



We need an energy level of 8,000-10,000 Bovis Units. If we get more, it is very good for our spiritual elevation. Scientists are astonished to find that those who do japa of Omkara have 70,000 Bovis energy, and the swastika symbol has one million Bovis energy. - Pujya Babuji (Read page 22)



Subramanian Swamy ✓

@Swamy39

Asaram Bapu has suffered this bogus case because of three highly placed politicians: Two from Gujarat and one from Italy.

Asaram Bapu has suffered this bogus case

because of three highly placed politicians: Two from Gujarat and one from Italy.

- Dr. Subramanian Swamy, an Eminent Jurisprudent



What is the glory of Satsang ? 11

Special points for debt-clearance and wealth gain 33



A sattvic food that is a rich source of protein 30

Healthy panak is beneficial for all in the summer season 32

What to do if the mind is not fixed? 8



Secrets to a happy life



“Not recalling the past, not worrying about the future, and being equanimous in the present pleasures and pains are the marks of a liberated person.”

– Pujya Bapuji

गते शोको न कर्तव्यो भविष्यं नैव चिन्तयेत् । वर्तमानेन कालेन प्रवर्तन्ते विचक्षणाः ॥

“We should not fret for what has passed, nor should we be anxious about the future; men of discernment deal only with the present moment.”

Wise people live in the present; that is the secret of their happy life. Keep your present perfectly good. If your present is good, then your past and future are also good. The present itself becomes the past. Past means what has passed. The present moment at this time will be the past of the next moment. Well, then what has become the present moment will become the past in the next moment. Is it clear? In this way, if you spend the present moment nicely, your past moment will also be altogether good. Good, good, good there will be a series of good moments. Even if you look at the next moment, there will be a series of good, good, good (moments). The coming moment has no other way. What is the path of the future moment? When the future comes, it must come only as the present. Therefore, the future will be coated with the sweetness you have in the present. Your future will become sweet. Quinine pills will also become sugarcoated for you. If at present you have thoughts of happiness, then the past and future will not be able to distress you. If your present is totally satisfactory, if at this moment you have no compunction about yourself: ‘Why did I do this in the past?’ ‘Why did not I do that?...’ and if at this time there is no desire to get or not get something in the future,... then rest assured, your entire life will pass happily and peacefully.

Honest disciples devoted to service are gods on earth!

– Pujya Bapuji

Satsang shows us the path that emancipates not only us, but our twenty-one generations.

बिनु सतसंग न हरि कथा तेहि बिनु मोह न भाग ।
मोह गएँ बिनु राम पद होइ न दृढ़ अनुराग ॥

“Except in the company of saints, there is no talk of Shri Hari, and one cannot be rid of error except through such talk. And till one’s error is dispersed, one cannot have deep-rooted affection for Shri Rama’s feet.”
(Shri Rāma Charita Mānasa, Uttara Kanda: 61)

When we go by foot, to a place where *satsang*-discourses are delivered by a Self-realized great man, then we get the merit of performing a *yajna* at each step.

Three things are required to become great: hearing *satsang*-discourses on Vedanta, enthusiasm, and faith. If even the smallest person has these three qualities he can accomplish the biggest task. Fortunate are those who seek and find the chance to become a bridge between a saint and society by doing the service of providing *satsang* to others and thereby making their lives blessed.

There are two kinds of gods: gods on earth and gods in heaven. Heavenly gods enjoy pleasures by spending their religious merits. An honest disciple is a god on earth. The disciple who applies his body, mind, and wealth to the divine work of his *SatGuru* is considered to be a god on earth. The god of heaven enjoys pleasure by spending the fruit of his religious merits, but the god on earth gets divine joy by destroying his sins. Those who perform devotion to God, enable others to do the same, and become helpful in that and in

the distribution of divine joy, are very virtuous.

An almonry to satiate the hunger of individual souls

Suppose someone has opened an almonry (for daily distribution of food to the poor). A place where anyone like, saints, the poor, hungry people, or guests, come and get food is called an almonry. If anyone donates two mounds of wheat to an almonry, will he get religious merit or incur sin? What will happen if someone sends two mounds of rice or *dhāl* (split pulses)? He will earn religious merit. Oh! Leave *dhāl* and rice; even if he sends a seer (900 grams) of tamarind or salt, he will only get religious merit because it has been sent to an almonry where the hungry go to eat. The body is hungry for bread and water, but the individual soul

is hungry, not for bread, but for Self-realization. The individual soul will wander in 84 lakh species until its hunger for Self-realization is satisfied. The hunger of a person eating in an almonry gets satisfied for only four hours. Even then, the person sending tamarind, salt, rice, and ghee gets religious merit. But who can count the religious merit earned by those who participate in the service of the almonry which satisfies the individual souls, hungry for countless lives? They are considered the gods on earth. Not only they but their families also get emancipated.

