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Shikshapatri Bhashya Shlok 48

|| My disciples shall never practice the relaxations, permitted by scriptures for extreme calamities, as the principal rules in the event of temporary adverse conditions ||

It is very easy to find excuses to avoid performing certain dharmas. We often try to wriggle our way out of doing religious duties by saying that there is an ‘apatkaar’ (what is this?).

We misuse, abuse and misinterpret shlokas within shatras which provide leniencies to those who are ill, young and elderly. For example, vratas, ekadashi and upvas’s are often not observed because we have a ‘headache’ or the farari food does not sit well with our digestive system and nutritional needs!

- What other examples can you think of that people use to get out of doing Vratas or performing nitya duties?
 - People often use the idea of desh, kaal and kriya – they say that we live in such a time where certain dharmas are unpractical.
 - Illness, lack of strength, no time etc.
- To what extent do you think that these provisions for extreme calamities should be used? **Give examples.**

It is also unacceptable to forcefully carry out a Vrata when clearly you do suffer from a serious illness. To cause further irreparable harm to the body serves no purpose and so sensible decisions based on advice should be made always.