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(including cover pages)

Guru-Pūrnimā  
Special-Issue

# RISHI PRASAD

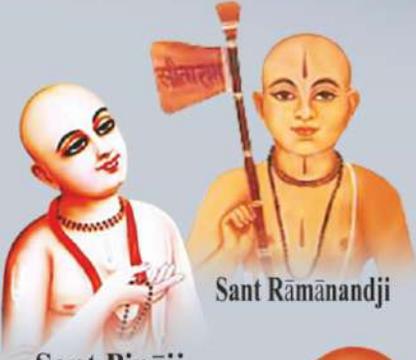


Swami Keshvanandji

Sai Shri Lilashahji



Bhagavatpad Sai Shri  
Lilashahji Maharaj



Sant Ramanandji

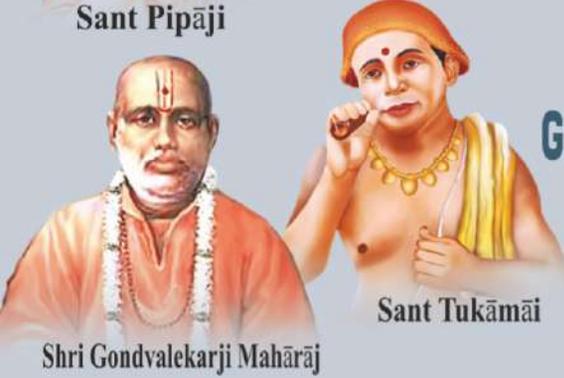
Sant Pipaji

Know from the lives  
of True Disciples –

How to obtain

Guru's grace in abundance

Read page 6



Sant Tukamai

Shri Gondvalekarji Maharaj



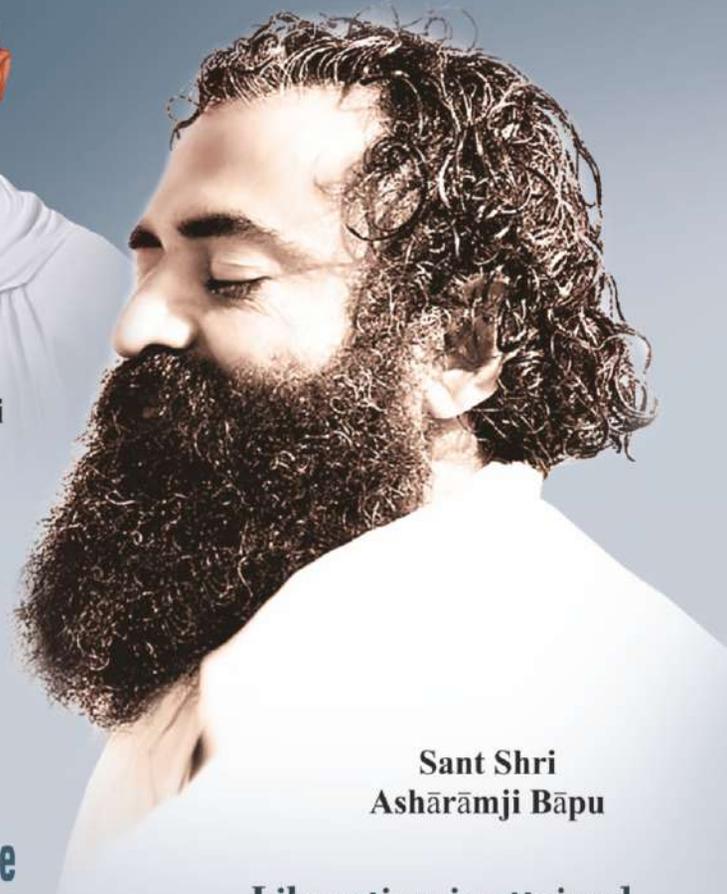
Shri Nityanandji  
Maharaj

Swami Muktanandji



Shri Siddharameshwar  
Maharaj

Shri Nisargadatta Maharaj



Sant Shri  
Asharamji Bapu

Liberation is attained instantly through *Yukti* (reasoning) of the SatGurus. Those true disciples, who resort to this reasoning, attain Supreme Bliss-nature while living. Let's learn that technique from the lives of such true disciples and the SatGurus!

