

RISHI PRASAD



Mumbai

“Release 87-year-old innocent saint Pujya Bapuji.” : Nationwide demand is rising



Lucknow



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Jammu



“I’ve offered my birthday at the feet of Bapuji for...” – *Āchārya Kaushik Ji Mahāraj* Read page 9

“Asharamji Maharaj is the Supreme Saint. He is absolutely innocent. He should be released with dignity.” – *Shri Krishna Chandra Shāstri (Thākurji)*



Pujya
Bapuji's
address to
students

Your future is
in your very
OWN
hands.



Dear students! You are the future of *Bhārat* (India), the prestige of the world, and the pride of your parents. The infinite power of God is hidden within you in a dormant form. Whoever awakened their dormant powers and potential became great. And their name was written in golden letters on the pages of history. They left an indelible mark behind them in the world and became immortal, despite meeting death. In fact, history is nothing but the story of those few great men and heroes who were full of indomitable courage, self-restraint, valour, and bravery. Even these infinite powers are latent in you, and by following the guidance of great men and developing these powers, you too should become great.

O youth! There is no such thing or state in the world that cannot be achieved through willpower and self-effort. Self-effort made with full enthusiasm and dedication never goes in vain.

Dear students! You possess the dormant power to become what you desire. By awakening it, you can scale the heights of success. No matter how low-performing a student you may be at present, you can achieve the highest qualification through sense control, concentration, effort, and firm determination. History is replete with such examples. A child named *Pāṇini* kept failing in the first standard for years, but later, through his determination, self-effort, worship, and the practice of yoga, the very same child became a world-renowned composer of *Sanskrit* grammar.

If you want to become a great, brilliant, and excellent student...

Uproot the thoughts that weaken you and hinder your progress. Falling into bad habits that destroy your powers, and addictions like tobacco, betel quid, etc., and wasting time and corrupting one's character watching exciting programmes on the TV, smartphones, etc., and impairing vision by watching movies and obscene websites, playing video games, etc. – all this is nothing but inviting one's downfall. Giving up bad company and bad habits; studying spiritual texts; hearing *satsang*-discourses; meditation; and repetition of the *Sāraswatya-mantra*, *Guru-mantra*, or the divine name – all these are extremely beneficial for improving one's intellectual prowess, and all-round development. Your future is in your own hands. Should you wish to become a great, brilliant, and excellent student, firmly determine to be so from this very moment, give up avoidable things and adopt the things that are useful for the development of your life. Engage yourself in attaining the ultimate goal of human-life: attaining the Supreme Self (Self-realization). Even if you fail a thousand times, don't give up, make one more effort. You shall become successful.

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In This Issue...



- * Pujya Babuji's holy message 4
- * The nature (path) of action is imponderable 7
- * Pujya Babuji is innocent; He should be released soon 9
- * The Power of the Divine Name, Company of Devotees, and Bhagavat Katha 11
- * What is real well-being? 12
- * Every single gesture he makes illuminates spirituality – Darshana Khattar 14
- * Children, do not remain short of stature. 16
- * Weight controlled by Ayurvedic medicine and Babuji's blessings and satsang-tips – Dr. Umesh Patel 17
- * Purity of heart brings success. 18
- * Measures to excel in examinations and boost memory power 19
- * How to become proficient in learning and education? 19
- * Children are breaking the rules of Brahmacharya at a tender age: Survey 20
- * Schools should hold such sweet discussions that increase wisdom and love for God. 22
- * Discrimination of the witness of the Vital Sheath – Swami Akhandānanda 24
- * Who was more charitable? 25
- * Let me never forget You – Saint Pathik Ji 26
- * Chakrasana (wheel pose) cleanses nadis and keeps senility at bay. 27
- * With a saint's grace, you will attain divine knowledge – Sant Nāmdev Ji 27
- * Living a healthy life without undergoing bypass surgery for three severe blockages – Harish Yadav 28
- * The Vrata that destroys great sins and gives great religious merit. 29
- * Get coolness and many other benefits from mulberries in this scorching heat. 30
- * Remedies for heat-related problems in the summer season 31
- * ...Now even the uninitiated ones are also saying 32
- * Saint Shri Asharamji Babu should be treated in a stress-free environment and released immediately. – Journalist Bimalendra Tiwari 33

Pujya Babuji's Satsang on Various Channels



Daily 6.30 am & 11.00 pm

Tata Play (Channel No. 1161), Airtel (Channel No. 379) & Various Cables of M.P., C.G. & U.K.



Daily 10.00 pm

'Digiana' Cable (Channel No. 109) in M.P.



