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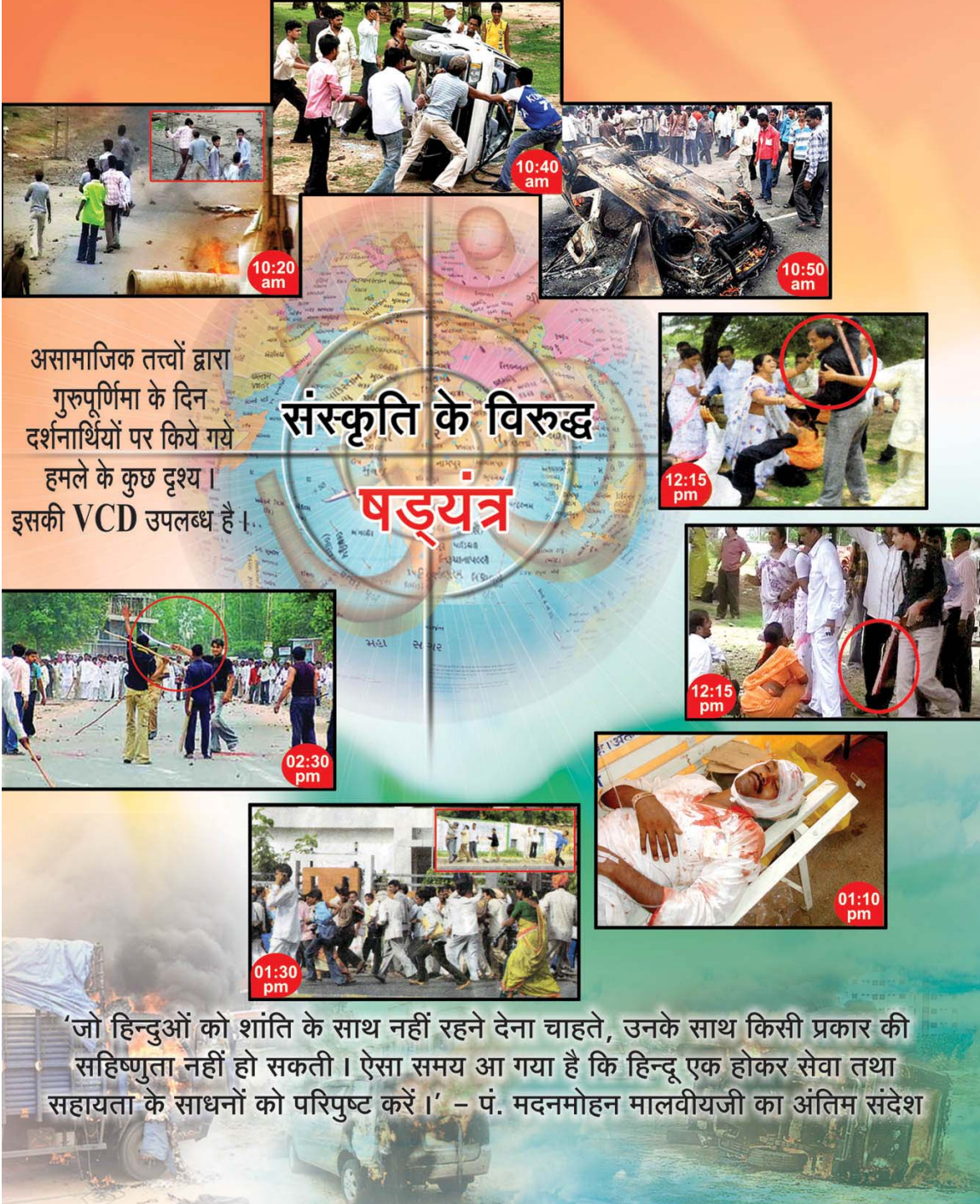
# ऋषि प्रसाद

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# Rishi Prasad

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Development of Life Energy .....	3
Guru's Teachings – The Destroyer of Grief .....	4
The Glory of Chaturmasa.....	6
Let the Ganges of Love Flow in Every House.....	8
Respect the Divine blessing .....	11
Views of Saints on Pujya Bapuji and the Propaganda against Sanatana Culture .....	12
Memorandum issued to stop propaganda, Hindu Organizations came forward.....	14
Chhindwara Gurukul Children.....	15
Murder Case – Revelations.....	15
Attack on Indian Culture.....	16
A Slanderer Carries the Burden of Millions of Sinners.....	17
From the Author's Pen.....	18
Hindus Awake, Conspirators Go Away.....	19
'Protect Indian Culture from getting Blemished' .....	19
Let the Media Show the Saints Altruistic Activities as well .....	21
Born to Shower Peace, Health and Happiness.....	22
<i>'Every One Who has Lost Hope Needs Asharamji'</i> .....	23
<i>Who gets the Satsanga On Self-Knowledge?</i> .....	24
<i>The Magic of the Divine Name</i> .....	26
Quotes of those benefited by the grace of His Holiness Sant Sri Asaramji Bapu. ....	26
<i>Former Prime Minister Atal Bihari Vajpayee's Speech in the Satsanga of Pujya Bapuji</i> .....	26
<i>The Nation is Indebted to Him</i> .....	27
<i>Congratulations for Commendable Success in Efforts</i> .....	27
<i>You have Kindled the Light of Divine Knowledge.</i> .....	27
<i>You are Bringing about the Overall Development of Society</i> .....	28
<i>The Nation is Bound to Prosper under the Guidance of Saints</i> .....	28
<i>Bless us that we may never swerve from the path of Truth</i> .....	28
<i>A conspiracy against the Hindus</i> .....	29
Beware of Malicious propaganda .....	29
Prarthanashtakam.....	32
Ayurveda's Precious Gift: Triphala.....	35
'Neem Oil': Propaganda Exposed .....	37
My firm belief – He will be born to a virtuous family.....	37
These incidents are a conspiracy against Bapuji and the Ashram .....	38
Glossary .....	39

# Development of Life Energy

(Contd. from the previous issue)

## The Effect of Music:

The classical music composers of the world are generally found to have a longer life span. The mystery behind it is that the music raises the life energy. Not only can one get this benefit by listening to music, but one also gets the benefit even when the ears are plugged, because the sound waves of the music vibrate the listener's body which also raises the life energy. Thus music is useful for sound health too.

The natural sound of waterfalls and streams also enhances life energy, as do the chirping and singing of birds. There is an exception to this rule however. The popular rock and pop music of the western world actually diminishes the life energy of the performer and the listener. Dr Diamond proved through experiments of biokinesiology that the deltoid muscle of an ordinary man's hand can lift 40-45 Kg of weight, but where rock music is being played, then its capability to lift weight gets reduced to only 10-15 Kg. Thus rock music diminishes the life energy, whereas the sound of pure, pious, classical music and natural sounds raise the life energy.

**The majestic effect of Lord Krishna's flute is well known. No other musician could surpass the music of Lord Krishna. Maharishi Narada also used to sing hymns in praise of the Lord with the 'Veena' (lute) and 'Khartal'. It is difficult to find a psychologist saint like him; he had never attended any school or college of psychology. By establishing the mind in the Supreme Consciousness, the psychological capabilities develop automatically. Sri Shankracharya said that all abilities are developed when one attains spiritual peace of the mind.**

## Influence of Symbols:

Various symbols exert a great effect on the life energy. Dr Diamond found that the Roman Cross diminishes the beholder's life energy.

Scientific investigations have also revealed that Swastik is the symbol of good fortune and prosperity. Its *darshana* increases the life energy.

In Germany, the Swastik was the symbol of Hitler's Nazi party. The tyrant Hitler had massacred millions of Jews in Germany. When he was defeated, all the Jews were released from the concentration camps. It is natural that they were hateful towards Hitler and his Nazi party, and consequently the symbol of their party must have aroused the reminiscences of their cruelty towards the Jews. As a result, the symbol of Swastik should diminish the life energy of Jews, but despite this psychological fact, the experiments of Dr Diamond proved that the *darshana* of Swastik actually raised the life

energy of the Jews also. So powerful is the effect of the Swastik. One can raise one's life energy by the practice of trataka, gazing one pointedly at a picture of Swastik.

(Translated excerpts from 'Jivan Vikas' – a book published by the ashram)

## **Guru's Teachings – The Destroyer of Grief**

Instead of being crowned as expected, Lord Rama was sent into exile. Bharata went to Ayodhya, and seeing Kausalya crying and greatly distressed, he took hold of her feet and said, "Mother! Listen to what I say. Whatever was done by Kaikeyi at the time of the installation of Rama or whatever else took place, if I knew of it and instigated her, let the sin of killing a hundred Brahmins attach to me. If I knew of it, let the sin of killing Vasishtha and Arundhati with a sword attach to me." Having taken this oath Bharata wept. Kausalya having embraced him said, "Son, I know it, do not grieve."

During this interval, and hearing of the arrival of Bharata, Vasishtha together with the other ministers went to the king's palace. There, seeing Bharata weeping, he consoled him with his divine counsel: "The old king Dasharatha, who was wise and of unfailing courage having enjoyed all the felicities of mortals and performed *Ashwamedha* and other sacrifices with large gifts, and who also got Hari as his son in the person of Rama, has gone to heaven and shares the seat of the king of the gods. Unworthy to be grieved at and deserving to attain emancipation, thou art uselessly grieving over for him. The Atma is eternal, unchangeable, pure and free from birth and death.

"The body is non-intelligent, liable to death, impure and destructible. Thus thinking on the difference between self and not-self, there is no occasion at all for sorrow.

### **Pita va tanayo vaapi yadi mrutyuvasham gatah ...**

If a father or a son has come under the sway of death, then it is the foolish who grieve for either by beating the body. In this world which is devoid of substance, separation from a desired object is, for the wise, a source of non-attachment and the giver of peace and happiness.

