Who is He after all?

The one who represented the Hindu religion at the Parliament of Religions held in Chicago in 1993

The one who runs...

Thousands of Bapu Sanstha Mandals
425 Ashrams and 1,400 Samitis
Numerous Gaushalas
40 plus Gurukuls

The one who established...

Yuva Seva Sangh
Mahila Utthan Mandal

The one who initiated...

Parents' Worship Day
Tulsi Worship Day
Free distribution of food grains through ration cards

Deepavali Vidyarthi Anushthan Shivir – 2019, Ahmedabad Ashram

Mantra Japa
Yogasanas and Yogic techniques
Sankirtana of the Name Divine
Sun worship

Read from page 4

Pujya Sant Shri Asharamji Bapu
Four Sutras to develop Willpower

1. **Niyama (Vow):**
   If you take a resolute vow in your life, your willpower will increase. You may observe the vow to not eat food without first performing so many malas of japa, Patha, self-study, worship. Endure the pain of hunger on the day there’s a delay in carrying out your *niyama*. This will increase your willpower. One, who is not ready to endure, becomes mentally weak.

2. **Shraddha (Faith):**
   Have faith in *Brahmavetta* SatGuru, God and Vedic *shastras* that they will protect you. When a soldier fights on the battlefield, he has trust that he has the backing of the commander, the President and the nation. We will get their help and win the battle. Similarly, whatever task you do, do it with the faith that you have the backing of your *shastras* (the constitution of Life), SatGuruDev and God. Keeping faith intact in your life will maintain your willpower.

3. **Sameeksha (Close Investigation):**
   When you come across a bitter experience in your life, you should do close investigation of it, thinking – “These experiences seem to be bitter, but what grace and compassion of God are hidden in them?” Due to the lack of *sameeksha*, you end up blaming God, your fate, society, religious merits and deeds for your situation. You may not realise, but you will aggravate your pain more by caviling. This will, in turn, diminish your strength; however, on doing *sameeksha*, you can’t do without thanking God. One has to do *prateeksha* (wait) of something that is unattained; whereas *sameeksha* applies to existing circumstances. By seeing the grace of God in every situation and doing the *sameeksha* of His grace, you will naturally get peace; this will increase your willpower and reflection on God.

4. **Chanting of the Name Divine:**
   This too increases willpower. When you do *sankirtana* of the Name Divine, a portion of each *Kosha* (five subliminal sheaths of consciousness) – the food-sheath, the sheath of vital air, the sheath of the mind, the sheath of intellect and the sheath of bliss merge together amongst themselves. Whilst chanting the Name Divine, all your five sheaths collectively engage in accomplishing such an action which will eventually increase your willpower.

In order to increase your willpower, just practice the aforementioned four sadhanas in your life.
**RISHI PRASAD**

Year: 19  Issue: 11  Continuing Issue: 323  
Language: English  Price: ₹ 7  
Publication Date: 1st November 2019  
Number of pages: 36 (including cover pages)

Owner: Sant Shri Asharamji Ashram  
Publisher: Dharmesh Jagrani Singh Chauhan  
Printer: Raghavendra Subhash Chandra Gada  
Place of Publication: Sant Shri Asharamji Ashram, Motera, Sant Shri Asharamji Bapu Asram Marg, Sabarmati, Ahmedabad-380005 (Gujarat).

Printed At: Hari Om Manufactures, Kunja Matralion, Paonta Sahib, Simour (H.P) - 173025.  
Editor: Shrinivas R. Kulkarni  
Co-Editor: Dr. P.K. Makwana  
Patron: Shri Surendranath Bhargava, Former Chief Justice, Sikkim High Court, Former Chairperson, Human Rights Commission (Assam & Manipur), Former Justice, Rajasthan High Court

Please don’t send your membership charges or any other type of payment in cash through registered or general post. Ashram will not be responsible for any amount lost in transit under such modes. Send your money only through Money Order or Demand Draft (In the name of ‘Hari Om Manufactures’ and payable at Ahmedabad).

