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# RISHI PRASAD

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Be your own lamp,  
Be a light unto yourself!

Don't wander outside yourself. No one outside has ever belonged to you, no one does now, and no one ever will. Remain centered within yourself; come into your own being.

– Pujya Sant Shri Asharamji Bapu

A garland of five  
fragrant festive flowers:

## Dipavali Festival

From 29<sup>th</sup> October  
to 3<sup>rd</sup> November

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On Dipavali, we make an auspicious resolve that by following the guidance from saints and SatGuru, we too kindle the inner light.



# This way, celebrate **Dipavali** and **New Year** – Pujya Bapuji

Light the lamp of knowledge in your heart. ‘Who am I?... This is my hand, so I am the one who knows the hand. This is my stomach, so I am the one who knows the stomach. I am neither the stomach nor the hand. This is my mind, so I am not the mind. So, who am I? I am the Existence Absolute. All these are changeful, I remain the same.’ Light such a lamp of wisdom, and every day will be your Diwāli.

Then, eat sweets, offer them to others, and chant divine name with joy. God is filled with nectar, sweetness, and bliss.

**मधु क्षरन्ति सिन्धवः । “The waters of the river are as sweet as honey.”**

**(Rig Veda: 1.90.6)**

The sweetness of water is God’s. The sweetness of the moon is God’s. The joy in my heart is God’s. The cuteness and innocence of the child is God’s. Thus, be sweet-natured, and clap your hands, chant ‘Hari Om... Om... Om... ha-ha (burst into laughter)’. Do this two to three times a day. Eat only this sweet and feed the same to others. It will make every day of your life as pleasant as Diwāli.

**“Every day is Diwāli, every breath is Diwāli, when one falls in love with God, why be sorrowful?”**

On the night of Diwāli, as you lay down to sleep, and reflect, ‘Just as Lord Rāma ji returned to Ayodhyā, my Rāma ji has revealed himself in my heart, aha... My heart is the city of Ayodhyā where my beloved Rāma (antaryāmin God) abides...’ As you breathe in, chant ‘Rāma’, and as you breathe out, count ‘One’. As you breathe in, chant ‘ānanda’, and as you breathe out, count ‘Two’. Continuing thus, pass into sleep.

New Year begins on the next day. The night of Diwāli marks the last day of the year. How one feels on the last moment of the year, one will begin the first day of the New Year. The person, who remains happy and joyful on the first day of the New Year, will remain happy and joyful throughout the year; and the one, who remains sorrowful and worried on this day, will remain sorrowful and worried all throughout the rest of the year. So, on the night of Diwāli, pass into blissful sleep while loving God. When you wake up on New Year’s Day morning, sit quietly and reflect, ‘God is composed of Amrita, joy, and knowledge. He is my true Self. Today is the first day of the year. Today, I will remain joyful and blissful because Existence-Knowledge-Bliss absolute is my true nature. I am Existence absolute; the body is non-existent. I will not fear death, nor will I make others afraid. I am Knowledge absolute. I will fill my heart with divine knowledge and increase other people’s knowledge. I will remain joyful and give joy to others. Om bliss..., Om joy..., Om Prabhuji....’ Begin the New Year with such a resolve, and you will become ecstatic!



# Ayurveda: A Great Gift of Indian Culture

On October 29<sup>th</sup>, we celebrate the birth anniversary of Lord Dhanvantari, also celebrated as National Ayurveda Day. Across the country, numerous programmes are held in honour of this day. Inspired by Pujya Bapuji, Sant Shri Asharamji Ashram also organises special events to spread awareness of Ayurveda.

Ayurveda's harmless therapy is a priceless gift from the Rishis and sages of Indian culture to humanity. It is a safe, natural method of curing diseases that not only offers effective herbal remedies but also guides us in maintaining health through an ideal daily routine, diet and lifestyle according to the season, and the rules of right conduct (*sadvritta*). Pujya Bapuji has always benefitted from Ayurveda and has spread its wisdom through his *satsang*-discourses, inspiring crores of people to adopt it for their well-being. The glory of Ayurveda as described in Pujya Bapuji's ambrosial words:

## Keep Ayurveda Close to Your Heart

Ayurvedic remedies and treatments were revealed through the deep meditations and insights of the ancient Rishis, who discovered them in the deep state of *samādhi*. Lord Brahmā, the creator of the universe, who holds the knowledge of all cosmic secrets, meditated upon the welfare of humanity and, in communion with the *Sachchidānanda* Supreme Self, revealed Ayurveda to restore health and well-

being. To him, we offer our salutations!

