Not that some hurdle comes and you leave the work. Such cowardice should not be there. Yoga is skill in action. Yoga is only that which brings skill in work.

(4) Do work but without feeling conceited of doer-ship and be careful not to spoil your work due to negligence. A great divine treasure is hidden in all persons. To get that

(contd. on page 19)

The Only Path to Realization of Truth



It is futile to run after realization of Truth through frequent changes of time, space and objects; or even to make efforts to find their respective limits. In order to know their real nature we must turn away from seeking it in the 'Seen'. The 'Seer' alone is the Knowledge and awareness is the experience. Therefore, the only way is to turn to our inner self becoming averse to the 'Seen'. This verily is called Jijnasa or the enquiry into the essential nature of Knowledge. You can see it yourself whether you want to make Truth the object of your knowledge ('The Knowable') or to destroy the self-imposed aversion, i.e. the veil (of ignorance) to the Knowledge personified Self.

Believe it or not, but you will not be able to destroy that self-conceived colossal thing by hitting that veil with the sword of 'Inquiry' with any number of powerful blows as long as you have attached importance to the 'Seen' - irrespective of whether it is in the inner vision, external vision, embodied or disembodied, subjective ego or objective reality, ego identity (Tvam) or God (Tat).

Therefore, give up the assumption of Samadhi which will take place in future, give up the covetousness for Brahmaloaka to be attained in a different place (after death) as also the infatuation for changing the objects you possess. You firmly persevere to enquire into your Consciousness, the self-illuminated Self which illumines all other things but does not require any other Light to illumine (know) itself or others.

There is no doubt in the fact that your intellect will not be able to destroy the veil which separates it from the Self which illumines it, as long as you have sense of importance, sense of pleasantness, sense of unpleasantness, sense of love (worth attaining) or hatred (worth rejecting) towards any external or internal form near or far from you. The intellect will not be able to remain pure and pious enough to know it's self-evident identity with the Self-luminous Substratum even if it tries to see the things illumined by it and change the 'Seen' guided by their respective appearances which turn black with hatred and red with passion. Upanishads and other scriptures have mentioned this very Prakriya as Nivrutti (turning away from activity), dispassion and inner purification.

There are two types of erroneous identifications we have. One is identification with our personality which may be with the gross physical body, with the subtle body or with the causal



What is the purpose of Human life?

– Pujya Bapuji

There is immense joy in God-realization, and it is very easy. I got to know quite late in my life that to cross the ocean of this *samsara* is as easy as crossing the footprint of a cow. Prior to that, I too had tried so many complicated ways. However, as a matter of fact, I didn't have to work even a 100th part of what my revered *Gurudeva* had to do for it. The strenuous efforts that I made unknowingly, you're not supposed to make even a 1000th of that.

Just imagine, how much hard work a mother has to do collecting raw materials and cooking dishes for her child; while the child has only to chew the cooked food. Similarly, a cow has to do hard work of grazing, masticating the fodder etc. but the calf has just to suckle. A calf has to at least make some oral movements to suck the milk, whereas you just have to imbibe the ready-made *satsang* quite effortlessly through your ears.

Even if you manage to gain all worldly knowledge and expertise of the physical sciences, and readily accept what the worldly wise have to say; still the miseries will not be over, and you won't be able to attain the Supreme Bliss.

Our life is not meant merely for removing the miseries and gaining happiness. We do each and everything only to become happy; such acts include buying furniture, getting married, resorting to divorce, bowing down to someone, assuming haughtiness etc. We even weep for our inner satisfaction. You do all things in your life with just two objectives- one is to remove misery and the other is to cling to happiness. What else makes you act ever?

From morning to evening and from cradle to grave, everybody is engaged in the same chores. This is itself a wonder how people invariably end up with sorrow despite making all efforts to remove miseries and cling to happiness all their lives!. People die in misery and anxiety due to a fundamental error in their lives; and I too was no exception, acting just like you people then. I too was engaged in eradicating the miseries and attaining happiness. When I went to my Guru's place, the supremely compassionate *Sadguru* revealed my inner Home divine. He unveiled my Beloved verily within my own heart.

Our life is actually meant for attaining the Supreme Bliss by removing the miseries. It is meant to realize God, the bestower of life, by taking refuge in the *Sadguru* who imparts Knowledge.

Fear of sorrow and troubles is caused by Ignorance

A teacher had to join a circus upon a sudden closure of his school. They told him, “Alright, we’ll dress you like a tiger and also train you how to balance on the ropes.” Accordingly, the arrangements were made and all skills were taught to him.

On the first day, duly clad in the tiger’s outfit the teacher was brought to the show for walking on the ropes. As he looked down, he saw some tigers roaring around. Though it was quite natural for the tigers to move and roar, the teacher became scared of them. He thought, ‘In case I fall down, these ferocious animals will rip me apart.’ And the teacher became so unnerved that he fell down in the arena screaming, “O God! Save me.”

The roaring tigers whispered, “O stupid man! We too are teachers of the same school and are only clad like you. Don’t panic like that, lest you should suffer a heart attack. We too are fake tigers.”

Similarly, all of us are but fake tigers. We boast saying: ‘I’ll do this, I’ll do that...’ while the heart keeps palpitating within. We become nervous on facing a small adversity. We should not be overwhelmed by any situation- pleasant or miserable. Sorrow is a thing to be trampled under our feet, while happiness is to be shared with others. You just keep alive to your Supreme Knowledge, the essential Being of the Supreme Self—the Guru.

Wise persons don’t become nervous under adverse circumstances. Rather, they learn from saints and *satsang* how to make prudent use of sorrow and happiness; and become blessed by



64 Divine Qualities of Lord Krishna

– Pujya Bapuji

(Continued from the previous issue)

46th quality of Lord Krishna is “**Very attractive to all women**”. He steals one’s heart. Lord Krishna said to a cowherd woman (Gopi), “Are you searching for your Lalla (son)? Look, I am your Lalla”. Thus he stole the Gopi’s heart. He has stolen your and my hearts. You just forget about your hunger, thirst and everything else while listening to the Lord’s tales in *satsang*. You feel mesmerized listening to his talks because he is a ‘stealer of hearts’.

