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RISHI PRASAD

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With the blessings of His Parents Lord Ganesha became the god to be worshipped first in any prayers.



Pujya Sant
Shri Asharamji Bapu



It was Pundalika's devotional service to his parents that the God waited standing upon a brick.



Shravan Kumar is forever immortalized in the history books due to his devotion to parents.

The same message is today being given by Pujya Bapuji to all people of the world irrespective of their religion, creed or sect.



Let us celebrate the 'Parents' Worship Day' on 14th February



May all people of the world be blessed.

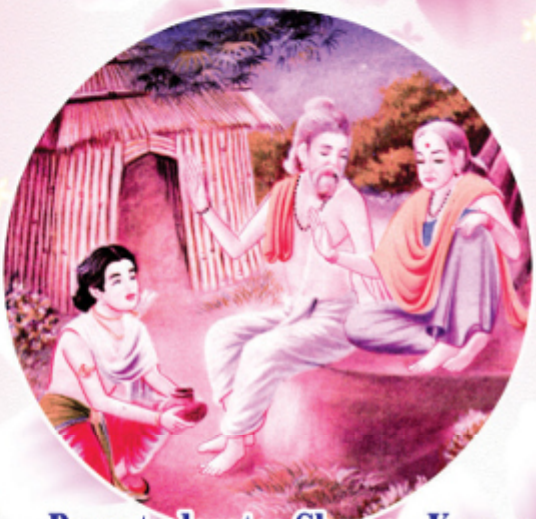
- Pujya Sant Shri Asharamji Bapu

Parents' Worship Day 14th February

On the 'Valentine's Day' boys & girls exchange flowers and say 'I love you'. 1.25 million teenagers become pregnant each year in the 28 OECD nations. Of those approximately half a million seek an abortion and three quarters of a million become teenage mothers to be a liability on parents, nursing homes and the government. They even resort to subsist on prostitution. These days this evil trend has entered our country also. Sale of liquor worth billions of rupees was recorded in five metropolitan cities of India on the Valentine's Day which was duly consumed by our innocent & gullible youngsters. Hundreds of boys and girls elope on 14th February.

Just imagine the plight of a mother whose young son prefers to remain in a drunken state! What expectations a mother can nurture from her daughter who drinks while going to school and furthermore what trust can be build up by a prospective groom from such a girl? This is a matter of grave concern! It literally rent my heart. I prayed to the Lord and got divine inspiration. I gave a clarion call to celebrate 'Parents' Worship Day' on 14th February in place of the 'Valentine's Day'. Let the young boys and girls celebrate a 'Love Day' but by expressing their love towards parents. Parents are inherently affectionate towards their children but when children apply tilak on foreheads of their parents, say the boy applies tilak on his father's forehead, washes his feet, garlands him and circumambulates him; and the girl applies tilak on her mother's forehead, washes her feet, garlands her and circumambulates her. Parents will get pleased with their children and the inner Self of parents will shower blessings on their children and accordingly their life will get reformed.

So I initiated the celebration of 'Parents' Worship Day.' Worship Lord Ganpatiji. The Lord will grant noble intellect to you. It will help in reforming the lives of not only the parents but also the lives of their progeny. **(Continued on page: 04)**



Parents devotee Shravan Kumar

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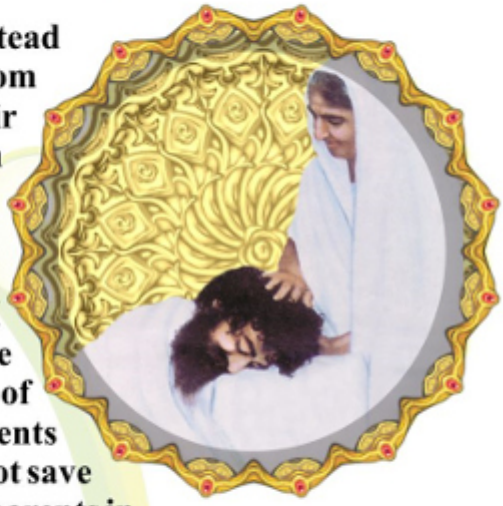
'RISHI PRASAD'
Sant Sri Asharamji Ashram, Sant Sri Asharamji Bapu Ashram Marg, Sabarmati, Ahmedabad -380005 (Gujarat).
Ph. : (079) 27505010, 27505011, 39877788.
e-mail: ashramindia@ashram.org
website: www.rishiprasad.org

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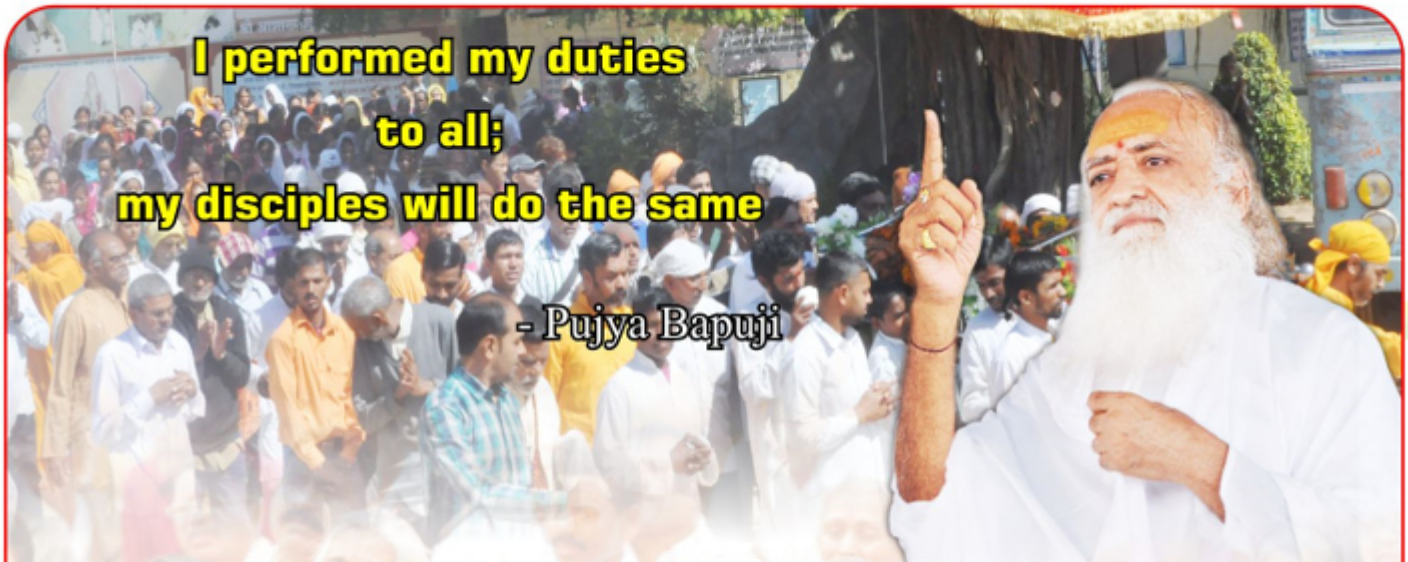
I plead you not to celebrate 'Valentine's Day.' Instead celebrate 'Parents' Worship Day.' This is all I beseech from you! Let millions of parents shower blessings on their children. Save the lives of thousands, nay millions of children from getting depraved and ruined. I don't want your money, not a single rupee. When you speak, *"Asharam Bapu ki Jai"* I don't like it. Nor do I wish to get a petal from you. What all I want is you should lead a healthy, respectful & happy life. I don't want to be accredited for this. Let the respective governments get accredited for it. But I want to save the lives of our children from moral depravement; and to save their parents from sufferings in old age. How can the children who could not save themselves from depravement be expected to serve their parents in old age? At the most they will send their parents to home for olds (geriatric asylums). It is a matter of great shame that today our society has also started feeling the need for old-age homes! No…no… it should not be so. Let parents look after their children and the children take care of their parents. This is the tradition of Indian culture.

Let all children irrespective of their religion get elevated and all parents irrespective of their religion feel satisfied with the conduct of their children. No parent can feel satisfied with the conduct of their son or daughter who exchanges flowers and says 'I love you' in student life and indulges in premarital sex and spoils his/her career due to loss of memory. Virtually no parent would ever wish any such a sad plight for their child. Therefore I have launched the'Parents' Worship Day' campaign. Those who fail to appreciate this campaign due to their selfish motives start smear campaign against me by devious designs. Actually they defame the humanity, not me. My dear friends! It is entirely inconsequential if you wish to indulge in defaming me. With folded hands I beseech that kindly don't hinder the elevation of the entire humanity; Let everyone assist the cause of human uplift.

Parents' Worship Day is beneficial for all religions



सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः । "May all be happy; may all enjoy health and freedom from disease." Indian culture doesn't propagate the maxim, 'May Hindus be happy,' Rather it says, 'May all be happy'. It includes followers of all religions- Christians, Zoroastrians and all others. I call upon not only Hindu children to celebrate 'Parents' Worship Day'. All celebrate it.



My Gurudev might have been born with siddhis. In childhood he was able to sit under water for fairly long time while bathing in a canal. He commanded a neem tree saying, – "Go and stand at the right place." And the tree moved to change its place. I am a disciple of such a great Guru. And he cast off his body keeping his head in my lap.

The distance between Disa and Ahmedabad is hardly 2.5 hours by car. In seven years, I could have visited home 700 times. I could have visited my home at least seven times secretly without being noticed by anybody. But I did not go even for seven minutes keeping my Guru in the dark. **I have been sincere and loyal to my Guru; hence my Guru's grace is also sincerely supporting me in all times. I have not betrayed my Guru. I carried out my duties towards my father, my Guru, and even towards my mother by performing her funeral rites. I even carried out my duties towards my disciples. What harm the slanderers can cause to me when I carry out my duties to my disciples? Even my disciples are carrying out their duties towards me. If anyone talks ill about me, my disciples ask him, "What do you know about our Guru?"**

No Christian ever wants that his daughter should become pregnant in her school days. When any Muslim, Jew or Parsi can't think about such dismal plight for his daughter then how could a Hindu imagine his daughter falling prey to the lust of any lewd man? So with a view to making the future of all Muslims, Christians, Jews, Parsis and Hindus bright; and making the life of their children auspicious I have launched the 'Parents' Worship Day'. Let the Christian as well as the Muslim children worship their parents and boycott the depraved practice of profligates who say 'I love you' or 'If not you, let it be somebody else' etc. Did your grand parents ever follow such immoral path? Had prince Siddharth celebrated 'Valentine's Day' then he would not have become 'Lord Buddha', an enlightened one. Had I resorted to such immoral practices in my life I would not have become 'Asharam Bapu.' Narendra would not have become 'Swami Vivekananda' if he had followed such a dissolute path.

So I wish that the young boys and girls of India worship their parents. Even the foreigners who have digressed from the moral path should also pay respect to their parents. Why to indulge in the decadent practice of exchanging flowers with neighbor girl and look at each other lustfully? Pray for the good of girls and boys in the neighborhood. Wish for the good of parents as well as their progeny! May all be happy-Christians, Muslims, Parsis and Jews. Let there be auspiciousness for all of my countrypersons; let there be auspiciousness for all people inhabiting the world. May all people of the world be blessed. May all creatures be happy.

False Rape Charges on the Rise: High Court



Amendment of laws necessary for giving compensation to men acquitted in false rape cases - Honourable Justice Virender Bhat

There has been an unprecedented surge in filing of false rape cases in the past 1 year since a commission was set up by the Govt. of India for suggesting a stern penalty for rapists and criminal laws were amended. In March 2013, there was a complaint filed for rape against a person; however after investigation it was proved to be false. On this, the Delhi court issued an order to the Police to take action against the female for making a false complaint and present the report. A known person had given a loan of Rs. 10,000 to her. On asking for the money, she called him to her house, extorted Rs.5000 from him and locked him in a room and then leveled allegation of rape against him. She filed a complaint against him. Thereafter, she settled with the police for another Rs. 40,000. Thereafter, she filed a complaint for rape against that man. When in the court, it came to light that that female had used the same modus operandi and had filed complaints against 6-7 people in different police stations; the female tried to threaten the lawyer of the accused and filed a complaint for rape against him as well.

'This is not just one isolated case; there have been a number of false cases which are the reason behind labeling of Delhi as 'rape capital'. Commenting on this, in July 2013, a court in Delhi acquitted a 75-year-old man of the charge of sexually assaulting his maid after the woman turned hostile. However, thereafter she turned hostile and said she had leveled false allegation on the advice of Anita and another person

Kuldeep.'

The judge of a fast track court in Delhi, Nivedita Anil Sharma acquitting an innocent man of false rape charges commented – 'These days, there is a trend of registering false and frivolous rape cases, which is alarming. We need to put an end to this.' The accused had been falsely accused by his maid.

