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RISHI PRASAD

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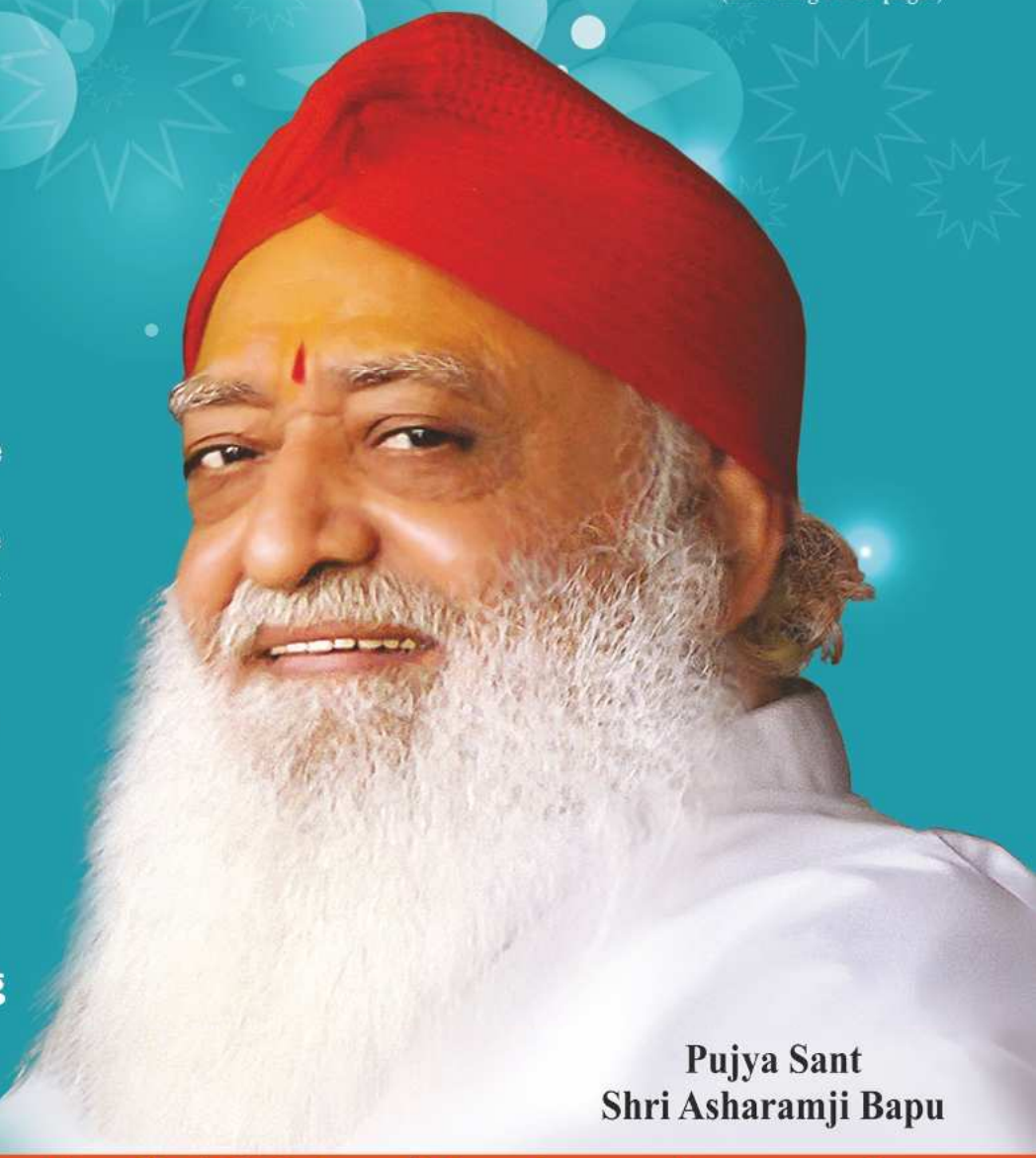
To carry out service works perseveringly, even while bearing calumny is a great penance. To alleviate the suffering of others, while smiling even in the face of adversity and not to wish ill of even the one harmful to us, is also a great penance. To divinise our intellect by engaging ourselves firmly in satsanga, spiritual discipline and the divine work of great men, while endeavouring to protect our nation, culture and the truth is the highest penance.



