Who did the Sun God worship, stopping the worship of Kartikeyaji?

Kārītīka Śwami said to the Sun God, “You know me. I am Lord Shiva’s son; but who were those souls you worshipped, stopping my worship?”

Read page 7

Imprisoning a Yogi Purush like Asharam Bapuji has not put him in danger, however, Indian civilization, the Indian way of life and Sanātan Dharma have been endangered. Asharam Bapuji is not imprisoned; the defence system of our clan, religion and nation is imprisoned. Asharam Bapuji’s fight is not about Asharam Bapuji. To get Him released is not His job, it is our clan’s responsibility.

— Shri Dhananjay Desai, Founder and National President, Hindu Rashtra

Negative effects of bad western customs: Rampant immorality, strife, unrest, parents neglected

Positive effects of “Parents’ Worship Day”: Reign of morality, harmony, affection, peace, and happy families

If disputes, disease or obstacles trouble you... Wheat Bran: a body cleanser and nourisher
The Foundation of Self-realization

- Pujya Bapuji

‘If there is illness or fatigue – it belongs to the body, if there is worry it belongs to the mind, if there is attachment or aversion it belongs to the intellect, but my Lord! I belong to You and You belong to me.’ Such contemplation is a very easy means to attain God. If you learn this fundamental knowledge, you will not have to wander here and there to purify yourself rather you will be able to purify yourself instantly, whenever needed.

It is good that sins are destroyed and the heart gets purified, but before it becomes impure again, accomplish your goal of God-realization. If the heart is pure, all well and good but even if it has an impurity or deficiency, it will be purified by discussion and reflection on the Supreme Self, Sachchidānanda and make up for the deficiency. Who says it is necessary to secure 100 per cent marks to pass an exam? Even if one attains 60 per cent marks, he can pass, even 50 per cent marks can pass, and yes he may be placed in the second division, even lesser marks would probably go into the third division.

Reap the benefits of having a purified heart. Spending whole life in purifying the heart! Karma... karma... karma... all your life! Do your karma but also understand the fruit of the karma. One kind of karma (action) is that which is done with expectation of fruit and with a selfish motive, their fruit is perishable, the merit obtained as the fruit of meritorious deeds would be finished after giving pleasure to the doer and the sin accrued as the fruit of sinful action would be finished after giving pain. The second type of action is to purify the heart and attain the God abiding in your heart, purifying it through the offering of all actions and their fruits to God. Attain God by performing good actions and offering their fruits to God. If you attain God neither merit nor sin will bind you, neither pleasure nor pain will bind you. There will be neither birth nor death.

‘Oh Lord! O Hari! O Achyuta! O Ananta! O Govinda!...’ By contemplating in this manner, if you get repose in that Supreme Self, who is minute, subtle and all-pervading, you will be able to attain this foundation. The one who gets repose in the all-pervading (Ultimate Being), then his whole practical living becomes a form of acting. That is the reason, it is said for the Brahmacārī, “He is a Jivanmukta, liberated while living.”

प्रहम गिणानी की बिल्दि कानु जवाने || प्रहम गिणानी की गणि प्रहम गिणानी जानै ||

“Who can describe the limits of the Brahmacārī? Only a Brahmacārī can know the state of the Brahmacārī.”

The one, who is not far away, not difficult to attain, not rare to find, who is not others’ and nothing remains to attain after attaining Him. We should attain the knowledge of such a great God, Supreme Self.
Who did the Sun God worship, stopping the worship of Kārtikeyaji?

The son of Lord Shiva, Kārtika Swami went to see the Sun god and upon his arrival the Sun god brought the worship plate. When the worship began, he saw a vimāna (an aerial vehicle of gods) leaving. When the Sun god noticed who was in the vimāna he stopped the worship of Kārtika Swami and invoked the great soul seated in that vimāna and worshipped him. After the worship of the mahātmā was finished, the vimāna moved on. Then the Sun God brought another plate to worship Kārtikeyaji. Meanwhile, The Sun God noticed another vimāna was leaving. The Sun god is the god of knowledge and wisdom so he also invoked and worshipped the person seated in that vimāna. When that plane moved on, the Sun god brought the third plate and started worshipping Kārtikeya Swami.

Kārtika Swami said, "You know me, I am Lord Shiva’s son; but who were those souls you worshipped, halting my worship? Please tell me if I am eligible to know."

