Tulsi Worship Day: 25th December

"Tulsi Worship Day", imbued with the spirit of human welfare and health, is a unique initiative by Self-realized Saint Shri Asharamji Bapu.

Vishwa-Guru Bharat Programme: 25th December to 1st January

All those Hindus are criminally negligent! – Swami Nithyananda

Asharamji Bapu’s case should be seriously considered. He should not be treated with injustice & iniquity.
– Shri Vyās Peethādhish Anil Kumār Shāstriji, Naimishāranya

This injustice should end and Asharamji Bapu should be given bail.
– Mahant Shri Santoshdasji Khāki, National General Secretary, Shaddarshan Vishva Akhādā Parishad

Students’ Dipawali festival lit with the light of Guru-Jnana

Reap the benefits of the best tuber
and avoid the worst one

Healthy
Tulsi Toffee
A unique Diwali of the loved ones of Pujya Bapuji

In general, people celebrate the Dipāvali festival as an occasion to see their relatives, loved ones, etc., and to share happiness with them. But the beloved, benevolent, virtuous sādhaka-disciples of Pujya Bapuji, visit the areas of the poor and needy, to conduct bhandārās (distribution of free meals), and share happiness with them, thus practicing Gurudev’s ideal “for the good of the many, for the happiness of the many”. Heartily cherishing the ideals of Gurudev, these Karma-yogins take His divine sevā for doing good to people, and the prasāda of devotion and jñāna to God the society even in His physical absence. For such true Guru-Bhaktas, who are devoted, selfless sevā-yogis, engaged with their body, mind and wealth in the divine work of SatGuru, even Lord Shiva says through the verse: ‘भजन सागर एक राम...’ – blessed are his parents, lineage, etc. Necessities of life, like sweets, utensils, foodgrains, cooking-oil, dates, fruits, deshi jaggery, blankets, shoes & sandals, soaps & socks, clothes like towels, sāris, dhotis, woolen caps, etc., spiritual books, notebooks and calendars were also distributed, and money was also donated amongst the poor and the needy by beloved disciples & devotees of Pujya Bapuji in the huge bhandārās held on the occasion of Dipāvali in numerous places across the country.
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Pujya Bapuji’s Satsang on Various Channels

🔹 ‘DIGIANA DIVYA JYOTT’ Channel is available on ‘Digiana’ Cable (Channel No. 109) in M.P.
🔹 ‘ARADHANA’ Channel is available on JK Cable in Jammu.

Download: Rishi Prasad, Rishi Darshan & Mangalmay Digital Apps
Then we will realise the importance of Uttarāyaṇa festival!

(Makar Sankrānti, Uttarāyaṇa: 14 January)

Every transition of nature is related to your body and mind, so the day of Uttarāyaṇa is very significant. The chariot of the Sun starts traversing from South to North on this day. This day holds great value from every perspective; natural, Puranic, environmental, and human physiological. It is nature’s arrangement to drive our chariot towards Uttarā (symbolizing the elevation of our thoughts, hence to undertake our journey of God-realization).

Shun evil company

Great mean and saints strongly advise to avoid the environment or company of those who hinder your journey towards God and shake your faith. Loss of money is not a loss, but loss of faith means total ruin. You will be ruined. All your efforts, selfless-service, religious merits you earned which help you after death also, will be destroyed. So, shun evil company for you never know when the ship of your life will wreck!

If you emancipate yourself, you emancipate 21 generations and if you deprave and ruin your life you ruin your life and help in decadence too. There are many fanatic communities in this country that always tried to detach the people from Self-realized saints, whenever they have incarnated to elevate society. And when such great men departed, the wretched society continued indulging in substance abuse like drugs, alcohol, etc., and quarrels causing decay and debase.

The precious gift of Sages

The Sun affects our bodies composed of Prakriti. So when it changes its course (from the southern solstice to the northern solstice) it affects us. This marks the beginning of dawn for Devas (Gods); hence the auspicious rituals and acts are performed during these days.

