



Vaishnav Innerfaith Pushtimargiya Organization

# pushti awakening

April to June 2021



Inspiration

HDH SHASTHPITHADISHWAR GOSWAMI 108  
SHREE DWARKESHLALJI MAHARAJSHREE

Guidance

HDH GOSWAMI 108  
SHREE AASHRAYKUMARJI MAHODAY

Guidance

HDH GOSWAMI 108  
SHREE SHARNAMKUMARJI MAHODAY

## MESSAGE FROM THE EDITORIAL DESK

Bhagvad Smaran!

We are extremely blessed to publish the 2021 second edition of Pushti Awakening as India continues to confront the second wave of the deadly effects of Covid 19 Pandemic.

We are truly indebted to our beloved Pujya Jejeshri, HDH Shashthpithadishwar Pujya Pad Goswami 108 Shri Dwarkeshlalji Maharaj for his guidance as well as for his inspirational, positive and practical message. We are also very thankful to our young Vallabhkul Acharyas, HDH Goswami 108 Shri Aashraykumarji Mahodayshri, Shri Sharnamkumarji Mahodayshri and Pujya Jayathi Vahuji for sharing their insightful articles and recipes.

We extend our gratitude to the esteemed young shashtrijis and scholars for their informative and thought provoking articles.

We hope you also take time to check out our collage of photographs from our recent humanitarian efforts during Covid 19 with support of grocery kit distribution as well as oxygen concentrator distribution to the needy members of our society.

As always, we would love to hear from you. Please do not hesitate to connect with us with any questions, suggestions or articles you would like to share with us at [info.vipovadodara@gmail.com](mailto:info.vipovadodara@gmail.com).

The Editorial Team

## Message From Pujya Jeeshri

**My Beloved Vaishnavjan,**

To be able to live life with our hearts and minds filled with an abundance of strength and joy in this difficult time of Covid 19 is a rare gift. Spirituality and religion can be extremely helpful to achieve the stability required to navigate life during these challenging times.

Many of us may think, what does spirituality and religion have to offer when we are daily facing such dire consequences of the effects of Covid, especially when the temple doors have been kept closed during this unprecedented crisis. Shri Prabhu closed the temple doors to stir open the door of our hearts and minds so that we can fully experience his presence in the sanctity of our homes where he is already present.



Across the world, Covid 19 has brought about increased incidence of depression, anxiety, insecurity and fear amongst people of all age groups. Today, there is a lot of negativity that permeates in every aspect of our daily lives. We all need to make a concerted effort to face every situation positively with the focus on three very important points of self introspection, acceptance of the reality and adjustment to the circumstances.

Religion through spirituality can guide us to self reflect, show us how to accept the reality and teach us to adjust to the most difficult situation. So even when we are suffering physically, our hearts and minds can remain stable and positive. However, if we become extremely overwhelmed, our scriptures instruct

us to constantly focus on Shri Prabhu alone through seva, smaran, satsang, sankirtan.

It is only through personal experience that one can realize how religion and spirituality can play a positive role in times of physical and mental difficulties.

**My Blessings Are Always with You,  
-Go. Shri Dwarkeshlalji Maharajshri**

## Sewa in the devotional stream of Pushtimarg

In the devotional stream of Pushtimarga, serving the Lord is our supreme religion. Just as life is not possible without water, so it is not possible to attain the Lord without service. The most direct way to attain the Lord is service. The service of the Lord in the path of grace is done from childhood. Just as we pamper our children at home, we should pamper our Lord as us. It is as if the



Lord has to serve with pampering love, realizing that he is like a child, happy, naughty. There are different streams of service to the Lord through kirtan, through providing the material, the service of clothing, the service of preparing ornaments. By the grace of Shri Vallabhadhish Acharyasri, the Lord is present in all our homes and by the grace of Sri Gusainji, we can move forward on the path of service. The devotion must be done at the price of Tatsukh. Where the Lord's happiness is to be considered, there must be a

beautiful combination of adornment-materials and manners. "My mind is full of rubies, my mind is full of charms, and love is the key to the release of such an interest. "Our mind is mortgaged to Manek Mohan and the interest in love has increased so much that there is no hope of getting out of it now. Once the heart has been given, once it has been placed at the feet of Lord Krishna, how can it be freed from naughtiness. If you want to be bound in the bondage of God easily and instinctively, the best way is to serve the childishness of the path of confirmation. Mangala, Srungar, Gopi Vallabh, Rajbhog, Utthapan, Bhog, Sandhya and Shayan. These eight types are the daily value of Lord Krishna.

