

RISHI PRASAD

You can also
become such a gem
among men.

(Page 24)

Even a single child, if
determined, has the hidden
power to shake the
world. My Guruji



Bhagavatpāda Lilāshāhji Mahārāj

Bhagavatpāda Lilashahji Bapu was determined
to attain God in his childhood, and he could do
so much good to worldly people! You also
resolve that "I will meditate on God
and chant God's name. God is mine
and I am God's." – Pujya Bapuji

Pujya Sant
Shri Asharamji Bapu

••• Three aphorisms on Fulfillment of Life ••• (Read page 4)

Detach
and
attach



Bhishma Ji
detached reality from
his body and
attached his heart to
Shri Krishna.

Empty
and
fill



Keep emptying your
mind of passion and false
identification with the
body, and keep filling it
with divine love, divine
bhāva, divine meditation,
and divine relationship.

Re-
member
and
forget



Remember the work
that you are supposed
to do, and once you've
done it, forget the
sense of
doership.

32

When
I failed,
Rishi Prasad
performed
a miracle!



A vrata that removes
great sins, and purifies.

(Yogini Ekadashi: June 14)

28

A miracle of
Guru's grace
and divine
therapy

27

The sight of my Murshid is like
millions and crores of hajjes for me!

– Sufi saint Hazrat Sulṭān Bāhu

26

Immunity
booster, healthy
watermelon peel

30



RISHI PRASAD

Year: 23 Issue: 03
Continuing Issue: 365
Language: English Price: ₹ 7
Publication Date: 1st May 2023
Number of pages: 36 (including cover pages)

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 Babu Ashram Marg, Sabarmati, Ahmedabad-380005 (Gujarat).
Printed At : Hari Om Manufacturerees, Kunja Matralion, Paonta Sahib, Sirmour (H.P.) - 173025.
Editor : Shrinivas R. Kulkarni
Co-Editor : Dr. P.K. Makwana
Patron: Shri Surendranath Bhargava, Former Chief Justice, Sikkim High Court, Former Chairperson, Human Rights Commission (Assam & Manipur), Former Justice, Rajasthan High Court

Please don't send your membership charges or any other type of payment in cash through registered or general post. We will not be responsible for any amount lost in transit under such modes. Send your money only through Money Order or Demand Draft (In the name of 'Hari Om Manufacturerees' and payable at Ahmedabad).

Address for Correspondence:
'RISHI PRASAD' Sant Shri Asharamji Ashram, Sant Shri Asharamji Babu Ashram Marg, Sabarmati, Ahmedabad-380005 (Gujarat).
Ph. : (079) 27505010, 27505011, 61210888
Only for 'Rishi Prasad' Enquiry: (079) 61210742
9512081081 'Rishi Prasad'
ashramindia@ashram.org
www.rishiprasad.org www.ashram.org

Subscription Fees (incl. postage)
For English, Hindi, Gujarati, Marathi, Telugu, Odia, Kannada and Bengali Editions (In India)
1. One Year ₹ 75/-
2. Two Years ₹ 140/-
3. Five Years ₹ 340/-
4. Lifetime (12 Years) ₹ 750/-

In SAARC Countries (All Languages)
1. One Year ₹ 600/-
2. Two Years ₹ 1200/-
3. Five Years ₹ 3000/-
4. Lifetime (12 Years) ₹ 6000/-

Abroad
1. One Year US \$ 20
2. Two Years US \$ 40
3. Five Years US \$ 80
4. Lifetime (12 Years) US \$ 200

Opinions expressed in this publication are not necessarily of the editorial board. Subject to Ahmedabad Jurisdiction.



In This Issue...