"When everyone who is born in this world is bound for death, then death is unavoidable for all embodied creatures.

### **Swakarmavashtah : Sarvajantonaam prabhvatyayo**

-Appearance and disappearance of embodied creatures is due to their past Karma, knowing this, why should even he who is not wise grieve over departed relations?

### **Bramandkotyo nashta sushtayo bahusho gatah:**

... - Millions of *Brahmandas* have disappeared, many a cycle of creation has gone, oceans have dried up, what reliance can be placed on a momentary existence?

**Maranam prakruthi sharirinam vikruthi jivrithmuchhatey budhiy :**

“As a bubble is formed in the water, its merge with the water is natural. If it persists for some time, it is a modification of the water. So existence of the bubble is a modification of water and its dissolution is the nature of the water. Similarly life is a modification, and the death is natural. So there is no reason to grieve over death. Consider three entities in this case – the individual soul which is the witness of the world; God, who is the witness of millions of individual souls; and the self-illuminated Supreme Brahman that illuminates God – where God, the individual soul and the world are one.

“It is intelligence itself, the very embodiment of bliss, the witness of the Buddhi (Intellect) and free from dissolution. The *Mahavakya* is imparted to modify the internal organ in the form of that Supreme Atman; and that modification too gets dissolved as it dispels nescience. One without a second, the Supreme Atma is ever homogenous – knowing it to be thus, with firm faith, do thou leave off sorrow and perform the last rites of your father.”

Thus aroused by his preceptor, Bharata gave up all sorrow, the product of nescience and did all that was ordained.

The Guru creates the modification of mind in the form of Knowledge, substantiates it with examples and reasoning and finally after destroying ignorance, sublimates even the mind modified in the form of Knowledge as well. Then one comes to one's natural state free from misery and sorrow.

Therefore the scriptures say:

**Gurubrahma Guru vishnu: Guru Devo Maheshwarah: |**

**Gurur Sakshaath parabramah tasamiy shree Guravey Namah: ||**

**‘Guru is Brahma. Guru is Vishnu. Guru is Shiva. Guru is the Supreme Brahman Itself. Prostrations to that Guru.’**

One who has surrendered himself to his Guru, one who serves the Guru whole-heartedly, one who has marvellous Guru-Bhakti, knows no grief, no sorrow, no fear, no pain, no misery, no ignorance and he instantly attains God-realisation.

If the disciple gets the shelter of the lotus-feet of a Guru, one who has known what has to be known, one who has attained what has to be attained and who is in a position to show the way, he must think that he is really thrice-blessed.-- ‘Gurubhaktiyoga’

## The Glory of Chaturmasa

The chapter 'Chaturmasya Mahatmya' in the Brahma Khanda of Skanda Purana states:

In the four months of the rainy season, from the Ekadashi of the bright fortnight of Ashadha when the Sun is in the Cancer to the Ekadashi of the bright fortnight of Kartika, Lord Vishnu sleeps on the serpent-bed. This period is pious and most appropriate for devotion to Lord Vishnu. All holy waters, holy places, temples, charities and merits take shelter in Lord Vishnu. One bathing in a river in the *Chaturmasa* becomes accomplished, and if one bathes in holy waters, one's sins are destroyed.

If one mixes sesame seeds and amla powder, or *bilva-patras* (wood-apple leaves) in water and takes a bath with this water, he will get purged of all sins. Putting a couple of *bilva-patras* in a bucket of water and bathing with such water after *japa* of '**Om Namah Shivaya**' is particularly beneficial. It safeguards one's health and alleviates disorders of the wind humour.

As Lord Vishnu sleeps in the water during *Chaturmasa*, water is impregnated with Lord Vishnu's potency. A bath in the water so impregnated is higher in religious merit than bathing in all the holy waters on earth. Apart from the time of an eclipse, one should not bathe in the evening or at night. Bathing with warm water too is interdicted.

*Chaturmasa* is an excellent period imbued with all virtues. One should earnestly devote oneself to garnering religious merit during this period. If one doesn't take up the practise of yoga with faith and earnestness in *Chaturmasa*, one has virtually let go of a pot of nectar. One with a wiser sense should try always to keep his mind under control, for mind control is a pre-requisite for attainment of Supreme Knowledge.

Acts like misappropriation and adultery are always forbidden but should be particularly eschewed in *Chaturmasa*.

Compassion to living beings is particularly recommended in *Chaturmasa* and the giving of food, water and cows etc. reading of scriptures and fire sacrifices afford immense religious merit. Giving food bestows the highest religious merit. It can be given at any time of the day; it can be given even to one's enemies.

It is a rare virtue to have the inclination to abide by dharma, to serve the saints, have *darshana* and *satsanga* of saints, to worship Lord Vishnu and practise almsgiving in *Chaturmasa*.

If one, for the sake of the Lord's pleasure, voluntarily forswears sense-enjoyments dear to one's heart in *Chaturmasa*, one gets those sense-enjoyments in unlimited quantity. One doing so with full faith gets immense religious merit.

One not using metal utensils and taking food on *Palasha* leaves in *Chaturmasa* attains to Brahma Bhava (God-consciousness). One should particularly refrain from taking food in copper utensils during *Chaturmasa*. Wearing black and blue is harmful in *Chaturmasa*. One, who refrains from shaving in *Chaturmasa*, saves himself from the three - fold afflictions (*tritapa*). Sleeping on the ground, observing *brahmacharya*, eating on leaves, fasting, *Mauna* (silence), *japa*, meditation and charities in *Chaturmasa* are especially beneficial.

Slandering others should be particularly avoided in *Chaturmasa*. Even listening to slander regarding anybody is sinful.

**Paraninda mahapapam parninda mahabhhayam |**

**Paraninda mahadukham na tasyaa: patakam Param ||**

**'Slander is a huge sin; it is great fear; it is highly distressing; there is no sin more heinous than slander.'**

*(Skanda Purana, Brahma Khanda,*

*Chaturmasa Mahatmya 4.25)*

Observing *brahmacharya* is the greatest among the pious vows. *Brahmacharya* is the essence of all penance and bestows the highest merit. Therefore, take recourse to *brahmacharya* in all manners. *Brahmacharya* leads to the highest in austerity. There is no greater means of dharma than *brahmacharya*. The vow of *brahmacharya* is particularly more rewarding in *Chaturmasa*.

If one remains steadfast and takes moderate quantities of food only once in a day throughout *Chaturmasa*, he gets absolved of all sins and goes to Lord Vishnu's abode. One eating only a single cereal throughout *Chaturmasa* is saved from diseases. One taking only one meal in a day in *Chaturmasa* attains religious merit of performing twelve fire sacrifices. One living on milk or fruit alone gets thousands of his sins destroyed.

Complete fasting on one out of fifteen days destroys all ailments of the body and converts all the food taken in past fourteen days into *ojas*. That is why fasting on Ekadashi is so highly celebrated. One living a married life can do with fasting only on the Ekadashi falling in the bright fortnight but one should fast on both Ekadashis in *Chaturmasa*.

Lord Vishnu sleeps in yoganidra during *Chaturmasa*; therefore, no marriages or other ceremonies or sacrifices with desire of future reward should be performed in *Chaturmasa*. This four month period is for austerities.

## **Let the Ganges of Love Flow in Every House**

Ramnarayana lived with his brother Jaynarayana in Meerut (U.P.) and they had a younger sister named Prema. Their parents had died. The elder brother Ramanarayana was a landlord while the younger one Jaynarayana had become a lawyer.

Ramanarayana and Prema were inclined towards *satsanga*, *kirtana*, and devotion while Jaynarayana was influenced by the western way of life. When Prema came of marriageable age, both the brothers started looking for a suitable match for her. Ramnarayana looked for a righteous and noble bridegroom while Jaynarayana sought one who would have a way of thinking as his own. This led to antagonism between the two brothers and Jaynarayana abandoned home and started living in another locality with his wife. Ramnarayana married Prema off to a youth of noble character.

Time went by. One day Prema had come from her in-law's house to her brother. One evening she was riding a swing when Jaynarayana who was on his way to work passed by. Though Prema didn't notice Jaynarayana as her back was turned towards him, Jaynarayana did see his sister. The lawyer heard Prema singing:

*'The devotional love and  
penance of Bhagiratha  
brought the Ganges to the earth.  
May the Ganges of love  
flow in every house,  
let no heart be empty.  
Every heart will become  
a temple of God if the flame  
of Guru's Knowledge is  
kindled therein.*

*Both my brothers are 'Narayana';*

*I am the beloved of God.'*

The lawyer thought, 'She, whom I had forgotten, remembers me even now!'

He was deeply moved. His heart now longed for his sister and brother. He had the blood of a noble family running in his veins after all! Repenting his mistake, he passed his days in remorse. He stopped paying attention to eating and drinking as well. His restlessness having grown too much, he came down with high fever one day.

A week later Prema came to know that Jaynarayana was seriously ill. She went to her elder brother's room and said, "Younger brother is seriously ill." "I know that you want to see him, but Prema! You will be insulted there for no reason – know this beforehand." "Brother! Honour and insult are fleeting but the ethos of magnanimity and living unitedly with good terms taught by our culture are eternal. You always sing:

*"May we speak truth,  
never tell a lie, and develop harmony.*

*May we lead life divine;  
and sing Thy (God's) praises."*

"Bravo! Jaynarayana's house too will become strong with the fragrance of your thoughts." On reaching Jaynarayana's house, Prema saw him lying unconscious on the bed. Her sister-in-law Rama, was standing on one side and the doctor on the other. The doctor said, "There is severe deficiency of blood in his body. The pulse is weak." Rama said, "He doesn't eat or drink anything. At times he just says,

*'Both my brothers are 'Narayana';*

*I am the beloved of God."*

"These are symptoms of delirium caused by fever."

