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THOUGHT FOR TODAY

"निश्चिन्तता, निर्भीकता और प्रसन्नता से
जीवन का सर्वांगीण विकास होता है।
अतः उन्हें बढ़ाते जाओ।
ईश्वर और संतों पर श्रद्धा-प्रीति रखने से
निश्चिन्तता, निर्भीकता और प्रसन्नता
अवश्य बढ़ती है।"

"A cheerful, fearless and worry-free person makes progress in all spheres of life. Therefore, develop all of these qualities. Keeping faith and devotion in God and God-sent Saints increases these qualities"

ANSWERS BY PUJYA BAPUJI

How can we elevate our lives?

Pujya Bapuji says: Whatever you do, do it with an altruistic motive. One should raise one's children and serve one's husband, wife or neighbor selflessly, without any expectation and should have unflinching faith in God. This will transform your actions into karma yoga. You will experience Self-bliss, self-satisfaction and also have your capabilities developed. This in turn will earn you the pleasure and co-operation of society. Engage the body in rendering service to others and acts of sacrifice; and yourself in thoughts and contemplation of God.

What is the cause of diseases?

Pujya Bapuji says: Diseases in general are caused by the intake of an unrestrained and compatible diet, the effect of one's past deeds or changing seasons. A disease is sometimes the effect of bad food habits, then at times the consequence of a sin, and at other times a warning signal.

PEARLS OF WISDOM

ॐ There is no affliction like lust, no enemy like delusion, no fire like anger and no joy greater than attained from enlightenment. ॐ Those who are wretched, crave only for wealth. Ordinary people crave for both wealth and fame, while the wise ones aspire only for salvation. Undoubtedly, salvation alone is the true wealth for great men. ॐ An industrious person never faces poverty, one engaged in jap escapes from all sins, one who observes silence is spared from verbal conflicts and a careful person is ever fearless. ॐ One should neither grieve over the past nor worry about the future. Wise ones always remain completely engaged in the task at hand. ॐ One should risk one's own life, apply all of one's faculties and all one's wealth to do good to others because the virtue equal to that gained from charity cannot be obtained even by performing hundreds of yajnas.

LOVING DEVOTEE……SIX QUALITIES

ॐ Naradji says "A devotee, a divine lover, is delivered and becomes instrumental in delivering others as well". Such a lover of the Lord remembers and worships Him not for wealth or honor, but only out of his pure love for the Lord. Love is the very personification of God. HE who has attained pure love has attained God. A divine-lover has six qualities in his life:

FIRST: He does not quarrel or complain over trifling matters, nor does he criticize others. Even in situations where a quarrel seems inevitable, he forgives the offender in the name of God.

SECOND: A lover of God doesn't waste time in gossip or other futile things. He does not fritter away his time in thoughts of acquiring and accumulating material possessions, satisfying desires and brooding over the past.

THIRD: A lover of God doesn't take pride in the power, position and wealth he may possess. Those without the tutelage of a Guru tend to become proud of their profession, other qualifications, position, wealth and public service.

FOURTH: A lover of God develops a penchant for the Lord's name and His divine qualities. Whether walking or sitting, he continuously chants the Lord's pious names like Hari Om, Rama, Krishna, Narayan etc. He takes pleasure in listening to the chanting of the Lord's name.

FIFTH: A lover of the Lord is always charged with a deep aspiration for God-realization. He is hopeful that sooner or later, he will realize God.

SIXTH: When the divine lover's love for the Lord becomes one-pointed and exclusive, he and his beloved Lord attain perfect unity. Then he never finds his beloved Lord to be far; he is always talking to Him, irrespective of in whatever pursuit he may be outwardly engaged.

SIGNIFICANCE OF SWASTIKA

ॐ To attain peace of mind and cocentration, draw the auspicious sign of "Swastika" on the floor of your meditation room and sit on the asana spread on it. It can also be drawn in the bed room, on the floor under the cot. The lines of "Swastika" absorb the negative energy in the room and transform it into positive energy, thus making for the shortage of positive energy.

"Swastika" drawn as per the directions given below accumulates energy of all the 27 constellations.

ANULOMA-VILOMA PRANAYAMA

Position Sit in a comfortable posture, keeping the head, neck and spine in a straight line.
Place the right thumb on the right nostril, the right index finger between the eyebrows and rest the middle finger against the left nostril.

Steps

1. Inhale through the right nostril in winter or left nostril in summer.
2. Again inhale through the same nostril, depending on the season and exhale through the other.
3. This completes one round of Anuloma-Viloma Pranayama.
4. It can sometimes be practiced with retention in and out during inhalation and exhalation respectively.
5. With practice, you should reach a ratio of 1:4:2, which means breath should be retained four times longer than inhalation and exhale two times longer than inhalation.
6. Repeat this practice nine times in the morning at noon, and in the evening.

Time Start with three pranayamas, extending this to twenty-seven; nine in the morning, nine at noon and nine in the evening per day.

Benefits

1. This practice will bring about profound benefits.
2. It will remove tension, fear, and worry and will make the mind calm, poised and serene.
3. It will purify the nervous system in a period of approximately three months.
4. It increases Satwa (purity and illumination) and weakens Rajas (desire), and Tamas (delusion, ignorance, sloth and sleep).
5. Through the practice of this Pranayama, happiness, health, vigour and melodious voice can be attained.

HYPERTENSION

ॐ **Causes of Hypertension:** The main cause of hypertension among young people is physical and mental stress. Pressure on the mind and body experienced in everyday life is called stress.
ॐ Overeating and an unhealthy diet particularly the excessive consumption of salty, sour, spicy, fried, hot, pungent and oily foods is an open invitation of hypertension. Therefore, avoid such foods.
ॐ Salt has the natural tendency to increase blood pressure. The salt that I spresent naturally in fruits and vegetables is enough for our body's daily salt requirement. ॐ The stimulation caused due to consumption of intoxicants like tobacco, alcohol and narcotics also increase blood pressure.
ॐ**Signs of Hypertension:** Headache, giddiness, perplexity, uneasiness, palpitation, difficulty in breathing even with a small amount of exertion, insomnia, weakness of the sense organs are some of the chief symptoms of hypertension.
ॐ **Treatment:** Make a concentrate by soaking 15 to 20 grams of black raisins for 5 to 6 hours in 200 ml of water. Boil the black raisins in the same water till it is reduced to about 50 ml. Take this concentrate along with 3 to 5 grams of triphla churna before going to bed at night. Triphla is a soothing, mild and excellent purgative. It is also a good rasayana. A regular user of triphla is saved from hypertension.

HERBAL MEDICINES FROM ASHRAM – HINGADI HARAD CHURNA

ॐ Hingadi Harad Churna cures various stomach related ailments such as: gas, acidity (amlapitta), constipation, abdomen inflammation (afra), heart burn, headache, indigestion, low appetite. The churna is highly beneficial in skin diseases such as white patches on skin, acne, pimples and other problems relating to liver, cough, arthritis, heart problems, piles, cold, phlegm, kidney problems and diseases related to menstruation in case of ladies.

This churna is carefully prepared by mixing asafoetida, ajvayn (a type of dill seeds), saindhav salt, cardamom, along with harad dried after soaking it continuously in cow's urine for seven days.

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