

A Publication of Sant Shri Asharamji Ashram

RISHI PRASAD

Price: ₹ 7 Language: English

Publication Date: 1st January 2024

Year: 23 Issue: 11 (Continuing Issue: 373)

Number of pages: 36 (including cover pages)

Restraint-Affection
-issue



Pujya Sant
Shri Asharamji Bapu



Parents' Worship Day: February 14

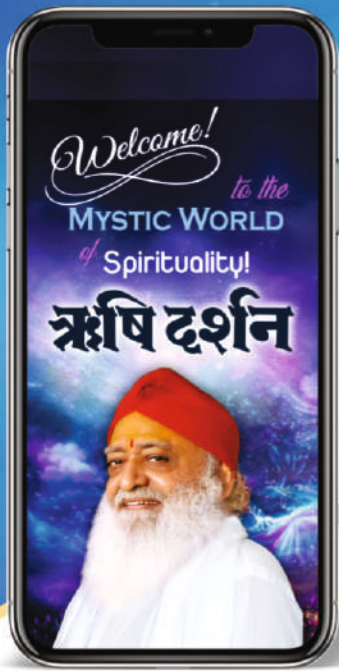
“Circumambulating one's mother yields the fruit of going on all pilgrimages, and respecting and circumambulating one's father yields the fruit of worshipping all gods. *‘Mother is the embodiment of all pilgrimages; Father is the embodiment of all deities.’* If we propagate this, it will betide good to children, their parents and everyone involved.” – Pujya Bapuji

“Pujya Bapuji is a Siddha, a great man of the highest order, who has reached the pinnacle of spirituality. May He be released at the earliest.”

– Padma Shri awardee, 127-year-old Swami Sivananda

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Why is **Rishi Darshan** worth watching ?



(Special article on the 12th anniversary of Rishi Darshan)

On *Uttarāyan*, 15th of January, it will be the 12th anniversary of the monthly spiritual online video magazine 'Rishi Darshan' which is based upon the life, teachings, and *yoga-lilās* of Pujya Bapuji, and presents some of the latest good news concerning ongoing divine service-activities under His guidance. Heartfelt congratulations to you all for the same!

The glory of the *darshan* and *satsang* of the great men established in Brahman is just indescribable. No matter how sad, hopeless, and disappointed a person is, as soon as he hears the cooling words of *satsang*, all his pain and afflictions just disappears. 'Rishi Darshan' is doing the divine work of bringing voluminous nectarine *satsang*-discourses on *jnāna* delivered by Pujyashri in a nutshell to the people. Watching this has kindled the faith and wisdom even in the hearts of numerous atheists.

Rishi Darshan publication was started in 'Uttarāyan Dhyāna Yoga Shivar 2012.' The blessed words said by Pujya Bapuji at its inauguration have today been materialized. Pujyashri said, "Just like Rishi Prasad, even Rishi Darshan magazine would be widely propagated. Only the organ of hearing works in the process of hearing, whereas the organs of hearing and seeing both work in hearing while watching. The reading of Rishi Prasad has transformed numerous lives, and now we have started Rishi Darshan as well. Watching it doesn't require any effort; instead, it enhances mental repose as one watches it. Rishi Darshan is such a video magazine that by merely watching it can make one eligible to lead a healthy, happy, and respectable life, and playfully attain *tattva-jnāna* (Self-knowledge), be it a believer or an atheist."

It brings us: * Blissful stream of the Name Divine: Blissful *sankirtan* * Rare *satsang*-discourse delivered by young Bapuji that impart *jnāna* and dispassion * *Tāttvik-satsang* for the aspirants of *tattva-jnāna* * Inspiring and elevating stories * *Bhagavad-dhyāna* to awaken dormant powers and get repose in the Supreme Self * *Prāṇāyāma* and yogic *kriyās* * Scriptural significance and mystery of festivals and anniversaries, and the right way to celebrate them; significance and method of observing *Ekādashī* * Scriptural description of meritorious days and *yogas* * Experiences of devotees * Health-tips from Pujya Bapuji, *yogāsana*, and seasonal regimens for health * Divine *sevā*-activities running under the aegis of Pujya Bapuji * Special exercises to make students bright and strong, inspirational anecdotes, and tips to excel in exams.