* Three aphorisms on Fulfillment of Life	4
* He attained the truth without words	5
* Why is <i>Brahma Jnana</i> important?	7
* Treat the internal body as well as the external body	11
* My Gurudev removes defects with his grace and kindly encourages us!	14
* The Real Sanjivani	17
* Teasing a brother disciple caused an obstructive destiny	18
* I never forgot the words of my mother	19
* Why have you come into this world?	20
* True <i>Kalyana</i> of an individual is not possible without a SatGuru	21
* Which beauty brings about spiritual good?	22
* Worship a perfect Guru – Sant Teunrām Ji	23
* You can also become such a gem among men	24
* Benedictory experiential words of Saints	26
* A miracle of Guru's grace and divine therapy – Rinku Dalāl	27
* A vrata that removes great sins, and purifies	28
* I will serve Rishi Prasad till my last breath – Shiva Kumar Singh	29
* Immunity booster, healthy watermelon peel	30
* Special memory boosting recipes	31
* Prevention and cure of heat stroke	31
* When I failed, Rishi Prasad performed a miracle!	32
* Vijayā Saptamī destroys great sin and gives great fruit	33
* For prosperity and happiness in the home	33
* A Mantra for Learning and outstanding Erudition	33
* A panacea easily accessible to all	34

Pujya Bapuji's Satsang on Various Channels

 Daily 6.30 am & 11.00 pm Tata Sky/Play (Channel No. 1170) & Various Cables of M.P., C.G. & U.K.	 Daily 10.00 pm 'Digiana' Cable (Channel No. 109) in M.P.	 Mangalmay Digital	 Asharamji Babu	 Asharamji Ashram
Ashram's Official Youtube Channels				

Download: Rishi Prasad App (for Rishi Prasad online subscription), Rishi Darshan App (for Rishi Darshan video magazines subscription) & Mangalmay Digital App

He attained the truth without words – Pujya Babuji

One day, Mahātmā Buddha was sitting outside his cottage. His disciple, Ānanda was inside. A person arrived and said, “I have come to you to hear something that cannot be said. I have come to understand that which cannot be explained. I have come to know *that*, whose knower ceases to exist.”

He looked at Buddha with overwhelming emotion and gratitude. Buddha looked at him then closed his eyes, and the man also closed his eyes.

Ānanda was watching from a distance, and wondered, “That person is silent. Buddha’s hands aren’t moving, his lips aren’t moving, what is happening?” It is possible that Buddha is meditating and that person seems to be lost in his own realm of imagination.”



Bhagavān Shri Krishna said:

प्रशान्तात्मा विगतभीर्ब्रह्मचारिव्रते स्थितः ।

मनः संयम्य मच्चित्तो युक्त आसीत् मत्परः ॥

“Serene-minded, fearless, firm in the vow of a Brahmachāri, having controlled the mind, thinking of Me and balanced in mind, let the yogi sit, having Me as his supreme goal.”

(The Gītā: 6.14)

Serene-minded, not only calm, serene-minded..One may become calm for a little while, but here it has been said to be perfectly

serene. As a Brahmachāri revels in his Guru’s ashram, similarly, reveling in the state of being at rest, without exertion, is being serene. Throat-cutting competition, a hectic life, with the thoughts of this and that problem... No.

(please turn the page)

→ (Consciousness); may I live in Your Light. I belong to You; You belong to me. This physical body is not mine, nor are relations mine’ – will start the process of detaching and attaching in your life.

Empty and fill

Keep emptying your mind of passion and false identification with the body, and keep filling it with divine love, divine *bhāva*, divine meditation, and divine relationship – whichever form of the Divine you love, regardless of whether the Divine revealed within the Guru, or is overflowing from the internal organ (heart) of Lord Krishna. Empty your mind of the sense of doership, and fill it with witness attitude. Empty the mind of the materials consisting of thought-

waves of pleasure and pain, and fill it with equanimity. Empty the intellect of the *saṁskāras* (latent impressions) of regarding honour and insult as real; and fill it with equanimity and the wisdom that ‘honour and insult are a dream.’

Remember and forget

Remember the work that you are supposed to do, and once you’ve done it, forget the sense of doership. Just remember the joy or sorrow that you experienced or any other consequences while doing the work and be alert, but forget its reality.

