True disciples have attained, since time immemorial, the knowledge of their own Self, that of supreme bliss-nature; and achieved their goal by receiving spiritual instruction from the supremely benevolent Self-realized SatGurus and drinking the ambrosia of Their grace, served with the cups of their hearts. Having attained the same pure ambrosia of Brahmajñana from Pujya Bapuji, in the present era of terrible Kali Yuga, crores of people across the world feel blessed. They become overwhelmed with gratitude.
The Supreme Brahman, Supreme Self whose essential nature is Sat-Chit-Ananda — i.e., Absolute Existence-Knowledge-Bliss, is ever-present in the world (comprised of mobile and immobile beings) and also as our own Self. Yet, the human beings, not recognising Him due to ignorance, hanker after transitory sensual pleasures of the world, and consequently keep migrating in the cycle of birth & death, thereby passing through numerous afflictions. Pitying such a miserable state of the Jivatma (the individual self), which is actually inseparable from the formless Brahman, Supreme Self, the latter descends amidst us in the form of Self-realised great men, in order to awaken us in our essential nature — Sat-Chit-Ananda. Such great men, playing the role of SatGuru, leave no stone unturned to liberate us from Jivahood; to awaken us into our auspicious nature, Supreme Consciousness, which is immortal, mass of consciousness and bliss, Supreme Peace! They devote their entire life itself to elevating us spiritually. The Real Knowledge that gives absolute bliss, peace and joy that SatGurus have bestowed upon mankind, is something that even our parents of crores of past lives, friends & relatives and all gods & deities cannot give. So, Guru-Purnima Maha-Parva is an excellent opportunity to worship such supremely benevolent availing their Supreme Grace!

When the worshipped is pleased with the worship, the worshipped is blessed with the prasada (the divine grace) of the former. Thus, the worship of Self-realised SatGuru bestows us with the real prasada. प्रणामं सत्गुरीनि आत्मिन पत्रं स: प्रसादः। That which specifically makes us identified with our Atman, Supreme Self is verily the ‘Prasada’. Even though the quality of other items and products might degrade over a period of time, due to adulteration etc.; the disciples, by means of Guru-Shishya tradition that has been going on since time immemorial, have been availing the prasada of Brahmajnana spontaneously emanated from the holy-mouth of Self-realised SatGurus (like Pujya Bapuji) in its pristine purity. It is supremely fortunate & blessed of human beings to have the golden opportunity of assimilating such knowledge, while availing their direct darshan & proximity; it is the most auspicious period of human-life. As per Sant Kabir, one should have the darshan of such saints as often as one can in a day. However, if one can’t have it every day, one must have it once every week, once every fortnight or once in each month. (Continued on page 27...)
Follow the teachings of God and be alert before it is too late

By worshipping and adoring Self-realised saints, hearing their satsang discourses, living in their proximity, and virtuous conduct, one attains long life, health, good intellect, wealth, fame and liberation and one emancipates seven generations of his family; and by censuring saints and great men, bearing malice towards devotees of god and doing anti-religious acts is one is ruined. Our history and Puranas are replete with such countless examples.

There is a Puranic tale in which Lord Shiva says to Parvati, “A Brahmin worshipped me every day and served saints, etc. As a result of the religious merits he became a King Kukardama ruling the city of Pindaraka. But later, being intoxicated with the egotism of kingly status, he became foolish, a cow killer and a reviler of Brahmans. He died at an auspicious time. He, who was dead, was born as an evil spirit due to the terrible sin of censuring saints. He, oppressed by hunger and thirst, subsisting on air, moved here and there. Accompanied by many evil spirits he wailed ‘Ha, Ha’.”

It has been stated in Shri Rama Charita Manasa (Uttar Kanda: 120.12):

हर गुरु निदंक दादृश होई।
जन्म सहस्त्र पाव तन सोई॥
श्लेष निदंक वहु तरक भोग करि।
जाग जनमाद वायस सरीर धरि॥

“A reviler of Lord Hara and his own preceptor takes the form of a frog (after his death) and his birth in that form is repeated a thousand times. A reviler of Brahmans, after suffering torture in a number of hells, is born on earth in the form of a crow.”

