Pujya Bapuji’s omnipotent resolve for universal good, along with His untiring efforts, has made pure love flow across the globe like the ever-flowing Ganges through ‘Parents’ Worship Day’, etc. In order to repay the debt we owe to such an auspicious personality, supremely holy Mahapurusha, let us do something, at least we can participate in His works of social welfare!

Do not miss reading the Knowledge-Treasure – particularly beneficial for children!

* What are the main causes of inability to memorise? 19
* The power of Concentration – a lost text was revived 18
* For success in the test of school, as well as life 23
* In order to gain unexpected benefits in studies 9
* How a low grade student became a Cyber Security Researcher? 30

And much more...
Pujya Bapuji glorified
Indian Culture
Parents’ Worship Day dominates worldwide

The social-uplift works run under the guidance of Pujya Bapuji lauded in America as well: “On behalf of the California State Assembly, I, Assembly-member Kansen Chu, do hereby recognise ‘Shri Yoga Vedanta Ashram’ for their dedicated efforts over the past 21 years to uplift all people and children with special appreciation for their work on behalf of young people in our community by organising the celebration of Parents’ Worship Day. Thank you for all of your work!”

Support from Sadhus, Saints & Governments

Shri Raghubhar Das, Chief Minister, Jharkhand: The observance of 14th February as ‘Parents’ Worship Day’ will lead upcoming generations towards development. Today’s youth, under the influence of Western culture, has been losing regard for elderly people, teachers and parents. The younger generation is becoming directionless. Given such a situation, the organisation of such an event by the Yuva Sewa Sangh, Rajnandgaon will certainly prove to be a milestone in their development; and children will grow up to be cultured, with values; thus, leading to their all-round development.

Shri Bhupesh Baghel, Chief Minister, Chhattisgarh: I am very glad to know that even this year, ‘Parents’ Worship Day programme’ is being organised globally on 14th February, like every year, by Yuva Sewa Sangh and Bal Sanskar Sanchalan Samiti, under the guidance of Akhil Bhartiya Shri Yoga Vedanta Sewa Samiti, Ahmedabad. This will make the children and the youth more respectful towards their parents. My heartfelt best wishes for Parents’ Worship Day.

Shri Shiv Pratap Shukla, Minister of State for Finance: In India, it has been an age-old tradition to respect parents; this verily has been the peculiarity of this country, and it must continue to be so. I heartily wish that the festival of Parents’ Worship Day may flourish further.

Jagadguru Panchanand Giriji, Juna Akhada: Valentine’s Day has been leading the upcoming generation astray from the right path. The festival of Parents’ Worship Day, as initiated by Sant Asharamji Bapu, is quite a good effort.

Shri Shri 1008 Mahamandaleshwar Swami Vigyananandji Saraswati, Niranjanji Akhada: Asharamji has propagated the Vedas, Gita and our culture very nicely and rapidly. Parents and SatGuru should be worshipped on 14th February.

Shri Shri 1008 Acharya Mahamandaleshwar Swami Balakanand Giri, Anand Pithadhishvar: Nothing could be more auspicious for us than Parents’ Worship Day. Everyone should apply it into their lives.

Shri Devkinandan Thakur, Bhagvat Katha Narrator: By celebrating Valentine’s Day, people are desecrating the word ‘love’. The trend of celebrating ‘Parents’ Worship Day’ in lieu of this, as set by you, is quite laudable.

Shri Kailash Vijayvargiya, National General Secretary, BJP: It is a matter of great pleasure that every year, devotees of Pujya Bapu Asharamji Maharaj celebrate 14th February as ‘Parents’ Worship Day’. I extend many compliments to the entire organisation; and appeal to everyone to participate in this programme along with their children.

(Continued on page 10...)
In This Students’ Special Issue...