The Sun god said: “Kārtika Swami, son of Shiva! Salutations to you; in the first vimāna there was seated a Self-realized Brahmacārya Guru, who delivered spiritual discourses with an unselfish attitude; who awakened the dormant powers of people by awakening the power of Bhakti and imparting wisdom to them; who narrated spiritual stories, not to earn money, but for the welfare of the people so that they may keep their bodies healthy, minds cheerful and awaken their hidden power of intellect given by God. A Guru at whose feet even Bhagavān bows down His head to was leaving, therefore I welcomed Him.”

Kārtika Swami said: “Such a Guru was in the next plane too?”

The Sun god said: “No, such a Guru was not in the second vimāna. He was a deserving disciple who organised programmes of such a Guru. He was a true disciple who was ever engaged in doing service by dedicating his body (tana), mind (mana) and wealth (dhana) to the cause of availing Guru’s Prasad to the people. So I welcomed him.”

Kārtika Swami said: "What you have said is great! The one who will hear this dialogue between you and me will get the fruit of donating a thousand cows. Those who will hear and tell others such a great story, their sins will be destroyed and they will get the fruit of donating one thousand Kapilā cows.”

Drop of Nectar

If you do not resort to the flattery of thousands, and love God alone, and meet thousands for the sake of God, you will have the best of both worlds. You will enjoy this world as well as the other.
Parents’ Worship Day protects children from the trap of lust and passion and blesses them with parents’ blessings arising from divine essence free from passion.

During marriage rituals it is said: कृष्णलक्ष्मी: समाक्ष्याता वरो नारायण: स्मृत:। “The bride is the embodiment of Lakshmi; the bridegroom is the embodiment of Nārāyaṇa.”

Say the Shāstras:
सर्वत्रीम्यथम नरायणतः माता सर्वदेवमयः पिता।

“Mother is the embodiment of all pilgrimages and father is the embodiment of all deities.”

Celebration of Parents’ Worship Day or Matru-Pitru Poojan Diwas (MPPD) blesses children through the antaryāmin Lord (all-pervading Lord dwelling in every heart) dwelling in parents and arouses children’s innocent love for their parents. On the contrary, the young boys and girls swayed by Valentine’s Day exchange flowers saying, ‘I love you...’ and eventually destroy their lives. The injustice and torture done to children in this era is unprecedented. They have been deprived of the milk and ghee of Desi Cows which bestows brilliance, intellect, and power. No pure air to breathe, no food promoting strength and intellect to eat and no moral values. The little hope of their strength through the formation of semen and ojas has been smashed by the early introduction of porn videos, dirty movies and the shameless culture of ‘I love you...’ Together, these push children into the abyss of old age before the arrival of their Youth. My heart was distressed seeing the oppressed youngsters so I initiated the celebration of ‘Parents’ Worship Day’ in lieu of Valentine’s Day.

I request you with folded hands to celebrate Parents’ Worship Day on February 14th wherever you are. Youngsters celebrating Valentine’s Day pet each other, disobey their parents, behave disolutely, and become their own enemies. But if they attain God by respecting and worshiping their parents, following the words of their parents, Shāstras and Self-realized saints, they can also emancipate themselves and their clan.

I have no aversion or enmity to anyone, but the oppression being inflicted on teenagers in this era agonizes my heart. So, I work to protect the wealth of Youth power so they can lead a happy, healthy, and respectable life and help others to achieve the same and brighten the future of the children of my country.

This scene can make even a satanic heart noble

I am extremely happy with the grand
Why and by whom the doubt of mind should be solved?

When Rāvaṇa heard from his sister Shurpanakha that two princes had chopped off her nose, he was enraged: ‘Arré, I am the world conqueror Rāvana and such a nasty insult is hurled at my sister? I will not rest without avenging her insult.’ His mind said: I should avenge this act, but when Rāvaṇa went back and laid down on his bed, his intellect said another thing.

खर दूषन मोहि सम वलवता ।
तिन्हि को मारइ बिनु भवता II

“As for Khara and Dushana, they are as powerful as myself; who else could have killed them, had it not been the Lord Himself?”

(Shri Ramcharita Manasa, Aranya Kanda: 22.1)

Thus his mind was seeking revenge on those princes, but his intellect was saying that they are God and he should worship them. But he could not worship them because his third voice said something different. His mind said to pick a quarrel out of jealousy, his intellect gave a message of devotion but the Samskāras stored in his mind said, ‘How did I accept him as God without thinking with due care? Even if he is God, what of that?’ Rāvaṇa was lying down, but his mind was giving rise to one voice after another. When his intellect said, “He is God, worship Him.” His ego exclaimed: ‘devotion and me? Impossible!’