47th quality of the Lord is “**All-worshippable**”. He is worthy of worship to all. His *lilas* and nature are so compelling that no intelligent and devout person can refrain from worshipping Him.

48th quality of the Lord is “**All-opulent**”. The Lord is opulent. Like a tale in the Mahabharata speaks about an incident when Lord Krishna ate a leaf of spinach from Draupadi’s vessel which made her guests Sage Durvasa and other Sages accompanying him feel fully satiated even without eating. This is God’s Lordship and the same is lying latent in you too. Pujya Sant Shri Asharamji Bapu once gave a bucket filled with *Prasada* (sweet food) and told the *sadhakas* to distribute it in a school. The headmaster of the school, Dilip Bhai went on distributing *Prasada* from the bucket with the help of some other *sadhakas* till late in the evening; but it did not finish. At last, when he prayed to Bapuji, the bucket soon became empty. This is the Lordship of God!



Indian Psychology: The Only Means of Universal Good

– Pujya Bapuji

(Continued from previous issue 255)

Even before the West had formally embarked on its journey of scientific discoveries, and when human civilization was yet to develop in other parts of the world, the philosophers and yogis of India were already engaged in serious studies on the various facets and problems of human Psychology. Yet present day Indian psychologists, who are raised under the influence of western science, are loath to admit even the existence of an Indian Psychological science. This is deplorable.

Indian psychologists have promulgated four states of consciousness – Jagrata (waking state), Swapna (dream), Sushupti (sleep) and Turiya (Super-consciousness). Western Psychology acknowledges only the first three of them. Western Psychology is atheistic. Only Indian Psychology has been found to be most useful in Self-development and character building, as it is highly influenced by Dharma.

Indian Psychology has been found to be most helpful in imparting Self-knowledge and facilitating (an overall) self-improvement. Positive methods and means to give up evil habits, adopt virtuous ones, understand the psychological phenomena and attain mind control have been thoroughly expounded in it. Thus it enables man to lead a happy, healthy and dignified life, and even attain Self-realization while living.

यं लब्ध्वा चापरं लाभं मन्यते नाधिकं ततः ।...

“Having attained Self-realization, he thinks there is no other gain superior to it; wherein established, he is not moved even by a heavy sorrow.”

(Shrimad Bhagavad Gita: 6.22)

Thus, one can attain even That which is greater than all other benefits, joys and wisdom.

Any attempt to erect an edifice of world peace based upon western psychological principles is like constructing one on pillars of sand. The two world wars were the result of Western psychology. Psychologists of the west are now realizing this fault. The aim of Indian psychology however, is to bring about a divine transformation of man for his further evolution. Only through its principle of ‘Unity in Diversity’ a general sense of tolerance as well as an atmosphere of active co-operation can be created among various

countries, classes, religions and races of the world.

Indian psychology expounds upon the effects of different foods on the mind and body, and gives a detailed account of the locations of the yogic chakras, the position of the Kundalini, sublimation of the sexual energy, etc.

Western psychology is the science of human behaviour. Indian psychology on the other hand is not only the science of mind, but also the science of the Self. Indian psychology lays great emphasis on control of the senses; whereas western psychology stresses upon the mental actions and constitution of the brain (central nervous system). It is the study of the mental phenomena conducted by a mind. And what makes it worse is that Freudian psychology is the study of abnormal minds done by an abnormal mind, because Freud suffered from various mental disorders. On the other hand, Indian psychology studies the ways and means to control the mind through the control of sense organs, verily in order to attain Self-realization. A proper remedy for mental stress which can permanently cure the negative tendencies inherent in the personality of some patient does not exist in western psychology. For this very reason millions of even intellectual followers of Freud fell victims to insanity.

There is no record of anyone becoming an accomplished Yogi by following the path of 'From Sex to Samadhi' although there have been cases of its followers becoming enervated, depressed and mentally unstable; while on the other hand, Indian psychology helps relieve one's mental tension through yoga, sadhana-chatushtaya (four methods of sadhana), virtuous traits, company of saints, spiritual practices, dispassion, knowledge, devotion, selfless service, etc. Through their regular practice one can attain a well-constituted and well-developed personality. This is how the followers of Indian psychology such as Panini (a foremost Sanskrit grammarian) and Kalidas (a great poet) became great scholars, even though they were dull in their early lives. Indian psychology has gifted thousands of great devotees, powerful yogis and Self-realized saints to the world. Hence, the true wellbeing of the individual, family, society, nation and the whole world lies in taking shelter of the Indian Psychology, instead of the Western one.

(Compiled from 'Yauvan Suraksha Part-2' a book published by the Ashram, to be continued)



Thus must be Your Mutual Trust

– Pujya Bapuji

Your behaviour should be such that your wife would have a great deal of faith in you. Your husband should have such a trust in you that if someone tells him –“Your wife is such and such..... I have seen her with someone.” –he would presently retort, “You must have seen someone else. My wife can never be like that.” The wife should win trust of her husband and the husband should win trust of his wife. Then only there comes a bit of grace in the household life. Likewise, all family members- father and son, mother and daughter and others should develop mutual trust.

So great is our True Self



The entire stock of diamonds and pearls of the world are mere pebbles in comparison to the treasures gifted to mankind by the Self-realized saints. The knowledge of our supremely blissful Atman has been openly given to human beings by Kali Kamalivale Baba in his spiritual book 'Pakshapatarahita Anubhav Prakash' which is also known as 'Adhyatmik Vishnu Purana'. Pujya Bapuji likes this book the most and He had given instructions to distribute the nectarine knowledge thereof to his beloved human beings through the medium of Rishi Prasad. Let us savour it as Prasad (grace) given by Him:

Maharshi Parashara delineates the nature of the Self to his disciple Maitreya through a description of the different experiences of various saints in the following: Vamadeva and other saints said to Dhruva, "I myself am lust, anger etc. as the seer of the dream; and free from them I verily am their witness too. I am myself the divine qualities like modesty and also the demoniacal qualities like arrogance; and I verily am devoid of them being their unattached witness, the Consciousness. I verily am the dream in which all pairs of opposites like knowledge and ignorance, good and evil are seen; and devoid of them I am their 'seer', the seer of the dream. Though I myself manifest in the forms of Brahma, Vishnu and Shiva in the dream, I am their knower, unattached, changeless, witness Consciousness.

