

# RISHI PRASAD



**A bogus case, advanced age, and a critical condition**  
**Three severe heart blockages... Exceptionally severe pain of trigeminal neuralgia**  
**People take to the streets demanding Bapuji's release.**



**"If convicted prisoners are released by the Government then the falsely found guilty, 86 year old ailing Asharam Bapu should be released first."**

**- Subramanian Swamy, former Cabinet Minister of Law and Justice**









# They alone become great in the true sense.

‘I should become something...’ ‘We should become something’. This effort to make individual existence different from God, the effort to express one’s distinctive talent as being different from God, is the personal error of a person as well as the social error of society. This is a profound truth. This is a profound truth. ‘We should become something, we should become great, we should become such and such, so and so...’ If you become something, you will be different from someone else. **If you become something (attain a position or title), you will lose that achievement sooner or later, and if you realize your Ātman, you will cross the ocean of saṃsāra.** And they alone become great in the true sense, who do not become ‘something’ but get repose in what is Real. Their eating-drinking, their getting up and sitting down, speaking and walking, taking and giving, all become blissful. Happiness is neither on earth, nor in heaven, nor does happiness exist anywhere in the 14 worlds. Happiness exists only in one place, the place where a saint’s mind rests. The saint’s mind rests in the wisdom of all-pervading *Sachchidānanda*, (Existence-Consciousness-Bliss absolute). That’s all. However, this is a very profound truth – extremely profound.

जिनके भाल के भाग्य बड़े, अस दीपक ता उर लसके ।  
“*This lamp of Self-knowledge illuminates the hearts of the most blessed people.*”

The rest of the people are busy with hectic worldly lives. They spend their lives in the hustle and bustle of the world.

एक भूला, दूजा भूला, भूला सब संसार ।

बिन भूला एक गोरखा, जिसे गुरु का आधार ॥

“*One is lost, another is lost, the whole world is lost in the illusion of māyā. Only*

*Gorakha is not lost because he lives in the Guru’s shelter.*” – Pujya Bapuji

Nothing but joy! **Some people get spiritual knowledge from their Guru. They get some peace and think they are someone special. If he considers himself to be a *jnāni* (one who has realized the Self), and others as *ajnāni* (one who has not realized the Self), he will become powerless.** The person has not attained *jnāna* (Self-knowledge). He has heard and gained verbal knowledge. His being is not steadfast in *jnāna*. His *jnāna* is not practical. Hearing the knowledge has not resonated, effort is needed for the resonance to occur.

Maharshi Vasishtha Ji said to Shri Rāma Ji, “O Rāma Ji! Someone may become the sovereign emperor of the whole universe or enter fire or water, but even after attaining this opulence (divine power), one cannot attain peace without attaining realization of the Self.”

If one gets the kingdom of not only Gujarat, not only India, not only the earth, but of the whole universe including the 14 worlds, he is destitute if he has not attained Self-Peace; and if one attains Self-Peace, he is the grandfather of the sovereign emperor of the universe. Inner peace is such a great thing.

आत्मलाभात् परं लाभं न विद्यते ।

आत्मसुखात् परं सुखं न विद्यते ।

आत्मज्ञानात् परं ज्ञानं न विद्यते ।

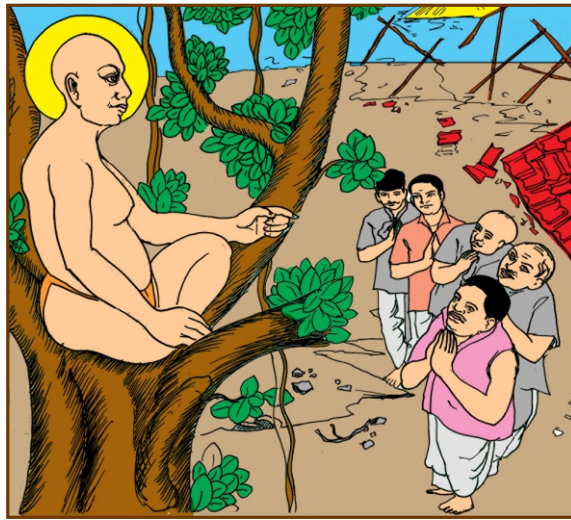
“*There is no gain superior to that of the Self. There is no happiness greater than that of the Self. There is no knowledge higher than that of the Self.*”