होइहि भजनु न तामत्र देहा ।
“Adoration is out of the question in this (demonic) body, which is made up of the principle of ignorance, Tāmasa.”

In the one mind of Rāvaṇa there came three totally opposite thoughts like jealousy with Lord Rāma, inspiration to be devoted to Rāma and the thought of not to worship. Among all these thoughts, ego proved to be the strongest and then he thought: ‘First I will test his divinity.’ He arrived at the conclusion that the sign of God, according to śāstras, is omniscience. I will go to him with a fake deer. If he is God then he will recognise the fake deer and if not, I will certainly reckon him to be a prince “of little learning”. The courage to even test God, was totally the pride of Rāvaṇa.

By the way, Rāvaṇa also had an easy way to recognise God. If a doubt arose in his mind whether he is God or not, he could have gone to his SatGuru Lord Shiva and asked him: ‘Is Rāma a God or a man?’ Then the life of Rāvaṇa would have been blessed and the whole dispute would have ended. But even though the thought of seeking refuge in the Guru flashed through Rāvaṇa’s mind, it was his ego that stopped him saying, ‘Will the ten-headed one go to the five-headed one? Lord Shiva has only half of my intellect.’

The result was that Rāvaṇa was later defeated in the external battle. But first he was losing the inner battle with himself and getting tired and was not able to make the right decision.

When Shri Rāma ran after Mārīch, Rāvaṇa’s ego said – ‘Oh my intellect, how badly you were deceiving me? You were suggesting to me that this person →
The SatGuru is more than my own father

Swami Vivekananda

The teacher (SatGuru) is more than my own father, and I am truly his child, his son in every respect. I owe him obedience and reverence first, even before my own father; because it is said, the father gave me this body, but he (SatGuru) showed me the way to salvation, he is greater than father.

Good work is impossible without continence

Swami Pranavananda

There is no place for truth and sādhanā where there is no continence. It is impossible to do any significant good work with such impurity.

How to make the mind divine?

Shri Hari Babaji

All good and bad work is done by the mind. If this mind is offered to God, it does not remain mind, but becomes divine itself.

A means to destroy the three-fold afflictions

Sant Dayabai

Dayā says, “One, who salutes SatGuru with a feeling of love, destroys his three-fold afflictions and remains ever absorbed in bliss.”

Keep your mind imbued with God

Swami Akhandanandaji

One who does not keep his mind imbued with God (divine love), his mind will fall in love with wayfarers. So, keep your mind imbued with God.

Both are not different

Sant Sundardasji

Sundardas says, “The Supreme Lord abides in Guru and Guru abides in the Supreme Lord; they are no different from each other.”

Associate with the one who gives liberation

Sant Bahnabai

“When fragrant camphor comes in contact with asafetida, its true nature is lost. Sweet milk is spoiled by contact with common salt. Saffron coming into contact with lampblack becomes the same as it.” Says Bahina, “One should seek association with the person who gives happiness and liberation effortlessly in this bodily life.”

Drop of Nectar

Pujya Bapuji

If you rely on and love your friends instead of the Supreme Lord, you will be deceived by them.
Wheat Bran: a body cleanser and nourisher

Many people sieve wheat flour and throw away the residual bran considering it to be waste, but in reality it is very useful. Because of the nutrients and dietary fibre present in wheat bran, it gives health and removes disease. It improves the digestive system and by cleansing the intestines and blood it promotes strength, semen and vigour. It removes Kapha and expels feces. Therefore it helps in physical weakness, cough, asthma, constipation, diabetes, heart disease and obesity. Bran is a rich source of protein besides being high in fibre; 13 gms of dietary fibre is present in 30 gms of bran which is sufficient to fulfill the recommended daily requirement of fibre.

It contains nutrients like zinc, magnesium, copper, manganese, phosphorus, vitamin B_1, B_2, B_3, B_6, vitamin E etc. According to scientific research, bran increases the level of immunoglobulins in blood and thus enhances immunity.

Bran is an excellent source of prebiotics which are food for the gut microbiome. This leads to the growth of these useful microbes, thus making the intestines healthy. It increases the amount of the bulk of excreta, the efficiency and strength of the intestines and thus removes the stools sticking to the walls of the intestines and eliminates it.