Though my Consciousness manifests as Jiva (the individual soul) and Ishwara (God), I have no sense of being a Jiva or Ishwara. Despite having the disparity between the Self and the non-Self; I, the Consciousness, am free from any such disparity. I am the non-doer Consciousness, even while doing all actions -physical, verbal and mental. Even while being a vibration (manifestation), I am actually devoid of it. Though I appear to be a great doer, great enjoyer and great renouncer on account of Maya, I am actually neither an actor, nor an enjoyer or even a renouncer. Though I am all times, places and objects, I am actually absolute Consciousness devoid of time, place and objects and their differences. Though I take the forms of Dharma (righteousness) and Adharma (unrighteousness) I am the Consciousness devoid of them. Despite being both happiness and sorrow, I am the infinite Self devoid of them.

Just as a puppeteer causes all movements of the puppets, I am the Consciousness causing the movements of the mind and other things of the inert world. Though I am Consciousness having no support, I support all. I, the Consciousness, am myself the manifesting power, seer and substratum of the mind and world of names and forms. There is no manifesting power, seer or substratum of the Consciousness which is my being. Thus, I am the self-illuminated (self-knowing) Consciousness. All three times -past, future and present, and all substances existing in them are brought into manifest form by the Consciousness which is my being. There is neither knowledge nor ignorance in my Consciousness, just as there is neither day nor night in the sun. Nay, even day and night are caused only by the sun. Similarly, knowledge and ignorance (contd. on page 28)



University where the Jiva becomes Brahman



Obeying the command of Bhagavatpada Sadgurudev Sai Shri Lilashahji Maharaj, Pujya Bapuji put his lotus feet on the land of Ahmedabad on Guru Purnima, 8th July, 1971 AD (2028 *Vikram Samvat*). About the foundation of the Ashram, Pujya Bapuji says: “I had come for delivering *satsang* in Vadaj (Ahmedabad suburb). My mind got bored of the city environment. So I came to this place for a walk. The moment I came here, I felt some special sensation in my mind. I told the Samiti people- “How about building a cottage over here?” They said- “Yes Bapuji! We must build one.” I also joined the labourers in building the Moksha Kutir. I lived for almost 15 years in the Moksha Kutir.”

The construction of the Moksha Kutir was completed on Mauni Amavasya of the Hindu calendar year 2028, (1972 AD). Delineating the greatness of this ashram Pujya Bapuji says, “Sage Jabalya carried out penance at this place in ancient times. *Japa* and meditation have been being done here for the past 43 years. However restless and disturbed a man is, if he comes to this ashram, he begins to have some *sattvik* experience of Bhakti Yoga, Dhyana Yoga due to the spiritual aura of this place. The aura of this land is conducive to awakening one’s inner bliss.”

About 30-35 years ago, some tourists came to the Ahmedabad ashram. They were fascinated by the natural beauty and solitude. They asked Pujya Bapuji, “What activities are done over



here?” Pujyashree replied, “*Sandhya* is performed three times a day. Meditation and devotional practices are done.”

Astonished at this reply they asked, “Such a beautiful place! Isn’t any (professional) activity done over here?”

Pujyashree said, “This is a University awakening the *jivas* into their real nature Brahman.”

Under the benevolent guidance of Pujya Bapuji, many public welfare activities are carried out by the ashram, with innumerable people of different

classes as their beneficiaries. The branches of the giant banyan tree of this ashram have been spreading not only to the villages and cities of India, but also to some foreign countries reaching out to the hearts of millions.

The 43rd foundation day of this great place of penance and pilgrimage was celebrated on 20th January through a collective chanting of ‘Shri Asharamayana’, worship of Guru’s Paduka, playing of some rare *satsang* discourses delivered by Pujyashree; besides devotional songs, *kirtana* and prayer. Many *sadhakas* who have been benefitting in the pious company of Pujya Bapuji for the past 40-45 years narrated their divine experiences. All *sadhakas* prayed with distressed hearts to Pujya Bapuji, “O Guruvar! Everything is simply desolate without you. At least for the sake of us, your children, now come back soon to the ashram please!”

Dependence on the Guru is Supreme Freedom

– Pujya Bapuji



Dependence on the Guru or God is no bondage. It is a discipline lovingly, righteously and voluntarily accepted for attaining the light of Knowledge. The dependence on Shastras, Guru and God to get freedom from the dependence on passions is more beneficial than thousands of freedoms.

I lived under the restraint of my Guru. I had imposed the bondage on myself that I would get my beard and hair cut only after getting permission from my Guru for the same. I also accepted dependence on truth, which does not bind, but sets one free. If I had not accepted dependence on my Guru’s grace and disobeyed his commands, I would have become a slave to passions. However, I obeyed His commands; and He made me capable of serving crores of people. This is self-evident. I did accept dependence on Him, yet it turned into absolute freedom when the free Self of the Guru was revealed in my heart. So, to be obedient to the Guru is no bondage, but a gift which gives freedom from all bondages. If someone leaves dependence on his Guru, he does not get freedom, but great bondage. He becomes a slave to his mind and sense pleasures. Those who have got a Sadguru have attained the very highway to absolute freedom. Congratulations to them!

‘Rishi Prasad’ Conference – 2015



Following on from previous years, this year the ‘National Rishi Prasad Conference’ was held successfully in the Ahmedabad Ashram on the occasion of Uttarayan. Sadhakas and volunteers came from all over India and shared their experiences. They resolved to participate in the Suprachar Seva (propagation of truth) with full zest & enthusiasm to bring truth and goodness to society via ‘Rishi Prasad’. The saints present at the Saint-Convention held on this day, heaped praises on this spiritual magazine.



