

RISHI PRASAD

Environmental protection-issue

During the churning of the Milk Sea, Bhagavan Shri Vishnu arose in the form of Dhanvantari Ji, carrying a pot filled with amrita. While looking into the pot, tears of joy fell from his eyes into it, from which Tulsi was born.

As per the Tulsi Upanishad,

“Tulsi, you are born from the tears of the bliss of Brahman.”

“You are the essence of the immortal Upanishad.”

“O Tulsi! You are seen in the form of a tree (inert), however you are non-tree (Consciousness). Hence, destroy the inertia dwelling with me.”

Tulsi Worship Day: A Worldwide Campaign
25th December: Tulsi Worship Day – a unique initiative made by Pujya Sant Shri Asharamji Babu



Dubai



London

11

Pujya Bapuji taught you rare Yoga Vidyā, secret Brahma Vidyā, and health-giving Ayurveda. Those who did not agree with your elevation have separated you from Bapuji. – **Mahanta Pavankumardas Ji, Mahamantri of Ayodhya Sant Samiti**

Asharamji Babu has been framed.

– **Swami Shri Anand Swaroop Ji, President Shankarāchārya Trust**

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This is against the concept of **9** Rāma-Rājya; it must be stopped.

– **Shri Devkinandan Thakur, Bhāgwat Kathā Narrator**



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Distribution of necessities of life



Service to earthquake victims



House-house distribution to the needy



Flood relief work



Service to cows



Prisoner upliftment and reform programme



Selfless service in hospitals



Blanket distribution to the poor

Give happiness, and get self-satisfaction – Pujya Bapuji

For your own well-being, do good to others; engage yourself in the well-being of others. As you do for others, the result will be the same for you. Engage yourself in the welfare of others in accordance with *Dharma* and the *shāstras*. Can anything inauspicious happen to the one, engaged in the welfare of others? Can inauspiciousness stay? **The pain of the individual, who seeks after personal pleasures, can never end. This is a revolutionary statement; and it is absolutely true.** The pain or the grief of one longing for personal pleasures can never cease. So, leaving aside the longing for personal pleasures, just engage yourself in removing the sorrows of others, and the very Being of the ‘Remover of sorrow’ (Lord) will make you sorrow-free.

***“O man lamenting over your grief, learn how to smile;
Learn how to become useful by alleviating the pain and suffering of others.
Eating does not give the joy of feeding others;
Life is short, learn how to help others.”***

Filling yourself with pleasure from external enjoyment will make you tense. So, properly utilise material pleasure and arouse inner joy. Instead of filling yourself with pleasure from outside, just outwardly radiate inner joy. **Give happiness to others and get self-satisfaction. Happiness is physical, whereas self-satisfaction is spiritual.** Do not seek pleasure from outside; instead, work on giving pleasure. Do not seek respect, instead, do acts that gain respect, and give respect to others; then you will become free, happy, and ever-respectable.

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Pujya Bapuji's Satsang on Various Channels



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& 11.00 pm

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(Channel No. 379) &
Various Cables of
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IPCC gives a dire warning

The global temperature will increase by 1.5 degrees

Due to the increasing problem of climate change, the world is facing droughts, floods, and typhoons. The recently released report by the Intergovernmental Panel on Climate Change (IPCC) states that the earth's temperature is anticipated to rise by approximately 1.5 degrees in the near future due to the continual release of greenhouse gases.

Although many solutions are given by various organisations in India and abroad to combat the crisis of environmental imbalance, the critical question emerges: why do these problems continue to escalate, despite the plethora of suggested measures? To unravel this conundrum, let us look at the historical context and explore how our society protected the environment, naturally, in ancient times.

How will the degradation of the environment stop?

It has been stated in the *Shvetāshvatar Upanishad* (2.17):

यो देवो अग्नौ यो अप्सु यो विश्वं भुवनमाविवेश ।

य ओषधीषु यो वनस्पतिषु तस्मै देवाय नमो नमः ॥

“Salutations to that Divinity who is in the fire, who is in the water, who is in the plants, who is in the trees, who has pervaded the whole universe.”

The majority of people used to seek refuge in Self-realized great men and imbibed moral values based on the knowledge of the truth that ‘My very self is abiding everywhere; in the water, in the land, in the sky, and in the forest.’ The compassionate grace of Self-realized

great men made even trees the objects of worship in every household. Tree worship is an unparalleled gift from Vedic Sanātan culture for environmental protection. We had a beautiful tradition of seeing ourselves, even in the five great elements.

