

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 **23rd July (Monday)** is **Sayana Ekadashi**
Please have your last grain meal on **Sunday** night.
The times to **break your fast** with grains is on **Tuesday morning**
**** 24th July Break fast @ 06h46 to 10h17 (Durban)
@ 06h51 to 10h26 (Jhb)
@ 07h44 to 11h10 (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.

Sayana Ekadashi from the Bhavishya-Uttara Purana.

The saintly king Yudhishtira Maharaj said, “Oh Keshava, what is the name of that Ekadashi that occurs during the light fortnight of the month of Ashadha (June – July)? Who is the worshippable Deity for the auspicious day, and what is the process for observing this event?” Lord Shree Krishna replied, “Oh caretaker of this Earthly planet, I shall gladly tell you a wonderful historical event that the deva Lord Brahma once narrated to his son Narada Muni. “One day Narada Muni asked his father, ‘What is the name of the Ekadashi that comes during the light part of the month of Ashadha?’ ‘Kindly tell me how I should observe this Ekadashi and thus please the Supreme Lord, Shree Vishnu.’

“Lord Brahma replied, ‘Oh great saintly orator, O best of all sages, Oh purest devotee of Lord Vishnu, your question is as usual excellent for all mankind. There is nothing better than Ekadashi, the day of Lord Shree Hari, in this or any other world. It nullifies even the worst sins if observed properly. For this reason I shall tell you about Sayana Ekadashi.

“Fasting on this Ekadashi purifies one of all sins and fulfills all ones desires. Therefore, whoever neglects to observe this sacred fast day is a good candidate for entering into hell? Just to please the Supreme Lord Hrishikesh, the master of the senses, one should fast on this day. Listen carefully, Oh Narada, as I relate to you a wonderful historical event that was recorded in the scriptures regarding this Ekadashi. Just hearing this account destroys all kinds of sins, along with all obstacles on the path to spiritual perfection.

“Oh son, there was once a saintly king in the Sun dynasty whose name was Mandhata. Because he always stood up for the truth, he was appointed emperor. He took care of his subjects as though they were his very own family members and children. On account of his piety and great religiosity, there was no pestilence, drought, or disease of any kind in his entire kingdom. All his subjects were not only free of all kinds of disturbances but also were very wealthy. The king’s own treasury was free of any ill-gotten moneys, and thus he ruled happily for many years. “Once, however, because of some sin in his kingdom, there was a drought for three years. The subjects found themselves beset by famine also. The lack of food grains made it impossible for them to perform the prescribed Vedic sacrifices, offer oblations of ghee to their forefathers and to the devas, engage in any ritualistic worship, or even study the Vedic literature’s. Finally, they all came before their beloved king in a great assembly and addressed him thus, ‘Oh king, you always see to our welfare, so we humbly beg your assistance now. Everyone and everything in this world needs water. Without water, almost everything is rendered useless or dead. The Vedas call water nara, and because the Supreme Personality of Godhead sleeps upon water, His another name is Narayana. God makes His own abode on water and takes His rest there.

It is said that three things cannot exist without water; pearls, human beings, and flour. The essential quality of a pearl is its luster, and that is due to water. The essence of a man is his semen, whose main constituent is water. And without water, flour cannot be made into dough and then be cooked into various forms of bread, offered and eaten. Sometimes water is called jala-narayan, the Supreme Lord in the form of this life sustaining substance – water. In His form as the clouds, the Supreme Lord is present throughout the sky and pours forth rains, from which grow the grains that maintain every living entity.

