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RISHI PRASAD

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(Continuing Issue: 342)

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(including cover pages)



Puja Sant
Shri Asharamji Bapu

May your body be healthy, your mind peaceful and may the light of the Self, the existence of the nature of witness by which your eyes see, mind thinks, intellect knows, awaken within you. – Puja Bapuji

May there be happiness in all,
May there be peace in all,
May there be completeness in all,
May there be auspiciousness in all.

Divine remedial measures for Health Care

Read page 30

Yogāsana,
Surya Namaskāra

Taking water
charged with mantra

Agnisār Kriyā
(Stimulating Digestive Fire)

Decoction intake

Sunbathing

Prāṇāyāma

Remain untouched by
the Influence of
circumstances **12**

How to
awaken **14**
Soul-force?

Satsang is the ultimate medicine **6**

To ward off fever... **33**

Why is it forbidden
to eat rice on
Ekadashi ? **22**



It is so sad that Sant Asharamji hasn't been granted bail. – Shri Rādhāmohan Sharan Devāchāryaji, Mathura



If there is any injustice in India, it is on Asharamji Bapu.

– Shri Shri 1008 Mahāmandaleshwar Shri Mahant Lakshmandāsji, Indore

Daily routine based on the Biological Clock for health, immunity and longevity, as propounded by Pujya Bapuji

Time period when the life-force is especially active in a specific organ

03:00 am to 5:00 am
(in the lungs)



5:00 am to 7:00 am
(in the large intestines)



7:00 am to 9:00 am
(in the stomach)



9:00 am to 11:00 am
(in the pancreas and spleen)



11:00 am to 1:00 pm
(in the heart)



1:00 pm to 3:00 pm
(in the small intestine)



3:00 pm to 5:00 pm
(in the urinary bladder)



5:00 pm to 7:00 pm
(in the Kidneys)



7:00 pm to 9:00 pm
(in the Brain)



9:00 pm to 11:00 pm
(in the spinal cord)



11:00 pm to 01:00 am
(in the gall bladder)



1:00 am to 3:00 am
(in the liver)



Dos and Don'ts

Drink lukewarm water, walk in the open air, and do *Prāṇāyāma*. This keeps the body healthy and active. People who awaken during *Brāhmamuhurta* become energetic and intelligent, whilst others who sleep during this period become dull and lethargic.

One should empty the bowels and bathe before 7:00 am after waking in the morning. Those who empty the bowels after 7:00 am contract many diseases.

One can have milk, fruit juice or other drink (2 hours before main meal).

This period is fit for the main meal. Sip lukewarm water during the course of eating.

This is the time ordained for midday *Sandhyā* worship by our culture. Perform meditation or *japa* during this time. Food intake is prohibited.

About two hours after the main meal, one should drink water according to one's thirst.

Water taken 2-4 hours prior to this time will cause the urge to urinate during this time.

One should have a light meal during this time. Don't eat during the period of 10 minutes prior to and 10 minutes after sunset (*Sandhi-Kāla*) and perform *sandhyā* worship instead.

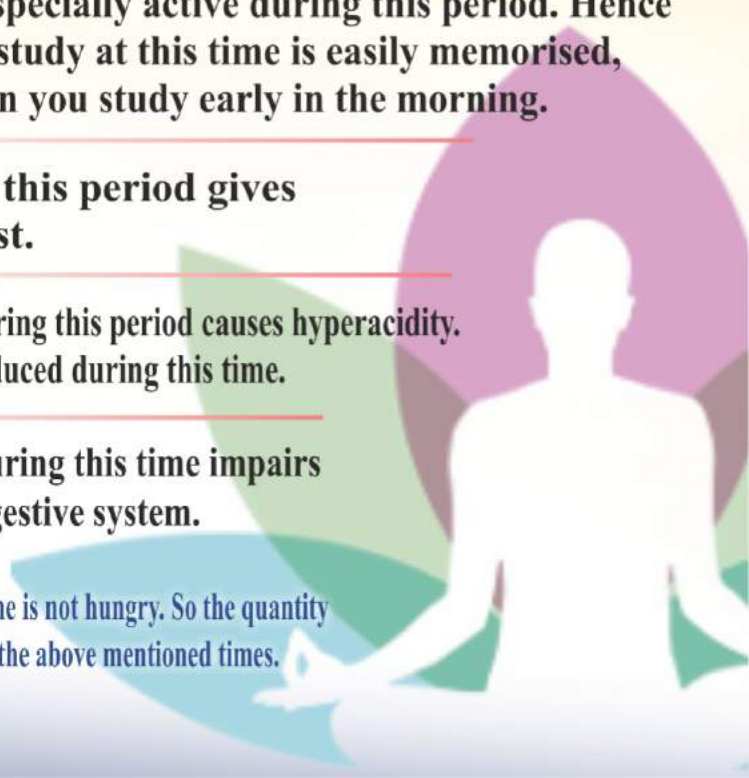
The brain is especially active during this period. Hence whatever you study at this time is easily memorised, similar to when you study early in the morning.