"Doctor! I am ready to pay all that I have. Please save his life."

"It is in God's hands to save a life. A doctor can only try. He needs a blood transfusion urgently."

"Take my blood."

“You are pregnant. It would not be advisable to take your blood.”

“Doctor! I am healthy, take my blood!” – said Prema who was standing at the door.

Rama said, “No Prema! Leave it.”

“Why *Bhabhi*?”

“We have been very unfair to you. We didn’t even attend your marriage nor did we spend any money on it. Aren’t you displeased with us?”

“To be ever displeased with her brother for his mistake, is not a sister’s ideal. My Gurudeva says:

*‘Let bygones be bygones;*

*it is not prudent to complain about fate.*

*Nor does it make sense to chase*

*the arrow once shot from the bow.’*

The doctor checked Prema’s blood group, and the lawyer was given a blood transfusion.

Jayanarayana recovered within a week. He visited Ramanarayana’s house. Prema was present at that time. Jayanarayana bowed at his elder brother’s feet and cried bitterly. Ramnarayana lifted him up and embraced him while tears of love flowed through everyone’s eyes.

“Brother! Forgive me. Permit me to live in your house.”

“Why do you want permission to live in your house?”

“Brother! You are like my father. You took care of my education and made me competent; and I...”

“Have no regrets. It is never too late to amend. Come to the house today.”

“Prema! I don’t have the courage to look you in the eye. I forgot a brother’s ideal but you did not forget the ideal of a sister.”

“I have only followed as to what should be the ideal of a sister according to Hindu culture and saints. It was my duty anyway. It is our culture and saints, and not me that you should praise.”

The next day Jaynarayana returned to that house along with his wife. The teachings of satsanga and the ideal of culture bonded the broken hearts with the glue of love.

O India! The land of Rishis! How pious are the traits that still run in your veins! O Indians! The noble sons of divine culture! Do not forget the traits of magnanimity and love as taught by our great men. These traits have the power to manifest the Ganges of love in every heart.

**We are starting SMS Seva in Ahmedabad Ashram. As a part of this voluntary work, from time to time, all sadhaks will be sent intimations on Bapuji's satsangs, Punam darshan and other points of information. The administrators of all samitis should send the following information of all resident sadhaks in their area in an Excel file to: <mailto:abyvss@yahoo.com> email address.**

**The format of the Excel file is: ... - Name, Age, Gender, City, Pincode, Mobile No.**

**For more information, please contact Akhil Bharatiya Yoga Vedanta Seva Samiti office.**

## **Respect the Divine blessing**

**(Excerpts from the satsanga of Pujya Bapuji)**

If you get by divine grace, some high-ranking position, some supernatural power, a divine gift, the company of a great Guru, *prasada* given by Guru or a garland and you don't respect it, you will lose it. The Guru showers His grace on you and thereby endows you with radiance, strength and joy; but if you fail to respect it, it is lost.

The *prasada* given by Guru or God goes on multiplying if we respect it, but it disappears if we fail to appreciate it.

Mother Ganga gave an exquisite bangle to Jatashankar with instructions to hand it over to Saint Rohidas. Jatashankar gave it to the king, who in turn gave it to his queen. The queen hurled the bangle to pressurize the king into trying to procure the other one to make a pair. As she hurled the bangle it disappeared, as it was given by a goddess. Therefore by showing disrespect to gifts given by Guru or God, we lose them.

We see the Guru in the body, but His Atman is Divine. God abides in Gurudev's heart. If we hurt the Guru's heart, we hurt the Supreme Being abiding in it! Imagine where this will lead us to! God alone knows how many births our misery may continue. Gurudev's blessing works to make thousands upon thousands of hearts noble and pious; but His displeasure can also work to wreak havoc. It is not possible to propitiate the Guru through deception and cunning practices. We should never do anything that may displease the Guru because:

गुरुकृपा ही केवलं शिष्यस्य परं मंगलम्।

आकल्पजन्मकोटीनां यज्ञव्रततपः क्रियाः।

ताः सर्वाः सफला देवि गुरुसंतोषमात्रतः॥

'Guru's grace alone brings supreme good to the disciple. O Devi! Merely by propitiating the Guru, all penances, sacrifices, vows, austerities and scriptural rites come to fruition.'

I got whatever I have by Guru's grace. Is it easy for a pauper to become a billionaire through his own efforts? But if a pauper child is intelligent, he will get himself adopted by a billionaire and become a billionaire instantly. Similarly, the moment one is adopted by Guru's grace, one attains Divine Peace.

Always let divine thoughts entertain your mind. Never allow negative thoughts to enter your mind. Never entertain thoughts of sorrow, worry or escapism. Don't let dejection come near you. God's infinite powers are with you. The consciousness that pervades each and every cell of your body, that itself is called Rama. Rama is not distant from you...the Divine Consciousness is not distant from you...God is not distant from you. Unfortunate sense pleasures and passions have kept you away from God and progress. Become your own judge. For centuries, you have been deceived by your weak, passionate mind, your unenlightened mind and the company of people involved in trivial matters. These reasons have led to your downfall.

Never trust the opinion of the majority. Always trust the opinion of wise persons. Don't bother about what the majority says. Don't get entangled in pleasing the majority. Please God; you will find the majority pleased automatically. If the majority is not pleased, that is their bad luck. Satisfy God. You will emerge out of the difficulty and the majority will also get the appropriate guidance.

(Translated Excerpts from 'Kalyan Nidhi' - a book published by the Ashram)

## **Views of Saints on Pujya Bapuji and the Propaganda against Sanatana Culture**

**\* Expressing his views on the conspiracy against Sant Sri Asaramji Bapu, Shankracharya Jagadguru Shri Jayendra Saraswati of Kanchi Kamakoti Peeth said: “The cause of the confusion is politics. May it be resolved as early as possible!”**

He stressed that it is necessary to thwart the attempts of conspirators trying to shake the faith of believers, by repeatedly attacking our saints who form the foundation of Sanatana culture.

He added: “We are expressing our views, taking action, and yet there is much more to be done. It is very necessary for the saints to spread awareness in villages and cities. There is strength in union in Kaliyuga. All should make a collective effort. If all saints and religious leaders work together, the wicked slanderers will be put off. That is why it is necessary for everyone to try to be united.”

**\* Sant Shri Baba Harpal Singhji Maharaj, Ratvada Sahib, Mohali (Punjab):** “The allegations leveled against Pujya Sant Bapuji are baseless. I am very closely acquainted with Bapuji and have deep love for Him, and those who level false allegations against such spiritual personalities, and great souls, are utterly contemptible. We of all the ashrams in Punjab strongly protest against this.

“Bapuji propagates religious unity for all and He has a very universal approach. Hence we strongly appeal not to slander such a great soul. Today all the Sikh people and all the Sikh organisations are united in their decision to sacrifice everything for Bapuji.”

**\* Shri Shri 1008 Mahamandaleshwar Swami Achyutanandji Maharaj, Haridwar :** “The act of slandering great souls is an attempt to break our culture, unity and integrity. May God bestow good sense upon those people who talk such false things.”

**\* Anantshri Mahamandaleshwar Balyogi Swami Arjunpuriji Maharaj, Haridwar:** ‘Sant Sri Asaramji Bapu is a great ascetic. He has contributed a lot to the service of the Hindu world and people have great faith in Him. Some people do not like to see the fame and prosperity of others. Such miscreants take undue advantage of such opportunities. Asaramji’s endeavours for social service are very praiseworthy.’

**\* Shri Shri 1008 Mahamandaleshwar Sanjivdas Hariji Maharaj, Nirmal Dera, Haridwar and National President of Akhil Bharatiya Hindu Suraksha Samiti:** Today, foreign powers have employed all their strength and faculties throughout the country to malign and disintegrate the Sanatana Religion. One can also sense political play behind all this as elections are nearing. The media is not playing its role properly.

**A journalist of ‘Press ki Taqat’, spoke to the local saints regarding this issue.**

**Mahant Shri Rameshwardasji Maharaj of Jagannath Temple, Amdavad said:** ‘The institution of Asaramji Bapu is being defamed. It is very bad. Those who are involved in politics defame Dharma, religious people, and as a part of their political strategy, they even plot against supporters of the civilization of the nation.’

**Shri Hariharanandji Maharaj of the famous Swaminarayan Mandir, Amdavad, spoke of the role of the media:** “I would like to say that some people are conspiring to destroy Hindu culture. They are unable to tolerate anyone who commands respect in society. By making allegations against them, they misrepresent facts. When the real story emerges, then you can print it.”

**Shri Shivananda Saraswati of Gita Mandir, Ahmedabad told the journalist of ‘Press Ki Taqat’, in a special meeting:** “These people who are committing violence, what are they burning? They are burning buses, but who bears the loss? Who has to suffer through all this? We as individuals alone will have to suffer. Taxes will be imposed, etc.... Whose Government is it? It’s ours, isn’t it? Whichever Government it is, be it Congress, be it BJP, the loss will ultimately be suffered by the individuals. Inflation will occur. So, people who read the paper should discriminate between what is right and what is not and then express their thoughts. Some news is printed in the paper. You have to wait and watch till the truth emerges. Then investigate to find out what is right and what is not and oppose whatever is not right.”

**When Rakesh Aggrawal, a journalist of ‘Press Ki Taqat’ asked Shri Bhaskaranandaji Maharaj, Gita Mandir, Amdavad for his thoughts on the death of the two children of Pujya Asaramji’s Gurukul, he replied,** ‘In the incident in which the children died, this is just an accident that could have happened at any time. Whether the ashram has a hand in this or not, the point is that there was such a violent uproar around the temple, there was destruction, there was loss within us, Hindus itself... This violent outbreak is absolutely wrong. It should not happen. Some political strategy or a political party had its hand in it. I am fully confident of this.

