

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 13th September (Sunday) is Indira Ekadashi.
Please have your last grain meal on Saturday night.
The times to break your fast with grains is on Monday morning.

**** Break fast @ 05:59 to 08:20 (Durban),
@ 06:06 to 10:04 (Jhb)
@ 06:47 to 10:43 (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.

Indira Ekadashi – from the Brahma-vaivarta Purana.

Yudhishtira Maharaj said, “Oh Madhusudana, Oh killer of the Madhu demon, what is the name of the Ekadashi that occurs during the dark fortnight of the month of Ashwina (September-October)? Please describe its glories to me.” The Supreme Personality of Godhead, Lord Shree Krishna then replied, “This Holy day is called Indira Ekadashi. If a person fasts on this day, all his sins are eradicated and his forefathers who have fallen into hell are liberated. Oh best of kings, one who simply hears about this sacred Ekadashi achieves the great merit earned by performing a horse sacrifice.

“In the Satya-yuga there lived a king named Indrasena, who was so powerful that he destroyed all his enemies. His kingdom was called Mahishmati-puri. The glorious and highly religious King Indrasena took good care of his subjects, and therefore he was rich in gold, grains, sons, and grandsons. He was greatly devoted to Lord Shree Vishnu as well. He especially enjoyed chanting My name, calling out ‘Govinda! Govinda!’ In this way King Indrasena systematically dedicated himself to pure spiritual life and spent much time meditating on the Absolute Truth.

“One day, as King Indrasena happily and peacefully presided over his assembly, the perfect orator, Shree Narada Muni, was seen descending. White as a conch, shining like the moon, like a jasmine flower, like a lightening bolt, Narada Muni descending from the sky. He is decorated with matted locks of reddish hair. The king offered Deva Rishi Narada, the saint among the devas, great respect by greeting him with joined palms, inviting him into the palace, offering him a comfortable seat, washing his feet, and speaking sweet words of welcome. Then Narada Muni said to Maharaj Indrasena, ‘Oh king, are the seven limbs of your kingdom prospering?’

The seven limbs of a king’s domain being; the king’s well being himself, his ministers, his treasury, his military forces, his allies, the brahmanas, the sacrifices performed in his kingdom, and the needs of the king’s subjects. Is your mind absorbed in thinking of how you can properly perform your occupational duty? Are you becoming more and more devoted and dedicated to the service of the Supreme Lord, Shree Vishnu? “The king replied, ‘By your kind grace, Oh greatest of sages, everything is quite well. Today, just

by your presence all the sacrifices in my kingdom are successful! Please show me mercy and explain the reason for your kind visit here.'

"Shree Narada, the sage among the devas, then said, 'Oh lion among kings, listen to my astonishing words. When I descended from Brahmaloaka to Yamaloka, Lord Yamaraja praised me very graciously and offered me an excellent seat. As I glorified his truthfulness and wonderful service to the Supreme Lord, I noticed your father in Yamaraja's assembly. Though he had been very religious, because he broke an Ekadashi fast prematurely, he had to go to the Yamaloka. Your father gave me a message for you. He said, 'In Mahishmati lives a king named Indrasena. Please tell him about my situation here – that because of my past sinful deeds I have somehow been forced to reside in Yamaraja's kingdom. Please give him this message from me: 'Oh son, kindly observe the coming Indira Ekadashi and give much in charity so I can go upward to heaven.' "Philosophically we can understand that very living entity is an individual, and individually everyone has to practice Krishna consciousness to traverse back to home, back to Godhead. As stated in Garuda Purana, someone who is suffering in hell cannot practice Krishna consciousness, because this requires some mental peace, which the reactionary tortures of hell make impossible. If a relative of a sinner suffering in hell gives some charity in the name of the sinner, he can leave hell and enter the heavenly planets. But if the sinner's relative observes this Ekadashi fast for his suffering kinsman, the kinsman goes directly to the spiritual world, as stated in this narration based on Brahma-vaivarta Purana.