**Those only are the real disciples – Mahant Haridasji Maharaj,
Vaishnava Sampradaya, Digambar Akhara (Ayodhya)**

Even though Lord Rama was in no need of Hanumanji’s Vanara Sena (Ape-Army), God gave the latter the opportunity to serve and make their fortune great; similarly, when we serve selflessly, our fortune becomes great. Those are the real disciples who serve selflessly at this time of massive negative

propaganda.



**‘Rishi Prasad’ is the essence of all scriptures
– Avadhuta Mahamandaleshwar Shri Swatmabodhananda Puriji,
Niranjani Akhara**

My repeated reverent salutations to the holy feet of Param Shraddheya, adorable, venerable, Shrotriya Brahmanishtha, crest jewel among the saints Param Pujya Asharamji Bapu!

Not just one, but numerous selfless-service projects have been initiated by Pujya Bapuji. After hundreds of thousands of years, if there is any great man (after Lord Shiva) who has motivated people all over the world about Tulsi (Basil) plantation & worship, He is Param Pujya Sant Shri Asharamji Bapu! All saints and sages have had faith & reverence in Tulsiji in their hearts, but Pujya Bapuji, by announcing December 25th as ‘Tulsi Worship Day’ in the form of a drive, made worship of Tulsi widely practiced.

Pujya Bapuji is a great man with a divine vision. He distributes the ambrosia of the entire Gita-Bhagavat, Ramayana, Upanishads etc. re-interpreted in the context of modern times and in simple language. He extracted the essence of all those scriptures and presents it before society; that very text is called – ‘Rishi Prasad’.

Biographies of great men, meritorious days and teachings on ethics, religion, mythology, spirituality and Ayurveda, along with the guidelines on practical Sadhana – is all available in Rishi Prasad. In my view, ‘Rishi Prasad’ and ‘Rishi Darshan’ is a great gift given to the world by Pujya Bapuji.





Mahant Shri Vinod Kumarji, Sant Keshavdas Darbar (Ahmedabad): Puja Bapuji will definitely be amongst us very soon. No power can stop Him. 'Puja Bapuji is sitting in front of us. We are hearing His ambrosial words....' What a magnificent scene it would be! What a blissful state it would be! The mere thought of this fills the heart and mind with joy and bliss.



Shri Ghanshyamanandji, Chairman, Vedic Divine Association: The way Bhagavata is the embodiment of Lord Krishna, similarly Rishi Prasad is the embodiment of Bapuji; it is His verbal image. Rishi Prasad comprises of Guru-Bhakti (devotion to Guru), Govinda, Gita, Ganga as well as Gau-Seva (selfless service to cows). It contains everything. Uttarayan festival is the anniversary day of the spiritual video magazine 'Rishi Darshan' DVD.

We cannot give up hope

We cannot give up hope, 'Bapuji will come soon.'
These eyes are thirsty for Guruvar's darshan soon.

The only hope we have is 'Bapuji will come soon.'

We yearn only for having His darshan.

O Guruvar, please hear this prayer.

We cannot live without You.

The world may do anything,

'Bapuji will come soon.'

I cannot set my heart on anything but You.

Who can be salted by me except You.

Eyes are showering tears like rain clouds.

Eyes are thirsty for Your darshan.

Your children are calling, 'Bapuji come soon.'

These eyes are thirsty for Guruvar's darshan soon.

None is equal to you except God.

Just don't desert me thus, You are my sole refuge.

Your children are calling, 'Bapuji come soon.'

These eyes are thirsty for Guruvar's darshan soon.

You are my father, I am your child.

Who did you entrust us before leaving us?

We are crying and calling you Bapuji come once.

These eyes are thirsty for Guruvar's darshan soon.

We have lost the battle.

You are mighty, O my God.

Do some miracle, O Lord, Your

name is remover of pain.

Accept my prayer Bapuji come once.

These eyes are thirsty...

– Toran Jaiswal, (Bhola), Ahmedabad.

Received the Young Scientist Award



I was initiated into the Saraswatya mantra by Puja Bapuji in 2008. My memory power and intellectual prowess developed amazingly with the japa of the mantra. I did japa and prayed to Bapuji at bedtime. Hence Bapuji used to disclose the results of the examinations to me in dreams even before their declaration in all three years of graduation. I have done M.Sc. in chemistry and am doing Ph.D. at present. In the satsang program held at Raipur (Chhattisgarh) in July 2012, Puja Gurudev blessed me to become a scientist and also imparted me a mantra. I started japa of that mantra with implicit faith.

After that, thanks to Puja Bapuji's benign grace, I received the Young Scientist Award from Indian Chemical Society in December 2014. The slanderers who have no Guru can never realize what peace, bliss and knowledge we get from Puja Bapuji. I am a member of the 'Yuva Seva Sangh'. I feel blessed to participate in various service activities for social uplift being carried out by Puja Bapuji through the Yuva Seva Sangh. There has come a tremendous rise in my virtues and wisdom in the pious company of Gurudev and by dint of doing selfless service. I prostrate myself with reverence at the holy feet of such a powerful Rishi Puja Bapuji.

– Arvind Kumar Sahu, Durg (C.G.)

Mob. No. 9981132307



Charismatic Baba (Saint) – Asharam Bapu

(As reported by the newspaper
– ‘Sachcha Lekhan’)



Asharamji Bapu was taken to AIIMS Trauma Center, Delhi for a health check-up. On Baba's arrival to the railway station, several thousands of devotees were gathered there. It is noteworthy that despite Baba being charged with such heinous allegations, His devotees are not leaving Him? Is Baba being victimized by perpetrators of a foreign or political conspiracy? The team of 'Sachcha Lekhan' newspaper had a tête-à-tête with Baba's devotees and opponents (coming from various locations) present at places like Jodhpur Jail, court premises, AIIMS hospital, railway station etc. Presented below are some excerpts of conversation with them:

Question to devotees: "Why do you trust Baba despite Him being charged with such a serious allegation? Has Baba given you anything?"

Answer: "Even before the present allegation, many allegations were leveled against Bapuji but none have yet been proven. Similarly, this one too is a fictitious allegation, He is being framed. Bapuji has never said, "You worship me." Even the mantra initiation he gave to us is of divine Name. Only Bapuji has explained to us the importance of God. Hence, to us – it's Bapuji first, then God!"