Pujya Sant Shri Asharamji Bapu

On the occasion of Pujya Bapuji's Birthday, 30 major service-campaigns and numerous other campaigns renewed

Haridwar

Patna

Ahmedabad

Karolbagh – Delhi

Bhavnagar (Guj.)

Indore

(see cover-page 4 as well)

You must do *Japa-Sumiran* leaving even a crore of tasks 27

How to maintain good health in summer? 32

Remove the environment-destroying trees; Plant trees that give health and prosperity
World Environment Day: 5th June 12

O Man! Accept the Divine Word

अपक्रामन् पौरुषेयाद्
वृणानो दैव्यं वचः ।
प्रणीतीरभ्यावर्तस्व
विश्वेभिः सखिभिः सह ॥

"Step beyond what is human,
Elect for the Divine Word,
And establish thy leadership,
Along with all the friends thou hast."

(Atharva Veda: Kanda 7, Sukta 105, Mantra 1)

What do most people listen to for the most part of the day? It's nothing but – worldly news, descriptions of worldly events, praise of worldly things, talk about others' praise & censure, talks which increase the sense of reality in the unreal world, songs and entertainment, etc.

When a Self-realized saint Shrimad Adi Shankaracharya had the question – 'श्राव्यं सदा किम् ?' (What should one always listen to?) pop-up in His mind, He delved deep into His soul and the response was – 'गुरुवेदवाक्यम्' (One should always listen to the teaching of the Guru and the Vedas.) But why is it so? Let's delve deeply into the heart of this subject to understand it.

Four types of Pramāna

प्रमाकरणं प्रमाणम् । 'Prama' means – 'valid knowledge' or 'the knowledge of the real' and 'Karan' implies – 'the means of knowledge and action'. So 'Pramana' implies – 'Karan' of 'Prama', i.e. the means to attain valid knowledge or the knowledge of the real.

As per Nyaya Sutra (1.1.3) *Pramāna* are of four types: *Pratyaksha* (proof of sense perception), *Anumāna* (inference), *Upamāna* (comparison, analogy), *Shabda* (a precept of one worthy to be trusted or the Scriptural proof).

Knowledge produced by actual contact between an organ of sense and its corresponding object is based on *Pratyaksha Pramāna*. The proof based upon which one draws inferences in a given scenario (or derives conclusions from given information or premises) from similar experiences in other scenarios or any acceptable form of reasoning, is called *Anumāna Pramāna*. The proof that helps one derive the knowledge of an unknown object through recognition of qualities present in other similar objects is called *Upamāna Pramāna*. And the fourth proof is – *Shabda Pramāna*.

What is Shabda Pramāna all about?

***Shabda Pramāna* or the Testimony can be of two types; one being Veda-Vachana (the words of the four sacred Vedas), and another being – the precepts of *āpta-purusha* (a reliable and trustworthy person).**

Maharshi Guatama, in his Nyayasutra (1.1.7) stated – 'आप्तोपदेशः शब्दः ।' which means – 'The precepts of *āpta-purusha* is *Shabda Pramāna*.' The precepts of the Mahapurushas (or the Great men), who have realised the essential nature of the Self, are supremely trustworthy; and such Mahapurushas, who are established in the Brahman, are referred to as '*āpta-purusha*'. Only the *āpta-purusha* knows the true nature or the essential nature of the thing; and hence their spiritual instructions are referred to as '*Shabda Pramāna*'. The intent of bringing about one's salvation is inherent in their precepts. Imbued with the auspicious idea – 'May good betide all; May auspiciousness betide all', the *āpta-purushas* impart the real knowledge (of the essential Nature of the Self), right understanding to all, besides leading everyone to the path of welfare and instilling the required motivation & strength in people to tread the same.