Mangalmay Digital



Asharamji Babu



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The Power of the Divine Name, Company of Devotees, and Bhagavat Katha

The birth anniversary of divine Sage *Nārada* falls on May 24. Explaining the mystery of how *Nārada* became so great, Pujya Bapuji said,

“*Nārada* was the son of a maidservant in his past life. His father passed away during his childhood. His mother swept religious discourse venues for sustenance. She couldn’t leave her son alone at home, so she would also make him sit at the same place of *Kathā*. By chance, that son of a maid could hear *satsang* discourses which aroused inner joy in his heart. He started repeating the divine Name, developed devotional love for God and saints, got inner joy, and had a longing for God which led him on his spiritual journey through intense spiritual practice. A miraculous sound vibrated from the sky which announced: “Son! You will not be able to bear my radiance and divine power. In the next life, you will become my special attendant.”

In his next life, he became the divine sage *Nārada*, who guided Sage *Veda Vyāsa*. Shri Krishna would respectfully get up upon seeing *Nārada*, and Sage *Veda Vyāsa* would honour him. *Nārada* became the guru of *Veda Vyāsa*, not by initiating him but by providing practical guidance to him.

Veda Vyāsa composed 18 *Purāṇas*, and edited and divided the Vedas, yet he was not satisfied because he observed, “People still do not act, eat, or think as they should. They are not free from suffering.” *Veda Vyāsa* was despondent.

Chanting, “*Nārāyaṇa, Nārāyaṇa, Nārāyaṇa...*”, *Nārada* appeared and said, “*Veda Vyāsa!* You appear despondent!”

Veda Vyāsa said, “You speak the truth,

sage! My despondency stems from the fact that despite editing the Vedas, composing the *Mahābhārata* in one lakh verses, writing the *Purāṇas*, composing the *Brahma Sutras* and religious scriptures, propagating the rituals of *yajnas* and *Yagas* in all quarters, expounding *Karma Kānda* (the ritual portion of the Veda), and providing some freedom to enjoy worldly pleasures restrained by dharma through the scriptures to the people inclined to enjoy, yet people still do not follow the path of righteousness and remain unhappy.”

“*Vyāsa Ji!* You have written scriptures, provided freedom of enjoyment in the name of religion, and showed the importance of various lunar days, festivals, *Japa*, and austerity, but people need the taste of devotion which is obtained by remembering God, divine knowledge, and establishing a connection with Him. *Mahārāj!* You haven’t composed a scripture that connects people with divine joy. *Bhagavān* has incarnated from age to age and performed divine pastimes. You see them in trance and describe them so that by reading it, people’s minds get attached to God. Without worshipping God, without discussing God, one will not get true joy and hence one will not be able to renounce worldly enjoyment. *Bhagavat Kathā* (the narrative of God) is so entertaining that by hearing it, the addicts become free from addictions, the lustful ones become free from lust, the greedy become free from greed, and the passionate become free from passion. Compose a *shāstra* full of *hāsya rasa* (the rasa based on mirth), *Veer rasa* (the rasa based on fortitude), and the



For Students



Purity of heart brings success. – Pujya Bapuji

The person who knows the value of his life pays more attention to the purity of his heart than material pleasures and luxuries, whether he is a judge or a merchant.

There lived a judge named Chāngsen in Mongolia. He was very honest and he believed that it was foolish to corrupt one's heart for wealth and facilities. One morning, one of his close friends brought a bag full of money and said, "Just accept this. I know you don't take bribes but I am presenting the money to you lovingly. Your children are facing great difficulty studying, due to the insufficient financial arrangements made by your salary, which is given by the government.

You have a trouble even buying a motor car, just have this bag of money. There is such and such a file regarding my case. Please give judgement in my favour. I do not want anything else from you."

That judge said, "I will eat plain roti (without applying ghee), I will send my children on foot to school to study, but I will not take a bribe from you, because it will demoralise me and my children. Even though you are a trustworthy friend and you wouldn't tell anyone about bribing me, yet my inner self (conscience) will bite me; my dishonesty will bite me. Therefore, please don't make me dishonest."

In Ahmedabad, there was also a judge of a similar nature, Justice Desāi. Someone went to him and said, "Justice Desāi, please accept

this bundle of one lakh rupees. (At that time, the price of gold was Rs. 130 per 1 1.66 grammes.) You'll never find a man like me. I am closely acquainted with you, don't refuse one lakh rupees, please accept it."

Justice Desāi said, "You won't find a judge like me who can refuse one lakh rupees to protect his heart against corruption. Please take the money back."



Those who evaluated their morality and purity of heart above sensual pleasures shone. Abraham Lincoln practiced law, but he did not like to earn money by being dishonest. In the eyes of his fellow lawyers, he was not successful. When he

ventured into business honestly, his partner betrayed him. People said to him, "You couldn't succeed even in business." However, the entire world is aware of Abraham Lincoln's enormous success!

