

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 31st January (Wednesday) (Vaishnava) Pausha Putrada Ekadashi, is observed.

Please have your last grain meal on Tuesday night.

The times to break your fast with grains is on Thursday morning

On 1st January 2026

Parana Time (Break fast)

Durban

04:59 AM to 07:47 AM

Gauteng

05:19 AM to 08:04 AM

Cape Town

05:39 AM to 08:31 AM

*** is observed as Smartha Pausha Putrada 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.

The Katha of Putrada Ekadashi

The pious and saintly Yudhishtira Maharaj said, "Oh Lord, You have so nicely explained to us the wonderful glories of the Saphala Ekadashi, now please be merciful to me and explain to me the details of the Ekadashi that occurs in the light fortnight of this month. What is its name, and what Deity is to be worshipped on that sacred day? Oh Purushottama, Oh Hrsikesh, please also tell me how You can be pleased on this day? Lord Shree Krishna then replied, "Oh saintly king, for the benefit of all humanity I shall now tell you how to observe fasting on Putrada Ekadashi.

As previously explained, everyone should observe the rules and regulations of the Ekadashi vrata, to the very best of their ability. This injunction also applies to the Ekadashi named Putrada, which destroys all sins and elevates one to the spiritual abode. The Supreme Personality of Godhead Shree Narayana, the original personality, is the worshipable Deity of the Ekadashi, and for His faithful devotees He happily fulfils all desires and awards full perfection. Thus among all the animate and inanimate beings in the three worlds (lower, middle and higher planetary systems), there is no better personality than Lord Narayana. "Oh King, now I shall narrate to you the history of Putrada Ekadashi, which removes all kinds of sins and makes one famous and learned.

"There was once a kingdom named Bhadraavati, which was ruled by King Suketumaan. His queen was the famous Shaibya. Because he had no son, he spent a long time in anxiety, thinking, 'If I have no son, who will carry on my dynasty?' In this way the king meditated in a religious attitude for a very long time, thinking, 'Where should I go? What should I do? How can I get a pious son (Putra)? In this way King Suketumaan could find no happiness anywhere in his kingdom, even in his own palace, and soon he was spending more and more time inside his wife's palace, gloomily thinking only of how he could get a son. "Thus both King Suketumaan and Queen Shaibya were in great distress. Even when they offered tarpana (oblations of water to their forefathers), their mutual misery made them think that it was as undrinkable as boiling water. They thus thought that they would have no descendants to offer tarpana to them when they died and thus become lost souls (ghosts). The king and queen were especially upset to learn that their forefathers were worried that soon there would be no one to offer them tarpana also. "After learning of their forefather's unhappiness, the king and queen became more and more miserable, and neither ministers, nor friends, nor even loved ones could cheer them up.

To the king, his elephants and horses and infantry were no solace, and at last he became practically inert and helpless. "The king thought to himself, 'It is said that without a son, marriage is wasted. Indeed, for a family man with no son, both his heart and his splendid house remain vacant and miserable. Bereft of a son, a man cannot liquidate the debts that he owes his forefathers, the devas and to other human beings. Therefore every married man should endeavor to beget a son; thus he will become famous within this world and at last attain the auspicious celestial realms. A son is proof of the pious activities a man performed in his past one hundred lifetimes, and such a person achieve a long duration of life in this world, along with good health and great wealth. Possessing sons and grandsons in this lifetime proves that one has worshipped Lord Vishnu, the Supreme Personality of Godhead, in the past. The great blessing of sons, wealth, and sharp intelligence can be achieved only by worshipping the Supreme Lord, Shree Krishna. That is my opinion.'

"Thinking thus, the king had no peace. He remained in anxiety day and night, from morning to evening, and from the time he lay down to sleep at night until the sun rose in the morning, his dreams were equally full of great anxiety. Suffering such constant anxiety and apprehension, King Suketumaan decided to end his misery by committing suicide. But he realized that suicide throws a person into hellish conditions of rebirth, and so he abandoned that idea. Seeing that he was gradually destroying himself by his all consuming anxiety over the lack of a son, the king at last mounted his horse and left for the dense forest alone. No one, not even the priests and Brahmins of the palace, knew where he had gone. "In that forest, which was filled with deer and birds and other animals, King Suketumaan wandered aimlessly, noting all the different kinds of trees and shrubs, such as the fig, bel fruit, date palm, jackfruit, bakula, saptaparnaa, tinduka, and tilaka, as well as the shala, taala, tamaala, saralaa, hingotaa, arjuna, labheraa, bahedaa, sallaki, karondaa, patala, khaira, shaka, and palaasha trees. All were beautifully decorated with fruits and flowers. He saw deer, tigers, wild boar, lions, monkeys, snakes, huge bull elephants in a rut, cow elephants with their calves, and four-tusked elephants with their mates close by. There were cows, jackals, rabbits, leopards, and hippopotamuses. Beholding all these animals accompanied by their mates and offspring, the king remembered his own menagerie, especially his palace elephants, and became so sad that he absentmindedly wandered into their very midst.

