

ESSENCE

Ganesh Chauth Edition



January 2025



Edition: 26

**Dhyaan-Muulam Gurur-Murtih | Mantra-Muulam Gurur-Vaakyam |
Puujaa-Muulam Guru-Padam | Moksha-Muulam Gurur Krupaa |**



जब कृतज्ञता की धारा, जीवन को सराबोर बनाए,
जब निराशा का साया, आशा को छू न पाए,
तब जादू सा छलकता, हर पल में रंग भरता।



**When Nothing Is Expected
And Everything is Appreciated
Life Becomes Magical.**

HAPPY
New Year!
2025

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ॐ नमोः गुरुदेव



**Lonavala
Gurudham**

6.05am: Jyoth
9.05am: Havan
9.15pm: Darshan

योग्यताएँ कर्म से
पैदा होती हैं,
जन्म से हर व्यक्ति
शून्य होता है।

Ganesh Chauth
17th January 2025

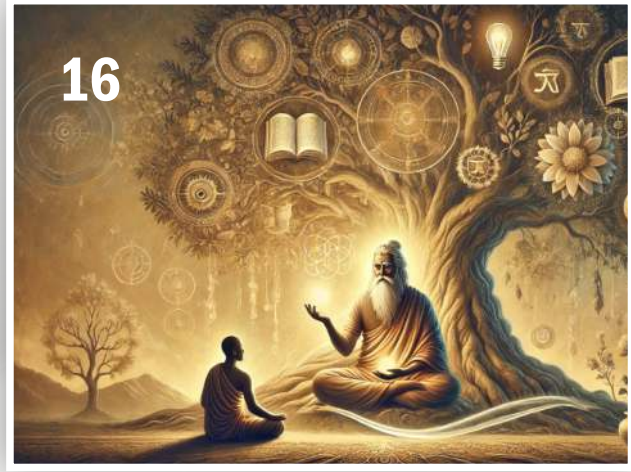
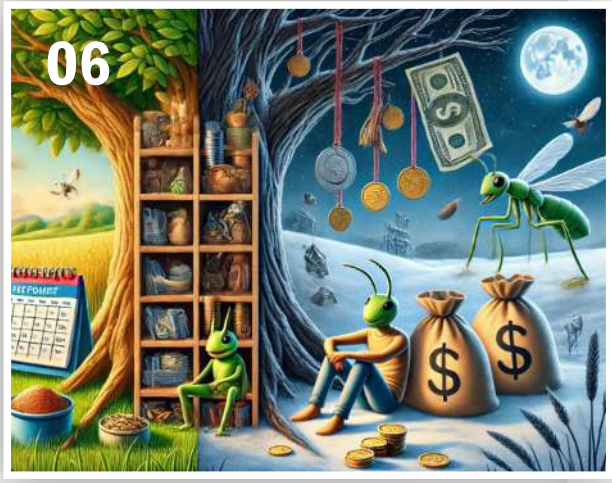
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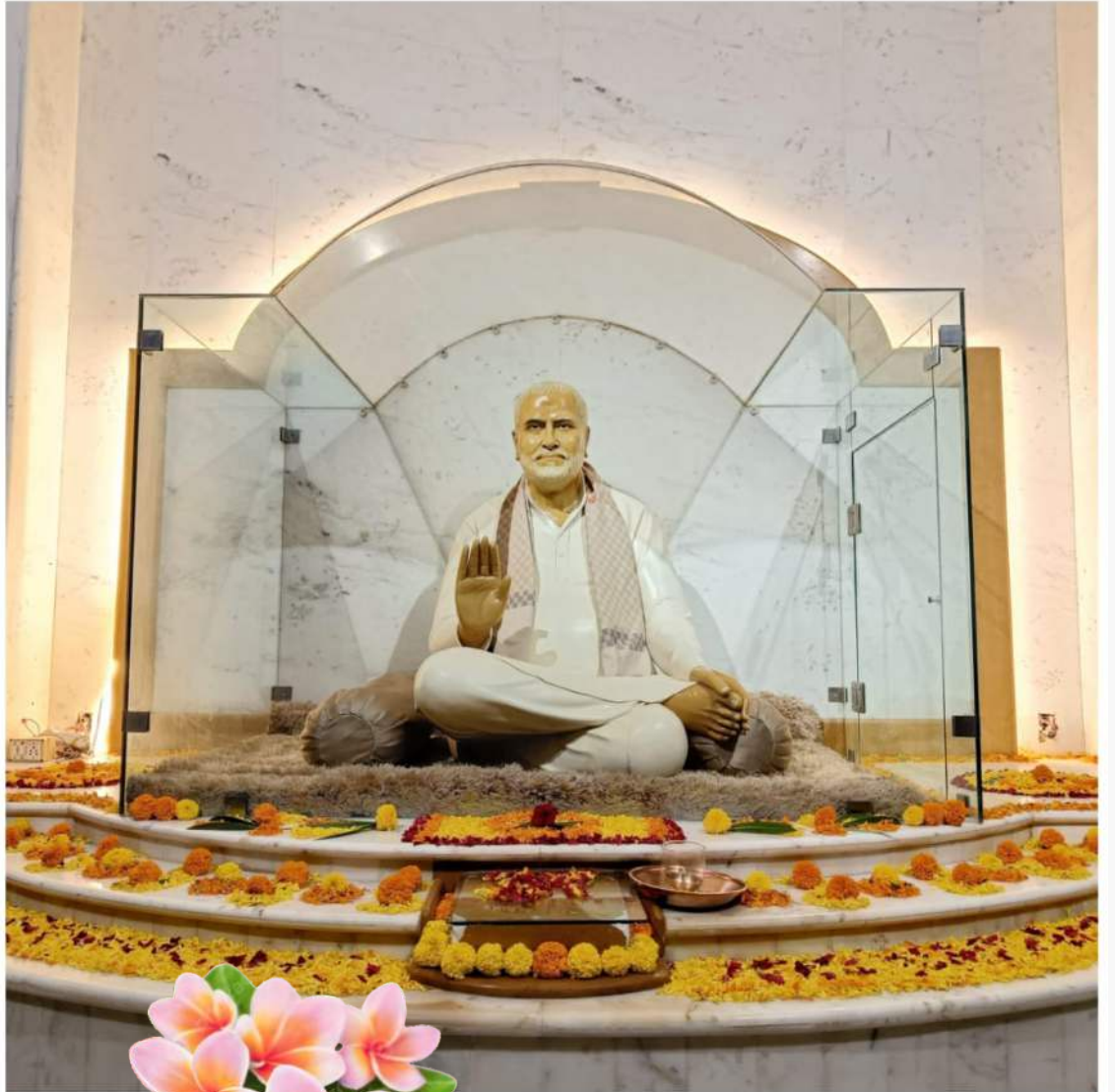


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AAVIRBHAV PARV 2024





AAVIRBHAV PARV 2024





Baba ne Kaha **RAAHAT (Healing)**

All His life, Baba has provided healing to feelings...

Baba used to say my dear nothing will happen simply by saying or telling rather it will happen only when done practically. Everybody would have done it, if it had been through just saying & listening. It isn't the privilege of sheer theory. It is in the area of application & implementation.

Baba used to say that instead of repeating yourself many a times, you should practically do it yourself. What one hasn't understood by listening will catch up due to the effects of the vibes through your practical approach. What is being heard, only stays with the ears. However, the practical range of karma's reaches straight to the inner conscious level through the eyes. That's why what is followed at GuruDham is applied philosophy, whatever you like, you should apply in your life.

Baba explained the meaning of Sewa - We have been Graced by Guruji; we should do all our deeds keeping our faith in Guru & following the words of wisdom from the Master.



Consequently, it will affect the concerned soul, you may be able to do good only for the soul that is in your connection.