I’d like to tell everyone that you should not get deluded like this and make allegations against anybody. For the people who are incensed by this who are getting violent, taking out rallies – all this is very wrong.’ (By courtesy of ‘Press Ki Taqat’)

**Memorandum issued to stop propaganda, Hindu Organizations came forward**

Dainik Bhaskar, Bhopal, 3-8-08. Hindu organizations against the unabated and deceitful propaganda against Babu Asaram took to the streets. Later, they gave A.D.M Chandrashekhar Neelkanth a memorandum addressed to the Chief Minister. According to them, so many unsocial elements have capitalized on this incident of conspiracy involving Sant Asaramji Babu and the Ashram for their own selfish reasons. They added that bandhs, demonstrations have been held and effigies have been burnt which have been very insulting.

The main participants in the rally were Santoshi Mata Prabandh Karini Samiti, Satya Dharma Mandal, Anagad Hanuman Mandir Samiti, Shri PataleshwarDham Prabandh Karini Samiti, Shri Dadaji Dhuniwale Mandir Samiti, Swadeshi Jagaran Manch, Vishwa Hindu Parishad, Bajrang Dal, Madhav Smriti Nyis, Ramsetu Raksha Manch, Bharatiya Kisan Sangh, Rajya Karmchari Sangh, Ramlila Mandal, Raghuvanshi Samaj, Brahma Samaj, Rashtra Sevika Samiti, Gayatri Parivar, Chhoti Mata Mandir Samiti. The various heads of these and other religious and social organizations were present.

## **Chhindwara Gurukul Children**

### **Murder Case – Revelations**

**After investigations, Shri M.R. Krishna, I.G of Jabalpur Range revealed findings of the Chhindwara Gurukul children murder case:**

“In the first investigation, a panel of two doctors did the post mortem. Because there was a similar incident two days later, for the second investigation, a panel of four doctors did the post mortem. Out of the four doctors, one doctor is a Senior Doctor in the Medical Institute of Bhopal and another is the Head of Department of the Forensic Department in Jabalpur College.

In our view, we have done a screening of all the suspects involved. Out of the suspects, one of them is a child named Rituraj Dixit. He was admitted recently this July (10, July 2008). His father got him admitted in the Gurukul with the objective that he would take care of his two younger cousins. From the beginning, Rituraj was not interested in coming to the Gurukul.

Small children stay on the ground floor of the hostel. Older children are not allowed here. The attendant for small children takes them for a bath and later drops them back in their room. In both the cases of death, Rituraj came downstairs. Saying, “I want to go to the toilet”, he went to the downstairs bathroom. On the 31st, when Vedanta was found unconscious, Rituraj’s statement was, “At that time, I was sitting in the toilet on the side. I was there for fifteen-twenty minutes. I did not hear a single word, when a child came or

when a child went”. This was his initial statement. We considered him a suspect from the start.

On Vedanta’s corpse, there were clear, visible teeth marks of being bitten on his left shoulder. An impression of Rituraj’s teeth were compared and found similar to the teeth marks on Vedanta’s shoulder. After Rituraj was informed thus, “Your teeth marks have been found on Vedanta’s body”, he then started revealing the truth. He slowly revealed the whole sequence of events. He accepted responsibility for the offence of committing both the murders.

On the 29th, ten minutes before Ramakrishna’s murder, another small boy who studies in Std. I, was playing nearby. Rituraj tempted him with a toffee and took him into the bathroom. He shut the door and pressing the boy’s face with his hand, he covered his nose and mouth. Just at that moment, two children came into the toilet. So Rituraj had to let go of the small boy. Being a small boy, he did not comprehend what had been done to him. He stepped out and went to his room.

Vedanta put up quite a struggle to protect himself. He struggled with his hands and legs. To control him, Rituraj dug his teeth into his left shoulder to terrify him.”

Fresh information about Rituraj reveals that neither Rituraj nor any one from his family has taken deeksha (initiation from a Satguru) from Bapuji. The police should also expose any other people involved in the conspiracy, if any.

**\* Whenever grief and worry envelope you, remind yourself of the glory of your blissful Self and remove your delusion. Threats, Praise, Criticism or appreciation by scholars, philosophers or preachers have absolutely no impact on Enlightened Sages. - Elixir of Life**

## **Attack on Indian Culture**

**Dainik Navjyoti, Kota:** How far are the misleading, false and scandalous propaganda against Pujya Sant Sri Asaramji Babu justified?

Just think...

1. By the divine inspiration of Pujya Babuji, 17,500 **Bal Sanskar Kendras** are being run throughout the country where children imbibe noble traits to scale the heights of character development
2. **Gurukuls** have been established based on a system which has the combined features of ancient Indian Culture and modern education, to mould children into noble citizens of the country and society.
3. ‘*Vidyarthi Ujjwal Bhavishya Nirman Shivirs*’ are organised throughout the country every year for the physical, mental and spiritual development of children.

4. **Satsanga and Shivirs** are organized all over the country throughout the year by Pujya Bapuji to revive and preserve the fading glory of Indian Culture and help more and more people avail themselves of it's benefits.
5. Many campaigns such as providing **free food and education**, mobile dispensaries and inspiring tribals towards spiritual upliftment are being run by Pujya Bapuji in Orissa, Gujarat, Rajasthan, Bihar and other tribal regions.

### **Is it right to make such false allegations against the divine works of such a great saint who is dedicated to the world?**

1. Is it right to hurt the faith and sentiments of crores of sadhakas?
2. Do the media have the right to make baseless allegations or use denigrating words against saints without any substantial evidence?
3. Are such activities possible at places where Gurukuls and Bal Sanskar Kendras are established for the all round development of children?
4. Is any kind of atrocity on children possible where Pujya Bapuji instructs that children should be tended, nurtured and protected like flowers in the summer camps?
5. All the citizens are requested to stay clear of such misleading propaganda and decide for themselves as to what the truth is.

**(Sadhak Parivar)**

## **A Slanderer Carries the Burden of Millions of Sinners**

Hazrat Mohammed came to know that one of his visitors was in the habit of slandering. He called that person and gave him a pillow made out of soft feathers and said, "Scatter these feathers in every house."

The man set out with great enthusiasm. He kept one feather in each house while also slandering somebody or the other.

The next evening the prophet told him, "Now collect all the feathers." The man asked, "How can that be possible now? All the feathers must have been blown off by now." The prophet said, "Same is the case with the irresponsible words which you speak wherever you go; they too cannot be retrieved as they are blown here and there. You gain nothing by that, rather you lose your life energy and those who listen to it are also ruined."

*(Translated excerpts from the book 'Prabhu! Param Prakash ki or le chal' – a book published by the ashram)*

## **From the Author's Pen...**

A Misinformation campaign has been launched by certain sections of the press and electronic media about the Ashram lands. The facts are given here:

The Ashram at the Delhi ridge is an annexe to Hanuman temple set up by Baba Balaknath's 'Manokamanasiddha Hanuman Mandir' Trust. The same trust is running the Hanuman Mandir

Baba Balaknath and Bapuji were friends. Later it was alleged to be disputed land and the case went up to the Hon'ble Supreme Court. Now the Ashram is carrying out altruistic activities in conformity with the Apex Court orders. Sadhakas and thousands of people go there to have darshana of the ancient temple.

The land of Rajokari Ashram has been bought from farmers and stone Crusher-owners. Free education and wholesome food is provided to the children of Rajokari village. There is a shed for cows where service is rendered to cows. A cow-shed, free medical services, free education and food to children – not publishing such philanthropic activities, some anti social elements are feeding misinformation to the society and to the authorities. Why should you endeavour to derail the altruistic activities by your false propaganda? Why should you throw impious bones into the sacrificial pyre?

The land at Surat is alleged to be worth 80 crore rupees by some, and 125 crores by others. The government sold this land to the Ashram 10-12 years ago. Payment was made to the Government at the market price of the land plus interest at 12% for eight years. The market value of this land after levelling, development and construction – 1625 feet long retaining wall, Shiva Mandir, Hanuman Mandir, Baal Sanskar Kendras etc. – is estimated to be worth 3 to 4 crores as mentioned on page 47 of the order of Hon'ble High Court. Therefore the false claims made about the value of the land are revealed by this. The land purchased 10-12 years ago is hardly worth 4 crores, even with constructions raised on it! And it is a known fact that prices of land go up with time. In any case, the property belongs to the trust.

Thanks to the good deeds and merits of the people of Surat, all the bombs were detected and defused and the evil designs were thwarted. Surat was saved from a disaster.

**'Where good sense prevails, all wealth follows. Perversities bring only trouble in the end.'**

Chhindwara Gurukul is under the Shakti Trust which belongs to Gyanada Devi, and the

trust also has some old trustees. Those who run the Gurukul devoting their physical and mental efforts and wealth to the endeavour, should be commended and praised, and the students, teachers and trustees of this school (in a tribal area producing 100% results) should be thoroughly encouraged.

Why do you misinform and misguide people against those rendering service with all their physical mental and financial resources? Why do you cause distress to the administration and the public? Why do you discourage those rendering selfless service? Misleading propaganda harms the nation and depletes its strength, and it is in the interest of the administration and the public not to fall prey to such false propaganda.

The rocky hill (100-150 acres of land) at Pedmala (Gujarat) was purchased from a farmer and proper documents are available. A small part of the land is used for housing cows and growing fodder for them and for serving the local poor. Why do you incense the administration and the public by putting ‘billions of rupees’ value on this land which, with all the constructions, is hardly worth even 1 to 1.5 crore rupees? The transfer of the land was as per the procedure prescribed by the law and it is a known fact that the rocky, hilly land is of low value. Even at present it is not worth much in value. The Ashram management is ready to offer the land which you claim to be worth billions of rupees for just 1.5 crores, along with the constructions which are in the name of sadhaka parivar with the only condition that it should be used for altruistic purposes – service to the cows and the poor should continue.