The festival of Uttarāyaṇa is called ‘Tir-Moori’ (Sesame-radish) in Sindhi language. People eat radish and children fly kites on this festival. Ladoos are prepared from sesame, ghee and jaggery or sugar, and Til Pāpadi is also prepared from the same ingredients; and are fed to one another. Sesame is oily. In winter the body needs more nutrition, the mind needs happiness, and life needs some elevating journey (towards the higher chakras). That journey needs physical strength, so our sages introduced the use of sesame and radish to us.

Great men come in society only for our well-being

The planets, stars and constellations influence our body and mind. They will affect you till your mind does not elevate to the higher chakras and stays in lower chakras. If your mind is elevated, the cycle of birth-death, karmic bondage and the power of nature do not affect you. It is called the state of absolute freedom, the state of ‘āïma-Sākshātkār’ (Self-realization). There is no human being who does not want freedom. Freedom is →
Injustice is being meted out to Bapuji; he should be released soon

Mahant Shri Santosh Dasji Khāki, National General Secretary, Shaddarshan Vishva Akhāda

Parishad: Asharamji Bapu has done remarkable work for society & for the welfare of Sanātan culture. Not only crores of Hindus, but also followers of other religions influenced by his discourses, becoming lovers of Sanātan Dharma having their heads lowered in devotion. Christian missionaries were not succeeding in their mission of religious conversion and because the anti-Hindu forces had a complete hold on politics, they played this dirty game with Asharamji. This game was planned with the objective of completely destroying our Sanātan Dharma. Because by doing this, the influence of Asharamji Bapu would be diminished & other eminent saints would not come to the battleground due to fear.

We convey to the government that ‘this injustice inflicted on Asharamji Bapu should end and he should be given bail.’

Shri Vyāsa Peethadhishwar Shri Shri 1008 Jagadāchārya Swāmi Devendrānanda Saraswatiji Naimishāranya: Those working for ethics & fighting against immorality have been greatly persecuted. Sant Asharamji Bapu has also been defamed for the same reason.

We are hopeful that one day, ‘a time will come when righteousness will triumph and unrighteous people will decline and get ruined’ because ‘where there is Dharma, there is victory.’

Jagadāchārya Swāmi Upendrānanda Saraswati-ji, Naimishāranya: Asharamji Bapu has been framed in a conspiracy. Whatever is being done to him is not fair. The allegations leveled against him are not true. He has propagated religion and has done great work for people’s welfare. People of demoniac nature cannot bear to see anyone scaling lofty spiritual heights, so they keep hatching conspiracies against him.
Mahant Shri Bhāskar Giriji, Shri Gurudev Datta Peetha, Deogarh: Even a murderer of 10 people comes out on bail in a short time but Pujya Bapuji, who has been framed in a conspiracy, hasn’t been able to get any sort of relief for the past 8 years. Despite Bapuji’s old age, nobody is ready to spare a thought for Him.

Pujya Bapuji is a paragon amongst the saints of India. India’s glory lies in its saints; and those who plan to destroy this glory by levelling false allegations against them, should note that they will never succeed. May Bapuji get released at the earliest, and may He continue with His great work of welfare of the society, nation, and Dharma.

(Compiler: Dharmendra Gupta)

The one who wants to cross the ocean of worldly existence

Whoever wants to cross the ocean of worldly existence, worship the Lord lovingly.
Lovingly worship the Lord who is the support of the entire Universe.
The Lord of the devotees always hungers after devotional love,
Verily overcome by this, he befriended many,
Never did He praise the (royal) food of Janakpura,
How lavishly he praised the plums served by a tribal woman.
What taste did the banana-peels and green vegetables have
For which He accepted the hospitality of Vidura as his guest.
Bestowing unequalled wealth on Brahmin Sudama’s house,
He guzzled the puffed-rice offered by the latter.
Give up all your passions and lovingly worship the Lord.
Generally all devotees cry out for help to the ‘Friend of the distressed’,
Yet the cry of the elephant Gajendra was unique.
Generally those distressed by adversity express their sufferings to the Lord,
Yet the streams of Draupadi’s tears were something unique.
Verily, the splendour of the lila of Dhruva, Prahalada, Shabari, Vidura, and the likes were one of a kind.
Unique was the agony of separation expressed by the hearts of Surdasa, Tulasi, Mira, and the likes.
Detach yourself from everything, and lovingly worship the Lord.
Whoever wants to cross the ocean of worldly existence, worship the Lord lovingly.