Recently, looking at the grim scenario, Virender Bhat, a High Court judge, had acquitted a man charged of a false rape case in a fast track court. He said –

"After the December 16 gang rape of a 23-year-old girl in a moving bus in Delhi, it lead to the creation of an atmosphere that "the mere statement of a lady that she has been raped, came to be taken as the gospel truth, on the basis of which the accused was arrested and chargesheeted. This lead to an unprecedented surge in filing of false cases…It is these false cases which play havoc with the crime statistics." Justice Virender Bhat further states, "In my opinion, the time has come that the acquittals in rape case should be taken seriously. The acquitted accused in such cases involving disgraceful accusations of rape, which is the most hated crime in the society, too are the victims. Their lost honour, dignity and status in the society cannot be restored but they can be compensated so that they are able to start life afresh. The courts need to be empowered to award compensation to men acquitted in false rape cases by either amending the existing section 357 of Code of Criminal Procedure, 1973 or adding a separate section in the Code. These 'victims' of false rape cases cannot be forgotten. A false allegation of rape creates havoc in the life of the accused. His whole future is shattered, his family faces isolation & ridicule and his life destroyed. It is very difficult to come out of the shock, trauma, ridicule and humiliation of having been arraigned in a rape case, even after the acquittal by the court."

In this particular case, the Court, expressing its repugnance on the false case filed by the complainant issued a mandate to try a case under Section 344 of the Cr. PC Code on the female. In March 2013, the complainant had filed a rape complaint with the police, where she stated that the accused raped her and on attempting to expose him, he even threatened to kill her and her daughter. During the trial, the Court at various instances saw through the contradictions in her statements and thereafter found the whole case false.

Links for the news are given below:

http://standupforacause.wordpress.com/2013/08/11/false-rape-charges-on-the-rise/

file:///C:/Users/Liberty/Desktop/False%20cases%20behind%20Delhi's%20tag%20of%20rape%20capital%20%20Court%20%20%20NDTV.com.htm

Our Pujya Bapuji and his family have too been framed in such false cases. Our Gurudev has served the poor and tribal people tirelessly. He played a vital role in stopping their religious conversion. He has revived faith and pride for the Indian culture in hearts of our countrymen. Now it has to be seen what steps the government takes to curb the surge in filing of false rape cases.



Sant-Sammelan - Jodhpur

The efforts of Saints fraternity and awakened public have been going on continuously for the release of innocent Pujya Bapuji and Shri Narayan Saiji. The conspiracies hatched against Indian culture and Hindu saints are being exposed by Saint-Conferences held at various places of the country. In this series huge Saint Conferences were held at Ahmedabad on 14th Jan. and at Jodhpur on 15th Jan. in which many eminent heads of various religions and eminent personages participated. Saints belonging to different sects and Akharas, heads of various organizations, eminent dignitaries and thousands of people participated in Jodhpur Sant-Sammelan held on 15th of January.



Bail must be given now

– Feroz Khan Arjuna of 'Mahabharata' Serial

India is a religious country; the cradle of religions. Parents teach you how to walk and how to live in the world; but it is only the saints who teach you cultural values and civility. It is really very sad to know that we religion. But who has caused it after all? Those Duryodhan type demons have caused it; who are never happy with Pandava type righteous people. Today Arjuna proclaims, "You were destroyed in that age by me; and believe me that you will be destroyed in this age too. You have been destroyed every time; whenever you oppressed saints."

Truth needs no proof. We all know that nobody gives a meal to others in the modern times but Pujya Bapuji is such a saint, who makes ashrams even for uplifting women; who gives free food and residence to the poor and orphans and says, "Do devotional practices, have food; and take your daily wages also." How long will you continue to disrespect such a saint?

Our culture teaches us to respect and look after our parents in old age but how many of us receive parents' blessings by touching their feet every morning? This is taught by none other than the saints. Pujya Bapuji has taught us to forget 'Valentine's Day' and worship our parents. It will do you supreme good. Will you oppress such a saint? Are you not afraid of the consequences? The whole world will see its consequences that Pujya Bapuji's disciples will increase from 60 million to 600 million.

We say that the cow is our mother. Cow is venerable. I want to ask the former Chief-Minister of Rajasthan that Pujya Bapuji got 5000 cows freed from the butchers and opened

cow-sheds for them; and improved their breed also. Now gau-chandan incense sticks are made from their urine and dung; which has given employment to many families. Rajasthan government also gave prize to Pujya Bapuji's cowshed as the ideal cowshed. All the services of Pujya Bapuji's ashrams are ideal; and especially 'Bal Sanskar Kendra', 'Yuva Seva Sangh', 'Mahila Utthan Mandal', 'Satsahitya' and 'Rishi-Prasad' have worked wonders in the society. 'Rishi-Darshan' DVD is the best among all. Everything is ideal. Pujya Bapuji has made even the jail a sacred place like the abode of Lord Vishnu. How long will you perpetrate tyranny against such a saint? Now the bail must be given to Pujya Bapuji.

आप लोग तो वे हैं कि अगर चाहें तो पहाड़ को जर्रा बना दें ।
और अगर एकत्रित हो जायें तो बापू को भी बाहर ला दें ॥

"You (the devotees of Pujya Bapuji) are so powerful that you can crush even a mountain into dust. And if you get united; you can even bring Bapuji out of jail."

बापू ! मेरी सारी राहें तेरी राहों से मिलती हैं ।
मैं तेरे दर से उठकर जाऊँ भी तो कहाँ जाऊँ ?

"Pujya Bapu! All my ways meet your path; where can I go after leaving your door?"

I have faith in Pujya Bapuji



– Shri Pankaj Dheer - 'Karna' of 'Mahabharata' Serial

I'm a citizen of such a country that has a cultural heritage of thousands, nay millions of years which has survived only by her saints. I believe it; support it and that's why I'm here. I believe in whatever the knowledgeable speakers on this stage have said.



Victory will be yours alone

– Shri Mukesh Khanna, Bhishma of 'Mahabharata' who also played the title role in 'Shaktiman' Serial

In today's world Pujya Bapuji is himself the biggest 'Shaktiman'. Today the darkness is trying to prevail all over. You see how the saints are maltreated in various places of India. I strongly oppose it.

Our saints' fraternity is the diplomat of our culture and our tradition. The way you respect a diplomat; why don't you respect these saints? They also deserve a similar respect. Why don't you make special provisions for them? Whosoever deals with them should show regard for them that they deserve.

This is the age of struggle. Truth always triumphs and untruth is defeated; and the truth is with you. Therefore victory will be yours.



Truth always triumphs; and it will triumph even in Kaliyuga

– Shri Kailash Bhansali -MLA, Jodhpur

Today the nation is passing through such critical times that various types of conspiracies are being hatched to defame religion. Many black laws are being enacted. Now such a black law is going to be enacted; which will increase the chances of defaming religious heads and saints of India. I am against any law; which is made to harass the saints' fraternity. Truth always triumphs; and it will triumph even in Kaliyuga.

Every act of Pujya Bapuji is for human development

– Sant Kriparamji Maharaj, Gurukripa Ashram, Jodhpur



A saint and a soldier have a common sign (of zodiac). They share a common goal; if there is any difference; it is only in their working style. A soldier teaches with his bullets; whereas a saint teaches with his preaching. Whenever the saints come among us; they come only for the spiritual development of all. The same herculean task is being done by Pujya Bapuji. He has tried to reform not only His disciples; but the non-disciples also. He has tried to help them destroy passions of mind. Pujya Bapuji has done the work for human development.

I feel deeply hurt when conspiracies are hatched to defame such great saints who work on giant scale for public welfare, who have become saints after renouncing their home and families; who consider our nation as Mother India and who remain engaged in the service of the culture and the country through various activities; such as the anti-abortion drive, abolishment of the evil of dowry system; and de-addiction campaign to save the society from evil effects of drugs and alcohol. We must wake up now and make a resolution. I would like to ask the media persons to show the philanthropic activities carried out by Bapuji in past many years on their TV channels.



Bapuji has been jailed under an international conspiracy.

– Shri Vasudevanand Giri, Kailash Ashram, Rishikesh

Saints are the heritage of India. They have propagated spiritual knowledge, meditation, Yoga and penance in India and abroad. Pujya Asharamji Bapu is the crest jewel of spirituality. He has infused divinity, radiance and Knowledge of Brahman in every sadhaka, every home.

Whosoever has conspired to stop the free flow of spiritual life will be uprooted. All the allegations leveled against Pujya Bapuji are baseless. Our beloved Param Pujya Bapuji is in jail. This is not a national but international conspiracy. Therefore I request all the saints and devotees to strengthen their resolve to awaken their inner power to destroy the plots of these conspirators.



Baba Datashahji Maharaj, President, Bhagawan Ashram Sevadal, Punjab: Dear devotees of Pujya Bapuji! Now the time has come to march together. Today the time has come once again to win a war. We stand behind you in all respects.

It is sin to oppress but it is double sin to get oppressed. So wake up now!



– Jagadguru Shri Panchanand Giriji, Juna Akhada

Gods and goddesses of Sanatana Dharma are openly insulted. Oppressors of the saints are politicians in all times. Indian media is encouraged only by the support given by misguided people. If we want to stop the attacks on Sanatana Dharma we will have to be totally dedicated to the religion. If we keep watching all this oppression like a mute spectator; then all the saints will become their victims one by one.

Even Lord Krishna has said very clearly that if oppression is a sin, tolerating oppression is a grave sin. Why do you disregard divine teachings? You must start fighting against the insult meted out to our gods and goddesses. If you fight for their honour they will protect you.



Saints are made targets of conspiracies only before elections. – Saint Varundasji Bhagawat story teller, Ayodhya

Such conspiracies are hatched prior to elections in the country. Some great personage of Sanatana Dharma is put behind bars under some conspiracy to destroy the feelings of the followers of Sanatana Dharma. Jagadguru Shankaracharyaji was put in jail in 2004.

Efforts were made to defame all the Hindus in 2008 itself for the elections of 2009. Similarly now there are elections going to be held in May 2014. So Param Pujya Bapuji has been jailed under a conspiracy; who is an icon of Indian culture and civilization; and who has been serving the underprivileged, exploited, oppressed tribal people of India; and who has been propagating Sanatana Dharma to save people from religious conversion.

See with your own eyes and be sensible!

For the last ten years, I have been associated with the media. I have examined the media from close quarters. There was a time when journalism was a mission but today it has been completely commercialised. Today news is sold. Journalists are freely misusing the freedom of press. Making allegations against any great personality and maligning him is a child's play for the journalists. Going to the root of the matter to find out the truth is foolishness to them. Some time ago, TV Channels and newspapers carried out the ignoble task of furthering the sinister campaign of character assassination of the premier saint, Sant Shri Asaramji Bapu. Upon investigation, all the allegations were proved to be false and the calumniators were apprehended. Why didn't the TV Channels and newspapers publish this news?



Swami Chakrapaniji Maharaj, National President, Sant Mahasabha:

If you want to destroy any nation; you destroy its saints, culture and language by continual attacks. This way the country will certainly get destroyed. Now, the saints have passed a defamation motion against those; who have spoken and heard derogatory remarks in the parliament against Pujya Bapuji.

Our constitution states that 99 criminals may escape punishment but an innocent person should not be punished. We support and respect our constitution; but we will never tolerate the punishment given to an innocent by the 99 criminals.

In addition to the above-mentioned saints and dignatories; Shiva-Kathavachak Shri Phulkumar Shastri (Jammu), Bhagawat Kathakar Shri Ramgopal Shastri (Vrindavan), Shri Panchamdasji Maharaj (Jaunpur), Mahamandleshawar Shri Parmatmanandji Maharaj, Mahamandleshawar Shri Kamlanandji Maharaj (Rishikesh), Yoga Guru Swami Harshanandji, Shri Prashantanandji Maharaj, (Rishikesh), Shri Ramesh Shinde, National Spokesman of Hindu Janajagruti Samiti, Senacharya Swami Shri Nareshanandji Maharaj (Shukratal), Shri Chidanand Muniji (Bhubaneshvar), Shri Nagendra Brahmachariji (Chhindawara-MP), Shri Manikant Shastriji (Ayodhya), Mahant Shri Ghanshyamanandji - International Spokesman of Bharat Jagruti Morcha; Shri Lalit Prabhji and Chandraprabhji, Dharmacharya of Jainism; Shri Iqrar Khan and Shri Bhutto Khan of All India Muslim Ittihad Committee, Delhi; Mrs. Vasundhara Sharma - Head Sarthak Sangathan also gave their messages to the countrymen in Jodhpur Sant-Conference for the protection of our culture.

We are not able to give the speeches of all the speakers due to the lack of space. Please read 'Lok Kalyan Setu' of February 2014 for speeches delivered by other participants in Sant-Conferences held at Jodhpur, Ahmedabad and Bharregaon (Dist. Rajnandgaon, Chhattisgarh).

Intention was to trap the Sanatan Sanstha

- Shri Anand Jakhotiya, Spokesperson



"The first information report lodged by the police was only to frame the Sanatan Sanstha" – clarified the Judge.

Six sadhaks (seekers) of the Sanatan Sanstha, convicted in Margao bomb blast case of October 16, 2009, were acquitted on December 31, by Justice Shri P.V. Sawaikar of the special court. The judgment says, "The circumstantial evidences produced by the accusers, on behalf of the Govt. could not establish the case."

Shri Anand Jakhotiya, spokesperson of Sanatan Sanshta, said that six sadhaks lost their valuable four years of youth in jail. Who shall compensate for their lost years? The govt. should display generosity by giving compensation to the oppressed sadhaks.

Rumour after Rumour !

