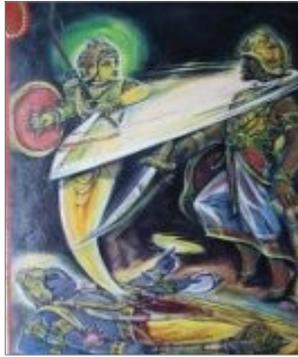


Prem Namaste, Vanakum, Hare Krsna, Jai Shree Krsna, Jai Shree Raam

All glories to our eternal Parents Shree Shree Radha Krsna
All glories to the most merciful Shree Shree Lakshmi Nrsimhadeva
All glories to Srila Prabhupada, and the other wonderful and inspiring gurus.
All glories to the wonderful servants of the Supreme Lord.

On 30th November (Thursday) is Mokshada Ekadashi.
Please have your last grain meal on Wednesday night.
The times to break your fast with grains is on Friday morning.

*** 1st December Break fast @ 04h47 – 09h25 (Durban)
@ 05h07 – 09h40 (Jhb)
@ 05h28 – 10h13 (Cape Town)



Please refrain from eating grains and meat on this most auspicious day.
(N.B I have included what to eat and what not to eat and 16 different meals to have on Ekadashi at the end of this email)

The benefits of fasting on this day are endless. This Ekadashi bestows upon that devotee eradication of the greatest sins that he has committed and is awarded passage to the spiritual abode. One is granted freedom from obstacles in his spiritual progress and grants him the perfection of life. This day of fasting removes all sins eternally. This is the most meritorious day for destroying all kinds of sins.

Please note that this auspicious day is not only for Hindus to observe. This fast can be observed by anyone. There's no catch here. One who is truly universal does not discriminate; rather he/she respects and embraces all cultures.

One very important point of note. Many perform different prayers like for example nullifying the negative effects of the planets and wonder why the prayer did not work – “What happened, I did the prayer as the priest said and yet I feel the same”. Well what you are not told that is that if you don't follow the Ekadashi fast and perform the planetary fast then its like

bathing and then rubbing mud all over yourself again. So by fasting for a particular planet on a specific day you are removing the negative effects of that planet but when Ekadashi come and you have grains then the obstacles comes back since by eating grains on Ekadashi you are creating obstacles on your path and life. BUT by observing the Ekadashi fast you are removing all obstacles in your life.

Mokshada Ekadashi is a very special Ekadashi; today was the all-auspicious day on which Lord Shree Krishna spoke the Srimad Bhagavad Gita to Shree Arjuna on the battlefield of Kurukshetra, at the place now known as Jyotisha tirtha.

The Ancient History of Mokshada Ekadashi **from Brahmanda Purana**

Yudhishtira Maharaj said, "O Vishnu, master of all, O delight of the three worlds, O Lord of the entire Universe, O creator of the world, O oldest personality, O best of all beings, I offer my most respectful obeisance's unto You.

"O Lord of lords, for the benefit of all living entities, kindly answer some questions that I have. What is the name of the Ekadashi that occurs during the light fortnight of the month of Margashirsha (November-December) and removes all sins? How does one observe it properly, and which Deity is worshipped on that holiest of days? O my Lord please explain this to me in full."

Lord Shree Krishna replied, "O dear Yudhishtira, your inquiry is very auspicious in itself and will bring you fame. I shall now relate to you regarding this Ekadashi that occurs during the light part of the month of Margashirsha. This Ekadashi is famous as Mokshada because it purifies the faithful devotee of all sinful reactions and bestows liberation upon him. The worship able Deity of this all-auspicious day is Lord Damodara. With full attention one should worship Him with incense, a ghee lamp, fragrant flowers, and Tulasi manjaris (buds).

"O best of saintly kings, please listen as I narrate to you the ancient and auspicious history of this wonderful Ekadashi. Simply by hearing this history one can attain the merit earned by performing a horse sacrifice. By the influence of this merit, one's forefathers, mothers, sons, and other relatives who have gone to hell can turn around and go to the heavenly

kingdom. For this reason alone, O king, you should listen with rapt attention to this narration.

