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# RISHI PRASAD

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*Pujya Bapuji's SatGuru Sai  
Shri Lilashah Ji Maharaj*

**Among thousands of men,  
scarcely one strives for  
perfection, and of those  
who strive and succeed,  
scarcely one knows Me in  
truth. (The Gita: 7.3)**



**Pujya Sant  
Shri Asharamji Bapu**

**Self-realization Day  
of such a rare great man...**

**- Pujya Bapuji  
(4<sup>th</sup> October)**

**Āshwin Shukla Dwitiyā**

**Separation from a  
saint who transformed  
crores of lives causes  
severe harm to society.**







# O human! Enquire into Brahman...

Bhagavān Veda Vyāsa Ji wrote in the world's foremost *shāstra* belonging to a sage, 'Brahma Sutras':  
*Athāto Brahmajijnāsā. "Now, therefore, the inquiry into Brahman."* (Chapter 1, Section 1, Sutra 1)

O human! If you wish to know anything, know that One by knowing which everything becomes known. If you desire to attain something, attain that One by attaining which everything becomes attained. If you seek to meet someone, meet that One by meeting which you meet all beings at the same time. Write in the diary of your life – '*Brahmajijnāsā*' (*the inquiry into Brahman*).

The inquiry into Brahman begins when the discrimination (*Viveka*) dawns. And how is discrimination attained?

*'Discrimination does not arise without association with saints.'* (*Rāma Charita Mānasa, Bāla Kāṇḍa: 2.4*)

Discrimination arises from *Satsang*. What is eternal, and what is non-eternal? What is permanent, and what is impermanent? What is the true 'I', and what is the assumed 'I'? The Self is imperishable; the world is ever-changing and perishable.

Considering the mortal body as 'I', we are unaware of the immortal Self. This lack of discrimination gradually diminishes through *Satsang*. Those whose discrimination is not awakened through *Satsang* live a life of ruin. If a human having a short life-span, takes recourse to discrimination, he can unite with the Lord of the infinite universe. If he resorts to a lack of discrimination, he endures the pain in the mother's womb in countless births, becoming a curse for himself, his country, and the world. One who takes refuge in discrimination, into the inquiry of Brahman, becomes useful for himself, his family, his country, the world, and even for the Lord of the Universe.

Kindly bring yourself to justice and forgive others. You will not progress until you become intent on removing your faults. Do not think that any religion, deity, or saint will elevate you. No. A deity, whether male or female, or a saint, will elevate you when you respect your discrimination and implement their advice in your life. If you have discrimination, you will accept their counsel. Saints, *Mahātmās* and religions can give you advice, not liberation. They can give liberation, but it requires your discrimination. Living a life respecting discrimination is your responsibility. If you accept such responsibility, the life-giver – your Self – will manifest.

Therefore, O seeker, O human! Engage in the inquiry of Brahman, engage in self-unfoldment. Continue your inquiry and spiritual journey until your 'I' is fully established in your Lord of the Universe (the *Ātma Tattva*), not confined to a body or a family, not just a village or a state, not just a nation or the world. You will surely reach it. You will definitely reach it!



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# If one understands the marvellous Lila of Consciousness-nature...

(Based on Pujya Bapuji's Satsang discourses)

## What is Self-Realization?

The Supreme Self was, is, and always will be ours. However, the flesh-and-bone body, which was not there before (at birth) and will not remain later (after death), is gradually moving towards non-existence. Out of ignorance, some consider this body 'mine,' while others identify the body's name as 'I'. Lord Krishna says, "*Ajnānenāvritam jñānam...*" Knowledge of our Self-nature, our real essence, is enveloped by ignorance, which has become dense, leading us into delusion. Believing in what *is not*, and being unaware of what truly *is*, is what delusion means.