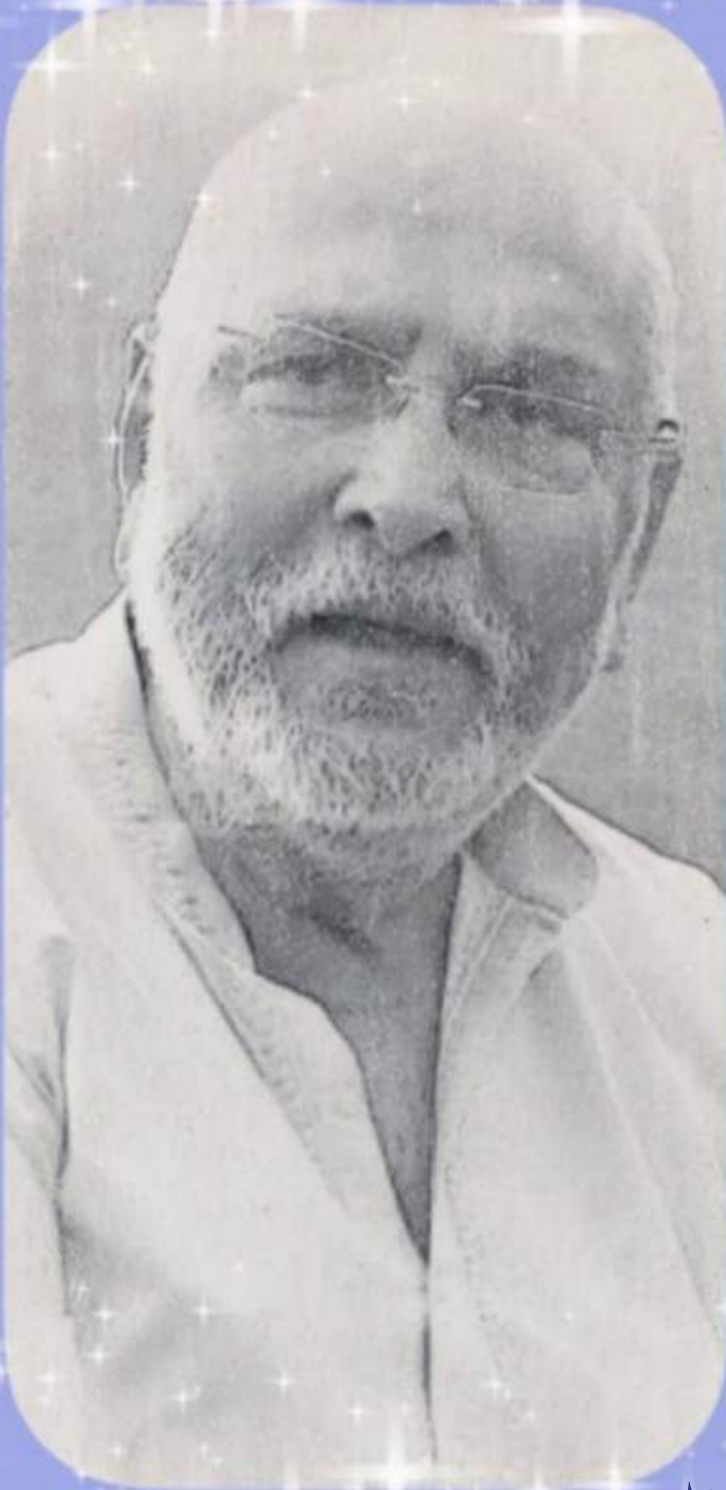
Baba used to say a person without ordination is Surdas, a blind person. Surdas gets confused, confused remains tensed, tensed gets frustrated & frustrated one goes into depression but amazing is the persona of a Guru that transforms this beast like human being into an awakened soul that is worshiped and praised by others.

Actually, Surdas is unaware of his own feelings, then how will he be able to tell you the same but yes, with the Grace of Master, the effect of your deeds will reach to him to make him understand. You can serve one who wants to be served, you can do well to one who wishes for. Thus, finally everything depends on your feelings but the most amazing part is that nobody understands his own feelings. With selfless service you pave the way to the inner consciousness level of the soul of whoever comes to the Guru and then Guru reaches the soul for its relief i.e. providing the Healing. Baba said that after reaching Gurgaon and seeing Guruji, the first thing that I learnt was that Master used to listen to, and heal all according to their feelings. Being in His Holy presence, the soul is able to comprehend itself. Baba said I saw Guruji doing it and followed him in providing Healing to Feelings. In every moment of life, everybody is in connect with one or another feeling which concludes that the whole life is feeling and that feeling is of two types- Healing and Killing. We belong to the Healer so naturally we have to heal the feeling.

Baba said that the path of Sewa is the best and epitome of all. It is simple. When you do Sewa keeping your faith in your Guru, though in reality Guru does the Sewa, you are liberated. Sewa is absolute in itself. That is why the one who is being served is ought to be benefitted and if the one who is doing Sewa gets enlighten, master is beyond par, as the one who served & the one who is being served both get elevated.

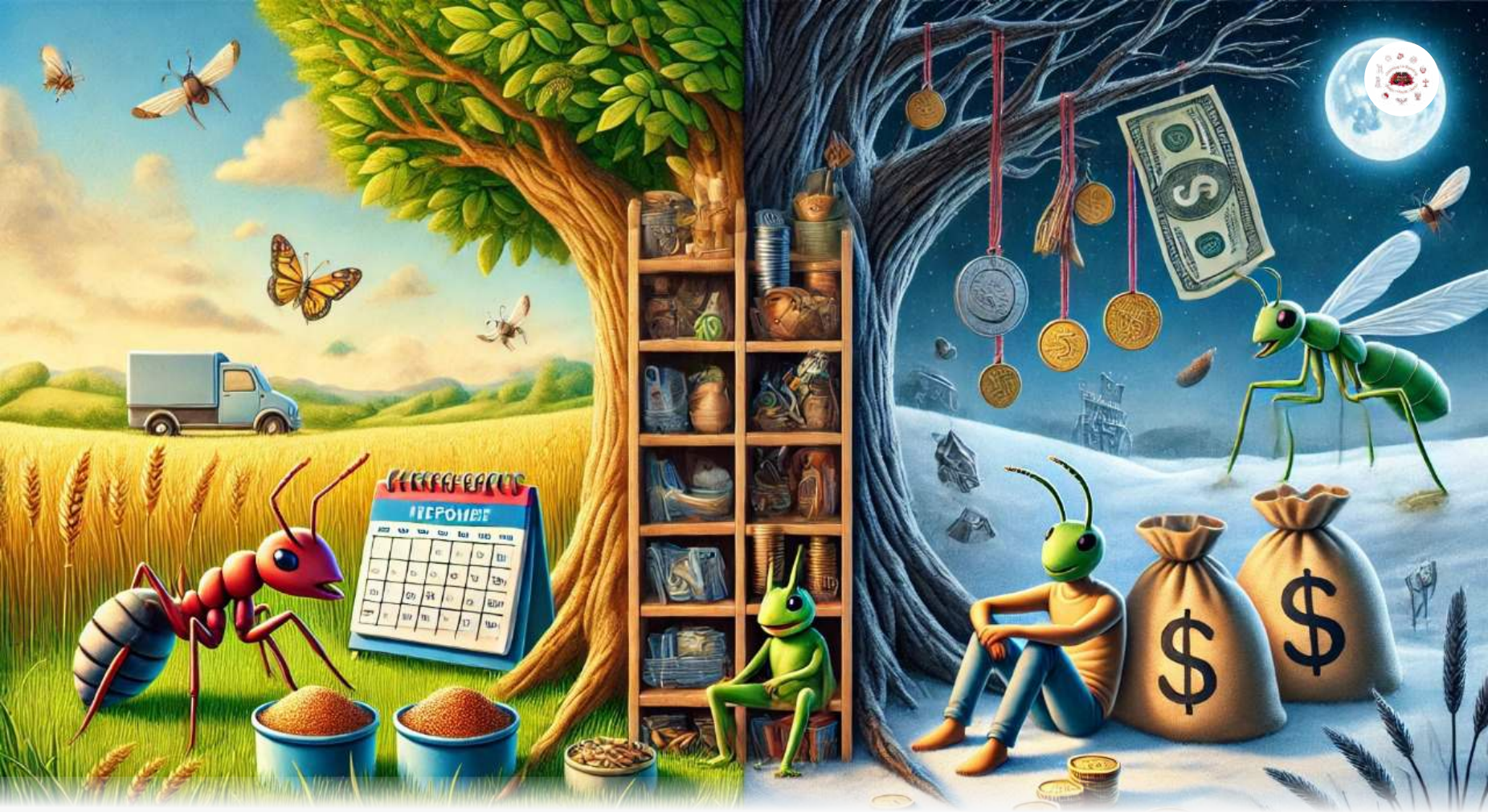
Baba said after getting a place in Guruji's Holy feet, Sewa became the conduct & he found the appropriate way of life. Baba used to say, one who heals somebody's feelings, tends to be reciprocated with a simpler life. When you do selfless Sewa which is universal Sewa then in every universal deed, the Mother Nature, Guru is always with you. Baba used to give an example and say when you have to learn swimming you have to swim alone but when you are teaching somebody else to swim, you obviously swim along with him. Guru works as per the era and in today's era the human being has become a beast & this beast gets confused and finally depressed. He does not himself know but he needs to be healed. Necessity is the mother of creation and thus Guruji has established so many Sthans and gadi-sewadhar's but what we should understand is that this all is possible because of the faith we have in him.

