Our parents and Guru are our well-wishers; hence we must respect them, and additionally offer them worship and salutations, beholding the divinity in them. - Pujya Bapuji

So, let’s celebrate Parents’ Worship Day on 14th February

Maha Shivaratri: 4th March
Maha Shivaratri is the festival to get repose in the Atman, transcending the body; and to enhance continence and austerity. - Pujya Bapuji

Holika Dahan: 20th March
Dhulendi: 21st March

Harmful Holi
Chemical colours and vulgarity decline health and Life Energy

Wholesome Holi
Playing Vedic Holi, inspired by Bapuji, with natural colours, such as those of Palaash flowers, promotes health
Message of the Veda Bhagavan for Sadhakas treading the Path of Truth

Maa tvaa muraa avishyavo mopahasaavaaa aa dabhan | maakim brahmadvisho vanah ||

“(O my dear Soul! O my dear mind!) Let not fools and egocentric people (who desire nothing but physical wants and sense gratification) destroy or suppress you; and do not get suppressed by those who mock or beguile you. May you not keep company with the men who do not adore Brahma Jnana and the Supreme Lord.”

(Rig Veda: Mandal 8, Sukta 45, Mantra 23; Samaveda: Mantra 732; Atharva Veda: Kanda 20, Sukta 22, Mantra 2)

The Veda Bhagavan says: “O wayfarer of the path divine! O sadhaka devoted to the Knowledge of Brahma! O dear Soul! When you proceed to establish yourself in the Truth-nature Supreme Self by means of Karma Yoga, Bhakti Yoga and Jnana Yoga for the good of the people; many selfish-forces of the world would confront you to impede your progress. When you engage yourself in divine works for the good of the entire society in accordance with the dictum: ‘May good betide all, May auspiciousness betide all’, delving deep into the ideal preached by God and SatGuru, working together with the virtuous souls practicing the Yoga of service; many unenlightened and deluded persons would not understand it and hence oppose and slander you. Those egocentric people, whose selfish interests would be threatened by the aforementioned selfless welfare-activities, or those who would fear so, would undoubtedly throw obstacles on the path of your progress, backbite about you, spread rumours and harass you in various ways. But O my dear Soul! O virtuous one engaged in divine work! Let you not become afraid of them, do not become suppressed by them, do not get destroyed by them. You will certainly conquer all of them in the end. Your vigour is indomitable.

The opposing forces attempted to thwart the benevolent, social welfare activities of Adi Shankaracharyaji, the true and worthy disciple of Shri Govindpadacharyaji; but He and His disciples, bearing many hardships, promulgated the knowledge obtained from their SatGuru in society and revived Sanatan Dharma (in India).

Swami Rama Tirthaji, in his message to those treading the path of spirituality, says: “Install yourself in the Truth alone. Do not fear the fact that the majority is against you.”

O sadhaka devoted to virtuous action! Seeing the auspicious and far-sighted virtuous work of benevolence, being executed via you for the material, divine and spiritual uplift of society, something the general-public has so far been ignorant and unaware of, those egocentric people would ridicule you and even caustically mock you. But O dear Soul! Never be influenced or dismayed by such people; instead, remain unperturbed, calm and equanimous; and let all these things pass-by, remaining detached from them considering them pitiable.

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The knack given by a Self-Realized Guru averts problems

There was a Self-Realized Great Man who went to a king while wandering from place to place. The king welcomed him courteously. The Great Man asked: “What do you want, son?”

King: “I become upset upon looking at my neighbour king. He has grown old, but his son is young who is now going to be enthroned. Maharaj! Bring his head to me.”

Although Self-realized Great Men are accessible to the people, everyone has their own choices (desires). One person likes something while the other person likes something else, but Gurus make an ideal synthesis of their demands for the best outcome.

The king was committing the mistake of being envious of his neighbour, though for his welfare the Mahatma said: “So all you want is the head of neighbour king’s son? I shall bring it now.”

The Mahatma went to the neighbour king.