‘Land worth billions of rupees... disputed land...’ it is neither worth billions nor disputed. And those bent upon it can create disputes anywhere. Again we submit that false and misleading propaganda harrows the administration and the public. Why do you incur the sin?

- Sushant

## **Hindus Awake, Conspirators Go Away**

### **‘Protect Indian Culture from getting Blemished’**

#### ***Targets of Conspiracy:***

Param Pujya Jagadguru Shankracharya Jayendra Saraswati -> Renowned Yogacharya Swami Ramdevji Maharaj -> Sages and saints belonging to Supremely revered Swami Narayan’s Organizations -> Renowned Sri Satya Sai Baba -> Ma Amritanadamayee (Amma) -> Jagadguru Sri Kripaluji Maharaj and now -> Param Pujya Sant Sri Asaramji Maharaj....

***Who will be next? .... ? ....***

***Just give some thought ...***

- Why are saints who protect Hindu culture being demeaned?
- Don't you think this is a conspiracy to make Hindus fight amongst themselves?
- Awake, Hindus! Just reflect about who the conspirators could be....
- Who is managing the show behind the curtains by controlling the media, thereby promoting infighting amongst the Hindus and destroying Hindu culture?
- Is this is a conspiracy by anti-religious forces that convert Hindus by force?
- Before the verdict of the court has been announced, who is creating such havoc about Sant Shri Asaramji Ashram?
- Why are attempts being made to blemish the image of respected Sant Asaramji, who has made such efforts to promote Hindu culture within the country and abroad and who is respected and worshipped by crores of disciples?
- Why is hatred being spread for Sant Asaramji and his disciples within Hindu society?
- The fathers of children who were killed have declared, "We don't support any kind of bandh, we do not want violence and unrest."
- Then who is promoting the idea of having a bandh regarding this incident? Who is causing violence?
- Where was this association called 'Jagega...' asleep before the incident? Where did it suddenly appear from after the incident? This too is a question.
- Who is making these attempts to repeatedly destroy the calm of peaceful Gujarat?

My sensible and intelligent brothers and sisters! Just think about these issues. You will arrive at the conclusion that this is a well-planned conspiracy. The above-mentioned saints, who are being accused, are responsible for opposing the negatives in Western culture, which degrade society. They make people aware of the losses involved in consuming alcohol, having bad habits and following wasteful fashionable ways. They make public the dangers involved in consuming cold drinks and other unhealthy food items. They oppose religious conversion, do social service, lead people onto the path of truth, spread peace and happiness, give people a spiritual bent of mind and make them patriotic.

By accusing these innocent, respect-worthy saints and sages, conspirators are trying to create a distance between them and society. So many of our own people, without knowing the actual truth, end up supporting and helping these anti-religious forces that are enemies of the country.

Those who are promoting bandhs, taking out rallies, tearing posters, those who attacked countless disciples who came on GuruPurnima day to Amdavad with stones and looted them, why aren't they taking out bandhs for the 60 harmless people (there were 8 innocent children also) who were killed in the bomb-blasts?

If everyone is saddened by the deaths of children studying in the Gurukul, then even before the verdict of the court is out, why are false, baseless accusations being put on Sant Asaramji Maharaj? We all have to understand that behind this act of killing the

children, is a well-planned conspiracy to destroy national peace and to promote infighting within society.

May we all oppose the conspirators and support and respect these innocent saints through these difficult times.

Whatever is being shown and spread by the media is not the truth. We people have known the truth, understood the truth and examined it with firmness and thoroughness. All the accusations against Sant Asaramji Maharaj are absolutely baseless. They are only rumours. This is a big political conspiracy intended to destroy the peace within Hindus. Please inform the conspirators that we Hindus are all one. Hindus will not fight amongst themselves.

**-Sanatan Hindu Dharma Raksha Samiti**

## **Let the Media Show the Saints Altruistic Activities as well**

- Sadhvi Ritambhara

A well designed and well planned conspiracy has been undertaken at an international level against the saints of India. One or the other issue is sensationalized every now and then – some time it is an alleged murder, then it may be the allegation of money laundering, and at yet another occasion, there are attempts to destroy the respected mission of a yogi to create a disease-free world with the help of yoga, and to level vicious allegations of his medicines containing bones. A deep reflection reveals that all this is nothing but the ghost released from the bottles of multinational companies like Coca Cola, which has been exposed by saints like Baba Ramdevji. After His revelation, the sale of ‘Coca Cola alias toilet-cleaner’ received a huge setback, at least in India. This was bound to lead to some conspiracy or the other being hatched against the spiritual saints of India.

I have full respect for journalism. It holds an important place as the fourth pillar of democracy. But I want to ask my journalist brethren a few questions. Have you ever shown the alertness and alacrity with which you carry out your ‘sting operations’ to check on alleged money laundering, to capture in your ‘sting operation’ cameras, the endeavours of saints of India to uplift the tribal people, and the less fortunate sections of society living in forests and hills? Do the lights of your cameras ever flash on the untiring efforts of saints to fight the darkness of poverty and helplessness with the lamp of their philanthropic activities?

Round the clock, and with nauseating repetition, you are showing to the people of this country ‘sting operations’, the truth of which is yet to be verified. I want to ask – have you ever shown a free medical aid camp organised by a saint in a hospital round the clock? Have you ever focussed your cameras on the temples of parental love and child

care set up by saints with untiring effort, where endeavours are being made day and night with a purely selfless motive to inculcate good traits in neglected and destitute children?

No... You do it only rarely because there is no sensation in this. If at all you show these things, you will dispose of the matter showing a documentary for a few minutes. I am not levelling allegations against the media, but some bitter incidents are recalled to my mind as to how news is collected and video footage recorded to spread sensation. Even today I can recollect the fearful and horrifying incident of self-immolation of an anti-reservation student that I saw on television news – the student being engulfed by fire after setting himself alight by pouring petrol on his body, and the cameramen running after him in a bid to film the incident! Just imagine what a horrible scene it would have been! 4-5 people are running after him trying to film the helpless student. Nobody took pity on him; nobody thought of throwing a bucket of water on him to put out the fire. I want to ask – had the student been a son or brother of one of the cameramen, would he still have continued to film when he was caught in flames? Where do you want to lead this country by showing such horrifying ‘exclusive photographs’?

Today, when India is heading towards becoming a Vishwaguru (world leader), a vicious attempt to destroy the ancient cultural values of India, even now possessed by the saint community of India, is being made. Taking advantage of Hindus’ liberality, the places of Hindu pride are being attacked. Try to make a comment on Muslim or Christian faiths and their followers will instantly take to the streets. I want to make a submission to the electronic media personnel – do a ‘sting operation’ on a cow being slaughtered and show it repeatedly on your channels. Tell the people of the country what a great contribution this slaughtered cow had in the economy of the nation!

Do a ‘sting operation’ on the Madrasas where the poison of hatred is being infused into the veins of the new generation in the name of religious teachings. Show the valour of ‘sting operation’ in the deep forests and hills, where hungry tribal people are proselytized for a handful of rice. Turn your ultra-modern cameras, once in a while, to the simmering north-eastern states of the country, where fires of separatism are being fanned. This is my humble submission to the journalist community of India. You know very well what types of vicious efforts are being made at international level to alienate from the masses, the saints, who are determined to preserve and maintain the integrity of India, saving her from cultural degeneration. I ask you to track the conspiracies that are afoot to eliminate a saint who brought into light the poison in Coca Cola. Painting a negative image of the whole community of saints is unjustifiable and the media has the responsibility to halt those efforts.

## **Born to Shower Peace, Health and Happiness**

“I have been intimately acquainted with my extremely dear friend Sri Asaramji Bapu for a long time. For all people, it is essential to have good physical health and peace of mind to enjoy a happy life. It was for showering the blessings of peace, health and happiness that the divine incarnation of this great saint has taken place. Bapuji, my beloved friend

and clearly the foremost among the present day saints, has been ceaselessly travelling day and night for the upliftment of the Indian nation, Hindus, the common people, and in fact the whole world by enlightening them on various subjects through *satsanga*, *bhajans*, and *kirtanas* etc. His whole life has been dedicated to the cause of promoting health and mental peace amongst the masses. They are indeed blessed who carry out the divine work of bringing people to *satsanga* in the holy company of Bapuji.

- *Jagadguru Sri Jayendra Saraswati Maharaj*

(*The Sankaracharya of Kanchikamkoti Peetha*)

### ***‘Every One Who has Lost Hope Needs Asharamji’***

“Today I have been blessed with the *darshana* of highly respected and revered Sant Sri Asaramji Bapu who has elevated the hearts of, and bestowed peace to millions of souls. I have been filled with a great sense of fulfilment by having the *darshana* of such a great, learned saint. How can I ever skip the opportunity to have *darshana* of that great soul, established in Divine Consciousness, who has reinstated dharma, culture, spirituality and the sublime Indian traditions back into this land with full force. It is therefore that I am feeling blessed and fulfilled by coming to this place. His affection towards me is in itself a blessing. The elders are always affectionate towards the youngsters. I have come here especially to seek His blessings.

“It is my understanding that probably every individual is dejected and frustrated with life and he needs the blessings of Asharamji (Asha = hope, Rama = the Lord), the Lord of hope. If some day the nation scales great heights and becomes prosperous and well developed, it will be solely through our ancient traditions and moral values and ideals, the awakening of which will be possible only by becoming Asharam, i.e. by becoming supremely hopeful. Therefore, revered and adorable Maharaj Sri ‘Asha’ ramji is the crying need of the whole world. With prayers at the holy feet of Bapuji for His guidance, through which I may keep following His footsteps and sure enough will reach the goal as well. I pay my obeisance at His holy feet once again!”

