Chãturmãs Niyams Given by Sant Bhagwant Sahebji

23 Jul to 19 nov 2018

According to the aagnã given by Bhagwan Shri Swaminarayan in the Shikshãpatri, with the start of the sacred month of Chãturmãs from *Ashãd Sudi Ekãdashi* on 23 July 2018, let us follow the niyams written below according to our faith and strength, and take as many as we can by drawing on God's strength, and thereby attain the *prasannatã* of God and pragat Santo.

1. Chant the 'Swaminarayan' mahãmantra daily... and/or do one page (2 sides) of mantra lekhan while chanting.

2. Alongside our daily mãlã, do another 5, 11 or more extrã mãlã. OR In your poojã, or when going to the mandir, do extrã *pradakshinã* while chanting the Swaminarayan mahãmantra.

3. P.P. Yogi Bapa used to say, 'During this period, speak of mahimã, kathã-vãrtã to a few friends and relatives, and get them to come to sabhã or to the mandir on a regular basis.' Let us follow this *aagnã.*

4. Everyday, in addition to reading the 'Vachanãmrut' and 'Swami ni Vãto' – one must also read one or two pages from one of the life biographies of either Swaminarayan Bhagwan, Gunãtitãnand Swami or Gunãtit Santo.

5. During the whole Chãturmãs, or during the month of *Shrãvan*, one should fast by eating once a day. If you have the capacity, then for one month or fifteen days, one should do *dhãrnã-pãrnã*.

6. According to the newsletters received from the Satsang Samvardhan Kendra, one should attend sabhã, samaiyãs etc and celebrate them together.

7. Satsang audio clips sent by Santo or Samvardhan Kendra should be listened to regularly.

8. Everyday either in one's ghar-mandir or if you live close to the mandir, one must perform or attend the aarti every morning or evening.

9. One should regularly do ghar-sabhã or attend mandir sabhã.

In addition to this, one may take any other niyams inspired by Shri Thãkorji and follow any extrã niyams given by one's Guru, until the end of Chãturmãs on *Kãrtik Sudi Ekãdashi* – 19 November 2018, as an offering of devotion to God and Guru. It is our prayer that God may give us all the strength and grace to follow this!