After all who is he? Read from page 5

- This programme is a wonder throughout the world
- The story of Mahila Ashram told by resident girls’ mothers
- Wish-fulfilling Banyan tree
- This verily is Chhindwara Gurukul!

How to get the benefits of curd? Read page 32

Reap heaps of benefits from Tulsi, and celebrate Tulsi Worship Day. Tulsi Worship Day: 25th December
For quick spiritual progress... – Pujya Bapuji

When Karma becomes God-oriented; when work is done for the sake of God, then that work becomes Dharma (righteous action). When you proceed for God’s sake; you eat and stay healthy for the attainment of God, then it becomes Dharma. When you cry to attain God; when you laugh while loving God; when you sit with your eyes closed to get repose in God, then it becomes Dharma. When you take Mantra from a Guru to attain God; do japa, help others to get Mantra, then it becomes Dharma. When you strengthen other’s faith in path divine, then it becomes Dharma, and if you break another’s faith, it becomes Adharma (unrighteous action).

“Kabir considers that the slanderer of the Guru is worse than a thousand sinners, he should be regarded as carrying a load of lakhs of sinners on his head.”

When a slanderer speaks, it is an action, but through that action, he carries the burden of one lakh sinners. And when a sadhaka speaks, a true disciple or a Saint speaks, then that utterance becomes the remover of lakhs of afflictions and sins, that action becomes Dharma. Speak only such words that would enhance the knowledge of divine Truth, kindle love for God and give rise to intense aspiration for divine knowledge in your mind. Sant Kabirji, Lord Krishna, Lord Rama and my SatGuru Sai Shri Lilashahji Maharaj spoke verily in such way.

Negligence in the practice of Dharma is the cause of making no progress. For quick spiritual progress, practice Dharma. To hold the Supreme Lord, Cosmic Self, in one’s heart, and to perform one’s duty, even while bearing all afflictions, is verily called Dharma. We are lucky that Dharma is visible even in practice in the culture that we are born in. Sanatan culture is defined as the culture that is based on the good of all. This is the culture of entire mankind. The desires of any person who practices it would get restrained irrespective of his class, society, country or profession. Vedic Dharma restrains desires and thereby enhances one’s Upasana (worship) which in turn reveals the Supreme Truth hidden within.

According to the philosophy of Vaisheshik school, ज्ञोत्सु-सृजितांक-अप्सर्सिति: स धर्मः | that which directs and leads to the attainment of prosperity in the world and gets one to Moksha thereafter, is verily the Dharma.
In This Issue...

* Are happiness and sorrow created by God or is it by Jiva? 4
* After all who is he? – Dr. Pratibha Sharma 5
* Reap heaps of benefits from Tulsi, and celebrate ‘Tulsi Worship Day’ 11
* The Grand Festival that leads our life towards the Light of Knowledge 12
* My Gurudev is Almighty, an Embodiment of God, and a Saviour in this terrible Kali Yuga! 14
* Then another feather will be added to the cap of your service 17
* Who is greater? 18
* …then it will be quite easy to become great 19
* Fifty new subscribers in two days 19
* He wants to elevate you 20
* How should one render service? 21
* The whole universe is Kshetra and the knower of it is Kshetrajna 22
* Malaviyaji – A spiritual man possessing sharp intellect 23
* When does virtue bring about Supreme Welfare? 24
* The Lord of this Universe is verily within me — Sant Pathikji 25
* Benedictory experiential words of Saints 26
* Special programmes organised on Dhanvantari Jayanti and National Ayurveda Day 27
* Stay vigilant during the solar eclipse and reap 10-crore fold benefits 28
* First Place in ‘Rishi Prasad Vidyarthi Samskara Jnana Contest’ – Ms. Diksha Drishti 29
* …then every single morsel will give more energy than any tonic 30
* Soulful expressions of some students attending Deepavali Anushthan Shivir 30
* We can get more nutrition by soaking these food substances 31
* The right method to set and eat curd to get its benefits 32
* How to make curd beneficial for health? 33
* Gift from the shastras for you 34
* Where does Lakshmi remain? 34
* Why is there misery, unrest and stress everywhere? 34
(Continued from the previous issue)

This service programme is a wonder throughout the world

We went to Jagannath Puri from Raipur. We came to know from our Boarding House that there is also an ashram of Asharamji Bapu in this city. After having darshan of Lord Jagannathji we went to the ashram.