The glory of such Self-bliss is so great. Those who have attained Self-knowledge are indeed blessed, even their servants are second to none; they too become blessed. ○

# A village ruined by insulting a saint.

(Excerpts from a *Satsang* discourse delivered by Pujya Bapuji)

I am relating to you a real event. Ganeshpuri is a small village about 60 to 70 km from Mumbai. Muktañanda Bābā lived there. His Guru was Nityānanda Bābā. Nityānanda Bābā was established in the yoga of equanimity. Intoxicated with the bliss of Brahman, he roamed from place to place. While roaming, he arrived in Bantwāl, in Karnataka state. The shopkeepers of that area were violent by nature. How can common people recognise a roaming saint, absorbed in the ecstasy of Self-intoxication clad in a loinloth? They hurled abuse at him saying ‘he is a parasite, an idler; he is this and that’. At times they poured dirty water over his head, and also threw clods or sand on him, but still Bābā remained absorbed in Self-bliss. One day, when they crossed the limits, Nityānanda Bābā said, “Now that you have crossed the limits, Gangā (the local river) will punish you.” As soon as he said it, the sky became overcast, there was torrential rain with thunderstorms and the river flooded. To everybody’s surprise, the floods were so severe that many shops and houses collapsed, and a lot of things were washed away. Everything, including people’s lives, property, and health, were being ruined. While roaming, he climbed up a tree and sat peacefully in the bliss of Brahman. An old man said:



*“Harassing a saint destroys the three: radiance, strength, and family line.*

*Many, like Ravana, the Kauravas and Kamsa, were destroyed by it.”*

“Oh fools, natural calamities occur in the place where a Self-realized saint is harassed, and nature showers blessings in the place where a Self-realized saint is revered. You should learn from this.”

After receiving advice from the old man, those shopkeepers along with villagers, went to Nityānanda Bābā and said, “Bābā! We are faltering between life and death. We have committed a serious mistake. We were totally unaware of your equanimity and Self-knowledge. As we consider ourselves confined to our bodies, in the same way we consider you an embodied being. Forgive us, my Sant Bhagavān; forgive us, my saintly mother. Now forgive us. However we are, we are yours. A child may be dirty, cunning, or a loafer, but when he takes refuge in his mother, he is accepted by her. Likewise we are also your children seeking your refuge.”

Bābā said, “Well, if this is so, then pray to Mother Gangā, and its water will recede.”

They prayed, and gradually, it stopped raining. The floods also subsided.

*Samatva yoga* (the yoga of equanimity) is very powerful. If you repose in God, nature starts to become favourable to you. Brahmajnāna is a great achievement. ○



# Is equality of justice only for name's sake?

As an 86-year-old saint who has dedicated his entire life to the upliftment of society, Sanātan Dharma, and culture, has been imprisoned for more than 11.5 years under false accusations, and he has contracted several serious illnesses. Even in such a serious condition, he is not given any relief for suitable treatment. A strong voice of protest is rising in society. The following are statements from some eminent persons:

**Shri Nitin Shukla, a renowned journalist, speaker, and author:** Varvara Rao, who planned to kill the Prime Minister of our nation, Disha Ravi, who attempted to divide the country; and the terrorist Areeb Majid, who is a threat to the entire world are granted bail, but only Asharamji Bapu is not granted bail!

What did Asharamji do? He stopped the religious conversion that was going on. So what happened? They filed a false rape case and sent him to jail. This is not just one case; there are thousands of such cases. Thousands of Hindu *sādhus* and saints have been falsely accused and sent to jail, and many of them were murdered! If you look at the record of the last 10 years, you will understand my point.