A priceless gift to Rishi Prasad volunteers from Pujya Bapuji

Rishi Prasad Jayanti: 23<sup>rd</sup> July 17

How long will injustice be inflicted on Asharamji Bapu? 27

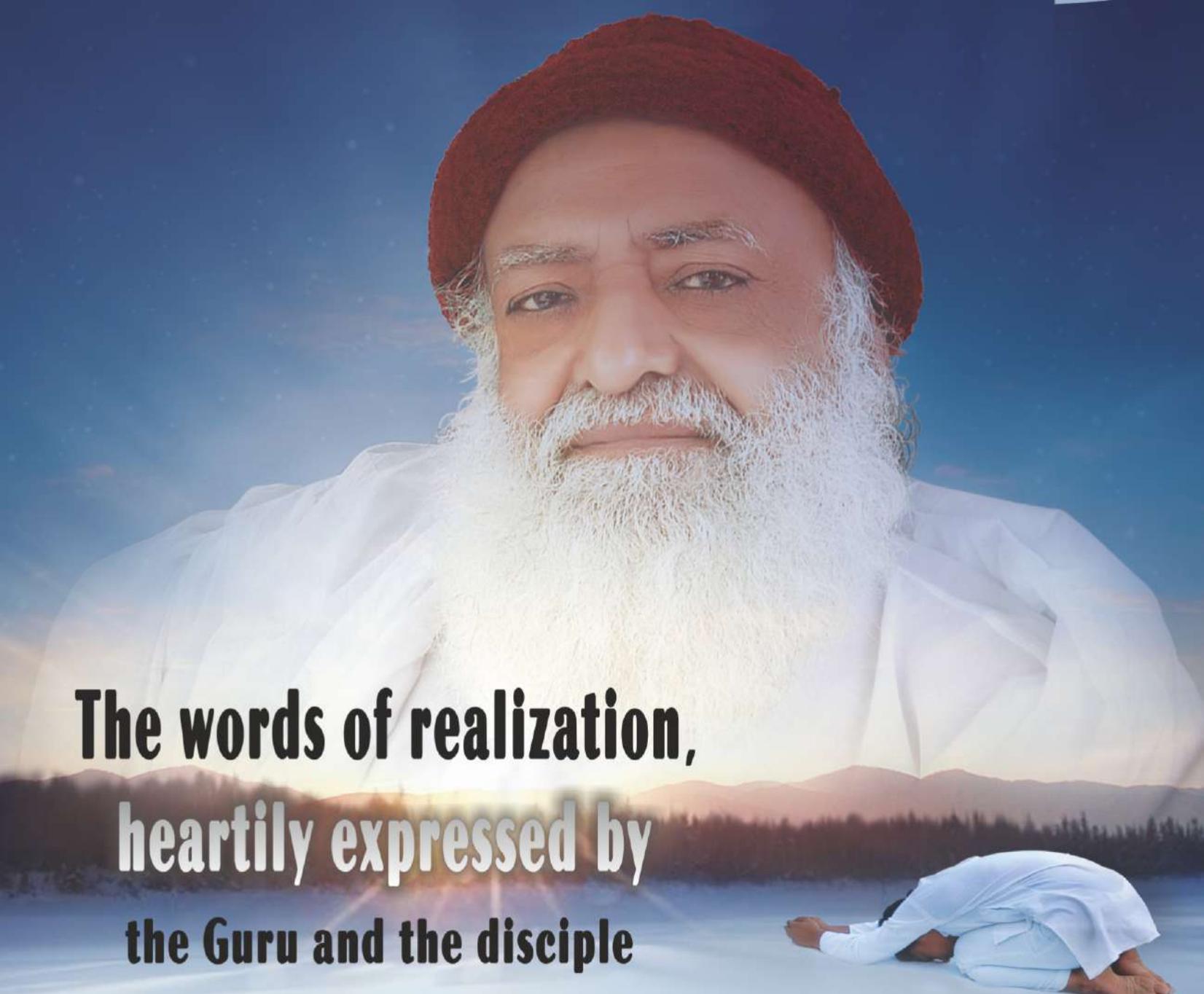
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Give immediate judicial relief to Asharamji Bapu