In contrast, allopathic medicine often relies upon dissecting frogs, rabbits, rats, to name but a few animals, for experimentation. Allopathy carries numerous side effects because it prepares many of its medicines from animal products obtained through violence. We are very fortunate that our Indian culture has given us the blessing of Ayurveda through the lineage of Lord Brahmā, Lord Dhanvantari, and numerous Rishis. Through Ayurveda, we become not only healthier than other people but also closer to the truth.



Bhagavān Dhanvantari Ji

29<sup>th</sup> October: National Ayurveda National day Special

Still, kudos to Allopathy for making some good discoveries.

And where Ayurveda cannot heal, allopathy works. We must also accept that truth. While allopathy can't be wholly rejected, it should also not be given undue importance that it dominates others.

As a famous song goes:

***Though I wear Japanese shoes,  
English trousers and a red Russian  
cap, my heart is Hindustani.***

So, keep God in your head and Ayurveda in your heart or keep God in your heart and Indian culture in your head!

I don't dislike Allopathy, let us embrace the good from everywhere. Allopathy has the advantage of providing immediate relief and being skilled in diagnosis, but it also has the significant drawback of causing side effects. Sometimes, it cures a minor disease and

# The Power of Renunciation – Pujya Bapuji

Don't wander outside yourselves. No one outside has ever truly belonged to you, no one does now, and no one ever will. Remain centered within yourself; come into your own being. How long will you continue wandering in the foreign village? Set your thoughts and plans on fire – 'let me do this, let me do that...' – and just mentally burn away the idea of 'me and mine'. Do you wish to attain knowledge, or do you want to keep doing the drudgework of worldly pursuits? We are not potters who keep doing the drudgework of carrying soil on a pony's back their whole lives! O world! Enough is enough; you have been misleading me for so many births and causing me to wander!

Nowadays people don't have the power to renounce; I don't know why. Even though they get to hear so much to kindle dispassion, they remain unchanged...

King Bhartrihari heard just a little and renounced his kingdom, setting off on the path of renunciation.

A prince, who was recently married, had numerous wives. One wife held Ganges water, another did another service, and the principal queen herself was bathing him after applying Fuller's earth to his body. She would pour cool water over him. As this was happening, two tears fell from her eyes and touched the prince's back. He noticed and asked, "Why are you crying?"

She replied, "My cousin whispered to me that my brother is leaving to become a

*sādhu*, to embrace the life of a renunciate. He said if I want to see him one last time, I should go now. He is my only brother, and now he is leaving to become a *sādhu*."

The prince said, "Foolish girl, why are you crying? He will not leave."

She insisted, "He said it, and whatever he says, he does."

The prince responded, "He won't leave."

She asked, "How do you know?"

"People like him don't leave their homes.

Someone who says, 'I am leaving to become a *sādhu*, come see me one last time,' will never actually leave!"

She asked, "Then who does leave?"

He replied, "Who does leave? Just see!"

With the Fuller's earth still on his body, the prince walked away and never returned.

Such are the brave ones born with the strength to renounce!

When I lived at home, my brother would plead with me to assist him in running the business at our shop. I would

occasionally visit the shop. I never wanted to get married, but my family members somehow managed to fix my marriage. Eight days before the wedding, I left home for Bharuch. My brother and other people promised me, pleading, "Just get married once and for all; after that we won't stop you, regardless of whether you lead a celibate, self-restrained life or that of a *sādhu*. But if you don't marry, it will cause difficulties in our children's marriages."

The marriage took place, but I lived



**I liked his words. I left and never turned back. I did not even go to meet anyone or ask for advice or approval. When you leave something, there's no need to keep looking back.**



# The Fragrant Garland of Five Festivals: Dipavali

The sweetest festival of *Dipāvālī* in Indian culture conveys a sacred message of transforming the darkness of despair into the light of hope. Let us understand the scriptural import of *Dipāvālī* through the ambrosial words of Pujya Bapuji:

Festivals and celebrations are essential for spiritual growth. While social customs tend to confine us within certain systems, festivals show the path to freedom, sweetness, and intimacy with God and God-realized saints. Without festivals, we couldn't scale such heights. Om Om Om...

*Dipāvālī* is a group of these five festivals: *Dhan Teras*, *Narak Chaturdashī*, *Dipāvālī*, *Bali Pratipadā*, and *Bhāi Dooj*. Through the proper use of these five ambrosial days, the *jīva* trapped in the five senses and five passions, becomes a great man by controlling the five sense organs, five organs of action, five vital airs, and restraining the five passions. The same state of Self-bliss enjoyed by Brahmā, Vishnu, and Mahesh can also be attained by man. What a great achievement man can acquire through festivals!