**Shri Gautam Khattar, Social Media Influencer and founder of Sanātan Mahāsangh:** Asharam Bapu is being punished for redirecting society from Valentine's Day

to Parents' Worship Day! He is being punished for redirecting crores of followers from the celebration of Christmas Day to Tusli Worship Day. He is being punished for bringing back into the Sanātan Dharma fold, thousands of Hindus who had converted to Christianity.

**Ashutosh Jha, Social Media Influencer:** You people do not have



an iota of knowledge about Asharamji Bapu, who ripped religious conversion to pieces and brought lakhs of converted people back into the Hindu fold. You people who live under the influence of propaganda are shown what you want to see or what they want to show you, not the truth.



**Ankur Arya, writer and thinker:** Asharam Bapu did not kill anyone, but he still has not been granted bail. What is the reason? The reason is that he works for Hindus, he works for Sanātanis, he works to save Hindu Dharma.



**Shreyam Tripathi, Social Media Influencer:** Saint Shri Asharam Ji Bapu supported the innocent *sādhus* and saints who were framed in false cases, be it, Shankarāchārya Jayendra Saraswati, Swami Keshavānandaji or Sādhvi Pragyā. When a powerful, saintly individual defends Hindu Dharma →





“Ravidās! Just keep it; you may use it as and when required.”

“O Lord! I haven’t bathed yet and my hands are soiled with the hide. So, please wrap it in a piece of cloth and put it on the rooftop.”

The Lord did the same and thirteen months later, when He returned, He realised that it was the very same hut, where Ravidās was engrossed in the same very act, singing the song while cobbling the shoes and carrying out worldly activities while being in touch with his Real Life.

As yet, you haven’t touched your Life, and if you manage to do so, even the external, worldly life of yours will become blissful. So far, you have been in touch with the corpse, believing it to be yourself. The body is a corpse, while Ātman (or the Self) is Life. Realising Ātman is what is called being in touch with Life. You are living while being too far from Life. And that is the reason why you are outwardly running after happiness, every moment at every step. However, in the party of those Emperors intoxicated with divine wine, who are in touch with Life (realizing their True Self), even the people start becoming Emperors intoxicated with divine wine.

Lord Ādi-Nārāyaṇa said, “Ravidās! You seem to be in the same old condition. It looks like you’ve either forgotten about the philosopher’s stone or don’t have a piece of iron to touch it with (to turn it into gold).”

Ravidās said, “O Lord! I have a lot of iron and the philosopher’s stone must be lying in the place where you left it.”

The Lord, to His surprise, found that it was lying in the very same place. The Lord said, “Ravidās! What’s the matter?”

Ravidās said, “A philosopher’s stone will not bless me with the Life of Supreme Truth. It would instead entangle me in the world. So, I don’t really need it.”

The Lord said, “O Ruler of the Cosmos! At times you reveal yourself in the hearts of your most beloved paupers. And I have some sense of duality: ‘this one is poor and that one is rich...’ However, in order to make us intoxicated with our Self by way of destroying our sense of duality, You send the Rulers like us to Your beloveds. O Governor of the World! Infinite is your *līlā*.”

This is Real Life. If you get access to this Life even for 3 minutes, then not only will you cross the ocean of *samsāra*, but also your 21 generations will be emancipated. ○

## March ahead !

आस्ते भग आसीनस्योर्ध्वस्तिष्ठति तिष्ठतः ।  
शेते निपद्यमानस्य चराति चरतो भगश्चरैवेति ॥

(Rig Veda, Aetareya Brāhmaṇa)

‘The fortune of a person who sits idle, sits idle with him or her; that of one who stands, also stands; that of one who sleeps, sleeps and of one who walks, walks with him or her. Hence, march ahead, march ahead.’