Think of the Lord's daily routine with the same childishness as our child's daily routine.

The order of service to the Lord is from Mangla. Amangalam Naivarutairthay ..... Destruction of Amangal means the beginning of Mangal. For worldly Vaishnavism, it has become inevitable today for Vaishnavism to wake up in the morning and look at the phone, but Prabhat must start with Prabhusmarana. By meditating on our all-embracing Lord Krishnachandra Prabhu by joining hands with the price of humility in the heart, the mind is purified, bathing purifies the body. Serving leads to inner purification which includes all kinds of service to the Lord. The whole day is spent very happily being loving and serviceable. Many Vaishnavs do not order service due to lack of time. By waking up in the morning - Brahmamuhurta, Vaishnav gets an unparalleled combination of the benefits of body health, also the convenience of time and the taste of devotion to the Lord. A feeling of wonderful energy during the day, an increase in work capacity as the mind is in an excellent state, an unprecedented change in temperament and a sense of humility are felt by Vaishnavs. Waking up in the morning, bowing to the Lord seated in the heart. Brahasambandh, remembrance of one's own Acharyacharan Srivallabha, remembrance of Srigusainiji, remembrance of one's own guru and then the order of defecation and bathing. One should serve the Lord every day. That is the order of continual service.

Sri Gusainiji has commanded that you will get the fruits of service only if you combine the type of affection in service, the idea of Tatsukh, the conduct of Vaishnavism and the right to receive the grace of God in this survey service work. So let's think about Mangla In the next issue ...

**- Pujya Shri Aashraykumarji Mahodayshri**

## Your Thoughts Are Reflection Of Yourself

It is believed that what you think is what you become.

Our mind set influences our behaviour and our behaviour expresses into our actions; our actions create an impact which ultimately shows its repercussion on ourselves. So why not shape our thoughts, ideas and perception in such a way that when it comes back to us we can happily accept it.

So how do we reach there ?

Let's go through a process which will help us to figure it out that how we can explore our thoughts and actions, cultivate them and transform the result.

### Exploration -

#### 1. Behavioural Analysis

Start monitoring your behaviour. Why are you behaving in a certain way? What is the idea behind it? Try knowing the reason through understanding your past experiences.

#### 2. Knowing Your Past

It is believed that our past experiences are the reason of our current behaviour. Humans past experience is a teacher. We learn from them and take decision and do actions from those teachings from past.

#### 3. Understanding Environment

Observe your surroundings - what do you see ? Is the environment suitable for what you want to become? Will it help you to grow through it or does it need modifications and changes? Are people around you the ones who wish for your growth? Are you ready to take criticism and advice from the people around you? Do you trust them for this? Try answering these questions and you will know if any changes are needed in your environment.



## Cultivation

### 1. Strategy Making

Identifying the changes needed to be made and making a strategy for bringing those changes. Focusing individually on the issues related to your environment your past and your behaviour, plan for steps to be taken to bring a change and cultivate your thoughts.

For “growing” through the process you need to “go” through the process. Cultivation helps you to enhance your thinking and bring a transformation. To cultivate is to imbibe culture. And when you culture yourself you become an identity, leading a particular way of life to grow and transform the way you think. Indian thought has always focused on knowing yourself rather than knowing someone else. If you can understand who you are , it becomes easy for you to understand with whom you are. Once you start knowing yourself you can experience the divine who is always with you but can't be seen because of ego, greed, anxiety, fear, selfishness etc. Once you start knowing yourself and experience the divine within, you start looking at the world through the lens of the divine and hence you perceive divinity everywhere and in everything.

### 2. Transformation

When you transform, the core remains original but the way of knowing it, and understanding it changes.

We humans have a dynamic nature and hence we have a tendency to transform our self, from time to time. From radios to OTT platforms we have seen a drastic change in all. With that humans have transformed their way of living in all possible ways and it keeps on going. The key aspect to be considered here is that if the roots are not strong enough the the tree can't stand. It doesn't matter if we have transformed or not, what matters is that after the transformation , are we still grounded to our roots.

Having a clear understanding and awareness of the origins of my existence shapes my way of thinking and that in turn shapes me.