Shivabhai, who belongs to Kutch (Guj); is a thinly built unmarried sadhaka. He is shown as Gomaram from Mundara village of Pali district in Rajasthan by TV channels. Then the media says that he deserted 2 children 17 years ago. Now he lives in Bapuji's ashram under the alias 'Shivabhai'. If he deserted two children 17 years ago; then the elder one of them must be 26 years old. Father is just 32 year-old and his son is 26 year-old!

The newspapers of Rajasthan published a news that Bapuji was a driver of horse-carriage, and a tea-seller in Ajmer. Ahmedabad newspapers published a news that the Ashramites have forced 10,000 neighboring people to flee from their homes and have taken illegal possession of their houses. Is it possible? Can the police remain silent? Can Bapuji allow his disciples to do it? The corrupt media people and stupid detractors seem to have gone crazy.

They had published that land worth crores of rupees has been grabbed by Bapuji in Pedhmala (Distt. Sabarkantha of Gujarat). On this Pujya Bapuji declared that anyone can take that land just for 1,010,00000 rupees with a promise to keep serving cows. Seeing you doing the service; even that amount will be returned in installments of ten lakhs gradually.

Now a new rumour is being spread by them, the rumour of Rs.10000 crores. If they pay 100-200 crores to us we will open Shishuvihars; and transfer the said property of 10000 crores to them. 'Shiva was Gomaram 17 years ago.' 'Ten thousand people have fled from their homes due to goondaism of Ashramites.' Rumour after rumour! And the latest is the rumour of 10000 crores!

There has been an unprecedented surge in filing of false rape cases in the country. (Please read the comments of judges on page number 5). Police coerced common people into sign blank papers. Police terrorized and harassed great persons to get their signatures on blank papers. They took signatures of Pujya Bapuji also in this way. First they said to Pujya Bapuji that they will read out the papers signed by Him; but later they became furious.

Neither Bapuji can commit such a crime nor the girl has mentioned of it; but all the conspirators are trying to trap Bapuji in false cases. It is a completely bogus case and all their allegations are false. How can Sharad, a celibate who attained a degree in 'Biomedical engineering' from Hyderabad and an M.S. degree from the U.S.; and Shilpi who belongs to a noble and affluent family and leads a saintly life can send a resident girl suffering from giddiness; to travel such a distance of 2000 kilometers for such a heinous deed? How can they instigate anybody for such a heinous deed? No sexual assault was committed; there were no signs of scratches or bites on the body of the complainant as per the medical report. Even the girl has not reported of any such deed. But the media created a havoc by evil propaganda. What an injustice! - Shri Rishabh Sheharavat, RP Representative

This is the ignominious reality of today's media. What a superb good Pujya Bapuji is doing to people today! People worship him like God. What is the reason behind this? The reason behind this is the spirit of altruism, 'welfare of all; good be to all'. The reason behind this is Pujya Bapuji's love for all, and his truthfulness and piety to the bone. The entire media should honour this great saint and should make amends by giving wide publicity to altruistic activities being carried out under his auspices. And I exhort the people who tend to see with the eyes of others, believing the false and baseless news of these TV Channels and newspapers, to see with their own eyes and be sensible.

Maha Shivaratri: The Festival to Please Lord Shiva

- Pujya Bapuji

(Mahashivaratri: 27th February)



Lord Shiva says:

न स्नानेन न वस्त्रेण न धूपेन न चार्चया।
तुष्यामि न तथा पुष्पैर्यथा तत्रोपवासतः॥

"O Parvati! One who observes a fast on Maha Shivaratri Day does surely please Me. My devotees give me greater happiness by mere fasting on this day than by ceremonial baths and offerings of flowers sweets and incense."

What's the Best Form of Upavasa (Fast)?

'Upa' means 'near' and 'Vasa' means 'stay', thus 'Upavasa' means a system that helps one come nearer to own Self. The Lord is more pleased by fasting than by ceremonial baths and offerings of flowers sweets and incense.

उप समीपे यो वासो जीवात्मपरमात्मनोः।

The staying of the individual soul near the Supreme Self constitutes true Upavasa. Engaging our mind in the pious acts like japa, meditation, bath, listening to satsang discourses etc. is the actual Upavasa. It is not that taking no cereals and eating only a sweet dish made from sweet potatoes is Upavasa. This is actually the lowest form of Upavasa. The best form of Upavasa is the staying of the individual soul near the Supreme Self. The intermediate level of Upavasa is doing meditation and devotional practices observing a fast once a week or on some holy festival days by not taking cereals or fried food items and taking only fruits etc. to purify all *nadis*. This is Upavas of second class. The third class Upavas is replacing the general staple food with other tastier and even heavier dishes made of sago, water chestnut etc. This actually overloads the digestive system. One who observes such a fast does not observe Upavasa in the real sense but invites trouble. Still some people prefer to live on water alone leaving all types of food. And then they take laddoos to break the fast next day. They empty the stomach completely and then take very heavy food. It is like starting a motor vehicle and at once putting it on the fourth gear. Now the result is anybody's guess. So, one must first know the art and method of observing Upavasa and only then go for it.

An Opportunity to Become Great

Maha Shivaratri is considered to be a night that brings auspiciousness and beneficence in life. The fourteenth night of the new moon in

the dark fortnight during the month of Phalgun is known as Shivaratri –a night that brings auspiciousness, the festival for practicing austerities.

शिवस्य प्रिया रात्रिर्यस्मिन् व्रते अंगत्वेन
विहिता तद्व्रतं शिवरात्र्याख्यम्।

Shivaratri is not only Lord Shiva's most favorite night but also the giver of happiness, peace and joy. This blissful night of Shiva which has a special relation with observance is called Shivaratri and that observance is called Shivaratri Vrata. The man who does not accomplish any vow in his life does not become intelligent and consequently he will not attain faith and he cannot attain truth due to lack of faith. The Yajur Veda states:

व्रतेन दीक्षामाप्नोति दीक्षयाप्नोति दक्षिणाम्।
दक्षिणा श्रद्धामाप्नोति श्रद्धया सत्यमाप्यते॥

"Man can become intelligent only by accomplishing vows and attain devotional faith on the basis of intelligence and attain the ultimate truth on the basis of devotional faith."

So this pious festival of Shivaratri comes every year to strengthen and purify your mind. It gives you an opportunity to become great.

Why the Shivaratri Worship is conducted in the Night?

The devotees worship Shiva in four different forms during each of the four successive three-hour periods of the night of Shivaratri. The devotees bathe Shiva Lingam in the milk at the first period, in curd at the second, in clarified butter at the third, and in honey at the fourth and last. It has a psychological and environmental significance. This system of worship has been ordained with a view to enhancing our development at physical, mental, intellectual and spiritual levels.

However, a natural question arises here as to why the worship of Mahashivaratri is performed during the night? The reason behind this is the ensuing change of season that takes place at this time. Just as it happens in the cycle of creation –destruction is followed by creation and again the latter is followed by destruction; similarly, in the rotation of seasons too one comes after another. When one season is about to go and another is yet to come, the period between them is called the transitional period (The Mahashivaratri festival comes in the transitional period between autumn and spring seasons). If one remains awake during this transitional period, one is blessed with the ability to get established in the substratum of both creation and destruction; whereupon the way to finding repose in that substratum, in the Self becomes easier. Therefore the night of Shivaratri is called Maha Shivaratri, the great night.

However, many devotees celebrate the festival of Shivaratri every month, through performing worships but the great night of the Mahashivaratri comes once in a year. It is called Ahoratri (a blessed night) also. The nights of Janmashtami, Naraka Chaturdashi (the day before Diwali), Shivaratri and Holi are all considered to be Maharatris, i.e. Great Nights. The spiritual practices such as Japa, penance and meditation done during these nights bestow infinite times more fruits than that earned by doing the same things on other days.

The spiritual significance of Shiva-Worship

According to the Rishis and saints the *bael* leaves cure *Vata* related disorders. Moreover, the devotee offers ego identified with three Gunas namely tamas, rajas and sattwa to Lord Shiva. The 'Panchamrita' means –whatever things we have is composed of the five great elements given by the grace of the Supreme Self. So, we ought to accept them as *prasada*. Doing Aarati (Waving a lamp or a series of lamps in front of the deity) of Lord Shiva inspires us to live in Light. The practice of burning incense and lighting a lamp gives us the message that we should spread the fragrance of our good nature.

Lord Shiva wields a Trishula or trident. All three states of waking, dream, and deep sleep give us Shula or pain. Worries torment us during the waking state, while in dream state we are disturbed by eerie events, then in deep sleep state ignorance prevails over us. Mahashivaratri is the festival that takes us beyond these three Shulas of life. The satsang that you are hearing on Mahashivaratri teaches us how to get established in the Self that remains changeless witnessing changes of all states, waking, dream and deep sleep will help you transcend the three Gunas.



The Aim behind the Shiva worship on Mahashivaratri

Vedas describe the Supreme Self negatively as "not this, not this" *(neti…neti).* Supreme Self is neither the earth, nor the water, nor the fire, nor the air, nor the sky that belong to the Nature. The Supreme Self is beyond them all. In order to help the individual soul to get repose in that Supreme Self the Rishis instituted the worship, and prescribed a special day on which it becomes fruitful. That day is called Mahashivaratri.

A story of the festival of Shivaratri is known to devotees. One day a hunter was roaming the forests in search of animals. He did not get any animal. At the fall of night he filled his ewer with water and climbed a *bael* tree for shelter. In every three-hour period of the night there came a deer under the tree, but every time when he tried to hunt it, it begged for mercy and he obliged it. However, his movements would somehow cause a few drops of the water to fall from the ewer on the Lingam at the bottom of the tree. To pass away the time that night he engaged himself in plucking the *bael* leaves and dropping them down on the ground. The leaves he dropped fell on the Lingam. Incidentally, it was the pious night of Shivaratri. He went on worshipping Lord Shiva unconsciously. This pleased Lord Shiva, and the hunter was born as great king Chitrabhanu.

The moral of the story is that if one keeps vigil during a pious night even unconsciously, and if one makes some sacrifice means gives up selfishness for doing good to others one becomes eligible to become a king. However, to become a king is not the goal of life. For, even after enjoying the status of a king one suffers a downfall. Had that hunter met with a saint, the fruits of the worship performed by him (unconsciously) on that pious night of Shivaratri would not be limited to becoming a king. Each man is entitled to remain absorbed in his own innate Shiva Tattva (absolute consciousness) wherein Lord Shiva Himself remains absorbed by way of reposing in the Supreme Self. Realize that Truth in this life itself.

Lord Shiva is completely indifferent to his children and family affairs in which we common people are generally so much engaged and involved. And He remains ever absorbed in the Shiva Consciousness to which we are totally indifferent. Even when Goddess Parvati (His Consort) went to her parental home without His consent, Lord Shiva didn't at all get affected by those family affairs.

संकर सहज सरूपु सम्हारा। लागि समाधि अखंड अपारा॥

"Lord Shiva communed with His own Self and passed in to an unbroken and indefinitely long Samadhi."

One who worships Lord Shiva, Who remains ever engrossed in His Natural State –does get his wishes fulfilled; but this human life is not meant for mere fulfillment of wishes. The life is meant for realizing one's identity with the Life-Giver by renouncing all petty desires and getting established in That Self from where one can see the fulfilled and unfulfilled desires. The life is thus meant for attaining Self-Realization. Even one Shivaratri is enough to get awakened into Shiva Tattva if one gets such knowledge from a Guru and assimilates it.



Strong Will brings Grand Success

- Pujya Bapuji

Duplicity, wiles, faithlessness, incontinence and immoral behavior make the heart impure. Good conduct, continence, concentration of mind and faith are the virtues that enable one attain God quickly. How to develop concentration? Fix your gaze on the image of God or the Guru and chant (ॐ) Aum in an elongated way. Then be quiet for as much time as you took to chant the mantra. Keep your eyes half-opened, occasional closing thereof doesn't matter. You will get inner joy. Consequently, your concentration will be developed. This will help you succeed not only in your studies but also in God-realization!

Faith, an unflinching faith! While Goddess Parvatiji was practicing rigorous penance to wed Lord Shiva, the Sapta Rishis (the seven celestial Sages) came to put her faith to the test. They told demerits of Lord Shiva and merits of Lord Vishnu to shake her faith; however, to all these words her simple reply was, "Well, you say that I won't be able to wed Lord Shiva, but I must wed Him alone; no matter if I am able to do this in one life… two … three … or even after millions of lives."

जन्म कोटि लगि रगर हमारी ।
बरउँ संभु न त रहउँ कुआरी ॥

"As for myself I must wed sambhu or remain a virgin, no matter if I have to continue the struggle for ten million lives."

(Shri Rama Charita Manasa Bal Kanda: 80.3)

A person with such tremendous faith is bound to achieve any goal he wants to. A simple daughter of a hill-man became Mother Parvati just by dint of her unwavering faith.

Once when I happened to visit my Guruji's ashram at Nainital, He was not present there. But near His ashram there was another Yogi's ashram. He was famous for his powers. He could change water into milk simply by looking at it. People would throng that ashram from far off places. That saint had welcomed and honoured me. He got *puries* prepared for me and fed me too. But then, with an intention to get me as his disciple he made some disparaging remarks about my Guruji. I then and there left his ashram and never again saw him. How does it matter if he was so great a Yogi who had welcomed and honoured me? I had installed Lord Lilashahji Bapu in my heart as my Guru; then how can he shake my faith? How can he inveigle me? One who shakes my faith in my Guru is more dangerous than my enemy. For, an enemy can be detected and recognized, but one who shakes faith is a dangerous hidden enemy.