Guru’s generosity

Lord Shiva continued, “Purely by chance, that evil spirit went to the hermitage of his preceptor (of his former life in which he was a Brahmana) Kahoda Muni. On seeing the evil spirit, his former Guru said, “How have you become king of evil spirits?”

The evil spirit said, “O Gurudev, I was king Kukardama in the city of Pindaraka. Listen to what I, living there, did.

Formerly, I indulged in killing brahmans. I tortured sadhus and saints. I harassed my subjects. I harmed cows, and told lies. I blamed virtuous men. I was always given to censuring Lord Vishnu, and blamed the devotees of Vishnu. My conduct was bad, I was wicked. Due to those evil deeds, I have become an evil spirit. I have become unhappy in many ways. You alone are my mother, father, relatives and kinsmen. You alone are my emancipation. Please relieve me.”

The supremely kind Kahoda Muni helped him attain salvation through scriptural rituals.”

Saints and great men are well-wishers of all beings. One should not afflict them in any way. One should not revile them. If one has insulted them due to foolishness or egotism, one should go to their lotus feet and apologise to avoid sufferings in lower
God Himself arranges for securing what they lack and preserving what they have  — Pujya Bapuji

(Continued from the previous issue)

The sole resting place for devotees

The person, who worships God with exclusive devotion, does not like anything but God. His heart is not satisfied with anything else. Even if he/she becomes extrovert, being allured by material things and carnal pleasures, still he/she will become introverted again, realising their insipidity.

A ship is sailing on the vast water of an ocean. Nothing but water can be seen all around for miles. There is no sign of land. A bird is sitting on top of the mast of the ship. That is the only thing the bird can rest on. It flies around for some time but has to come back to the same ship in the end. That ship is the exclusive place of rest for that bird. Similarly, God is the only resting place to get pure bliss and repose for devotees of God who do not think of anything else. He/she has realised the futility of hankering after worldly pleasures as if he/she has found an oasis in a scorching desert.

The devotee treading the path of Bhakti Marga (path of devotion to God) gets drawn more and more towards God. He/she starts severing relationships with other things and persons. He/she keeps himself/herself absorbed in the constant remembrance of God and divine intoxication, which in turn also brings God nearer to His beloved devotee. God undertakes total responsibility for such a devotee. God Himself arranges for securing what they lack and preserving what they have.

I generally need something to eat after 30 minutes of having performed aasanas. It could be any nutritious food-item, be it an apple, an orange, some milk or even a few (2-3) Okra pods. Once, I went into a dense forest where I didn’t have any of my acquaintances. I was performing my aasanas there and at the same time, was telling myself with sarcasm— ‘Now have food. You will enjoy it.’ While living at home, it was either my mother, brother or other family members who would take care of my food, etc. That is fine. But the care taken by that Paramatma—the Supreme Self is amazing!

While living at home, I would go to home after 30 minutes of having performed my aasanas (in another place) and would ask my kindred at home — ‘Get the breakfast ready for me... get me my breakfast...’, and then I would get it. However, in this case, while I was performing my aasanas, two men came to me and said, ‘Please, have your breakfast.’ I was truly taken aback at this. They seemed to be villagers with long moustaches, good looking faces, red & chubby cheeks, each wearing a turban. I looked here & there, but there was no house to be seen around.

I asked, ‘Whom have you got this for,
A child became a Rishi by the power of Guru-Mantra

Pujya Bapuji

Aitareya, son of mother Itara used to chant a mantra from childhood. He neither heard anything nor spoke. He neither played like other children, nor studied.

Eventually, people said: “He is an imbecile. He does not say anything.”

One day his distressed mother said to Aitareya: “Parents become happy when their child gets fame but you are getting condemned. If a woman is insulted by her husband, and if her son does not possess good qualities, her life is futile.”

