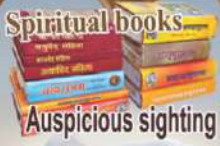




Dhan Teras



Naraka Chaturdashi



Spiritual books

Auspicious sighting

Barley

Ghee

Vermilion

A jug

A diya

White flowers

Copper vessels

Gulāl



Dīpāvalī



Bhāi Dooj

Bali Pratipadā,
New Year's Day

The Diwālī festival, a bouquet of five festivals, indicates that an individual soul, wandering in the world of five senses and five passions can become a great man and attain Self-bliss by restraining the five passions, five organs of action, five organs of knowledge and five prāṇas, by using the Panchāmrita of these five ambrosial days. – Pujya Bapuji

**Celebrate Diwali
in Such a Way
That you experience
forever Diwali.**

18th to 23rd October 4

Method to acquire Lakshmi
(wealth) on Dīpāvalī - 34

Just Apprehend This fact, and You Will Soar High! - Pujya Bapuji



The following is a verse from the Atharva Veda:

सं जानीध्वं सं पृच्यध्वं सं वो मनांसि जानताम् । देवा भागं यथा पूर्वे संजानाना उपासते ॥

(Atharvaveda: Kāṇḍa 6, Sūkta 64, Mantra 1)

“Know well and together (acquire knowledge), join together and well (live together in harmony), completely, without reservation, join at the heart, know your mind well and increase your knowledge together, the way the divine of old joined, knew and performed well, observing their Dharma of rights and duties integrated; and thus attained Absolute knowledge and bliss.”

The mistake we tend to make today is that we don't fulfil our duties and instead tell others, ‘This is your duty; that is your duty.’ Pointing out someone else's duty is no great achievement — we must fulfil our own. We should have faith in God, in the spiritual shāstras, and in the SatGuru, and act according to the duties prescribed by them—not according to our mind's choice. Even a drunkard might say, ‘It's my duty to host a party for my friends...’ No! Duties must be in accordance with the shāstras.

Duty means not misusing the abilities given to us. It means the protection of others' rights and being unconcerned about one's own rights*. Duty is to feel pain at the downfall of others and work to uplift them, while to become great by exploiting others' downfall is non-duty. Just as you are your whole body, so too you are the entire universe—it's all one Existence. You cannot do good to your eyes by doing harm to your feet. The good of your feet lies in the good of your eyes, and that of your feet lies in the good of your stomach. So, do mutual good. Don't support someone treading the wrong path, but help him come on the right path.

However, old habits such as cheating, provoking others to fight, desiring possessions, and craving praise makes everything difficult. It needs quite a lot of work to practice dishonesty and to satisfy one's ego, and what one earns through it doesn't last long. Whereas if you relinquish your ego by surrendering it at the holy feet of God and nourish one another selflessly, everyone will adore you and you will be endeared by everyone. So, discharge all your duties in the world for the sake of That very Self, which is everyone's Beloved – the God, the Supreme Self.

Just be endowed with jnāna, self-restraint, affection, service, and satsang. Just apprehend this fact and you will soar to the One Reality! You will attain in this life itself what you couldn't attain in crores of past lives.

★ This means to be unattached to your rights, not to carelessly relinquish the rights given to you for fulfilling your duty in the empirical world and running away from responsibilities thereby.

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In this 'Festival special' issue...