"*Yad drishyam tad anityam.*" That which is perceptible is impermanent – whether perceived through the eyes, the mind, imagination, or intellect. However, that which enables seeing is eternal. This teaching is heard from the *shāstras* and the words of Self-realized great men. When this resonates, it is called Self-realization. *Ātman* means our being; it is our 'I'. That is Brahman. If you identify it with a body, it is the individual soul, but if you realize its vastness, it is Brahman. *Ayam ātmā Brahma*. 'This Self is Brahman, the experiencer of all.' (Atharva Veda, Māndukya Upanishad: Mantra 2)

## Then one is separated from God.

You are not a body made of flesh and bones; you are the knower of the body, mind, and intellect. The body undergoes death; you have never died, nor can you ever die.

जन्म मृत्यु मेरा धर्म नहीं है, पाप पुण्य कछु कर्म नहीं है।  
मैं अज निर्लेपी रूप...

"*Birth and death are not my qualities; sin and virtue are not my actions. Birthless and unstained purity am I, that is known to very few.*"

The doer earns virtue and sin. When the sense of doership is gone, and you abide in the Self, then you will become untouched by both sin and virtue. You will perform virtuous deeds, but you will not be proud of being virtuous. *Rajasic*, *Tamasic*, or *Sāttvic* actions will be done naturally by the force of *prārabdha* (destiny), you will not carry the burden of being the doer or the experiencer. Just as an actor can play the role of a king or even a beggar, so you may experience any state (condition) in the world, but you will remain ever awakened in your consciousness-nature. Those were the blessed days when I understood this truth:

आसोज सुद दो दिवस, संवत् बीस इक्कीस।  
मध्याह्न ढाई बजे, मिला ईस से ईस ॥

"*On the second day of the bright fortnight of the month Ashwin in the year 2021, At half-past two in the afternoon, God met with the God.*"

The individual soul did not meet God, nor did God meet the individual soul; God met with God. Both the God and the individual soul are eternal in essence, indestructible existence. When the soul identifies itself with the body, it has the desire to live, and so it is called '*jīva*,' and when it awakens into its Self, it is '*Shiva*', Pure Consciousness. The individual soul and the Supreme Self are one. In Punjabi,

4<sup>th</sup> October: Pujya Bapuji's  
Self-realization Day Special







# Woman and Co-accused Sentenced to 3 Years 6 Months for False Rape Allegation

The number of false rape cases in the country is increasing day by day. Recently, an incident came to light in which a woman, and 12 people who instigated her to do so, made a false allegation of rape against a senior official. They were each sentenced to 3 years and 6 months imprisonment, together with a fine of Rs 86,000, by the Principal District and Sessions Court of Belagavi district of Karnataka.

Recently, the Kerala High Court quashed a rape case in which the complainant had falsely accused a man of rape to recover money lent to him. The Court said, 'The judicial process is a proceeding for serious crimes which cannot be allowed to be used as a tool for harassment.'

When there is evidence to show that criminal proceedings have been initiated maliciously, with the ulterior motive of vengeance and harassing the accused, the court is competent to quash the proceedings under Section 482 of the Criminal Procedure Code. In such circumstances, it is the duty of the court to look carefully and more closely into the FIR. Apart from the statements recorded in the FIR, the court should also look into other facts related to the case and, if necessary, understand their deeper

meaning with due care and caution.'

**Severe punishment should be given for this crime.**

Misuse of the judicial process unfortunately harasses many innocent people, eminent persons, saints, and other individuals in the country serving people. A glaring example of this is the case of the 87-year-old venerable saint Asharamji Bapu.

**The judicial process is a proceeding for serious crimes which cannot be allowed to be used as a tool for harassment.**  
- The Court

During the time of the alleged incident reported by the complainant, Bapuji was first at a *satsang* programme, and then at an engagement ceremony. The complainant's medical report showed no evidence of physical or sexual harassment, not even a scratch on her body. The call detail records related to the

girl and the recording of her police statements were manipulated and tampered with. Many such facts suggest that the complaint against Bapu Asharamji was filed with malicious intent, and the facts presented were distorted during the investigation.