It was midday. We saw around 60-70 poor people sitting in the Satsang Bhawan. They were doing Kirtan and singing devotional songs. A leader was singing lines which were repeated by them.

I asked the Sanchalak (manager) of the ashram, “Who are these people?”

Sanchalak: “They are poor, unemployed, helpless people coming from nearby places. Our Gurudev could not bear to see the sufferings of the poor. So, he has been running the service scheme, ‘Bhajan Karo, Bhojan Karo, Paisa Pao’ for the past 26 years. The people come at 9.00-10.00 in the morning. They sing bhajans. They have lunch at noon and relax for some time. Then they hear satsang, sing bhajans again and they receive INR 70 each as a gift when they go back in the evening.

Pujya Bapuji’s objective behind this scheme is this. ‘They become free from sin, affliction, illness and suffering by doing Japa of the divine Name. As they get sattvic food and money as a gift, they need not resort to earning money by immoral or criminal means and their standard of living improves. They do not become a burden on society but become the basis of the bright future of our country.’ These people have stopped drinking liquor, smoking Biri, cigarettes, hemp, etc. Japa of the divine Name has set them free from fights and quarrels, and strengthened their faith in their religion.

The proselytizers use money to entice the poor, unemployed and tribal people to convert them from Sanatan Dharma to their religion. The basic necessities are provided to the poor and unemployed people under the service programme Bhajan Karo, Bhojan Karo, Paisa Pao, programme run by Pujya Bapuji and they also get to know the glory of Sanatan Dharma through satsang, Japa and self-study. They develop such staunch devotion to their Dharma by hearing satsang discourses delivered by Pujya Bapuji that even the greatest temptations cannot shake their faith. Pujyashri has also run other projects for the propagation and promulgation of the Sanatan culture and awakening the people. Pujya Bapuji has worked towards stopping religious conversion on a large scale. That is why the proselytizers have sent him to jail under a conspiracy. Religious conversion has increased a lot since Pujya Bapuji’s imprisonment.”

I had heard that Bapuji was engaged in the protection of Indian culture, but today I saw it with my own eyes. Usually it is
Reap heaps of benefits from Tulsi, and celebrate ’Tulsi Worship Day’
(Tulsi Worship Day: 25th December)

Tulsi protects and nourishes human life. It is useful from all aspects – health, worldly, supernatural and spiritual. Worshipping, consuming and planting Tulsi provides many benefits. In Devi Bhagavat, Lord Vishnu granted Tulsi the boon of being worshipped by all beings.

Tulsi also plays an important role in the protection of the environment by purifying polluted air. That is why it is said:

पवित्र पीठा तुलसी का, आरणिन गुण इसमें भरे।
रोगों का करता उपचार, वायु-प्रदूषण दूर करे॥

The holy plant of Tulsi is endowed with countless qualities. It cures diseases, and removes air pollution.

The cause behind Tulsi worship mentioned in the Shastras

“When Tulsi is planted (by men), they get salvation after death. Worshipping a Tulsi plant devoutly brings about growth in longevity, strength, fame, wealth, and progeny. The man who worships Tulsi with sacred Durva grass, rice grains, flowers and offering food to her gets the fruit of Vishnu-worship.” (Padma Purana, Kriya Khanda: 24.22, 24, 29)

“Tulsi burns one’s sins, accumulated in former existences, on planting, growing, watering meditating, touching, and narrating its account.” (Garuda Purana, Dharma Khanda – Preta Kalpa: 38.11)

Lord Narayana says to divine sage Naradaji: “O Narada! He certainly gets all siddhis who duly worships Tulsi with the ten lettered mantra: श्री ह्यं कल्यां एव कृपाकर्ये स्वाहाः। ‘Shrim Hrim Klim Aim Vrindaavanyai Svahaah, the King of mantras, yielding fruits and all gratifications like the Kalpa Tree (wish fulfilling tree).”

