

Pranaams, 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 **18th March (Saturday)** is **Paapamochanee (Vaishnava) Ekadashi**

Please have your last grain meal on **Friday**.

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

19th March - Break fast

@ **05:58 to 08:24** (Durban)

@ **06:11 to 08:37** (Gauteng)

@ **06:48 to 09:15** (Cape Town)

March 17, Friday Fasting for (Smartha) Papmochani Ekadashi



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.

Paapamochanee Ekadashi from the Bhavishya-Uttara Purana

The Supreme Personality of Godhead, Lord Shree Krishna, replied, "O best of kings, for the benefit of everyone I shall describe to you the glories of Paapamochanee Ekadashi. Lomasa Rishi once narrated the history of this Ekadashi to the Emperor Mandhata. King Mandhata addressed the Rishi, 'Oh great sage, for the benefit of all people, please tell me the name of the Ekadashi that occurs during the dark fortnight of the month of Chaitra, and please explain the process for observing it. Also, please describe the benefits one gains by observing this Ekadashi.'

"Lomasa Rishi replied, "The Ekadashi that occurs during the dark part of the month of Chaitra is named Paapamochanee Ekadashi. For the faithful devotee it removes the influences of ghosts and demons. Oh lion among men, this Ekadashi also awards the eight perfections of life, fulfils all kinds of desires, purifies one's life of all sinful reactions, and makes a person perfectly virtuous.

"Now please listen to a historical account concerning this Ekadashi and Chitraratha, the chief of the Gandharvas (heavenly musicians). During the spring season, in the company of heavenly dancing girls, Chitraratha once came upon a beautiful forest bursting forth with a great variety of flowers. There he and the girls joined the Gandharvas and many Kinnaras, along with Lord Indra himself, the king of heaven, who was enjoying a visit there. Everyone felt that there was no better garden than this forest. Many sages were also present, performing their austerities and penances. The devas particularly enjoyed visiting this celestial garden during the months of Chaitra and Vaisakha (April-May).

"A great sage named Medhavi resided in that forest, and the very attractive dancing girls would always attempt to seduce him. One famous girl in particular, Manjughosha, contrived many ways to allure the exalted Muni, but out of great respect for the sage and feat of his power, which he had attained after years and years of ascetics, she would not come very close to him. At a spot two miles from the sage, she pitched a tent and began singing very sweetly as she played a tamboura. Cupid himself became excited when he saw and heard her perform so nicely and smelled the fragrance of her sandal-paste unguent. He remembered his own unfortunate experience with Lord Shiva and decided to take revenge by seducing Medhavi.

"Using the eyebrows of Manjughosha as a bow, her glances as a bowstring, her eyes as arrows, and her breasts as a target, Cupid approached Medhavi in order to tempt him to break his trance and his vows. In other words, Cupid engaged Manjughosha as his assistant, and when she looked at that powerful and attractive young sage, she also became agitated by lust. Seeing that he was highly intelligent and learned, wearing a clean white brahmana's thread draped across his shoulder, holding a sannyasi's staff, and sitting handsomely in the ashram of Chyavana Rishi, Manjughosha came before him.

"She began to sing seductively, and the small bells of her belt and around her ankles, together with the bangles on her wrists, produced a delightful musical symphony. The sage Medhavi was enchanted. He understood that this beautiful young woman desired union with him, and at that instant Cupid increased his attraction for Manjughosha by releasing his powerful weapons of taste, touch, sight, smell, and sound. "Slowly Manjughosha approached Medhavi, her bodily movements and sweet glances attracting him. She gracefully put her tamboura down and embraced the sage with her two arms, just as a creeper winds itself around a strong tree. Captivated, Medhavi gave up his meditation and decided to sport with her - and instantly his purity of heart and mind abandoned him. Forgetting even the difference between night and day, he went away with her to sport for a long, long time.

"Seeing that the young yogi's sanctity had become seriously eroded, Manjughosha decided to abandon him and return home. She said, "O great one, please permit me to return home." "Medhavi replied, "But you have only just arrived, O beautiful one. Please stay with me at least until tomorrow." "Fearful of the sage's yogic power, Manjughosha stayed with Medhavi for precisely fifty-seven years, nine months, and three days, but to Medhavi all this time seemed like a moment. Again she asked him, "Please permit me to leave." "Medhavi replied, "O dear one, listen to me. Stay with me for one more night, and then you may leave tomorrow morning. Just stay with me until I have performed my morning duties and chanted the sacred Gayatri mantra. Please wait until then."

"Manjughosha was still fearful of the sage's great yogic power, but she forced a smile and said, "How long will it take you to finish your morning hymns and rituals? Please be merciful and think of all the time you have already spent with me." "The sage reflected on the years he had been with Manjughosha and then said with great astonishment. "Why, I have spent more than fifty-seven years with you!" His eyes turned red and began to emanate sparks. He now regarded Manjughosha as death personified and the destroyer of his spiritual life. "You rascal woman! You have turned all the hard-earned results of my austerities to ashes!" Trembling with anger, he cursed Manjughosha, "Oh sinful one, Oh hard-hearted, degraded one! You know only sin! May all terrible fortune be yours! Oh rascal woman, I curse you to become an evil

hobgoblin - pishacha!"

"Cursed by the age Medhavi, the beautiful Manjughosha humbly beseeched him, "Oh best of the brahmanas, please be merciful to me and revoke your curse! Oh great one, it is said that association with pure devotees gives immediate results but their curses take effect only after seven days. I have been with you for fifty-seven years, Oh master, so please be kind to me!" "Medhavi Muni replied, "Oh gentle lady what can I possibly do? You have destroyed all my austerities. But even though you have done this sinful deed, I shall tell you a way you can be released from my wrath. In the dark fortnight of the month of Chaitra there is an all-auspicious Ekadashi that removes all one's sins. Its name is Paapamochanee, Oh beautiful one, and whoever fasts on this sacred day becomes completely freed from having to take birth in any kind of devilish form."

"With these words, the sage left at once for his father's Ashram. Seeing him enter the hermitage, Chyavana Muni said, "Oh son, by acting unlawfully you have squandered the wealth of your penances and austerities." "Medhavi replied, "Oh Father, kindly reveal what atonement I must perform to remove the obnoxious sin I have incurred by privately associating with the dancing girl Manjughosha." "Chyavana Muni answered, "Dear son, you must fast on Paapamochanee Ekadashi, which occurs during the dark fortnight of the month of Chaitra. It eradicates all sins, no matter how grievous they may be." "Medhavi followed his father's advice and fasted on Paapamochanee Ekadashi. Thus all his sins were destroyed and he again became filled with excellent merit. Similarly, Manjughosha observed the same fast and became free of the hobgoblin curse. Ascending once again to the heavenly spheres, she too returned to her former position. "Lomasa Rishi continued, 'Thus, Oh king, the great benefit of fasting on Paapamochanee Ekadashi is that whoever does so with faith and devotion will have all his sins completely destroyed.'

Shree Krishna concluded, "Oh King Yudhisthira, whoever reads or hears about Paapamochanee Ekadashi obtains the very same merit he would get if he donated a thousand cows in charity, and he also nullifies the sinful reactions he may have incurred by killing a brahmana, killing an embryo through abortion, drinking liquor, or having sex with his guru's wife. Such is the incalculable benefit of properly observing this holy day of Paapamochanee Ekadashi, which is so dear to Me and so meritorious."

Thus ends the narration of the glories of Paapamochanee 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, dhanial, 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 dhanial. 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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