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# RISHI PRASAD

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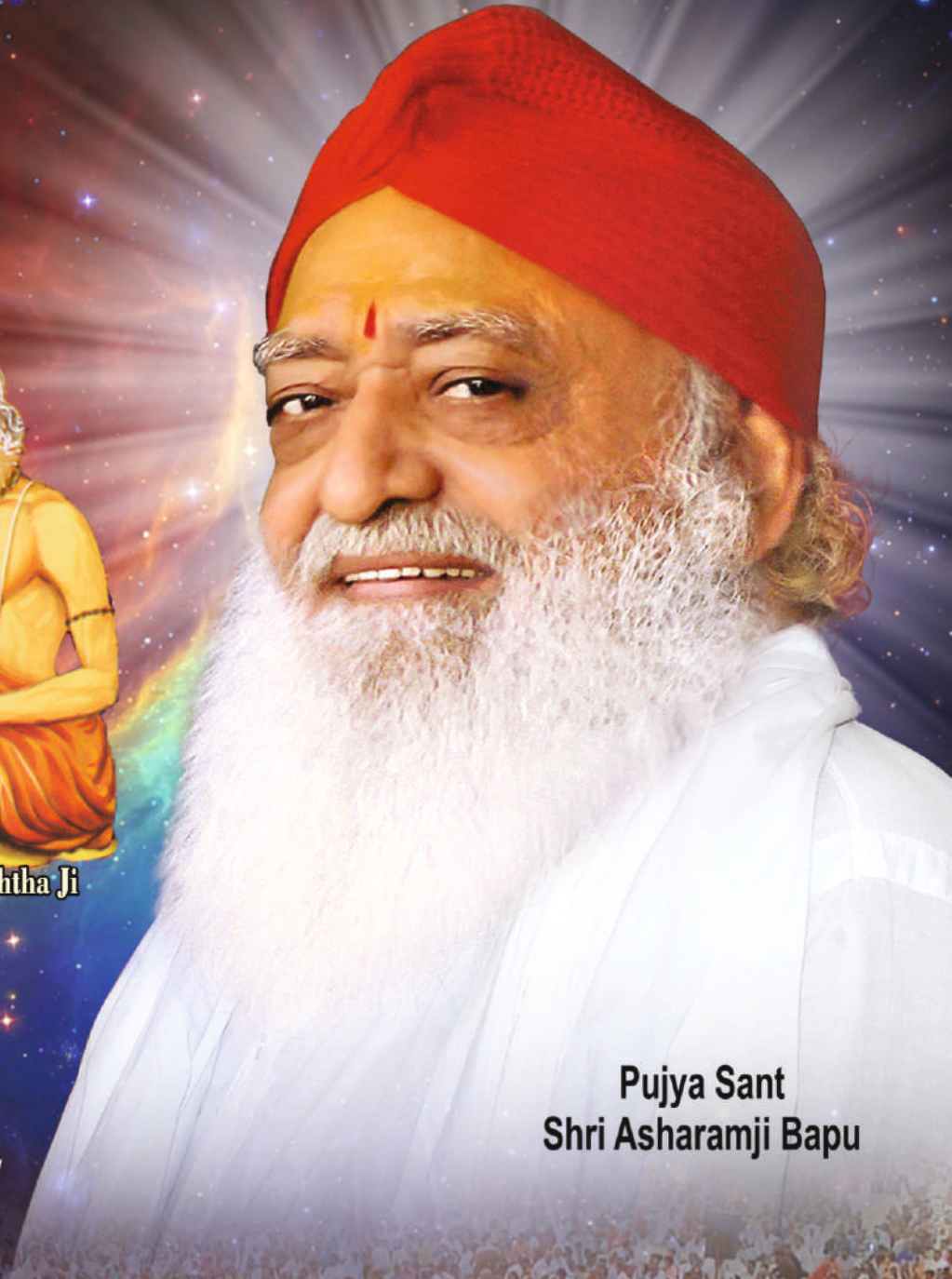
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Bhagavan Shri Rama Ji

SatGuru Shri Vasishtha Ji

Even when an Avatar like Bhagavan Shri Rama, incarnates on earth, it inspires us to take the benefit of parents' practical experience and SatGuru's realisation of Brahman by worshipping and respecting them.



