

RISHI PRASAD

Mahashivaratri

8th March

Read page 11



May you attain the fruit of keeping night vigil, fasting, meditation, etc., on Shivaratri in the form of the key to the treasure of Brahmi Sthiti or Self-realization, that Shiva Ji wishes for you. – Pujya Bapuji

Festival of Holi

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March 24 and 25

For excellent health of Pujya Bapuji... ✨

Demand for relief to Pujya Bapuji for appropriate medical treatment ✨

Even in foreign countries, people demand for Bapuji's release. ✨ & ✨

As Sant Asharamji Bapu is sick and aged 86 years, he should be released, not persecuted. – *Maluk Pithādhishwar Jagatguru Swami Shri Rajendradas Ji*



Considering Bapuji's critical condition



Demand rises for his release



Considering the critical condition of Pujya Bapuji, various Dharmic people, charitable organizations, the saints' community, and celebrities are seeking His immediate release for proper treatment.

Summary of the letter sent by Vishwa Hindu Parishad, Gujarat, to top public representatives

Shri Ashok Rawal, Secretary of the Gujarat unit of Vishwa Hindu Parishad, in his letter to the Prime Minister, Union Home Minister, and the Chief Ministers of the states of Gujarat and Rajasthan, wrote the following: Eighty-six-year-old Param Pujya Sant Shri Asharamji Bapu, who has been promulgating our *Sanātan* culture across the nation and abroad and who has been raising His strong voice in protest against proselytization in tribal areas, has been imprisoned in Jodhpur Central Jail of Rajasthan for the past 11.5 years. Currently, His health is extremely critical and alarming. As per Jodhpur AIIMS, three of the coronary arteries of his heart are blocked (99%, 90%, 80-85%), and he is also suffering from heavy gastrointestinal (GI) bleeding due to intestinal ulcers. He has already received seven bottles of blood transfusions. Given such a critical health condition, it is extremely necessary that he be availed of immediate medical treatment suitable for his age and ailment. Hence, it is a heartfelt prayer of *Vishwa Hindu Parishad* (Gujarat) that, taking note of his contribution towards the upliftment of the entire nation and the promulgation of *Sanātan* Culture, that a sympathetic approach be adopted towards Him in this elderly stage of His life, and the needful be kindly done.

Summary of the letter sent by Hindu Yuva Vahini

Shri Vikram Singh Rathore, National President of Hindu Yuva Vahini, in his letter to the Prime Minister, wrote the following: It is requested that, taking cognizance of the matter of venerable saint Shri Asharamji Bapu, he be released at the earliest on parole so that He can get the best possible treatment and get cured at the earliest. You are well aware of the work done by the venerable saint for the upliftment of *Hindu Dharma*. In our country, the human rights of even terrorists are protected. As a matter of fact, the Supreme Court of the nation opens and operates for them, even at midnight. When bail has been granted to those who burned alive in *Godhra*, the devotees of *Bhagavān Rāma* who were returning after offering their voluntary services at *Bhagavān Rāma*-temple, how can so much injustice be inflicted upon a Hindu saint of the country? It is hereby requested that, taking *suo motu* cognizance of this serious issue, Sant Shri Asharamji Bapu be provided the best possible treatment according to his health condition, and the positive efforts towards the venerable saint's acquittal be approved and acknowledged by you.



Shri Awadhesh Gupta,
National Vice President, Goraksha
Department, VHP:

The health graph of the National Saint Asharam Bapuji, who has been ensnared in a false case, has been declining day by day; and yet, He is not being granted any relief. This has caused a great furore in the public. Bapuji must be released.



Tapasvi Chhāvani
Pithādhishwar
Jagadguru

Paramhansa Āchārya

Mahārāj: The judiciary must hear the case, at least for the treatment. I would request the judiciary to administer justice.

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Demand for relief to Sant Asharamji Bapu to avail appropriate medical treatment of his life-threatening diseases.

– Journalist, Nilesh Thakkar, Correspondent, The TV Times

It is the fundamental right of every person to get appropriate medical treatment according to their health requirements. The Supreme Court and High Courts have issued several guidelines, from time to time, confirming this point.

In 2022, the Delhi High Court stated on this subject regarding those serving a sentence in jail: ‘leniency should be exercised in granting interim bail on the basis of ill health. It is of utmost importance that a person’s health remains good. The state government should take care of health-related problems, and the judiciary should also look at them with caution and sensitivity.’