- * Celebrate Diwali in Such a Way That you.... 4
- * Colonialism and Multinational Corporations Held Responsible for.... 7
- * All-Beneficial Festival System of Indian Culture! 8
- * What Bapuji Has Given to Me Is Priceless – Sadhvi Pragya Singh Thakur 10
- * Get Health, Wealth, and Happiness in One Night 11
- * Ramā Ekādashī fulfils all Desires 12
- * Reminiscences of Pujya Bapuji from the Life of Maa Mahangiba Ji 14
- * Even Foreigners Admire Scientific Indian Time Measurement. 16
- * Fundamental Facts of Indian Culture 17
- * Nothing is impossible for a dutiful and diligent person 18
- * The Vow taken for Twenty-Four Hours Will Change your Whole Life – Swāmi Akhandānanda Ji 19
- * Slandering and Envy is Akin to Inviting Serious Disease 20
- * A Gentleman Who Returned from Christianity to Sanatan Dharma.... – Journalist Bimlendra Tiwari 21
- * Abhimani of the Waking State- A deliberation 22
- * Prahlada Ji's instructions on discrimination, dispassion, and Jnana 23
- * Story of the hero who selflessly performed his duty 24
- * The Benedictory Experiential Words of Saints 26
- * Bapuji Will Surely Be Acquitted with Honour – Shri Pradeep Bhai Shastri 27
- * The Miracle of the 'Asthma Herb'... Freedom from Years of suffering! 28
- * Guru's Grace Saved Me from a Great Sin and Blessed Me with a Healthy... – Advocate Madhuri Shingote 28
- * Chebulic Myrobalan– A Disease-remover and Health-boosting Herb 30
- * Market Jam is Hazardous to Health 31
- * Which of the Five Passions Quickly Leads to Hell? 32
- * Vijaya Dashami Encourages Us to Awaken Our Infinite Power 33
- * How to Reap the Benefits of Dussera 34
- * Method to acquire Lakshmi (wealth) on Dipavali 34

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



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Celebrate Diwali in Such a Way That you experience forever Diwali.

This year, Diwālī festival will be celebrated from the 18th to the 23rd of October. Pujya Bapuji has, in His ambrosial *satsang*-discourses, expounded the following about its worldly and spiritual significance:

From a social perspective, merchants complete their old account books and correct them on Diwālī day. On the evening of Dhan Teras, they worship Goddess Lakshmi. During *mahārātris* (the great nights), repetition of a mantra gives quick success. From a physical perspective, Diwālī marks the beginning of winter. To pacify the *doshas* (bodily humours) of *pitta* and *vāta*, the body requires sweets; hence, there is a tradition of eating and sharing them during this festival. This festival indicates strengthening the body.

When did Diwālī originate? It is said: ‘When Bhagavān Shri Rāma returned to Ayodhyā after killing Rāvaṇa, the people there cleaned their houses, lanes, streets and courtyards, lit lamps, exchanged sweets, and greeted each other. Since then, Diwālī has been celebrated. It has been millions of years since Bhagavān Shri Rāma descended on earth.’ There are various alleged origins attributed to Diwālī.

A Cluster of Five Festivals

Diwālī is a cluster, or a beautiful bunch of five festivals – DhanTeras, Naraka Chaturdashī, Dipāvalī, Bali Pratipadā, and Bhāi Dūja.

Dhan Teras: On Dhan Teras, wake up in the morning, meditate on Lord Nārāyaṇa, and make a resolve: ‘Today, I will worship Goddess Mahālakshmi.’

There is a tradition of worshipping Goddess Lakshmi’s idol or Lakshmi’s coin; people bathe them with *panchāmrita* (a mixture of cow’s milk, curd, ghee, honey and sugar), and pray: ‘O Mother Mahālakshmi! When pleased upon anyone, you give right understanding to them and bless them with the vision of truth-personified Nārāyaṇa. So, O Mother! Please do dwell in our home, with the grace of Lord Nārāyaṇa.’

The supremely sacred Mahālakshmi (prosperity, glory, and success) hovers around the *sādhaka* (spiritual aspirant) who rejoices in Truth-personified Nārāyaṇa’s bliss. That *sādhaka* becomes a *siddha* (an adept, perfected one) – then even the dust of their feet can change one’s destiny. This is the real Diwālī from *asādhaka*’s perspective. Diwālī, as a religious observance, from a worldly perspective, is celebrated once a year (or every 12-months), but Diwālī, from a *sādhaka*’s perspective, can be celebrated every day.

Naraka Chaturdashī: On this night (falling on 19th October this year), the mere repetition of mantras makes a *sādhaka* attain mantra siddhi which imbibes the powers and goodness of the presiding deity of the specific mantra. This night and that of Dipāvalī are supposed to be the boon-granting nights for those doing mantra-japa.

On this day (20th October), one should massage one’s body with oil and have a bath before sunrise. Bathing after sunrise is believed to destroy one’s already acquired religious merit.



