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RISHI PRASAD

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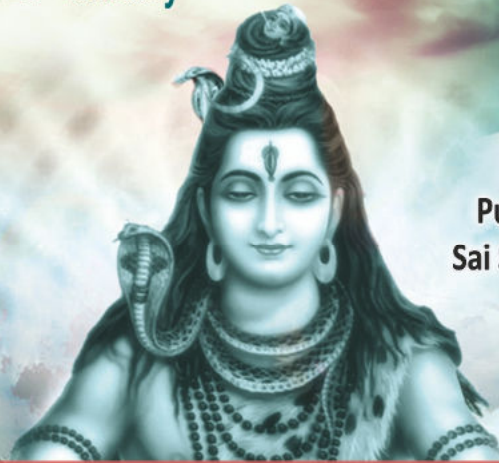
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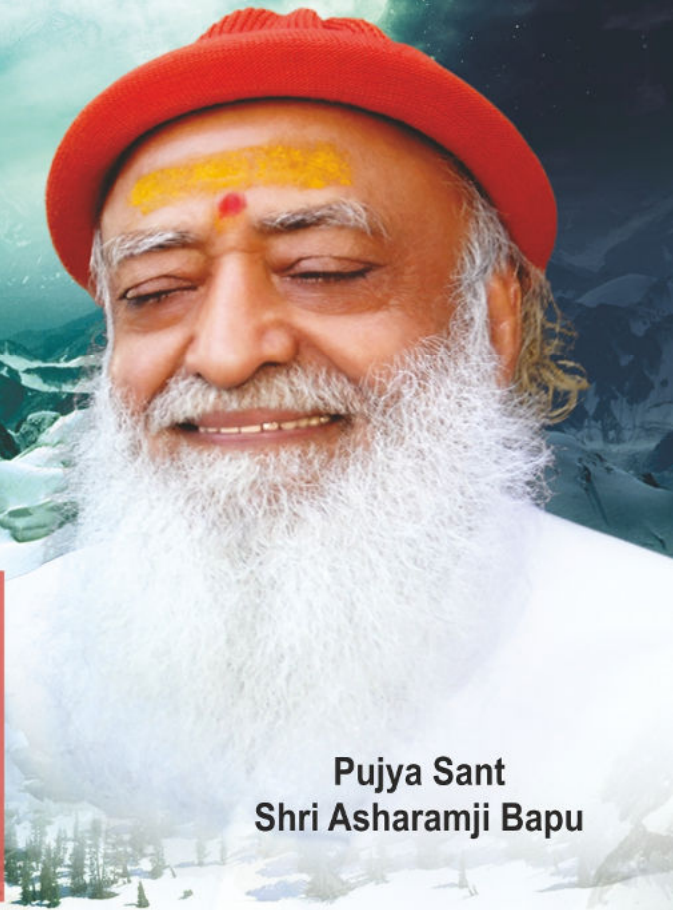
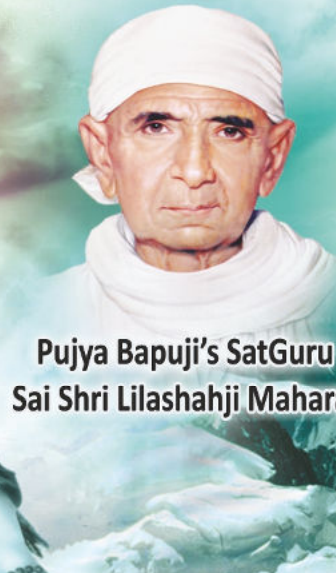
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Maha-Shivaratri

21st February



**Pujya Bapuji's SatGuru
Sai Shri Lilashahji Maharaj**



**Pujya Sant
Shri Asharamji Bapu**

If you practice any of the 4 types of meditation – Padastha, Pindastha, Rupastha, or Rupertita; you will start developing miraculous abilities and powers. Even if an illiterate villager starts to practice any one type of meditation, he will develop all those virtues and abilities that are not possessed by even great men of power, wealth and erudition. – Pujya Bapuji

Such a Holi will unite the Jiva with Shiva (page 12)

**Holi: 9th March
Dhulendi: 10th March**

Night-vigil, japa, etc. are greatly meritorious

Do play Holi but with natural colours

**Divine works of
Pujya Bapuji make
even the American
public-representative
bow down**

(read cover page 2)



**How can we repay the debt
we owe to Him?**

– Acharya Shri
Kaushikji Maharaj **9**

Health tips from Pujya Bapuji **30**

This is what is called Self-realization!