"Suddenly the king heard a jackal howl in the distance. Startled, he began wandering about, looking around in all directions. Soon it was midday, and the king started to tire. He was tormented by hunger and thirst also. He thought, 'What sinful deed could possibly have done so that I am now forced to suffer like this, with my throat parched and burning, and my stomach empty and rumbling? I have pleased the devas with numerous fire sacrifices and abundant devotional worship. I have given many gifts and delicious sweets in charity to all the worthy Brahmins too. And I have taken care of my subjects as though they were my very own children. Why then am I suffering so? What unknown sins have come to bear fruit and torment me in this dreadful way?'

"Absorbed in these thoughts, King Suketumaan struggled forward, and eventually, due to his pious credits, he came upon a beautiful lotus bearing pond that resembled the famous Lake Maanasarova. It was filled with aquatics, including crocodiles and many varieties of fish, and graced with varieties of lilies and lotuses. The beautiful lotuses had opened to the Sun, and swans, cranes and ducks swam happily in its waters. Nearby were many attractive ashrams, where there resided many saints and sages who could fulfill the desires of anyone. Indeed, they wished everyone well. When the king saw all this, his right arm and right eye began to quiver, a sakuna sign (for a male) that something auspicious was about to happen. "As the king dismounted his horse and stood before the sages, who sat on the shore of the pond, he saw that they were chanting the holy names of God on japa beads. The king paid his obeisance's and, joining his palms, addressed them with glorified praises. Observing the respect the king offered them, the sages said, 'We are very pleased with you, Oh king. Kindly tell us why you have come here. What is on your mind? Please inform us what is your heart's desire.'

"The king replied, 'Oh great sages, who are you? What are your names, surely your presence reveals that you are auspicious saints? Why have you come to this beautiful place? Please tell me everything.' "The sages replied, 'Oh king, we are known as the ten Vishvadevas (the sons of Vishva; Vasu, Satya, Kratu, Daksha, Kaala, Kaama, Dhriti, Pururavaa, Maadrava, and Kuru). We have come here to this very lovely pond to bathe. The month of Magha will soon be here in five days (from the Magh Nakshatra), and today is the famous Putrada Ekadashi. One who desires a son should strictly observe this particular Ekadashi.' "The king said, 'I have tried so hard to have a son. If you great

sages are pleased with me, kindly grant the boon of having a good son (Putra).’ “The very meaning of Putrada,’ the sages replied, ‘...is “giver of a putra, pious son.” So please observe a complete fast on this Ekadashi day. If you do so, then by our blessing - and by the mercy of Lord Shree Keshava invested in us - surely you will obtain a son.’ “On the advice of the Vishvadevas, the king observed the auspicious fast day of Putrada Ekadashi according to the established rules and regulations, and on the Dwadashi, after breaking his fast, he paid obeisance's again and again to all of them. “Soon after Suketumaan returned to his palace and united with his queen. Queen Shaibyaa immediately became pregnant, and exactly as the Vishvadevas had predicted, a bright faced, beautiful son was born to them. In due course of time he became famous as a heroic prince, and the king gladly pleased his noble son by making him his successor. The son of Suketumaan took care of his subjects very conscientiously, just as if they were his own children.

“In conclusion, Oh Yudhishtira, one who wishes to fulfill his desires should strictly observe Putrada Ekadashi. While on this planet, one who strictly observes this Ekadashi will surely obtain a son, and after death he will achieve liberation. Anyone who even reads or hears the glories of Putrada Ekadashi obtains the merit earned by performing a horse sacrifice. It is to benefit all humanity that I have explained all this to you.”

Thus ends the narration of the glories of Putrada Ekadashi,
from the Bhavishya 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
Haribodhinee

October-November
October-November

The two extra Ekadashis, which occur during leap year, are called,
Padminiee
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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