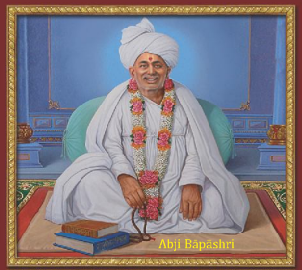
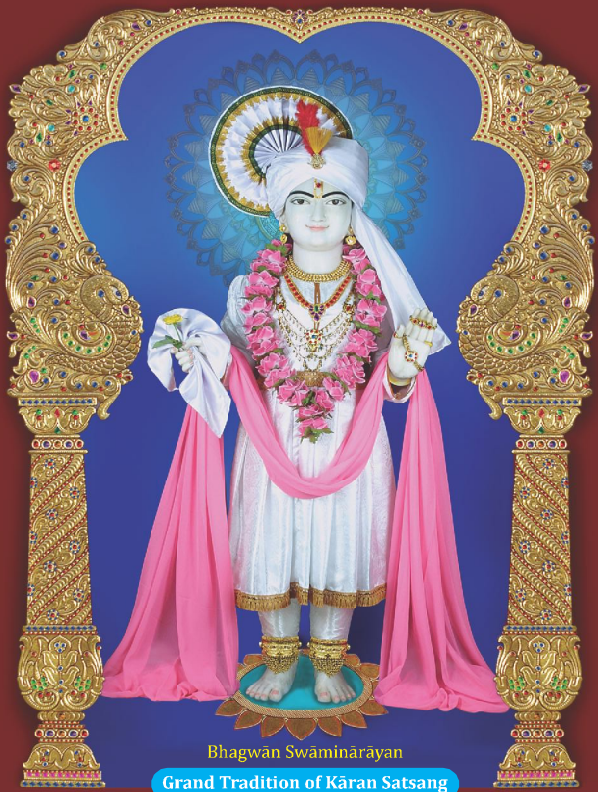
ādarsh
Bāljivan
(The life of an Ideal Child)




Abji Bāpāshri


Anādimukta Sadguru Shri NirgundāsjiSwāmi


Anādimukta Sadguru Shri VrundāvandāsjiSwāmi


Bhagwān Swāminārāyan

Grand Tradition of Kāran Satsang


Anādimukta Sadguru Shri GopālānandSwāmi


Anādimukta Sadguru Shri IshwarcharandāsjiSwāmi


Anādimukta Sadguru Shri KesharpriyadāsjiSwāmi (Muni Swāmi)

ādarsh

Bāljivan

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SMVS

ādarsh
Bāljivan

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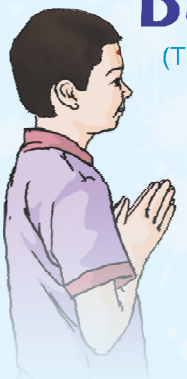



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Publisher

Satsang Sāhitya Department
Swāminārāyan Dhām, Gāndhinagar - 382009.





ādarsh Bāljivan

(The life of an Ideal Child)

Presenter	:	Swāminārāyan Mandir Vāsna Sansthā (SMVS)
Publisher	:	Satsang Sāhitya Department Swāminārāyan Dhām, Gāndhinagar - 382009.
Inspirer	:	His Divine Holiness Anādimukta Sadguru Shri Devnandandāsji Swāmishri (HDH Bāpji)
Edition	:	First, June 2011
Copies	:	5000
Rate	:	₹ 17/-
Concessional Rate	:	₹ 12/-
Courtesy	:	Late Shri Cheldas Raichanddas Patel and family (Ahmedabad) (T.C. Patel, B.C. Patel, K.C. Patel)

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Blessings of HDH Bāpji

Dear Children,

You are the future of country, society and Satsang. Thus, illuminate your life with culture right from the childhood. For this purpose, read this booklet repeatedly so as to identify the deficiencies and eliminate them. Just like with an enlightened lamp another lamp is enlightened, the life of all of you may become ideal and inspire numerous other children for that I pray at the feet of the Bhagwān Swāminārāyan, Bāpāshri and all the Sadguru.....

With blessings,

Jay Swāminārāyan from Sādhu Devnandandāsji
(HDH Bāpji)



Preface

Dear Children, Jay Swāmināràyan...

If you have been offered three things to choose from, of which one is ordinary, one is moderate and one is the best of all i.e. ideal, which one would you like to prefer? Children, not only you, but everyone, younger or elder, would prefer the ideal thing. There are so many aspects in our life in which we endeavor to achieve ideality.

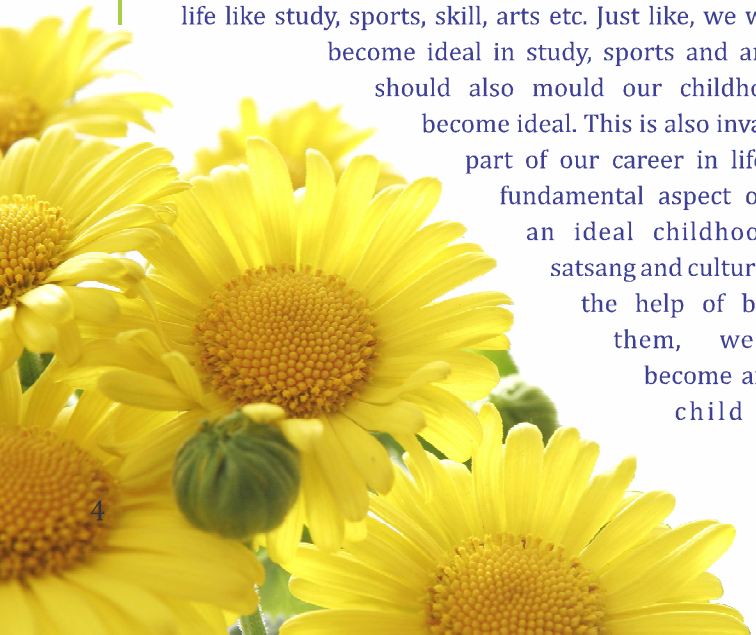
In study we have an ambition to become an ideal student.

In sports we also aspire to be an ideal sportsman.

We dream of emerging with ideal victories in competitions.

We endeavor to become ideal in the field of arts that we are interested.

Satsang and culture are also very important part of our life like study, sports, skill, arts etc. Just like, we want to become ideal in study, sports and arts, we should also mould our childhood to become ideal. This is also invaluable part of our career in life. Two fundamental aspect of such an ideal childhood are satsang and culture. With the help of both of them, we can become an ideal child and



make our childhood ideal from an ordinary one. HH Swāmishri always expresses his wish for children to make such resolution that

- Our conduct should be ideal
- Our culture should be ideal
- Our character should be ideal
- Our speech and thoughts should be ideal
- Our spiritual life should also be ideal

Only the children, who live such an ideal life, are liked by everyone. Only the children, who live such an ideal life during childhood, are the bright future of country, society, Satsang and SMVS. It is the wish of both HDH Bāpji and HH Swāmishri for the children that the childhood of a child should be encompassed with culture for their bright future. Hence childhood of every child should become ideal.

We put in your hands this booklet for the purpose of making the childhood of each and every child bright and ideal, for relieving the parents from worries about the life of their children, for assertion of tradition of satsang and values of Indian culture and also to fulfill the resolve of both HDH Bāpji and HH Swāmishri.

Every minute aspect of our daily life is demonstrated in this booklet. How our spiritual life and conduct should be? How we should behave while sports, study and other activities? What is the culture of Kāran Satsang? All these aspects are incorporated in this booklet in simple language. Every page of this booklet shows both our deficiencies and ideality. We expect the children to study this booklet repeatedly and eliminate the deficiencies to move on the path of becoming ideal



Jeevan Mantra

Swāminārāyan Bhagwān mara Ishtadev chhe.
Aa Satsang māru ghar chhe.
Mahārāj ni Murti māro dhyey chhe.
Chhate dehe hu Murti Dhām mā j chhu.
Mahārāj māte j māro janma chhe.
Temnā thai ne j sadāy jivavu chhe.
Bhagwān ane sant ni sevā ej māru sukh chhe.
Emni āgnā ane anuvrutti mā j sadāy rahish.
Satsangi matra nā sukh dukh mā sadāy bhāgidar thaish.

Sankalp Prārthnā

Ho prānpyārā Shriji, aa sankalp mā bal āpjo,
Lāvyā chho tav sankalpe to sankalp mā j samāvjo,
Samay shakti buddhi āvdat tav arthe vaprāvjo,
Tav arthe vaprāvjo, bas tav sukh mā dubādjo...
Ho prānpyārā Shriji... (1)

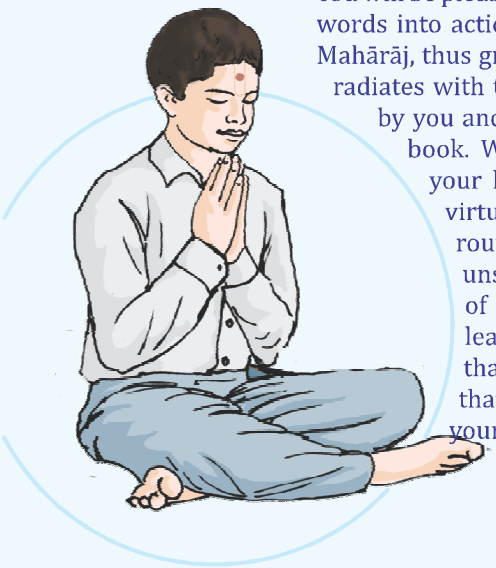
Dikrā dikree ghar nā sabhyo Anadimukta manāvjo,
Mārā chhe e bhāv bhuline, tav arthe jeevādjo,
Nokri dhandhā dravyādik sau, trustee pade bhogvāvjo,
Trustee pade bhogvāvjo, samaye saheje chhodāvjo,
Ho prānpyārā Shriji... (2)

Āpne arthe janam amāro, samjan dhrad karāvjo,
Deh nahi hu mukta anādi, akhand manan rakhāvjo,
Rasbas kari ne Murti mā rākhyā, Mahārāj ja thasāvjo,
Mahārāj ja thasāvjo, bas tav sukh mā dubādjo,
Ho prānpyārā Shriji... (3)

Prayer

O Mahārāj, O Dayālu... you have a lot of affection for children. In the procession held in Junāgadh city, when you graced the ambādi (decorated seat) mounted on the back of a royal elephant; at that time, a little child gave you a cucumber and his only intention was to please you. Though a cucumber is not a valuable thing, you showered great pleasure upon him. The only reason the child earned so much pleasure and blessings from you in exchange for a cucumber was his disposition to please God. O Dayālu, thus grace us so that we also cultivate an inherent nature to please you. Kindly empower us to please you and your Satpurush at all cost which is our only aim.

O Dayālu, we know very well that we cannot please you with just our words. You will be pleased only if we translate those words into action and live a divine life. O Mahārāj, thus grace all of us so that our life radiates with the culture which is opined by you and thus demonstrated in this book. We want to always live within your likings and consolidate the virtues of Satsang in our daily routine so that we become the unshakable pillar of the future of Satsang. So please bless us, lead and guide our action so that our conduct becomes such that it would please you and your Satpurush.



Index

Basic Culture

1. At the time of waking up 10
2. Cleansing of body 12
3. At the time of meal 14
4. At the time of going to bed 18
5. Cleanliness of home 20
6. Other cleanliness 22

Culture of Daily Life

1. Dressing 24
2. Study 26
3. At the time of examination 28
4. At the time of sport 30
5. During pilgrimage and travelling 32
6. At the time of festivals 34
7. During various seasons 36

Spiricual Culture

1. Mānsi pujā 38
2. Daily pujā 40
3. Prayer 42
4. Reading and listening 44
5. Ghar mandir 46
6. Sevā 48
7. Ghar sabhā 50
8. Bāl sabhā 52
9. Special means to please Bhagwān Swāminārāyan 54
10. Sutak and other rituals 56

Behavioral Culture

1. Honest conduct 58
2. Courteous behavior 60
3. Behavior in the mandir 62
4. Behavior with saints 64
5. Behavior with devotees 66
6. Behavior at home and neighborhood 68
7. Behavior with parents and elders 70
8. Behavior with brothers and sisters 72
9. Behavior with friends 74
10. Behavior in the school 76
11. Behavior with teachers 78
12. Behavior with guests 80
13. Behavior when we become guest of others 82
14. Manners while talking over telephone 84

Culture of Kāran Satsang 86

Self-appraisal for becoming an Ideal Child 89

Glossary 93







At the time of waking up

(1) Every day we should wake up before Mahārāj wakes up, not later than six o'clock in the morning.

(2) After waking up from sleep and being composed, we should remember and meditate upon the Murti of Mahārāj. There after remembering Bhagwān Swāminārāyan, AbjiBāpā, HDH Bāpji and HH Swāmishri with divinity we should pray mentally as under:

"O Mahārāj! O Bāpā! O Bāpji! O Swāmishri! O Dayālu, always be pleased with me. Please accompany me during the whole day and become doer of all my deeds. Please accompany me in my study. Also kindly make me feel your omnipresence and feel that you always observe me. Grace on me so that I would not behave disregarding your liking during day and protect me from bad company"

(3) After prayer, we should do two dandvats before the murti of Mahārāj in the room.