Address for Correspondence:  
‘RISHI PRASAD’ Sant Shri Asharamji Ashram, Sant Shri Asharamji Bapu Asram Marg, Sabarmati, Ahmedabad-380005 (Gujarat).  
Ph: (079) 27505010, 27505011, 61210888  
Only for ‘Rishi Prasad’ Enquiry: (079) 61210842  
7939877714 / Rishi Prasad  
ashramindia@ashram.org  
www.rishiprasad.org  
www.ashram.org

Subscription Fees (incl. postage)  
English Edition  1 Year  2 Years  5 Years  
In India  ₹ 70/-  ₹ 135/-  ₹ 325/-  
Abroad  US $ 20  US $ 40  US $ 80

For Hindi, Gujarati, Marathi, Telugu, Odia, Kannada, Bengali, Sindhi & Devnagar (Editions) (In India)  
1. One Year  :  ₹ 65/-  
2. Two Years  :  ₹ 120/-  
3. Five Years  :  ₹ 250/-  
4. Lifetime (12 Years)  :  ₹ 600/-  
In Nepal, Bhutan & Pakistan (All Languages)  
1. One Year  :  ₹ 600/-  
2. Two Years  :  ₹ 1200/-  
3. Five Years  :  ₹ 3000/-  
Abroad  
1. One Year  :  US $ 20  
2. Two Years  :  US $ 40  
3. Five Years  :  US $ 80

Opinions expressed in this publication are not necessarily of the editorial board. Subject to Ahmedabad Jurisdiction.

---

**In This Issue...**

* After all who is he?  – Dr. Pratibha Sharma  
* The Lord emancipates devotees even by making a pretext!  
* Marvellous is the Knowledge of the Bhagavad Gita!  
* Inspiring incidents reflecting Pujya Bapuji’s love for Cows  
* What should be the perspective of a servant?  
* Rishi Prasad saved me from Suicide  
* ...then in no time, the student’s life will change into the life of a great man!  
* He wants to elevate you  
* If one has such oraments, what is the need for diamonds and pearls?  
* Is awareness of Ignorance knowledge?  
* Why diversity in Costumes and Forms of Gods and Goddesses?  
* The Lord defeated Jvara and mentioned a measure to cure it  
* Influence of real-life stories of Saints and Devotees of God  
* The illusion of non-attainment in the ever-attained!  
* Benedictory experiential words of Saints  
* Then he becomes eligible for knowledge  
* O Lord! I cause you to dwell in my mind!  – Sant Pathikji  
* The glory of Seva is known to very few!  
* Models presented by Sant Shri Asharamji Gurukuls steal the show in National Science Exhibition  
* A Miracle of Miracles!  – Parbat Singh Chauhan  
* To clear hurdles and obstacles  
* Light a lamp and get the fruit of Ashwamedha Yajna  
* A Treasure of Health in Winter: Kidney Beans  
* Health tips from Pujya Bapuji  
* We can get more nutrition by soaking these food substances  
* For Joint pain  
* Why can’t one’s heart be set on God?

---

**Pujya Bapuji’s Satsang on Various Channels**

- ‘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.  
- ‘DIGIAMA DIVYA JYOTI’ Channel is available on ‘Digima’ Cable (Channel No. 109) in M.P.  
- ‘TAKE PRARTHANA’ Channel is available on TechOne Cable in Jammu.
After all who is he? (Part-2)

In the first part of the book ‘After all who is he?’ published in Rishi Prasad, May 2014, you have read that despite Asharamji Bapu being falsely accused, his devotees have not lost any faith in him. The author travelled to the Jodhpur jail to know the secret of the deep faith of the devotees. After having conversations with many people, she found that they have experienced amazing miracles in their life after receiving mantra initiation from Sant Shri Asharamji Bapu. Hence their faith is unshakable. His devotees have started worshipping the jail and the court campus as a temple. The devotees are of the opinion that their Bapu is absolutely innocent and he has been framed under a big conspiracy.

Although the writer unravelled the secret of the devotees’ faith, her mind had raised many types of questions regarding Bapuji’s ashrams and public welfare tasks (as told by Sanjay who did a Ph.D. with her sister at the Vikrama University, Ujjain). She wanted to find the truth by visiting there herself. Please read part 2 of the book ‘After all who is he?’ to know how much the writer became successful in her objective.

Is your faith in him the same now as it was?

My mind was in a state of confusion after listening to Sanjay’s words. I started to write the book with the idea of knowing the truth, but my curiosity was increasing in proportion to the information I got. After returning from Jodhpur, I was keeping a constant watch on the social welfare tasks mentioned by the devotees of Asharam Bapu and Sanjay. For several years, I started collecting information by meeting his devotees personally and visiting his ashrams located in various places.