Pujya Sant  
Shri Asharamji Babu



**14<sup>th</sup> February: Parents' Worship Day**  
initiated by Pujya Sant Shri Asharamji Babu



Removing the sorrow of the poor,  
Light the Lamp of joy.  
Serve them, feeling everyone is the Self,  
Celebrate Divine Diwali.

## Bhandaras held all over the nation on Dipavali under the auspices of Pujya Bapuji

As per the shastras, परोपकाराय सतां विभूतयः । meaning: ‘the wealth (lives) of good people are for helping others.’ Pujya Sant Shri Asharamji Bapu has dedicated His life to people’s welfare. As per Pujya Bapuji’s nectarine words, “Benevolence is the root of material as well as spiritual growth. When I peep into the areas of the poor, their misery melts my heart. Housing and health centres should be constructed for them. You celebrate Diwali in your homes, but you should also visit the poor in your neighborhood, give clothing, sweets, utensils, etc., to them and their children; and shower your affection on them. It will make your Diwali joyful.”



Blessed are Bapuji’s beloved disciples who are benevolent, virtuous souls, who, while embracing their Gurudev’s tenet of ‘बहुजनहिताय-बहुजनसुखाय’ (‘for the good of many, for the happiness of many’), engage themselves in illuminating the lives of poverty-stricken, downtrodden, orphans, the poor and needy, with the light of spiritual love, devotion, knowledge, and a supply of daily necessities. As the verse spoken by Lord Shiva goes, ‘धन्या माता पिता धन्यो...’ Blessed is the mother, blessed is the father, and blessed is the family and lineage of the *karmayogin* who serves his God the society, with body, mind and wealth.

Poor beneficiaries’ hearts were full of gratitude and reverence for Pujya Bapuji, and they repeatedly demanded hearing Bapuji’s direct *Satsang* and receiving his soul-affinity, sympathy, and compassion again, as soon as possible.

# Celebrate True Love Day to save the nations' backbone.

The grand festival of Parents' Worship Day falls on February 14<sup>th</sup>. To protect the young generation from the filth of Valentine's Day, guide them in the right direction, and help them recognise true love, Pujya Bapuji initiated this day in 2006. People from all races, religions, and sects now celebrate this festival in over 200 countries worldwide. Pujya Bapuji's satsang explains the significance and inevitability of this day:

## **The Evil Effects of Valentine's Day**

When young men and women celebrate Valentine's Day, it stimulates erotic feelings towards each other, leading to the waste of vital fluid during the day. This will impair the eyesight and result in weaker future generations. This day can actually be called a 'Day of Sin' that breaks the backbone of the nation. It is not a day of love, but rather a day of oppression and wrongdoing towards the youth. Unaware of the consequences, youngsters participate in this, but knowledgeable Ayurveda physicians, medical doctors, and intellectuals, understand that when young men and women exchange flowers or engage in physical contact, their sexual energy is drained.

Celebrating Valentine's Day or 'Lovers' Day' spreads sexually transmitted diseases, like AIDS, destroys the youth's strength, and break the backbone of India. Today's degenerate youths do not regard their neighbour's daughter, sister, or daughter-in-law as their sisters. Foreign powers are

infiltrating their culture in our country. This Day must be boycotted in India.

If they adopt our nation's great culture, it will bring them happiness. However, if we embrace their filth, it will lead to an increase in the incidence of STDs like AIDS, unrest among children, and a rise in congenital anomalies in newborns.

Those who celebrate Valentine's Day face dire consequences. According to Innocenti Report Card No. 3, at least 1.25 million teenagers become pregnant each year in the 28 OECD nations under review. Of those, approximately half

a million will seek an abortion and approximately three quarters of a million will become teenage mothers.