Many legal experts familiar with the facts of Asharamji Bapu's case clearly state that he was framed under a well-planned conspiracy. **Advocate Shri Lukesh Kumar Sahu** says, "It is astonishing that despite several pieces of evidence proving the innocence of Saint Asharamji Bapu, he was sentenced to life



## Pada-Pashchimottanasana : A Divine Boon

In this edition of the ‘Art of Living’ series, we will learn about Pāda-Pashchimottānāsana. Among all the āsanās, this one is the most important. Its practice rejuvenates the body. As per Pujya Bapuji’s nectarine *satsang* discourses:

“Pāda-Pashchimottānāsana is a divine blessing. This āsana is dear to Bhagavān Shiva. Since it is somewhat difficult to perform, it is also known as Ugrāsana. Lord Shankar propagated this āsana in the book ‘Shiva Samhitā’, which was later popularised by Gorakhnath Ji, and now we practice it.

At the age of 22, I experienced numerous illnesses while I was at home. I had stomach pain since childhood and later suffered from appendicitis. The only solution was surgery. Around that time, I left home and went to Guruji seeking God-realization. Guruji instructed me to practice Pāda-Pashchimottānāsana. Practice of this āsana cured my appendicitis, and I haven’t had it since. Whenever I had stomach pain, practicing this āsana made me feel fit and up-to-date. Every practitioner should definitely do this – whether they seek God or wish to stay healthy.

**Benefits:** The life force moves upward, and the mind becomes subtle. Memory power increases, and the intellect becomes brilliant. Unnecessary belly fat is reduced. It helps in conditions like appendicitis, hernia, jaundice, insomnia, backwash of sour liquid in the throat, nervous weakness, diabetes, haemorrhoids, obesity,

constipation, indigestion, stomach wind, and all stomach diseases. It stimulates digestive fire, and pressure on the chest, and strengthens the heart. Laziness is removed. It increases body height and prevents nocturnal emission. Women do not suffer from leukorrhoea, uterine diseases, irregular menstruation, etc. They will experience reduced labour pain and will give birth to radiant offspring.

When the breathing becomes natural, the movements of *prāṇa* and *apāna* meet, opening the door to *Sushumnā*.

*Prāṇa* flows through the path of the spinal cord, enabling control over the vital fluid. (You can become successful in semen retention.)

Practice for 2-3 minutes raises Life Energy from the centres below the navel. Your current temperament, restlessness of the senses, or outgoing tendencies will not remain the same.

If there is obesity, it is reduced, and if there is thinness, it is corrected, making the body well-shaped and healthy. This āsana is a blessing from Lord Shiva for those who practice *brahmacharya* (celibacy). Those who are severely troubled by lustful tendencies should practice this āsana, as it suppresses physical and mental passion. It gives excellent exercise to the abdomen, chest, and spinal cord, making them more efficient. The joints of hands, feet, and other body parts become strong. All systems of the body



# The Art of Living



Asana is the third limb of Yoga



## Amazing Religious and Health Benefits of Amla!

In the Srishti Khanda of the Padma Purāṇa, Lord Shiva tells Kārtikeya: *“A long life would be obtained by eating āmlā (Indian gooseberry) fruit; religious merit would be accumulated by drinking the juice of it; misfortune would be destroyed by taking a bath after applying its tenacious paste to one’s body; and one would get all prosperity. O Kārtikeya, evil spirits, demons and goblins do not haunt that house where a dhatri (tree) always stands. Not the Ganges, not Gayā, neither Kāshi nor Pushkara is able to remove all the sins of man; it is āmlā only that removes all sins. All the sins of he who bathes (after applying the tenacious paste of āmlā to his body) on the day of each of the two fortnights, perish.”*

Ayurveda regards āmlā as the best rejuvenating agent. According to the Dhanvantari Nighantu, ‘āmlā is an excellent rejuvenating agent that balances all three doshas.’ It is a wholesome daily food, suitable for any season, body type, region, time, and age. Desi āmlās are far more beneficial than grafted varieties.

Āmlā possesses qualities akin to nectar, which is why it is called ‘Amrit Phala’ (fruit of immortality) and is as beneficial to humans as a mother, earning it the name ‘Dhatri-phala’ (nurse fruit).

