

Prem Namaste, Vanakkum, 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 25<sup>th</sup> May (Friday) is Padmini Ekadashi

Please have your last grain meal on Thursday night.

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

26<sup>th</sup> May Break fast @ 06:39 to 10:08 (Durban)

@ 06:44 to 10:18 (Jhb)

@ 07:39 to 11:01 (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.

## **Padmini Ekadashi**

Suta Goswami said, "Yudhishtira Maharaja said, 'O Janardana, what is the name of the Ekadashi that occurs during the light fortnight of the extra, leap-year month (Purushottam Adhik Maas)? How does one observe it properly? Please narrate this to me.'

"The Supreme Personality of Godhead, Lord Shree Krsna, replied, 'O Pandava, the meritorious Ekadashi that occurs during the light fortnight of the extra month of leap-year is called Padmini. It is very auspicious. The fortunate soul who observes it with great determination and faith will return to My personal abode. This extra-month Ekadashi is as powerful as I am in nullifying sins. Even four-headed Lord Brahma cannot glorify it sufficiently. Long ago Lord Brahma told Narada Muni about this liberating, sin-removing Ekadashi.'

"Lotus-eyed Lord Krsna became very pleased by the inquiry of Yudhishtira and spoke to him the following pleasing words: 'O king, please listen carefully as I narrate to you the process of fasting on Padmini Ekadashi.' which is rarely done even by great sages.

" 'One should begin his fast on Dashami, the day before Ekadashi, by not eating any urad dal, pink dal, chickpeas, spinach, honey, or sea salt,' and also by not dining in the homes of others or off bell-metal plates. These eight things should be avoided. One should eat only once on Dashami, sleep on the ground, and remain celibate. On Ekadashi,' the devotee should rise early in the morning but should not brush his teeth. Then he should thoroughly bathe-in a place of pilgrimage, (if possible). While chanting sacred hymns from the Vedas, he should smear his body with cow dung mixed with clay, sesame-seed paste, kusha grass, and the powder of Amalaki fruits. Then the devotee should take another thorough bath, after which he should chant the following prayers:

" ' "O sacred clay, you have been created by Lord Brahma, purified by Kashyapa Muni, and lifted by Lord Krsna in His form as Varaha, the boar incarnation. O clay, please purify my head, eyes, and other limbs. O clay, I offer my obeisance's unto you. Kindly purify me so I may worship the Supreme Lord, Hari.

""O cow-dung, you possess medicinal and antiseptic qualities because you have come directly from the stomach of our universal mother, the cow. You can purify the entire planet earth. Please accept my humble obeisances and purify me.

""O Amalaki fruits, please accept my humble obeisance's. You have taken your birth from the saliva of Lord Brahma, and thus by your very presence the entire planet is purified. Kindly cleanse and purify my bodily limbs.

""O Supreme Lord Vishnu, O God of gods, O master of the universe, O holder of the conch, disc, club, and lotus, please allow me to bathe in all the holy places of pilgrimage."

**(Please note perform the above according to one's circumstances. Remember that we are living in a western country and many things that can be performed in India cannot be performed elsewhere and that's why I am stating here try to perform as much as you can...)**

""Reciting these excellent prayers, chanting mantras to Lord Varuna, and meditating on all the places of pilgrimage located on the banks of the Ganges, one should bathe in whatever body of water is at hand. Then, O Yudhishtira, the devotee should rub his body, thus purifying his mouth, hand, chest, arms, and waist as a prelude to worshiping the Supreme Lord, who wears brilliant yellow garments and gives pleasure to all creatures. By so doing,

the devotee will destroy all his sins. Afterwards, he should chant the sacred Gayatri mantra, offer oblations to his forefathers, and then enter a Vishnu temple to worship Narayana, the husband of Lakshmi-devi.

If possible, the devotee should then fashion murtis of Radha-Krsna or Shiva-Parvati out of gold and offer them nice devotional worship. He should fill a copper or clay pot with pure water mixed with scents, and then he should cover the pot with a cloth lid and a gold or silver lid, in this way preparing an asana upon which the Radha-Krsna or Shiva-Parvati murtis may sit for worship. According to his capacity, the devotee should then worship these murtis with fragrant incense, a bright ghee lamp, and sandalwood paste, along with camphor, musk, kumkum, and other scents, as well as selected aromatic flowers like white lotuses and other seasonal blooms, and also very nicely prepared foods. On this special Ekadashi the devotee should dance and sing ecstatically before the Deity. He should avoid prajalpa (unnecessary and useless talks) at all costs and should not talk to or touch lowborn persons. On this day he should be especially careful to speak the truth and should not criticize anyone before the Deity of Lord Vishnu, the brahmanas, or the spiritual master. Rather, with other devotees he should listen to Vaishnavas read the glories of Lord Vishnu from the Puranas. One should not drink or even touch water to his lips on this Ekadashi, and one who is unable to perform this austerity should drink only water or milk. Otherwise, the fast is considered broken. One should remain awake that night, singing and playing musical instruments for the transcendental pleasure of the Supreme Person.

**(Again please note perform this fast according to one's abilities and not fanatically)**

"During the first quarter of the Ekadashi night the devotee should offer some coconut water to his worshippable murti, during the second part he should offer bel fruit, during the third part an orange, and as the night draws to a close some betel nut. Remaining awake during the first part of Ekadashi night bestows on the devotee the same merit as that gained by performing the Agnistoma-yajna. Staying awake during the second part of the night bestows the same merit as that gained by performing a Vajapeya-yajna. Staying awake during the third part gives one the same merit as that attained by performing an Asvamedha-yajna. And one who remains awake throughout the night receives all of the above-mentioned merit, as well as the grand merit of having performed a Rajasuya-yajna. Thus there is no better fasting day in the year than Padmini Ekadashi. Nothing can compare to it as a giver of merit, whether it be a fire sacrifice, knowledge, education, or austerity. Indeed, whoever observes this sacred Ekadashi fast receives all the merit attained by bathing in all the places of pilgrimage in the world.

"After remaining awake throughout the night, the devotee should bathe at sunrise and then worship Me nicely. He should then feed a qualified brahmana and respectfully give him the murti of Lord Keshava and the pot filled with pure scented water. This gift will guarantee the devotee success in this life and liberation in the hereafter. "O sinless Yudhishtira, as you have requested, I have described the rules and regulations, as well as the benefits, regarding the Ekadashi that occurs during the light fortnight of the extra, leap-year month. Fasting on this Padmini day bestows merit equal to that gained by fasting on all other Ekadashis.

**Thus ends the narration of the glories of Padmini Ekadashi**

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
Paapaa-kushaa	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, 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 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.

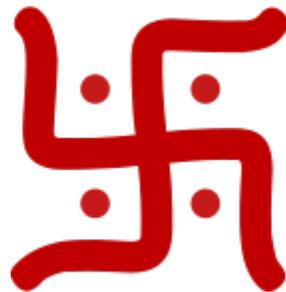
15) Saigo milk:  
Add 4 cups of water in a pot. Then add one cup of saigo and then bring to boil stirring continuously. Add sugar to taste (approx. 1 cup) and then add a few drops of vanilla essence. Cook on med heat for about 20 minutes until the saigo becomes clear. Add 2 cups of milk, and then boil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