Consumption of bran prevents colon cancer. It prevents hypertension, piles and ascites. It heals ulcers of the stomach, maintains the balance of cholesterol in the body and thus prevents obesity and heart disease. Therefore do not throw away the extremely beneficial bran and always use fresh whole flour containing bran. Do not use bran free, fine flour sold in the bazaars on any account. It causes many health problems.

Some nutritious preparations of bran

**Bran Laddoo:** Fry 500 gms of bran in 3-4 teaspoonfuls of desi ghee* in an Indian wok. Grind 250 gms of jaggery, 100 gms of dates*, 50 gms of raisins* or munakka and some cardamom with a mortar and add it to fried bran and form into small balls or ladoos. These ladoos are nutritious, haemeticin, and strength and semen-promoting.

**Bran Halwa:** Dissolve 50 gms of jaggery in one glass of boiling water. Add 50 gms of roasted bran and cook on a low flame. Remove it from the heat after adding 2 teaspoonfuls of ghee. You may add cardamom, cashew nuts, almonds or raisins. This Halwa is tasty, easy to digest and beneficial in constipation.

**Highly nutritious Bran Pudding:** Soak bran (2-3 teaspoonfuls per person) in water for some time. Boil in a little water on a low flame. After cooking, add milk, mishri (rock candy) and dates as per taste and boil a little longer. This nutritious pudding gives energy, enhances blood formation and cures constipation.

*Available at Sant ShriAsharamji Ashram book stalls and service-centres of Shri Yoga Vedanta Seva Samitis.
Under this campaign, sādhakas and volunteer brothers of Yuvā Sevā Sangh should reap the benefits of giving wall calendars, pocket calendars and diaries to their relatives, friends, acquaintances, and other sādhakas by personally visiting them.

Available in Hindi, Gujarati, Odia, Telugu, Kannada, and the divine language Sanskrit, this year these wall calendars will also be available in Marathi.

For online orders visit: www.ashramestore.com/calender

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Available at: Sant Shri Asharamji Ashram stalls and service centres of sādhaka-families and Shri Yoga Vedanta Sevā Samitis.

Sayer Dates: a health booster rich in nutrients

Pacifies vāta and pitta, 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, muscle mass, semen and lustre. Cures constipation and strengthens the heart and brain. Can be eaten throughout the year.

Filled with all the aforementioned properties and highly sweet, juicy and soft -

Kabkab Dates (Black Dates)

- Boosts immunity and improves digestion
- Strengthens the liver, bones, etc.
- Highly beneficial in gastric disorders like constipation, etc.

An excellent strengthening rejuvenesc: Ashwagandhā Churna and tablet

An excellent rejuvenesc, promoting strength and vigour and the seven dhātuś of the body, especially muscles and semen. It strengthens the sinews and muscles, pacifies Vāta and increases height. It is a surefire remedy for seminal debility, physical weakness, etc.

Vajra Rasāyān Tablet – with pure diamond calc

These tablets make the body adamantine, lustrous, glowing and beautiful. They balance the three doshas, stimulate digestive fire, promote semen and provide longevity. They nourish the brain thereby promoting intellect, memory and the cognitive ability of the senses. They are especially beneficial for bones and the reproductive system. They help in formation of cells. They help instantly in heart disease, paralysis, sciatica, arthritis, debility, asthma, eye ailments, uterine and brain disorders. It is the most efficacious medicine for impotency.

Ojaswi Drink (Herbal Tea)

Promotes intellect, improves eyesight, increases Ojas and stimulates digestive fire. It nourishes and strengthens the heart, purifies blood, and nourishes the bones. It is digestive and anthelmintic.

Cough Syrup

Useful in all types of ailments of the trachea, cold, cough, asthma, and dry cough. It is beneficial for all children and the elderly.

Panchras

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Age group | <12 | 12-18 | 18-30 | >30
---|---|---|---|---
Questions | 30 | 40 | 40 | 50
Time: | 25 mins. | 35 mins. | 35 mins. | 45 mins.
1st prize | ₹3000 | ₹3000 | ₹3000 | ₹3000
3rd prize | ₹1000 | ₹1000 | ₹1000 | ₹1000

Date: 3rd April 2022  Time: 8:30 pm

For online registration, visit the website www.rppg.rishiprasad.org today and register for free.

A glimpse of the Tulsi Poojan Diwás programmes

Bhandārās during ‘Harināma Sankirtana Yātras’ in Odisha (Read page 32)