

## Tulsi: A Source of Health, Spirituality, Environmental Protection, and Liberation

Read page 5



The Uttarayan Festival:  
14<sup>th</sup> January

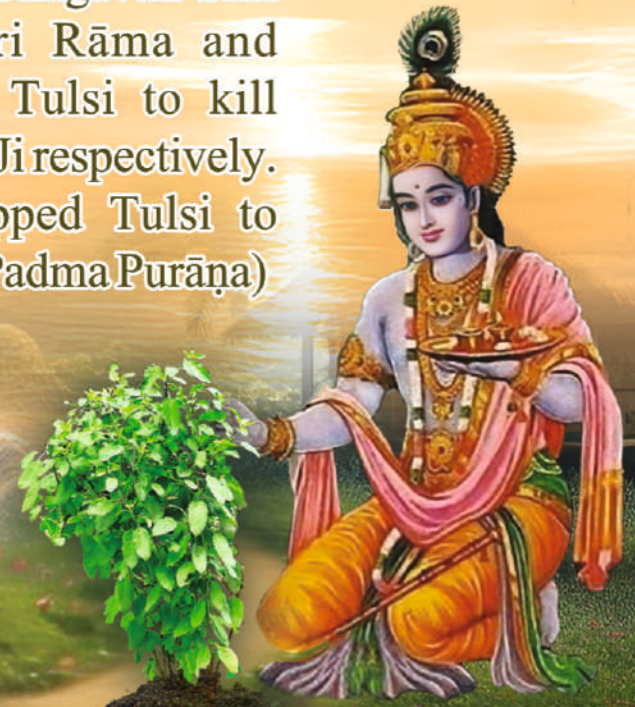
“Tulsi fulfils all desires.”

– Bhagavān Shiva Ji

Tulsi was planted by Bhagavān Shri Krishna. Bhagavān Shri Rāma and Mother Pārvati planted Tulsi to kill demons and achieve Shiva Ji respectively. Sitā Ji mentally worshipped Tulsi to achieve Shri Rāma Ji. (Padma Purāṇa)