(4) We should fold our bed and put it in proper place after getting up from bed and also we should fold the bed of elders and put it in proper place.

(5) While getting up and putting the bed in proper place, we should care not to disturb other sleeping members of family in the room. For that we should not turn the lights on, speak loudly or sing aloud devotional songs or dhoon.

(6) After getting up from the bed immediately we should not read newspaper, watch T.V., play radio or start computer game etc. But we should as early as possible start our routine activities of bathing and getting ready with remembrance of Mahārāj and visualizing the Murti.

(7) Immediately after taking bath we should perform our daily pujā attentively and should not drink even water before performing pujā. Moreover, we should do tilak and apply chāndlo within it on our forehead without fail.



Cleansing of Body

(1) Every morning, we should clean our teeth with brush or dātan after waking up. Remembering the god we should properly brush the teeth.

(2) It is compulsory to tie filter cloth around the tap which we use while brushing our teeth. We should not run the tap unnecessarily. We should take care that water should not be wasted.

(3) We should brush the teeth by sitting at one place but should not brush the teeth moving here and there.

(4) While using toilet we should not wear shorts, towel, half-pants or regular cloths worn at night.

(5) After defecating we should wash our left hand ten times and both the hands together for seven times with soap (disinfectant) powder or clean clay. We should not use soap or liquid soap for washing hands.

(6) We are the devotees of Bhagwān Swāminārāyan, so we should never omit to take bath in the morning. In every season, whether winter, summer or monsoon, we should always take bath in the morning remembering Mahārāj and speaking aloud "O Mahārāj! O Bāpā! Take bath... Swāminārāyan... Swāminārāyan..."

(7) For cleaning of body we should use soap every two-three days and thus keep our body clean and hygienic.

(8) We should not be fond of raising long hair. We should cut our hair at regular intervals. Similarly we should also clean our ears at regular interval.

(9) We should never keep our nails long. We should cut our nails weekly or after ten days. For that we should use nail cutter but should never cut the nails by our teeth.

(10) Every time we use the toilet during the day, we should take bath as commanded by Shriji Mahārāj.

(11) We should use urinal to urinate, but should never use toilet (latrine) for it. We should wash our hands after urination.

(12) We should use left hand to open the door of toilet and use right hand to run the tap inside the toilet.



At the time of meal

(1) We must perform Mānsi pujā (mental worship) for serving meal to Bhagwān Swāminārāyan before taking the meal at noon and evening.

(2) We should offer thāl to the murtis in our ghar mandir before having the meal. The prasād from the thāl should be mixed in small quantity with all the food so as to make the entire quantity of food prasād of Bhagwān Swāminārāyan. Only after that we should have the meal. The utensils to offer the thāl to the God shall be kept separate.

(3) We should take the food as per our need but shall not take excess food and waste it.

(4) While eating, we should use only right hand. We should not make pieces of rotli (chapati), bhākhari, puri etc. by both the hands. Even we should not touch dish or bowl by left hand while eating.

(5) We should only use right hand for eating and left hand should be used for taking food items again. While taking food items from the utensils we should be careful that spoon or other serving utensils do not touch our dish or bowl. If they touch they should not be used again directly before washing them.

(6) While eating, we should not take large quantity in morsel and should eat without haste. If we eat peacefully, chewing the food well with remembrance of Mahārāj, it would be better for digestion of food and thereby we would protect our body from diseases.

(7) Before we start eating, we should close our eyes and pray to Mahārāj... "O Mahārāj! O Bāpā! O Dayālu! Please come to have the meal. Kindly become the doer of all my deeds and have

the meal. Please accept every particle of food. O Dayālu! Please have the meal."

(8) While eating, take care that the food does not spill out of the dish. If so collect the food particles after the meal is over and put it in the dish.

(9) Whatever be the food item, it shall be distributed among all and should be served to one another affectionately.

(10) As commanded by Bhagwān Swāminārāyan, we should never use garlic, onion, asafoetida, cauliflower etc. in our food. Not even in case of preparing food for our guest.

(11) Tea and coffee are also addiction according to the command of Bhagwān Swāminārāyan. As such we should not drink intoxicating drinks like tea, coffee etc.

(12) We must not eat items mixed with meat or eggs. These are non-vegetarian food. Hence we should not eat such foods like cake, chocolate, chewing gum and even such other drugs or medicine shall not be consumed.

(13) Items used in cooking like edible oil, ghee, water, milk, flour, food grain, spices etc. shall only be used after duly cleaning, filtering and sieving

(14) We should not use readymade food and drinks sold in the market altogether according to the command of Bhagwān Swāminārāyan.

(15) We should not eat food which is impure, stale, moldy, bad smelling and uncovered since such food spread diseases in the body.

(16) We should not use biscuit, lassi, chocolate, or various snacks etc. available readymade from the market. All such items are available in Dharmadev foodstall of our Sansthā, which are completely pure, pious, and prepared observing the rules of

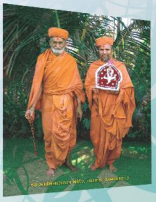
our religion. Hence we should only use these items.

(17) All the members of the family should have meal together at least one time during the day.

(18) Before eating anything, we should say 'Jay Swāmināràyan' to others.

(19) Before having the meal we should wash our hands and legs with clean water, so as to prevent diseases in our body.







At the time of going to bed

(1) We should go to bed only after reciting "Swābhāvik chestā" (Niyam chestā) invariably, so that we have the remembrance of Mahārāj at the time of going to the bed and we do not get bad dreams.

(2) We should go to bed, only after saying 'Jay Swāminārāyan' to our parents and other members of the family by touching at their feet.

(3) We should do at least two dandvats before the murti of Mahārāj in our room or before ghar mandir of our home.

(4) To be ideal child we should prepare our bed ourselves. We should also prepare bed of our elders and other members of our family.

(5) Before sleeping we should pray to Mahārāj and Satpurush sitting in the bed:
'O Mahārāj! O Dayālu! Please pardon me if I have not acted as per your command during the day. Forgive me if I have perceived human trait in your divine Satpurush or any thought of vice have occurred in my mind of all saints and devotees who are your Anādimukta. Always be pleased with me and grace on me so that I can realize my mistakes'

(6) Children are dear to Shriji Mahārāj. If children remember Mahārāj heartily and talk with Him, Mahārāj would also be pleased to talk with children certainly. Hence before going to bed, we should talk with Mahārāj about whatever we have done and what we have read during the day.

(7) As far as possible we should sleep horizontally lying on our back. If we cover our head while sleeping, it would become difficult to inhale oxygen. So we should not cover our head while sleeping.

(8) Once slept we should not eat or drink anything after twelve o'clock. If we are awake till twelve o'clock at night and want to drink water after that we can drink water only after filtering it. If it is past twelve the new day starts, hence we should do pujā to eat or drink anything and that also after two o'clock.

(9) We should not remain awake late at night doing unnecessary activities or passing time. We should go to bed early and wake up early in the morning.



Cleanliness of home

(1) Cupboard, loft, store room, drawers of books etc. in our home should be cleaned at regular intervals.

(2) Toilet-bathroom of our house should be washed regularly.

(3) Taps of bathroom, drinking water, kitchen, which are used daily, should be tied with filter cloth which should be replaced after regular intervals. If the hole is found in the filtering cloth or the same is worn out it should be replaced.

(4) We should use filtered water for drinking, washing mouth, gargle and for preparation of meal. All the taps of such uses should be tied with filter cloth.

(5) If we keep earthen pot or water jug in our house or water bottle in the refrigerator, we should also clean all of them daily with filtered water thrice and fill those with fresh water dully filtered with cloth.

(6) We should drink water keeping the glass upwards from the mouth. If we drink water by touching the glass to our lips it will become impure. We should neither drink water from glass others have used directly nor should we make them impure so that others can use it directly. We should use proper utensil to draw water from pot with long handle.

(7) There should be no dirt or filth in the house. We should keep a dustbin in the house to keep our house clean and whenever the dustbin is filled up we should empty the same immediately. Dirt or filth should not be thrown here and there in the home but it should be thrown in the dustbin only.

(8) We should sweep and clean our house daily.

(9) Our clothes or any other things in the home should not be scattered here and there, but should be put in proper place.



Other cleanliness

(1) The child who keeps cleanliness is regarded as an ideal child.

(2) In 'Shikshāpatri' Shriji Mahārāj commands that one shall not urinate, defecate or even spit in public places such as mandir, banks of rivers or ponds, main roads, field sown with seeds, shades of tree, orchards, garden etc. We should comply with such commands to maintain cleanliness.

(3) If we have caught cold, we should keep handkerchief with us and cover our mouth with it while coughing or sneezing so that the germs do not spread in the air and do not make others ill. We should remember the God saying "Swāmināràyan... Swāmināràyan..." after sneezing.

(4) We should not put pen or anything else in our mouth. Even fingers should not be put into our mouth, except while eating.

(5) When we go to mandir for darshan or to attend bāl sabhā or coming back to home we should remove our shoes outside and keep it in a proper place. If our feet are not clean, we should clean the feet and then only should enter the place.

(6) While eating fruits like banana we should throw its skin immediately in the dustbin because if someone's leg sleeps over the skin, he would be injured. So we should throw the skin of such fruits immediately in the dustbin.

(7) We should always keep our cloths clean and should not make cloths dirty by playing in the clay or dirty water.

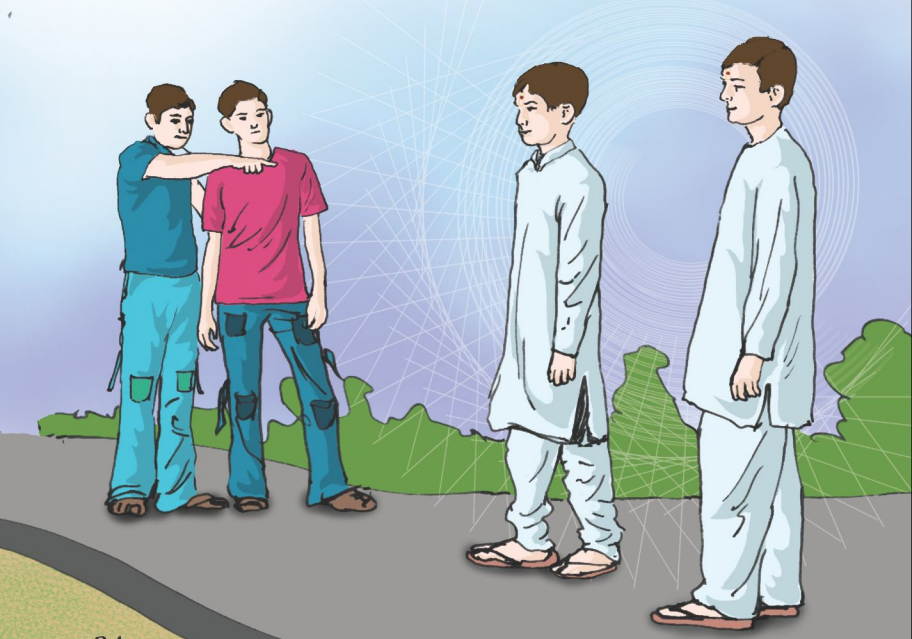
(8) We should clean our room ourselves. We should get our bed sheets, pillow cover washed at regular intervals.

(9) Similarly, we, ourselves should keep our study table clean.

Culture of our daily life

Our dress is the symbol of our culture and our family

"Simple Dressing, High Thinking"



(1) Bhagwān Swāminārāyan likes pious and simple dress very much. In most of the Vachnāmrut we observe that the Bhagwān Swāminārāyan has worn white dress. So we should wear simple dress.

(2) Our clothes should be of white or light color. Our dress should not be dark coloured, typically striped or have eight-ten pockets.

(3) We should not wear dirty clothes but should wear clean and tidy clothes.

(4) Using scent or perfume on the clothes does not suits a devotee and Mahārāj will not be pleased by it. So we should not use it.

(5) We should not imitate other children or elders by purchasing costly dress for marriage ceremony. We should wear simple and pious dress that suits an ideal child. We should not use hair gel in the hair.

(6) Whenever we go to participate in the religious celebrations in mandir or in bāl sabhā we should make it point to wear white dress.

(7) We should not wear ear rings, bracelets, and necklaces which would let our family or satsang down. Even fancy bands do not suit an ideal child.

(8) We should not get our skin marked with tattoos on hand, mouth or any other part of body taking cues from advertisements or films.

(9) You should not force your parents to purchase costly dress imitating film actors and thereby put them to financial difficulties.

(10) You should not wear costly ornaments like ring, chain, bracelet etc. regularly, except on ceremonies like marriage. There is always risk of their being stolen or lost.