And so , **What I think is what I become!**

- Pujya Shri Sharnamkumarji Mahodayshri



# Glimpses of the celebrations on the auspicious occasion of Shrimad Mahaprabhuji's Utsav



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Shashthapithadhiswar HDH Go.108  
Shree Dwarkeshlalji Maharajshree



HDH Go.108  
Shree Aashraykumarji  
Mahodayashree



HDH Go.108  
Shree Sharanamkumarji  
Mahodayashree



**VIPO - Pushti Anna Yojana**  
It's Our Duty....

*With the divine blessings and guidance of HDH Shashthpithadishwar Pujya Pad Goswami 108 Shri Dwarkeshlalji Maharajshri, Yuva Acharya Pujya Pad Goswami 108 Shri Aashraykumarji Mahodayashri and Yuva Acharya Pujya Pad Goswami 108 Shri Sharanamkumarji Mahodayashri, VIPO Global has established a Food Donation Program through V PAY - (VIPO Pushti Anna Yojna) to help the underprivileged members of our society.*

*This project is very near and dear to Pujya Jeleshri's heart.*

*Pujya Jeleshri's Says:*

*"If you cannot afford to feed a hundred people (20 Families for 1 year), then at least come forward to feed one family for 1 month...."*

## Donation Information :-

No. of Families	Basic Cost per Family	1 Month	3 Month	12 Month
1	699/-	699/-	2097/-	8388/-
3	699/-	2097/-	6291/-	25164/-
5	699/-	3495/-	10485/-	41940/-
10	699/-	6990/-	20970/-	83880/-
20	699/-	13980/-	41940/-	1,67,760/-

### FOR YOUR CONTRIBUTION

A/c Holder Name: VAISHNAV INNERFAITH PUSHTIMARGIYA ORGANISATION (VIPO)

Bank Name : IDBI Bank

Branch Name : Karelibaug

Saving A/c Number : 1360104000005722

IFSC Code : IBKL0001006

## 4 Habits of life

During the time of a lethal pandemic, it is important to take care of our mental and physical health. One can become free from mental and physical pain/sufferings if he/she follows the principles of Pushtimarg - a Sanjeevani that helps in the physical and mental well-being of the society.

If we look at it from a global perspective, it will be understood that a catastrophe befalls the entire living creation only when the balance of the life cycle is disturbed. Disaster cannot be averted unless nature balances this by its own self-governing process or by the special grace of Shri Thakorji. But if one wants to attain bliss by staying away from such calamities for the rest of one's life, then today's young generation must observe and imitate the principles of Pushtimarg in their lives.

As per my mind, our lives are based on these four things.

- 1) **Thoughts (vichar)**
- 2) **Conduct (aachar)**
- 3) **Diet (aahar)**
- 4) **Vihar**

If we maintain a balance of these four things in our life then we can attain a blissful life. If we start living life following the traditions of Pushtimarga, the balance

of these four things will be maintained automatically. In Pushtimarga, the idea of Thakorji's happiness is given prime importance. Shri Thakorji resides in the each and every particle of the universe.

If we think of the welfare and happiness of the whole world, a positive environment will be created around us, and if we act accordingly in a positive manner, the real/current situation of our life will also change completely in a positive way. In this way, a balance of conduct (aachar) and thought (vichar) can be maintained in life.

As modern man breaks his relationship with nature moment by moment, it is Pushtimarg that functions like a bridge and successfully connects man with nature. According to the Pushtimargiya tradition, we change our Aahar (diet), vihar and Aavas (accommodation) based on the change in seasons. Due to this change based on seasons, the relationship between man and nature becomes stronger and the balance between them is automatically maintained.

E.g. In Winter, Prabhu should be covered with a Gaddal (sweater), a fireplace should be created in front of the Prabhu, Dry ginger (Sunth) and other

materials are consumed, gold ornaments are presented, Holi should be played with Shri Prabhu during Vasant along with singing Rasiya Padas.

In Summer, light colored clothes are offered to Prabhu, fountains should be placed near the Prabhu, fans and curtains made of Khas should be installed, sandalwood is used, rose water should be kept in the vase and cool water should be kept in the jug, pearl, silver and floral ornaments should be used.

At the time of the arrival of the rainy season, Shri Prabhu should be taken on a boat trip, various types of Hindolas should be made, etc

Thus, following the path of Pushtimarg will allow us to focus only on God and nature at the center of our Aachar-vichar and aahar-vihar. This will help us to change our physical and spiritual life and also overcome our physical and mental sorrows. Thus, observing the path of Pushtimarga from a modern point of view, one will understand that our Acharyas have formulated the principles of Pushtimarga in a scientific way.