कुलं पवित्रं जननी कृतार्थ
वसुन्धरा भाग्यवती च तेन ।

“His lineage becomes pious, his mother becomes fulfilled, and the earth on which he treads becomes fortunate.” →



Breaking bad habits is heroism – Pujya Bapuji

People think, “I am the body.” And its name is real, and engage in that alone. Its honour should be preserved. We are toiling lest someone say, ‘He did not do this’, ‘he did not discharge his duty.’

The more the equanimity and the less the attachment and aversion, the greater the person; and the more the deceit and vengeful attitude, the lower the person. Revenge, taking vengeance and harbouring attachment and aversion are the marks of a base internal organ (mind). To remove the meanness of a mean mind is an act of bravery. Its habit should not be satisfied. For example, if an individual wants to take revenge on someone, and you make him successful in it. Then you ask him, “Are you happy now?”

Although he/she might say ‘yes, I am happy’ but actually his/her meanness, by taking revenge is increased. Learn to forgive in order to remove enmity from your mind. This is why even great kings renounced their kingdoms and begged for alms. If they were insulted while begging for alms, they would teach their mind, ‘dear child, bear it. It is the body that gets honour and insult. Don’t think that the kings were asked to beg for alms because they didn’t get food. No, it was just to remove the attachment and break their habit of getting worshipped, praised, and taking revenge.

Angulimāl became a disciple of

Mahātmā Buddha. He went to beg for alms. Someone recognized that he wore a garland made of the chopped fingers of his uncle. Someone else recognized him as the murderer of his nephew, and so on. Thus, instead of giving him alms, the mob hurled stones at him and broke his head, yet he remained silent as he was taught by Buddha: “Show compassion to all beings and wish good of everybody.”

As a result of following his Guru, he got his head broken instead of getting alms. Buddha asked: “What happened?”

He replied: “I was a robber. I used to cut off the fingers of many people and wear the garland made of those fingers. Now, going there to beg for alms, they stoned me to take revenge, and I was injured.”

Angulimāl remained calm despite all this. Buddha recognized the absence of a vengeful mentality in him and said: “Wāh! You have done the act of many lives just now.”

He replied: “O Lord! It is your grace.”

Buddha: “My grace descends on many, but you have digested it.”

Thus, remove the vengeful attitude, laziness, and bad habits. You will progress only if you break your bad habits. Otherwise, even after listening to all these *Satsang*-discourses, if you watch movies secretly, then what can my *Satsang* do? Not all, but some people eat bazaar →



What is your real embellishment? – Pujya Bapuji

What is the best ornament among ornaments? Good character. One cannot attain that bliss, that peace, that contentment, and that merit from all types of external wealth, that he can get from the virtue of good character. Despite possessing the pleasures of royal opulence and the heavenly pleasure garden (*Nandanvana*), Indra, the king of heaven, could not experience the kind of bliss and cheerfulness that Prahlāda, endowed with good character.

Those who possess good character can remain joyful, both in the presence of external materials as well as in the absence of the same. However, those lacking good character, remain distressed

both in the presence of external materials and even when they become paupers.

The son of an emperor fell in love with the princess of their enemy, and he started living with her in seclusion. As he was the only son of his father, his father was deeply distressed. His only wish was that 'May my son, by any means, return home'. The father was lying on his death bed, and he sent his son a message 'please come back to me only once.'

The prince said to his wife, "My father is remembering and missing me; let me visit him once. If he gets well, he will be pleased with me, and if he departs, I shall become king."

His wife said, "If you become king, what will become of me?"

The prince said, "I am giving you this ring on which my name is engraved. I shall not forget you and summon you to join me, then you will become my principal queen."

The wife permitted him to go.

He returned to his father. The king said, "My son, I am breathing my last breath on my death bed, and you are my successor. If you follow my one counsel, I can die peacefully. I do

not expect anything else from you; just obey my one word, after all I am your father. He narrated the examples of great men to his son- 'Remember Bhishma! What was there that he did not do for his



father? What didn't Shrivatsa Kumār do for his parents?" After his father reminded him of several sons who were devoted to their fathers or parents, the son's mind became sanctified.