(Shrimad Devi Bhagavata: 9.25.10-11)

Know the glory of basil

We hear in Pujya Bapuji’s satsang discourses: “Grow Tulsi plants in the house fraught with the fear of disease. See Tulsi in the morning, do Pranayama in front of Tulsi at sunrise so that the sunrays fall on your navel. It prevents asthma and similar diseases. You will become disease-free.

The person who chews 5-7 leaves of Tulsi in the morning and then drinks water, increases his memory power, becomes firm in the practice of Brahmacharya (celibacy), and will never suffer from ascites and fistula in anal. Tulsi leaves have the potency to cure 800 diseases. Many diseases that we do not know the treatment for, Tulsi also has a great curative effect on them, such as – stomach upset, cancer or any other terminal illness, etc. Some people do not respect this sacred plant. Tulsi is a mother. There should be 1-2 basil plants in each house. Recently scientists conducted an experiment. They placed many Tulsi pots around a dead body. The dead body did not show any sign of putrefaction for four days. Normally, the dead body undergoes putrefaction. Other medicines kill the bacteria but the air of basil stops bacterial growth and cell division.”

Get the fruit of one lakh Ashwamedha Yajnas every day
The water, to which basil leaves are added, becomes fragrant and as effective as Tulsi. If the water is purified by the addition of the appropriate quantity of Tulsi leaves, then all its defects are eliminated. This water nourishes the body and increases the radiance of the face, strength of the body, intellect and memory.

Shrimad Devi Bhagavata (9.24.43) states: “He who drinks daily the Tulsi leaf water certainly gets the fruit of one lakh horse sacrifices.”

**Tulsi Puja Day and Vishwa-Guru Bharat Programme**

Worshipping the Tulsi plant enhances one’s power of intellect, will, character and health. This also saves people from depression and suicidal tendencies. To guide mankind towards uplifting their life by taking advantage of the wonderful benefits of Tulsi, and beholding the same Existence of God in all beings by accepting this great ideal of the Eternal culture for the establishment of peace and affection in society; with this auspicious goal, celebration of ‘Tulsi Worship Day’ on 25th December has been initiated under Pujya Bapuji’s holy inspiration since 2014. It has spread worldwide in just a few years.

Vishwa Guru Bharat programme was launched in 2014 with the holy inspiration of Pujya Bapuji. Stating its objective, Pujya Bapuji says: “People indulge in meat eating and drinking liquor in the holy days from 25th December to 1st January (Dhanurmasa) and commit crimes. So, in order to make the social activities more satvic, I initiated this programme to celebrate Tulsi Worship on 25th December and then different festivals until 1st January.”

(Read the book ‘Secrets of Tulsi’ available at the service centres of the ashram Samitis to know the outline of the programme and the method of Tulsi-worship, etc.)

---

**The Grand Festival that leads our life towards the Light of Knowledge**

– Pujya Bapuji

(Makar Sankranti: 15th January)

---

The chariot of the Sun God will move from the South towards the North from the day of Uttarayana. The deities perform meditation, prayer and selfless service during the Dakshinayana (winter solstice) to maintain their religious merit and purity. All auspicious acts are performed after Uttarayana as this is the time when the deities, concluding their meditation, wander on the Earth in subtle invisible forms. Hence, people who reverently worship and invoke the deities ceremoniously, receive their blessings.

**Why eat Til (sesame seeds) and radish in Uttarayana?**

This festival is called ‘til-moori’ (Sesame-Radish) in Sindhhi language. Radish taken before Uttarayana does not give many health benefits. Radish becomes more beneficial after Uttarayana. Small fresh tender radish balances vata-pittaka (the three doshas of the body according to Ayurveda), it stimulates the appetite and gives vigour and vitality to the body.

Intake of sesame seeds strengthens the body. One who sees sesame seeds on the day of Uttarayana festival becomes free from all sins. The poverty of the person who donates sesame seeds on this day is eradicated. Offering the libations of sesame seeds to the spirits of ancestors gives them salvation.
Once in Akbar’s court, there was a heated debate. The point of contention was who was greater among Tansen and Birbal. The people who were mesmerized by the ragas sung by Tansen said, “Tansen is greater than Birbal” and the people who appreciated Birbal’s intelligence justly said “Birbal is greater than Tansen.” The courtiers were unable to arrive at a decision and finally they approached Akbar. They said, “Your Highness! Whatever is your decision, it will be accepted by both the parties.”