When this knowledge of the Vedas that are *Apaurusheya* (impersonal, or without any human origin) is emanated in the form of words from the holy-mouth of Self-realized great men, versed in Vedanta, who, have themselves realized the knowledge of the Vedas and Upanishads as their own Self; that could be grasped by people in their language with examples relevant to their era, then even those utterances are regarded as *Shabda Pramāna*, and thus, serve as a means to attain the Brahman. Lives of Self-realized great-men bear testimony to this fact. Shri Yoga Vasishtha Maharamayana, Brahma Sutras, Shrimad Bhagavad Gita, Vichar Sagar, along with other Vedanta scriptures, and the ambrosial utterances of Pujya Bapuji, a Self-realised Mahapurusha well-versed in Vedanta, that society is today availing at home by means of 'Rishi Darshan' (Spiritual monthly DVD Magazine), 'Rishi Prasad' (Spiritual monthly publication), 'Lok Kalyan Setu', other spiritual books, and DVD, MP3, etc.; are *Shabda Pramāna* too. If along with the ambrosial nectar of spiritual discourses, one also gets to have direct darshan, and be in proximity of such an *āpta-purusha*; the amount or extent of welfare and benefits that an individual, family and a society could reap is something that has already been witnessed by countless people.

(Continued on page 28...)

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Pujya Bapuji's Satsang on Various Channels

ईश्वर	DIGIANA DIVYA JYOTI	मंगलमय Internet Channel	TAKE 1 PRARTHANA	Download: Rishi Prasad, Rishi Darshan & Mangalmay Official Apps
Daily 7.00 am	Daily 10.00 pm	www.ashram.org/live	Daily 7.00 am & 9.00 pm	

* **'ISHWAR'** T.V. Channel is available on Tata Sky (Channel No. 1068), Dish T.V. (Channel No. 1057), Videocon (Channel No. 488) and GTPL, Den, Fastway, Hathway, etc., digital Cables and **'JioTV'** Android app. * **'DIGIANA DIVYA JYOTI'** Channel is available on 'Digiana' Cable (Channel No. 109) in M.P. * **'TAKE PRARTHANA'** Channel is available on TechOne Cable in Jammu.

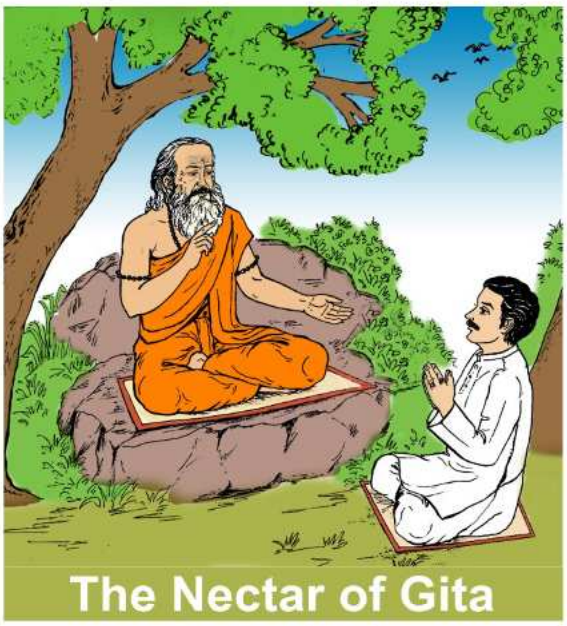
God Himself arranges for securing what they lack and preserving what they have

– Pujya Bapuji

(Continued from the previous issue **'God promises to undertake your responsibility, but you do not trust Him.'**)

The merit of performing a hundred *Ashwamedha Yajnas*

A *Mahatma* was wandering along the banks of the Ganges. One day he resolved, 'I will not ask for alms from anyone. Since I have become a Sannyasin who belongs to God, then why to ask anyone for anything? I will not accept food from anybody until God Himself comes to give food to me.' Having made this resolve, he sat down on the bank of Ganges after having a bath.



The morning passed... It was noon... then a couple of hours passed... He was hungry but kept sitting on the strength of faith. A pious householder saw him sitting in the same place since morning. He asked, "Babaji! Would you like to eat something?"

"No."

"Would you like to come with me?"

"No."

The householder went to his home but could not eat a meal. He told his wife, "There is a *Mahatma* sitting outside hungry. How can I eat in such a situation?"

After listening to this, his wife also didn't eat. Their little daughter came home from school by this time. Soon their son also arrived home. Both of them were hungry and after knowing the situation they also didn't eat.