कबीरा निंदक ना मिलो... Even Kabirji has warned against meeting a slanderer... for that would lead one to wander through births in as many as 8.40 million species! Kabir says, "The saints consider that the slanderer of the Guru is worse than a thousand sinners. He should be regarded as carrying the load of lakhs of sinners on his head because there is a possibility of reforming the sinners but there is no salvation for the slanderer of the Guru."

Mirabai, a woman poet saint said, "All the 68 places of pilgrimage reside in the holy feet of my Gurudeva, because He is the God Who helped me see God face to face. गुरुर्ब्रह्मा गुरुर्विष्णुः... "Guru is Brahma, Guru is Vishnu, Guru is Lord Maheshwar. Guru alone is verily the Supreme Brahman, the perceptible concrete supreme reality. Therefore, prostrations to him (Guru)."

People queried: 'Mirabai, you are the queen of the state and your Guru Ravidas lives in the society of cobblers.'

Mirabai replied: *'Rana, to me your slander is sweet. Some praise me, some blame me. I go the other way. On the narrow path, I found my Guru. What should I turn back for? I am learning wisdom among the wise, And the wicked look at me with malice. Mira's Lord is Giridhar Nagar. Let the wicked burn in the kitchen fire.'*

Thus Mirabai would brush aside the malicious comments of the slanderers. None could shake her faith. The faith-shakers tried their level best, but failed. Mira remained steadfastly stuck to her faith.

I too had come across many faith shakers. I bluntly rejected their advice. So many people including my elder brother tried to stop me. My brother, however, never tried to shake my faith, but he tried to stop me nevertheless. Even my mother tried to come in my way, but I did not believe her. Then my mother's daughter-in-law (wife) came to intercept me but I did not believe her too. And as a result she is now worshipped as Holy Mother. Instigated by her in-laws, once, she expressed her desire to visit a cinema theatre but I took her to a satsang place. However, upon getting satsang, she never asked for watching a cinema. She valued continence and sadhana and followed that path. Blessed are her parents!

If you cultivate these five virtues –unswerving faith, concentration, detachment, righteous conduct and celibacy you will be able to attain God; and then there would remain nothing else to be attained. Nothing in the world remains unattained by Him. It is so easy. What remains yet to be attained for one who has attained God? What remains yet to be known for one who has realized God?

Otherwise, if you get the knowledge of all worldly subjects except God then you will die empty-handed. You will leave all worldly knowledge behind. If one knows everything about this world, but doesn't know how to get across the ocean of samsara by attaining Self-Knowledge; then one is bound to get drowned in samsara, subjected to repeated births and deaths. Therefore, if you want to learn the art of getting across this ocean of samsara, develop the power of concentration by doing japa of 'Hari Om, Hari Om, Hari Om…' Hear satsang discourses, and develop unflinching faith in God, and purity of character.

Would you like to get drowned in this ocean of the world and die therein? Don't you want to cross it? Don't you want to go beyond sorrows? Don't you want to go beyond sins?

All this will get accomplished, once you make a strong resolution to attain God. Reading biographies of devotees and saints helps greatly in this. And practice meditation everyday without fail. Then you will get grand success in every field of your life including education, God-realization, health, peace and bliss. Even while facing humiliating defamation -whether you are in a train or in a jail –you will be at your divine best to say the least. Hari ॐॐॐ...bliss ॐॐॐ...sweetness ॐॐॐ...



She made two Families Pure

I recount a true story. In a family there lived an honest retired judge and his wife. Both householders were religious-minded. They had a daughter named Laxmi, who had attained modern education- a Bachelor of Arts degree and she had attained higher education in the real sense, having a virtuous background of Hindu Dharma and culture, through hearing satsang since her childhood.

Now the judge was in search of a cultured, honest and satsang oriented groom for his daughter. One day the judge was going by car to a place. On the way the engine of his car developed some fault. The driver tried hard but could not start it and no one was there even to push the car for manual starting. Then a young man in simple clothes came to that place. He asked the driver to manage the steering wheel and started pushing the heavy vehicle alone and the engine started. The judge thanked that noble and industrious young man and asked him to sit in the car so as to make him reach his destination.

On being asked by the judge about his introduction, he said, "I am a university student. I belong to a poor family. I get a scholarship on account of getting top rank every year in my studies and with this scholarship I've achieved a Master of Arts degree. I shall get scholarship to go abroad for advanced studies."

The judge was greatly influenced by the intelligence and humility of the youth. He thought, 'Though he does not possess material wealth, he is rich in moral values.' Hence the judge wedded his daughter to that young man.

Judge Sahib wished that at least once his daughter Laxmi should visit her in-law's place before her husband goes abroad for his further studies. Upon knowing this, the young man said, "Let me first get my house repaired thereafter I'll come back to take her along." His own house virtually stood in a dilapidated condition.

The youth went to his village and requested his affluent uncle to tell Laxmi that it was her husband's house and allow her to stay there. His uncle agreed to do so. The young boy brought Laxmi to her in-law's place and after spending 5-7 days he went abroad. Laxmi, by dint of her affable nature was loved by everyone in the family.

One day a woman taunted her, "Was your father blind to the hard facts that he sent you to live in other's house?"

Laxmi enquired astonishingly, "Do you mean this is not my house?"

Pointing towards a dilapidated house the woman said, "Look there. That is your house. This house belongs to your husband's uncle."

Laxmi had learnt through satsang the art of remaining even-minded in adverse circumstances. Without making any hue & cry on her visible indigence, she cheerfully packed up her belongings and asked the servant to place them in the ruined house. On being counseled by the uncle she humbly said, "Respected uncle! Both the houses are ours. I'll stay in this as well as in that house." Her uncle was greatly pleased at her deep understanding.

After reaching her own house she bowed down to touch her father-in law's feet. Thereafter like an ideal woman of the household she cleaned the entire house and arranged everything nicely in it.

At night that educated & cultured newly-wed girl wrote a letter to her parents, "Today I felt blessed in applying the teachings of the Indian culture imparted by you in my life. Those moral teachings have enabled me face all adverse circumstances with the art of remaining happy practically in all times and climes."

Both the parents felt proud of their wise daughter. They sent masons along with construction material to her place. The masons brought her a single lined letter stating, "Daughter made both families pure." Laxmi was deeply moved & overwhelmed reading these words. Within a short time the masons erected a beautiful house for them. Still Laxmi hadn't told anything to her husband who was studying abroad.

At the house-warming ceremony, Laxmi's parents as well as her husband went to that village. With great pomp & show first the father of the young man was made to enter the newly built house. Thereafter everyone else entered it. A group of poor neighboring women was watching the ceremony. Laxmi went & lead each of them inside the house and served them a meal. Everyone showered benedictions on the ideal daughter-in-law of the house. Her husband stood speechless at the change in the house. Laxmi's parents too were deeply satisfied with their daughter's conduct and felt that the real cause behind this happening was satsang. Laxmi's husband went back to complete his studies and returned after some time to stay with the family.

How virtuous is India's divine culture and upbringing that in spite of having received modern education that girl did not lose patience in adverse circumstances rather she transformed miserable circumstance into a happy householder's life with the wealth of self-restraint, good conduct and evenness of mind.

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The Mudra that fills your mind with vibes of peace **Shanti Mudra**



This Mudra is extremely beneficial in subsiding anger that is why it has been named as the 'Mudra for peace.'

Benefits:

(1) It is a boon to the irritable persons and those who become angry for trifling things. This Mudra instantly controls anger.

(2) When the vibes of peace counter those of anger, it relaxes the physical body.

(3) It pacifies the mind. The mind and the body are permeated with vibes of peace.

(4) Practice of this Mudra facilitates concentration of mind.

Method:

(1) Assume the seated meditation posture. You can do it sitting in any comfortable posture even while on a journey.

(2) Let the tips of your fingers touch the tip of your thumb from all sides. Bend the fingers and the thumb a bit so that the tips thereof are well in touch.

(3) Concentrate on the tip of the thumb and feel the sensation of tingling in the four fingers.

The Science of Mudra:

The joining of the five fingers results in the union of all the basic five elements of Nature, namely – Fire, Air, Sky, Earth and Water which in turn increases the Life Energy.

My Plan of Campaign

– Swami Vivekananda

(Delivered at the Victoria Hall, Madras)



(Continued from previous issue 253)

There is not one black lie imaginable that the Christian missionaries did not invent against me. They blackened my character from city to city, poor and friendless though I was in a foreign country. They tried to oust me from every house and to make every man who became my friend my enemy. They tried to starve me out;

And I am sorry to say that one of my own countrymen took part against me in this. He is the leader of a reform party in India. This gentleman is declaring every day, "Christ has come to India." Is this the way Christ is to come to India? Is this the way to reform India? And this gentleman I knew from my childhood; he was one of my best friends; when I saw him – I had not met for a long time one of my countrymen – I was so glad, and this was the treatment I received from him.

The day the Parliament cheered me, the day I became popular in Chicago, from that day his tone changed; and in an underhand way, he tried to do everything he could to injure me. Is that the way that Christ will come to India? Is that the lesson that he had learnt after sitting twenty years at the feet of Christ? Our great reformers declare that Christianity and Christian power are going to uplift the Indian people. Is that the way to do it? Surely, if that gentleman is an illustration, it does not look very hopeful.

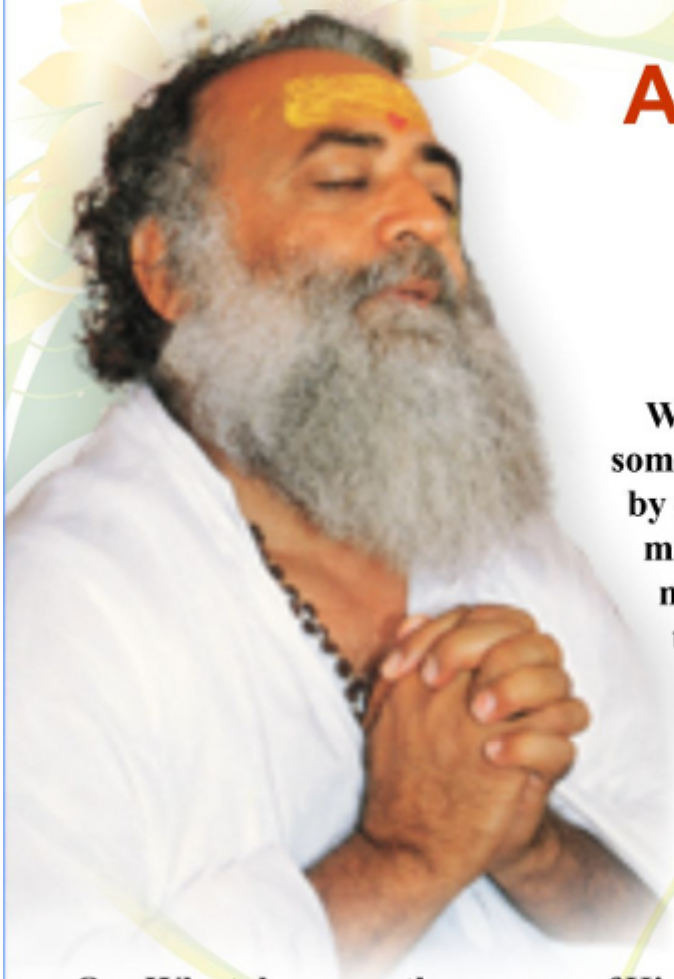
One word more: I read in the organ of the social reformers that I am called a Shudra and am challenged as to what right a Shudra has to become a Sannyasin. To which I reply: I trace my descent to one at whose feet every Brahmin lays flowers when he utters the words – 'यमाय धर्मराजाय चित्रगुप्ताय वै नमः ।' and whose descendants are the purest of Kshatriyas. If you believe in your mythology or your Pauranika scriptures, let these so-called reformers know that my caste, apart from other services in the past, ruled half of India for centuries. If my caste is left out of consideration, what will there be left of the present-day civilisation of India? In Bengal alone, my blood has furnished them with their greatest philosopher, the greatest poet, the greatest historian, the greatest archaeologist, the greatest religious preacher; my blood has furnished India with the greatest of her modern scientists.

These detractors ought to have known a little of our own history, and to have studied our three castes, and learnt that the Brahmin, the Kshatriya, and the Vaishya have equal right to be Sannyasins: the Traivarnikas have equal right to the Vedas. (Contd. onpage 25)

The God's Name:

An Infallible Cure for Agonies

– Pujya Bapuji



When one repeats the name of God to get saved from some predicament, it is like a cry by one who is besieged by dacoits. If you call someone else for help, he may or may not hear, he may be capable enough to help you or may be a coward; but God does hear and is almighty too. It would be a blasphemy even to think of God being a coward. In case of any problem, if one remembers the God's name and fervently prays with complete faith does surely get a great help. 'Oh, my son has gone to meet his Maker. Now, I have got only a daughter. I feel distressed.' You don't have to panic or be sad at all. God is 'Dukh-haari', another name of Lord Shri Hari meaning – One Who takes away the sorrows of His devotees.