– Patrick Brown, Mayor, City of Brampton, Canada 27





# The words of realization, heartily expressed by the Guru and the disciple

Showering motiveless grace on His disciple, a Self-realized SatGuru – ever satisfied with the Knowledge of the Supreme Self, expounding the rare secret of the eternal relationship between the Guru & disciple and of the pure Love between them, says, “Lo! I am ever with thee. We are one in God. I know all thy moods. The more thou dost absorb the vision which is mine, lo! The more and more do we grow into that spiritual oneness which is the Divine Life. So close are the bonds. Death and separation have no hold in my relationship to thee. Discipleship does not consist of having seen my form, but in having understood my will. And immeasurable love is between us. Harder than adamant are the bonds of a relationship between Guru and disciple.”

Hearing these unique words soaked with the realization of the Existence-Knowledge-Bliss absolute, the disciple’s heart became filled with gratitude. The spring of feelings emanated from his heart as follows: “O Gurudeva, the Supreme expression of the inexpressible Transcendental state of Absolute Independence! I greet Thee as my Guru and God. Thy words are the collection of sunrays for me to destroy the total darkness of ignorance. Highly blessed is the one whose heart is illumined by them. He is verily the one to be bestowed with Thy auspicious blessings and universal love. My Master! Hearing these words of Thee, I have become conscious of the real relationship between the Guru and disciple. Thou hast raised me up from darkness by Thy Grace. Thou hast taken me as I was – a mere nothingness – and hast made me what I am – a devotee who is conscious of the infinite strength within him. Thy mercy has been infinite; and Thy Love for me hath been inexpressible. Verily, Thine is the Divine Nature. Even greater than a mother’s love for her own child, is Thy love for Thy disciple. Thy Mercy, Thy Patience, Thy Sweetness are Infinite. I adore Thee! My good, my evil, – all that which I was, am or shall ever be, life upon repeated life – I consecrate to Thee. Let me have no other home than Thy Heart. O Gurudeva! Thou art the supreme refuge, Director, Governor, Sustainer, and the sole purpose of my life. Thou art everything in my life. My repeated, countless, heartfelt salutations unto Thee; with hands folded and head bowed!”

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## Pujya Babuji's Satsang on Various Channels | Seva-activities

				
Daily 10.00 pm	Daily 7.30 am & 8.30 pm	ashram.org/live	Ashram's Official Youtube Channels	

\* 'DIGIANA DIVYA JYOTI' Channel is available on 'Digiana' Cable (Channel No. 109) in M.P. \* 'ARADHANA' Channel is available on JK Cable in Jammu.

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# New practices to seek firm abidance in *Guru-Tattva*, on the festival that gives new direction

*Guru-Pūrṇimā*: 23<sup>rd</sup> July

– Pujya Bapuji

If you can please the heart of your Self-realized SatGuru Saint, then sooner or later you are bound to attain the nectar of the Almighty. Kings and emperors, *sādhakas* and *Bhaktas*, give more importance to the annual *Guru-Pūnam* in order to receive the blessings of Guru in their life. By the company of Guru on *Guru-Pūnam*, the disciple gets the fruit of all good deeds of the year. It is the experience of many *sādhakas* that those who celebrate *Guru-Pūnam* (*Vyās-Pūnam*) in the right way, their whole year is spent, full of joy, love and progress.



One should take shelter in the Self-realized great man who has evolved to the highest state:

दिल-ए-तस्वीर है यार !

जब भी गर्दन झुका ली, मुलाकात कर ली ।...

“In the mirror of your heart is the picture of your Beloved. Whenever you like, you can see Him.”

*Guru-Pūrṇimā* is the day to get approval for all the progress we have made in the year, from such a great man. And to take a vow of doing self-study and *Japa* in the coming year, to begin the study of spiritual books on subtle philosophy like the Brahma Sutra.