He said, "Alright! I shall obey one word from you, whatever you say."

Father said, "Marry the daughter of the Gandharvarāja and take charge of my kingdom."

The prince agreed to marry Gandharvarāja's daughter.

Mahārāj! He got married. He got the daughter of the Gandharvarāja as his wife and started ruling his inherited kingdom. He completely forgot about his former

Why is the Swastika significant?

(Continued from the previous issue)

The method to draw a Swastika, and its benefits

As per Pujya Bapuji's ambrosial *satsang*-discourses, "While drawing a Swastika, two lines, one horizontal – from west to east and another vertical – from north to south should be drawn in such a way that they form a plus (+) sign, intersecting each other exactly in the centre. Then, as shown in the picture, draw four arms that bend towards the right angle in a clockwise direction, each starting from one of the four endpoints of the plus (+) sign. Many people draw these arms in the opposite direction (anticlockwise), which produces opposite effects. One dot should be placed in the middle of each of the four open areas (each formed by two arms) of the Swastika, and one dot should be placed in the centre of the plus (+) sign (where the lines intersect).

If a Swastika is drawn properly using a mixture of five things – *gojharan* (cow-urine extract), *Gangā-jal* (sacred water from the River Ganges), *kumkum* (vermilion powder), turmeric, and *attar* (essence extracted from flowers), its effect will increase. By virtue of divine law and the above-mentioned five things, a Swastika will gain the power to transform the negative energy of the environment into positive energy. Hang the Swastika on the wall of your house, and the *vāstu-defects* will be removed. If there is a *vāstu-defect*

in the house, then have the Swastika symbol etched on a marble slab. After applying this mixture of the five things onto the Swastika, bury the marble stone in one of the corners of the house. This will overcome problems occurring due to *vāstu-defects* (of your house). This will also help ward off family strife and disease from the house.



If you keep or make such a Swastika at the place of your *sādhana* (spiritual practice) and while sitting on it, do devotional practice and meditation, you will make significant progress in your *sādhana*. Keep a piece of cloth (with such a Swastika drawn on it) under your bedstead or draw such a Swastika on the floor, as it suits. This energizing Swastika will help you. The *darshan* of *Omkār* (ॐ) or Swastika gives joy and energy.

Dr. Diamond, after extensive study and research, said that 'gazing at a Swastika increases Life Energy'. All thanks to Hindus who, for millions of years, have been making Swastika symbols at the time of any auspicious work. *Darshan* of a Swastika increases your *sattvic* aura, elevates your mind and *prāna*, and also augments your Life Energy.

Why is the Swastika so significant?

A French physicist Antoine Bovis invented an instrument, which can measure the life force energy level of any substance, food, medicine, environment, living beings, objects, or geographic places; and named it the Bovis scale (Bovis Biometer). The instrument showed an average life force →

Bapuji taught the importance of Yogasana

(In September 2022 Rishi Prasad, we knew how to include Yogāsana (Yogic postures) in our daily routine to remain healthy. **Moving forward...**)

Pujya Bapuji said in the *Satsang*-discourse that any āsana suited to the body of a person is the best for that person. There are 8,400,000 āsanās, out of which 84 are excellent, and out of those, 32 are main – Padmāsana, Siddhāsana, Mayurāsana, Pāda Pashchimottānāsana, Shavāsana, Vajrāsana, etc. (Information about the direction and benefits of some of the āsanās will be published in future editions of Rishi Prasad, or read the book ‘Yogāsana’★)

In the current era, people don’t have time to do all the āsanās, but doing some every day will be beneficial.

To keep *Sāttvikā* (purity), one should eat foods that are nutritious and easy to digest, and less of those that are oily, hot, spicy, fried, or salty.

Āsana is also necessary for Sāadhanā

While doing *Sāadhanā*, sleep overpowers the aspirant. There are two types of sleep.

(1) Gross form of sleep

(2) Subtle form of sleep (*Tandrā*): Here you won’t fall asleep but will feel drowsy. You don’t know the completed number of *mālās*.

★ This may be obtained from *Sat-sāhitya Sewā Kendras* in Sant Shri Asharamji ashrams and from the *samitis*.

Āsana helps to overcome gross sleep and *Prāṇāyāma* helps to overcome drowsiness.