हरति पातकानि दुःखानि शोकानि इति श्रीहरिः।

'One who takes away sins, grief and sorrows is Lord Hari.' So when in pain, just pray, 'O Lord Hari, Your Name itself is capable of removing sins, grief, and sorrows.' And Aum (ॐ) is the giver of supplier of vigour, peace and ability. Hari Aum… Hari Aum… Hari Aum.' Don't aggravate your sorrow by brooding over it. You should rather remember the pious name of Lord Shri Hari Who is the remover of all sorrows; and thereby find relief for yourself as well as for your daughter.

What do you do when you see some cat, dog, crow or any other bird approaching menacingly to defile your food? You drive it away by clapping your hands vigorously. Similarly, when the animals of anxiety, lust, anger, diseases, fear and grief come to defile your food of spiritual treasure, drive them away by clapping and chanting the Lord's name –Hari Aum… Hari Aum… Hari Aum… and terminate it by raising your hands as a gesture of surrendering unto the Lord, and say, 'I am Yours O Lord, even without the ceremonial circumambulation (a part of the marriage ceremony among Hindus, after which both the husband and wife are considered to have completely surrendered themselves to each other.) and then laugh aloud. 'Now, I am Yours O Lord! No more shall I be duped by surrendering myself to anxiety, fear, anger etc. because the name of God is capable of giving divine power when chanted with a prayerful heart and a cry.'

So, like an ill-fated person who cries for help having been besieged by dacoits in a jungle,

you too call out for God. That poor person may or may not get somebody to help him, but God as such is always there to help you. Repetition of His pious name would arouse your inner powers. Now, it is totally up to you whether you call Him by the name 'Narayana-Narayana', 'Rama-Rama', or 'Hari Aum-Hari Aum'; but you must call!

Someone said, "O Holy Sire! My heart is empty. There is no joy or love." Never mind, just call the Lord by any name, by any way. You will get joy and love. Don't be under illusion that somebody will give you joy or somebody will remove your sorrow. Do not go for business on credits. Share market runs on credits. The name of Shri Hari is not a credit religion but a cash religion. Just as moving the wheel mechanically with a handle starts the generator or diesel engine (it was seen in old engines that did not have battery starters) on the 5th or 6th round, chanting of the divine name for six times too charges up your mind and the *Muladhara* Chakra with Divine Consciousness. A revolving armature generates electrical energy in a dynamo. Similarly bioelectric energy is generated in your body after chanting the divine name for 7 times. Its effects can be observed in your hormones and blood chemistry. Certain hormones are secreted by endocrine glands that make one feel relaxed and free from anxiety, mental stress, etc. It increases white (Contd. on page 25)
(Contd. from page 23)blood cells in your blood that fight micro organisms.

मेटत कठिन कुअंक भाल के। The japa of the divine name or mantra is also capable of clearing the bad karmas accumulated in your fate. One who has been condemned, demoted or ousted by the society, having no one to help; can also experience a miraculous change in his life if he does japa of the divine name for three months. Those who condemned and rejected you, and didn't even like to see your face; would begin to love you. Many attendants of 'Dhyana Yoga Shivirs' tell similar experiences. If the divine Name is obtained from a Guru in the form of a 'Guru Mantra', and the disciple does japa thereof with due meditation on its meaning; it would not only remove all his misfortunes, but can also get him established in the Supreme State. Hence do make it a point to do japa of your Guru Mantra lovingly while simultaneously meditating on the meaning thereof.

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The Sadhana of Resolve for Guarding Ourselves Against Sensual Attractions

- Revered Swami Sri Lilashahji Maharaj

Sensual pleasures are more dangerous than even the poison of a snake. They should not be taken for granted. What will you expect to happen if you add a drop of poison to 100 mounds of milk? Why, the whole 100 mounds of milk will surely be spoiled!

One will be affected by poison only on being bitten by a snake but sensual pleasures defile the mind merely on being recollected. The mind becomes impure by listening to dirty words.

Hence no kind of sensual attraction should be considered trivial. Always keep yourselves out of the range of sensual allurements. A black bee is powerful enough to pierce through even a piece of wood but the poor thing meets its own doom due to its attachment towards the fragrance of a flower: An elephant throws itself into a pit, enamoured by the sense of touch. The fish gets caught in a hook due to its madness for taste. A moth burns itself to death being enamoured by the sight of a flame. Each one of these (contd. on page 25)

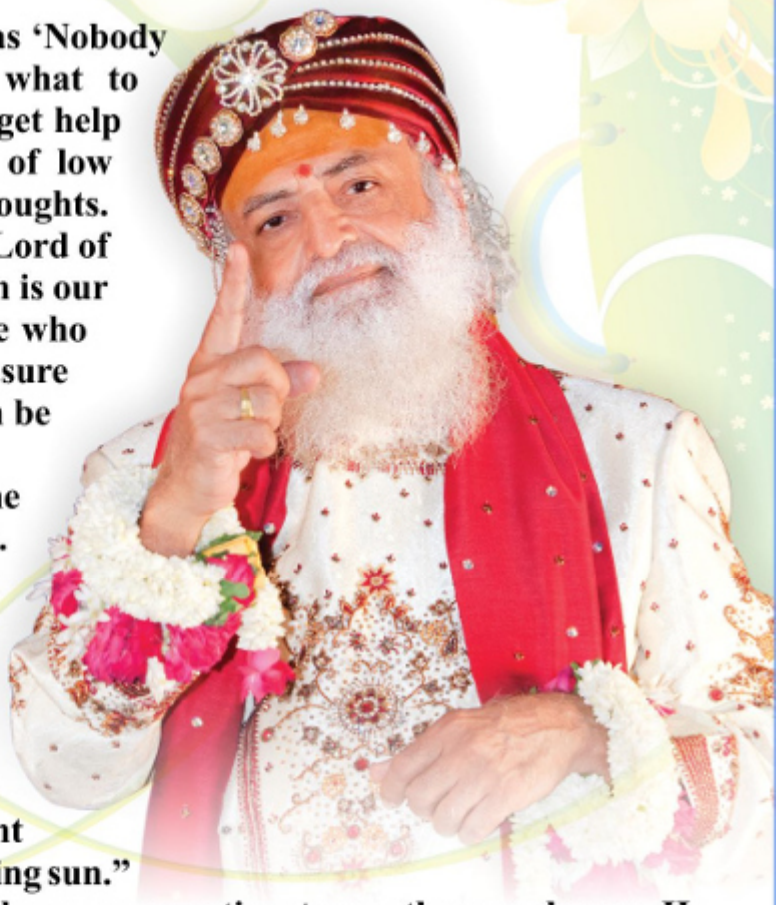
Auspicious Resolution: The Key to Success

- Revered Bapuji

(Issue 252…onwards)

Work like a Prince

If you entertain negative thoughts such as 'Nobody supports me, My problem is so big… what to do'…etc.. If you try to flatter somebody to get help from him in future then you are a man of low thinking. You are entertaining very low thoughts. Why to look for anyone else's support! The Lord of the entire universe, the Lord of all, Brahman is our own Self. Go to your duty just like a prince who plays volley ball or any other game for pleasure and fun because pleasure and happiness can be experienced in the shape of service and duty.



A Mahatma was on his way when he came to a site where big construction was going on. Some workers were busy in the stone work whereas the other busy with different menial works.

The Mahatma asked a laborer, "What are you doing?"

The laborer replied, "Alas, what to do Baba! I am a unfortunate wretch. I lament over my bad luck. I am laboring in the scorching sun."

The Mahatma went ahead and asked the same question to another workman. He replied, "Maharaj! The Lord has inspired the builder to undertake such a huge task that provides me wages. I am earning wages."

Thereafter the Mahatma asked the third workman, "What are you doing?"

He replied, "Maharaj! I am busy erecting a temple."

"Is it yours?'

"Maharaj! Everything around is ours only."

'What are your earnings?"

"I'll get daily wages."

"Is a temple being constructed here?"

"Maharaj! The Lord, Allah dwells in every heart. Whosoever may come to dwell here, it will practically become a temple only."

Now one person says, I am laboring due to misfortune,' the other said, 'I am earning wages' while the third one says, 'I am constructing a temple.' The work is same but their perspectives are different.

नजरें बदलीं तो नजारे बदले।
किश्ती ने बदला रुख तो किनारे बदले॥

"With a change in the perspective the perception is changed. The destination is changed

on changing the direction of a boat."

So you make an auspicious resolution. Don't work like a laborer, carrying a burden.

मम दिल मस्त सदा तुम रहना

"O my mind! Forever be intoxicated with bliss divine."

There are many persons who do not have many comforts. They do not have a pukka house or a permanent job. Still they live joyously and sing folk songs in the streets while dancing on the festival of Holi. They believe, 'God has provided food till this day. Shall we remain hungry tomorrow? Even if it happens so, let it be. We don't bother.' Contrary to this there are some persons who have thousands, nay lakhs of rupees still they feel anxiety. They think, 'What will happen tomorrow? This has happened or that has happened….etc.' Therefore man should not entertain inauspicious thoughts.

"May that mind of mine be of auspicious resolution." Our resolve should be optimistic, and giver of auspiciousness and happiness. When you get up in the morning you get absorbed in divine peace & contemplate, 'May my resolution be the giver of happiness and joy.' (The End)

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(Contd. from page 21)This is only by the way. I just refer to this, but I am not at all hurt if they call me a Shudra. It will be a little reparation for the tyranny of my ancestors over the poor. If I am a Pariah, I will be all the more glad, for I am the disciple of a man, who – the Brahmin of Brahmins – wanted to cleanse the house of a Pariah. Of course the Pariah would not allow him; how could he let this Brahmin Sannyasin come and cleanse his house! And this man woke up in the dead of night, entered surreptitiously the house of this Pariah, cleansed his latrine, and with his long hair wiped the place, and that he did day after day in order that he might make himself the servant of all. I bear the feet of that man on my head; he is my hero; that hero's life I will try to imitate. By being the servant of all, a Hindu seeks to uplift himself. That is how the Hindus should uplift the masses, and not by looking for any foreign influence. Twenty years of occidental civilisation brings to my mind the illustration of the man who wants to starve his own friend in a foreign land, simply because this friend is popular, simply because he thinks that this man stands in the way of his making money. And the other is the illustration of what genuine, orthodox Hinduism itself will do at home. Let any one of our reformers bring out that life, ready to serve even a Pariah, and then I will sit at his feet and learn, and not before that. One ounce of practice is worth twenty thousand tons of big talk. (To be continued)

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(contd. from page 23 The sadhna...) has a weakness for one particular sense-object, whereas man is afflicted with all five sensual vices. You can imagine what his fate will be if he doesn't remain careful.

Hence, dear brothers! Be cautious. Resolve to guard yourself against the attraction of the sense, which you are particularly attached to. Take a deep breath and chant the *pranava* – 'ॐ' while increasing your mental power. Chant it as many times as you can, with power. And then do *japa* in silence for the same period of time. Resolve, 'I will not fall prey to that particular sense-pleasure ever again or at least for a weak or for a month.' Take a deep breath again and chant, 'Hari ॐ ॐ ॐ ॐ… Hari ॐ ॐ ॐ ॐ…'.

Questions and Answers



Question: Gurudev! I want to attain Self-Knowledge. Kindly bestow your grace so that I can make progress in that direction.

Pujya Bapuji: You want to attain Self-Knowledge! Yes, Self-Knowledge is the final goal but before that you have to undertake virtuous deeds, *sumiran* (keeping God continuously in mind), meditation and satsang. Those who strive for Self-Knowledge after hearing satsang, doing *sumiran*, meditation achieve their goal and get Self-Bliss. But some people hear about Self-Knowledge and start believing themselves to be Self-Realized and liberated soul. Saint Tulsidasji has admonished such people:

ब्रह्मग्यान जान्यो नहीं और कर्म दियो छटकाय।
तुलसी ऐसे आतमा घोर नरक में जाय॥

'He who stops doing virtuous deeds and hearing satsang before attainment of Self-Knowledge, is condemned to terrible hell.'

Therefore, so long as one has not attained Self-Knowledge, one should, in all humility, engage oneself in *sumiran*, japa, satsang and reading books like 'Ishwar Ki Or'. This is the way to attain the goal of Self-Knowledge.

For Students
An Easy Way to Success



- Pujya Bapuji

The children are flawless at heart. They can quickly attain God if the knowledge of the flawless God (Lord Narayana) is inculcated in them before the vices and guiles of the world enter them.

It has been stated by the revered Gurudeva of Lord Rama –Sage Vasishthaji Himself. With your gaze fixed on the image of God or the Guru, do japa of the ॐ (Om); look again and pronounce Omkar with the prolonged intonation. Repeat it. This will increase your concentration, strength, intellect, ojas and radiance. Practice it for 20-30 minutes every day. You will experience good progress in 40 days. You will succeed not only in your studies but also in attaining God!

Under the auspices of Pujya Sant Shri Asharamji Bapu, Mahila Utthan Mandal organises

Women Awakening Campaign

Beware of induced abortions and Caesarean Section Deliveries!

