

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 28th January (Sunday) is Bhaimi (Jaya) Ekadashi

Please have your last grain meal on Saturday night.

The times to break your fast with grains is on Monday morning

29th January Break fast @ 05:21 to 09:53 (Durban)

@ 05:40 to 10:07 (Jhb)

@ 06:04 to 10:41 (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.

Bhaimi or Jayaa Ekadashi: from the Bhavishya-uttara Purana.

It is said that if one observes a fast on this day then one receives entrance to Lord Vishnu's abode, even though one has not performed the other vratas (fasts) of the year.

Yudhishtira Maharaj said, "Oh Lord of the lords, Shree Krishna, all glories unto You! Oh Master of the universe, You alone are the source of the four types of living entities - those born from eggs, those born from perspiration, those born from seeds and those born from embryos. You alone are the root cause of all, Oh Lord, and therefore You are the creator, maintainer and destroyer.

Lord Shree Krishna said, "Oh Yudhishtira, I shall tell you about Jaya Ekadashi. This Ekadashi obliterates all kinds of sinful reactions and demoniac influences that may be affecting the spirit soul. It is known as Jaya Ekadashi, and the fortunate soul who observes a fast on this sacred day is relieved of the great burden of ghostly existence. Thus there is no better Ekadashi than this, for it truly bestows freedom from birth and death. It is to be honoured very carefully and diligently. So listen to Me very attentively, Oh Pandava, as I explain a wonderful historic episode regarding this Ekadashi, an episode that I have already related in the Padma Purana.

"Long, long ago in the heavenly planets, Lord Indra ruled his celestial kingdom very nicely, and all the devas living there were very happy and content. In Nandana Forest, which was beautifully graced with Parijata Flowers, Lord Indra drank ambrosia whenever he liked and enjoyed the service of fifty million celestial maidens, the Apsaras, who danced in ecstasy for his pleasure.

"Many singers, led by Pushpadanta, sang in sweet voices beyond compare. Chitrasena, Indra's chief musician was there in the company of his wife Malini and his handsome son Malyavan. An Apsara named Pushpavati became very much attracted to Malyavan; indeed Cupid's sharp arrows pierced the core of her heart. Her beautiful body and complexion, along with the enchanting movements of her eyebrows, captivated Malyavan.

"Oh King, listen as I describe the splendid beauty of Pushpavati: She has incomparably graceful arms with which to embrace a man like a fine silken noose; her face resembles the Moon; her lotus eyes reached almost to her lovely ears, which were adorned with wonderful and costly ear-rings; her thin, ornamented neck looked like a conch, having three lines; her waist was very slender, the size of a fist; her hips were broad, and her thighs like the trunks of banana trees; her naturally beautiful features were complemented by gorgeous ornaments and garments; her breasts were highly raised emphasizing her prime of youth; and to look upon her feet was to behold newly grown red lotuses.

"Seeing Pushpavati in all her heavenly beauty, Malyavan was bewitched at once. They had come with the other performers to please Lord Indra by singing and dancing enchantingly, but because they had become so enamored of each other, pierced through the heart by the arrows of Cupid, lust personified, they were utterly

unable to sing or dance properly before the lord and master of the heavenly realms.

Their pronunciation was wrong and their rhythm careless. Lord Indra understood the source of the errors at once. Offended at the discord in the musical performance, he became very angry and screamed, "You useless fools! You pretend to sing for me while in a stupor of infatuation with each other! You are mocking me! I curse you both to suffer henceforth as pisachas (hobgoblins). As husband and wife, go to the earthly regions and reap the reactions of your offenses." "Struck dumb by these harsh words, Malyavan and Pushpavati at once became morose and fell from the beautiful Nandana Forest in the kingdom of heaven to a Himalayan peak here on planet Earth.

Immeasurably distressed, and their celestial intelligence vastly diminished by the effects of lord Indra's fierce curse, they lost their sense of taste and smell, and even their sense of touch. It was so cold and miserable high on the Himalayan wastes of snow and ice that they could not even enjoy the oblivion of sleep. "Roaming aimlessly hither and thither in those harsh altitudes, Malyavan and Pushpavati suffered more and more, from one moment to the next. Even though they were situated in a cave, because of the snowfall and cold their teeth chattered ceaselessly, and their hair stood on end because of their fright and bewilderment.

"In this utterly desperate situation, Malyavan said to Pushpavati, "What abominable sins did we commit to have to suffer in these pisacha bodies, in this impossible environment? This is absolutely hellish! Though hell is very ferocious, the suffering we are undergoing here is even more abominable. Therefore it is abundantly clear that one should never commit sins". "And so the forlorn lovers trudged onward in the snow and ice. By their great good fortune, however, it so happened that very day was the all-auspicious Jaya Ekdashi, the Ekdashi of the light fortnight of the month of Magha. Because of their misery they neglected to drink any water, kill any game, or even eat whatever fruits and leaves were available at that altitude, they unknowingly observed Ekdashi by fasting completely from all food and drink.

