A big cheetah crossed my path but did not hurt me. I looked straight into the eyes of a bear but it didn’t advance. I lifted up a snake that was looking at me affectionately, but it didn’t do anything.

Pujiya Bapuji doing "sādāna" in mountain caves

Rāvana had to admit defeat against the Prāṇa Shakti and Jñāna Shakti of Lord Rāma.

**Dipavali Vidyarthi Anushthan Shivrīv concluded in Ahmedabad ashram**

Pujiya Bapuji is a Self-realized great man. Behold God in Bapuji. This will reveal the contentment, peace and bliss hidden within you, and your life will become blissful.

—Mahāmāndaleshwar Śvāmi PrakāśānandaJi, Naimishāranya (U.P.)

**Power of Mantra for health and other benefits**

You have the unlimited power of healing within yourself!
Usually, before Diwali, people decorate their homes, buy gifts for relatives, but Bapuji’s disciples leave their families and reach the poverty-stricken people engaging themselves in gladdening sad hearts with the divine name and wisdom imparted by Guru BY satisfying their needs.

Recently, Satsang programmes and Bhandara (meals provided for the poor) were organised between 30th September and 10th October in the backward areas of Gora Khurd, Bamhori Khurd, Majhguwa, Majhguwa valley and also in the poverty-stricken areas of district Damoh, near Sagar (M.P.).

Villagers were given the nectar of satsang-kirtana at the Bhandara sites by the ashram orators and were taught simple measures to quit addictions. Good Samskāras and tips based on the satsang of Pujya Bapuji were inculcated in the children to elevate their lives. The villagers were given sweets, food, blankets, sarees, children’s clothes, utensils, slippers, socks, soap, vegetables, tulsi tablets, etc. along with monetary aid to alleviate their misery, remove their poverty and make them happy and prosperous.

While the faces of the villagers were beaming, receiving the material prasādam and inner peace; their eyes were shedding tears due to the absence of Pujya Bapuji who Himself used to distribute houses, necessities of life, prasādam, money, etc., with his hands. The hearts of sādhus were brimming over with joy distributing Guru-prasād and Guru-Jnāna; the pain of not getting the opportunity to serve in the divine presence of Bapuji was also visible. Everyone demanded the immediate release of Pujya Bapuji. Bhandara programmes were held in different parts of the country on Dipāvali where the same conditions prevailed.
...Then all hankerings end
एयो दि देखाद, साला ! एयो दि उगाद !
देखुं तारुं रूप बचे, एयो दि देखाद !
भूलायी हुं-तारुं हुं ने तारामां झूलाव...

"O dear, bring that day into my life,
When I behold your form everywhere,
Let me forget “I” and “Mine” and become
absorbed in Your Being."

My dear, bring the sunrise of that day
when I behold Your form in all beings. Let
me forget my imaginary “I” and “Mine” to
get absorbed in Your Being.

O Supreme Lord! O God of Gods! O
Lord of the Universe! Enough! Who knows,
how many mothers, fathers, spouses, and
bodies I have changed in past lives. O
changeless God! Now let me wake up in
Your Being. That is it. You give
opportunities of awakening. Wretched
senses, wretched objects of sense pleasure,
wretched temptations lead to asādhanā
(lapse in spiritual discipline) along with
sādhana which causes delay, otherwise if
one does sādhana constantly, Delhi is not
far away (the goal is not far off). Delhi
may be little far from you, but that Beloved
God is not away from you, not even a
little. The beloved is not away, difficult to
geto, beyond our reach, or other’s – He
is your own Self.

लाख चौरासी के चक्कर से थका, खोली कमर।
अब रहा आराम पाना, काम क्या बाकी रहा।
लग गया पूरा निशाना, काम क्या बाकी रहा।
जानना था सोई जाना, काम क्या बाकी रहा।
देह के प्रारूप से मिलता है सबको सब कुछ।
नाहक जग को रिखना, काम क्या बाकी रहा।

"I was exhausted by transmigration in
84 species. I am now relaxed. I have just to
rest, what remains yet to be done? I have
hit the bull’s eye perfectly, what
remains yet to be
done? I have
realized what I
actually wanted
to know: what
remains yet to be
done? Everybody gets what they are
destined to get. Why needlessly please the
world? What remains yet to be done?"

When you reach the destination, alight
from the vehicle. Take rest in your home
(your own Self). “I have to do this...I have
to do that...I have to attain that...” all
hankerings end.

How are the great men
awakened in their own Self?