Pushtimarga gives prime importance of accepting everyone and hence this marga is different from other

margas. Pushtimarga has also contributed in keeping the Indian culture alive. Our ancient arts such as music, agriculture science, painting, rangoli, sculpture, cosmetics, Ayurveda, astrology, vastu, etc., have been preserved and nurtured by Pushtimarga. Thus, Pushtimarga by Shri Vallabh is the only way by which human beings can achieve happiness in Kalyug and also attain the Supreme form of Lord Krishna.

Written by - Jay Makwana

Translated by - Sabbir Galariya



## Venu of Krishna

To understand the struggles, trials and tribulations we encounter in daily life, we ourselves have to change our perception through change in our attitude, by bringing “sweetness” into our lives which can influence not only our family but others in society. Today we all wake up every morning and remember God whether it is



Shree Ram or Shree Krishna. Have you ever thought why? why we do it? What have they done that society still remembers them today? The answer is that they have given love to society during throughout their life. They have always showered and spread sweetness upon everyone

they encountered in their lifetime. Even today, society still remembers them with such reverence and interest.

Life is like sugar. We all have seen the pits of sugar, if we fall on that pit, then our head can be damaged and may bleed. But if we mix the same sugar in milk then the sugar dissolves its form and is absorbed in milk, which the milk becomes even sweeter. In the same way, we have to live in the society and mix and contribute to it by making society sweet, thereby making life meaningful and fulfilling.

Our Guru Shrimad MahaPrabhuji asks “when is life called complete?”, “when you have 5-25 lakhs rupees or when you have 5 kg of gold?” All these do not make life complete. Shree MahaPrabhuji explains how the stream flowing from the mountain flows from the upper level but where is its destination? Is its completion or goal when it merges into the sea. In the same way, we can ask the question where is the completion or fulfillment of life and when?

Shrimad MahaPrabhuji teaches us that NandNandan seva is our only goal and fulfillment of life, while staying with the family and experiencing the presence of God.

Krishna's “Venu” (flute) has done a great job, has been with the family as a family, and has reached the base of Krishna in the same way. Krishna Venu also tells us here that “if you want to get closer to Lord Krishna like me, then keep doing the work done by me.” Then you too will reach the presence of the Lord. In the tenth canto

of Shreemad Bhagavatam when Lord Krishna became Venudhar at that time Gopijan became a little jealous of Venu. Gopi asked Venu a question about how this Venu has reached Lord Krishna before us.

गोप्यः किमाचरदयं कुशलं स्म वेणुर्-  
दामोदराधरसुधामपि गोपिकानाम् ॥  
भुङ्क्ते स्वयं यदवशिष्टरसं हृदिन्यो,  
हृष्यत्वचोऽश्रु मुमुचुस्तरवो यथार्यः ॥

Venu what a virtue you have done in that life that you have reached Lord Krishna before us? Then Venuji replied that I used to live with my family in the forest but Hardy separated me from my family and then reached God by going through many taunts because I was able to face the difficulty, we also need to make our life like Venuji.

Now the question is, what is it like to live a life like Venuji? Shall we do seven holes on our body? We don't need to do all this rather we need to get rid of the seven types of doshas of our body. Ego, jealousy, pride, hatred, selfishness, greed, infatuation, remove these seven faults from the body, then you too will become dear like Venuji and reach the presence of Lord Krishna. And in Venu, the Lord is the only one who blew out the melody and the melodious tone, in the same way, you will expel these seven kinds of guilt so sweetness will come into you. If you become sweet like Venu, then like cows, goats and, Gopis used to run to Venu after listening to him,

similarly, your family, society, and Shri Krishna will also Himself will come running to you. Today we need to understand through Venuji and also make life like Venuji so that one day we may have the presence of Lord Krishna. There is a sweetness in life, like in summer, the water of the pot provides coolness to us. In the same way, the sweetness of our nature cools the society and the family.

Here we need to learn things from Venu. If we remain like this, then along with society and family, we will also become dear to our Lord Krishna.

Jai Shree Krishna

- Parikshit Dave



## Krishna Speaks

“Fear”, we have heard this word many times. What exactly is fear? Fear is worrying about that situation that has not yet occurred. Also when we walk on the path of non-righteousness, at that time fear crops up in our mind.

