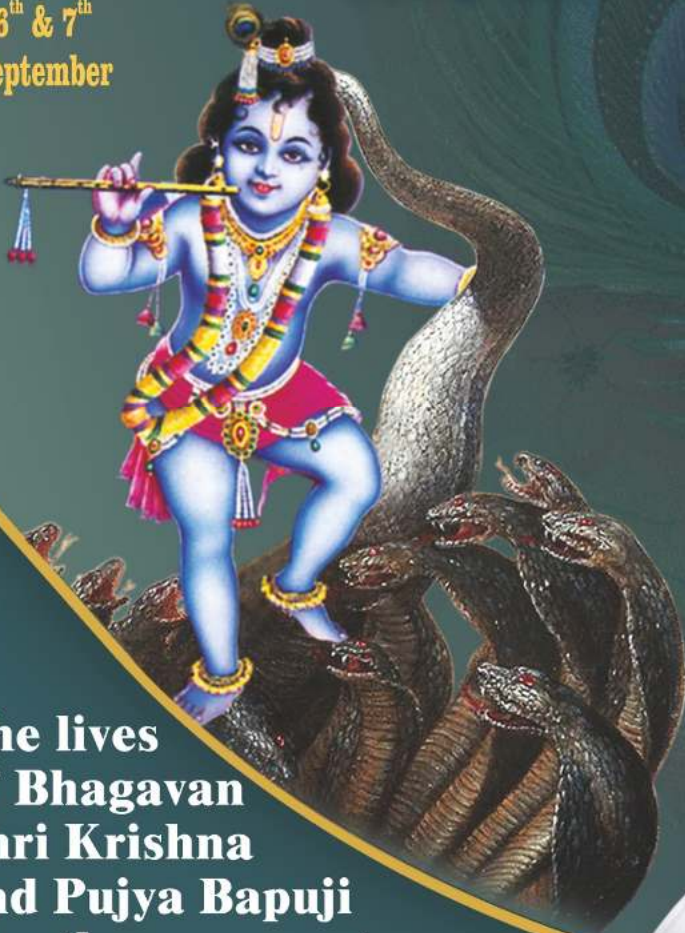


**Shri Krishna
Janmashtami:
6th & 7th
September**

RISHI PRASAD



Pujya Sant Shri Asharamji Bapu

**The lives
of Bhagavan
Shri Krishna
and Pujya Bapuji
give the message to
lead a joyful life, sharing
and radiating bliss amidst the obstacles and hurdles of life.**

'Rāma is in me. Rāma is in you. Rāma is in everyone. Love everyone; no one is a stranger.'

Living the message of Pujya Bapuji on Raksha-Bandhan

**Rakshā-Bandhan
August 30**



Soldiers



Gurukuls



Old people's homes



Jails



Deaf and dumb schools



Orphanages



**Do's and Don't's during
Chaturmasa**

4



**Darkness will vanish, the sun will rise, and Bapuji will
get justice. – Mr. Milind Ekbote Ji, President, Samasta Hindu Aghadi**

10



**Do's and Don'ts
on Ganesha Chaturthi**

10

**Consecrated prasada
cured a fatal disease.**

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**For quick debt-clearance &
To remove the Pitri Dosha**

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What to eat and what not to eat in autumn?

30

**For problems originating
from Pitta**

31

**An excellent healthy formulation:
Bitter gourd and Amla juice**

31



Devotees expressing gratitude at the Guru's Lotus-Feet on Guru-Purnima



Jodhpur



Ahmedabad



Surat



Bhairavi (Guj.)



Lucknow



Varanasi



New Jersey (USA)



Rajnandgaon (CG)



Gondia (Mah.)



Gorakhpur (UP)



Kathmandu (Nepal)



Bhopal



Karolbagh (Delhi)



Balangir (Odisha)



Godhra (Guj.)



Bemetara (CG)



Vapi (Guj.)



Bhubaneswar



Sagar (MP)



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RISHI PRASAD

Year: 23 Issue: 06
Continuing Issue: 368
Language: English Price: ₹ 7
Publication Date: 1st August 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 Bhagava, 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

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4. Lifetime (12 Years) US \$ 200

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Self-knowledge is superior to worldly knowledge

There are two kinds of knowledge, one is bread-winning knowledge, useful for survival of the body – worldly knowledge. The other is heart-filling knowledge – Self-knowledge. Nowadays, schools and colleges only teach bread-winning knowledge to fill the stomach, whereas in the past, Gurukuls taught both, bread-winning knowledge and heart-filling knowledge. As a result, people were virtuous, well-built, healthy, happy, and respected, becoming liberated souls. Today, they get certificates, and sometimes even jobs, but due to the lack of knowledge to fill the heart, officers are unhappy, as are the peons, leaders, collectors, small or big men and women, and traders – everyone is unhappy; and they spend 16-20 years attaining a bread-winning education. There is no need to waste so much time pursuing knowledge to fill the stomach. Knowledge to fill the stomach is possessed even by mosquitoes and bugs. The intellect given to human beings is not meant solely for filling the stomach, but to fill the heart with bliss, knowledge, sweetness, and power of the Beloved (God). Human birth is given as a means to attain this alone.



