



SHIKSHAPATRI BHASHYA SHLOK 14

One shall never commit suicide even in a place of pilgrimage, or through anger or on account of some untoward action by taking poison, strangulation, jumping into a well or from a hill top or by any other means.

- We have discussed causing harm to others and how we can avoid this but how do we prevent causing harm to ourselves?
- As discussed himsa (violence) is against the character of a true Sanatan Dharma Bhakta (**get group to remind themselves of what Sanatan Dharma is, and what it means to be a bhakta**), this shlok simply reminds us that himsa includes harm done to yourself.
- Note Shatanand Swami says himsa to others is called parahimsa and himsa to oneself is called swahimsa.

Discussion: Why would God say you cannot commit suicide, after all it is your body you do what you want with it right? Your discussion should conclude towards the idea that this body does not belong to us, it is God given hence He owns it. Only an owner has the right to destroy his own property (you may want to refer to criminal damage etc being a crime with punishment), hence only God has the right to take our lives, not anyone else including us. To kill another human being is murder/crime, so how can killing yourself be allowed?

- Why has Prabhu (Lord Swaminarayan) mentioned different ways of suicide rather than just saying do not commit suicide? (**angle your discussion to the idea that God wants to make it clear as to what counts as suicide, there's no way you can cheat Him by having a 'supposed' accident e.g. accidentally falling in the well, or falling off the train platform etc. Include the idea that you DO NOT attain salvation by committing suicide in a tirth (pilgrimage place) this is a misconception carried by many**)
- We have gone through **8.4 million** different species of life (**stress this number**) just to get this **one** human life. Imagine the amount of hard work gone into obtaining this life, how foolish would it be to end this life because we face a few material difficulties? (**emphasise the importance of this life as being the only tool of attaining God, use examples of how animals can't read and write like us hence cannot do bhakti like us**)

Discussion: Euthanasia – a much debated topic; if someone is terminally ill or paralysed should they be allowed to take their own life? (NO; it does not matter what sort of life we have; we have attained this life due to our karmas and we must see it through)



S.K.S. SWAMINARAYAN TEMPLE (LONDON) – BAL YUVAK MANDAL

Westfield Lane, Kenton, Harrow, Middlesex, HA3 9EA Est. 1966 Charity Reg. No. 271034

Tel: [020 8909 9899](tel:02089099899) Fax: [020 8909 9897](tel:02089099897) Email: balmandal@sksst.org

- Every difficulty faced in life is material hence maya (what is maya?); life is a test to see whether we have it in us to attain the ultimate goal; Akshardham. When we have exams we don't say 'it's too hard I'm not going to do them' so why choose the easy way out, when it comes to the test of life? **(Also, if time permits discuss the idea of karma (actions) in the past life and we get sukh/ dukh (happiness/ sadness) according to them).**
- Ramanand Swami gave Sahajanand Swami 2 vows **(what are the vows? - recall Uddhav Sampradaya presentation)**, when we are devotees of such a merciful Lord then we will never even have times of hardship, hence the thought of suicide will not even enter our minds.

NOTE: In times of difficulty have firm faith/vishvaas in god and he will definitely help you out in times of hardship. Maharaj is able to break or destroy anything in this world but one thing he cannot break is the firm faith/vishvaas by his devotees onto him. He has helped uncountable devotees in the past who have had firm faith unto him. If he is able to help them, he will for sure help you.



S.K.S. SWAMINARAYAN TEMPLE (LONDON) – BAL YUVAK MANDAL

Westfield Lane, Kenton, Harrow, Middlesex, HA3 9EA Est. 1966 Charity Reg. No. 271034

Tel: 020 8909 9899 Fax: 020 8909 9897 Email: balmandal@sksst.org

SHIKSHAPATRI BHASHYA SHLOK 15

|| *One shall never eat meat in a moment of extreme necessity, be it the remains of a sacrifice. Nor should they drink liquor, wine or intoxicating beverages even though it may be an offering to a deity.* ||

- This shlok mentions 2 of our 5 vartmans – Daru and Maati (**What are the 5 vartmans?**)

MAATI

- Here we have the topic of Ahimsa once again, as discussed in detail before we do not kill ANY jeevs (**what are jeevs?-soul**) for any reason what so ever, including feeding ourselves. (A quick recap of previous shloks may be necessary – include the discussion that God does not accept violent sacrifices).
- There is no point in elaborating much over why we should be vegetarians as most of us are. However, we need to discuss what PURE vegetarianism is which many of us have forgotten today.