Observe some rules while doing Āsanās

Āsana-*Prāṇāyāma* should be done on an empty stomach. Use a blanket, mattress, or carpet made of a material that is a non-conductor of electricity.

Don’t eat immediately after doing *āsanas* and *Prāṇāyāma*, and avoid a long delay in eating. Eat after 30-45 minutes.

Have a nutritious breakfast like a tomato, or if it is not suitable, then 1

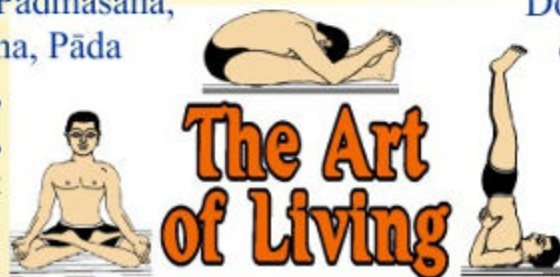
or 2 okra, a sweet apple, or an orange. If available, consuming an apple is better, but it should not be sour.

One who eats 1 red, sweet *Panchamukhi* apple daily does not get troubled having to visit ayurvedic physicians, hakims, or doctors. It helps keep the health safe. Red and sweet apples are extremely beneficial for the body. They strengthen the heart and brain, improve blood formation, prevent heart attacks, and nourish neurons.

Tea and coffee are always harmful, but consuming them immediately after doing *āsana* is like digging one’s own grave. Hence never consume tea or coffee after doing *āsana*.

After doing *āsanas*, spend a few minutes in inner peace, self-inquiry, or reading spiritual books. Or visualize on

(Continued on page: 32...)



Āsana is the third limb of yoga

The good qualities, bad qualities, uses, and recipes of various split pulses

The best source of protein

Protein is the nutrient essential for the growth of the body. It plays an important role in maintaining the health of the cells, their regeneration, and the structure of blood, skin, muscles, ligaments, digestive juices, and hormones. Special proteins known as antibodies, protect the body against different varieties of infection.

Various problems arise due to taking an inadequate amount of protein, like irritability, dry skin, vertical ridges on the nails of the hands, hair loss, weakness, and fatigue, delayed wound healing, swelling of the feet (pedal edema), impaired immunity, retardation of physical growth and mental development of children, and weakness of muscles and bones.

The capacity of the body to store proteins is limited, so protein should be regularly replenished through diet. The daily requirement of protein increases for children, teenagers, and pregnant mothers.

Some people eat meat to fulfill the deficiency of proteins, but there is no need to lose your humanity and *sattva-guna*, essential to the attainment of the ultimate goal of human birth. Split pulses are *sattvic* food as well as a rich source of proteins.

Split pulses are a good source of antioxidants, folic acid, vitamin E, and minerals like potassium, magnesium, iron, zinc, copper, manganese, etc., as

well as protein. These protect against diabetes, obesity, cancer, and cardiovascular disease due to their bioactive constituents. Being a good source of prebiotics, they promote the growth of beneficial bacterial flora, thereby helping with various problems related to the digestive system.

Benefits of different types of split pulses in various diseases

* **Green gram** (Mung beans), lentils,

moth beans (*Phaseolus aconitifolius*): Help in indigestion, fever, diarrhoea, dysentery, menorrhagia, piles, leucorrhoea, etc.

* **Horse Gram** (*Kulthi*): Helps in Kapha-related illnesses like asthma, cough, chronic cold, etc., renal stones, worm infestation, arthritis, and rheumatoid arthritis.

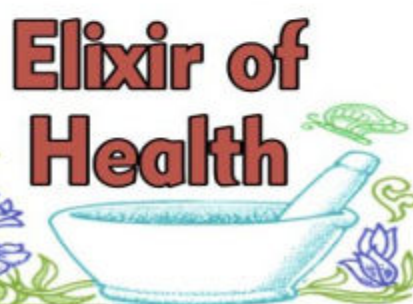
* **Bengal gram (chickpea)**: Helps in disease originating from an increase in Kapha and *Pitta*, and blood disorders.

* **Pigeon peas**: Pacifies *Kapha* and *Pitta*.

* **Black gram**: Helps especially in pacifying *Vāta*, increasing weight, increasing virility, increasing lactation in lactating mothers, and treating facial palsy.