(11) We should not wear short or transparent dress which exposes parts of our body.

(12) We should get our hair cut short and simple but should not make them fashionable or color them with dye or henna.

Study

(1) We should remain in divine company with Mahārāj and Satpurush during our study which will lead us to rapid progress in our study. As such, we should pray them at the outset of study.

(2) We should keep murti of Shriji Mahārāj, HDH Bāpji and HH Swāmishri in our study room and also on our study table. Similarly, we should also keep small murti of Mahārāj in our books so that we can have darshan and remembrance every now and then and we can progress in our study.

(3) It would be better to get up early in the morning for reading, rather



than reading till late of night because early morning is the best time for reading.

(4) To be an ideal student and score good marks in the examination we should make time table for study and strictly adhere to it.

(5) Make it a point to sit always in the front row. In case it so happens to sit on rear benches we should pay full attention to the points taught by the teacher.

(6) We should complete our homework daily and make revision of whatever we have been taught in the school and tuition.

(7) If we do not understand anything in any subject we should ask our teacher, parents, brother or sister to explain it without hesitation.

(8) Kicking, throwing or tearing of the books is the insult of knowledge. Hence we should never do so. In case we have committed such type of mistake, we should bow down to it and apologize. Similarly we should not scribble in the books and waste pages.

(9) We should not use notebook with pictures of film actors or models or obscene photographs on its cover pages. We should use notebook published by our Sansthā.

(10) We should do our homework our selves and should not copy other's work. We should always write with good handwriting.

(11) Apart from our study books we should also read inspirational books but should not read dirty and vulgar books or magazines.

(12) We should not study sitting before T.V. We should study in the room with peaceful atmosphere without any disturbance or noise.

(13) Our school bag should be kept clean. And text books, note books etc. should be kept properly arranged in our school bag and drawer of our study table.

(14) We should not read lying on our back or in dim light.

(15) We should keep company of such students who are ahead of us, brilliant in study, without any bad habits and are well cultured and should make them our friends.

(16) Always bid 'Jay Swāminārāyan' to our patents and elders while going to school or tuition class.

(17) We should not go out to play cricket or other games under the pretext of study.

(18) If we have not done the homework we should not make excuses and should not tell a lie to the teacher. Instead of that we should confess our fault and apologize for that.

At the time of examination

(1) Before examination we should complete the preparations of the subject. For that, we should allot required number of days for each subject in advance, before the examination. So that we can do revision of each subject one, two or more times.

(2) We should get pen, pencil, eraser, ruler, compass box, refill etc. readyin advance for use in the examination.

(3) Before going to examination center we should do last minute revision of answers, sums or theorem, which are important and are likely to be asked in the examination or the answers which we find somewhat difficult.

(4) We should say 'Jay Swāminārāyan' to our parents and elders touching at their feet and get their blessings before going to the examination center.





(5) We should invariably keep the murti of Mahārāj in pocket at the time of going to the examination center and place the same on our bench while sitting in the examination. When we receive the question paper, we should pray to Mahārāj with hands folded, 'O Mahārāj, O Bāpāshri, O Bāpji, O Swāmishri! May you write the answers and become doer of my deeds.' Thereafter, we should start writing answers.

(6) Before going to examination center we should pray to and have darshan of Bhagwān Swāminārāyan, HDH Bāpji and HH Swāmishri in the mandir or in ghar mandir. If saints are there in the mandir we should have their darshan and get their blessings.

(7) We should reach the examination center 15-20 minutes before the commencement of the exam without fail.

(8) We should write all the answers in the examination in legible hand writing and start new question on new page of the answer sheet.

(9) We should start answering the questions which we know very well. We should write answer according to the marks allotted to the respective question. We should write answer point wise in separate paragraph, so that the examiner can examine it easily.

(10) We should not copy from others' answer sheet and also should not allow others to copy from our answer sheet.We should not keep material with us for copying.

(11) We should have watch with us during examination and should consider the time. However we should not write answer in unnecessary hurry. If we find time after completion of writing the answers, we should read the answer again and makes necessary amends if required.

(12) If you find that the question paper is hard and it is very difficult for you to solve it, don't become upset and get depressed by worrying about it. Instead of that we should pray to Mahārāj and Satpurush. They are always with us. Thus you should start writing answers.

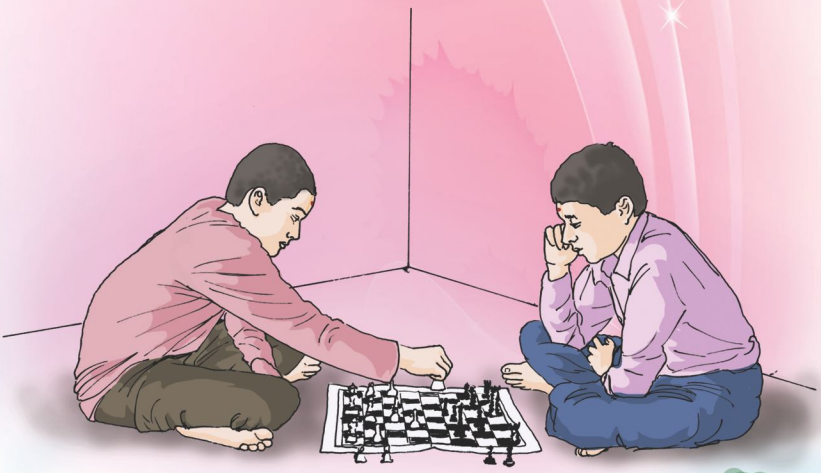
At the time of sports

(1) Sports help us in improving our health and in our all-round progress.

(2) For our life sports are the necessity and study is essential. Thus we should fix the time for study and sports and should play games.

(3) Before the start of game, we should pray to Mahārāj.

(4) We should endeavor to accomplish expertise in the sports we can play very well.





(5) While playing any game, if we get indulged in false tactics, telling lie, cheating or quarrelling, Mahārāj would not be pleased with us. Hence we must play honestly at all times. We should not try to win by using false tactics.

(6) While playing games, we should take care not to injure others, damage others' house or belongings.

(7) If we are defeated in a game, we should not lose heart or get depressed but continue our effort. With the grace of Mahārāj we would definitely win the game.

(8) We should candidly congratulate the winner team which has defeated us. But we should not be jealous of them. We should neither find their fault nor quarrel with them.

(9) What we have learnt during the game is more important than winning or losing the game. Hence we should draw inspiration from good players and learn from them how to play still better.

(10) There should be close competition for winning the game but we must accept the decision of the umpire with pleasure.

(11) After playing games we should return back to home in time. After returning, we should wash our hands, legs, face or take a bath so that germs and dust are removed from the body.

(12) We should play both indoor and outdoor games for our physical and intellectual development.

(13) We should not bet on playing cards or video game which is one type of gambling and would violate our Dāru vartmān and Mahārāj would not be pleased with us.

(14) We should not beat or abuse others while playing.

(15) We should not waste time in playing games during examination time so as to spare more time for study.

(16) It is not correct that our development is only possible through playing computer games and video games. On the contrary these games affect our eyes badly. Therefore we should play these games for limited period only and play other games more.

During pilgrimage or travelling

(1) During pilgrimage or travelling, HDH Bāpji inspires us to recite dhoon, sing devotional songs, talk about glory of Mahārāj, or to read religious and other inspirational books, listen to devotional songs or religious discourses. As such we should do so but should not remain idle or spend time looking here and there.



(2) We must not eat food or drink purchased from the market but should eat the food brought with us. The waste paper, remains of food etc. should be collected and thrown in the dustbin but should not be thrown on the road from running bus.

(3) We should distribute food items among all the members during travelling. We should not look after our own comfort at the cost of others comfort.

(4) We should offer seat to elders first at the proper place during travelling.

(5) We should not get into useless talks with strangers in the bus or train, should not eat food offered by them and even should not accept anything offered by them.

(6) During pilgrimage or travelling our language and behavior should be such that esteem of our family, Satsang, Guru and Country is held high and all consider us virtuous.

(7) During travelling, children should not get into mischief, prank or quarrel and should not shout loudly disturbing others.

(8) Children should not go to unknown place all alone without elders. There may be an apprehension of kidnapping whenever we go out. We should always inform our parents where we are going.

(9) We should take care during pilgrimage and travelling that mandir, architecture of ancient places and garden or any other things are not damaged by us anyway.

(10) We should avoid going to places of pilgrimage which are not according to our upāsanā.

(11) We should not let our hands, legs, head or any other part of our body outside of the window during travelling so as to avoid chances of accident.

(12) We should not travel to places that instigate our sensual desire.

At the time of festivals





(1) Uttarāyan is the festival for children to fly kites and rejoice thereby. It is the best day for us to serve alms in the zoli of the God and saints (the day of zoli sevā). Hence we should invariably grab the opportunity to serve in zoli sevā on this day. As commanded by saints we should go to collect alms in our area.

(2) Vasant Panchmi is the anniversary day on which Bhagwān Swāminārāyan wrote Shikshāpatri. So we should read 'Essence of Shikshāpatri' on this day without fail.

(3) During Holi-Dhuleti festival, we should not play with black, golden, silver or any other dirty colors or with tar, chemicals, oil and such things, which would badly affect our skin. Hence, we should only use plain water and simple harmless colors.

(4) Dhuleti is the day on which our Guru HDH Bāpji incarnated in this world. We should turn rosary for minimum eleven times to please HDH Bāpji.

(5) Hari Navmi is the festival on which the Bhagwān Swāminārāyan incarnated on this earth. We should participate in the



celebration of the festival at night. On this day we must observe complete fast or shall do a fast by taking farāl or fruits.

(6) Hindolā Utsav is the special celebration of Swāminārāyan sect. In each and every mandir variety of swings are arranged to please Mahārāj. At that time we should please Mahārāj by swinging Him.

(7) Guru Poonam is the day to pay tribute to our Guru and to pay his debts. On this day we should go for the darshan of HDH Bāpji without fail.

(8) Devotees of Swāminārāyan sect should not go to club, party-plot etc. to dance in garbā or rās during the days of Navrātri. If we want to become dear ones of HDH Bāpji, we must not do so.

(9) We should not take part in celebration of Valentine's Day or Friendship Day so as to please Mahārāj and Satpurush.

(10) New Year day is the festival of beginning of our new year. On this day we should get up early in the morning and first of all we should go to the mandir to have darshan and blessings of the Bhagwān Swāminārāyan and saints who are the real relative of our soul.

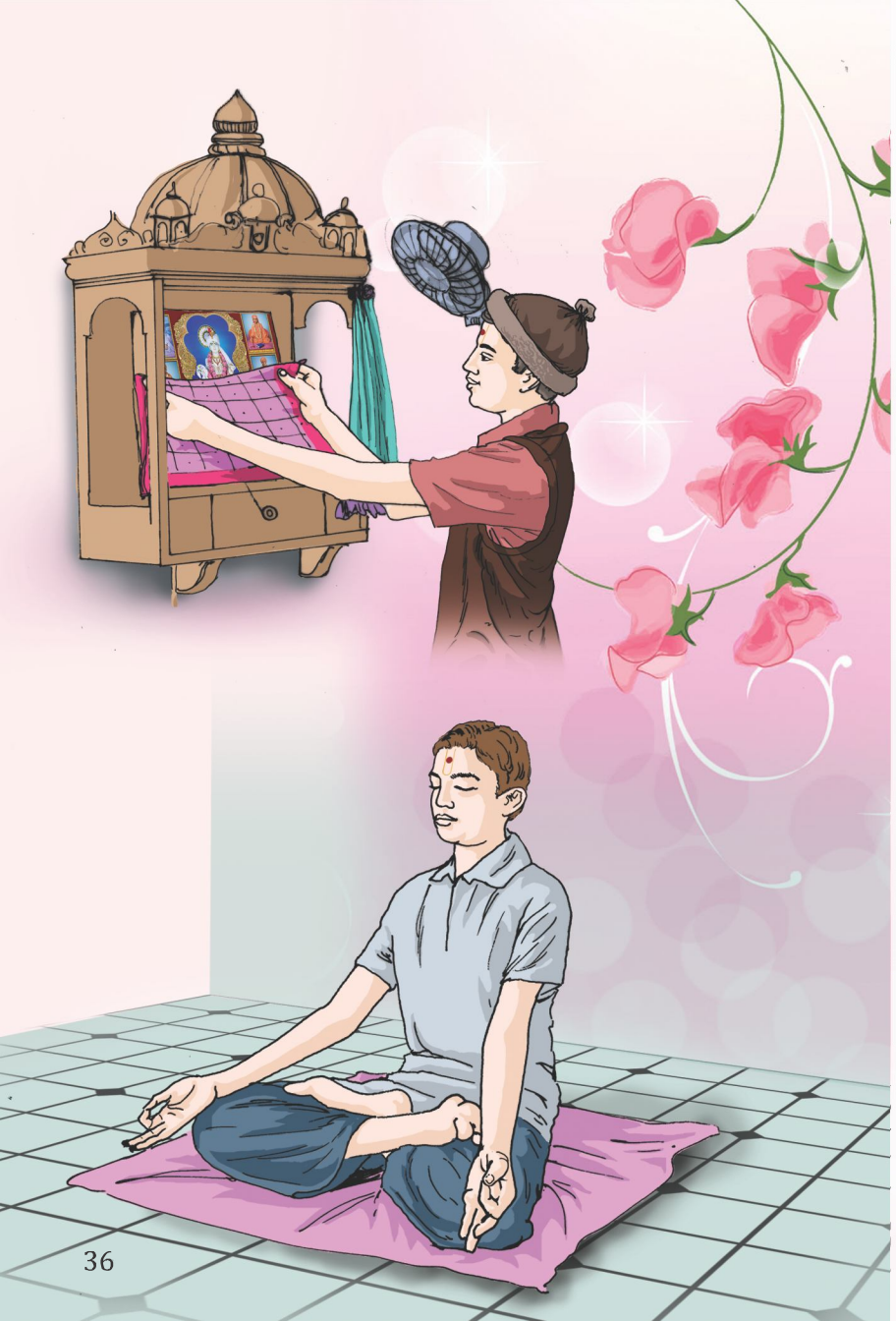
(11) On the auspicious day of New Year we should touch at the feet of our parents, family members saying "Dayālu! Jay Swāminārāyan, Rāji Rehjo (be pleased with me)" and embrace one another. Then, we should go to our relatives and neighbors place to wish them "Jay Swāminārāyan". If there has been some mishappening with anyone during the last year, we should forget and forgive and should apologize; thus improve our relationship with on this day.