Sleep during this period gives maximum rest.

Staying awake during this period causes hyperacidity. New cells are produced during this time.

Keeping vigil during this time impairs the liver and digestive system.

Our sages and masters of Ayurveda have prohibited the intake of food when one is not hungry. So the quantity of food in the morning & evening should be such that one feels hungry at the above mentioned times.



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Daily 7.30 am & 8.30 pm



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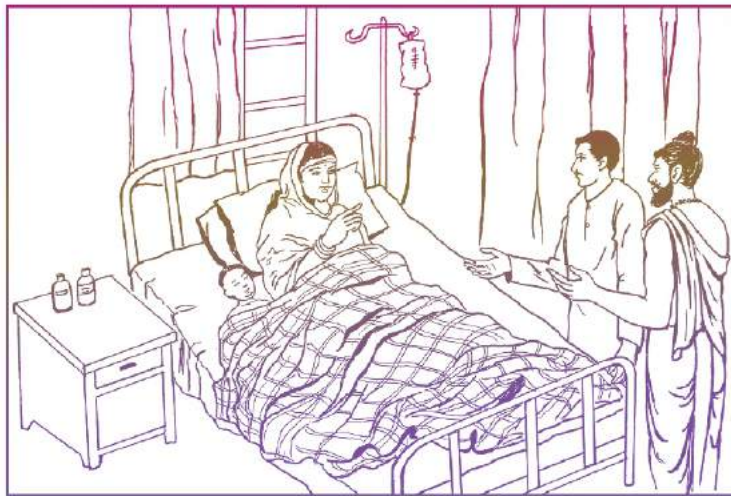
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Satsang is the ultimate medicine – Pujya Bapuji

Believe God as your supreme well-wisher; know Him as your best friend. No one else is as great a well-wisher as God in this world. Worldly attachments and desire lead us to unrest, make us extrovert and dependent. But the love we have for God frees us from disquiet, anxiety and fear and leads us to the sacred path of peace. It makes us introverted and thereby gives us the experience of contentment, bliss and freedom.

Divine love makes one aspirant to consciousness, while carnal pleasures make one aspirant to inert things. One has to seek the help of the physical body and senses which bind us to the false identification with the body, whereas divine love gives us the courage to sever attachments to physical things; it gives us repose in the bliss of our consciousness-nature and thereby unites us with the indweller God.

A *Satsangi* lady was on her way by car from Mathura to Vrindavan. As well as her two young sons, there was also a small baby of her neighbour in the car whose mother had passed away. The car was going towards Vrindavan at full speed. In the meantime, a tanker travelling at a high speed collided with the car and a terrible accident occurred. The car driver and both the sons of the woman died. The woman was also badly injured and sustained three fractures. But nothing happened to the motherless child who had been adopted by the woman.



When the saint, to whom the lady went for satsang, came to know about this, he sent a chief *sādhū* and a resident *sādhaka* of the ashram to get news about the woman. The *sādhū* went to the woman and said: “Sister! You are a *satsangi*, then why did you have to suffer so much pain? What a terrible accident happened! Both of your

sons died on the spot. Even you are badly injured. The driver who took sacred food prepared in your house also met an untimely death. It is quite surprising that nothing happened to the innocent baby

adopted by you! He had never heard *satsang*. Why did this happen?”