All of them together went to the sannyasin, and said, "Come with us, *Mahatma!* Have a meal."

The *Mahatma* thought: 'One after another person will come to disturbs me.' So he said, "I shall eat in the house of whoever gives me *dakshina* (a gift given to ascetics with the right hand) of the merit of performing a hundred *Ashwamedha Yajnas* after the meal."

After arriving back home, the little daughter started praying to God in their Pooja-room (Room for worshipping God). Prayer from a pure heart with the feeling of distress is definitely heard by God. So she also received a divine inspiration from God in her heart.

She came out of the Pooja-room. She gave a pot filled with water to her brother and took the plate containing the meal, covered with another plate in her hands. Her brother was sprinkling water on the path ahead and she was following him, walking on the sanctified path to the place of the *Mahatma*. She put the plate at the feet of the sannyasin and prayed to eat: "Maharaj! Please have the meal. You want to receive the merit of performing a hundred *Ashwamedha Yajnas* as the dakshina, right? I shall give it to you."

Sannyasin: "You, your father and even your grandfather didn't perform a single *Ashwamedha Yajna*, so how can you give the merit of one hundred *Ashwamedha Yajnas*?"

The girl: "Maharaj! Please have the meal. I offer you the merit of a hundred *Ashwamedha Yajnas*. The scriptures mention, 'the person who goes to the **(Continued on page: 10...)**

Pujya Bapuji's message on His Birthday

Hari Om…

Today is my birthday. People say, 'Congratulations to Bapu on His birthday!' But what I say is – don't congratulate me; instead, I congratulate my dear ones for obeying the words of Lord Krishna and thereby engaging themselves in the *seva* (selfless service) of availing *satsanga* (spiritual discourse) and spiritual books to people worldwide, carrying out *kirtan yatras* (chanting processions) and serving the poor with money and the physical body. So, I extend my congratulations to my *sadhakas* who have obeyed the words of Lord Krishna.

Lord Krishna says:

जन्म कर्म च मे दिव्यमेवं यो वेत्ति तत्त्वतः ।...

त्यक्त्वा देहं पुनर्जन्म नैति मामेति सोऽर्जुन ॥

(Shrimad Bhagavad Gita: 4.9)

He who thus truly knows the divine birth and action of Mine, does not get rebirth after casting off the body. He recognises my real nature and becomes liberated.

So, I am delighted at the fact that my birthday celebration is not for my happiness; it's rather meant for the spiritual growth of crores of my *sadhakas* and those coming into contact with them, and that of devotees and commoners. How come? Have firm belief in the fact that – 'I was not this body before it was born, nor will I remain this body after its death; so, this implies that I am not the body.' And then give up the ego – 'I am the doer of Karmas'; then your 'I' will become one with that of God… God is Consciousness, and so are you; if God is '*Sat*' (Truth Absolute), your Self is '*Sat*' too; if God is '*Ananda Swarupa*' (Bliss-nature), so is your Self too.

Thus, the one who knows and understands God's birth and Karma as divine in Reality,

Lord says,

He does not get rebirth after casting off the body. He recognises my real nature and becomes liberated.

So, I am glad that on this occasion, crores of my sadhakas become one with Krishna Consciousness. Otherwise, for those who aren't Self-realised, birthday celebration is a tragic day – 'so many years of my life have already passed, but as yet, I haven't realised God…'. So, for commoners, this is a tragic day, but for those, who have realised the words of Lord Krishna, it's a day of festivity. Many many congratulations to you on this day for doing good works!

Many congratulations to those, who undertake the spiritual journey of Divine knowledge, divine action and divine inspiration! When I receive congratulatory messages on my birthday, I acknowledge the same, and allow celebration, because my Guruji has completed my spiritual journey, explaining the following:

जन्म-मृत्यु तेरा धर्म नहीं है, पुण्य-पाप कछु कर्म नहीं हैं ।
तू अज निर्लेपी रूप...

"Birth and death are not Your qualities; sin and virtue are not Your actions. Birthless and unstained purity You are…"

You are actually *Ajaha*, birthless. Is the space (contained in a pot) ever created? No, it's the earthen pot that is created or destroyed. Similarly, it's the pot of the physical body (made up of 5 elements) that is born and dies. 'I am birthless, and deathless too.' – knowing this, the one who engages himself in listening to *satsang*, performing spiritual discipline and divine works is the kind to deserve my accolade. Salutations to his parents, and those who have his darshan.