Every person seeking worldly success along with spiritual progress must subscribe to Rishi Darshan, Rishi Prasad, and Lok Kalyan Setu; and inspire others to do the same. (Please refer page 32 for the experiences of *karma-yogi*, virtuous souls engaged in the service of Rishi Darshan)

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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
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

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'RISHI PRASAD' Sant Shri Asharamji Ashram, Sant Shri Asharamji Bapu Ashram Marg, Sabarmati, Ahmedabad-380005 (Gujarat).

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9512081081 'Rishi Prasad'

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www.rishiprasad.org www.ashram.org

www.asharamjibapu.org

Subscription Fees (incl. postage)

For English, Hindi, Gujarati, Marathi, Telugu, Odia, Kannada and Bengali Editions (In India)

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Mangalmay Digital



Asharamji Bapu



Asharamji Ashram

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On the occasion of the inauguration of the *Shri Rāma* Temple in *Ayodhyā*,
Let us partake of the nectar of Lord Rama's ideal character

Bhagavān Shri Rāmachandra Ji ruled not only in the land of India but also in the hearts of human society and imparted beautiful lessons of an ideal way of living to the entire world through his conduct, action, life, and thoughts. His ideal life story remains unforgettable and will remain so forever. *Shri Rāma* temple has been constructed at his birthplace, *Ayodhyā*, after a prolonged legal battle. On the occasion of its inauguration, let us learn about *Rāma's* virtues and ideal life through Pujya Bapuji's ambrosial words:

**Everyone's Ideal:
*Shri Rāma***

Rāma Ji is not erased from people's minds even after the passage of millions of years since the incarnation of Lord *Rāma*. Why? Because the ideal life of Shri Rāma is exemplary, it sets a bench-mark for everyone to emulate. The exemplary character described in Tulsidās's *Rāmāyaṇa* is rare in world literature.

If one were to mention an ideal son, brother, husband, father, disciple, hearer, speaker, warrior, and king, the name that comes to everyone's lips is that of *Bhagavān Shri Rāmachandra Ji*. People continue to sing the glory of Rāma's rule even after countless years.

The virtues of *Bhagavān Shri Rāma Ji* were so unique that people of every religion, sect, and race could benefit from adopting them.

If one wishes to see an **ideal son**, it is *Shri Rāma Ji*. Even when his father sent Him into exile in the forest, at the

time of His coronation, *Shri Rāma Ji* accepted it willingly. Lord *Rāma* had immense love in his heart, even for *Mantharā*, who was the main person responsible for His exile. No character in the *Rāmāyaṇa* is mean or condemnable.

In the eyes of Lord *Rāma*, even bears and apes are not mean. His servants *Jāmbavant*, *Hanumān*, *Sugriva*, and *Angada* were as dear to him as *Bharat*, *Shatrughna*, *Lakshmana*, and *Mā Sitā*. Mother *Kausalyā* and *Sumitrā* were as dear to him as *Shabari*.

If you want to see an **ideal disciple**, an **ideal**

Guru-Bhakta, it is *Shri Rāma Ji*.

प्रातःकाल उठि कै रघुनाथ ।

मातु पिता गुरु नावहिं माथा ॥

गुरु ते पहिलेहिं जगतपति जागे रामु सुजान ॥

"Rising at the break of day, the Lord of Raghus would bow His head to His parents and preceptor. The Lord of the universe, the all-wise Shri Rāma, also woke before His preceptor." (*Rāma Charita Mānasa*, **Bal Kanda: 204.04, 226**)

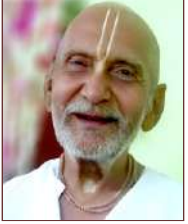
In the Guru's ashram, *Rāma* went to graze the cows, swept, served guests, and honored them affectionately. It is difficult to find an **ideal servant** like Him.