In the year 2020, the Covid-19 infection which is much similar to the demon Raktbij had spread in the whole world. Everyone was worried that what if I got infected with corona?? What was the reason for becoming so much fearful? Getting infected with corona. He or she was not affected but was fearful that what if I tested positive in the corona test?

In Bhagwad Geeta, Lord Krishna gives the formula for achieving success in



any work. It goes like this -

अधिष्ठानं तथा कर्ता करणं च पृथग्विधम् ।  
विविधाश्च पृथक्चेष्टा दैवं चैवात्र पञ्चमम् ॥  
[18,14]

### Meaning

5 main factors are required to achieve success in any work or activity,

Which are depicted as Environment, Doer, Resources, Planning, Prayer, or Luck.

To be successful in fighting with corona we need to follow the principle in the following way:-

1. **Environment** - We should keep our place clean and sanitize it regularly
2. **Doer** - Whenever we meet someone or go out, we should wear a mask and when we come back home we should wash our hands.
3. **Resources** - Soap, sanitizer, mask should be used properly and boiled juice should be consumed regularly
4. **Planning** - Proper planning should be done to save our loved ones and ourselves from this infection.
5. **Prayers** - We should pray to God for everyone's well-being.

In the 12th chapter [Bhakti-Yoga], Krishna says:

मय्येव मन आधत्स्व मयि बुद्धिं निवेशय ।  
निवसिष्यसि मय्येव अत ऊर्ध्वं न संशयः ॥  
12,8॥

### Meaning:

Fix your mind on Me alone and surrender your intellect to Me. Thereupon, you will always live in Me. Of this, there is no doubt.

In the 4th chapter [GnanKarmaSanyas-Yoga], Krishna says:

अज्ञश्चाश्रद्धानश्च संशयात्मा विनश्यति ।  
नायं लोकोऽस्ति न परो न सुखं संशयात्मनः ॥  
40॥

**Meaning:**

Persons who possess neither faith nor knowledge, and who are doubting, suffer a downfall. For the skeptical souls, there is no happiness either in this world or the next.

When nothing was there, at that time Lord Krishna was there. When creation took place, at that time also he was present and when destruction will take place, at that time also he will be present.

Infections or difficulties are there today and may not be there tomorrow, but Krishna will always be there. Almighty himself declares that if we surrender ourselves to him through thought, speech,



and action, then we can reach up to the highest level, there is no doubt about it. But if we will have doubts regarding

Almighty's existence and on his declarations, then our downfall will surely take place - “न सुखं संशयात्मनः ।”

In the 16th chapter [Daivasur Sampad Vibhag - Yoga], the first good quality which has been mentioned is अभयं, i.e. - fearlessness. So the first thing which a devotee who is walking on BhaktiMarg should do is be fearless.

Lastly, in the 9th chapter [Rajvidyajarajguhya-yoga], Krishna says:

अनन्याश्चिन्तयन्तो मां ये जनाः पर्युपासते ।  
तेषां नित्याभियुक्तानां योगक्षेमं वहाम्यहम् ॥  
22॥

**Meaning:**

Some always think of Me and engage in exclusive devotion to Me. To them, whose minds are always absorbed in Me, I provide what they lack and preserve what they already possess.

So, if we want to live fearlessly and still experience peacefulness in this critical time of corona, then we should do what Krishna has told us to do.

- Anantkrishna Shastri





## An Inquisitive Journey of Vaishnavas - part 2

**(Shuddadvait Ratna, (M.Com, PGPDM, Founder of Pushtiras & The Vedic Discourse, Pushtimargiya Speaker, Youngest Speaker at Parliament of World Religions, 16th Generation of Vishnupad Joshi, Sevak of Shri Gusainji)**

Until 1950-1970s, there was a tradition of daily Satsang at everyone's house. Before going to sleep, every member of the Vaishnav family used to sit in a room or in veranda and do satsang.



In those days in Satsang, 84 Vaishnavas and 252 Vaishnavas Varta, Gharu Varta, Shiksha Patra, were read followed by and one and two kirtans but now we no longer see that tradition

Many of the doctrines of daily life, Humanity. Vaishnavism were taught as stories through Satsang.

However, it was Shri Gokulnathji's grace, the 4th holy son of Shri Gusainji, who daily narrated a story of some of the other Vaishnav during the night Satsang. There was one Vaishnav who wrote every story narrated by Shri Gokulnathji. Ever since Gokulnathji started mentioning the Vaishnav story, a Vaishnava who used to write vartas told that he has heard Shri Gokulnathji that Apshri( Used in case of Vallabh and vallabhkul) speaking this story before.