Jai Jai…

(Continued on page: 13...)

The ideal fraternal love

Veda Bhagavan says:

मा भ्राता भ्रातरं द्विक्षत् ।

(Atharva Veda: 3.30.3)

"Let no brother be malevolent to another brother; Let no brother fight or quarrel with his brother."

Fraternal love is necessary for peace, well-being and joy in the family. Fraternal hatred leads to ruin of the house and family caused by wastage of money in court cases, whereas selfless fraternal love turns the home into heaven. Even the days of poverty pass happily with harmony and mutual understanding.

Love your brothers and learn ideal fraternal love from Ramaji, Laxmanaji and Bharatji. Lord Rama was surprised when he heard about his coronation.

Ramaji says: "My brothers and myself were all born together; and together have we dined, slept and played in our childhood; the piercing of our ear-lobes, (one of the sixteen sacraments incumbent on a Hindu), our investiture with the sacred thread, wedding and all other ceremonies have been done together. The only unseemly practice in this spotless line is that the eldest should be installed on the throne to the exclusion of his younger brothers."

(Shri Rama Charita Manasa, Ayodhya Kanda: 9.3, 4)

What fraternal love Rama had for his brothers!

When the king Dasharatha died, Bharata was called to Ayodhya keeping the news of Lord Rama's exile and the death of king disclosed. Upon reaching Ayodhya, when he learned of the death of his father, he cried and said, "O mother! I thought that father was going to perform the *Yajna* ritual after handing over the throne to brother Rama, so I started my journey home very happily." Bharata didn't just cry but also went to the forest to bring his elder brother back. When Rama refused to return on all counts, then Bharata took the sandals of Rama and came back and for 14 years he lived the life of a hermit at Nandigram. Just see the affection Bharata had for his elder brother!

Now see the affection of Lord Rama as well. About to leave for the forest, Lord Rama says, "O residents of Ayodhya! The way you people have the kind of love, respect and honour towards me, treat my brother Bharata with same respect and honour for my pleasure."

And affection of Laxmana is known to the world. He renounced all the luxuries of life and went to the forest with Lord *Rama*. When Kabandha demon captured Rama and Laxmana, Laxmana said, "O brother! Give my body to the demon to save your life, and then taking Sita along, ascend the throne of Ayodhya and remember me sometimes."

Now let's look at the times of the Mahabharata. When the Pandavas were exiled to the forest, wicked Duryodhana arranged a royal trip just to mock the Pandavas, but Gandharva Chitrasen captured him. When Yudhishdhira heard the news, he sent Bhima and Arjuna to rescue him. Bhima said, "Me… why should I go to rescue that sinner due to whom we are wandering from place to place? Why should I rescue him who has disgraced Draupadi? Why should I rescue the one

(Continued on page: 13...)

For Students

Great Men give Unique Solutions

(Guru Arjun Dev Ji Martyrdom Day: 7th June)

One day a person named Mangaldev arrived with his group at the court of Guru Arjun Dev Ji. He prayed, "Guru Maharaj! Give me something by which I get emancipated."

Arjun Dev Ji said, "Learn to guard truth in your life! This will surely lead to emancipation."

Mangalsen said, "This is a very difficult act for me."

"Mangalsen! You want emancipation in this birth, but are not ready to pay its price! How can both these things happen together?"

Mangalsen became serious and said, "Although I want to tread the path of truth shown by you, it is not easy for me to bring such a radical change in my life suddenly, because my nature is fully developed and I cannot live without telling a lie."

Arjun Dev Ji encouraged him saying, "Tread slowly. **Where there is a will there is a way.** What is impossible for you if you persevere in your efforts with the aid of divine grace? What you need is to make a firm resolve."

"Guru Maharaj! Bless me with a source of inspiration to save me whenever I falter in this difficult task."

Arjun Dev Ji mentioned a nice solution: "Always keep a blank notebook with you. When you are compelled to tell a lie for any reason – note down the entire story in your notebook and read it out to the assembly of satsang listeners. The assembly will forgive you, taking your helplessness into account."