This is such a sensitive fundamental right of every citizen that must be protected.

Pujya Sant Shri Asharamji Bapu has been in jail for the past eleven and a half years under false allegations. After going to jail, many serious health problems have arisen and are worsening daily. He has petitioned several times to get treatment, but has not been granted parole or bail, even for a day.

Bapuji was admitted to AIIMS Hospital in Jodhpur several times due to an emergency in the last 3 months. Doctors diagnosed him with coronary artery blockage. During this time, due to intestinal ulcers, he suffered bleeding. Due to this, hemoglobin which should

be above 13 g/dL, was 7g/dL. To save his life, he was transfused with 7 units of blood.

Before being imprisoned in Jodhpur jail, Pujya Bapuji’s trigeminal neuralgia disease, which is the most painful condition, was also under control with the necessary treatment, but due to a lack of this treatment for more than 11.5 years, it went out of control. Furthermore, at the age of 86, he has developed more diseases such as ischemic heart disease, prostate enlargement, arthritis, anemia, etc.

All human bodies have a specific doshic (nature) – a suitable environment, according to the disease, is required for curing it. Certain types of medicines are well-tolerated by the body, while others cause adverse effects. Many such factors are essential for health.

This is why there are provisions in the law to provide relief to prisoners to receive favourable treatment. Under these provisions, the courts have been granting bail or interim bail for prisoners to receive favourable treatment through favourable therapies in places conducive to health. There are many examples of people being given relief for weeks and even several months to get medical treatment as per their needs.

It has become a topic of discussion among the public that when such relief is given to those accused and convicted of scams, murder, money laundering,

Increasing marketing in the name of 'Valentine's Day', the young generation are being targeted !

Statistics bear testimony

The international company 'Foodstuffs' gave information about its products purchased by lovers, etc., during the week of 'Valentine's Day':

In 2022, flower sales on Valentine's Day were comparatively 226% higher than those on other days. The increase in the purchase of one category of chocolate in one year was 380%. The company's survey reveals that they sell a large number of condoms (contraceptives), alcohol, etc. during Valentine's Day.

In the survey by the Associated Chambers of Commerce and Industry of India (ASSOCHAM), on Valentine's Day, companies are targeting well-paid working youth and school-college students by giving attractive discounts on chocolates, clothes, mobiles, etc. This diplomacy has come to the fore.

There are many companies in ours and foreign countries that earn billions of dollars by selling contraceptives, aphrodisiacs, pornography, etc., during these days, thereby corrupting teenagers and youths.

What is the solution to this global problem?

Those people who call Valentine's Day –which promotes marketing, promiscuity, sexual anarchy, and stimulates sexual desire – 'Love Day', and in its name, want to become happy by enjoying sex are alerted by the true words of a Self-realized king, Bhartrihari:

भोगा न भुक्ता वयमेव भुक्ताः...

...तृष्णा न जीर्णा वयमेव जीर्णाः ॥

"We have not enjoyed the pleasures; rather, the pleasures have exploited us. We have not performed any penance because

we did not get any reward worth the name; rather, the penance has burned us; they have sapped us of our vital energy, leaving us exhausted and moaning; time has not lapsed but the lease of our life. Desire and greed are not exhausted; we are exhausted and drained by desire and greed."

Our saints say that there is no sense enjoyment that is not followed by sorrow, fear, worry, and disease. There is no enjoyment that does not subject the enjoyer to inertness, weakness, and dependence. What sensual pleasure those lovers would be enjoying, rather, the pleasure exploits them –sometimes it causes the problems of sexually transmitted diseases and venereal diseases, sometimes it causes stress and depression, sometimes it makes them victims of committing the great sin of abortion, and sometimes it leads to the great sin of suicide. The desires of dissolute people are never exhausted; their precious human life is exhausted.

Brahmavettā Saint Pujya Bapuji has given a greatly beneficial solution to save society, especially the teenagers and young generation, from this degeneration and to adorn the heart with innocent love. Pujyashri said, **"The love between a lover boy and his girlfriend is not true love as it is based on lust and desire. True love is love without sexual relations, expressing divine feelings. Do not celebrate Valentine's Day, which destroys strength, intellect, vigour and radiance by exploiting youthfulness. Celebrate 'Parents' Worship Day' which nurtures youthfulness, satisfies parents, and kindles spiritual love. Children should apply a tilak on their parents' foreheads,**

How to attain *Atma-Shiva* ? – Pujya Bapuji

Bhagavān Shri Krishṇa said,

न मां दुष्कृतिनो मूढाः प्रपद्यन्ते नराधमाः ।...