Earlier, whenever, the people would not be able to solve riddles, Akbar would look to Birbal who solved them. But in this case Akbar had to give a verdict on Birbal. Akbar was in a dilemma. He thought to himself: “If I give a decision against Birbal, he will be displeased. If I give a decision against Tansen, he will be displeased.” Akbar didn’t want to displease either intelligent Birbal or Tansen, an exceptional singer. Akbar pondered, “What should I do now?” He was a statesman after all and he knew how to diplomatically escape from this situation. He said, “Brother! The judgment about these two giants will be given by the king (Rana) of Udaipur. The verdict given by Rana will be unanimously accepted by everyone.”

Akbar didn’t wish to displease the two; therefore he strategically delegated this task to Rana.

Birbal and Tansen presented the letter given by Akbar to Rana. Akbar had written in the letter, “If you will send your judgment about the superiority of the person among these two, after evaluating their talent, we shall accept it.”

After reading the letter, Rana told them, “Ok, now both of you exhibit your talent.”

In the assembly, Tansen plucked the strings of his Tanpura and started singing hymns in praise of Goddess Saraswati. Everyone was ecstatic listening to his mellifluous voice. People started swaying in joy hearing the beautiful composition of the song being sung in perfect rhythm. Birbal thought: “Tansen has won this challenge. He has captivated everyone with his singing. He is the winner.” However, the person living by intelligence doesn’t become a victim of frustration and disappointment. Birbal chanted his Guru mantra, reflected on Omkar and plunged deep into his own Self and he got an idea.

Tansen stopped plucking the strings of his Tanpura.

Rana looked at Birbal and said, “Now you show your talent.”
Bali is a warrior who has never been defeated. He is not afraid of any challenge from his enemies. It appears in the character of Bali at every stage. When Lord Rama shoots an arrow to attack Bali, Bali first rebukes the Lord with a challenge saying,

धर्म हेतु अवतरेषु गोसाई ।
मारेषु मोहि व्याध की नाई ॥

“Even though, my Lord, You descended on earth for upholding righteousness. You have killed me as a hunter would kill a wild beast.”

(Shri Rama Charita Manasa, Kishkindha Kanda: 8.3)

You have become incarnate to destroy sin, not to destroy virtue. Had you shot an arrow at Ravana, it would have been reasonable, but it is deplorable that you shot your arrow at me. This will not serve the purpose of your incarnation. Then why did you discriminate between me and Sugriva?

में बेसी सुग्रीव पितार ॥
अवगुण कवन नाथ मोहि मारा ॥

“I, Your enemy and Sugriva, Your dear friend! For what fault did You take my life, my Lord?” (Shri Rama Charita Manasa, K.K.: 8.3)

What Bali indirectly wants to convey is that if Sugriva is the son of Surya (Sun god), if he is a partial incarnation of the Sun god, then I am also a partial incarnation of Indra. In such a situation, you should have protected knowledge and virtue. You have protected knowledge, i.e. Sugriva, but you have attacked me, i.e. virtue; what is your objective behind this?

Lord Rama said, “Actually, my objective of attacking you is not to kill you.

मूढ़ तोहि अतिशय अभिमाना ॥

“O Fool! Your pride is extravagant.” (Shri Rama Charita Manasa, K.K.: 8.5)

I have attacked your ego.”

The world needs virtue, not pride. So when pride is combined with virtue, pride has to be destroyed. So when the pride of Bali is destroyed, then the Lord puts His hand on his head. The Lord’s hand is placed on the head of Bali, whom He had attacked by shooting an arrow mounted on his bow with his own hands. It means that as long as virtue is associated with pride, the Lord remains
Saubhagya Shunthi Paak

Saubhagya Shunthi Paak is a divine medicine, the glory of which has been sung by Lord Shiva as well as Brahmaji. It is an excellent strength-promoting paak. It’s consumption cures 80 types of Vata disorders, 40 types of Pitta disorders, 20 types of Kapha disorders, 8 types of fever, 18 types of urinary disorders; and destroys diseases of the nose, ears, mouth, eyes, and brain. It relieves renal and vesicular colic, pain in the vagina and uterus; and destroys many other diseases.

