

# ~ Chaturmas Niyams ~

Holy Period of Four Months

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

- Bhagwan Swaminarayan, Shikshapatri - 76

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**Dear Alumni / Devotees,** Kindly take **2 to 3 Niyams** during this Chaturmas to please Bhagwan Swaminarayan and to bring positive transformation in your life.

## **Devotion Niyams (Daily Basis)**

- 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 Niyamas (Monthly Basis)**

- I will observe fast on every Ekadashi
- I will eat only one time in a day (For 1 Month)
- I will not eat sweets or any items which I like most (Milk, Curd, Rice, etc.)
- I will wake up early morning @ 5 AM
- I Will take a Bath with Cold Water
- I will chant “Swaminarayan... Swaminarayan” louder while taking bath

## Mission-oriented Niyams

- I will inspire 3-5 people around me for living devotional life
- I will explain Shikshapatri to any \_\_\_\_\_ person during Chaturmas
- I will tell 1 Charitra of Bhagwan Swaminarayan to any one person in a day (Family, Friends, Relative, etc.)
- I will inspire 3-5 people for doing morning pooja & being a devotee of Bhagwan Swaminarayan

## NOTES :

- During Chaturmas, devotees should not eat brinjals, white/red radish, sugarcane.
- **It is most important that the Niyamas we take should be continued till last, so take 3 to 4 niyamas only.**
- Make a checklist of your Niyams & tick it everyday before you sleep