(12) On New Year day Annakut Utsav is celebrated on a grand scale in the mandir. We should certainly go for the darshan of Annakut.

(13) When we go to our relative's place on New Year day and if they use grocery, water or anything else without cleaning or filtering as per religious norms, we should not take food or drink their as commanded by Mahārāj.

(14) We should not insist to purchase new dress, watch, bicycle etc. for us and accept whatever our parents has bought for us with pleasure.

(15) Kārtik Sud ekādashi is the incarnation day of Bāpāshri. We should go to the mandir to participate in the celebration of His incarnation at night and sing songs of the divine glory of Bāpāshri.



During various seasons

(1) During monsoon our digestion power weakens so we should avoid eating heavy, fried or stalefood.

(2) As far as possible, we should avoid going out when there is heavy rain or during cyclonic winds to protect ourselves from diseases.

(3) During winter, we should eat kachariyu, chyavanprāsh, pickle of hog plum, green vegetables, dry fruits, fresh fruits and other nutritious food to increase our resistance power. All the food items should be prepared by religious norms.

(4) During severe cold in the winter when we go out we should wear woolen clothes and woolen cap on the head.

(5) During summer we should wear thin and cotton clothes to protect our body from heat.

(6) If there is more perspiration during summer, we should keep a handkerchief in the pocket and use it to wipe out the sweat. It is not proper to wipe off the sweat with sleeves of the shirt.

(7) If possible we should take bath in the morning and evening during summer.

(8) Our clothes get very dirty and smell bad from sweating in summer. We should wash these clothes daily and should not wear dirty and unwashed clothes. These may cause skin disease.

(9) We should not drink cold-drinks, eat ice-pops, and ice cream sold in the market in any season.

(10) As we protect our body in every season, we should also wrap murti of Mahārāj and Mukta in our ghar mandir with woolen cloth in winter and in the summer we should start A.C. or fan for the murtis. Since Mahārāj and Mukta are ever present in our ghar mandir in manifest form.

(11) If our residence is near to the mandir, in the morning during winter season we should regularly go to the mandir by walking so as to get exercise for our body and earn pleasure of Mahārāj.

(12) We should change clothes immediately if we have become wet in the rain otherwise we may get sick.

Spiritual culture







Mānsi pujā

(1) In the 3rd Vachnāmrut of Sārangpur, Shriji Mahārāj has said that if Mānsi pujā is performed sincerely and if it is truly filled with emotions, it is as impactful as physical pujā. Hence we should perform Mānsi pujā five times a day as commanded by the Bhagwān Swāminārāyan.

(2) We should perform all five Mānsi pujā on time. If Mānsi pujā is not performed at the right time it is equivalent to not performing it at all. This can be related to what Bāpāshri says in his Vāto, "if somebody comes to our home as guest and if we do not serve them food at right time, how bad he would feel?"

(3) We should perform five Mānsi pujā throughout the day at the right time as outlined below:

Number of Mānsi pujā	When to perform	Timing
First Mānsi pujā	At the time of daily pujā in the morning	5 AM to 7 AM
Second Mānsi pujā	At noon, before having meal	10 AM to 1 PM
Third Mānsi pujā	After waking up in the evening	4 PM to 5 PM
Fourth Mānsi pujā	Before having meal in the evening	6 PM to 8 PM
Fifth Mānsipujā	At night, before going to bed	8 PM to 11 PM

(4) Mānsi pujā should be performed affectionately and emotionally. We should also pray to Mahārāj during Mānsi pujā.

(5) Mānsi pujā should be performed sitting in one place with eyes closed. During Mānsi pujā, we should not speak or look around even with half eye open or talk with signs in any way.

(6) We should perform all five Mānsi Pujā daily. If any one of the Mānsi Pujā is left out or forgotten, we should ask Mahārāj for forgiveness.

(7) During Mānsi pujā we should not think about anything other than Mahārāj. Neither should we engage ourselves in any other activity.

(8) If we happen to be driving a vehicle at the time of Mānsi pujā, we should perform Mānsi pujā with our eyes open, if it is the time of Mānsi pujā however do not hold off theMānsi pujā until we reach the destination.

(9) We should properly learn all the five Mānsi pujā from our saints or sabhā sanchālak, parents, booklet or CD published by our Sansthā.


Daily pujā
(Individual pujā)

(1) Daily pujā is the time of personal conversation with Bhagwān Swāminārāyan and His Mukta.

(2) Whoever has the upāsanā of Bhagwān Swāminārāyan should only keep the murtis of Bhagwān Swāminārāyan, Bāpāshri and other Mukta as a symbol of devotion. We should not keep murti of any other God-Goddesses other than these.

(3) We should perform daily pujā every day regularly after doing routine activities and taking a bath.

(4) After taking a bath and becoming pious we should wear the dress for pujā i.e. white dhoti and uparani to perform pujā. The dress for pujā should be kept separate from other dresses, so that pujā's dress remains pious.

(5) The murtis kept in pujā are not photographs. We should cultivate feeling of ever presence towards murtis as if Mahārāj, Bāpāshri and Mukta are sitting in manifest forms before our eyes. With these feelings, we should perform pujā with full concentration at least for 20 minutes. We can be hasty in other activities but we should not finish pujā hastily.

(6) We should not sit on unholy or unclean place for performing pujā. As far as possible, we should sit in the room where the ghar mandir is placed or sit in a pious, neat and clean place.

(7) While performing pujā, we should not think about other matters or look here and there. We should not doze, yawn or talk over telephone or be involved in other activities during the time of pujā.

(8) After completion of pujā, we should do two dandvats before our ghar mandir and should bow down and have darshan of pujā being performed by others.

(9) After completion of pujā, we should bow down and touch the feet of our parents, elders and other members of the family, and bid them 'Jay Swāminārāyan.'

(10) We should not eat or drink anything (including water) before completion of pujā. We should not even take the prasād of pujā before completion of pujā.

(11) Whenever we go out of town, we must carry our individual pujā with us.

(12) Once we commit to perform pujā we should never stop performing it throughout our life.

(13) We should do tilak-chāndlo on our forehead during the pujā. Instead of doing only chāndlo or tilak, we should do both of them. Tilak-chāndlo is the symbol of a devotee and should be kept throughout the day. If erased, we should do it again.

(14) We should turn beads of rosary keeping it in gaumukhi.



Prayer

(1) We should at least do one prayer during the day speaking or singing it aloud.

(2) Prayer is the time to ask the God to pardon us for our vices and faults. It is the time to ask for His grace and pleasure upon us. So we should not only pray for the sake of doing it only but should pray sincerely with full concentration and filled with emotions.

(3) At the time of doing a prayer, we should position ourselves in the posture of prayer. Just as we position ourselves upright at the time of singing a national anthem, likewise we should close our eyes and stand or sit upright with folded hands at the time of doing a prayer.

(4) At the time of prayer, we should not look, even with half eye open, at something or someone and should not talk or get into mischief.

(5) We should not make noise or uproar during prayer. Then, it is obvious that we should not indulge in mischief, pranks or running here and there during prayer.

(6) We should not eat anything during prayer. Even betel nut, clove etc. also should not be taken during the prayer.

(7) We should pray only in sitting or standing position.

(8) We should sing prayer in its tune and if we do not know the tune we should learn it from others who know it well.

(9) We should learn by heart at least two prayers.

(10) Prayer is the solution for any type of hurdle, distress, depression or frustration that comes in our life and thus saves us from all such difficulties. Hence, in such a situation we should pray more and more. If we pray daily, then difficulties will never come in our life.

Reading and listening

(1) We should read at least one Vachnāmrut and one Bāpāshri ni Vāto every day with full concentration.





(2) Vachnāmrut and Bāpāshri ni Vāto are two principle scriptures for us, which should not be kept anywhere just like other books. We should maintain its respect. Even while reading, we should not keep them on the ground.

(3) Before we start reading and after completion of reading of the scriptures, we should bow down to it respectfully.

(4) While turning the pages of scripture, we should not use our finger made wet by putting in the mouth.

(5) We should not make use of scripture as a support for writing on paper or for any other purpose.

(6) While reading or listening to the scriptures, we should concentrate on it. We should not talk unnecessarily and should not eat or drink anything at that time.

(7) While reading or listening to Vachnāmrut, we should feel that Mahārāj, Himself, is telling me alone, what is good for me. Similarly, when we read or listen to Bāpāshri ni Vāto, we should feel that Bāpāshri is delivering the discourse only for me.

(8) If the scripture slips from our hand and falls down or our foot touches it by mistake, we should take it in our hands, bow down and ask for pardon.

(9) Apart from Vachnāmrut and Bāpāshri ni Vāto we should also take advantage of other scriptures and books published by our Sansthā. In addition to it we should read biographies of great leaders like Gandhiji, Sardar Patel etc. and other inspirational books.

(10) We should only read the books which impart good culture and are ethically and morally good, but should not read dirty periodicals or newspapers.

(11) We should not read or look at obscene posters of film magazines or supplement of newspapers. Similarly we should not listen to film songs or vulgar talks.

(12) We must read 'Ghanshyām' magazine published by our Sansthā every month. Similarly we should watch or listen to CDs published by our Sansthā.

(13) Books on general knowledge increase our knowledge which helps us a lot in our study, as well as in various entrance examinations. Hence we should read them.

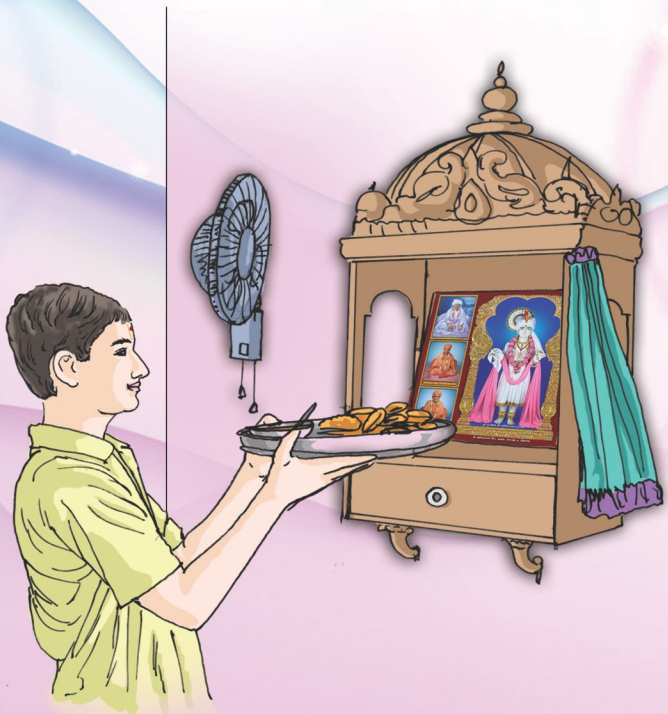
(14) We should ponder over what we have read or listened to and should make it a habit without fail.

(15) Children should not make use of internet, unnecessarily.

Ghar Mandir

(1) Ghar mandir is the place, where Bhagwān Swāminārāyan and Mukta reside permanently in our home. So we should locate ghar mandir in a good room with plenty of air and light, at such height from where we and whoever enters the house can have darshan of the ghar mandir easily.

(2) We should not place murtis other than the murtis of Bhagwān Swāminārāyan, Bāpāshri and Mukta in our ghar mandir. Only then will our devotion be considered as that of a chaste woman towards her husband.



