On the occasion of Guru Punam, I would delight in remembering my Gurudev’s divine gestures and manners while having His darshan mentally and performing His mental worship. I would become one with my Gurudev—the personification of Vyasa, while lovingly meditating on Him...

Then it would be as if Guruji is instructing me and I am hearing; He is showering grace with affectionate glances, and I am feeling thrilled with joy. This is how I would celebrate the Vyasa-Punam.

— Pujya Sant Shri Asharamji Bapu

Pujya Bapuji has widely propagated the Divine Knowledge of Maharshi Veda Vyasa, thereby infusing society with the triple Yogas of Karma, Bhakti and Jnana.
Gurukuls excel in the Board Exams of Academic Session 2018-19 as well

Gurukuls at Ahmedabad, Aligarh, Chhindwara, Ludhiana, Indore, Jaipur, Dhule and Raipur (English Medium) scored a perfect 100% result in Class X Board Exams. Results of Class XII Board Exams are also commendable.

### Class X State Board Exam-results

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Percentage</th>
<th>PR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Akanshita Tripathi Ludhiana</td>
<td>95.38%</td>
<td></td>
</tr>
<tr>
<td>Vikas Maurya Ludhiana</td>
<td>93.30%</td>
<td></td>
</tr>
<tr>
<td>Anjali Jauhari Ludhiana</td>
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<tr>
<td>Saket Miri Raipur</td>
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</tr>
<tr>
<td>Nisha Pal Ludhiana</td>
<td>87.38%</td>
<td></td>
</tr>
<tr>
<td>Jaya Verma Raipur</td>
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<td></td>
</tr>
<tr>
<td>Rohit Sharma Ludhiana</td>
<td>84.15%</td>
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<tr>
<td>Arpit Patel Dantod</td>
<td>95.86 PR</td>
<td></td>
</tr>
<tr>
<td>Ramesh Khatri Rajkot</td>
<td>95.86 PR</td>
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</tr>
<tr>
<td>Mohan Patel Ahmedabad</td>
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</tr>
<tr>
<td>Vaibhav Kiran Devangan, Raipur</td>
<td>80.16%</td>
<td></td>
</tr>
<tr>
<td>Krishna Magar Dule</td>
<td>79.40%</td>
<td></td>
</tr>
<tr>
<td>Vedant Patel Ahmedabad</td>
<td>94.33 PR</td>
<td></td>
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<tr>
<td>Ramhari Gaur Surat</td>
<td>93.42 PR</td>
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<tr>
<td>Santosh Kumar Ahmedabad</td>
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<tr>
<td>Durgesh Mafi Surat</td>
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<tr>
<td>Tinkal Asari Dantod</td>
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<tr>
<td>Aryan Patel Dantod</td>
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### Class X CBSE Board Exam-results

<table>
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<tr>
<th>Student Name</th>
<th>Percentage</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Samriddhi Kumari Chhindwara</td>
<td>95%</td>
<td>Chhindwara</td>
</tr>
<tr>
<td>Hariom Shaw Chhindwara</td>
<td>92%</td>
<td>Chhindwara</td>
</tr>
<tr>
<td>Nikita Mewada Bhopal</td>
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<td>Bhopal</td>
</tr>
<tr>
<td>Yash Chaudhari Agra</td>
<td>89.80%</td>
<td>Agra</td>
</tr>
<tr>
<td>Akshara Sharma Chhindwara</td>
<td>88%</td>
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</tr>
<tr>
<td>Jay Shivarc Chhindwara</td>
<td>87%</td>
<td>Chhindwara</td>
</tr>
<tr>
<td>Narayan Singh Chhindwara</td>
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</tr>
<tr>
<td>Abhay Singh Agra</td>
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</tr>
<tr>
<td>Rohit Singh Agra</td>
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</tr>
<tr>
<td>Amit Vikram Bhopal</td>
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<tr>
<td>Aryan Mishra Indore</td>
<td>85%</td>
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<tr>
<td>Omkar Gupta Indore</td>
<td>84.60%</td>
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<tr>
<td>Prasun Dwivedi Indore</td>
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<tr>
<td>Narayan Sahani Bhopal</td>
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<td>Pranay Khairnar Dule</td>
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<tr>
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<td>Vidyaabhushan Dangi, Bhopal</td>
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<tr>
<td>Yogesh Sharma Jaipur</td>
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### Class XII Board Exam-results