- Parents’ Worship Day dominates worldwide
- What is high education and what is low education?
- How to have vision of God?
- The one who attains this, attains everything
- This is also quite a big Achievement in itself
- Monetary loss or benefit counts for nothing against that
- Study the scriptures and do satsang from childhood itself
- How Ramakrishna can be established?
- Cultivate the virtues of Hanumanji in your life
- That’s how Guruvar’s Compassionate Grace showered on me!
- Sweet Memories * Shri Manu Kaka * Shri Siddharamji
- By being established in Yoga, undertake action
- The power of Concentration – a lost text was revived
- What are the main causes of the inability to memorise?
- Rishi Prasad infuses Great Ideas – Niles Kumar Gaur
- Success follows such a person like his shadow
- Let’s purify the mind for the realisation of Brahman
- Good traits cultivated by Muktareshi made her son a Yogi
- For success in the test of school, as well as life
- Persevering persons never get defeated – S. Divvedi
- ‘Kalyani’ or ‘Atikalyani’?
- Mother! What if this cow was your child?
- Benedictory experiential words of Saints
- Priceless gems for Greatness
- Puja Bapuji’s resolve for the good of the world is materialising
- This is the TRUTH: Bapuji is innocent
- Justice must be done to Bapuji – Dharmendra Gupta
- Rishi Prasad and Spiritual Discourses saved my life
- How a low grade student became a Cyber Security Researcher? – Ankit Singh
- Neem – the destroyer of various diseases and preserver of Health
- Observe the Laws of Nature for healthy life
- Products for promoting strength and intellect
- For the excellent health of students...
- How to increase mental-force and soul-force?

Pujya Bapuji’s Satsang on Various Channels

- 'ISHWAR’ TV Channel is available on Tata Sky (Channel No. 1068), Dish T.V. (Channel No. 1057), Videocon (Channel No. 488) and 'JioTV' Android app and other Cables. ‘DIGIANA DIVYA JYOTI’ Channel is available on ‘Digiana’ Cable (Channel No. 109) in M.P.
- ‘TAKE PRAARTHANA’ Channel is available on TechOne Cable in Jammu.
How to have vision of God?

28th March: Birthday of Bhagavatpada Sai Shri Lilashahji Maharaj

A spiritual aspirant asked Sai Shri Lilashahji Maharaj: “Swamiji!

How can I have vision of God?”

Swamiji asked him a question: “Before having vision of God, tell me who you are? Are you the lips, ears, flesh, teeth or life energy? Who are you? If you do not know who you are, then how can you see God?”

“O servant Nanak, without knowing one’s own self, the moss of doubt is not removed.”

As long as one does not know his own self, the illusion of mind cannot be removed, the veil of attachment and aversion cannot be removed and till then, one cannot have the vision or realization of the true all-pervading nature of God. That means one cannot have God-realization at all.

“When will you meet God, if not now? Your distance from Him will be increased.”

How much do you worry about other activities of the world – ‘Dad will be angry... Brother, it is 7 o’clock, I will be late for school, let’s go quickly... Bank might close, let us go quickly... The film might start... I might miss the train... It’s food time...’ You consider this work important, but the most important task is to recognize one’s self.

On realizing our own Self, we will come to know that we are not a bag of flesh and bones and the stuff we have been given, is not ours. We are all travellers. I am the witness to all things; I am Truth absolute, knowledge absolute and Bliss absolute, the light of consciousness that never gets extinguished. When we have such a realization of our own Self, then is there any need for vision of God?

Then as Shah Saheb said: “I am myself my Beloved. I suffered thousands of pains being a lover, that means I was Brahman myself but I suffered so many pains because I considered myself as a jiva (an individual soul).”

“When selfishness and conceit are erased, peace comes and the mind and body are healed. O Nanak, then He comes to be seen – the One who is worthy of praise.”

Ruhal says, “Being seated in my own Self I found that there is neither any place, nor people, nor me (individual). I am verily the same God that I was looking for. Duality was removed after union with the Beloved.”

We consider the land on which this body is born as our native place. What a gross mistake! Our real native place is that which cannot be separated from us. How can it be our native place which can be separated from us?

We have come here (to this world) so that we can do good deeds, stay away from bad deeds, not become slaves of the senses; act with wisdom, and illuminate our inner being. We have come here to know our Self.