The above mentioned solution was very easy to hear but very difficult to put into practice. Mangalsen felt guilty giving an account of his lies before devotees. Obeying the command of Guru, he started keeping a notebook with him but remained vigilant in affairs of day to day business so that no chance of telling a lie would arise.

Mangalsen knew that 'SatGuru is omnipotent as well as omniscient'. Hence, he would deal very carefully with his affairs. By the virtue of truthfulness, he started gradually gaining popularity. He started getting praised and honoured by everyone.

In such situations, the ego starts spreading its tentacles, but Mangalsen was alert. He had an inspiration "This radical change in his life was brought about solely by putting the words of Guru into practice."

He along with his associates went again to the abode of Arjun Dev Ji. In order to teach a lesson to the satsang listeners, the *Antaryamin* (omniscient) Guru, despite knowing everything, asked unknowingly, "Mangalsen! Bring me your notebook of lies."

Mangalsen submitted his book before the Guru. Arjun Dev Ji said, "But this is blank."

Then Mangalsen narrated all his account. Gurudev, being pleased with him, said: "God Himself and Guru's infinite power stay with the person who puts the words of Guru into practice with faith and trust. No difficulty can ever hinder any work done by him."

How to maintain good health in summer?

Scorching sunrays in the summer reduce the water and oil content of the body which results in depletion of the *dhatus* like *rasa* (chyle), blood and semen; and accumulation of *Vata* and depletion of *Kapha*. It also decreases physical strength, digestive fire and immunity. Summer is the most debilitating season. If we take care of the following points we can prevent the adverse effects of summer and increase strength.

(1) Salubrious diet: Consumption of sweet, juicy, oleaginous foods and drinks is beneficial in this season. Rice is unctuous, easily digestible and cool in effect. Hence eating kheer prepared from rice is salubrious during this season. You can use ghee if possible. Consumption of sathi rice (a short stemmed, red or dark-coloured rice which ripens is some sixty days of sowing) with milk and sugar candy is more beneficial.

Vegetables like pumpkin, bottle gourd, gilki (sponge gourd), Lady Finger (Okra), pointed gourd, ridged gourd, etc. are salubrious. It is beneficial to use mint, amaranth (red and green), Putika (*C. Bonducella*), coriander and sweet lemon. Mint helps in digestion of food and also prevents heat stroke.

Fruits like grapes, mango, musk melon, water melon, banana, pomegranate, etc. and cereals like wheat and dhals like green gram (Mung), lentil, Moth (*Phaseolus aconitifolius*), kidney beans can be taken. Consumption of *Panaa* (a drink made from raw mango), *sattu* (flour of parched wheat, barley and gram ground together) mixed with sugar candy, ghee and cold water is good especially at noon.

It is beneficial to drink sherbets like Rose, Palaash and Brahmi, and various drinks like lychee, orange, pineapple, mango Oj and apple drink, Amla juice, Amla powder, etc.

(2) Forbidden foods: Chilli, spices, and other pungent substances; sour articles like raw tamarind, unripe mango, pickles, curd, kadhi; salty foods, fried food, and fermented delicacies like Idli, Dosa, toast should not be consumed. Millet and black gram are insalubrious. Consume substances that are hot in potency like Drumstick (Horse-radish), Bathuaa (Wild Spinach), bitter gourd, brinjal (aubergine), etc. in small quantities, particularly those having Pitta body type should not consume these. Do not consume fenugreek, Suwa (Indian Dill), etc.

(3) Drinking water: We should drink plenty of water in summer. Water stored in a copper vessel is the best water for drinking but the copper is very hot and sharp in potency. So it is not good to take this water in the summer and sharada (fall) seasons. Refrigerated cold water depletes Life Energy. It aggravates Vata, Pitta and Kapha. Drinking refrigerated chilled water or cold drinks causes numerous diseases like indigestion, hyperacidity, piles and rheumatoid arthritis.

Water stored in an earthen pot is

Priceless Keys to a Happy Life

To avert widowhood, and enhance happiness, peace and prosperity

Married women should, after taking a bath, apply a tilaka on the forehead while facing east and salute Mother Parvati chanting this mantra: **'Om Hrim Gauryai Namah'**. It will avert a married woman's impending widowhood, and enhance happiness, peace and prosperity in their home.