"There once was a beautiful city named Champaka-nagar, which was decorated with devoted Vaishnavas. There the best of saintly kings Maharaj Vaikhaanasa, ruled over his subjects as if they were his very own dear sons and daughters. The Brahmins in that capital city were all expert in four kinds of Vedic knowledge. The king, while ruling properly, had a dream one night in which his father was seen to be suffering the pangs of hellish torture in one of the hellish planets ruled over by the Yamaraj. The king was overwhelmed with compassion for his father and shed tears. The next morning, Maharaj Vaikhaanasa described what he had seen in his dream to his council of twice born learned Brahmins.

"O brahmanas,' the king addressed them, 'in a dream last night I saw my father suffering on a hellish planet. He was crying out in anguish, "O son, please deliver me from this torment of this hellish condition!" Now I have no peace in my mind, and even this beautiful kingdom has become unbearable to me. Not even my horses, elephants, and chariots and my vast wealth in my treasury that formerly brought so much pleasure, gives me no pleasure at all.

"Everything, O best of the Brahmins, even my own wife and sons, has become a source of unhappiness since I beheld my father suffering the tortures of that hellish condition so. Where can I go, and what can I do, O Brahmins, to alleviate this misery? My body is burning with fear and sorrow! Please tell me what kind of charity, what mode of fasting, what austerity, or what deep meditation, and in service upon which Deity I may have to perform to deliver my father from that agony and bestow upon liberation upon my forefathers. O best among the Brahmins, what is the use of one's being a powerful son if one's father must suffer on a hellish planet? Truly, such a son's life is utterly useless, to him and to his forefathers.

"The twice born Brahmins replied, 'O king, in the mountainous forest not far from here is the ashram where a great saint Parvata Muni resides. Please go to him, for he is tri-kala-jnan (he knows the past, the present, and the future of everything) and can surely help you in your gaining relief from your misery.' "Upon hearing this advice, the distressed king immediately set out on a journey to the ashram of the famous sage Parvata Muni. The ashram was indeed very big and housed many learned

sages expert in chanting the sacred hymns of the four Vedas (Rg, Yajur, Sama, and Arthava). Approaching the holy ashram, the king beheld Parvata Muni seated among the assembly of sages.

"Maharaj Vaikhaanasa offered his humble obeisance's to the Muni, bowing his head and then prostrating his entire body before him. After the king had seated himself among the assembly Parvata Muni asked him about the welfare of the seven limbs of his extensive kingdom (his ministers, his treasury, his military forces, his allies, the Brahmins, the sacrificial offerings performed, and the needs of his subjects). The Muni also asked him if his kingdom was free of troubles and whether everyone was peaceful, happy and satisfied. To these enquiries the king replied, 'By your mercy O glorious and great sage, all seven limbs of my kingdom are doing very well. Yet there is a problem that has recently arisen, and to solve it I have come to you, O brahmana for your expert help and guidance'.

"Then Parvata Muni, the best of all sages, closed his eyes and meditated on the king's past, present and future. After a few moments he opened his eyes and said, 'your father is suffering the results of committing a great sin, and I have discovered what it is. In his previous life he quarreled with his wife and forcibly enjoyed her sexually during her menstrual period. She tried to protest and resist his advances and even yelled out, "Someone please save me! Please, O husband, do not interrupt my monthly period in this way!" Still he did not stop or leave her alone. It is on account of this grievous sin that your father now has fallen into such a hellish condition of suffering.'

"King Vaikhaanasa then said, 'O greatest among sages, by what process of fasting or charity may I liberate my dear father from such a condition? Please tell me how I can relieve and remove the burden of his sinful reactions, which are a great obstacle to his progress toward ultimate release (salvation - liberation - going back home).' "Parvata Muni replied, 'During the light fortnight of the month of Margashirsha there occurs an Ekadashi called Mokshada. If you observe this sacred Ekadashi strictly, with a full fast, and give directly to your suffering father the merit you with thus attain/obtain, he will be freed from his pain and instantly liberated'.