- *Sri Ramadevaji Maharaj, the renowned Master of Yoga.*

### ***Bapuji – an Absolute and Ever growing Fountain of Bliss***

“This is not the first time that I have come for the *darshana* of highly revered Pujya Bapuji. His pious *darshana* reminds me of the sloka- ‘Diney diney Navam Navam Prati Shaney Vardamanam’ (Day by day it grows in intensity every moment) i.e. Bapuji is an ever new and every growing fountain of bliss which I am presently, and naturally experiencing right now. Many obeisances at His holy feet.

*-The Famous Kathakar Sant Shri Morari Bapu.*

### ***Who gets the Satsanga On Self-Knowledge?***

“A human birth is attained only through the grace of God. The desire for liberation is attained through His supreme grace. Only when God’s supreme grace is coupled with religious merits accumulated over a number of past births does one get to listen to the divine *satsanga* on Self-knowledge, as rendered by revered Sant Sri Asaramji Bapu.”

*- Renowned KathaKar Ms. Kanakeshwari Devi*

### ***Bapuji’s Company is akin to the pious stream of the Holy Ganga***

“I am immensely delighted, exhilarated... blissful... and ecstatic... sitting in the pious vicinity of Pujya Bapuji on the holy banks of the rippling Ganga. The Ganga is the *sushumna nadi* of India. It is the *sanjeevani* (life giving herb) of India. The Ganga, emanating from Lord Vishnu’s feet, and making its way through the ‘*Kamandalu*’ of Lord Brahma to the tufted hair of Lord Shiva, is a bestower of perfection in the triad of yoga. She, having emanated from the feet of Lord Vishnu, gives a glimpse of devotion, and being situated on the head of Lord Shiva, inspires one to become established in the higher stage of *Jnana Yoga*. Today, while listening to Pujya Bapuji’s discourses, I feel like I am taking a dip in the holy Ganga, because His discourse and His company is like the pious stream of the Holy Ganga.

“He is a God-intoxicated saint, very natural and spontaneous. He is very simple externally, yet inside He is very occult and mysterious. He has the loftiness, the purity and excellence of the Himalayas, and serenity like the deep sea. He is an invaluable asset to the nation. His pious *darshana* reminds us of the great tradition of our ancient rishis. In Him, we occasionally have glimpses of saints like Gautam, Kanaad, Jaimini, Kapil, Dadu, Meera, Kabir, Raidas, etc.

***‘He is the real Satguru,***

***who can reveal the form of the Formless to the vision of these eyes:***

***The infinite dwelling of the Infinite***

***Being is everywhere:***

***in earth, water, sky and air:***

***Firm as the thunderbolt,***

*the seat of the seeker is*

*established above void.'*

“We are sitting in the vicinity of such a rare one who establishes one effortlessly in yoga. It is of such saints that someone has aptly said:

**‘When you move, the earth, the sky and the whole universe move in tandem...’**

“When such a great man moves, the sun, the moon, the stars and the planets naturally become favourable to him. When we sit near the pious feet of such a saint, who is beyond the senses, beyond the three qualities of Nature, Transcendent, beyond description and beyond all states of consciousness...

The Bhagawata Purana says, '**Sudhanam Darshanam Lokey Sarvasiddikaram Param'**

‘In this world, the *darshana* of saints endows one with all accomplishments.’ Just by having the pious *darshana* of a saint one is blessed with Self-enquiry, manifestations of divine power, learning, strength, spontaneity, non-attachment to sense objects, cheerfulness, *siddhis* and Self-bliss.

“All the great saints of India are naturally drawn to this place. Also, all Shankaracharyas of India come here. Therefore, it naturally occurred to me that I too should go to the place where all go, for this verily is the place where one can get one’s ego annihilated. The *darshana* of such great saints not only blesses one with joy and bliss, but also grants everything one desire, cherishes and aims to get. Here I am seeing in their personification, the noble virtues of compassion, industriousness, discrimination, dispassion and knowledge. If today the holy Ganga is seen with a form, it is in the form of thoughts and eloquence of Pujya Bapuji. This is the large *pandal*, where I find blissfulness, spontaneity, loftiness, excellence, purity, the sacredness of a pilgrim center, as well as the child like simplicity, the vigor of the youth, the serenity of the elderly and the enlightened state of a Rishi. What should I call it –the city of Bliss or the city of Love? An ocean of compassion or a sea of sublime thoughts? But one thing I must admit, is that every chamber of my heart is enraptured. All of you are greatly fortunate that you are sitting at the holy feet of such a great soul, where one’s fortune is made and divine personality is developed. This is the place, where you can attain the true fulfilment of life.

*‘On attaining You is*

*attained the goal of life,*

*the objective and the purpose.*

*Without attaining You, the goal,*

*the objective and the purpose*

*–all remain unattained.’*

“I am astonished and at the same time enraptured seeing your Kingdom of Love and sublime sentiments. In my opinion, Pujya Bapuji is the Sun of everybody’s Soul. Please accept my salutations so that I may be blessed with an ever-increasing and unflinching faith in You.”

*Swami Avadeshanandji, Haridwar*

### *The Magic of the Divine Name*

“Throng of people come and listen to Sant Sri Asaramji Bapu. The reason is that He possesses the magic of the chanting of the divine name, simple behaviour, sweet affectionate eloquence, and on top of all, the answers to the fundamental questions of life.”

*- Leading ascetic Saint,  
Shri Vamdevji Maharaj*

“Swami Asaramji Bapu gives us the outlook to eradicate delusion.”

*- Yugpurush Swami Shri Parmanandji Maharaj*

“Sri Asaramji Maharaj possesses such spiritual power, that through a mere glance of His, he paves the way for lakhs of people to open their eyes of Knowledge.”

*- Renowned Swami Shri Brahmanandagiri Maharaj*

## **Quotes of those benefited by the grace of His Holiness Sant Sri Asaramji Bapu.**

### *Former Prime Minister Atal Bihari Vajpayee’s Speech in the Satsanga of Pujya Bapuji*

“My brothers and sisters – absorbed in the bliss of devotion to Pujya Bapuji! Pujya Bapuji is traversing the length and breadth of the country, inculcating good cultural traits in the minds of common people. This is such a work that has survived throughout our

nation till this day and on the strength of that we can dream for the bright future of India by collecting strength and devotional force to materialise it. Pujya Bapuji, travelling from place to place in India, is sounding the clarion call for awakening. He is teaching about respect to all religions and how to discriminate between good and bad.

“We had committed the cardinal sin of almost forgetting our ancient heritage. Bapuji is opening our eyes to see our heritage once again by applying the collyrium of knowledge to our eyes.”

*-Shri Atal Bihari Vajpayee,*

*the former Prime Minister of India.*

### ***The Nation is Indebted to Him***

“It was my great good fortune to avail of Pujya Bapuji’s divine *satsanga*. The utterances of saints have given a new message, and new inspiration in every age. The way Bapuji is disseminating the message of truth, compassion, and sympathy in today’s atmosphere, infested as it is with strife, revolt and malice, the nation is indeed indebted to Him. The nation will forever remain indebted to His Holiness also for the untiring efforts made by Him through *satsanga* programmes and *Dhyana Yoga Shivirs*, for promoting self-restraint and *brahmacharya* that strengthens the foundation of the youth of the nation, enabling them to attain success easily.

*- Shri Chandrashekhar,*

*the former Prime Minister of India.*

### ***Congratulations for Commendable Success in Efforts***

“I am very much pleased to know that the ‘Sant Sri Asaramji Ashram Trust’ is organizing *satsanga* throughout the country with a view to spreading the message of peace, non-violence and brotherhood amongst the people. I congratulate it for the success in its efforts which are highly commendable.”

*- Shri K.R. Narayanan, the*

*then President, Republic of India, New Delhi.*

***You have Kindled the Light of Divine Knowledge.***

“The light of divine Knowledge kindled by you (Sant Sri Asaramji Bapu) in India and the world for awakening and developing spiritual consciousness has illumined the whole of mankind. The whole society is indebted to you for spreading the light of faith, self-restraint, peace and contentment dispelling the darkness of atheism and skepticism that had enveloped the society affected with ignorance, inertia, the pairs of opposites and the three fold afflictions.”

**- Shri Kamalnath, Minister for  
Commerce and Industry, Government of India**

### ***You are Bringing about the Overall Development of Society***

Spiritual peace, which is on the verge of extinction in the hectic and competitive age of today, is being easily imparted to mankind by your efforts. You are bringing about the overall development of society through spiritual knowledge and strengthening it's faith in religious and moral faith.

**- Shri Kapil Sibbal,  
Minister of State for Science & Technology & Marine Development,  
Government of India.**

### ***The Nation is Bound to Prosper under the Guidance of Saints***

“The life of Pujya Bapuji is a unique combination of *Karmayoga*, *Bhaktiyoga*, and *Jnanayoga*. You are guiding millions today. The nation is bound to prosper under the guidance of saints. I often urge the political bigwigs to take the opportunity of the blessings of the Saints so that they can maintain their power and position, and establish dharma by taking refuge at their feet.”

**- Shri Ashok Singhal,  
President, Vishwa Hindu Parishad.**

### ***Bless us that we may never swerve from the path of Truth***

“Please do provide us with Your divine guidance always, we certainly need it. Bless us such that we may shoulder the responsibility assigned by You. May we steer clear of the path of evil and tread the righteous path. May we serve the people and our noble culture most efficaciously, and may we never ever swerve from the path of truth. ”

- *Shri Uddhav Thakre,*

*Executive President, Shiv Sena.*

### ***A conspiracy against the Hindus***

We strongly condemn allegations that black magic is behind these deaths (of Gurukul boys) and Bapu Asaramji is involved therein. This is a big anti-Hindu conspiracy. All of us should unitedly condemn and counter it.