Every year, 750,000 children without a father are born in those countries. Why? Because lovers celebrated Valentine's Day, engaged in copulation, and then the girlfriends became teenage mothers. Will they care for their children or go to school? Specifically, giving birth as a teenager is believed to be bad for the young mother because the statistics suggest that she is more likely to drop out of school, and have no or low qualifications, to be unemployed or low-paid, to live in poor housing conditions, to suffer from depression, and to live on welfare. These children born outside marriage are then raised by the government. Similarly, the child of a teenage mother is more likely to live in poverty, to grow up without a father, become a victim of neglect or abuse, to do less well at school, to become involved in



# A Heart-wrenching Tale of the Misuse of Women's Protection Laws

Recently, the suicide of an engineer (Atul Subhash) in Bengaluru shocked everyone. Before taking his life, he shared a video explaining that he was driven to this step due to harassment caused by his wife and her family, who misused legal provisions. In the video, Atul revealed, "My in-laws borrowed ₹ 16 lakhs from me on the pretext of helping with a business, but returned only ₹ 1.5 lakh. My wife left home, and harassed me by filing nine false cases against me, my brother, and elderly parents under charges of dowry harassment, domestic violence, and more, to extort money from me. Her family demanded ₹ 1 crore, threatening, 'Give us the money, or we will file cases to torment you and your family.' Later, their demands escalated to ₹ 3 crores.

Section 498A has destroyed lakhs of families and the lives of crores of people. By exploiting this legal provision, any woman today can ruin not just an individual but their entire family."

Following Atul's tragic death, the police have arrested his wife and her family.

The misuse of Women's Protection laws is growing rapidly. The Supreme Court has come down heavily on the "growing tendency to misuse provisions like Section 498A of the Indian Penal Code" intended to protect married women

"as a tool for unleashing a personal vendetta against the husband and his family, by a wife."

According to the National Crime Records Bureau (NCRB), 'Of all the FIRs filed under all IPC sections, the maximum is registered under Section 498A, but the conviction rate for cases under this section is among the lowest conviction rates of all IPC crimes.'

**Upon closer consideration, it's not just one man's life that is ruined, but also the lives of several innocent siblings, mothers, and others associated with these men. Do their lives not hold any value?**

Former **President Pratibha Patil** expressed:



"Instances exist whereby protective legal provisions for the benefit of women have been subjected to distortion and misused to wreak petty vengeance and to settle scores. This is unfortunate."

Advocate **Lukesh Kumar Sahu** said, "Today, from common individuals to eminent personalities, many are being trapped by people misusing women's safety laws for personal gain. A recent example of this is the case against Sant Shri Asharamji Bapu. Former Union Law and Justice Minister Subramanian Swamy clearly stated, based on hard evidence, "A grave injustice has been done to Bapuji. The case against him is completely bogus and technically unsustainable. A saint has been jailed based on a single girl's accusation!"

There is now a growing demand in the country for fair treatment: "Women's

# Worldly Loss Holds No Value if you get Spiritual Gain

(An ambrosial satsang-discourse delivered by Pujya Babuji)

No matter how big the worldly loss, it holds no value if it gives higher spiritual gain.

The great sages who wrote the *shāstras*, advise us not to give much importance to worldly gains that lead to spiritual loss. Spiritual gain should be valued properly. Suppose you gain worldly benefits – wealth, respect, praise, a wife, lovers, alcohol, luxury car. Say you got enormous worldly benefits – you might appear great in front of innocent people and rich in front of the poor but you will not get true peace, spiritual peace. Instead, your mind will crave more and more pleasure and will indulge in lust, anger, greed, deceit, and duplicity. No matter how much you gain worldly benefits, if you fail to get spiritual gain, your mind will get trapped in lust, anger, greed, attachment, worry, and passion. So, your mind will be drawn towards adultery, others' wealth, slander, showing off in front of others, wanting to appear superior. The more your mind indulges in these things, the more spiritual loss you will incur. This will only inflate your ego.