स तुर्यो भवति। स अनृतो भवति।
स तरति तोकांस्तंत्वति।

"Upon attaining it, man becomes fully
satisfied and immortal. He verily crosses
māyā, He crosses the ocean of samsāra. He
also helps mankind to cross."

(Nārada Bhakti Sūtra: 4 & 50)

His will, darshan and presence is capable
of ferrying countless people across the
ocean of samsāra (metempsychosis). O
God, Giver of bliss!... If he resolves, even
a dead body comes back to life... Does he
make a resolve as a person? No. Such men
pervade countless universes.

Having darshan of their holy idol, you
will get satisfaction. But it will be attained
repeatedly. It will come and go, but the fruit
of real satisfaction is ‘absolute satisfaction’.

Tears of sorrow and pain are different
from the tears of Supreme Bliss. Supreme
Bliss is not like the pleasure of elation, grief,
lust or any condition, but of one’s own Self.
Even though illiterate, he understood the Gitā

An old man was reading the Gitā on the banks of the Ganges. Nimāi Pandit (Gauranga) was passing by and saw the old man was chanting ‘Ah...Ah...Ah...Ah...’, not reciting any verse of the Gitā, but getting thrilled – calm, silent, rejoicing. He went near him and stood behind. He saw that the man did not turn the pages, but was reading with great pleasure while chanting ‘Ah...Ah...Ah...Ah...’.

After he finished reading the Gitā, Nimāi Pandit asked: “Have you studied Sanskrit?”

The old man said: “I don’t know even a single letter of Sanskrit.”

“The entire Gitā is written in Sanskrit; so what are you reading?”

“I have heard that Arjuna was overwhelmed by despondency. By preaching to Arjuna, God removed his dejection. So this Gitā destroys dejection, removes gloom and makes one established in his Self. I do ‘Ah...Ah...Ah...Ah...’, I enjoy it, whatever else is written in it, I don’t understand.”

Gauranga said: “I have become a pundit, defeated others in doctrinal debates and become an eminent scholar, but only you have studied the Gitā, brother! I haven’t studied it.”

Similarly, many people narrate stories on Bhāgavat, Rāmāyaṇa, but do they understand them? They know the quatrains, the verses, but do not know their meaning.

‘Read the Gitā to get peace’

A professor came to Ghāṭwālē Bābā and said: “Your Majesty! Hearing your name, I have come from far away. Tell me any way to get some peace.”

Bābā looked at him from head to toe and said: “Well, you should read the Gitā.”

Upon hearing this, he was startled and said: “Bābā! The Gitā!... The Gitā is what I teach to students. I am a university professor and have read the Gitā many times. I have complete command over it. There are 700 verses and I have memorized many of them.”

Bābā: “Up until this day, you have read the Gitā to earn money, now read it to get peace.”

Ignorant of the Gitā even after receiving the prize

Rabindranāth Tagore received the Nobel Prize. One evening, he was walking happily. An old man was sitting on a platform in his neighbourhood. He said: “I have written ‘Gitānājī’, for that I have received the Nobel Prize.”

The old man looked at him and said: “Hey, do you know the Gitā? Have you known God?”

“I know the Gitā! I wrote Gitānājī (songs on my philosophy), and I received the Nobel Prize!”

“You haven’t done anything great by getting the Nobel Prize. You don’t know
The Power of Mantra for health and other benefits

(The article ‘The Power of Mantra for Health’ continued from the previous issue)

The astonishing power of Mantra

It is not necessary to understand the meaning of Bija-Mantra, however the benefits of its chanting are amazing. By the chanting of Om one develops nineteen types of power like the Rakshana Shakti (power to protect), Gati Shakti (dynamic power), Kānti Shakti (power of aura), Pṛiti Shakti (power of affection), Avagamana Shakti (power of astral travel), Pravesh Avati Shakti (power of entering the mind), etc. The chanting of Om seven times positively affects the seven spiritual centres of our body. Unrest and tension start to go away by its pronunciation.

Chanting the mantra ‘Om Gam Ganapataye Namah’ develops the power of intellect and self-restraint in students lives. ‘Gam’ is a Bija-Mantra.

Don’t worry if someone has used black magic to cause great trouble to you. Recite the Guru-Gītā, and pray by sitting in front of a picture of God or SatGuru and repeat the mantra ‘Tām’. Repeat it 10-15 minutes, and the trouble will start to vanish. You only have to rote ‘Tām Tām Tām...’ constantly to ensure that whatever decision is made and wherever you go, the problem will keep vanishing.

If a baby cries, does not suckle or has become a victim of an evil eye, then write ‘Tām’ eleven times on a piece of paper and tie it to his right hand as an amulet. Keep it tied for 7-9 days and his crying and other problems will disappear.