Inquisitive aspirants of Self-knowledge have a desire to know the purport or inner meaning of their Supreme goal – 'Self-realization'; and that is being satisfied here by the ocean of compassion – Brahmavetta Pujya Bapuji:

Attaining Knowledge or awareness of one's own Self is what is called Self-realization. This realization is not of someone else, but of our own being. So, what is the purport of the term Self-realization? Bhagavan Dattatreya says that those, who have found repose in the Supreme Brahman, which is devoid of name, form and colour, are said to be liberated whilst living.

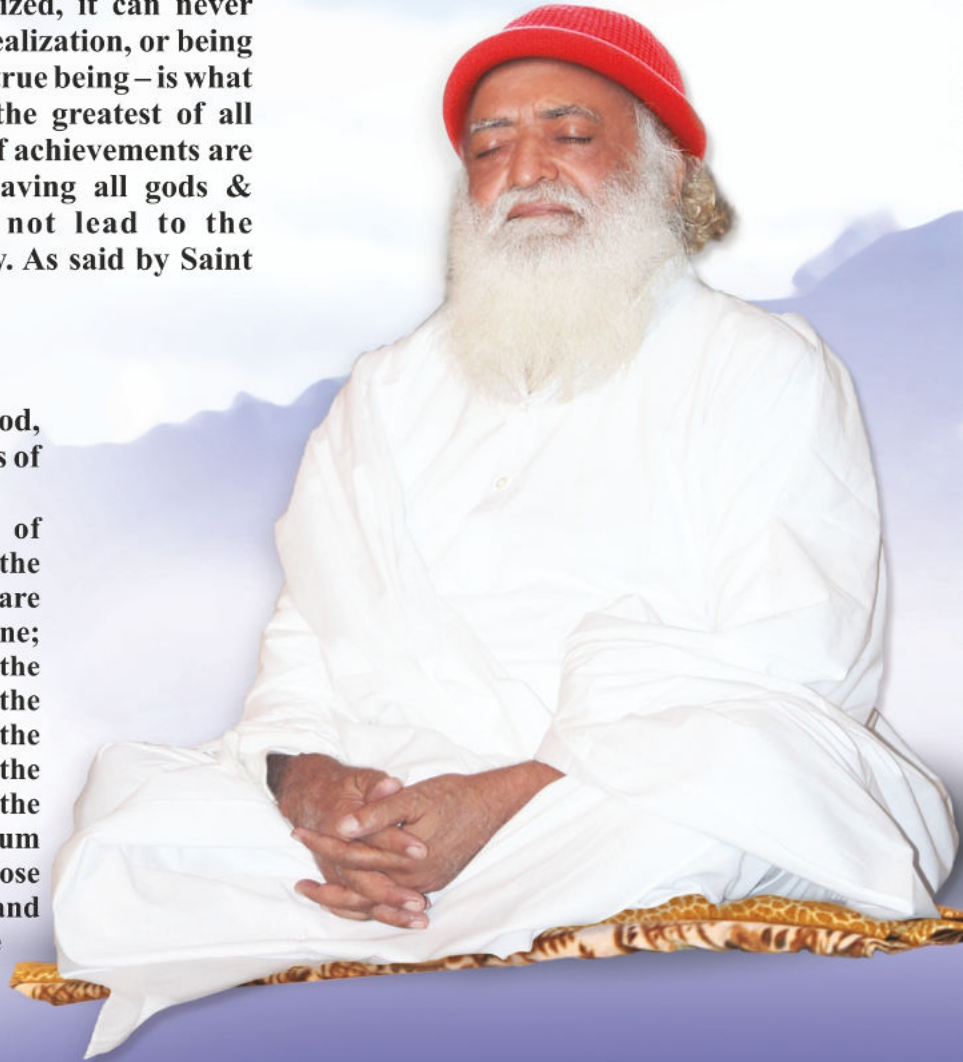
Knowing that Existence, by which *jiva*, the world, and God are seen, as 'I', and directly realizing it *as it is*, is what is called Self-realization. To know the changeless Atman *as it is*, the ground on which the *jiva*, the world and *Ishwara* appear to exist temporarily and keep ever-changing, is verily Self-realization. Be united with that which is not separate from you (the Self); and do not identify yourself with that which is separate from you (passion – which comes and goes) – is what is called Self-realization! Got it!