““Oh king, the severe drought has caused a great lack of valuable grains; thus we are all miserable, and the population is decreasing as people die off or leave your kingdom. Oh best ruler on Earth, please find some solutions to this problem and bring us to peace and prosperity once again.” “ The king replied, “You speak the truth, for grains are like Brahman, the Absolute Truth, who lives within grains and thereby sustains all beings. Indeed, it is because of grains that the entire world lives. Now, why is there a terrible drought in our kingdom? The Holy Scriptures discusses this subject very thoroughly. If a king (or head of the country) is irreligious, both he and his subjects suffer. I have meditated upon the cause of our problem for a long time, but after searching my past and present character I can honestly say that I find no sin. Still, for the good of all your subjects, I shall try to remedy the situation.” Thinking in this way, King Mandhata assembled his army and entourage. Paid his obeisances to me, and then entered the forest. He wandered here and there, seeking great sages in their Ashrams and inquiring about how to resolve the crisis in his kingdom. At last he came upon the ashram of one of my other sons, Angira Muni, whose effulgence lit up all directions. Seated in his hermitage, Angira looked like a second Brahma King Mandhata was very pleased to see that exalted sages, whose senses were completely under control.

““The king immediately dismounted his horse and offered his respectful obeisances at the lotus feet of Angira Muni. Then the king joined his palms and prayed for the Muni’s blessings. That saintly person reciprocated by blessing the king with sacred mantras; then he asked him about the welfare of the seven limbs of his kingdom. The seven limbs of a king’s domain are the king himself; the ministers; his treasury; his military forces; his allies; the Brahmins; the sacrificial performances performed in the kingdom and the needs of the subjects under his care. “After telling the sage how the seven limbs of his kingdom were situated, King Mandhata asked the sage about his own situation, and if he was happy. Then Angira Muni asked the king why he had undertaken such a difficult journey into the forest, and the king told him of the affliction his kingdom was suffering. The king said, “Oh great sage, I am ruling and maintaining my kingdom while following the Vedic injunctions, and thus I do not know the reason for the drought. To solve this mystery, I have approached you for help. Please help me relieve the suffering of my subjects.”

““Angira Rishi said to the king, “the present age, Satya Yuga, is the best of all ages, for in this age Dharma stands on all four legs (Truthfulness, Austerity, Mercy, and Cleanliness). In this age everyone respects Brahmins as the topmost members of society. Also, everyone fulfills his occupational duties, and only twice-born Brahmins are allowed to perform Vedic austerities and penances. Although this is a standard, Oh lion among kings, there is one Shudra (uninitiated, untrained person) who is thus unlawfully performing the rites of austerity and penance in your kingdom. This is why there is no rain in your land. You should therefore punish this laborer, for by so doing you will remove the contamination inflicted by his actions and restore peace to your subjects.”

““The king then replied, “How can I kill an offense less performer of austerity and sacrifice? Please give me some spiritual solution.” ““The great sage Angira Muni then said, “Oh king, you should observe a fast on the Ekadashi that occurs during the light fortnight of the month of Ashadha. This auspicious day is named Sayana Ekadashi, and by its influence plentiful rains and thus grains and other foodstuffs will surely return to your kingdom. This Ekadashi bestows perfection upon its faithful observers, removes all kinds of bad

elements, and destroys all obstacles on the path to perfection. Oh king, you, your relatives, and your subjects should all observe this sacred Ekadashi fast. Then everything in your kingdom will undoubtedly return to normal.” “Upon hearing these words, the king offered his obeisances and then returned to his palace. When Sayana Ekadashi arrived, King Mandhata assembled all the Brahmins, Kshatriyas, Vaishyas and Shudras in his kingdom and instructed them to strictly observe this important fast day. After they had observed it, the rains fell, just as the sage had predicted, and in due course of time there were abundant crops and a rich harvest of grain. By the mercy of the Supreme Lord Hrishikesh, the master of the senses, all the subjects of King Mandhata became extremely happy and prosperous. “ Therefore, Oh Narada, everyone should observe this Ekadashi fast very strictly, for it bestows all kinds of happiness, as well as ultimate liberation, upon the faithful devotee’ Lord Shree Krishna concluded, “My dear Yudhishtira, Sayana Ekadashi is so powerful that one who simply reads or hears its glories becomes completely sinless. Oh Pandava, one who wishes to please Me should strictly observe this Ekadashi.

Thus ends the narration of the glories of Sayana Ekadashi – from the 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
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. 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 precepts 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

Email info@dipika.org.za

#Team-Dipika