The neighbour king stood up and welcomed him reverentially knowing a Self realized Great Man had come. He said: “Maharaj! What service may I render to you? What do you want?” Worldly people think that the Maharaj comes to get something. They don’t know that Great Men (Maharaj) can give anything and they give something that fills all the treasures.

The Mahatma said, “I want the head of your son.”

The king called his son and said, “Take him Maharaj! What will be the use of his head alone? Take him completely.”

Maharaj: “This is even better.”

The Mahatma arrived at the first king and said: “King! Not only the head; I have brought the trunk with limbs as well.” The king was greatly delighted.

The Mahatma asked: “Do you have a son?”

He said: “Maharaj! I have a daughter.”

“Just call her.”

The king called his daughter.

Maharaj: “Both of you stand beside each other.”

Maharaj said: “King! What a matching pair this is! How beautiful they look! Arrange their marriage.”

The king’s jealousy turned into love.

Jealousy is such a fire which destroys one’s ability. The jealous man ruins himself. Don’t deplete your energy and time in internal conflicts. This is a game of Vrittis (mental modifications). Jealousy or aversion towards any person does not last forever. Attachment also doesn’t last forever. Vrittis are ever changing.

Life energy is depleted by bearing jealousy and aversion. Life energy is increased by behaving affectionately with all living beings with the bhava of ‘all this is Vasudeva (the innermost Self).’ Hence, eradicate jealousy and hatred, help others to do the same; and all become united and vigilant for the service of Culture.

Utilise your time and energy for the performance of benevolent acts and attainment of the joy of devotion, Yoga and peace through remembrance of the inner Self, the Supreme Self and liberation by attaining supreme bliss, the bliss of the Supreme Self. Human life is given to us only for this. This understanding is obtained from the Satsang of the Great Men.
Festival for awakening and repose in the Self

– Pujya Bapuji

Maha Shivratri, from a religious viewpoint, is a day to earn religious merit. If seen from a geographic viewpoint, cosmic rays come to the earth on this day from space that affect the human mind and body. On this day the more one will do japa and meditation while observing mauna (silence), the more will he benefit.

Maha Shivaratri is not a day to drink bhang (a drink prepared from hemp). Lord Shiva has a habit of destroying the worlds, which means destroying the sense of reality of the worlds, but Bhang addicts misinterpreted it and started to drink Bhang (on this day). Lord Shiva doesn’t drink Bhang which makes the neurons unconscious. Lord Shiva drinks the Bhang of Brahma Jnana and meditation. Lord Shiva, along with His consort Parvati, goes to the hermitage of sage Agastyap to drink the Bhang of Brahma Vidya.

Which Bhang will you drink?

So you should also drink Bhang in the morning of Maha-Shivaratri. But which Bhang will you drink? Drink the Bhang of Brahma Vidya (the science of Brahman, absolute reality), Brahma Jnana (knowledge of Brahman). Wake up in the morning and pray to God while sitting in bed, ‘Ah! O God! May I like the joy of God, divine joy only... Shiva Shiva... I am Knowledge Absolute, Bliss Absolute... I am He, I am He. (Shivoham, Shivoham).’

Drink the Bhang of Brahma Vidya with such mental attitude. And resolve that ‘today, I will remain happy.’ Love Lord Shiva while worshipping Him and salute mother Parvati while chanting ‘Om Namah Shivaay... Namah Shabhavaaya Cha Mayobhavaaya Cha Namah Shankaraaya Cha Mayaskaraaya Cha Namah Shivaaya Cha Shivataraya Cha...’ Then mentally go to the bank of the River Ganges, have a holy dip and come back. This type of mental worship uplifts and purifies one greatly. It is very important worship and very easy, anyone can do it.