Aitareya then laughingly told his mother after bowing down at her feet, “O mother, you have been overwhelmed by what is unreal and false. You have taken ignorance for knowledge. People of the world, censure and praise according to their perspectives. If they censure; whom do they censure? They censure the despicable body which is composed of some vertical and horizontal bones smeared with flesh and fastened with sinews. What difference does it make whether this despicable body is censured or praised? I am not doing any condemnable deeds, I have just feigned to be a fool.

The world is filled with selfishness. Only God and God-realised great men are selfless. So mother, I am muttering the name of God and I have peace and joy in my heart. Do not be sad on hearing my condemnation.

Mother, one should never entertain such thoughts that would cause pain to the mind, aversion in the intellect and attraction towards the world in the minds-stuff. The Jiva gets bound by the world by entertaining worldly thoughts and liberated from it by reflecting on the consciousness-nature, Supreme Self.

In reality, mother, I am not this body, and you too are not the body. Such bodies were born and died many times. The Jiva becomes entangled in bondage, only by believing the body as ‘I’, and things related to it as ‘Mine’. The Jiva attains liberation by believing Atman as ‘I’ and the Supreme Self (God) as ‘Mine’.

Mother, you too become a Mukta (a liberated soul) by reflecting and contemplating in this way. Change your beliefs. The Jiva becomes a victim of bondage only due to such narrow beliefs. If the Jiva gives up such narrow beliefs, he is verily the eternal being of the Supreme Self.

Mother, attain the realisation of God, the Giver of life, before the night in the
There was a Jaat (a person belonging to a north-west Indian community, chiefly of cultivators) who used to graze goats. By chance, he married a girl who had been initiated into a mantra by a SatGuru. One fine day, the girl asked her husband: “Swami! Have you been initiated by a SatGuru?”

Husband: “No.”

Wife: “But O my dear husband! Without Guru, one can’t attain liberation; so please make any Self-Realized man your Guru.”

“But, how to make someone a Guru?”

“Swami! If you resolve firmly to attain a Guru, then by God’s grace, you will have His darshan; then you may follow His behest and act accordingly.”

The shepherd grazed the goats in the woods, while praying mentally to God (for Guru’s darshan). One fine day, he saw a Mahatma. He humbly requested the Mahatma with folded hands, “O Lord! Become my Guru, accept me as your disciple.”

Mahatma: “If I accept you as my disciple, then you will have to act at my behest; will you be able to do so?”

The shepherd agreed.

The Mahatma then imparted the Guru-Mantra to him and instructed – “Do not act according to your mind on any account.” The saint left the place.

The shepherd thought – ‘Let me eat now.’ But then, he thought, ‘It’s none but my mind that tells me to eat a meal, but my Guru has ordered me: “Don’t obey your mind.” So, I will not eat.’ Then he felt like drinking water, but again thought – ‘Even this is being said by my mind.’ So he didn’t drink water either. Then he wished to go to his home, but again, knowing that the wish was a thought of his mind, he stood in the same place. Thus, he spent the entire night standing still and by the sunset of the following day, even Indra, the king of devas, was alarmed. Indra thought that the shepherd would hurl him from his high seat in heaven by his penance.

So Indra ordered the clouds – “Pour so heavily that the water-level reaches the shepherd’s mouth.”

It poured so heavily that the water reached the shepherd’s mouth (who was still standing). He thought – ‘Let me drink the water, I don’t have to do anything, just to open my mouth.’ But then, he again thought – ‘Even this is nothing but the voice of my own mind.’ So he closed his mouth so the water could not enter it.

Looking at his firm adherence to the Guru’s command, Indra went to Lord Vishnu and narrated the entire incident.

The Lord appeared before the shepherd and said, “Being pleased with your penance and devotion to Guru, I have come to you.” The shepherd opened his eyes and said, “I am not sure whether you are telling the truth or not, how do I know that you are God? I will believe you only when Gurudev comes to me and confirms that you are none but God.”