Revelations from a report released in the meeting of the World Economic Forum: Colonialism and Multinational Corporations Held Responsible for Poverty in Asia and Other Regions

(Continuation of the article: ‘**The British Looted ₹ 563,026,520 Crore from India in 135 Years**’ from the previous issue)

The British not only looted India’s material wealth but also plundered its spiritual and intellectual treasures. They first deprived Indians of the knowledge of Sanskrit so they couldn’t read our ancient scriptures; and then inculcated into them: “Even half a shelf of English books is worth more than all Indian scriptures.” It was an unreliable falsehood but Indians didn’t understand it. Meanwhile, the British and missionaries exported thousands of ancient Indian manuscripts to the West. According to a reliable source, it has been proved that Oxford University (UK) alone holds around 8,000 manuscripts in Sanskrit and Hindi.

Foreign domination over India was not just a regime change. It was a systematic, centuries-long scheme of loot, destruction, and tyranny, the scars of which are still visible in our economic and social fabric.

According to a recent report by *Oxfam International*, the current poverty across African nations and Asian countries like India (the Global South) is not merely incidental.

Both colonialism and multinational corporations have been held responsible. The report states, ‘the modern multinational corporation is a creation of colonialism. It was pioneered by such corporations as the East India Company,

which became a law unto itself and was responsible for many colonial crimes. In the modern day, multinational corporations, often occupying monopoly or near-monopoly positions, continue to exploit workers in the Global South, particularly women, on behalf of rich shareholders, primarily based in the Global North. Global institutions, financial markets and multinational corporations, all shaped by colonialism and rich-country dominance, continue to facilitate this south–north transfer of trillions of dollars each year. Large multinational corporations dominate global supply chains, benefitting from cheap labour and the continued extraction of resources from the Global South; they capture the vast majority of profits and perpetuate dependence, exploitation and control through economic means.’

The people of India are increasingly demanding that the Indian government takes this serious matter in cognizance and takes strong action on the UK government for the return of the enormous wealth and sacred scriptures looted by the British, so that the financial and cultural damage that India suffered may be compensated. Historical crimes of not just Christian missionaries, but any colonial group that looted India should be exposed, and the nation should be restored with its rightful wealth plundered by them.

(Compiled by: Rameshwar Mishra) ○

Get Health, Wealth, and Happiness in One Night



Sharada Pūrṇimā will be observed on 6th October this year. The significance of this day and the special practices to be done have been expounded in Pujya Bapuji's *satsang* discourses as below:

On Sharada Pūnam, the moon is comparatively closer to the Earth than on other nights. On this night, Goddess Lakshmī Ji is worshipped, and a night vigil is observed.

At midnight (on Sharad Pūnam), the Goddess of wealth, Lakshmī, is said to move around on the Earth, wondering – 'Who is awake?', and bestows wealth, and showers love with grace upon those who remain awake. Because of Lakshmī Ji's inquisitive words – '*ko jāgarti*' (Sanskrit phrase implying – 'Who is awake?'), this observance is called 'Kojāgar'.

You should lovingly adore Lakshmīpati (Lord Viṣṇu, the consort of Goddess Lakshmī). Keep vigil until midnight. The moon owes its coolness and beauty to the beautiful Supreme Self. Let His coolness and beauty manifest in your heart.

It is good to be cheerful, to dance, jump and sing on this day but this should be based on good conduct and a beautiful synthesis of devotional singing, meditation, and hearing of *satsang*-discourses. It purifies our mind. Even a restless person can lessen restlessness by seeing the moon in the full moon night and walking in the moonlight. The sun is the presiding deity

of the intellect, and the moon is that of the mind.

The moon carries a special divine aura. The Lord says:

पुष्णामि चौषधीः सर्वाः सोमो भूत्वा रसात्मकः ॥

Becoming the sapful moon, I nourish all herbs (plants).' (The Gītā: 15.13)

On Sharada Pūrṇimā night, do not cook any food. Simply cook rice and add

milk to it. After it has come to the boil once or twice, it becomes *kheer* (sweet rice pudding). For one person, add two black pepper seeds; thus, for

eight people, add sixteen while cooking. By 9 p.m., the *kheer* should be ready.

From 9 p.m. to midnight, the moon showers nectar through its rays that are full of particles giving joy and health. Cover the *kheer*-vessel with a muslin cloth (not synthetic) and place it in the moonlight. Stir it every half an hour, preferably with a silver spoon. If you put a gold ornament (without any gemstones) into the *kheer* while cooking, it is even more beneficial.