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<tr>
<th>Student Name</th>
<th>Percentage</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Medha Guglani Chhindwara</td>
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<tr>
<td>Nikunj Bansal Agra</td>
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<td>Simran Navlani Chhindwara</td>
<td>90%</td>
<td>Chhindwara</td>
</tr>
<tr>
<td>Samriddhi Prasad Chhindwara</td>
<td>89%</td>
<td>Chhindwara</td>
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<tr>
<td>Muskan Deshmukh Chhindwara</td>
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</tr>
<tr>
<td>Govind Rathore Ahmedabad</td>
<td>86.71%</td>
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<td>Vaishnavi Sabhawar Chhindwara</td>
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</tr>
<tr>
<td>Ajay Rughuvanshi Bhopal</td>
<td>82.60%</td>
<td>Bhopal</td>
</tr>
<tr>
<td>Aman Jain Agra</td>
<td>80.60%</td>
<td>Agra</td>
</tr>
</tbody>
</table>

Apart from the above-mentioned Gurukuls, there are others running in Sarki Limdi, Gondia, Varanasi, Damoh, Ghaziabad, Jammu, Khilchipur, Binka, Pitol, Mokhda, Kotgarh, Basti, etc. as well.
God Himself arranges for securing what they lack and preserving what they have – Pujya Bapuji

(Continued from the previous issue)

**Key to Self-elevation**

Until you associate yourself with any Self-realised saint or great man, His ashram or place, you won’t be able to attain absolute bliss, that Supreme Self. You will get speech, words, some understanding but you will get bliss only when you stay in Guru’s ashram and serve selflessly like Lord Krishna did while staying in his Guru’s ashram. It will cause purification of your heart; love will develop, own-ness with Guru will develop.

This was the only reason Lord Krishna, the Controller of the Universe who can create a new Universe within a moment, went to the forest to collect firewood in heavy rain. What was not possible for Him to do with His Yogic power? He could have piled up several cartloads of firewood in his Guru’s ashram. But no, he didn’t feel ashamed or hesitate in doing such a menial job. He did not show any of his divine powers.

अमृत की तो ऐसी की, सब जर लुटा बेठे ।
फकीरी की तो ऐसी की, गुरु के दर पर आ बेठे ॥

Despite possessing great wealth he sacrificed it. He became an ascetic and came to live in Guru’s hermitage.

He renounced the lordship of the entire world and sat at the door of his Guru. And he went to collect firewood. The heart is purified with Guru-Seva and the knowledge of Brahman prospers well in such a pure heart. Those who read Yoga-Lila (Pujya Bapuji’s biography in prose) sitting on a chair, those who read any spiritual book wearing shoes and socks, while travelling on a train, get words. At least they are getting something. When it rains on a road, it will get cleansed of horse dung, diesel stains, etc. You can’t expect anything more. The same water, if rains in a field, it will grow the crop. But if a drop of the same rain water is received by an oyster floating on water when the Svati conjunction of stars is in the ascendant, it becomes a pearl. The drops are of the same water, but the benefit is based upon the place where it falls. In the same way, the words of Saints will benefit you according to the eligibility and purity of your mind. Where the heart is pure like an oyster, a pearl of God will be produced by the words. Where the heart is impure like an asphalt road, it will get cleansed. The municipal corporations try the whole year to clean the roads, but still they can’t do it the way a single rainfall does. Similarly, the heart does not get purified with the practice of meditation, performance of duty or observance prescribed by religion as it gets purified by attending a dhyana-yoga-shivir here, by hearing satsang discourses on Jnana delivered by Guru. Only purified hearts develop a longing for God and meditation. If you have a longing, be sure that your prayer has been received by God. Until you
A sacred bond of faith and resolve with a slender thread

Though the thread of the Rakhi is slender, the feeling, faith and resolve residing in it work wonders. The sacred bond of love between brothers and sisters is capable of protecting young boys and girls from immoral lapses.