If you follow these three aphorisms in your life, your life will be fulfilled, the cycle of birth and death will end, and you will easily get established in supreme happiness.

Treat the internal body as well as the external body

Complete health is impossible without it.

The disease occurs in the two bodies – external (physical) and internal (mental, and vital body formed by *Prāṇa*). Treatment is given to the external body, but the cause of the disease lies in the mental and vital body. If the internal body is not cured, the disease is not cured completely and becomes chronic. Malaria can relapse even after it has been cured.

Similarly, many diseases are partially cured, but recur after 2-5 years or transform into another disease. Many suffer even due to the side effects of the

medicine. Disease deteriorates the internal body, but treatment is given to the external body, so curative measures fail.

Ayurvedic physicians and doctors only have knowledge of the external body, so they treat or try to heal only the external body. However, it is essential to cure the internal body. The disease directly attacks the internal body. **Medicine is not a radical cure for disease. Complete health is possible only through Vedic mantras.**

Various measures, mantras, and methods for the cure of various diseases are mentioned in the *Yajurveda* and *Atharva Veda*. Listen to, or do *japa* of a specific mantra for a specific disease, this will produce vibrations necessary to heal the mental and vital bodies and the person will regain health. The

effect produced by – Pujya Bapuji taking medicine for six months can be produced by mantra sound in six days.

The mantra will remove the root cause and pacify the three doshas

Some mantras have the power to end all types of illness, be it *Pitta*, *Vāta* or *Kapha* related. A *Vāta*, *Pitta*, or *Kapha* dosha imbalance causes illnesses of 80, 40 and 20 types, respectively. Some illnesses are also caused due to the imbalance of two doshas.

This is the reason all minor and major illnesses arise, but the root cause of all and every illness is an imbalance of *vāta*, *pitta* and *kapha*.

And if the mantra strikes at the root of the illness, balance is regained!

This special mantra can cure all diseases caused by an imbalance of *Vāta*, *Pitta*, and *Kapha*. The Mantra is:

त्र्यम्बकं यजामहे ऊर्वारुकमिव

स्तुता वरदा प्र चोदयन्ताम् ।

आयुः प्राणं प्रजां पशुं ब्रह्मवर्चसं

मह्यं दत्त्वा व्रजत ब्रह्मलोकम् ॥

Trayambakam yajāmahe urvārukamiva stutā varadā prachodayantām |

Āyuh prāṇam prajāṁ pashum brahmavarchasam mahyam dattvā vrajat brahmalokam ||

It is a combination of three mantras, and hearing or reciting it cures all types of disease.

A girl was brought to me from Rishikesh to have my *darshan* for the last time. Her parents carried her to me.



Which beauty brings about spiritual good?

It is a natural human instinct to be easily attracted towards beauty, but attraction towards worldly beauty gives rise to the tendency to enjoy sense pleasure, thereby entrapping one in the clutches of lust which results in sorrow, affliction and bondage, because it is born of delusion.

Therefore, one must be attracted to that Supreme Self (God) who is the creator of worldly beauty. Then this attraction is real, not unreal. Because this attraction is towards that supreme beauty which is formless and attributeless, yet it is also manifested with form and attributes, matchless; and being Truth, Consciousness, and Bliss absolute, is present in all immobile and mobile beings.

We do not have to renounce our natural tendency of attachment to beauty, but rather transform it. Humans have the ability to make good use of their instincts or misuse them. This depends on one's discrimination. Instead of misusing the instinct of attraction towards external beauty, to make good use of it for our own highest spiritual good, Ratnāvali said to Saint Tulsidās:

हाड़ मांस की देह मम, ता में इतनी प्रीति ।
या ते आधी जो राम प्रति, तो अवसि मिटे भवभीति ॥

"I am just a bag of flesh and bones. Why are you so attracted to it? If you fall in love with the Lord with the same intensity, it will take no time for you to cross the ocean of transmigration."