If one wishes to see an **ideal brother**, it is *Shri Rāma*. Even though Rāma Ji was the heir apparent to the kingdom of *Ayodhyā*, he was delighted to hear 'Bharat will receive the kingdom.' Upon learning that Lakshmana had been struck by a powerful Shakti weapon, he wailed and wept bitterly. Even in childhood games, *Rāma*



Padma Shri awardee, 127-year-old Yoga-Guru visited Motera Ashram, and said:

I am sadly grieved that Bapuji, a saint of the highest order, is still in jail.



Swami Sivananda Ji, 127-year-old, lifelong celibate, born in Bengal Presidency of undivided India (now Bangladesh), and

conferred with Padma Shri, visited Sant Shri Asharamji Ashram located in Motera (Ahmedabad) on 15th December. In the ashram, he first circumambulated the *Barh Bādshāh* – a Banyan tree charged with spiritual power by Pujya Bapuji, had *darshan* of *Moksha-kutir* – cottage where Pujya Bapuji had practiced deep meditation, and then performed the *Ārati* at the *vyāsapitha* of Pujyashri and paid obeisance.

The divine aura of Bapuji pervading the *vyāsapitha* overwhelmed Swami Sivananda Ji. He preferred to sit on the sheet laid on the floor, holding the *vyāsapitha* in high regard, rather than sit on a chair or a flat cushion placed there.

Utterances straight from his heart:

“I am very happy to be here. I pray for Bapuji’s blessings every moment of my life. I have no disease, no desire; and it’s all because of His blessings.

I never take allopathic medicine; I always take Ayurvedic medicine and that is why I have lived such a long life. Bapuji’s blessings are also one of the reasons why I have lived such a long life.

It is due to the blessings of *rishis* and *munis* that Ayurvedic medicine has been made. Allopathy will simply destroy the entire nation and the world.

Many congratulations and compliments

for the tradition of celebrating 14th February as Parents’ Worship Day, initiated by Pujya Bapuji. And it’s due to the very inspiration of Bapuji that 25th December is celebrated as Tulsi Worship Day. It’s a great idea to worship Tulsi (Holy Basil), which is a goddess itself. I accept it heartily.

I met Bapuji 50 years ago and was highly impressed by His *satsang* discourse. I read His spiritual-literature (published by the ashram). It’s only today that my resolve of many years to visit His ashram is fulfilled. I have come here to offer my heartfelt salutations to Bapuji, and to get the wealth of devotion. Bapuji is a great man of the highest order who has reached the pinnacle of spirituality. He is a *Siddha Purusha*; this is my personal experience. Bapuji is a Self-realized saint who has attained Supreme Bliss and is leading a divine life. Very auspicious days are coming soon. I am very sad that Bapuji is still in jail. May He be released at the earliest.”

Swami Sivananda Ji, a fan of Pujya Bapuji’s spiritual books, expressed his wish to get the ashram’s spiritual literature in Bengali and English, along with the monthly magazine *Rishi Prasad*, and was availed of the same. Mahārāj Ji heartily appreciated all the selfless-service projects being run by Pujya Shri, a few of them being *gau-sevā* (service to cows), playing Holi in Vedic way with natural colours, birthday celebrations as per Indian culture, etc. ○

Don't be shocked; this is the bitter truth...

The sale of contraceptives increases during Valentine's Week.

The Associated Chambers of Commerce and Industry of India (ASSOCHAM), conducted a survey regarding the size of the market since the celebration of Valentine's which starts from Rose Day until 14th February. The survey revealed that flowers and chocolates are one of the major gifting options for those between ages 18 and 24. The spending on Valentine's Week by people of various age-groups was about Rs 16,000 crore in 2014.

Recently, the founder and CEO of Blinkit (e-commerce and online shopping company) shared that the sale of condoms was high during Valentine's Week in 2023.

The statistics of the sale of liquor and other intoxicants, and acts like suicide, rape, and other heinous offences during this time are also quite shocking.

Such days and celebrations must be boycotted.

The news reports of increasing illicit relations during Valentine's Day are increasing. Instead of trying to fix this problem which, leads to decadence and downfall, people are using it to their advantage by celebrating 'International Condom Day' on 13th February, and are inspiring others to do the same, thereby pretending to raise awareness about protection from sexually transmitted diseases. However, the underlying truth behind the curtain is – rather than raising awareness in the upcoming generation, such things are making them more and more lacklustre.