Guruji has bestowed us with Sewa. We should always be like a faithful Sewadhar, do selfless Sewa for the benefit of all. **To serve the humanity is like serving Him.**



**MAALIK KO
MAANANE ME
AAYEE AAKAD,
KHUD KO HEE
VIKAARON
ME LIYA
JAKAD**





“SAVING CREATES ABUNDANCE”

One day Pujya Guruji told us about the importance of 'Habit of saving' in our life. He said: -

We all have heard or read the story of the ant and grasshopper many times. We remember the moral of the story too. That is, we all must save something for a rainy day but somehow, we always forget to implement it in our life.

Reading and learning is good but it becomes beneficial only when we implement it in our life, regularly. Life is full of ups and downs. Everything is predestined and uncertain. Yet, we all must plan every day, every week, every month & every year.

Planning helps us to overcome many sudden unforeseen challenges. The savings that we might have kept aside will help us smoothly tide over the difficult times. We must earn a living regularly by using our talent and also inculcate the habit of saving. Saving is the earning in background. Saving does not mean being miser but it really means cutting down on unnecessary expenses and finding different ways, to pay less for our regular purchases.



Each rupee saved everyday can turn into thousands after a few years due to the compounding of these savings. It is not the quantum of the saving, but regularity of the saving, which is more important. Thus, we all must inculcate the habit of saving regularly.







RIDDLE OF KNOWLEDGE

Unscramble the given jumbled letters to reveal meaningful spiritual words.

MAARK KARMA

TIAONTEDIM

Hint: A practice of focusing the mind to achieve peace.

UOLTS

Hint: A sacred flower symbolizing purity and enlightenment.

MO

Hint: A sacred sound and spiritual icon in Hinduism.

GSNATAS

Hint: A gathering for spiritual discussions and prayers.

OYGA

Hint: A physical, mental, and spiritual practice originating in India.

ANVRANI

Hint: A state of liberation from the cycle of birth and death.

AVSIH

Hint: A deity known as the destroyer in the Hindu trinity.

JUPA

Hint: A ritual of chanting or meditating on a mantra.

LUFBLISS

Hint: Full of joy and divine happiness.





RIDDLE OF KNOWLEDGE

Unscramble the given jumbled letters to reveal meaningful spiritual words.

MARDHA

Hint: A term for righteousness or duty.

HSAKMO

Hint: Liberation or salvation in Hindu philosophy.

MNLEHTITEENG

Hint: A state of awakening and understanding the truth.

ONCSOSUINSC

Hint: Awareness of oneself and the world.

IKABTH

Hint: Loving devotion towards the divine.

YINTRESE

Hint: A state of being calm and peaceful.

TONTIRESPIONC

Hint: The act of reflecting deeply on one's thoughts.

PONCTTOLEMTAIN

Hint: Deep thinking and reflection on spiritual matters.

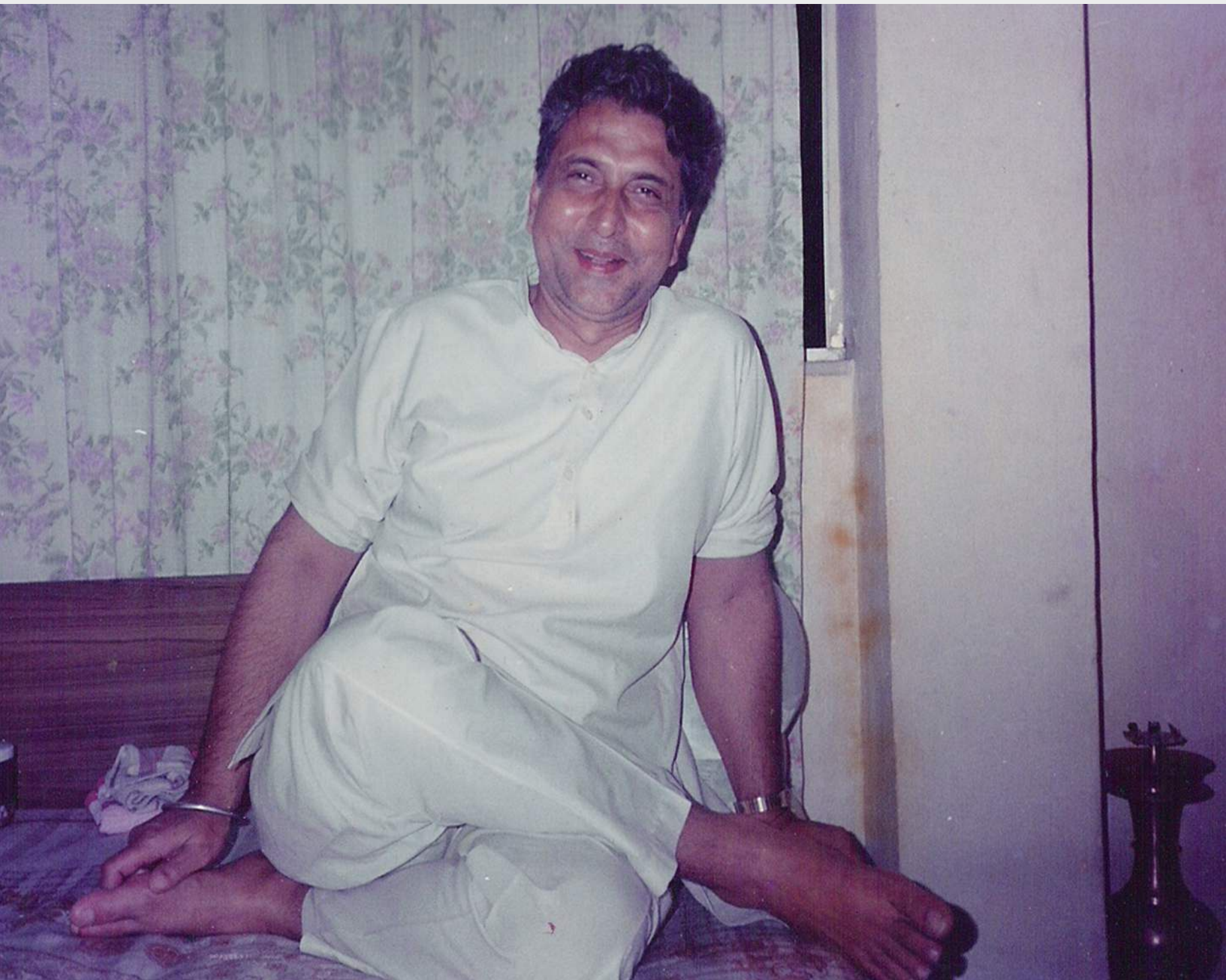
ILYUTINLTRAQ

Hint: A state of stillness and peace.

TASAY

Hint: Truthfulness or the pursuit of truth.