Question: "Why do you think that someone wants to frame Bapuji? Who are these people and why do they want to frame Him?"

Answer: "Because followers of Western culture, through spreading evils like Bidi, cigarette, Paan-Masala, Non-vegetarian diet, alcohol etc. in India; want to enslave Indians and thus undermine India's foundation. Bapuji has awakened society by explaining the truth behind them and making the former aware of the facts. Hence, these people (supposedly 'Westerners') started spending money on Bapuji's defamatory propaganda."

Question to opponents: "Why do you think that Baba is (rightly) accused of rape? Why do you oppose Him? Has anything wrong ever been done to you as well?"

Answer: "No, we have only heard about it and also, many allegations have been leveled against Bapuji in the past. We have never seen anything to support these allegations."

Question: "Do you take any intoxicant?"

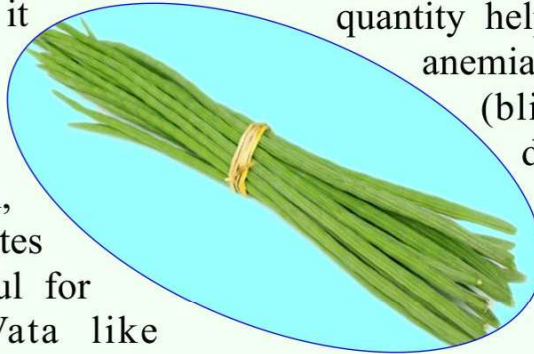
Answer: "We do so daily, but what interest is this of yours?"

We have seen many such Babas & saints, who, once charged with some sort of allegation, saw their entire activities and operations thwarted; their supporters too turned away from them. But it's really amazing that despite such serious allegations leveled against Asharamji Bapu, his supporters not even think to leave him!



Horseradish - Full of medicinal properties

The pod of horseradish (*Moringa pterigosperma*) is sweet in taste, astringent, tasteful, light in digestion, hot in potency and a stimulant of the digestive fire. Its flowers and tender leaves are cooked. As it mitigates increased Kapha, it is especially useful for diseases caused by Kapha like breathlessness, cough, catarrh, etc. As it mitigates increased Vata it is useful for diseases caused by Vata like rheumatic arthritis, osteoarthritis, rheumatoid arthritis, deep-seated inflammations and Vata related disorders. It is beneficial for enlarged liver and spleen, renal stones and urinary bladder stones, worm infestations, abscess, obesity, and goitre. It is a rich source of vitamin A. It is semen promoting and good for heart and eyes according to Ayurveda.



Medicinal uses:

- * Take 30 ml leaf juice of

horseradish with a spoonful of honey at bedtime for 2 months. It helps in night blindness. It is more beneficial in winter.

- * Cooked leaves taken in small quantity help in iron deficiency anemia and xerophthalmia (blindness caused by deficiency of vitamin A)

* Grind leaves with water and heat the paste a little. Apply it on painful joints to get relief.

- * Apply leaf juice on head and then wash it. It helps in dandruff.

Caution: Use only fresh and fleshy pods for cooking. Dry, big-seeded and more fibrous pods cause windiness in the stomach. Pitta constitution persons and patients of Pitta related diseases should not take it. Pitta constitution people should use it with the advice of an Ayurvedic physician. It is contraindicated in renal impairment.

Gojharan Ark

Benefits: It helps in Kapha related diseases (colds, cough, etc.), catarrh, Vata generated disorders, stomach diseases, flatulence, indigestion, windiness in the stomach, dysentery, liver disorders, jaundice, polyuria, arthritis, rheumatism, body pain, worm infestation, paediatric diseases etc.



Doses: Take 10 ml Ark invariably mixed with 25 to 30 ml water on an empty stomach.

Gojharan Tablets

Benefits: It is useful in diseases caused by imbalance of kapha and vata, liver disorders, stomach diseases, flatulence, gout, body pain, dyspepsia, windiness in the stomach, dysentery, jaundice, polyuria, arthritis, rheumatism, worm infestation etc.





Cough Syrup

Benefits: It is a good remedy for all upper respiratory tract infections, common cold, cough, asthma and dry cough. It is useful for both children and adults.



Tooth Powder

Benefits: Besides keeping the teeth healthy, stain-free white and strong it also relieves toothache, bleeding gums, and bad breath.

(Available at all Sant Shri Asharamji Ashrams and service centres of Samitis)

Simple Home Remedies:

A wholesome drink for heart

Remove the skin of four almonds steeped overnight in the morning, and grind them thoroughly with 10 basil leaves and 4 black peppers. Mix it with half a cup of pure water and drink it. It helps in many types of heart diseases. It nourishes the brain and purifies the blood.

A nutritive analgesic for joints

Take powdered turmeric, fenugreek seeds and dry ginger 100 grams each. Mix them with 50 gm Ashwagandha (*Withania somnifera*) powder. Take 2 gm of this mixture with lukewarm water one hour after meals. It helps in joint pain, gout, backache and other Vata related diseases. It nourishes the body.

The Elixir of Life - Sri Paramhansa Avataarji Maharaj

- * To take shelter of a perfected Sadguru and to obey his commands is the only easiest way to attain Moksha.
- * Nothing is obtained by scriptural debates. Don't waste your precious time in debates. Follow Sadguru's precepts in stead and make your life fruitful.
- * If somebody asks how to get a true Sadguru, the answer is – by true earnestness. If you are not able to come by a Guru, it only means that you are not earnest enough. If one seeks with earnestness it is not possible that one will not find the beloved (Sadguru).
- * The uniqueness of the durbar of a true Guru is that even a lewd person becomes *adhikarin* (a qualified aspirant after liberation) and attains the supreme goal of his life.
- * One endowed with faith and love beholds his Sadguru in everything. If somebody wants such *darshan* (beholding Sadguru in everything) before believing, it depends on his earnestness and Sadguru's grace.
- * Poverty or richness does not hold any significance in the realm of Bhakti. The Lord looks at the sentiment of the (devotee's) mind. Whosoever has attained God has done so by the dint of true love.
- * The lovers of God are not perturbed by physical pain. They remember God with patience and calm.
- * To deliver His lovers from troubles is God's very nature.
- * Don't interfere in God's will. Don't try to get your wish fulfilled. Believe, what He likes, to be truth and obey it.
- * The easiest and the most joyous thing in the world is *sumiran*, (to remember God) for it can be done while sitting, walking, lying down or doing worldly chores. It is surprising that people neglect it even though it is more profitable than any other activity.
- * Better it is to do *naam sumiran* being a *Gurumukh* (one who has completely surrendered himself to the Guru) than visiting all pilgrim places and observing *vratas*.
- * One who is trying to earn spiritual wealth is free from attachment and hatred. Where there are attachment and hatred, there is no spirituality.

