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inspired by Pujya Bapuji



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Rishi Prasad and Rishi Darshan sevā



Bāla Sanskāra Kendra



Yuvā Sevā Sangha



Mahilā Utthān Mandal



Establishment of *Gurukuls*



Parents' Worship Day



Tulsi Worship Day

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RISHI PRASAD

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Pujya Sant Shri
Asharamji Bapu's
Birthday
Also celebrated as

'World
Service and
Satsang Day'

21st April



Shri Hanuman Jayanti: 16th April

Wherever Hanumānji went, He would spread
the fragrance of His Lord's wisdom and calmness.

Sāi Shri Lilāshāhji Mahārāj, having also
attained Self-realization from His SatGurudev,
benefitted society with Self-knowledge.

Similarly, Pujya Bapuji, having attained Sāi Shri Lilāshāhji's grace in abundance,
disseminated that nectarine *prasāda* to countless people across India and abroad.

It is our duty to make sure that we also cherish, increase, and disseminate to others the divine *prasāda* that
such a *Brahmavettā Mahāpurusha* has lavishly showered upon society by means of *satsang* and divine projects.



How can India become *Vishwa-Guru*
without Bapuji? – Swami Santoshānandaji, President,
Jagat Kalyān Sevā Trust, Chitrakoot Dhām, Karwi

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...where distinguished service
is rewarded with 'Padmashri'



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– Renowned Yoga Guru and Yogic Scientist Shri Nityānandam Shree

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health problems? 31



If the world needs anything today...

(Pithy ambrosial words of Pujya Bapuji)

Life is not meant to create burdens of misery, affliction and problems to get crushed to death. Rather, life is meant to move forward being filled with joy, radiating and showering bliss. We should aim at the well-being, progress and welfare of all. By doing this, you will become broad minded, big hearted and have good wisdom. Give up completely on personal selfishness.

If something is good for the interests of your family, care not about your personal interests; rather, if it is ever needed to sacrifice your personal interests for the welfare of your family, do it. For advancing the good of the whole neighbourhood, give up the insistence for your family's good, similarly, for advancing the good of the entire *Tehsil*, give up the insistence for the good of your neighbourhood. For advancing the good of the whole district give up the insistence for the good of the *Tehsil*. For advancing the good of the state, give up the insistence for the good of the district. For advancing the good of the country, give up the insistence for the good of the state. And for advancing the good of humanity, widen the circle more and more; and if you are learning the art of getting repose in the master of the universe, then this is supreme, the most beautiful and most auspicious. The greater the circle, the greater the person becomes. The smaller the circle, the smaller the person becomes.

Politicians who accomplish their selfish motives by spreading the venom of casteism and racism may succeed in achieving the chair for a short time, but by doing so, they also commit the grave sin of betraying their nation and committing treachery with humanity; that is why their influence is bound to be short lived. Why Gandhiji's influence is so long-lasting? Why the world is still under the influence of *Gautama Buddha*, *Mahāvira Swāmi*, *Sant Kabir*, *Guru Nānaka Ji* and *Sāi Lilāshāh Ji* ? They marched on the path of unifying their Self with the Universal Self; you also got this body to unify with That alone.

The River Ganges never thinks of giving pure nectarine water to the cow and toxic water to the violent bloody lion. The River Ganges gives equally cool and sweet water to quench the thirst of every living being.

The Sun doesn't think of burning the *Kafirs* to death and giving light exclusively to the *Muslims*. The Moon doesn't think of giving its light only to the *Hindus* and keep all *Muslims* deprived of it, no.

The five elements of God are for everyone. Both *Allāh* and *Bhagavān* are for everyone equally; then your heart should also be equally generous to everyone. Every mind should possess this great wisdom of Indian Culture.

The world today does not need bombs, it does not need terror, it does not need exploiters either, rather if the whole world is in dire need of something, it is the *Yoga*, wisdom (spiritual knowledge) of Indian Culture, and the *bhāva* of "*the world is one family*". The world needs peace, not turmoil. Therefore to safeguard this culture and to remain united in this culture is service to mankind, to humanity as a whole.

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Rishabhadeva – endowed with Vigour, Majesty and restraint!

Dating back to when ‘Bhārata’ (Indian subcontinent) was known as ‘Ajnābh Khanda’, Rājā Nābhi performed a sacrifice & Lord Nārāyaṇa appeared as ‘Yajna Purush’. Seeing the all effulgent Supreme Person, the priests who were officiating and directing the sacrifice, prayed to the Lord, “Rājā (King) Nābhi is a great servant of *sādhus*, saints and *brāhmins*.