The Vedas proclaim: सूर्य आत्मा

जगतस्तस्थुषश्च । As well as external worship of the sun, the daily practice of meditating on the Self as a

radiant sun was also an integral part of life. The *Gitā*’s profound statement, ‘रसोऽहमप्सु कौन्तेय...’ ‘I am the sapidity in water,’ provides evidence and knowledge about the divine presence in the water element. As one develops the conviction ‘I am present in all beings,’ who would harm himself? Who would ruthlessly cut himself? Who would irrigate himself with toxic chemical fertilisers? Who would pollute himself?

But over time, man became averse to the above-mentioned type of higher teaching imparted by the great men who had attained the realization of Vedānta. Having attained modern education, man, being a victim of blindly running after material development, started mispending natural resources. Consequently, indiscriminate deforestation, the growth of factories, and the means of transportation run on environment-polluting fuels increased. As a result, the problem of global warming is becoming more enormous every day. Physical measures like preventing deforestation and controlling industrial

Contemporary events

When the Peepal tree was cut, the son died

(A true incident from the *Satsang-Vachanāmrit* of Pujya Bapuji)

This incident took place near Pilkhuwā village, dist. Hapur (Uttar Pradesh). A Muslim carpenter named Dalveer Khan and his partner Isaak Khan bought a green Peepal tree from a Rajput for 100 rupees. They planned to split the money earned from cutting and selling the tree.

Trees have life, and sometimes, higher souls have to be born into the species of trees. Those souls are intelligent and active.



Bhagavān Shri Krishna said:
अश्वत्थः सर्ववृक्षाणां... Ashwattha
Sarvavrikshāṇām... meaning “I am the
Peepal tree among all the trees.”

(The Gītā: 10.26)

The soul of the Peepal appeared in the dream of Dalveer Khan. The Peepal was saying, “You are going to cut me and I will die. You have bought me for Rs 100. Whatever profit you may lose from not cutting me, I will reimburse you. If you dig around my roots, you will find a thin gold bar. The profit you will earn by selling it will cover all the expenses you incurred purchasing me. So, please, don’t cut me tomorrow. Give the gift of life.”

Dalveer Khan didn’t trust the dream. However, he dug where instructed in the dream, and indeed, he found a gold bar. He couldn’t hide the secret of his

boundless joy and revealed it to his wife. His wife was also surprised. Dalveer Khan thought, ‘If I tell this to my friend Isaak, he will demand his share of the gold bar.’

He lapsed from decent conduct, and driven by avarice, he hid the incident of finding the gold bar. When Isaak Khan

arrived, they set out to chop down the Peepal tree.

Dalveer Khan strayed from humanity (in conduct).

Selflessness,

non-avariciousness, and desirelessness elevates man to the state of divinity, whereas selfishness and greed displaces man from the state of a human being and makes him wander in painful species like that of a demon. The person of a selfish nature becomes a demon, and the person of an unselfish nature develops a divine nature. Man is such a creature that if he wants, he can become divine; if he wants, he can become a demon, and if he wants, he can attain his ever-present essential nature, which establishes both the divine and the demon, and become a *jivanmukta* (liberated while living). It’s a matter of choice. Man can worship God through his actions and can also incur nature’s wrath through his actions. Through his actions, he can attain the realisation that is attained by the Gurus, and through his misdeeds, he can take the path of wandering in the

Scientists were astonished by the miracle of Tulsi !

Today's scientists are surprised to find the amazing properties of *Tulsi* (Holy Basil). Once upon a time, a hunter from Europe hunted a deer in the local woods. Then he recalled something that changed his heart, and went back home. Suddenly, he happened to visit another village.

After 3 days, he visited the same woods, wondering, 'Let me see what happened to that deer.' To his surprise, he found out that 'the deer's body was not at all decomposed!' He shared these facts with some local doctors, following which, scientists did some research into it.



The research – Pujya Bapuji found that the wild plants in those woods were predominantly those of *Tulsi* and reported that 'Keeping *Tulsi* plants near a dead body prevents the decay for around 3-4 days.' Dettol or other disinfectants kill bacteria, but harmful bacteria don't grow in the vicinity of *Tulsi* plants.

If you fear snakes, put an onion in that place and it will repel the snakes. If a snake is already present, it will leave in no time. Similarly, if you fear disease, increase the number of *Tulsi* plants there, and disease will not afflict you anymore. ○

How to celebrate Makar Sankranti ?

