Pujya Bapuji’s 83rd Birthday, i.e.
World Service & Satsang Day: 25th April

On Pujya Bapuji’s Birthday, while sadhakas, under His auspices, attain the joy of magnanimity through acts of selfless service, Satsang & Kirtan, etc.; hundreds of thousands of poor experience an extra festival of Diwali. The countless people across India & abroad, availing the benefits of these Sewa works, are also awaiting Bapuji’s release.

A glimpse of the acts of selfless service carried out under the auspices of Pujya Bapuji:

- Spiritual & temporal development through Satsang
- Service to the poor through the distribution of meals and other necessities
- Self-sustaining Gaushalas for cow protection & care
- Children’s life-building through Bal Sanskar Kendras
- Instilling pious love in society through ‘Parents’ Worship Day
- ‘Chant, eat and earn’ programme for the poor
- Spiritual and health benefits through ‘Tulsi Worship Day’
- De-addiction campaigns conducted by Yuva Sewa Sangh
- Stop Female-foeticide campaign conducted by Mahila Utkarsh Mandal
- Environmental Care Campaign
- Preparing a well-cultured generation through Goshals
- Monthly food-grain distribution among the poor using Ration-cards
What is Guru Seva; how to and why do it?

Brahmavetta SatGuru is established in the Brahman. He is all-pervading Brahman. What is the service to Him, how to do it, and what is its glory? Let us know from the quotes from the scriptures and Great Men.

Such is the glory of Guru Seva!

Lord Brahma ji says to divine sage Naradaji: "स विश्वम् भक्ति सत्य प्राप्तिः सत्य सुर्यस्वलम्॥"

"O excellent sage, one obtains everything through service to the Guru."  

(Skanda Purana, Vaishnava Khanda, K. M.: 2.2)

Sant Jnaneshwarji said: “Guru Seva is the land from which springs all prosperity, because it is verily Guru Seva that awakens the anguished Jiva into Brahman-nature.”

Shri Udiya Babaji says: “Service to Guru gives rise to self-inquiry. Just as a worm, by the constant thought of a black bee, becomes a black bee, so also one by the constant service of Guru develops the virtues of His Guru.”

As per the scriptures, ‘Performing Shraaddha at Gaya, a pilgrim centre, emancipates manes.’ However, Lord Shiva says, ‘गृहेत्यमो पुरायत्त्रस्मात् गृहेत्यमो पुरायत्त्रस्मात्...’ meaning, the service of the Guru is verily the pilgrimage of Gaya. Hence, the one, constantly engaged in Guru Seva, attains the merits of pilgrimage to Gaya naturally. So, there can be no doubt about the emancipation of his manes.

Swami Muktanandaji says: “Rarely, someone following the path indicated by the shastras, crosses over the world (samsara), whereas everyone following the path indicated by the Guru crosses over the world. One who goes to seek God, keeps searching forever whereas God seeks the one engaged in Guru Seva - “Where is he doing service?”

Sutikshna was a great Guru-Bhakta. Being cognizant of the glory of Guru-Bhakti, Lord Rama went to see Sutikshna at his cottage accompanied by the latter’s Guru. However, Sutikshna wasn’t at all astonished at the sight of Lord Rama. To him, his SatGuru was greater than even Lord Rama. He first bowed down before his SatGuru, and then before Lord Rama. Finding him to be a true devotee of the Guru, Lord Rama was highly pleased.”

The real meaning of Guru Seva

Shri Anandmayi Ma was once asked by a devotee: “Ma! What is Guru Seva?” Clearly expounding the definition of Guru Seva, she said, “To obey the Guru’s orders implicitly.” It is the principle of Guru-Bhakti Yoga that When the Guru orders a certain thing to be done the disciple should obey implicitly and abstain from what is prohibited. One should do all the things that the Guru commands him to do without grudging, without using his own intellect.

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God promises to undertake your responsibility, but you do not trust Him.

― Pujiya Bapuji

अन्यायाशिचन्तयतो मां ये जनाः पर्युपासते।
तेषां नित्याभियुक्तानी योगश्रेयों वहान्याहम्॥

“Those persons who, becoming non-different from Me and meditative, worship Me everywhere, for them who are ever attached (to Me), I arrange for securing what they lack and preserving what they have.” (The Gita: 9.22)

Then I thought, ‘nobody insulted me here. Let me check whether or not my mind is hurt by insult and honour.’ So I got up and sat in a second class compartment. It was overcrowded. The TTE arrived and said, “Didn’t you like sitting in Third class, Maharaj, so you are sitting in here?” I said, “Yeah! I thought...” He asked, “Where are you going?”