CALMNESS

Definition;

Calmness is a stable, peaceful state of mind, which is free from agitation, excitement or disturbance. A state of mind which is serene, composed and in equanimity.

Explanation;

Calmness is when we address situations in a mindful way - which arises from accepting the situation, being flexible and having full clarity on the way forward. It is a state of unruffled self assurance and self control, which is free from fear, worry and anxiety.

It is not a hurried, hassled reaction, but a mindful response. It is a stability that is unshakeable and all efforts are totally focused on the job at hand. Calmness is one of the essential qualities of a true leader and is often referred to as a superpower.



Instances;

Since ages, we have been mindlessly running behind worldly gratifications, never knowing where to stop and thanks to all the social conditioning, our precious life has become a knee jerk reaction, a reflex action!!!

Then one day, life brings us down on our knees, and that is when we have no option but to pause, and let Guruji enter our lives. Thanks to His kriyas and the more seva we get involved in... results in a calm, peaceful state of mind.

So very truly Guruji says...

**“Janam janam sé mann daudaata raha tan ko
Seva mein mann lag gaya, toh shaant ho gaya!!!”**

Steps to practise calmness

- Face every situation with a long deep breath. This quietens the chattering mind and aligns our physical body.
- Practise acceptance - accept the situation as it is, without giving it undue importance from our personal perspectives.
- Practise clarity - the situation is a given and therefore we have to find the best way to go about it as per Guruji's teachings.
- Practise gratitude - thank Guruji for the situation in front of us, as the good ones bring us happiness and the not so good ones, make us strong.
- Rise above the situation - don't let personal worldly matters come in the way. See it from a universal perspective.
- Respond, instead of reacting and let this be evident in your thinking, speech as well as action.
- Don't get affected or ruffled by what others say on the process and/or outcome.
- In the initial stages, regular meditation helps calm the mind and focus on the task at hand. Once this calmness is mastered, it becomes a part of our life, a habit, for which we no longer need to sit in regular meditation. Regular seva is one of the best ways to bring about an exterior and interior state of calmness.



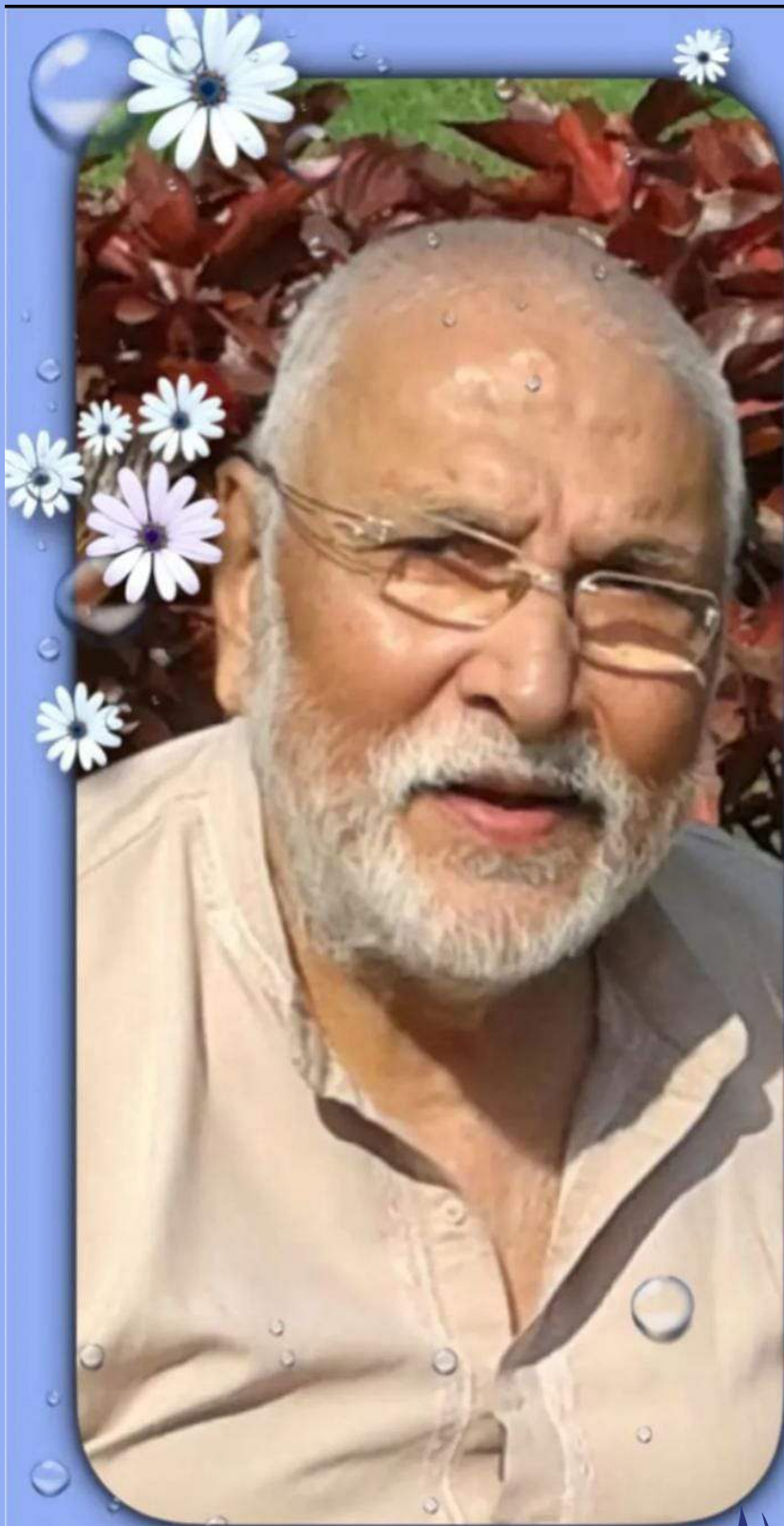
Benefits of calmness

- A calm mind helps us focus on the situation at hand and results in better decision making with creative out of the box solutions.
- Calmness also helps us to communicate better and gets our point across to others in a firm positive way.
- In a difficult situation, our state of calmness radiates to others and results in the reduction of their anxieties and fears too.
- Calmness helps harness our energies in a positive way as opposed to fear and anxiety which drains our energies.
- A calm state of mind results in emotional stability and thereby good health.
- Spiritual calmness, which is a result of the Guru's grace, helps us face our spiritual lessons and become spiritually stronger.

Prayer

Guruji, seva has changed a lot of things in our lives and brought about a great degree of calmness and stability in our life approach...so very thankful for Your grace Guruji





**JISANE
PEEYA
USKA RAS,
BAAKEE
RASO KO
HO GAYA
BAS**





“THE ART OF ABSORBING KNOWLEDGE”

Introduction

One day I asked Guruji,

Guruji! When we eat something, it becomes an integral part of our body by passing through the digestive process of the body, i.e., through the mouth, throat, stomach and intestines, handing over its nutrients to us.

We get power from it. By using this power, we are able to do every work. Is this correct? - Guruji said, "100% correct.

Then I folded my hands and asked Guruji, so is there such a process of digesting knowledge, by using which we can make our lives meaningful by understanding the essence of every knowledge, enhancing thing that we have read, heard and understood, adopting it in our behavior, using it properly?



Guruji smiled. He said, of course, that is what is called the art of digestion but there is a lot of difference between natural digestion and the process of art digestion. By natural digestion, we digest the nutritious elements of every food item, make it an integral part of ourselves and use the energy obtained from it in day-to-day work life. This process is automatic, it is a gift of nature, it works on its own and It works in every living being.

The art of absorbing knowledge has to be learned. It has to be practiced continuously. It is such an art that by learning it, a person can assimilate every point of knowledge that he has read, heard or gained through experience. By using it well in his life, he can make his life meaningful.







