

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 29th August (Saturday) is Parshva (Parivartini) Ekadashi

Please have your last grain meal on Friday night.

The times to break your fast with grains is on Sunday morning.

***** Break fast @ 06:13 to 10:02 (Durban),

@ 06:22 to 10:13 (Jhb)

@ 07:07 to 10:54 (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.**

Parshva (Parivartini) Ekadashi (from the Brahma-vaivarta Purana).

Yudhisthira Maharaja asked of Lord Shree Krishna, "What is the name of that Ekadashi that occurs during the light fortnight (shukla paksha) of the month of Bhadrapada (August-September)? Who is the worshipable Deity for this Ekadashi, and what merit does one attain in observing it? Kindly reveal all of this to me my Lord."

The Supreme Personality of Godhead Lord Shree Krishna addressed His devoted Yudhisthira as follows, "This Ekadashi, O Yudhisthira, is called Vamana Ekadashi, and it bestows upon those who observe it both great merit and ultimate liberation from material bondage. Therefore, because it removes all one's sinful reactions, it is also called Jayanti Ekadashi. Just hearing of its glories frees one from all his past misdeeds. So auspicious is this fast that observing it bestows the same merit as that earned by performing a horse sacrifice. There is no better Ekadashi than this, because it awards liberation so easily. Thus if one truly desires freedom from the punishing material world, one should fast on Vamana Ekadashi.

"While observing this holy fast, a Vaishnava should lovingly worship the Supreme Lord in His form as Vamanadev, the dwarf incarnation, whose eyes are like lotus petals. By doing so, he worships all other Deities as well, including Brahma, Vishnu, and Shiva, and at death he undoubtedly goes to that abode of Shree Hari. In all the three worlds there is no fast that is more important to observe. The reason this Ekadashi is so auspicious is that it celebrates the day when the sleeping Lord Vishnu turns over on His other side; thus it is also known as Parivartini Ekadashi."

Maharaja Yudhisthira then asked of the Lord, "O Janardana, please clear up a question I have. How is it that the Supreme Lord sleeps and then turns over on His side? O Lord, when You are asleep what happens to all the other living entities? Please also tell me how You bound the king of the demons, Bali Maharaja, as well as how one may please the brahmanas. How does one observe Caturmasya. Kindly be merciful to me and answer these questions."

The Supreme Personality of Godhead Lord Shree Krishna replied, "O Yudhisthira, lion among Kings, I will gladly narrate to you a historical event that, simply by hearing, eradicates all one's sinful reactions. "In the Treta-yuga there once was a king of the name Bali. Though born in a demonic dynasty, he was very devoted to Me. He sang many Vedic hymns to Me and performed the homa rituals just to satisfy Me. He respected the twice-born brahmanas and engaged them in performing sacrifices daily. This great soul had a quarrel with Indra, however, and eventually defeated him in battle. Bali took over his entire celestial kingdom, which I Myself had given to Indra. Therefore Indra and all the other devas, along with many great sages, approached Me and complained about Bali Maharaja. Bowing their heads to the ground and offering many sacred prayers from the Vedas, they worshipped Me along with their spiritual master, Brihaspati.

Thus I agreed to appear on their behalf as a dwarf Vamanadev, My fifth incarnation." King Yudhisthira asked, "O Lord, how was it possible for You to conquer such a powerful demon in a dwarf's body? Please explain this clearly, for I

am Your faithful devotee." The Supreme Lord, Sri Krishna replied, "Though a dwarf, I was a brahmana, and I approached that pious king Bali to ask him for alms in the form of land. I said, „O Bali, please give Me just three steps of land in charity. Such a small piece of land will be good as all the three worlds for Me." Bali agreed to grant My request without lengthy consideration. But as soon as he vowed to give Me the land, My body began to expand into a gigantic transcendental form. I covered the entire Earth with My feet, all the Bhuvanloka with My thighs, the Svarga heavens with My waist, Maharloka with My stomach, Janaloka with My chest, Tapoloka with My neck, and Satyaloka with My head and face. I covered the entire material creation. Indeed, all the planets of the universe, including the Sun and the Moon, were encompassed by My gigantic form." "Seeing this astonishing pastime of Mine, all the devas, including Indra and Shesha, the king of the snakes, began to sing Vedic hymns and offer prayers to Me. Then I took Bali by the hand and said to him, „O sinless one, I have covered the whole Earth with one step and all the heavenly planets with the second. Now where shall I place My foot to measure the third step of land you promised Me?"

"Upon hearing this, Bali Maharaja bowed down in humility and offered Me his head to place My third step. O Yudhisthira, I placed My foot on his head and sent him all the way to Patalaloka. Seeing him thus humbled, I became very pleased and told Bali that henceforth I would permanently reside in his palace. Thereafter, on Parivartini Ekadashi, which occurs during the light part of the month of Bhadra, Bali, the son of Virocana, installed a Deity form of Me in his residence.

"O king, until Haribodhini Ekadashi, which occurs during the light part of the month of Kartika, I continue to sleep in the ocean of milk. The merit one accumulates during this period is particularly powerful. One should therefore observe Parivartini Ekadashi carefully. Indeed, it is especially purifying and thus cleanses one of all sinful reactions. On this day the faithful devotee should worship Lord Trivikrama, Vamanadeva, who is the supreme father, because on this day I turn over to sleep on My other side.

"If possible, on this day one should give a qualified person some yogurt mixed with rice, as well as some silver, and then remain awake throughout the night. This simple observance will free one of all material conditioning. One who observes this sacred Parivartini Ekadashi in the way I have described will surely attain all kinds of happiness in this world and the kingdom of God in the hereafter. One who simply hears this narration with devotion will go to the abode of the devas and shine there like the Moon itself, so powerful is observance of this Ekadashi. Indeed, this observance is as powerful as the performance of a thousand horse sacrifices."

Thus ends the Vrjavasi narration of the glories of Parivartini Ekadashi, or Vamana Ekadashi, which occurs during the light part of the month of Bhadrpada, from the Brahma-vaivarta Purana.

The next day after Ekadashi is Shree Vamana Dvadashi: Appearance day of Lord Vamanadev. Ekadashi fast is observed till noon. The fast is broken after noon with Ekadashi prasadam. Next day (Shree Vamana Dvadashi), observe Lord Vamanadev's appearance by again fasting till noon and by chanting extra Mahamantra japa and praying to the Lord for His shelter. Break this fast with joyful feasting of Lord Vamanadev's appearance day mahaprasadam!

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.

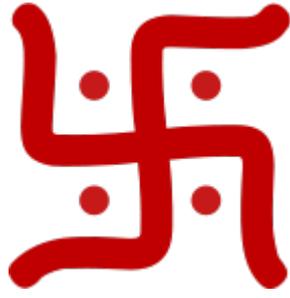
Soak 1 cup of saigo in cold water for 20 minutes and then remove the excess water. Boil three medium size potatoes, and thereafter mash while mash is hot and add saigo. Cut 2 chillies finely, chop up some dhania and add salt to taste. You can add grated cheese.

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

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Compiled for the upliftment of Sanatan Dharma
Narottam das & Arjun Nandlal
Email info@dipika.org.za

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