So what happens in the end? The golden city of *Hiranya Puri* ruled by Emperor *Hiranyakashipu* no longer exists. Even if you went from owning one flat to four flats, what is the use? Even if you make four shops from one, or increase your land from 50 acres to 500 acres, what is the use?

If worldly gain comes at the cost of

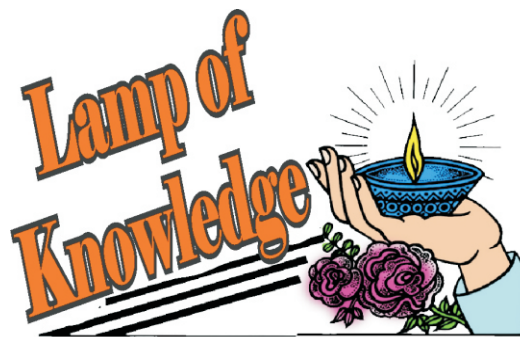
spiritual loss, it should be considered worthless. Sacrifice worldly gains for spiritual progress. If you achieve spiritual gain, worldly losses don't matter – they can't even occur.

No matter how much worldly gain you achieve, at the moment of death, everything will be left behind – money, property, health, lovers, and everything else. Mussolini left everything behind. Rāvaṇa met the same fate, and the world's richest people also met the same fate.

No matter how much worldly gain you accumulate, in the end, the

enjoyer dies, leaving everything behind. Many enjoyers have been condemned to hell. There is no mention in the *shāstras* of any enjoyer who attained complete God-realization and attained liberation, while those who have attained God through spiritual gain find that worldly gain follows them like one's shadow. So, if you consider worldly gain worthless in the pursuit of God, it doesn't matter. But if, being covetous of worldly gain, you abandon God, you will suffer a heavy loss.

**If you must leave everything to attain God, leave it like a dry blade of grass or a crow's droppings, but never abandon God.** When you don't leave God, when you leave worldly gain for God, He knows that 'he has renounced everything for Me. He has left all attachments for Me...' If you chase after a car, a house or money, they won't come to you because they are inert. But when you tread the path to God, God





# For Students



## I Am Always Ready

January 23<sup>rd</sup> marks the birth anniversary of Subhash Chandra Bose, a national leader, whose mother taught him the life events of saints and great men, and talks on *shāstras* since his childhood. These infused his life with the noble principles of Sanātan Dharma, patriotism, service and dedication to the nation, diligence, tireless work, etc. Here is an inspiring episode from his life that reflects his virtues:

During the freedom struggle, a soldier from the Azad Hind Fauj arrived to invite Subhash Chandra Bose to an event. It was 8 p.m., and to his surprise, he found Subhash ji was already prepared. The soldier exclaimed, “You’re ready!”

Subhash said, “I am always ready. After all, when I have dedicated everything to the motherland, I must maintain such readiness, shouldn’t I?”

The soldier had assumed that, after a long exhausting day, Subhash would be resting and would take some time to get ready. But he was astonished to see Subhash already dressed in his military uniform, resting on his bed.

Subhash said, “Why are you so surprised, my friend? For me, there is no

complete rest in this life. I only take short breaks so that I am prepared to go anywhere at a moment’s notice without wasting time.”



The young soldier bowed his head, seeing Netaji’s tireless enthusiasm to persevere in achieving his goal, diligence, spontaneity, and cheerfulness, and felt a twinge of remorse, thinking, “Am I fully loyal to such a leader?

Have I truly become his dedicated ally?” This thought stirred him, and he resolved, “I will cultivate such a spirit of self-surrender in my life.”

This was a turning point in his life. Like Neta ji, he infused alertness and diligence into his life, and throughout his life people praised him as an ideal soldier.

राम काजु कीन्हें विनु मोहि कहाँ विश्राम ॥

*“There can be no rest for me till I have accomplished Shri Rāma’s work.”*

Neta ji’s life clearly reflects this ideal of Hanumān ji.