india's unique gift to the world of therapies- Acupressure

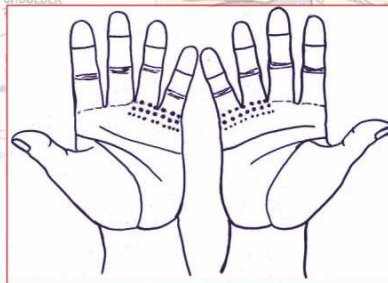
Acupressure, invented by the sages and Munis of India, is a simple, innocuous, self-help, non-violent scientific therapy. This is an effective and very useful therapy in which the disease is cured by applying pressure on reflex centers of the body. Anyone can easily learn acupressure and cure others at home without any adverse effects. Diagnosis, treatment and prevention of disease can be done simultaneously with great ease by this therapy.

New instruments have been developed in this field, which are easily available to purchase. They can be used with little precaution.

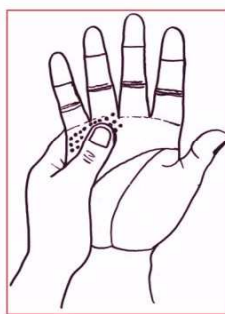
Treatment for Ear problems

Various problems like earache, loss of hearing, deafness, tinnitus, can be cured by administering acupressure on the major and extra acupressure points located in the hands and feet.

Major trigger points: These points are located in the third finger (ring finger) and fourth finger (little finger) of the hands, and third toe and little toe of the feet where they meet the palm of the



3



4



5

hand and sole of the foot. (Please see pictures- 1, 2, 3, 4)

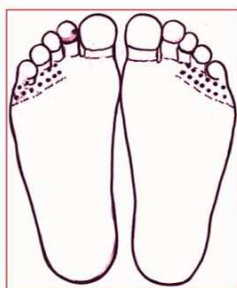
Extra pressure points: * These points are located near the middle part of the external ear and in the lobule of the ear. (Please see picture- 5)

* Apply pressure with your thumb just behind the ear, on the lower side, where there is a small pit for some seconds. This is extremely helpful in deafness. (See picture- 6)



6

Note: Regular cleaning of the external auditory canal prevents ear diseases. The use of 2-3 drops of lukewarm mustard seed oil in healthy ears once every few days prevents many ear diseases.



1



2

The Ceaseless stream of philanthropic activities

Various programs held at Ahmedabad ashram on Uttarayana

A yearly conference of branches of Shri Yoga Vedanta Seva Samiti and Yuva Seva Sangh was held at Ahmedabad ashram on 14th January, Uttarayana. A mass Yajna was performed and Aditya hriday Stotra was recited on 15th January for early release of Pujya Bapuji. On the same day, the yearly national conference of Rishi Prasad was held, in which many virtuous souls engaged in this great service throughout the nation, took part. Saints coming from different parts of India enlightened the audience on the glory of Rishi Prasad. (See page. 28). A beautiful drama based on Rishi Prasad was presented. The saints inaugurated three books at this sacred event. (1) Seva Sanjivani and Rishi Prasad Seva Margadarshika (2) Divya Shishu Sanskar (3) Kanon Parivartan kab?

‘Mahila Utthan Mandal’ organized a conference- ‘Divya Shishu Sanskar’ on 16th January. Guidance was provided through Satsang discourses delivered by Pujya Bapuji and lectures were given by medical specialists and psychologists.

All sadhakas who attended these programs remembered Uttarayana Dhyana Yoga Shivirs held in the presence of Pujya Bapuji. A call emanated from their hearts- “Bapuji, please come now.”



Distribution of blankets among the poor and Bhandaras

Service campaigns are run every year in winter for distribution of blankets among the poor, tribal and helpless people. Bhandaras were organized in which blankets were distributed under this project in Ayodhya, Gorakhpur, Sultanpur (U.P.); Bhusawal, Boisar (Mah.); Bhavnagar, Chhariya, Sarki Limdi (Guj.); and Kolkata. Blankets were distributed at Raipur (C.G.), Newai (Raj.),

Dharwad (Karnataka), and Modinagar (U.P.). Food grain was given at Godhra (Guj.) and Bhandaras were organized at Amritsar (Punjab), Iglas (U.P.), Bhavnagar (Guj.) and Panched, Susner and Petlawad (M.P.)

Gwalior ashram organized a program of mass Divine Name Chanting at tribal villages Imlia and Murkheda in which blankets, caps, fresh dates, books 'Nashe Se Savadhan' and Suprachar booklets were distributed. A Kirtana procession was taken out in Ludhiana in which free food was served to all.

Continuing the 18th year old tradition, a special service shivir was held this year also in Kolkata for pilgrims visiting Gangasagar.



Yuva Seva Sangh celebrated 'Youth Day'

'A Yuva Seva Shivir' was held on Youth Day in Bhopal, Mandideep (M.P.), Surat (Guj.), Jammu, Agra, and Bengaluru. A rally was taken out in Sion (Mumbai). Clothes were given to the poor in Mainpuri (U.P.)



