

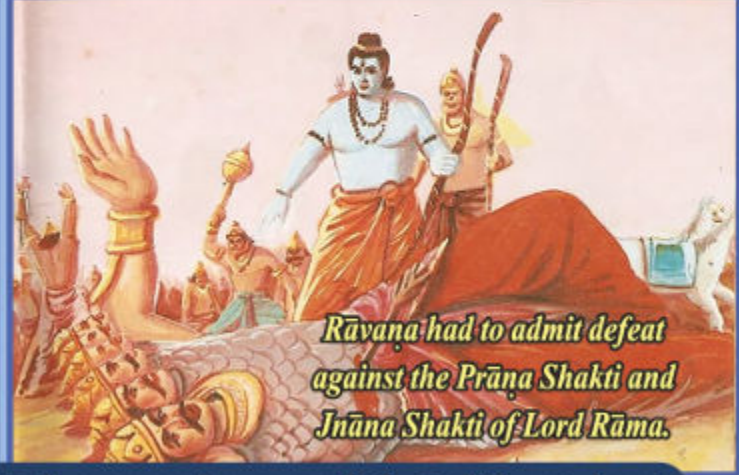
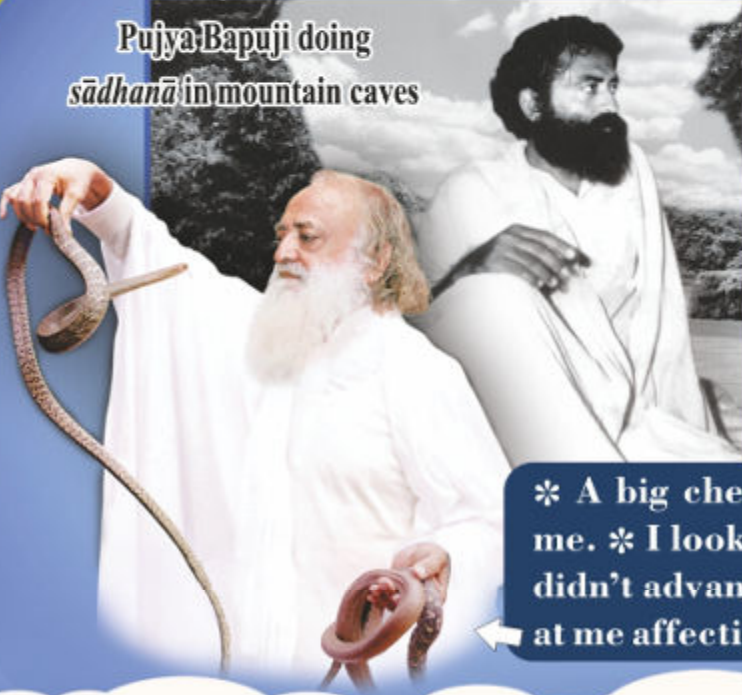
RISHI PRASAD

Two pillars for growth – Prāṇa Shakti and Jnāna Shakti

Read page 6

The one who develops both can astound the entire world.

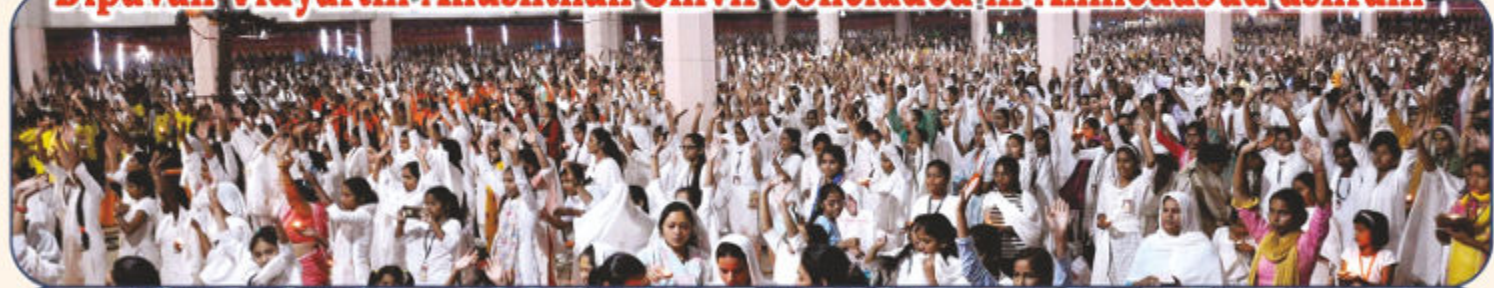
Pujya Bapuji doing
sādhana in mountain caves



*Rāvaṇa had to admit defeat
against the Prāṇa Shakti and
Jnāna Shakti of Lord Rāma.*

* 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.

Dipavali Vidyarthi Anushthan Shivir concluded in Ahmedabad ashram



Arati



Japa



Prāṇāyāma



Laughter-Yoga

Pujya 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.

– Mahāmandaleshwar Swāmi Prakāshānanda Ji, Naimishāranya (U.P.)