On 25th April 2018, the court convicted Asharam Bapu. On 27th April, I heard the News on TV: “Asharam Bapu makes Dhamaka! He sends a message from the jail to his devotees.” I too heard that message and meanwhile I received a call from Sanjay, “Pratibha, today after hearing the message sent by Bapuji from Jodhpur jail I have become a bit more normal.”

I said, “Sanjay, you said that Bapuji has been falsely accused but now the court also has convicted him. Is your faith in him the same now as it was?”

He said, “Pratibha, not only me, but every disciple of Bapuji and every sensible citizen of society is of the opinion that Bapuji is innocent and has been trapped under a conspiracy. If we talk about the conviction, does not the court make any mistake? Lord Rama abandoned Sita Mata on the grounds of an allegation levelled by a washerman. Was Sita Mata guilty? No, she was not, the whole world knows this truth.

Our Bapuji says,
इल्जाम लगानेवालों ने इल्जाम लगाये लख मनार।
तेशी संगत समझकर हम सिर पे उठाये जाते है।

“The accusers levelled a hundred thousand accusations at me. But I have been accepting them as a gift from You, O Lord.”

The lower court pronounced the verdict on Bapuji. There are also the High Court and the Supreme Court, and we have implicit trust that Bapuji will be
The Lord emancipates devotees even by making a pretext!

"Swami Akhandananda Saraswati"

Once upon a time as Lord Ramachandraji was seated in the courtyard of his palace upon a seat studded with gems, the Rishi Narada descended from the heavens. Upon seeing him, Ramachandraji forthwith rose from his seat with folded hands in a spirit of affectionate devotion.

If there were no Mahatmas in the world nobody would pay respect to Bhagavan. Therefore even Bhagavan pays respect to the Mahatmas to win their favour. Lord Krishna says to Sanaka and other sages in the Shrimad Bhagavat (3.16.6):

सोहन भद्रस्य उपलब्धस्वतीत्वर्कविशिष्टिन्द्राः
स्ववाहुगि व: प्रतिकूलपुरतिनि।

I who have obtained such an excellent purifying reputation from honourable persons like you, would sever even my own arms, if they were of a hostile nature to you. Because I did not possess the reputation given to me by you alone, by hearing and remembering which, people get emancipation crossing the ocean of metempsychosis.

On seeing Naradaji, Rama forthwith rose from his seat and with folded hands prostrated himself to the ground, along with Sita.

Lord Rama said, “O great Muni! It is difficult for men of the world to get sight of thee. You have blessed us, who are ever devoted to objects of the senses, with your sight in the palace. This sight of thee is the fruit of good actions done in past lives.”

Naradaji said, “Why are you, O Rama, beguiling me with speeches like those of worldly men. When you call yourself a man of the world and tell me that you got my sight as the fruit of religious merits, it is true. You are certainly a man of the world because the Mahamaya, which is the cause of all the worlds, is your consort. So, you are verily a man of the world. Who could be a man of world like you? In proximity to thee are born her offspring, like Brahma and the others. This Maya-which consists of the attributes of goodness, activity and inertia-appears always to be dependent upon thee. Ever does it create the three kinds of beings, characterized by each of these attributes.

Whatever in the world is denominated as the feminine gender is Janaki, and whatever as masculine is You, O Rama.”

This (verse) occurs in the Vedas:

त्वं स्मु तः पुनासि तः कुमार उत्त वा कुमारी।
...

“Thou art the woman, Thou art the man, Thou art the youth and the maiden too. As thou art born in the body, thou verily takes all forms of life.”

(Atharva Veda: 10.8.27)

(Shvetashwatara Upanishad: 4.3)

Having said so with tears of joy streaming from his eyes, he said, “Obeying the command of my father Brahmaji, I have come to you. He has sent a message to you. ‘O Ramachandra, thou art born for the destruction of Ravana. Thy father Dasharatha will now install thee as heir-apparent for the protection of the kingdom. If installed in the kingdom, thou shalt not kill Ravana. Thou shalt not fulfill thy
Inspiring incidents reflecting Pujya Bapuji’s love for Cows

(Continued from the previous issue)
Gajananda Bhai of Sheopur Gausala, sharing more reminiscences of unforgettable life-incidents of Pujya Bapuji, continues:

Hours-long problem resolved in a moment

This incident dates back to somewhere around 1990 when Pujya Bapuji’s satsang programme was taking place in Ahmedabad Ashram on the occasion of Guru Purnima. One of the resident sadhaka-brothers of the ashram had driven the cows towards the banks of the river for grazing. It was a herd of 10-15 cows. All of a sudden, it started to rain. The land there was quite muddy because of which the cows’ feet were getting stuck in the mud; and in no time, they got badly stuck. The more they tried to get out, the deeper they got stuck in the quagmire. This resulted in a situation where the cows became tired and thus, gave up.