He contested elections, honestly. He was defeated again and again, nevertheless, he did not give up honesty. He evaluated the purity of his heart above everything else. Eventually, do you know what happened? His wife died and he suffered a nervous breakdown, yet he, a man of truthfulness, was not discouraged, because he was sincere. Eventually, he became President of the United States of America in 1860 and became world famous. This was the fruit of truthfulness and consistent effort, what else!

Even though in the beginning a truthful

Children are breaking the rules of Brahmacharya at a tender age: Survey

In the erotogenic environment of present times, the trend of adultery, rape, teenage pregnancy, and other evil acts are increasing.

A recent survey of about 1,300 Americans aged 13 to 17, published in the 'New York Times', found that three-quarters of teenagers have viewed pornography (sexually explicit content) online by the age of 17, with the average first exposure at age at 12, according to the report by Common Sense Media, a nonprofit child advocacy group. This burning problem of falling in character is a threat and challenge to the world.

The preservation of semen is the preservation of life.

The trend of obscenity and hedonism is now becoming prevalent, not only in foreign countries, but also in India, as a result of turning away from our great Sanātan culture, which teaches the art of attaining unalloyed joy while leading a life of continence and good conduct. As a result of it, the teenagers and youths of our country are making their future bleak by falling into the abyss of profligacy.

Nowadays, semen is depleted by masturbation, etc. for momentary pleasure, and the loss of semen is not taken seriously. The primary reason for this is a lack of understanding of the importance of semen's invaluable power. Our saints say that the destruction of semen is the destruction of life, and the protection of semen is the protection of life. Continent life is necessary not only for physical, mental, and intellectual health but also it leads to attainment of supreme bliss.

Benedictory experiential Words of

Saintly Great Men about the Importance of Semen Retention:



Bhagavatpāda Sāi Shri Lilāshāh ji Mahārāj: "Every creature wants to attain happiness and joy, but being averse to their duties, not restraining their mind and senses, becoming slaves to passion, and being carried away by the stream of desire and lust, they are deprived of unalloyed happiness, peace, and bliss.

Consider sensual pleasures painful; wean your mind from sensual objects. One should advise his mind: "Oh mind! There is happiness in stillness alone; you will not find happiness outside." **An introvert is always happy, and an extrovert is always unhappy.**"

Swāmi Shivānanda (Warud, Maharashtra): "Our happiness, health, radiance, knowledge, strength, freedom, and religion depends solely on Brahmacharya. Brahmacharya is the only pillar in the temple of health. Just as a building collapses when its supporting pillar is broken, similarly, by depletion of semen, our entire body gets destroyed very quickly."



Swāmi Praṇavānandji: "Self-control is the backbone of human beings. As man cannot live with a broken backbone, a man without self-restraint cannot live."

Sant Shri Asharamji Bapu: "Self-control is the key to all success. **Strength of character is the only power. Strength of character develops the power of Brahman.** By semen retention, man

Who was more charitable? – Pujya Bapuji

Once at Duryodhana's place, the bards and Panegyrist started singing his praises: "Victory to Duryodhana Maharaj! Duryodhana is a great donor and very kind..."

Upon hearing this, Duryodhana was delighted, and he rewarded them saying, "You all come here only to praise me, I will donate a lot to you. Don't go to Karṇa."

Bhagavān (Krishna) came to know about this, assumed the form of a Brāhmin, went to Duryodhana, and said, "Duryodhana! You are a great donor. I am an old Brāhmin. I have come to get a donation from you."

Duryodhana said, "Brāhmin! What do you want?"

"I do not want money, gold, elephants or horses. I have to go to Gayā Ji to perform the *Shrāddha* ritual of my ancestors. I am old and can't walk. Will you take my old age for a few days and give me your youth? When I return after performing *Pinda Dāna*, I will give you back your youth."

During those times, it was possible to exchange old age for youth by making a resolution. Even now, if some people have a strong will, they can cure other people and do many incredible feats!

Duryodhana was shocked. The Brāhmin reminded him, "In the court,

you told the bards and Panegyrist that 'You will donate more than Karṇa.' So if you want to donate, then do so, otherwise, I will leave."

"Wait, I will ask my wife and come back."

Duryodhana went to his wife. His wife said, "Lord! If you give him your youth, who will serve you when you lie here as

an old man? This is not right."

Duryodhana wanted his wife's name to be tarnished, "Why should I lose my honour?"

He said, "Brāhmin Dev! My wife has denied it because she has the rights regarding my youth."

"You were the one who said, 'Take donations from me, I can give more donations than Karṇa.' Okay, I am going."

The Brāhmin then went to Karṇa and requested the same from him.

Karṇa said, "Brāhmin Dev! This

body of mine is mortal. I have already enjoyed sensual pleasures with it. If my youth is useful in the emancipation of your ancestors by offering *pinda Dāna* at pilgrimages, then take it happily. I will take your old age."