If the natural, innate human instinct of attachment to external beauty is directed towards God or the great men who have attained God, then it leads to spiritual good, liberation. This is the uniqueness of

worshipping God with a form in the realm of Bhakti. Nobody is as great as God. When this concept is firmly grasped, one naturally turns away from attachment to the beauty of the world to that of any form of God with attributes. All devotees of God with any form and attributes have

purified and refined their instinct of attachment to external worldly beauty through this firm concept alone, and have thus enjoyed the sweetness of God's beautiful form. The devotee restrains the

mind-stuff (*chitta*) from taking various forms (*vruttis*) by practising devotion and meditation on the form of his presiding deity or Guru and attains to the climax of real love.

The entire creation of God is composed of the three *Gunas*. Only God has transcended the *gunas* (qualities). Hence, worldly beauty can also be divided into three categories – Sāttvic beauty, Rājasic beauty, and Tāmasic beauty. All these three forms of worldly beauty are found in Shri Rāma Charita Mānas.

(1) Sāttvic beauty: It is the beauty with divine qualities like austerity, radiance, purity, propriety of conduct, etc. Like the beauty of Sati (a chaste woman devoted to her husband), ascetic, sage, child, and others, the natural beauty of rivers, mountains, etc. The beauty of Bharata described in Shri Rāma Charita Mānas is a fine example of Sāttvic beauty.

सम दम संजम नियम उपासा ।

नखत भरत हिय बिमल अकासा ॥

"Control of the mind and senses, self-restraint, religious observance and fasting shone like so many stars in the cloudless →



You can also become such a gem among men

– Pujya Bapuji

Bāl Gangādhār Tilak studied in the fifth standard. A child ate peanuts in the classroom and threw the peel on the floor. It was British rule, under which Indians were oppressed and rebuked. The master came and said haughtily: “Who ate the peanuts?”

None of the boys replied, so the master ordered, “All boys hold their hands straight and come here.” He started hitting each one twice with a ruler. All the children were punished. Then Bāl Gangādhār’s turn came. The master said, “Straighten your hand.”

Tilak said, “As I didn’t eat the peanuts, I won’t be hit for this.”

All the children looked at him, thinking: ‘we accepted a beating out of fear, while he says, “As I didn’t eat the peanuts, I won’t be hit for this.” and he is standing courageously.’

It is good to be courageous. Isn’t it?

As a result, the master became enraged and began to reprimand Bāl Gangādhār, but this did not suppress him. The Master asked, “Why are you not fearful?”

“I do not lie. When I have not eaten the peanuts, why should I get punished by you?”

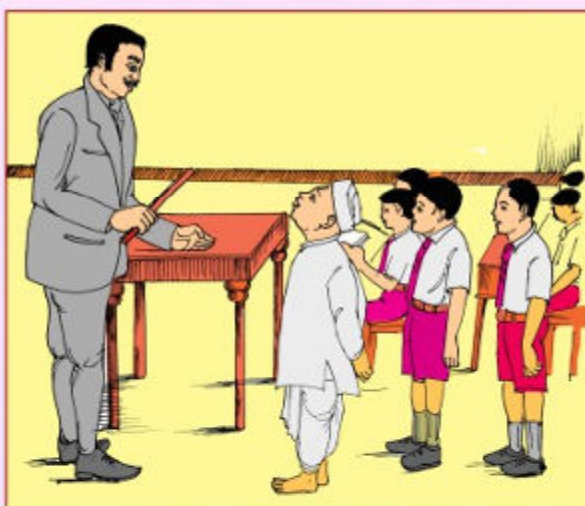
“Tell me, who ate the peanuts?”

“I don’t do backbite. **Lying weakens willpower, backbiting creates enmity, and talkativeness depletes energy.** I offer libations of water to the sun god and eat Tulsi leaves. And my mother worshipped

the sun god for 18 months with a resolve to beget a brilliant child who could combat the British tyranny. So, I am going to engage myself in the service of liberating India. I am developing noble thoughts as per my mother’s wishes. So why should I be oppressed by you?”

