

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 **11th February (Sunday)** is **Vijaya Ekadashi**

Please have your last grain meal on **Saturday** night.

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

12th February Break fast @ 05:33 to 09:57 (Durban)

@ 05:50 to 10:11 (Jhb)

@ 06:18 to 10:46 (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.

The Katha of Vijaya Ekadashi: from the Skanda Purana

Yudhisthira Maharaj said, “Oh Lord Shree Krishna, O glorious son of Vasudeva, please be merciful to me and describe the Ekadashi that occurs during the dark fortnight of the month of Phalgun (February-March).” Lord Shree Krishna replied, “Oh Yudhisthira, Oh king of kings, gladly I shall tell you about this great fast, known as Vijaya Ekadashi. Whoever

observes it certainly achieves success in this life and the next. All the sins of one who fasts on this Ekadashi and hears its sublime glories are eradicated.

“Narada Muni once asked Lord Brahma, who sits on a lotus flower about the Vijaya Ekadashi. Shree Narada said, „Oh best of all the devas, kindly tell me the merit one can achieve by faithfully observing Vijaya Ekadashi.“ “Shree Narada"s great father then replied, “My dear son, this oldest of fasting days is pure, and it nullifies all sins. I have never revealed this to anyone until today, but you can understand beyond any doubt that this Ekadashi bestows the result indicated by its name... (Vijaya meaning Victory). “When Lord Rama was exiled to the forest for fourteen years, He, Sita devi, and His divine brother Lakshmana stayed at Panchavati as mendicants. Mother Sita was then kidnapped by the demon Ravana, and Lord Rama seemingly became bewildered like an ordinary man by distress. While searching for His beloved consort, the Lord came upon the dying Jatayu and thereafter killed His enemy Kabandha. The great devotee-vulture Jatayu returned to Vaikuntha after telling Rama how Ravana had abducted His dear Sita.

“Later, Lord Rama and Sugriva, the king of the monkeys, became friends. Together they amassed a grand army of monkeys and bears and sent Hanumanji his minister to Shree Lanka, where he was able to see Srimati Janaki (Srimati Sita Devi) in an Ashoka grove garden. He delivered Lord Raam"s message and showed the ring proving his authenticity for rendering such great service to the Supreme Lord Shree Raam. “With the help of Sugriva, Lord Rama proceeded toward Shree Lanka. Upon arriving at the shore of the ocean with the army of monkeys, He could understand that the water was uncommonly deep and hostile. Thus He said to Lakshmana, “Oh son of Sumitra, how can We earn enough merit to be able to cross this vast ocean, the unfathomable abode of Varuna deva? I can see no easy way to cross it, teeming as it is with sharks and other ferocious aquatics.”

“Lord Lakshman replied, “Oh best of all beings, Oh origin of all the devas, Oh primal personality, the great sage Bakadalbhya lives on an island just four miles from here. Oh Raghava, he has seen many Brahma"s come and go, so aged and wise is he. Let us go to him, take his darshan (audience) and ask him how We can safely reach Our goal.” “So Lord Raam and Lord Lakshman proceeded to the humble Ashram of the incomparable Bakadalbhya Muni. Approaching him, the two Lords paid Their respectful obeisance"s to him as if he were a second Lord Vishnu. Bakadalbhya could immediately understand, however, that Shree Raam was actually the Supreme Personality of Godhead, who for His own reasons had appeared on the Earth and was enacting just like a human being. “Lord Rama, “said Bakadalbhya, “Oh best of the human beings, why have You come to my lowly abode?” “The Lord replied, “Oh great, twice born brahmin, I have come here to the ocean shore with My phalanx of monkey and bear warriors in order to cross the sea and conquer Lanka and its demon horde headed by Ravana. Oh greatest of sages, please be merciful unto Me and please tell Me how I can cross this vast ocean. That is why I have come to your Ashram today.” The sage said, “Oh Lord Shree Raam, I shall tell you of the most exalted of all fasts, observing which You will surely conquer Ravana and be eternally glorified. Kindly now listen with full attention.

“On the day before Ekadashi, fashion a water pot of copper. Even clay will do if copper is unavailable. Fill the pot with clean water and then decorate it nicely with mango leaves. Cover it and place it near a holy altar upon a mound of seven grains (any seven types of grains). Now take Your morning bath, decorate the water pot with flower garlands. Now with great love and devotion worship the water pot Deity form and offer Him incense, sandalwood paste, flowers, a ghee lamp, and a plate of sumptuous foods. Now place a murti of Lord Narayana on the pot.“When Ekadashi dawns, take Your morning bath and then

decorate the water pot with fine sandalwood paste and garlands. Then worship the pot again with first class incense; lamps, sandalwood paste and flowers dipped in sandalwood paste, and then devoutly place many kinds of cooked food, and coconut before the water pot. Then remain awake over night (again if its possible. If you cannot then not to worry. We should try our best. That"s what the Lord is looking for)

"When Dwadashi dawns (the next day) take the water pot to the bank of a holy river, or even to the shore of a small pond. After worshipping it again properly, Oh King of kings, offer it with all the aforementioned ingredients to a pure hearted Brahmin, expert in the Vedic sciences. If You and Your military commanders observe the Vijaya Ekadashi in this way, You will surely be victorious in every way." (Now this will not be possible for most people so you can offer the pot to your priest or even the nearest temple.) "Lord Shree Ramacandra Bhagavan, the Supreme Personality of Godhead, did just as Bakadalbhya Muni instructed, and thus He conquered all demoniac forces. Similarly, anyone who observes the Vijaya Ekadashi in this way will always be victorious in this mortal world, and after leaving this world he/she will reside forever in the anxiety free realm of the Kingdom of God known as the Vaikunthas." "Oh Narada, my son, from this history you can understand why one should observe this Ekadashi fast properly, strictly following the rules and regulations. This fast is powerful enough to eradicate all one"s sinful reactions, even the most abominable ones." Lord Shree Krishna concluded, "Oh Yudhisthira, anyone who reads or hears this history will attain the same great merit as that which is earned by performing a horse sacrifice on days of yore."

(N.B. Please perform the above prayers according to your ability and circumstances.
That"s what Shree Krsna is looking for...)

Thus ends the narration of the glories of Vijaya Ekadashi, from the sacred Skanda 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
Sha-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
Paapaa	September-October
Ramaa	October-November
Haribodhinee	October-November

The two extra Ekadashis, which occur during leap year, are called,
Padminiee
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.

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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.

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

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Compiled for the upliftment of Sanatan Dharma
Narottam das & Arjun Nandlal
[E-mail info@dipika.org.za](mailto:info@dipika.org.za)