I was coming from Haridwar and going to a place near the River Narmada. I could have purchased a ticket if I wanted. But I wasn’t in the mood to beg, and whatever was with me, I decided to give away and I thought I’d try this experiment.

He said, “How long are you going to travel like this?”

I said, “Up to Ahmedabad.”

He said, “Ok! Good.”

He appeared ferocious in the beginning, somewhat sarcastic as well, but after sometime his behaviour changed.

अन्यायाशिचन्तयतो मां ये जनाः पर्युपासते।
तेषां नित्याभियुक्तानी योगश्रेयों वहान्याहम्॥

“Those persons who, becoming non-different from Me and meditative, worship Me everywhere, for them who are ever attached (to Me), I arrange for securing what they lack and preserving what they have.”

Now it doesn’t mean that if a ticket checker doesn’t ask you for a ticket and you complete the journey without a ticket, and think you have mastered devotion. It is not so. It is not right to board and travel on a
Such a birthday celebration is supremely auspicious!

(Pujya Bapuji’s 83rd Birthday: 25th April)

Greetings and many congratulations on your birthday! May Earth be pleasant and bring joy to you, May water be pleasant to you, May fire be pleasant to you, May wind be pleasant to you, May sky be pleasant to you... Greetings on your birthday...

Celebrating a birthday in this manner and encouraging others to do so is very good but it is extremely necessary to go a step ahead of this.

Celebrating a birthday with discrimination (vivek) is greatly beneficial. If dispassion is added to vivek it becomes still more beneficial. If in addition to discrimination and dispassion, one develops the intellect to know the birth and actions of God, one attains supreme welfare.

कारण गुणस्वयंस्थि सदस्थूलनिन्यम् ॥

“Contact with the Gunas (three modes of material nature) is the cause of its births in good and evil wombs.” (The Gita: 13.21)

The cause of a jiva’s birth in good and evil wombs is the contact with the Gunas. We take many births in a life. An infant is born. A child is born, when the infant dies; an adolescent is born when the child dies; a young man is born when the adolescent dies. When you believe “I am happy” you are born as a joyous person and when you believe “I am sad” you are born as a sad person. Due to coming in contact with these Gunas, the jiva wanders in lower and higher species. The physical body is unaware of its birth, and soul (Atman) is never born. In between them is the subtle body (sukshma sharir), which is believed to have taken birth according to its mental attitude at a given time.

Lord Krishna aims to release us from all these births and lead us to the divine birth instead. He says:

जन्म कर्म च में दिव्य–
मेवं यो वेत्ति तत्वं: ॥

यक्त्वा देवेन गुरुज्ञतः
नीति मामेति सार्वज्ञः ॥

“He who thus knows, in true light, My divine birth and action, having abandoned the body, he is not born again; he comes to Me, O Arjuna.”

(The Gita: 4.9)

If we believe in God’s birth and actions, His Godliness is not established. If even God has to take birth and act in the world, then how could He be God? On the other hand, disbelief in his birth and action makes it impossible to perceive his acts of coming and going, preaching, fighting wars, being a peacemaker or lamenting with words like “O Laxman! O Sita!!” as real.

According to the Vedanta doctrine, this is termed Vilakshan lakshan (Exceptional attribute). The traits of God, unmatched with both individual soul (jiva) and Supreme Being (Brahman) are called Vilakshan lakshan or indeterminable as
How to develop Mental and Intellectual Power?

If a person of weak mind, a faint-hearted person, the most stupid boy or girl or even a sheepish student circumambulates and touches a Pipal, Tulsi trees and does Pranayama under it, he/she will develop mental power and intellectual power. Inhale deeply and hold the breath for one minute while mentally chanting the divine Name. Then exhale slowly. Take 2-4 normal breaths. Then exhale completely and hold the breath out for 50 seconds. This completes one round of Pranayama. Gradually increase the breath holding time by 5 seconds in an interval of a few days until one can hold the breath in for 80-100 seconds and out for 70-80 seconds. This will increase vital energy, mental power, intellectual power and immunity.

Circumambulation of the Pipal tree also benefits heart patients. I used to water and circumambulate the Pipal tree in my childhood. I am sure that I am not sheepish. I would study for a short time only, but score 100 out of 100 marks in exams, and topped other students of my class. After studying, I would go to a quiet place and sit absorbed in meditation.