If the mother produces insufficient milk, she should repeat the mantra ‘Tām Tām Tām...’ It will stimulate the production of milk.

Repeating the mantra ‘Tham Tham Tham’ 108 times daily for a few days will cure menstrual problems and also alleviate high/low blood pressure or hypertension.

If anyone is suffering from mental stress, he or she should chant ‘Kliṅ Kliṅ Kliṅ’ it will cure the mental disturbance.

Similarly, if one is lazy or faces an obstacle, he should repeat the mantra ‘Laṁ’ 108 times (one mala). Japa of the mantra ‘Laṁ, Laṁ, Laṁ’ removes obstacles and laziness.

The Bija-mantra Lam helps greatly to eradicate the vice of carelessness. Even a careless person will be reformed by chanting ‘Aum Lam Lam Lam Lam Lam Lam...’ with reverence and diligence for a minimum thousand times a day.

Chanting with Viniyoga gives more benefit

Before you do japa, repeat your resolve for what purpose you are chanting; then the power of chanting will be useful only in that accomplishment. The mantra becomes very powerful if it’s japa is started after doing Viniyoga (which mantra is suitable for awakening what kind of subliminal energy centre – is described in the viniyoga (structural classification) of that mantra.

For example:

* Omkar: Aīha omkāra mantraḥ, gāyatrī chhandah, paramātmā rishiḥ/ bhagavān Nārāyaṇa rishiḥ, Antaryāmī
Birbal’s intellect worked wonders – Pujiya Bapuji

How many deaf persons are in the assembly?

Akbar asked Birbal: “How many deaf persons are in the royal assembly?”
Birbal said: “Should I give the answer now, or later?”
“How will you do that?”
“I have an idea.”

Birbal cracked a joke during the conversation, and then cracked another one after some time.

He said to Akbar: “Lord King! There are four deaf persons in this assembly.”

Akbar asked: “How do you know that?”

“A deaf person laughs twice; once because he laughs with everyone when they laugh; then he asks someone, ‘what did he say?’

Then again he laughs.”

“Write my name instead of Lord Rāma’s”

Akbar called an assembly. Many eminent persons present there were Hindus, and Muslims. Akbar said: “Does my state lack anything?”

But who would speak up saying it lacks this or that! Nor was it an era of voting where the masses would say, “Brother! This is what is missing. You have to first solve this problem; otherwise we shall not give you our votes.”

They said: “Jahānpanāh! How can your state lack anything?”
“I hope there is abundant wealth and happiness in my state?”
“Yes, there is.”
“Are any of you troubled in my state?”

Said: “No, Jahānpanāh!”

“That means, my rule is like the Rāmarājya? (The rule of Lord Rāma). Isn’t it?”

What else would the flatterers do but to say, “Yes Lord! Your rule is just like the Rāmarājya.”

Akbar: “All the comforts and happiness you have are just like Rāmarājya?”

They said, “Yes!”

“Then Hindus listen to me. All Hindus who reside in my state have to write Shri Akbar instead of Shri Rāma before they start writing any letter or account books, etc.”

The Hindus realised that they had been trapped. What to do? If we don’t obey him, he will create nuisance for us all and if we write his name instead of Rāma, how can this fool possibly be equated with someone like Lord Rāma? The leading flatterers had become miserably trapped.

They finally took shelter of Birbal and prayed to him, “Birbal! Now only you can save us.”

(Continued on page: 26...)}
This story dates back to the Vedic period. King Tej Bahadur went for a walk, and while returning at night, it seemed to be a full moon night. Taking a different route, he noticed a hut and thought, ‘which poor guy lives in this forest?’ He peeped into the hut and saw a piece of sackcloth with someone sitting on it in jnāna-mudra, absorbed in meditation on God.

“Is the person inside a beggar or a sādhu?” called the emperor.

The monk came out and said: “What’s the matter?”

“Do you live in this hut?”

“Yes.”

The king got off his horse, entered the hut and saw there were some moong (green grams) in a box, the quilt had many patches, a piece of sackcloth, the utensils were broken and the hut was such that there was no need to light a lamp, the rays of the moon and the light of the twinkling stars entered the open hut. There was no lamp, not even oil or kerosene.

The king felt pity and said: “Such a miserable and poor person in my city! It’s not right. Take this money I am giving you, and then visit me later so I can arrange for your living.”

The sādhu said: “Go! Give it to a poor person.”

“Who will be poorer than you? You don’t have anything to eat, anything to muffle, anything to wear and no residence to live in… Take it. It seems that you have been suffering for a long time that is why you are disregarding my small gift. I shall send other gifts.”