If someone says that if we are not this physical body, then what are we? Are we Ignorance? Even ignorance is known by some Intelligence. (When we say, ‘I do not
(Remainder of the article on colour page 2)

Shri Bhupendrasinh Chudasama, Minister of Education, Cow-breeding and Civil aviation, Gujarat:
‘Parents’ Worship Day’, a new campaign initiated by Shri Yoga Vedanta Samiti, Sant Shri Asharamji Ashram, is commendable. I wish maximum progress to your campaign. Teenage boys and girls, and youths of the modern age will understand their duty towards parents and will definitely become best citizens. My heartiest wishes are for this commendable work done by your organisation.

Dr. Neera Yadav, Minister for Higher Technology and Education, Jharkhand: ‘Parents’ Worship Day’ will be helpful to make the youth abstinent, possessing good character. I have implicit trust that this will play a vital role in all-round development of crores of youths of India including those of the state of Jharkhand by increasing their brilliance, vigour and will power.

Dr. Prem Sain Singh Tekam, Minister of Education and Cooperatives, Chhattisgarh: Celebration of ‘Parents’ Worship Day’ on 14th February will awaken the spirit - “Regard your mother as a god. Regard your father as a god. Regard your teacher as a god. Regard your guest as a god” in the children and youth.

Shri T.S. Singh Deo, Minister of Health, Chhattisgarh: We welcome this festival. Neither humanity nor society exists without parents.

Shri Dilaram Chauhan, General Secretary, Himachal Shiksha Samiti: Parents’ Worship Day will be celebrated in every Saraswati Vidya Mandir (School) run by the Himachal Shiksha Samiti.

Swami Shri Narendra Bharatiji: All children should bow respectfully and affectionately before their parents on 14th February, and receive their blessings.

Shri Shivakantji Maharaj, Bhagwat Kathakar, Kanpur: The youths are misguided in the name of Valentine’s Day. Celebrate ‘Parents’ Worship Day’ if you want to celebrate the festival of love.

Shri Ramakant Goswami, Kathakar, Mathura: 14th February should be celebrated as ‘Parents’ Worship Day’.

Shri Bhaurav Vadekar, Director, Rashtra Sant Tukdoji Maharaj Mandal which spreads education and Health Care in Society: I have been hearing the Satsang discourses delivered by Asharamji Bapu and studying His book for a long time. I understood the importance of ‘Parents’ Worship Day’ from him and started celebrating the same in my school. Every school should do this.

Shri Umakant Mishra, Editor, Seema Rekha, a Hindi daily: Asharamji Bapu has been spreading the light of spirituality for the betterment of society, country and Indian culture; however, he is kept in jail and this is not good for the country. It is the duty of the country’s helmsmen to release him immediately from jail so that He can spread the glory of Indian culture.
Cultivate the virtues of Hanumanji in your life

(Shri Hanuman Jayanti: 19th April)
— Pujya Bapuji

Hanumanji is an Acharya. Learn from Him, the art of turning your actions and devotion into Yoga and the art of combining divine Yoga with knowledge. But what if one does not have the ability to practice Karma, Bhakti or Jnana? “I belong to God. I have taken refuge in God.” Such an art of the Yoga of self-surrender is also possessed by Hanumanji.

Hanumanji serves not only Lord Rama but also appears in the dreams of Rama’s devotees to solve their problems. There are some devotees who say, “Hanumanji appeared in my dream and said, ‘Take mantra diksha from Bapuji.’”

Hanumanji (the son of wind god), wind god and our inner self wish our good. If we too start wishing good for everyone, we should start realising the identity of God’s nature, with our nature. There is no wave which is not (composed of) water. There is no Ghatakash (the ether contained in a pot) which is separate from the Mahakash (the great Ether pervading the universe). There is no individual soul separate from the Supreme Self. But the individual soul has been deluded by lust, anger, desire, and sense of doership.

An ideal servant

One accumulates spiritual energy by observing Mouna (a vow of silence) of speech. One attains supernormal powers (siddhis) by observing the Mouna of mind and Self-realization by observing the Mouna of intellect. Hanumanji was taciturn. He would speak succinctly. He was humble and gave respect to others. He would attribute his success to others and sit solemnly before Lord Rama with bowed head for any mistake committed by him. He was so loving that he would say even bitter words that Bharat or Lakshmana would not dare to.