Subhash Chandra Bose’s freedom, diligence to the service of the nation, and self-surrender were the only causes which compelled the British to quit India through the Azad Hind (free India) Fauj established by him. All countrymen of India have deep respect for him, even today. ○

# No one has escaped death, nor will anyone be able to.

(From the words of Samarth Ramdas Ji)

संसार म्हणजे सर्वेच... ..वंचू जाणे ॥



Mundane worldly life is like a race, where the ending, which is death, cannot be postponed. From the very beginning of the physical body, death keeps track of its time, moment by moment.

Once someone enters this cycle of worldly existence, death is inevitable. Always living in the company of Time, people cannot understand what is going to happen next. According to one's actions, one may die in one's own country or in a foreign land. Upon the exhaustion of the remainder of one's accumulated actions, one has to meet with death without a moment's delay. Suddenly in life, the messengers of Time begin beating you continuously, and put you on the path of death.

When death arrives, no one can be protected. Sooner or later, death claims all.

When the powerful stick of death hits, even one who is strong or a great, powerful king, cannot stand before it. Death does not say that someone is cruel, or that he is a fighter, or that he is a warrior on the battlefield. Death does not say that he is hot tempered, or that he is adventurous, or that he is fierce, or that he is a big crook.

Death does not say that he is strong, he is wealthy, he is arrogant, or that he is endowed with all virtues. Death does not acknowledge that anyone is famous, rich, or exceptionally brave.

Death does not say that someone is the ruler of the world, or that he is someone

who knows tricks and magic. Death does not say that he is a leader of people and a famous king. Death does not say that he is superior among people, or he is a politician, or one with a huge salary, or one who is paying salaries to others. Death does not say that someone is a businessman, or that he is a trader, or that she is somebody's wife, or she is a princess. Death does not care about cause and effect, or that someone is of a high

or low caste, or a priest doing good work. Death does not say that anyone is a scholar, or prosperous, or highly learned amongst people. Death does not say that someone is clever, well respected, a Vedic scholar, or of great character. Death does not say that he is a narrator of mythology, or that he is a follower of the *Vedas*, or he is one who performs fire sacrifices, or he is an astrologer. Death does not care that anyone takes care of the sacred flame or is a listener to scriptures, or a chanter of incantations, or one who has 'Complete Knowledge'. Death does not say that he is a scientist, or he is a knower of the *Vedas*, or that he is a knowledgeable person who knows everything. Death does not say that anyone is a killer of a priest, or a killer of a cow, or that he has killed many women and children. Death does not say that someone is an expert in classical music, or a knower of rhythms, or a knower of philosophy. Death does not say that he is a practitioner of yoga, or he is a renunciate, or that he knows how to deceive death through yogic powers.

(To be continued...) ○

**Samarth Ramdas Ji Navami: 22<sup>nd</sup> February**

# Protecting health in the spring season

– Pujya Bapuji

The spring season is the best amongst all the six seasons, but the kapha accumulated in the body in winter starts melting in the spring, thus decreasing the appetite. Cough, fever, pox, diarrhea, vomiting, scratchiness in the throat, heaviness in the head – all of these occur as the body expels harmful toxins, which is a natural cleansing process. We should let them come out.

In Shrimad Devi Bhāgavat, Ved Vyāsa ji says, ‘The two seasons, autumn and spring, are famous as the teeth of Yama, the God of

Death. People are greatly afflicted with terrible diseases in the two seasons of autumn and spring and many lose their lives during this time of the year.’

This is why the sages recommended self-restraint, fasting, and worship of Shakti during these seasons, especially through Navarātri rituals.

In this season one should avoid sour, sweet, oily, heavy articles of food (like banana, jaggery, dry fruit, sweets; curd and foods prepared from milk). Only food that is easy to digest should be consumed. One should eat food of pungent, bitter, and astringent taste. Watery ginger-spiced dal prepared from split chickpeas, green gram, old barley, pointed gourd, drumstick, Elephant-foot Yam (*amorphophallus campanulatus*), Indian Dill (sowā), brinjal, bitter gourd, fresh tender radish, ginger, dried ginger, carum (Ajowan), puffed rice, roasted chickpeas, turmeric, fenugreek, honey, etc., and one should drink *gomutra* (cow urine). It is written in

the *shāstras* that you should drink 25-50 ml of fresh cow urine strained once or twice through a fourfold muslin cloth early in the morning, even if it costs 50 grams of gold or take 15-20 ml of *Gau-jharan ark* or *Sanjivani Rasa*. Obese persons can take 25 to 30 ml of *Gau-jharan ark* or *Sanjivani Rasa* mixed with water as per requirement.