“How dare you speak against me? Shut up!”

Tilak said, “Why should I shut up? **Whoever oppresses should be afraid. When I do not oppress anyone, why should I be afraid of the oppressors?**”



The master became enraged and dragged Bāl Gangādhār Tilak out of the school. He went and told his father what had happened.

His father came the next day and said, “My son did not lie, did not eat peanuts and why should he backbite his friends? And you want

to suppress my son but he is not submissive. **Those who sit with their back bent and harass their parents or don’t get blessings from them become submissive. He salutes his mother and respects his teachers.** When you forced him to backbite, he did not do so. Thus, my son is innocent in this case.”

All the teachers agreed that Bāl Gangādhār Tilak was still so young – a 9-year-old boy. He became famous throughout the school. He will certainly become a gem among men and contribute to the freedom of India. And Bāl Gangādhār Tilak finally made it happen. And **whatever he liked and relished most, he would not eat alone, instead, he would**

A vrata that removes great sins, and purifies

The fast of Ekādashi is said to bring one closer to God. Yudhishtir asked Bhagavān Shri Krishna, “Lord! What is the name of the Ekādashi in the dark half of the month of Āshādh (Jyeshtha if the month ends on a new moon day). I want to know about it.”

Shri Krishna said, “The name of this Ekādashi is Yogini. Yogini is an ancient boat for those plunged into the ocean of worldly existence. It destroys heaps of sins, develops astounding intellectual abilities, and is capable of giving the desired fruit.

Kubera of Alkāpuri worshipped and meditated on Lord Sāmba Sadāshiva every day. A *Yaksha* named Hemamāli, an attendant of Kubera, would bring flowers to him for worship. Hemamāli’s wife was Vishālākshi and he was deeply attached to her.

Hemamāli went to collect flowers from Mānasarovar (lake), but instead of going to Kubera, and under the sway of cupid’s noose, he became so engrossed in his wife’s company that midday arrived and Kubera was still waiting for the flowers. When the worship was over, Kubera, the king of the *Yakshas*, became angry and asked the attendants, “*Yakshas*! Why hasn’t the wicked minded

Hemamāli arrived yet?” – **Pujya Bapuji**

The *Yakshas* said, “Whilst on his way he became distracted and went back home because he is deeply attached to his wife.”

Kubera came to know that he went home to satisfy his lust, and that was why he didn’t bring the flowers on time?

Kubera said to the attendants, “Go and get that wretched sinner, and bring him here.”

Having realised he was late, Hemamāli’s eyes were filled with fear. He stood in front of Kubera. Seeing him, Kubera cursed, “O sinner, O you of wicked conduct, you condemned the god (Shiva) so go and suffer from leprosy all

over your body, and fall from Alkāpuri and wander like a goblin.”

No sooner did Kubera say that than the *Yaksha* Hemamāli was struck by leprosy and fell from Alkāpuri. During that period, his heart was overcome by huge grief. His whole body was suffering from leprosy, but due to the efficacy of the service for Shiva’s worship, his memory was not lost. Though overpowered by sin, he remembered his old deeds.

While wandering, he went to the peak of Mount Meru. There he saw sage Mārkaṇḍeya. Due to his suffering and distress, he started praying while →



Yogini Ekadashi: 14th June

Notebooks & Registers

**Low price, high-quality,
and attractive design**
with well presented noble values

Salient points:

* Ambrosial quotes of Pujya Bapuji that inculcate virtues in students like self-restraint, good conduct, Self-knowledge, devotion, self-effort, dutifulness, etc. * Inspirational aphorisms on every page that instill in students virtues like self-confidence, regard for parents and teachers, etc. * Effective methods to develop physical strength, mental and intellectual power. * Tips to improve concentration and memory power. * Ways to excel in exams. * Scenes, photographs, and cultural symbols that bring cheer, zeal, and joy, and augment Life-Energy.