(Here, this message of the Veda Bhagavān doesn’t intend to make us exert much in this transitory *samsāra* and get exhausted; instead, it is meant to awaken us in the Self, which is of the essential nature of Supreme

Bliss, our real ‘I’. He wishes us to consistently march ahead on the path of introspection through proximate aid to liberation and auxiliary aids to spiritual practice for self-realization, and that we do ‘*Purushārtha*’ in the truest sense of the word, i.e., consistently strive to attain *Purusha*, i.e. *Paramātmā* – the Supreme Self.) ○

## An enlightening couplet

Students who practice

Surya Namaskāra regularly,  
get immense vigour and agility;  
and unlock the treasure of intellect.



## When Shri Rāma showered His grace upon Hanumānji

The full-moon day of the Hindu month of Chaitra (*Chaitra Pūrṇimā*), falling on 23<sup>rd</sup> April this year, is the birthday of Shri Hanumān Ji. Shri Hanumān Ji is an icon of amazing strength, faith, and devotion. This day not only marks the glory of devotion but also important aspects of spiritual awakening and Self-realization. Hanumān Ji's pure character, his dedication to *sevā* (selfless service), and his unconditional surrender to his Master – teach and inspire us to develop a sublime perspective and to tread the path of spirituality. As per Pujya Bapuji's nectarine *satsang* discourses:

Bhagavān Shri Rāma Ji was pleased with Hanumān Ji and said, “Hanumān! I don't have anything to repay my debt to you in return for all the tasks that you have accomplished, the service that you have rendered to me, and the way you have been persistently diligent. Even my sense organs, the organs of action and my body, haven't been able to serve me as much. Come, I am giving you my heart.”

Bhagavān Shri Rāma then hugged Hanumān, offered him a seat, and imparted spiritual instructions on *Tattva jnāna* to him. As a result, Lord Hanumān's face reflected the direct knowledge of Brahman (Self-knowledge).

You wouldn't have been as happy and pleased upon graduating high school as you would have been upon your son doing the same. You wouldn't have been as happy

on earning a profit of 50,000 rupees yourself as you would if your son had done the same. Similarly, **the joy that a Guru feels when He establishes His disciple on the *Guru-pada*, (the state of a Self-realized Guru), is greater than what He would have felt when He had become a Guru Himself on attaining Self-realization.**

Similarly, the joy that Bhagavān Shri Rāma would have experienced upon seeing Hanumān becoming content in the Self would have been greater than what He would have experienced by realising Brahman (the Supreme-Self) sitting at the lotus feet of His Guru – Sage Vasishtha.

When Shri Rāma realised that – ‘The blissful state of having attained peace in the Self through *Brahmajnāna* is reflected on Hanumān's face. Spiritual instructions have clicked with him, enabling a resonance to occur.’ He asked Hanumān, “Hanumān! Tell me, How do you think of Me now?”

Hanumān said:

देहदृष्ट्या तु दासोऽहं जीवदृष्ट्या त्वदंशकः ।  
वस्तुतस्तु त्वमेवाहमिति मे निश्चिता मतिः ॥

“O Lord! While I identify myself with my body, I am Thy servant. When I consider myself an individual soul, I am Thy part. When I look upon myself, as the Spirit, I am one with Thee- this is my firm conviction.”

This is called *tattva-jnāna* (Realization of Truth absolute), and *Brahma-chintana* (constant meditation on Brahman). At →





## White pumpkin (ash gourd), a unique remedy for problems related with *pitta* and the summer

According to Ayurveda, white pumpkin is an extremely beneficial fruit, vegetable, and medicine for many diseases. Its ripe fruit removes all *doshas*.

It is cool in potency, pacifies *Pitta* and *Vāyu*, nourishes the body, helps in gaining weight, and promotes semen. It promotes the intellect (*Medhā Shakti*) and strengthens the heart. Its consumption induces sound sleep. Its seeds are anthelmintic.

It is a surefire remedy for problems arising due to imbalance of *pitta* like hyperacidity, burning sensations in the body, headaches, nosebleeds, bleeding piles, burning micturition, weak urine flow, insomnia, polydipsia (excessive thirst), leucorrhea, excessive menstrual bleeding (menorrhagia), etc. It alleviates fever and burning sensations, and increases physical strength.