Bhagavān Shri Rāma Ji



Bhagavān Shri Krishna

## Tulsi Worship Day

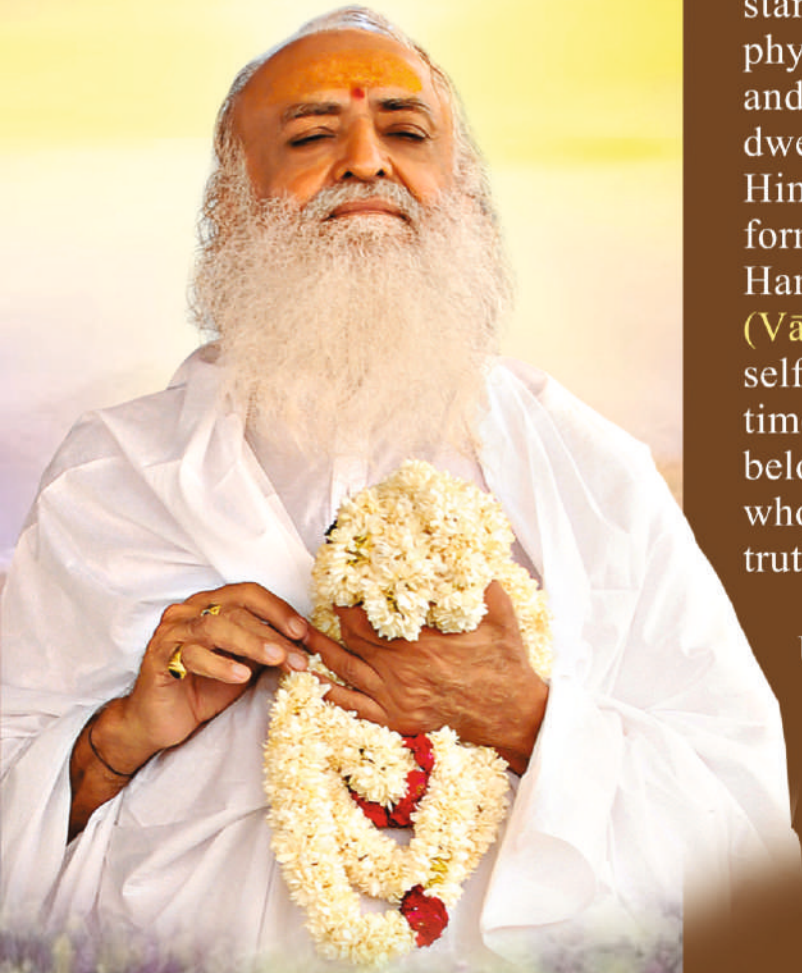
25<sup>th</sup> December



Sitā Mātā



Mātā Pārvati



# Uttarayana shows the Path to Self- illumination

(From ambrosial satsang-discourses  
delivered by Pujya Bapuji)

The festival of Uttarāyaṇa (Makar Sankrānti) brings us a profound message: ‘the Lord dwells in the depths of all beings.’ Bring this light of knowledge in your life.

**Om Namō Bhagavate Vāsudevāya.** ‘Om’ stands for the Supreme Brahman pervading the physical plane, the astral plane, and the causal plane and also in Brahmā, Viṣṇu, and Mahēsha and dwells in you and me. ‘Namō’ means we bow to Him. ‘Bhagavate’ means despite having various forms of God – Shri Krishna, Shri Rāma, Shiva Ji, Hanumān Ji, and others – it is omnipresent (Vāsudev). He is the only Bhagavān and the inner self. So, I am Ātman, in the form of Om, beyond time, space, and objects, untouched by death. I belong to the Supreme Self, who is my Ātman. One who dwells in all beings, is verily Bhagavān, the truth, the essence; all the rest is a plaything.

Just as the sun moves northwards after Uttarāyaṇa, the days become longer and nights shorter, decreasing darkness, and increasing light, similarly, let our false notions born of the darkness of ignorance like – ‘If I attain this, I’ll be happy,’ ‘If I enjoy this, I’ll be happy’, ‘If this happens, I’ll be happy’ – keep diminishing and our innate light (wisdom), joy, and happiness keep increasing, and bliss keeps overflowing. Uttarāyaṇa inspires us to attain supreme independence, and to become happy with divine bliss. Many became happy with worldly pleasures but were thrown back to their miserable state. Those who become happy with worldly pleasures also become unhappy later, but those who become happy with divine bliss never become unhappy again. Those who become satisfied with divine bliss do not return again to the cycle of births and deaths.

**न च पुनरावर्तते ।** “He does not return again.”

(Chhāndogya Upanishad: 8.15.1)

One who transcends the limits of gravity becomes free from the fear of falling back. Similarly, the one who has been deriving pleasure from the senses, mind, and intellect until now, gradually controls his senses, quietens his mind, and gives up intellectual gymnastics, and seeking inner joy, will rise above passion and become free from the fear of a downfall on attaining the Supreme Self. This is a very high spiritual journey.

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# Source of Health, Spirituality, Environmental Protection, and Salvation

Every person wants: (1) physical health (2) mental health (3) intellectual growth (4) economic prosperity (5) spiritual progress (6) family peace and harmony, and (7) liberation or sweet a hereafter.

In fulfilling these aspirations, the Tulsi plant – a precious gift of nature – is incredibly beneficial. Abundant in spiritual energy and medicinal properties, Tulsi planted in houses, charges the environment with spiritual vibrations and destroys various germs and pathogens. There are many benefits of Tulsi like cleaning and purifying the environment, pollution control, protection of family members from negative energy, and promoting health.

## Tulsi's Divine Glory described in the Shístras

In the **Nārada Purāṇa**, Sanka ji said, “Welfare and happiness increase day by day in the house where Tulsi is worshipped.”

Bhagavān Nārāyaṇa said in the **Brahma Vaivarta Purāṇa**, “Tulsi is the essence of flowers, fit to be worshipped, and charming. She serves as the dry wood for burning sins.”

In the **Skanda Purāṇa**, Brahmā ji said, “One taking a bath with water mixed with Tulsi leaves, becomes free from all sin, goes to Bhagavān Vishṇu’s abode, and experiences bliss. One who collects Tulsi saplings for planting, and

grows a Tulsi grove, becomes free from sin and becomes eligible to attain Brahman.”

**Agastya Samhitā** states, “An area of 3.2 km radius around a Tulsi grove becomes as sacred as the water of the Ganges.”