Our own True Self is verily such a thing which is known effortlessly; and once realized, it can never become unknown. Having such a realization, or being aware of our own Self, which is our true being – is what is called Self-realization. This is the greatest of all achievements. Whatever number of achievements are attained, other than this, even having all gods & goddesses propitiated; it will not lead to the completion of the spiritual journey. As said by Saint Narsinh Mehta:

ज्यां लगी आत्मतत्त्व चीन्यो नहीं,
त्यां लगी साधना सर्व झूठी ।

Until you have realized the Self-god, Brahman as your being, all methods of spiritual practice are incomplete.

There are numerous objects of perception, but the perceiver (or the seer) is only one; auditory objects are numerous, but the hearer is only one; objects of taste are numerous, but the taster is only one; numerous are the thoughts and counter-thoughts of the mind, but there's only one seer of the mind; numerous are the decisions of the intellect, but there's only one substratum to it! Pleasant and propitious are those moments when that 'One' is known and realised as 'I' pervading infinite universes. Those are verily the moments of Self-realization.



Divine works
of Pujya Bapuji
make even the
American public-
representative
bow down



CERTIFICATE OF RECOGNITION

On behalf of the California State Assembly, I, Assembly member Kansen Chu, on this 12th day of January 2020, would like to recognize Pujya Sant Shri Asharamji Bapu for being the inspiration for Shri Yoga Vedanta Ashram a non-profit organization and with special appreciation in serving the community for more than fifty years by bringing peace, health, and dignity to thousands worldwide. Thank you for all that you do!

(See cover page 1 for photo)

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Puja Bapuji's Satsang on Various Channels

Seva-activities



Daily 10.00 pm



Daily 7.00 am & 9.00 pm



www.ashram.org/live



Ashram's Official Youtube Channels



Ashram's Official Youtube Channels

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Wide support extended to 'Parents' Worship Day' initiated by Pujya Bapuji

I salute those preceptors who have created the opportunity of this seva



**– Shri Faggan Singh Kulaste,
Union Minister of State for
Steel, Govt. of India**

Shri Yoga Vedanta Seva Samiti, Sant Shri Asharamji Ashram, Ahmedabad, has been organising Parents' Worship Day programme consistently for the past 14 years in schools and colleges across India.

I salute those preceptors who have created the opportunity of this seva. I wish this programme be propagated in the entire society and the nation. All should contribute to this programme. I feel fortunate to be a part of such a programme

It's a commendable step in the current environment



**– Shri Hemant Soren,
Chief Minister, Jharkhand**

I am pleased to know that under the guidance of the Akhil Bharatiya Shri Yoga Vedanta Seva Samiti, Ahmedabad, like last year, the programme of 'Parents' Worship Day' is again being organised this year, as well on the 14th of February by the Yuva Seva Sangh and Baal Sanskar Vibhag, Ranchi.

Organising 'Parents' Worship Day' in the current environment is a commendable step.

This noble endeavor is praiseworthy

**– Dr. Surjya Narayan Patro,
Speaker of Odisha
Legislative Assembly**



The noble endeavor of Shri Yoga Vedanta Seva Samiti to celebrate 'Parents' Worship Day' is praiseworthy. I wish the celebration of 'Parents' Worship Day' and publication of 'Parents Worship Book' all success.