It is also extremely beneficial in mental disorders like loss of memory, insanity, epilepsy, skin disease, chronic fever, physical and mental weakness, etc.

According to modern researchers, it is a rich source of calcium, iron, zinc, and magnesium. The antioxidants present in it, help with the prevention of diseases like diabetes, high blood pressure, and cancer.

In tuberculosis, its consumption leads to the healing of lesions in the lungs, and stops the coughing up of blood.

Toxic substances get accumulated in

the body because of the chemical fertilisers used in the cultivation of vegetables, fruits, and cereals and consumption of allopathic medicines; this is a major cause of the rise in cancer. White pumpkin destroys toxins.

As per Pujya Bapuji's nectarine

*satsang* discourses, the beneficial qualities of white pumpkin are as follows: "Drinking 50 ml of white pumpkin juice is a good remedy for physical problems caused by an increase in *Pitta* or heat – it is very effective. It

will remove *Pitta dosha*, which is the root cause of problems afflicting different people like indigestion, irritability, leucorrhea, and wet dreams. Take it in the morning on an empty stomach for a few days. I got miraculous benefits from it. White pumpkin is unparalleled in pacifying *Pitta*, and 50 ml juice is enough.

On getting the advice that consumption of Dhāl (split pulses) is not good (in old age), I stopped taking it, and I took easily digestible food up to the age of nearly 75 years. Then later, a knowledgeable *vaidya* (*Ayurveda* physician) said to me that the accumulation of *pitta* is the cause of hyperacidity. Another *vaidya* said that there can be a deficiency of 'vitamin B12' as well. He gave me tablets of vitamin B12. It helped a little bit. Then another *vaidya* told me an excellent remedy, to take white pumpkin juice in the early






# A Hindu saint suffers persecution and injustice in Hindustan (India) itself.

## Opinions of eminent lawyers and dignitaries



**Shri Harishankar Jain, Advocate, Supreme Court:** I have seen the FIR and medical reports, and read the statements. Based upon that, I have come to the conclusion that the case against Asharam Ji Bapu is entirely fabricated. He has been framed.


**Shri Vishnushankar Jain, Advocate, Supreme Court:** In the coming years, society will realise that the case against Saint Asharam Bapu was false. His punishment was unjust. An atmosphere is created by the media or anti-Hindu elements involving our saints in such things.




**Shri Sanjeev Punalekar Ji, Advocate and National Secretary, Hindu Vidhidnya Parishad:** Legally speaking, there is no substance in the case against Sant Asharamji Bapu. Why is bail not granted to him, while other criminals and politicians are granted bail? The injustice done to Bapu Asharam Ji is an injustice to Hinduism. The persecution hurled against Asharam Bapu is persecution hurled against Hinduism.



**Shri Ashok Singhal Ji, Former Patron and International President, Vishwa Hindu Parishad:** There is a huge conspiracy going on to defame the saints in our country. At this age, Bapu Ji has been greatly persecuted. It is all a fabrication. Bapuji should be granted bail. (It is noteworthy that until his last breath, the late Ashok Singhal Ji wished for Pujya Bapuji's acquittal with respect.)



**Madhu Purnima Kishwar, writer, professor, and social activist:** It's a completely baseless case. They have falsely implicated him and are not even granting him bail. He is 86 years old, and he is ill.



**Barkha Trehan, Chairperson, Purush Aayog:** Will any molested person continue sending text messages to somebody on her mobile? (No, but the accuser has done so). Another thing is that she memorised the goods in the cottage so well, as if she were visiting there every day to notice all those things. So, some contradictions were seen in her speech. In similar cases, many people received bail, but in this specific case, the sick, elderly, 86-year-old Asharam Ji Bapu does not receive bail. Why is that?



# Rallies were organised, and memoranda were submitted demanding bail or parole for Bapuji, who is in a serious condition.

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