Āmlā has been used since Vedic times. Sage Chyavana regained his youth by consuming Chyawanprāsh made from āmlā. Āchārya Sushruta praised āmlā as the best among all fruits, फलेभ्योऽभ्यधिकं च तत् । and Āchārya Charaka referred to it

as ‘वयःस्थापन’ meaning age-sustaining. Vāgbhata also considered āmlā as one of the best substances for sustaining youth. For good health, regular consumption of food containing all six tastes is necessary, and āmlā provides five of these tastes, except for salt. Due to the absence of salt, āmlā acts as a powerful Rasāyana (Promotive therapy).

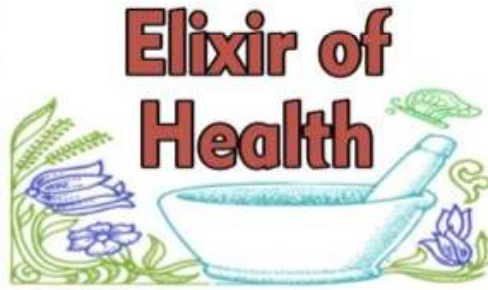
The health benefits of āmlā can be obtained from various forms such as powder, candy, syrup, chutney, preserves, and Chyawanprāsh. Compared to pickles, which contain a lot of salt, consuming āmlā preserves is more beneficial and effective. (Products made from ripe

āmlās, such as āmlā powder, āmlā candy, āmlā syrup, Chyawanprāsh, and āmlā preserves, are available at Sant Shri Asharamji Ashrams’ Satsāhitya Sewa Kendras and samitis.)

According to scientists, āmlā is rich in vitamin C, far surpassing the amounts found in guava, tomato, and lemon. It contains 20 times more vitamin C than oranges and sweet lime. Rather than relying on synthetic vitamin supplements, consuming āmlā, which provides vitamin C in a natural form, is far more beneficial. Even dried āmlā powder retains a significant amount of vitamin C.

While most sour foods tend to increase pitta, āmlā, uniquely, pacifies it. Āmlā is also rich in iron, making it highly effective in the formation of blood. It is particularly beneficial for the eyes.

Consuming āmlā before, during, or







## 100% pure, organic **Bhimseni Camphor**

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- \* It is good for the liver, stomach, and heart.
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- \* It is beneficial for joint pain, arthritis, diabetes, heart disease, gastric ulcers, diarrhoea, bleeding, etc.

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This *churna*, prepared from special Ayurvedic herbs, cleanses the body by removing all *doshas* from the body, which prevents many diseases caused by the imbalance of *Vāta*, *Pitta*, and *Kapha*. It is beneficial for many diseases like indigestion, anorexia, hiccups, headaches, hyperacidity, heart disease, hypertension, diabetes, rheumatoid arthritis, and diseases of liver and kidneys. It is useful, especially in obesity and constipation.



## **Ghrita Kumari Swarasa** (Aloe vera juice) **orange flavour**

It helps in various skin diseases, jaundice, eye diseases, gynaecological disorders, internal heat, etc. It balances the three *doshas*, stimulates digestive fire, and is a boon for the liver.

## **Amla Juice** It increases longevity, gives youthfulness, and is beneficial for various diseases.

It alleviates heat, promotes semen, and balances the three body humours. It helps in many *Pitta* related diseases like burning eyes, burning micturition, hyperacidity, leucorrhoea, menorrhagia, piles, etc.



## **Pancharasa:**

an appetiser, immunity booster, and beneficial for the heart.

It helps in diabetes, coronary blockage, hypertension, hypercholesterolaemia, etc. A time-tested surefire preparation, a digestive, anthelmintic, and blood purifier.



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It is an excellent tonic for all types of addictions, such as cigarettes, *bidis*, alcohol, chewing tobacco, etc., and removes debility caused by addictions.

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**'We can't forget what Bapuji has given us.'**

**Masses thronged the ashrams to express gratitude on Guru-Purnima**

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Puja  
Bapuji's  
auspices

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Rishi Prasad



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