It's a matter of great fortune for us all to celebrate it



**– Shri Ramesh Bidhuri,
Member of Parliament,
South Delhi**

It's a matter of great fortune for us all that followers of Bapuji, and Shri Yoga Vedanta Seva Samiti, celebrate the Parents' Worship Day. This programme has been rightly inspiring everyone. All should participate in it.

This programme will be celebrated in all Saraswati Vidya Mandirs



**– Shri Dile Ram Chauhan,
General Secretary,
Himachal Pradesh Shiksha
Samiti**

It's a matter of great pleasure that 'Parents' Worship Day' is organised every year in the month of February by 'Shri Yoga Vedanta Seva Samiti, Himachal Pradesh'. Himachal Shiksha Samiti hereby permits Shri Yoga Vedanta Seva Samiti to conduct the 'Parents' Worship Day' programme in all Saraswati Vidya Mandirs managed by the Shiksha Samiti, across the state.

The night which is greatly helpful in enlightenment

The word 'Shiva' itself is auspiciousness personified. '**Satyam Shivam Sundaram**'. That which remains unchanged in all the three periods of time, and even remains unaffected by cosmic dissolution is 'Truth' and that dwells in your heart. The intellect given to human beings is meant only for revealing that truth. The intellect utilised to awaken the divine, hidden in oneself and others, becomes *ritambhara prajna* (consciousness full of Truth).

Mahashivaratri means manifesting the divinity (Shiva Tattva) hidden in us; making life pleasant with the rhythm of the heart. Shivaratri inspires us to raise our life energy to higher yogic centres, (chakras) in the same way as Lord Shiva resides on the lofty snow capped mountain peak.

The holy river Ganga flows from the matted hair of Lord Shiva. He does not need a pot of water. But when you pour the stream of water on His image, your mind is suffused with divine love and bhava; your mind is elevated to higher chakras, thereby uplifting your power of emotion and action.

Water keeps falling from a jug onto the Shivalingam, continuously drop by drop. This signifies the importance of continuity of sadhana and knowledge in your life. **यस्य ज्ञानमयं तपः ।** Your tapa (austerity for spiritual refinement) should be endowed with knowledge. If austerity is devoid of wisdom, it becomes a problem. **Your practice will become a problem if you remove affection from it. So, your knowledge should involve affection and vice versa.**

The narrower the outlook of a person, the more he becomes distressed and limited. The broader the outlook of a person, the more he revels in Infinite Truth, and many noble

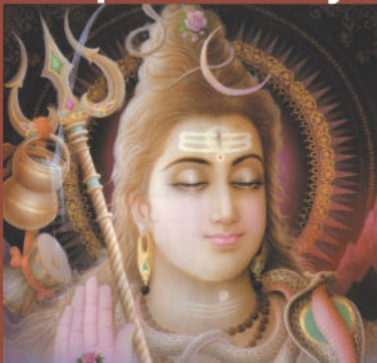
works are done by him. **– Pujya Bapuji**

Mahashivaratri is the festival to banish your narrow-mindedness and to learn the art of seeing the world with the third eye, the eye of knowledge, instead of seeing with two eyes.

Then the householder's life becomes blessed...

Mahashivaratri gives the message that if

Auspicious Days



(Mahashivaratri: 21st February)

you are a mother-in-law, love your daughter-in-law more than your own daughter. Otherwise the daughter-in-law will feel that she is alien and the daughter is your own. Likewise, if you are a daughter-in-law, treat your mother-in-law more affectionately than your own mother. Your heart will blossom and you will get her blessings. As a husband, wish

the well-being of your wife but don't become her slave. At the same time, do not treat her like an enemy by compromising her health to satisfy your lust. As a wife, do not allure and bewitch your husband, making him passionate through your smiling glances. Instead, remember divine mother Parvati who co-operates Lord Shiva whenever he gets engrossed in the state of Samadhi. A wife should think how her husband could advance on the path of awakening in Shiva Tattva and the husband should think how his wife could get elevated spiritually, like Mother Parvati. Thus your householder life could become blessed.