## The human mind and Guru's Mind

*Guru-Pūnam* is the festival to help society reach the highest peak of spirituality. Guru signifies the highest,

greatest and heaviest being. The way a mountain is very heavy, which is not moved by windstorm or gale; so is the mind of the Guru unshakeable, like a mountain.

Human minds are of 3 types:

(1) **A mind like a leaf:** An ordinary man's mind is like a leaf. Just by glancing at a vendor's cart of *bhelpuri*, his mouth begins watering; just by hearing the sound of a rat, the jug slips from the hand and falls down with a bang... this is the state of mind of a man who overindulges in luxury and venery and revels in the world.

(2) **A mind like a twig:** Compared to an ordinary man, the mind of a new devotee is a little more stable. It does not get blown around like a leaf, but with a strong breeze; as twigs sway with all the leaves, so the minds of new devotees become disturbed by strong mental waves and start to think ‘What will become of me?’ He should start to think, ‘I have assumed thousands of leaves of bodies which were shaken by the wind of my mind, but I am still existing, so what harm will come to me in this present condition?’ A mind like a leaf falls even in a light wind, while a mind like twig sways only in a strong wind.

(3) **A mind like a stem:** The nature of an advanced *sādhaka* is like the stem of a tree. Leaves move, twigs sway but the

# An opportunity to fill life with devotional love, wisdom and joy

Chaturmāsa: 20<sup>th</sup> July to 15<sup>th</sup> November

– Pujya Bapuji

Chaturmāsa starts from Deva-shayani Ekādashi and lasts until Deva-uthi Ekādashi of Kārtik month. Lord Nārāyaṇa sleeps in *Yoganidrā*, in solitude in the ocean, during these 4 months immersed in the bliss of Brahman. As a result the power of the water increases, and in the same way, a seeker enhances the power of his mind and intellect by doing *ajapā-japa* (chantless mantra) with his breath, thereby coming closer to the bliss of Brahman. Doing action for the fulfillment of desires or motives such as marriage, during these 4 months, is harmful. Actions such as fasting, *mauna* (silence), *japa* (chanting), charity, meditation and morning bath are especially beneficial, meritorious and success-giving.

In these 4 months, enjoyment of carnal pleasure or conjugal sex will do more harm, but if self-restraint is observed, you will get great help in reflection on Brahman, meditation on Brahman and get repose in Brahman, just as Lord Nārāyaṇa rests in Brahman.

## Especially beneficial in Chaturmāsa

\* Take a river-bath, pond-bath, or ocean-bath before sunrise in *Chaturmāsa* or put 3 bilva leaves in a bucket filled with water and bathe with that water; or make a mixture of sesame seeds, barley and powder of dried *Āmlā* (Indian gooseberry) fruit. Put a little mixture in a bucket or a bowl, filled with water and make a solution and rub it on the body, then chant ‘*Om Namah Shivāya, Om Namah Shivāya...*’ or contemplate that ‘the Brahman has assumed the form of water’

and then take a bath. Such a bath will destroy sin, give religious merit and enhance spiritual radiance. By this, the fruit of bathing in all pilgrimages will be obtained. *Sapta-Dhānya Ubatan*<sup>1</sup> contains barley and sesame seeds, so use of this unguent before bathing is also pleasant and joyous. The devotee should take water in his hollowed hand, and consider it as the water with which the feet of Bhagavān Vishnu are washed, and then pour it on his head. If for some reason he cannot take a bath, then he can take a bath with ash or a mental bath with the chanting of mantras.

\* The person who lights a lamp under a Tulsi plant, or an *Āmlā* tree or a Banyan tree, or in a sacred place like a temple, hermitage, river, or crossroads has an increase in the light of knowledge in his intellect, understanding and practical life.

\* The person who eats food served on a *pattala* (a plate made of *Palāsh* leaves sewn together) has a preponderance of *Sattva* in his intellect and gets the love of God.

