

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 **2nd July (Tuesday)** is **Yogini Ekadashi**

Please have your last grain meal on **Monday night**.

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

Break fast 3rd July

Durban 06:52 AM to 08:55 AM

Gauteng 06:56 AM to 09:03 AM

Cape Town 07:52 AM to 09:52 AM

July 1st, Monday Fasting for (Smartha) Yogini 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.

Yogini Ekadashi: from the Brahma-vaivarta Purana.

Yudhisthira Maharaj said, "Oh Supreme Lord, I wish to hear from You about the Ekadashi that occurs during the dark fortnight of the month of Ashadha (June - July). Kindly describe to me all about it in detail, O Madhusudana." The Supreme Lord, Shree Krishna, then replied, "Oh king, I shall indeed tell you about the best of all fasting days, the Ekadashi that comes during the dark part of the month of Ashadha. Famous as Yogini Ekadashi, it removes all kinds of sinful reactions and awards supreme liberation. "Oh best of kings, this Ekadashi delivers people who are drowning in the vast ocean of material existence and transports them to the shore of the spiritual world. In all the three worlds, it is the chief of all sacred fasting days. I shall now reveal

this truth to you by narrating a history recounted in the Puranas. "The king of Alakapuri - Kuvera, the treasurer of the devas - was a steadfast devotee of Lord Shiva. He employed a servant named Hemamali as his personal gardener. Hemamali, a Yaksha like Kuvera, was very lustfully attracted to his gorgeous wife, Swarupavati, who had large, enchanting eyes. "Hemamali's daily duty was to visit Manosarovara Lake and bring back flowers for his master, Kuvera, with which he would use them in the puja offerings to Lord Shiva. One day, after picking the flowers, Hemamali went to his wife instead of returning directly to his master and fulfilling his duty by bringing the flowers for the puja. Absorbed in loving affairs of a bodily nature with his wife, he forgot to return to the abode of Kuvera. "Oh king, while Hemamali was enjoying with his wife, Kuvera had begun the worship of Lord Shiva as normal in his palace and soon discovered that there were no flowers ready to be offered in the midday puja. The lack of such an important item angered the treasurer of the devas even more, and he asked a Yaksha messenger, 'Why has dirty-hearted Hemamali not come with the daily offering of flowers? Go find out the exact reason and report back to me in person with your findings.' The Yaksha returned and told Kuvera, 'Oh dear lord, Hemamali has become lost in freely enjoying coitus with his wife.'

"Kuvera became extremely angry when he heard this and at once summoned lowly Hemamali before him. Knowing that he had been remiss and dawdling in his duty and exposed as meditating on his wife's body, Hemamali approached his master in great fear. The gardener first paid his obeisances and then stood before his lord, whose eyes had become red with anger and whose lips trembled in rage. So enraged, Kuvera cried out to Hemamali, 'Oh you sinful rascal! Oh destroyer of religious principles! You are a walking offence to the devas! I therefore curse you to suffer from white leprosy and to become separated from your beloved wife! Only great suffering is deservedly yours! Oh low-born fool, leave this place immediately and betake yourself to the lower planets to suffer!'

"And so Hemamali fell at once from grace in Alakapuri and became ill with the terrible affliction of white leprosy. He awoke in a dense and fearful forest, where there was nothing to eat or drink. Thus he passed his days in misery, unable to sleep at night due to pain. He suffered in both winter and summer season, but because he continued to worship Lord Shiva himself with faith, his consciousness remained purely fixed and steady. Although implicated by great sin he remembered his past life because of his piety.

"After wandering for some time here and there, over mountains and across plains, Hemamali eventually came upon the vast expanse of the Himalayan mountain ranges. There he had the wonderful good fortune to come in contact with the great saintly soul Markandeya Rishi, the best of ascetics, whose duration of life it is said, extends to seven of the days of Brahma. "Markandeya Rishi was seated peacefully at his Ashrama, looking as effulgent as a second Brahma. Hemamali, feeling very sinful, stood at a distance from the magnificent sage and offered his humble obeisances and choice prayers. Always interested in the welfare of others, Markandeya Rishi saw the leper and called him near, "Oh you, what sort of sinful deeds have you done to earn this dreadful affliction?'

"Hearing this, Hemamali painfully and ashamed replied, 'Dear sir, I am a Yaksha servant of Lord Kuvera, and my name is Hemamali. It was my daily service to pick the flowers from the Manosarovara Lake for my master's worship of Lord Shiva, but one day I was negligent and was late in returning with the offering because I had become overwhelmed with lusty passion for enjoying bodily pleasures with my wife. When my master discovered why I was late, he cursed me in great anger to be as I am before you. Thus I am now bereft of my home, my wife, and my service. But fortunately I have come upon you, and now I hope to receive from you an auspicious benediction, for I know that devotees such as you are as merciful as the Supreme Lord (Bhakta Vatsala) and always carry the interest of others uppermost in their hearts. That is their nature. Oh best of sages, please help me!' "Softhearted Markandeya Rishi replied, 'because you have told me the truth, I shall tell you about a fast day that will benefit you greatly. If you fast on the Ekadashi that comes during the dark fortnight of the month of Ashadha, you will surely be freed of this terrible curse.' Hemamali fell to the ground in complete gratitude and offered him his

humble obeisances again and again. But Markandeya Rishi stood there and lifted poor Hemamali up to his feet, filling him with inexpressible happiness. "Thus, as the sage had instructed him, Hemamali dutifully observed the Ekadashi fast, and by its influence he again became a handsome Yaksha. Then he returned home, where he lived very happily with his wife." Lord Shree Krishna concluded, "So, you can readily see, Oh Yudhishtira that fasting on Yogini Ekadashi is very powerful and auspicious. Whatever merit one obtains by feeding eightyeight thousand Brahmins is also obtained simply by observing a strict fast on Yogini Ekadashi. For one who fasts on this sacred Ekadashi, Ekadashi Devi destroys heaps of past sinful reactions and makes him most pious. Oh King, thus I have explained to you the purity of Yogini Ekadashi."

Thus ends the narration of the glories of Yogini 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 Ekadashi's in each month. Thus there are twenty-four Ekadashi's in one full year, and in a leap year (like this year) there are two extra Ekadashi's. O great sages, please listen attentively as I declare to you the names of these auspicious Ekadashi's.

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 Ekadashi's 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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