“Keep the other gifts, and take this one also. I don’t want it.”

“Your Highness! Don’t be displeased, I shall send more tomorrow.”

“I am not displeased. I am refusing it. Give it to a poor man.”

“Who can be poorer than you?”

Then that Bābāji entered into an ecstatic mood, in his ‘ever content’ nature and said: “I am not poor. I know how to make gold! You don’t know me!…”

The king thought: ‘These bābās are unfathomable. Who knows who is hidden in this disguise!’ He stood agape.

“What are you looking at! I know alchemy (how to change base metal into gold).”

There was some truth in Bābā’s voice, and also some depth. The king was deeply convinced that ‘Yes! It may be possible.’ The king cringed and bowed down.

“Your Highness! Then this servant is present; teach him.”

“Son! Come at 4 am in the morning after bathing.”

“Yes, Sir!”

The king couldn’t sleep all night. He arrived in the morning and saw Bābāji sitting in meditation. He stood outside
Journey: From having a job to the owner of an IT Company

I took initiation of the Saraswaty Mantra from Pujya Bapuji in 2000 and the Guru Mantra in 2008. I share with you some of the experiences this has brought to my life: Being protected, even in a corrupt environment

After the initiation, I started daily chanting the Saraswaty Mantra. My intellect and sattvika (purity) started increasing. Due to this, I was able to protect myself from the depraved conduct, thoughts and manners prevalent in the students of today. I would get Gurudev’s inspiration within, that ‘I don’t have to follow anyone’s bad habits.’

I wasn’t brilliant in my studies, so whenever I was frustrated, Gurudev would appear in my dream to encourage me and give me strength.

Got the benefit of selfless service and Sadhana

I started studying computer science, and whenever I got time, I would go to the ashram and do Japa, selfless service, circumambulation of the Barh Badshah (the wish-fulfilling Banyan Tree consecrated by Pujya Bapuji). Thereafter I took a vow to go to Karol-Bagh, Delhi ashram every Sunday. I also ran a Bāl Sanskār Kendra for some time.

Whenever Bapuji’s satsang was held in Delhi, I would do selfless service with the volunteer brothers of the Samiti, such as displaying hoardings, setting up tents, speakers, etc. I started to enjoy it a lot. Apart from my studies, my time was spent in selfless service and spiritual practice. Pre-recorded satsang discourses delivered by Pujya Bapuji were being played all the time in my house. I spent more time in Guru-sewa than in meditation and Japa. I also got the benefit of coming in contact with the service-oriented Guru-bhāis who resided in the ashrams. Every year, I would attend the meditation camps of Uttarāyana and Guru-pancham held in Ahmedabad. From 2004 to 2009, I benefited from the Purnima vow.

Bapuji became a motivator, even in stressful situations

In 2010, I was struggling to get a job due to the recession. I would look for a job and practice software coding. Whoever I met would ask: ‘What will you do now?’ This was the most stressful period of my life, but Bapuji’s satsang gave me courage.

Adversities are the grace of Guru in disguise. Just keep searching, keep thanking Guru’s grace and make good use of that situation, then there will be no regret, and it will be realised that the situation was also a boon. We can all experience this in our lives. During that time, I became more devoted to satsang and selfless service.

As well as looking for a job, I would go to Alandi Ashram and do selfless service, meditation and chanting. I met volunteer brothers who were doing the selfless service of Bāl Sanskār Kendra. We would go to bus stands and other public places to distribute literature like Divine Inspiration: The secret of eternal youth (Divya Prerana Prakāsh), etc. and do service of Bāl Sanskār.

I eventually got a job with a salary of Rs
Under this campaign, sādhakas and volunteer brothers of Yuva Sevā Sangh should reap the benefits of giving wall calendars, pocket calendars, and diaries to their relatives, friends, acquaintances and other sādhakas by visiting them personally.

Wall calendars are available in Hindi, the divine language Sanskrit, Gujarati, Marathi, Odia, Telugu, Kannada, and English.

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Pudinā Arka

Pudinā Arka is a digestive. It increases relish and desire for food and appetite, enhances agility and pleases the mind. It helps especially in stomach problems like lack of appetite, indigestion, flatulence, diarrhea, cholera, and worm infestation. It helps in fever, cough, cold in throat, chest and head, asthma, retention of urine, and skin disease.

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Students participated fervently in the 'Yoga Va Uchcha Sanskar Shiksha' programmes held across India

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'Rishi Prasad' service spreads fragrance across India and abroad

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First category
(First)
(Second)
(Third)

(First)
(Second)
(Third)

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