Satguru Prasad

KNOWLEDGE AND DEVOTION (BHAKTI)

Knowledge and devotion are both complementary to each other. Some enter devotion due to knowledge and some gain knowledge due to devotion. Till the time a person does not recognize any word, thing or person or does not have any knowledge in relation to it, then how can he show his devotion? Knowledge makes man enter devotion, even then if a person does have knowledge about any particular subject but is not passionate or interested in it, he is indifferent towards it then how can that person have a complete knowledge of that subject. Therefore, primarily it is important to have the knowledge about that thing, only then a person can decide whether he is passionate, devoted or indifferent towards it.

Love and devotion come only after knowledge, and it is only through devotion that one acquires the elemental attributes. Devotion is said to be the best virtue in this world, because, if a person, despite having the knowledge about a subject, is not devoted to it, then he will be unable to put his efforts with a feeling of complete immersion in the subject. Thus, due to this reason he is also unable to acquire the complete knowledge about the subject. To get the suitable benefit from a subject it is necessary to have knowledge about it and it is also necessary to have love, devotion and passion towards it.



Knowledge gives rise to belief within a person and this belief converts into faith and devotion. Thus, it is only belief, love, faith and attachment that brings him closer to his most revered or adored one or the Idolized(isht) One— (isht means the most adored thing/person/value/idol and generally it is said in connection to God. Like someone's most revered can be Krishna or Shiva or Ram or Jesus or Allah and for some others it may just be Truth/ Virtuous religion/ Humanity or any particular person who has been his benefactor). The person who likes someone with all his heart, and for whom he is ready to give any sacrifice, one who is dearer to him than his own life is called the revered or the adored one (isht). One can do anything for the revered one, all these are signs of devotion. The person who loves and does devotion, he understands the happiness and satisfaction of his loved one to be his auspicious gain. The devotee gets joy only on happiness of the revered one. The basic meaning of this is that the person's happiness and joy itself becomes his God, and it is only for this internal joy that the person performs his actions. The attraction towards this internal joy is called mental entrancement/ mind captivating (Manmohan Krishna) in spiritual terms.

The internal joy itself gives permission to a person to perform all types of right or wrong actions. In Gita (13-23) the Lord himself says that a divine bearer/soul (bhogtaa) resides within the being which is utilizing (bhog) this Nature, who is God himself, he is the ultimate master, is also the witness of all deeds and he is existent in the form of the permission granter for all types of deeds, who is called the super soul/ divine or Almighty God (Parmatma). With this proof it gets determined that whatever right or wrong that a man does it is only due to the will of his soul, with its permission. A person is worshipping God or is doing business in the name of devotion, in reality he is doing business or trickery, this truth is only known to his soul. A man's soul is witness to all his truth. If a person does devotion-service towards God or Guru then this is also the decision of his internal joy. A man may search for God or not, does penance, devotion, service, charity or not, follows virtuous life or is sinful all these decisions are taken by a person according to his own heartfelt happiness and internal joy.

In Gita (18-61, 62) Lord Krishna says that 'O Arjun that Great Almighty is resident in every creature's heart. Like a driver drives his physical vehicle here and there, similarly the ultimate soul (Almighty God) is also taking all the beings around by alluring them in his web of illusion, therefore, Oh Arjun, you fully surrender yourself at the feet of that Ultimate Soul (resident as in you in the form of the soul) only with its blessing will you get ultimate peace and the absolute permanent adobe'.

Thru the medium of Gita (18-63, 65, 66) lord himself gives his word and says, always contemplate about me as the almighty, become my devotee, worship me and only salute the Almighty within me, if you do this you will definitely come to me, abandon all types of religions come under my refuge,



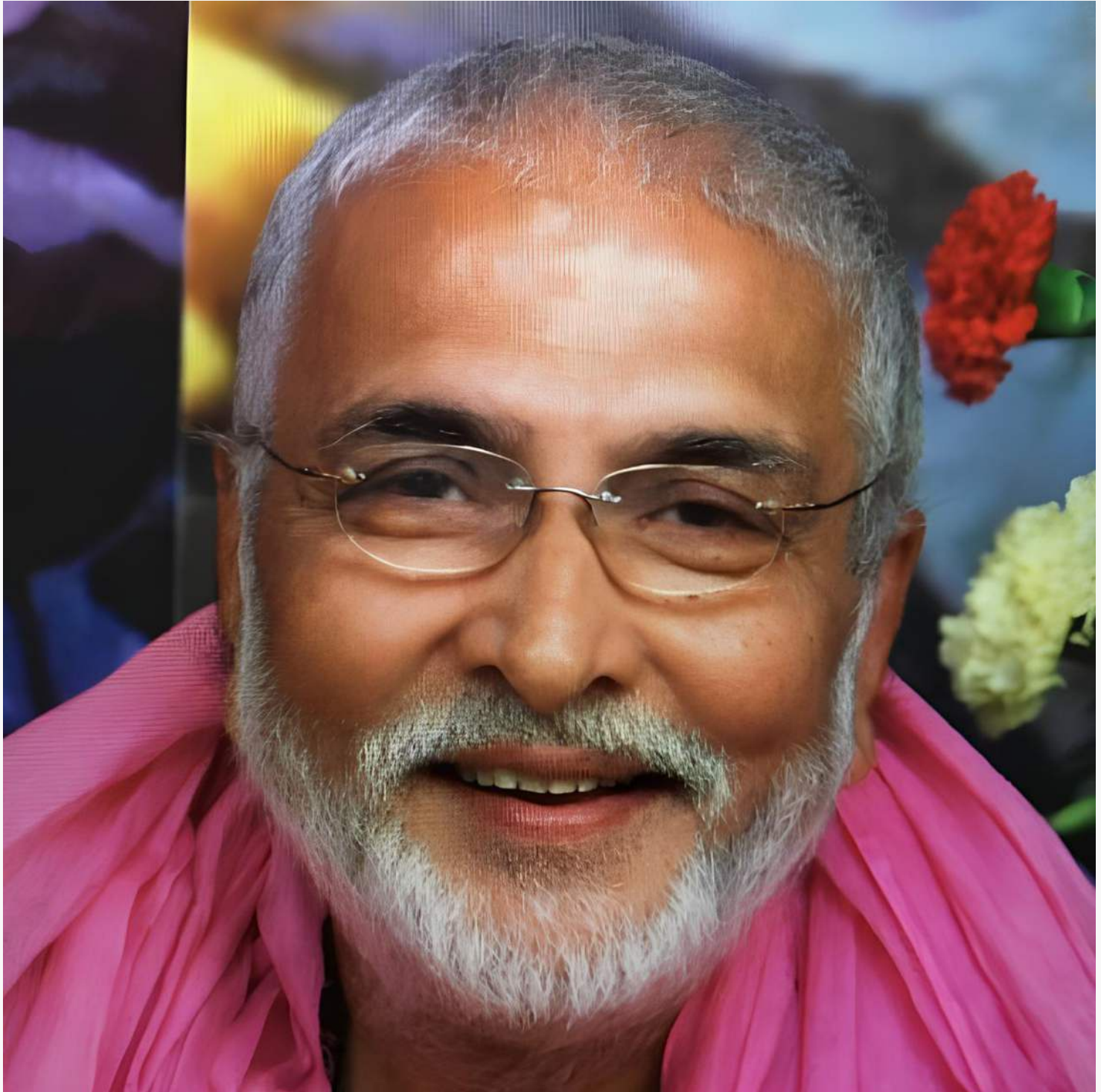
I will deliver / release you from all sins, be relived, don't fear. This way I have given you the most secretive and deepest knowledge, think over it fully and then do as you want. Here the Lord himself in the form of Shri Krishna is talking about the soul in the state of the self-soul. He is calling the soul itself the super soul (Parmatma) almighty.