If one hasn’t seen the banks of the River Ganges, chant ‘Ganga Mata Ki Jai’ and mentally take a holy dip. Then fill a jug with water and slowly pour on a Shivalingam, don’t sprinkle the water hurriedly. If you do not know how to chant ‘Namah Shivaaya Cha Mayaskaraaya Cha...’ then pour water on the Shivalingam while mentally chanting ‘Jai Bholaa naath... Namah Shivaaya Namah Shivaaya...’, mentally offer a flower garland and Bael leaves. Then apply a tilak with the Kumkum to goddess Parvati and pray: ‘Please let me meet the Atma Shiva, Shiva as Atman.’ You can worship by this type of devotional practice for beginners.

Three important points of Maha Shivaratri Vrata

Maha Shivaratri is not an occasion to decorate the body with new clothes, nor for relishing sweets with your tongue. It is an occasion to reposes in the Atman, transcending the body. It is an occasion to increase continence and penance. If (Continued on page: 13...)
What an ocean of compassion, affectionate to devotees and care taker is my Gurudev!

(Continuation of the previous article - An ocean of compassion, a visionary, and the King of Yogis is my Gurudev)

One apple doubled my weight

My body was very weak and thin. My weight was just 45 kg. Once, on a full moon day, I was in the queue to have Bapuji’s darshan. Bapuji said to me with a sweet smile on his face: “Why should my disciple look like this!” Then (indicating towards himself) he said, “Be like this!”

Pujyashri became ecstatic and threw an apple affectionately towards me and said: “Take it! Eat it, and you will become what I said.”

I took the prasadam. Within a few months, my weight increased to 90 kg. Due to the increase in body weight, the weakness of my body also went away. Even now I can work for 72 hours continuously. No matter how much I walk or work, I don’t feel tired at all.

And the thief started telling the truth...

When I took the vow of having darshan of Pujya Bapuji on every full moon day, I also took the vow of silence (to observe mouna) on every Sunday.

Once, I was travelling from Vadodara to Delhi by train to have Bapuji’s darshan on a full moon day. A pickpocket stole a person’s wallet. After the complaint was reported, the police arrived and started to interrogate each and every one.

It was a Sunday, the day of observing silence for me. A Policeman came to question me but I didn’t break the vow of silence. I was about to write down my innocence after taking out my pen, but the policeman suspected me of theft and started beating me. Realising that the thief was caught, the other 2-4 policemen also came towards me.

Meanwhile Gurudev played such a lila that the thief blurted out, “Oh! Don’t beat him. I stole the wallet; see it is here.” When the truth was revealed, the policemen apologized to me.

How affectionate Gurudev is to His devotees! Gurudev made the thief confess, as I was observing the vow of silence. With Gurudev’s grace I have been observing the vow of mouna continually to this day.

Pujyashri mentions about the glory of the vow (Vrata) in His satsang discourses, “The fruit of Vrata is devotedness. If you are firmly devoted, any obstacle, hurdle or trouble you encounter will be removed by your willpower. You should observe one or the other Vrata in your life. It will strengthen your willpower.”

Only two camps were attended...

This incident occurred in 1997. I did not have a child despite leading a married life for 4 years. The doctors said that my wife had a serious uterine problem and hence, could not conceive a baby.”

I used to visit Bapuji (for darshan) but did not like to ask for anything. Guruji, once said in his Satsang, “The childless couples desirous of a child should attend three Meditation camps. If anyone wants
Impossible works also become possible, how?

In 1809, a boy was born in France. He was named Louis Braille. One day while playing, he was struck in the eye. He lost vision in one eye. After a few days, his other eye became infected. He was admitted to a blind school. There he was taught to read embossed-word books (a system of embossed symbols standing out from the surface.) Louis Braille spent much time learning this and felt uncomfortable. Then he took a decision that he would invent a new script which would enable every blind person to be literate with less effort and time.

Time passed by. He would occasionally try but failed. He would think – ‘life is too long, today or tomorrow I will get success.’ One night he had a dream that he died and people were taking him to his burial. Suddenly he was awake. He started thinking vigorously. He was sad realising that he had wasted a lot of time. Had he dedicated his time with his full effort and tried with earnestness during that period, he could have been successful in developing a new script.

