

## Special niyams for Chaturmaas which begins on 17 July 2024.

With the sole intention to please Guruhari Sant Bhagwant Sahebji, let us pray for the strength of God and Guruhari to put these special niyams given by Him into practice, with utmost faith and to the best of the ability.

1. According to Shreeji Maharaj's aagna, after taking a bath, one must do one's daily pooja and read five shlokas from the 'Shikshapatri' every day. Then one must pray, 'May we remain within the moral and ethical boundaries of the given codes of conduct, and thus offer our devotion and carry out all of our work in this way.'
2. After worshiping the idol of Shri Thakorji Maharaj, say Jai Shri Swaminarayan touching the feet of our elders in our family and pray for blessings. Take care of the elders of the house every day and serve them in a way that pleases them.
3. According to Brahmaswaroop Yogi Bapa's aagna, one must certainly attend the weekly satsang sabha. If there is no sabha in your area, then one must start a sabha and call everyone to attend it. In addition to the weekly satsang sabha, one must do a gharsabha twice in a week.
4. From the teachings of Bhagwan Shri Swaminarayan in the "Shri Vachanamrut", one should read, listen, and contemplate following eleven Vachanamruts one by one to embed these teachings into their daily practice either individually or within their family. One should pray to God and Guruhari, requesting their strength.

### Vachanamrut:

**Gadhadā Pratham Prakaran: 1, 16, 23;**

**Loya Prakaran: 12;**

**Gadhadā Madhya Prakaran: 7, 30, 45, 63;**

**Amdavad Prakaran: 2, 3;**

**Gadhadā Antya Prakaran: 11.**

Read the 'Brahmanirzar' magazine in each weekly satsang sabha during sacred Chaturmaas.

5. Every day, at your convenience, sing or listen to at least three bhajans from the following list, individually or with your family members. Reflect on their significance and teachings, aiming to integrate them into daily life. Pray for the strength of God to uphold these.
  - (1) "Ugati Prabhae Karya Praarambhmaan..."
  - (2) "Shri Ashtottarshat Hari Naam Stotra..."
  - (3) "He Swami Evi Ashish Maagu Chu Tam Paas..."
  - (4) "Sadhu Re Sadho..."
  - (5) "Aakha Divasma Tari Bhakti Mani..."
6. During the sacred Chaturmaas period or at least during the month of Shravanmaas, if it aligns with one's health and is approved by a doctor, one should fast by eating only one meal a day. Individuals should undertake special niyam on tap, svadhyay, bhajan and seva following instructions and aagna given by one's Guru.
7. During the Chaturmaas period, all youth (male-female and young Santo) should undertake special niyam of dharna-parna for one month or at least fifteen days and maintain awareness regarding their thoughts, speech and behavior pleasing both the God and the Guruhari.
8. Throughout their lives and especially during the sacred Chaturmaas period, all devotees must adopt this niyam of spiritual austerity to please the God and the Guruhari, maintaining its observance with vigilance and reverence:  
**"Sadaay sauna goon Gava-Sambhalva-Jova, parantu, koina pan Amahima-Abhav-Bhavpher ke Nakaratmak Tika-Tippi thi door rehvu."**
9. All the Satsangis should recite Shri Swaminarayan Mahamantra for half an hour every day during the holy Chaturmas for the rest of their lives with the memory of Shree Thakorji Maharaj and Guruhari.  
Before reciting the Mahamantra, make the following resolution, to make it a reality, with the memory of Shree Thakorji Maharaj and Guruhari, personally or if possible, the whole family should sit together and chant Shri Swaminarayan Mahamantra for half an hour.  
Sankalp:  
**He Prabhu Shree Swaminarayan Bhagwan! He Aksharbrahma Shree Gunatitanand Swamiji! He Prabhuna Sarva Sakaar, Divya Gunatit Swaropo! He Pragat Guruhari Sant Bhagwant Sahebji! Amara mann ni vrutti akhand Bhagwan na swarop ma rahe. Amara Guru tatha Pragat Guruhari ni prasannata arthe Guruagna thi ame je seva ke pravrutti ma jodaiye, tema fariyad karya vina, sau sathe samp-suhardbhav ane ekta jaadvi, Prabhunu karya Prabhu ni rite Prabhu ane Guruhari raji thay tevi rite kariye. He Prabhu! He Guruhari! Amaru jivan Guruhari Shastriji Maharaj, Guruhari Yogiji Maharaj tatha apna divya karya na vahakroop ane Shree Akshar-Purushottam Upasana na acharan dwara param divya bani rahe teva aa sankalp sakaar thay te mate aap ni krupa ane bal ni prarthana sathe "Shree Swaminarayan" Mahamantra ni shraddhapurvak ane Guruhari ni smurti sathe dhun kariye chhiye.**

ॐ Swaminarayan... Swaminarayan... Swaminarayan...!