Important points about the consumption of split pulses

* Various split pulses like green gram, lentils, moth beans, chickpeas, pigeon peas, haricot beans (*Phaseolus vulgaris*), black gram, peas, horse gram, lablab





In this, you will find: * A compilation of important inspirational incidents of Pujya Bapuji's life * Detailed information about various good activities carried out by the Ashram.

₹ 4

Sanjivani Rasa: revitalizing, antioxidant, immunity booster, gives vitamin B12

* Manufactured from cow-urine extract, Sanjivani Rasa is a sweet, aromatic drink. * 1 litre of this Rasa provides approximately **9 mg of gold**, and **5 mg of silver**, which play an important role in building the body, nourishing the brain, and **promoting the intellect**. * It is a rich source of B-Complex vitamins including B12; minerals like calcium, iron, potassium, etc. * **Shilajit** present in it is a rich source of **humic acid** and **fulvic acid**, which are detoxifying, antioxidants, and revitalising. * As well as providing relief from numerous problems like obesity, anaemia, liver disorders, renal stones, AIDS, etc., it is beneficial in preventing serious diseases like cancer, heart blockage, paralysis, etc. (Reduce the dose if it seems hot in potency.)



₹ 140
700 ml

Shahabi dates: highly nutritious and healthy

These dates pacify *Vāta* and *Pitta*, and uproot 140 types of disease. They are rich in proteins, calcium, potassium, iron, magnesium, phosphorus, and fibre. These dates give instant energy and vigour; promote blood formation, muscles, semen, complexion, and relief from constipation; they strengthen the heart and brain. Dates can be consumed throughout the year.



₹ 150
1 kg

Homeo Diaba Care

As well as controlling diabetes, it is extremely beneficial in disease caused by diabetes, like polyuria, excessive thirst, physical and mental debility, and fatigue.



₹ 95
60 tablets

Āmlā Bhringraj Kesh Tel

It prevents hair loss, premature greying, dandruff, headache, mental debility, etc. It strengthens the hair roots and makes the hair longer and shinier. It helps keep the brain cool and enhances memory power.



100 ml - ₹ 50
200 ml - ₹ 95
500 ml - ₹ 225

Blood purifying and Pitta pacifying Neem Arka

It is extremely beneficial in treating ringworm, itching, eczema, acne, and chronic skin disease. It is an excellent anthelmintic, reduces burning sensation, pacifies pitta, and prevents hair loss. It helps in jaundice, anaemia, haemorrhagic disorders, hyperacidity, vomiting, gonorrhoea, herpes, metrorrhagia, endometritis, bleeding piles, and diseases of the liver and eyes.



₹ 30
210 ml

Sadābahār Tel

It helps in the problems like hair loss, premature greying, baldness, dandruff, etc. It helps make the hair darker, denser, and shinier. Its special feature is that it grows hair even on the bald head.



₹ 65
100 ml

Cooling, wholesome, and nutritious drinks

Litchi Drink: Removes debility, nourishes the body, and improves digestion. **Apple Drink:** A tasty drink rich in nutrients for sound health. **Pineapple Drink:** Increases immunity, digestive power, and eyesight. **Mango Oj:** Increases the seven *dhātus*; an excellent heart tonic.



₹ 85
wt. 1040 gm
1 litre

₹ 70
wt. 1040 gm
1 litre

₹ 70
wt. 1040 gm
1 litre

₹ 70
wt. 1045 gm
1 litre

wt. = Net weight

The above-mentioned products can be obtained from Sant Shri Ashramji Ashram stalls and service centres of the Samitis. For information about other products and their detailed benefits, etc., and to receive the products by registered post, please download from Google Play Store: "Ashram eStore" App or visit: www.ashramstore.com or contact: (079) 61210769. E-mail: contact@ashramstore.com



Mahila Utthan Mandal organised Sanskriti Raksha Yatras across India and handed over memoranda demanding the release of Puja Bapuji.

RNI No. GUJENG/2001/2779

RNP No. GUJ-618/2021-23

(Issued by SSPOs Ahd, valid upto 31-12-2023)

Licence to Post without Pre-payment.

WPP No. 12/21-23

(Issued by CPMG UK, valid upto 31-12-2023)

Posting at Dehradun G.P.O. between 1st to 17th of every month.

Date of Publication: 1st April 2023



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

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 Om Manufactures, Kunja Matralion, Paonta Sahib, Sirmour (H.P.)-173025 Editor: Shrinivas R. Kulkarni