(3) In our ghar mandir, we should serve murtis in the morning, at noon and in the evening by performing arti, offering a thāl and water, cleaning murti with wet cloth (as good as bath), waking up and making the masleep. All these services should be conducted daily in time. If we serve like this, we will earn more and more pleasure of God.

(4) All the members of family should take advantage of arti by remaining present and should recite hymns and religious verses and do dandvats.

(5) Utensils for offering thāl should be kept separate. We cannot use those utensils; neither for us nor for our guests.

(6) At the time of offering thāl we should sing a thāl aloud and should do two dandvats.

(7) We should do at least one sevā in the ghar mandir during the day.

(8) The ghar mandir should be cleaned daily and utensils for arti should also be washed daily.

(9) Ghar mandir is not the place to put household things. Hence, we should not keep our watch, money, keys, medicines, perfumes, comb, pen or other similar things in the ghar mandir.

(10) Manifest forms of Mahārāj and Mukta grace our ghar mandir. So we should make arrangements for light and fan in the ghar mandir. According to seasons, we should cover murtis with woolen cloth in winter and switch on a fan in the summer.

(11) Whenever we go to school or any other place, we should have darshan of murtis in the ghar mandir.

(12) We ourselves should take chance of cleaning the ghar mandir. Throne and arti should be cleaned daily and all such services should be done by children to please Mahārāj.





Sevā

(1) When we come to mandir, we should sweep, wash or mop the floor of the mandir, clean dust webs on the walls and corners, dust off the windows and doors and clean the toilet and bathrooms. If we do such sevā of low profile, Mahārāj will certainly be very much pleased with us.

(2) We should participate, without fail, in any types of sevā during celebration of various events and ceremonies at mandir. We should serve in decoration of stage or mandir, keeping shoes in proper order or in the preparation or serving of meals. Whatever sevā whether small or big entrusted to us should be done willingly.

(3) If we serve saints by preparing their bed, spreading bed sheet,drying their robes etc. the glory of saints will be instilled in us.

(4) We should help our parents in their work. If we help our parents in cleaning utensils, chopping vegetables, washing clothes, preparing meals etc.Mahārāj will be pleased with us. This is our duty as a member of the family.

(5) If somebody in our family falls ill, we should serve him medicine, water or milk, bring a meal for him and press his hands, legs or forehead and bathe him.

(6) We should also inquire about the health of our satsangis if they are ill and if needed, we should serve them.

(7) We should support elderly, blind or disabled people with our hands and carry their baggage. We should support them and help them in crossing the road. We should do such service invariably.

(8) If our classmate or a child attending bāl sabhā is poor, we should bring text books for him as also help him in payment of tuition fee in school, asking our parents in this regard.

(9) We should serve during the construction of new mandir in our area or village, by means of our financial and physical contribution. Similarly we should serve during celebration of religious events physically and financially.

(10) We should participate in various sevā in our bāl sabhā.

(11) Whom have I got the chance to serve? If we keep on thinking on this aspect constantly during sevā, we will not experience frustration, inconvenience, embarrassment, fatigue or the pain of hunger or sleep while doing sevā.



Ghar sabhā

(1) Ghar sabhā is a powerful tool for our family to strengthen the satsang and also for solving our family problems easily.

(2) All the members of our family should get together for ghar sabhā at least for three days in a week.

(3) The ghar sabhā should last at least for 20-25 minutes. During the sabhā we should do jaynād, sing prayer, sing devotional songs, read religious scriptures, listen to CDs of religious discourses and conclude with reciting dhoon of Swāminārāyan mantra at the end.

(4) Thereafter, we can discuss and plan for household chores, future planning, education of children, celebration of religious events etc.

(5) We should say "Dayālu Rāji Rehjo. (Kindly, be pleased with me.) Jay Swāminārāyan." touching at the feet of one another at the beginning and at the end of ghar sabhā.

(6) We must not talk about vices or faults of anybody during the ghar sabhā. We should not get excited or enter into an angry discussion with one another during the ghar sabhā.

(7) We should praise every member of the family one by one so as to absorb glory and divinity of each and every one.

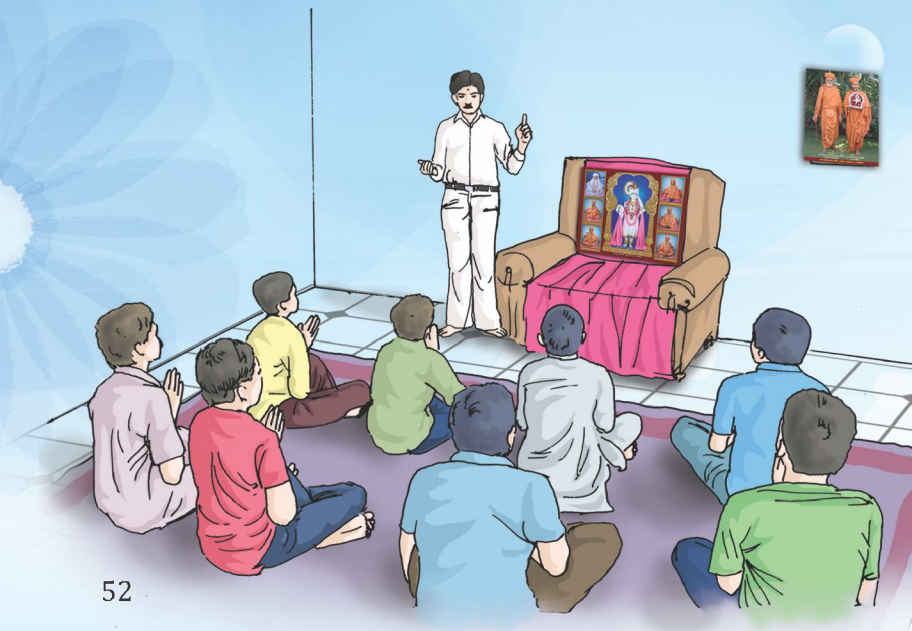
(8) Children should be more responsible for holding ghar sabhā and they should call all the members of family at the time of ghar sabhā.

Bāl sabhā

(1) Every week, regularly, we should attend bāl sabhā on time instead of doing our hobbies, sports or other activities of entertainment at that time.

(2) As far as possible, we should wear white dress while attending bāl sabhā.

(3) During the bāl sabhā, we should recite jaynād, religious verses, prayer and devotional songs by heart.



(4) While attending bāl sabhā we should remove our shoes properly and should never wear anyone else's shoes.
(5) Before sitting in the bāl sabhā we should invariably do five dandvats before the murti of Mahārāj.
(6) We should maintain discipline, and behave courteously and in a civilized and cultured manner so as to maintain respect of the bāl sabhā. We should sit properly and in an orderly way in rows.
(7) We should comply with orders of saints and sanchālaks during the bāl sabhā.
(8) We should not touch anything without permission and should not damage anything at the place of bāl sabhā.
(9) During the bāl sabhā, we should not get into mischief, make noise or play pranks on one another. We should not talk amongst us during the sabhā. We should listen to the discourse of saints and sanchālaks with full concentration.
(10) During sabhā if we have any questions or any question is asked, we should raise our hand but should not interrupt by speaking in between. During the time of arti or while taking prasād, we should not rush or hurry.
(11) We should participate with enthusiasm in various programs and competitions arranged in bāl sabhā.
(12) During bāl sabhā we should behave courteously and respectfully with the sanchālaks.
(13) We should bring with us new children in the bāl sabhā and introduce them to saints and sanchālaks.
(14) On our birthday or any other auspicious occasion we should do the sevā of prasād in bāl sabhā to please Mahārāj.
(15) We should not waste time in gossip or go for a walk after completion of bāl sabhā but should go directly home so that our parents do not worry.
(16) We should tell our parents and other family members, whatever we learn during the bāl sabhā and should act accordingly with sincerity.
(17) We should bring with us a notebook and pen to take notes of important points during the sabhā.





Special means to please Bhagwān Swāminārāyan

(1) We should observe fast on ekādashi which comes fortnightly. We should not consume grains. We should eat fruits or farāl. We must not sleep during the day time on ekādashi.

(2) We should observe complete fast on following three ekādashi during the year:
   1. Asādh Sud Ekādashi - niyam ni ekādashi (the ekādashi to take vow)
   2. Bhādarvā Sud Ekādashi - jaljilani ekādashi
   3. Kārtik Sud Ekādashi - prabodhini ekādashi (the day of incarnation of Bāpāshri)

(3) Chaturmās starts from the day of niyam ni ekādashi. So we should take special vow for the next four months to please Mahārāj on this day. These four months of Chaturmās (i.e. from Asadh Sud Ekādashi to Kārtik Sud Ekādashi) is considered pious for worship and devotion to God.

(4) We should observe ektāna during the month of Shrāvan.

(5) During Chaturmās or at least in the month of Shrāvan, we should take vow to do extra dandvats or pradakshinā, additionally every day in pujā, in ghar mandir or in mandir.

(6) We should avoid our favorite food items during Chaturmās or in the month of Shrāvan, so as to please Mahārāj. We should not eat brinjal, fenugreek (methi), radish or spinach (pālak) during chaturmās.

(7) During Chaturmās, we can take vow to read Vachnāmrut, Bāpāshri Ni Vāto, Ghanshyām magazine and booklets published for children.

(8) We can also take a vow to bring new children and our friends, in the bāl sabhā.

(9) We should sanctify anything we bring in our home by offering first to Bhagwān Swāminārāyan and use it only after making it as prasād by the holy vision of God.

(10) We should do the sevā of preparing garlands for Mahārāj at our ghar mandir and mandir or do bhakti by turning rosary and singing devotional songs in the mandir.

(11) We should avoid watching T.V. or cinema for our lifetime.



Sutak and other rituals

1) We should observe ritual of sutak on birth or death in our family as per the instructions of saints.
2) During the time of sutak in our family we cannot perform our individual pujā or serve the God in our ghar mandir. At that time, we should get the service done by others. Moreover we cannot touch murti of Mahārāj and saints during the period of sutak. But we can go to sabhā and mandir to have darshan of Mahārāj and Mukta.
3) We should observe rituals of solar and lunar eclipse.During the period of eclipse we cannot eat or drink anything. At that time, if the mandir is nearby we should go there or we should worship God sitting at one place in our home.
4) During the period of eclipse, we should not touch anything and should not sleep. After the eclipse is over we should take bath with the clothes worn. Thereafter we should have darshan in the mandir and give donation according to our capacity, as commanded by Bhagwān Swāminārāyan.



Behavioral Culture





Honest conduct

(1) We should not pick up anything lying on the road for our use. If we do not know about the owner or we cannot send it to the owner, we should not even touch it.

(2) We should not take anything which belongs to others without their permission.

(3) If a task or service has been entrusted to us, we should do it sincerely, but should not do it of only for the sake of doing it.

(4) If somebody has put trust in us, we should not betray him.

(5) We should not try to escape from the responsibility or service entrusted to us. We should not impose our responsibility on somebody else.

(6) We should not blame others for our mistakes.

(7) We should not find excuses for not doing a task assigned to us by saints or elders.

(8) If we are a trader, we should never deceive our customers in any way.

(9) If we have purchased something and during exchange of money if we receive an extra amount to which we are not entitled we should return it back to the appropriate person.

(10) We should resolve right from childhood that though I become a doctor, engineer or businessman or do any kind of job when I grow up, I would never earn income by unfair means, to which I am not entitled.

(11) It is also our culture of honesty to apportion ten percent of our income as a dharmādo (donation) to God as commanded by the Bhagwān Swāminārāyan.

(12) We must not give bad or damaged things to others by deceit.


WEL-COME



Courteous Behavior

1) We should not lie to anybody during our whole life.
2) We must not speak to anybody in abusive or vulgar language.
3) We should not use such words that would tease or hurt the feelings of others but should speak in such a way that would please everybody.
4) We should address everybody with respect and add the word "Bhai" or "Ben" after his/her name to give them respect.
5) We should not interrupt a conversation between two persons.
6) If somebody has asked us anything we should give him a correct and courteous answer but should not give an evasive answer.
7) We should adopt the habit of finding virtues in each and every one. Whatever we find good in someone's life, we should implement the same in our life.
8) We should enter anyone's house, office or room only after ringing the doorbell or knocking the door and getting permission.
9) We should not speak ill of any religion, sect, religious gurus or saints. We should not wish harm of anyone and should not criticize anyone.
10) We must not steal anything.
11) If anybody has helped us a little or a lot we should thank them without fail. Always learn to say, 'Thank you.'
12) We should apologize for any mistake made by us or of we have used harsh words for someone.
13) We must not kill any animals, birds or insects or should not beat them.
14) We should not try to see or know confidential things or matters of others.
15) We should take proper care of our clothes while sitting, standing up or sleeping.

Behavior in the mandir

(1) If our home is near to the mandir, we should make it a daily practice to go to the mandir for darshan. Moreover, if we go to the mandir by walking, we will earn more pleasure of Mahārāj.