One should not drink cold water in this season. One should avoid food that is hard to digest, like ice cream, curd, etc. Avoid food that produces *kapha*. Don’t sleep

in the daytime. If a person sleeps in the daytime then even if many doctors attend him, he cannot be completely cured.

In the early morning, from 3:00 a.m. to 5:00, a.m., Life Energy is active, especially in the lungs. This is more beneficial for the practice of *Prāṇāyāma*. Wake up by 4:30 a.m. at the latest and practice deep breathing. Inhale deeply through the right nostril and mentally repeat ‘*Ram... Ram... Ram... Ram... Ram...*’ and then exhale through the left nostril; then inhale through the left nostril and repeat ‘*Ram... Ram... Ram... Ram... Ram...*’, and then exhale through the right nostril. Repeat 5 to 15 times; then do a morning walk, and perform *yogāsana* and physical exercise before sunrise. It will bring miraculous results. It will rejuvenate you without taking medicine and tonics. It will reduce obesity and promote health.

## *Suryabhedhi Prāṇāyāma*

If you want to get rid of a cough, inhale through the right nostril, hold the breath in and mentally repeat ‘*Ram... Ram...*



Spring Season:  
From 18<sup>th</sup> February to 20<sup>th</sup> April



We are resolved to send Vedic wisdom to every household, A glimpse of Rishi Prasad  
To bless them with Rishi Prasad's Truth-Knowledge. conferences held across the country



State-level conference (Raipur, CG)



Nashik



Una (HP)



Ahmednagar (Mah.)



Chandigarh



Chhindwara (MP)

Fulfilling their resolves;  
they achieved priceless gifts.



Rich in nutrients and exquisitely tasteful **Iranian Mabroom Dates**

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**Amla Rasa:** Promotes youth and longevity, helps in various diseases  
It is semen-promoting. It pacifies the three doshas and heat. It is beneficial in symptoms caused by aggravation of Pitta like burning eyes, burning micturition, hyperacidity, leucorrhoea, menorrhagia, piles, etc.



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Its consumption removes physical and mental weakness. It increases longevity, strength, complexion, and memory power. It alleviates diseases like asthma, tuberculosis, constipation, etc., and gives stamina to the body. Being an excellent Rasāyana, it increases Life Energy.



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**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 Vāta and Pitta, and for the weak.



The above-mentioned products can be obtained from Sant Shri Asharamji 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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Hearing-Satsang



Meditation



Resolving to serve Rishi Prasad



Surya-Arghya



Yogasana

Prize distribution

## Tulsi worshipped and revered across the nation before Tulsi Worship Day.



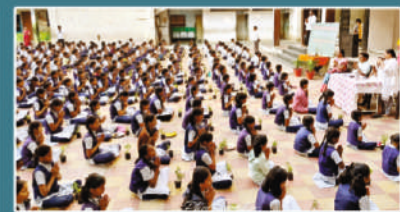
Dr. Raman Singh, Speaker, The Legislative Assembly (CG)



Ghatlodia- Ahmedabad



Ballabgarh (HR)



Pune



Jamshedpur



Ujhani (UP)



Rajnandgaon (CG)



Palsana (Surat)



Jhansi



Ballia (UP)



Phulbani (Odisha)



Amravati (MH)



Surat



Jahipura-Agra



Jaipatna (Odisha)



Kolpewadi (MH)

## Vrinda Abhiyan: Sending health and environment protecting Tulsi to every house



Dehradun



Vallabhipur (Guj.)



Jalandhar (Punjab)



Kolkata

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 sadhaka-families may e-mail 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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