- *Pawan Gupta, National President, Shivasena Hindustan*

### **Beware of Malicious propaganda**

From time immemorial India has never been bereft of great men. For the last 45 years the effulgent spiritual wealth of India, Sant Sri Asaramji Bapu has been travelling across the length and breadth of India imparting spiritual knowledge to awaken the masses. His life is a source of inspiration to millions. Under His guidance, some 1300 Yoga Vedanta Seva Samitis have been established, 300 Ashrams and 17500 Bal Sanskar Kendras have sprung up. Besides this Gau-Seva centers, de-addiction campaigns, prisoner reformation programs, and many other programs to support tribal people by providing them food, clothes etc. free of charge, are carried out. The number of Bapuji's disciples is in crores across national and international boundaries, and His listeners are in even greater number than his disciples. His main contribution has been the revival of the age old Guru Shishya parampara. It is no surprise therefore that some people are jealous of His achievements. There is nothing new in mud slinging at great men. There is a rumour being spread that Bapuji was a bicycle mechanic in the past. These slanderers have no right to publish such falsehood. To set matters right, we will recount the real history of our beloved Asaramji Bapu. He was born in the Sind province (of undivided India) in a well to do family of Shri Thaumalji Sirumalani on 17th April 1941. From early childhood, His eyes were sparkling and His countenance radiant. During the partition of India in 1947, the family migrated to settle in Ahmedabad. He attended school only up to the third standard, but He was inclined towards Yoga and spiritual practices. Later He helped His brother in running the sugar wholesale business, but mentally He was engrossed in God. During His pilgrimage He visited Nal cave in Mt. Abu, Kedarnath, Haridwar, Vrindavan and finally ended up in the jungles of Nainital where He concluded His travels at the feet of Leelashahji Maharaj. While living in Siddhpur, His spiritual siddhis attained through intense sadhana became known and He came to be recognized as a holy man. At the age of 22 in 1962 He attained God realization. At that time He was accompanying His Guru in Vajreshwari near Mumbai, and at the Guru's command He set out to deliver spiritual discourses to lead the mankind on the path to God, and teach them to lead a physically and mentally healthy life and show them the way to attain peace and liberation.

It is the ignorant and the deluded people who compare different saints. The comparison is usually in terms of number of Ashrams, and followers etc. To evaluate saints on the

basis of their income and to search for the sources of their income is utter foolishness. If you want to compare the properties of religious leaders, why don't you take all religions into consideration? If the religious trusts do not have money, will their critics or the government provide them with money for their divine works and philanthropic activities? Those who are detached from the world and who feel the whole world as their own being - is it right to evaluate their worth on the basis of financial strength? Whenever God and saintly men have incarnated on this earth, their enlightening discourses have been faithfully penned down by their followers. In order to propagate the discourses delivered by Pujyashree, Rishi Prasad, Lok Kalyan Setu, cassettes and CD's, along with spiritual literature are produced and made available at very low prices so that it reaches the common man. Contents are drawn from scriptures such as the Gita, Bhagwat, Vedas and Upanishads. Rishi Prasad and Lok Kalyan Setu are purely spiritual periodicals giving guidance on how to lead a happy, contented and respected life, and how to attain Self-realization. It is not a commercial enterprise, as no advertisements have a place in the magazine. No donations are collected for it. Is this not a service to mankind? Is it justifiable to call this divine work of Bapuji as His property and source of income, insulting the religious people of India?

In fact it is very difficult to establish moral values in society, but extremely easy to oppose others. May God give right understanding to the people, so that rather than talking nonsense, they may appreciate the divine works of the saint.

Whatever products are manufactured in the Ashram like incense sticks, Ayurvedic medicines and soaps, are made available to the devotees at rock bottom prices; they are not sold anywhere in the market place. The news papers and periodicals opposing Indian culture that are spreading such rumors are committing the ghastly sin of destroying the faith of sadhakas when they misuse the freedom of press to publish that such endeavours earn Bapuji billions of rupees. It should be stopped. The magazines publishing that festivals such as Gurupoonam and satsanga programs earn billions of rupees for Bapuji, is an insult to the ancient Guru Shishya Parampara and the great festival of Gurupoonam. Pujya Bapuji is freely distributing the spiritual treasure of India throughout the country. No fees have ever been levied to crores who participate in the spiritual intensives of imparting knowledge and Shaktipat. To calculate this holy man's income is utter stupidity. In fact, the marketing western culture tries to evaluate every activity in financial terms. For them, the values and bases of Sanatan Sanskriti are insignificant; rather, they are bent on destroying it. Such tendencies will never be forgiven by the religious minded people of India.

On 3rd July at around 8:30 in the night, two Gurukul students absconded, and their fellow students commented that the two students said that their parents would come to pick them up as they had planned to go for sight seeing. One or two days before, they had claimed that they wanted to attend the Rathayatra (chariot procession). The Gurukul authorities conducted a preliminary search and it was confirmed that the two boys were missing. This confirmation came at 9:00 PM, and immediately they informed the parents at around 9:15. Instead of appreciating the promptness of the Gurukul authorities in communicating the event, they are being blamed. Due to their selfish interests they are misleading the

Vaghela family and unnecessarily vilifying the Ashram, and they are also creating a gulf between the Saint and the public. This will weaken the society and nation. When the Vaghela family did not themselves encourage violence, who were the instigators of the outrageous oppression on the innocent devotees? It hurt the religious sentiments of millions of people. The conspirers do not realise what great damage they have done to humanity.

Many dramatic changes occur in the lives of great men. Thousands become their followers and then leave them as an effect of their karmas, but does it cause any harm to these great men? Bapuji also had many disciples in his ashram. Many of them left him due to a change in their understanding and it is common knowledge that some school children take admission and leave in-between. Some even leave during their college studies. Great men always wish for the good of all-never do they wish ill of anyone. Such people who come and then leave, fail to recognize the great men and in the end repent. After leaving them, they then accuse and slander them, but did the detractors of Lord Mahavir, Mahatma Buddha, Meerabai, Guru Nanak, Lord Rama and Lord Krishna find any place in history? Such people continue to transmigrate through the misery of thousands of births. Many people join offices, factories, ashrams, political parties and organizations in the world, and some are expelled or suspended. If such people bad mouth the parent organization, what credence should be given to them?

Whatever Bapuji has today, belongs to the various trusts. They are registered public trusts and detailed accounts are kept and audited. Proper land records are maintained and due process of law is adhered to. The trusts have the rights over property, thus it is erroneous to project on TV channels and media that Bapuji and His disciples have usurped the land. Why is the patience of Bapuji's followers being put to such an extreme test? Why are you continually testing their patience? What purpose will be served by evaluating the lands in Delhi, Amdavad, Surat, Pedmala and Panched and declaring it to be worth many crores or billions? In this country thousands of trusts are running thousands of ashrams, hospitals, schools, colleges, temples, mosques, churches and gurudwaras, thus serving the whole society. Then why should anyone object to the ashrams built by the endeavour of millions of sadhakas of Bapuji engaged in social service where millions get peace, fearlessness, shelter, and noble thoughts?

During the Amdavad Gurupoonam program, conspirators and anti-social elements combined to pelt the devotees with stones, hit them with sticks, misbehaved with ladies (and disrobed them in public) and burnt and destroyed their cars and vehicles. In these circumstances, can the devotees remain merely mute spectators? If the devotees stood up in self-defense at being pelted with stones, we do not think there was anything wrong in it. People defending themselves against those hooligans were labeled as hooligans themselves. Why did the media not condemn the oppressors of the sadhakas? Amongst the lacs of devotees, if some lost their temper amidst these unjust attacks, is it right to hold the ashram and Bapuji accountable for that? Actually spreading half-truths is harmful to the society.

Millions of people wait for hours to have just a glimpse of the compassionate Bapuji

Who wishes only the good of all. To project Him as a horrible violent Tantrik and inventing cock and bull stories against Him to defame Him is a grave insult, not only to crores of Bapuji's sadhakas across the country, but also to the Indian culture.

The 'Gurubhaktiyoga', written by Swami Sri Sivananda Saraswati, which sheds light on the Guru-disciple relationship and 'Panchamrita' are great books of Sanatana Sanskriti. They contain teachings from the Vedas and Upanishads. Those making useless comments against these sacred scriptures are only giving proof of their debased mentality. It is not right to degrade or write denigrating articles against any religious scripture. In a secular State like India, every citizen has the fundamental right to practise his own religion. Nobody can question the authenticity of the incontrovertible principles of the traditional Guru-disciple relationship in Sanatana Culture (which has been in practice since time immemorial), but some news papers and TV channels have gone to the extent of questioning this tradition. To project these scriptures as books which misguide a sadhaka, is a grave insult to the Indian Culture. Isn't the false media propaganda a conspiracy? It is contemptible indeed. Do not incur, or make society incur sin by making false allegations against the saints.

The more the slanderers carry on their false propaganda, the more does the number of satsangis and people who come for darshana increase.

**'The devotees cannot be misguided by misleading propaganda. Once they step ahead they cannot be forced to retract.'**

**-Shri Mahesh Gupta**

## **Prarthanashtakam**

I pray to Gurudev,

"May the world become like heaven."

May the life be loftiest; may we bring spirituality in practice!

May we not live a selfish life;

may we be caring towards all men!

O Gurudev!

Bless us with thoughts we should think!

May we be devoted to the Ultimate Reality; Gurudev's command!

May we be wedded to true love, daily spiritual routine, Dharma and pious deeds!