– Sant Pathikji (To be continued…)

All those Hindus are criminally negligent!

– Swami Nithyananda, eminent saint from Southern India

At the age of maybe 27-28, Asharam Bapu entered public life until he was in his late seventies performing such hard work; if you see his calendar, every day he did almost 20 hours of hard work for Hinduism, reviving Hinduism in multilevel…

I want every Hindu who has not protested against the injustice done to Asharam Bapu, to listen to this. You are all criminally negligent Hindus.

All sixty years of hard work of Asharamji Bapu has been systematically dismantled with a false case in India!
What is the basic problem and contribution of ‘Tulsi Worship Day’ to its solution?

Who is to put the one, who is liberated by its true nature itself, on the rack of ignorance? Who is the destroyer of students’ brilliance, the harmony of society, the dignity of the nation and world welfare? The answer to all such burning questions lies in the solution of the only problem – ‘acceptance of inertness and rejection of consciousness.’

The series of virtuous deeds that were launched with the divine inspiration of a Self-realized saint of the people, Pujya Asharamji Bapu, strikes on the root of this basic problem. ‘Tulsi Worship Day’ is a part of the same series which was initiated by Sant Shri Asharam Bapuji on 25th December, 2014.

Due to the auspicious resolutions of Pujyashri, this festival is today being widely accepted and is engaged in global revival.

Wishing you all a very Happy ‘Tulsi Worship Day’! On this occasion, let us understand what the basic problem is and what the contribution of this day is to its solution.

Overview of the Problem

In Vedanta philosophy, the ‘knowable’ (illuminated) is called inert and the ‘knower’ (illuminator) is called consciousness. Due to the sense of reality in the ‘seen’, perceived due to the ignorance of one’s consciousness nature, identity is established with the inert. In such a situation, when one does not search for consciousness and seeks pleasure from the inert (seen), then the stupid notion of there being only two goals of human life, viz. wealth and satisfaction of desire for pleasure, is strengthened even more. In such cases, one fails to discriminate between relative consciousness and absolute consciousness devoid of the triad of experincer, object of experience and the experience (of pleasure or pain); and the mental modification takes the support of inertness instead of the consciousness. This is verily the acceptance of inertness and rejection of consciousness. It disregards the intellect which becomes insentient by the contemplation on inertness. Its ability to discriminate between inertness and consciousness is stunted.

Only Indian culture has the reliable system of freeing one from the identification with inertness and awakening one in Consciousness Absolute. The respect for intelligence in this culture is unparalleled. The respect for intelligence does not mean doing useless work but realising the absolute indivisible Consciousness, in which many forms of humans, crows, etc., appear without actually coming into existence, as ‘I’ by refuting the reality of forms. All the limbs of Sanātan culture – Tulsi, Cow, the Ganges, the Gitā, Dharma, worship, Yoga, Vedas-Upanishads, Saint-God, etc., purify the intellect of the jiva and thereby assist him in getting released from identification with inertness, to get awakened into its essential nature and in this process, the most vital role is played by a Self-realized SatGuru.
Reap the benefits of the best tuber and avoid the worst one

Excellent ‘Sūrana (Elephant foot Yam)’ beneficial in many diseases

It is documented in a book of Ayurveda, Bhāvaprakāśh: ‘सर्वं वां कन्दशाकां सूरणं: श्रेष्ठ उच्चयते।’ means amongst all the tubers, Sūrana (Amorphophallus campanulatus) is considered to be the best.

Sūrana is a rich source of calcium, carbohydrate and protein. As well as vitamin A, C and omega 3, fatty acids are also present. It is nutritious, strength-promoting, semen-promoting, an appetizer, tasty and a pacifier of Vāta and Kapha.

It helps in piles. It increases the efficiency of the liver and clears the bowels. It helps in various problems like loss of appetite, intestinal weakness, cough, asthma, enlargement of spleen, rheumatic arthritis, worm infestation, constipation, etc.