"Narada Muni then continued, 'Just to deliver this message, Oh king, have I come to you. You should help your father by observing the fast of Indira Ekadashi. By the merit you gain, your father will go to heaven.' "King Indrasena asked, 'Oh great Naradji, please be merciful and tell me specifically how to observe a fast on Indira Ekadashi, and also tell me during what month and on what day it occurs.'

"Narada Muni replied, 'Oh king, please listen as I describe to you the full process of observing the Indira Ekadashi. This Ekadashi occurs during the dark fortnight of the month of Ashwina. On the Dashami tithi, the day before Ekadashi, rise early in the morning; take bath, and then do some service for God with full faith. At noon, bathe again in running water and then offer oblations to your forefathers with faith and devotion. Be sure not to eat more than once on this day and at night sleep on the floor. (Now please remember that you should perform this according to your abilities and circumstances) "When you awaken on Ekadashi morning, cleanse your

mouth and teeth thoroughly and then with deep devotion for the Lord take this sacred vow: ‘Today I shall fast completely and give up all kinds of sense enjoyment. Oh lotus-eyed Supreme Personality of Godhead, Oh infallible one, please give me shelter at Your lotus feet.’ At noon, stand before the sacred form of the Shree Shaligram Shila (or a picture of Lord Krishna) and worship Him faithfully, following all the rules and regulations; then offer oblations of ghee into the sacred fire, and tarpana directed to help your forefathers. Next, feed qualified Brahmins (obviously non-grain food) and offer them some charity according to your means. Now take the food that you have offered to your forefathers, and then offer it to a cow (or to any living entity that you have near by your residence). Next, worship Lord Krishna with incense and flowers, and finally, remain awake all night near the Deity of Lord Krishna (ok this will be quite difficult for most due to circumstances).

‘Early in the morning of the next day, Dwadashi tithi, worship Shree Hari with great devotion and invite Brahmin devotees (or go out and feed poor people) to a sumptuous feast. Then feed your relatives, and finally take your meal in silence. Oh king, if you strictly observe a fast on Indira Ekadashi in this way, with controlled senses, your father will surely be elevated to the abode of Lord Vishnu.’ After saying this, Deva Rishi Narada immediately disappeared from the scene to bless someone else with his presence.

‘King Indrasena followed the great saint’s instructions perfectly, observing the fast in the association of his relatives and servants. As he broke his fast on the Dwadashi tithi, flowers fell from the sky. The merit that Indrasena earned by observing this fast released his father from the kingdom of Yamaraja and caused him to attain a completely spiritual body. Indeed, Indrasena saw him rising to the abode of Lord Hari on the back of Garuda Vahana (vehicle). Indrasena himself was able to rule his kingdom without any obstacles, and in time when he handed over the kingdom to his son he also went to the spiritual realm of Vaikuntha.

‘Oh Yudhishtira, these are the glories of the Indira Ekadashi, which occurs during the dark fortnight of the month of Ashwina. Whoever hears or reads this narration certainly enjoys life in this world, is freed of all reactions to his past sins, and at the time of death returns home, back to Godhead, where he lives eternally.’

**Thus ends the narration of the glories of Indira Ekadashi,
from the Brahma-Vaivarta 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, 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, 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.

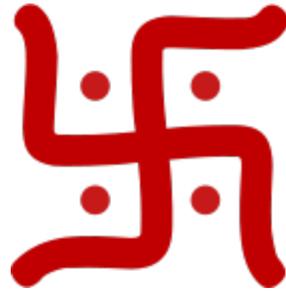
Soak 1 cup of saigo in cold water for 20 minutes and then remove the excess water. Boil three medium size potatoes, and thereafter mash while mash is hot and add saigo. Cut 2 chillies finely, chop up some dhania and add salt to taste. You can add grated cheese.

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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Narottam das & Arjun Nandlal
Email info@dipika.org.za

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