25



Power of Mantra for health and other benefits 16 You have the unlimited power of healing within yourself! 20

Unique in the world is Diwali celebrated by Bapuji's beloveds

Usually, before *Diwālī*, 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 *Bhandārās* (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 *Bhandārā* 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 *sādhakas* 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. *Bhandārā* programmes were held in different parts of the country on *Dipāvalī* where the same conditions prevailed.



Gora Khurd, Dist. Sagar (MP)



Jalna, Dist. Damoh (MP)



Kallutola, Dist. Rajnandgaon (CG)



Paraspur, Dist. Gonda (UP)



Belaudi, Dist. Durg (CG)



Padegaon, Dist. Satara (Mah)



Bantipathara, Dist. Kabirdham (CG)



Narpatipur, Dist. Sitapur (UP)



Bijadandi Pipariya, Dist. Mandla (MP)

We are unable to publish all the photos due to lack of space. For many more photos, please login to www.ashram.org/sewa.

The auspicious message of Pujya Bapuji on Self-realization Day

...Then all hankerings end

एवो दि देखाड, व्हाला ! एवो दि उगाड !!

देखुं तारुं रूप बधे, एवो दि देखाड !!

भूलावी हुं-मारुं हुं ने तारामां झूबाड...

“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 *asādhana*
(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
get to, 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 प्रारब्ध से मिलता है सबको सब कुछ ।

नाहक जग को रिझाना, 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 तृप्तो भवति । स अमृतो भवति ।

स तरति लोकांस्तारयति ।

“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 Sutra: 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.



...then one understands the Gita – Pujya Bapuji

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'

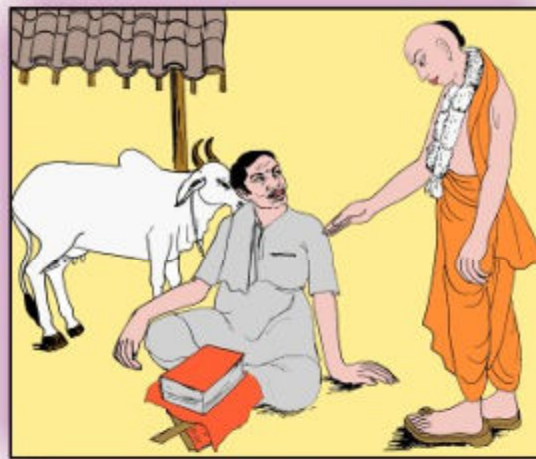
A professor came to Ghātwāle Bābā and said: "Your Majesty! Hearing your name, I have come from far away. Tell me any way to get some peace."

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



Shrimad Bhagavad Gita Jayanti:
3 December

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 'Gitānjali', 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 Gitānjali (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 *Bīja-Mantra*, however the benefits of its chanting are amazing. By the chanting of Om one develops nineteen types of power like the *Rakshaṇa Shakti* (power to protect), *Gati Shakti* (dynamic power), *Kānti Shakti* (power of aura), *Prīti 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 'गं गं गणपतये नमः ।' '*Om Gam Gaṇapataye Namah*' develops the power of intellect and self-restraint in students lives. '*Gam*' is a *Bīja-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 '*Tam*'. Repeat it 10-15 minutes, and the trouble will start to vanish. You only have to rote '*Tam Tam Tam...*' 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 '*Tam*' 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 '*Tam Tam Tam...*' 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 '*Klim Klim Klim*' it will cure the mental disturbance.

Similarly, if one is lazy or faces an obstacle, he should repeat the mantra '*Lam*'

108 times (one mala). *Japa* of the mantra '*Lam, Lam, Lam*' removes obstacles and laziness.

The *Bīja-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...*' 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: Atha omkāra mantrah, gāyatrī chhandah, paramātmā rishih/ bhagavān Nārāyaṇa rishih, Antaryāmī*





For Students



Birbal's intellect worked wonders – Pujya 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...)



Now I have become king of my heart! – Pujya Bapuji

This story dates back to the Vedic period. King Tej Bahādur 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 *jñāna-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 Bābaji 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 Bābaji sitting in meditation. He stood outside



Journey: From having a job to the owner of an IT Company



I took initiation of the Sāraswatya 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 Sāraswatya Mantra. My intellect and *sāttvikā* (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 Sādhanā

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 Bādshāh* (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-sewā* 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-poonam* held in Ahmedabad. From 2004 to 2009, I benefited from the

Purnimā vow.

Bapuji became a motivator, even in stressful situations

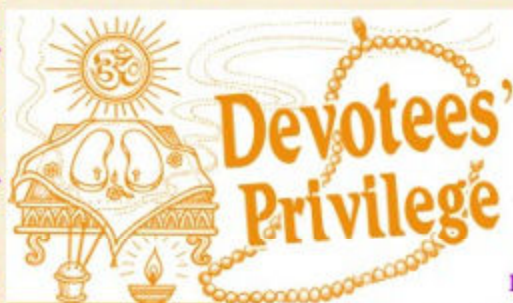
In 2010, I was struggling to get a job due to the recession. I would look for

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 Preranā Prakāsh)*, etc. and do service of Bāl Sanskār.