**Dhan Teras:** Worshipping Goddess Lakshmi on Dhan Teras implies resolving to make good use of wealth to overcome its flaws. Indulgence in carnal pleasures is the misuse of wealth, while using wealth for spiritual pursuits, charity and virtuous acts is good use.

Offer two lamps to *Yamarāja*, and place one lamp before a Tulsi plant to prevent untimely death and eradicate poverty.

**Narak Chaturdashī:** On the night of Narak Chaturdashī (October 30<sup>th</sup>), the

chanting of mantras gives mantra siddhi. Failing to chant on this day diminishes their power.

This day promotes joy and delight, and engaging in any spiritual practice on this day yields special benefits. Before sunrise on the morning of October 31<sup>st</sup>, one should bathe after massaging the body with sesame oil and anointing it with *ubtan*.

Bathing after sunrise is said to diminish the merits earned.

On this day, light a lamp with mustard oil or ghee and make *Kājal* (kohl) from it. Applying this *Kājal* to the

eyes is believed to protect one from the evil eye and ward off negative energy. During the evening twilight, lighting a four-wick lamp at a crossroad on four sides is considered auspicious and brings the blessings of *Yamarāja*.

**Dipāvālī:** On the day of *Dipāvālī*, the deities of *Gaṇesha*, *Lakshmi*, *Saraswati*, and the Guru, as well as the family deity, are customarily worshipped.

Take a coconut and some kheer (sweet rice pudding) and walk around every room in the house, then place the kheer at the main entrance where it can be consumed by a cow or other living beings. Make sure no one steps on it or throws it down the drain. Break the coconut and distribute among family members and neighbours. This practice is believed to enhance prosperity and abundance within the household.

The night of *Dipāvālī* is especially powerful for meditation, Japa, and constant remembrance (*sumiran*). Staying awake during the night and engaging in spiritual

October 29<sup>th</sup> to  
November 3<sup>rd</sup> :  
Special for Dipavali



# The Dark History of the Foreign Institutions Connected with Slave Trade

The painful legacy of British colonizers, enslaving and exploiting the natives of India, America, South Africa, and many other countries for a very long time is recorded in the annals of history. Under the Slave Trade, British rulers sold countless enslaved people to British colonies, amassing immense wealth.

One prominent example is Yale University in America, originally known as Yale College. Pulitzer Prize-winner historian David Blight conducted research under the institution's initiative to uncover its past, revealing disturbing truths. In his book, *Yale and Slavery: A History*, it is documented that Yale was named after Elihu Yale, a slave trader, who served as the governor of Madras under the British East India Company. Much of the funds used to establish Yale College came from the sale of Elihu Yale's gifts. Yale University's president, Peter Salovey, has publicly apologized for this grave mistake committed by the founders of the university.

Historians state that Elihu Yale was a greedy and cruel man who sold many Indians into slavery. However, international media outlets at the time manipulated his image, portraying him as a munificent figure to hide his immoral actions.

Many researchers have since discovered that this cruel history of the slave trade is not exclusive to Yale University. It is also connected with the history of the foundation of institutions

such as Cambridge, Oxford, Harvard, and Princeton.

Knowing this, will the talent of India continue to be allured by these dazzling institutions that are rooted in cruelty and exploitation? Or will they instead embrace the secular education given in their country, and the spiritual education given by their country to the entire world, thereby uplifting their own lives and bringing honour to their families and nation?

As it has been rightly said:

जिसको न निज गौरव तथा  
निज देश का अभिमान है,  
वह नर नहीं नरपशु निरा है  
और मृतक समान है ।

*“One who has no self-respect and is not proud of his culture and country is not truly a man, but a human beast or a corpse.”*

The words of English scholar F. H. Molem are also deeply meaningful in this context and should serve as an eye-opener to Indians allured by ostentatious western education. He states: *“I am astonished that Indian youths come to England to learn material science. Undoubtedly, their fascination with the West is the reason. Their innocent hearts have yet to comprehend Westerners' cruel and arrogant nature. Enticed by the promise of positions, they fall into the trap of selfish interests. For any society seeking freedom from slavery, this path leads only to downfall.”*

(Compiled by: Sachin Shere)

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## Why are cows respectfully worshipped on Gopashtami?

*Gopāshtamī* is an important festival of Sanātan culture, celebrated especially on *Kārtika Shukla Ashtamī* in honour of cows and cowherds. Hinduism gives cows the status of mother and considers them extremely sacred. This festival is a day to show respect and express gratitude to cows by worshipping them with respect. It inspires us to protect and rear cows.