Adverse effects of abortions

*** A woman who has an abortion increases her risk of breast cancer by a minimum of 50% and as much as 300%. * Some women are unable to conceive after having abortions due to fall in the hormone level. * There is significant increase in premature births or low birth weight risk in women with prior induced abortions. Abortion increases the risk of malformations of later children. * The mortality rate associated by abortion is 2.95 times higher than that of pregnancies carried to term. Menstrual disorders and backache are associated with abortion. * Women with one abortion double their risk of cervical cancer, compared to non-aborted women, while women with two or more abortions multiply their risk nearly five times. Similar elevated risks of ovarian and liver cancer have also been linked to single and multiple abortions. * Loss of self-esteem, headache, anxiety attacks, guilt and remorse, increased mental stress, depression and suicidal ideation are the emotional after effects of an abortion. * Pelvic Inflammatory Disease is a common and serious complication of induced abortion and has been reported in up to 30% of cases. It leads to fever and infertility. * Women having abortion had 50 % higher rates of spontaneous abortion.**



Why be cruel to yourself?

"Abortion kills the offspring; it destroys virtue and religious merit; it also ruins mother's health. How far is it justifiable to become a victim of deadly diseases, and incur great sin by getting your child cut to pieces by sharp surgical instruments or killing it by drugs?" - Pujya Bapuji

"The foetus knows many of his past lives in mother's womb. Therefore, Shrimad Bhagwata states that the foetus is a Rishi (enlightened). Abortion is a heinous sin. Such heinous sin as abortion was not committed by the people even in the demonic regimes of Ravana and Hiranyakashyapu. And today this terrible sin is committed in many homes. When the mother herself destroys her progeny who will protect it?"

- Swami Shri Ramasukhadasji Maharaj

We therefore request all pious souls and wakeful citizens of India to propagate and disseminate this campaign to every nook and corner of the country; to desist from this heinous sin and to prevail on others to do so.

Dreadful adverse effects of Caesarean Section

Pujya Sant Shri Asharamji Bapu, a true well-wisher of mankind has been continually advising in his satsang discourses for many past years that delivery by Caesarean Section is harmful to both the mother and the infant and therefore one should take recourse to natural remedies for a normal delivery.

And now science also says…

Babies delivered naturally are exposed to the mother's bacteria as they travel through

the birth canal, and they develop a healthier population of gut bacteria that aid in milk digestion and improve immunity. Babies born via Caesarean Section are more likely to develop allergies, asthma and other immune system-related troubles than are babies born with the traditional way.

Adverse effects of Caesarean Section

In a study of 2917 children conducted by Dr. Caroline Roduit, now based at the Children's Hospital of Zurich, Switzerland, birth by Caesarean was associated with a 80% increased risk of asthma by age eight, compared with vaginal birth.

Adverse effects on the child

* Babies born by Caesarean are not exposed to microbes as soon as babies born by vaginal delivery. So their immunity is decreased. * 80 % higher risk of asthma, and 20 % higher risk of diabetes. * Low birth weight risk in women with prior Caesarean Section. It increases the risk of cerebrospinal malformations of later children.

Adverse effects on the mother

* The mortality rate for mothers who have a Caesarean is twenty six times higher than among mothers who give birth naturally. * Risk of hysterectomy. * Risk of rupture of uterus at the time of next delivery. * Risk of developing inability to conceive. * Risk of abdominal hernia on the spot of surgery.

Researchers find a bitter truth

"Obstetricians perform more caesarean sections when there are financial incentives to do so, according to a new study that explores links between economic incentives and medical decision-making during childbirth."

Therefore, the mothers who consent to a Caesarean Section due to fear of pain or out of ignorance of its adverse effects should become alert and, give birth to their children by normal delivery.

A sure remedy for normal delivery

"For normal delivery, take freshly strained juice of cow dung 10-12 grams; do japa of 'Narayana…' or Guru-mantra and administer it to the pregnant woman. If the labour is not induced in an hour, administer it again. She will have an easy delivery. If the labour pains do not start on time, the pregnant woman should do japa of the mantra, 'Jambhala…' and after the onset of labour pains, cow-dung juice should be administered. This will ensure easy normal delivery.

- Pujya Sant Shri Asharamji Bapu

(Note: For coloured pamphlets of this contact: Mahila Utthan Mandal, Sant Shri Asharamji Ashram, Ahmedabad-5.

Phone: (079) 39877788

web-site: www.mum.ashram.org

e-mail: mum.prachar@gmail.com

Good News

(1) A lot of vicious propaganda was done about Swami Nithyananda; but the sex C.D. aired about him proved to be faked and morphed. The 'Star-Vijay' and 'TV 10' channels were ordered to apologize to Swami Nithyananda for showing objectionable news.

(2) Shankaracharya Shri Jayendra Saraswati and all accused in the case of the murder of Sankararaman are acquitted innocent by the court.

(3) All eight convicts (Christian missionaries) have been sentenced to life imprisonment in the murder case of Swami Lakshmanananda Saraswati, who had been stopping religious conversion in the tribal areas of Odisha.

64 Transcendental Qualities of Lord Krishna

- Revered Bapuji

(Issue 249 onwards)

17th quality of Lord Krishna is 'कृतज्ञः'. Lord is grateful. The Lord does not forget even if you remember Him for a while, do japa of His name for a short time for His sake because He is grateful. 18th quality of the Lord is 'सुदृढव्रतः'. He is firmly determined. You should also cultivate this quality of the Lord. You may take any vow in your life. Say a vow of doing a fixed number of malas of japa everyday, a vow of celibacy or a vow of keeping fast on certain days. If you observe any vow in your life, you'll become fit for the divine grace and succeed in imbibing the divine nature. The 19th quality of the Lord is 'देशकालसुपात्रज्ञः'. He is an expert judge of time and circumstances. You also judge time and circumstances and deal accordingly. Lord's 20th quality is 'शास्त्रचक्षुः'. He sees and speaks on the authority of Vedas, or scriptures. He is well-versed in scriptures. He follows the principles ordained by scriptures in his life. You too become well-versed in scriptures through hearing satsang and practice it in your life. The 21st quality is 'शुचिः'. He is pure. Lord is pure. He is the destroyer of sins. You too remain clean and pure in mind, body and intellect. The 22nd quality is 'वशी'. He is self-controlled. He observes restraint. Means He speaks or observes silence whenever He wishes to do so. He never becomes victim to any habit. Rather 'He' knows how to modify even habitual behaviour. Thus the Lord is self-controlled. His 23rd quality is 'स्थिरः' He is steadfast. He remains changeless in all times. Actually you too are the same. What is changing is the world, the mind, the body, not you. You are the changeless Self, the pure homogenous being. The 24th quality is 'दान्तः'. The Lord is forbearing. Shishupala heaped insulting words on the Lord. Not 1, 2, 3 or 4…rather he went on and on to hurl one hundred abuses at the Lord and the Lord went on tolerating. Similarly sage Bhrigu gave Lord a kick on his chest. The Lord started caressing Bhrigu's foot saying, "My heart has turned callous during the war between gods & demons. I hope it didn't hurt you?" What a height of forbearance! You too increase the quality of forbearance. Per chance if your mother-in-law happens to scold you then keep quiet. After all 'she has given birth to my husband'. Serve your mother-in-law.



(To be continued)

Good News

(4) The Gujarat Commission of Women Welfare has given clean chit to Sant Shri Asharamji Ashram regarding the false allegations.

(5) Clean chit given by the national investigation agency to Sadhvi Shri Pragya Singh who was accused of the murder of Sunil Joshi.

Veracity of Indian Psychology



(Continued from previous issue 249)

Some of the so-called psychoanalysts, the shallow-minded ones, who blindly ape the mentally deranged Freud while answering questions in health columns of newspapers and magazines, declare masturbation and nocturnal emissions to be natural. In doing so they commit a grave injustice and, an unpardonable sin –that of corrupting the youth.

Dr. Kellogg writes: "In my opinion, humanity is not as much threatened by plague, small pox and other epidemics, or even by war as it is by masturbation and other like vices. This malady is insidiously and constantly eating into the vitals of civilized society like a woodworm that carries on with its devastating work unobstructed and gradually destroys its (society's) health, virtue and courage completely."

Dr. Kraft Erwin writes: "It destroys the beauty and fragrance of a bud, which should have been allowed to blossom as a full grown pious flower. But these silly people mindlessly pursue sensual pleasures… this ruins morality, health, faculties of thought and reason, character, imaginative talent, and life-consciousness."

Dr. Hill states, "Masturbation is akin to a shovel in the hands of an ignorant youth with which he digs his own grave. Before the ignoramus wakes up, his heart, brain, kidneys, etc. get crippled, and he is home to a number of diseases like nocturnal discharge, premature ejaculation, spermatorrhoea and other maladies."

There are newspapers and magazines that feature articles by psychiatrists and sexologists disparaging *brahmacharya* and morality. Such people are engaged in the heinous crime of misinforming society and demolishing the structure of society by striking at its very foundation – i.e. the character, self-control and morality of its youth. The newspapers and magazines that publish such articles, and the authors who write them, should be vehemently opposed by all sections of society.

As a train closes in on major railway stations, one finds posters splashed across the walls of rail tracks with advertisements like, 'Regain your lost vitality… Childless couples contact… Do you suffer from problems of impotency or premature ejaculation? Contact….' There weren't so many people afflicted with sexual diseases 25 years ago as there are today. Having strayed from the path of self-control and morality, innumerable people today suffer from various ailments. Prevention is better than cure.

World Health Organisation (W.H.O) and many other national and international organisations spend millions of dollars to prevent the spread of small pox, polio, tuberculosis, malaria, plague and other infectious diseases; and admittedly, they have attained a degree of success in their endeavours as well. However, much more harmful and ruinous is the rampant malady of the loss of sexual vitality. It gives rise to many physical, mental and sexually transmitted diseases, a mounting crime graph and loss of values; and finally, wide-spread immorality and depravity start eating into the vitals of the physical and moral health of the nation. By controlling this malady of mindless wastage of sexual energy, humanity can be saved from a grave injury at personal, family, social, national and international levels; and

The Influence of Impressions on the Fetus

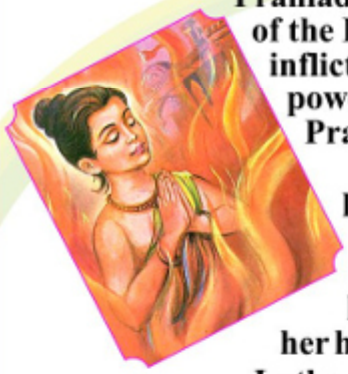


The relationship between the fetus and the mother is very strong. The fetus spends as many as nine long months in the womb of the mother. During this period the fetus gets its share of breath and food from its mother through a very tender tube called the umbilical cord. The fetus is naturally influenced by the physical, mental and ethical state of the mother during this period. Given below are some historical examples that amply illustrate this fact:



Abhimanyu had learnt the art of breaking the most impregnable formation of soldiers called the Chakravyuha by listening to Lord Krishna while lying in the womb of his mother itself. The influence of hearing this description on fetus Abhimanyu was so deep that he managed to penetrate the impregnable formation, Chakravyuha, in the great Mahabharata war. So he could remember the strategy of entering the formation of Chakravyuha learnt in the womb even after his birth.

How did Prahlada, the son of a demon king Hiranyakashipu, become a great devotee? It was the divine sage Narada who had preached his pregnant mother Kayadhu about Knowledge and devotion to God. Fetus Prahlada was greatly impressed by this teaching. As a direct result thereof Prahlada became a staunch devotee of the Lord despite being the son of an arch enemy of the Lord Vishnu. Hiranyakashipu threatened Prahlada in a number of ways and inflicted punishments on him but the pious influence of Naradji's satsang was so powerful that even dangerous punishments could not deter Prahlada from the path of devotion to God.





Napoleon too had learnt the strategies of war while lying in the mother's womb. His mother had to fight battles riding a horse when she was pregnant. Even many times she had to take her sleep at night on the horseback. She used to run from place to place riding her horse.

In the year 1804 a 6 year old boy living at the village Cabot was found to have prodigious memory. He could multiply two 5 digit numbers mentally. The reason behind his outstanding talent was that his mother had to make very minute calculations of the warp and weft of the clothes in order to create different types of designs thereon. On one occasion during her pregnancy, all her tireless efforts to draw a design on a piece of cloth failed. This entailed a lot of mental hard work on her part. She continued her efforts throughout the night but she could not find a solution. Hence she was just about to leave that assignment altogether when a path-breaking idea flashed in her mind. She applied that calculation into her work and finally succeeded in creating the design of her choice. All these mental calculations undertaken by her during pregnancy had a deep influence on the fetus, which led to the development of an exceptional talent in him. Thus we can safely conclude that the acts and thoughts of the parents influence the fetus. Therefore, the pregnant women should avail themselves more and more of satsang and do japa of the divine Name while remaining immersed in the divine thoughts. (To be continued). **(For Obtaining Superior Progeny The period from 5th January 2014 to 18th September 2014 is very auspicious for conception.)**

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through *brahmacharya* it can reap rich dividends at all these levels, thereby ensuring an all round progress of humanity. Sant Shri Asharamji Ashram is perhaps the first organisation on the entire globe to have made any significant attempt towards the prevention of this virtual epidemic through its 'Yuvadhan Suraksha Abhiyan and Divya Prerana-Prakash Jnana Pratiyogita', a social campaign for protecting the vitality of the youth. Come, let us join this highly noble and meritorious campaign which is destined to benefit all of humanity; and also motivate others to do so. Read and make others read 'Divya Prerana Prakash' book and join students and teachers in

Complaint lodged against the Ahmedabad Police Inspector in the High Court

A complaint has been lodged by a sadhika against the Chandkheda, Ahmedabad Police Inspector, the investigating officer, under Section 166, 504, 354, 509, 506 (1), 295, 298 of the IPC in the Gandhinagar High Court.