Those, who live by intelligence or want to develop intellect should avoid onion, garlic and tamasic foods (bazaar food, stale food, tea, coffee, bread, and fast food). They should avoid late suppers. Sattvic food nourishes the neurons and promotes intellect and awakens dormant energy.

If a student gets initiated into the Sarasvatya mantra, and a sadhaka into the mantra for God-realisation by any Self-realized Great Man and received His guidance, his life will become blessed. Lord Shiva says:

धन्या माता विल्हन्न धन्यो गोत्रं धन्यं कुलोद्भवः।
धन्या च वक्षथा देवि यत्र स्याद् गुरुभक्तवात्॥

“Blessed are the parents of one whose heart is filled with devotion to the Guru, blessed is his lineage, his descendants and also blessed is the land where he lives.”

Do not rest without shunning them

If, due to bad company or evil tendencies, you have crookedness in mind, fickleness in eyes, restlessness in hands and feet, a wish to cause harm to others and you have come to know of these inner vices through good company or good understanding, do not rest without shunning them.

1. Touching the Peepal tree is prohibited on Sunday.
The twelve divine virtues of Sita that make the Life Successful

(Shri Sita Navami: 13th May)

Sita Ji had all the twelve divine qualities of woman that are mentioned in the Padma Purana (Bhoomi Khand, Chapter 34).

The first virtue of a woman is her beauty. A woman’s first virtue is her look. – Her look should be clean-neat, and cheerful. She should not be a puppet of fashion.

Sita Ji’s second virtue was good character (modesty). Modesty means sense of decency. Modesty is the ornament of the woman. No rudeness of language, no retort, no immodesty but the virtue of speaking with modesty and bashfulness in the company of men is possessed by women of good character.

The third virtue of Sita Ji was honesty. Sita Ji would speak succinctly, truthfully, humbly while giving respect to others.

Her fourth virtue was of good conduct. Let your mind and actions remain free from the depravity of the women engaged in immorality and evil. O ladies of India! Be watchful that your nature does not become infected with duplicity, wiles and censoriousness; and the spirit of good conduct increases in your heart.

Her fifth virtue was Piety. Sita Ji would perform her duties in accordance with days, festivals, special tithis, and would cook food for everyone in the family.

Her sixth virtue was chastity and faithfulness. Any man other than her husband Shri Rama, would be looked up on by her as her child or as her father, if they were elder. Sita Ji had such a great virtue. Even in her dreams Sita Ji would have no tendency to see another’s man as a man. She was the best pativrata (a chaste and dutiful wife). If one is firmly devoted to an idol of stone, one gets the fruit desired by his mind. Then the existence of God is verily present in the husband. It is a great virtue of serving him, not looking at his faults or vices but looking at the divine presence in him. It is a very great thing in itself.

Her seventh virtue was steadfastness. When Ravana came to inveigle or please Sita, then Sita ji interposed a blade of grass between herself and Ravana. Then Sita Ji stayed there for months, but Ravana was unable to cross that blade of grass.

Her eighth virtue was courage. While Sita Ji stayed in the Ashok Vatika, demonesses and demons, on the orders of Ravana, would try to intimidate her, but she was not frightened. Internally she would smile as ‘all these are toys of maya and the soul is immortal. All these are hideous plays of the mind; why should I be frightened?’

Her ninth virtue was of singing...
Shri Shri 1008 Mahamandaleshwar Swami Chandreshwar Giriji, Shri Siddha Peeth Chand Mandir Dham, Lalitpur: The medical report of the girl who levelled allegations against Asharamji Bapu has not corroborated the incidence of any sexual or physical assault. Apart from the medical report denying so, the matter of fact is, at the time of the alleged incident as reported by the girl (i.e. between 9.00 pm to 10:45-11:00 pm), Bapuji was busy in a Satsang programme, whereafter the betrothal of Arjun Kumar’s daughter (from Shivganj) was solemnized in Bapuji’s presence (with Him being the Guest of Honour). Bapuji was amidst people until 11:45 pm. Arjun Kumar is testifying this in court. There were many witnesses present at the ceremony and the testimony of some of the witnesses, along with the relevant photographs (of the programme), are also on court-records.