Contraceptives may protect against STDs, however by celebrating exciting

events like Valentine's Day that lead to decadence and downfall, and by indulging in sexual promiscuity in the name of 'celebration' of this day, the young generation is falling prey to numerous STDs and various other mental diseases! 'The use of contraceptives like condoms will protect you against STDs despite indulging in sexual promiscuity' – being misled by such a misconception, today's youth, the asset of the nation, is also depleting itself of its precious vital fluid, strength, intellect, and even longevity! This, in itself, is an open invitation to diseases like stress, epilepsy, depression, memory loss, etc. This is equivalent to a person going to a venomous snake to cure a snakebite.

In reality, contraceptives that are supposed to be the means of protection against diseases aren't required in the continent lifestyle, as prescribed by the sages and philosophers of India. In a society where festivals promoting virtues like power of the intellect, good health, self-restraint, good conduct, mutual good disposition, pure bliss and joy, and divine love are celebrated, and where people's lives are illuminated by the wisdom imparted by *Maryādā Purushottam* Lord Shri Rāmachandra (an adept in propriety of conduct), Lord Hanumāna (an icon of lifelong celibacy), Brahmalina Bhagavatpāda Sāi Shri Lilāshāhji Mahārāj (an icon of self-restraint), and Pujya Bapuji (founder and guide of the worldwide festival like 'Parents' Worship Day' which inspires self-restraint), – why would people



For Students



To wish ill of others invites the same to oneself

‘Sage *Dadhichi* accepted the prayer of the gods and gave up his life. *Indra* defeated the invincible *Vritrāsura* with the *vajra* made out of *Dadhichi*’s bones and regained heaven.’ Child *Pippalāda* heard the story from his mother *Suvarchā*. *Pippalāda* was enraged at the gods who were responsible for his father’s death. He said, ‘These gods, driven by selfishness, did not even feel ashamed of asking my ascetic father for his bones!’

Pippalāda, resolved to destroy all the gods. He began his penance on the banks of the *Gautami* River. After a long period, Lord Shiva appeared and said, “Son, ask for any boon you desire.”

Pippalāda said, “O destroyer of the universe! If you are pleased with me, open your third eye and turn the selfish gods into ashes.”

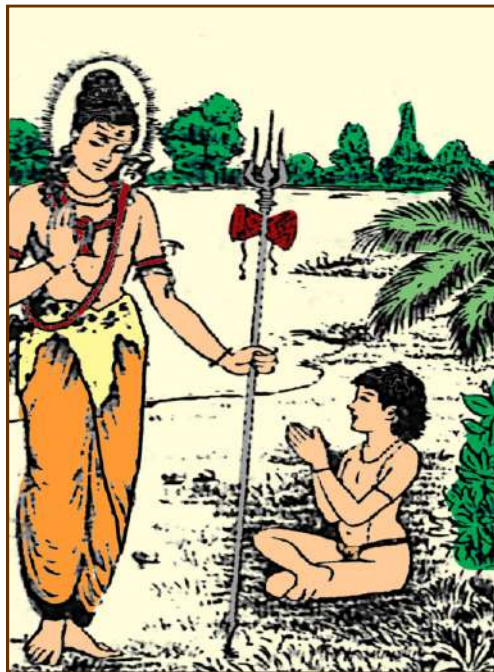
Shiva said, “My son, you couldn’t bear the radiance of my terrible form, so I appeared before you in a gentle form. Do not invoke the power of my third eye; it will turn the entire universe into ashes.”

Pippalāda said, “I have no attachment to the gods or the world they govern. Destroy the gods even if the universe will be reduced to ashes with them.”

The most generous *Shiva* smiled and said, “You have one more chance. Behold my terrible form in your internal organ.”

Pippalāda beheld *Bhagavān Rudra*, the

terrible, in his heart. As soon as that fiery and terrible form appeared in his heart, *Pippalāda* felt that every hair on his body was reducing to ashes. His body started to tremble. He felt that he would become



unconscious in a few moments. He called out to Lord *Shiva* in a distressed voice, and then the terrible form disappeared from his heart. The smiling Lord *Shiva* was standing before him. In a reproaching tone, *Pippalāda* said, “I prayed for you to reduce the gods to ashes; you started to reduce me into ashes.”