Students will easily get the right direction and good *samskāras* through these notebooks. Save tender-hearted children from the Life-Energy-depleting material published in ordinary notebooks.



Long Notebook pages 96	₹ 20	Long Notebook pages 248	₹ 65	A4 Long Register Pages 196	₹ 75
Long Notebook pages 128	₹ 30	A4 Long Register Pages 96	₹ 35	A4 Long Register Pages 292	₹ 110
Long Notebook pages 176*	₹ 45	A4 Long Register Pages 160	₹ 60	A4 Long Register Pages 388	₹ 150

* 'Long Notebook Pages 176' is also available in 2 lines, 4 lines, Square and 3-in-1.

Contact: (079) 61210732 (*Sāhitya Vibhāg*) Visit: <https://asharamjibapu.org/notebooks>



Dant Suraksha Toothpaste:

Gives total protection to your teeth. It cleans the teeth and strengthens the gums. Consistent use of this for a week or two prevents dental problems like gingivitis, bleeding gums, toothache, loose teeth, tooth decay, etc.



₹ 40
100 gm

Aloe-vera gel:

It softens and beautifies the skin. It protects the skin from pimple acne, dark patches, and wrinkles. It is equally good for both dry as well as oily skin. It protects the skin from harmful radiation and pollution.



₹ 50
100 gm

Healthy sherbets to fight the heat

Experience sweetness and strength in every sip



Gulāb Sherbet: Sweet and tasty; it removes physical and mental fatigue. **Palāsh Sherbet:** Helps in burning sensation, excessive thirst, etc., and increases tolerance to heat. **Brāhmi Sherbet:** Improves memory; helps keep the brain calm and cool.

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





A golden opportunity for the youth and well-wishers of the younger generation!

The book 'The secret of eternal youth' is a boon to youths. You can play a vital role in the good of your household, society, and nation by participating in the following service projects by delivering this book to youths!

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 May 2023

* Yuvādhān Surakshā Campaign (now in a new format)

* Tejaswi Yuvā Campaign * District-level 'Tejaswi Yuvā Shivr'

Contact: Yuvā Sevā Sangh Headquarters, Sant Shri Asharamji Ashram, Ahmedabad.
Phone: (079) 61210761, 61210888 For detailed information, please scan the QR code:



Sevā-Sādhānā Anushthān Shivr, Mālā-worship, and Rishi Prasad Conference held at Rayta



Mālā-worship



Resolved to serve, they obtained Bapuji's beautiful photographs.



Mālā-worship and Rishi Prasad Conference held in Karol-Bagh Ashram, Delhi

Mālā-worship and Rishi Prasad Conference held in Nashik



Resolving to deliver Gura-jñāna to the masses.



Mālā-worship



Rishi Prasad Jñāna Contests being held in different places, presented with attractive prizes

• Nagpur •



Vikrant Kale

Vibha Pisalkar

Varsha Keshwani

Gauri Asawar

Chandani Asawani

• Pune •



Omkar Gadge

Revansiddh Gadge

Rajesh Sachdeva

• Vadodara •



Nikhil Bhagat

Rishi Amin

Salil Vishwakarma

Krishna Mahida

Pinal Patel

• Pune •



Indira Bondre

Anil Ambike

Vikas Kumar

• Patna •

To participate in this contest, scan this QR code to install the RGP – Rishi Prasad App.

Contests are also being held in your locality; please contact your local Rishi Prasad office or the headquarters for the dates.



Bāl Sanskāṛ Sevādhāri Shivr held in Ayodhyā on Rāma Navami; literature and sherbet distributed



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

To subscribe to the ashram's monthly publications – Rishi Prasad, Rishi Darshan, and Lok Kalyan Setu, please scan:



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, Saharnati, Ahmedabad- 380005 (Gujarat) Printed At: Hari Om Manufactures, Kurja Matralion, Psonta Sahib, Sirmour (H.P.) - 173025 Editor: Shrinivas R. Kulkarni