Growth of happiness, courage, affection and blissfulness in your life indicates that your life is moving in the right direction. However, if worry, grief, fear and hatred are increasing in your life, be sure that your understanding is plagued by wrong perception. Worship of Atma-Shiva is for removing that wrong perception.

He raises one from whatever level of being one is, and hence, is called 'the Friend of all beings'

(Continuation of the article titled '**He cured the disease of my body and led me on the path to cure the disease of metempsychosis**' as published in the previous issue)

Sharing a few more interesting and inspirational life-incidents of Pujya Bapuji, Ranvir Singh Chaudhary continues:

The marvelous will power of Gurudev!

This incident dates back to 2001. In Khandwa district, there is an organisation, 'Ekal Vidyalaya' for the children of tribal communities. In almost every village of the district, there is a school managed by this organisation, where most of the teachers belong to the tribal-community. Once, a few of us sadhaka-brothers had been to a village named Patajan for some service-work. We thought, 'If these children are availed of the knowledge of our culture, the tips shared by Pujya Bapuji, etc.; then how elevated could their lives become!'

We met the chief of the organisation and informed him of the things being taught in 'Baal Sanskar Kendras'. He was quite impressed and said, "All the teachers of Ekal Vidyalaya are visiting Khandwa to attend a training programme. In the same programme, we will reserve a day for you to conduct the training of 'Baal Sanskar Kendra'."

Around 100 teachers attended our training-session. We taught them whatever Pujya Bapuji teaches us, to uplift the lives of children, like – the importance of instilling good-values in children, measures to improve the intellect and memory power,

health-protection and preventive measures, harmful effects of vices like addiction, etc., we also provided them with good (spiritual) books and Bapuji's holy photo.

A few days passed... then in one of the meeting-sessions, when I asked about their experiences, the teachers said – 'The children are finding all the teachings of Bapuji quite interesting; and the number of students attending our schools is also increasing.'

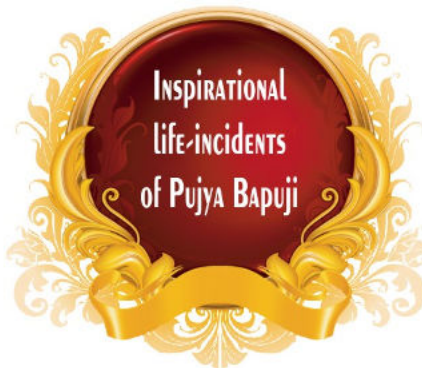
In fact, one of the teachers said, "On reading one of the books of Bapuji, we realised that if we don't get rid of our own addictions, then it will be impossible to instill good values in the children. So, I hereby resolve to give up addictions."

Thus, the teachers and children were impacted quite positively; which I was very pleased to hear. Bapuji visited Dehradun in 2002. When I apprised Him of 'Ekal Vidyalaya', Pujyashri said, "What activities do you people do there?"

"Ji, some of us sadhaka-brothers travel from village to village; and inspire teachers to run 'Baal Sanskar Kendras', we provide them with the necessary training, and distribute spiritual books published by the ashram. We are getting good results. It's just that they haven't received mantra-diksha (initiation) as yet."

"Fine, avail them of the ashram's spiritual books for now then we will see what we can do about their diksha."

Pujyashri then asked me to enlist the names of some spiritual books published by the ashram. Mentioned in the list were the books – 200 'Baal Sanskar', 200 'Prasada',





For Students



How did a great fool become a great scholar? - Pujya Bapuji

There lived an extremely foolish boy named Panini. Ever since he was admitted to school in the first grade, he consistently failed his exams up to the age of 14. His father said to him, "It would be better if you died!"