The reply that the *sādhū* got is worth knowing for everyone. The *satsangi* lady said with a dim smile: “Swamiji! **It is not that any kind of happiness or sorrow won’t come into one’s life if he/she hears satsang-discourses. Even though there is such unique power in satsang, whatever events of happiness or sorrow come by the power of destiny, they do not seem to be real.** Despite such a terrible accident and such unbearable pain, I experience only this that the injury is sustained by this mortal body, the pain is being experienced by the body and the physical body of my sons (which is made up of five elements) is destroyed. I have also sustained three fractures, but this has not caused any harm to my consciousness. *Mahārāj*, I am calm and blissful even in such moments, due to my will-power.

God Himself secures what they lack and preserves what they have

— Pujya Bapuji

**(Continued from the previous issue -
'There is no delay in the coming of God,
if one worships with exclusive devotion!')**

The *lilā* (Divine sport) of God is unthinkable; there is no limit or bounds to it. Sant Udiyā Bābā, who was revered by Anandamayi Mā, was walking along the banks of Ganges in June in a state of divine intoxication. He started suffering severe hunger-pangs. He

walked for many miles but found no sign of a village. He managed to quench his thirst with water from the Holy Ganges, but how would he satisfy his hunger? There was no way of getting food and hence, Bābā sat under a tree assuming *Siddhāsana* – the Accomplished pose. Dusk had already fallen; it was getting darker and darker... Just at that time, two tender young boys, having mellifluous voices, pleasant looks, affectionate glances and astonishingly delightful personalities appeared from nowhere, laughing and chatting. They said, “Bābā-Bābā! You have been sitting here for quite some time, would you like to eat something?”

How could the hungry Bābā turn down their request with a ‘No’?

So, Bābā said, “Yes boys! I am hungry.”

“Bābā! Let us bring you food.”

Soon after, the boys brought *chapatis* (unleavened breads) and sabji of unripe bananas.

Until then, as a practice, Bābā had been taking *bhikshā* (alms-food) only from Brahmins.

He asked the boys, “What is your caste?”

The cute little jolly boys answered with a smile, “Bābā! We are Maheshwari Baniyas (Business community) by caste.”

Touched by the love, simplicity, and magnetism of those children, Bābā said, “OK, fine; get me the food and I shall eat it.”

The boys offered the food to Bābā.

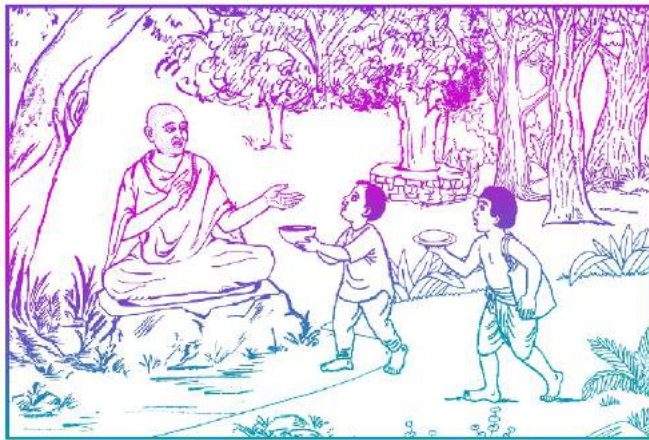
Bābā asked them, “There’s no sign of any village; where have you got all this from?”

They said, “We have come from that village, and have come here to play. As you were hungry, we got the food for you; please have it.”

Bābā had the *chapatis*; and felt quite satiated.

Practice devotion for God alone

This story will help you cast away the ghost of anxiety about future life. All the planning that goes on in the mind, like – ‘Let me do something for myself, let me do something for my future...’ – is nothing but the ghost haunting a babul tree. It will lead to suffering, pretty much analogous to the ghost ascending and descending the babul tree, and suffering the thorn pricks. There’s nothing to be done as such, one should just ‘know’! And if we don’t seriously engage and engross ourselves in attaining God, then the ghost is never going to leave us. Such people think – ‘I should have some personal property, some land; I should make my name, have a reputation, etc. ...’ After all it’s the physical body made of flesh & bones that has been given a name, yet, we say – ‘let me do it.’