There is a prayer in the **Tulsi Upanishad** that states: “O Tulsi Devi, despite being non-tree (consciousness), you appear in the form of a tree. Please destroy my tree-like ignorance.”

## Even Science acknowledges the glory of Tulsi

Western scientists, after conducting research on Tulsi, came to know that Hindus consider Tulsi venerable, on religious grounds. It is not an irrational hoax. Scientists have discovered that daily consumption of Tulsi leaves prevents cancer, and its oil kills tuberculosis bacteria. Based on their experience, Western doctors have claimed that eating Tulsi leaves with good mastication is the best way to cleanse the intestines. Consumption of tulsi is also highly effective in some types of gynaecological diseases.

## The benefit depends on your perception.

Pujya Bapuji says, “Scientists are now claiming that Tulsi cures certain diseases but I urge people not to consume it merely to cure a disease. If consumed as Bhagavat-Prasad (God’s offering), it not only cures physical ailments but also



# Protect the Saints, and Your country will become free from troubles.

– Shri Pradipbhāi Shastri, Renowned Kathā Vachak and speaker



It is the nation's fortune that post-independence, India has political leaders who aspire to make the country a Vishwaguru (Guru to the world) again. However, it is unfortunate that a great saint, Sant Shri Asharamji Bapu, has spent 12 long years in prison.

Are such saints not treasure houses of the nation? Are the ruins and the dilapidated ancient structures preserved by archaeological departments the only inheritance of our nation? For over a decade, a fabricated case has kept a saint like Bapuji, who brought the profound wisdom of the Vedas, Upanishads, and Purāṇas to every household, taught respect for parents, and revived the Gurukul system to impart the divine message of the Bhagavad Gitā to students, in jail. Do such saints and their devotees not belong to Indian people? Seeing such an old saint, who served the nation for 55-60 years, in prison for so many years, my heart is moved to see how the Sanātan dharma followers have rewarded him!

Those who once garlanded him on his Vyāspitham have been holding high positions in governance for over a decade now. Ignoring such great men, how can they uplift the nation? A few individuals, one or two obstinate, revengeful persons in power, have caused his prolonged imprisonment. This should not be

tolerated. Everyone should not become silent because of one or two wrong-minded persons. We must raise the voice of truth against such injustice.

**Are the ruins and the dilapidated ancient structures preserved by archaeological departments the only inheritance of our nation? ...How the Sanātan dharma followers have rewarded him!**

## It is Time to Unite

Those who indulge in defamation are merely looking through the lens of the media. Anti-national forces are working to dismantle the country, and we remain fragmented! Many organisations are preoccupied in proving themselves superior, ignoring the importance of such great saints. Their heads think that now their organizations will make huge progress. Forget it. If we don't unite, the condition of our country will mirror the fate of Bangladesh. If such a great spiritual giant can be maltreated so grossly, what security remains for smaller entities?

Those who are religious and truthful, whether they belong to governance, religious institutions, heads of *akhārās*, or eminent saints, must not remain silent. All followers of Sanātan Dharma must come together on a common platform.

The prosperity of a nation lies only in propitiating the saints. Saints are the only ones who genuinely care about society, nation, and world peace. When saints establish ashrams, they solely benefit society. Visit anyone's field or threshing floor, and they will claim ownership,

# Imparting Spiritual Wisdom with Humour

Every gesture of the God-realized, people's saints, like Pujya Bapuji, inspires us to awaken to our true nature of Sat-Chit-Ananda (Truth, Consciousness, and Bliss absolute). Through his *satsang* discourses and practice. Pujya Bapuji has always taught us to live in the light of right knowledge, keeping discrimination awake, and constantly remembering God while eating, drinking, sitting, standing, giving, and receiving, thereby satiating the mind with divine bliss.

Hyderabad-based Navin Bhāi Tirthāni, who had the privilege of attending Bapuji's *satsang*-discourses and proximity since 1998, recalls some enlightening incidents from Bapuji's life:

## A Wonderful Art of Teaching

On the first day of the Uttarāyana Camp at the Ahmedabad Ashram in 2007, Pujya Bapuji sat on the dais, explaining various names of God and their meanings. He explained that people call God both 'Bhaya-Krit' (the giver of fear) and 'Bhaya-Hāri' (the destroyer of fear).