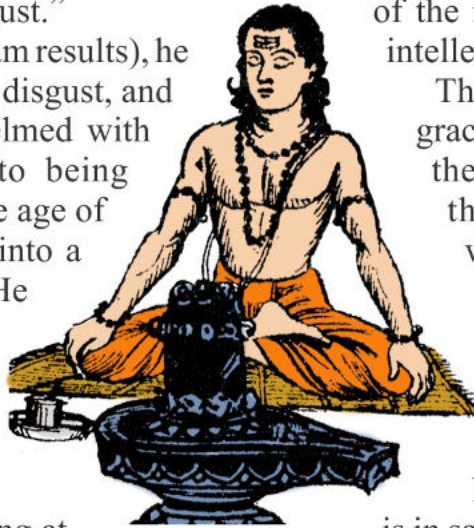
The mother said, "I gave birth to you from my womb; but it would have been better had I given birth to a stone; at least I wouldn't have had to bear your father's disgust."

Thus, every year (after exam results), he would deal with his father's disgust, and take his scolding. Overwhelmed with the feeling of guilt due to being scolded by his parents, at the age of 14-15, he decided to jump into a well and commit suicide. He went to a well and noticed women pulling ropes to draw water from the well, as a result of which, rope-marks were formed on the wall around the well. Looking at this, he thought – 'when mere repeated to-and-fro movements of a rope can create marks on the inert stone, then even my dull intellect could become sharp by consistent practice and I could become a learned man.'

So, he found a Guruji, who imparted to him the mantra '*Om Namaha Shivaya*' of Lord Shiva, thereby expounding the mantra's prosody, presiding deity, seed, etc., along with the way to chant it and perform Anushthana of the same. (Note: Anushthana – repetition of a mantra for a set number of times during a given period). This transformed his life.

The way the rotation of a coil between two poles of a magnet in a dynamo develops electricity in the coil; similarly, consistent repetition of a mantra develops spiritual

energy, thereby increasing one's Pranic-energy and Life-force. The vital energy that one naturally receives from Paramatma (the Supreme Self) increases abundantly by virtue of mantra-japa, and that is why Mantra-Diksha (initiation) holds great importance. The practice of mantra-japa wards off physical ailments, restlessness of the mind and even defects of the intellect.



Thus, by the virtue of Guru's grace, the mantra elevated him to the spiritual status where lies the Reservoir of Power. He worshipped Lord Shiva to propitiate Him. Lord Shiva didn't appear at first, but Nandi, the bull (Lord Shiva's vehicle) appeared before him.

Nandi said to him, "Lord Shiva is in samadhi right now; but continue your meditation and devotional practice, etc. Lord Shiva will rise from samadhi and in ecstasy, sound His damaru (a small two-headed drum that Lord Shiva holds in His upper right arm connoting sound or creation of the universe). The meaning of the sound coming from the damaru would be interpreted by every listener based upon the latter's wish."

So, the boy named Panini sat down to perform his mantra-japa. While performing the japa of the mantra, imparted by his Guru, he went into deep meditation. Lord Shiva then rose from samadhi, performed the dance, and sounded His damaru 14 times.

As mentioned in Nandikeshvara Kashika:

नृत्तावसाने नटराजराजो ननाद ढक्कां नवपञ्चवारम् ।

उद्धर्तुकामः सनकादिसिद्धानेतद्विमर्शं शिवसूत्रजालम् ॥

Unmatchable is the glory of the Brahmajnani

(Birthday of Bhagavatpada Sai Shri Lilashahji Maharaj: 16th March)

Sharing the sweet reminiscences of Sai Shri Lilashahji Maharaj, Ishwari Nathani of Ulhasnagar says: My SatGuru Lilashahji Maharaj was an embodiment of simplicity, an ocean of knowledge, a treasure of devotion, a true Nishkama Karmayogi, and the crest-jewel of all saints. My limited power of speech and weak pen are not capable of describing His glory!

There was a magnetic aura around Swamiji's face which made lakhs of devotees bow down at His feet. He was a Self-realized saint. He had all the qualities of Divine nature explained in the 16th chapter of the Bhagavad Gita. He practiced what he preached. Whatever He preached was based upon His experiences and as per the capacity of people to practice. That is why the words of His satsang entered the heart of the audience.