(2) When we go to the mandir, first of all we should do five dandvats before the murti of Mahārāj. Thereafter, we should do two dandvats before the murti of HDH Bāpji. Then we should have darshan of saints present in the mandir.

(3) We should not have darshan in hurry or looking here and there but should have darshan with full concentration steadfastly and pray for two minutes with folded hands and closing our eyes. We must spare at least five minutes for darshan.



(4) Mandir is a peaceful and holy place, so we should not run here and there, shout, quarrel or use abusive language in the mandir.

(5) We should not pick flowers grown in the mandir and should not cut plants or trees. We should not litter dirt or filth in the campus of the mandir.

(6) We should remove our shoes outside the mandir and should put them properly in a row.

(7) We should help out to keep the mandir and its campus clean. We should sweep the dirt in the mandir, wash and mop floor of the mandir and also clean the bathroom. We should serve in the mandir in this way.

(8) We should use facilities of light, fan, water etc. as much as required and after the use, we should immediately discontinue the same with due care. We should take care that nothing is damaged in the mandir.

(9) We should not go to the mandir with empty hands. We should donate money or bring with us grains or fruits for Mahārāj.

(10) We should not take anything from the mandir without permission. If we want something, we should take it only after obtaining permission from those that are responsible.

(11) If we want to stay in the mandir for serving or to play games, we should always obtain permission of our parents.

(12) We should not behave rudely with the devotees who have come to have darshan in the mandir.

(13) After entering the mandir, male and female should separately have darshan and worship in the mandir. Thus boys and girls should not talk with each other unnecessarily.

(14) If our home is near the mandir, we should insist our friends to have thedarshan and participate in celebrations of festival or events in the mandir.







Behavior with saints

(1) Whenever we go for darshan of saints we should do at least 2-3 dandvats before them, touch their feet and say 'Jay Swāmināràyan.'

(2) While touching the feet of saints, we should bow down and touch their feet with our hands and then touch our eyes and head for their grace. It is not proper to bow down half by touching the knees of the saints.

(3) We should not behave with saints like a friend. We should not address them without respect or put our hand around their shoulder. We should not play pranks with saints.

(4) We should not touch clothes, turban or seat of saints with dirty hands.

(5) We should listen to the religious discourse delivered by the saints and act according to their likings.

(6) If saints assign us any service we should accept it willingly and never say no.

(7) We should not sit on the same cot or sofa i.e. at the same level with saints but should sit down on the floor facing saints.

(8) We should not interrupt the discourse or talk of the saints and use discretion while talking to them.

(9) We should not wear turban, clothes or sandals of saints and should not sit on the seat of saints. If our feet inadvertently touch saffron clothes or seat of saints we should bow down respectfully and ask for a pardon.

(10) We should take care that money in our hand does not touch saints. We should not talk about ladies with saints and never talk about our private life with saints.

(11) If time permits, we should take advantage of accompanying saints on padharāmni (religious visit to the house of devotees) and cultivate the habit of attachment of the company of saints.

(12) While saints are having meal, we should do two dandvats before them keeping distance.

(13) If saints are coming to our home we should bring garlands to adore the saints and make other preparations with fervor.



Behavior with Devotees

(1) Whenever a devotee meets us, we should bow down to him affectionately and say 'Dayālu! Jay Swāmināràyan' with folded hands.

(2) We should not make fun of any devotee and should not hurt his feelings. We should not misbehave with him.

(3) We should not talk about the vices or faults of any devotee.

(4) If a devotee assigns any service, we should do it willingly as per his instruction.

(5) We should behave respectfully with elder devotees. We should bring them a chair, if there is not any. If needed, we should help them in climbing up the stairs and open doors for them.

(6) If there is an event in the house of devotees in our society or village, we should attend it and help them in service.

(7) We should help devotees in the time of difficulties.

(8) We should behave in such a way that devotees and outsiders would have a positive opinion of our family and parents.

(9) If any devotee guides us or shows us our mistakes, we should not enter into arguments with him or become angry with him.

(10) If we find any fault or vice in a devotee, we should inform saints in this regard but should not discuss in public and thereby disgrace him.



Behavior at home and neighborhood

(1) We should cooperate with elders and parents in various household chores.
(2) We should live independent life. We should do all tasks ourselves.
(3) At home we should live united, with peace and unity with all the members of the family.
(4) We should take care not to waste anything at home. Light and fan should not be kept on unnecessarily. Similarly, water should not be wasted.
(5) We should take care that animals like dogs or cats do not enter in our house and spoil anything. We should not raise pets like dogs and cats or keep them at our home.
(6) We should not move around wearing shoes or sandals in the house. We should not draw or scribble anything on the walls.
(7) We should not play tape recorder, T.V. or other instruments with high volume and take care that they are not spoiled in any way, while using them.
(8) We should not throw away dirt, dust, or leftover food at any place in the house or around the house and make the surroundings dirty.
(9) We should not draw or write anything on the sidewalk of a public place.
(10) We should join in group service along with others.
(11) We should not quarrel with anyone in village or society. We should live with harmony with everyone.
(12) We should not do anything that would harm anybody in the village or society. We should not play such games also.
(13) We should respect all the elders in the village or society. We should not use tricky names for anyone, should not mimic anybody or say any mean words to anyone.
(14) We should not be angry over trifle matters at home.
(15) We should not hang photographs of film actors on the walls of our rooms or house and should not sing or listen to film songs. Similarly, we should not watch films or movies at home or in the theatre.
(16) We should bāl sabhā in our society or village and call other children to participate in it.



Behavior with Parents and Elders

(1) We should not forget the obligations of our parents on us throughout our life.

(2) We should give respect to our parents. We should not speak with them disrespectfully.

(3) Parents are the architect of our life. If they scold, criticize or prevent us or slap us, we should not take it the wrong way and get offended or be angry with our parents. we should neither speak against them nor should beat them.

(4) Every morning after performing our pujā, we should bow down and touch the feet of our parents and elders respectfully, and say to them "Jay Swāmināràyan."

(5) We will be happy in life if we comply with the instructions of our parents and elders. We should never refuse to carry out the order or instruction of our parents or elders and should not enter into arguments with them. We should not insist our parents to purchase any type of thing for us.

(6) We should always inform our parents, whenever we go out and should not keep anything secret from our parents.

(7) We should not tell a lie to our parents or elders at any time. If we have committed mistake, we should confess it but should not try to conceal it.

(8) Whenever we go out, whether to school, tuition or anywhere else, we should say "Jay Swāmināràyan" to our parents.

(9) We should serve our parents and elders during their illness.

(10) We should cut our personal expenses and thereby provide financial relief to our parents.

(11) We should listen to the talk on culture and satsang by our parents and elders.

(12) If our parents are not satsangi, we should insist them to become satsangi.

(13) We should show our report card/grades to our parents without them asking.

(14) If our parents or elders assign any work to us we should not refuse it immediately but should accept it willingly. If in unavoidable circumstances we are unable to so, we should present our viewpoint before them.





Behavior with brothers and sisters

1) We should preserve dignity of our elder brother or sister. We should address him/her respectfully.
2) We should take care of our younger brother or sister giving them a lot of love and affection and play with them so as to be helpful to your parents by sparing them time this way.
3) We should not be angry with younger brother or sister and beat them. We should live affectionately with everybody in the home.
4) We should be helpful to our younger brother or sister in their study.
5) We should not snatch anything from our younger brother or sister, tease them or make them cry.
6) We should not make wrong complains to our parents against our brother or sister.
7) We should serve our brother or sister, when they are ill or not feeling well.
8) We should not secretly eat anything alone but eat only after distributing among all the brothers and sisters.
9) We should take extra care of our younger brother and sister by helping them in preparing their bed, chopping fruits, pressing clothes, serving food etc.
10) We should live with brothers and sisters with unity. We should not talk about their faults or vices.
11) We should not beat our brother or sister or call them by tricky names. If our brother or sister quarrels with an outsider, we should stop them.
12) We should take our brother or sister in bāl or bālika sabhā regularly with us. We should keep them with us in the chance of blessings from saints.
(13) We should affectionately teach our younger brother or sister the subject they find difficult and whatever they do not know well.



Behavior with friends

(1) Our friend should be good, cultured, satsangi and virtuous. We should not keep friendship with one who is addicted and keeps bad company.

(2) We should keep a distance from classmates who have bad habits, who steal, quarrel and beat others, speak obscene language and who are mischievous or addicted. We should know such people very well and take care that we do not get such bad habits in our life by their company.

(3) We should bring our friends in bāl sabhā and introduce them to our sanchālaks and saints.

(4) When HDH Bāpji, HH Swāmishri or saints come to our house, we should invite our friends to have the darshan of them.

(5) We should not eat or drink anything at the house of a friend who is not satsangi and who does not follow our religious norms.

(6) We should introduce our friends to our parents without fail.

(7) We should not make friends of opposite gender.

(8) We should help and be useful to our friends selflessly.

(9) We should not become expensive by staying in the company of friends.

(10) If we go with our friends at any place we should not give up our culture and religious norms.

(11) As far as possible we should not spoil our relations with friends by entering into quarrel or verbal arguments.

(12) We should not emulate our non-satsangi or very rich friends in unnecessary matters.

(13) We should not keep a mobile phone as advised by our friends or just to emulate others.

(14) We should not behave with any friend against the commands of Bhagwān Swāminārāyan.

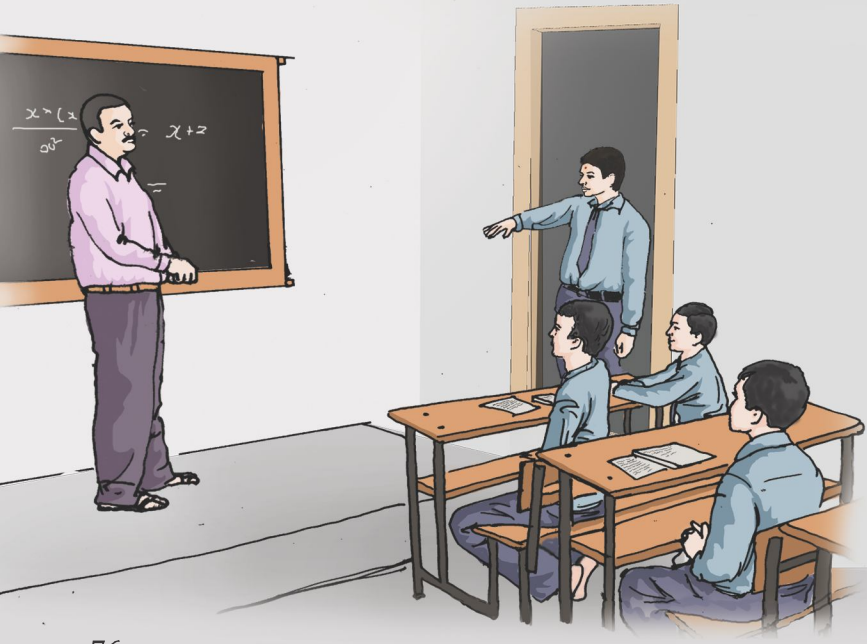
Behavior in the school

(1) Before going to school, we should check our school bag to ensure that necessary textbooks, notebooks etc. are taken.

(2) We should make it a habit to reach the school ten minutes before time.

(3) If the study in school starts with prayer, we should say prayer calmly and with full concentration. If it is not so, we should say prayer mentally alone before study.

(4) Make it a point to sit in the front row in the classroom or sit with good students. We should not sit with mischievous or talkative students.



(5) Whenever we go to school, we should have do tilak and chāndlo on our forehead. We should not be shy of it.

(6) Before entering classroom or office, we should ask for permission from teacher or principal, if present, saying, 'May I come in, sir?' and then only we should enter the classroom or office.

(7) We should go to school in our prescribed uniform only. Our uniform should be clean and tidy.

(8) We should not do mischief, prank or quarrel with any student. We should live with everyone affectionately.

(9) We should not take anything that belongs to someone. In case we find anything belonging to someone else, we should not keep it with us but hand over it to the teacher.