"Hearing this, Maharaj Vaikhaanasa profusely thanked the great sage and then returned to his palace to perform this austere rite. O

Yudhishtira, when the light part of the month of Margashirsha at last arrived, Maharaj Vaikhaanasa faithfully waited for the Ekadashi tithi to arrive. He then perfectly and with full faith observed the Ekadashi fast with his wife, children, and other relatives. He dutifully gave the merit from this fast to his father, and as he made the offering, beautiful flower petals showered down from the devas who peered out from behind the clouds in the sky. The king's father was then praised by the messengers of the devas and escorted to the celestial region. As he passed his son, as he traversed the lower to middle to higher planets, the father said to the king, 'My dear son, all auspiciousness unto you!'

At last he reached the heavenly realm from where he can again with his newly acquired merit perform devotional service to Shree Krishna and in due course return back to home back to Godhead. "O son of Pandu, who so ever strictly observes the sacred Mokshada Ekadashi, following the established rules and regulations, achieves full and perfect liberation after death. There is no better fasting day than this Ekadashi of the light fortnight of the month of Margashirsha, O Yudhishtira, for it is a crystal-clear and sinless day. Whoever faithfully observes this Ekadashi fast, which is like chintaa-mani (a gem that yields all desires), obtains special merit that is very hard to calculate, for this day can elevate one from hellish life to the heavenly planets, and for one who observes Ekadashi for his own spiritual benefit, this elevates one to go back to Godhead, never to return to this material world."

Thus end the narration of the glories of Mokshada Ekadashi,
From the Brahmanda Purana.

Sometimes if you cannot fast due to circumstances then you can chant the names of all the Ekadashi and read the above true story and you will receive the same benefits.

Suta Goswami said: - There are twelve months in a year, and two Ekadashis in each month. Thus there are twenty-four Ekadashis in one full year, and in a leap year (like this year) there are two extra Ekadashis. O great sages, please listen attentively as I declare to you the names of these auspicious Ekadashis.

	Occurs in (Western month)
Utpan-naa	November-December
Moksha-daa	November-December
Saphalaa	December-January

Putra-daa	December-January
Shat-tilaa	January-February
Jayaa	January-February
Vijayaa	February-March
Aamalakee	February-March
Paapamo-chanee	March-April
Kaamadaa	March-April
Varoothinee	April-May
Mohinee	April-May
Aparaa	May-June
Nirjalaa	May-June
Yoginee	June-July
Padmaa	June-July
Kaamikaa	July-August
Putradaa	July-August
Ajaa	August-September
Parivartinee	August-September
Indiraa	September-October
Paapaankushaa	September-October
Ramaa	October-November
Haribodhinee	October-November

The two extra Ekadashis, which occur during leap year, are called,
Padminee
Paramaa

*** Please note the **t** is pronounced as follows, place the tip of your tongue on the roof of your mouth and say **t**.

*** Please note the **n** is pronounced as follows, place the tip of your tongue on the roof of your mouth and say **n**.

“O sages, one who hears about these Ekadashis will learn how to observe them properly. Each Ekadashi bestows particular benefits on the faithful observer.

One who is physically unable to fast on Ekadashi may read the glories of each Ekadashi when it occurs and recite all the names of the Ekadashis; thus he will achieve the same goal as the person who observes the full Ekadashi vow.”

Ekadashi preparations.

For a detailed what to eat or not and over 100 Ekadashi recipes please visit our website www.dipika.org.za. And look under the sub-menu called **EKADASHI – THE DAY OF LORD HARI.**

Abstain from: - grains (cereals, breads, wheat, flour, beans, rice, dhals, green beans, roti, coffee, etc) meat.

Do not cook with: - Powdered hing, shop turmeric (you can use whole turmeric), shop masala and shop chilli powder.

