

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 **11<sup>th</sup> May (Friday)** is **Apara Ekadashi**

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

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

\*\*\*\* **12<sup>th</sup> May** Break fast @ 06:31 to 10:05 (Durban)

@ 06:37 to 10:15 (Jhb)

@ 07:29 to 10:58 (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.**

## Apara Ekadashi - from the Brahmanda Purana

Shree Yudhishtira Maharaj said, "Oh Janardana, what is the name of the Ekadashi that occurs during the dark fortnight (Krishna paksha) of the month of Jyeshtha (May-June)? I wish to hear from You the glories of this sacred day of Lord Hari. Please narrate everything to me" Lord Shree Krishna said, "Oh king, your inquiry is wonderful because the answer will benefit the whole human society. This Ekadashi is so sublime and meritorious that even the greatest sins can be erased by its purity. "Oh great saintly king, the name of this unlimitedly meritorious Ekadashi is Apara Ekadashi. Whoever fasts on this holy day becomes famous all over the universe. Even such sins as killing a brahmana, a cow, or an embryo; blasphemy; or having sex with another man's wife are completely eradicated by observing Apara Ekadashi.

"Oh king people who bear false witness are most sinful. A person who falsely or sarcastically glorifies another; one who cheats while weighing something on a scale; one who fails to execute the duties of his varna or Ashrama (an unqualified man's posing as a brahmin, for example, or a person's reciting the Vedas wrongly); one who invents his own scriptures; one who cheats others; one who is a charlatan astrologer, a cheating accountant, or a false Ayurvedic doctor – all these are surely as bad as persons who bears false witness, and they are all destined for hellish punishments. But simply by observing Apara Ekadashi, all such sinners become completely free of their sinful reactions.

"Warriors who fall from their kshatriya-dharma and flee the battlefield go to a ferocious hell. But, Oh Yudhishtira, even such a fallen Kshatriya, if he observes fasting on the Apara Ekadashi, is freed of that great sinful reaction and goes to heaven. "That disciple is the greatest sinner who, after receiving a proper spiritual education from his spiritual master, turns around and blasphemes him. Such a so-called disciple suffers unlimitedly. But even he, rascal though he be, if he simply observes Apara Ekadashi, can attain to the spiritual world. Listen, Oh king, as I describe to you further glories of this amazing Ekadashi.

"The merit attained by one who performs all of the following acts of piety is equal to the merit achieved by one who observes Apara Ekadashi: bathing three times daily in Pushkara Dham during Kartik (October-November); bathing at Prayag in the month of Magh (January-February) when the sun is in the zodiac of Capricorn; rendering service to Lord Shiva at Varanasi (Benares) during Shiva-ratri; offering oblations to one's forefathers at Gaya; bathing in the sacred Gautami River when Jupiter transits Leo; having darshan of Lord Shiva at Kedarnath; seeing Lord Badrinath when the Sun transits the sign of Aquarius; and bathing at the time of a solar eclipse at Kurukshetra and giving cows, elephants, and gold there in charity. A person who observes the Apara Ekadashi fast gains all the merit one gets from performing these pious acts. Also, one who fasts on this day attains the merit attained by one who donates a pregnant cow, along with gold and fertile land.

"In other words, Apara Ekadashi is an axe that cuts down the fully matured forest full of trees of sinful deeds, it is a forest fire that burns sins as if they were kindling firewood, it is the sun blazing before one's dark misdeeds, and it is a lion stalking the meek deer of impiety. "Therefore, Oh Yudhishtira, whoever truly fears his past and present sins must

observe Aparā Ekadāshi very strictly. One who does not observe this fast must be born again in the material world, like one bubble among millions in a huge body of water, or like a small ant among all other species. “Therefore one must faithfully observe the sacred Aparā Ekadāshi and worship the Supreme Personality of Godhead, Shree Trivikrama. One who does so is freed of all his sins and promoted to the abode of Lord Vishnu.

“Oh Bharata, for the benefit of all humanity I have thus described to you this the importance of the holy Aparā Ekadāshi. “Anyone who hears or reads this description is certainly freed from all kinds of sins, oh best of saintly kings, Yudhishtira.

Thus ends the narration of the glories of Aparā Ekadāshi, from the Brahmanda Purana.

**NOTE:** Pushkara Dham, in western India, is the only place on Earth where a bona-fide temple of Lord Brahma is to be found. The Vedas declare, narah budbuda samah: “The human form of life is like a bubble in water”. In water, many bubbles form and then suddenly burst a few seconds later. Thus if a person does not utilize his rare human body to serve the Supreme Personality of Godhead, Shree Krishna, his life has no more value or permanence than a bubble in water. Therefore, as the Lord herein recommends, we should serve Him by fasting on Hari-vasara, or Ekadāshi. In this regard, Srila A.C. Bhaktivedanta Swami Prabhupada writes in the Srimad Bhagavatam (SB 2:1:4 purport) “The great ocean of material nature is tossing with the waves of time, and the so-called living conditioned are something like foaming bubbles, which appear before us as bodily self, wife, children, society, countrymen, etc. Due to a lack of knowledge of self, we become victimized by the force of ignorance and thus spoil the valuable energy of human life in a vain search after permanent living conditions, which are impossible in this material world.”

Sometimes if you cannot fast due to circumstances then you can chant the names of all the Ekadāshi 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 Ekadāshis in each month. Thus there are twenty-four Ekadāshis in one full year, and in a leap year (like this year) there are two extra Ekadāshis. O great sages, please listen attentively as I declare to you the names of these auspicious Ekadāshis.

### **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
Putraadaa	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, 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.

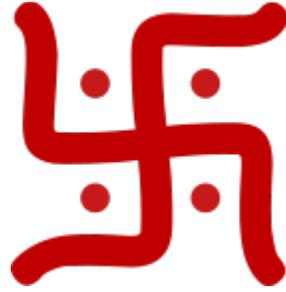
- 1) Make tomato chutney and then add scrambled paneer and dhanian. You can also add a little maas (yogurt) or fresh cream to it.
- 2) Cut eggplant into thin slices and deep fry. Keep aside. Prepare potato mash and keep aside. Now in a casserole dish and lay the eggplant on the bottom and then cover 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, 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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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.



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