Looking at a Muslim *sādhaka* in the audience, Bapuji said, "Stand up, Miyān!"

The *sādhaka* stood up. With an angry voice, Bapuji asked, "You are the one who was drinking alcohol and quarrelling last night, weren't you?"

The *sādhaka* moved his head in disagreement. Bapuji repeated, "Don't lie! I saw you quarrelling." The *sādhaka* repeated his previous gesture.

The audience was puzzled, wondering

what was happening. Suddenly, Bapuji burst into laughter and said, "Brother, you did nothing wrong, which is why you are fearlessly denying it. Your fear is being destroyed by the indweller Lord, revealing Himself in your heart. That is why He is called Bhaya-Hāri."

**The audience was puzzled, wondering what was happening. Suddenly, Bapuji burst into laughter...**

What a playful sport! What a practical exemplification to explain the Bhaya-Hāri nature of God!

## Vedanta in Humour

On the last day of a Camp, during the evening session, Pujya Bapuji asked, "Raise your hand if you didn't come here yesterday, but have come here today."

Many newcomers raised their hands. Then, humorously, he added, "Alright, now raise your hand if you came here yesterday but didn't come today!"

The audience burst into laughter, realising the impossibility of the question.

Bapuji said, "See how no one raised their hand? Who inspired you not to raise your hand? Knowledge inspired. Who knows, 'How can a person who has not come here today raise his hand?' It is the Supreme Lord. Who is the source of your laughter? It is that bliss-nature Supreme Lord who exists as your Ātman. Always keep His remembrance, even during your daily activities."

Gurudev humorously instilled the lofty teachings of Vedanta in our minds. He aroused joy in our hearts through laughter and thereby turned our thoughts to the source of bliss.



# For Students



**Nothing is impossible for a man of courage and determination.** – Pujya Bapuji

Many powers lie dormant within man. If he musters courage, he can attain not only a 1 or 2 lakh rupees job and ownership of a shop or a factory but also make the Lord of three worlds appear before him. Look at Dhruva, Prahlād, and Meerā, they did it.

A boy named Henry Kaiser, aged 13, went to a shop to get a job. The shopkeeper said, “Go away, you are not eligible for any job. Get out.”

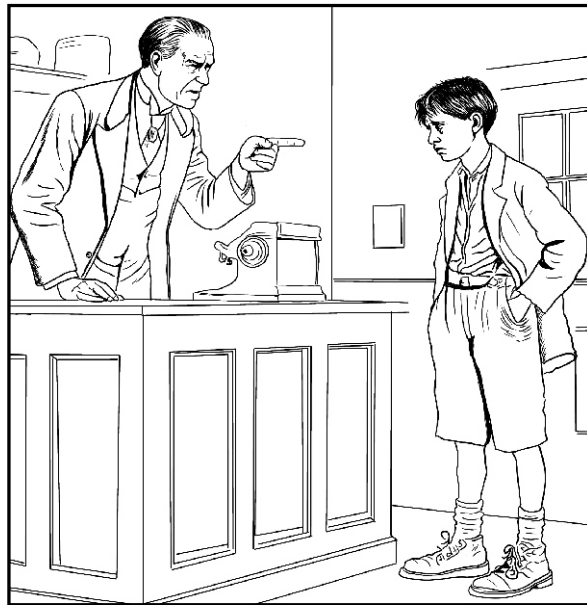
He went to seek a job in a factory, but was driven away. He thought, “Wherever I go to get a job, I am rejected. So I will accomplish something great.” He was deeply hurt and resolved to accomplish something great.

His hidden power was awakened. Every morning, he looked at his hand and repeated his determination, “Now I will accomplish something great.”

Keeping company with some shopkeepers, he resolved, “Now I will become so great that I will employ such big people as my servants. I am 13 years old, but I will employ such people.”

He continued to make such resolutions,

pursued various occupations, and founded an industry. He opened one after another factory in different countries. Thus he opened factories in 40 countries. In 1967, when he died aged 85, he employed 90,000 people, and goods worth 1500 crore rupees were manufactured every year in his factories. If you have courage, what cannot be accomplished?



There was another boy in China. He would encase fireflies in a thin muslin cloth and read under their illumination. He said that he would become a vizier (high-ranking government officer).