He is virtuous and a protector of his people. Our host possesses everything except a child. He is desirous of having a son like you, in brilliance and vigour. We urge you O Lord Nārāyaṇa to grant our host a brilliant and vigorous son like you.”

“I alone am similar to me.” replied Lord Nārāyaṇa.

So Lord Nārāyaṇa’s ojas, partial incarnation descended on earth in the house of King Nābhi. ***‘The coming events cast their shadows before.’*** The child had the marks of divinity (such as the marks of divinity such as the figures of a conch, *sudarshana*, lotus, etc., on the soles of his feet and he was very intelligent from his early childhood. That intelligent child was given the name ‘Rishabha’ which means ‘the best’. He later on became the first Tirthankara of Jainism.

The wise King, along with his wife attained Self-knowledge

King Nābhi thought, “When the son will become a youth is unknown. My life is passing fruitlessly. I must attain that supreme gain which is the highest gain. To rule Ajnābh Khanda is a gain but that is not the supreme gain. Even petty misery can disturb the happiness of this throne.”

The intelligent king, along with his wife went into solitude in Badarikāshrama and undertook the spiritual journey to attain Self-knowledge. What did he do for Rishabhadeva? ‘When will he become a youth and rule the kingdom? It is not good to renounce the kingdom and leave it without a ruler.’ With

such thoughts King Nābhi entrusted Rishabhadeva into the hands of learned Brahmins who would guide him in administering the Government. He said, “You administrate the government until my son becomes strong and mature enough to rule the kingdom.”

The Brahmins placed Rishabhadeva into a Gurukul for education. When Rishabhadeva became capable of administering the Government, he did it.

Self-restrained Indian prince passed the test given by the king of gods

Great famine afflicted the kingdom of Rishabhadeva. Everywhere was dry. Ministers and Brahmins said, “Mighty Indra, the king of gods is angry. None of the 12 clouds are raining.”

Having come to know of this, Rishabhadeva, the master of Yoga meditated and sent down showers throughout his land Ajnābh Khanda by the dint of his yogic power.

Indra was satisfied. He said, “I caused famine to test you. I have a daughter named Jayanti. I wanted to offer her to a heroic man. I tested you to see whether or not you have power. I caused famine to see whether you have inherited the throne by tradition,

Those who want to live a life of high moral standards, should shun the friendship of epicures and attraction for sense pleasures.

Adopt virtues from Hanumanji for success

Birth anniversary of Lord Hanumān – 16 April

– Pujya Bapuji

If you adopt these four virtues from the life of Hanumān, no question of failure will arise in any work – (1) Patience (2) Enthusiasm (3) Wisdom (4) Benevolence.

Then you will be able to see the miracle of divine power at every step. These beautiful words of Hanumanji must be inscribed on your heart.

कह हनुमंत बिपति प्रभु सोई ।

जब तव सुमिरन भजन न होई ॥

Hanumanji says: *“There is no misfortune other than ceasing to remember and adore you.”*

(Shri Rāma Charita Mānasa, Sundar Kanda: 31.2)

When one forgets God and His worship, there is time of misfortune. Then the creature behaves in an overbearing way by saying that I am something... Arre, the Bhagavān whose every pore contains countless universes that even Brahmāji can't count, is with you and you are gloating over just minor achievements of qualification and degree. Aren't you paving the way to becoming a bleating goat in your next life?

“O Lord! I own nothing! All that I have is Yours. What does it cost me when I surrender at your Lotus feet what is already Yours!”

Egoless embodiment of humility

When Lord Rāma praised Hanumān, he prostrated himself at the divine feet of Lord Rāma like a dry bamboo or pillar collapses, and said, “Protect me! Protect me! My Lord, I am grievously afflicted and sad.”

Lord Rāma said, “Hanumān you have



searched for Sitā, your movements are rare even for sages. Despite being a celibate you went into the palaces of women and remained free from passion. You have successfully accomplished every work without any selfish motive. So what is your affliction?”

Hanumān said: “If you praise me then where shall I go?”

On hearing praise from someone, an ordinary man feels pride and if God praises, the person's joy knows no bounds, but Hanumān is so wise, clever and an embodiment of humility! Overcome by emotion, he prostrated himself at the lotus feet of Lord Rāma and said, “Protect me! Protect me! Protect me!”

Foolish people say that even God becomes pleased by praise...

Oh fools! How many glories of Bhagavān will you sing? If you say to a billionaire, “You own thousands or lakhs of rupees, he considers it abusive. How do we praise the Bhagavān who has countless universes in each single pore? How can we comment and praise Him adequately?

रामु न सकहिं नाम गुन गाई ।

“Not even Rāma can adequately sing the glory of the divine Name.”