In order to seek help in rescuing the cows, the sadhaka-brother came to the pandal, and started to call sadhakas sitting in the rear of the hall for help. In short time, he managed to gather around 500 people at the banks of the river. All of us made efforts for around 2.5 - 3 hours to pull the cows out and rescue them, but it was all in vain; instead, the more we tried, the deeper the cows got stuck.

The ongoing satsang session finished around the same time; and when Pujyashri heard about the situation, He went there and said, “Everyone, just step aside.”

In order to startle the cows, Bapuji jumped in front of them with an open umbrella, waving it up & down, front & back. Being startled, the cows put in all their effort and just came out of the quagmire.

Everyone witnessing the incident was quite amazed and very happy. Hundreds of people couldn’t rescue the cows stuck in the quagmire even after spending 2.5 to 3 hours, but Brahmanishtha Pujya Bapuji managed to resolve the problem in just a moment. What extraordinary acumen Pujya Bapuji is endowed with!

Despite so many people being there and despite them wanting to assist and cooperate, they weren’t able to rescue the cows and it was none but Gurudev who proved to be their saviour (who awakened their power of self-effort to make the right exertion, thereby extricating themselves from the quagmire). Similarly, the situation of mankind stuck in the quagmire of the world is no different; despite everybody wanting to help one during the last moments of his life, none can actually do so other than Gurudev, who proves to be the only saviour at that time. Not only does He save one from the quagmire of the world during the individual’s lifetime, but He also remains with the individual during the last moments of his life when the individual soul is left all alone.

...then everything becomes easy

This incident dates back to 2001. Initially, when there was no arrangement of gausala (refuge for cattle), the cows would just live in the woods of Sheopur. Due to lack of rain in that area, over a period of time, a shortage of fodder & water arose. We got to know of a place in the woods, located at around 50 km away, where fodder & water was available in abundance. So, 4-5 of us resident sadhakas-brothers, along with 8-10 labourers set out for that place on foot, driving around 2400 cows along.

We arrived on the 5th day, and thus managed to arrange enough fodder & water for the cows. There was nothing but woods...
Sandipak, the Prince of Kashi, excelled in state business along with his father, whilst undertaking study. He had also pleased his father with mastery over horse-riding and swimming. The King of Kashi wanted to get permission from his Guru for the coronation ceremony of Sandipak. Guruji said, “No, not now.”

After a few days, the King of Kashi again asked: “Guruji! I want to retire and spend the rest of my life in your ashram to get peace. I want to declare Sandipak as King, please allow me to do so.”

Guruji said: “Not now, you need to wait.”

The viewpoint of the Guru is so unique. Worldly education does not develop farsightedness. Otherwise America, Europe, etc., who are at the forefront of imparting worldly education, would not be home to so many people who suffer from sorrow, anxiety, insomnia and become victims of untimely death. Where is the dearth of worldly education there?

Life cannot be fully beneficial for oneself and society until teachings on Yoga, Atman (spirituality) and Bhakti Yoga to develop sympathy and fellow-feeling are incorporated into life, along with worldly education. Guruji was well aware of this fact.

One day, Sandipak whilst riding his horse, went to the town. Some elderly people stopped him on route. Sandipak, sitting on the horse, started chatting with the elderly folk who were stood on the ground. A 14 year old boy caressed the horse’s tail. The horse kicked the young boy. Sandipak laughed loudly and said: “Ha Ha Ha! The one who holds the tail instead of the reins is sure to get kicked like this.” He proceeded from there. This news about Sandipak’s rude behavior reached the King’s Guru and the royal court.

Guruji told the King: “You see, didn’t I tell you that the prince is not mature enough to be crowned. A young boy made mischief and the horse kicked him, but not a trace of humane sympathy did Sandipak, the king-to-be, show. He stayed on the horse, laughed loudly and returned to the palace. He rode back to the palace without helping the boy.

Man may get any number of certificates, power and high position, but he will continue to be a burden and trouble to himself and his country until he develops empathy and humane sympathy in his life.”

What sublime wisdom Guruji imparted to the King of Kashi!

King: “Guruji! With your grace and foresight, I have been saved from making a hasty decision. Please keep Sandipak in
Why diversity in Costumes and Forms of Gods and Goddesses?