Kuntā Devi

Don't run away from sorrow and worry

Kuntā Ji prayed to Lord Krishna. She speaks about filling the heart:

विपदः सन्तुः नः शश्वत्तत्र तत्र जगद्गुरो ।
भवतो दर्शनं यत्स्यादपुनर्भवदर्शनम् ॥

“Oh Master of the Universe! May calamities befall us at every step in our life; for it is in adversity alone that we are blessed with Your sight and remembrance,

which relieves people from the cycle of rebirth.”

– Pujya Bapuji

(Shrimad Bhāgavat: 1.8.25)

Oh, what the great woman of India is begging from God! What is the mother of Dharmarāj Yudhishtira asking for when she says, “May there always be calamity and trouble, at every step in our life...” The one seeking knowledge to fill the stomach cannot beg for this, it can only be begged by the seeker of knowledge to fill the heart.

King Rantideva requested:



न कामयेऽहं गतिमीश्वरात् परा-
मष्टर्द्धियुक्तामपुनर्भवं वा ।
आर्तिं प्रपद्येऽखिलदेहभाजा-
मन्तःस्थितो येन भवन्त्यदुःखाः ॥

“I do not seek from the Almighty Lord the highest position, attended with eight spiritual powers (e.g. Anīmā, Laghimā, etc., detailed in the Yogasutras), nor emancipation from saṁsāra; I would prefer to dwell in all beings and undergo suffering for them, whereby they may be free from misery.”

(Shrimad Bhāgavat: 9.21.12)

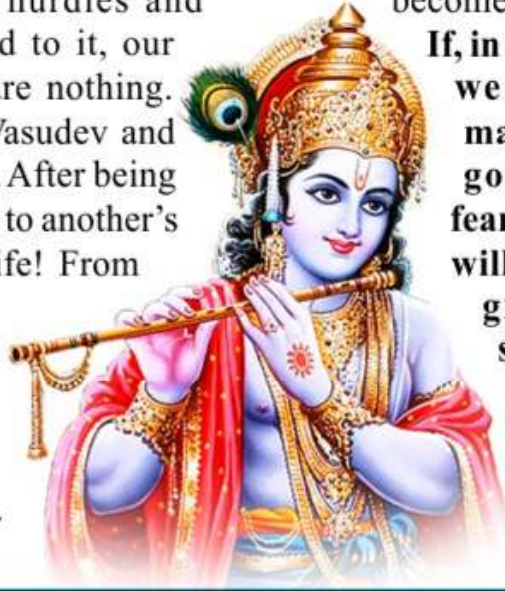
Saint Kabir said:

सुख के माथे सिल पड़े, जो नाम हृदय से जाय ।
बलिहारी वा दुःख की, जो पल पल नाम जपाय ॥

“May all happiness be completely destroyed, which leads us to forget the Name of the Lord. Welcome that suffering that

The day that enlightens mankind – Pujya Bapuji

Bhagavān Shri Krishna's life gives the message to lead a joyful life, sharing and radiating bliss amidst obstacles and hurdles. The life of Shri Krishna was replete with so many hurdles and obstacles that compared to it, our obstacles and hurdles are nothing. His would be parents, Vasudev and Devaki, were sent to jail. After being born in jail, he was taken to another's home. Such a terrible life! From time to time Putanā, Bakāsura, and Aghāsura came to kill Shri Krishna. He faced thousands of obstacles and hurdles, but he never worried about them. He played the flute blissfully at all times.



❁ **Shri Krishna Janmashtami: 6 & 7 Sept.** ❁

How affectionate He is towards His disciples!

During the Mahābhārata war, upon Duryodhana's instigation, Bhishma Pitāmaha pledged to kill the Pāndavas. When the Pāndavas received the news through spies, they became deeply concerned. Draupadi became fearful and prayed out to Shri Krishna, "Hey Mādhava! Govinda!" Upon hearing Draupadi's prayer, Shri Krishna arrived there in the middle of the night.