May we be averse to untruth,

injustice and egotism!

May we be prepared to lay down

our lives serving others!

May we not be of little intellect;

may we be cosmic and divine in existence!

May we be one with Rama consciousness, Krishna consciousness, cosmic being,

Divine Existence!

May we subdue our senses;

may we be valiant and patient!

May we be clean and pure in mind;

may we be engaged in Dharma!

May we be free from fear in body,

mind and intellect!

May we be fearless in action;

may we open our affection to all!

May we sing paeans for the Lord

to attain Ultimate Truth!

May Knowledge of Supreme Brahman  
dawn on us and deliver us!

May our body and mind be

always pure in conduct!

May we never be deserted by  
spiritual power even for a minute!

May we remember our immortal  
Atman in every breath!

May we always be equanimous  
even in the face of death!

O Gurudev! May we always Know  
your immortal Light as own Self!

You are always Truth Consciousness!

May the whole world know!

You are beyond sects,  
castes and nationality.

You are free from diseases, immutable, omnipresent and beyond phenomena.

May virtues and righteousness grow in the world; may everyone perform his duty!

May everybody be solemn at heart  
and speak truth and knowledge

May the thoughts of being lowly or  
untouchable be banished from our hearts!

May everybody be pure in mind  
and virtuous in acts!

May we be different physically,  
we are one in essence!

May all have the same Knowledge that makes one free from doubts of duality!

‘Tukdo’ says may everybody  
in the world attain this immortal state!  
He may not abandon his home  
but remain absorbed in the Guru’s feet.

## Ayurveda’s Precious Gift: Triphala

*Triphala* is made up of three high quality medicinal herbs: *amla* (Indian gooseberry, *Bot. Embilica Officianalis*), *harad* (*Bot. Terminalia Chebula*) and *baheda* (*Bot. Terminalia Bellerica*). *Amla* provides longevity. *Harad* functions as a protector like a mother, and *Baheda* works to purify the whole body. This makes *triphala* a precious gift for mankind from our ancient sages. It removes abnormal *kapha* stored in the body, digests *amadasha* (immature *rasa*) and waste products in the body making it pure and efficient. It removes dullness of the intellect and senses (especially the eyes) making them sharp. It prevents impotency and diseases. It functions as an excellent *rasayana* (promotive therapy), antibiotic and antiseptic. It improves the eyesight, expels faeces, stimulates the digestive fire and destroys *kapha* and *pitta*. People who consume *triphala* and follow a disciplined life style with controlled eating habits, are saved from the possibility of having illnesses like heart disease, high blood pressure, diabetes mellitus, eye diseases, abdominal disorders, obesity etc. It destroys twenty types of diabetes, different types of leprosy, irregular fever and inflammation. It strengthens the skeletal system, hair, teeth and digestive system, and its regular consumption makes the body disease-free, robust, light and energetic.

Even Pujya Bapuji takes *triphala* daily.

### Recipe for making Triphala Churna:

**Ingredients:** Dry Native Amla, Big *Harad*, *Baheda*.

**Method:** Take equal quantities of the three ingredients. De-seed them and grind all three together to make a fine powder. After sifting through a thin cloth, store in a glass jar.

### Medicinal Uses of Triphala

\* **Eye Wash:** Soak a teaspoon of *triphala churna* in a bowl of water at night. In the morning, wash your eyes with this water after straining it through a thin cloth. This remedy is highly beneficial for the eyes. With this, the eyes remain clean and eyesight becomes sharp. This eye cleansing therapy is very helpful in cases like irritation of the eyes, redness of eyes, watering of eyes and conjunctivitis.

\* **Gargling:** Soak *triphala churna* at night. In the morning, after brushing your teeth, fill your mouth with this water. Rinse vigorously around the teeth and gums and then spit out. With this, gums and teeth remain strong through old age. It is beneficial to brush your teeth occasionally with *triphala churna*. By gargling with *triphala* water, as described, ailments like apathy, halitosis (bad breath) and ulcers in the mouth get destroyed.

\* Consuming a mixture of *triphala churna*, cow's ghee and honey (more ghee and less honey) is a boon for the eyes. Along with disciplined living and eating habits, consuming this mixture prevents eye diseases like cataract, hyper mature cataract, defective vision, etc. Eyesight remains stable and keen throughout old age.

\* Washing a wound with a decoction of *triphala* prevents the need of using allopathic antiseptic lotions. The wound heals quickly.

\* Boil *triphala* in water. Take this mixture after adding honey to it when it is luke warm. This reduces obesity

\* *Triphala* is very beneficial for all urinary problems and diabetes mellitus.

\* Constipation gets cured by taking *triphala* with lukewarm water at night.

**Dosage:** Have 2-4 gms of *triphala churna* with lukewarm water after lunch or at night. If you are unable to take this after dinner, you can even take it early in the morning.

## **Precautions**

Weak and debilitated people, pregnant women and people with acute fever should not take *triphala*. If you have to drink milk, then keep an interval of two hours between having *triphala* and drinking milk.

\*

## **Foods which aggravate or pacify the three humours (*doshas*)**

Among fruits, dates, amlas, *harad*, ripe desi mangoes, sweet pomegranate, sweet grape, ripe papayas and ripe tamarind pacify the three humours. Raw mangoes and sour grapes aggravate the three humours.

We express our heartfelt sympathies to those devotees who were troubled by antisocial elements and many of them who were prevented from coming to Amdavad ashram for Guru Purnima celebrations. Please send a detailed account of any injury or trauma you

suffered to the address given below. In addition, please mention your complete address, phone number, email address etc.

Akhil Bharatiya Yoga Vedanta Seva Samiti

Sant Sri Asaramji Ashram, Amdavad.

Email: [ashramindia@ashram.org](mailto:ashramindia@ashram.org)

## **‘Neem Oil’: Propaganda Exposed**

Neem oil is available at seva centres of the Ashram. The propaganda that is going on is that a child from Pune, Maharashtra drank this oil and developed paralysis. In reality, two years ago when this complaint had been voiced, the ‘Food and Drug Administration’ department’s government officials at that time got the oil tested in the laboratory and declared it completely safe. The following is the certificate:

### **Certificate of Test or Analysis by Government Analyst.**

(Under Section 33-H of the Drugs and Cosmetics Act, 1940)

**Name of the Inspector from whom received:** Shri P.M. Patil, Food and Drug Administration, Pune, Maharashtra. Date: 23 June 2006

#### **Name of Sample: Neem Oil**

- (1) The sample complies for Toxicity test
- (2) The sample complies with requirements for skin irritation Test as per I S: 40:1: 1997.
- (3) The sample does not give identification test for the presence of steroids.
- (4) The sample gives identification test for the presence of Neem oil.

**(This proof reveals the defamation campaign plotted to bring disgrace to the Ashram)**

## **My firm belief – He will be born to a virtuous family**

“I am a *Poonam Vratadhari* since 2001. Through Pujya Bapuji’s *satsanga* and vicinity, I have always experienced peace and happiness in my family life. I admitted my child,

Ramakrishna Yadav, in Chhindwara Gurukul in 2008 because Ramakrishna was Bapuji's *prasada* and I wanted to offer my son for doing voluntary service for Bapuji and for society. Accidentally on 29th July, 2008, my son passed away.

I am not sad about the fact that Ramakrishna has passed away. Infact, I am happy that he was able to imbibe the *samskaras* of devotion, Yoga and *Jnana* in Bapuji's Gurukul. The soul is ageless and immortal. With values imbibed in this life, his journey will be divine, and I have firm faith that he will be reborn in a virtuous family. I shall also educate my second son Shivam, who is now two years old, in Bapuji's Gurukul.

**- Mohanlal Dvarikaprasad Yadav**

**Shanti Nagar, Room Number-16,**

**S.P. Road, Wadala East, Mumbai - 37.**

## **These incidents are a conspiracy against Bapuji and the Ashram**

Chhindwara Gurukul's student, Vedanta passed away recently. His mother, Puja and father, Krishna said, "We still have as much faith in the Ashram. Our daughter, Vedanti, also studies in the Ashram's Gurukul and will do so in the future as well. If we had more children, we would educate them too in the Gurukul. It is very clear that these incidents are a part of the defamation campaign conspired against Revered Bapuji and the Ashram."

## Glossary

Om - the pranava-pronounced as 'Aum', it is the monosyllabic personification of the Supreme Being.

a – this is pronounced as 'aa' like in archana, which is pronounced as archanaa.

Ashwamedha Yajna – fire sacrifice involving a horse (a ritual practised by great kings of yore to establish their undisputed supremacy all over the land. In this, a horse is left free to meander at its sweet will and the lands and areas it crosses over without any protest from the local rulers are considered to have accepted subjugation).

Bhandara – a community feast followed by distribution of utilities and cash.

Brahmacharya – celibacy.

Brahmajnani – a Self-realized one.

Bhaktiyoga – path of devotion.

Japa – repetition of a mantra or the Lord's name, vocally or silently.

Jnana Yoga – the spiritual path of knowledge.

Kamandalu – a water-pot used by mendicants.

Mahavakya – one of the four 'Great Utterances' in the upanishads that lead to Self-realization.

Ojas – inner radiance or lustre of the body.

Palasha – the tree butea frondosa or its flower.

Poonamvratadhari – a devotee who observes the vow to having Bapuji's darshana on every full-moon day before taking food.

Samskara – inherent tendency; impressions left in the mind after any experience, often those brought over from former births.

Sankirtan yatra – a procession taken out with the chanting of devotional songs.

Shaktipata – blessings or transferral of spiritual energy.

Trataka – a yogic practice focusing the eyes on a single point for a long period of time without blinking.

Tritapa – the three fold afflictions /torments.

Yoganidra – a state wherein the body is asleep but the spirit is awake in the Real Self.