Shiva explained affectionately, “Destruction starts at one place and then spreads. It starts from the place where one invokes it. *Indra* is the presiding god of your hands, the sun of your eyes, *Ashwini Kumāras* of your nose, and the moon of your mind. Each sense organ has its own presiding god. If you destroy those gods, how will your body survive? Wishing ill of others brings first ill to oneself. Your father, Sage *Dadhichi*, donated even his bones for the welfare of others. His sacrifice made him immortal. You are the son of such a great sage. You should wish good of all beings conforming to your father’s glory.”

Pippalāda, after listening to Lord *Shiva*’s sermon, bowed his head at His feet. His heart, which was burning with the fire of hostility, became free from hostility and endowed with coolness and peace. ○

Wholesome and strengthening sesame seeds, particularly for the winter season

According to Ayurveda, sesame seed is moist, sweet in taste, hot in potency, heavy to digest, pacifies the *Vāta dosha*, and aggravates the *Pitta* and *Kapha doshas*. It increases strength and enhances intellect and digestive fire. It is good for complexion, and hair. It is an excellent medicine for urinary anomalies.

According to modern research, sesame seeds contain protein, iron, magnesium, copper, vitamin A, B₁, B₆, E, and three times more calcium than milk. The seeds are anti-cancer, control bad cholesterol levels (LDL), high blood pressure, and strengthen bones. Black sesame seeds are the best, are semen-promoting, and are used specifically as medicine. White sesame seeds are of medium quality. They contain more oil. Red sesame seeds are of inferior quality.

Sesame oil is specifically salubrious:

Sesame oil is hot in potency, pungent, sharp, a strength enhancer and pacifier of *Kapha* and *Vāta*. On the one hand, it nourishes the thin and lean; on the other hand, it causes weight loss in the obese. Due to this specific property, it is especially used in therapeutics. It spreads in the body quickly and enters the subtlest channels. In this season, massage with sesame oil is a boon for health. Sesame oil can also be used with food.

Medicinal uses of sesame:

* Eat 7-15 grams (1-2 spoonfuls) of sesame seeds (black sesame seeds are the

best, if available) with good mastication, and then drink water. It **nourishes the organs** and **cures dental problems**. Ayurveda texts state that doing this **strengthens a person's teeth for their entire life**.

* Mothers who have a diminution of milk production after delivery should consume 1-2 spoonfuls of sesame oil on an empty stomach, followed by warm water, and eat when hungry. This will **increase lactation**.

Make your skin oily, naturally.

People have dry skin and skin fissures. To cure dry skin and skin fissures, taking a bath with an unguent made from ground sesame seeds or *Sapta Dhānya Ubtan* * mixed with a little sesame oil is beneficial. It removes dry skin and makes the skin **naturally moist**. This remedy **pacifies Vāta** and is also **beneficial for the eyes**.

Tilkut (Sesame crunch)

Benefits: It promotes strength, semen, and intellect. It is beneficial, especially for those whose physical development is not good, who feel tired after a little exertion, and who suffer from debility, weakness of the brain, and urinary frequency caused by seminal weakness or excessive seminal wastage.

Recipe: Roast 1 cup raw sesame seeds on low flame for 3-4 minutes. When cool, grind to a coarse powder.

★ This may be obtained from *Satsahitya Sewa Kendras* and *samitis* of ashrams.





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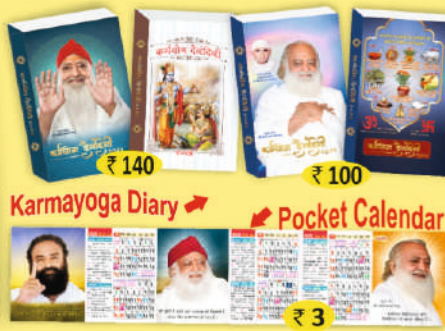
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Date of Publication: 1st January 2024

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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*)

Rishi Prasad is sending the nectar of Sanatan Dharma from house to house.



Vrinda Abhiyan, fervently ran across the country on Tulsi Worship Day



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