“Evil doers, the ignorant, or lowest people who are attached to their demonic nature, and whose power of discrimination has been taken away by divine illusive power (*Māyā*) do not worship or seek Me – the *Ātma-Shiva* or *Ātma-Krishṇa*.”

Why even hold the desire – ‘May I attain this, may I attain that....’ Even if you attain that, which did not exist earlier, will be left one day. And that – which existed in the past, exists

Mahāshivarātri - 8th March

now, and will continue to exist in the future – is something that can be attained quite effortlessly. However, those who do not tread the path to That, which can be attained quite effortlessly, and That, which one need not fear losing (because it can’t be lost), have lost their good sense. And those whose intellect gives importance to God and *satsang* are fortunate. They attain the joy, knowledge, and bliss of God; and God being eternal, they become one with that eternal Reality. They don’t become ‘something’; instead, they simply know reality *as it is*.

माययापहतज्ञाना आसुरं भावमाश्रिताः ॥

‘The foolish evildoers, who are the most depraved among men, who are deprived of their wisdom by *Māyā*, and who resort to demonical ways, do not take refuge in Me.’

(**The Gītā: 7.15**)

‘*Mā...yā*’ means the delusory power inherent in the structure of creation, because of which the unreal and non-existent seem to be real. Our childhood, which felt real to us then, doesn’t exist anymore. All our experiences of joy and sorrow that appeared to be real to us, have passed away; however, the knower, or the witness of those – the *Satya-svarupa* (That, which is of the essential nature of Truth) is something that

exists even now, and will continue to exist even after one’s death. We worship that very *Shiva-svarupa* – the Natural-true-being of Shiva. AUM... AUM... AUM...

That Shiva *Tattva* manifests in the form of Lord *Brahmā*, *Vishṇu*, and *Mahesha*. It’s that very *Parameshwara* (the Supreme Lord) that appears in many forms – *Krishṇa*, *Rāma*, the Guru, etc. Just as it’s the very same ocean that appears in various forms from numerous seashores, beaches, states, and nations as waves, similarly, it’s the very

same *Parabrahma-Paramātmā* (the Supreme Brahman, Supreme Self) that exists in many forms. We adore Him as our own True Self, the Lord of all beings. AUM... AUM... AUM...

As per the Shiva Purāṇa, Bhagavān Shiva, instructed the following to Lord *Brahmā* and *Vishṇu*: “The sages have instructed people to worship Me in two forms. One is the embodied form (with serpents around my neck, matted hair, tiger skin, etc.), and the other is the Shiva Lingam (the phallic symbol), which is my formless form (a symbol without limbs and form.) The phallic form is worshipped with the *Omkāra* mantra, and the embodied form with the five-syllable mantra (‘*Om Namaḥ Shivāya*’). Thus, by worshipping Me, one develops pure emotion, and consequently, it will be easy for them to attain Me as *Ātma-Shiva*.”

Thus, worshipping Lord Shiva with the mantras, the worshipper, upon hearing the essential nature of Lord Shiva through the *satsang*-discourses of a Self-realized Guru (the Knower of Brahman), reflecting and profoundly meditating over the same, will realise that He, (Lord Shiva in His Natural-true-Being) is quite natural, spontaneous, and effortless to realise, and is ever-

Freedom from pairs of opposites and the attainment of non-duality

Bhagavān talks to Uddhava about how to control the mind: “The mind is the cause of pleasure and pain, and the world is imagined in the mind. One who wants to destroy the pain and suffering in this world should of course, control his mind, because in the three worlds, there is none other than the mind, which gives the utmost suffering. The mind is very fickle. It is never easily stilled. So, one should train the mind to think freely, where there is no partiality, and this should be done, day and night.

The mind may deceive discrimination, and therefore the mind and discrimination must be handcuffed and kept together day and night. Whenever the mind gets waylaid by doubts, the thought of discretion should always stand by its side to destroy that doubt, and wherever the mind is likely to turn to unrighteousness, the discrimination runs there in order to throw away that bad thought. Whenever the mind takes shelter near desire and anger, discrimination pulls its hair and pulls it back. When the mind turns to slander, the discrimination pulls its back and gives it a thrashing. When the mind says, “Let me turn towards the objects of sense perception,” discrimination strikes its head with the baton of dispassion, and when it tries to run after an idea, discrimination suddenly drives it away from there. When the mind wants to grab other’s money or covets other’s wife, this discrimination jumps there and starts a fierce fight.

