

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 **26<sup>th</sup> April (Thursday)** is **Mohini Ekadashi**

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

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

\*\*\* Break fast @ 06:22 to 10:02 (Durban)

@ 06:29 to 10:13 (Jhb)

@ 07:17 to 10:55 (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 Mohini Ekadashi: from the Kurma Purana**

Shree Yudhisthira Maharaja said, “Oh Janardana, what is the name of the Ekadashi that occurs during the light fortnight of the month of Vaisakha (April-May)? What is the process for observing it properly? Kindly narrate all of these details to me.”

The Supreme Personality of Godhead, Lord Shree Krishna replied, “Oh blessed son of Dharma, what Vasishtha Muni once told to Lord Ramachandra I shall now describe to you. Please hear Me attentively. “Lord Ramachandra asked Vasishtha Muni, ‘Oh great sage, I would like to hear about the best of all fasting days – that day which destroys all kinds of sins and sorrows. I have suffered long enough in separation from My dear Sita, and so I wish to hear from you about how My suffering can be ended.’

“The sage Vasishtha replied, ‘Oh Lord Rama, Oh You whose intelligence is so keen, simply by remembering Your name one can cross the ocean of the material world. You have questioned me in order to benefit all of humanity and fulfill everyone’s desires. I shall now describe that day of fasting which purifies the whole world. “Oh Rama, that day is known as Mohini Ekadashi.” Truly, Oh dear Rama, the merit of this Ekadashi frees the fortunate soul who observes it from the network of illusion. Therefore, if You want to relieve Your suffering(s), observe this auspicious Ekadashi perfectly, for it removes all obstacles from one” path and relieves the greatest miseries. Kindly listen as I describe its glories, because for one who even just hears about this auspicious Ekadashi, the greatest sins are nullified.

“On the banks of the Sarasvati River there was once a beautiful city named Bhadravati, which was ruled by King Dyutiman. Oh Rama, that steadfast, truthful, and highly intelligent king was born in the dynasty of the Moon. In his kingdom was a merchant named Dhanapala, who possessed a great deal of wealth of food grains and money. He was also very pious. Dhanapala arranged for lakes to be dug, sacrificial arenas to be erected, and beautiful gardens to be cultivated for the benefit of all the citizens of Bhadravati. He was an excellent devotee of Lord Vishnu and had five sons: Sumana, Dyutiman, Medhavi, Sukriti, and Dhrishthabuddhi.

“Unfortunately, his son Dhrishthabuddhi always engaged in greatly sinful activities, such as sleeping with prostitutes and associating with similar degraded persons. He enjoyed illicit sex, gambling, and many other varieties of acts aimed at gratifying the senses. He disrespected the devas, the Brahmins, the forefathers and other elders of the community, as well as his family’s guests. The evil-hearted Dhrishthabuddhi spent up his father’s wealth indiscriminately, always feasting on untouchable foods and drinking alcohol to excess.

“One day Dhanapala kicked Dhrishthabuddhi out of the house after he saw him walking along the road arm-in-arm with a known prostitute. From then on all Dhrishthabuddhi’s relatives were highly critical of him and distanced themselves from him also. After he had sold all of his inherited ornaments and become destitute, the prostitute also abandoned him and insulted him because of his poverty.

“Dhrishthabuddhi was now full of anxiety, and also hungry. He thought, “What should I do? Where should I go? How can I maintain myself? “He then began to steal. The king’s constables arrested him, but when they learned who it was, and that his father was the famous Dhanapala, they released him. He was caught and released in this way many times. But at last, sick of his arrogance and total disrespect for others, and their property, the ill-

mannered Dhrishthabuddhi was apprehended, handcuffed, and then beaten. After whipping him, the king's marshals warned him, "Oh evil minded one! There is no place for you in this kingdom..."

"However, Dhrishthabuddhi was freed from his tribulation by his father and immediately thereafter entered the dense forest. He wandered here and there, hungry and thirsty and suffering greatly. Eventually he began killing the jungle animals, the lions, deer, boars, and even wolves for food. Always ready in his hand was his bow; always on his shoulder was his quiver full of arrows. He also killed many birds, such as chakoras, peacocks, kankas, doves and pigeons. He unhesitatingly slaughtered many species of birds and animals to maintain his sinful way of life, the sinful results accumulating more and more each day. On account of his previous sins, he was now immersed in an ocean of great sin that was so relentless that it appeared that he could not get out.

"Dhrishthabuddhi was always miserable and anxious, but one day, during the month of Vaisakha, by the force of some of his past merit he chanced upon the sacred Ashrama of Kaundinya Muni. The great sage had just finished bathing in the Ganges River, and water was dripping from him still. Dhrishthabuddhi had the great good fortune to touch some of those droplets of water that were falling from the great sage's wet clothing. Instantly Dhrishthabuddhi was freed of his ignorance, and his sinful reactions were reduced. Offering his humble obeisances to Kaundinya Muni, Dhrishthabuddhi prayed to him with joined palms;"Oh great brahmana, please describe to me some of the atonement I may perform without too much endeavour. I have committed so many sins in my life, and these have now made me very poor."

"The great rishi replied, "Oh son, listen with great attention, for by hearing me your life will change, and you will become free of all your remaining sins. In the light fortnight of this very month, Vaisakha (April-May) there occurs the sacred Mohini Ekadashi, which has the power to nullify sins as vast and weighty as Mount Sumeru. If you follow my advice and faithfully observe a fast on this Ekadashi, which is so dear to Lord Hari, you will be freed from all the sinful reactions of many, many births."

"Hearing these words with great joy, Dhrishthabuddhi promised to observe a fast on Mohini Ekadashi according to the sage's instructions and direction. Oh best of kings, Oh Ramachandra Bhagavan, by fasting completely on Mohini Ekadashi, the once sinful Dhrishthabuddhi, the prodigal son of the merchant Dhanapala, became sinless. Afterwards he achieved a beautiful transcendental form and, free at last of all obstacles, rode upon the carrier of Lord Vishnu, Garuda, to the Supreme abode of the Lord.

"Oh Ramachandra, the fast day of Mohini Ekadashi removes the darkest illusory attachments to material existence. There is thus no better fast day in all the three worlds than this.' " Lord Shree Krishna concluded, "...and so, Oh Yudhishtira, there is no place of pilgrimage, no sacrifice, and no charity that can bestow merit equal to even one sixteenth of the merit a faithful devotee of Mine obtains by observing the Mohini Ekadashi. And He who hears and studies the glories of Mohini Ekadashi achieves the merit of giving away one thousand cows in charity.

**Thus ends the narration of the glories of Mohini Ekadashi, from the Kurma 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](http://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.

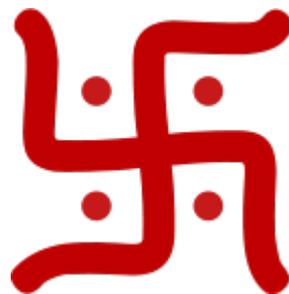
16) Saigo patties.

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

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