



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: bym@sksst.org

Chatur Maas

Chatur Maas is the period of 4 months starting on Devshayani Ekadashi and ending on Prabodhini Ekadashi (This year it falls between 11th July and 6th Nov)

The significance of Chatur Maas is to engage in extra devotion to Shree Swaminarayan Bhagwan. By doing so we will gain greater control over our minds and our 5 senses therefore pleasing Maharaj.

Swaminarayan Bhagwan writes the importance of Chatur Maas in the Shikshapatri.

My devotees shall undertake an additional religious activity during the four months of Chatur Maas. Those who are unable to do so shall carry out additional activity during the month of Shravan only.

Shikshapatri – 76

Examples of such activities are:

- *Listening to Religious Scriptures/Katha being read*
- *Reading Religious Scriptures*
- *Singing kirtans in praise of Maharaj*
- *Bathing Maharaj's Murti with milk, ghee and honey and performing Maha Puja*
- *Reciting " Swaminarayan " a number of times*
- *Reciting Holy Verses*
- *Performing Pradakshina*
- *Performing Danvat Pranam*

My devotees shall perform any 1 of these great niyams devoutly and lovingly during Chatur Maas. –

Shikshapatri Shlok 77 & 78

Chatur Maas is a time of self discipline to please Shreeji Maharaj.

We have read 3 Shloks from the Shikshapatri where he has kindly requested for us to take up extra Niyams during this auspicious period as such a time is considered to be the greatest time in the year as any extra Niyams taken during this period will result in greater Punya.



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: bym@sksst.org

Possible Niyams to take:

- 1 extra Mala every day
- 5 extra Danvats every day
- 5 extra Pradakshinas every day
- Do extra Maansi Puja
- Chant 1 minute Dhun every day
- Sing 1 kirtan every day
- Sing Chesta every day
- Chant 108 names of Bhagwan everyday
- Read 1 Vachnamrut or 1 paragraph every day
- Read 1 chapter of any other scripture every day.
- Complete 1 whole scripture during Chatur Maas.
- Listen to Katha Everyday, be it 5 minutes or 1 hour.
- Listen to Kirtans Everyday, be it 5 minutes or 1 hour.
- Go to Mandir every day.
- For students going mandir everyday just for Shravan Month only (31st July – 29th August)
- Doing Darshan every day online
- Eating only once a day every day
- Giving up a favourite ingredient. E.g. stop eating cheese, chocolate or something similar
- Saying Jay Swaminarayan to every Satsangi
- Wear a Tilak and/or Chandlo every day
- Performing Seva, even if only once a week.

Above is just a few examples, there are hundreds more activities we can do to please Maharaj. It can be done at home, at the Mandir or even on the go. If you really feel it's too much than just carry out an additional activity for Shravan Month only. Even if it's 1 extra mala a day it would make the hugest difference.

You can even take Niyams as a group so you can all motivate each other fulfil your goal.

When we start our Niyams for Chatur Maas we should pray to Bhagwan and ask for strength and courage so that you will easily be able to follow your chosen Niyam.