If Bharata would say to Rama, “You mount my shoulder.” Ramaji would not mount. If Lakshmana would say to Rama, “Your tender feet treading on this forest land have become torn and pricked by thorns. Please mount my shoulder.” Ramaji would not mount. But when Hanumanji said, “Your tender feet on this stony land... I am an animal. You along with Lakshaman mount my shoulders.”

Both brothers mounted his shoulders and then Hanuman flew in the sky uttering “Jai Shri Ram!”

Remembering and worshipping Hanumanji on the day of Hanuman Jayanti gives intellect, strength, fame and fortitude. If those desires of fearlessness, health, strength and eloquence, make a resolve to cultivate the virtues of Hanuman in their life after hearing them in His glorious story, their resolve could also come to fruition sooner or later. Common people worship their chosen deity or Bhagavan, and the fruit of their devotion leads them to a Self-realised Great Man.

The following verse is for eligible sadhaks.

“Vishnu bhavanti: Gurusy evam guru, guru
Guru evan Guru vishnu: Guru
The background (of thought) for meditation is the form of the Guru, the image for worship is the Guru’s Feet, the sacred syllable (Mantra) for Japa is the words of the Guru, and the cause of Moksha is the grace of Guru.”

Prachetas, the sons of a King performed such a sadhana that Lord Shiva appeared before them. They were initiated into a mantra, given hymns of Lord Vishnu from Lord Shiva and then they performed severe austerities as a result of which Lord Vishnu appeared before them. He was pleased with them. He said, “You will get the company of the divine sage Narada.” Divine sage Narada enlightened them.

Divine mother Kali sent her devotee Ramakrishna to Guru Totapuri who made him attain perfection in the identity of an individual soul and Brahman, which is the formless ground of God with form. I also practiced sadhanas and worshipped deities like Lord Krishna, Hanumanji, etc. from childhood. When I met a Self-realized SatGuru, Bhagavatpada Sai, Shri Lilashahji Maharaj, I followed the verse... “The background (of thought) for meditation is the form of the Guru...” and got blessed with Guru’s grace.

“Without a spiritual guide, none can cross the ocean of mundane existence, though he be the equal of Viranchi (the Creator) or Lord Shiva.”

(Shri Rama Charita Manasa)

“O son of Partha, all actions in their totality culminate in Knowledge.” (The Gita: 4.33)

Meeting a Self-realised SatGuru is the fruit of all spiritual practices. Ramakrishnadev attained Self-realization with the grace of Guru Totapuri, Prachetas with the grace of Narada, Chhatrapati Shivaji with the grace of Samartha Ramdas, Namdev with the grace of Visoba Khechar and myself with the grace of my Gurudev through the practice of “The background (of thought) for meditation is the form of the Guru...”
Sweet Memories

Shri Manu Kaka

Shri Manu Kaka of the Surat Ashram left his mortal coil at the age of 79 years on 28th January. His life was an epitome of adherence to observances, obedience to Guru’s command, love for Guru and service.

Do nothing without permission

Pujya Bapuji would seek permission from His Gurudev before even cutting his hair. This principle of following the Guru’s command was firmly inscribed in Kaka’s heart. He would not get his hair or beard cut without permission from the Guru.

Kakaji was regular in the practice of Sandhya worship. He was deeply interested in listening to Bapuji’s satsang. He would wake up by 3.30 – 4.00 am and perform daily spiritual routine, japa, and make resolve and then circumambulate the Barh-Badshah for Bapuji’s good health and acquittal. In 1988, Kakaji left the worldly attachment and maya to take refuge in the Moksha-giving Guru’s Feet and then never looked back to worldly life.

Cancer gets cancelled

Manu Kaka developed a tumour in his body, which upon investigation was diagnosed as cancer. When he was advised to go to Pujiyashri for this condition, he refused to go. However, he was somehow persuaded and taken to Pujiyashri. Bapuji saw his tumor and became calm for some time. He then made a cross (the mark of cancellation) on the ground with his left toe and said, “Manubhai, your cancer has been cancelled. It is now up to you whether or not you get the tumor excised.”