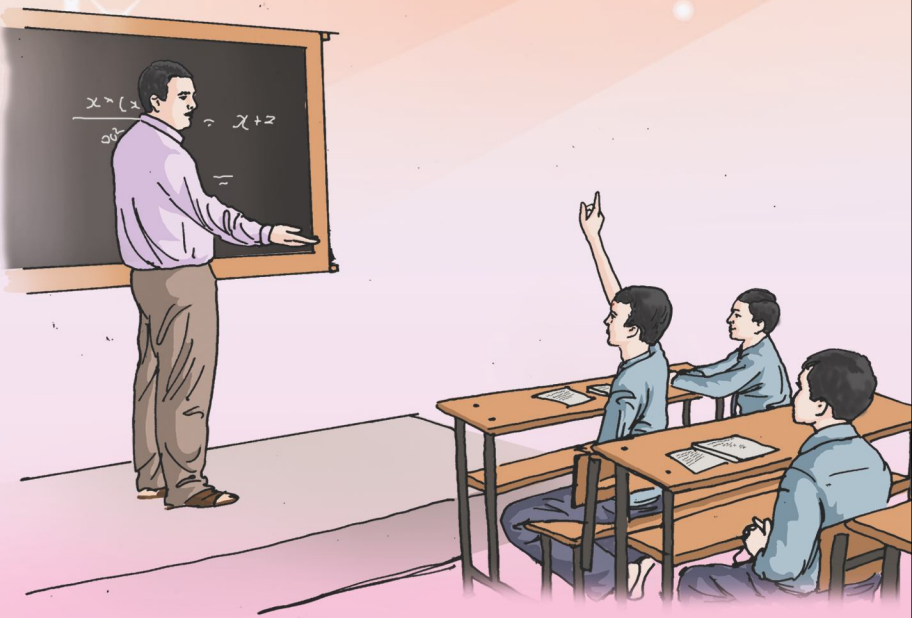
(10) We should not make the school dirty or spit in the school and should not damage plants, flowers or trees grown in the school.

(11) We should not write anything on walls, benches, blackboard etc. like our name, obscene language or any unnecessary things.

(12) We should behave in such a way that complaints against us are never made to our parents.

(13) We should not go anywhere, to play sports or other activity under the pretext of going to school. We should go directly to school from home and similarly come directly to home from school.

(14) Whatever is taught in the classroom should be learned with full concentration. It should be revised at home along with the homework assigned to us.



Behavior with teachers

(1) The teacher is our academic guru. We should preserve their dignity and have reverence for them. When the teacher enters the classroom, we should honor him by standing up and saying "Good Morning, Sir" or "Good Afternoon, Sir".

(2) We should cultivate feeling of affection towards our teacher. We should never talk about his vices. We should preserve his dignity even in his absence.

(3) We should not call them by tricky names or make fun of them or should not join in any such matter.

(4) Our teacher is equivalent to a guru. So we should not behave like a friend with them and should not place our hands around their shoulder.

(5) We should study according to what the teacher teaches us. If there is anything we do not understand, we should ask the teacher courteously.

(6) If any work is assigned to us by the teacher we should accept it and be helpful to the teacher.

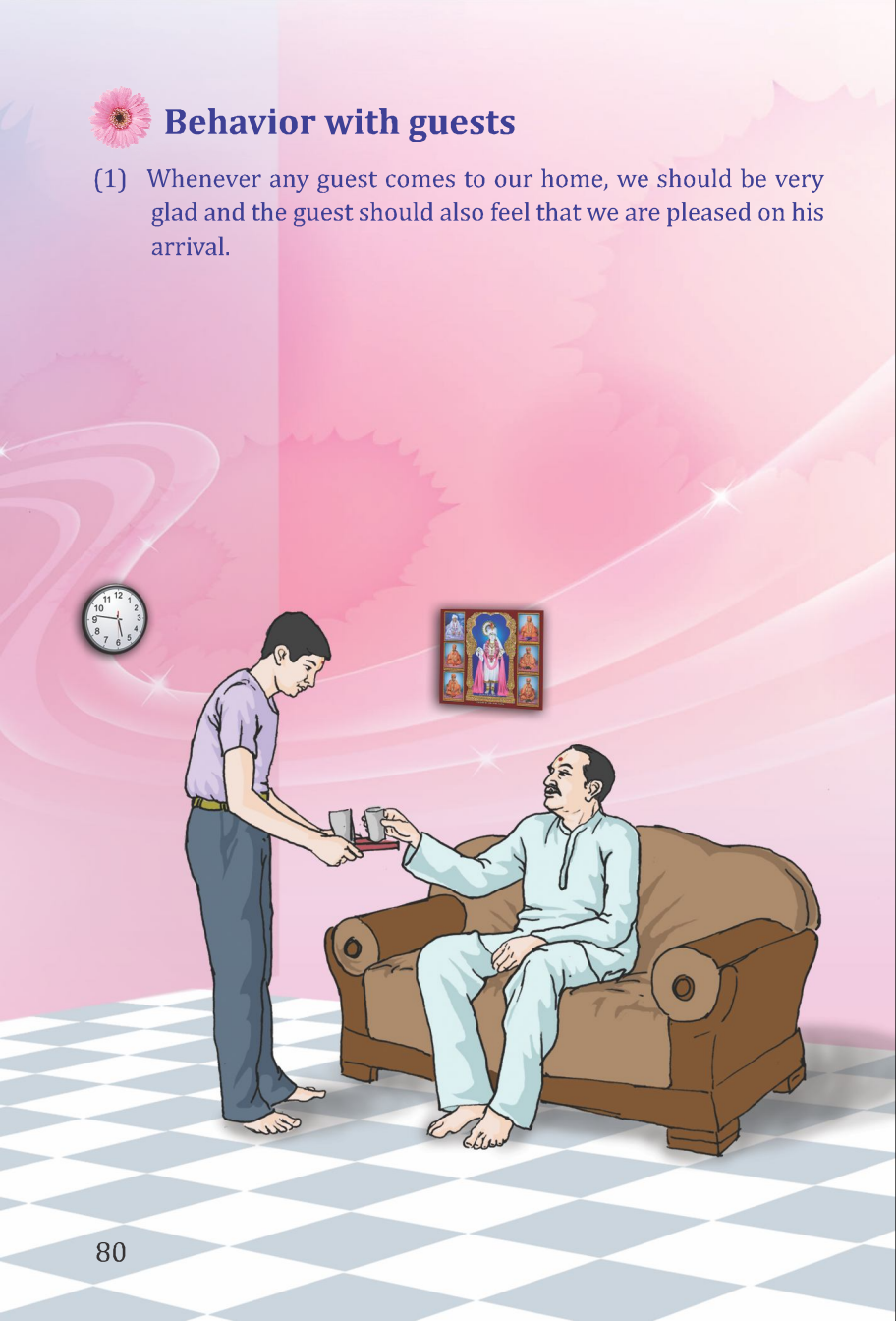
(7) If we want to ask a question or suggest something we should first of all raise our hand and then ask.

(8) We should not get offended if our teacher scolds us or punish us for our fault or mistake.

(9) We should not be inattentivein any class of any teacher but should learn with interest so that teacher can teach us with enthusiasm.

Behavior with guests

(1) Whenever any guest comes to our home, we should be very glad and the guest should also feel that we are pleased on his arrival.



(2) Whenever a guest comes to our house, we should greet him with sweet words and take him in the house and touching his feet we should respectfully say "Dayālu! Jay Swāminārāyan" with folded hands.

(3) We should greet the guest who has come to our house with lemon juice, milk, water, fruit juice or a milk shake instead of with tea or coffee.

(4) We should insist that the guest stay more at our home and should take care that there should not be any deficiency in our hospitality.

(5) We should prepare good meals that are suitable to the guest who has come to our house and should serve them with insistence.

(6) We should invariably take the guest to the mandir if it is nearby, to have darshan of God.

(7) The children of the guest should be treated as our brother and sister. We should not quarrel with them and if they require something we should provide it to them and thus please them.

(8) We should be helpful to other members of the family in the hospitality of the guests.

(9) We should put plates and bowls for the guest before meal and wash their dish ourselves after the guests have taken their meal. We should have a meal after the guests have taken their meal.

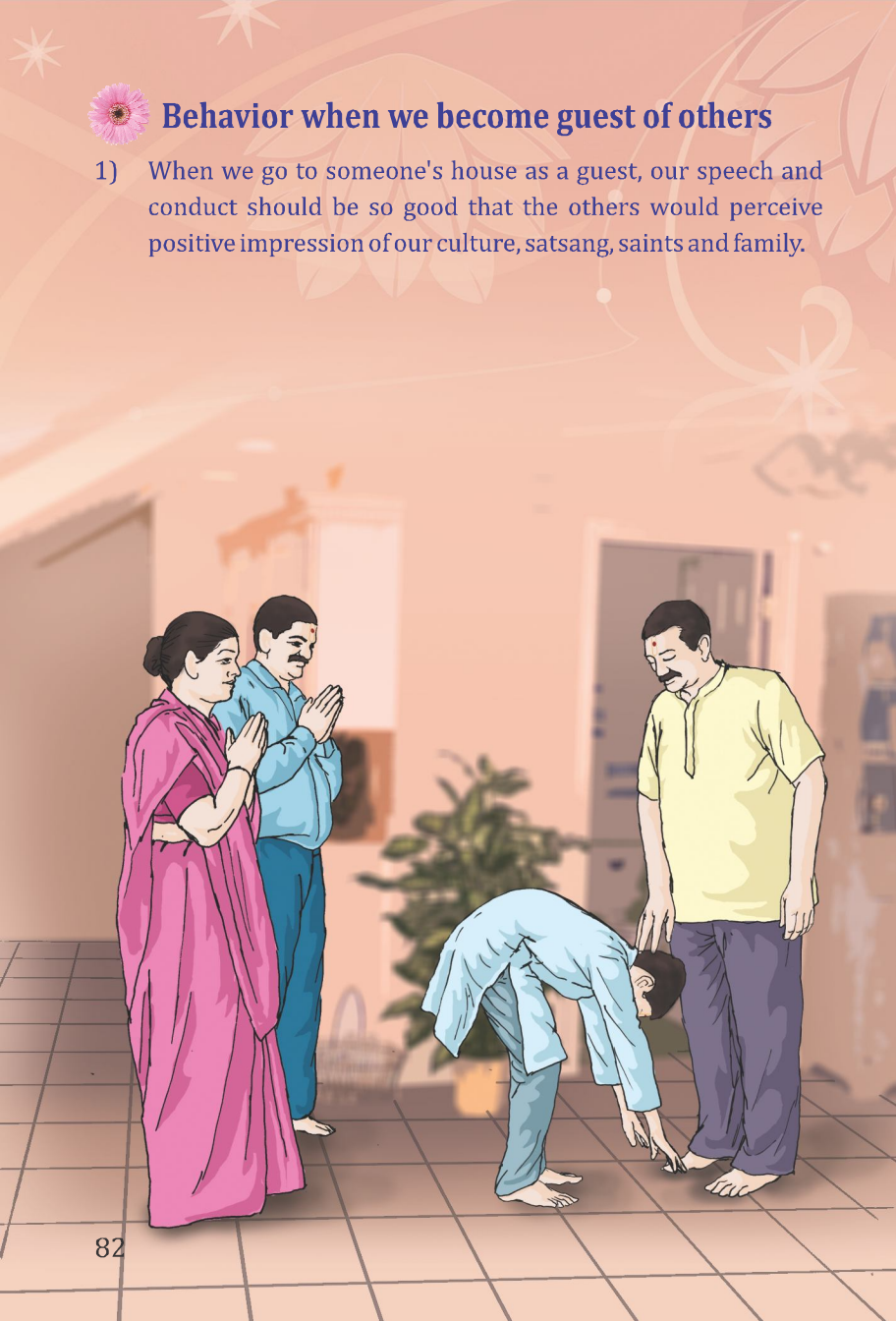
(10) We should invariably include the guest who has come to our house in the ghar sabhā.

(11) We should narrate the glory of Bhagwān Swāminārāyan, Guru Bāpji and our Sansthā to the guest.

(12) We should behave with them in such a manner that they would perceive positive impression of our satsang, culture, saints, Sansthā and also our family.

Behavior when we become guest of others

1) When we go to someone's house as a guest, our speech and conduct should be so good that the others would perceive positive impression of our culture, satsang, saints and family.



2) When we become someone's guest, we should not indulge in pranks or mischief, run here and there or shout disturbing others and stay lazily there.

3) When we go to someone's house as a guest we should always ask for permission before using or taking anything from there.

4) When we go to others house, first of all we should bow down at the feet of all the members of that family and say 'Jay Swāmināràyan'.

5) We should ourselves do all our work and take care that others are not put into any inconvenience because of us.

6) When we go to others house as a guest we should adjust with the situation there and whatever facilities are available there. At the time of meal, we should not ask for anything special and restrain ourselves.

7) Our items should be kept in our bag or suitcase but should not be kept lying around the house.

8) If there are more number of people, we should get up early in the morning and finish our routine activities somewhat speedily so as to avoid rush in this regard.

9) At the time of departure, we should thank all the members of the host family and learn to say politely "Forgive us if you were put to any inconvenience or difficulty because of us."

10) When we become a guest, we should do the ghar sabhā at that place and also do bāl sabhā with the children.

(11) When we go to others' house as a guest, we should not insist to take anything from there and should not get offended.

Manners while talking over telephone

1) Before starting our talk over telephone, first of all we should say 'Jay Swāmināràyan, Mahārāj' or 'Jay Swāmināràyan, Dayālu' to the person on the other side whether he is satsangi or not.

2) While talking over telephone we should be polite and courteous. Our language should be simple and sweet. We should reply calmly regardless of whatever is asked instead of getting angry.