Cooking *kheer* in an iron saucepan or pot adds iron to it. You may add cardamom, dates, or dried dates, but avoid almonds, cashews, pistachios, or *chāroli* (*Buchanania lanzan*) seeds, as they are heavy to digest at night. After midnight, offer the *kheer* to the Lord, and then eat it as *prasāda*, but since it is late at night, eat in moderation.

The moonlight, milk, rice, sugar, and silver spoon are white. Their whiteness



6th October :
Sharad Purnima
Special

Even Foreigners Admire Scientific Indian Time Measurement.

In a newly published article by ‘Hindu Heritage Network’, a group engaged in cultural studies and digital archiving, ‘the glory of Indian calendrical systems’ has been highlighted. It states: “In a world dominated by the Gregorian calendar (western calendar), the Vikram Samvat calendar stands out for its deep-rooted connection to nature, cosmic events, and culture. Bharat’s calendric traditions reflect a rich blend of lunar, solar, and

luni-solar frameworks, anchored in ancient Vedic texts such as the ‘Surya Siddhānta’ and ‘Vedānga Jyotisha’. These systems map celestial movements with precision. In contrast, the Gregorian calendar is purely solar and evolved with less precision.

In 1957, India adopted the Shaka calendar (*Shaka Samvatsara*) as its official national calendar, partially aligning it with the Gregorian system. Based on a tropical solar framework, it made limited progress in preserving cultural relevance. Many scholars and Panchāng experts continue to advocate the adoption of Vikram Samvat as India’s national calendar, citing its scientific foundation, cultural continuity, and living legacy. The Vikram Samvat calendar is not a relic of the past—it is a sophisticated, holistic, and scientific system that aligns our lives with natural rhythms, celestial mechanics, and dhārmic values.”

Renowned American astronomer Dr. Carl Sagan stated, “The Hindu religion is



one of the world’s great faiths, dedicated to the idea that the cosmos itself undergoes an immense, indeed an infinite, number of deaths and rebirths. It is the only religion in which time scales correspond to those of modern scientific cosmology. Its cycles run from our ordinary day and night to a day and night of Brahmā — 8.64 billion years long. It is longer than the age of the Earth, the Sun, and half the time since Big Bang[★]. And there are much longer time scales still.”



Famous American scholar David Edwin Pingree writes in his literary work: “The basic traditions of Indian astronomy imposed onto the external [Babylonian, Greek, and Islamic] systems, its peculiar stamp, and transformed the science of Mesopotamia, Greece, and Iran to something unique to India.”

It is concerning that the same great scientific system that influenced the astronomy of many foreign civilizations, and which has been praised by several foreign scholars, that Vedic calendric system is today considered irrelevant or

★ According to modern science’s Big Bang theory, the expansion of the observable universe began with the explosion of a singularity at a definite point in time, and the universe is 13.8 billion years old. The science of Sanātan Dharma regards Creation as beginningless (*Anādi*).

Current affairs



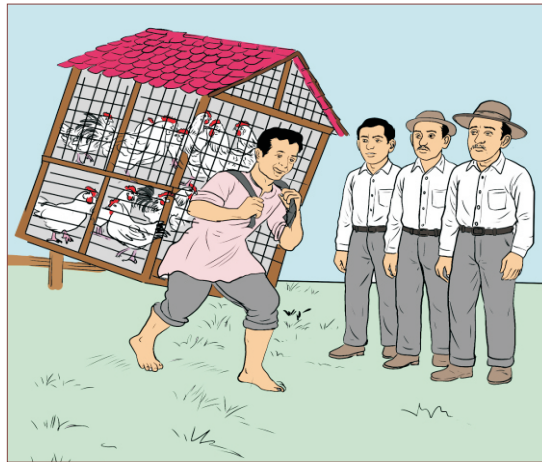
For Students



Nothing is impossible for a dutiful and diligent person

– Pujya Bapuji

During his childhood, Abraham Lincoln worked as a labourer with his father. A farmer was having a well dug, and there was a large hen cage that had to be moved. It was very difficult for 2-4 people to move it. Abraham was asked to help, and he joined in. But the cage was so heavy that people were worried about how to transport it to such a distant place. Then Abraham said, 'just step aside' and he slowly lifted that huge cage onto his back. Carefully and steadily he began to move forward. The onlookers were stunned. Their hands couldn't move, thinking, 'What is this! That mountain-like cage will crush Abraham at any moment!' But a person, who is firmly determined, skilled in work, and diligent, can succeed even in tasks that seem impossible. Abraham slowly put the cage down at the designated place and asked the farmer, "So, master! Was it to be placed here?" The farmer was speechless and astonished.