In this way, the mind and discrimination are fighting between them, and the quarrel

is brought to SatGuru for justice. In order to consider their conflict, SatGuru puts them in the house of non-duality. As soon as the mind looks at that house, its nature undergoes change, and dropping its egoistic attachment to the body, it becomes one with the discrimination. The mind loses its nature (mind-ness), and discrimination gives up its work of comprehending the mind. Jivahood of the *jiva* is gone and it attains non-dual knowledge to realize it’s essential nature as Supreme Brahman.

Suppose a serpent is made of gold with all its features; even then, it is not a real serpent but only the gold and the gold itself has no idea that it is a serpent! The *jiva* also forgets its jivahood, and the mind totally forgets its mind-ness without making any type of change in the forms of the world. With this tact of discrimination, the mind enters My nature (the nature of God). When the mind does not shine forth as mind, that is called real mind-control. O the wish-fulfilling gem of a clever consciousness! O, the Supreme Emperor of all kinds of things of discrimination! O, the crown jewel of devotees! O Uddhava, you should try to control the mind.”

By this time, the Lord was full of his love for Uddhava. He further said to Uddhava, “My dear, control your mind diligently and respectfully here and now. Peace does not leave the man who sincerely controls his mind and renounces the differences created by mind. It is like a mother never leaving her dear child. When



Pay attention to these points to cure indigestion

Nowadays the majority of people suffer from stomach disorders, and indigestion is the most prevalent. It is due to giving priority to tasty food over wholesome food, ignorance regarding or giving no importance to dietary rules about what to eat, when to eat, how much to eat what not to eat, etc., overeating, eating overcooked or undercooked or stale food, eating cheese, *māvā* (milk cooked down to a fudge like consistency), which takes a long time to digest, eating late at night, and eating quickly.

According to *Charaka Sanhitā*, meals should only be eaten after complete digestion of the previous meal, because if eaten before the previous food is digested, the undigested rasa of the previous food will add to the rasa of the food of the later meal and will quickly aggravate all the *doshas* (biological humours).

Only eat after the previous meal is completely digested.

Regularly practice walking, *āsanas*, physical exercise, etc. Eat your meal with good mastication. Gobbling meals adds an extra burden to digestive fire, and the digestive juices are not secreted sufficiently.

As per Pujya Bapuji's *satsang*-discourses, "If one eats food before the previous meal is digested, it will produce *āma* (the last product of food, which is poorly digested), a toxin. People overeat and then complain, "I am suffering from hyperacidity, I have developed stomach disorders." If you eat with discernment as how much to eat, when to eat, what

to eat, what not to eat, you will remain healthy.

One must eat meals in the morning between 9.00 a.m. and 11.00 a.m., and in the evening between 5.00 p.m. and 7.00 p.m. If you eat during these hours, food

will be properly digested and your life force will be well maintained. Drink lukewarm water during meals. One-half of the stomach should be filled with solid food, one-quarter with water

(liquid), and one-quarter should be left empty for air. This will keep you healthy. Those who eat frequently become ill quickly and suffer from indigestion in old age. If you eat frequently, you will expend more digestive juices. Keeping a fast once a week or a strict fast once a fortnight will prove a boon to your health.

Grind 10 grams of *ajwain* (carom seeds), 25 grams of black salt, and 10 gram of *asafetida*, mix them, and store. If you take one spoonful of the mixture with lukewarm water in the morning and

evening on an empty stomach, it will cure many stomach problems. For constipation, one should add 3 grams of *harad churna* to 15 to 20 ml of *gau-jharan* (cow urine) or 10 to 15 ml *gau-mutra ark* and take it on an empty stomach. It will prevent constipation.

Or taking 2 to 3 tablets of *koshtha shuddhi kalp* will relieve many stomach problems.





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A glimpse of the **Uttarayana Shivar** completed in the Ahmedabad ashram



Resolving and doing japa for the best health of Pujya Bapuji



Procession



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speaker of the CG Assembly



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Say no to Valentine's Day on 14th February; blossom the sweet flowers of **Parents' Worship Day**, instead



Amemorandum
given to Chief
Minister of AP
Shri Pema Khandu



Ahmedabad



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