Draupadi said, "Hey Mādhava! Have you heard that the wicked Duryodhana has instigated Bhishma Pitāmaha? And he has pledged, 'None of the five Pāndavas will be alive by tomorrow evening.' and selected five arrows with which to kill them."

Shri Krishna smiled and said, "Yes,

Draupadi, I know."

"O Kanhaiya! You know and still you are smiling?"

He replied, "O my dear! Should I become sad and cry, why not smile?"

If, in times of sorrow and trouble, we remain cheerful, we will make the correct decision with good sense. If we become fearful and hateful, our intellect will become more evil. Don't give much importance to sorrow and trouble that your peace and joy are lost."

Oh, what a message for the entire world! What a beautiful and pleasant message! Don't Muslims need this wisdom?

Don't Christians and Parsis need this wisdom? Don't Jews and the people of other races need this wisdom? Of course they need it. Thus, Shri Krishna Janmāshtami is a day that enlightens mankind.

Shri Krishna said, "Every morning, Duryodhana's wife goes to pay her respects by doing *pranām* to the meditating Bhishma Pitāmaha, and he tells her, 'May you remain married throughout your life.' Tomorrow, early in the morning before she arrives, you will go there and do *pranām*. Shake your bangles and bracelets to make some noise so that he will feel that she is doing the *pranām*. He blesses with closed eyes. I will take care of the rest."

The next morning, Shri Krishna and Draupadi went to the camp of the Kauravas. Shri Krishna said, "Dear, you are going there wearing sandals



For Students



In-depth Analysis of Truth

– Pujya Bapuji

The person who utters a falsehood loses the power of his speech, and his heart rate increases; and the one who speaks the truth, and pleasant words, increases his courage. The one who slanders anyone and indulges in backbiting is afraid of getting exposed. The one, who doesn't slander and doesn't backbite, has no fear. He remains fearless and free from worry.

Therefore, one should always speak the truth; however, it should be pleasant and bring good to others, which should also be paid attention to.

सत्यं ब्रूयात् प्रियं ब्रूयात् न ब्रूयात् सत्यमप्रियम् ।

“Speak the truth; say what is pleasant to others. Do not tell the truth that is not pleasant.” (Manusmriti: 4.138)

Banārasidās was a famous poet during the reign of Emperor Akbar. He always spoke the truth.

One day Akbar thought he would prove Banārasidās a liar. He took a living bird in his hand, covered it with a cloth and took it to the royal court.

There, he asked Banārasidās, “Tell me, is this bird dead or alive?”

Banārasidās understood Akbar's trick “Today the emperor wants to prove me a liar. If I say ‘the bird is alive’, he will

choke it, and if I say ‘the bird is dead’, he will release it.”

Banārasidās thought: ‘One should speak the truth, but that truth should not bring harm or injustice to anyone. Thinking thus, Banārasidās said, “O King! This bird is dead, but you can revive it if you want.”

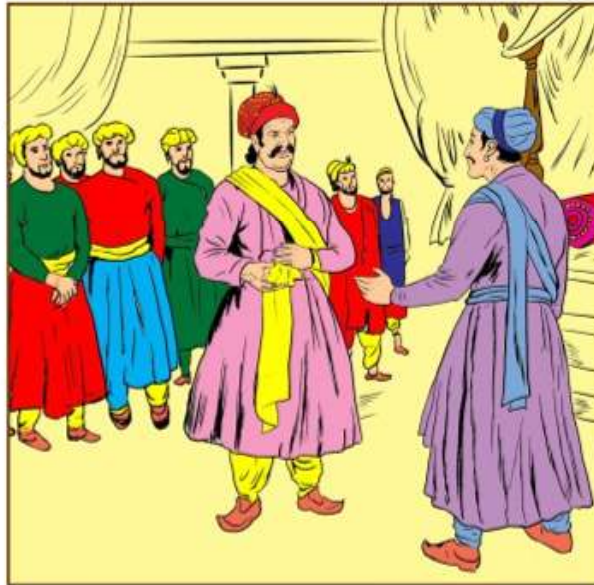
Akbar was astonished to hear his answer, and released the bird. Then he said to Banārasidās, “You told the truth as well

as a falsehood. Why?”

“O Mighty King! If I had said the bird was alive, you would have strangled it, and if I had said the bird was dead, you would have shown it was alive. If I had told the truth, an innocent bird would have been killed. There was no harm in me lying to save its life.”

Akbar bowed his head out of deference to the intelligence of Banārasidās.