How to Worship Cows on Gopāshtami

According to the *Nārada Purāṇa*, people observe *Gopāshtamī Vrata*, on the eighth day (*Ashtamī*) of the bright lunar fortnight (*Shukla Paksha*) in the month of *Kārtika*. On this

auspicious day, worshipping cows, offering *gogrāsa* (cooked food), circumambulating them, walking a few steps with them when they set out to graze, and performing *godāna* (giving the gift of cows) is considered a divine duty. One who desires all forms of prosperity must observe these acts of reverence and devotion towards cows.

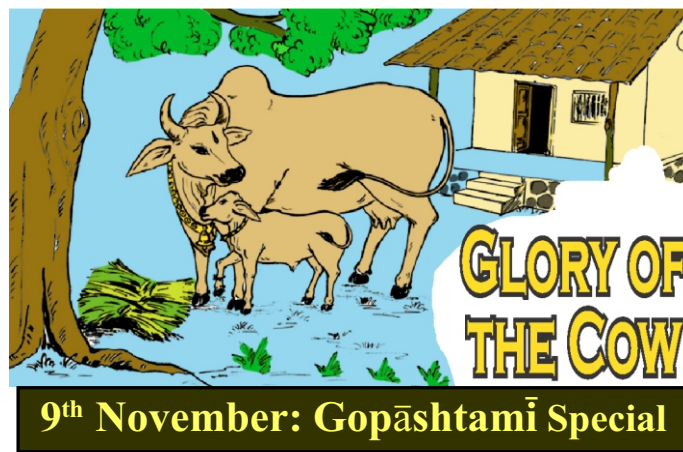
On *Gopāshtamī*, after having a bath in the morning, one should bathe the cow and her calf, apply a *tilak* on their foreheads, and worship them with flowers, etc., adorn them with clothes and ornaments. Also, apply *tilaks* on the foreheads of cowherds. After feeding the cows with cooked food circumambulate them, and walk a few steps with them with reverence. This ensures fulfilment of all the desires of the devotee.

As the cows return home in the evening, greet them with love, offer them food, and gently place the dust from their feet on your forehead. This is believed to enhance your prosperity and good fortune.

### The Sacredness of Cows

It has been stated in the *Varāha Purāṇa*, “The glory of cows is immense. The cow is sacred, auspicious, and fit to be worshipped even by gods. He who tends

cows with devotion, gets absolved of all sins. He who drinks *Panchagavya* – a mixture of cow milk, curd, ghee, dung, and urine – at an auspicious time, immediately gets absolved of all sins



acquired from birth.

He who receives on his head the water scattered by the cow by its tail, feels blessed. Even he, who bows to them, acquires the merit of bathing in all *tirthas* and gets freed from all sins. Therefore, everyone must worship the cow.”

Pujya Bapuji mentions in his ambrosial words of *satsang*, “By receiving the benefit of cows, our body and mind remain healthy. You should get the benefits of the cow dung, urine★, milk, and ghee★. Begin rearing native Indian cows. No animal’s excreta is considered sacred, except that of the cow. That is why places of worship are

★ Pure cow ghee and *Gaujharan* may be obtained from *Satsahitya Sewa Kendras* in the Sant Shri Asharamji ashrams and from the samitis.



# Health Benefits of Strength-Promoting Dates – a cure for many diseases

Dates★ are highly nutritious, satisfying, semen-promoting, nourishing *dhātus*, a vitalizer, and strength-promoting. Dates are beneficial for those suffering from tuberculosis, and are good for heart health. Consuming dates boiled in milk helps immensely with physical debility and weight loss. They are also useful in treating bleeding diathesis (such as bleeding from the nose, mouth, or urinary tract).

**खर्जति व्यथयति रोगान् इति खर्जूरः ।**

The meaning of *Khajoor* (dates) is derived from a Sanskrit phrase *Kharjati Vyathayati Rogān*, meaning they destroy many ailments. They help with weakness and geriatric issues like back and joint pain.

They are also a rich source of natural sugar. According to scientific research, dates contain up to 70% natural sugar, which dissolves quickly in the blood and are easy to digest. Dates are also rich in vitamins A, B, K, fibre, calcium, iron, and antioxidants.

This strength-boosting food ensures the proper development of the body's organs and maintains heart and sensory health.

Dates cleanse the intestines and the body. To achieve these benefits, soak 8-10 dates in 200 ml of water overnight, and in the morning, add a further 300 ml of water, mash the dates thoroughly, and warm the mixture before drinking. This helps to thoroughly cleanse the stomach and regulate digestion, resulting

in improved hunger and smooth waste elimination.