The pure love between brothers and sisters calms passion and anger. They get power to help each other out of compassion, and go together harmoniously. Thoughts of equanimity start arising in their mind.

**Multiple benefits of the Rakhi**

There are many benefits of Raksha Bandhan. Health benefits, protection from passion, strengthening of resolve, protection from lapses, protection from the enemy during war, protection of spiritual practices; whatever be the resolve or good feeling with which this small thread is tied, while reciting a Vedic mantra if possible, it works wonders. Though it is a small thread it helps in health, fulfillment of resolve and securing protection.

It is mentioned in the Bhavishya Purana: ।

सूक्ष्मकुल्क्षेणयमक्षे येन रक्षा कृता भवेत् ॥

“The protective thread worn on this festival destroys all disease and auspicious deeds. The man is protected throughout the year by wearing it once a year.”

The Gandharvas, Yakshas, Kinnaras (various demigods), and ghoulish spirits of the subtle world like Pishachas, etc. do not disturb the person who wears a rakhi on his wrist on this festival. He will not be influenced much by the lowly resolves of his opponents and negative vibes will not affect his mind. If the protective thread is tied to the wrist of a person with a wish to give yearlong protection, while chanting the following Vedic mantra with faith and good wishes, it definitely helps that person.

येन बलदी राजा वानाते-वान्यमहाबलः।
तेन त्यां अभिभावकृमि रक्षे मा च चल मा चल।।

Yena baddho bale raajaa daanavendro mahaabalah| Tena twaam abhibadhnaami* rakshe maa chala maa chala||

“I am tying this Raksha on your hand, with which the most powerful and generous King Bali himself was bound; O Raksha, don’t go away; don’t go away.”

**Make the following resolve:**

When a man says, “I am Mr. So and So” or a woman says, “I am Ms. So and So”, the “am” stands for the eternal existence of Self. The protective thread is made of cotton but the resolve is made by the eternal existence - “am”. ‘I am his sister or I am so and so. I wish good of my brother or so and so.’ Auspicious resolves protect health and give success to the person wearing the thread. When you make a resolve after becoming calm, it arises from “am” (eternal existence) and hence it never fails. The gracious glance or blessings of great men, and the blessings of venerable persons fructify.

‘Lakshmi tied a protective thread on the hand of Bali, the King of Danavas to bring Lord Vishnu back to her in the Vishnu Loka (because Vishnu was serving Bali as a guard in the Patala Loka). I am tying on my brother’s hand this protective thread with the same goal. O protective thread, protect my brother.’ Sisters should make such a resolution and tie a protective thread on their brother’s hand. And tie the protective thread to your well-wisher’s hand with a similar resolve.

* The disciple should chant ‘Rakshabadhnaami’ instead of ‘Abhibadhnaami’ while tying a protective thread to his Guru’s wrist.
Narendra became Swami Vivekananda through the practice of meditation and Vedanta Jnana – Pujya Bapuji

The one who does the practice of looking with fixed gaze at the image of SatGuru or any deity, and then visualising the same on the third-eye, the Ajna Chakra – the point between the eyebrows; has his/her Ajna Chakra opened. The more this chakra opens, the more easily one can carry out studies. Narendra would do the same as a boy. He would sit in the squatting position, placing the hands on the knees in Jnana Mudra (i.e. joining the tips of the index-fingers to the thumbs, and straightening the remaining three fingers); and then meditate on the Ajna Chakra. As a result, not only could he score good marks in studies, but could also effortlessly memorise whatever he had read, even once.

Narendra would tell the boys of his neighborhood – “Let’s go and play.”

They would play for some time. While playing outdoor games, one tends to jump-around; and the jumping-around causes rapid breathing which is akin to Pranayama. After playing games, he would tell his playmates, “Let’s sit and meditate. The one meditating for the longest time would win the competition.”

Once, Narendra was sitting in meditation. Sitting with him were some restless, stupid, low-minded children, who kept laughing and making noises. They would close their eyes for some time, and then opening their eyes in no time, look here & there, wondering – ‘How can we get-up, when Narendra is still sitting in meditation?’ Again, they would close their eyes, and start to yawn. Not being interested or fortunate enough to experience the bliss of meditation; they couldn’t enjoy it, it rather made them dull and lazy. Actually, they didn’t understand the glory and importance of meditation.