It is unbelievable that a Mahapurusha like Asharam Bapu would call a sick girl to His place and hatch a conspiracy. This Mahapurusha can’t even think of committing offences like human-trafficking or gang-rape. It is known to the whole world that false and dirty Sections of IPC have been applied on Him, in order to frame Him. He hasn’t even been granted bail for His medical treatment, whereas many others, charged with such offences, are already out on bail. Such inhumane treatment meted out to the saints of Hinduism!

I do honour the court; but they should take note of the fact that those, having faith in the Indian judicial system, shouldn’t lose their faith on the same. The Court should take this seriously and see to it that they don’t make an inadvertent mistake whilst making decisions and pronouncing the verdict! Asharam Bapuji and many other saints have been put behind bars by the levelling of concocted allegations against them. This is a plot to destroy the culture of an otherwise prosperous and culturally rich country. The masses should become alert on seeing the conspiratorial activities and facts must be brought to light. Asharamji Bapu should be given justice at the earliest. This would ensure that the faith of the masses on the pillars of democracy would remain intact. And saints want the same, that the faith not only remains intact, but even grows further.

Mahamandaleshwar Acharya Shri Swami Chitprakashananda Giriji: Whoever saint does philanthropic activities in tribal areas and prevents religious conversion, they will definitely have to pay a heavy price for that, being trapped in the conspiracy hatched by the Christian Missionaries. Someone has to suffer all this for the protection of the Hindu Rashtra and Hindu Dharma; Asharamji Bapu is the one who is enduring it.

Whatever is being meted out to a saint, a protector of the nation and Dharma is being done under a huge conspiracy. The entire nation should collectively support the saint.

Shri Shri 108 Shri Swami Sudarshanacharyaji, Head, Shri Narsingh Human Welfare Samiti, Prayagraj:
This will increase peace and happiness in your house

Nobody should sleep in the house during Sandhi Kalas i.e. transitional periods of the day, viz. dawn, noon and dusk. Light every room of your house during these periods. If someone is ill, he should give up sleep and sit on his bed, if possible, to perform sandhya. All persons should remember the divine Name. It increases peace and happiness in the house.

A nice technique for becoming stress-free

– Pujya Bapuji

Ajapa Gayatri (Chantless Mantra) is a nice measure for getting relief from physical and mental stress. Contract all muscles of your body and then relax. Contemplate in mind: “I am healthy... My body is getting relieved of fatigue...” Thus, take physical rest for some time and then count your breaths. (Chant mentally ‘Om’ while breathing in and count 1 while breathing out. Chant mentally ‘Peace’ or ‘Bliss’ while breathing in and count 2 while breathing out.) It will relieve physical and mental stress. Counting for a longer time, chanting ‘Peace’ and ‘Bliss’, will give more benefits.

The Meritorious Days

23rd April: Fourth lunar day falling on Tuesday. (From sunrise to 11.04 am)
25th April: 83rd Birthday of Pujya Bapuji
30th April: Varuthini Ekadashi: (Observance of this Vrata gives salvation and good fortune in this world and the other to everyone. He gets the fruit equal to that obtained by performing penance for 10,000 years. By reciting about it and listening to its account, a man would obtain the fruit of a gift of a thousand cows.)
7th May: Akshaya Tritiya. (Whole day is auspicious Muhurta. Acts like bathing, charity, Japa, Tapa, Hawana, etc. done on this day gives infinite fruit.)
15th May: Mohini Ekadashi: (Fasting on this day destroys sins as big as Mount Meru.), Vishnupadi Sankranti (Meritorious period: From sunrise to 11.30 am) Japa, meditation and meritorious acts done on this day gives a laksh-fold fruit.
17th May to 18th May: This is the Vaishakha month of the Hindu calendar. (Taking bath on 13th lunar day through 15th lunar day of the month of Vaishakha gives religious merit obtained by taking bath in the whole month (of Vaishakha). Reading of the Gita gives the fruit of performing an Ashwamedha sacrifice.
(Refer to the calendar or diary for detailed information)

He alone attains God who is...

– Pujya Bapuji

Attainment of God is possible with firm determination. The world prevents one from treading the path to God only if one is preventable. One, who despite facing thousands of adverse circumstances, does not deviate from his Niyam (spiritual observances) and goal of God-realisation and treads firmly on this path is helped by Nature and God and becomes successful in the end. Hence, the sadhaka should persevere to attain the goal of God-realisation. He alone attains God who is of firm determination.
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- **Pineapple Drink**
  - Increases immunity, digestive power and eyesight.

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  - Cooling and semen promoting, balances the three body humours; and helps in Pitta related disorders.

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