Shri Gokulnathji was wondering how could a normal Jeev (souls like you and me) remember such divine stories.

This gives us an indication that souls in Kaliyuga are supposed to have some sort of shortcoming. This is philosophical and hence this will be discussed when we try to understand Jeev and Brahma (soul and its origin). Human beings don't have those great memories like our Rushi's who utilized a lot of their brains to store lot many mantras and knowledge in them.

Shri Gokulnathji questioned him, how did he know all these or he remembered all these. The Vaishnav who used to write the Varta (stories) confessed that he had a habit of writing it after

Aapshri's Vachanamrut (auspicious words) for the day is done.

Then Shri Gokulnathji decided that from the future he would not tell such stories in front of everyone. Everyone should not know the story, Just as the privacy policies of a company are not directly known to each employee of that company. The process of product



formation is not known to everyone because everyone doesn't need to know it. The stories related to Thakorji and the Vaishnavs of Thakorji should be heard by the people who can understand them.

The way certain knowledge can be passed down to people with good intention or good approach, similarly, such divine knowledge should not go in wrong hands.

At that moment, the stories of Shri Mahaprabhuji's Vaishnava's narrated

were 84 and of Shri, Gusainji was 252.

Hence the number never went ahead.

It became famous as 84 Vaishnavas and 252 Vaishnavas in the history of



Pushtimarg.

Shri Gokulnathji mentioned in His divine discourses, also known as Vachnamrut, that Shri Mahaprabhuji - Shri Vallabh Acharyaji toured this holy earth thrice. In literal words, it is known as Parikrama. Shri Mahaprabhuji did thrice, this Pruthvi's Parikrama. Shri Mahaprabhuji accepted many souls, many disciples. Here, we should understand one thing that Shri Maha Prabhuji has accepted more than 84 Vaishnavas. The number has not been specified, however, Shri Harirayji (great-grandson of Shri Gusainji, grandson of Shri Govindrayji, son of Shri Kalyanrayji)

has explained that these 84 Vaishnavas represent the 84,00,000 Yoni (various types of living beings).

Shrimad Bhagwatam and Bhagwad Geeta give us an idea about the importance of devotees and why you should learn from these devotees especially 84 Vaishnavas because they had immense love for Shri Thakorji.

Shri Thakorji is the sole owner and creator of everything. We are souls in his world, materialistic life is also given by him. We have to utilise our own ego and self in the service of our Lord and do good.

This is a learning which we get from 84 Vaishnavas.

- Aditya Shastri



## Krushna is the only Truth

Our praise to that Chaitanya tatv Who exists in three periods –KAAL. Who is above all the sect- SAMPRADAAY and at the root of the whole Universe

Krushna is another name of truth. Krushna is reality and eternal, As it is said “KRUSHNA IS ANANT AND SANATAN.” The rest is perishable and terrible. Truth is always bitter and unpleasant. Or exposing



the veil of falsehood or delusion. The meaning of persistent words like eternal,

non-perishable, and immortal is that result here is that he is the only infinite many eras –YUG passed away or truth and everything created by him has vanished but they exist forever., those who different span of life. And this period is were in the past, are existing in the completely determined by the creator who present time and who will live forever. is known as Krushna. In various forms of Remaining as truth He cannot be this creation are semi or demi-Gods, specified in a particular form or shape. No Human Beings, Animals or Mammal, one can envisage about him.

Speaking about morality we are his creations, so we have to die according to his decision.



Insects & Reptiles, Trees and shrubs, Waterborne life, earthly creatures, Bacterial life, etc. In Deontology - Shastra 84 such creatures

Therefore giving birth, death is his power. He has have been mentioned. which cannot be created the universe through 5 enumerated here .and cannot be components.- SKY, AIR, WATER, EARTH, described in detail. The whole world can and FIRE. He has created the world many be destroyed by blinking Krushna's eyelids

It is known as PANCHMAHABHUT As mentioned earlier, the whole or as defined by nature- prakruti.The universe is embedded in him. and that is

his wholeness. During the Kurukshetra war, Lord Krushna had revealed his divine form to Arjuna in such a way that Arjuna could perform his duty. And as another example, to prove himself innocent in childhood, Shree Krushna opened his mouth in front of Yashoda Maiya. And then Yashoda Maiya saw the whole universe inside his mouth. . It was intended to give the message to the entire Mankind that HE the Krushna was the only the Ultimate truth and going to his refuge is the only truth.