Awakening the Nation through Kirtana Yatras

Pujya Bapuji's sadhakas spread spiritual vibes in their localities even in the biting cold by doing Kirtana of the Divine Name in Prabhatferis. Prabhatferis were taken out and Suprachar booklets were distributed to people in Indore, Dewas, Sagar (M.P.); Bhilai (C.G.); Sirsa, Rewari (Haryana); and Rudrapur (Uttarakhand). Sankirtana Yatras were taken out in Kolkata, Kanpur, Birgaon dist. Raipur, Nandininagar (C.G.), Vrindaban (U.P.), Mandvi dist. Surat (Guj.). Rashtra Jagruti Yatras were taken out in Dunawa, Multai (M.P.); Ludhiana, Rajpura, Dinanagar dist. Gurdaspur (Punjab); and Barmer (Raj.). Suprachar Yatras were also taken out in some areas of Vadodara-Makarpura, Vasna, Chhani, Bhayali, Vaghodia road, Sama, Diwalipura and Manjalpur in which booklets

like 'Satyameva Jayate', 'Lok Kalyan Setu' and 'Rishi Prasad' magazines, and 'Parents' Worship Day' pamphlets were distributed. Suprachar Yatras have been taken out daily in Ghaziabad and Bhubaneswar for the past 501 and 305 days respectively.



De-addiction Campaigns



De-addiction processions were taken out under this campaign in Taloda dist. Nandurbar (Mah.), Bilaspur (C.G.), Kanpur and Lucknow (U.P.) in which booklets for de-addiction were distributed.,



Programs for Students' Uplift

Programs were held in schools of Bengaluru (Karnataka), Ferozepur (Punjab), Karavalnagar-Delhi, Tarsali, Vadadala dist. Vadodara (Guj.) under 'Yoga Va Uchcha Sanskar Shiksha Karyakram.'

Thousands of students and hundreds of teachers took the benefit of 'Natural health and Yoga training programs' held in many schools of Malegaon. They asked for such programs on weekly basis. Such a program was organized in Barmer also. Parents' Worship Day program and Yoga Va Uchcha Sanskar Shiksha programs were held in schools of Manjalpur, Fatepura, Gajravadi areas of Vadodara (Guj.). A shivir for brightening the future of students was organized in Berhampur (Odisha). 'Jyot se Jyot Jagao conferences' were held in Vadodara, Cuttack (Odisha), Pali, Udaipur (Raj.) and Saharanpur, Gorakhpur, (U.P.).

Students of the Ahmedabad Gurukul excelled in cultural programs!

Students of Sant Shri Asharamji Gurukul, Ahmedabad won first prize in the cultural programs organized by the Government of Gujarat in Gandhinagar (Guj.) on the 66th Republic Day. Mr. Pradeepsingh Jadeja, Minister of Law, Government of Gujarat awarded prizes to students. In this program 125 students of the Gurukul presented 5 types of 9 storey human pyramids. Thousands of spectators applauded them greatly.

Rishi Prasad conference

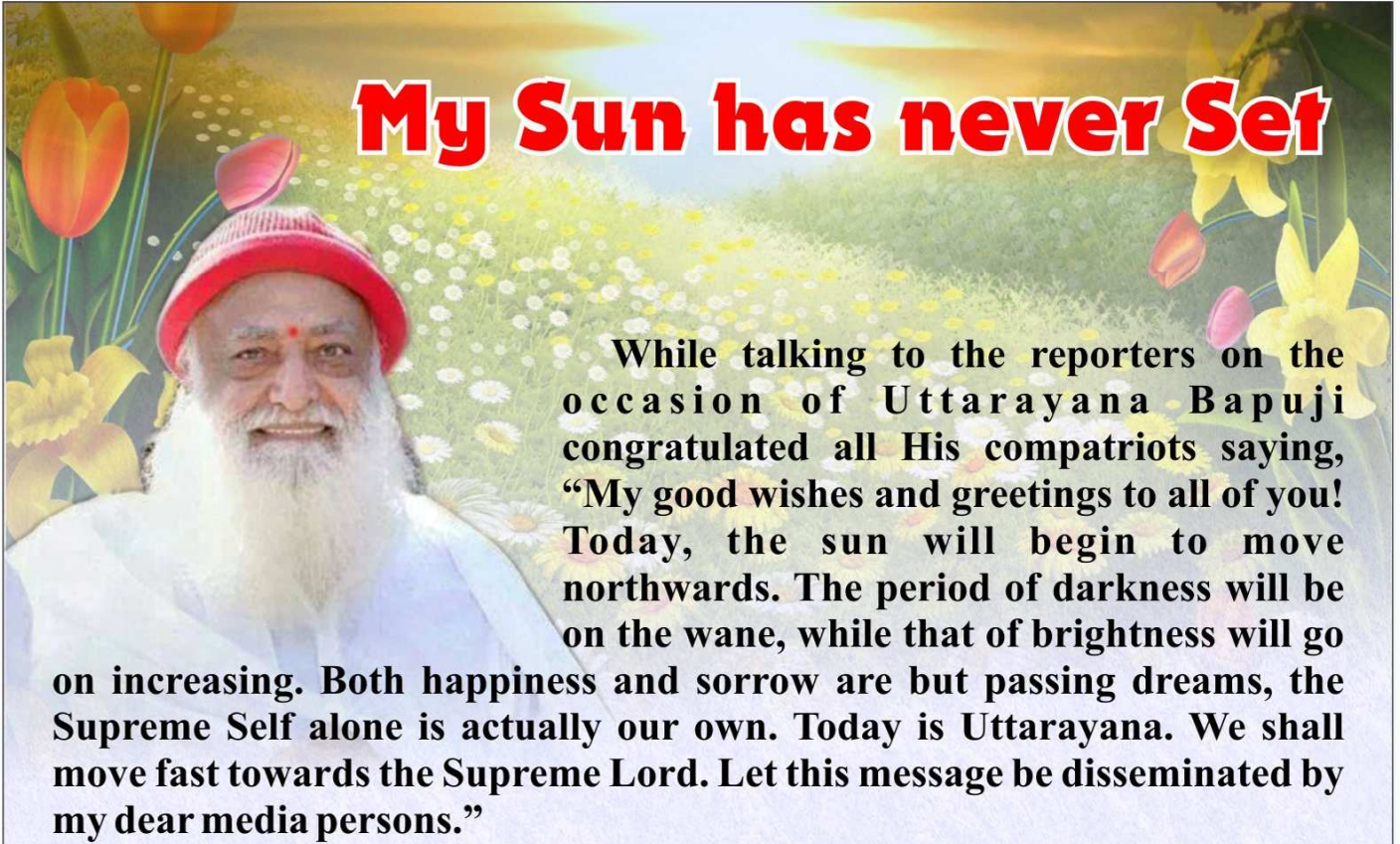
Virtuous souls engaged in Rishi Prasad service from 14 districts took part in a 'Rishi Prasad conference' held at the Lucknow Ashram on 25th January. Sadhakas who made 25 or 100 subscriber members of Rishi Prasad felt highly blessed on receiving mementos and Raksha Sutra touched by Pujya Bapuji as the reward for their achievements. Sadhakas took a pledge to accelerate this service of disseminating the words of Gurudev and the message of Indian culture published in 'Rishi Prasad' to the masses.