## Date Chutney Recipe

Chutney prepared from 100 grams of pitted dates, a 3-4 inch piece of tamarind soaked in water, 10-15 raisins, a pinch of black pepper, ginger, and salt as required, is delicious and healthy. Consuming this chutney stimulates the appetite, aids digestion, and increases the desire for food and relish.

## Medicinal Uses

**To increase blood:** Soak 4-5 dates and 15-20 raisins★ or black grapes★ for 6-7 hours and consume daily. This helps in the formation of blood. (Thoroughly wash raisins and black grapes in water three times before use.)



**For weight and strength gain:** Mix 5 pitted dates with warm buffalo ghee, and eat with rice. This will aid in weight and strength gain.



**For nourishment of the body tissues (*dhātus*):** In the morning, eat 4-5 dates and drink warm milk boiled with cardamom and sugar, mixed with ghee★. This is highly beneficial for nourishing the *dhātus*.

**Tonic for children:** Grind 1 date with 2 teaspoons of rice water, add a little more water, and give to young children twice a day. This makes children who are weak or

★ These products can be obtained from the *Satsāhitya Sewa Kendras* and *Samitis* of Sant Shri Asharamji Ashrams.



# Patriotic processions held by Yuva Seva Sangh on Independence Day



Janmashtami Shivar  
Surat



Rajnandgaon (CG)



Bhopal



Rajkot



Bhubaneswar



Bilaspur (CG)



Lucknow



Mumbai



Raipur (CG)



Panipat (HR)



Bhilai and Durg (CG)



Ghaziabad (UP) Patna



Vadodara (Guj.)



Ahmedabad



Hyderabad



Bemetara (CG)



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

\* It is the best camphor for medicinal use. \* Bhimseni camphor is best for removing negative energy and purifying the environment.

## **Nirapada Vati**

It destroys infection, and gives quick relief from symptoms of fever, cough, debility, etc. caused by it.



## **Amla Candy:** For the family's excellent health. Delicious and healthy.

This candy is prepared from fresh āmlā grown in the unpolluted forest around Pushkar Ashram Gaudhālā which has plenty of Gaudhuli (cow dust), cow manure, organic fertilizers, and pure water. It is beneficial for health and sādhanā. This tasty candy gives strength, and is rich in vitamin C. For children, it is the best and healthy alternative to bazaar toffees.

## **Amla Churna** (with sugar candy) promotes strength, longevity, health, and semen.

Prepared from Desi cow ghee, Amla and many medicinal herbs

## **Chyavanprash / Special Chyavanprash** Enriched with saffron, Makardhwaja, and silver

\* It promotes the memory, strength, intellect, health, longevity, and efficiency of the senses. \* Increases immunity, eyesight, and agility. \* It nourishes the heart and brain. \* Strengthens the lungs. \* Specifically promotes Ojas, vigour, semen, complexion, and beauty. \* Strengthens the bones, teeth, and hair. \* Beneficial for tuberculosis, semen-related, and urinary problems. \* Specifically beneficial for diseases originating from *Vata* and *Pitta*, and for the weak.



The above-mentioned products can be obtained from Sant Shri Ashramji Ashram stalls or service centres of the *Samitis*. For information about other products and their detailed benefits, etc., and to receive the products by registered post, please download from Google Play Store: "Ashram eStore" App or visit: [www.ashramstore.com](http://www.ashramstore.com) or contact: 9428857820. E-mail: [contact@ashramstore.com](mailto:contact@ashramstore.com)







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## House-to-house Calendars 'Divya-Darshan' Campaign (2025)

Under this campaign, *sadhakas* and volunteers of *Yuva Seva Sangh* should reap the benefits of giving wall calendars to their relatives, friends, acquaintances, and other *sadhakas* by personally visiting them.

**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](http://www.ashramstore.com/calendar) Contact: (079) 61210732 (Sāhitya Department), 61210761 (Yuva Sevā Sangh Head Office)

**Note:** A single copy of the calendar costs only ₹ 15. Buying 8 calendars gets you a discount of ₹ 20, and you pay only ₹ 100. Upon ordering 250 calendars or more, you can get your name & address, or that of your company, shop, etc., printed on them. The printing cost per copy is ₹ 15.50 for an order of 250-999 calendars, and ₹ 14.50 for 1000 calendars and above.

With the spirit of 'The whole world is one family', protective amulets were tied.



We are not able to publish all the pictures due to lack of space. For many more pictures, please visit the website [www.ashram.org/seva](http://www.ashram.org/seva). Ashrams, samitis and *sādhaka*-families may email pictures of their selfless service work to [sewa@ashram.org](mailto:sewa@ashram.org)



Rishi Prasad



Rishi Darshan



Lok Kalyan Setu

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