Sunk in misery Malyavan and Pushpavati collapsed beneath a Pipal tree (a Pipal tree is an extremely auspicious tree and ones walk around it when one performs prayers. One mainly finds it in temple grounds) and did not even try to get up. The Sun had set by that time. "The night was even colder and more miserable than the day. They shivered in the frigid snowfall as their teeth chattered in unison, and when they became numb, they embraced just to keep warm. Locked in each other's arms, they could enjoy neither sleep nor sex. Thus they suffered through the whole night under the powerful curse of Indra.

"Still, Oh Yudhishtira, by the mercy of the fast they had by chance (unknowingly) observed on Jaya Ekdashi, and because they had remained awake all night, they were blessed. (This is optional if one can't remain awake throughout the night. The whole purpose of any prayer is to perform it to your capabilities.) Please hear what happened on the next day. As Dwadashi dawned, Malyavan and Pushpavati had given up their demoniac forms and were once again beautiful heavenly beings wearing lustrous ornaments and exquisite garments. As they both looked at each

other in amazement, a celestial airplane (vimana) arrived on the spot for them. A chorus of heavenly denizens sang their praises as the reformed couple stepped into the beautiful aircraft and proceeded directly to the heavenly regions, buoyed up by the good wishes of everyone. Soon Malyavan and Pushpavati arrived at Amaravati, Lord Indra's capital city, and then they immediately went before their lord (Indradev) and offered him their cheerful obeisance's.

"Lord Indra was astonished to see that they had been transformed, restored to their original status and forms so soon after he had cursed them to suffer as demons far, far below his celestial kingdom. Indradev ask of them, 'What extraordinary meritorious deeds have you performed so that you could give up your pisacha bodies so quickly after I cursed you? Who released you from my irresistible curse?' "Malyavan replied, 'Oh lord, it was by the extreme mercy of the Supreme Personality of Godhead, Lord Shree Krishna (Vasudeva) and also by the powerful influence of the Jaya Ekadashi, that we were released from our suffering condition as pisachas. This is the truth, Oh master: Because we executed devotional service to Lord Vishnu (even performed unknowingly – by ajnata sukriti) by observing the day most dear to Him, we have happily been restored to our former status."

"Indradev then said, 'Because you served the Supreme Lord Shree Keshava by observing Ekadashi, you have become worship able even by me, and I can see that you are now completely purified of sin. Whosoever engages in devotional service to Lord Shree Hari or Lord Shiva becomes praiseworthy and worship able even by me. Of this there is no doubt.' Lord Indradev then gave Malyavan and Pushpavati free rein to enjoy each other and wander about his heavenly planet as they wished.

"Therefore, Oh Maharaj Yudhishtira, one should strictly observe a fast on the sacred day of Lord Hari, especially on this Jaya Ekadashi, which frees one from the sin of killing even a twice born brahmin. A great soul who observes this fast with full faith and devotion has in effect given all kinds of charity, performed all kinds of sacrifice, and bathed in all the Holy places of pilgrimage. Fasting on Jaya Ekadashi qualifies one to reside in Vaikuntha and enjoy unending happiness for billions of yugas – indeed, forever, as the soul is eternal. Oh great king, Lord Shree Krishna continued, one who even hears or reads these wonderful glories of Jaya Ekadashi achieves the blessed merit attained by performing an Agnistoma fire sacrifice, during which the hymns from the Sama Veda are recited."

Thus ends the narration of the glories of Jaya Ekadashi,
from the sacred Bhavishya-Uttara 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 |
| Varootherinee | 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, dhania, 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 dhania. 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, organum 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 dhania.

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

DISCLAIMER:- Do note that Dipika is not affiliated to any Hindu group or organization. We at Dipika choose to remain an independent repository of spiritual advice. We appreciate that there are variances between organisations and humbly request that if our views differ from yours that you respect our decision not to conform to the prescripts of your particular organisation. We remain committed to spiritual advice which is based on scripture.

Thank you so much for taking the time to read this article. We pray that this article will assist you in some way and we also pray that it helps you to appreciate the beauty and remarkable foresight of our ancient Hindu culture. We wish to educate all readers and demystify the path of Hinduism (Sanatan Dharma). Please feel free to share these articles with friends and family who do not have direct access to our website or articles. If you use the articles in any form including blogs and/or as part of other articles kindly credit our website as a source. We hope that the articles serve as a reference to you and your family when you need clarification of certain topics. Jai Hind. Jai Shree Radha Krsna.



Please do visit our Website to receive more
free information about our beautiful culture

www.dipika.org.za

Compiled for the upliftment of Sanatan Dharma
Narottam das & Arjun Nandlal
E-mail info@dipika.org.za

#Team-Dipika