Other services

Mahila Utthan Mandal organized 'Sanskar Sabha' in Patna (Bihar) and Pathankot (Punjab) and 'Mahila Sarvangin Vikas Shivir' in Vadodara (Guj.). A free of charge 'Yoga Training Camp' was held at Barmer (Raj.).



My Sun has never Set



While talking to the reporters on the occasion of Uttarayana Bapuji congratulated all His compatriots saying, “My good wishes and greetings to all of you! Today, the sun will begin to move northwards. The period of darkness will be on the wane, while that of brightness will go on increasing. Both happiness and sorrow are but passing dreams, the Supreme Self alone is actually our own. Today is Uttarayana. We shall move fast towards the Supreme Lord. Let this message be disseminated by my dear media persons.”

Reporter: “When shall your sun rise? (When will you be in the ascendant?)”

Pujya Bapuji: My sun has never set (I have never been in the descendent), it is always shining. I am happy in all the circumstances. The more difficulties I face, the stronger I come out therefrom; and I have so great a faith in the judiciary which has exposed all allegations made till date! I am really proud of our country’s judiciary.”

Reporter: “How is your health?”

Pujya Bapuji: “If I say my health is worse it will become worse. It’s good in whatever condition it is. Whatever is the state of my health, it is good.

“They alone are the perfect men, who are happy in all circumstances.”

Reporter: “Bapuji! Ashokji Singhal had come to meet You...”

Pujya Bapuji: “Ashok Singhalji came to see Me even at this ripe age. Virtuous persons still have regard for virtuousness.”

Reporter: “Ashok Singhal met you. You seem to be very happy?”

Pujya Bapuji: “This is simply your imagination – ‘very happy’, ‘less happy’ ...”

Message delivered on 20th January

Pujyashree: “The devotees should remain happy. The Self is immortal; this world is but a passing dream, while the Supreme Self is actually our own. Many media persons are living deities who disseminate the words of *satsang*. They don’t distort the facts, and hence are so very dear to Me. Thanks to them all.”

'Parents' Worship Day' reverberates through the nation, a glimpse of the programmes



Dhamtari (C.G.)



Chandur bazar, dist. Amravati (Mah.)



Vapi (Guj.)



Dunda-Raipur (C.G.)



Chanod, dist. Valsad (Guj.)



Vadodara



Morshi, dist. Amravati (Mah.)



Kanpur



Bhanpuri-Raipur (C.G.)



Bilaspur (C.G.)



Raoti, dist. Ratlam (M.P.)



Patiala (Punjab)

"Yoga Va Uchha Sanskar Shiksha" programmes being run in our schools



Kaithal (Haryana)



Hyderabad



Bengaluru



Satara (Mah.)



Ramnagar, dist. Anand (Guj.)



Panipat (Haryana)



Rajkot (Guj.)



Kendupadarpada, dist. Ganjam (Odisha)



Kartarnagar-Delhi



Bargaon (M.P.)



Barmer (Raj.)



Sagwara (Raj.)



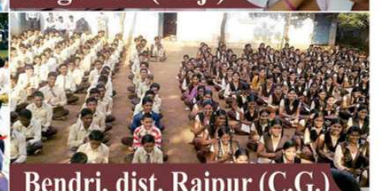
Vadodara (Guj.)



Chikhli, dist. Dungarpur (Raj.)



Jabalpur (M.P.)



Bendri, dist. Raipur (C.G.)

A few glimpses of the ongoing Rashtra Jagruti Yatras in Madhya Pradesh



Multai, dist. Betul



Dhar



Harda



Rijgaon, dist. Harda



Sodalpur, dist. Harda



Sirkamba, dist. Harda



Dunawa, dist. Betul



Manawar, dist. Dhar

We are unable to publish all the photos due to lack of space. For many more photos, please log on to www.ashram.org/sewa. Ashrams, samitis and sadhaka parivars may send their service photos to sewa@ashram.org through e-mail.

National Rishi Prasad Conference, Ahmedabad Rishi Prasad Conference, Lucknow



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'National Rishi Prasad Conference',
 'Shri Yoga Vedanta Seva Samiti Conference'
 and 'Divya Shishu Sanskar Conference'
 (conducted by Mahila Utthan Mandal)
 were held in Ahmedabad on the
 occasion of Uttarayana.



Students of Sant Shri Asharamji Gurukul, Ahmedabad excelled in cultural programs



Superlative feats of Ahmedabad Gurukul students leave spectators spell bound! Won the First Prize in the 66th Republic Day Celebrations organized by the Government of Gujarat at Gandhinagar



Sadhakas distributing blankets, clothes, food grains and other necessities of life



Godhra (Guj.)

Suliyat, dist. Panchmahal (Guj.)

Boisar, dist. Palghar (Mah.)

Lucknow

Jantar-Mantar, Delhi

Ghaziabad

Chhariya, dist. Panchmahal (Guj.)

Varachha-Surat

Manawar, dist. Dhar (M.P.)

Gondia (Mah.)

Sultanpur (U.P.)

Sarki Limdi, dist. Banaskantha

Gorakhpur (U.P.)

Chirmiri, dist. Korea (C.G.)

Raipur (C.G.)

Angul (Odisha)

Farrukhabad (U.P.)

Gwalior (M.P.)

Kolkata

Bhusawal (Mah.)