The festival of *Makar Sankrānti* falls on January 15. Pujya Bapuji's *satsang* discourses mention the peculiarities of this festival, and the do's and don'ts on this day:

On *Makar Sankrānti*, the Sun god transits through the zodiac sign of Capricorn, it transits every month from one zodiac sign to another. Some people say that, 'the sun is stationary while the earth is moving.' However, the wise ones of Indian culture have said that, 'There is no object with a form which remains stationary. Everything is subject to change, everything is moving.'

The earth moves and so do the *nakshatras* (constellations), etc. The only thing that is unmoving is the Absolute Truth; everything else that appears (with a form) cannot be steady or stationary.

Science may prove anything by virtue of its reasoning or logic, but I have more faith and trust in the words of great men who attained the Truth absolute, beyond

intellect, than anyone or anything else. That which is moving keeps moving forever; however, the seer or witness of the movement is the immovable Self which is beyond movement. So, let us make a firm resolve to remain steadfast in our Immovable Self.

Meritorious acts like bathing, charity, *japa*, penance, etc., yield more merit on *Makar Sankrānti*. Mother Yashodā (who raised Lord Krishna) observed the *vrata* (fast) of *Uttarāyaṇa* (*Makar Sankrānti*) to beget a bright child. It is better if one can skip the night's meal on (the festival of) *Uttarāyaṇa*; however, fasting is prohibited for those who have children. But why is it so that one is not permitted to have meals on this day? Just so that one can set their mind on God. And why is it so that those with children aren't supposed to fast, but instead have meals? – Just because it is ordained by the *shāstras*.

Survey: Substance abuse increases during Christmas Season

Why is there an increase in bad behaviour during Western festivals?

Recently, a survey published by a popular blog portal, Gratitude Lodge, concluded that 47 % of the men and 40 % of the women surveyed said that **they consume more alcohol at the New Year celebrations than on other festivals celebrated throughout the year.**

A survey carried out by The Associated Chambers of Commerce & Industry of India, ASSOCHAM, on "Consumption of alcohol during Christmas and New Year's Eve 2013" points out that on these occasions, even the teenagers (aged 14 to 19) indulge in binge-drinking; and this is why the average alcohol consumption of teenagers triples during this period. The consumption of even other intoxicating drinks increases during these festivals. Apart from the grownups, even large number of young people, too consume these drinks. Not only does it results in deliberate self-harm, but also in high-risk sexual behavior; HIV infection, tuberculosis, liver disease, duodenal ulcer, incurable diseases like esophageal cancer and many more.

The big question is: why is such bad behaviour, disease, etc., so prevalent during these festivals? In reality, this sad plight of our society is due to aversion to the beautiful system of celebrating Indian festivals. Our Vedic culture deeply inculcates the good spirit of all-round upliftment of the people. The purpose of all festivals is to arouse spiritual bliss, joy, and innate happiness of repose in the Self, and to move towards the supreme goal of life, the attainment of God. In our culture, there is also an arrangement of making

good resolutions on festivals, which helps to develop divine virtues like self-restraint, good conduct, desirelessness, cheerfulness, love for God, devotion, etc., throughout the year. Full attention is also paid to improving physical health on the occasion of festivals.

Due to the absence of these noblest principles in Western festivals, their aim is limited to the enjoyment of momentary sense pleasure by doing anything appropriate or inappropriate. Therefore, during Western festivals, people become sick, restless, and stressed by consuming alcohol, drugs, meat, etc., and indulging in sensual pleasures. Compared to other days, the incidence of crime and suicide is also higher during the Western festivals.

Bapuji showed the solution to this huge problem.

History is witness to the fact that whenever the world has fallen into the sleep of inertia by sustaining a downfall through sense enjoyment, the world has been awakened from its slumber and infused with the gift of awareness (self-bliss), only by the great men of Indian culture.

A solution to this huge problem of increased bad behaviour during the Christmas season was given in 2014 by a Self-realized saint, Pujya Bapuji, who initiated the beautiful week-long festival '*Vishwa Guru Bhārat Saptāha*' to be celebrated from 25th December to 31st December. He initiated this festival with the aim of hoisting the flag of spiritual knowledge, the legacy of India, on the world stage, so that humanity can elevate their lives with this knowledge.

900,000 cows are slaughtered every day.

Scientists reveal the deadly consequences of cow slaughter

According to the online publication, ‘Global Change Data Lab’, ‘About 900,000 cows are slaughtered every day.’ This is extremely unfortunate.

Cow slaughter causes natural disasters.