However, the tumor had to be excised as it was growing bigger and bigger making it difficult for Manu kaka to walk. When the tumor was sent for further investigation, the doctor asked, “Is the person having this tumour living or dead?”

He was informed “He is living.”

The doctor exclaimed, “It is impossible.”

The biopsy report stated that it was a deadly cancer. The doctors thereafter sent it again to Mumbai for investigation. The same diagnosis was confirmed by their report too.

How can doctors and people of a scientific mind estimate the power of the SatGuru’s grace and compassion being showered on His disciples and devotees?

In his last days, Kaka was constantly meditating on Bapuji. On the last day, from morning, Kaka was constantly reflecting and calling out ‘Bapu... Bapu... Bapu...’

He signalled those around to help him to be seated. He was seated. He folded hands and started looking with fixed gaze at a big photo of Bapuji and left his mortal coil in the same state.

Shri Siddhnathji

Shri Siddhnathji Agrawal, left his body at the age of 72 years on 21st January. He had virtues such as continence, selfless-service, gentleness and simplicity. Despite being awarded two gold medals, he had not an iota of egotism. A chemical Engineer by profession, he left his job and came to reside in the ashram in 1993. He was engaged in Guru-seva until death. Some
The power of Concentration – a lost text was revived

Once upon time, there was a scholar in the court of a king. Through years of intense hard work, he produced a great textual work. The king offered the scholar gold in exchange for adding the king’s name to the book. However, the scholar boldly refused this offer from the king. This enraged the king and he ordered the sole manuscript of the text to be burnt. The scholar was so devastated on seeing his life’s work destroyed that he stopped eating and drinking altogether. The scholar had a daughter who was self-restrained and a staunch celibate. She would have Desi cow milk everyday and practice Bhramari Pranayama and other yogic practices and chant the mantra to increase memory power, taught to her by her Guru, every day without fail. Upon seeing her father sad, she asked, “Father, why are you so sad and worried?”

Her Father told her about his misfortune. She said, “Dear father, please don’t worry. I have read the entire text of your work & memorised it completely. I can dictate it back you.” They started immediately and soon the girl managed to dictate the text, verbatim, back to her father. Such is the power of the concentration and memory of a little girl of India!

O students! By using the teachings and ideas provided by the great saints and sages of India, you can make your intellect sharp, increase your memory power and awaken the dormant powers within you. And not just that, through their teachings you can awaken your discrimination to realize That which is the source of all powers, abilities and achievements - your true Self.

Seven faults of students

आलस्यं मद्यमोहं च चापलं गोठिरेव च।
सश्रेष्ठता चाभिः समानाभिः तद्यथाय शिक्षितेऽवै।
एते वै सप्त दोषाः: स्त्रु: सदा विद्याधिनं मतं।।

“Idleness, inattention, confusion of the intellect, restlessness, gathering to kill time, haughtiness, pride, and covetousness, – these seven constitute, it is said, the faults of students in the pursuit of learning.”
(Mahabharata, Udyoga Parva: 40.5)

Which Spiritual book did society obtain from which Great Man?

(1) 18 Puranas & The Mahabharata –
   (a) Sant Nishchaldasji
(2) Panchadashi –
   (b) Sai Shri Lilashahji Maharaj
(3) Vairagya Shatak –
   (c) Sant Shri Asharamji Bapu
(4) Vivek Churamani –
   (d) Maharshi Vedvyasji
(5) Vedanta Chhandavali –
   (e) Adya Shankaracharyaji
(6) Vichar Sagar –
   (f) Sant Bhole Babaji
(7) Lessons to the Mind – (g) Yogi Bhartrihari
(8) Towards God – (h) Vidyaranya Swamiji
   (Answers in this issue)
Parents’ Worship Day Programme (Photos continued from cover page 4)

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

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* The milk of a cow which has recently calved.

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A few glimpses of collective Parents' Worship
Programmes conducted in India and abroad

(Please see cover page 3 as well)