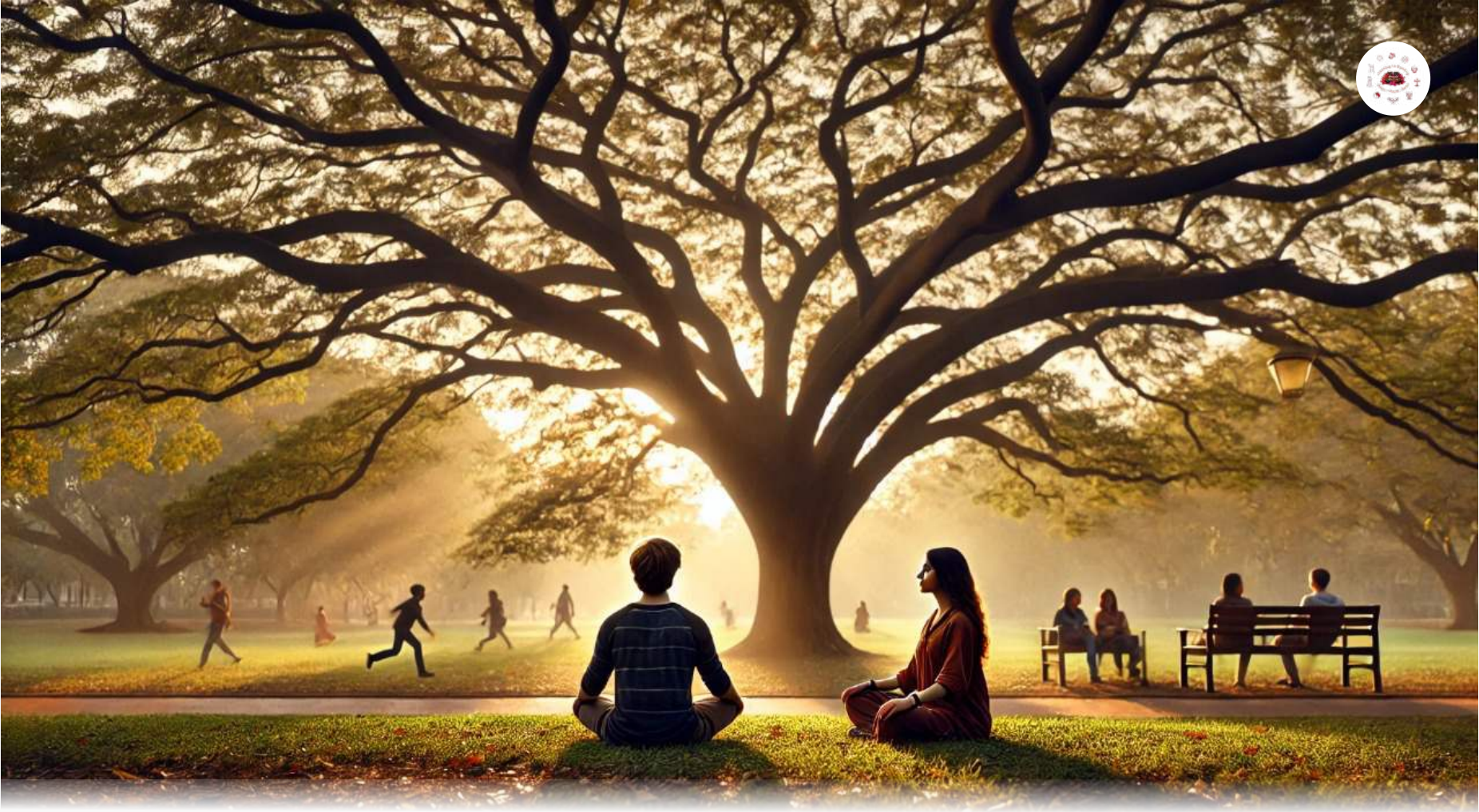
A man has to go to the refuge of the soul to perform all his deeds. The soul takes the decision of performing any deed according to the measure of his own internal joy, howsoever - right or sinful, it may be according to the society and ethically. When the soul itself is the super soul and its happiness itself is its internal joy, then it can do anything for its own internal joy, therefore the soul according to its destined consequences (bhog) and under the influence of its own internal joy takes its own decisions in relation to the deeds it performs. A man might do anything, he may accept anyone as God, howsoever he may be devoted or does penance but in the end one day he has to come to the refuge of his own soul, he has to listen to his soul therefore in the end a man's soul itself is in the form of the super soul God for him. The man who understands this true knowledge in his own heart, only he can attain the state of true internal joy state (Sat-Chit-anand) of the super soul.

I am the super soul residing in every creature's heart –says the lord in Gita (7-21), only through devotion is one able to recognize my super soul form. When a man if totally overwhelmed with a feeling of complete faithful devotion only then can he enter the lord's heavenly adobe. My pure devotee always stays under my protection and is busy in doing all sorts of works, still with my benevolence he attains the permanent indestructible adobe, therefore all types of work always be dependent on me the super soul and under my protection perform all your actions, being under such devotion and always being conscious of me do your deeds.

Gita (18-55 to 57) the almighty lord is based in every creature's heart, it is he who inspires us through his dissimulation to perform our actions. Therefore a man in all situations, should go to the refuge of that ultimate God in the form of the soul, only with his grace and benevolence can a person attain complete peace and permanent adobe. Gita (18-62, 63) this way I have given you the most secretive and deepest knowledge, think over it fully and then do as you want

If one sees on closer inspection the Bhagwat Gita is the greatest scripture on the topic of spirituality, with which one can be made to understand in absolute clarity about God and our actions on factual grounds. Still if a man wants to understand or search for God then it is his own wish. The rest of it is all as per the will of the Ultimate Guru.





THE AWAKENING OF RUDRAANSH

Chapter 2: The First Steps

Rudraansh met Saanvi again the next afternoon, after a particularly grueling day of back-to-back classes and a project meeting that had dragged on longer than expected. As he approached the campus café where they'd agreed to meet, he saw Saanvi waiting outside, her demeanor as calm as ever. She greeted him with a warm smile.

“Hey, Rudraansh. How's it going today?” Saanvi asked, her tone genuinely interested.

“Hey, Saanvi. Honestly, it's been rough. I'm exhausted and still have a ton of work left. But I'm here,” Rudraansh replied, trying to sound upbeat.

Saanvi nodded sympathetically. “I get it. Let's do something a little different today. How about we take a break from all the rush and try a mindfulness exercise?”



Rudraansh raised an eyebrow. “Another one? Alright, what do you have in mind?”

Saanvi's eyes twinkled with excitement. “I thought we could start with a simple breathing exercise. It's a great way to center yourself and bring your focus back to the present moment. It's something you can do anywhere, anytime.”

They walked to a nearby park, where Saanvi led Rudraansh to a quiet spot under a large oak tree. The soft rustling of leaves and the distant sounds of children playing created a serene backdrop. Saanvi sat down on the grass and motioned for Rudraansh to join her.

“Alright, let's get comfortable,” Saanvi said, settling into a cross-legged position. “You can sit however you like—just make sure you're comfortable and your back is straight.”

Rudraansh followed her lead, sitting down cross-legged, trying to mimic her relaxed posture. “Okay, I'm ready.”

“Great,” Saanvi said, closing her eyes briefly and then opening them to check that Rudraansh was set. “Now, we're going to focus on our breathing. Inhale deeply through your nose, filling your lungs with air. Hold it for a moment, and then exhale slowly through your mouth. Let your breath flow naturally and try to pay attention to the sensation of the air entering and leaving your body.”

Rudraansh took a deep breath, trying to follow Saanvi's instructions. He felt his chest rise as he inhaled and his shoulders relaxed as he exhaled. The process felt oddly calming, though his mind kept drifting to his endless list of tasks.

“Remember,” Saanvi's voice guided gently, “if your mind starts to wander, that's okay. Just notice where your thoughts are going and gently bring your focus back to your breath.”

Rudraansh found this part challenging. His thoughts kept jumping to his upcoming deadlines, but each time he noticed, he returned his attention to his breathing. As the minutes ticked by, he started to notice a shift. The background noise of the park seemed less distracting, and his thoughts became a little quieter.

After about ten minutes, Saanvi signaled that the exercise was over. “How was that?”

Rudraansh opened his eyes, feeling more relaxed than he had in days. “It was...actually really nice. I feel a bit more centered.”



Saanvi smiled. “That's the power of mindfulness. It helps you reconnect with the present moment and find a bit of peace amidst the chaos. It's like hitting a reset button for your mind.”