The complaint states the following:

(1) The investigating officer, in order to create false evidence, entered the Sati Anusuya Mahila Ashram. She terrorized the ashram for causing physical and mental harassment to the sadhikas to fulfill her ulterior motives, without using any kind of legal means. For this, she sent a panch (assembly of arbitrators usually consisting of five persons) in civil dresses who were drunk. They desecrated the sacred environment of the ashram and blackened the character of the sadhikas by asking lewd questions.

(2) The investigating officer thereafter took the sadhikas on one side and coerced them in to leveling allegations of rape against Bapuji, and said that 'I will give you police protection.' When the sadhikas refused to do so, they were threatened.

(3) Then the investigating officer asked them to give their bank names and their bank account numbers. And when the sadhikas refused, she threatened them and hurled abuses at them to assassinate their character.

(4) She said in loud voice, 'I will destroy the ashram. I will not allow your Bapu to come out of jail at any cost. If you will not leave the ashram, I will use other means.' Thus she was threatening them.

(5) That investigating officer walked in the sacred place of the ashram (place of worship, place where hawan is performed) wearing shoes; and even spitted there; thereby hurting the religious sentiments of the sadhikas.

(6) Despite tolerating all these atrocities, the complainant was frightened. If she lodges a complaint against the investigating officer, she will trouble her more; like the way the Surat Police framed the innocent people in false charges. However, on 7/12/2013, at around 10.30 a.m., the investigating officer, accompanied by around 25-30 people, out of which 2-3 were drunk came to the Mahila ashram. She conducted a search in all rooms of the ashram till 3:00 p.m. When she entered the main gate the sadhikas who were staying there asked her for the search warrant. She started abusing them and threatened to thrash them. She told her accomplice, "Take them to the police station by the police van, we will show them the search warrant there." Even on the next day this police officer conducted a similar search in the residence of Lakshmi Mataji without any search warrant. In the name of search operation that was carried out till 6:00 p.m. they flung many things from boxes and almirah of Lakshmi Mataji on the ground and took some things. The complainant along with other sadhikas was told to leave that place and when they refused; they were threatened with physical assault.

(7) The police officer did not give any information or list of the things she had taken from the ashram on 7 and 8 December during the course of search.

In this way, the police officer has abused of her power and violated the law.

The fetal side-effects of tea and coffee





The harmful effects of chemicals found in tea and coffee:

(1) Caffeine: Depletion in energy and working capacity. Loss of vital minerals like calcium, potassium, sodium, magnesium, etc.. Increases cholesterol, may lead to heart-attack. Harms the digestive system, causes constipation and piles. Harmful to the vitamin B content of the body. Increases blood-pressure. Increases acidity. Leads to insomnia. Causes headache, irritation and mental tension. Damages liver and kidneys. Aggravates diabetes. Harms the vital fluid, makes the semen watery and depletes potency. Harmful to the skin. Disturbs the child's sleep in the womb, which makes it behave abnormally after birth. Decreases the power of conception in women given to excessive consumption. Consumption of tea during pregnancy makes the new-born child suffer from insomnia, agitation and restlessness. The child keeps scratching the hands and knees. At times such children die soon after birth due to difficulty in breathing. Causes rheumatism, arthritis, gout, etc.

(2) Tanin: Causes dyspepsia, constipation and harms the liver – Increases laziness and negligence, causes dryness of skin.

(3) Theine: Causes mental hollowness and a feeling of heaviness in the head.

(4) Sainojen: Causes serious afflictions like insomnia, paralysis.

(5) Aromic oil: Harms the intestines.

Those who consume excessive tea, suffer from vertigo, throat afflictions, blood impurity, dental problems and weakness of the gums. ***Liquorice: clears throat, eradicates kapha, improves voice. Aniseed: good digestive, tasty, improves eyesight.

Ojaswi Chai first soaked in water for an hour or a half thereof; or overnight, and boiled in the morning is more strong in effect. (Available at all Sant Shri Asharamji Ashrams and Samitis Seva Kendras)

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An ayurvedic tea that improves digestion and memory and is beneficial to heart patients

Ojaswi Chai



The Ingredients of Ojaswi Chai and their attributes:

Dry ginger: eradicates kapha, digests ama, stimulates digestive fire. Brahmi: improves memory, intellectual and mental power. Arjuna (Terminalia arjuna): strengthens the heart, purifies blood, nourishes bones. Cinnamon: germicide, heart and liver stimulant, increases ojas. Bay-leaf: aromatic, gives taste, stimulates digestive fire, improves digestion. Shankha-pushpi: strengthens intellect, relieves from stress, soporific. Black pepper: stimulates digestive fire, eradicates kapha, ant helmintic. Red sandalwood: pacifies heat, beneficial to the eyes. Nagarmoth (cyperus scariosus): pacifies heat and pitta, anthelmintic and digestive. Cardamom: pacifies the three doshas, mouth-freshener, good for the heart. Kulanjan: digestive, clears the throat, effective against excessive urination. Nutmeg: improves voice and colour, tasteful, an aphrodisiac.

about Sweet Poison (Sugar)

Bitter truth

45 to 65 per cent of energy required for our body's daily physiological functions is met by natural sugar (carbohydrates) available from our food. Cereals, fruits, beans, roots, tubers and milk easily provide natural sugar. This natural sugar works like fuel for physiological functions. Therefore, it is beneficial for the body. But refined sugar misspends body's energy and vital elements for its own digestion. It upsets the functioning of vital organs of the body like bones, heart, brain, pancreas and liver. Its effect on the body is like that of a slow-poison.

Sugar and bone diseases

Sugar drains the body of precious vitamins and minerals through the demand its digestion, detoxification and elimination makes upon one's entire system. So much of calcium is used to neutralize the effects of sugar that the bones become osteoporotic due to the withdrawn calcium. The ratio of calcium to phosphorus, which is normally 5:2, is reduced. This leads to osteoporosis which leads consequently to arthritis, backache, cervical spondylitis, tooth decay, fragile bones, falling hair and bone-decay.

Sugar and diabetes

Sugar rapidly increases blood sugar levels. The endocrine glands of pancreas release insulin in order to control blood sugar. The pancreas eventually wears out from overwork trying to meet the ever increasing demands of insulin. This affects insulin production in the body and diabetes then rears its ugly head.

Sugar and heart disease

Sugar reduces good cholesterol (HDL) and increases bad cholesterol (LDL) and triglycerides. This thickens the artery walls and leads to high blood pressure, coronary artery disease and myocardial infarction. Prof. John Yudkin from London says, "Sugar is as much responsible for heart disease as is fat."

Sugar and cancer

Sugar is a complete food for cancer cells. These cells don't use other elements of foods like fatty acids for their growth. Therefore they need sugar. The substances that increase blood sugar also help in proliferation of cancer cells and their angiogenesis. Dr. Thomas Graeber has proved that 'depriving cancer cells of glucose activates a metabolic and signaling amplification loop that leads to cancer cell death.'

Sugar also suppresses the immune system and causes deficiency of vital elements of the body. This too helps in cancer growth. This also increases the possibility of contracting infections caused by virulent bacteria and virus. It has now been proved that like drugs,

refined sugar too is one of the chief causes of cancer.

We need to be careful in view of increasing incidence of diabetes, cancer and heart-diseases in the world.

Effect of sugar on children

Excessive consumption of sugared foods causes hyperactivity, anxiety, inability to concentrate and irascibility in children. The acid content of sugar damages the tooth enamel. According to a survey conducted by Amory University, 'in children whose energy requirements were met more than 30% by sugared foods, higher incidence of heart diseases, hypercholesterolemia, worms, obesity and insulin- resistance was found.'

Other risks associated with sugar

When sugar is consumed, the bacteria in the intestines, which produce vitamin B-complex begin to die. The decline of the vitamin B-complex level causes diseases of digestive system and nervous system with symptoms like sleepiness, decreased ability for short-term memory function, and numerical calculative abilities. Sugar increases acidity of the blood and causes diseases like migraine and skin diseases. It makes the semen watery. Obesity is obviously related to intake of refined sugar.

Why is sugar so dangerous?

Chemicals like Sulphur-Dioxide, Phosphoric Acid, Calcium Hydroxide and Activated Charcoal are used in the refining process to make sugar white and crystalline. Then it is heated at a very high temperature and cooled in shade. All its nutrients like minerals, proteins and vitamins etc. are destroyed in this process. A gift of nature is turned into a white slow poison, which is of no use to the body.

Eatables having excessive
quantities of sugar

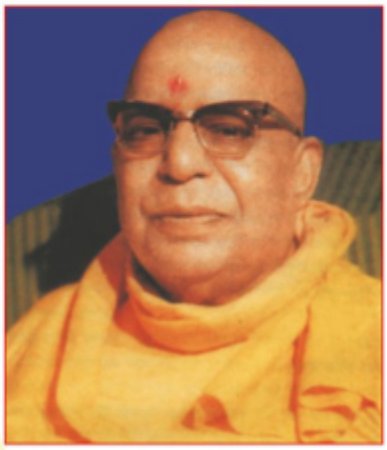
Soft-drinks, packaged fruit juices, chocolates, ice-creams, desserts, jams, pastries, biscuits and sweets contain large quantities of sugar. Some startling facts are given here:

Eatable	quantity	sugar content approx.
Ice-cream	120 grams	24 grams (6 spoonfuls)
Chocolate	100 grams	46 grams (12 spoonfuls)
Jam	100 grams	60 grams (15 spoonfuls)
Coca-cola	600 ml	66 grams (16 spoonfuls)
Maaza	600 ml	78 grams (20 spoonfuls)
Sweets	100 grams	50 grams (13 spoonfuls)

According to Food and Agricultural Organisation (FAO), per capita per annum consumption of sugar in the world is 24 kg (66 grams per day). In such circumstances, it is impossible to stay perfectly healthy. Nowhere in the world was sugar added to foods before sugar refineries came into existence. Natural sugar was the only source of energy. That is the reason why people in those days lived long and continued to be active throughout their lives.

(What to eat in place of sugar? To know more wait for the next issue)

This is Brahman, This is Immortal



- Swami Shri Akhandananda Saraswati

Until and unless one realizes one's True Self as the Supreme Brahman, the world appearance will not appear unreal. For it is only from the standpoint of the Infinite that this world appearance is unreal; not from standpoint of any finite being. Therefore, the moment one realizes oneself as Brahman the world appearance would get completely sublated, and the ego cannot exist in the sublated. This will remove birth and death forever; while those for whom the world appearance is not sublated will think any portion of it to be 'I' and 'Mine' and wander in it.

The Effulgent and Immortal Purusha in the earth is this Adhyatma Purusha indicated by "This is Immortality; this is Brahman."

Therefore, see –the Self or Atman is essentially the same in both, the earth and the body. Therefore the Self abiding in the body is also Effulgent and Immortal. That is one and non-dual (without a second). And the earth and the body are neither Effulgent nor immortal. They are not Effulgent means they are illumined (known) by other conscious beings. Means they are merely objects of Knowledge or contents of consciousness. They are neither self-aware nor do they know others. The Immortal Purush is imperishable. And the Aatman in the earth is also imperishable. Self is the same in both and both of them, the earth and the body are perishable.

Therefore the body and the earth are unreal on account of being perishable, changeful, 'seen', and illumined by other; and Self is Effulgent (self-illumined), Immortal, imperishable Brahman, Self-aware.



Twitter erupts in support of Bapuji

There is a demand on the internet as well for release of innocent Bapuji. Twitter these days is buzzing with tweets upon tweets demanding bail for Asharam Bapu. The citizens across the nation have gathered up and signed up on social media websites 'Twitter' and 'Facebook', to campaign for the release of Bapuji. Through the social media, a subscriber sends a message to his friends; group and he can even reach out to those people who are not in his group.



On Twitter, there is a campaign asking for Pujya Bapuji's bail by the trending hashtag of '#Bail4Bapuji'. Also, the other hashtag '#KnowTheTruth' gives a glimpse of His contribution to nation building through various philanthropic activities carried out in past 50 years. These two are the top trends in today's scenario. The social media platform is where people all over the country voice their opinion; it's not like paid media that just imposes falsehoods on their viewers and readers. Apart from this Pujya Bapuji's name is one of the top trends in the world on Twitter.

14 February
'Parents' Worship Day'



Valentine's Day is not our tradition

- Shri Mukesh Khanna, Bhishma of 'Mahabharata' Serial, who also played the title role in 'Shaktiman' Serial





Bapuji has asked us to celebrate 'Parents' Worship Day' instead of 'Valentine's Day'. I have been shocked to know about 'Valentine's Day' in our country from the day one. 'Valentine's Day' is not our tradition. Our new year commences on Gudi Padwa; not 1st January. We do not celebrate 'New Year's Day' by drinking alcohol; we celebrate it by receiving our parents' blessings. I ask every child of India to celebrate 'Parents' Worship Day' on 14th February and slowly say goodbye to 'Valentine's Day'.