That’s when they saw a cobra coming towards them. The other boys were frightened, so they got up and shouted a warning to Narendra – “Hey Narendra! Narendra! There’s a cobra over there…!”; they ran away. But Narendra did not hear them. The snake cannot do any harm to the person who does the japa of God’s name, performs pranayama, and mediates on God. Narendra kept his poise and remained where he was.

During my stay for penance in a cave of Mount Abu, a snake would show-up at times. Once, I mistakenly stepped on it. It was quite a long black snake; yet, it didn’t harm me. Once, I met a bear but neither did the bear cause any harm to me. The bear, as a wild and ferocious animal, had scratched the faces of many people with its claws, causing fatal injuries. But those who sincerely meditate on God, and are free from
Benedictory experiential words of Saints

Supreme well-wisher Guru and true disciple

– Sant Pathikji

He alone is the supreme well-wisher Guru, who imparts knowledge to us about our true nature, the goal of our life and the right means to attain it. He alone is a true disciple who loves his Guru more than his own self.

“The disciple must show more love and reverence to his Guru than he does to Iswara, for without that, he may be wise, but yet, without knowledge of Self;” (Vichar Sagar: 3.7)

O sadhak, drink the Ambrosia

– Sant Bahina Bai

“O sadhak, drink the ambrosia of SatGurudev’s words. Be assured that they will destroy the cycle of birth and death for you. Surrender your body, mind and speech to the SatGuru. You will become immortal (being awakened in your Immortal Self-nature) and master of your senses. The pilgrimage of SatGuru’s word is the cup of ambrosia. Always consume it without interruption.” Sant Bahina Bai says, “O Jiva, you will become absolutely contented by worshipping the excellent SatGuru alone.”

I can’t forget Him even for a moment

– Sant Garibdasji

SatGuru is without beginning and end. SatGuru is in the middle and beginning (of creation). I prostrate before the SatGuru. I can’t forget Him, even for a moment.

The Guru is God in human form

– Sri Ramana Maharshi

God, Guru and the Self are identical; the Guru is God in human form and simultaneously, he is also the Self in the Heart of each devotee. Because He is both inside and outside, his power works in two different ways. The outer Guru gives instructions, and his power enables the devotee to keep his attention on the Self; the inner Guru pulls the devotee’s mind back to its source, absorbs it in the Self and finally destroys it.

What happens when one develops love for his Guru?

– Sant Thanedar (Thakur Ramsinghji)

When one develops implicit trust and true love for his Guru, one remembers Guru Bhagavan constantly in his heart which makes him identified with his Guru. The divine qualities of the Guru are transmitted to the disciple.

Guru cures all disease

– Sant Sundardas

Sundardas says, “Adore the SatGuru. He alone is adorable who gives the potion of Word (instructions on Self-knowledge and divine Name with Omkar) to cure numerous physical and mental diseases, including the disease of birth and death. Then even diseases caused by fate, appear illusory like a dream.”
For the most healthy Hair

**What to do?**

(1) Regular application of oil on the head keeps the hair healthy, long, black, thick, firm rooted and soft. Coconut oil, sesame oil and Amla-Bhringraj oil* are beneficial.

(2) Soak Shikakai (Acacia concinna), Soap nut (Sapindus detergens) Ritha and Amla powder* in a vessel overnight. Washing the hair with this water in the morning helps prevent grey hair and hair loss.

(3) Application of Multanai mitti* (Fuller’s earth) on the head at least twice a week helps in various hair problems.

(4) If you have a problem with dandruff or hair loss, apply the juice of Aloe vera* to the roots of the hair.

(5) Administration of 2 drops of Yogi Ayu Tel* in each nostril everyday strengthens the root of the hair.

**What not to do?**

(1) Don’t move bare-headed outdoors in excessively hot or cold climate.