Any diversion or drifting away from HIM i.e. Truth would mean to be a situation of Illusion or False proposition which may be camouflage or short-lived He is the only Perpetual and can be described as Permanent. I will not venture to use the word 'soul' for him as he is beyond a description of that word. I can only say that he is the “SOURCE” of creating a soul in the Universe. . He is the only solution to Reality and everything else is false, wrong or misconception. Thus any creature who is not accepting HIM as Truth is living in a fool's paradise. Hence they are deprived

of such Virtues attached to the Truth like Happiness, Joy, Blissfulness, peace of mind, etc. They are, therefore, the victim of Vices like anger, Jealousy, Ego, anguishes, hypocrisy, etc.

In concluding note let me convey that TRUTH in the form of Lord Krushna is very difficult to understand and follow, unlike the worldly pleasures which are merely deceptive leading to a miserable life.

### **SATYA MEV JAYATE**

**- Kalpeshbhai Desai**



# Oxygen Concentrator Distribution



# SARVESHWAR NI SAMAGRI

Courtsey P.Pu.Go.A.Sau. Jayati Vahuji

## ‘Mango Barfi’

### Ingredients :-

Pulp of 4 to 5 Alphonso Mangoes

(approx 2 cup)

Sugar                      1 1/2 Cup

Cardamom Powder

Ghee



Take a thick bottomed pan and grease it with ghee. Add mango pulp. Keep the gas flame low and continuously stir it till excess water evaporates and pulpy consistency is achieved. Add sugar. Keep stirring keeping the gas flame low. When the pulp thickness enough to be spread remove from fire and continue stirring for 5 more minutes. Add 1 tsp ghee and powdered cardamom. Spread evenly in a dish greased with ghee cool and cut pieces in desired shapes.

Alternatively mawa can also be added after pulpy consistency is achieved, before adding sugar.

(Dry Fruits sauted in a little ghee can be added to barfi. Barfi can also be used as a filling in “Pedas”)

Arrange it decoratively on a dish to be offered to Shri Prabhu.

## Pushtimarg Mrudang

Mridang(Pakhavaj) is an ancient musical instrument of the Indian music world, its origin in Indian Sanatan Dharma is discussed in detail. From which, I have covered main two things.

It is said in the Puranas that Bhagwan Shankar killed a demon named Tripurasura and at the same time, in anger, Bhagwan Shankar started dancing(Tandav) And to balance the rhythm of the dance, Brahma Ji combined the earthen and mortal remains of Tripurasura to create an instrument called Pakhwaj(Mridang). And give that instrument to Lord Ganesha to play. Thus, Brahmaji became the creator of the Mridang (Pakhawaj) and Shri Ganesh was the first Musician.

According to the second legend, Swati Muni was once touring on the banks of the Lotus lake, And at the same time, it started raining. The drops of rain began to fall on Lotus leaves. With the sound of falling raindrops on the Lotus, the sound of cloud thundering, imagining a beautiful

Naad (Positive Sound) in this mind, he reached Vishwakarmaji. And requested Vishwakarmaji to make an instrument similar to this beautiful sound. Vishwakarmaji made an instrument by carving the wood which was called mridang (pakhawaj).

Now we will know how the Mridang instrument was named Pakhwaj.

Mridang: It is said that the mridang has been composed of the body of the dead human or it is also said that this instrument

has been made of mud.

Pakhvaj : This word has come after a long time. It is said that when the Mughals came to India, they heard the mridang vadya. And they named Mridang Pakbaz. In Urdu or Persian language, Pak means holy and Baz means playing. The term Pakhwaj is coined today from the word Pakbaz.

**"Pushtimarga and Mridang (pakhavaj)"**

Mridang has an extraordinary place in Pushtimarga. Mridang (pakhawaj)is





associated with kirtan in the services of Thakur ji. Today, even after 500 years, there is no synonym for the consistency of this instrument.

### **"Mridang is considered as Thakur Ji's Swaroop in Pushtimarg"**

In Pushtimarga, Mridang (pakhawaj) is seen as a form of Thakur ji and due to this sentiment, the practice of placing chunri or cloth (vastra) over the Mridang (pakhawaj) is going on. And after the service, people take out the flour of Mridang as a prashad.