‘One who offers meat, one who cuts it, one who kills, one who sells, one who purchases, one who cooks/ prepares, one who brings it; all such people are slayers.’ – Manusmriti

- Even using the same utensils e.g. pots, pans, plates, cutlery in which meat was once cooked is the same as eating meat, no matter how clean they are.

Did you know...?

- Einstein, Pythagoras, Lisa Kudrow, De Vinci, Socrates and Newton were all vegetarians.
- De Vinci even said ‘He who does not value life, does not deserve it’
- 90% of vegetarians have never seen a doctor
- It is more expensive to produce meat – producing 1lb of meat costs the same as producing 16lbs of grain.
- Huge water wastage – to grow 1lb of wheat, 60lbs of water is used; to produce 1lb of meat anywhere between 2,500lbs-600lbs are used.

Our body is a temple in which Maharaj resides; it has no place for meat.

‘You are what you eat’ (jevu ann tevu mann) – **Discuss**, include beast like behaviour.

- Aahaar (behaviour)
- Vihaar
- Vichaar (thoughts)

Swatik (pure) aahaar and vichaar bring you closer to God.



S.K.S. SWAMINARAYAN TEMPLE (LONDON) – BAL YUVAK MANDAL

Westfield Lane, Kenton, Harrow, Middlesex, HA3 9EA Est. 1966 Charity Reg. No. 271034

Tel: [020 8909 9899](tel:02089099899) Fax: [020 8909 9897](tel:02089099897) Email: balmandal@sksst.org

Eating out (**Note: HUGE emphasis should be made on this part of the discussion as this is our weakest point in Kaliyug**)

- Same utensils are used
- Hands are not washed when chefs prepare meat dishes and then vegetarian dishes etc.

The amount of 'paap' we get from eating meat (in the above definition sense) is immense. For example, split a rai (mustard seed) into 12. Just eating meat the size of one section of this rai will gain you 12,000 births of a dog!

DARU

The second half of the shlok discusses daru; a major problem for us living as young people in a society where to drink and get 'hammered' is a social trend. Little do we think that this lifestyle will lead us to a life of greed, poverty, ignorance, ill health and ultimately a painful early death.

'The acts of killing a Brahmin, drinking alcohol, stealing and association with a Guru's wife are great sins (Mahapaaps). Even those who associate with these types of people are great sinners.' – Manusmriti

If daru is this bad then obviously no deity will accept such an offering!

What is Daru? (**Discuss intoxicants such as drugs, caffeine etc as well, they are all included in Daru**)

18 bad habits/ addictions of man – Manu:

10 of these evolve from kaam (lust):

- Hunting
- Gambling
- Sleeping during the day
- Slandering of others
- Relations with other women
- Intoxicants
- 3 types of desire for musical instruments
- donating in vain

8 of these evolve from krodha (anger)

- wickedness
- rash thoughtless actions
- maliciousness
- begrudging
- envy
- wasteful spending
- harsh words
- harsh judgment

Why do people drink Daru?



S.K.S. SWAMINARAYAN TEMPLE (LONDON) – BAL YUVAK MANDAL

Westfield Lane, Kenton, Harrow, Middlesex, HA3 9EA Est. 1966 Charity Reg. No. 271034

Tel: [020 8909 9899](tel:02089099899) Fax: [020 8909 9897](tel:02089099897) Email: balmandal@sksst.org

What are the effects of drinking?

- The Yadav Kul (Krishna Bhagwans clan) destroyed and killed each other due to the effects of daru
- From 100 alcoholics 47 die from alcohol related illnesses, 18 from blood poisoning, 17 commit suicide, 11 have accidents.

Leela- Abhaysihn was at his time of death; Shreeji Maharaj came to take him to Akshardham. When Maharaj came, He stood at the doorway. Abhaysihn cried to Maharaj 'why are you not entering the darbar?' Maharaj said he could smell alcohol. Abhaysihn cried 'ever since I have taken the panch vartman from Guru Gopalanand Swami, I have never touched daru, so how can you say that you smell daru?' Maharaj said 'I can smell it from your house.' Abhaysihn called all the householders. A servant spoke, 'I have kept a bottle in the corner, which is why your prabhu is not entering.' Maharaj does not step into a house where alcohol is present. So regardless of how great a satsangi he is, if he has daru in his mouth or stomach Maharaj will not come.

What is the Prayaschit (penance)?

Those who drink are sent to Yampuri where they are forced to drink hot burning liquor again and again. They are then reborn as an animal. For the 18 bad habits, prayaschit varies but the vrats last generally 3 months and are often intense.