\* If you cannot fast for one day a week in *Chaturmāsa*, then fasting for 1 day in 15 days is a must.

## This opportunity should not be missed

For 4 months, Lord Vishnu lives in no-mind *bhāva* without any companion or materials. If you too remain like this during this period, then it will be helpful in your spiritual progress. This is an opportunity to fill your life with devotional love for *Bhagavān*, divine knowledge and divine joy.

(Continued on page: 12...)

1. This can be obtained from Sant Shri Asharamji Ashrams and from the service centres of the samitis.

## A priceless gift to Rishi Prasad volunteers from Pujya Bapuji

### 10 million rupees count for nothing compared to this gift

**(Rishi Prasad Jayanti: 23<sup>rd</sup> July)**

I am reluctant to say ‘Thanks’ to the Rishi Prasad volunteers. Neither to give thanks, nor applause, nor any other item or certificate, because the given thing will be left behind in the end.

हाजरा-हुजूर जागंदी ज्योत ।

आदि सचु जुगादि सचु ॥

है भी सचु नानक होसी भी सचु ॥

“Ever-present, Awakened Light, True in the Primal Beginning, True throughout the ages. True here, and now. O Nanak, forever and ever True.”

I have just awaken them in That, that’s it!

Even if all the volunteers of Rishi Prasad are given ten million rupees each, it counts for nothing compared to this gift. If I give ten million rupees, it will increase their physical needs and make them epicures. Epicures eventually go to hell. But by imbibing the knowledge imparted to them, they will become Jnāna Yogis and wherever a Jnāna Yogi goes, even hell becomes heaven.

Breathing is happening naturally. You associate it with Jnāna Yoga. – ‘So-ham...’ (I am That)! Bliss experienced in the conditions favourable to the mind, belongs to Me. Where does your bliss reside? Inquire. Just realise this once and enjoy the bliss, just realise this and get the joy of liberation, just realise this and become the master of all situations! Even heaven becomes trifling and hell

becomes inconsequential. *Soham Swaroop...* It brings you to the source of joy in which *Brahma, Vishnu* and *Mahesh* revel.

What to give to the volunteers of Rishi Prasad? What complements, praise or thanks of the material world to give to those who act as a bridge between a Saint and society? This is akin to insulting them, cheating with them. Only a political leader can give this. ‘Brother... he has done this service... that service...’

Rishi Prasad has millions of subscribers and millions of people get Rishi Prasad hand to hand; the credit for all

this goes to the volunteers who make members and distribute Rishi Prasad. But such words will strengthen their sense of doership that, ‘I have rendered service; I have distributed Rishi Prasad; I am a distributor; I am a volunteer...’ with this they will enjoy a little fruit of their merit in the form of praise and that will eventually finish their merit. If they don’t want praise or any petty material gain as the fruit of service, then such desireless service will keep removing the filth of petty ego, and in the end, bless them with the immortal fruit of their own Self, Atman, which was present in the past, is present now and will never be destroyed even by the death of death, leading to self-satisfaction and contentment in their own Self. ○



# How long will injustice be inflicted on Asharamji Bapu? – Sant Samaj



**Nirmal Peethadhishwar  
Shri Mahant Swami  
GyandevSinghji, President,  
Shri Panchayati Akhara  
Nirmal:**

Bapuji has established Gurukuls and Yoga Vedanta Sewa Samitis in all the tribal areas where Christian missionaries were carrying out religious conversion on a mass scale. He provided not only the necessities of life like food grains, clothes, etc., to the poor, but also made arrangements for providing all types of education facilities to their children. When the missionaries realised that Bapuji was hindering their work, they planned a huge conspiracy to oppress him.

I have met Bapuji many times. He had a very good ideology, has the same and will remain so. He has been falsely defamed.



**Swami Shankardevji,  
Nirmal Akhara:**

Asharamji Bapu is a holy saint. He has taken many measures to protect and propagate our culture. He has opened Gaushalas in which 9,000 thousand cows are being served; this is not an ordinary act! The day will come when people will understand who Asharamji Bapu is! The way injustice is being done to Him, is unfair.