3) While receiving a phone call from anybody, first of all we should ask, "What is your name?" then we should introduce ourselves. If the phone call is meant for the member who is not present, we should take note of callers name, phone number and message and whenever the person arrives we should convey him the message.

4) We should talk over the telephone as much as necessary. We should not waste our and others time by talking unnecessary things or engaging in gossip.

5) Children should not keep a mobile phone if it is not of absolutely necessary. We should not insist our parents purchase a costly mobile phone for us.

6) We should turn the volume of electronic devices such as radio, computer or TV down, while someone is talking over telephone in order to avoid disturbance of the person on the phone.

7) We should prefer a ring tone which is sweet, mild and related to satsang but not of film songs or harsh sound.

8) We should not waste time in playing games, listening to songs or sending SMS on our mobile phone.

9) We should keep our mobile phone switched off, whenever we go to the mandir or in sabhā.

10) While receiving phone calls from saints, we should take care that voices of ladies are not heard on the phone.

11) If our talking over phone disturbs others, we should move to a distant place to talk.

(12) While receiving phone call from saints, first of all we should say our name so that the saint will rest assured that no ladies are speaking on the other side.





Culture of Kāran Satsang

1) We should not keep murti of any god-goddess except Bhagwān Swāminārāyan and his Mukta in our home.
2) We should not go to any other mandir except the mandir of our Ishtadev.
3) We should turn the beads of rosary with the name of Swāminārāyan mahāmantra only. As it is said that if we recite Swāminārāyan mantra once it is equal to reciting other names innumerable times.
4) We should not be sakām (self-seeking) in our life. What is sakām? It means that in case we face any difficulties or adversity, inflicted by any disease, in case of accident we pray to Shriji Mahārāj or Satpurush to save us from all such circumstances or pledge to turn rosary or any other religious vow so as to eliminate the woes. If we indulge in such devotion or worship, this is called sakām. Always say only one prayer to Mahārāj and Satpurush, "Do as you please, and grace on us that we always conduct ourselves within your wishes"
5) In case of any difficulties, adversity, woes, tension or obstacles in our life, we should not approach sorcerer or tantric but should empower ourselves with the might of the sole devotion to Bhagwān Swāminārāyan.
6) We should never fear from superstition when we face obstacle e.g. cat comes across us, sneezing at a wrong time etc. We are completely surrendered to the supreme and almighty Bhagwān Swāminārāyan and we are His children so nothing would impede us. We are fully protected by him.
7) We should have such fear that Bhagwān Swāminārāyan, HDH Bāpji and HH Swāmishri are always present with me, they are omnipresent and know all about me and my thoughts so as to escape ourselves from the violation of religious command.

8) We should solidify our understanding of 'Principles of Kāran Satsang'.
   - My name is Anādimukta.
   - My father is Bhagwān Swāminārāyan.
   - HDH Bāpji, HH Swāmishri and saints are at the place of my mother.
   - All the saints and devotees are my relatives.
   - My home is Murti.
   - My Bhagwān Swāminārāyan is the supreme God and controller of all the Gods-Goddesses.
   - My Sansthā SMVS is the best of all.
   - Our principleis "to cultivate the upāsanā of supreme Bhagwān Swāminārāyan and attain the status of Anādimukta'
   - Bāpāshri is my lifeline.
   - My Guru HDH Bāpji is the best.

9) The moment Satpurush initiated us, we have been graced the status of Anādimukta. As such all names like Varshil, Yash, Dharmesh, Nilesh, Jayesh etc. are false. Our true name is 'Anādimukta'.

10) All the members of our family are Anādimukta; none is mother, father, son, daughter, brother, or sister. These relations are worldly means related to our body. In fact all of us are Anādimukta.

11) Mother, father, brother, sister, relatives, all the saints and devotees are Anādimukta of Mahārāj. If we understand this, we should address all of them by the name 'Mahārāj' and comprehend the divinity like 'Mahārāj'.

12) Whenever we speak word 'Mahārāj' we should visualize the Murti of Mahārāj.

(13) Our body is not 'Anādimukta'. Our soul is Anādimukta which resides in the Murti of Mahārāj. What we see in the mirror and our appearance as viewed by others is our worldly appearance (not real).

Self-appraisal to become an Ideal Child

Dear friends,

Our journey in this booklet 'Ādarsh Bāljivan' ends here. You have been taught about all the virtues and culture that is useful in becoming an ideal child from a common child and transforming your life to an ideal child life from a common child life. We hope that you would have resolved to act accordingly. Here is a question paper for self-appraisal to become ideal child. Please fill this to assess your behavior and note down your answers. Please also endeavor to improve your conduct wherever you are deficient.



(Instruction: According to our conduct write 'Yes' or 'No' honestly against the question)

Section-1

1) Do you pray to Mahārāj and Satpurush as soon as you wake up in the morning ?
2) Do you fold your bed yourself and put it in proper place ?
3) Do you recite Swāmināràyan mantra, with remembrance of Mahārāj at the time of taking bath ?
4) Do you take bath every time you go for defecation during day time ?
5) Do you pray to Mahārāj before taking the meal ?
6) Do you pray and do two dandvats before the Murti of Mahārāj before going to bed ?
7) Do you bow down at the feet of parents and elders before going to bed ?
8) Do you keep your house and room clean ?
9) Do you wear white or simple dress ?
10) Do you regularly complete your homework daily?
11) Do you pray to Mahārāj before start answering the examination paper ?
12) Do you offer your seat to elders first at proper place during travelling ?
13) Do you properly perform all five Mānsi pujā at the right time ?
14) Do you properly perform your individual pujā daily ?
15) Do you wear dhoti and uparani while performing your individual pujā ?
16) Do you keep tilak-chandlo throughout the day ?
17) Do you say 'Jay Swāmināràyan' to your parents, elders touching their feet after completion of individual pujā ?
18) Do you read the Ghanshyām magazine every month regularly ?
19) Do you at least do one sevā in the ghar mandir during the day ?
20) Do you help someone especially in the service of elders, aged and parents ?
21) Do you hold ghar sabhā at least for three days during the week ?
22) Do you remain present regularly in bāl sabhā ?
23) Do you maintain discipline and behave courteously and in a civilized manner in the bāl sabhā ?
24) Do you observe ekādashi fast with farāl ?
25) Do you take special vow during chaturmās and observe it ?

26) Do you ask pardon if you have committed any mistake ?
27) Do you go to the mandir daily if it is nearby ?
28) Do you act according to the commands of saints with due reverence and honor for their glory ?
29) Do you say 'Jay Swāmināràyan' affectionately to devotees, whenever they meet you ?
30) Do you help your parents in household chores ?
31) Do you serve ailing parents and elders ?
32) Do you enjoy giving something to your brother and sister ?
33) Do you greet and serve generously guests who have come to your home ?
34) Do you say 'Jay Swāmināràyan' to the person on the other end before you start talking over telephone ?
35) Do you have a solid understanding of the 'Principles of Kāran Satsang' ?

Section-2

1) Do you speak sentences like "Let us have meal", "I ate", "I had a meal" instead of "Let us go to feed Mahārāj", or "Sevak has fed Thākorji" ?
2) Do you eat anything without offering it to Mahārāj ?
3) Do you eat onion, garlic, asafoetida or cauliflower ?
4) Do you drink tea or coffee ?
5) Do you eat chocolate, chewing gum, biscuit, cookies or drink cold drinks sold in the market ?
6) Do you wear transparent or short dress through which your parts of body are exposed ?
7) Do you read lying in the bed and in dim light ?
8) Do you copy in the exams ?
9) Do you quarrel during playing games?
10) Do you tell a lie or indulge in cheating or false tactics ?
11) Do you use vulgar or obscene words ?
12) Do you take part in the program like Friendship Day, Valentine's Day ?
13) Do you keep murti of God-Goddesses other than murti of Shriji Mahārāj and his Mukta ?
14) Do you read obscene books, dirty magazines or newspapers ?
15) Do you listen to film songs ?
16) Do you watch T.V. or cinema ?

17) Do you take anything belonging to someone else without permission or steal it? ☐
18) Do you tell a lie to anybody? ☐
19) Do you address anyone young or old without respect? ☐
20) Do you become angry or irritated over petty matters? ☐
21) Do you indulge in prank or mischief in the ghar sabhā or mandir? ☐
22) Do you speak about vices or faults of anybody? ☐
23) Do you argue with your parents or behave with them without respect? ☐
24) Do you quarrel with your brother or sister? ☐
25) Do you make friends of opposite gender? ☐
26) Do you have friends with bad, dirty habits or addictions? ☐
27) Do you make unnecessary use of mobile phone, computer or internet? ☐
28) Do you keep murti of God-Goddesses other than the murti of Bhagwān Swāminārāyan and his Mukta in your home? ☐
29) Do you pray for self-serving purpose during any woes or adversity? ☐
30) Do you believe in superstition, a sorcerer or a tantric? ☐

Result

- Section-1 : 1 Mark for each 'Yes' answer
- Section-2 : 1 Mark for each 'No' answer
- Now make the sum of marks obtained in section-1 and section-2 and compare the result with following.

  65-50 Marks : Ideal child

  50-35 Marks : Average child

  35-20 Marks : Below Average child
- In which category your results place you?
- If we come under the ideal category Mahārāj, HDH Bāpji and HH Swāmishri are very much pleased with us.
- If we come under the category of average or below average we should improve our conduct so as to overcome our deficiency and become an ideal child.



Glossary

Anādimukta	The Mukta of highest category who are Purushottamrup
ārti	Form of worship that includes waving of light wicks before the murti of God
Asādh	Ninth month of Vikram Samvat Year
Bāl sabhā	Religious assembly for children
Bāpāshri ni Vāto	Collection of discourses of Abji Bāpā. One of the principle scriptures of Swāminārāyan Sect.
Bhādarvā	Eleventh month of Vikram Samvat Year
chāndlo	Round mark
dandvat	Performing full prostration
Dāru vartmān	The vow of non consumption of liquour
dharmādo	Contribution from net income to God i.e. 1/10th or 1/20th
dhoon	Continuous chanting of the name of God
dhoti	A long piece of cloth worn as a lower garment by male
ekādashi	11th day of the bright and dark halves of the lunar month when special observances including fast are observed
ektāna	Type of religious observance wherein food is taken only once a day
farāl	Some of the grains not considered as cereals or pulses and can be taken during regular fast.(not complete Fast)
Ghar sabhā	Religious assembly at home for the members of the family
Ishtadev	The God to worship (according to one's faith)
Kārtik	First month of Vikram Samvat Year
mahāmantra	The great and glorious name (of God)
Mānsi pujā	Mental Worship of God as the worship is done in physical form
Mukta	Liberated souls
murti	Idol of Māhārāj or Mukta comprehended as in manifested form.

Murti	The God Himself in Parbhāv
pradakshinā	Circumambulation round the murti of God
prasād	The consecrated food that is a part of thāl. Even used for other items when they are offered to God for the sake of consecration.
Pujā or Daily pujā	Daily ceremonial worship offered to Bhagwān Swāminārāyan and His Mukta. A compulsory worship for all devotees prior to every work early in the morning as commanded by the God Himself.
sabhā	Religious assembly
Samvat	The Vikram Era (beginning with 56 BC). Years corresponding to that are written as Samvat Year
Satpurush	Divine Being whose all doer is God Himself. He remains as a medium for salvation of the beings
Satsang	Religious fellowship.
Shikshāpatri	The religious scripture of Swāminārāyan Sect composed of 212 verses which describes how all the categories of devotees should act.
Shrāvan	Tenth month of Vikram Samvat Year
Sud	The days of the bright half of the lunar month.
sutak	A ritual for householders to follow after the birth or death of his/her relative (with blood relation)
thāl	Food offered to God with affection as a form of devotion.
tilak	A "U" shaped symbol
tilak-chāndlo	The mark of Swāminārāyan Sect that is applied by all male devotees. The combination of two symbols the tilak and the chāndlo
uparani	A cloth worn as an upper garment – at the time of pujā.
upāsanā	The philosophical understanding of the Nature of God. Also means the utmost devotion to God
Vachanāmrut	Principal scripture of Swāminārāyan Sect. It comprises of 273 discourses of Bhagwān Swāminārayān and was compiled by five Nand Saints.



Children getting blessed while trying to please HDH Bāpji and HH Swāmishri

Principles of Kāran Satsang

- My name is Anādimukta.
- My father is Bhagwān Swāminārāyan.
- HDH Bāpji, HH Swāmishri and saints are at the place of my mother.
- All the saints and devotees are my relatives.
- My home is Murti.
- My Bhagwān Swāminārāyan is the supreme God and controller of all the Gods-Goddesses.
- My Sansthā SMVS is the best of all.
- Our principleis "to cultivate the upāsanā of supreme Bhagwān Swāminārāyan and attain the status of Anādimukta'
- Bāpāshri is my lifeline.
- My Guru HDH Bāpji is the best.



Inspirer : HDH Bāpji

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