Sūrana sabji is nutritious and easy to digest

Boil the pieces of Sūrana and season with desi cow’s ghee* or cold pressed oil with cumin seeds and prepare a sabji adding coriander, turmeric, black pepper and rock salt. This vegetable dish is tasty, easy to digest and nutritious. Do not add chilies if you have piles.

A special remedy for piles

As it is an excellent herb for piles (arsh), it is also known as ‘arshoghna’.

Take Sūrana sabji with fresh buttermilk mixed with 0.5-1 gm of cumin powder and rock salt. It is beneficial to frequently drink buttermilk in small amounts during the day up until noon. This remedy helps in all types of piles. Follow this prescription for 30-45 days. Purgation with a mild cathartic is necessary before starting this remedy and at some intervals during it. Triphalā churna* or Triphalā tablets* can be taken as purgatives.

Precautions: as it is sharp and hot in potency, it should be avoided by pregnant ladies, those with disorders of bleeding diathesis and skin disorders. Excessive consumption increases the chances of constipation. If there is burning or itching in the throat due to consumption of Sūrana, one should take lemon or tamarind.

The worst tuber: ‘potato’, the cause of many diseases

In Charak Sanhitā, Āchārya Charakji (Sutrasthāna: 25.39) has declared potatoes to be the most harmful tuber.

Potato is cold in potency, dry, costive, and difficult to digest. It makes digestive fire mild and increases Kapha and Vāta. Fried potatoes are poisonous. Their consumption causes obesity, diabetes, cold, fever, asthma, sciatica, joint pain, rheumatic arthritis, heart disease etc.

★ Available at Sant Shri Asharamji Ashram book stalls and Shri Yoga Vedanta Sevā Samitis.
**Rose powder**

* Rich in nutrients
* Cleaning teeth regularly with this strengthens the teeth & gums, and helps in dental problems like bad breath, toothache, loosening of teeth, bleeding gums, gingivitis, etc.
* Strengthens liver, abdomen, and heart
* Removes wrinkles; brightens the skin
* Helps in joint-pain and inflammation, diabetes, mental debility, heart disease, peptic ulcer, diarrhoea, hemorrhage, etc.

**Tulsi Toffee**

Ananthelmintic and appetising, this tasty toffee helps in cold & cough. Refer page no. 34 for detailed information

**Rose-Sandal Incense Sticks**

Incense sticks made from sandalwood-powder and other fragrances, and those made from rose-powder and other fragrances are now available in one package! It makes the environment pure, pleasant and charged with positive energy.

**Special Chyavanprash enriched with saffron**

A special Chyavanprāsh made from potent āmli boiled in water treated with gold, silver, iron, and copper; with more than 56 precious medicinal herbs, enriched with Bhasma (alkaline ashes) of silver, iron, tin, mica, and pure saffron! Reap the benefits of regular Chyavanprāsh along with its numerous other benefits.

**Ashwagandhā Paka**

It is nourishing, and semen-promoting. It gives strength to the tendons and muscles; and also increases height and muscle mass.

**Saubhāgya Shunthi Paka**

Its consumption cures disorders of Vāta, Pita, and Kapha, along with fever, urinary disorders, and diseases of the nose, ears, mouth, eyes, brain, and many other diseases.

**Shilajit Capsules**

100% pure, Vegetarian

An excellent Rasāyana that gives energy in youth and old age, promotes strength, intellect, memory, and strengthens the bones.
Glimpses of ‘Dipavali Vidyarthi Anushthana Shivir’ conducted in Ahmedabad ashram

Shri Yoga Vedanta Seva Samiti State-level conferences

‘Chalein Sva ki Or...’ Shivir organised by Mahila Utthan Mandal, Ahmedabad

Glimpses of ‘Tejasvi Yuva Shivir’ conducted by Yuva Seva Sangh

Cow-worship, Cow-seva, and various other programmes like Havan, etc., held on Gopashtami

Rishi Prasad volunteers instilling into society the ambrosial nectar of Rishis