Rudraansh nodded, feeling a newfound appreciation for the practice. “I can see that. It's like a small break for my brain. I definitely want to try this more often.”

Saanvi's smile widened. “I'm glad you think so. Mindfulness doesn't have to be complicated or time-consuming. It's about finding simple moments of peace throughout your day.”

As they continued to talk, Saanvi introduced Rudraansh to a few other mindfulness techniques, like body scans and mindful listening. She encouraged him to practice these exercises regularly and to integrate mindfulness into his daily routine.

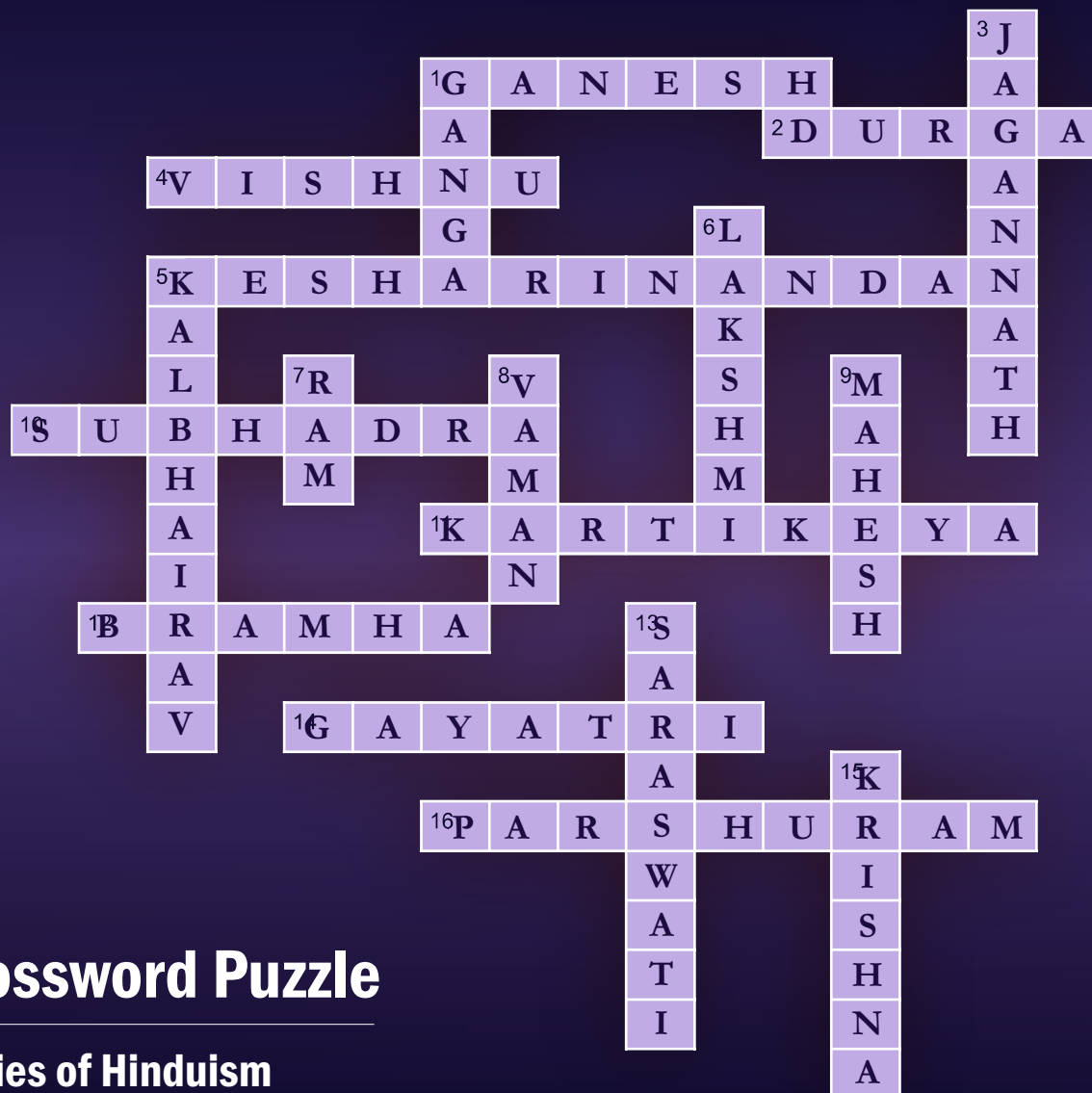
Before they parted ways, Saanvi suggested one more thing. “How about we meet for a mindful meal this weekend? We can cook something together and practice mindful eating. It's a great way to deepen your practice.”

Rudraansh agreed enthusiastically. “That sounds like a plan. I'm looking forward to it.”

As he walked back to his dorm, Rudraansh felt a sense of calm that had eluded him for weeks. The mindfulness exercise had given him a small but significant break from the chaos, and he was eager to explore more of what Saanvi had shared.

To be continued...





Crossword Puzzle

Deities of Hinduism

Across

1. Revered as Vighnaharta, this deity's mount is a mouse. (6)
2. Known as Mahishasuramardini, she represents the triumph of good over evil. (5)
4. Protector of the universe, his mount is Garuda. (6)
5. This name, meaning "son of Keshari," is a reference to the divine monkey god. (13)
10. Central figure in the annual Rath Yatra, this goddess is associated with the chariot. (8)
11. The commander of the gods' army, he is also known as Skanda. (9)
12. Born from a lotus, this deity is often shown with a swan as his vehicle. (6)
14. The embodiment of the universal prayer, her mantra is revered across all Vedic texts. (7)
16. Warrior sage, known for breaking Ganesha's tusk with his axe. (9)

Down

1. Descending from the heavens, she was caught in the locks of a powerful deity to reduce her force. (5)
3. His name means "Lord of the World," and his image is distinctive with large round eyes. (9)
5. Guardian of the sacred city of Kashi, this fierce deity is associated with time and destruction. (10)
6. Often depicted with an owl, she emerged from the churning of the ocean. (7)
7. He is an epitome of dharma, and his life is chronicled in a famous epic. (3)
8. Taking the form of a dwarf, this avatar of Vishnu subdued the demon king with just three steps. (5)
9. Another name for the destroyer among the Trimurti, often depicted with a trident. (6)
13. Seated on a white lotus, she plays the veena and symbolizes the flow of wisdom. (9)
15. This divine charioteer delivered the Bhagavad Gita on the battlefield. (7)

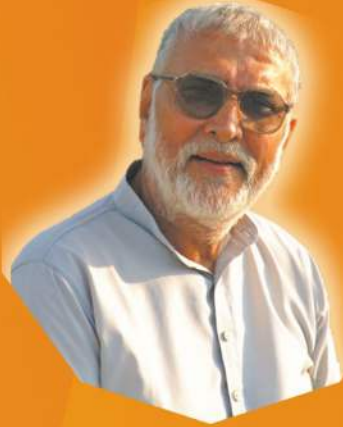


2025

Upcoming Events

Jan to Mar





HIMGIRI

Spiritual Research & Training Center

Gurudham, Pavna dam, Gurugaon, Lonavala,
tehsil - Maval, Pune, Maharashtra, India.

जनवरी २०२५ / JANUARY 2025

पौष / माघ शक १९४६

“In the hush, find
time to stay,
A silent Listener,
leads the way...”

“कभी मौन होकर
देखो तो सही,
कौन है जो तुम्हें
गौर से सुनता है...”