Mantra for proficiency in learning

'ॐ ऐं ह्रीं श्रीं क्लीं वाग्वादिनि सरस्वति मम जिह्वाग्रे वद वद ॐ ऐं ह्रीं श्रीं क्लीं नमः स्वाहा।'
"*Om Aim Hreem Shreem Klim Vaagvaadini Saraswati Mama Jihvaagre Vada Vada Om Aim Hreem Shreem Klim Namah Swaahaa*". Chant this mantra 108 times on 19th June, 2019 between 1.30 pm to 11.45 pm or on 16th July, 2019 between 8.43 pm to 11.45 pm, and then, on the same day, write 'ह्रीं' *"HREEM"* mantra on the tongue of the person with red sandalwood between 11.00 pm to 12.00 am. That person will become proficient in learning and earn amazing erudition. (**Note:** This Vidya Labh Yoga combination is only on 16th July in Gujarat and Maharashtra.)

The Meritorious Days

26th May: Seventh lunar day falling on Sunday (From sunrise to 8.50 am)

30th May: Apara Ekadashi: (Observance of this Vrata gives great merit and destroys big sins.)

3rd June: The new moon day falling on Monday (From sunrise to 3.32 pm) (Circumambulating a Tulsi plant 108 times destroys poverty)

6th June: Gurupushyamrita Yoga (from 8.29 pm to sunrise 7th June)

9th June: Seventh lunar day falling on Sunday (From sunrise to 12.37 am 10th June)

13th June: Nirjala Ekadashi. Observance of this Ekadashi gives fruit of all 26 Ekadashis of the year (including Ekadashis of Adhik Masa). Holy bath, charity, Japa, Homa, etc. done on this, day gives imperishable merits.

15th June: Shadshiti Sankranti. (From 5.36 pm to sunset) (Japa, meditation or virtuous acts done on this day gives eighty six thousand fold merits.)

19th June: Vidya Labha Yoga (all over India except Gujarat and Maharashtra)

(Refer to the calendar or diary for detailed information)

You will get positive benefits by doing this

If while going out you come across a desi cow with her suckling calf, feed her any fruit, green grass, jaggery, roti, etc. It is a highly auspicious omen. You will get positive benefit from this.

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Along with illustration of moral values

What are the other special features included?

* An inspirational quote on every page to instill knowledge, self-confidence, positive thinking and patriotism in students, to make them refined. * Measures to improve concentration and memory power, techniques to excel in exams and health tips. * Inspiring messages and anecdotes of the great men, and inspiring stories. * Natural scenes arousing peace, zeal and bliss in the mind... and many more things!

Inculcate moral values naturally in your children along with the neighbouring ones through these notebooks; Save sensitive children from the life-energy destroying material published in other regular notebooks.

Effectively maintains natural beauty and softness

GULAB MAHAK (Rose water) & Aloe Vera Gel

* Cooling, natural-beauty enhancing and complexion-promoting. * Helps in removing pimples, erythematous patches of skin, dark circles around the eyes, and prickly heat. * Provides protection against harmful rays and pollution.

Wards off many heat-generated diseases, Gives joy and coolness

This Gulkanda prepared from rose petals, nurtured by the rays of the sun and moon, is sweet and cooling. It gives joy to the mind and coolness to the heart and brain. It especially helps in pitta related disease like hyperacidity, internal heat, intense thirst, burning sensation in hands, feet, palms & soles and eyes, prickly heat, burning micturition, bleeding from the nose, passing blood in urine and feces, and menorrhagia. Its consumption is extremely beneficial also in anaemia and constipation, etc. It helps in peptic ulcer and inflammation of the intestines.

The above mentioned products can be obtained at your nearest Sant Shri Asharamji Ashram stalls (Satsahitya Seva Kendras) or service centres of the Samiti. To order through Regd. Post, Contact: (079) 39877730, e-mail:contact@ashramestore.com For detailed information about their benefits, etc. and other products, and home-delivery of the products, please download from the Google Play Store: "Ashram eStore" App or visit: www.ashramestore.com