(2) Excessive consumption of pungent, sharp and sour foods like Papad, pickles, lack of oily substances in the diet, keeping the hair wet, combing the hair forcefully, and use of various bazaar hair oils, shampoos, and dyes are detrimental to hair.

(3) Do not pluck grey hair if you find any, but cut them. Plucking such hair aggravates the problem rapidly.

(4) Strenuous exercise, eating too little food, lack of proper hair care, stress, anger, grief and anxiety are the causes of premature greying and hair loss.

(5) Prevent constipation. Avoid insomnia and irregular daily routine.

***To get rid of various hair problems and to make the hair black, thick, soft and shiny, you can take the benefit of products like Amla-Bhringraj hair oil, Kesh Suraksha (Ayurvedic shampoo), Ghritkumari (Aloe vera) shampoo, Sadabahar Tel, Kesh Poshak, Yogi Ayu Tel, Multani Mitti, Ghritkumari juice, Amla powder, etc. available at service centres of Sant Shri Asharamji Ashram.*

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**Cultivate a garden, if you can**

– Puja Bapuji

Show the right path, if you can;
Don’t learn how to misguide.
Light a lamp, if you can;
Don’t learn how to burn hearts.
Destroy the ego, if you can;
Don’t learn how to destroy love.

---

**Drop of Nectar**

No condition in the world can ever distress a brave and energetic person. For him, everyday a new sun rises, every day new possibilities emerge, every day new doors open to progress. – Puja Bapuji

Cultivate a garden, if you can,
Don’t learn to incinerate.
Ashram Seva Darshan (pocket size)

All sadhaks and culture-lovers should ensure to avail Pujyashri’s inspirational biography and the ashram’s seva-activities to their friends, relatives and acquaintances.

In it, you will find: :: A short biography of Pujya Bapuji :: A short illustrated description of global welfare projects running under the inspiration and guidance of Pujya Bapuji :: Pujyashri with His Saint-friends and Prime Ministers

Total pages – 33

Colourful, illustrated description of products available at service-centres of the samitis; along with information on products’ weight, cost, benefits, etc...

Hari Om product booklet

This booklet includes information on: :: Ayurvedic medicines promoting strength, intellect, longevity, radiance, and health; and those beneficial in various ailments :: Materials useful for sadhana, satsanga, worship and self-study :: Items useful for students :: Other products useful in day-to-day life and much more...

Home-delivery of these useful products has become much more easier! Just read this booklet and place an order for your favourite product!

Neem Oil

Heals wounds quickly, is anthelmintic, helps in skin disease, ringworm, eczema, itchiness, lupus erythematosus, wounds, chronic sores, elephantiasis, etc.

Amrit Drav

This is a very effective medicine. It helps in catarrh, cold, cough, headache, and disease of teeth and throat.

The above-mentioned products can be obtained at the service centres of Sant Shri Asharamji Ashram Samitis. To order through Regd. Post, Contact: (079) 39877730, e-mail: contact@ashramstore.com For detailed information about their benefits etc., and other products and home-delivery of the products, please download the Google Play Store: “Ashram eStore” App or visit: www.ashramstore.com
Select glimpses of Rishi Prasad Conferences and campaigns

Chandigarh
Haridwar
London
Bilaspur (H.P.)
Patiala (Punjab)
Saharanpur (U.P.)
Una (H.P.)
Bhusaval (Maharashtra)
Meerut (U.P.)
Dehradun
Chhibramau, dist. Kannauj (U.P.)

Ujjwal Bhavishya Nirman Shivirs for inculcation of divine values and all-round development

Jaipatna (Odisha)
Jalandhar (Punjab)
Rewari (Haryana)
Rayata, dist. Thane (Maharashtra)
Hasayan, dist. Hathras (U.P.)
Atari Khejra, dist. Vidisha (Madhya Pradesh)
Jamuria, dist. W. Bardhaman (West Bengal)
Ganjundwara, dist. Kasganj (U.P.)

Rajokari-Delhi
Brisbane (Australia)
Iglas, dist. Aligarh (U.P.)
Chhindwara (M.P.)
Jaipur (Rajasthan)
Bemetara (C.G.)
Baran (Rajasthan)
Kathiawar (Bihar)

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