S रविवार		पौष शु. 6 5	पौष शु. 14 स्वामी विवेकानंद जयंती पारसी शेरेश्वर मासारंभ राष्ट्रीय दुधा दिवस	12	माघ कृ. 5 19	माघ कृ. 12 गणराज्य दिवस 26
M सोमवार		पौष शु. 7 गुरु गोविंद सिंह जयंती 6	पौष पूर्णिमा शाकभरी देवी शुक्राष्टमी पूर्णिमा भोगी (१६.०३) पुष्पातिथिक वारा ज्योती (करवीर) पूर्णिमा ज्ञान सुख ०५:०३ पूर्णिमा अमरति २.२०३ ०३:५६	माघ कृ. 6 13	माघ कृ. 6 20	माघ कृ. 13 सोम प्रदोष - विजयान्ति मेरु त्रयोदशी (जैन)
T मंगलवार		पौष शु. 8 दुर्गाष्टमी शाकभरी देवी नवरात्रोत्सवारंभ	माघ कृ. 1 मकर संक्रांति माघ मासारंभ (संक्रान्त पुष्काल सुख ०३:५४ से ०४:५४ तक) हजरा अजी जन्म दिवस माघ वैशु (अरु) शै-पौनस (केल) बक्रानारा	माघ कृ. 7 काशाष्टमी स्वामी विवेकानंद जयंती (शिफि पूजा)	माघ कृ. 7 21	माघ कृ. 14 लाला लाजपतराव जयंती शबे मिराज 28
W बुधवार	पौष शु. 2 चंद्रदर्शन ख्रिस्ताब्द २०२५ प्रारंभ	पौष शु. 9 1	माघ कृ. 2 संक्रान्त करिदिवस माहटु पौनस (तस्किनाटु)	माघ कृ. 8 22	माघ कृ. 8 22	माघ अमावास्या दश अमावास्या मौनी अमावास्या (जैन) त्रिवेणी अमावास्या (शैला) 29
T गुरुवार	पौष शु. 3 गुरुस्त्रिम रजव मासारंभ	पौष शु. 10 शाबदशमी (शैला) सूर्यपूजा (शैला)	माघ कृ. 3 2	माघ कृ. 9 नेताजी सुभाष जयंती	माघ कृ. 9 23	माघ शु. 1 चंद्रदर्शन - हुतात्मा दिवस महाराजा गांधी पुष्पतिथि माघ शुक्लादि 30
F शुक्रवार	पौष शु. 4 विनायक चतुर्थी चरिता मुक्ति दिवस सावित्रीबाई फुले जयंती	पौष शु. 11 पुषपा एकादशी वैकुण्ठ एकादशी (व.भा.)	माघ कृ. 4 गणेश संक्राष्ट चतुर्थी चंद्रोदय ०९:३२	माघ कृ. 10 3	माघ कृ. 10 3	माघ शु. 2 गुरुस्त्रिम शाबाज मासारंभ 31
S शनिवार	पौष शु. 5 4	पौष शु. 12/13 शनि प्रदोष 11	माघ कृ. 5 18	माघ कृ. 11 चरिता एकादशी 25	माघ कृ. 11 25	माघ कृ. 11 एकादशी अमावास्या पौर्णिमा संक्राष्ट चतुर्थी

महात्म्य

जल :

गुरुजी के आशिर्वाद से युक्त जल में सभी प्रकार के दोषों को दूर करने की क्षमता होती है।
यह जल व्यक्ति के तन और मन दोनों को स्वस्थ करता है।



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फरवरी २०२५ / FEBRUARY 2025

माघ / फाल्गुन शक १९४६

“Giving the world sweet
Blessings with grace,
Found himself
suffering's embrace...”

“सबको देकर अमृत
की प्यास,
खुद कर लिया
विष में वास...”

S रविवार	माघ शु. 4/5 श्री पंचमी वसंत पंचमी सरस्वती पूजा वसंत पंचमी परमपूज्य दादागुरुजीका अवतरण दिन 2	माघ शु. 12 भीष्म ज्ञानेश्वरी 9	फाल्गुन कृ. 4 महेश संकष्ट चतुर्थी चंद्रोदय 09.49 16	फाल्गुन कृ. 10 23
M सोमवार	माघ शु. 6 3	माघ शु. 13 सोम प्रदोष श्री विश्वकर्मा जयंती इंद्राट्ट उल्लस (श्रीम विरह) (जीमविरह) 10	फाल्गुन कृ. 5 17	फाल्गुन कृ. 11 विजया एकादशी विश्व मुद्रण दिवस 24
T मंगलवार	माघ शु. 7 रथसप्तमी विधान सप्ती आरोग्य सप्ती चंद्रमा सप्ती (जहीस) 4	माघ शु. 14 पारसी मेहर मासारंभ अभिषेकसंभव (अभिषेक) पूर्णिमा प्रारंभ शाम 06.55 11	फाल्गुन कृ. 6 तीर्थ वसंत ऋतु प्रारंभ 18	फाल्गुन कृ. 12 भीम प्रदोष 25
W बुधवार	माघ शु. 8 भीष्माष्टमी बुधाष्टमी 5	माघ पूर्णिमा माघ स्नान सप्ताह गुरु रविदास जयंती पूर्णिमा अर्पण संक्र 07.22 12	फाल्गुन कृ. 6 छत्रपति शिवाजी महाराज जयंती (अर्धरात्री विनायक के अनुसर) 19	फाल्गुन कृ. 13 महाशिवरात्रि शिवपूजन (विशेषकर २ रात्रि 00.27 से २ रात्रि 01.18 तक) रविवसंतवरी सावस्वत पुण्यतिथि 26
T गुरुवार	माघ शु. 9 6	फाल्गुन कृ. 1 फाल्गुन मासारंभ गुरु प्रतिपदा बड़ा गुरुवार मुंबई 13	फाल्गुन कृ. 7 कात्याष्टमी 20	फाल्गुन कृ. 14/ फाल्गुन अमावास्या वर्ष अमावास्या अमावास्या प्रारंभ सुबह 08.54 27
F शुक्रवार	माघ शु. 10 7	फाल्गुन कृ. 2 शके वाराह 14	फाल्गुन कृ. 8 जानकी जन्म 21	फाल्गुन शु. 1 राष्ट्रीय विज्ञान दिवस अमावास्या समाप्ति सुबह 06.14 28
S शनिवार	माघ शु. 3 श्रीगणेश जयंती विनायक चतुर्थी खरद चतुर्थी तिलकुंज चतुर्थी 1	माघ शु. 11 जवा एकादशी भीमी एकादशी (बंगाल) 8	फाल्गुन कृ. 3 15	फाल्गुन कृ. 8 श्री रामदास नवमी 22

महात्म्य

तीला चतुर्थी : मकरसंक्रांत के पश्चात शुक्ल पक्ष की चतुर्थी, इस दिन परमपूज्य माताजी के दर्शन एवं तील का लड्डू प्रसाद प्राप्त किया जाता है। इस दिन से शिव चालीसा का आरंभ होता है।

वसंत पंचमी : परपूज्य दादागुरुजी का अवतरण दिवस। यह दिवस गुरुगांव तथा अन्य सेवा स्थानोंपर मनाया जाता है।

महाशिवरात्री : इस रात श्रद्धालू परमपूज्य गुरुजी के दर्शन का लाभ उठाते हैं।



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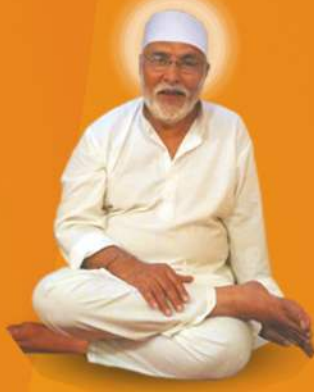


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“One small crack does not mean you are broken, it means you were put to test and you didn't fall apart...”

“छोटी सी दरार, पर टूटा नहीं तू, परख की आग में, निखरा और चला...”

मार्च २०२५ / MARCH 2025

फाल्गुन शक १९४६ / चैत्र शक १९४७

S	रविवार	30	2	9	16	23
M	सोमवार	31	3	10	17	24
T	मंगलवार		4	11	18	25
W	बुधवार		5	12	19	26
T	गुरुवार		6	13	20	27
F	शुक्रवार		7	14	21	28
S	शनिवार	1	8	15	22	29

महात्म्य

बड़ा गुरुवार :

अमावस के बाद आनेवाले गुरुवार को बड़ा गुरुवार कहा जाता है। इस दिन मिठी फुलीयों का प्रसाद स्थानपर चढ़ाया जाता है। परमपुज्य गुरुजी के आशिर्वाद का लाभ इस दिन होता है।



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|| Om Namoh Gurudev ||



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