So, your words should be true, but it should also be kept in mind that the truth should not hurt or cause harm to anyone. Sometimes, words spoken for the good of others may not be completely true or pleasant, like a mother giving bitter medicine to her child, saying, “Take the medicine; it is sweet.”



Kundalini Yoga: Yoga that bestows divine bliss and Moksha

(Continued from the issue no. 366)

The sixth chapter of Jnāneshwari Gitā consists of a further description of Kundalini Yoga as described below:

First, a suitable place must be found for the practice of this Yoga. The place should be one frequented by *sādhakas* (aspirants of God-realization). Common people should not frequent that place much. (It is impossible to find such a place in the current era. You should not be disappointed. Miraculous benefits could be attained by performing an *anushtāna* of 7, 11, 15, or 21 days in the Mauna Mandirs (temples of silence) in various ashrams of Pujya Bapuji.)

After this comes the description of how one's Āsana or seat should be. It is worth noting that in today's context, the Āsana (seat) should be made of poor conductors of electricity. The Āsana should be beautiful, pleasant, and evenly poised. Then, sitting on that seat with concentration of the mind, the aspirant should recall the presence of his Guru to experience this Siddha Yoga (Kundalini Yoga). Remaining thus, until the respectful calling to the mind of his Guru causes a sense of purity to pervade the heart, the hardness of egoism is melted away, the sense of objects is forgotten, the restlessness of the senses is stopped and the mind becomes quiet within the heart. This should be continued until a sense of union is reached, and then the yogi should remain seated with this awareness.

Now the method of doing Āsana and bandha is described. First, he should sit with the calves of the legs pressed

against the thighs, making the soles of the feet turn upward (Padmāsana).

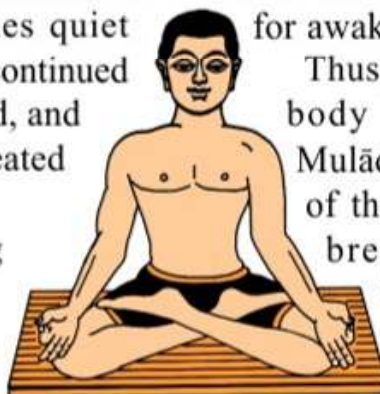
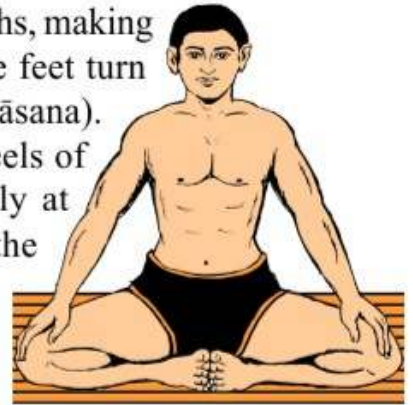
Press the heels of both feet tightly at the centre of the space between the anus and the base of the generating organ. (Bhadrāsana or Gorakshāsana).

Once these postures are successfully achieved, do Mūla-Bandha.

Between the anus and the penis there are exactly four inches; leaving a space of one and a half inches on each side, in the remaining one inch-span, the back part of the left heel should be forced and the body balanced on it. The right heel will rest on it. Then the lower end of the backbone should be raised so slightly that one should not realise that the upper part of the body is being raised and sustained. Then, both the ankles should also be raised.

O Pārtha, this will make the whole body supported and balanced on the heel. This is the characteristic of the Mūla-Bandha posture (the knot at the root or base), also known as Vajrāsana. (Practice of the Padmāsana and Bhadrāsana enables one to do the Mūla-bandha which is the means for awakening Kundalini.)

Thus, when the upper part of the body remains balanced on the Mulādhār chakra and the lower half of the body gets pressed, the life-breath called Apāna in the intestines moves upwards. The cupped palms of both hands will rest upon the right foot



What to eat and what not to eat in autumn?

– Pujya Bapuji

रोगाणां शारदी माता 'The autumn season is the mother of disease.' During this time, *pitta* accumulated in the body will get aggravated and give rise to diseases related to heat and *pitta*. When *pitta* and *āma* (the last product of food, which is poorly digested) combine, they cause body-aches, headaches, excessive menstrual flow, facial pimples and acne, delayed healing of wounds, boils, skin eruptions, etc. All these are *pitta* related diseases. So to prevent these diseases, one should understand a little about what should be eaten and what should not be eaten in the autumn season.

Take medicinal powder in your palm and toss it into your mouth to prevent disease before it attacks you. Prepare a mixture of 100 grams of *harad churna** and 100 grams of sugar candy and store it. Take 3 to 4 grams of this mixture in your palm and toss it into your mouth in the morning or evening. It will prevent *Pitta* related diseases and heart attacks.