Highlighting the importance of cows, the visionary saints and Self-realized great men of Indian culture and the *shāstras* describe cows as venerable deities, thereby promoting cattle-rearing and cow-protection. As per the instructions of Veda Bhagavān:

मा गमनागामदितिं वधिष्ट ।

‘Kill not her, the sinless, inviolate cow.’ **(Rigveda: 8.101.15)**

Today, science is also revealing the dire consequences of animal slaughter, particularly cow slaughter. Scientists have proposed the theory that when an animal is killed, some kind of waves come out of its body which are known as Einsteinian pain waves, which cause earthquakes.

Research conducted by scientists at Delhi University say that EPWs released by cows, bulls, etc., when they are slaughtered, cause earthquakes. The majority of scientists have acknowledged this fact.

Cow slaughter is responsible not only for earthquakes but also for many types of natural disasters like floods, famines, cyclones, tsunamis, epidemics, etc.

In this context, the flood that occurred in Kerala a few years ago is also noteworthy. In 2017, calves were publicly slaughtered by ruthless beef-eaters in an open vehicle in Kerala. The administration watched it, and the media telecasted the brazen act, but Mother Nature couldn’t bear it. A year later in August 2018, nature’s wrath ensued, in

the form of devastating floods in Kerala.

Hazardous effects of beef consumption on the environment and health

Not only does cow-slaughter lead to natural disasters, but eating beef also has a detrimental effect on the environment as well as physical health.

A landmark 2012 study ‘Growing greenhouse gas (GHG) emissions due to meat production’ by the United Nations Environment Programme (UNEP) found that

‘In terms of GHG emissions, the consumption of 1 kg of domestic beef in a household represents the equivalent automobile use of a distance of 160 km (99 miles).’

As per research: ‘eating infected cattle products, including beef, can cause a human to develop mad cow disease. The human form of mad cow disease called variant Creutzfeldt-Jakob disease (vCJD) is a rare and fatal degenerative disorder that destroys the brain and spinal cord over time. It leads to many psychiatric problems and disorders.

Cow protection is the protection of all mankind.

If we look at the adverse effects of cow slaughter, it is clearly evident that cow-protection is the urgent need of the present times. Pujya Bapuji says, “We do not nurture the cow; instead, it’s the cow that nurtures us all, and protects the environment. Therefore, cow-protection is our basic need. In that lies the protection of our health, humanity, culture, and environment. It’s an irrefutable fact that a cow-rearing household would be much





Secrets of Tulsi

Compiled from the *śāstras* and messages from Pujya Bapuji

Read and share with the masses to get multiple benefits from Tulsi.

₹10

Tiles with a holy photo

Tiles with Pujya Bapuji's charming and inspiring picture, which gives fortune, prosperity, and peace.



₹50

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Dates pacify *vāta* and *pitta* and uproot 140 types of disease. Rich in carbohydrates, protein, calcium, potassium, iron, magnesium, phosphorus, fibre, etc. Dates give instant strength and vigour, increase blood formation, muscles and semen, and promote the complexion, besides relieving constipation and strengthening the heart and brain. You can consume dates throughout the year.



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1 kg

Brahma Rasayana: An excellent Rasayana which increases Life Energy.

Its consumption removes physical and mental weakness. It increases longevity, strength, complexion, and memory power. It removes diseases like asthma, tuberculosis, constipation, etc., and gives stamina to the body. Being an excellent *Rasāyana*, it increases Life Energy.



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Highly nutritious Drakshavaleha

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It helps in diabetes, cancer, coronary blockage, hypertension, hypercholesterolemia, etc. A time-tested surefire preparation, which is an appetiser, digestive, anthelmintic, and blood purifier.



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containing saffron and white musli

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75 gm

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House-to-house Calendars 'Divya-Darshan' Campaign (2024)

Under this campaign, *sādhakas* and volunteers of *Yuvā Sevā Sangh* should reap the benefits of giving wall calendars to their relatives, friends, acquaintances, and other *sādhakas* by personally visiting them.

Source: Available from Sant Shri Asharamji Ashram book stalls and service centres of *sādhaka*-families and *Shri Yoga Vedanta Sevā Samitis*.
For online orders, visit: www.ashramstore.com/calendar Contact: (079) 61210732 (*Sāhitya* Department), 61210761 (*Yuvā Sevā Sangh* Head Office)

Note: A single copy of the calendar costs only ₹ 15. Buying 8 calendars gets you a discount of ₹ 20, and you pay only ₹ 100.
Upon ordering 250 calendars or more, you can get your name & address, or that of your company, 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.

A large crowd at the 'Deepavali Vidyarthi Anushthan Shivar' is tangible proof of the innocence of Pujya Bapuji, who has been imprisoned for the past 11.5 years under a conspiracy.



Benevolent virtuous souls resolving to bring the Ganges of wisdom to the masses through Rishi Prasad



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