In one spiritual discourse what Babaji (Sai Lilashahji) said should be remembered by everyone. Babaji said that "the cinema is the house of utter ruin and is the major cause of the depravity of men and women these days. Still, we take our kids there. If this continues to be our condition, then we do not have the right to be called their elders. We are dragging them towards bad habits.

They say to their children, 'Child! It is not good to draw an axe on another's head' but they eat meat with fondness

and say 'Wow! What a tasty dish!'

For saints, all the creatures of the world are like their children. How can they like a person who eats their innocent children?"

The disease will not recur

The resolve made by Self-realized saints or sometimes what they say spontaneously surely happens in nature. In 1948, my mother contracted a grave illness. Doctors said, "She will not recover and even if she recovers, the disease will recur after a year and she will not survive."

My father wrote to Swamiji explaining the situation. Swamiji's reply came saying: "She will be saved from the disease and it will not recur, but she should consume less salt."

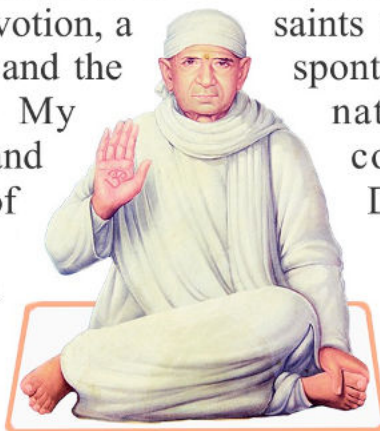
And His words came true. My mother recovered completely and the disease did not recur.

You do not have Tuberculosis

In 1995, my father was seriously ill. Medical investigations like X-rays were done in the Victoria hospital in Ajmer and tuberculosis was diagnosed. He started taking anti-tuberculosis drugs and Swamiji was apprised of this.

We received a letter from Swamiji: 'You do not have T.B.'

Meanwhile my father's friend, a doctor who returned from abroad checked him thoroughly and also said, 'You don't have T.B.' He spoke with the doctors of Victoria hospital and it was found there was a fault with the X-ray





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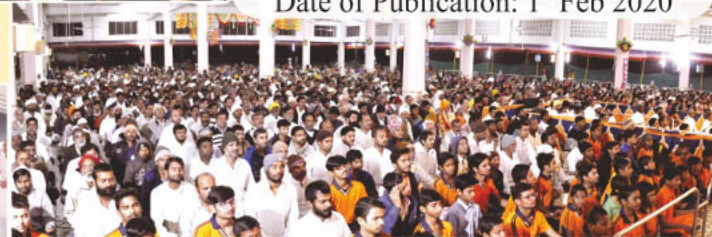
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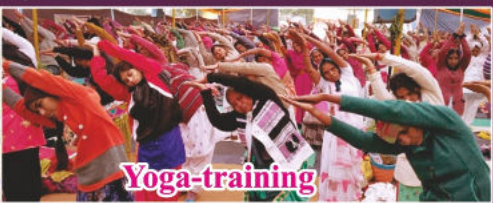
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Resolution to subscribe 108 to
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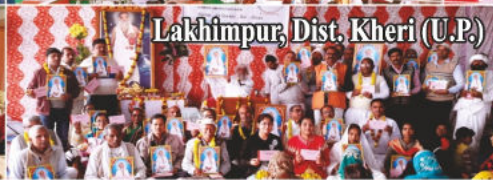
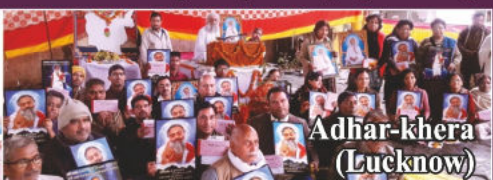
A glimpse of 'Chale Swa Ki Or...' shivir conducted by Mahila Utthan Mandal



Distribution of blankets, food, nutritious items and other necessities of life in the Bhandaras



Virtuous souls resolving to take-up the greatly meritorious seva of disseminating Rishi-Prasad's distress & poverty destroying knowledge



'Rishi Prasad Knowledge Competition' in Chhindwara Gurukul