"Karṇa! I will not take it. I have just visited a king. He wanted to give, but his wife denied it. It is possible that your



...the person will become egoless and merge himself in God's true being.

Remedies for heat-related problems in the summer season

(1) For the conservation of energy:

✳ Into milk, add one teaspoonful of ghee (cow ghee if available) and sugar candy. Drink by sipping; it will enhance strength and unctuousness in the body. This remedy also protects from the heat. (Pure cow ghee can be obtained from the *Satsāhitya seva Kendra* and the service centres of Sant Shri Asharamji Ashram.) ✳ Drink the mixture of *sattu* (coarse flour made from barley or gram), sugar candy, and cold water. It will provide energy throughout the summer season. (Consumption of *sattu* at night is prohibited.)

(2) For the prevention of heat stroke:

Soak jaggery (old jaggery is excellent) in water. Strain it after 1 to 2 hours, and drink. It prevents heat stroke. Additionally, onion and mint leaf chutney prevents heat stroke.

(3) Recreation in the summer season:

Practise 3 to 4 times *Shitali Prāṇāyāma*¹ and 3 to 5 times *Chandrabhedhi Prāṇāyāma*² in the morning. Get up early in *Brāhma-Muhurta* and go for a walk in the cool air. Walk barefoot on the grass of a garden lawn. Do physical exercise, *Prāṇāyāma* and exertion in moderation. Protect your head, eyes, and ears from sun-rays. **As there is maximum dissipation of strength in the summer season, avoid conjugal sex. For the preservation of strength, the practice of *Brahmacharya* is essential.**

(4) **Bleeding from the nose:** If bleeding from the nose occurs due to heat, grind fresh green coriander leaves and apply its paste on the scalp and instill 2 to 4 drops of coriander leaves into each nostril for immediate relief. The use of *Durvā* grass in place of coriander leaves is more beneficial.

(5) **Cracked foot:** The skin of the foot starts cracking due to the excess heat. Apply castor oil or ghee to the cracks. If you apply this to the soles of the feet and rub the soles with the bottom surface of a bronze bowl, it will decrease the internal heat of the body and also give relief to the eyes. There are two nerves which arise from the soles of the feet and reach the eyes. So when there is a burning sensation in the feet, there is also a burning sensation in the eyes.

(6) **Burning micturition:** Take some clay from around the roots of a *tulsi* plant, sieve it, and add water to it. Put this soil on a cotton cloth and place the cloth below the umbilicus on the lower belly. Once the cotton belt dries up, replace it with a wet one. The coolness of the wet soil absorbs the heat of the belly. If this practice is done regularly for some time, the burning micturition is completely cured. Also add 3 to 5 grams of asparagus powder to 100 ml of milk and add small amount of sugar candy to it and take it once or twice.

1. Sit in either *Padmāsana* or *Sukhāsana*. Extend the tongue outside the mouth. Roll the sides of the tongue up so that it forms a tube. Inhale and draw the breath in through this tube as if you were drinking air through it. After filling the stomach completely with air, draw the tongue into the normal position and close the mouth. Press the chin tightly against the chest, and constrict the anal and urinary sphincters. Hold the breath for 5 to 10 second and then exhale through both nostrils.

2. Inhale through the left nostril and hold your breath as long as possible. Then exhale slowly through the right nostril.

A kit for the salvation of the deceased – *Mokshadāyī Shradhdhānjali kit*



Everyone wants to perform the funeral rites of their relatives ceremoniously, but it often becomes impossible due to a lack of necessary materials and guidance. To solve this problem, *Mahilā Utthāna Mandal* has prepared a kit that contains the spiritual books, *Shrimad Bhagavad Gītā* and *Mangalmaya Jivan Mrityu*, *Tulsi* sticks, water of the *Gangā*, a *Rudrāksha* bead, etc., and a pamphlet on how to use these things.

(Please watch the video at the following link to hear a *bhajan* that gives salvation: bit.ly/sadgatibhajan)



Blood purifying
and Pitta pacifying

Neem Arka

It is extremely beneficial in treating ringworm, itching, eczema, acne, and chronic skin disease. It is an excellent anthelmintic, reduces burning sensations, pacifies *Pitta*, and prevents hair loss. It is beneficial for jaundice, anemia, haemorrhagic disorders, hyperacidity, vomiting, gonorrhoea, herpes, metrorrhagia, endometritis, bleeding piles, and diseases of the liver and eyes.



Homeo Liver Care

Liver tonic

It helps in jaundice, enlargement or shrinkage of the liver, and other problems.



Pudinā Arka:

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Sadhakas are making a resolve to do great service that emancipates their seven generations.

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Rishi Prasad



Rishi Darshan



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