Nutritious Dates: Full of nutrients, and a health booster

Balances the three humours and radically cures 140 types of disease. Rich in carbohydrates, protein, calcium, potassium, iron, magnesium, phosphorus, fibre, etc. Gives instant energy and agility; increases blood, muscles, semen and lustre. Cures constipation and strengthens the heart and brain. Can be eaten throughout the year.

Sant Kripa Kohl (Surma) – a shield for the eyes

This medicine, prepared by eminent Ayurvedic Physicians under the guidance of Pujya Sant Shri Asharamji Bapu and tried by the latter, is a shield for the eyes. It has been prepared by the method described in the shastras. It improves the eyesight and is eye nourishing. It soothes the burning sensation in the eyes and cures infection. It prevents all major and minor diseases of the eyes caused by watching TV, burning the midnight oil, having inadequate sleep, using a computer for long periods of time, etc. Varieties of Bazaar kohl, eye drops and other medicines for eyes, stand nowhere in comparison to this.

Note: On a two- or five-year subscription to Rishi Prasad, avail the wonderful gift of 1 Surma-vial, and upon a lifetime subscription, (12 years*) 2 vials or one big vial of the same!

Chyavanaprash – contains more than 56 rare herbs, meant for all-round development of the intellect and body

It promotes strength, semen, memory and intellect. It keeps old age at bay and stimulates the appetite. It is especially beneficial in chronic fever, debility, defects of semen, chronic cough, and diseases of the lungs, urinary bladder and heart. It promotes longevity, gives everlasting youth, and develops faculties. All persons healthy or sick; children, young and old can take it in all seasons.

Chyavanaprash (enriched with Saffron)

Special Chyavanaprash prepared from potent Indian gooseberries boiled in water medicated with gold, silver, iron and copper; along with more than 56 rare herbs mixed with calx of silver, iron, bangaa (tin) and mica; and pure saffron!

The above-mentioned products can be obtained from the service centres of Sant Shri Asharamji Ashram Samitis. To order through Regd. Post, Contact: (079) 61210730, e-mail: contact@ashramstore.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.aschramstore.com
Distribution of free meals and useful stuff amongst the poor on Diwali

Diwali celebrated by distributing clothing, blankets, sweets, food grains, utensils, sandal, etc., and organizing pujas & hawan.

Rajta, dist. Thane (Maharashtra)

Gondia (Maharashtra)

Chikhla (Maler), dist. Udaipur

Ranapur, dist. Jhabua (M.P.)

Moletha, dist. Vadodara

Motera, Ahmedabad

Ambeshwar, dist. Thane (Maharashtra)

Kasarapalli, dist. Ganjam (Odisha)

A firm resolve to avail the prasada of saints and our culture to society via ‘Rishi Prasad’

Ludhiana

Patna

Prayagraj

London

Rewari (Harayana)

Jhajhpur, dist. Gir-Somnath (Gujarati)

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

New Year Gifts Wall & Pocket Calendars and Diaries of 2020

Printed in these are such inspiring messages and aphorisms to keep the mind enthusiastic and behavior cordial, it will increase peace & happiness in the home and offer daily auspicious darshans. These are quite inspiring, pleasing, and reasonable too!

Upon ordering 250 calendars or more, you can get your name and address, or those of your firm, shop etc. printed on them. Avail the benefits yourself and also do so to your friends & acquaintances.

Contact: Ahmedabad Head Office – (079) 66210732/932

Upon buying 10 wall-calendars online, get one absolutely free! To place an online order, please visit: www.ashramstore.com/calendar

Conducted by Mahila Utthan Mandal

‘Chalein Swa ki Or...’ (Conducted by Sadhvi Rekha Bahan)

A 7-day Japa & Anushthana Shivir

27th December to 2nd January

Venue: Sant Shri Asharamji Mahila Utthan Ashram, Ahmedabad

This Dhamachar is excellent for spiritual progress by doing meditation, japa & anushthana keenly, and executing other works for the sake of divine love.

Contact no. for registration (women only): 9157306313