Different forms and costumes of Gods and Goddesses show their specific characteristics. Lord Vishnu, being the preserver and protector of the Universe, has a four-armed form. Being a destroyer, the third eye of Lord Shiva has the form of fire. Saraswati, being a Goddess of Knowledge, holds a Veena (string instrument) and book in her hands and Mahakali is seen wearing a garland of skulls around her neck. Ganpatiji, being a giver of intellect, is big headed and being a remover of obstacles, possesses a long trunk. This diversity of forms expresses specific divine characteristics of Gods and Goddesses.

Why worship an Idol or Holy photo?

A holy photo or an idol of God and SatGuru is considered an emblem. It is very useful to concentrate the mind. A disciple meditates on the qualities of Ishta-Devata (the presiding deity) or SatGuru in his heart by having their darshan in the idol. Gradually, when their holy photo becomes engraved in the Heart, there is no need for an external (or physical) holy photo. The sadhak starts realising that his Ishta-Devata (the presiding deity), SatGuru is not only present in one holy-photo but He is omnipresent and Sat-Chit-Anand (Existence absolute, Consciousness absolute, Bliss absolute). This kind of worship is a means to go from worship of a form, to that of formless.

In Atharva Veda (2.13.4) there is a prayer for consecration: ‘O God! Come and get installed in this idol.’

Keep firm faith that God or SatGuru is sitting directly in front of you. We can get directly associated with Divine shakti (power) if we regularly worship them with deepaka (oil-lamp) and dhoop (incense) or do mental worship.

Like Shri Ramakrishna Paramahansaaji gets so engrossed in Mother Kali’s worship that Mother would talk by giving him direct darshan and would accept prasada from him. Mirabai got so engrossed in worshiping Shri Krishna and became so identified with the idol, that she vanished into it.

Pujya Bapuji said in His satsang discourses: “Looking with a fixed gaze at a flowing river, ocean, moon, sky, nature or the face of God or SatGuru, if your mind gets calm then it is called ‘Roopastha Meditation’. Initially I meditated on the idol of God. When I met my Guruji then all the Gods merged in the essence of Guru. If someone opens my Sadhana Room in Disa, he will only find an idol of Guruji. प्राणमूलं गुरुमूलं... “The form of Guru is the root of meditation…”

God’s holy photos were created by painters. There were no cameras in the times of those gods. A painter from Chennai will paint God in dark colours because people in Chennai are dark skinned. A painter from London will paint God with a fair complexion. If an Indian person paints a God, then the God will be of wheats
A special group of herbs to promote strength, agility and intellect
Chyavanprash enriched with saffron, Sanjivani tablets,
Brahma Rasayana, Vajra Rasayana,
Ashwagandha Paaka, Saubhagya Shunthi Paaka
Prepared from invaluable herbs and alkaline ashes (like pure diamond ash, etc.), these medicines are nourishing, semen-promoting, intellect-promoting health boosters. They can revitalize even an extremely emaciated patient. Everyone can become disease-free and healthy in winter by their consumption.

LIVER TONIC
Syrup & Tablet
For all types of liver diseases, anemia, jaundice, blood disorders, weakness, loss of appetite, anorexia, constipation, stomach-ache and highly beneficial in gas problems.

This tasty jam is rich in nutrients. It removes heart disease, physical and mental weakness, anemia, T.B., loss of appetite and constipation. It nourishes the brain and thereby prevents amnesia. It helps in lowering cholesterol.

COUGH SYRUP
It helps in upper respiratory tract infections, cold, cough, asthma and dry cough. It is beneficial for all, children or adults alike.

Hridaya Sudha (Syrup)
It helps open all coronary arteries. If you are suffering from any type of heart-disease and doctors have recommended bypass surgery or angiography, then make sure you try this syrup before undergoing the same.

The above-mentioned products can be obtained from the service centres of the Sant Shri Asharamji Ashram Samlhis. To order through Regd. Post, Contact: (079) 61210730, e-mail: contact@ashramesstore.com. For information about other products and their detailed benefits, etc., and home-delivery of the products, please download from the Google Play Store: “Ashram eStore” App or visit: www.ashramesstore.com
Shraaddha ceremony performed at the ashrams on Sarvapitri Amavasya

Distribution of meals, clothing, hot lunch-boxes, etc. in Bhandara programmes

National Level Presentation of Gurukuls

Health, True Knowledge and Bliss being availed to society through 'Rishi Prasad'

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