**Shri Shri 108 Mahamandaleshwar**



**Mahant Jitendradasji:** In Asharamji Bapu's case it is quite evident that he has been framed under a conspiracy. He is accused in one state and a law-suit is filed against him in another state (Delhi)! We demand the central government bring out the truth in Bapuji's case and acquit him. He is innocent.

(Compiler: Dharmendra Gupta)

What they say...

## Give immediate judicial relief to Asharamji Bapu

– Patrick Brown, Mayor, City of Brampton, Canada



There is growing concern for Saint Shri Asharamji Bapu's health amongst his disciples living here in Canada. Saint Asharamji has offered selfless humanitarian services throughout India his entire life, with many followers here in Canada. His teachings and guidance have helped many, and his way

to happiness has provided support to the needy. His spiritual and immense work for the welfare of youth, children, women empowerment and aboriginal people in India have benefitted many.

As Mayor for the City of Brampton, I am making a formal request for help in the relief of Saint Shri Asharamji Bapu on a humanitarian basis.

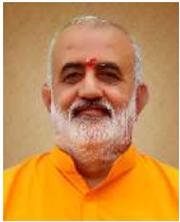


## Beware of wretched 'potatoes'!

**“Potatoes are the most useless tuber and are unwholesome to eat. Never eat fried potatoes, as the combination of potato with salt and oil is very harmful. In an emergency or in drought; if there is nothing else to eat, you can eat roast potatoes, just to survive.”**

**– Pujya Bapuji**

*Achārya Charaka* declared potatoes as the most unwholesome of all tubers. Potatoes act as poison after frying in oil. According to modern research, if potatoes are heated to an extremely high temperature or fried in oil for a longer time, the level of acrylamide is raised which is a proven carcinogen. Some research scholars found that overconsumption of fried potatoes increases mortality rate. Its consumption can be a predisposing factor for obesity and diabetes.



Recently our Gurubhai, **Roopabhai** died; at that time Pujyashri said, “He was a brave Karma Yogi who remained faithful till his last

breath; he went to a higher world.” These wretched potatoes have seized from us the well-wishers of society like- Roopabhai, Rajubhai Dilkhush, Rajubhai Gogad, and Ashokji Jaat and many more devotees.

Do not eat potatoes on any account. If you want to eliminate the bad effects of potatoes eaten previously, take 3-4 grams of *triphalā churna*\* or 3-4 *triphalā* tablets\* with water.

Bapuji suffered from falciparum malaria which was cured by allopathic medicine, but five side effects of that medicine persisted. To get rid of them Bapuji had *triphalā rasāyana* prepared and used it for 40 days. Out of the five side effects, four, namely, squint in eyes, hearing defect, liver and kidney problems were improved. A 20-22 year chronic disease- Trigeminal neuralgia which is also known as ‘suicide disease’ (details of its severity of pain can be seen on the internet) is under control by *triphalā rasāyana*. Even now Pujya Shri occasionally takes *triphalā rasāyana*.

**(See page 31 for the method of preparation of *triphalā rasāyana* and its dose) ○**

## Excellent beneficial products for anaemia



**(1) Rajat Malti:** Take 1-2 tabs with milk in the morning on an empty stomach.

**(2) Āmlā-beetroot sherbet\*:**

Take 15-20 ml of sherbet mixed with 200 ml of lukewarm water on an empty stomach.



**(3) Drākshāvāleha:** 1 spoonful



twice a day with meals.

**(4) Āmlā juice:** Take 10-20 ml on an empty stomach, mornings and evenings.

**(5) Aloe vera juice\*:** Take 4 teaspoonfuls in the morning on an empty stomach. It can also be taken 1-2 hours before supper.

**★ These products can be obtained from the ashram and service centres of the *samitis*.**

## Vedic Protective amulets for Rakshā Bandhan

If a *Rakshā Sutra* or protective amulet is prepared by the Vedic method and tied with divine feelings and good resolve, it becomes infinitely powerful. Like every year, the *Mahilā Utthān Mandal* has prepared *Vedic Rākhis* this year of *Rudrāksha* beads using a mixture of these five – *Durvā*, *Akshat* (unbroken rice), mustard seeds, red turmeric powder and turmeric, decorated with *Pujya Bapuji's* holy picture.