He decided, ‘up until now, I have wasted my time like water running through a drain, but from now on, I will make use of every second.’ And repeating this in his heart, he set a time-limit of one month for himself and started working diligently.

Time makes those respectable who respect it. Within one month he invented a script with which countless blind people are being educated today. Later, Braille modified the script. Today this script is known all over the world as ‘Braille script’.

Concentration, diligence, right use of time, and making good effort in a state of self-forgetfulness, for the good of humanity - are those noble qualities that attract even God’s help. Where there is God’s help, one transcends the limits of favourable and unfavourable circumstances of time, space, and capabilities of the body, mind and intellect to make even impossible things possible. In addition to benevolence, had Braille got even some information about God, the reservoir of infinite powers, through a Self-realised Saint, he might not have remained a social activist helping only blind people. He could have opened the eyes of Knowledge like Saint Surdas and become a spiritual guide to others.

(Continued from page: 09...)

of such sadhakas & devotees who are engaged in their (spiritual) uplift and that of society too, by means of selfless service and Sadhana as instructed by Pujya Bapuji, without being concerned about criticism or slander – that too in an age of malicious propaganda. Their lives clearly reflect the words of the Vedas: ‘मा त्वा मूर्ति अविश्वासोऽः’ Raising their demand, these sadhakas say – ‘We demand that our SatGuru, well-wisher of the world, Pujya Sant Shri Asharamji Bapu be acquitted at the earliest so that the divine nectar of His ambrosial satsang discourses and the divine works of selfless-service meant for the uplift of society, could be availed on a mass scale by humankind across the world.’
The Voice of Women

Dr. Avaniba Mori, Deputy Director of Examination department, Gujrat Education Board: The whole world is familiar with the amount of work that Asharamji Bapu has done to uplift Indian culture and for the protection of Sanatan Dharma for the past 50 years. The message of The Vedas is: "Vasudhaiva kutumbakam" (The whole world is a family). Bapuji has the same objective; and for the peace of the entire world, He and his organization are constantly working.

I have been watching the seva activities of the Ashram for the past 25 years. I believe that the faith and experiences of lakhs of women and crores of people who know and believe in Bapuji, will come true one day. One day, the entire world will be longing for the continence, values, purity and the light of self-knowledge that these people have received from Him. I believe that (one day) the truth will definitely triumph.

Mrs. Rekha Thakur, Chairperson, Navadurga Mahila Mandal: There are many people in society whom Bapuji has saved from imminent death and given new life; apart from teaching continence, good conduct and the right way of living and the ultimate objective of (human) life. What is it there that Bapuji, the ocean of compassion, hasn't bestowed upon us women, or society? I don't pay attention to what people say about (Him). Rather, I just proudly say – 'My Guru and guide is none other than Asharamji Bapu.' And he is truthful. It's absolutely impossible for the one, whose name is capable of removing the afflictions of the people uttering it, to ever commit the acts as have been claimed by the allegations leveled against Him. Our Bapuji should be acquitted with honour.

Aruna Marathe, Dondaicha (Mah.): Until we got Mantra-Diksha (initiation) from Bapuji, we didn't even own a bicycle; but today, owing to the grace of Bapuji, we own 2-3 vehicles, a house, and lots more! Even the lives of my husband and children have improved significantly. Our Gurudev – Pujya Bapuji, is innocent. Whatever derogatory and defamatory material has been telecast against Him under a malicious propaganda is false. So many women have been demanding the earliest possible acquittal of their innocent Bapuji; but no attention is paid to them.

Neha Sharma, Technical engineer, Chandigarh: I have been associated with Bapuji for 15 years. How can the media and other people be so blind to believe only one girl!

Here in Chandigarh in the month of Kartika (between Oct. & Nov.), every day a chanting procession is held in the morning by Bapuji's followers, where women outnumber men. Are women going there in such huge numbers because Bapuji is guilty? No, our Bapuji is completely innocent. The wise and scholars should listen to both sides.