Lord Vishnu left and returned with the shepherd’s Guru; and said, “O great devotee! Look, even your Guru has come.”

Upon opening his eyes, the shepherd was pleased to see his Gurudev. He asked humbly with folded hands: “O Gurudev! Is he verily the God?”

Guru said, “Yes my dear! He is Lord Vishnu.”

“Master and God both stand face to face with me; At whose feet should I then prostrate myself? Hail to Thee, my Master, Who revealed the Lord to Me!”
Remove environment-destroying trees; Plant trees that give health, prosperity and religious merit — Pujya Bapuji

(remainder of the article in the previous issue)

Health-giving Neem tree

It is extremely beneficial for health to inhale the air around Neem trees, even at night. The juice extracted from Neem is highly beneficial in celibacy and balancing Pitta. People who suffer from aggravated Pitta, heat, skin problems, or haemorrhagic disorder will get relief from those complaints if they clean their teeth with ‘Neem Dattu’ (teeth cleaning twig) and take its juice. It will relieve problems like nose bleeds, piles or any other bleeding problem. Consumption of Neem leaves is also highly beneficial.

Taking the juice of Neem flowers for 15-20 days during Chaitra month (first month as per Hindu calendar), will boost immunity to protect you from diseases throughout the year. Dry Neem fruits, then grind them into powder. 20-25 grams should be boiled with water to prepare a ‘kaadha’ (decoction). Add this decoction to water for bathing and take a bath. Take such a bath for only 5 days. You will feel refreshed. It will affect your skin pores. It will remove sin and defects of the body. If you have gastric problems, take the decoction in the palm of your right hand and sip it, and see the miracle! This will help as a supplement for the deficiency of the bitter rasa (taste). Usually people consume pungent, salty, sour, and astringent tastes. They overeat foods giving sweet taste, but they do not take the bitter taste. The body becomes sick due only to the imbalance of all the tastes. Drinking this decoction will balance the tastes. The great men have discovered such an amazing therapy!

It is good to fumigate the house occasionally, with the smoke of Neem leaves.

Meritorious tree — Amla

The great glory of Amla is described in the shastras. Amla has the status of being the first tree created by Lord Vishnu at the beginning of creation. Constant remembrance of the Amla tree gives the fruit of donating a cow. Double (the fruit of this is obtained) by touching it and triple by eating amla fruit. Amla is nourishing and meritorious. The fruit of doing Japa and meditation under an Amla tree is crore-fold. We have planted Amla trees in all the Ashrams.

Tulsi is the giver of health and prosperity

One more important point is to plant Tulsi plants. The oxygen emanating from a Tulsi plant is extremely satvic. There are many other benefits of Tulsi. Tulsi is miraculously beneficial, not only from an Ayurvedic perspective, but also for purifying the environment. Consumption of 5-7 Tulsi leaves in the morning boosts memory power and immunity.

Wherever, I reside, I get a lot of Tulsi plants planted. We do Tulsi farming on a large scale in the Ashrams. If you have 1-2 Tulsi plants at home, think that the place is as pious as a pilgrim place. If one plants Tulsi at home, harmful viruses don’t enter the home. Tulsi contains the fire element and it balances Kapha and Vata doshas. You can plant hundreds of Tulsi plants in the courtyard and borders of fields and farms. You can →
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Thoughts of the great men

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– Maharshi Vasishthaji

"By reading, hearing and reflecting upon Shri Yoga Vasishtha Maharamayana, your realisation will become one with that of Lord Rama and my Guruji; and thus, you will realise – ‘Satyam Jnaanam Anantam Brahma’, i.e. Brahman is Truth, Knowledge and the Infinitude."

– Pujya Sant Shri Asharamji Bapu

"One of the greatest books, the most wonderful according to me, ever written under the Sun, is – ‘Yoga Vasishtha,’ which nobody on Earth can read without escaping God-consciousness and which nobody can read without becoming one with The All."

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