Someone saw him and asked, “You don’t even have 2 paise to buy a kerosene oil to light a lantern. You read in the light of collected fireflies, and think you will become a vizier in China?”

The boy replied, ‘If God’s Creation is just, then anything can be gained with self-effort, I can certainly get the post of a vizier in China. Is it a big deal?’

“Well, you don’t have the oil worth two paise in your house and you are going to become a vizier?”

# Best Herbs for increasing Strength, Intelligence, and Longevity

Āmlā (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Ashwagandhā (*Withania somnifera*), Shatāvri (*Asparagus racemosus*), Punarnavā (*Boerhaavia diffusa*), Giloya (*Tinospora cordifolia*), Brāhmi (*Centella asiatica*), Jivanti (*Leptadenia reticulata*), etc., are some of the finest herbs known for promoting longevity, enhancing memory and intellect, improving health and complexion, increasing physical strength and power of senses, and rejuvenating the body. Among these, Āmlā and Haritaki are considered the most superior.



आमलकं वयःस्थापनानां, हरीतकी पथ्यानां श्रेष्ठम् ।

“Āmlā is the foremost among those that are rejuvenators, and Haritaki is the foremost among wholesome articles.”

**(Charaka Samhita, Sutra Sthāna: 25.40)**

These two herbs remove vitiated doshas and impurities from the body, cleanse the body-channels, and stimulate digestive fire to produce the essential *dhātus*.

## How to Reap Benefits from These Herbs?

**(1) Āmlā:** Āchārya Sushruta has mentioned that āmlā is the foremost among all fruits. फलेभ्योऽभ्यधिकं च तत् । Vāgbhattāchārya also stated that āmlā is the foremost among those that are wholesome for age-sustaining.

Āmlā juice\*, when consumed with specific substances tailored to one's body type (*prakriti*), can offer unique benefits.



**(A) For Kapha Prakriti:** Āmlā juice +

a pinch of long pepper (*pippali*) + 2 teaspoons of honey.

**(B) For Pitta Prakriti:** Āmlā juice + ¼ teaspoon cumin powder + 1 teaspoon sugar.

**(C) For Vāta Prakriti:** Āmlā juice + 1 teaspoon ghee.

**(D) For Blood Formation and Blood Purification:** Āmlā juice + a pinch of turmeric + 1 teaspoon honey.

**(Quantity of āmlā juice:** 15-20 ml means 3-4 teaspoons on an empty stomach.)

**Note:** Āmlā should not be consumed on Sundays. Reduce the quantity on Fridays.

**(2) Haritaki (Harad):**

यस्य माता गृहे नास्ति तस्य माता हरीतकी ।  
कदाचित् कुप्यते माता नोदरस्था हरीतकी ॥

‘Haritaki is like the mother for the one whose mother is not at home. The mother may become enraged, but the Haritaki in the stomach never does.’

Haritaki powder\* mixed with ghee ensures long-lasting strength.



There is an adage:

गुड़ हरीतकी संग भखै,  
नसै रोग अति मुदित चित ।

‘Haritaki, when consumed with jaggery, removes ailments and pleases the mind.’

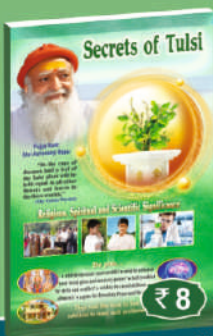
**Seasonal Usage:** Haritaki, when taken with various substances in different seasons, prevents diseases.

Hemanta Ritu (November and December) Haritaki + 4 pinches of Shunthi (*Zingiber officinale*).

Shishir Ritu (January and February) Haritaki + 4 pinches of Pippali (*Piper*

\* These may be obtained from Satsāhitya Sewā Kendras in the Sant Shri Asharamji ashrams and from the samitis.





# Secrets of Tulsi

(Compiled from the shāstras and Pujya Bapuji's messages)

Please read and share with others to benefit from the multiple uses of Tulsi.

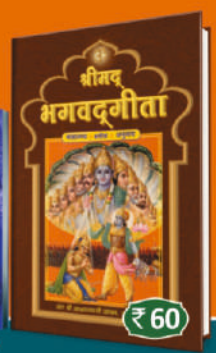
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