It was impossible to save the city from epidemics but...

A greedy person thinks about money, an infatuated person thinks about family, a lustful man thinks about an amorous woman, a devotee thinks about God, but Self-realized great men are attained of such a supreme state that they don't think about even God because they become divine themselves on attaining realization of their divine nature. For them, God is no different from their own being. If they think at all, they think about **the well-being and good of everyone.**

In 2006, Surat was hit by heavy floods which caused many fatal illnesses to spread in the city. Then, compassionate Pujya Bapuji got packets of materials a fragrant resin *Amyrisa gallochum* (guggulu), desi ghee used in havan, made by his disciples and asked them to go from house to house and burn the incense therein. He also gave them the mantra for protection against microbes and taught the method of reciting divine Name. A large group of *Sādhakas* did the same, because of which the epidemic could not spread widely in Surat.

When the working Naturopaths saw this, they said, "It was impossible to save the city from epidemics but Sant Asharamji Bapu gave a very small but very effective measure which protected easily the city residents from the fatal epidemics."

In his Spiritual discourses, Pujya Bapuji mentions a nice method of air purification.

→ of the Self, see sorrow and distress fleeing from their life. AUM Bliss!

So, did you get it? Won't you muster up courage now to march? Read this

"If you burn incense in your house with one spoonful of Desi cow Ghee (approximately 8-10 ml ghee) on a cow dung cake, then one ton of energized air is produced. Not only humans but insects,

animals and birds also get benefitted. Such a nutritious food cannot be prepared from anything in this world. The more the air around us is energized, the more powerful and healthy become our body and mind." (*Gau-*

chandan incense sticks made of the cow dung and various herbs are available in the ashram and from the service centers of samiti.

Energized air can also be produced by burning '*Gau-chandan*' *dhoopbatti* and putting a few drops of desi ghee or unrefined edible oil or coconut oil on it.)

Human society is getting health benefits by preventing fatal diseases by following numerous measures suggested by Pujya Bapuji.

The social service that cannot be done even by spending billions of rupees is done easily by the inspiration of Self-realized saints. Every action of Self-realized saints and great men is for the well-being of society. Blessed are those intellectual people of society who take the benefit of the measures for public welfare, given by such a great man and His life elevating Satsang discourses, and help others to do the same.

repeatedly, reading it once is not enough. Practice this repeatedly. Bravo, O brave one...! Bravo...!!

(From '*Elixir of Life*' published by the ashram)



The Glory of Saints





For Students



What is the virtue and what is the sin? – Sant Pathikji

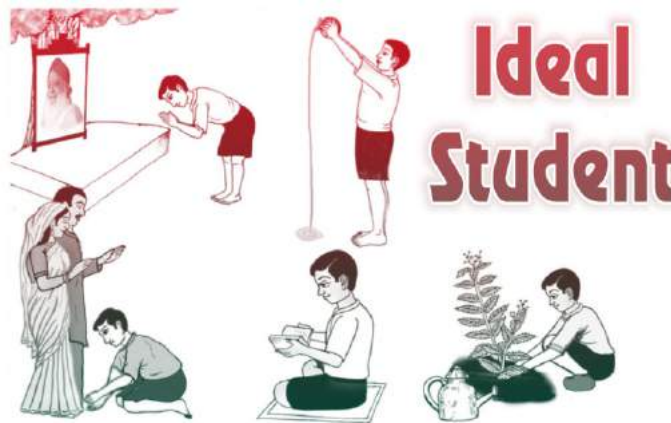
The wise opine that entertainment is not necessary for students, or those engaged in study. For their entertainment they should observe *mauna* (silence) for some time, stay calm and walk in the fresh air without mulling over past events as well as contemplating the future. At the same time they need to observe the beauty of nature and watch mindfully, the ever present Existence behind every scene supporting its movement.

Changing the subject of study is necessary for a tired brain; entertainment is unnecessary. Entertainment is necessary for the epicurean attached to objects of sense pleasure. Entertainment is a sin for students as it causes a waste of energy and time. Control of the mind is a virtue for students. Self-restraint accumulates energy, which can be used to perform action.