Raksha Mistri, Mumbai: Our Gurudev Bapuji is the Sun; the mud that these conspirators have been throwing at Him (to assassinate His character), is eventually going to fall on none but them. Truth shall prevail, and India will certainly hold the position of the Vishwa-Guru. Our

(Continued on page: 31...)
Wholesome and Nutritious Dates; pacifying the three doshas

Dates balance the three doshas and destroy 140 types of disease. They give instant energy and agility; increase blood, muscles and semen. They cure constipation and strengthen the heart and brain. There is a special tradition of eating and distributing dates on the occasion of Holi.

Dates may be used throughout the year

Islamic people are well aware of the benefits of dates and hence they eat them throughout the year. However, in India, those with poor digestion have been recommended to avoid dates after Holi; others may take dates throughout the year. They are full of nutrients. On soaking overnight, their heating effect is subdued. Hence, it is not appropriate for everyone to avoid dates after Holi. This year, the winter is prolonged. Hence it is appropriate to take dates in a suitable quantity, even after Holi.

Chyavanaprash

It promotes strength, semen, memory and intellect. It prevents aging and stimulates the appetite. It is especially beneficial in chronic fever, debility, defects of semen, chronic cough, tuberculosis, pulmonary disease, diseases of urinary bladder and heart. It gives long life, everlasting youth, and develops talent. All persons healthy or sick, child, young and old can take it.

Vajra Rasayan Tablet - with pure diamond calx

These tablets make the body adamantine, lustrous, radiant and beautiful. They balance the three doshas, increase digestive fire, promote semen and increase longevity. They nourish the brain, increasing intellect, memory and the cognitive ability of the senses. They are especially beneficial for bones and the reproductive system. They help in formation of cells. They help instantly in heart disease, paralysis, sciatica, arthritis, debility, asthma, eye ailments, uterine and mental disorders. They are an unmatched medicine for impotency.

Palaash flowers nourish our body, mind, intellect and digestive system. Its natural orange colour destroys Kapha, Pitta, burning sensation, dysuria and 80 types of Vata related diseases, blood disorders and excessive internal heat. It balances the seven colours and dhatus of the body besides protecting the skin. It gives protection against the adverse effects of the scorching sunrays and the outbreaks of diseases caused by change of season. It enhances immunity and increases tolerance to heat.

You can obtain the above medicines and colours from your nearest Sant Shri Ashramjii Ashram, or service centres of the Sanmiti. To get them through Registered Post, contact: (079) 39877730, e-mail: contact@ashramrestore.com. In order to know about other products and get detailed information about the benefits of all of them, besides getting them delivered to your home, download from Google Play Store: “Ashram eStore” App or visit: www.ashramstore.com
A few glimpses of Uttarayan Shivir conducted in Ahmedabad Ashram

'Rashtra Jagriti Yatras' held on Youth Day by Yuva Seva Sangh

Tableau procession held before Rishi Prasad Conference

Bhilai, dist. Durg (C.G.)

Jhabua (M.P.)

Kolkata

Anasuya Ashram – Ahmedabad

Worship of Japa

Many necessities of life, like blankets, clothing, notebooks, etc., were distributed

Bhandras held for tribal and needy people

Boraira, dist. Bemetara (C.G.)

R.S. Puran, Jammu

Dharampur (Guj.)

Udaipur (Raj.)

Sadasivpet, dist. Sangareddy (Telangana)

Vapi (Guj.)

Kosamba, dist. Valsad (Guj.)

Chhatigaon, dist. Gwalior

Mahulpatna, dist. Kalahandi (Odisha)

Altirajpur (M.P.)

Lucknow

Good propaganda campaign of the book – ‘Nayi Khabar’ and ‘Rishi Prasad’ held in Prayagraj Kumbh and Delhi

We are unable to publish all photos due to lack of space. For many more photos, please log on to www.ashram.org/sewa

Ashrams, Samitis and sadhaka-families may email the pictures of their selfless service activities at sewa@ashram.org