His father said, "You are conceited. You did this to show off your power, didn't you?"

Abraham said, "Father! At first, I felt like showing them that I could do it, but once I began, I was focused on only 'how to accomplish the work diligently'."

Truthful Abraham Lincoln worked with such truthfulness that later, he

succeeded in attaining the position of President of America and served the entire country and its people.

It is not that only by having wealth does one reach a high post, nor that only by having power does one attain a more powerful position. The one who is dutiful and diligent is truly worthy of a high position. Lincoln remained president for four years, but if you wish and work diligently, you have the ability to ascend even to the Eternal Position (the State of Self). He lifted a

hen cage, but you can escape from the cages of births and deaths, and become established in the Self. ○

No Matter How Painful the Situation, Do Not Fear

– Pujya Bapuji

In whatever painful situation you are, don't be afraid. Live in the light of Self-knowledge. Even the darkest night is followed by sunrise. The Self can never be harmed. You are always close to Ātman, the Supreme Self.

When lustful thoughts enter your mind, do not accede to them. If you witness them, they will automatically come under your control. – Pujya Bapuji

A Gentleman Who Returned from Christianity to Sanatan Dharma Exposes the Proselytization Industry in an Interview – Journalist Bimlendra Tiwari, Editor, ‘Dainik Anādi Mirror’ Newspaper

In a recent viral video circulating on social media, a family from Telangana that had earlier converted to Christianity, but returned to *Sanātana Dharma*, is now seen undertaking a *padayātrā* (a journey taken on foot, often for religious, political, social, or charitable purposes), encouraging fellow citizens to remain steadfast in their *Sanātana Dharma*. The head of the family, Shyām (formerly Samson), studied the Vedas, Upanishads, Purāṇas, and other Vedic scriptures 10 years ago, and then decided to adopt Hindu Dharma. Gradually, his entire family became followers of Hindu Dharma.



The following are excerpts from a revealing interview that Shyām had with a representative from the Hindu Sammān Foundation:

Question: Mass religious conversions, mainly of poor Hindus to Christianity, are being carried out at quite a fast pace in Southern India. How does this happen?

“Actually, Christianity is today being promoted through the allurements of money. If someone agrees to take baptism, they are given ₹ 10,000 or ₹ 5,000 per family. Churches receive special funds that include instructions on the yearly payment amounts designated for specific families. Before performing the baptism, the padre gives money, but as soon as one is converted, they start receiving that money.”

Question: Are the miracles performed by padres on stage during Christian gatherings in India, real or fake?

“They are all fully staged and pre-planned. Suppose a woman enters a church. Assistants of the pastor would sit near her, asking her questions like, ‘Where are you from? What’s your name? What problems are you facing?’ All this information is secretly passed on to the padre on stage. Then the padre would call out for her from the stage, announcing, ‘God has told me that there’s a woman named Aarti (or ‘so and so’) here. God is calling you, please come forward.’ Then the padre would tell her, “You have such-and-such a problem...” and then prays for her. If the woman faints, it’s declared ‘a

miracle of God’; if not, they say, ‘She’s possessed by a demon. As per the plan, the people around her (who are paid) pretend to fall, creating peer pressure, which makes her think, ‘Let me fall too, if others are doing so.’ This is how they tend to fool the naïve crowd.

I’ve also seen in churches that staged dramas are rehearsed; they conduct training for the same. The Padre tells them, ‘When I do so and so act, just fall down—we’ll pay you ₹ 500 for today for the same.’ Others are trained to say, ‘I had severe abdominal pain, but after the padre prayed, it went completely.’ Such training is carried out backstage in the churches.”

