

~ Chaturmas ~

Holy Period of 4 Months | 1st July to 26th November, 2020

“My Devotees should undertake extra spiritual observances during the four holy months of Chaturmas”

- Bhagwan Swaminarayan, Shikshapatri - 76

Dear Students / Alumni, please take any 2 to 3 Niyamas to please Bhagwan Swaminarayan during this Chaturmas & to transform our lives.

Devotion Related Niyams

- I will perform Morning ooja
- I will perform Evening Prayer,
- I will do 3 Mansi pooja
- I will offer Thal God
- I will do Online Mantralekhan (500, 1008)
- I will read Scriptures daily. (Shikshapatri, Vachanamrutam, Bhagwad Gita)
- I will say “Jay Swaminarayan” before drinking water & eating.
- I will Chant the mantra “Swaminarayan... Swaminarayan” on every bite.
- I will chant 11 time Swaminarayan Mantra before I use Mobile throughout the day

Penance Related Niyams

- I will observe fast on every Ekadashi (Never eat grains)
- I will eat only twice / thrice in a day (Avoid frequent eating / grazing)
- I will wake up early morning @ 5 AM

Moral Values Related Niyamas

- I will do Pranam to parents daily
- I will help mother in household work
- I will spend 4 to 6 Hrs for studies every day (Fix the hours for Study)
- I will learn master new skill
- I will read Autobiography of Great people
- I will not waste time over social media, video games and TV
- I will keep silence while eating
- I will never demand anything from parents
- I will never use Bad Words
- I will never be Angry

NOTES :

- During Chaturmas, one should not eat **brinjals, white & red radish, sugarcane.**
- **It is most important that the Niyamas we take should be continued till last, so take 2 to 3 niyamas only.**