The mind never gets tired; it gets bored of repeating a particular subject again and again. The mind seeks something new each time. It is tempted to see new, hear new, taste new. When new things are not found at home, a person tries to seek them from outside going to the circus, theatre and cinema; and if he is unable to do so, he sits and plays cards or spends time in useless

chatter. This is verily the debasing sin.

Virtuous students are humble, simple and obedient. They are not lazy in doing service and are opponents of sinful acts, while remaining engaged in study. They have faith in saints, Mahātmās, talks on dharma, and spiritual stories. But foolish children or students clinging to sin are not faithful, righteous, nor divine worshipers.



It is sinful for students to be lazy in studies, whereas it is virtuous to give up laziness and be engaged passionately and diligently in study.

While studying, it is a sin to be jealous of someone, to quarrel, to abuse under a fit of anger, to beat, to cause damage and destruction to and to destroy one's own power. But to give up laziness in study, to remain ever-engaged in study, like a greedy person, and to be happy is a virtuous penance.

You can spend the energy and time in doing virtuous acts rather than sinful acts.

Whether you are a child or a youth, you are undoubtedly so virtuous that you are reading or hearing words conducive to your good at this time. Now try to understand whether you are decreasing your merit by enjoying pleasure, or increasing it by serving others. ○

Divine remedial measures for Health Care

Treatment may be done through medicine, mantra and sunrays. There are many therapies like naturopathy, allopathy, etc. All treatments that are given by harassing, killing and slaughtering living beings are demoniacal therapies. And to attain health benefits by our own will-power, mental power, power of mantras, divine power and intuition is divine treatment.

You are eternal (*nitya*), free from the stain of ignorance (*shuddha*), self-luminous (*buddha*), consciousness inseparable from the Supreme Self. Don't be afraid of disease, illness and adversity if they come. During illness concentrate your mind and affirm, 'Illness has come. Anything that comes is bound to go. Illness came and left many times.' Be cheerful and affirm, 'This has come to remove my negligence, teach me self-restraint and pass me through austerity.' Be fearless of intelligence and affirm, 'The illness cannot be permanent because the body is not permanent. As the state of the mind does not remain constant, the state of the illness cannot remain constant. But I am ever changeless, of the nature of Love, Bliss and Peace. **I am the master of all situations**, the Knower of physical ailments and mental agitation and passion.' It will immediately remove the impact of illness, disease and suffering!

Avoid late night dinner as it will cause hyperacidity and indigestion. Sit in

Vajrāsana★ on an empty

– Pujya Bapuji



stomach in the morning and evening, exhale completely and contract the abdominal muscles inwards and outwards 25 times. Chant 'Ram...Ram...' the seed mantra of the Fire God mentally, and then inhale. Repeating this 5 times will eliminate indigestion of any severity, hyperacidity and shoulder pain (caused by *āma*).

All these are divine remedial measures.

Otherwise, take tablets and get operated on. Even after doing this what happens? You are only masking symptoms. Why don't you do divine treatment instead of demoniacal treatment? Why take medicine as per even human remedial measures?




Regardless of disease, give *arghya* (offering oblations of water) to the Sun God and apply a *tilak* on your forehead with the soil wetted by that water, then take a little water in your palm and reflect: ॐ हां ह्रीं सः सूर्याय नमः । ॐ आरोग्यप्रदायकाय सूर्याय नमः । 'Aum Hrām Hrim Saha Suryāya Namah | Aum Ārogyapradāyakāya Suryāya Namah | (This is the mantra including beej mantras). I am drinking this water after worshipping the Sun God, the protector of my health.' And then sip that water. Then visualize the Sun God in your navel, do *japa* of the mantra for



★ For steps please read the book 'Yogāsana' published by the ashram.

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of a cold
watering-place in
Dhule (Mah.)



Distribution of a health-promoting decoction in Kosamba (Dist.Surat)



Plantation in
Nandini Nagar (C.G.)



Free distribution of foodstuff in the hospitals of Malegaon, Washim and Jalna (Mah.)



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