It is beneficial in the autumn season to apply a *tilak* with camphor-sandalwood, and eat *ghughari* (boiled cereals- *jowār*, wheat, maize, etc.) with jaggery. To remove *pitta-dosha*, take half to one teaspoonful of *triphalā churna** or take two *triphalā tablets** with lukewarm water in either the evening or morning, eat *sabji* (stir-fried vegetable preparation) of bitter gourd, take

*Mahāsudarshan churna*** (half a teaspoonful once a day), eat 10 to 15 tender leaves of *neem* (*margosa*) and then drink water. Eat apples, suck sugar candy, drink milk sweetened with sugar candy on an empty

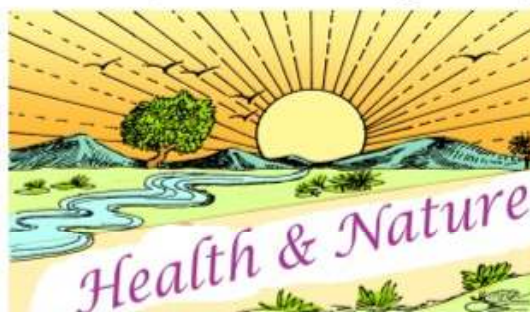


stomach, eat *Gulkanth**, rice, pointed gourd (*parwal*) and honey.

The beams in the moonlight are more beneficial to health from *Pāpānkushā Ekādashi* (October 25) to *Sharad Purnimā*

(October 28). It is beneficial to expose the body to the moon, wearing fewer clothes, during these days. Pregnant mothers and sisters should sit in the moonlight in such a way that moonbeams fall on the navel to nourish the foetus well. Moonlight nourishes the foetus and herbs. The foetus, herbs, and cereals do not grow as much in the nights of the dark fortnight as they grow in the nights of the bright fortnight.

One should avoid food substances with salty, pungent, and sour tastes which aggravate *pitta*. (*Āmlā* pacifies *pitta* despite being endowed with *amla rasa*. So, it can be consumed.) Curd should not be offered, even to enemies, as it will invite serious disease. Do not consume curd or *lassi* on any account. As digestive fire is suppressed in this season, avoid eating to the full. Fried foods are harmful even in other seasons; completely avoid them, especially in this season.



Autumn season: 23rd August to 23rd October



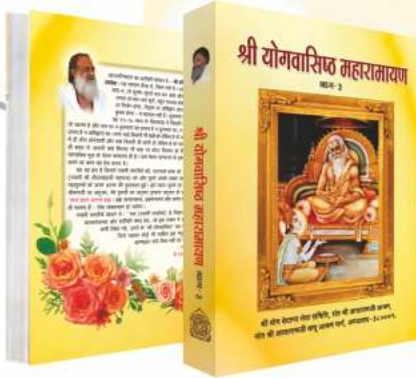
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WPP No. 12/21-23

(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 August 2023

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Patel Janavi Ben Dantod 94.93 PR	Divan Chaitanyadhar Ahmedabad 94.54 PR	Sadat Paras Dantod 93.72 PR	Asari Chandan Ben Sarki Limdi 93.43 PR	Chandrelkar Vaishnavi Dhule 79%	Chaudhari Manoj Surat 91.26 PR	Katiya Uday Rajkot 90.92 PR	Prajapati Krishna Ahmedabad 89.54 PR	Thakre Kalpesh Surat 87.06 PR	Kalab Drishti Ben Sarki Limdi 84.56 PR
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Board Exam-results for class XII



Shashank Singh Bhaduria Bhopal 92.8%	Ashutosh Bhopal 90.4%	Gagan Rai Chhindwara 89%	Dharmesh Gandhi Chhindwara 88.8%	Keshav Bista Chhindwara 87.4%	Jha Himanshu Kumar Ahmedabad 98.86 PR	Abhishek Lodhi Agra 86%	Dhiraj Patel Indore 85.4%	Ayush Agra 84%
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Pranshu Gupta Indore 82.8%	Sanskir Ojha Kotgarh 82.7%	Kaushal Mishra Bhopal 82.6%	Miraj Chaurasia Indore 81.6%	Rishirai Dangi Khilchipur 80%	Bittu Kumar Jaipur 80%	Palak Sen Raipur 79.6%	Bhagat Atharva Ahmedabad 94.86 PR	Parmar Manojkumar Ahmedabad 93.42 PR
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