At times, through such staged miracles, by spreading distrust against Hindu deities, sages, saints, and labeling our scientific Vedic traditions, spiritual practices, and sacred symbols as fake and superstitious, these impostors exploit people; and earlier also, such deceptions of theirs have been

Chebolic Myrobalan– A Disease-remover and Health-boosting Herb

Among all health-promoting herbs that prevent disease, Haraḍa or Chebolic Myrobalan (*Terminalia chebula*) is the best. It balances the three *doshas*, promotes intellect, increases longevity, strength, and eyesight. It is an excellent *agnidipaka* (digestive fire stimulator) and cleanser of the whole body. When used in different ways, it removes all diseases.

Haraḍa increases digestive fire when chewed. When taken in powder form, it helps to expel faeces. Drinking water boiled with Haraḍa stops diarrhoea, and eating Haraḍa sauteed in ghee destroys the three *doshas*.

If sucked before meals, Haraḍa increases appetite. Taken with food, it enhances intellect, strength, and nourishment. Taken after food, it immediately removes the *doshas* related to eating and drinking and the imbalances of *vāta*, *pitta*, and *Kapha*, caused by food and drink.

When taken with rock salt, it helps in *kapha*-related ailments; with *mishri* (rock sugar), in *pitta*-related ailments; with ghee, in *vāta*-related ailments; and with jaggery, it helps remove all types of disease.

Simple Medicinal Uses of Haraḍa

(1) Mix 100 grams of Haraḍa powder★ with 250 grams of finely ground dry coriander. Add an equal amount of powdered rock sugar to this mixture. Taking 6 grams of this powder with water in the morning and evening removes **weakness of the brain** and increases

memory. It relieves **constipation**, removes **laziness** and **lethargy**, and keeps the **mind cheerful**.

(2) Boil 2 grams of Haraḍa powder and 2 grams of dry ginger powder in 200 ml water. When it is reduced to 50 ml, add 10-20 ml castor oil and take it after sunrise in the morning. It is highly beneficial in **facial paralysis**, **rheumatism (gout)** and **sciatica**.

(3) Taking 2-3 gm of Haraḍa powder with warm water stops **hiccups**.

(4) Boil 8-10 munakkās (raisins) in 200 ml water. When it is reduced to half, crush the raisins between the palms and strain the water.

Add 2-3 grams of Haraḍa powder to it. Take this before sleeping at night. It provides relief in **hyperacidity**.

(5) Applying the paste prepared from Haraḍa in water on the eyelids helps in **eye inflammation** or **stye**.

(6) Applying the paste prepared from Haraḍa in cow's urine or Gau Jharan Ark★ on boils on any part of the body brings the boil to a head. It will rupture and drain on its own, without the need for incision and drainage.

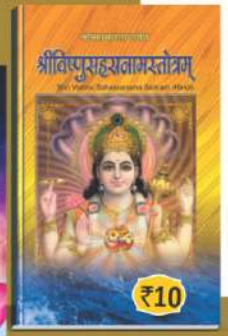
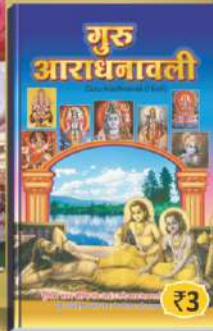
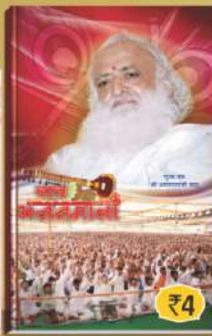
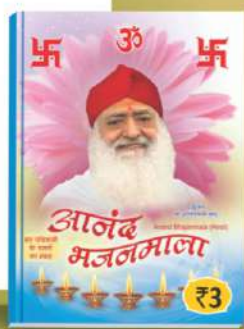
(7) Boil 2-3 grams of Haraḍa powder in 200 ml of water. When it is reduced to half, remove it from the heat. When it becomes cold, add 2 teaspoons of honey★. Drinking this relieves **sore throat**, **enlarged tonsils**, and other **throat ailments**.

Haraḍa Rasāyana Formulation

This formulation of Haraḍa and jaggery



★ These are available from Sant Shri Asharamji Ashrams, Satsāhitya Sevā Kendras, and Samitis.



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