Revered Bapuji has shown us the 'Path of True Love'

- Bhagavatacharya Sadhvi Saraswatiji

The first teacher of every person is the mother and the father. Everyone is loved first by his parents. Bapuji's clear message is that if at all you want to love, love parents. Actually Bapuji has shown the path of true love by converting the 'Valentine's Day' into 'Parents' Worship Day'. That is why He has been trapped. The conspirators are Christian Missionaries. They are doing so for they know that they can never succeed in mass conversion of Hindus until & unless such powerful saints are not eliminated. A big conspiracy is going on against saints. Simultaneously, the Hindu society is also awakening in a large number.



Unjust Demolition of Jabalpur Ashram







The construction work of Sant Shri Asharamji Ashram, Jabalpur was carried out on the land purchased by the ashram which was more than a decade old. This region has been declared as 'Urban residential area' under the Jabalpur master plan. In such areas if any construction work is carried out without prior permission, it can be regularized by paying compounding fees. Ashram management was ready to pay the compounding fees also. An appeal from the ashram management was pending in the honorable high court. The hearing was to be held on the same day but the administration without waiting for the decision of the high court, right away went for the hasty demolition of the construction work. This amounts to sheer injustice and violation of law.

As per knowledgeable sources, majority of constructions have been carried out in that area without prior approval of the administration. The promptness which the administration has shown in razing the construction work of the ashram that was engaged in philanthropic activities, why the same promptness is not exhibited in razing the other structures as well? Secondly, what good of the people is done by the administration by demolishing an ashram engaged in acts of public welfare giving benefits to many local people without waiting for the decision of the court when this case is pending in honorable high court? Now what is the value of the judicial proceedings when the structure is demolished before the decision of the court comes?

Ashram trust is a registered charitable trust and it falls in the jurisdiction of Charity Commissioner/Commissioner. Had the administration regulated the construction of such a philanthropic organization under rules & regulations, it would have generated some revenues for the Govt. But by maliciously demolishing it the administration has caused a loss to the state's property as well as its revenues. It is absolutely against the public interest.



We pray with folded hands, leaving
Thy divine sport,
Please come back O Gurudeva,
All are is losing patience, and crying,
Please come back O Gurudeva,
We do not like anything
except your darshan,
Remembering Thee repeatedly, the
mind intensifies our longing;
Bear not so much pain any more, don't
keep away from us;
Please come back O Gurudeva,
We made all possible efforts we could,
O Lord!
But couldn't succeed, and everyone's
heart is just burning;
Now, do something Thyself, to bless us
with Thy Darshan soon,
Please come back O Gurudeva,
We are perplexed as to
what should be done,
Every effort that we made so far
met no success,
Please remove this calamity, give us
some inspiration;
Please come back O Gurudeva,
Thou art the lone support,
the Saviour of us all,
Verily with Thy help we are crossing the
ocean of transmigration.
We call you when find not you at the dais;
Please come back O Gurudeva,
Ashram looks deserted without Thee,
all are restless,
Without Thy elevating Presence, all are
losing patience,
Be kind and come now please, remove
our afflictions,
Please come back O Gurudeva,
We pray with folded hands...

Braving the storm of defamation philanthropists lit lamps of service



History bears witness to the fact that whenever any great man has sought to wake up the society from the darkness of delusion he had to face strong opposition from the people of demoniacal nature. Our Pujya Bapuji has undertaken initiatives for uplifting of the poor and tribal people, swadeshi movement advocating the use of goods produced in our own country, giving satsang discourses on large scale for the preservation and propagation of Indian culture that literally paved the path of development for crores of people across the country. All this created obstacles in the plans of nation-breaking forces, Christian Missionaries and multinational companies to attain their target. This is the reason why they have been conspiring for a long time to stop the nation-building service programs carried out by the ashram by different unscrupulous ways. Over the past 5 months, the conspirators and 'paid' media have left no stone unturned in spewing venom against Pujya Bapuji and his ashram; however they have not been successful in hampering the divine works initiated by Bapuji and till this day, like every year, the services are still going on.

Do devotional practices, Have food, Get your wages, and take fresh dates along





Do devotional practices, have food and get wages programs (Bhagavannama Japa Yajna) are held in many poverty-stricken areas of the country for many years under the aegis of Bapuji. Under this scheme poor, unemployed, aged, helpless old and physically challenged people get the benefits of satsang, Kirtana, and doing Japa. Moreover they get full meal at noon and in the evening also get Rs. 40-50 cash aid. Bapuji instructs to distribute fresh dates to them to build their health in winter. Following is the list of the places where they were given free meals, cash aid and 1 kg of fresh dates last month as per instructions from Bapuji.

Newai gaushala, Kota gaushala, Amet (district Rajsamand) in Rajasthan; Majhguan, Gora khurd (dist. Sagar), Bhopal ashram, Khajri ashram (Chhindwara), Varla and Dhawli (dist. Badwani) in Madhya Pradesh; Dondaicha (dist. Dhule), Malegaon (dist. Nasik), Prakasha (dist. Nandurbar), Solapur, Uplai (dist. Solapur), Dhorala (dist. Usmanabad) in Maharashtra; Laddugaon (dist. Kalahandi), Shripali bhatel (dist. Kalahandi), Kandhakelgaon (dist. Balangir), Narendrakon and Baliyapanda (Jagganathpuri) in Odisha; Ambaji (Gujarat), Sirsila (dist. Karimnagar (Andhra Pradesh), and Kolkata (West Bengal).

Distribution of blankets and bhandara (feasts) seva





"Blanket distribution Campaign' is run every year under Pujya Bapuji's auspices in tribal areas in winter to help the poor fight biting cold. In this year too, blankets were distributed among the poor in many places including Ratan Nagar (Rajasthan), Gwalior (Madhya Pradesh), Delhi, Banda (Uttar Pradesh). A Bhandara was organized to serve food to the poor along with free distribution of blankets and food grains in Artulagaon (dist. Rangareddy) of Andhra Pradesh and Kolkata. Bhandara was organized and blankets, utensils, split pulses (daal), rice and parched rice were distributed at Jantar-Mantar, (Delhi) and Silampur ashram on the festival of Uttarayana. Laddu made of sesame seeds and khichri were also given in many places across the country.

Sevashivir for the pilgrims of Gangasagar



Free breakfast, meals, accommodation and homeopathy medical services were provided to pilgrims visiting Gangasagar, Kolkata from 9th January through 16th January through a special pilgrim service camp. For last 17 years this service is provided by the ashram. Blankets were donated to the needy pilgrims.

Havan Yajnas are performed and Sankirtan processions taken out across the country



On the occasion of Swami Vivekananda Jayanti, a Saints Conference was organized by the Yuva seva sangh of Delhi. On this occasion, the President of the Saints Conference Shri Chakrapaniji, Sadhvi Taruna Bahen and sadhak Rama bhai lead a huge sankirtan procession. Such huge Sankirtan processions and Prabhatferis (going round the city in the morning singing devotional songs) were taken out in Rae Bareli (Uttar Pradesh), Ludhiana, Raipur, Birgaun and other places. A huge Bike Rally was taken out in Patna. The sadhakas distributed News papers which exposed the evil propaganda, pamphlets, books (Sachchai and Sach) and copies of Rishi Prasad and Lok Kalyan Setu to the people through these rallies. Kirtan processions are taken out in different areas of Raipur every Sunday. When the procession ends a collective ritual of worshipping parents is performed. Hawan and Yajnas are performed throughout the country for the release of Pujya Bapuji and Narayan Sai, and to foil the plots of conspirators. A ritual of 108 Kundi Mahayajna was performed at the Ahmedabad ashram, on 12, 19, 26 January, and on 2nd February at Nagpur, Maharashtra. A ritual of 21 Kundi Mahayajna was performed at Jodhpur ashram on 18 January, at Vadodara ashram on 26 January, and at Rajkot ashram (Gujarat) on 2nd February.

Evil propaganda exposed by the propagation of truth

All the conspiracies plotted against Pujya Bapuji, Shri Narayan Saiji and the Ashram could not diminish the faith for Bapuji in hearts of sadhakas by the smallest degree. The increasing dedication and diligence of sadhakas in rendering service through propagation of truth is the tangible proof of it. As a result of this, despite such a massive evil propaganda, the society is coming to know the truth. The campaign for propagation of truth launched by the sadhakas is still going on. The educated people and intellectuals are demanding constantly for Pujya Bapuji's release on the social media websites.

Saints' Conference creates national awareness about the conspiracy

Saints' Meets were organized in Ahmedabad on 14th Jan; Jodhpur on 15th January, and Bharregaon (district, Rajnandagaon) Chhattisgarh on 19th Jan. It exposed the evil propaganda and enlightened the people to get united against the conspiracy.









Three day program organized on Uttarayana festival

Like every year, even this year, on the auspicious occasion of Uttarayana, a three day program was organized at the Ahmedabad Ashram. On the first day, 12th January, 108 Kundi Mahayajna was performed. Thousands of people participated in a Hawan. On the second day, sadhvi Rekha Bahen delivered satsang discourses, and on 14th January, Uttarayana Day there was a Saints' Conference organized at the Ahmedabad ashram. Many saints from different parts of India and eminent persons participated in it. Sadhakas were given an unguent containing sesame seeds for bathing, and sesame seeds were given with food on this day.

Parents' Worship Day

Pujya Bapuji, who wishes good of all religions, inspired eight years back to celebrate Parents' Worship Day on 14th Feb. at global level. This year also the programs started in many places. Parents' Worship Day was celebrated on mass level at Kota, Raipur (Chhattisgarh), and Noida (Uttar Pradesh).



New Wall Calendars of 2014 are available for propagation of truth.

Wall calendars, pocket calendars, table calendars and diaries with inspiring, captivating, peace-giving photographs of Pujya Bapuji studded with his benedictory quotes for the year 2014 are available.



Pocket calendars

On placing order for 250 or more calendars we can print the name and address of your firm or shop on it. Take benefits yourself and encourage your friends and familiar persons to get the same.

DVD

Never forget your Parents *a short film on True Love*

Don't forget to watch the inspiring film based on 'Parents' Worship Day', an initiative launched by Pujya Bapuji for the good of all. Please see it yourself and show it to others, distribute it and get it distributed; thereby make your invaluable contribution to the cause of protecting our culture.





Never forget your Parents

In this colourful book, you will read about:

- How to celebrate 'Parents' Worship Day'?
- How to defuse the teenage bomb?
- How to enjoy a healthy long life?

₹4

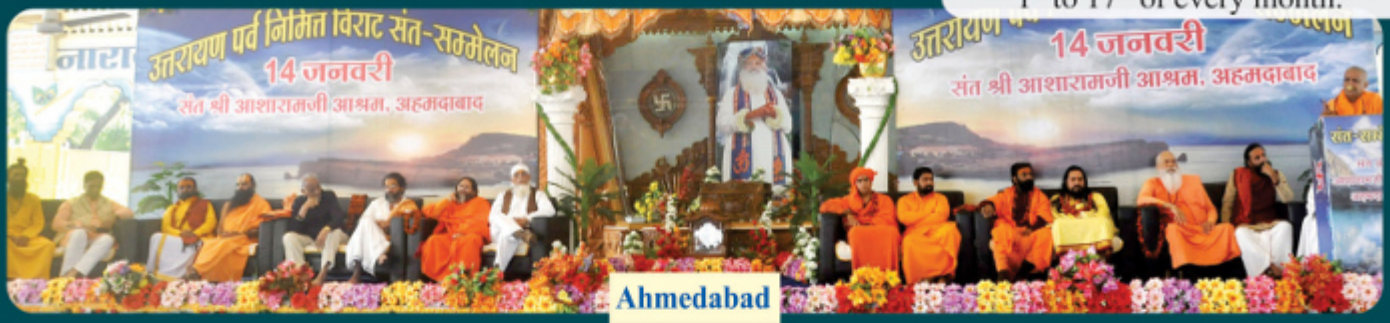
* Buy 100 books and get discount of 50 paisa on each. * If you sponsor a minimum of 1000 books; your name, firm's name, advertisement will be printed on the books. * Get your friends, relatives to sponsor these books to help maximum people get its benefits.

Stickers, banners and posters are also available. Contact: Ahmedabad office - (079) 39877749/50/51.

Available at all Sant Shri Asharamji Ashrams, Shri Yoga Vedanta Seva Samitis and Seva Kendras run by Sadhaka families.

Many eminent saints, heads of organizations, renowned religious heads and thousands of devout people raised a voice of protest against injustice done to saints; and demanded for immediate release of Pujya Bapuji and Shri Narayan Sai.

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Ahmedabad



Jodhpur (Raj.)



A glimpse of the crowd crying in loving memory of Bapuji in the Saints Meet held at Jodhpur.

"I carried out my duties towards my father, my mother, my Guru, and I even carry out my duties towards my disciples. What harm the slanderers can cause to me when I carry out my duties to my disciples? Even my disciples are carrying out their duties towards me. If anyone talks ill about me, my disciples ask him, "What do you know about our Guru?" - Pujya Bapuji