

Special *niyams* for *Chaturmaas* which begins on 06 July 2025

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 Shri Swaminarayan Bhagwan'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 one Vachanamrut to embed these teachings into their daily practice either individually or within their family. One should pray to God and Guruhari, requesting their strength.
5. One should read the 'Brahmanirzar' magazine in all weekly satsang sabha of a month during sacred *Chaturmaas*.
6. With *smruti* of the God and Guruhari, all devotees should chant the "Shri Swaminarayan" Mahamantra daily for half an hour, throughout their lives and especially with particular dedication during the sacred *Chaturmaas* period.
7. 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.
8. 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.
9. 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-Tippani thi door rehvu."
10. In one's daily *pooja*, during the sacred *Chaturmaas* period and throughout their lives, one must offer this prayer:

He Prabhu, Shree Swaminarayan Bhagwan ! He Aksharbrahma Shree Gunatitanand Swamiji ! He Prabhuna Sarva Sakaar, Divya Gunatit Swaroopo ! He Pragat Guruhari Sant Bhagwant Sahebji !

Amara mann ni vrutti akhand Bhagwan na swaroop ma rahe. Amara Guru tatha Pragat Guruhari ni prasannata arthe Guru-Aagna thi ame je seva ke pravrutti ma jodaie, tema fariyad karya vina, sau sathe Samp-Suhradbhav ane Ekta jaalvi, Prabhu nu Karya, Prabhu ni Reete, Prabhu

ane Guruhari Raaji thay tevi reete karie.

He Prabhu ! He Guruhari ! Amaru jivan Guruhari Shastriji Maharaj, Guruhari Yogiji Maharaj tatha Aapna Divya Karya na vahakroop ane Shree Akshar-Purushottam Upasana na aacharan dwara, param divya bani rahe teva aa sankalp sakaar thay te mate Aap ni krupa ane bal ni prarthana sathe "Shree Swaminarayan" Mahamantra ni shraddha purvak ane Guruhari ni smurti sathe dhoon karie chhie.

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