In Pushtimarg, when Mridang is performed with kirtan in the service of Thakur Ji, then mridang is played with the spirit of Lalita Ji. Lalita Ji accompanies mridang with Thakur Ji and Radha Ji.

Keeping this sentiment in mind, mridang players make mridang (pakhawaj) compatible with kirtan.

The mention of various Mridangas is found in the story of the 84 Vaishnavas of Pushtimarg, in which mainly four Mridangas are mentioned. Which is named after Meghnath, Vagatradamber, Megadambar, Ghangarjan.

According to the Vaishnava story, Shyam ji who was the Nathdwar used to play a machine named Meghnath. It is said that even today, Mridang is kept in the

center in the decoration of Sharad Purnima.

This Mridang (pakhawaj) is enshrined in Shrinathji since the time of Shri Mahaprabhuji. The Mridang of the Maharaja of Kishangarh, named "Vaghtradambar" is now somewhere in America today. Megadambar This mridang (Pakhawaj) today is present in the temple of a village in Jodhpur.

### **Some well-known Mridang players of Pushtimarg**

There have been many Mridang players in the service of Thakur ji in Pushtimarg. From the Ashta Chhap, we see the picture of Kumbhan Dasji with Mridang (pakhawaj). He was followed by Shri Shyam learned and renowned Mridang Acharya of the music world, who has given the book named "Mridang Sagar" to the music world. His son Shri Purushottam Das ji has translated the book into easy language and Bhatkhanda notation and published a book titled "Mridang Vadan" with the help of Delhi Sangeet Natak Academy. In the Mathura tradition of Pushtimarg there are many such Mridang players like Makhan Lalji Chuthanlalji, Chheda Ramji, Mannu Mridang Acharya of Banaras, Govindrao Barhanpurji of Barhanpur. 108 Shri

## Yog and Ayurveda

Dwarkesh Lalji Maharaj's name appears in the disciples of Chuthanlal Mridang Acharya, of Makhanlalji tradition of Mathura.

Mridang (pakhawaj) has a very respected place in Indian music. Today we see the place of Mridang (Pakhawaj) in Indian music. There is a very large contribution of the Pushtimarga and the pushtimargiya Mridang Acharyas.



- Dhaval Mistry  
(Disciple of Pt. Manik Munde)



Ayurveda is associated with Yoga. Yoga is good for health, but after certain age, people who are not able to do yoga, take the help of Ayurveda.

Today, people are losing their interest from Allopathy. Because of which every person is taking the advantage of Ayurveda. We used to watch, whenever our grandparents fell ill, they would prefer to be treated with Ayurveda. If someone falls ill then they got cured with home remedies. At first, there were only three diseases: Watt, Pitta, and Phlegm. And there were only three medicines for that, **Gallo, Gokhale, and Amla** It cures people 100%

Lets know about the medicines which we are talking about the above first one is Guduchi Hindi it is called Giloy, Let's know about its qualities as told in ancient origins that How did Giloy originate?

There was a fight between God and Demon which lasted for a long time.

Which is called Samudramanathan and out of it one pitcher came out. Gods and the



demon were scrambling to take that Pitcher,

That is why the elixir(Amrit) of the Pitcher fell on

the earth, In the same way, this Amrit fell on the vegetation of the earth. There was also a plant Giloy on which the nectar fell.

That is why it is said that a person does not get sick by consuming Giloy. Giloy is the only medicine for thousands of diseases, its benefits are countless.

Giloy is bitter, Because of that people like neem tree Giloy. Due to which long illnesses also last for a short time.

Now we discuss in which disease it works :

Due to a lack of immunity power in the body, the disease easily penetrates the body. Ayurvedic medicines increase immunity in the body.

### 1. Fine Fever :

If you have a fever for 15 to 20 days, then you should take Giloy, which will give you relief. Its leaves and vine are used for the treatment. It is antipyretic, antimalarial, and relieves fever

### 2. Diabetes

Giloy has the properties of curing diabetes.

### 3. Dengue

Very useful in preventing dengue infection

### 4. Eye Diseases

Giloy is also used to cure eye disease. It increases our immune system and it makes the eyes sharp, does not drain the eyes, and also cures diseases like eyes hordeolum and cataracts.

### 5. Cough :

Giloy is beneficial for a person suffering from a cough for a long time. It has anti-allergic elements which give relief and its decoction is also beneficial

- Kritibhai Trivedi



# 6 PRINCIPLES OF SELF-RESPONSIBILITY