Kindly refer to the bottom-most section of this page for their availability. Contact: (079) 61210732. To get by registered post, please contact (079) 61210769/9228776780 To get online, please visit: [www.ashramstore.com/Products-Vedic\\_Rakhi-26](http://www.ashramstore.com/Products-Vedic_Rakhi-26)



## Nirāpada Vati

Prevents infection, wards off fever, cough and debility

*Nirāpada Vati* destroys infection and provides immediate relief from its symptoms like fever, cough and debility. It wards off the respiratory complications of the infection. The presence of vitamin 'C' in this medicine boosts immunity. Besides being an excellent medicine for fever, it is also rejuvenating & strengthening. It helps in debility caused by infection.

Prepared from excellent herbs, this *Nirāpada Vati* is also extremely beneficial in preventing infection. As a preventive measure, take 2 tablets twice a day for 15 days.



## Hari Om Hand Sanitizer

With Aloe vera and Neem (Margosa)

Capable of killing 99.9% germs instantly!

Keeps hands germ-free even without the use of soap and water – Use it anytime, anywhere... in the market, hospital, office, car, or local travel, while playing, after coughing, sneezing or coming in from public places... or after touching the sick or pets...



## Sanshamani Vati

Prevents infectious disease by boosting immunity.

Helps in all sorts of fever, cough, cold, post-illness debility, anemia, etc.



## Tasty Guava chutney

It increases the appetite and improves digestion. It promotes strength, semen, digestive fire, intellect and *sattva Guna*, and pacifies *Vāta* and *Pitta*, and also removes weakness. It helps especially in digestive disorders. Take it with food.



## Bael powder

It helps in dysentery, chronic diarrhoea caused by weak digestion and abdominal disorders, bleeding piles, intestinal ulcers, and increases the efficiency of the intestines.

The above-mentioned products may be obtained from Sant Shri Asharamji Ashram stalls or the service centres of the *Samitis*. For information about other products and their detailed benefits, etc., and for the home delivery of the products via registered post, please download from Google Play Store: "Ashram eStore" App or visit: [www.ashramstore.com](http://www.ashramstore.com) or contact: (079) 61210769. E-mail: [contact@ashramstore.com](mailto:contact@ashramstore.com)



# The demand seeking early bail for innocent Pujya Bapuji is now at its peak amongst the countrymen

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Shri Ramanlal N. Patkar, Minister  
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Prof. Varsha Gaikwad, Education Minister, Mah.



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Shri Hiranmoy Chattopadhyay,  
MLA, Kharagpur  
(W. Bengal) and Film actor

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Thakur, Bhopal



Shri Hasmukhbhai  
Patel,  
Ahmedabad (East)



Shri Durgadas Uikey, Betul (M.P.)



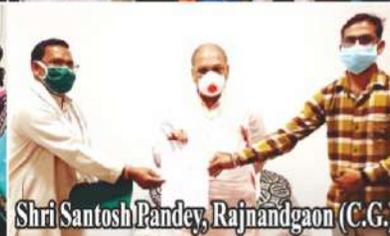
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Shri Hemant Godse, Nashik



Shri Santosh Pandey, Rajnandgaon (C.G.)



Shri Sunil Soni, Raipur (C.G.)

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Shri Chetan Tupe,  
Hadapsar - Pune



Shri Mohanbhai Dhodia, Mahuva, Dist. Surat



Shri Raj Kumar Gaur, Sriganganagar (Raj.)



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Shri Dilip Singh Parihar, Neemuch (M.P.)



Shri Lakhbhai  
Sagathiya,  
Rajkot (Rural)



Shri Ravi Rana, Badnera, Dist. Amravati (Mah.)



Shri Narayan Chandel, Janjgir Champa (C.G.)



Shri Kanchana Yannam,  
Mayor, Solapur (Mah.)

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