I eventually got a job with a salary of Rs



House-to-house calendars 'Divya Darshan' Campaign (2023)



Under this campaign, sādhas 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 sādhas by visiting them personally.

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

Source: Available at Sant Shri Asharamji Ashram book stalls and service-centres of sādhas-families and Shri Yoga Vedanta Sevā Samitis. For online orders: www.ashramstore.com/calendar
Contact: (079) 61210732 (Sāhitya Department), 8238091011 (Yuvā Sevā Sangh Head Office)

Note: A single copy of the wall calendar costs only ₹ 15. Buying 8 calendars gets a discount of ₹ 20, and you pay ₹ 100 only! Upon ordering 250 calendars or more, you can get your name & address, or that of your firm, shop, etc., printed on them. The printing cost per copy is ₹ 15.50 for an order of 250-999 calendars, and ₹ 14.50 for 1000 calendars and above.

Ashwagandhā Pāka for longevity, health and nourishment

It is nourishing and semen-promoting. It gives strength to the nerves and muscles; and also increases muscular tissue and height. It removes nervous debility, weakness of *dhātus* (constituent elements of the body), mental stress, amnesia and loss of sleep. It increases the RBC count, promotes complexion and stimulates digestive fire when taken with milk.



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.

Pancharasa a wonder formulation – digestive, destroying disease for excellent health and energy

An extremely beneficial herbal formulation made by mixing basil (*Ocimum sanctum*), turmeric, ginger, *Āmlā* and mint. It is a surefire time tested formulation, appetizer, digestive, anthelmintic, which is good for the heart. Its consumption strengthens digestive power and thereby makes the body healthy, strong and energized. It beautifies the face. It increases immunity, agility and cheerfulness. It is extremely beneficial in obesity, diabetes, blockage of coronary arteries, hypertension and hypercholesterolemia.



Nirāpada Vati

It gives instant relief from fever, cold, cough, and weakness by destroying the infection. It is beneficial in removing weakness caused by infection.



The above-mentioned products can be obtained from the service centres of Sant Shri Asharamji Ashram Samitis. For information about other products and their detailed benefits, etc., and home delivery of the products, please download from the Google Play Store: "Ashram eStore" App or visit: www.ashramstore.com or contact: (079) 61210730, E-mail: contact@ashramstore.com



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



Bela, Dist. Bhavnagar (Guj.)



Tappal, Dist. Aligarh (U.P.)



Vasai, Dist. Palghar



Hyderabad



Kurud, Dist. Dhamtari (C.G.)



Jethna, Dist. Dungarpur (Raj.)



Vallabhipur (Guj.) (Sadhvi Jyotsana Bhan)



Rajkot (Sadhvi Sushila Bhan)



Haldwani (Uttarakhand)



Borsi, Dist. Durg (C.G.)



Katraj-Pune (Mah.)



Garha, Dist. Jabalpur



Kalol (Guj.) (Balyogi Narayana)



Dongargarh, Dist. Rajnandgaon (C.G.)



Muzaffarnagar (U.P.)

'Rishi Prasad' service spreads fragrance across India and abroad



Mailhar, Dist. Satna (M.P.)

Distribution of 1.5 lakh copies of the special issue 'Yogayatra and Divine Experiences' on Navaratri



Janakpur (Nepal)



Vallabhipur, Dist. Bhavnagar (Guj.)



Birganj (Nepal)



Ahmednagar (Mah.)



Tokawade, Dist. Pune



Georai, Dist. Beed (Mah.)



Varanasi



Laddugaon (Odisha)



Sangrampur, Dist. Jammu



Rewari (Haryana)



Badarpur (Delhi)

We are unable to publish all the photos due to lack of space. For many more photos, please login to www.ashram.org/sewa.

Winners of the Rishi Prasad Quiz Contest – October 2022

• First category •

• Second category •

• Third category •

• Fourth category •



(First)



(Second)



(Third)



(First)



(Second)



(Third)



(First)



(Second)



(Third)



(First)



(Second)



(Third)

Ruchita Chaudhari Pune Samridhi Saraswat Jodhpur Shivaji Singh Tikamgarh Naman Dayma Rewari Rishiraj Dangi Rajgarh Vandna Sharma Rewari Madhur Vashnaya Aligarh Rekha Kumari Kanpur Rajuram Mahendragarh Navanit Dhameja Sitapur Yogesh Shinde Surat Neelam Alwar

Date of next contest: 8th January 2023

For further information, please contact: 9484641651

For online registration, visit the website: www.rpgp.rishiprasad.org today, and register for free. Read Rishi Prasad and win numerous prizes!

Owner: Sant Shri Asharamji Ashram Publisher: Dharmesh Jagram Singh Chauhan Printer: Raghavendra Subhashchandra Gada Place of Publication: Sant Shri Asharamji Ashram, Motera, Sant Shri Asharamji Bapu Ashram Marg, Sabarmati, Ahmedabad- 380005 (Gujarat) Printed At: Hari Orn Manufactures, Kunja Matralion, Paonta Sahib, Sirmour (H.P.) - 173025 Editor: Shrinivas R. Kulkarni