(Shri Rāma Charita Mānasa: Bala Kanda: 25.4)

If Lord Rāma cannot glorify His Name, how can you or I?

सात समुंद की मसि करों, लेखनी सब वनराई ।

धरती सब कागद करों, प्रभु गुन लिखा न जाई ॥

गुरु गुन लिखा न जाई ॥



For Students



The Power of Selfless action

— Pujya Bapuji

A King's procession was passing by. A boy watching the procession said to his mother, "Mother! Mother! I want to talk to the king. Listen to how loud the shouts of his victory are! He is seated on such a high seat. And how beautiful is his crown studded with diamonds and gems! What a lovely influence the king has. Mother! I want to talk to him."

Mother said: "Son, we are poor people. Don't you know, you are the son of a widow? A lot of money and a lot of influence is needed to talk to the king for a *ghari* (a *ghari* is equal to 24 minutes)."

The mother cajoled her son and took him home, but the son stuck obstinately to his wish: 'I want to talk to the king'. His mother was intelligent, she was a *Satsangi*.

Mother said: "If you want to talk to the king then do one thing. The king's palace is under construction; go there and work. Work with great enthusiasm, in a cheerful manner; and after work when they give out the wages in the evening, say: "I do not want wages, I do this out of love, because he is my King."

The boy worked. One day, two days, three days, four days passed... Five days passed when finally the manager came to

know that 'this boy does not take wages; he works with great enthusiasm.' By working with great enthusiasm, one develops ability.

मनख मजूरी ना राखे तो क्या राखेगो राम ।



When a human does not fail to pay wages for the work done by someone, then how will the master of all, God, fail to pay?

The boy's actions began to make an impact. The one who acts with a selfless

mental attitude, his ability develops and he also has an influence. Gradually, the matter reached the vizier in the royal court that: "There is a boy who works with great enthusiasm, but he has not taken any wages for about a month. The time for paying wages comes once every three days. When we ask him, he says, "My mother has forbidden it. She has taught me to work without taking any returns."

Eventually the matter came to the ears of the King. The King called the boy and asked: "Oh child! Why don't you take wages for your work?"

Boy said, "My mother has said that I should do work unselfishly. Such work will meet you with God, meet the King." So, King! Within only one month, I have met you."

The King thought, 'It is not appropriate to employ such a boy for this labour work.'

(Read the next issue, to know what happened next) ○

Since then, Lord Yama's department has never been endangered – Pujya Bapuji

I heard a story from the great men. Some Self-realized saints had descended upon earth. Their *darshan* would bless people with happiness, their words would purify their ears; reflection on their words would purify their minds and imbibing their knowledge would strengthen and sharpen their intellect. People would become virtuous souls, having control over their senses. They would develop subtle powers by practicing self-restraint. Not only would they transcend the ocean of *samsāra*, but the clan of their ancestors would also be emancipated. Their ancestors who had fallen into hell were also getting emancipated making the hells vacant. New people stopped entering hell and the old *jivas* who had been condemned to hell and were putrefying there were getting released by virtue of the influence of the followers of Self-realized saints on earth. Hell was completely empty. It caused Lord Yama (the ruler of Hell) to worry, 'All my workers are sitting idle and my department will shut down soon.'

Owners feels happy if their departments run well, but they also become a little worried if their departments run badly due to a depression.

The anxious Lord Yama went to Brahmā Ji and said: "Brahman! No new sinners are coming to hell and the older ones are

upgrading to heaven by influence of the great merits of their descendants attending *satsang* of Self-realized saints on Earth (the world of the dead). My department is endangered, please suggest a solution so that I can continue to run it."

Brahmā Ji took water from his pot, sat in *Padmāsana*, revelling for a moment in the Natural State of *ātmā*, Supreme Self in which Bhagavān Shiva, Bhagavān Nārāyana and Self-realized saints revel, and came up with a solution. The solution stated that those who hear the *satsang* of *Brahmajnāni* saints will become self-

restrained,

devotional,

virtuous souls

and will

emancipate their

clan. But from now

on, whenever a

Brahmajnāni saint

descends upon the

Earth, some slanderers will also be born. By slandering the great men they will fall, and the people coming in their contact will also fall. All of them will be condemned to hell and they will come to you and your department will run smoothly. Since then, that department has never closed, but has continued to flourish.

Says the Sage Vasishthaji: "O Ramaji! When I walk in the market, stupid people utter all sorts of disgraceful words and spread rumours about me. I know it all, but I am compassionate."

As the department was going to continue to run, people were speaking ill about Kabir-Ji. They poisoned Rishi Dayānanda 22 times, reviled him so much, staged protests



Ayurveda is the need of the hour

(Continued from the previous issue)

What is Āyurveda?