You can cook with the following: - Whole turmeric, clean salt, cinnamon sticks, clean oil, butter, ghee, ginger, chilli, curry leaves, maas (yogurt), cheese, cottage cheese, yogurt, clean sugar, rooibos tea, spinach, dhanian, thyme, peppers, ground pepper, mint, green bananas, fresh cream, sour cream, bay leaves.

Potatoes, tomatoes, peanuts, cabbage, pumpkin, butternut, gem squash, carrots, lettuce, all kinds of fruits, paneer.

- 1) Make tomato chutney and then add scrambled paneer and dhanian. You can also add a little maas (yogurt) or fresh cream to it.
- 2) Cut eggplant into thin slices and deep fry. Keep aside. Prepare potato mash and keep aside. Now in a casserole dish and lay the eggplant on the bottom and then cover the eggplant with mash, thereafter sprinkle cheese on the mash, then place thin slices of tomato on the cheese. Place strips of peppers on tomato slices. Bake for a few minutes and serve.
- 3) Potato soup (add salt, thyme and black or white pepper)
- 4) Mixed vegetable stew example: (cabbage, carrots, peppers, zucchini, and potatoes). Add black pepper, thyme and little butter and fresh cream. Use liquid from the baked vegetables below.
- 5) Bake the following: Cut potato in large pieces, cut butternut in big pieces, carrots in thin strips, cauliflower into florets, cut sweet potato in rounds. Boil veg. for 15 minutes then drain the vegetables and save the liquid. Mix butter, black pepper, salt, origanum and lots of thyme – rub well into boiled vegetables, bake in oven till crispy on outside.
- 6) Vaikuntha curry: (use curry leaves and ginger). Cabbage sliced finely, green peppers in strips, carrots in strips; add fried paneer cubes, thyme and dhanian.
- 7) Cut potato into rounds, deep fry and then drain to remove excess oil/ghee/butter. Now place flat in baking tray and grate cheese and bake till cheese melts.

8) Cut potato into rounds and deep fry and then drain excess oil. Place in baking tray (spaces between each) mix scramble curds, tiny cubed tomatoes, green peppers, salt, grated cheese, black pepper, thyme and then place on the potato – add more cheese on top and bake till cheese melts.

9) Bake whole potato with jacket in microwave till soft and make a cross in the top press open, dot butter and add tablespoon of sour cream, top with cheese and bake till cheese melts.

10) Cook cabbage and potato with tomatoes.

11) Cook mixed vegetables. For example, potato, cauliflower and zucchini in butter ghee or oil. When cooked add sour cream or fresh cream. Cook till it thickens.

12) Fry peanuts, fry green bananas

13) Make salads and fruit salads.

14) Chevda: Fry nuts, fry grated potatoes (coloured with red/green/yellow food colour). Also you can fry thin slices of green bananas.

15) Saigo milk:

Add 4 cups of water in a pot. Then add one cup of saigo and then bring to boil stirring continuously. Add sugar to taste (approx. 1 cup) and then add a few drops of vanilla essence. Cook on med heat for about 20 minutes until the saigo becomes clear. Add 2 cups of milk, and then boil until slightly thick.

16) Saigo patties.

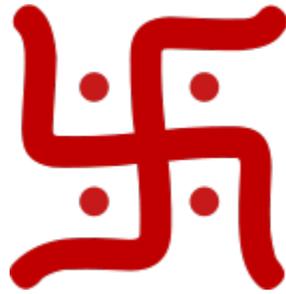
Soak 1 cup of saigo in cold water for 20 minutes and then remove the excess water. Boil three medium size potatoes, and thereafter mash while mash is hot and add saigo. Cut 2 chillies finely, chop up some dhania and add salt to taste. You can add grated cheese.

Make into patties, deep fry until golden brown, serve with tomato chutney.

Reference:- "Ekadashi: The Day of Lord Hari" 1986. HH Krishna Balaram Swami. Bhaktivedanta Institute Press

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