The union of the body, senses, mind and soul is called 'Āyu' (life) and the Veda that gives knowledge of that āyu is 'Āyurveda'. Āyurveda is the sub-Veda of *Atharva Veda* and it is *apaurusheya* i.e., it is not the composition of any person.

Āchārya Charakji says about the glory of Āyurveda:

तस्याऽऽयुषः पुण्यतमो वेदो वेदविदां मतः ।
वक्ष्यते यन्मनुष्याणां लोकयोरुभयोर्हितम् ॥

“The science relating to life (Āyurveda) is regarded by philosophers as the most meritorious of all the sciences, because it teaches mankind what constitutes their good in both the worlds.”

(*Charaka Samhitā, Sutra Sthāna: 1.43*)

Therefore, a wise man who wants his own interest should follow the teachings of Āyurveda with the utmost respect.

Origin of Āyurveda

ब्रह्मा स्मृत्वाऽऽयुषो वेदम् ।

(*Ashtanga Hridaya, Sutra Sthāna: 1.3*)

Just as the Universe was created by the mere will of *Brahmāji*, Āyurveda was created by his meditation. *Brahmāji*, the creator of the universe, having known the immortal and eternal science of Āyurveda in full, taught it to *Daksha Prajāpati*, an agent of creation to expand the population; and *Daksha* taught to the *Ashwins*, the physicians of heaven for the treatment of the heavenly gods. After this, keeping in mind its usefulness, *Indradev* studied Āyurveda.

Descent of Āyurveda on Earth

At the end of Satya Yuga, when obstacles in the attainment of Dharma, etc. emerged in the form of disease, distinguished sages *Maharshi Bharadwāja*, *Vasishthaji*, *Kāshyapji*, *Bhriguji*, *Atreyaji*, *Gautamaji*, *Nārada*ji, *Vishwāmitra*ji and other Maharishis met at a beautiful place in the *Himālayas* to consider the remedy for such

diseases. In a meditative state, with divine vision, they saw that *Indra*, the lord of the gods, would appropriately tell the remedy for the cure of diseases. Then *Maharishi Bharadwāja* went to *Indra's* abode. *Indra*, the king of gods considering *Bharadwāja*ji as the most intelligent, preached the whole of Āyurveda in an aphoristic form.

The great wise sage *Bharadwāja*ji, soon after getting the complete knowledge, came to earth and narrated it to the sages. Later, *Ātreya*, *Punarvasu*, a disciple of sage *Bharadwāja*ji, imparted this knowledge to his six disciples – *Agnivesha*, *Bhel*, *Jatukarna*, *Parāshara*, *Hārit*, *Kshārpāṇi*, who composed different *tantras* (Āyurveda *shāstras*) of their respective names.

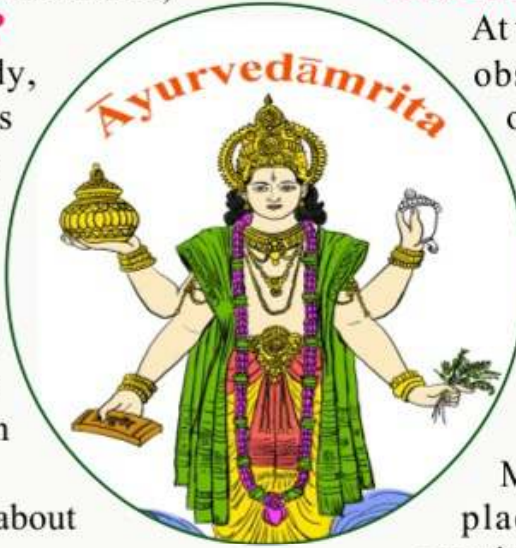
Thus, after *Brahmāji*, Āyurveda became prevalent for the welfare of mankind through the *Guru-Shishya paramparā*.

Eight branches of Āyurveda

There are eight branches of Āyurveda:

- (1) *Kāya Chikitsā* – Treatment of the general diseases affecting the whole body.
- (2) *Kaumārbhṛitya Tantra* – Paediatrics.

(Continued on page: 33...)



Stickers

with
Puja Bapuji's
touching
ambrosial words



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wt. = Net weight

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On World Women's Day the strong voice for Pujya Bapuji's release resonated! Rallies took place here and there and memoranda were handed over.

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Kandhamal (Odisha)

**Virtuous souls making a
resolve to send the wisdom
of Rishi Prasad for the
well-being of all, to society**



Gwalior (M.P.)



Rayta, Dist. Thane (Mah.)



Kanpur

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